



Speak Up, Epping

Volume 15, Issue 4

Epping, New Hampshire

July-August 2022

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:

Lots of us are still staying close to home in the midst of the COVID-19 pandemic, especially now with the Omicron variant around. Because of Covid and just because this issue covers July-August with not much news, there is no calendar in this issue. In the meantime, we do have some information to pass on in this smaller than usual issue.

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

Senior Moments

Spring took us to fun places. One was the Antique Barn in Laconia. The challenge....how many items we recognized and the answer was ALL OF THEM. Nicole found an old-fashioned diner (our era) and old-fashioned menu (our taste).

Our visit to the Annalee Doll facility was disappointing. Because of Covid, a glass partition prevented us from viewing the ladies dressing the dolls. Gotta eat though so....Lunch was the Hart's Turkey Farm and everyone ate turkey. When we are good, Nicole treats us with an ice cream break. I enjoyed a baby moose track.

We must've been very good because the students at the Recreation Program are going to treat us to an Ice Cream Social. The real treat is spending time with the kids. They think we are funny and we think they are funny. It's always a draw.

The Wright Museum in Wolfeboro is on our radar again in June. Walking through those doors is walking back into an important time in our lives when we lived and survived those memories.

Our calendar includes the Sunapee Craft Fair, a boat ride on the Winnepesaukee Belle, picnic at Odiorne Point State Park, a tour of the National Guard at Pease and another day with the butterflies in Westford, MA. That is all on the July and August pages.

Our June meeting featured member Polly Leeds and her trainer "Steve." When he walked into the room, we knew why Polly went to the gym three times a week. He and Polly demonstrated simple exercises to help seniors maintain good health. Polly kept right with Steve. We didn't....and she is 92 YEARS OLD!!!

We'll meet at the Epping Historical Society in July. It's important we know facts about our community and member Joy True can make that happen. As Curator of the Society, her knowledge

is endless. Everyone is pretty anxious to know what we don't know.

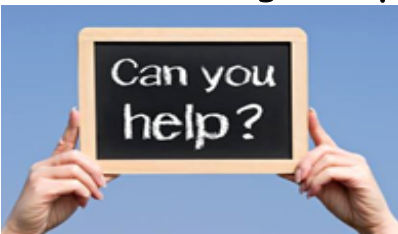
We don't usually meet in August, but our Fire Department has invited us to their air-conditioned meeting room. Lt. Mike Nickerson will teach us to identify and avoid fraud and scams. Pretty important for us oldies. He also had some "FILE OF LIFE" packets for everyone. They will adhere to the refrigerator and contain important health information that is vital to responding Ambulance teams. This is so important for senior citizens.

We thoroughly enjoy many trips around the state but know we certainly can not travel to Kansas City. However, our favorite Creator/Publisher/Editor will head that way very soon to join her family. We're trying to figure out what we will do without her but ain't got there yet. Life does go on in different directions for all of us. So, Barbara, our love, best wishes and prayers travel on your shoulders. When you feel a soft breeze upon your back, remember us and the good times you helped to create for everyone. Cherish this new phase of your life. If we have questions.... Can we still email?

So, this is the end of the Speak Up. Epping!", the end of those sudden deadlines, the end of some important reading and the end of my fun writing. What are we going to do when we don't get that sudden reminder – ARTICLE DUE!!! It's like giving up Christmas!

Irene R. Cote, Secretary

End 68 Hours of Hunger - Epping



End 68 Hours of Hunger would like to thank the community for their donations. We are currently collecting donations for our program. Right now, we are in need of crackers, shelf stable milk, and mac and cheese. We have drop boxes at Erica's Garden and The Library. Financial donations to help in that effort can be mailed to:

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

Thank you!

News from the Town

Town Hall Closed

July 4th – for 4th of July holiday

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>

The Lions Club is not meeting in June or July, so we have no new news to share. We always welcome new members though.

We continue to collect used eyeglasses. We have collected thousands to date.

Cheers!

Deb Brooks, *President*

lexusreina@comcast.net

Cheryl Denoncour, *Treasurer*

cdenoncour@gmail.com

Colleen Palmer, *Secretary*

colleenmariepalmer@hotmail.com

Submitted by Colleen Palmer, Secretary

Epping Community Theater

The Epping Community Theater is run by a board of directors who report directly to the director of the Epping Recreation Department. The board is made up of eight members and three junior members. The plan of the group is to bring classes and productions to the Epping community as well as the surrounding towns.

The mission of the Epping Community Theater is to entertain, enrich, educate and inspire both the young and the old within our community through the performing arts. Through both classes and performances, students of all ages will be provided a rich learning experience in all aspects of theater production and management. We are dedicated to both performers and audience to create valuable community experiences throughout the year.

The goal is to involve as much of the community as they possibly can. They will need a lot of help to make their plans come true. Anyone interested in volunteering with them, please reach out to them and let them know! Check out their [facebook](#) page where they will be posting about events happening and news about their organization.

COMING SOON!

They are underway planning Shrek the Musical. They hope to be able to hold auditions over the summer and begin with rehearsals toward the end of summer. As they get closer they will be posting on their [facebook](#) page!



Epping Historical Society

It is with a heavy heart that I am writing this, the last issue of Speak Up Epping. Barbara has done a great service to the town of Epping, and she will not be forgotten. Barbara, a fond farewell and wish you well on your new adventure!

The Epping Historical Society is becoming very busy! New folks move into town and are very curious about their new property, and do we have any information on the home? We try to help where we can and encourage and guide them to do research on their own. We share what we have, but we know there is a lot more info for the homeowner to find.

In July a couple are coming to Epping from Houston to do family research on the Blake family. We are gathering what we have, and we will share this with the Blake descendant. They will bring the family research they have done, so it is always a winning situation.

We are on the lookout for any information on our veterans, especially the Vietnam and Middle East wars. We had a Veterans display for Memorial Day and at that time we realized we need to include more artifacts and info on our newest Veterans. We do not have a uniform from this recent era. We have a World War II Army uniform and a WW II Navy uniform, which we had on display. We store these uniforms in Archival Boxes, so they will be preserved. If any of our veterans has anything to

share, we would love to add these items to our archives.

As you enter our building, you will notice our memorial bricks. You too can have a brick placed in our walkway. The bricks are available at the society, the cost is \$50.00, that includes three lines with 14 letters and spaces on each line. We supply the bricks to the engraver, the old bricks came from the old Rundlett building that was on the corner, where the bank was located. When the building was torn down, the Epping Historical Society rescued a pallet of the old bricks, and they are stored in our basement.

We are open on Monday mornings from 8:00 to 12:00, or when the flag is flying! Of course, this is not convenient for everyone, so please call me, and we can make an appointment that will fit your schedule. Our phone number rings into my cell phone, so I can take calls anytime.

I hope you enjoy the following story. This makes all of us realize that "the good old days" were not so great.

WARNINGS OUT

Between 1657 and 1817, there were laws about settling in a town. If a family decided to move to a new town, the family was given a "Warning Out" when they arrived at a new place. This was an official document, signed and sealed by the Townsmen. At that time, many new towns were established, and the "Townsmen" or Selectmen of these towns decided if a family was allowed to become an inhabitant of the said town. When new families came to town, they had to have a means of support, because the towns could not support families that were poor, looking for a place to live. The newcomers had to declare what town they came from, in case they fell on harder times and became town supported. If that happened, they were removed to their former town, for that town to support the family. On the official warrants, the family is named in this order; husband, wife, and children by age and name, so there was no mistake who they were. Many people ignored the warning out, bought land, and established a home or business, and led very productive lives. After three years, they could apply to the selectmen, to become an inhabitant of that town. The laws of each town were very different, some towns allowed families to stay after a few months, some towns never allowed in new inhabitants.

At the Epping Historical Society, we have several "Warnings Out." Several of these are copies of documents sent to other towns, informing said town that Epping was sending a family back to said town to be supported. We found a document from Newmarket, sending a family back to Epping. In many cases, heads of families did not know exactly what town they came from. Some families moved from town to town so often, their whereabouts was not recorded

Joy True, curator, Epping Historical Society
joysgarden@hotmail.com

News from Rockingham Grange #183

The Rockingham Grange #183 in Epping is preparing its first community garden! Pictured here are Sally Brocato, Wendy True, and Elisabeth Gustavson planting the new garden to provide fresh vegetables for the Epping Community Church Food Pantry this summer! Many members contributed vegetable plants and seeds, and Bruce Gatchell, Christa Weaver, and Wendy True did a lot of work preparing the soil for this endeavor. Barbara Perry is chairperson of the Garden Committee and won the blueberry muffin contest held at the Grange Hall last month. Barbara will go on to compete in the state Grange blueberry muffin contest this fall! Congratulations, Barbara!



Sally Brocato, Wendy True, and Elisabeth Gustavson planting the new garden

We welcome new members! If you wish to join our Rockingham Grange, please contact Bruce Gatchell at bgatchel@comcast.net (one L) or by calling Bruce at 603-231-4520. We meet the second Thursday of the month in our historic building on Main Street.

Submitted by Elaine Gatchell

The Civil War Roundtable of NH



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

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

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 that you are a Civil War enthusiast. If you or a friend has an interest in the American Civil War, we invite you to come check us out.

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

For more information on the group and a complete schedule of meetings and news, please visit the web site: www.cwrt-nh.org or email 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.

No meetings in July or August.

September 16, 2022 – Dr. Elizabeth Leonard: “Benjamin Franklin Butler: A Noisy, Fearless Life.” (new book spring 2022)

October 21, 2022 – Dr. Michael Schroeder: “Rebels in Portland Harbor: The Civil War Career of Lt. Charles Reed. CSN.”

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.

Nature Talks

On the Wing

Hello, SELT Supporters,

First and most importantly, thank you for donating to SELT during the Trailfest 2021 campaign. Although our team did not come in first, the winner donated the prize to the Sauntering SELTies. Jane Kelly rescues raptors and offered the winner a tour of her operation, On the Wing. Jim and Bonnie Patz, Lynn and Paul Kurzewicz and I learned a lot while we were there on May 25, 2022.

We saw lots of beautiful birds, ranging in age from 9 weeks to 20 years old. If I have my facts right, about 50% of them were hit by cars; a lot of them are now visually impaired and will remain with Jane until they pass. About 50% were compromised by eating rodents killed by pesticides; some of these birds require veterinary care and some will not survive. The birds are housed in 8 cages - wooden structures looking like very small, one room houses. She is building and expanding this fall to accommodate eagles - did you know it takes an eagle 120 feet to get off the ground??

The largest type of owl in the world is the Eurasian Eagle Owl and Jane has one. This is quite a feat as it is native to Russia and there are no more wild in the US. Jane said turkey vultures are very curious and smart - all three of hers know their names. Arlo and his two buddies like to pull on visitor’s shoe laces - she had us all stand together in one corner so she could protect us from their investigations. All the other owls preferred staying away from us. Jane’s almost ready to release the Snowy Owl, just a couple of weeks after the rest of that breed started their northerly migration. To help him catch up, she arranged for a volunteer helicopter ride north. How wonderful is that?

Thank you, Paul, for these wonderful pictures. Thanks to Jim, Bonnie, Paul and Lynn for participating. A special thanks to Jane for sharing her time and knowledge with us. AND, thanks again to YOU for helping SELT to Save, Share and Steward the lands you love!

Have a great rest of your summer and I hope you enjoy the pictures!

Photos from On the Wing



Submitted by Sandy Goodspeed

Epping Garden Club



The six of us would like to thank everyone who either bought Pansies or made donations and comments on our efforts in town. The club had a delivery of 240 colorful bowls of pansies and we used 10-15 to fill containers in town. Now to find a

way to get mulch delivered to each corner before all the grass and weeds take over.

The Epping Fire Station has purchased planters like we use in town, for the West Epping Station and we will add flowers in keeping with our other containers.

We will switch them out around Memorial Day and add pretty "Bubblegum" Petunias which should last until our next fundraiser "Fall Color". Just a reminder - we will accept orders two weeks before delivery and when the final day to order is announced. Please make sure your orders are in, as we won't be able to call in for more.

We are also working on doing something downtown for the winter holidays besides offering Poinsettias which are indoor plants. For the local churches, poinsettias are amazing and our Catholic Church supports us each year by making their space beautiful with them. Please let us know if you need pretty color for your holiday celebrations - we offer red, pink and white (cream) in three sizes.

Congratulations to Maureen who was very excited to win the beautiful gnome crocheted blanket in the Garden Club raffle.



You can email us at: eppinggardenclub@gmail.com or call 603-300-0064. Thank you for your support over the last 10+ years.

Epping Garden Club
9 Folsom Mill Lane
Epping NH 03042

Submitted by Eunice Miller



Scouting Around Epping Boy Scout Troop 136

No news for this issue as school is out and the Troop is pretty much inactive at this time.

Submitted by Jennifer Sullivan



Epping Fire Department

Hello to my Epping Speak Up readers. In this issue we will focus on summer safety, including heat emergencies, fireworks safety, air conditioners, pool safety and places of assembly such as churches and restaurants. We will also talk about burn permits and grill fires.

Summer Safety and Heat Related Emergencies

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 it can also create health risks. Hydration is critically important, especially when you're working under an intense summer sun. Always hydrate with water. If you opt for sports drinks for hydration, 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, and as well as keep an eye on the weather. Heat exhaustion can go from muscle cramping, nausea and feeling ill to vomiting and unconsciousness. Always move to a shaded area or air-conditioned vehicle and drink lots of fluids. If symptoms worsen, call 911. Sunscreen is also recommended to help protect against sunburn or sun poisoning.

Grill Safety

Cookouts are a great way to celebrate the summer with family and friends. Make sure your grill is 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, condominium or multi-family complexes (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 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 sure to follow 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 at a moment's notice. Teaching your children to swim is essential. Consider enrolling them in swimming lessons. Use approved personal floatation devices (PFD's) for you and your kids especially while boating. Most drownings could have been prevented if the person had worn 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.

Air Conditioners

Most people use air conditioners to keep cool at work or home. Some people have the luxury of in-line systems such as mini-splits. Older models or other window style conditioners must be plugged into an outlet. Fires have occurred when they've been plugged into a power strip. Never plug any large appliance such as an air conditioner into a power strip. Many cannot handle the power load, which can lead to overheating and fires. Always make sure your house or residence has smoke and carbon monoxide detectors in each floor and bedroom. All detectors should be intergraded so that they alarm when there is smoke or carbon monoxide on any floor.

Safety in Places of Assemblies

Whether you're at church, a concert venue, movie theater, hotel or 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, such as an active shooter or other incidents. Unfortunately, we now live in a time where we have to think of the unthinkable to survive. We should always train and prepare hoping it never happens. 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.

Finally, please remember that burn permits are required and must be obtained in order to burn brush or have a camp 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/nhdfl>.

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

Remember. Hydrate. Wear sunscreen! Be vigilant! Be safe and enjoy the summer with family and friends!

Respectfully,

Lieutenant Paul St Cyr

Fire Prevention Officer and 911 Liaison.

Epping Explorer Posts

Epping Fire Department Explorer Post 136

The Epping Fire department Explorer Post 136 will not meet during the month of July. We are open to new members joining. Present members may spend time at the station as long as they have the duty officer's permission. Our meetings will resume during August meeting on the 1st, 3rd, 4th, and 5th Tuesdays from 6:30 to 8:30 pm. We welcome youth 14 to 20 years of age who would like to learn about what a career in the fire and emergency medicine would be like.

The Explorer Post will hold a car wash **August 20th** from 12 to 5 pm at the Safety Complex, 37 Pleasant Street.

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 603-679-5122.

Friends of the Epping Fire and Brick Museum

Stop in any time the doors are open. Check out the 1934 Reo Speedwagon and the 1860 Rumsey Hand Engine as well as some of the displays. Call Captain Cray at 603-396-9436 if you would like to schedule a visit.

The Museum work is paid for by donations. Due to the Covid-19 pandemic, we are in our second year of the slow process of renovating the station, as some of our volunteers are not able to work with us. The committee is working to become a 501 (C3) organization. This will allow us to seek grants which would help us in cleaning the basement and building the Museum. If you would like to donate, please send donations to "Friends of the Epping Fire and Brick Museum." 37 Pleasant Street, Epping, NH 03042.

Cliff Cray, Member of the Museum committees

American Legion News

Monthly Breakfast Buffets

The Sunday Breakfast Buffets are held from 8:00 to 11:00 am. The cost is \$10 for adults and \$6 for kids six years old and under. Masks are a personal choice. Going forward, the breakfasts will be held on the 2nd Sunday of every month. The July breakfast will be held on Sunday, **July 10th**. The August breakfast will be Sunday, **August 14th**.

Submitted by Janet Hoffman

Epping Community Church

Epping Community Church worship service is every Sunday at 9:30 am with a time of fellowship immediately after. We would love to see you! We are currently in the process of searching for a new pastor for the church. Reverend Leonard has taken a new position in Pennsylvania and we wish him well. We are currently very happy to have a number of different pastors...some we've known for a long time and some that are new to our congregation. You can join us in person upstairs in the sanctuary or watch the service on Facebook Live.

We have a new Spiritual Development Committee that is looking at different aspects in the church that we feel need new focus. One of those is our Christian Education for all ages. We are looking at trying to incorporate a program that will take place during the worship service. If you have children that you would like to have participate in a Sunday

School or you would like to help out please contact us at 603-679-5542.

The pizza, dinner and breakfast crews are taking the summer off and will resume after Labor Day. Check our sign out front for more information.

On Friday August 19th at 7:00 pm, we will once again be hosting MARK209. Come and enjoy an amazing time of laughter, music, and worship with MARK209. You won't want to miss this award-winning Nashville-based band as they make their 2022 tour through the Northeast United States! Our church is air-conditioned and we are handicapped accessible. Additional parking will be in the town parking lot behind the library.

Soup Café is a free lunch every Thursday from 11-12:30. In July we will be offering different kinds of salads instead of soup. We will be taking August off and return in September after Labor Day. This is open to anyone in the community.

Our Food Pantry is open every Saturday from 8-10 am. We do not ask questions we just offer help to those who need it.

In our coat closet, we have packed away our winter coats and now have lighter jackets and fleece to offer. These are free to anyone in need.

Thank you to all of our supporters of Epping Community Care Inc. We couldn't do it without you!

Submitted by Jen Yergeau

St. Joseph Catholic Church

208 Pleasant St. (Rte 27)

Epping, NH 03042

Office telephone: 603-679-8805

Our mass schedule is:

Monday Adoration 8 am to 4 pm

Daily mass Monday, Tuesday, Wednesday 7:30 am

Saturday Vigil 4 pm,

Sunday Masses 8 am and 10 am

St John Paul Chapel open daily from 9 am to 4 pm

If you have any questions, please call the Rectory Office at 603-679-8805 or check our website at <http://stjosepheppingnh.com> for further information.



Harvey-Mitchell Memorial Library

Epping's Public Library

151 Main Street

603-734-4587 (Adult Dept.)

603-679-5944 (Youth Dept.)

603-679-5884 (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 – 4th of July Holiday

The library has an annual program to keep kids reading during the summer. The program is filled with fun events and activities as well as a challenge to read as much as possible. During the month of July, children keep track of how much time they spend reading and at the end of the program they're able to choose prizes based on their total reading time. All the while, we offer several outdoor and virtual events families can participate in. It is free for any child who lives in Epping and is a great way to encourage ongoing learning and a love of reading. No child is too young to start– many parents of young children enjoy tracking time they read together and participating in the events and activities.

Event Schedule:

All events will take place inside the library Community Room, unless otherwise noted.

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

**Please note registration is required for art activities, as space is limited. Email, call or visit to sign up: hmmlyouth@gmail.com/603-679-5944. All children must be accompanied by an adult.*

Fri, 7/1 – 11:00 am

Aquatic Critters (outdoor event)

Celebrate the beginning of Summer Reading with some animal friends! Water is essential for life on our planet. From marshes and ponds to lakes and rivers, aquatic communities support an amazing array of life. Join a Science Center naturalist to meet three different live animals who depend on New Hampshire's waters. Learn about their habitats, adaptations, and populations. Presented by the Squam Lakes Natural Science Center.

Thurs, 7/7 – 2:00 pm

Art Activity: Japanese Fish Printing *registration required

Learn about the Japanese art of *gyotaku*, or fish printing, and make your own on a fabric bag to take

home! Art project designed by the Children's Museum of NH and led by Miss Michelle. *All children must be accompanied by an adult.*

Sat, 7/9 – 11:00 am

The Fretbenders Concert (outdoor event)

Join us for a summer concert with The Fretbenders! Bob and Diane Kordas put a fresh spin on acoustic Americana, folk and blues traditions as well as original songs. The Fretbenders feature Diane's soulful vocals and solid rhythm guitar and Bob's tasteful dobro, also known as resophonic guitar. Diane and Bob have played in various New England swing, bluegrass, and roots bands through the years, and as the Fretbenders, bring their fun stage presence and inclusive style to New England audiences and venues. Great for all ages!

Mon, 7/11 – 12:30 pm

Family Yoga

Slow down and stretch with family yoga taught by Leah Pacione! Mats are provided, or you're welcome to bring your own— just show up in comfortable clothes, ready to have fun! All ages are welcome.

Tues, 7/12 – 11:00 am

Art Activity: Japanese Fish Printing *registration required

Learn about the Japanese art of *gyotaku*, or fish printing, and make your own on a fabric bag to take home! Art project designed by the Children's Museum of NH and led by Miss Michelle. *All children must be accompanied by an adult.*

Thurs, 7/14 – 2:00 pm

Art Activity: Make a Carp Kite *registration required

Discover the celebration of *Kodomo No Hi*...children's day in Japan! Make a carp kite and learn why these fish hold special significance on this day. Art project designed by the Children's Museum of NH and led by Miss Michelle. *All children must be accompanied by an adult.*

Fri, 7/15 – 2:00 pm

SCPA Story Time

The New Hampshire SPCA will make a visit for a story time, featuring our local canine friend, Ruby, and some cute creatures from the shelter. If possible, we recommend bringing dog or cat food to donate.

Mon, 7/18 – 11:00 am

"Ocean Camp" with the Traveling Lantern Theatre Company

The Traveling Lantern Theatre Company visits

us all the way from New York for a fish-fact-filled voyage to the bottom of the sea! During this theatrical performance, learn how to puff like a pufferfish, flop like a flounder, and fence with swordfish. We'll search for buried treasure and dive into the mysteries of the ocean, and you might even earn a badge or two. All hands on deck as we get underway for a summer of fun!

Tues, 7/19 – 11:00 am

Art Activity: Make a Carp Kite *registration required

Discover the celebration of *Kodomo No Hi*...children's day in Japan! Make a carp kite and learn why these fish hold special significance on this day. Art project designed by the Children's Museum of NH and led by Miss Michelle. *All children must be accompanied by an adult.*

Thurs, 7/21 – 2:00 pm

Art Activity: Painting on Seashells *registration required

Artist and educator Marina Forbes leads a family workshop on painting seashells, great for children ages 6+ and adults. Participants will have a unique opportunity to use their creativity and imagination to produce their own authentic pieces of art on a seashell. Using a variety of painting techniques, brush strokes and special effects, this workshop demonstrates step-by-step how to depict beautiful scenes of your choice on a seashell. Artists at all levels of painting experience are welcome. *All children must be accompanied by an adult.*

Mon, 7/25 – 12:30 pm

Family Yoga

Slow down and stretch with family yoga taught by Leah Pacione! Mats are provided, or you're welcome to bring your own— just show up in comfortable clothes, ready to have fun! All ages are welcome.

Tues, 7/26 – 11:00 am

Art Activity: Salt Paintings *registration required

Explore salt art by creating salt paintings and salt designs in the style of Japanese artist Motoi Yamamoto. Art project designed by the Children's Museum of NH and led by Miss Michelle. *All children must be accompanied by an adult.*

Thurs, 7/28 – 2:00 pm

Art Activity: Salt Paintings *registration required

Explore salt art by creating salt paintings and salt designs in the style of Japanese artist Motoi Yamamoto. Art project designed by the Children's Museum of NH and led by Miss Michelle. *All children must be accompanied by an adult.*

Fri, 7/29 – 11:00 am

Magic Show with David Anderson

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!

Fri, 8/5

Prize Room Opens!

Add up all the hours you spent reading and turn in your Reading Logs to the library! A librarian will give you “book bucks” to buy the prizes of your choice from our Prize Room.

Story Time continues to be held Tuesdays and Fridays at 11:15 am in the Youth Room. Join us for a new story and craft each week! Recommended for preschool age and younger, but older children are welcome as well.

Submitted by Michelle Hogan

Friends of the Library

The Friends have just added the Peabody-Essex Museum in Salem, MA, to the many museum passes the Library provides. Check with the Library to find all the places you can visit with free or discounted passes.

Plans have started for a second annual Community Day to be held on Saturday, September 24 in the parking lot behind the Library. Local groups and organizations are invited to participate with a table. Stay tuned for more details.

The Friends will be purchasing bistro (metal) tables and chairs, to be placed in the patio area in front of the Library. Come by to sit outside and enjoy the landscaping and flowers. Volunteers are always welcome to help with the weeding and watering in the gardens. Please contact a Library Trustee if you are interested in helping.

Though our regular meeting day is the first Wednesday of the month, the July meeting of the Friends will be Wednesday, July 13th, at the usual time of 7 pm. New members are welcome.

Submitted by Pat VanWagoner for the Friends of the Library

Epping Parks & Recreation

Home of the “River Otters”

Director: Nicole Bizzaro

Recreation Dept. Main Phone Number: 602-679-3006

Program cell phones

After school: 603-608-9016

Before school: 603-608-9076

Theater; 603-608-9487

or email Nicole at eppingrecreation@gmail.com.

Tim: eppingrecprogramcoordinator@gmail.com

Jake: eppingprograms@gmail.com

Tiffany: eppingrecoffice@gmail.com

Physical 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 603-608-9487.

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

Epping Students in the News

Southern New Hampshire University announces the Dean's List for the 2021 Fall semester

Caleb West

Simmons University announces the Dean's List for the 2021 Fall semester

Summer Prentiss

The Deerfield School announces for the Winter Trimester Honor Roll Highest Honors

Julia Hardy

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-bar-date=&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 High School (EHS)

Class of 2022 Latin Honors Students

Epping High School has announced the Latin Honor Students in its Class of 2022. A commencement ceremony was held Friday, June 10th at the high school. Congratulations to all these students!!

The following students are graduating **Summa Cum Laude** and listed alphabetically:

Melissa Rose Daigle, daughter of Todd and Leslie Daigle, is graduating Summa Cum Laude and also as a NH Scholar with a distinction in Arts. Melissa will attend Southern New Hampshire University with a major in Justice Studies with a concentration in Police Operations.

Trey Alan Finkelstein, son of Scott and Colleen Finkelstein, is graduating Summa Cum Laude and also as a NH Scholar with a distinction in the Arts. Trey will be majoring in Music Education at the University of New Hampshire in the fall.

Jade Gagnon, daughter of Simeon and Sally Gagnon, is graduating Summa Cum Laude and also as NH Scholar with a distinction in STEAM. In the fall, Jade will attend the University of New Hampshire as a Hamel Scholar.

Catherine McTague, daughter of Charles and Shana McTague, is graduating Summa Cum Laude and also as a NH Scholar with a distinction in STEAM. Catherine will continue her education journey at Worcester Polytechnic University with a major in Chemical Engineering.

Michael Picard III, son of Michael and Amy Picard, is graduating Summa Cum Laude and also as a NH Scholar. Michael will attend Bentley University to study Finance.

Haley Williamson, daughter of Jodi Williamson and Jerry Hannon, is graduating Summa Cum Laude and also as a NH Scholar with a distinction in STEAM. Haley will attend St. Anselm College in the fall with a major in Environmental Science.

Morgan Taylor Witmer, daughter of Thomas and Cynthia Witmer, is graduating Summa Cum Laude and also as a NH Scholar. Morgan will be completing an LNA training program and working in the nursing field prior to entering college to earn a degree in Registered Nursing.

The following students are graduating **Magna Cum Laude** and listed alphabetically:

Sarah Elizabeth Brassil, daughter of Cindi and Jay Martin and Tim Brassil, is graduating Magna Cum Laude and also as a NH Scholar. Sarah will be attending St. John's University in Queens, N.Y. with a major in Finance.

Alexander Roland Greubel, son of Paul and Lisa Greubel, is graduating Magna Cum Laude and also as a NH Scholar with a distinction in Arts. Alex will be attending the University of New Hampshire with a major in Studio Arts.

Emily Kelly, daughter of Michelle and Dave Mylott and Brian Kelly, is graduating Magna Cum Laude and also as a NH Scholar with a distinction in Arts. Emily will be attending Northeastern University with a major in Political Science and Criminal Justice.

Jacob Loving, son of Anthony and Andrea Loving, is graduating Magna Cum Laude and also as a NH Scholar with a distinction in STEAM. Jacob will be attending Great Bay Community College with a major in Computer Science.

Abigail Purchas, daughter of Paul Downs and Cory Purchas, is graduating Magna Cum Laude and also as a NH Scholar. Abigail will be attending the University of New Hampshire with a major in Psychology.

The following students are graduating **Cum Laude**, listed alphabetically:

Zachary Gene Hodgman will attend Great Bay Community College in the fall.

Stamatis Maschas will attend the University of New Hampshire in the fall.

David Anthony Meyer will attend the University of New Hampshire in the fall.

Mikhail Jacob Ozols will attend Keene State College in the fall.

Zachary Thomas Rogers will attend the University of New Hampshire in the fall.

From the Editor:

I want to say goodbye to all my friends in Epping.

I have to apologize to those of you on the Newsletter mailing list. In May my computer was hacked, and when I got online again my data was all gone, including my address book, so I no longer have my mailing list for the Newsletter and wasn't able to let you know about my news.

I wanted to let you know that I'm moving to Kansas City on June 26th. It all happened very quickly. On Mother's Day my younger son called to say he wanted me to move close to him and his family and he had found a good place. He had the place on hold and I had only a couple of days to

decide - and I decided to go. I will miss Epping and my many friends in New Hampshire, especially here in Epping, but it will be wonderful to live near family.

At this time I don't know what will happen to the Newsletter. Unfortunately, this may be the last issue. I've enjoyed my years with this Newsletter, and I hope there's a way to continue publishing it.

Goodbye for now, and best wishes to all of you!!

Speak Up, Epping! Newsletter Editor
Barbara Helmstetter

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