



Speak Up, Epping! Newsletter

Volume 12, Issue 4

Epping, New Hampshire

July-August 2019

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.

Epping Community Theater

ECT's Summer is Hot! Hot! Hot!

Are you looking for fun and exciting experiences for your 8-13 year olds this summer? The Epping Community Theater is still accepting applications for a limited time for our three one-week Summer Theater Camps. We will be launching our Fall Theater Class schedule and taking applications in early August.

Summer Camp fun! July 22nd - July 26th and July 29th - August 2nd are full day camps from 9-4:30 (drop-off/pick-up 8:30-5:00). While a large focus of our time will be spent producing a

play, vocal exercises, and lots of opportunities to perform! Kids will also have a chance at stagecraft as we build our own props and set! All this will culminate to a final production for friends and family at 5 pm each Friday. We will also be offering a Mini Musical Half Day Camp (grades 3-6) August 19th-23rd from 10-12 pm with a performance Saturday Aug 24th at 10 am. Students will be playing theater games, singing, dancing and working on a Junior Production of the campers' choice.

Murder Mystery "Who done it" this August! Our summer play of "Any Number Can Die" is an adult classic 1920's murder mystery comedy that keeps you guessing and laughing in your seats the whole night. Performances are **August 16th-25th** Friday-Saturday at 7:30 pm and Sunday matinee at 2 pm.

Follow us down the yellow brick road this fall with The Wizard of Oz! Auditions will be **August 3-4** with call backs on August 7th (arrangements can be made for vacationers, please let us know in advance). This fall production is a fun family musical with lots opportunities for new and returning performers. Check out our volunteer pages if you would like to take part in other production areas.

Be sure to check us out at www.eppingtheater.org and check our Facebook page <https://www.facebook.com/EppingTheater/>

Brian Miskinis, President, Board of Directors

Senior Moments

The club was disappointed when the weather altered our long lasting tradition of a pre-summer picnic at the lake. Not to worry though. We've got bigger plans this year. That 20-year landmark of our Club cannot go without special fanfare. A commemorative plaque will soon hang on the wall in Watson. We might even open our twenty year old Time Capsule. Might as well. Another 30 years won't mean anything to us. Right now, no one

remembers what is in it. Of course a special indoor picnic catered by Misty will be the highlight of our celebration. Just a trivia note - our Vice President, Barbara Sherwood, aged 93, Secretary Cote and member Lionel Cote are the remaining charter members from day one in 1999.

We did it again. Racked up another three star tour - right here in our own back yard. Actually about two miles down the road. It makes occasional noise, has a huge store of assorted and colorful merchandise and hosts guests from all over the world. This particular day, we were their guests at the Sig Sauer Academy. I'm not a fan of guns but even I was impressed. Their various shooting facilities are well planned, well managed and safety is always their priority. This is something residents should check out. They enjoy visits. Members of all law enforcement groups in the United States as well as several from European countries are regular students. Of course, you and I can take courses as well and the fee is quite reasonable, but I'm still not a fan of guns. The final comment made by our host, Arin, was that Epping should have a hotel because they could keep it full all the time. Something to think about!

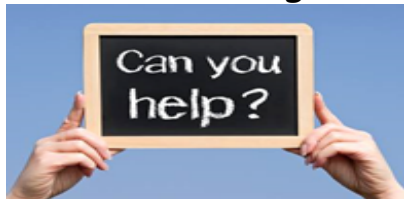
A few trips we're planning are lunch at Latitudes, a cruise on the Thomas Leighton and a tour of Fuller Gardens.

This is being written before our July meeting at the Fire Department. The Chief and some of his staff have invited us and will review and explain some of the new services being offered to residents.

A special thank you to all the best wishes I have received from friends. They helped a lot. I'm doing fine.

Irene R. Cote, Secretary

End 68 Hours of Hunger - Epping



Another big thank you to all of you in our amazing community for all of the food donations and to those who have voted for our program.

It's a great feeling knowing we have so many caring families out there that help feed our hungry little bellies of New Hampshire. We would not be able to do this without you.

We are overwhelmed and grateful for your donations.

Submitted by Eleni Maschas

News From the Town

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

Town Hall Closed

July 4th and 5th for Fourth of July Holiday

Smoothie Bus at Town Hall August 2nd



The Smoothie Bus from Manchester will be here on **August 2nd** in the Town Hall Parking Lot from 9:30-11:30 am for all to enjoy. Average Cost is \$7-\$10.00

In and Around Epping

Bluebird is open. The Cow Palace Creamery (ice cream) on North River Road is now open. The car wash and glass pro should be opening soon. Echo Farm subdivision is underway and the Riverside subdivision is waiting on state permits. The Planning Board denied the asphalt plant site plan.

Submitted by Brittany Howard

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 Epping Lions Club was established in April 2009. We support sight programs and services including vision screenings and eyeglass recycling, and we provide assistance to local families in need of eyeglasses. We support community programs, as well as participate and sponsor some exciting events, such as the just completed Lamprey River

Canoe Race, the Highnote Festival and our annual Gas Card raffle. The raffle is a fundraiser that goes towards providing gift cards for Christmas to many deserving Epping families.

President Deb Brooks and Secretary Colleen Palmer attended the Epping High School Class of 2019 Awards dinner on June 12th. We awarded two \$500 scholarships this year. The recipients were Evika Toth and Rachel Martin. Both applicants displayed a keen sense of community spirit and intend to continue their service to the community during and after college. We were glad to contribute to these fine young women!

Otherwise, we take June and July off from formal monthly meetings. We handle any applications for assistance via email and/or phone calls if necessary.

We continue to welcome any new members. We are looking for innovative people who desire to become involved in improving our community and having fun doing it. If you're interested in learning more, please visit our website at: www.epping.nh.lions.org. Meeting times are posted and are generally the 4th Tuesday of the month at 6:30 pm. With your involvement and ideas we look forward to creating even more special fundraising events. We understand people have busy lives and the Lions Club allows you to volunteer as little or as much as you like. We'd love to see you!

Deb Brooks, President

lexusreina@comcast.net

Cheryl Denoncour, Treasurer

cdenoncour@gmail.com

Colleen Palmer, Secretary

colleenmariepalmer@hotmail.com

Epping Historical Society

It looks like we went from winter to rainy season (a new season) to summer! We can finally work in our gardens without digging in mud.

We are in our busy season and visitors come from all over. Last week I was researching Jack Sharkey for a story when my phone rang. Lo and behold, on the line was a cousin of Jack Sharkey! Was that just a coincidence? Maybe..... A recent visitor was the grandson of Benjamin Woods; he was excited to see all the information we have on the Woods family. He returned home a happy man and he will keep in touch with us, even sending us additional material on the Woods family.

We do a lot of genealogy work at the Society, and at the present time we have over 100 families researched and all of their information is in 3 ring binders. Whenever we find any picture, document, etc., pertaining to the family, it is included in the binder. Some of our old families not only have a binder, but also have an archival box with additional documents. If you suspect your family may have a family binder, come in and check it out.

One of our projects is bricks for our walkway. We now have a new supplier, Bill Hopkinton, who lives and works in Raymond. He recently dropped off three new bricks and he does a wonderful job. We supplied the bricks that came from the old Rundlett building on the corner, (now Allstate) and he engraved them. The cost for a brick is \$50.00, which includes 14 letters and spaces per line with three lines allowed. What a wonderful way to honor our loved ones.

One of our volunteers is creating a tri-fold brochure for the Historical Society. It would be so nice to have a brochure to share with locals as well as visitors. Suzanne will have it ready soon, stay tuned for availability.

We are always looking for family photos to add to our collections. We are happy to make copies, returning the originals to you if you want to keep them in the family. If you are cleaning out a loved one's home, and come across pictures or documents you do not want, give us a call, we may be able to help identify people and places for you.

We are still on the lookout for a picture of the old A&P building where we are located. The only picture we have is an old newspaper photo, very grainy. Perhaps someone in your family has a better photo we can use for our new brochure.

Raymond Guerrin

Epping, October 12, 1942. "If the Army would accept me, I'll wager that I could successfully operate a tank." These are the words of Raymond E. Guerrin, a 39 year old legless man of this town, who does not regard himself handicapped at all. Although he was left with only the stubs of both legs above the knees, after his last operation a few months ago, Ray just would not become downhearted or discouraged. "I have plenty to live for" he asserted, a sturdy pair of hands, a home and the finest wife one could ask for. What more could a man want?

Ray Guerrin does practically all of the housework while his wife is employed in the local

shoe factory. He finds time to enjoy many other activities, including cooking, canning, floor scrubbing and all of the ironing. Ray also had many gardens, tending them on his "short legs." He used to do all the washing, but after he lost his second leg, that was no longer possible. He also raises rabbits, which he uses for meat; he says they resemble the taste of chicken. (Any takers?)

When he is not otherwise busy, Guerrin rides about town in his specially designed wheel chair. The chair has a sprocket chain drive, which he operates with his arms. His friends in Epping made the chair and presented it to him so he could get around better. Now that he can get around better, he recently made a trip to the Memorial Hospital in Brentwood, to visit old friends. It was three miles from his home to the hospital, and he made it in 80 minutes. He also traveled to the Rochester Fair. He was put aboard the baggage car of the train in his chair and let off at the Rochester station. That was all the help he needed.

Since he returned from the hospital last June, he has erected a small building to house his street chair. He is remarkable in ascending and descending the stairs and thinks nothing of carrying a gallon of oil up to the second floor where he lives. He lives at the home of his mother-in-law, Mrs. Emma Lambert. Guerrin is the victim of a rare disease which affects his veins. Medical science has as of yet, to determine the cause of this rare disease. He underwent his first operation in 1929 for the removal of a toe, and has been in hospitals frequently since, but his indomitable courage has always won out and he has come home smiling.

He is one of 17 children born to the late Joseph and Emma (Coriveau) Guerrin of Epping. Only one brother and four sisters remain, although none have suffered with the same disease. Guerrin worked for two years after losing his first leg and then decided to take over household duties from his wife. He is married to Corrianna St. Laurent of Epping. The couple has no children, to their dismay. They work well together, last year they put up 250 quarts of canned goods, and are well on their way to surpass that amount this year. Ray loved the Boston Red Sox, and the thrill of his life was when his cousin took him to a game, and, Ted Williams signed a baseball for him!

Ray has a wheelchair for indoor use, and also a pair of leather "buckets" to attach to his stubs to aid in getting around easier, although he does not often use them around the house. He was a

communicant of St. Joseph Church, and is buried in the St. Joseph Cemetery in Epping.

Research: Exeter Newsletter
Don Sanborn Collection
Epping Historical Society

Come visit us at the Society, we are open Monday mornings from 8:00 to 12:00, or when the flag is flying! Call for an appointment if this does not fit your schedule.

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

The Civil War Roundtable of NH



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

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

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

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

This is the upcoming CWRT-NH schedule:

We are currently booking 2019 meetings. If you know someone, or would like to offer a talk to our group, please 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.

July & August ~ no meetings - summer break

September 13, 2019 (note: this is the 2nd Friday) ~ Gary Dyson - "A Civil War Correspondent in New Orleans."

October 18, 2019 ~ Jan & Dave Drake - "Letters Home: The Civil War Letters of George W. Harwood, 36th MA Regt 1862-1865."

November 8, 2019 (note: this is the 2nd Friday) ~ Marek Bennett - TBA .

December 2019 ~ no meeting

SELT TrailFest is September 21st

Save the date for the best fall festival for nature lovers: SELT TrailFest on September 21st from 8 am to 2 pm at Burley Farms in Epping!

Participate in a trail run or enjoy nature activities such as a picnic from local food vendors, learning about wildlife from experts, or taking a guided nature walk with staff and volunteers. Admission to the festival is free. Trail race entry fees vary by distance and registration deadlines. Save \$10 and get a race T-shirt if you register before August 21st. View the schedule of events and register for trail races at seltnh.org/trailfest.

SELT TrailFest

When: September 21st from 8 am-2 pm

Where: Burley Farms

245 North River Road
Epping, NH

What: Nature activities

Food vendors and craft beer

Trail runs (5K, 10K, 1K free fun run for kids)

Cost: Free Festival Admission; Trail race fees vary

More: seltnh.org/trailfest

Facebook.com/SELTTTrailFest

Instagram.com/seltnh

Nature Talks

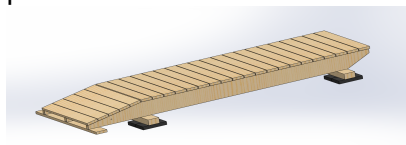
Tilton Bridge Conservation Area

Your Conservation Commission has been busy this spring. The Lamprey Rivers Advisory Committee awarded us a grant to upgrade the Tilton Bridge Conservation Area where Route 87 crosses the Lamprey River.



Joel Harris cleared trail markers placed by Kevin Martin.

Kevin Martin, boat builder and big tree expert, built the frame for the new Canoe Access sign (see the picture shown in the Signs of Summer article under the Lamprey Rivers Advisory Committee section) and replaced missing or degraded trail signposts. Joel Harris cleared the trail and as this article was written began work on three bridges to be placed soon, allowing access to all of the trail during the summer and fall seasons. We are also grateful for the support of Dave Reinhold and the Epping Department of Public Works. Dave cut down high branches interfering with the kiosk and put a new roof on that kiosk as well.



Joel Harris designed this 12-foot bridge and will also build and anchor it in place.

As you will see when you visit the site, the Lamprey Rivers Advisory Committee and Epping Conservation Commission have indeed developed a successful partnership. So much so, that the Commission is investigating the possibility of applying for another grant to improve the canoe launch ramp.

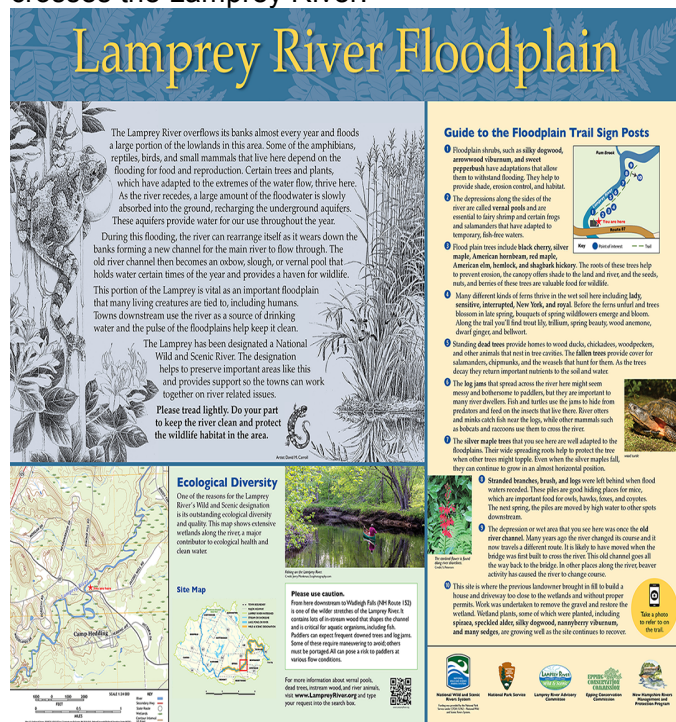
Photo Contest

We are also pleased to announce the Commission is now accepting photos for the annual contest. Photos must be submitted by **August 6th**. The Commission will choose 5 finalists. The public casts their votes for the best photo of Epping outdoor spaces and the winner will be honored at the October 8th meeting. We look forward to seeing what YOU appreciate in the outdoor spaces of Epping!

Submitted by Sandy Goodspeed

Lamprey Rivers Advisory Committee Signs of Summer on Route 87

Good things are happening in Epping! The Lamprey Rivers Advisory Committee is pleased to have partnered with the Epping Conservation Commission to add some much needed signage to the Tilton Conservation Area, where Route 87 crosses the Lamprey River.



The kiosk panel above is new, replacing an older version that was damaged by several floods and subsequent attempts to clean it. The new kiosk sign includes a map and site descriptors for the flood plain trail. Formerly, a separate brochure was needed to understand what the trail markers were showing. Keeping the brochure box full of brochures (and free of trash or mice nests) was always challenging. Visitors now can take a photo of the site descriptors with their smart phones and have the information at hand as they explore the trail.

Trails and Tribulations

One of the on-going principles of the Lamprey Rivers Advisory Committee is to enjoy the outdoors while protecting the resources that make the river and surrounding area enjoyable. When few people visit an area, fewer problems tend to arise. When more people visit, even with good intentions, more problems tend to arise. As you head outside this

summer, please do your part to keep nature natural.

Most trails along the Lamprey River are geared for short trips on conservation land, so please be a respectful guest. The following "Leave no trace" principles will make everyone's trip to the great outdoors great (adapted from REI Expert Advice, for day hikes):

I. Plan ahead and prepare:

a. Know the regulations and special concerns for the area you'll visit.

b. Schedule your trip to avoid times of high use.

c. Visit in small groups when possible. Use a map and compass to eliminate the use of marking paint, rock cairns or flagging.

2. Travel and camp on durable surfaces:

a. Concentrate use on existing trails. Walk single file in the middle of the trail, even when it's wet or muddy.

3. Dispose of waste properly:

a. Pack it in, pack it out.

b. Always bag and remove dog waste. Do not leave bags along trails.

c. Deposit solid human waste in a hole dug 6 to 8 inches deep, at least 200 feet from water, camp and trails. Cover and disguise the hole when finished.

4. Leave what you find:

a. The adage "take only pictures, leave only footprints" still holds, although leaving fewer footprints is even better.

b. Preserve the past: Examine (but do not touch) cultural or historic structures and artifacts.

c. Leave rocks, plants and other natural objects as you find them.

d. Avoid introducing or transporting non-native species: Clean boot soles, kayak hulls and bike tires off between trips.

5. Minimize campfire impacts (be careful with fire).

6. Respect wildlife:

a. Observe wild animals from a distance. Do not follow or approach.

b. Never feed wild animals.

c. Control pets at all times, or leave them at home.

7. Be considerate of other visitors:

a. Cyclists yield to hikers, hikers yield to horses, downhill hikers yield to uphill hikers.

b. Let nature's sounds prevail. Avoid loud voices and noises.

c. Manage your pet.

Champion of Land Protection

The health and integrity of a river is determined by more than what happens within its riverbanks. Rivers are defined and protected by the land along the river, but also by the land that surrounds small headwater streams, wetlands, and groundwater recharge areas. Protecting the best and/or most sensitive land helps to protect the water and the overall environment that relies on that water.

As of May 2019, the Lamprey Rivers Advisory Committee has invested more than \$5.04 million to permanently protect 3719 acres along the river. This has involved dedicated hours of research and negotiations with landowners and other funding partners. Laurel Cox, former land protection administrator, embodies that dedication.



Photo by S. Petersen

Laurel Cox receives a framed photo of the Lamprey River from committee member Dick Lord, who took the photo and framed it.

The inscription on the brass plate reads:

Laurel Cox

In Thanks for many years working to preserve the Lamprey

The following is an excerpt from the *Twenty Years of Progress Report* (2017) that Laurel wrote:

Over the ten years I have actively worked in land protection, the dominant theme of the process has been partnership. Some projects are relatively simple, such as the donation of a conservation easement or property by a single generous landowner to a single land trust organization. There can also be the complexity of a single project that encompasses multiple properties, landowners, land trusts, state agencies, and all the accompanying transaction personnel (banks, lawyers, surveyors, and appraisers).

The most important partnership in land protection work is with the landowner. It is a daunting task for a farmer or forester to commit to a permanent legal restriction over family land. For some people, a conservation easement can be a

logical decision for a life spent in active environmental conservation. For other projects, the decision is much more difficult: are the owners ready to trust the legal system, town, state, or federal government to understand how to wisely manage the farm to which they have devoted their lives? Positive, trustworthy relationships are important at every stage. The bottom line for the success of these projects is that all the entities involved are working cooperatively toward the common goal of protecting the forests, fields, and rivers of our neighborhood for the long-term benefit of our future generations. I am proud to have played a role in helping LRAC with 21 projects that protected almost 1000 acres.

Summer Events along the Lamprey River

July 1, 11:00 am, Kids' presentation at Epping library

July 13, 8-11 am, Rivers for Change river clean up, Schoppmeyer Park,

Newmarket (kayaks available to rent through sevenriverspaddling.com)

July 13, 2-5 pm, Rivers for Change public paddle, Schoppmeyer Park,

Newmarket (kayaks available to rent through sevenriverspaddling.com)

July 18, 2-3 pm, kids' presentation at Nottingham Library

July 27, 11 am-3 pm, Splash and Dash, Schanda Park, Newmarket. (Visit

<http://www.newmarketrec.org/lamprey-river-plash-dash/> for details.)

August 14, 6:30-7:30 pm, *Dam Straight! Balancing History and Ecology on the Lamprey River*, Durham Public Library

August 17, 1-4 pm, tidal ecopaddle, Schanda Park, Newmarket

For more information, please contact

info@lampreyriver.org.

For more information about the Lamprey River program from Rivers for Change, please visit <http://www.riversforchange.org/lampreyriver>.



*Helping communities protect the
Lamprey River.*

Submitted by Suzanne Petersen

Epping Garden Club



As you must have noticed by now the pansies are gone and have been replaced by petunias. We also have added three new perennials to each corner for a punch of color starting in June.

The Epping Garden Club met at my home for our meeting to discuss our involvement with the New Hampshire Federation of Garden Clubs and the nametags we have to design for our Fall Meeting. We have some cute ideas on how to make the tags special, so they remember our area and the fun they had. It will take place in Lee, NH, in late September, at Flag Hill. The owner will speak to our group of over 100 attendees who will come from throughout our state. They will represent so many clubs just like ours who are out there making their towns look just a little nicer.

Eva brought her famous triangles filled with cheese and spinach and I made a Trifle. It began with layering pound cake, lemon curd, fresh berries (strawberries, blueberries and raspberries) and freshly made whipped cream. I also made wraps and a taco dip and served everything with water or iced tea. (All were found on my feed through Facebook so it is good for many things when used properly.) Members ate and watched the birds, which fill my yard here along the river. It was a very nice evening spent together. Would you like to become involved with what we do around here?

Speaking of fun, most of our club members are very involved with happenings at our library and if we are going to pull off this amazing beer fest on November 2nd we need more volunteers! We have the location, New England Dragway & Motorsports Park with its easy on and easy off access to make it a success. We have Greg and Jane's and all of their contacts ready to bring beer from 50 brewers - we know you all love brew pubs. We have our tiny group of dedicated members and several other locals are signed up to help. Can you help?

We will need people to show the early attendees (the first 200) where to park, and will need others to

help with the many other small details.

We are looking for someone who can approach our local businesses and get them involved as sponsors or making donations to our library. We want to pull this huge event off and make it a day to remember. We want to be a part of making our library go from wonderful to totally amazing.

Volunteer for your community. It feels good to do something for those you have not yet met.

The \$600,000 for the library addition is for our building, but not for fences, storage trailers and all else that has been added to the project since the voters spoke. Please step in and do something to make the Beer and Chili Fest a big success and you can also have lots of fun doing so.

As always, many thanks for your continued support.

Epping Garden Club

Phone: 300-0064

eppinggardenclub@gmail.com

Follow Us on Facebook

Submitted by Eunice Miller



ETV Schedule

Channel 22 – ETV – Schedule of live programs

Selectmen's Meeting – Monday, July 1, 15, 29;

Aug. 12, 26 - 7 pm

Water & Sewer – Tuesday, July 2; Aug. 6 - 7 pm

Library – Tuesday, July 16; Aug. 20 - 7 pm

Conservation Commission – Tuesday, July 9;

Aug. 13 - 7 pm

Parks & Recreation – No meetings July & August

School Board – Thursday, July 18; Aug. 1, 15

- 7 pm

Planning Board – Thursday, July 11; Aug. 8 - 6 pm

Civil War Round Table – No meetings July & August

Monday meetings are rebroadcast:

Tuesday - 7 am

Wednesday - 11 am

Thursday - 3 pm

Monday - 2 am

Tuesday meetings are rebroadcast:

Wednesday - 7 am

Thursday - 11 am

Monday - 3 pm

Tuesday - 2 am

Wednesday meetings are rebroadcast:

Thursday - 7 am

Monday - 11 am

Tuesday - 3 pm

Wednesday - 2 am

Thursday meetings are rebroadcast:

Monday - 7 am

Tuesday - 11 am

Wednesday - 3 pm

Thursday - 2 am

All dates and times are subject to change.

Please consult the ETV Bulletin Board, Channel 22 or the Town website for any changes or updates.

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

The ETV email remains the same: eppingtv22@gmail.com.



Scouting Around Epping

Cub Scout Pack 136

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

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

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

Boy Scout Troop 136

The Scouts of Troop 136 of Epping, New Hampshire have been very busy as the Scouting season starts to wind down for the summer.

The Scouts did a 10-mile bike trip from Epping to Raymond on Saturday June 15th. They left in the early morning and returned covered in trail mud just after lunch. By the looks of their bikes and clothing they had a great time.



Scout Bike Hike

The summer is here which means the end of weekly Troop meetings. However they have a Court of Honor on July 27th at the American Legion in Epping and then they are off to Summer Camp. They will be at their annual Summer Camp program at Hidden Valley in Gilmanton, NH from **July 28th to August 2nd**. The Troop will then re-meet as the new Scouting year begins in September.

Submitted by Jennifer Sullivan.

Rockingham County 4-H News

Rockingham County 4-H Circuit Horse Show - August 2019

Date: Sunday August 11th

Location: Shannon Trails

208 Shannon Road

Salem, NH 03079

4-H members and non-members are welcome to join in the show. Hosted by True Blue Trotters 4-H Club.

2019 Rockingham County 4-H Cucumber Pickle Challenge

If you accepted the 2019 Rockingham County 4-H Cucumber Pickle Challenge in May, the pickle making session is **September 7th** and all supplies

for the pickling party will be available. Then bring your pickles to the Deerfield Fair!



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 there is 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 the weather. Heat exhaustion can start with muscle cramping to 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 are worst, call 911. Sunscreen is also recommended so you don't get sunburn or sun poisoning.

Cookouts are a great way to celebrate the summer with family and friends. 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). Use approved propane gas tanks and shut them off after the grill cools down.

Be careful when using fireworks and make sure that you and your family enjoy them from a distance. Never play with fireworks inside a building or structure and be aware of any local, state and federal laws. Yes, Town of Epping allows people to buy and use fireworks.

Pool and water Safety

Summer time is a great time to enjoy the outdoors with family and friends. A favorite of mine is going to a local beach or to my 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. Teach your kids to swim, get them swimming lessons. I unfortunately had to learn on my own and wish my parents had sent me (and my brother) for lessons. Use approved types of personal floatation 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 Assembly

Whether you're at church, a concert venue, the movies, 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 2 exits for building and fire codes. These days it's good to know, not only for fires but for other events, 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're home and a fire occurs. Always stay calm and move safely to the nearest exit.

Department operations: Water supply,

Towns and cities have many ways to get water to a fire. Some cities and towns have hydrants or combinations of hydrants, dry hydrants, cisterns and tanker trucks. Epping has a combination of all of these due to the layout of the town. Epping does have hydrants in about a third of the town. There are several dry hydrants that have been established. With many ponds that were established from the brickyards and farms of yesteryear, Epping does have a small advantage in parts (not all) of the town. The town has been working with an engineer to start adding more dry hydrants in the area. What does dry mean? The pipe is dry from the connection to the pond. Cisterns are a new way to establish a water supply in a development. Cisterns can vary in size and be placed almost anywhere, a dry hydrant is a body of water that has to be measured. Most cisterns also don't require the hoops and paperwork from Dept. of Environmental Services. All have a cost and pros and cons. It does cost more money for a cistern but a cistern is cheaper than a tanker truck. All have to be maintained whether it is a truck, dry pond, hydrant, etc. A cistern is like having 10 or so tanker trucks in one spot throughout the town. (Judging on a 30,000 gallon cistern). Some parts of the town have little to no water supply and we have had to go for miles to truck water to the scene of a fire. A cistern would establish a local and closer water supply. I have sent an ordinance to the planning

board to establish better water supply for the town with a public meeting on **July 11th**. Epping does have a tanker truck with 3000 gallons. This is Engine 3 out of central station and is the second truck to respond to a fire or the mutual aid piece. Bottom line is water and personnel are the main things that put out fires.

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 at www.nhdfi.org, or stop by the fire station during the day, 7 days a week from 6 am to 6 pm. Permits **Will Not** be issued when fire danger is class 3 or above. For Daily Fire Danger and an explanation of the different danger levels, please follow the link <http://www.nhdfi.org/fire-control-and-law-enforcement/daily-fire-danger.aspx>.

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

Always know that we are here for you, just a phone call away!

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

Lieutenant Paul St Cyr

Fire Prevention Officer and 9-11 Liaison..

Friends of the Epping Fire & Brick Museum

We took a break during the colder weeks of winter but now are back to work. One fundraiser we have is our T-shirt sale. T-shirts will cost \$18.00 for sizes small to xlarge, sizes XX or XXX will be \$20.00. Cash or check.



If you would like one, please stop at the Historical Society on Water Street which is open on Monday mornings and by request. Donations may be dropped off or mailed to The Epping Fire and Brick Museum, 37 Pleasant Street, Epping NH.

03042. We will have a Friends of the Museum display, so if you donate you will be recognized.

For more information, please contact Cliff Cray at deacon100@comcast.net or 396 9436.

Submitted by Cliff Cray

Epping Explorer Posts

Fire Department Explorer Post 136

The Explorers are holding a fundraiser selling adventure cards. These cards cost \$5.00 and have discounts for Tire Warehouse, Subway, Canobie Lake Park, Dick's Sporting Goods and many others. To get yours, call Tim at 679-5446 or Cliff at 396-9436.

The Explorers have had a complete rundown of all the equipment in our ambulances and how it is used. Part of the training on the Fire Service is knowing what every tool is called and what it is used for. This way, at an event they can get the right tool when a firefighter asks for it and not question why the firefighter may want it. In the near future we will be doing some field trips to learn more about the Fire and EMS careers.

Attention incoming freshmen parents

Girls and boys who are 14 years old or with a birthday soon are welcome to visit the Fire Station during a Fire Department Explorer Post meeting. We will be there from 6:30 until 8:00 pm on the 1st and 3rd Tuesdays. During the summer call 679-5546 and ask for Lieutenant Labonte. If there is interest in a career in the Fire Service or Emergency Medicine this would be a chance to check out what the future means to these professions.

Epping NH Police Explorers

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

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

American Legion News

Monthly Breakfast Buffets

Monthly second Sunday breakfasts are being held from 8:00 to 11:00 am. Come enjoy our hot Breakfast Buffets on **Sunday, July 14th** and **Sunday, August 11th** – eggs, bacon, sausage, toast, pancakes, home fries, and coffee are all piping hot and ready to be enjoyed. Bring your newspaper and your appetite!

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

Epping Community Church

We would like to invite you to our worship service at 9:30 am every Sunday morning. We have fellowship after service every week so you can meet new friends while enjoying coffee and a treat. Sunday School is over for the year and will resume in September. We have a prayer group and Bible study every Thursday from 9:30-11:00 am. Anyone is welcome to attend, to study and pray. You can find out more information about our church at eppingcommunitychurch.org.

In July and August we will not have as many activities at the church. You may notice some cookouts in the driveway every once in a while...stop in and have a bite to eat and meet some new people. Last year we had some movies in the driveway!!! Lots of fun! You may see the big screen on the side of the church...come on over!

We will take a little break from our normal dinner activities. There will not be any 3rd Saturday dinners in July or August. We will return for our regular dinners in September. Look for announcements in local establishments and on our sign out in front of the church.

Our Epping Community Cares food pantry is open every Saturday from 8:00-10:00 am. You can stop in and get whatever your family needs. Our volunteers are there to help you. Our Soup of the Day Café is on Thursday from 11:00-12:30. Anyone in the community is welcome to come to this free lunch. We will be offering various menus during the summer including, steamed hot dogs, green salads, pasta salads, Italian sandwiches and other yummy lunch items. We will be taking a break for vacations this summer. We will be closed on July 4th and also the month of August, returning the first Thursday in September.

Rockingham Nutrition and Meals on Wheels are located at our church. They do all of their deliveries from our kitchen. They also are serving meals in the church every day except Thursday when we have the Soup Café. Seniors are welcome to come and have a meal. A 48-hour notice is required. Their phone number is 679-1609. They also provide transportation.

Once vacations are over ,we will be back in full swing.

If you have any questions about our church...including weddings, baptisms or about our services please call the church at 679-5542 and someone will return your call.

The Harvey-Mitchell Library is located at the church...come in and visit them while their new building is under construction - they have a great area in our new annex.

St. Joseph Catholic Church

208 Pleasant St. (Rte 27)

Epping, NH 03042

Office telephone: 679-8805

Mass schedule weekdays:

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

Wed. 7:00 pm

Mass schedule weekends:

Saturday 4:00 pm

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

July

Mondays – Adoration – Noon to 9:00 pm

Fridays – 8 am-7 pm

July 5th – First Friday Adoration – 8:00 am-midnight

July 6th – First Saturday Adoration – midnight to 7:45 am

August

Mondays – Adoration – Noon to 9:00 pm

Fridays – 8 am-7 pm

August 2nd – First Friday Adoration – 8:00 am-Midnight

August 3rd – First Saturday Adoration – midnight to 7:45 am

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

Epping Bible Church

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

Our Sunday mornings begin with a full, free breakfast from 8:00 to 9:15 am, followed by Bible Emphasis Groups (Sunday School) for all ages at 9:15 am. The Gathering, a time for announcements and to share, is at 10:05 am followed by morning service at 10:45 am. Evening services are the last Sunday of the month and begin at 5:00 pm.

Families are welcome. The Bible Emphasis Groups feature classes for all ages, from 2 year olds all the way to adults.

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

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

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

Providence Baptist Church

410 Pleasant Street, Epping, NH 03042

Phone: 679-8918

Weekly Schedule

Sunday Morning Service at 10:30 am.

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

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

(Check schedule for dinner nights!)

For small groups and other events, please check out our website at www.pbcnh.org or contact us at pbsecretary410@gmail.com.

West Epping Quaker Meeting House

The West Epping Meeting grew out of the Seabrook Quarterly Meeting in the middle of the 18th century. Records show that Joshua Folsom was a recorded minister among Friends in the

community in 1772 – though he may have commenced his activities even earlier. The present Meeting House was built in 1851. The surrounding tall pines, dating from this period, have been a distinguishing feature of West Epping Village.

West Epping Friends meet for silent worship at 10 am every first and third Sunday of the month. We welcome visitors to our meetings to join with us.



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 – 4th of July Holiday\

Museum Passes Available at Your Library

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

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

Upcoming Events at the Library

July and August are mostly Summer Reading events. Our book groups will stop during the summer. All events will be held at the Epping Community Church, unless noted otherwise.

July 1: Lamprey River Nature Program – 11 am

Have fun learning about and exploring our local river! Suzanne Petersen from the Lamprey River Advisory Committee will share all sorts of

interesting facts about the river using games and real samples of aquatic insects and animals that live there. If the weather is nice, we'll take a walk down to the river access by the library and see what we can find ourselves! Please be sure children and adults wear sneakers or closed-toe sandals.

July 1: Friends of the Library – 7 pm

New members are always welcome; help support your Library!

July 2: Children's Yoga – 10:30 am

Our Yoga series continues during summer reading, taught by Kripalu Yoga Teacher, Leah Pacione! The class will have an outer-space theme to go with this year's Summer Reading theme. Mats are provided or you're welcome to bring your own. Just show up in comfortable clothes, ready to stretch and have fun!

July 4: CLOSED FOR FOURTH OF JULY HOLIDAY

New members are always welcome; help support your Library!

July 8: Build a Comet – 2 pm

In this workshop, participants will learn about comets through creating one themselves. They will explore questions like where do comets come from, what are they made of and how many types of comets are there? Then they will take this knowledge and through the help of an educator create a comet look alike with dry ice and other materials. Presented by the McAuliffe-Shepard Discovery Center. Recommended for ages 8+

July 12: Comedy Juggling Show 5 pm & Pizza Party – 4:30 pm (Epping Town Hall)

Bryson Lang uses ball-spinning, flying sombreros, giant bouncing rings, object manipulation, original comedy and audience participation for a unique and visual entertainment experience. You will definitely see things you've never seen before and you'll be laughing along the way. The Reno Gazette Journal said, "A talented juggler who wins the audience with his charm." Tahoe Spotlight Magazine called him, "Outstanding and a fast-paced mix of world-class juggling and comedy!" After the show Bryson will teach a workshop so you can learn to juggle, too! The show

begins at 5:00 pm upstairs, but we'll open doors and be serving pizza at 4:30 pm.

July 13: Paws to Read – 10:30 am-12:30 pm

Leon returns to the library for a Paws to Read program! Children of all ages are invited to spend 20-minute sessions reading out loud to Leon, in order to build confidence and have fun reading in the company of a black therapy dog that doesn't judge. Registration is recommended, but not required. Read Leon your favorite space travel story today!

July 15: It's Money, Honey: Beginning STEM Skills – 11 am

Kathy Stoughton, M Ed. and STEM curriculum designer has organized a program to introduce youngsters to key life skills. Through fun, interactive activities revolving around play money, kids will learn about math, decision-making and practical skills. After kids "shop" for pretend food, we'll have some real treats to share! Recommended for preschoolers.

July 16: Children's Yoga – 10:30 am

Our Children's Yoga series continues, taught by Kripalu Yoga Teacher, Leah Pacione! Mats are provided, or you're welcome to bring your own. Just show up in comfortable clothes, ready to stretch and have fun!

July 19: Turtles are Out of this World – 11 am (suggested for ages 3-10)

Who was first in the race to the moon? Well...TURTLE, of course! Russian Tortoise, to be exact, on September 14, 1968. Are you ready for an engaging, fast paced educational program? Get ready for Wild About Turtles with Mary "The Turtle Lady" Doane! The program includes storytelling, singing, movement and creative arts. Enjoy live box turtles, aquatic turtles and our most popular NH native turtle, the Common Snapper.

July 22: Under a Starry Sky: Nocturnal Animals – 1:30 pm

Join us for a fun-filled exploration into the star-lit world of nocturnal animals. Learn how those animals have adapted to survive in their nighttime environment, under a starry sky. A museum educator from the Children's Museum in Dover will lead participants in a fascinating, hands-on, and startlingly science-filled presentation all about these

critters of the night. Participants will travel through interactive stations where they can investigate animal tracks, animal constellations, explore hands-on nature experiments and more.

July 30: SPCA Storytime – 11 am

The New Hampshire SPCA will make a visit to the library, featuring some animal friends; come see what cute creatures they bring this time! We ask that children and adults bring dog or cat food to donate to the SPCA.

August 2: Turn in Reading Logs!

Please turn in Reading Logs so the librarians will have time to add up all your reading hours and distribute prizes! The Prize Room will be open the following week; check in with the librarians for details.

August 2: Magic Show & End of Summer Reading Party – 2 pm

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! Then we'll enjoy some summer treats!

August 3: "Jet Cars Under the Stars" at NE Dragway – 4:30 pm

Any participant who read at least 20 hours for the summer reading program will receive two tickets (child + adult) to the NE Dragway's "Jet Cars Under the Stars!" The event will feature Jet Dragsters, Jet Funny Cars, Wheelstanders, Pro Comp, Top Sportsman, Top Bike, Dennis K. Burke Comp, Diesel Direct Super Street, Central Mass. Drag Racers and Street Fighter. Arrive at 4:30 pm for your VIP treatment.

August 5: Friends of the Library – 7 pm

New members are always welcome; help support your Library!

August 13: Children's Yoga – 10:30 am

Our Children's Yoga series continues, taught by Kripalu Yoga Teacher, Leah Pacione! Mats are provided, or you're welcome to bring your own. Just show up in comfortable clothes, ready to stretch and have fun!

August 27: Children's Yoga – 10:30 am

Our Children's Yoga series continues, taught by Kripalu Yoga Teacher, Leah Pacione! Mats are provided, or you're welcome to bring your own. Just show up in comfortable clothes, ready to stretch and have fun!

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

Join us on Facebook and follow us on Twitter.

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

For more information and to register, please contact the Recreation Department via e-mail at eppingrecreation@gmail.com or visit our website at www.EppingRecreation.org.

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

Now Hiring for Fall After School Program Staff. Please submit Application and Resume to eppingrecprograms@gmail.com or drop off at Watson Academy or Town Hall.

Rec Center Summer Fun Shows

The Shows are fun for all ages, but are mostly geared towards Preschool to 8th Grade. They are held on Fridays at the EES Gym and are FREE to the community. All Shows are from 10:30-11:30 am, except for the Mad Science Show on August 9th from 10:00-11:00 am.

July 12th: Jason Purdy Magic Show

July 19th: Animal Encounters Show

July 22nd: UNH Little Red Wagon "Who Came Up With That?" Theater Show

August 2nd: Dog Show (Bring \$\$ for Smoothie Bus)

August 9th: Mad Science Show 10:00-11:00 am

Youth Programs

Before & After School Programs

We provide a safe, nurturing place for children to attend quality programming beyond the schools' hours of operation. We strive to help youth reach their full potential by allowing them to explore their physical, social and intellectual interests in a safe and fun setting. The culture of our programs emphasizes quality relationships and a healthy respect for individuality. We provide enough structure to keep everyone safe, but we also offer an open atmosphere that allows children to explore their interests in groups or on their own.

The Before School Program operates on normal school days at the Epping Elementary School gym in the mornings for youth in grades K-5. The program opens at 6:45 am and runs until students leave for their classrooms at 8:20 am! Kindergarteners are escorted by staff. At the program the youth are able to finish homework, work on arts and crafts projects and play games in the gym. The youth are able to eat breakfast with the school breakfast program.

The After School Program starts at the EES Library to gather, then they head outside to the EES playgrounds during good weather days or walk down to Watson Academy for snack 3:15-4:15 pm, during cold or bad weather days. The program then runs organized games and activities from 4:15 to 5:45 pm at Watson Academy and on scheduled days, uses the gym for PE related programming. The program operates from school dismissal until 5:45 pm. Children are grouped by grades.

If your child would like to participate in the school offered programs after school or extra work with a teacher, we do have staff available to pick up the kids at the designated school dismissal areas at the close of these programs. We ask that parents notify us, if their child will be attending one of the school programs and if they will be picking them up from these programs so we can coordinate the pick up schedule daily.

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

run on the last day of school, but are then closed until the start of our scheduled Summer Camp programming.

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

Karate Classes

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

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

ALL beginners receive a FREE Uniform.

Youth Ceramics Class

Day: Thursdays at Watson Academy

Time: 4:30-5:30 pm

Cost: \$20 per 3-week session

Youth Golf Program

Ages: 8-14

Time: Saturdays 9:00-10:00 am

Cost: \$100 for 9 week clinic

When: June 15th- August 17th (No July 6th Class)

Where: Twin Pines Driving Range

Aug. 17th class held at Apple Hill Golf Club

Fee due at registration. Please mail to 157 Main Street or drop off at the Town Hall, payable to Town of Epping

8th – 9th Grade CIT program

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

Both the Application and two Reference Forms need to be returned to the Watson Academy or the Town Hall for review. CIT positions are limited! We will call all applicants in for an initial interview with the Recreation Director and Assistant Director. The CIT program is not a full summer, full week program. Each CIT will be given a schedule of days and hours they will be assigned to complete their volunteer time with us. CIT's will ASSIST staff in running programs for kids, preparing materials for programs, helping with general clean up after programs and being role models for children participating in programs. Most CIT hours are completed on school grounds (no field trip hours). If a CIT shows exemplary skills in assisting

children during on-grounds programs, we may contact those parents to arrange for field trip volunteer hours.

Adult Programs

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

Adult Basketball

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

Day / Time: Sunday – 7:00 – 9:00 pm

Location: EMS Gym (Use EHS entrance)

Cost: \$3 per night – Please bring exact chan

Each participant is required to sign a waiver form prior to playing and payment. Waiver forms will be available at the gym. You will not be allowed to play if we do not have a signed waiver and payment. The payment covers the cost of the staff to provide this program.

Adult Ceramics Class

Day: Thursdays

Time: 9-11 am

Cost: \$2 for ceramic piece

Location: Watson Academy

The Porch

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

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

- Running a youth center for teenagers

- Running a children's after-school program

- Giving financially to families who are in need

- Providing free family counseling

- Organizing various programs for teenagers to service others

Kids Club

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

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

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

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

Teen Central

Our Teen Central is geared for grades 6-12.

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

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

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

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

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

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

Families First

support for families...health care for all

Epping Family Morning Out: Meets for three Fridays in the summer – July 12, 19, 26 - 9:30-11 am. For children ages birth to six with parents or other caregivers. Children will explore age-appropriate crafts and other activities, have positive play with peers and adults and enjoy songs, stories, snack and first friendships. With Patricia Keck. This group meets most Friday mornings during the school year through June 14. Meets at the SAU 14 Building, 213 Main Street, Epping. Cost: It's free! See you there! Advance sign-up not needed.

For information call 422-8208, press 2.

Exeter Family Morning Out Thursdays –starting June 27 - 9:30-11 am. (Note: group will not be held July 4, July 11, August 15, August 29) For children ages birth to six, with parents or other caregivers. Children will explore age-appropriate crafts and other activities, have positive play with peers and adults, and enjoy songs, stories and snack. Facilitator: Patricia Keck. Held at Exeter Parks and Recreation (32 Court Street, Exeter). Cost: Free. Advance sign-up not needed.

For other programs, please see our event calendar.

For information call 422-8208, press 2..

All parents and children are welcome at our Parenting Classes, Parent-Child Groups and

Parent Groups. **Advance registration is needed for most programs and is always needed for child care;** please go to FamiliesFirstSeacoast.org and click on the Register for Family Programs button, or call 422-8208 x2.

Epping Students in the News

Congratulations to the following students:
Graduating from the University of Vermont in May 2019 with a B.S. in Medical Radiation Sciences

Sarah Clements

Graduating from Northern Essex Community College on May 18, 2019

Jasmin J. Kirby Certificate, Sleep technologist

Jesse D. Lannoo Associate in Arts Liberal Arts with Honors

Graduating from the University of NH in May 2019

Kelli Killen

Adrianna Lamparelli

Erin Milbury

Elizabeth Sheckler

Evan Silva

Casey Sturzo

Casey Tuttle

SUNY Canton recognizes for earning Part Time Honors during the Spring 2019 semester in College's Emergency Management Program

Jacklyn A. Ulban

Southern New Hampshire University announces Winter 2019 President's List

Sabrina Rivers

Morgan Pease

Rachel Stone

Bradley George

Hannah Mailhot

Kevin Newton

Southern New Hampshire University announces Winter 2019 Dean's List

Nicholas Arsenault

Kiley Lafond

Curry College announces Spring 2019 Dean's List

Shaye Blanchette



School Board Meeting Schedule

The Epping School Board holds regular meetings at 7:00 pm in the Epping Town Hall. The

public is invited to attend. Meetings are also televised by ETV. Agendas and minutes are posted on the district website at www.sau14.org under School Board/Agenda & Minutes. ETV is also streaming meetings that you can watch live on your computer at: etv22.viebit.com.

July 18th

August 1st and 15th

Craft Fair Crafters and Vendors Needed

The Epping Athletics Boosters are holding their annual Craft Fair on **November 9th** from 8:00 am to 3:00 pm in the Epping Middle High School Cafeteria/Gymnasium. They are accepting applications from Crafters and Vendors. There is an Early Bird special - before August 1st the charge will be \$25.00 for approximately 8X8 space. After August 1st, the cost will be \$30.00. Applications will be available at the Town Hall or through contacting Beth Deschene, at kenbethd@comcast.net or by leaving a message at 679-2733..

Epping High School (EHS)

EHS Class of 2019 Top Ten

Julianna Re is Epping High School's Valedictorian of the class of 2019. She is the daughter of Jill and Jason Re. Julianna is the 2018 recipient of the Mt. Holyoke Book Award, the 2019 recipient of the US Marine Corps Scholastic Excellence Award and a four-time recipient of the Presidential Award for Academic Excellence. She is also a New Hampshire Scholar. Julianna played four years of varsity volleyball and served as the team captain in her junior and senior years. Additionally, she is a member of the French Club, National Honor Society, Student Government, and the EHS Chorus and Concert Band. Julianna also holds a part-time job working at Colonial Poplin Nursing and Rehabilitation Facility in patient care.

Julianna will be attending Simmons University in Boston, Mass. to pursue a degree in nursing.

Allison Nee is Epping High School's Salutatorian of the class of 2019. She is the daughter of Lisa and Paul Nee. Allison received the Presidential Award for Academic Excellence for all four years of high school. She also received a High Honors Award from the Society of Women Engineers in 2018 and the EHS Spanish Award in 2017. Allison has devoted her time to volunteering at various school events including the senior dinner, graduation, prom committee, and school

spirit week committees. Additionally, she has held a part-time job at Marshall's as a store associate.

In the fall, Allison will attend Great Bay Community College to complete her general education requirements before transferring to a university to pursue a bachelor's degree.

MiKayla Ball is the daughter of Jody and Robert Ball. In 2018 Mikayla received the Harvard University Book Award and in 2019 she received the EHS English Award and the Daughters of the American Revolution Good Citizen Award. Mikayla is also a NH Scholar and a four-time recipient of the Presidential Award for Academic Excellence. Mikayla completed the two-year program in Biomedical Science and Technology at the Seacoast School of Technology. She also attended the National Academy of Future Physicians and Medical Leaders in 2017. In her time at EHS, Mikayla has been an active member of Unified sports and the Unified Club, participating in soccer, basketball, and track & field as a peer mentor. She was the 2019 recipient of the EHS Athletic Department's Lisa West Spirit and Involvement Award for her dedication to Unified sports. Additionally, MiKayla is a member of the National Honor Society, a three-year member of the EHS Chorus and Concert Band, and she participates and volunteers in Krav Maga Global- New England. Mikayla also holds a part-time job at Rochester Manor healthcare facility.

MiKayla will be attending St. Michael's College in Colchester, Vermont with a major in clinical health sciences.

Marc Giudice is the son of Charlene Cannatelli and Anthony Giudice. Marc received the Brown University Book Award in 2018 for excellence in written and spoken word. That same year he also received the St. Michael's College Book Award for academic achievement with a social conscience. Marc is a four-time recipient of the Presidential Award for Academic Excellence and he is a NH Scholar. In 2018 Marc received the EHS Spanish Award and in 2019 he received the EHS Social Studies Award. Marc is the vice-president of the Spanish Honor Society, a member of the Academy Street Players (the EHS theater group), and he participated in Project Search at UNH.

Marc will be attending the University of New Hampshire with a major in Political Science.

Gracia Jordan is the daughter of Stacey and Bob Jordan. Gracia received the 2018 St. Anselm College Book Award, the Presidential Award for

Gracia will attend the University of New Hampshire to pursue a degree in social work.

Emilie will be attending Southern New Hampshire University with a major in history.

Adam will be attending the University of New Hampshire's Peter T. Paul College of Business with a major in business administration.

high school. Maya participated in the EHS Chorus for three years and volunteered her time at numerous events such as the EHS Color Run, spirit committee, and prom committee. Maya also works part-time as a crew member at Dunkin Donuts.

Destiny McKay is the daughter of Heather and Michael McKay. Destiny is a NH Scholar and a four-time recipient of the Presidential Award for Academic Excellence. In her time at Epping High School, Destiny has participated in Track and Field and has worked part-time at White Gate Farm.

Jennifer Nikolova is the daughter of Roumiana Castles. She is a four-time recipient of the Presidential Award for Academic Excellence. Jennifer also received the EHS Spanish Award in 2017 and she received the EHS Senior Math Award in 2019 for excellence and dedication to the study of mathematics. In her time at Epping High School, Jennifer has been a member of the Spanish Honor Society and has served as president for two years. she also participated in Project Search at UNH.

In the fall, Jennifer will attend Endicott College in Beverly, Mass. with a major in engineering.

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

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

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, 2019**. Please include date, event name, location and time.

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Epping Calendar of Events for July 2019

July 1	Lamprey Rivers Nature program at the Library
July 1	Friends of the Library – 7 pm
July 2	Children's Yoga at the Library
July 3	Providence Baptist Church Food Pantry – 10 am
July 4	FOURTH OF JULY - Library closed
July 4, 5	FOURTH OF JULY - Town Hall closed
July 6	Epping Community Church Food Pantry – 8-10 am
July 8	Build a Comet at the Library – 2 pm
July 10	Providence Baptist Church Food Pantry – 10 am
July 12	Epping Watson Academy Seniors “ Fire Department” – 1 pm
July 12	Jason Purdy Magic Show in EES Gym – 10:30-11:30 am
July 12	Comedy Juggling Show at the Town Hall – Pizza 4:30, Show – 5 pm
July 13	Paws to Read at the Library – 10:30 am-12:30 pm
July 13	Epping Community Church Food Pantry – 8-10 am
July 13	Rivers for Change River Cleanup – 8-11 am
July 13	Rivers for Change River Public Paddle – 2-5 pm
July 14	American Legion Post 51 Sunday Breakfast Buffet – 8-11 am
July 15	It's Money, Honey at the Library – 11 am
July 16	Library Board of Trustees – 7 pm
July 16	Children's Yoga at the Library
July 17	Providence Baptist Church Food Pantry – 10 am
July 18	Epping School Board meeting in Epping Town Hall – 7 pm
July 19	Turtles Are Out of This World at the Library – 11 am
July 19	Animal Encounters Show in EES Gym – 10:30-11:30 am
July 20	Epping Community Church Food Pantry – 8-10 am
July 22	Under a Starry Sky at the Library – 1:30 pm
July 22	Little Red Wagon Theater Show in EES Gym – 10:30-11:30 am
July 24	Providence Baptist Church Food Pantry – 10 am
July 27	Epping Community Church Food Pantry – 8-10 am
July 27	Boy Scout Court of Honor at American Legion
July 28-August 2	Boy Scout Summer Camp in Gilmanton
July 30	SPCA Storytime at the Library – 11 am (Bring Dog or Cat food)
July 31	Providence Baptist Church Food Pantry – 10 am

Epping Calendar of Events for August 2019

Date	Event
August 1	Epping School Board meeting in Epping Town Hall – 7 pm
July 28-August 2	Boy Scout Summer Camp in Gilmanton
August 2	Smoothie Bus in Town Hall Parking Lot – 9:30-11:30 am
August 2	Magic Show and Reading Party at the Library – 2 pm
August 3	Epping Community Church Food Pantry – 8-10 am
August 3	Jet Cars Under the Stars at NE Dragway – 4:30 pm
August 3-4	ECT Auditions for “Wizard of Oz”
August 5	Friends of the Library – 7 pm
August 6	Last Day to enter photos in the Conservation Commission Photo Contest
August 7	Providence Baptist Church Food Pantry – 10 am
August 9	Mad Science Show in EES Gym – 10:00-11:00 am
August 10	Epping Community Church Food Pantry – 8-10 am
August 11	Rockingham County 4-H Circuit Horse Show at Shannon Trails
August 11	American Legion Post 51 Sunday breakfast – 8-11 am
August 13	Children’s Yoga at the Library
August 14	Providence Baptist Church Food Pantry – 10 am
August 14	Dam Straight at Durham Public Library – 6:30-7:30 pm
August 15	Epping School Board meeting in Epping Town Hall – 7 pm
August 16- 25	Epping Community Theater production – “Any Number Can Die”
August 17	Epping Community Church Food Pantry – 8-10 am
August 17	Tidal Ecopaddle at Schanda Park Newmarket – 1-4 pm
August 17	Last Day of Golf Program held at Apple Hill Golf Club
August 20	Library Board of Trustees Meeting – 7 pm
August 21	Providence Baptist Church Food Pantry – 10 am
August 24	Epping Community Church Food Pantry – 8-10 am
August 25	DEADLINE DATE for the September-October issue of the Newsletter
August 27	Epping Lions Club meeting – 6:30 pm
August 27	Children’s Yoga at the Library
August 28	Providence Baptist Church Food Pantry – 10 am
August 31	Epping Community Church Food Pantry – 8-10 am

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