



Speak Up, Epping! Newsletter

Volume 10, Issue 1

Epping, New Hampshire

January-February, 2017

About this Newsletter

This Newsletter is produced by the Speak Up, Epping! Communications Group. The purpose of the newsletter is to provide information about upcoming events and pertinent information from community organizations. Please note that no editorial, political or religious views will be accepted and the Communications Group reserves the right to edit submissions. If you would like to submit material for and/or receive this newsletter electronically, please visit our website at www.speakupepping.com

Check Out Our Newsletter Website

Be sure and check out our Speak Up, Epping! website: www.speakupepping.com. Each new issue of the Newsletter will be available by downloading it from the website. You can also access news from the issue separately by topic and find late-breaking news, past Newsletters, town links and calendars.

Also, check out our **Facebook** page! Join us for more late-breaking news and events that did not make our Newsletter deadline.

End 68 Hours of Hunger in Epping

End 68 Hours of Hunger of Epping is proud to have completed their first full year of providing a weekend's worth of food to students in need in Epping. Our first bags were delivered in January 2016. We just delivered the last bags of the 2016 year to the school. We are currently feeding 41 students a weekend across the Elementary, Middle, and High schools in Epping.

Over the past year our Epping program has delivered 1,077 bags of food to the schools. That is \$10,770 worth of food! The feedback from the schools has been great. With the food provided by our 100% volunteer program, students are able to focus more in school and have less food insecurities.

Our program is 100% volunteer. All the money donated to our 501(c)3 organization goes directly to providing food for the students in our Epping town. If you would like to learn more about getting involved with our program or donating food or money for the students, please e-mail Eppingnh@end68hoursofhunger.org. For updates also follow our Facebook page.

Thank you to the town of Epping and our volunteers for the continued support for our program! Every food donation, money donation, and volunteer hour counts!

Karen Poplaski and Shannon Garwich, Coordinators

Senior Moments

Here it is ---2017! For those of us over 80 it's not just another year, it's a---lifetime achievement award - *one more time*.

The Epping Watson Academy Senior Citizens Club made another visit to E911, but in Laconia, not Concord. We stood behind the operators as they answered their calls and immediately an Arial map appeared on one of their screens showing exactly where the call was generated - even the street and actual structures. Amazing! As Wanda Bower, our host, explained, New Hampshire is often first in new technology and is now preparing to conquer the new challenge = CELL PHONES. They say this will be integrated into the system within a short time. Their facility in Laconia is open to visitors anytime. Try it.

Our favorite way to jumpstart our Holiday season was the annual trip to Loudon to view the beautiful lights. They were bigger and better than ever this year and certainly got us into the Christmas Spirit. Of course, dinner at the Common Man Restaurant helped also.

Some of the ladies of the Club went on a shopping spree at the Christmas Tree Shop recently followed by LUNCH. While sitting around the table at the Olive Garden enjoying our second cup of coffee, we realized a Ladies Lunch Club was being born. Now known as "LLC", we shall venture

to other lunch spots about once a month for good food, good service, and a little bit of gossip for dessert.

We really enjoyed the Christmas Concert at the Middle School held for senior citizens. Each of us realized what wonderful opportunities young people in Epping have today. No one wants to hear about "the good old days" and trust me, they were not as good as they are today if you are a teenager in our Epping Schools. Bravo!

The American Legion opened its doors again for our annual Christmas Party. We don't know what we would do without them. Also, Misty the "Cinnamon Lady" loaded us with so much comfort food, we used our chargers instead of the small plates. But this did not stop us from attacking the dessert table for the final touch to a perfect afternoon. Those desserts were baked by several Senior Club ladies. Need I go on?

We, along with the Recreation Department, decided to postpone our party with the kids until "after" Christmas. It really makes sense don't you think? We'll call it a New Years Party. They will have fun opening more gifts and more Gamma's cookies. Shhh.....don't tell the kids - it's a surprise.

We felt good donating to the Pease Greeters again this year. They do such wonderful things for the troops and need everyone's help. The 68 Days of Hunger is one of our favorite ongoing donations. Knowing it goes to kids in our community feels good. Thursday lunch at the Soup Café has become a regular for many of us. The cost is little and a chance to drop off some food items for their food pantry each week.

We had the opportunity to learn about "Destiny Rescue" which is a non-profit organization that rescues children from human trafficking. After hearing about their work and dedication, we were happy to donate to their cause.

Our January meeting will pretty much depend if we see black or white on our streets. White means snow and then we don't go. If the New England weather is good to us in January though, we'll gather to play a few (exciting) games of Bingo as we enjoy a good cup of hot coffee. The prizes we take home might even look familiar to some of you.

February is one of our favorite months when we learn about what our Town is planning and how it is growing. Town Administrator Greg Dodge will bring the 2017 Town Warrants for our review and his explanations. Greg is always very helpful, educating us before we enter those voting booths.

A few of our upcoming trips include the Lego

Exhibit in Manchester and lunch at an area culinary school.

We hope everyone had a wonderful Christmas with family and friends and took the time to reminisce. Remembering old times enhances the new times. Old times --when "race issues" meant arguing about who ran fastest. Or, taking drugs meant orange-flavored chewable aspirins. If your old year was good or bad, we wish you all a better year, it can happen. Happy 2017!!

Submitted by Irene R. Cote, Secretary

News From the Town

There is now a NEW Website for reviewing Epping meetings online: etv22.viebit.com.

Town Hall Closed:

January 2nd for New Year's Holiday

January 16th for Martin Luther King, Jr. Day

February 20th for Presidents Day

Other Dates coming up:

January 10th – Last day for petition warrant articles

January 11th – Budget Public Hearing- 6 pm

February 7th – Town Deliberative Session- 7 pm

February 9th – School Deliberative Session- 7 pm

All at the Town Hall

Sign ups for Town positions are from **January 25th-February 3rd**. Positions can be found listed on the Town of Epping web site.

Looking ahead:

March 14th – Town Voting in EMS gym – 8 am -7 pm

In and Around Epping

Construction continues on the Zoo Health Club, a new 10,000-square-foot gym that is being built next to the new Dollar Tree store behind Cumberland Farms on Route 125. Josiah's Meeting House, a new function hall has opened next to the Stove Shoppe on 125. Zampas has been sold and construction to create a tavern there is already underway. There will be a bigger bar and space for functions. Opening is planned for spring – mid March or early April.

Seacoast United Plans Addition in Epping

Epping's Planning Board has approved Seacoast United Soccer Club's plan to add a 45,000-square-foot indoor complex at the site of its outdoor fields on Shirkin Road. The complex is planned to include an indoor soccer field, bathrooms and locker rooms, a snack shack, office space, rooms for trainers from Exeter Hospital and a 100- to 130-seat restaurant on the second floor. The club hopes to start building in the spring or early summer.

Cell Phones for Our Troops

Donate your old cell phone.

More than 150,000 troops are serving overseas and are away from their families. Please make a donation of your old cell phone so they can call home, providing these soldiers with a much needed connection to their loved ones. There is a drop off box at the Epping Town Hall for your convenience.

The Pease Greeters Need Our Help!

The Pease Greeters, hundreds of volunteers, meet our Armed Forces any time of day or night, as they pass through Pease International Airport on their way to a war zone or on their way home. For more than eleven years, Greeters have welcomed service members on every flight with a warm meal and beverage, small gifts, a cell phone to call home and a hearty round of applause. And for that we give the Greeters our warmest and most sincere thanks. The Pease Greeters began welcoming flights in 2005 and a couple of months ago reached the milestone of having welcomed 1000 flights. Recently, the number of flights through Pease has increased and the Pease Greeters are in need of **monetary help**. We need to support our service men and women any way we can. If you can give any amount, please make a check payable to Pease Greeters and send or drop it off to Joyce at the Town Hall.

To learn more about the Pease Greeters, sign up for flight alerts or to make a contribution, visit www.peasegreeters.org.



Epping Lions Club

"We Serve"

We Want YOU to Join the Epping Lions Club

<https://www.facebook.com/EppingsLionsClub>

www.epping.nhlions.org

Lions International is an international organization, primarily focused on assisting with Vision and Hearing needs. Winners of our 8th Annual Gas Card raffle were drawn at our holiday meeting on December 27th. The grand prize winner won a \$300 gas card, and there were 3 additional prizes of \$50 gas cards. Thank you to all who supported us for this event!

Proceeds of our gas card raffle went to purchase gift cards for needy families in all three Epping schools. The Lions are thrilled to be able to help out local families in the holiday season each year. Planning is already underway for the annual

Lamprey River Canoe Race coming up in April! New members and fresh ideas are always welcome! Please reach out to a fellow Lion or attend our next monthly meeting.

Meeting times are generally the 4th Tuesday of the month at 6:30 pm at the Harvey Mitchell Memorial Library in Epping. Also check us out on Facebook for the latest and greatest info!

Colleen Palmer, President

colleenmariepalmer@hotmail.com

Cheryl Denoncour, Treasurer

cdenoncour@gmail.com

Deb Brooks, Eyeglass Collector

lexusreina@comcast.net



TALES FROM EPPING'S PAST

Two Holiday Tales

By the end of their first New England winter in 1620 half the pilgrims at Plymouth were dead. The remaining forty-nine souls, having made it through only by the goodwill and skills shown to them by the neighboring Indians, went on to establish one of the earliest successful colonies in America. At the end of their first November here they had gratefully celebrated their bounty of food and survival with a traditional English Harvest Feast to which they invited their Native benefactors and to which they all contributed and shared. That celebration is still thought by many to mark our first Thanksgiving Day. Fifty years later the Massachusetts colonists gratefully gathered together again in thanks and praise to God for their successful and secure establishment in this country and for their victory over the "Heathen Natives of this land."

Interest in the hardships of those first few pilgrims was almost nil by the time New Hampshire's own Sarah Josepha Hale stepped in. A magazine editor, (and actual author of "Mary Had a Little Lamb"), she launched a solid 40-year one-woman campaign to have a permanent nationally observed Thanksgiving Day. She kept this up until President Lincoln made it so in 1863.

As for Christmas, President Grant finally made it a national holiday in 1875. The first American Christmas card was printed and sold in Massachusetts, once that hotbed of Puritan contempt for all things December 25th including nativity scenes, decorating of churches, trees and the like, all the very "pagan practices" they had come over here to separate themselves from in the

first place. They also had a hard time dealing with merry making in general. Music, singing, games of chance, feasting and plays were all banned and fines and public disgrace awaited the offender. Here in Epping, through its own Puritan-based church and leaders, those same stern beliefs prevailed as a way of life for many of our early years.

But today, if so inclined, we have the liberty to happily make merry and celebrate to our heart's content, feast, and lift up our voices in song and praise for all the many blessings of this life on each Thanksgiving and on every gracious Christmas Day.

And so may it ever be.

This was originally the third in a historical series for this newsletter, reprinted from the January-February, 2011 issue.

Text/Research: Madelyn Williamson.

Epping Historical Society

Wow! Here it is, another year behind us and an exciting year to follow. We have accomplished a lot this past year with all of the 275th birthday activities we were involved in. We are in the planning stages for several programs for this year. We will keep you posted. Our most successful program was a power point program "Old Houses in Epping". We are willing to present this program to any organization that may be interested. We love to share our Epping history. The program is free. Contact us if you would like to have us come to your meeting place.

Have you ever been in the Epping Historical Society building? We hold the History of Epping within our walls. We would love to share with you what we have in our collections. Many people have given the Epping Historical Society family items, dating back to the early years of Epping. Yesterday a man from Exeter visited us looking for information on his ancestor: Winthrop Hilton, of the Hilton Massacre. He would like to recreate the sign on the granite post at the site of the event.

We have vital records, birth, marriage and deaths, from many sources. These come from Town reports, Town record books, family Bibles, and hundreds of vital records from the Don Sanborn collection.

We have 80 cemeteries in the Town of Epping. I am sure there are many more to be discovered, with all of the building going on in Epping. We have records of burials, and records of some cemeteries

that are vacant; their remains were removed many years ago, and buried elsewhere.

The schools in Epping have quite a history. Irene Cote is in the process of organizing our school material. We have several binders (would you believe fifteen?!) of school history and photos. We invite folks to come in and look through the material. Chances are we have school photos from when you attended school here. Many people need to be identified. Perhaps you can help to put names to the pictures.

There is a lot of genealogy work done at the society. We have created "family books" for over 100 Epping families. Whenever we find paperwork, good or bad, we include this in the family book. This was started many years ago, and now is growing every day.

We have lots of church records. Churches were a very important part of the community. Epping has had many churches over the years: Congregational, Methodist, Quaker, Advent Christian, Baptist, Episcopal, Universalist and Catholic.

The Epping Historical Society has records of the Epping Police Department, Fire Department and Town Government.

We have been collecting information on our Military History. Many men from this town served in all of the many Wars and Conflicts for the last 250 years. Any information you are willing to share would help us add to our history.

Part Two of short stories from the Exeter Newsletter, actual news items, 1875

July, 1875

The Congregational Church has started on its travels, bell, belfry, organ and all. It is being moved by Fallensbee & Co., of Manchester, to the new lot on Pleasant Street. (The Church was located on Water Street, west of the current home of the Rogiers.) At the time of this writing it is front of W.R. Bunker's store (site of the present Historical Society) and fills the street completely, preventing all passing by teams. The contractors expect to have the Church on the new foundation in two weeks from the time of commencing the job.

August, 1875

A porcupine weighing seventeen pounds was recently killed on the farm of Eliphalet Dearborn. These animals are very scarce in these parts at the present day. We do not recall of one having before been seen within the limits of the town for the last twenty years.

The mining fever accompanied with the usual excitement, so prevalent in New England now-a-days, has made its appearance in this town. Gold, silver, lead and other valuable minerals have been discovered on the farm of Woodbury C. Bly. The mineral deposit is supposed to be large, not only on the farm of Mr. Bly, but in other parts of the town. By tests made years ago, it was known that mineral deposits existed in Epping, but whether in paying quantities remains to be proved.

September, 1875

It has been ascertained that a large ledge running parallel with the Nashua and Rochester railroad through several towns, including Epping, contains a deposit of lead, silver and other minerals. In Fremont, work has been carried on near Spruce Swamp. In Epping the ledge appears on the land of Lyman Cate, about one thousand yards from the railroad.

Near the store of W.N. Dow & Co., at West Epping, is one of the most valuable water privileges in the town. A few years ago there was located in this place a large saw mill, a grist mill, a shingle and clapboard mill, former carriage and woolen mill; but the buildings have fallen to decay, the dam has gone by the board, and what was once the seat of a large and paying business is now a mass of ruins.

In the northern part of town, near the Nottingham line, there is a small cluster of houses known by the unromantic name of "slab city". Farming is the chief business of the people in this area.

October, 1875

Probably the largest kiln of brick ever put up in this town was burned in the yard of Levi Thompson. The kiln contained over 375,000 brick, and 2 hundred cords of wood was consumed in burning it.

The repair of the old cemetery on Boars head hill has commenced, and a granite wall is being built by Jeremiah Sanborn.

November, 1875

Chicken thieves have been doing a driving business at West Epping. Several roosts have been visited and poultry stolen. Mr. Carpenter, hearing an outcry among his chickens, went to their rescue armed with a revolver, and fired at a person seen leaving the premises. It is rumored that a man living nearby was taken sick with "a boil" on his back the next day.

December, 1875

Francis Ham has hired the old Congregational vestry on Water St., for a cabinet shop and coffin manufactory. With four doctors in town it seems as if the latter business must be light.

A young doctor from Kingston, stopping with Dr. Burnham, with whom he was arranging to enter into partnership, was sent by the Doctor to the residence of B.F. Prescott, a couple of miles from the village. On returning the gig overturned, and the young doctor was left on the roadside. The horse ran with the gig four or five miles and finally stopped. The doctor was not hurt, but he was disgusted with country practice, and left town the next day.

We have many more stories and tales at the Society. Come by and visit. We are open Mondays 8:00 to 12:00, or when the flag is flying. Call for an appointment if this is not convenient for you.

Please e-mail joysgarden@hotmail.com or call 679-2944.

Submitted by Joy True, curator

Nature Talks

Connectivity

Ecological systems provide many natural functions. They remove particulate matter and carbon dioxide from the air, purify surface and ground water, reduce flooding, and maintain biological diversity. These functions depend on a connected ecological "framework" of central hubs of larger land spaces interconnected by corridors that provide for the movement of energy, matter, water, and species across the landscape. This framework of connectivity is threatened by road development, agricultural and forestry practices, and "urban sprawl" that fragment the landscape. Maintaining ecological connectivity protects the entire system. *From the EPA Report on the Environment, 2012.*

The Nature Conservancy leads the four-state, 21-partner Staying Connected Initiative which strives to restore and maintain connectivity – allowing wildlife species the freedom to roam, survive and thrive. Connectivity creates a network of resilient lands that allows for plant and animal species to shift their ranges in response to changing climates and conditions. Additionally, maintaining and improving connectivity benefits our economy, supports recreational opportunities like hunting, fishing and hiking, and enhances quality of life. *From Nature Conservancy, Great Places in the Granite State, Fall/Winter 2016.*

Collaboration is central to the future of conservation success. While past conservation efforts focused on conserving sites and species, there is increasing emphasis placed on managing landscapes and processes. Ecological processes do not respect our socially constructed boundaries

of who lives where and for how long, so adequate management of the landscape, as a whole, requires a collaborative approach. Collaboration has in fact been part of much mainstream conservation practice for the last 30 years. *Carina Wyborn, Fenner School of Environment and Society Australian National University.*

The Southeast Land Trust of New Hampshire (SELT) is a nonprofit organization also concerned about connectivity in our region. One of their main goals is to protect a large swath of land from Pawtuckaway State Park to Great Bay, which will link more than 10 strategically important landscapes through a network of conserved lands and public trail corridors. The Harveys' Kennard Hill Forest conservation easement is a large piece of that project. Every citizen in Epping can be proud of the March 2015 vote that authorized the town to contribute money to the Harveys' Forest cause. Your conservation commission also donated funds to help make it happen. With all of us working together, we have allowed wide-ranging species like bear, bobcat, fisher and moose to continue moving in a relatively uninhibited way through the region to locate sufficient food and shelter and find a mate. Give yourselves a pat on the back!

Submitted by Sandy Goodspeed, guest contributor

The Civil War Roundtable of NH

The Civil War Roundtable of New Hampshire's new season is underway. We welcome anyone with an interest in the American Civil War and would like to be with others who share the same desire to learn more of this time in American history. We are an informal club with the only requirement being a Civil War enthusiast. If you or a friend has an interest in the American Civil War, we invite you to come check us out.

Founded in May 1991, the Civil War Roundtable of New Hampshire is a group of men and women, young and old, who share our interests, both blue and gray, in the pivotal era of American history known as the Civil War. We are open to the public and welcome all! As our slogan goes, "There's no time like the present to join us in the past."

For more information on the group and a complete schedule of meetings and news, please visit the web site: www.cwrt-nh.org or e-mail cwrtnh@gmail.com.

This is the upcoming CWRT-NH schedule:

Note: The schedule is subject to change without notice. You can access the CWRT-NH website for the current schedule. If a meeting is cancelled, a notice will be put on ETV.

January 20, 2017 ~ Mike Schroeder – "Union Combined Operations: Port Hudson, LA – 1863."

February 17, 2017 – Video program: "Gettysburg 1938: The Last Reunion of the Blue & Gray"

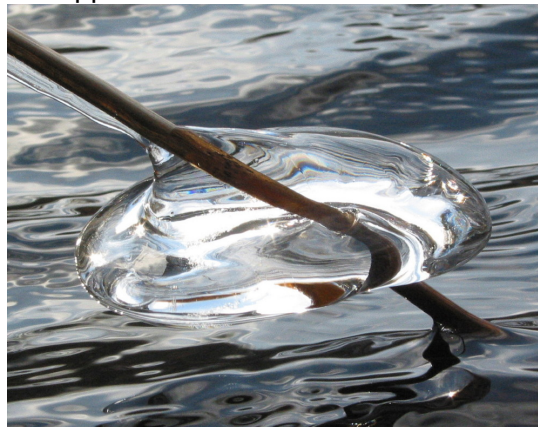


Civil War veterans gather in Gettysburg in 1938 for a last reunion.

Lamprey Rivers Advisory Committee Nature's Ice Sculptures

Have you ever noticed that ice can assume some bizarre shapes? Lamprey Rivers Advisory Committee member, Dick Lord, has. As the resident photographer of the group, Dick finds much to see and record as he visits the river. When you go outside, see what you can see, and please share your photos with us!

This photograph is of twig sticking out of the water in a stream. The bulge of ice around the twig has melted and refrozen resulting in ice that is so clear that it looks like glass and acts as a lens to bend the appearance of the water behind the bulge.



This photograph shows the underside of an ice shelf that formed along the shore and was then left suspended after the river level fell. The bulges in the icicles probably show where the surface of the stream level changed over time.



We have a few hypotheses about how these ice forms came to be, but if you know for certain, please contact us at www.lampreyriver.org.

Lamprey River Elementary School Nature Trail Opens in Raymond



On December 9th, as temperatures started to plummet and winds picked up, a group of ten children and about twenty adults formally opened the new Eco-center nature trail. As Raymond Town Manager Craig Wheeler noted in his opening remarks, this venture involved cooperation and support from all levels of government and local business in hopes that the youngest among us will learn about and protect the land and river that have sustained people and wildlife for longer than anyone can remember.

Teachers at the school have had an informal trail for many years, but now they, the students, and the whole community have a guided tour. The main kiosk welcomes visitors and puts the park in to the context of the Lamprey River as it runs to Great Bay and the Atlantic Ocean. Signs at twelve stops along the path describe ecology, reptiles, amphibians, birds, soil science, habitat types, wetlands, water supply, and geology. In addition to

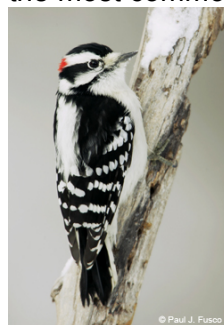
the trail and signage, the Eco-center also features a beautiful gazebo built this past summer.

The funding for the project began with a Wild and Scenic Lamprey River Advisory Committee grant for \$5000. A matching award from the Raymond Conservation Commission quickly followed and then a \$1500 community grant from Walmart and \$1500 of in-kind labor and materials from Bemis Construction. In the end, numerous partners and volunteers came together to enrich the outdoor experience of children and families and to protect the Lamprey River and the larger environment. In addition to the funders noted above, the following also played a role in the success of the project: Raymond School Board, Raymond Planning Department, UNH, Piscataqua Region Estuaries Partnership, NHDES, and staff at the Lamprey River Elementary School.

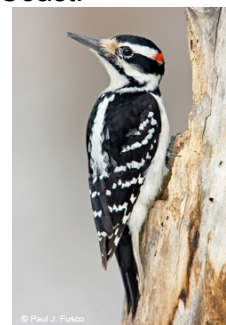
The nature trail is open to the public on weekends and school vacations. Future plans for diverse forms of passive recreation and overall site improvements will make this Eco-center a destination and showpiece for the whole Lamprey River watershed. Stay tuned!

Who's That Knocking on the Birdfeeder?

Woodpeckers are among the winter residents that make frequent visits to bird feeders. The species most commonly seen in this area are downy and hairy woodpeckers. The two are very similar in appearance; they differ mainly in size and beak length. The males of both species have an obvious red patch on the back of their heads, whereas the females lack this splash of color. At your backyard feeder, the downy is much more likely to be seen. It is about the size of a sparrow (versus the hairy which is about the size of a robin) and it has a small beak compared to the much longer bill of the hairy. Downy woodpeckers are the smallest American woodpecker and they are also the most common on the East Coast.



Downy



Hairy

In the summer these woodpeckers, like other woodpeckers, forage for insects and larvae and

take advantage of nuts and seeds when available. In winter, they enjoy supplemental feedings of suet and sunflower seeds.

Did you know...?

- Most woodpeckers have two toes pointing forward and two pointing back for exceptional grip on vertical tree surfaces.
- Woodpeckers have a pad between their brains and their skulls to absorb the impact of pounding their beaks against wood.
- Woodpeckers generally peck slowly to feed, but drum quickly to attract a mate or communicate with other woodpeckers. They typically peck 8-10,000 times per day.
- Woodpeckers have long barbed tongues with which they can spear their insect prey.
- New Hampshire has 8 species of woodpecker: downy, hairy, pileated, red-bellied, red-headed, yellow belly sapsucker, northern flicker, and American three-toed.
- The largest North American woodpecker (16-19 inches tall) is the pileated woodpecker. It excavates rectangular holes for feeding but round holes for nesting.
- Northern flickers eat lots and lots of ants, often from the ground. One bird was found to have over 3000 ants in its stomach.



*Helping communities protect the
Lamprey River.*

Submitted by Suzanne Petersen



Epping Garden Club

The Epping Garden Club would like to thank those individuals and businesses that supported us during our Poinsettia and Wreath Sale. We really appreciated it and the corners will bloom again, come spring.

Wishing you a Very Merry Christmas and a safe and joyful holiday season for you all.

Submitted by Eunice Miller

Outside Watering Ban in Epping

There is still a mandatory outside watering ban in effect in Epping. Epping town wells are currently at critically low levels and water conservation is very important. The Town is working hard to bring two new wells online.



Ledd Center

The Leddy Center's 43rd season in 2017 begins with the production of Neil Simon's "The Odd Couple" March 10th - 19th. It will be followed by a mystery musical (name to be announced later) July 7th - 23rd, then Mary Gatchell in Concert on September 29th. "Willy Wonka" will be on stage October 20th - November 5th, and finally Charles Dickens's holiday classic "A Christmas Carol" from December 1st-10th. We look forward with anticipation to their 2017 season.

Individual tickets are \$20 and are available online at www.leddycenter.org or by calling the Leddy box office at 679-2781, Monday through Friday, from 3:00 to 5:00 pm. Call the box office for information on our group rates. Leddy Center is located on Ladd's Lane, off Route 27, in Epping, NH, is air conditioned for your comfort and is fully accessible.



ETV Schedule

Channel 22 – ETV – Schedule of live programs

Selectmen's Meeting – Monday, Jan. 6, Tuesday Jan. 20; Monday, Feb. 2, 16 - 7 pm
Water & Sewer – Tuesday, Jan. 6; Feb. 3 - 7 pm
Library – Tuesday, Jan. 20; Feb. 17 - 7 pm
Conservation Commission – Tuesday, Jan. 13; Feb. 10 - 7 pm
Recreation Commission – Wednesday, Jan. 7; Feb. 4 - 7 pm
Budget Committee – Wednesday, Jan 21; Feb 18 - 7 pm
School Committee – Thursday, Jan. 8, Jan. 22; Feb. 5, Feb 19 - 7 pm
Planning Board – Thursday, Jan. 15; Feb. 12 - 6 pm
Civil War Round Table – Friday, Jan. 16; Feb. 20 – 7:15 pm
Town Deliberative Session – February 7 - 7pm
School Deliberative Session – February 9 - 7 pm

Monday meetings are rebroadcast:

1/2 hour after meeting
Tuesday - 7 am
Wednesday - 11 am
Thursday - 3 pm
Monday - 2 am

Tuesday meetings are rebroadcast:

1/2 hour after meeting
Wednesday - 7 am
Thursday - 11 am

Monday - 3 pm
Tuesday - 2 am
Wednesday meetings are rebroadcast:

1/2 hour after meeting

Thursday - 7 am

Monday - 11 am

Tuesday - 3 pm

Wednesday - 2 am

Thursday meetings are rebroadcast:

1/2 hour after meeting

Monday - 7 am

Tuesday - 11 am

Wednesday - 3 pm

Thursday - 2 am

All dates and times are subject to change.
Please consult the ETV Bulletin Board or the Town website for any changes or updates.

Always remember that Board meetings are available any time at your convenience if you go to <http://etv22@pegcentral.com>. They are usually available the day following their "live" broadcast.

"Live" video streaming is also available. Watch live meetings anywhere while they're broadcast: http://etv22.pegcentral.com/live/live_etv22.html.

The new ETV email is eppingtv22@gmail.com

There is now a NEW Website for reviewing Epping meetings online: etv22.viebit.com.



Scouting Around Epping

Cub Scout Pack 136

Pack 136 is looking for boys and families who are looking for adventures. Cub Scouts is for boys entering grades 1 to 5. Cub Scouting has ideals of spiritual and character growth, citizenship training and personal fitness. The Scout Oath is a pledge of duty to God and family. The Scout Law is a simple formula for good Cub Scouting and good citizenship. The Cub Scout motto, "Do Your Best," is a code of excellence. We believe in involving families and Cub Scouting provides opportunities for families to work and play together and have fun together.

November Pack Meeting: **Wednesday, January 18th** from 6:30 to 8:00 pm at the Epping Elementary School

December Pack Meeting: **Wednesday, February 15th** from 6:30 to 8:00 pm at the Epping Elementary School

If you would like information about joining Cub Scouts, please contact our **Cubmaster, Jeff Falkingham** at cubmaster@pack136epping.org.

Join us on Facebook and keep track of the Pack <http://m.facebook.com/group.php?gid=199059685109&fbf=r6c4d2187&refid=46> or go to our website where you can find more Pack information at <http://www.pack136epping.org/calendar>.

Boy Scout Troop 136

We would like to thank the community for their support for our Walmart community calendar show and sell and their donations of food for our annual Scouting for Food.

The boys had a productive and fun campout at Camp Straw where they spent the weekend camping and doing some clean up of the camp. And lots of fun was had at our Friday night bowling trip to Strikers.

The Winter Court of Honor was a wonderful time of fellowship. The boys prepared a fabulous dinner for the Troop and their families. There was a gift swap and of course awards.

Advancement:

Scout Rank:

Sean L.

Tenderfoot Rank:

Aiden D., Nathan M., Max S.

Second Class Rank:

Taylor S.

First Class Rank:

Zachary H.

Star Scout Rank:

Peter M.

Life Scout Rank:

Ryan S.

Awards:

Automotive Maintenance Merit Badge

Ryan S., Tim G., Alex C.

Aviation Merit Badge

Sean L., Nathan M., Patrick M., Andrew T., Max S.

Camping Merit Badge

Ryan S., Logan S.

Citizen in the Community Merit Badge

Ryan S., Peter M.

Fishing Merit Badge

Dylan H.

Music Merit Badge

James W.

Our schedule for January and February is:

January 7 – Sledding at Harvey Hill

January 27-29 – Klondike Derby at Camp Carpenter

February 6 – Scout Sunday

February 10 -12 – Winter Fun Weekend at Hidden Valley

If you have a son who is interested in Boy Scouts, please call Scoutmaster Stephen Sylvain at 682-4801.

Submitted by Pat Oumansour



Epping Fire Department

Deck the Halls with Fire Safety

Lights are a fun way to celebrate the holidays. Just remember a few safety tips this year and keep your family and loved ones safe!

1. Use flameless candles near any flammable objects

2. Keep anything that can burn away from a heat source

3. Don't overload the outlet

4. Replace worn or broken cords or loose bulbs

5. Add Water to tree daily

6. Turn out all lights and blow out all candles when leaving

Car Seat Inspector

The Epping Fire Department has a certified car seat inspector on staff. However, due to a rotating schedule, please call and schedule an appointment. Deputy Chapman can be reached at 679-5446.

Burn Permits

Burn Permits are required for **all outside burning**. Permits will be issued at the fire station 7 days a week, 6:00 am-6:00 pm. Permits **Will Not** be issued when fire danger is class 3 or above.

If you have any questions, please contact the Fire Department at 679-5446

For Daily Fire Danger and an explanation of the different danger levels, follow the link below.

<http://www.nhdf.org/fire-control-and-law-enforcement/daily-fire-danger.aspx>

Epping Explorer Posts

Fire Department Explorer Post 716

Exploring is part of the Learning for Life program of the Boy Scouts of America. We are co-ed and welcome all youth ages 14 to 20 years of age. Our meetings are held at the Epping Safety Complex on the 2nd, 4th and 5th Thursdays 6:30 to 8:00 pm. We are career oriented and welcome youth to check out the Fire and EMS services as a possible career.

Explorers learn how to use the Fire Department equipment and do search and rescue. Once the probationary (learning) period is over, they may assist on fire calls. Explorers are allowed to ride on the apparatus if seats are available and assist firefighters with the self-contained breathing

apparatus (SCBA), supervise the rescue truck and perform many other duties at a fire scene.

For more information, please contact the station at 679-5446.

Police Department Explorer Post 714

Youth 14 and older may also join the Police Explorer Post by calling 679-5122.

American Legion News

Valentine's Prime Rib Dinner Dance with 'The Bert Scott Band'

The American Legion Post 51 is hosting a Valentine's Prime Rib Dinner Dance featuring "The Bert Scott Band" on **Saturday, February 11th**. The dinner includes prime rib and all the fixings. **ONLY 100 Tickets will be sold** for this Prime Rib Dinner that will be served between 6:00 pm and 7:30 pm. **The tickets MUST BE purchased in advance for \$15/person. TICKETS GO ON SALE ON JANUARY 10, 2017.** Please see the bartender in the Canteen at the Epping Legion (679-8320). Tickets will be sold until they run out or until the cutoff date of February 7th! This ticket does include entrance to the dance that will begin at 8:00 pm. The Bert Scott Band will be playing 60's, 70's, Rock, Rhythm and Blues!! You can check them out at www.myspace.com/bertscottband. Grab your honey and come on down for a great dinner and a rock'n good time. If you miss out on the dinner tickets or you just want to attend the dance that starts at 8:00 pm, the cost is \$8/person at the door. A cash bar will be open. The event will be held in the non-smoking Harry Bradshaw Memorial Hall of the American Legion on Route 125 in Epping (across from Telly's Restaurant). All are welcome! For more information please call Darlene at 793-6090 or Janet at 944-3288.

Monthly Breakfast Buffets

Monthly second Sunday breakfasts are being held from 8:00 to 11:00 am. Come enjoy our hot Breakfast Buffets on **Sunday January 8th** and **Sunday, February 12th** - eggs, bacon, sausage, toast, pancakes, home fries, and coffee are all piping hot and ready to be enjoyed. Bring your newspaper and your appetite!

Prices have changed. The Buffet is \$8.00 for adults, \$5.00 for children 6 to 12 and children under six are free - worth every penny!

We will be collecting food for End 68 Hours of Hunger in Epping.

Epping Community Church

The Epping Community Care food pantry was very busy during the holiday season. We look forward to another successful year helping those who are in need of a hand up.

We would like to extend thanks to those who helped to make our outreach programs so successful. We are grateful to all of our volunteers who show up week after week to serve the clients at the food pantry. Our program runs solely on donations of food and money that we receive from many individuals and businesses from Epping and other surrounding towns. Thank you....thank you....WE all did a great job in 2016.

We have our Coats of Caring program in full swing right now during the cold winter months. Anyone is welcome to come in and get a warm coat at no cost. All coats have been donated by various individuals. We also have lots of hats, mittens and gloves available.

Our Soup of the Day Café is every Thursday from 11:00-12:30. Anyone in the community is welcome to come to this free lunch. We offer two different kinds of homemade soup, a salad, crackers, dessert and beverage. The conversation is always lively in our fellowship hall. Come and have lunch with us and visit with old and new friends. We'd be glad to see you.

January 21st will be our 3rd Saturday dinner. It starts at 5:00 and goes until 6:30. The menu will be turkey, mashed potatoes, squash, green beans, corn bread and homemade pies. The cost is \$8.00 for adults and \$4.00 for kids. This is always a popular dinner. **February 18th** will be the next 3rd Saturday dinner. Look for details on our church sign on the corner for updates.

Our church service is at 9:00 am every Sunday morning in the sanctuary upstairs. This is followed by a time of fellowship downstairs. You can have a cup of coffee and some refreshments and chat with friends...old and new. Sunday School for all ages begins at 11:00 am. We are located on the corner of Pleasant and Main Streets. We are wheelchair accessible and have an elevator to take those in need upstairs. Come and see what we have to offer during our time of worship.

St. Joseph Catholic Church

208 Pleasant St. (Rte 27)
Epping, NH 03042
Office telephone: 679-8805

Mass schedule weekdays:

Mon. 8:00 am **Tues, Thurs, Fri.** 7:30 am

Wed. 7:00 pm, **Sat.** 8:00 am

Mass schedule weekends:

Saturday 4:00 pm

Sunday 8:00 am, 10:30 am and 6:00 pm

January

Mondays – Jan. 9th, 23rd, 30th Adoration – Noon to 9:00 pm

January 7th – First Friday Adoration – 8:00 am-midnight

January 8th – First Saturday Adoration – midnight-8:00 am

January 14th – Squire Dinner – 5:00 pm

January 21st – Mission Dinner – 5:00 pm

February

Mondays – Feb. 6th, 13th, 27th Adoration – Noon to 9:00 pm

February 3rd – First Friday Adoration – 8:00 am-midnight

February 4th – First Saturday Adoration – midnight-7:45 am

February 11th – Squire Dinner – 5:00 pm

February 18th – Mission Dinner – 5:00 pm

If you have any questions, please call the Rectory Office 679-8805 or check our website at <http://stjosepheppingnh.com> for further information.

Epping Bible Church

Epping Bible Church invites you to join them throughout the week at 243 Pleasant Street in Epping.

Our Sunday mornings begin with a full, free breakfast from 8:15 to 9:15 am, followed by Sunday School for all ages at 9:15 am. The Gathering, a time for announcements and to share, is at 10:05 am followed by morning service at 10:45 am. Sunday evening service begins at 5:00 pm. Families are welcome.

Sunday School features classes for all ages, from 2 year olds all the way to adults.

A free nursery for children – infants through four years – is provided during the morning and evening services. Children age four through third grade are invited to Junior Church during the morning service after praise and worship time.

On Wednesday nights there is a Bible Study at 6:30 pm at the parsonage.

The Awana program for children age 3 through sixth grade is held on Friday nights. It helps children learn about God's Word. For details,

please contact Dora Brown at 702-2650 or at awana@eppingbible.org.

Epping Bible Church is located at 243 Pleasant Street in Epping. If you have any questions, please contact Pastor Ron Townsend at 247-0405 or at PastorRon@EppingBible.org. Visit their website at www.eppingbible.org.

Providence Baptist Church

410 Pleasant Street, Epping, NH 03042

Phone: 679-8918

Weekly Schedule

Sunday Morning Service at 10:30 am

Wednesday Food Pantry begins at 10:00 am
(for first time visitors, please have your photo ID and proof of residency with you)

Wednesday Time of Devotion and Prayer begins at 6:30 pm

(Check schedule for dinner nights!)

For small groups and other events, please check out our website at www.pbcnh.org or contact us at pbcsecretary410@gmail.com.

West Epping Quaker Meeting House

The West Epping Meeting grew out of the Seabrook Quarterly Meeting in the middle of the 18th century. Records show that Joshua Folsom was a recorded minister among Friends in the community in 1772 – though he may have commenced his activities even earlier. The present Meeting House was built in 1851. The surrounding tall pines, dating from this period, have been a distinguishing feature of West Epping Village.

West Epping Friends meet for silent worship at 10 am every first and third Sunday of the month. We welcome visitors to our meetings to join with us. For those who would enjoy just visiting the Meeting House they may call the Clerk, Fritz Bell, at 244-1119 for a tour.



Harvey-Mitchell Memorial Library

Epping's Public Library

151 Main Street

734-4587 (Adult Dept.)

679-5944 (Youth Dept.)

679-5884 (Fax)

harvmitch@gmail.com

www.eppinglibrary.com

Youth Dept. e-mail: hmmlyouth@gmail.com

Youth Dept. Facebook page:

<http://www.facebook.com/eppinglibrary>

Hours: Monday, Friday – 10 - 5

Tuesday, Wednesday, Thursday – 10 - 8

Saturday – 10 - 2

Sunday – 12 noon - 4

Closed:

January 1st and 2nd for the New Year's Holiday

January 16th for Martin Luther King, Jr. Day

February 20th for Presidents Day

We're excited to be a part of the special Seacoast Storytellers Series, "Beyond the Binding!" On **Friday, January 20th** at 5 pm, we'll host local storyteller John Lang and his tales of Irish heritage in Seacoast New Hampshire. His program will blend non-fiction with folklore and music to tell some of the history surrounding the potato famine of the 1860's and turn-of-the-century immigration, and how these events impacted our local area. For more information about this series, which also includes other libraries throughout the Seacoast, visit: <http://www.seacoastarealibraries.org/>.

Save the date for **Saturday, February 4th** when we'll have a trio of very talented musicians, featuring Stu Dias of local favorites The Soggy Po' Boys, playing some swinging jazz tunes for you. Stay tuned for more details! Not to be missed!

Reiki 1 Certification Course will be held on **Mondays, January 2nd and 9th** from 5:30-9:30 pm. Reiki is an ancient Japanese hands-on technique that helps you feel better by stimulating your body's natural healing ability. The Reiki course is \$120 per person: \$99 for each additional family member. This is an 8-hour Certification Course. You must attend both days to complete the course and earn your certificate. Contact Paula Hogan at trueharmonyreiki7@gmail.com or call 603-479-4324.

Children's Yoga with Miss Leah will continue on Wednesdays at 4 pm after the new year. This program is great for children 2 years old and up. Please check in for the exact date this series will start.

Story hours are held throughout the week, featuring new books and crafts every week. For the younger children, they're on Mondays and Fridays at 11:15 am. There are two story hours on Wednesdays at 10:15 am and 11:15 am for older students and for the Seacoast Learning Collaborative students.

The Dusty Old Mystery Book Club will meet on **Wednesdays January 18th and February 22nd** at 7pm. We'll have copies of this month's mystery available at the library. Stop by for lively talk and lots of laughs!

There's a New Book Group in town! Join in to read beyond the dusty mysteries; titles and subjects will vary according to members' interests. The New Book Group meets on 2nd Wednesdays: **January 11th and February 9th** at 7 pm.

We have some other great things in mind for the new year, but haven't locked in the dates yet. These include: a demonstration on natural remedies, an introductory knitting course, the start of a handcrafters/knitting club, a workshop on crafting paper flowers, and more! Check in for exact dates on our Facebook page, website, or just come visit us!

We're always continuing to add to our collection of thousands of books and DVD's, including new releases. Get the latest and the greatest right here at your library!

Meeting Dates:

Friends of the Library - Thursdays at 7 pm,
January 5th and February 2nd

Harvey-Mitchell Memorial Library Trustees-
Tuesday at 7 pm, **January 24th and February 21st**

Epping Parks & Recreation

Department News

Home of the "River Otters"

Director: Nicole Bizzaro

Cell Phone: 608-9487

Recreation Dept. Main Phone Number: 679-3006

eppingrecreation@gmail.com

Join us on Facebook and follow us on Twitter.

If you need to reach the Department, please contact Nicole, Recreation Director via e-mail at eppingrecreation@gmail.com or cell at 608-9487.

Now that Watson Academy is open again, we are getting back to business. The Epping Parks & Recreation Department has been busy at work, meeting with potential new instructors and staff to develop future programs and offerings at Watson for the town residents. For more information and to register, please contact the Recreation Department via e-mail at eppingrecreation@gmail.com or visit our website at www.EppingRecreation.org.

Please check out our website and our Facebook page for announcements and program updates.

Elementary School Programs Before & After School Program

We provide a safe, nurturing place for children to attend quality programming beyond the schools' hours of operation. We strive to help youth reach their full potential by allowing them to explore their physical, social and intellectual interests in a safe

and fun setting. The culture of our programs emphasizes quality relationships and a healthy respect for individuality. We provide enough structure to keep everyone safe, but we also offer an open atmosphere that allows children to explore their interests in groups or on their own.

The Before School Program operates on normal school days at the Epping Elementary School gym in the mornings for youth in grades K-7. The program opens at 6:45 am and runs until students leave for their classrooms at 8:20 am! Kindergarteners are escorted by staff. At the program the youth are able to finish homework, work on arts and crafts projects and play games in the gym. The youth are able to eat breakfast with the school breakfast program.

The After School Program starts at the EES Library to gather, then they head outside to the EES playgrounds during good weather days or walk down to Watson Academy for snack and homework time from 3:15-4:15 pm, during cold or bad weather days. The program then runs organized games and activities from 4:15-5:45 pm at Watson Academy and on scheduled days, uses the gym for PE related programming. The program operates from school dismissal until **5:45 pm**. Children are grouped by grades: K-1, 2-3 and 4-7. This may vary slightly depending on space and child needs in each of the groups.

Grades K-7

6:45–8:35 am—Before School Program at Epping Elementary School Gym

3:15 – 5:45 pm – After School Program meets in EES Library, goes to Playground and Watson Academy, with use of the EES Gym on scheduled days.

Call Nicole for more information at 608-9487.

Martial Arts Programs at Epping Recreation and Elementary School (offered by Epping ATA)

Karate Classes

Mondays (EES Gym) and Thursdays (MS Stage) 3:10 – 4:15 pm, \$65 per month

For more information or to sign up your child, please contact Mrs. DeNapoli at 674-6599 or e-mail her at eppingata@gmail.com.

ALL beginners receive a FREE Uniform.

McIntyre Ski Lesson Program

The ski lesson program is being offered again this year. The program will run Thursday evenings January 5th to February 2nd from 4 to 6 pm.

Registration is by McIntyre website – online registration only.

Youth Ceramics Class

Day: Thursdays

Time: 4:15-5:15 pm

Cost: \$20 for three sessions

Includes: up to 3 pieces (depending on selection), paint and brush use.

This program is ongoing so the child comes 3 times and then is completed or signs up for another 3-week session.

To register, please contact the Epping Recreation Dept. at eppingrecreation@gmail.com or stop by the program to speak with Barbara Young.

8th – 12th Grade CIT program

The program is back again this year. Students who like working with children and want to gain experience may apply to be a Counselor-In-Training. School year and summer positions are available and it's FREE! For an application, please contact the Rec. Dept.

Both the Application and two Reference Forms need to be returned to the Recreation Director at Town Hall, 157 Main Street, for review. Without references (non-related), applications will not be accepted. CIT positions are limited! We will call all applicants in for an initial interview with the Recreation Director and Program Director. The CIT program is not a full summer, full week program. Each CIT will be given a schedule of days and hours they will be assigned to complete their volunteer time with us. CIT's will ASSIST staff in running programs for kids, preparing materials for programs, helping with general clean up after programs and being role models for children participating in programs. Most CIT hours are completed on school grounds (no field trip hours). If a CIT shows exemplary skills in assisting children during on-grounds programs, we may contact those parents to arrange for field trip volunteer hours.

Adult Programs

Please check our Facebook page for updates, including cancellations on all programs.

Adult Basketball

Want to play some adult basketball? Come join The Epping Recreation Department for some pick up co-ed basketball in the Epping Middle School

Gym on Sunday nights.

Day / Time: Sunday – 7:00 – 9:00 pm

Location: EMS Gym (Use EHS entrance)

Cost: \$30 for 10 nights – Please make check out to the “Town of Epping.” If paying in cash, please bring exact change.

Each participant is required to sign a waiver form prior to playing and payment. Waiver forms will be available at the gym. We will have a sign-in sheet, to keep track of the days used. Once you have used your ten nights, please bring in your next payment of \$30 for ten additional nights. You will not be allowed to play if we do not have a signed waiver and payment. The payment covers the cost of the staff to provide this program.

We will also notify you via e-mail of any program changes, so please provide a current e-mail address.

Adult Ceramics Class

Day: Thursdays

Time: 5:30-8:30 pm

Cost: \$2 per hour, plus ceramics piece of choice

Includes: Use of brushes and paints. Some glazes are extra.

Location: Watson Academy (Upstairs Blue classroom)

To register, please contact the Epping Recreation Dept. at eppingrecreation@gmail.com or stop by the program to speak with Barbara Young.

The Porch

Our goal is to demonstrate the unconditional love of God to our community by building relationships, meeting physical and financial needs, and sharing the Gospel of Jesus that transforms lives.

Epping Lighthouse will benefit the community in numerous ways, including:

- Running a youth center for teenagers

- Running a children's after-school program

- Giving financially to families who are in need

- Providing free family counseling

- Organizing various programs for teenagers to service others

Kids Club

Our kids club is for kids in grades 1-5.

We will provide free pick up from EES, and provide snacks and drinks at no charge.

We have a structured time of singing, Bible Time and Game Time.

The club starts at 3:15 and goes until 5:00 pm.

Teen Central

Our Teen Central is geared for grades 6-12.

We offer pool, ping-pong, air hockey, and foosball.

We also have computers, a TV, board games and provide snacks and drinks at no charge.

Teen Central opens at 2:30 and goes till 4:30.

We provide classes and other events throughout the year as well.

We require all of our workers to complete a background check.

If you are interested, please check us out at www.eppinglighthouse.org or you can e-mail us at eppinglighthouse@hotmail.com to request a form.



Epping School District News

Epping field to be named after 'Coach Sue'

It was a shock for the Epping community to lose Susan Russell in early December. She was a longtime Epping coach of tee ball and softball, a supporter of all Epping sports and a well-loved member of our community.

The Epping School Board has voted to name the Middle School softball field after her to commemorate her love for the sport and her community impact. "The softball field may never be the same without Coach Sue, but it will forever have her name and legacy imprinted on it."

School Board Meeting Schedule

The Epping School Board holds regular meetings at 7:00 pm in the Epping Town Hall. The public is invited to attend. Meetings are also televised by ETV. Agendas and minutes are posted on the district website at www.sau14.org under School Board/Agenda & Minutes. ETV is also streaming meetings that you can watch live on your computer at: <http://etv.22.pegcentral.com>.

January 5th and 19th

February 2nd and 16th

Epping Elementary School (EES)

EES School Calendar

January

Jan. 3 – Classes resume

PTO meeting 7:00 pm in the EES Art Room. Free babysitting in the Library.

I Love To Read Month begins

Jan. 11 – Artist in Residence Kick Off Assembly

Jan. 13 – **NO SCHOOL** – Teacher Professional Development Day

Jan. 16 – **NO SCHOOL** – Martin Luther King, Jr. Day

Jan. 20 – Child Find Clinic – 10 am-2pm

Jan. 27 – Snow date for Child Find Clinic

February

Feb. 1-22 – Artist in Residence

Feb. 3 – Report cards

Feb. 6 – PTO meeting 7:00 pm in the EES Art Room. Free babysitting in the Library.

Feb. 16 – PTO Ice Cream Social 6:00-7:30 pm.

Feb. 24 – I Love to Read Jamboree

Feb. 27-Mar. 3 – **NO SCHOOL** – Winter Vacation

Families First

support for families...health care for all

Epping Family Morning Out: Fridays, (except 12/30, 1/20); 9:30-11 am.) For children ages birth to six, with parents or other caregivers. Children will explore age-appropriate crafts and other activities, have positive play with peers and adults and enjoy songs, stories and snack. Facilitator: Patricia Keck. Held at the SAU 14 Building, 213 Main Street, Epping. Cost: Free Advance sign-up not needed

Exeter Family Morning Out Thursdays (except 12/29); 9:30-11 am. For children ages birth to six, with parents or other caregivers. Children will explore age-appropriate crafts and other activities, have positive play with peers and adults, and enjoy songs, stories and snack. Facilitator: Patricia Keck. Held at Exeter Parks and Recreation (32 Court Street, Exeter). Cost: Free. Pre-registration not needed.

For information call 422-8208, press 2, or visit <http://www.familiesfirstseacoast.org/programs.cfm>.

All parents and children are welcome at our Parenting Classes, Parent-Child Groups and Parent Groups. **Advance registration is needed for most programs and is always needed for childcare;** please go to FamiliesFirstSeacoast.org and click on the Register for Family Programs button, or call 422-8208 x2.

Epping Middle School (EMS)

Make and Take Workshops for Families

Epping Middle and High School media specialist, Thelma Thompson and EMS/EHS Technology Education teacher, Scott Lister hosted several Saturday workshops in November in which community members were given the opportunity to create their own works of art using the school's 3D printers as well as the plasma cutter.

Attendees ages ranged from 7 years old to 70 years old. 3D printer participants accessed the website Thingiverse to choose from thousands of pre created 3D designs and Autodesk 123 Design was used to create personal designs.

The Plasma Cutter was used to cut out house signs from steel. Families were engaged and genuinely having fun! Thank you to Thelma Thompson and Scott Lister for organizing these workshop opportunities for our community!

Cheerleaders Project for Soldiers



EMS Cheerleaders crafting gifts for soldiers.

Part of Epping Middle School's *Life of a Blue Devil* initiative is to bring together team building with community service. Shelby Beaver, one of EMS's cheerleading coach's husband is stationed in Afghanistan. We thought it would be a great idea to bring the girls together to thank Jamie's unit of 32 soldiers for their service and to send them a care package for the holidays. The girls each sponsored two soldiers making them each a package that included a card and an ornament as well as a box of chocolates. These gifts will be shipped to the soldiers, along with a Christmas tree for their unit to hold their ornaments. Thank you to Kim, Shelby and the cheerleading team for reaching out to our service men and women.

Seniors Holiday Concert

The second annual Holiday Concert for Seniors was held on December 9th. Senior citizens from the community enjoyed a performance by the Middle School Band and Chorus. Following the performance refreshments were served for all who attended. Thanks to Brian Freed, John Ludwig and our students for a wonderful show. Thanks also to Ronnie Bush and her staff for preparing and serving our holiday treats for our guests.

An editorial comment: As one of the seniors privileged to be present at this Holiday Concert again this year, I hope it will become an annual event. The performances by the bands and the chorus were outstanding - the whole concert was wonderful. The refreshments following the concert were delicious. It was a very special afternoon and a highlight of my Christmas season.

Thank you. Barbara

EMS/EHS Holiday Concert

The EMS Band and Chorus performed for the community a combination of holiday favorites and jazz arrangements. The event was well attended. Thank you to TEMPO, John Ludwig, Brian Freed and most of all our students for a fantastic performance.

The Crayon Initiative



The different phases of recycling crayons into something new!
Epping Middle School is working with *The Crayon Initiative* which organizes crayon collections. They remanufacture the donated crayons - new and used and donate them to children's hospitals. Hospital

art programs allow for normal childhood development and skills building to take place, enhance problem-solving and critical thinking skills, offer creative outlets and promote creativity and imagination. Please join us in this worthwhile endeavor by donating crayons. We will be selling rainbow crayons (melted different colored crayons in shapes) as stocking stuffers to help offset costs associated with shipping. These have been sold for 50 cents. Contact Ms. Weisberg for more information.

Friends Helping Friends

Friends Helping Friends (FHF) is a nonprofit organization at Epping Middle School which provides financial assistance to our students living with long-term illnesses. Students have used the funds to buy adaptive equipment, purchase gas for the trips to Boston hospitals, and to purchase laptop computers to continue their studies while hospitalized. FHF conducts various fundraisers throughout the year. They have been selling holiday covered Tootsie Pops for \$1 to support their efforts.

EMS Students are Winners in Contest

It's been more than three decades since the editor of Foster's Daily Democrat, Rod Doherty, instituted the Holiday Art and Writing Contest. Since its founding, the contest has grown with the participation of students stretching across the Seacoast of New Hampshire and Southern Maine. Over the last two years the number of schools represented by student entries has grown even larger with Foster's Daily Democrat joining the family of Seacoast Media Group newspapers. Many of those new schools are represented in the winners this year.

In all, the judges chose 41 winners in the writing portion of the competition. Each entry was judged by three members of the panel on a scale of 1-10, for a possible score of 30. Of the 81 winning entries, 12 received perfect scores. Each entry was judged based, in part, on the grade of the student.

Four students from Epping Middle School were winners in the Writing Contest: **Chris Patey, Jack Meyer, Megan Webber and Martin Wallem.** **Chris Patey** was one of the 12 students with a perfect score.

A ceremony to honor this year's winners will be held Saturday, **January 28th**, at 9 am, in the auditorium of the Idlehurst School in Somersworth.

(Snow date: Saturday, Feb. 4th) Winners will be notified by e-mail with full details.

Epping High School (EHS)

Congratulations to the Boys Soccer Team

The Epping High School Boys Soccer Team won the Division IV State Championship. In their first time playing in a state final, our Blue Devils defeated top-seeded, undefeated Littleton, 3-0 in the Division IV final at Southern New Hampshire University.

Division III All-State Football Teams

The players from Epping-Newmarket named to the All-State Football team for Division III South:*

First Team Offense

Noah Armstrong, Slot, Junior

Second Team Offense

Matt Lockhart, Slot, Junior

First Team Defense

Jack Arthur, LB, Senior

John Morrissey, DB, Senior

Second Team Defense

Andrew Venzel LB, Senior

* Note: All-State selections are chosen by the state's football coaches.

E-mail Address Changed?

If your email address has changed, please notify Barbara Helmstetter at: bhelmstetter@comcast.net.

Newsletter Schedule

Have we missed your group or event? Please let us know. Our purpose is to include as many Epping groups and events as possible.

The next issue (**March-April, 2017**) of this newsletter will be available **March 1, 2017**. We will accept **submissions through February 23, 2017**, to be included in the next issue. Please send your content with contact information for consideration to bhelmstetter@comcast.net.

If you would like your next event to appear on the Calendar of Events, please send us an e-mail at bhelmstetter@comcast.net by **February 23, 2017**. Please include the date, event name, location and time.

Thanks for reading!

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Epping Calendar of Events for January 2017

January 1	NEW YEAR'S DAY – Library closed
January 2	NO SCHOOL – NEW YEAR'S HOLIDAY – Town Hall and Library closed
January 2	Reiki 1 Certification Course at Library (part 1) – 5:30-9:30 pm
January 3	EES I Love to Read Month begins
January 3	EES PTO meeting – 7 pm
January 4	Providence Baptist Church Food Pantry – 10 am
January 5	Friends of the Library in the Youth Room – 7 pm
January 5	Epping School Board meeting in Epping Town Hall – 7 pm
January 7	Epping Community Church Food Pantry and Coats of Caring – 8-10 am
January 8	American Legion Post 51 Sunday Breakfast Buffet – 8:00-11:00 am
January 9	Reiki 1 Certification Course at Library (part 2) – 5:30-9:30 pm
January 10	Last day for petition warrant articles
January 10	Tickets for American Legion Valentine Dinner Dance go on sale
January 11	Providence Baptist Church Food Pantry – 10 am
January 11	New Book Group at Library – 7 pm
January 11	Budget Public Hearing in Town Hall – 6 pm
January 11	EES Artist in Residence Kick Off Assembly
January 12	Epping Seniors meet at Watson Academy – 1 pm
January 13	NO SCHOOL – Teacher Professional Development Day
January 14	Epping Community Church Food Pantry and Coats of Caring – 8-10 am
January 16	NO SCHOOL - MARTIN LUTHER KING, JR DAY –Town Hall, Library closed
January 18	Cub Scout Pack Meeting at Epping Elementary School – 6:30-8:00 pm
January 18	Dusty Old Mystery Book Club at the Library – 7 pm
January 18	Providence Baptist Church Food Pantry – 10 am
January 19	Epping School Board meeting in Epping Town Hall – 7 pm
January 20	John Lang “Tales of Irish Heritage in Seacoast NH” at the Library – 5 pm
January 20	Civil War Roundtable of NH meeting in Town Hall – 7:15 pm
January 20	EES Child Find clinic – 10 am-2 pm (Snow date – January 27)
January 21	Epping Community Church Food Pantry and Coats of Caring – 8-10 am
January 21	Epping Community Church Dinner “ Roast Turkey dinner” – 5:00-6:30 pm
January 24	Library Board of Trustees Meeting – 7 pm
January 25	Providence Baptist Church Food Pantry – 10 am
January 25- Feb 3	Sign ups for Town positions
January 28	Epping Community Church Food Pantry and Coats of Caring – 8-10 am
January 28	Ceremony to honor Foster's Daily Democrat's Contest winners

Epping Calendar of Events for February 2017

Date	Event
February 1-22	EES Artist in Residence
February 1	Providence Baptist Church Food Pantry – 10 am
February 2	Epping School Board meeting in Epping Town Hall – 7:00 pm
February 2	Friends of the Library in the Youth Room – 7 pm
February 3	Last day to sign up for Town positions
February 4	Jazz Music at the Library
February 4	Epping Community Church Food Pantry and Coats of Caring – 8-10 am
February 6	EES PTO meeting – 7 pm
February 7	Town Deliberative Session in Town Hall – 7 pm
February 8	Providence Baptist Church Food Pantry – 10 am
February 9	New Book Group at Library – 7 pm
February 9	Epping Seniors meet at Watson Academy– Christmas Party – 1 pm
February 9	School Deliberative Session in Town Hall – 7 pm
February 11	Epping Community Church Food Pantry and Coats of Caring – 8-10 am
February 11	American Legion Prime Rib Valentine Dinner Dance
February 12	American Legion Post 51 Sunday breakfast – 8:00-11:00 am
February 15	Cub Scout Pack Meeting at Epping Elementary School – 6:30-8:00 pm
February 15	Providence Baptist Church Food Pantry – 10 am
February 16	EES PTO Ice Cream Social – 6:00-7:30 pm
February 16	Epping School Board meeting in Epping Town Hall – 7 pm
February 17	Civil War Roundtable of NH meeting in Town Hall – 7:15 pm
February 18	Epping Community Church Food Pantry and Coats of Caring – 8-10 am
February 18	Epping Community Church Dinner – 5:00-6:30 pm
February 20	PRESIDENTS DAY – Town Hall and Library closed
February 21	Library Board of Trustees Meeting – 7:00 pm
February 22	Providence Baptist Church Food Pantry – 10 am
February 22	Dusty Old Mystery Book Club at the Library – 7 pm
February 23	DEADLINE DATE for the March-April issue of the Newsletter
February 24	EES I Love to Read Jamboree
February 25	Epping Community Church Food Pantry and Coats of Caring – 8-10 am
February 27-Mar 3	NO SCHOOL – Winter Vacation
March 14	Town voting – in EMS Gym – 8 am - 7 pm

If you would like your next event to appear on the Calendar of Events, please send us an e-mail at bhelmstetter@comcast.net by **February 23, 2017**. Please include the date, event name, location and time.