



# Speak Up, Epping! Newsletter

Volume 13, Issue 1

Epping, New Hampshire

January-February 2020

## 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](http://www.speakupepping.com)*

## Check Out Our Newsletter Website

Be sure and check out our Speak Up, Epping! website: [www.speakupepping.com](http://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.

## Epping Community Theater

### ECT Launches Second Season

The Epping Community Theater enjoyed a fabulous 1<sup>st</sup> season with lots of enthusiasm and participation from the community. Now we look forward to starting our 2<sup>nd</sup> season as we hope to see new faces coming out to participate in our adventures.

We are already accepting signups for our winter-spring theater classes that start this **January 13<sup>th</sup>** (signups by **January 6<sup>th</sup>**). New to the lineup are classes in speech for both the 4<sup>th</sup>-8<sup>th</sup> grades and 8<sup>th</sup>-12<sup>th</sup> grades. Finding Your Voice classes are

designed to help the student make the breath-body-voice connection. By strengthening the ability to speak clearly and with more resonance, it is easier to show intent and create emotion to the listener. This class is for any student who would like to strengthen their interview, class presentation, public speaking or acting skills.

We are also excited to announce our April show, "Anne of Green Gables," a non-musical for all ages, being directed by Leslie Gallagher. Auditions will be held **January 5<sup>th</sup>-6<sup>th</sup>** with callbacks on the 8<sup>th</sup>.

You will also want to mark your calendar for our incredibly fun and funny adult comedy musical, "Anything Goes," this coming July. Auditions for this show will be held May 2<sup>nd</sup>-3<sup>rd</sup> with callbacks on the 4<sup>th</sup>.

We are also in the planning stages of more great one-night affairs, like St. Patrick's Day with the Foggy Dew Band, comedy acts, and more so stay in touch. For more information on auditions, classes, and productions, please check out our website at [www.eppingtheater.org](http://www.eppingtheater.org) for more details and like/follow us on Facebook at Epping Community Theater.

*Brian Miskinis, President, Board of Directors*

## Senior Moments

The floor was swept, the lights turned off and the last one out locked the door. As we all drove away from the American Legion in Epping, our tummies were full after another amazing dinner provided by our beloved Misty. Yummy desserts magically appeared around the Christmas tree as many of our members displayed their amazing baking talents while the rest of us displayed our amazing appetites. No leftovers there!! So there it was, another holiday celebration with friends, laughter and memories. Christmas parties are not just for children you know. Santa was busy

elsewhere so our friend Ronnie Chase, the musician, joined us along with his Border Collie "Misty" (yes another Misty). Ronnie's Christmas melodies were right on target as we sat back and enjoyed "our kind of music." Little Misty was a bonus. Love walked in the door with a wagging tail and tennis ball in her mouth - kind of like a therapy dog Christmas present. Again we thank the American Legion for inviting us to enjoy our annual Christmas party at their home. It's like home for us now after meeting there all these years.

Of course not everything goes as planned but at our age--So? As is traditional, we made our annual excursion to the Loudon Race Track eager to enjoy their huge Christmas Light display. When we arrived - well-- first thought - someone forgot to turn them on, second thought - wrong night. Well, second won. There was a lesson here - read the small print. Oh well, the lights were on at the 99 Restaurant and they were ready for us. It was still a fun night and the only concern left was what to do with all the cans of food we brought along. The Food Pantry back in Epping found a pleasant surprise when they arrived the next morning.

Not one of us can claim to have made a GOOD gingerbread house, which our kids always begged for. Well, we found a new source. Kind of late for our kids but a great find for us. The Portsmouth Historical Society hosted a fantastic Gingerbread House display. Not the kind we put together with frosting and propped up with toothpicks. I've tried to find a bigger word for "amazing" but I think that does it as we oohed and awed at more than 75 decorated houses from small to tall. Don't know how long the display is available but it certainly is a "Must See" and please don't forget to bring the kids.

Most of our agendas for the new year are already on our calendar. In January, a representative from the new Assisted Living Facility in Kingston will talk with us about their new home. This will be followed by an invitation to visit (our) new home one day. (Not anytime soon). Other coming programs include: a visit with a local therapy dog, a reunion with our Town Administrator, Greg, to review the 2020 Town Warrants, a lecture from our pharmacist and a warning from a local attorney who we'll bombard with questions. Those are some programs and the rest will just happen. Some trips are planned but we'll read the small print and report back another time. On the top of our trip list is to be observers

during a NH Legislative session. Upcoming bills that interest us are plastic bags and mandatory car insurance among others. Sitting still and not speaking might be difficult for some of us (me).

Our Tuesday walking club is still quite active. Talk about killing two birds with one stone, how about three birds? First, we walk and talk, (yes, it can be done by senior citizens). Second, we refresh with brunch and third - we shop. Actually not much shopping but wait until after Christmas, - then we recommend that everyone bring big bags.

Although we can't always travel far during the winter months, we seem to find our way to Telly's Restaurant. We'll gather there a few times while that white stuff looms outside the door. Gotta keep up with the news and gossip. So, If you see a bunch of white heads eating and talking, say hello.

Sometimes dark clouds move over a sunny day. Recently our president, Sandy Dennis, lost her beloved son. All of our thoughts and prayers will remain with her always.

Bet you didn't know this: The little finger is responsible for 50% of hand strength. Now is this trivia info or something to impress the kids? It is fact!

This is the tip of the year for our kids. Write our telephone numbers on our sneakers.

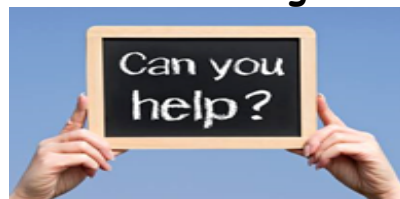
Everyone wishes everyone a happy and healthy new year. We'd like to add another wish to that one: to be kind, to be thoughtful, to be true.

Think spring, gardens, flowers, warm days and.....mosquitos!

*Irene R. Cote, Secretary*

*Editor's note: Many thanks to the Seniors for their generous contribution to the Speak Up Epping! Newsletter!*

## End 68 Hours of Hunger - Epping



Thank you to our generous community for stocking our shelves! Thank you to all of you who sent us things in the mail. Without you all we would not be able to feed the hungry bellies of Epping! As always, thank you to our volunteers who help us each week and prepare the bags of food to be delivered.

*Submitted by Eleni Maschas*

## News From the Town

There is now a NEW Website for reviewing Epping meetings online: [etv22.viebit.com](http://etv22.viebit.com).

### Town Hall Closed

**January 1<sup>st</sup> – New Year's Day**

**January 20<sup>th</sup> – Martin Luther King, Jr. Day**

**February 17<sup>th</sup> – Presidents' Day**

### Town dates

**January 22-31 – Filing for Town offices**

**February 4 – Town Deliberative Session**

**February 6 – School Deliberative Session**

**February 11<sup>th</sup> – NH Primary**

**February 26<sup>th</sup> - Candidates Night**

### Coming Town date

**March 10<sup>th</sup> – Town Elections**

## 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.

They also send Christmas stockings to our Troops overseas. The Pease Greeters care package team recently completed the momentous task of stuffing 2,480 Christmas stockings with goodie bags and holiday cards to send to active military overseas.

Throughout the year, the greeters seek donations of toiletries, individually packed food items and "fun stuff" like small toys. There are donation sites throughout Portsmouth, Dover, Hampton, Greenland and Concord. Please contact [peasegreetercarepackages@gmail.com](mailto:peasegreetercarepackages@gmail.com) for further information about the care package program.

The Pease Greeters began welcoming flights in

2005 and a few 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](http://www.peasegreeters.org).

## In and Around Epping

The Board will be voting on the Zoning changes at the January 9, 2020 meeting. They will also be adopting new regulation regarding cisterns for the new subdivision. The Lewis builders project received conditional approval from the Planning Board and is waiting for state approvals. That project consists of 83 duplexes and is located on Route 27 in an area known by locals as the flats.

*Submitted by Brittany Howard*



## Epping Lions Club

**"We Serve"**

### **We Want YOU to Join the Epping Lions Club**

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

The Epping Lions Club was established in April 2009. We support sight programs and services including vision screenings and eyeglass recycling, and we 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, the Highnote Festival and our annual Gas Card raffle.

In the new year we will be scheduling our vision screenings in the schools. We have been helping out applicants for assistance (for various reasons: eye exams, frames, lenses, etc.). We are always looking to receive applications for those in need in Epping for vision care, hearing aids, etc.

We continue to welcome any new members/volunteers. We are looking for innovative people who desire to become involved in improving our community and having fun doing it. If you're interested in learning more, please visit our website at: [www.epping.nhlions.org](http://www.epping.nhlions.org). Meeting times are posted and meetings are generally the 4<sup>th</sup> Tuesday of the month at 6:30 pm. 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. We'd love to see you!

**Deb Brooks**, *President*

[lexusreina@comcast.net](mailto:lexusreina@comcast.net)

**Cheryl Denoncour**, *Treasurer*

[cdenoncour@gmail.com](mailto:cdenoncour@gmail.com)

**Colleen Palmer**, *Secretary*

[colleenmariepalmer@hotmail.com](mailto:colleenmariepalmer@hotmail.com)

## Epping Historical Society

January-February, 2020! Wow! That is the first time I have written 2020! A new decade, what an adventure awaits us! All of us can, and will, make a difference in our community.

How many remember the "old brick building" at the four corners? Many years ago it was torn down, and the present brick building was erected. It was a bank for many years, and now houses an insurance office. When the original building was torn down, Amogene Kimball, of the Epping Historical Society, realized that some of the bricks should be saved. She asked the Boy Scouts to come and hand carry, as many bricks as possible, to the basement of the Epping Historical Society. As a result, we have a pallet of old bricks from "the old Rundlett building" in our basement. When David Clapp put in our walkway, he used some of these bricks, and also bricks from the Star Brickyard. These bricks are currently being used for our engraved bricks in our walkway. You too can purchase a brick, the cost is \$50.00, and you can have three lines, with fourteen letters and spaces on each line. This would make a great gift to honor your family and friends that no longer live here.

Coming soon! We are in the process of creating a new website. The outline is ready, but we have not started inputting information at this time. I am looking for volunteers willing to help with inserting pictures on the website. We have pictures, and of course we have lots of material to place on the website. We cannot put all of our collections on the site, but we will feature a person, house or event on a regular basis. The idea of a website is to let everyone know exactly what we have available so people can stop in and explore our collections.

February is election time, and I thought this following story might interest our fellow citizens. We take the right to vote for granted, but it was not

always that way. Women did not have the right to vote until the 19<sup>th</sup> amendment was passed in 1920. Think about it, 100 years ago women were not allowed to vote, although they were 50% of the population. Many brave and courageous women all over America formed an organization called the "Suffragettes." These women entered places where the men gathered, where women were not allowed, and demanded the right to vote. Many of these men were surprised that "the little woman at home, to whom they were married" had the audacity to join this movement, and actually marched with the others against them! At home, it was husband against wife, but women did succeed.

This story was found at the Historical society recently. This was from the Don Sanborn collection.

### From the New York Times, 1915

#### The Woman's Suffrage Crisis

Every man of voting age must meet the issue courageously, intelligently, and with clear vision. The answer of the State of New York to this long pending query should be forcible and definite. The proposed amendment to the State Constitution should be voted down by such a majority of the voters, as to deprive the advocates of the objectionable and unreasonable derangement of the political and social structure of any further hope of success in this state.

Woman suffrage would result either in a needless political muddle, or in a social and political turmoil, which would tend to weaken the state. It would stir up discord in society and in the home, and would put obstacles in the way of progress, which the wisest statesman might fail to overcome.

The grant of suffrage to women is repugnant to instincts that strike their roots deep in the order of nature. It runs counter to human reason; it flouts the teaching of experience and the admonitions of common sense. Although women have other capacities without number, and held in highest distinction, they never processed or developed the political faculty. Without the counsel and guidance of men, no woman ever ruled a state wisely and well. This defect is innate and one for which a cure is both impossible and not to be desired.

That they lack the genius for politics, is no more to their discredit, than man's un-handiness in housewifery, and in the care of infants and his small endowment of those finer qualities of charm and tenderness that steal away half of life's



sharpness, are a reproach to him. There are two human estates, the men's and the women's. Nature has marked them, by metes and bounds, that no human being ever yet overlooked, save with the conscious intent to transgress her laws.

The "heelers" (followers) and the manipulators of votes, will all support women's suffrage. It is worth bearing in mind, that the threatened extension of the ballot has no terrors for the practitioners of corrupt politics. The dispositions of politicians, not true statesmen to adapt themselves quickly to what they regard, is often mistaken as public sentiment.

This has led the cause of the recent foolish action of our own legislature. But it is just as well that the matter should be decided now, by all men of the state. They are facing a grave crisis.

Miss Ella Pearson was the first woman to vote in Epping. Miss Pearson, and several of her "suffragettes," walked to the polls and cast the first votes in Epping. Look at what women have accomplished in the last 100 years!

Come visit us at the Society! We are open Monday mornings from 8:00 to 12:00, or when the flag is flying! Call for an appointment if this does not fit your schedule. Call 679-2944; phone number is available 7 days a week.

*Submitted by Joy True, curator, Epping Historical Society*  
[joysgarden@hotmail.com](mailto:joysgarden@hotmail.com)

## The Civil War Roundtable of NH



*Elizabeth Hallett, vice-president of this group, was again part of the events for Remembrance Day in Gettysburg.*

The Civil War Roundtable of New Hampshire welcomes 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. 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](http://www.cwrt-nh.org) or email [cwrtnh@gmail.com](mailto:cwrtnh@gmail.com).

### **This is the upcoming CWRT-NH schedule:**

We are currently booking 2020 meetings. If you know someone, or you yourself would like to offer a talk to our group, please email: [cwrtnh@gmail.com](mailto:cwrtnh@gmail.com).

**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 17, 2020** – Robert Hodgman, pres. CWRTNH – "Rutherford B. Hayes and the 23<sup>rd</sup> Regt Ohio Vol. Inf."

**February 21, 2020** – Marek Bennett – "Freeman Colby, vol. 2" (Civil War diary/graphic novel).

**March 20, 2020** – Elizabeth Hallett – "Sacred to the Memory: Mourning Customs of the Civil War Era."

## Nature Talks

The Epping Conservation Commission, ECC, accomplished its mission in 2019. We reviewed and approved wetland permits, enforced sustainable land use policies and managed/monitored conserved town properties in ways that connect citizens to the outdoors.

One of our biggest projects included upgrades to the Tilton Conservation Area where the Lamprey River meets Route 87. The Lamprey Rivers Advisory Committee provided matching funds, abundant expertise, informed guidance, and a large, new sign for the kiosk and a canoe launch sign near the river. The Department of Public Works, DPW, put down crushed gravel in the parking area and repaired the kiosk. Thanks to Joel Harris and Kevin Martin for building and installing bridges, a sign frame and many replacement trail markers.

Robert Friend Low Park now has parking access across from the abutting Rail Trail. There's a trail to the abutting Rail Trail and then 1½ miles of trail inside the park. Joel Harris built a bridge and Jerry Langdon got Low Park into the NH Tree Farm Program. This named the park as a forest managed to produce timber with added benefits of improved wildlife habitat, water quality, recreation and scenic values. You'll see two new signs – one for Robert Friend Low Park and right next to it, a Tree Farm sign.

Epping citizens chose Gregory Pawlak as the winner of the 2019 Photo Contest. Check [EppingOutdoors.com](http://EppingOutdoors.com) for all the submitted photos. Start taking pictures now for next year; the entry period for 2020 will be June 1 – August 4.

Liz Wilson, ECC member, and Ms. Alyson Bates, Epping Elementary School, EES, Fifth Grade Science Teacher, did an outstanding job in 2019 on our annual Natural Resources Scavenger Hunt project. Fifth graders divided into teams and competed to see who could develop the best scavenger hunt at the Fox Run Conservation Area. Congratulations to the 2019 winners, Ava Finkelstein and Ella Bizzaro. All of the entries, as well as other Natural Resource Products created by 5<sup>th</sup> grade students, are posted on the school website <https://sites.google.com/eppingsd.org/ees-5th-grade-project/home>.

For the second year, the Commission partnered with Ms. Bates to do a water quality demonstration as third graders released classroom-raised trout into the Lamprey River. For the third consecutive year, Liz Wilson visited 5<sup>th</sup> grade classrooms to introduce students to the natural resources in Epping as well as the role of the Conservation Commission in the community. The Commission is also partnering with Amy Hill, a new science teacher at EES for the 2019-2020 school year. In addition to the annual field trip to Fox Run Conservation Area, Liz Wilson and Ms. Hill are collaborating on a project to contribute to the Commission's outreach efforts by creating educational materials for a community audience.

As you can see, your Conservation Commission is truly working to generate more ways for everyone to enjoy the outdoors today. We are always looking for volunteers to help build/maintain trails and monitor conserved properties. If you are interested, please leave a note in our box at Town Hall or email [EppingOutdoors@gmail.com](mailto:EppingOutdoors@gmail.com).



*Epping Conservation Commission Members: Todd Hathaway, John Gabour, Sandy Goodspeed, Ben Bade, John Bennett (retired from ECC August 2019), Scott Pim, Dan McCombs, Liz Wilson Selectmen's Representative: Joe Trombley  
Jerry Langdon and Kevin Martin not pictured (Forestry Committee)*

## **Lamprey Rivers Advisory Committee**

### **Welcome to Thompson Forest**

Good things come to those who wait; habitat creation, trail work, and signage at the 54-acre Thompson Forest in Durham are now complete. The last project completed is likely to be the first thing that visitors notice: the informational panel on the kiosk. Although the kiosk frame has been up for two years, the folks responsible for designing the main panel had to wait for Mother Nature.

When the Thompson Forest was put into conservation in 2016 (including funding support from the LRAC), significant, and sometimes ugly, work had to be done. The abandoned cow pasture was overgrown with invasive weeds and needed to be cleared and replanted with native plants and saplings that would be beneficial to wildlife. The property was not pretty that first year. The next summer, it looked slightly better, but still not picturesque. This past summer, the old field bloomed into radiant color and buzzed with pollinators. The new panel captures and celebrates some of that rebirth.

The Kiosk panel was officially unveiled on November 16<sup>th</sup>. Ellen Snyder, the land conservation steward for Durham and Dick Lord, long-time LRAC member, offered remarks before Ellen led the group on a guided tour. The group learned about the wildlife management plan, invasive plants that are being removed and why structured brush piles are important. Participants walked the 1.2-mile scenic trail and visited the riverside picnic area on the Lamprey River.



Despite the chill in the air, all participants came away with warm regards for this new haven for people and wildlife.



*Dick Lord (left) talks with participants at the panel unveiling. LRAC funded the kiosk and the panel.*

*Photo by RC Grimsley*

## Lamprey River Curriculum

Since 2000, the LRAC has offered a social studies and river science curriculum for fourth grade classes. It was updated in 2011 to match New Hampshire State learning standards. Students learn about local historical people, places, and industries at school and complete the unit with a science-based field trip to the Lamprey River. During the field trip, students do basic water quality tests, determine how fast the river is flowing, look for animals that help to assess the health of the river, and observe geologic and man-made features that reflect how people use the river. Students and parent chaperones always come away with a much richer appreciation of how complex and beautiful the river is.

The curriculum is free (download at [www.lampreyriver.org](http://www.lampreyriver.org) under the “education” tab). LRAC is happy to help and support teachers as they prepare students for the field trip and will provide activity leaders during the field trip. All elementary schools in the Lamprey River

watershed are welcome to participate with LRAC support. *There is no charge for this support at the school or in the field.* For more information, please email [info@lampreyriver.org](mailto:info@lampreyriver.org).

## Cavity Trees: Filling a Wildlife Need

Healthy trees are aesthetically pleasing to people and help serve the needs of nature, but when trees have lost limbs, become hollow, or died, that does not mean they do not support life. On the contrary, trees with cavities and other scars are often even more important for wildlife. As trees suffer lost limbs, lightning strikes, or attack by insects, decay sets in and pockets form. Over time, these cavities provide essential shelter to a wide variety of animals, from tiny wrens to wood ducks and even black bears. The greater the variety of cavity sizes in an area, the greater the chances are that a variety of wildlife will use them.

According to the NH Cooperative Extension, cavity trees account for less than 10% of standing trees in our forests. When these trees are cut down and removed, woodpeckers, owls, wood ducks, and many others lose critical real estate.



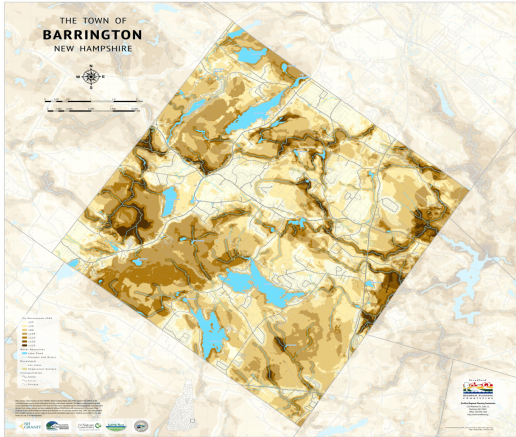
*great horned owl tree cavity*

*photo by S. Petersen*

For wildlife in the Lamprey River watershed, much of the most important real estate is along the riparian buffer, or the wide swath of land adjacent to the river. Protecting cavity trees is important everywhere, but more so along the wildlife-rich corridor along the river. Whenever possible, please leave cavity trees alone and do your part to protect the wildlife that makes the Lamprey River so special.

## Barrington Co-occurrence Conservation Map

In 2018, the LRAC awarded a grant of \$5000 to the Barrington Conservation Commission (BCC) to update and expand its ability to identify and prioritize areas in town where conservation efforts should be focused, either through permanent land protection or land use decisions. The final products were ready in fall 2019.



The darkest areas mark where conservation is most critical and effective.

Eight natural resource variables were identified and weighted by the BCC:

1. soils
2. water resource conservation focus areas
3. wetlands and riparian (riverfront) habitat
4. wildlife focus areas per the NH Wildlife Action Plan (2015)
5. connectivity to other priority land
6. conservation focus areas identified in the Land Conservation Plan for New Hampshire's Coastal Watersheds (2006)
7. other surface and groundwater resources
8. climate change resiliency and connectedness

The Strafford Regional Planning Commission (SRPC) created maps for each of the eight variables above and overlapped all to create a co-occurrence map. Existing conservation land was added as a final layer. Seven conservation hotspots were identified that will serve as priorities for the BCC in the next ten years. All maps are available on the Town of Barrington website.

The SRPC also created regional unweighted and Barrington-weighted co-occurrence maps that other towns in Strafford County can utilize as-is to inform conservation decisions. The process and

data layering can easily be modified by the SRPC to suit individual town priorities. If towns have in-house GIS professionals, they can use ARC Map or ARC Pro to tweak the criteria weighting to customize maps to suit their needs. Towns in Rockingham County can also take advantage of this work with minimal additional cost.

Based on the process and end results, the Barrington Conservation Commission recommends other towns to use the unweighted map as a good starting point, but the real value will come with local fine-tuning.



*Helping communities protect  
the  
Lamprey River.  
Submitted by Suzanne Petersen*



## Epping Garden Club



We are welcoming new members who are interested in working on existing gardens here in town as well as upcoming plant sales.

It is hard getting our group together with our Library shut down. We can't wait for the Library to reopen so we can come together for our meetings.

Please email [eppinggardenclub@gmail.com](mailto:eppinggardenclub@gmail.com) if you are interested in joining our group.

Like us on Facebook and leave a pm if you need further information.

*Submitted by Eunice Miller*



## ETV Schedule

### Channel 22 – ETV – Schedule of live programs

Selectmen's Meeting – Monday, Jan. 13, 27;

Feb. 10, 24 - 7 pm

Water & Sewer – Tuesday, Jan. 7 - 7 pm

Library – Tuesday, Jan. 21; Feb. 18 - 7 pm

Conservation Commission – Tuesday, Jan. 14;

Feb. 11 - 7 pm

Parks & Recreation – Wednesday Jan., Feb. No meetings



Budget Committee – Wednesday,, Jan. 8 - 7 pm:  
 Public hearing Jan. 15 – 6 pm  
 School Board – Thursday, Jan. 2, 16; Feb. 6. 20  
 Planning Board –Thursday, Jan. 9; Feb.. 13 – 6 pm  
 Civil War Round Table – Friday, Jan. 17; Feb. 21  
 - 7:15 pm  
 Town Deliberative Session – Tues., Feb. 4 - 7 pm  
 School Deliberative Session – Thurs., Feb. 6 - 7 pm  
 Candidate's night – Feb. 26 – 7 pm  
 Town Elections – March 10

Monday meetings are rebroadcast:

Tuesday - 7 am  
 Wednesday - 11 am  
 Thursday - 3 pm  
 Monday - 2 am

Tuesday meetings are rebroadcast:

Wednesday - 7 am  
 Thursday - 11 am  
 Monday - 3 pm  
 Tuesday - 2 am

Wednesday meetings are rebroadcast:

Thursday - 7 am  
 Monday - 11 am  
 Tuesday - 3 pm  
 Wednesday - 2 am

Thursday meetings are rebroadcast:

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, Channel 22 or the Town website for any changes or updates.

Please note the new website for ETV: [etv22.viebit.com](http://etv22.viebit.com). This is where you will find past meetings. You will also find live video streaming.

The ETV email remains the same: [eppingtv22@gmail.com](mailto:eppingtv22@gmail.com).



## Scouting Around Epping

### Cub Scout Pack 136

Pack 136 is looking for boys and families who are looking for adventures. Cub Scouting 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.

If you would like information about joining Cub Scouts, please contact our **Cubmaster** at [cubmaster@pack136epping.org](mailto: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

On December 15<sup>th</sup> the Troop cooked a holiday dinner for their families at the Scout Court of Honor at the Epping Community Church. After the dinner the Boys awarded those who earned merit badges, then enjoyed sweet treats and kicked off the night with a Yankee swap.

**On January 11<sup>th</sup>** the Scouts will be heading out to Manchester for Rock climbing. Then the weekend of **January 24<sup>th</sup>** they will camp in cabins at Hidden Valley in Gilmanton, NH for a Fun Weekend campout. They will do winter fun activities outdoors and then during the campout the adult leaders will cook for the Scouts as a treat. .

*Submitted by Jennifer Sullivan.*



## Epping Fire Department

### Fire Prevention and winter safety tips.

In this issue of Speak Up Epping, we will talk about winter safety tips, access to your house or property and an upcoming public hearing on rural water supply and the building regulations for the Town.

Happy New Year from the Epping Fire Department!!

The Department had another busy year with calls and it appears it will stay steady at or just below 1300 emergency calls. Lots is going on at the station as well as in the Town and we are looking for the public to come to the planning board meeting in order to pass an ordinance for water supply. With more housing developments coming in, we will need to set up more dry ponds, and cisterns in order to keep our insurance costs down

and add protection for our houses and the people that live in them and also for firefighter safety.

#### Winter Safety Tips.

Winter sure came early this year and gave us a little snow for Christmas. Winter is when we tend to see the most house fires with people firing up the woodstoves or fireplaces, and using alternative ways to keep warm. Before the winter months arrive, it is always a good idea to have your heating appliances serviced by a professional company and your fireplaces, wood stoves and chimneys cleaned. Always place ashes in a metal can and dump them in a snow bank away from your house or buildings. Ashes are excellent for your garden so that's a perfect place. The Fire Department also responds to a lot of carbon monoxide alarms in the winter when people are using their heating appliances. The best ways to avoid carbon monoxide are to keep all your vents clear of ice and snow, by servicing your heating systems and by having smoke and carbon monoxide detectors on each floor and in each bedroom. Symptoms can include headache, dizziness, nausea and unconsciousness. If this occurs, get out of the building and call 911.

#### Access to your Property.

Recently, some responses to calls have been delayed due to the Fire Department being unable to find people's homes. Seconds can count and if we can't find you, we can't help you! Many driveways in town are long and have no markings on the house or driveway. It is best to place reflective numbers on both sides of the mailbox so we can find you. It is also recommended to place numbers on the house facing the road – this works in conjunction with the mailbox. Since it has snowed recently, it is also best to keep your driveways and other paths clear of snow so we can access them. Our trucks are heavy, long and wide and we need room to get down the driveway. Snow can limit our access. If there is a hydrant nearby, please help all of us by keeping it clear in case we may need it. Ben Franklin stated, "An ounce of prevention is worth a pound of cure!" Helping each other makes things better for all of us.

#### Public Hearing.

On **January 9<sup>th</sup>**, we are holding a public hearing at 6:00 pm with the Planning Board meeting at the Town Hall. The public hearing is on the building regulation that we are hoping to pass for Suburban and Rural Water Supply. We are trying to set up an ordinance on cisterns for new developments. A lot

of the town doesn't have adequate water supplies for firefighting and many developments have been allowed without any form of water source. While many of the current ones are previous to this rule, we want to move forward making sure we have water for firefighting operations. The Fire Department is also working with the Town engineers to place a few dry hydrants in a few ponds around town. This will help keep our insurance rates down, as will our planning and increased daily manpower. Please call the fire station if you have any questions or concerns and we hope to see you at the hearing.

#### Wrap Up.

The Epping Fire Department wishes everyone a safe and happy holiday season. We look forward to working with all of you in many ways in the New Year. Always remember that we are here for you 24 hours a day, 365 days a year (or 366 for this leap year!). Burn permits are only required if there isn't any snow cover. Always notify the Department if you're going to burn a pile so we can notify our dispatcher, and keep a hose, shovel or pail of water close by.

We will discuss spring safety tips in the next issue and speak more about the services we provide at the station that the general public is not aware of. We have five new car seat technicians and drug recovery coaches and we have many other non-emergency services to keep the public safe and healthy.

Happy New Year!

*Lieutenant Paul St Cyr, CFI  
Fire Prevention Officer and 9-11 Liaison.*

### **Friends of the Epping Fire & Brick Museum**

The mission of the Epping Fire and Brick Museum is to preserve the history of the 1935 fire station, the fire apparatus of the time and the stories of Epping's Brickyards. We are a private organization using the town's second fire station to display vehicles and artifacts of the past.

We started work on the building in May of 2019. The ceilings in the rear of the building had to be completely removed and replaced with new insulation and sheetrock. The wall of the stairway was replaced. The entire ceiling and stairway wall have been finished and a fresh coat of paint applied. The ceiling beams were cleaned and now are painted red. All the windows were removed, repaired, painted red and replaced. The rear half of the floor was cleaned and painted leaving the front

half to be finished in the spring of 2020. The 1934 Reo Speedwagon Pumper and the 1860s era Rumsey Hand Pumper are back in the museum and will be ready when we open the museum on Memorial Day 2020. We had an antique hose reel wagon donated and when funds are available will get it painted and it will be part of the museum. On our to do list is to finish the outside trim, get a sign made, replace the doors with glass doors and the main floor will be finished. Our next goal is to clean the basement, repair and paint the trim and begin the process of setting up displays of the 5 brickyards that Epping was known for in our history.

We still have our T-shirt sale fundraiser. T-shirts cost \$18.00 for sizes small to xlarge, sizes XX or XXX will be \$20.00. Cash or check. If you would like one, please stop in at the Historical Society on Water Street - it is open on Monday mornings and by request.



If anyone would like to donate, checks may be made out to the Friends of the Epping Fire and Brick Museum. 37 Pleasant Street, Epping NH 03042.

*Submitted by Cliff Cray*

## Epping Explorer Posts

### Fire Department Explorer Post 136

The Explorers thank all who gave at their recent blood drive. We took part in the Stuff the Bus Toy Drive and saw that needy families were well taken care of. The Post looks forward to a great 2020 and encourages teens 14 to 19 years old to join us and take a look at what Fire and EMS careers are all about. Post 136 meets on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of each month at the Safety Complex, 6:30 to 8:00 pm. For information, call 396-9436 or the Fire Department, 679-5446.

## Epping NH Police Explorers

This is a hands-on program for youth ages 14-20. It is for those interested in a career in law enforcement or related fields in the criminal justice system. The program promotes growth through character development, respect for the rule of law, physical fitness, good citizenship and patriotism. Please join us in helping to support this local youth program as well as the Child and Youth Program of the SAL.

Youth 14 - 20 may join the Police Explorers by calling 679-5122.

## Rockingham County 4-H News

### STEaMpunk Invention Challenge

Tuesday **January 7<sup>th</sup>**, 5:00 -7:00 pm at the Rockingham County Extension Office in Brentwood.

Have you seen the show "Chopped?" This is your chance to use the same idea to build a simple machine using only a bag of "mystery materials."

Dinner will be provided.

Please register for this event via 4HOnline by **January 6<sup>th</sup>**.

### Rockingham County 4-H Horse Practices

Every other Wednesday through March, 6:00-7:30 pm at the Rockingham Extension Office in Brentwood.

These sessions are open to all who want to learn more about equine science and horses. Prepare for the Horse Quiz Bowl, Hippology and Horse Judging, or just learn fun and interesting facts about horses.

If you are not able to attend in person, videoconference options are available. Contact Andrea Kenter for details.

## Save the dates, more details coming soon:

### Feb. 15 – Favorite Foods Festival

Ellis School, 432 Main St. Fremont, NH 03044

Cook up something wonderful in the fun of friendly competition! All levels of cooking, baking and creating are encouraged to participate in this annual event.

### Feb. 25 – Sew Fantastic.

Deerfield Community Church, 15 Church Street, Deerfield, NH 03037

Thread that needle and stitch together fantastic things.



## **Feb. 27 – Craftapaluzza**

Rockingham County Extension Office, Brentwood  
Have a blast making and showcasing all kinds of crafts.

## **American Legion News**

### **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 12<sup>th</sup>** and **Sunday, February 9<sup>th</sup>** – eggs, bacon, sausage, toast, pancakes, home fries, and coffee are all piping hot and ready to be enjoyed. Bring your newspaper and your appetite!

The Buffet is \$8.00 for adults, \$5.00 for children 6 to 12 and children under six are free – worth every penny!

### **Valentine Prime Rib Dinner - February 8<sup>th</sup>**

The Valentine Prime Rib Dinner Dance at the American Legion Post 51 in Epping will be held on **Saturday, February 8<sup>th</sup>**. The dinner includes prime rib and all the fixings and will be served between 6:00 and 7:30 pm. The tickets for the dinner will need to be purchased in advance in the canteen and will go on sale in January. The ticket includes entrance to the dance that will begin at 8 pm.

## **Epping Community Church**

Our church service is led by Reverend Paul Leonard and begins at 9:30 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. Reverend Leonard also leads a Bible study and prayer group on Thursday mornings at 9:30 am at the church. 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.

The Epping Community Cares food pantry was very busy during the holiday season. We look forward to 2020 to help those that are in need of a hand up. Our food pantry hours are 8:00-10:00 on Saturday mornings. Please feel free to come and have our volunteers help you with your needs.

We would like to extend a huge thank you 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 2019. We could not do what we do without everyone's help.

We have our Coats of Caring program running 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 and 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. Come and have lunch with us and visit with old and new friends. We'd be glad to see you.

**January 18<sup>th</sup>** will be our 3<sup>rd</sup> 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 \$10.00 for adults and \$5.00 for kids. This is always a popular dinner. You can eat in our hall or take your meal home. **February 15<sup>th</sup>** will be the next 3<sup>rd</sup> Saturday dinner. Look for details on our church sign on the corner for updates.

## **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

**Third Wednesdays** – Healing Service – 7 pm

### **Mass schedule weekends:**

**Saturday** 4:00 pm

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

### **January**

**Mondays** – Adoration – Noon to 9:00 pm

**Fridays** – 8 am-7 pm

**Jan. 3<sup>rd</sup>** – First Friday Adoration – 8:00 am-midnight

**Jan. 4<sup>th</sup>** – First Saturday Adoration – midnight to 7:45 am



## February

**Mondays** – Adoration – Noon to 9:00 pm

**Fridays** – 8 am-7 pm

**Feb. 7<sup>th</sup>** – First Friday Adoration – 8:00 am-Midnight

**Feb. 8<sup>th</sup>** – First Saturday Adoration – midnight to 7:45 am

If you have any questions, please call the Rectory Office at 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 8:00 to 9:15 am, followed by Bible Emphasis Groups (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. Evening services are the last Sunday of the month and begin at 5:00 pm.

Families are welcome. The Bible Emphasis Groups feature 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 services. Children ages four through third grade are invited to Junior Church during the morning service after praise and worship time.

The Awana program for children age 3 through sixth grade began again in September. The weekly Friday night meetings help children learn about God's Word. For details, please contact Dora Brown at 702-2650 or at [awana@eppingbible.org](mailto:awana@eppingbible.org).

Epping Bible Church is located at 243 Pleasant Street. If you have any questions, please contact Pastor Ron Townsend at 247-0405 or at [PastorRon@EppingBible.org](mailto:PastorRon@EppingBible.org). Visit their website at [www.eppingbible.org](http://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](http://www.pbcnh.org) or contact us at [pbsecretary410@gmail.com](mailto:pbsecretary410@gmail.com).

## West Epping Quaker Meeting House

The West Epping Meeting grew out of the Seabrook Quarterly Meeting in the middle of the 18<sup>th</sup> 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.



## 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](mailto:harvmitch@gmail.com)

[www.eppinglibrary.com](http://www.eppinglibrary.com)

Youth Dept. e-mail: [hmmlyouth@gmail.com](mailto: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 1<sup>st</sup> – New Year's Day

January 20<sup>th</sup> – Martin Luther King Jr Day

February 17<sup>th</sup> – Presidents' Day

## Museum Passes Available at Your Library

Your library has more to offer than just books and movies! You can get free or reduced admission to local museums including the Museum of Fine Arts in Boston, the New England Aquarium, Strawberry Banke in Portsmouth, Children's Museum in Dover, Seacoast Science Center in

Rye, the Currier Museum of Art and the McAuliffe-Shepard Discovery Center.

Call ahead or come in to the library to get a pass for your next museum visit.

### **Upcoming Events at the Library**

We're still undergoing some construction here at the library, but will be reopening in early January. Here's a list of events we have planned.

### **Weekly Story Time – Tuesday and Friday mornings at 11:15 am**

Story Time provides an opportunity for children to explore the library, make new friends, listen to stories and try their hand at a variety of craft projects. Recommended for pre-school age and younger, but older children are welcome. Join us for a new story and craft each week!

### **Jan. 1: CLOSED FOR NEW YEAR'S DAY**

### **Jan. 8: Great Gardens: Design Principles – 6:30 pm**

This informative and fun gardening series continues with gardening expert Patty Laughlin, head gardener and manager of Epping's Lorax Landscaping. Join us this month for the third in a six-part series about garden design. During this series of talks, we will be using the landscape at the newly expanded library as our working example. The hope is that the design that you see develop in these talks will be implemented in the spring!

### **Jan 18: Helpful Hints Parenting Talk – 11 am**

Help your kids develop learning skills to become more self-reliant and confident in a changing world. Parents of elementary school-aged children and younger are invited to learn tips about how to advance children's skills in math, understanding money and to protect them from inappropriate marketing. The discussion will be led by Kathy Stoughton, M. Ed, who has over 10 years and 10,000 hours of experience helping students grow their brains' capabilities, with a special focus on life skills involving math. She designed the successful children's program held at the library last summer, "It's Money, Honey." Join us for a cup of tea or hot chocolate and enjoy the free helpful information that can make a positive difference in your children's lives.

### **Jan. 20: CLOSED - MARTIN LUTHER KING DAY**

### **Jan. 25: Guitar Workshop: Brazilian and Cuban Rhythms – 2 pm**

Dr. José Lezcano offers a guitar workshop focusing on Brazilian and Cuban rhythms that can be used for accompaniment. Free and open to players of all ages, skill levels and styles. The workshop will be followed by a concert by Dr. Lezcano at 3 pm.

### **Jan 25: Guitar in Spain and Latin America: Concert with José Lezcano – 3 pm**

Dr. José Lezcano presents a variety of musical styles that illustrate the history of the guitar in Spain and Latin America, including: songs with the exciting strummed rhythms of popular 17<sup>th</sup> century dances; transcriptions of Baroque keyboard sonatas; nationalist Spanish works composed for the legendary Spanish guitarist Andrés Segovia; music of the Argentine Gauchos; the Venezuelan parlor waltz; Cuban popular dances like the Cha-cha-cha and Bolero and the Avant-garde and Neoromantic expressions. Described by Fanfare Magazine as "an excellent guitarist as well as an imaginative composer," Cuban-born musician Dr. José Manuel Lezcano is Professor of Music at Keene State College. He is a twice Grammy-nominated composer and guitarist whose programs of Latin American music, his own original compositions and classical repertory have taken him from Carnegie Recital Hall to important festivals and venues across the Americas and Europe.

### **Feb. 4: Friends of the Library – 7 pm**

The Friends of the Library is a nonprofit organization dedicated to fostering close relationships between the Harvey-Mitchell Memorial library and the Epping community through fundraising, supportive activities, and raising awareness of library resources. The Friends meet the 1<sup>st</sup> Monday of the month (unless it's a holiday).

### **Feb.8: Paws to Read – 10:30 am-12:30 pm**

Leon returns to the library for a Paws to Read program! Children of all ages are invited to spend 20-minute sessions reading out loud to Leon, the black Lab therapy dog that doesn't judge, in order to build confidence and have fun reading. Drop in from 10:30 am-12:30 pm.

**Feb. 12: Great Gardens: Plant Culture and Selection – 6:30 pm**

**Feb. 15: Carol Coronis: Roots, Celtic, Greek and Middle Eastern Music – 3 pm**

Cittern player and vocalist Carol Coronis is known in the Seacoast area for her high-energy performances of music from Appalachian/Roots to Rock, to the Celtic countries and to Greece and the Middle East with an edgy kick, to the old-world music of Anatolia and the Aegean. Coronis pushes the boundaries of traditional music by delivering uniquely arranged renditions of music of the old and new worlds. Her command of the cittern, a 10-stringed Irish derivative of the Greek bouzouki best described as a mandolin on steroids, and her soulfully compelling vocals, deliver music with a heart-pounding pulse.

**Feb. 17: CLOSED FOR MARTIN LUTHER KING, JR. DAY**

**Feb. 18: Dusty Olde Mystery Book Group – 7 pm**

**Feb. 25: Mardi Gras Party with musician TJ Wheeler**

**Feb. 25: Contemporary Book Group – 7 pm**

## **Epping Parks & Recreation**

*Home of the "River Otters"*

Director: Nicole Bizzaro

Recreation Dept. Main Phone Number: 679-3006

or email at [eppingrecreation@gmail.com](mailto:eppingrecreation@gmail.com).

Address:

17 Academy Street

Epping, NH 03042

Mailing address:

157 Main Street

Epping, NH 03042

Join us on Facebook and follow us on Twitter.

If you need to reach the Department, please contact Nicole, Recreation Director via email at [eppingrecreation@gmail.com](mailto:eppingrecreation@gmail.com) or call Watson Academy: 679-3006 or Program Cellphones: 608-9016 or 608-9076.

For more information and to register, please contact the Recreation Department via e-mail at [eppingrecreation@gmail.com](mailto:eppingrecreation@gmail.com) or visit our website at [www.EppingRecreation.org](http://www.EppingRecreation.org).

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

Now Hiring for Fall After School Program Staff. Please submit application and resume to [eppingrecprograms@gmail.com](mailto:eppingrecprograms@gmail.com) or drop off at Watson Academy or Town Hall.

The Rec Dept. provides before and after school programming for kids in grades K- 5 including no-school days, vacation weeks and summer camp programs.

We also provide Pre-school programs, a senior citizens club and host various community events throughout the year!

## **Youth Programs**

### **Before & After School Programs**

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-5. 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 3:15-4:15 pm, during cold or bad weather days. The program then runs organized games and activities from 4:15 to 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.

If your child would like to participate in the school offered programs after school or extra work with a teacher, we do have staff available to pick up the kids at the designated school dismissal areas at

the close of these programs. We ask that parents notify us, if their child will be attending one of the school programs and if they will be picking them up from these programs so we can coordinate the pick up schedule daily.

We offer No School Day, Parent/Teacher Workshop and Vacation Week full day programs, which will have their own registration forms! Please check one month in advance of any No School Days on the school calendar or call us at 679-3006, if you have questions. We will not be offering programs during the Thanksgiving and Winter Break School Closings, to allow our staff time with their families during the holidays, as well as traditionally low enrollment in past years during those times. Our Before and After School Programs run on the last day of school, but are then closed until the start of our scheduled Summer Camp programming.

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

#### **Karate Classes**

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

For more information or to sign up your child, please contact Mrs. DeNapoli at 661-6635 or email her at [diannadenapoli84@gmail.com](mailto:diannadenapoli84@gmail.com)

\*\*\*ALL beginners receive a FREE Uniform.\*\*\*

### **Youth Ceramics Class**

Day: Thursdays at Watson Academy

Time: 4:30-5:30 pm

Cost: \$20 per 3-week session

### **McIntyre Ski and Snowboard Lessons**

Epping Recreation is partnering with McIntyre Ski Area in Manchester, NH to provide ski and snowboard lessons to students during McIntyre's Mighty Macs after school lesson program! McIntyre has been providing snow sports programs to children for over 25 years. They provide children with a fun, safe and unintimidating environment to learn a sport that will last.

Five-week sessions will begin on **January 2<sup>nd</sup>**. Lessons will be held on Thursdays from 4:00 to 6:00 pm and will take place on Jan. 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup>. Bus transportation is available. Email Marlee Scott at [eppingrecprograms@gmail.com](mailto:eppingrecprograms@gmail.com)

School Coordinator Contact:

Marlee Scott

[eppingrecprograms@gmail.com](mailto:eppingrecprograms@gmail.com)

Have Questions for McIntyre?

Email: [skiinfo@mcintyreskiarea.com](mailto:skiinfo@mcintyreskiarea.com)

Call: 603-622-6159

Visit: [www.mcintyreskiarea.com](http://www.mcintyreskiarea.com)

Registration closed at 9 am on December 16<sup>th</sup>.

### **Adult Programs**

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

### **Barre Necessity Classes**

Looking for a new work out? Come to Barre Necessity classes held at Watson Academy and taught by instructor Linda Richards. The class is held twice a week Mondays and Thursdays from 7:00-8:00 pm.

Classes will run 6 weeks and the cost is \$60!

### **Adult Ceramics Class**

Day: Thursdays

Time: 9-11 am

Cost: \$2 for ceramic piece

Location: Watson Academy

### **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 until 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](http://www.eppinglighthouse.org) or you can e-mail us at [eppinglighthouse@hotmail.com](mailto:eppinglighthouse@hotmail.com) to request a form.



## 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](http://www.sau14.org) under School Board/Agenda & Minutes. ETV is also streaming meetings that you can watch live on your computer at: [etv22.viebit.com](http://etv22.viebit.com).

**January 2<sup>nd</sup> and 16<sup>th</sup>**

**February 6<sup>th</sup> and 20<sup>th</sup>**

## Epping Elementary School (EES)

### EES School Calendar

#### JANUARY

**Jan. 2** – Classes resume

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

**Jan. 10** – Child Find Clinic – 1-3 pm

**Jan. 17** – **NO SCHOOL Professional Development Day**

**Jan. 20** – **NO SCHOOL – Martin Luther King, Jr. Day**

**Jan. 24** – Snow date for Child Find Clinic

#### FEBRUARY

**Feb. 1** – “I Love to Read Month” begins

**Feb. 3** – PTO meeting 7:00 pm in the EES Art Room. Free babysitting in the Library.

**Feb. 11** – **NO SCHOOL Professional Development Day**

**Feb. 15** – Scholastic Book Fair in Library – 6:00-7:30 pm

**Feb. 15** – PTO Ice Cream Social in EES multi-purpose room – 6:00-7:30 pm

**Feb. 24-28** – **NO SCHOOL – Winter Vacation**

# Families First

*support for families...health care for all*

**Epping Family Morning Out:** Meets most Friday mornings during the school year, starting September 6<sup>th</sup> (except Jan, 17<sup>th</sup>, Feb. 28<sup>th</sup>) - 9:30-11:00 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, snack and first friendships. With Patricia Keck. This group meets at the SAU 14 Building, 213 Main Street, Epping. Cost: It's free! See you there! Advance sign-up not needed.

For information call 422-8208, press 2.

**Exeter Family Morning Out** Thursday mornings – starting January 2 - 9:30-11:00. 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. Advance sign-up not needed.

For other programs, please see our event calendar.

For information call 422-8208, press 2..

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 child care**; please go to [FamiliesFirstSeacoast.org](http://FamiliesFirstSeacoast.org) and click on the Register for Family Programs button, or call 422-8208 x2.

## Epping High School (EHS)

**Jan. 2** – School resumes

**Jan. 17** – **NO SCHOOL** Professional Development Day

**Jan. 20** – **NO SCHOOL** Martin Luther King, Jr. Day

**Feb. 11** – **NO SCHOOL** Professional Development Day

**Feb. 24-28** – Winter Break

## Email Address Changed?

If your email address has changed, please notify Barbara Helmstetter at: [bhelmstetter@comcast.net](mailto: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 2020**) of this newsletter will be available in **March 1, 2020**. We will accept **submissions through February 23, 2020**, to be included in the next issue. Please send your content with contact information for consideration to [bhelmstetter@comcast.net](mailto:bhelmstetter@comcast.net).

If you would like your next event to appear on the Calendar of Events, please send us an email at [bhelmstetter@comcast.net](mailto:bhelmstetter@comcast.net) by **February 23, 2020**. Please include date, event name, location and time.

Thanks for reading!

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## Epping Calendar of Events for January 2020

<b>January 1</b>	<b>NEW YEAR'S DAY –NO SCHOOL Town Hall, Library closed</b>
January 1	Providence Baptist Church Food Pantry – 10 am
January 2	Epping Rec Ski Lessons start at McIntyre Ski area – 4-6 pm
January 2	Epping School Board meeting in Epping Town Hall – 7 pm
January 4	Epping Community Church Food Pantry and Coats of Caring – 8-10 am
January 5,6	Auditions for “Anne of Green Gables” at Epping Community Theater (callbacks 8 <sup>th</sup> )
January 6	EES PTO Meeting – 7 pm
January 6	Last day to sign up for winter/spring classes at the Epping Community Theater
January 6	Last day to register for 4-H STEaMpunk Invention Challenge
January 7	4-H STEaMpunk Invention Challenge at Rockingham County Office – 5-7 pm
January 8	Providence Baptist Church Food Pantry – 10 am
January 8	Great Gardens – “Design Principles” – 6:30 pm
January 9	Epping Watson Academy Seniors “Kingston Living Facility representative” – 1 pm
January 9	Grange meeting at Sandy Dennis’ Home – 7:30 pm
January 9	Public hearing – Fire Dept/Planning Board - Town’s water supply ordinance – 6 pm
January 10	Child Find Clinic – 1-3 pm (Snow date: January 24)
January 11	Boy Scouts rock climbing in Manchester
January 11	Epping Community Church Food Pantry and Coats of Caring – 8-10 am
January 12	American Legion Post 51 Sunday Breakfast Buffet – 8-11 am
January 13	Theater lessons start at Epping Community Theater
January 15	Budget Committee Public hearing – 6 pm
January 15	Providence Baptist Church Food Pantry – 10 am
January 16	Epping School Board meeting in Epping Town Hall – 7 pm
January 17	Civil War Roundtable of NH meeting in Town Hall – 7:15 pm
<b>January 17</b>	<b>NO SCHOOL – Professional Development Day</b>
January 18	Epping Community Church Food Pantry and Coats of Caring – 8-10 am
January 18	Epping Community Church Dinner – “Roast Turkey Dinner” – 5:00-6:30 pm
January 18	Helpful Hints Parenting Talk at the Library – 11 am
<b>January 20</b>	<b>MARTIN LUTHER KING, JR DAY –NO SCHOOL Town Hall, Library closed</b>
January 21	Library Board of Trustees – 7 pm
January 22	Providence Baptist Church Food Pantry – 10 am
January 22-31	Filing period for Town offices
January 24	Boy Scouts camping weekend at Hidden Valley in Gilmanton, NH
January 25	Epping Community Church Food Pantry and Coats of Caring – 8-10 am
January 25	Guitar workshop at the Library – 2 pm; Guitar Concert – 3 pm
January 28	Epping Lions Club meeting – 6:30 pm
January 29	Providence Baptist Church Food Pantry – 10 am

## Epping Calendar of Events for February 2020

Date	Event
February 1	EES "I Love to Read" month starts
February 1	Epping Community Church Food Pantry and Coats of Caring – 8-10 am
February 3	EES PTO Meeting – 7 pm
February 4	Friends of the Library – 7 pm
February 4	Town Deliberative Session – 7 pm
February 5	Providence Baptist Church Food Pantry – 10 am
February 6	Epping School Board meeting in Epping Town Hall – 7 pm
February 6	School Deliberative Session – 7 pm
February 8	Paws to Read at the Library – 10:30 am-12:30 pm
February 8	American Legion Valentine Prime Rib Dinner-Dance – Dinner - 6 pm; Dance - 8 pm
February 8	Epping Community Church Food Pantry and Coats of Caring – 8-10 am
February 9	American Legion Post 51 Sunday breakfast – 8-11 am
<b>February 11</b>	<b>NO SCHOOL – Professional Development Day</b>
<b>February 11</b>	<b>NH PRIMARY – VOTE!!! EMS Gym – 8 am-7 pm</b>
February 12	Providence Baptist Church Food Pantry – 10 am
February 12	Great Gardens – "Plant Culture and Selection" – 6:30 pm
February 13	Epping Watson Academy Seniors "Greg Dodge, warrant articles" – 1 pm
February 13	Grange meeting at Sandy Dennis' home – 7:30 pm
February 15	EES Scholastic Book Fair in the Library – 6:00-7:30 pm
February 15	EES PTO Ice Cream Social in multi-purpose room – 6:00-7:30 pm
February 15	Carol Coronis in concert at the Library – 3 pm
February 15	Epping Community Church Food Pantry and Coats of Caring – 8-10 am
February 15	Epping Community Church Dinner – 5:00-6:30 pm
<b>February 17</b>	<b>PRESIDENTS' DAY – Town Hall, Library closed</b>
February 18	Library Board of Trustees Meeting – 7 pm
February 18	Dusty Olde Mystery Book Club – 7 pm
February 19	Providence Baptist Church Food Pantry – 10 am
February 20	Epping School Board meeting in Epping Town Hall – 7 pm
February 21	Civil War Roundtable of NH meeting in Town Hall – 7:15 pm
February 22	Epping Community Church Food Pantry and Coats of Caring – 8-10 am
<b>February 23</b>	<b>DEADLINE DATE for the March-April issue of the Newsletter</b>
<b>February 24-28</b>	<b>NO SCHOOL – Winter Vacation</b>
February 25	Mardi Gras Party at the Library with musician TJ Wheeler
February 25	Contemporary Book Group – 7 pm
February 25	Epping Lions Club meeting – 6:30 pm
February 26	Town Candidates Night – 7 pm
February 26	Providence Baptist Church Food Pantry – 10 am
February 29	Epping Community Church Food Pantry and Coats of Caring – 8-10 am

If you would like your next event to appear on the Calendar of Events, please send an email to [bhelmstetter@comcast.net](mailto:bhelmstetter@comcast.net) by **December 21, 2019**. Please include the date, event name, location and time.