



Speak Up, Epping! Newsletter

Volume 14, Issue 4

Epping, New Hampshire

July-August 2021

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.

To our readers:

Because we're all staying close to home in the midst of the COVID-19 pandemic, we have not been told of any regular meetings or events scheduled in July and August and so there is no calendar in this issue. We hope that there will soon again be meetings and events to post in a calendar. We do have some information to pass on in this smaller than usual issue.

In the meantime, we can post other events or announcements on our website, our Facebook page and can send information out to our mailing list.

Our thoughts are with all of you. Please take good care and stay safe.

Senior Moments

We're.....back. Well.....almost. Our temporary home for the summer months will be our Harvey Mitchell Memorial Library. They generously invited us oldies to enjoy their meeting room while the kids enjoy Watson Academy. **FIRST MEETING – Thursday, JULY 8TH at 1:00 pm!!!** No refreshments or beverages, but members are invited to bring their own water bottles. Time is pretty precious at our age and changes can be pretty substantial after sixteen months apart. The officers won't bother planning a program for that first meeting. Getting twenty seniors together after such a long time should actually be recorded for posterity. We can't wait to see you there!

However, a very special memory will be shared for the loss of three members; Barbara Sherwood (Vice President), Virginia Allen and Noella Proulx, during our time apart. They will be so missed.

Don't know about the gents but many of the lady members have raised their noses to the fact that we now have to dress accordingly (no more sweats and baggy jeans) and do something about our hair. Without the mask, a little makeup might help also.

Our newest cause this year will be a membership drive. Yes, we want new members. We need new members. Remember 55 years old is all that is required to join a lively and joyful group. The guarantees that come with membership are interesting and educational programs, amazing tours and trips and lots of new friends sitting beside you each month. The average age of present members is 80. BUT, better with age. Right?

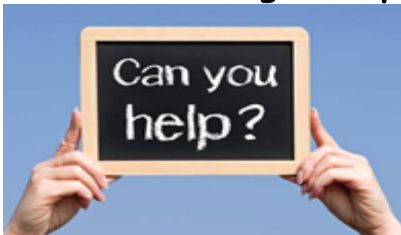
Although our trips might get a slow start after the pandemic, our programs, that have been on hold, will speed up quickly. Several fascinating guests are waiting for the green light from us.

This might be a good opportunity for us seniors to thank our families, friends and neighbors for helping us in so many ways for the last year and a

half. Without them....who knows. A peanut butter sandwich is comforting but not as much as these amazing people in our lives. Especially for caring and sharing. Redundant butTHANK YOU!!!

Irene R. Cote, Secretary

End 68 Hours of Hunger - Epping



Our program would like to thank the community for its continued support. We are currently collecting donations for our summer program. Our program will be providing food to 32 Children throughout the summer. We are in need of canned pasta, canned vegetables, mayo, pasta, fruit cups and ramen noodles. We have a drop off location at Erica's Garden, as well as an Amazon wish list.

Financial donations can be mailed to:

End 68 Hours of Hunger-Epping
62 Meadowbrook Drive
Epping, NH 03042.

News from the Town

The Town Hall is now open.

Town Hall Closed

July 4th – for 4th of July Holiday

Town dates

July 1st – Property Taxes due

Outside Watering Ban in Epping

There is an outside watering ban in effect in Epping because:

1. Epping is transitioning from the Epping Crossing Water Treatment plant to our new Water Treatment plant.
2. There is currently a drought in this area.

Openings for Volunteers in Town

There are three openings on the local "River Management Advisory Committee."

If any Epping resident is interested in serving on this committee, please send a letter of interest to the Board of Selectmen, 157 Main Street, Epping, NH 03042 or email: administrator@townofepping.com.

The Epping Conservation Commission is in need of Volunteers.

To monitor Town conservation lands, help maintain trails, etc. If interested, put a note in the Commission mailbox.

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 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.



Epping Lions Club

"We Serve"

We Want YOU to Join the Epping Lions

Club

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

We met last month and decided on two scholarship recipients from the Epping High class of 2021: Jenna Needham and Erica McLeod. Each received a \$500 scholarship on June 8th Senior Night.

We do not meet in June or July. We will next meet in August to prepare for Highnote in September, where we will be selling 50/50 raffle tickets, popcorn and water.

We continue to accept any applications for assistance that we receive and encourage anyone in need to please reach out.

Deb Brooks, President

lexusreina@comcast.net

Cheryl Denoncour, Treasurer

cdenoncour@gmail.com

Colleen Palmer, Secretary

colleenmariepalmer@hotmail.com

Epping Historical Society

We have been "closed" to the general public since March. However, as of this week, I put out the flag on Monday, visitors must wear masks. I welcome visitors by appointment, all they have to do is call.

I hope by the next issue, we will have news for all of you.

Stay healthy!

To call for an appointment, call 679-2944; the phone number is available 7 days a week.

Joy True, curator, Epping Historical Society

joysgarden@hotmail.com

News from Rockingham Grange #183

The Rockingham Grange #183 held a Memorial Day Service on the lawn of our Grange hall located on Main Street in Epping for the people of our community on May 31, 2021. Plans are now being made to hold an Open House for information on our Grange as well as the state and national Grange and their origins and purposes. Meetings are being held to discuss preparations for a campaign to boost Grange membership and for restoration of our historic building. The grounds in front of the Rockingham Grange hall are presently being

prepared for a flagpole and flag donated by The American Legion Richard A. Mitchell Post 51. Please look for our Open House date to be announced!

The Civil War Roundtable of NH

"There is no time like the present to join us in the past."

It was great to be back and meet in person in May and June. For those new to our group, we take summers off, so after the June meeting, we'll return in September with Patrick Falci. Also, it'll be a special 30th Anniversary meeting!

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.

July & August – No meetings - summer break

September 10, 2021 (note: this is the 2nd Friday)

– Patrick Falci - "Saddle Up with General Hill: Famous Generals and Their Warhorses." **30th Anniversary Celebration of the CWRTNH!**

October 15, 2021 – Historian Robert I. Girardi - "Railroad Defense in the Atlanta Campaign."

November 12, 2021 (note: this is the 2nd Friday) – Mike Pride - "Storm Over Key West: the Civil War and the Call of Freedom." (book)

December 2021 – No meeting

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

During the Covid-19 lock-down, made people turned to video presentations and here are few that may be of interest (Check out our website for more information and to access them):

Duane Shaffer, co-founder of the Civil War Roundtable of New Hampshire has put together a video lecture series on the battle of Gettysburg that can be watched from anywhere. Talks are available through the Sanibel Library's website.

Dr Michael Schroeder, past president of this roundtable did a talk for the Berwick Public Library. "A Dam Fine Regt: the 29th Maine and the Red River Campaign of 1864."

Bill Hallett, another past president of this roundtable, spoke in November 2020 at the Frederick County Civil War Roundtable (in Maryland) on the "Baltimore Pratt Street Riot."

Epping TV's website has a number of past CWR TNH meetings streaming. Re-live past meetings or see ones you missed!

The National Museum of Civil War Medicine has great presentations.

Some of the best on-site preventions and tour can be found by the American Battlefield Trust, hosted by Garry Adelman with help from various historians & battlefield guides.

Many good programs can be found on C-Span 3 on the weekends for American History TV. Many of the programs also stream.

Nature Talks

Epping Loves Volunteers

The Cambridge Dictionary defines the word volunteer as: *"a person who does something, especially helping other people, willingly and without being forced or paid to do it."*

During the past few years, and particularly visible on May 23rd-24th, the town of Epping has seen an undertaking of outstanding volunteerism. Since the inception of the renovation of the Harvey Mitchell Memorial Library many individuals, groups and businesses have joined together, not only to expand our library, but to create a new, innovative landscape, replacing a traditional lawn.

Lawns are wasteful works of time and energy. Not only do they need constant physical labor; mowing, feeding and watering, they do not support native insects and the runoff from the lawn care can run into our rivers and streams. What would be better? A garden filled mainly with native trees, shrubs, flowering plants and fruit bearing plants. This garden will grow and eventually be fairly self-sustaining requiring minimal work and water. The start up of the garden has been intensive, with hours of planning, negotiating, research and labor to plant and assure its success in the initial stages. How could Epping do this on a limited budget? **VOLUNTEERS!**

Many people came forward to volunteer their services, expertise, support monies, food, water, tools, supplies, backbreaking labor and joy. It is impossible to name all the individuals who volunteered. Listed below are some of them:

Lorax & The Secret Gardener provided the town with their expertise in design and implementation of the plans at a great savings to the town.

The Epping Garden Club

The Goodspeed Family

Friends of the Library

Library Trustees

Library Staff

New Hampshire Master Gardeners

NH Natural Resources Stewards

Citizens of Epping

Epping Fire Department

New England Dragway

National Garden Club

Exeter Area Garden Club

Epping Conservation Commission

Pollinator Pathways of NH



What can you, as an individual, do to help the Conservation Commission and the town of Epping? While doing my duty as a citizen waterer for the library garden, I met a gentleman who shared that his neighbor always carries a plastic bag with him on his daily walks. When the neighbor was asked why, he replied that there was trash along his walk and he felt compelled to pick it up! Garden Club members maintain the flowers at four intersections and other areas around town. A new picnic table for Robert Friend Low Park was built. Steve Bailey repaired the seesaw at Fox Run. A person from Raymond came forward to volunteer as a trail steward for our bike trails.

When you take your children for a walk on one of the many trails in Epping, try carrying a bag to pick up trash, or remove small branches and debris from the trail. Contact a member of the Epping Conservation Commission if there are larger issues like fallen trees across a trail path. Plant a pollinator garden or meadow. Become a trail steward. If you enjoy walking in the woods using a compass and maps, we need monitors for the conservation easements in Epping. Can you write? Maybe you

could assist in grant writing. Join the Epping Conservation Commission or just visit our meetings and become informed on happenings in Epping. Visit the Facebook page or the website for the Epping Conservation Commission (eppingoutdoors.com). Another wonderful site to check for volunteer opportunities concerning nature is Nature Groupies (naturegroupie.org).



Submitted by Barbara Willis

Lamprey River Advisory Committee

The Lamprey River is fortunate to support all six of New Hampshire's native turtle species: Blanding's, musk, painted, snapping, spotted, and wood. Most people have seen a snapping turtle and many have seen a painted turtle soaking up the sun on a water-side log. Musk turtles are common, but since they rarely travel far from water, few people see them. The other three are, in fact, rare: Blanding's turtles are listed in New Hampshire as endangered, spotted turtles are listed as threatened, and wood turtles are listed as species of concern.



Blanding's turtle

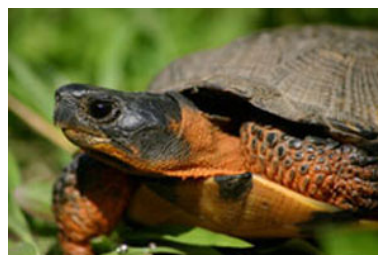
Photo by Jon Bromley



spotted turtle

Photo by John J. Mosesso,

<http://images.nh.gov/>



wood turtle

Photo by Mike Jones,

<http://www.mass.gov/>

The main differences between common turtles and rare turtles relate to breeding and range. Common turtles can breed when they are a few years old and tend to lay many eggs. Their habitat requirements are often compatible with human presence and land use. For rare turtles, the odds are increasingly stacked against them.

The three rare turtle species cannot breed until they are well into their mid-teen years and they lay fewer eggs. Their ranges are extensive and they make use of several different kinds of habitat to meet their seasonal needs. They need to make use of places that people often develop, such as old fields and vernal pools. Their interactions with people often occur when they try to cross roads as they travel across the landscape and females of egg-laying age are most at risk. They are also negatively affected by animals that thrive near humans: skunks, raccoons, and foxes. These animals are opportunists and take advantage of easy meals, such as turtle eggs buried in the sand.

Before humans developed the land to suit their own needs, the now-rare turtles were common and thrived. Despite the late onset of breeding and fewer eggs per clutch, they could live and breed to a very old age. Their extensive range was a hedge against one habitat's being unsuitable or the loss of a nest in any given year. Currently, their strategy of slow and steady, far and wide is putting them at risk. The turtles cannot change their strategy, but we humans

can help ensure their future by recognizing and protecting the resources they need. Support efforts to conserve large tracts of land, especially those that have a variety of wetlands and uplands. If possible, help turtles crossing the road to reach the side to which they are headed. Always report sightings of rare turtles, living or dead, to NH Fish and Game's Reptile and Amphibian Reporting Program at [RAARP Reporting | Nongame | New Hampshire Fish and Game Department \(state.nh.us\)](#) so that they can help to ensure the turtles' continued presence.

Lamprey River Watershed Protection Through the State of New Hampshire

The New Hampshire Rivers Management and Protection Program (RMPP) was enacted in 1988 to protect the state's most significant rivers or river segments. In 1990, the section of the Lamprey River that runs through Lee and Durham was among the first river segments designated into the RMPP. On June 6, 2011, the full length of the Lamprey and five of its major tributaries (Little, North, North Branch, Pawtuckaway, and Piscassic Rivers) were added to the designation. Under the RMPP Lamprey River designation, 87.7 miles of rivers and approximately 212 square miles have extra protection. June 2021 marks the tenth anniversary of full watershed protection for the Lamprey River.



Some of the extra protection granted by the RMPP designation comes from state laws; shoreland protection around designated streams is more stringent. Certain activities (such as the siting of new landfills, construction of new dams, or inter-basin water transfers) are not permitted.

Other protections come from each designated river's local advisory committee. The Lamprey River Advisory Committee serves as the local advisory committee and it has four main duties under the RMPP:

1. Advise the NHDES commissioner, the state-wide Rivers Management Advisory Committee, the municipalities through which the Designated River or segment flows, and the municipalities within tributary drainage

areas on matters pertaining to the management of the river or segment and tributary drainage areas.

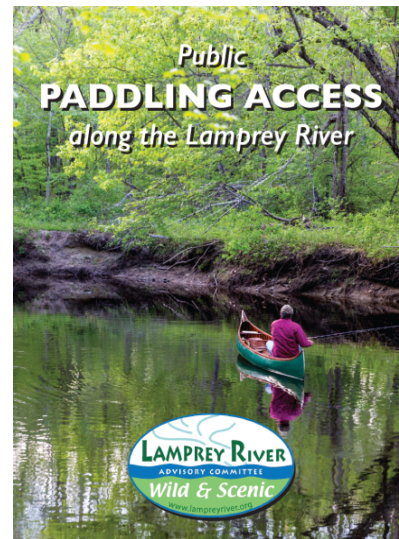
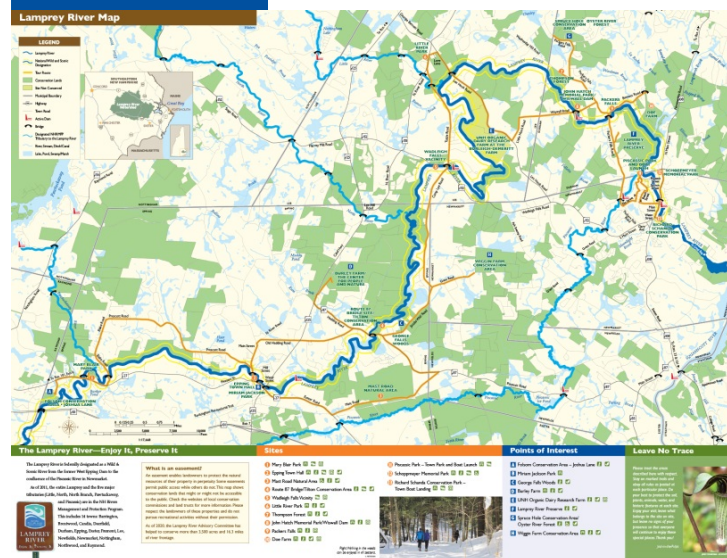
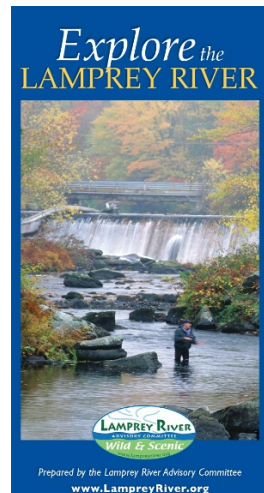
2. Consider and comment on any federal, state, or local governmental plans to approve license, fund or construct facilities that would alter the resource values and characteristics for which the river or segment is designated.
3. Develop or assist in the development and adoption of local river corridor management plans. Municipal planning boards may adopt such plans as an adjunct to their town master plan.
4. Report biennially to the Rivers Management Advisory Committee and the commissioner, and annually to municipalities on the status of compliance with federal and state laws and regulations, local ordinances, and plans relevant to the Designated River or segment, its corridor, and tributary drainage areas.

Through efforts of local citizens, the fourteen towns of the Lamprey River watershed unanimously supported the watershed nomination. Designation was debated by the state legislature and the governor signed the bill. Although nineteen rivers in New Hampshire are designated under the RMPP, only the Lamprey includes tributaries and takes a watershed approach. This was and is a first in New Hampshire: a recognition that water does not follow arbitrary human boundaries such as town or county lines. What happens along a river in one part of the watershed affects the river(s) in other towns. The Lamprey River Advisory Committee produced a management plan that tries to balance needs and protections across town lines. Its volunteers represent multiple towns and review projects with a holistic point of view.

In addition to state protection, twenty-three miles of the main stem Lamprey River are protected under the National Wild and Scenic Rivers System. As author Margaret Mead noted, "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." The LRAC is always looking for new representatives. Please join us and become a river hero! [Lamprey River: Join Us](#)

New Recreation and Paddling Access Maps Are Now Available

Our popular *Explore the Lamprey River Map and Guide* has been updated and is now available for free at most local libraries, town recreation departments, and on-line. Updates include new paddling access points, more hiking trails, and new parks. You can also request a free copy to be mailed to your house. Please send your request to info@LampreyRiver.org and provide your mailing address.



Summer 2020 offered local people more opportunity than usual to get out on the river with a canoe or kayak. Due to many requests for public access areas, we created a map to meet that need. The map includes driving directions, GPS coordinates, notes about each site and rental information where applicable. Two versions of the map allow reading on-screen or easy printing from a home computer so you can take it with you. Links for both versions are available on the home page at www.LampreyRiver.org.

Improvements at the Macallen Dam in Newmarket\

Following two extreme floods in 2006 and 2009, dam engineers inspected the Macallen Dam in Newmarket and noted several safety deficiencies. Among these, analysis showed that the dam would be at high risk of failure in the event of another big flood. The main flaw was in the south wall where the water had severely eroded the lower foundation.

The Town of Newmarket owns the dam and it is responsible for expenses related to maintenance and liability. After reviewing the costs and benefits for the options, including the possibility of removing the dam entirely, voters chose to repair the dam. Townspeople also voted to make improvements to the flood gates on the north side that were in poor, but technically working, condition. Engineers drew up plans and the state granted construction permits. The drawdown of the dam impoundment began on September 1, 2020 and site work commenced shortly thereafter.

Members of the LRAC visited the site often and documented the progress of the repairs. Below are some photos from before and after repairs. We have

also placed photographs of the process on www.LampreyRiver.org with a quick connection from the home page. You can see the improved dam for yourself where Route 108 crosses the Lamprey River in downtown Newmarket.



South wall of Macallen Dam before repairs.

September 7, 2020: The dam is drawn down and the upstream, backside of the dam is exposed. Damage is visible along the vertical wall below the lawn. This wall was likely to collapse under the stress of another flood.

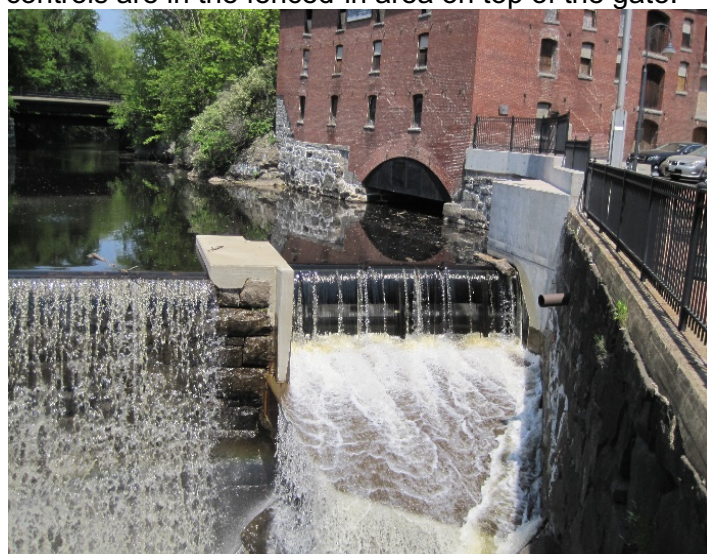


South wall of Macallen Dam after repairs.

Spring 2021: Water is again flowing over the top of the dam. The lighter colored concrete is all new and ready for the next flood. The wall overall was raised by about 3 feet. The darker, older concrete is the fish ladder.



Flood gate on the north side of Macallen Dam before repairs
September 1, 2020: Water flows through the flood gate opened wide for the drawdown to enable repairs. The old gate allows water to flow through "stops" that are controlled manually. The manual controls are in the fenced-in area on top of the gate.



The new flood gate at Macallen Dam.

May 19, 2021: The manual controls are gone and water flows over, not through, the gate. The new flood gate is a metal sheet hinged at the bottom on the upstream side. It is supported from below by heavy-duty, air-filled pillows. When the flood gate needs to be opened, the pillows deflate and the gate lies flat to allow extra water to flow.



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

Epping Garden Club

We would like to thank all of you who supported our small group by shopping our fundraisers in 2020. It is our hope 2021 will be a healthier year for all of us.

Follow us on Facebook and everyone please stay safe.

Thanks again!



Scouting Around Epping

Boy Scout Troop 136

The Scouts have no news to report as they will be on vacation from Scouts and school during the summer. Activities will resume in September.



Epping Fire Department

Hello to my Speak Up, Epping! readers. I hope you're enjoying the summer without masks and a little more normalcy. In this letter we will discuss Summer Safety with fireworks, pool safety and places of assembly such as churches and restaurants. We will also talk about burn permits and what's new at the Epping Fire Department.

Summer Safety

Summer is finally here and it's a great time to enjoy the outdoors. Many of you work outside and Vitamin D can be a big perk but also a danger in the sweltering sun. Always hydrate with water. If you drink any type of sports drinks, it is best to cut the drink in half with water since they typically contain a lot of sodium and sugar. Take breaks as necessary. Heat exhaustion can lead to heat stroke if severe enough. If you employ people, please make sure to have a water jug or cooler for your employees and monitor them, as well as keeping an eye on the weather. Heat exhaustion can go from muscle cramping to nausea and feeling ill to vomiting and unconsciousness. Always move to a shaded area or airconditioned vehicle and drink lots of fluids. If symptoms worsen, call 911. Sunscreen is also recommended to help protect against sunburn or sun poisoning.

Cookouts are a great way to celebrate the summer with family and friends, but make sure you grill away from your house, or garage. Never grill or

use a hibachi on a deck. It is against the law to have a grill on a deck in an apartment or multi-family complex (NFPA Uniform Fire Code 1, 2009 adopted by the State of NH). Only use approved propane gas tanks and shut them off after the grill cools down.

Fireworks Safety

Be careful when using fireworks and make sure that you and your family enjoy them from a distance. Never hold or put fireworks or firecrackers in your pockets. Never play with fireworks inside a building or structure. Always check the area where fireworks were used and wet down the area when done. Be aware of any local, state and federal laws. Yes, the Town of Epping allows people to buy and use fireworks. Just keep in mind there is a noise ordinance for the Town of Epping as well. You can get more information from Consumer Product Safety Council at <https://www.cpsc.gov/Safety-Education-Centers/Fireworks>.

Pool and Water Safety

Summertime often means enjoying the outdoors with family and friends. My favorite is going to a local beach or our family camp in Ossipee by the lake. Always watch young children and other people, as the water is nice, but things can change in a moment's notice. Teaching your children to swim is essential. Consider enrolling them in swim lessons. Use approved types of personal flotation devices (PFD's) for you and your kids. I also recommend them while boating. Most drownings could have been prevented if the person wore a PFD. Keep an eye out and call 911 if you suspect someone is in distress or notify a lifeguard if there's one on site.

Safety in Places of Assemblies

Whether you're at church, a concert venue, a movie theater, a hotel or at the local grocery store, always be aware of all the exits in the building in the event of an emergency. Human nature is to go out the same way people come in. Most places have a minimum of two exits in order to comply with building and fire codes. These days it's good to know, not only for fires but for other events, an active shooter and other incidents. Unfortunately, we now live in a time where we have to think of the unthinkable to survive. We always train and prepare hoping it never happens here. But it could! If you're with your family, communicate a plan and have a meeting point. The same as if you were home and a fire occurs. Always stay calm and move safely to the nearest exit.

What's New at Epping Fire.

The Department shut down the Emergency Operations Center established during the COVID-19 pandemic. We have all helped to do our part within the past year. Many of our members helped with vaccine clinics around the state and aided in other ways.

During the year, a few station projects were done. We received two John Deere utility vehicles thanks to the effort of Lieutenant Steve Soares at the Epping Police Department. He obtained these through a federal program that provides excess government property to municipalities. Deputy Chief Dick Rodier spearheaded a project to rebuild and paint these with donations from Fletch's Sandblasting and Starky Welding. The vehicles will be used for special events as well as emergencies on the Rockingham County Recreational Trail and other locations where a full-size vehicle cannot get access.

A new ambulance has arrived. Ambulance 1 is similar to Ambulance 3 with the power load stretcher and other features to make our jobs easier and safer during an emergency. The new ambulance was purchased using money from the revolving fund and did not impact the taxpayers. Forestry 2 is a Steward and Stevenson ex-military truck also obtained by Lieutenant Soares which has been converted to a forestry truck with water tanks, pump and hose. Again, Deputy Chief Rodier oversaw the project. A special thanks goes to Epping Well and Pump for donating time and materials to make the truck operational. There have been times when the Department has needed a second forestry unit for multiple calls. This truck has the ability to access some of the more difficult and remote locations within the town.

Please remember burn permits are required and must be obtained in order to burn brush or have a camp and/or cooking fire. You may get them online by visiting www.nhfirepermit.com or stop by the fire station during the day, 7 days a week. From 6 am to 6 pm. You can also find out what class day it is to burn at <https://www.nh.gov/nhdfi>

Always know we are here for you, 24 hours a day, 365 days a year!

Hydrate! Wear Sunscreen! Be vigilant! Be Safe! Enjoy the summer with family and friends!

Respectfully,

Lieutenant Paul St Cyr

Fire Prevention Officer and 9-11 Liaison.

Epping Explorer Posts

Epping Fire Department Explorer Post 136

The Epping Fire Department Explorer Post 136 will take a vacation during the month of July and will resume operations August 17th at 1830 (6:30 pm) at the Safety Complex. All boys and girls 14 Years old or older are invited to attend and get a view of what a career in the Fire and Emergency medicine would look like. We are fortunate that our Post is connected to one of the most respected Fire and Rescue Departments in the state. For information contact Captain Cray at 603 396-9436.

Friends of the Epping Fire and Brick Museum

The Fire and Brick Museum is progressing slowly. The new doors were back ordered due to material shortage caused by COVID-19, but they should be installed during July. A new sign has been painted and lettered and should be installed on the building in August.

We opened the doors on Memorial Day for a few hours and some visitors came in and inspected the antiques and displays. Thank you to those who left donations. We operate on donations and any donations of money or Fire Department memorabilia will be accepted. Donations may be made to the Friends of the Epping Fire and Brick Museum, 37 Pleasant Street, Epping, NH 03042.

American Legion News

American Legion Post 51 SAL Golf Classic 2021

Benefitting the SAL Child/Youth Scholarship Fund

Date and Time: Friday, September 10, 2021

Registration: 7:00 am

Shotgun Tee Off: 8:00 am

Location: Apple Hill Golf Course: 69 E Road, East Kingston, NH 03827

Cost: \$100 per player (includes cart, food and prizes)

Deadline: Signup & Payment due by AUGUST 27, 2021; cash, check and Venmo (@Salpost51golf) accepted

Featuring a Hole in One Contest:

WIN A CAR!

Sponsored by Rick Bickford

Additional Details:

- Awards, prizes, cocktails and food to follow
- Amazing Raffles and Silent Auction
- 50/50 Raffle. Prizes for 1st, 2nd and 3rd place
- Longest Drive, Closest to the Pin Contests
- **Space is limited – spots will fill up fast – get your teams in!**

For more information and to signup, please email: salpost51golf@gmail.com

Corporate Tournament Sponsorship, Hole Sponsorship and Food/Beverage Sponsorship Available

Monthly Breakfast Buffets

Monthly Second Sunday Buffets are canceled until further notice.

Epping Community Church

We continue to offer worship inside our sanctuary on Sundays. The service begins at 9:30 am. You can also view the service on Facebook Live if you're still uncomfortable meeting in person or if you're away from home. We welcome you all.

If you are in need of help or need to speak with Reverend Leonard you can call the church at 603-679-5542 and leave a message. Our website Eppingcommunitychurch.org has information about our church and programs within the church.

Come and join us for free eats and summer sun at the 4th annual Epping Community Church hamburger social **August 21st from 12-1 pm**. We'll be serving up fresh handmade ¼ lb patties off the grill with a variety of fixings, beverages, and sides. It's a great way to meet the neighbors as we dine together outdoors. All meals are free but it's while supplies last. Rain date is **August 28th**.

The Food Pantry is open every Saturday from 8-10 am. You can come and take a bag and any other items that are available. If you need help...come and we'll try to help.

Soup Café will resume in September! We can't wait. Look for the date and time on Facebook and on our church sign.

Enjoy your summer!

St. Joseph Catholic Church

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

Our mass schedule is:

Monday through Thursday 7:30 am

Saturday 4 pm, Sunday 8 am and 10 am

All masses with limited capacity and masks are required.

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



Harvey-Mitchell Memorial Library

Epping's Public Library

151 Main Street

734-4587 (Adult Dept.)

679-5944 (Youth Dept.)

679-5884 (Fax)

harvmitch@gmail.com

www.eppinglibrary.com

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

Youth Dept. Facebook page:

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

Hours: Monday, Friday – 10 - 5

Tuesday, Wednesday, Thursday – 10 - 8

Saturday – 10 - 2

Sunday – 12 noon – 4

Closed: July 4th and 5th – 4th of July Holiday
(July 3rd hours open late – 10 - 5)

Chair Yoga

Mondays 10:15 am (excluding July 5th)

Gentle yoga postures are explored in different variations while sitting, standing and balancing during this free one-hour class! Connect your mind, body and breath with the support of a chair. Adults of all ages are welcome, with or without previous yoga experience. Class taught by 200-hour Kripalu Yoga Instructor Leah Pacione.

Outdoor Summer Reading Events

(Outdoor events will take place in the park adjacent to the library, behind Town Hall.)

July 1: Butterflies, Bats and Other Pollinators
(with Jerry Schneider) – 10:30 am

Families will get to know some of our local pollinators, featuring bees, hummingbirds, beetles, bats, dragonflies and butterflies. These are important critters that help pollinate our orchards, backyard gardens, and our rain forests. We'll learn how to build and maintain habitats that help our

pollinator populations, such as what flowers to grow in our gardens to attract butterflies and bees. Afterwards, children will create pollinator tee shirts, using a combination of fabric dye sprays, plants, and butterfly, bat and dragonfly cutouts. Children may purchase cotton T-shirts (Gildan) for \$4, or bring their own.

July 4, 5: CLOSED FOR FOURTH OF JULY HOLIDAY

July 6: Family Yoga in the Park – 10:15 am

Slow down and stretch with family yoga taught by Leah Pacione! All ages are welcome!

July 9: No Two Tales Alike (Squam Lakes Natural Science Center) – 11:00 am

An animal's tail can serve as a rudder when swimming, help with agility during flight or can even function like an extra hand. Meet live native wildlife ambassadors as a naturalist from Squam Lakes Natural Science Center tells tales of the tails of some of New Hampshire's native wildlife. We'll get a visit from three of the following possible animals: opossum, skunk, porcupine, snake, hawk, falcon.

July 13: Flying High Dogs (with Mike Piazza) – 2:00 pm

Come watch these incredible Frisbee-catching dogs! Mike Piazza is a world record holder in the sport of K-9 Frisbee and the current #1 Professional K-9 Frisbee performer in the world! Mike and his dogs have performed all around the world, including shows for the NFL, NBA, ESPN, Animal Planet, TV commercials and many more! They perform a variety of Frisbee and other entertaining tricks for a show that's high-flying, dynamic, educational and fun for all ages!

July 19: Birds of Prey (with Jane Kelly) – 6:30 pm

Jane Kelly, who has created a bird refuge in her Epping home, will bring three live birds of prey and talk about their unique qualities. Jane is a federal and state licensed rehabilitator, educator and falconer, specializing in raptors. Her raptor rehabilitation center, "On the Wing," works with the Veterinary Emergency and Surgery Hospital in Brentwood, NH Fish and Game, Animal Control Officers, Local and State Law Enforcement and the general public.

July 20: Family Yoga in the Park – 10:15 am

Slow down and stretch with family yoga taught by Leah Pacione! All ages are welcome!

July 22: SPCA Story Time with Ruby – 11:00 am

The NH SPCA will make a visit for a story time, featuring our local canine friend, Ruby. The SPCA is not able to bring any classroom pets this summer, so we'll enjoy some animal stories with Ruby and her human, Elizabeth. We recommend bringing dog or cat food to donate to the SPCA if you're able.

July 30: Magic Show (with David Anderson) – 11:00 am

Celebrate the end of another fun summer of reading with our favorite humorous magician, David Anderson! See what tricks he has up his sleeve (or in his magic hat) this time!

Friends of the Library

No new news from the Friends of the Library. They will be on hiatus until September.

Epping Parks & Recreation

Home of the "River Otters"

Director: Nicole Bizzaro

Recreation Dept. Main Phone Number: 679-3006

or email at eppingrecreation@gmail.com.

Address:

17 Academy Street

Epping, NH 03042

Mailing address:

157 Main Street

Epping, NH 03042

You may email eppingrecreation@gmail.com if you have any questions regarding food assistance during the Covid-19 Pandemic. Nicole Bizzaro, the Director can also be reached by phone at 608-9487.

If you have any programming questions you can contact Marlee, the Assistant Director at eppingrecprograms@gmail.com.

Families First

support for families...health care for all

Here is the

link <https://www.familiesfirstseacoast.org/family-programs/parenting-classes-family-groups/> to our

Family Center page. It outlines the different kinds of Virtual support we are offering at Families First, and the text is below. We have online parent and grandparent support groups open to all.

Here is the link to the online calendar https://www.familiesfirstseacoast.org/calander/?tribe_eventcategory=49,37,48,38 with Zoom meeting links for those groups.

The groups have been small so far but are really fun and a great way to connect with other parents. Hopefully more people will find them.



Epping Elementary School (EES)

EES School Calendar

JULY

July 13-Aug.12 – Extended year program on Tues, Wed,Thurs. 8-11 am at EMS

July 13-Aug.5– Title I Summer Program on Tues, Wed,Thurs. 8-11 am at EMS

AUGUST

Aug 24-26 – Professional Development - NO SCHOOL

Aug.26 – Preschool orientation

Aug.30 – First day of school for Preschool and Grades 1-5

Aug.31 – Kindergarten orientation

SEPTEMBER

Sept. 1 – First day of school for Kindergarten

Sept. 3 – NO SCHOOL

Sept. 6 – NO SCHOOL – LABOR DAY

Epping High School (EHS)

The Epping High School Class of 2021 has announced the Top Ten Students in the Class of 2021. The 2021 Graduation Ceremony was held on Friday, June 11th on the athletic field at the high school.

The EHS Class of 2021 Top Ten:

Taya Morgado, Valedictorian

Taya Morgado, daughter of Amie and Paul Morgado, is the Valedictorian of the Class of 2021. Taya has served as the student representative to the Epping School Board for the past two years. She was also the Vice President of the National Honor Society, the Secretary for

the Spanish Honor Society, and a member of the Student Leadership Council. Taya also dedicates many hours a week to being an Elite Dancer at Steppin' Out Dance Academy in Kingston, N.H. In 2021, Taya was a recipient of the EHS Senior Math Award and the EHS Senior English Award. In her junior year, she received the St. Anselm College Book Award and the Society of Women Engineers Award. In the fall, Taya will study political science at Union College in New York.

Abigail Walsh, Salutatorian

Abigail Walsh, daughter of Renee and Kevin Walsh, is the Salutatorian of the Class of 2021. Abigail has been the President of the Class of 2020 for all four years of high school, the student body president in her senior year, and the President of the National Honor Society. Abigail was a four-year member of the Varsity Basketball and Softball teams as well as a multi-year member of the Seacoast United Softball Club. In 2020, Abigail received the RPI Medal for excellence in science and math as well as the Society of Women Engineers Award. In 2021, Abigail received the EHS Senior Science Award, Senior Math Award, and the Lisa West Spirit and Involvement Award from the Athletic Department. Abigail is also a member of the National Technical Honor Society, having graduated from the Seacoast School of Technology in 2020 with a certificate in Biomedical Science and Technology. In the fall, Abigail will continue her softball career while studying pre-med and Biology at the University of New England in Maine.

Nicholas Greubel

Nicholas Greubel is the son of Lisa and Paul Greubel. Nico has been a member of the EHS Concert Band for all four years of high school and was the 2021 recipient of the US Marine Corps Semper Fidelis Award for Musical Excellence. Nico was an active member of the school's Unified Sports Program throughout high school and competed in Track and Field, Basketball, and Soccer. Nico recently graduated from the Seacoast School of Technology where he studied Animal and Plant Sciences. He was a member of the SST Chapter of the National FFA and also an inductee to the National Technical Honor Society. Nico will continue his study of animal sciences at the University of New Hampshire in the fall.

Alexa Guarente

Alexa Guarente is the daughter of Suzanne Guarente. Alexa was the Vice President of the Class of 2021 as well as the Secretary of the National Honor Society and a member of the French Honor Society. In addition to being a member of the Varsity Spirit Team at EHS and the Winnacunnet Warriors Competition Cheer Program, Alexa dedicated time to coaching youth cheerleading. In 2020, Alexa received the St. Michael's College Book Award for her dedication to volunteerism and academics. In the fall, Alexa will attend Brown University in Rhode Island to study philosophy.

Erika MacLeod

Erika MacLeod is the daughter of Kim and Todd MacLeod. Erika received the 2021 EHS Top Female Athlete Award. She was a four-year member of the Varsity Basketball Team and the Varsity Softball Team and served as team captain for both teams in her senior year. Erika also played with the New England Storm Softball Club and the NH Prospects Softball Club. For her excellence in athletics and academics, she was a recipient of the NHIAA Scholar Athlete Award in 2021. Erika is also a member of the National Honor Society and she received the Suffolk University Book Award in 2020. In the fall, Erika will continue her softball career while studying biology at Colby College in Maine.

Peter McTague

Peter McTague is the son of Julie and Henry McTague. Peter has been a four-year member of the EHS Concert Band, serving as Band President in his senior year. He was also a member of the EHS Jazz Band and is a recipient of the NH Scholars Arts Award. Peter has produced an excellent record in World Languages having completed through both Honors French V and Honors Spanish IV. In 2021, Peter was the recipient of the EHS Senior Social Studies Award and the Presidential Award for Academic Excellence. In the fall, Peter will be studying political science at St. Anselm College.

Jack Meyer

Jack Meyer is the son of Andrea and Jeffrey Meyer. Jack was a four-year member of the EHS Concert Band, the EHS Jazz Band, and he was a member of the EHS Chorus in his senior year. Additionally, Jack had participated in the UNH Youth Band and the Summer Youth Music School at UNH. For his musical dedication and excellence,

Jack was the 2021 recipient of the National School Choral Award and the John Philip Sousa Band Award. Jack recently graduated from the Seacoast School of Technology as a member of the National Technical Honor Society with a certificate of completion in the Pre-Engineering Program. In the fall, he will continue studying Mechanical Engineering at the University of Hartford in Connecticut.

Jenna Needham

Jenna Needham is the daughter of Ellen and Daniel Needham. Jenna has been a four-year member of the Varsity Soccer and Basketball teams, serving as a team captain for both teams in her senior year. Additionally, she played Varsity Softball in her senior year. Jenna was a recipient of the NHIAA Scholar Athlete Award and the NH Basketball Coaches Organization All-Academic Team Award. In 2021, she was selected to receive the EHS Pat Murch Female Sportsmanship Award. In her junior year, Jenna was awarded the Harvard University Book Award for her academic excellence and the Society of Women Engineers Award. Jenna will be attending Stonehill College in Massachusetts to study Mathematics.

Luke Rossel

Luke Rossel is the son of Kerstin and Robert Rossel. Luke was a 2020 recipient of the St. Michael's College Book Award for his excellence in volunteerism and academics. He has dedicated many hours to volunteering with Epping Elementary School, Special Olympics, and the Epping Community Church Food Pantry. Luke was a four-year member of the Varsity Soccer Team and was a team captain in his senior year. He also competed on the Varsity Track and Field Team throughout high school. In 2021, he received the EHS Jude Keenan Male Sportsmanship Award. Luke recently graduated from the Seacoast School of Technology as a member of the National Technical Honor Society and received his certificate in Pre-Engineering. Luke will continue his study of engineering at the University of New Hampshire in the fall.

Cassidy Wall

Cassidy Wall is the daughter of Debbie and Jeff Wall. Cassidy is an inductee of the Spanish National Honor Society and served as Historian in her junior year and President in her senior year. Cassidy was

also a member of the Student Leadership Council and recently was the lead organizer for the schoolwide Game Day. In 2021, Cassidy received the US Marine Corps Scholastic Excellence Award and the Presidential Award for Academic Excellence. In the summer of 2020, Cassidy participated in a Fellowship with the NH Democratic Party. Next fall, Cassidy will continue following her passion by studying political science and international relations at Boston University.

Email Address Changed?

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

Newsletter Schedule

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

The next issue (**September-October 2021**) of this newsletter will be available **on September 1, 2021**. We will accept **submissions through August 25, 2021**, to be included in the next issue. Please send your content with contact information for consideration to bhelmstetter@comcast.net.

If you would like your next event to appear on the Calendar of Events, please send us an email at bhelmstetter@comcast.net by **August 25, 2021**. Please include date, event name, location and time.

Thanks for reading!

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