



Speak Up, Epping! Newsletter

Volume 9, Issue 5

Epping, New Hampshire

September October, 2016

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.

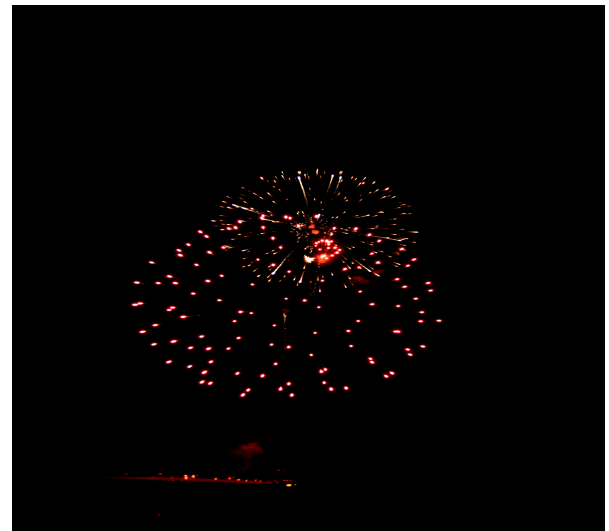
Also, check out our **Facebook** page! Join us for more late-breaking news and events that did not make our Newsletter deadline.

What's Up, Watson!



It's seemed like forever! It's taken money and many people contributing lots of time and lots of hard work, but the repairs and exterior work on Watson are finally complete!! We have our Watson Academy back and up and running!!

Epping's 275th Birthday Bash 1741 - 2016



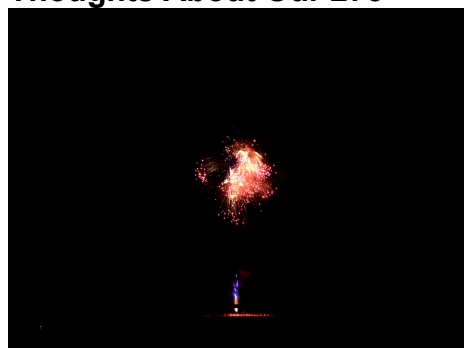
It's hard to believe but with the Highnote Festival and the Historic Walk through the Central Cemetery on **September 10, 2016**, the three-year journey of the Birthday Bash Committee will come to a glorious end. We started the year 2016 with a "kids" Karaoke party and dance on February 20th. March saw a well-attended adult dance at the American Legion with lots of donated raffle prizes. In April came the annual Lamprey River Canoe Race sponsored by the Lions Club. Then came the Knights of Columbus youth fishing derby, the Civil War Roundtable's 25th anniversary celebration and Joy True's History of Epping, all well attended by the residents. On June 11th, 90 hungry travelers enjoyed a Progressive dinner sponsored by the Epping Community

Church, traveling to all the churches in town for portions of the meal. Hedding Campground held a concert and New England Dragway invited residents to try out their vehicles on the dragstrip. Several children also were able to ride their bikes on the strip with a shorter distance. August was our big month. The Windham Concert band gave a concert at the town bandstand located at the American Legion and then came the day we all looked forward to - August 20th!! Mother Nature gave us a beautiful day for our Birthday Bash. It started with a parade featuring the Grand Marshalls Louise and Dan Harvey, followed by the Epping High School Band, the Boy and Girl Scout Troops, Bektash Shrine units and over 50 units, including fire apparatus from Epping and surrounding towns. The streets were lined with residents who continued on to the Elementary school for an afternoon of food and fun, as well as the Craft Fair at the Middle School. Many residents returned to the school complex at nine o'clock in the evening and enjoyed a super fireworks show.

This Birthday Bash started with Joyce Blanchard forming the original committee. Cliff Cray, the co-chairman of our 250th celebration agreed to be an advisor to the committee and as the committee changed over time, took the reins as chairman. I could not have done this without the core committee: Joyce Blanchard who kept us together with e-mails and watching the budget; Joy True doing the secretarial work and much more; Doug Hayes who was always there to help and did a great job on August 19th and 20th with the Olde Home Day; Grace Lavoie made posters, set up memorabilia sales at every event and much more; Eunice Miller was our PR person; and Michael Berry worked hard on getting parade and Olde Home day participants and making all of the meetings. There are many more that helped us but rather than miss anyone I can only say thank you to all. Thank you to the voters of Epping for providing the funds and to the many donors for helping to make this year such a success. Thank you for letting me be your 275th Birthday Bash committee chairman.

Submitted by Cliff Cray

Thoughts About Our 275th



Epping just had a birthday, but I bet you knew that going by the laughter and chatter all day long on the 20th leading up to the noise you heard just about 9:00 that night. The skies lit up over our school compound with amazing fireworks. They were colorful and loud and enjoyed by all who made it back up to the field to watch. We even had two finales. We do things differently here in Epping!

Preparations for our 275th started quite a while back. Warrant articles were written and voted on. Letters and personal visits to local businesses were needed to find sponsors and donations. This year's list of events would not have happened without the effort that Cliff Cray put in, trying to get this year better than the 1991 events. It was his goal and all of us did our small part to see that the word got out and you knew it was going to be a good time. It was, right?

I will not take up the space here to thank the others individually as you all know this did not happen without many meetings, all of us volunteering to do what we could, in our own way, to make August 20, 2016 a day to remember. Thanks to all on the Birthday Bash Committee. I think they liked it!

Now the 300th is just 25 years down the road. Let's hope those children in the dunk tank all day long as well as in the bounce houses, remember the fun they had, as they will be in their 20's and 30's. They will need to think about giving of themselves for the community that showed them how much they mattered. Volunteer people - it feels good!

Enjoy the rest of this year's events.

Happy Birthday, Epping!

Submitted by Eunice Miller

275th Birthday items on sale at Town Hall

Birthday items are still for sale. Birthday Pottery Mugs are \$15. Matching Plates are \$20. "Epping Air" soy candles are \$15. Epping 275th key chains are for sale for the amazing low price of \$5. T-shirts

are available in two colors, Royal and Sky Blue, and two sizes, \$15 Adult and \$12 Youth. Town Flags are \$50. All are being sold from the Selectmen's Office at the Town Hall.

T-shirts and Flag



End 68 Hours of Hunger in Epping

We are excited to start the new school year with a storage unit filled with food from our June Walmart food drive. Our program continued to provide local children with food over the summer during summer school weeks. Both the school and the families benefiting from our program were very pleased with the successful start of this program in town last school year.

Our program continues to be a 100% volunteer non-profit organization. The Epping community continues to be a great support to us by donating both food and money. If interested in donating food, we have drop box locations at the Library and Bodywise Physical Therapy. Food items that go in the bags include soup, canned meat, canned pasta, oatmeal packets, cereal, cereal bars, mac and cheese, canned vegetables, fruit cups, kid snacks, tortillas, cracker boxes, mayo, peanut butter, jelly, hot chocolate, pasta, marinara sauce, and shelf stable milk and we are always looking for monthly donations of fresh apples, oranges, and baby carrots. We cannot put any glass or expired food in the bags. We cannot put large size food items in the bags because the kids have to carry the food home. Anything we cannot use we donate to the Epping food pantry.

Monetary donations can be made directly to our website: <http://www.end68hoursofhunger.org/find-your-community/new-hampshire/eppping/>

If you are interested in helping us out with our program, we are always looking for help in one form or another. We currently need help planning our "Touch the Trucks" fundraiser in town on September 18th. Please e-mail us at: Eppingnh@end68hoursofhunger.org.

Thank you!

Karen Poplaski and Shannon Garwich, Coordinators

Touch the Trucks

We are excited to have a "Touch the Trucks" event in Epping to support our End 68 Hours of Hunger program!

On **September 18th from 10 am to 2 pm** we will be holding "Touch the Trucks" event to benefit Epping's End 68 Hours of Hunger program. The event will be held in the Epping Middle/High school parking lot and people will park in the Elementary school parking lot. We will accept cash donations at the door and once inside people will be able to purchase food and tickets for activities. The activities will include carnival games with prizes, face painting, raffles (American Girl Doll), and dunk tank. DJ Bob Fauci will be providing music for the event, and cotton candy, popcorn, snow cones, and food trucks will be on hand. Local Epping community groups and local business are coming together to help us put on this great event. We will have police, fire, and state police cars, construction trucks, race cars and more, available for the kids to see up close and personal.

"Touch the Trucks" will be a great event for our community, schools, and our program. If you are interested in volunteering or have a "truck" you would like to have highlighted at the event, please contact us at touchthetrucks@gmail.com or call Karen Poplaski at 548-6116. Follow event updates and pictures at www.facebook.com/touchthetrucks/.

With sincere thanks!

Karen Poplaski and Shannon Garwich, Coordinators

Senior Moments

WE SURRENDERED!! The Watson Academy Senior Citizens Club conceded to that horrible hot humid weather. Outdoor activities were limited to passing from car to cool, dry places such as movies, shops and restaurants. One day we did venture over to Strawberry Banke in Portsmouth. The staff didn't disappoint us. They portrayed their character roles so well, we found ourselves rewinding back 200 years. Kind of scary. Of course our trusty cell phone GPS guided us right to Warren's Restaurant in Kittery for a great seafood

lunch... Imagine that.

The Ice Cream Social at the Watson was a Huge success. The Recreation kids not only made great ice cream sundaes, they were polite, helpful and **so much fun**. They sat with us, played games with us and told some pretty funny jokes. Some even played a few tricks on us but we played a few on them also. We plan to spend time with them again and when we do, we'll provide the treats ---- grandma's homemade cookies.

There was no meeting in July but our August meeting was very informative. Ms. Kaitlyn Matson, pharmacist at Walgreens, explained everything about immunizations for people 55 and over. Some of this was new to us. Example, the second and last pneumonia shot we'll ever need, contains a new product and is extremely important for seniors. It is available anytime and is free. Unfortunately, the Shingle shot that is so vital to most of us is not free without the proper insurance. Another new fact--there are three different flu shots and the HD {High Density} flu shot is highly recommended for senior citizens. So, seniors, ask for it when you get your annual shot. None of us like needles, but we were advised to get the Whooping Cough shot (free) if we spend time with young children. Ms. Matson is available to answer questions anytime.

We'll soon flip over the page on the calendar and Fall will be in our face. This means a trip back to the DeMeritt Hill Apple Farm scheduled for early October. The kid in us comes out as we ride in the bumpy wagon, pick apples in the orchard and end the day at the picnic table enjoying homemade apple pie and ice cream. Their amazing cider donuts have no calories if you eat them while standing on your head.

Plans are also underway for a visit to the Emergency 911 in Laconia which is the base headquarters for the program. The actual date will be set at the September meeting.

We hope the people at WMUR TV don't remember us because we want to go back soon for another tour. It hasn't been long but our new members have never been there and it's a fun place to visit.

We appreciate our friends who expressed concerns about our well-being during those extremely hot days. THANK YOU!

You know.....kids today don't know how easy they have it. When I was young, I had to walk 9 feet through a shag rug to change the TV channel. (What's a shag you ask?)

Submitted by Irene R. Cote, Secretary

News From the Town

Town Hall closed:

September 5th – Labor Day

October 10th – Columbus Day

November 11th – Veteran's Day

November 24th & 25th – Thanksgiving

December 26th – Christmas

Other Upcoming Dates:

Labor Day weekend – Dump has regular hours

September 13th – State Primary

October 1st – Household Hazardous Waste Collection in Exeter

October 31st – Trick or Treating – 5-7 pm

November 8 – Election Day – Vote!!

State Primary September 13th – Vote!

On Tuesday **September 13, 2016**, the State Primary Election will be held at the Epping Middle School Gymnasium from 8:00 am to 7:00 pm. If you are unable to vote on this day, you can either contact the Epping Town Clerk or stop by the Town Clerk's Office and complete an Absentee Ballot Request. After completing the request form, you will either be handed your ballot or one will be mailed to you.

Epping's Halloween Fun October 31st

Town of Epping Trick or Treating – 5-7 pm

Goblin's Gala at the Fire Department and Pumpkin Stroll – 6-8 pm. There will be shuttle service from the Town Hall to and from the Safety Complex.

In and Around Epping

Brickyard Square is now completed and everyone is enjoying all the great new stores and restaurants now open in the Square and around Epping.

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.



Highnote Festival

The 16th annual Highnote Festival, a nonprofit benefit for the Adam McPhee Memorial Foundation, will be held on **Saturday, September 10th** from 2:00 pm until dark at the Governor Prescott House, 173 Prescott Road in Epping. Events will be held, rain or shine. They include tethered balloon rides at \$5 per person and helicopter rides at \$25 per person. There will be arts and crafts for all ages, hayrides, local artisan exhibit booths, horseshoe pitching tournament, mechanical bull ride, wildlife demonstration and snowmobile water cross. Entertainment will be by Blue Matter Band, Rob and Dan West End Beat, Wayne from MAINE and the Shoestring Giant Theater giant puppets. There will be food from Zampa Bistro and Billy Goat Grubb. There will also be evening fireworks, weather permitting. The cost is \$15.00 for adults. High school students and children are admitted free. Tickets will be available at the gate. The Festival grounds are handicap-accessible.

Additional donations may be made to The Adam McPhee Memorial Foundation, 173 Prescott Road, Epping, NH 03042

For more information, please contact us at www.highnote.zampa.com.

Jack Sharkey 5K

Come join us for the official Highnote Jack Sharkey 5K! The course is an official USATF-certified course, starting at the Governor Prescott House and winding through some of Epping's new

neighborhoods.

Jack Sharkey was a Heavyweight Boxing Champion in 1932 and retired in Epping in 1950. He passed away in 1994.

\$20 registration online,

\$25 registration at the event.

First 50 to register get a T-shirt.

Registration opens at 8 am.

Race starts at 9 am.



Epping Lions Club

"We Serve"

We Want YOU to Join the Epping Lions Club

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

www.epping.nhlions.org

We are looking for innovative people who desire to become involved in improving our community and having fun doing it. The Epping Lions Club was established in April 2009. We support sight programs and services including vision screenings, eyeglass recycling, and provide assistance to local families in need of eyeglasses. We support community programs as well as participate and sponsor some exciting events, such as the Lamprey River Canoe Race and the Highnote Festival. With your involvement and ideas we look forward to creating even more special fundraising events. We understand people have busy lives and the Lions Club allows you to volunteer as little or as much as you like.

Our next event will be the Highnote celebration on **September 10th**. Our popcorn and 50/50 raffle are popular at this event. Look for our Gas Card raffle coming soon.

If you're interested in learning more please visit our website: www.epping.nhlions.org. Meeting times are posted, which are generally the 4th Tuesday of the month at 6:30 pm. We currently meet at the Harvey-Mitchell Memorial Library in Epping. We'd love to see you!

Colleen Palmer, *President*

colleenmariepalmer@hotmail.com

Cheryl Denoncour, *Treasurer*

cdenoncour@gmail.com

Deb Brooks, *Eyeglass Collector*

lexusreina@comcast.net



TALES FROM EPPING'S PAST

Becoming Epping

As we celebrate our 275th Anniversary, it seems like the perfect time to reprint Madelyn's earlier Tale of Becoming Epping.

Some New Hampshire towns began simply as commercial fishing or trading outposts, but Exeter, of which Epping was once a part, was founded as an organized religious community.

Exeter was purchased from the local Indian sagamores by Reverend John Wheelwright in 1638. The area was prime and large enough to also include the present towns of Newmarket, Newfields, Brentwood and Fremont. Up until 1741, when we became a separate town, we were the northwestern part of Exeter and known as "Tuckaway," a name connected to the Pawtucket Indians whose ancestral home this was.

Our earliest settlement was slow and sparse, under constant threat of Indian attacks and other frontier hardships. The first recorded white child, Anna Sinkler, wasn't born here until 1730.

One year, describing themselves as "poor and few in number," the men hitched their oxen teams to loaded wagons and with drums beating and flags flying, paraded over the rough miles into a wide-eyed Exeter Village and paid off all their taxes in cords of wood.

Being so far from Exeter village also made it hard to attend their town meetings resulting in having little or no say in their laws, taxes or the pay for a town minister who seldom came out this way no matter how urgent the need.

Finally, certain they should have their own separate town, fifty-six men, a number of them members of the same family, pleaded their case before the Exeter selectmen but were always refused.

Undaunted, they went on to Portsmouth and met with the new Governor who agreeably heard their case and granted their petition. Thus, on February 23, 1741, Benning Wentworth, the first appointed Governor of the newly independent Province of New Hampshire, created his first town and named this ancient forested area here in New England after the ancient forest in Old England that he knew so well - "EPPING."

- And we had our town!

Note: More information on Anna Sinkler and the document creating Epping are available in the Epping Historical Society.

This is reprinted from a series for Speak Up, Epping!

Text/Research: Madelyn Williamson

Epping Historical Society

It is hard to believe the summer is almost over when September arrives, and Christmas is not far behind. Although it has been very hot and dry, at the Society we have been busy with archiving and welcoming several visitors.

The 275th Birthday Celebration was a huge success! The Parade was fantastic! It was wonderful to see so many people lining the parade route. Special thanks to Bill McPhee for escorting the Grand Marshalls in the Parade. Dan and Louise Harvey were the perfect couple to be honored. Many thanks to the hard working birthday committee for making the celebration possible.

The Historical Society had a large display under the tent on the field, and it gave us a chance to share with the town some of our most interesting artifacts. We have family genealogies, which we have created. Come by and see if you have family records here. In our collections you will find information on cemeteries, vital statistics, schools, fire department, police department, Churches, businesses and railroads. We have a collection of over 400 glass negatives from the Sanborn family. Walter Sanborn was responsible for most of the pictures we have of Epping and its people. Also at the Society we have a large collection of old deeds for many properties in Epping. We house the History of Epping within our building. Please come in and acquaint yourself with the history of our wonderful town.

We are still taking orders for bricks to place in our walkway. We have over thirty engraved bricks on the walkway, that people from near and far have purchased in memory of their loved ones. The cost is \$50.00 per brick, with three lines of lettering, with fourteen letters or spaces per line. Applications are available at the society or the Town Hall.

The Epping Historical Society is hosting a "Cemetery Walk" through Central Cemetery. This is our oldest public cemetery. Epping has 80 cemeteries that we can identify and many more are waiting to be found. These are scattered throughout the town boundaries. The walk will be **Saturday, September 10th** at 10:00 am. This is free and open to everyone. We will meet outside the gate on Main Street.

Do you have old pictures of your family collecting dust in the attic? Would you be willing to share them with the Society? We can make copies if you want to keep the originals. Sometimes we are able to identify a picture of people or places that you are not familiar with. So many pictures do not

have a name attached and this is very frustrating for families.

The Epping Town Hall

When you drive past or visit our Town Hall, do you wonder about the construction of the building? The town of Epping needed a meetinghouse for many years. Our previous meetinghouse was located on the corner of Plumer Road and North River Road and the center of town was at that location for many years. When the Village started growing, the center shifted to our present site. It took many years for the town to vote to provide money for a new meetinghouse.

In 1892, the Building Committee signed a contract to have a beautiful new meetinghouse constructed. Three men were on the committee: Charles W. Sanborn; John Leddy and Frank Blaisdell. The contractor was from Rochester, and he came in with the low bid. This building design was used several times. Hampstead, N.H. was one site, but it burned in the early 1920's. Alton, N.H. was another and this Town Hall is still in use today and stands in the middle of town.

Dr. Nathaniel Batchelder, from across the street, gave the land to the town for the meetinghouse. The construction began in August 1892, and was to be completed by April 1893. This meant the building was constructed in the fall and winter. In the contract, the builder was to furnish all the hardware for the interior and exterior of the building. Also, they were to provide all the furnishings, chairs, tables, and even a clock for the tower. Unfortunately, when the clock arrived, it did not fit in the tower. The clock was installed in the Congregational Church, where it is still working today. The town owns and maintains the clock. Did you know the Selectmen's office was our Library? The Library consisted of one room, with a ladder to reach the books on the top shelves. The original safe that was part of the furnishings is now housed at the Epping Historical Society. The construction workers had to lay 140,000 bricks and install 70 squares of slate for the roof. This was all done in the winter! They did not complete the job until June, but a late fee was in the contract, \$10.00 dollars a day. The cost of this building was: \$6,680.00 dollars. I have often wondered if the bricks were manufactured in Epping, because we were known for our brickyards. The contractor was from Rochester, where they also produced many bricks. The railroad ran from Rochester to Epping, so they were probably shipped here. At the Society we have a binder with the contracts, building material lists, and the many letters to the build(ng

committee, with requests for payment. Detailed specs for hardware, lights, etc. are in this book, including purchasing the correct locks for the jail doors.

Epping is a growing community, and changes had to be made. The interior of our Hall has been upgraded for the best use for several town departments. We now have an elevator to the second floor. A lot of work was done in the meeting room upstairs. A new floor, rooms for our TV facilities, and a large room for public meetings. (Do you remember playing Basketball in this room? Do you remember the steam pipes under the hoop?) Several offices downstairs were enlarged and updated to accommodate our growing town. The woodwork and trim were copied from the original interior, therefore keeping our antique look.

The Epping Historical Society is open on Mondays from 8:00 to 12:00, or whenever the flag is flying. Call for an appointment if this is not convenient for you. Call: 679-2944.

Submitted by Joy True, curator

Why Conserve Land?

Submitted by Sandy Goodspeed, guest contributor

The NH government believes so strongly in conservation, they enacted legislation (RSA 79-A:25) for the purpose of encouraging and providing financial incentive for land conservation in communities. ***"It is hereby declared to be in the public interest to encourage the preservation of open space thus providing a healthful and attractive outdoor environment for work and recreation for the state's citizens, maintaining the character of the state's landscape, and conserving the land, water, forest, agricultural and wildlife resources."***

Research elaborates on this thought and shows there are many reasons to conserve our forests, open spaces and wildlife:

1. The land gives us food, fiber and fuel. As the global population increases, our land must provide even more of these resources.
2. The land filters our water.
3. Wilderness gives us space to play, explore and release stress.
4. Gardens, parks and trails draw people – these are places where neighbors can get together.
5. The beauty of the land inspires us.
6. In addition, conserving land helps to balance the potential negative effects associated with climate change. Forests, prairies, farmland and other natural habitats absorb approximately 15% of carbon dioxide emissions in the US. Land

conservation offers a two-fold benefit for the climate. It not only helps absorb greenhouse gases, it also prevents significant greenhouse gas emissions that would result from development — including deforestation, construction and the additional driving required by poorly planned growth. (From <http://www.landtrustalliance.org/why- conserve-land>)

Land conservation is about more than just aesthetics. It is a strategy for protection and improvement of water quality, preservation of cultural and historic sites, protection of our plant and animal communities, sustaining natural areas and parks, and enhancing our quality of life. **Preserved open space provides both economic and intrinsic benefits.**

As a concerned citizen and a member of the Epping Conservation Commission, I would like to hear from you. Please share your thoughts about conservation — sandygoodspeed@comcast.net.

The Civil War Roundtable of NH



*NH graves at Soldiers' Cemetery in Gettysburg
(Photo by Bill Hallett)*

The Civil War Roundtable of New Hampshire begins our new season on **Friday, September 16, 2016** at 7:15 pm at the Epping Town Hall. (Doors open at 6:45 pm.)

We welcome anyone with an interest in the American Civil War who would like to be with others who share the same desire to learn more of this time in American history. If you or a friend have an interest in the American Civil War, we invite you to come check us out.

The September meeting features a talk by Don Streeter. Don is a member of our group and has done extensive research into the New Hampshire Civil War monuments in the towns and cities throughout the state. He'll highlight some and talk about where he's gone.

Chuck Veit makes his return to our group for the October 21, 2016 meeting. Chuck is the president

of the Navy and Marine Living History Association and his topic will be, "Sea Mariner Major E.B. Hunt's Rocket Torpedo of 1863." It's a rare and interesting subject.

The Civil War Roundtable of New Hampshire shared in the pride of Epping as the Town celebrated its 275th anniversary. We hosted a table at the Birthday Bash on Saturday, August 20th — it was nice to be part of it.

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 website at: www.cwrt-nh.org or e-mail us at cwrtnh@gmail.com.

This is the CWRT-NH schedule for 2015-2016:

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.

September 16, 2016 — Don Streeter — "Civil War Town Memorials in New Hampshire"

October 21, 2016 — Chuck Veit — "Sea Mariner: Major E. B. Hunt's Rocket Torpedo of 1863!"

November 11, 2016 — Clay Feeter — CWRTNH Ancestor Soldier Campaign Map

December 2016 — no meeting — Happy Holidays!

Submitted by Bill Hallett

Lamprey River Advisory Committee Eager Beavers

At a recent Lamprey River event, someone shared some awesome photos of beavers that she had seen while kayaking on the Lamprey. Enjoy.

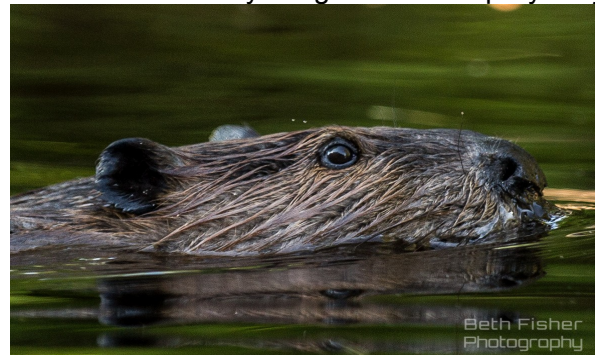


Photo by Beth Fisher, used by permission

Beavers, weighing between 30 and 100 pounds, are the largest rodents native to North America. Their orange incisors are strong enough to cut through trees and they do not wear down due to continual growth. They use their large, webbed back feet for swimming. Their scaly, paddle-like tail helps with steering and, when slapped on the water's surface, serves as a warning to other beavers that threats, such as predators, are near.

Their oily fur is very dense, composed of two very different layers. The inner layer is composed of soft, curly hairs that help to trap air for warmth under the water. The outer layer is made of stiff guard hairs that help to shed water and form a protective layer over the inner layer. This dense, warm fur is the reason most beavers were hunted and trapped to point of near elimination in New Hampshire in the late 1800's. Restoration efforts have been successful and beavers can once again be found throughout the state.

Beavers are natural engineers and build extremely functional dams and lodges. And like true engineers, they are excellent problem solvers. This sometimes causes conflict with people who build structures near waterways to serve their own needs. Although beaver activity is sometimes perceived to be a nuisance, the effects on the local environment are almost always positive. Their dams help to store water while providing and improving habitat for other animals. Unlike most human dams, beaver dams usually are not barriers to animals that need to move along rivers. Dam decent of the beavers to be such good neighbors!

Newmarket Kiosk Rises Again



Photo by Dick Lord.

The new kiosk at Schanda Park in Newmarket.

Kevin Martin, left, designed the replacement kiosk. He was joined by committee members Preston Samuel and Dick Lord (right) who spent several days on its careful construction. This is one of several kiosks donated to

local towns by the Lamprey River Wild and Scenic Subcommittee

For several years, an empty kiosk stood vigil at Schanda Park in Newmarket, waiting for content that was not forthcoming. This kiosk was noted by the Lamprey River Advisory Committee and the Newmarket Conservation Commission as a golden opportunity to show visitors where conserved land could be accessed in Newmarket as well as some of Newmarket's rich history.

The two groups joined forces to create content for a panel back in 2011 and had it installed. At some time during the fall or winter of 2015, the old kiosk collapsed and fell into a nearby stream. Newmarket's Department of Public Works retrieved the kiosk, threw away the rotten frame, and held the still-intact panel for safe-keeping.

In the spring, the Lamprey River Wild and Scenic Subcommittee set aside funding for materials for a replacement kiosk. In late June 2016, construction was completed. The setting of Schanda Park is beautiful, but for those who would like to view the panel from a computer, it can be viewed at http://www.lampreyriver.org/UploadedFiles/Files/Newmarket_kiosk_panel.pdf.

Rain Garden Woes Erased with LRAC's Help



Photo by Laura Byergo

Liz and Bill Arcieri with their new rain garden.

Can you see the two pipes that will direct roof run-off into the garden?

The Great Bay Stewards have a SOAK grant from the NH Department of Environmental Services to help homeowners increase the capacity of their land to infiltrate stormwater from roofs and driveways into the soil rather than going untreated into a storm drain, thus preventing dirty stormwater from polluting our rivers. As part of the grant program, the Great Bay Stewards work to locate homeowners who are willing to host demonstration projects for various strategies that help to reduce

stormwater run-off. Once an agreement is formed, the Stewards, NHDES, and the homeowners create a plan for the project. The Stewards provide free volunteer labor, NHDES pays for half of the costs needed to purchase materials, and the homeowner agrees to pay for the remaining materials and participate in the installation.

The project in Newmarket was to build a rain garden to capture roof run-off and prevent it from washing into the Piscassic River. The project coordinator, Laura Byergo of the Great Bay Stewards, noted that the site has "rocky soil" and volunteers armed only with hand tools might have a difficult time digging the required garden basin. She requested and received help from LRAC through a small Small Grant to pay an excavator to prepare the site.

After the installation, the neighbors were invited to see the rain garden and learn about other ways to reduce stormwater run-off. One lucky neighbor also went home with a new rain barrel. As Laura made clear, the project would never have gone through without the help of an excavator. That's a big bonus for a Small Grant.



*Helping communities protect the
Lamprey River.*

Submitted by Suzanne Petersen



Epping Garden Club



The Epping Garden Club's "Annual Fall Mum Fundraiser" is Sept. 10th with all paid orders having to be in by September 5th (see our Facebook page for details or call 300-0064 to place an order). We may order a few extra but can not guarantee they will not sell right out as they are beauties. Joyce at the Epping Town Hall will also accept your cash and checks and has the order forms as well. Prices are from \$3.00 to \$25.00 and the largest one was on the raffle table at the 275th Birthday Bash Craft Fair. It is a 12" container with a Bunny Tail (red grass) that shares the pot with autumn colored mums - one simple container you can water easily, to keep your stoop looking inviting all fall long. We also have cabbage, pansies and asters available for under \$7.00. Thanks for your continued support!

It has been a warm and wonderful summer and the Garden Club has even had to let up on the watering of our corners, as our wells were feeling the strain of that extra 70 to 90 gallons we haul around to care for the plants daily. Many thanks to Erica and Epping Rec. for lending a hand. And also to Eva who joined the Garden Club and offered to keep the ones at the Town Hall alive or we would have had to go with none - or worse yet FAKE . We need more people to offer to add a bottle of water as they walk in and out all day, so she doesn't have to make so many trips.

Thanks again

See you at Watson on September 10th at 9:00 am for Pickup!

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.



Leddy Center

The Leddy Center's 42nd season continues with "Mary Gatchell in Concert" on September 30th. Next is Frank Capra's masterpiece "It's a Wonderful Life" from October 21st to November 9th. To start off the Christmas season, Leddy gives us Charles Dickens' holiday classic "A Christmas Carol" from December 2nd to 11th.

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, and is air conditioned for your comfort and fully accessible.



ETV Schedule

Channel 22 – ETV – Schedule of live programs

Monday–Sept. 12, 26; Tuesday Oct. 11, Mon. 24

– Selectmen –7 pm

Tuesday–Sept. 6; Oct. 4 –Water & Sewer –7 pm

Tuesday–Sept. 20; Oct. 18 –Library Trustees –7 pm

Tuesday–Sept 13; Oct.11 – Conservation Commission –7 pm

Wednesday–Sept. 7; Oct. 5 – Parks & Recreation
Commission –7pm

Wednesday– Sept 21; Oct. 19–Budget
Committee –7 pm

Thursday–Sept. 8, 22; Oct. 6, 20 – School Board
–7 pm

Thursday–Sept. 15; Oct. 13–Planning Board –6 pm

Friday– Sept. 16; Oct. 21 – Civil War Roundtable
– 7:15 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



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.

September Pack Meeting: **Wednesday,
September 21st** from 6:30 to 8:00 pm at the Epping
Elementary School

October Pack Meeting: **Wednesday, October
19th** 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=1990596851
09&fbf=r6c4d2187&refid=46](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

Wow! What an incredible summer the boys
have been having! First of all we would like to say
a HUGE THANK YOU to some local businesses
that have supported us this summer:

Seacoast United: for our Summer Court of Honor

Thank you so much for allowing us to use your
facilities in Epping. They worked out fabulously!

Tuckaway Tavern: for the 275th Anniversary of
Epping celebration

Thank you so much for supplying the
hamburgers for our fundraiser!

Shaws of Plaistow: Thank you so much for
supplying us with soda for our fundraiser!

Wendy's of Epping: Thank you so much for
supplying us with ice for our fundraiser!

The Scouts would like to thank the Epping
Community for their support. Our fundraiser of
selling hamburgers and hot dogs was a great
success!

This summer we had our annual summer Court
of Honor where we came together to celebrate and
honor the boys accomplishments and to have a
nice meal. A number of awards and advancements
were given out at this Court of Honor.

Advancements:

Scout Rank: Chris S., Nathan M., Dylan H.

Second Class: Blake Y.

First Class: Patrick M., Andrew T.

Star Rank: Tim G.

Awards:

Citizen In The Nation Merit Badge: Justin B.

Emergency Preparedness Merit Badge: Tim G.
First Aid Merit Badge: Patrick M., Skip R., Zachary H., David M., Tayler S., Andrew T., James W., Blake Y., Max S.
Recruiter Strip: Peter M.
Fireman's Chit: Dylan H., Daniel J., Sean L., Nathan M., Brady P., Chris S., Aaron W., Aiden D., Andrew B.
Totin' Chip: Daniel J., Nathan M., Chris S., Ian W.

The day after the Court of Honor, the boys left for a week at summer camp up at Hidden Valley in Gilmanton Iron Works. Here the boys spent the week working on merit badges and fun activities together. Including things like: 1 mile swim, Polar Bear Swim (early morning swim), Assault Boats (swamping each other's boats) Free Shooting (Rifle & Shotgun shooting), Archery and Cope (ropes course).

We have a very busy fall coming up. It is the start of our fundraising season. Expect to see us in the community selling Trails End Popcorn, Yankee Candles and our annual Community Calendar.

Our schedule for September and October is:

September 9-11 – Order of the Arrow members Fall Fellowship

September 9-10 – Popcorn Show and Sell, Walmart

September 16-18 – Camp Fatima High Adventure Retreat, Gilmanton Iron Works

September 24 – Justin B.'s Eagle Court of Honor, Epping Community Church

September 25 – Fall Court of Honor, Camp Straw (weather permitting, alternative Epping Community Church)

October 14-16 – Pumpkin chunkin camporee, NHMS

October 14-16 – Order of the Arrow members Lodge Conference

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

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 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 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 and 4th 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 contact Captain Cliff Cray at 396-9436 or deacon100@comcast.net.

Police Department Explorer Post 714

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

American Legion News

Halloween Dance on October 29th

The American Legion Post 51 is hosting a Halloween Dance featuring the band "ROSIE". They are a band from Southern NH playing classic rock covers with a little Rockin' Country thrown in. You can visit [Rosie](http://www.facebook.com/rosiebandrocks) online and check out their music at www.facebook.com/rosiebandrocks. The Halloween Dance will take place on **Saturday, October 29th**. There will be prizes for the best costumes, a 50/50 raffle, and snacks. The doors open at 8:00 pm. Admission is \$5 per person at the door. A cash bar will be open. Singles are welcome! 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). Costumes are optional but are more fun! 679-8320

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 September 11th** and **Sunday, October 9th** - 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

Our church service is at 9:00 am every Sunday morning upstairs in our sanctuary. Come and listen to the word of God as he speaks to all of us individually. Following the service we have a time of fellowship for everyone to share a cup of coffee, a bite to eat and great conversation with friends...new and old. Sunday School will resume in September and is at 11:00 am for all ages including a adult class. Come and join us for worship we'd love to have you! We are located on the corner of Main and Pleasant Streets.

September 24th we will be sponsoring an American Red Cross blood drive at the church. Please look for details on our ECC sign near the driveway. You can sign up ahead of time on the Red Cross website.

Our 3rd Saturday dinners will resume on **October 15th**. This will be a fish fry put on by the McPhee Family. This is always a well-attended event at the church and we are grateful for all of the hard work the McPhee Family and their friends do for this dinner. The dinner is \$8.00 for adults and \$4.00 for children. Thank you for all of your support and we hope to see you there!

Our Food Pantry is open on Saturday from 8-10 am. Entry is through the side door off the driveway. We also continue to have our Soup of the Day Café every Thursday from 11-12:30. After taking the month of August off we are ready to begin serving soup and salad to all that come. This is a free lunch open to all in the community. We offer two different kinds of soup, salad and dessert every week. Come and join us....you may see some old friends or meet some new ones.

After 18 years of leading our congregation at Epping Community Church we have said good-bye to Rev. Wayne VanGundy and his family. They will all be missed tremendously. We are excited for them to be able to embark on a new journey that God has chosen for them. We thank them for all of the wonderful things they have done for us

individually and collectively and we wish them well.

We are in the process of searching for a new pastor for the church. We will continue to pray and work to find the next pastor to help lead our flock. Look for updates in the next issue of Speak Up, Epping.

St. Joseph Catholic Church

208 Pleasant St. (Rte 27)

Epping, NH 03042

Office telephone: 679-8805

Mass schedule weekdays:

Mon, Tues, Thurs, Fri. 7:30 am

Wednesday 7:00 pm

Mass schedule weekends:

Saturday 4:00 pm

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

September

Mondays – Adoration – Noon to 9:00 pm

Fridays Adoration – 8:00 am to 7:00 pm

ALPHA begins Sept. 8th 6:30 to 9:00 pm for 10 weeks. All are welcome.

Life in the Spirit – **Friday, Sept. 30th** – 7:00 – 8:30 pm

September 10th – Squire Dinner – 5:00 pm

September 17th – Mission Dinner – 5:00 pm

September 18th – Religious Ed begins

October

Mondays – Adoration – Noon to 9:00 pm

Fridays Adoration – 8:00 am to 7:00 pm

ALPHA continues

Life in the Spirit – **Saturday, Oct. 1st** – 8:30 am – 6:00 pm

October 8th – Squire Dinner – 5:00 pm

October 15th – 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 pbsecretary410@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

Saturday (change) – 10 - 2

Tuesday, Wednesday, Thursday 10 – 8

Closed: Monday, September 5th - Labor Day

Monday, October 10th - Columbus Day

Summer fun is winding down and the school bells will soon be ringing! Harvey-Mitchell Memorial Library is now getting into the fall mode.

Story hour will again be on Mondays and Fridays at 11:00 am. Join Miss Michelle for a story, a craft and a great time!! Seacoast Learning Collaborative will be coming in on Wednesday and Thursday mornings. This story hour is for older children and for any homeschoolers who would like to join in for story time and projects. Call ahead for more information on these two story hours and the topics to be discussed.

The Friends of the Library will be meeting on **Thursday, September 1st**, at 7:00 pm in the youth room. This organization has just reorganized and plans to do great things for our library. The Friends held the Book Sale on August 20th, during the Epping Birthday Bash. Over \$1,000.00 was raised! This money will be used to help improve our library. Thank you to all who supported our efforts.

Get ready to paint!! The Friends of the Library will be holding a painting party on **Sunday, September 11th**, at 9:00 am. We will be painting the upstairs library walls. Paint and brushes will be provided. Please let us know if you are coming so enough brushes and/or rollers will be available.

The HMML Trustees meeting will be held at the Epping Town Hall on **September 20th**, at 7:00 pm.

A Reiki 1 Certification Course will be offered at the Harvey-Mitchell Library in Epping, on **Friday, September 16th**, and **Friday, September 23rd**, from 5:30-9:30 pm. Are you curious as to what Reiki can offer you? This is an 8-hour course, open to all who are interested in learning how to lower their level of stress or anxiety, and to promote

wellness. Pre-registration is required for this certification course. Paula Hogan, Reiki Master Teacher at True Harmony Reiki, LLC will be conducting the class. The registration fee is \$120.00 and includes Certificate and Manual. Those interested should contact Paula Hogan at 479-4324 or trueharmonyreiki@gmail.com.

The HMML Trustees meeting will be held at the Epping Town Hall on **October 18th**, at 7:00 pm.

The Old Dusty Book Club will be meeting on **Wednesday, September 28th** at 7:00 pm. Join us as we discuss the book "Somewhere in the House" by Elizabeth Daly. The October meeting will be on **Wednesday October 19th** at 7:00 pm

There will be a Fall Festival Party at the library on **Saturday October 29th** – 11 am-1 pm.

For more information on our programs please contact the library at 679-5944 or e-mail us at hmmlyouth@gmail.com.

Submitted by Ben Brown, Acting Library Director

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.

Let's Get Movin' Yoga

For Preschoolers and Parents

Time: Thursday 10:30 – 11:00 am

Ages: 3-5*

Cost: \$30 for 4-week session

Please register by visiting the Rec. Dept. website at www.eppingrecreation.org

Download a registration form and drop off at Town Hall or Watson or mail to Epping Rec. Dept. at 157 Main Street, Epping

Bring your mat and join the fun!

Cheryl Rossman RYT500 957-0416

crossnh@comcast.net, www.letsgetmovin.com

*If your child is younger than 3 and you feel they will benefit from the program feel free to call to discuss.

Story Discoveries!

Story Discoveries at the Rec: Literacy based interactive programs for children ages 2-5 with an accompanying adult. Join us for songs, stories and hands-on activities at 10:00 am on Saturdays. A new session will be starting in September.

Starting with songs and finger plays to help participants feel comfortable and included, Miss Tracie will read two picture books which introduce the children to a topic that is relevant to their experience in the world. Following the stories will be a fun project using a variety of art media, giving the child something to take home which will hopefully inspire further investigation and discussion of the topic.

These projects can be messy, so although aprons will be available, washable play clothes are recommended. There will also be age appropriate puzzles for the preschoolers to explore as they complete their project. "Miss Tracie" Wilkins has over 25 years of experience as an early childhood educator, having worked in preschool, kindergarten, children's museum and public library settings.

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.

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.

Let's Get Movin' Yoga

For Seniors and Adults

Time: Thursday 11:15-12:00 pm

Where: Watson Academy - Recreation Center

Cost: \$25 per session

Please register by visiting the Rec. Dept. website at www.eppingrecreation.org

Download a registration form and drop off at Town Hall or Watson or mail to Epping Rec Dept at 157 Main Street, Epping. Bring your mat and join the fun!

Cheryl Rossman RYT500 957-0416

crossnh@comcast.net www.letsgetmovin.com

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.

Families First

support for families...health care for all

Epping Family Morning Out: Starts September

16! Fridays, 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, 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.

Pumpkin Pie Play Dough

Recipe for you again from Families First



5½ cups flour
2 cups salt
8 tsp. cream of tartar
¾ cup oil
1½ oz. pumpkin pie spice
4 cups water

Mix ingredients together. Cook and stir over medium heat until all lumps disappear. Knead dough on floured surface until smooth. Store in airtight container.

Epping Students in the News

At the University of Vermont's 215th commencement ceremonies on May 22nd, degrees were awarded to:

Jordan LaPointe – BS in Psychology

Olivia Steimke – BS in Business Administration

At the 103rd Commencement at St. Joseph's College, Standish, Maine on May 14th, degrees were awarded to:

Andrew Fallon – BS in Nursing

Abigail McPhee – BS in Elementary Education

Epping students named to the President's List at Southern NH University for the Spring 2016 semester:

Elizabeth Hicks

Kyle Hicks

Wyatt Higginbotham

Epping student named to the Dean's list at Emmanuel College for the Spring 2016 semester:

Jannet Desvira

Epping students named to the St. Thomas Aquinas fourth-quarter honor roll:

Aviana Fiore – 11th Grade

Alexandra Langdon – 12th Grade

Maria Cardozo, an exercise science major at Colby-Sawyer College, completed an internship at Excel Physical Therapy in Raymond



Epping School District News

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>.

September 8th and 22nd
October 6th and 20th

Epping Elementary School (EES)

EES School Calendar

September

Sept. 6 – First Day of School Celebration for students in Grades 1-5 from 8:20 – 9:30 am. Parents are invited to join their children and our teachers and administrators on our first day of school. This celebration is an opportunity for parents to meet other parents, get to know the people who have a shared interest in your children's education and learn some easy and effective ways to help them throughout the school year.

Sept. 6 – Preschool Orientation. Teachers will be sending information home regarding the time your child is scheduled for this orientation

Sept. 7 – First Day of School for Preschool

Sept. 7 – Kindergarten Orientation. Teachers will be sending information home regarding the time your child is scheduled for this orientation

Sept. 8 – First Day of School for Kindergarten

Sept. 14 – Instrument Rental Night in the EES Gym – 6:00-7:30 pm Representatives from the Music and Arts Center will be in attendance to provide an instrument rental to your child. If you have an old instrument at home that you are considering using, please bring it in for a quick inspection. Mr. Ludwig will be available for students to sign up for band and to answer any questions.

Returning 5th grade members staying on the same instrument do not need to attend the rental night.

Sept. 21 – EES PTO Wizards Basketball Game at EHS – 6:30 pm (doors open at 5:30)

Tickets are on sale at www.harlemwizards.com. Advanced ticket prices are: Students \$10; General Admission \$12. You can also purchase your tickets at the door: Students \$12; General Admission \$14. If you have any questions, please contact Tiffany at trsnyder77@gmail.com.

Sept. 27 – Open House for Kindergarten – Grade 2 – 6:00-7:30 pm

Sept. 28 – Open House for Grades 3-5 – 6:00-7:30 pm

Sept. 29 – Volunteer Orientation

Epping Calendar of Events for September 2016

September 1	Friends of the Library in the Youth Room – 7 pm
September 3	Epping Community Church Food Pantry – 8:00-10:00 am
September 5	Last day to order mums from the Epping Garden Club fundraiser
September 5	LABOR DAY – NO SCHOOL Town Hall and Library closed
September 6	First Day of School for Epping Schools
September 6	EES First Day of School Celebration for Grades 1-5 – 8:20-9:30 am
September 7	Providence Baptist Church Food Pantry – 10 am
September 8	Epping School Board meeting in Epping Town Hall – 7 pm
September 8	Epping Seniors meet at Watson Academy – 1 pm
September 9-10	Boy Scout Popcorn Show and Sell at Walmart
September 9-11	Boy Scout Order of Arrow Fall Fellowship
September 10	Pick up Epping Garden Club mums at Watson Academy – 9 am
September 10	Historical Society hosts “Cemetery Walk” through Central Cemetery – 10 am
September 10	Highnote Festival at McPhee Farm on Prescott Road – 2 pm to dark
September 10	Epping Community Church Food Pantry – 8:00-10:00 am
September 11	American Legion Post 51 Sunday Breakfast Buffet – 8:00-11:00 am
September 11	Epping Garden Club meeting – 8:30 am
September 11	Painting Party at the Library – 9 am
September 13	State Primary Election – Vote at the EMS Gym – 8 am - 7 pm
September 14	EES Instrument Rental Night in EES Gym – 6:00-7:30 pm
September 14	Providence Baptist Church Food Pantry – 10 am
September 16	Epping Family Morning Out starts – Fridays at SAU 14 building – 9:30-11:00 am
September 16	Civil War Roundtable of NH meeting in Town Hall – 7:15 pm
September 16-18	Boy Scout Camp Fatima High Adventure Retreat – Gilmanton Iron Works
September 16, 23	Reiki 1 Certification Course at the Library (2 Fridays) – 5:30-9:30 pm
September 17	Epping Community Church Food Pantry – 8:00-10:00 am
September 18	“Touch The Trucks” in EMS/EHS parking lot – 10 am -2 pm
September 20	Library Board of Trustees Meeting – 7 pm
September 21	Cub Scout Pack Meeting at Epping Elementary School – 6:30-8:00 pm
September 21	Providence Baptist Church Food Pantry – 10 am
September 21	EES PTO Wizards Basket Ball Game at EHS – 6:30 pm
September 22	Epping School Board meeting in Epping Town Hall – 7 pm
September 24	Epping Community Church Food Pantry – 8:00-10:00 am
September 24	American Red Cross Blood Drive at Epping Community Church
September 24	Boy Scout Eagle Court of Honor at Epping Community Church
September 25	Boy Scout Fall Court of Honor at Camp Straw
September 27	Epping Lions Club meeting at the Library – 6:30 pm
September 27	EES Open House for K – Grade 2 – 6:00-7:30 pm
September 28	EES Open House – Grades 3-5 – 6:00-7:30 pm
September 28	Dusty Old Mystery Book Club at the Library – 7 pm
September 28	Providence Baptist Church Food Pantry – 10 am
September 29	EES Volunteer Orientation – 9 am
September 30	“Mary Gatchell in Concert” at the Leddy Center

Epping Calendar of Events for October 2016

Date	Event
October 1	Epping Community Church Food Pantry – 8:00-10:00 am
October 1	Household Hazardous Waste Collection in Exeter
October 3	EES PTO meeting – 7 pm
October 5	Providence Baptist Church Food Pantry – 10 am
October 6	Epping School Board meeting in Epping Town Hall – 7:00 pm
October 8	Epping Community Church Food Pantry – 8:00-10:00 am
October 9	American Legion Post 51 Sunday breakfast – 8:00-11:00 am
October 9	Epping Garden Club Meeting - 8:30 am
October 10	COLUMBUS DAY – NO SCHOOL Town Hall and Library closed
October 12	Providence Baptist Church Food Pantry – 10 am
October 13	Epping Seniors meet at Watson Academy – 1 pm
October 14-16	Boy Scout Pumpkin Chunkin Camporee NHMS
October 14-16	Boy Scout Order of Arrow Lodge Conference
October 15	Epping Community Church Dinner “ Annual Fish Fry” – 5:00-6:30 pm
October 15	Epping Community Church Food Pantry – 8:00-10:00 am
October 18	Library Board of Trustees Meeting – 7:00 pm
October 19	Providence Baptist Church Food Pantry – 10 am
October 19	Dusty Old Mystery Book Club at the Library – 7 pm
October 19	Cub Scout Pack Meeting at Epping Elementary School – 6:30-8:00 pm
October 20	Epping School Board meeting in Epping Town Hall – 7 pm
October 21	Civil War Roundtable of NH meeting in Town Hall – 7:15 pm
October 22	Epping Community Church Food Pantry – 8:00-10:00 am
October 25	Epping Lions Club meeting – 6:30 pm
October 25	DEADLINE DATE for the September-October issue of the Newsletter
October 26	Providence Baptist Church Food Pantry – 10 am
October 28	EES PTO Monster Mash in EES Gym – 6-8 pm
October 29	Fall Festival Party at the Library – 11 am-1 pm
October 29	Epping Community Church Food Pantry – 8:00-10:00 am
October 29	American Legion Halloween Dance – 8 pm
October 31	Town Trick or Treating – 5-7 pm
October 31	Goblin’s Gala at the Fire Department

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 **October 25, 2016**. Please include the date, event name, location and time.