



# Speak Up, Epping! Newsletter

Volume 14, Issue 2

Epping, New Hampshire

March-April 2021

## About this Newsletter

*This Newsletter is produced by the Speak Up, Epping! Communications Group. The purpose of the newsletter is to provide information about upcoming events and pertinent information from community organizations. Please note that no editorial, political or religious views will be accepted and the Communications Group reserves the right to edit submissions. If you would like to submit material for and/or receive this newsletter electronically, please visit our website at [www.speakupepping.com](http://www.speakupepping.com)*

## Check Out Our Newsletter Website

Be sure and check out our Speak Up, Epping! website: [www.speakupepping.com](http://www.speakupepping.com). Each new issue of the Newsletter will be available by downloading it from the website. You can also access news from the issue separately by topic and find late-breaking news, past Newsletters, town links and calendars.

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

## To our readers:

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

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

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

## Town Candidates

### SELECTMEN 3 years – 2 positions

*Vote for not more than 2*

John Cody

Tom Gauthier

Adam Mungula

Brian G. Reed

Steve Thomas

### BUDGET COMMITTEE 3 years – 3 positions

*Vote for not more than 3*

Cody M. Belanger

Jen Chapman

Pat Howe

Ryan J. Peterson

Mark Vallone

### CEMETERY TRUSTEE 3 years – 1 position

*Vote for not more than 1*

Teresa Kucera

### LIBRARY TRUSTEE 3 years – 2 positions

*Vote for not more than 2*

John T. Clark

Michelle Wheeler

### PLANNING BOARD 3 years – 2 positions

*Vote for not more than 2*

Heather Clark

Michael Vose

### BOARD OF ADJ. 3 years – 2 positions

*Vote for not more than 2*

Kevin Martin

Kim A. Sullivan

Donald MacLaren

### TRUST FUND TRUSTEE 3 years 1 position

*Vote for not more than 1*

Robin Briscoe

### WATER & SEWER 3 years – 1 position

*Vote for not more than 1*

*No candidate at this time*

## School Candidates

SCHOOL BOARD MEMBER 3 years – 1 position

*Vote for not more than 1*

Robert Hodgman

Ben Leavitt

SCHOOL DISTRICT TREASURER 3 years – 1

position

*Vote for not more than 1*

Melinda Stanley

## End 68 Hours of Hunger - Epping



Our program would like to thank all of the residents and businesses who helped us provide Thanksgiving and Christmas meals this holiday season! We provided dinners to 12 families who rely on our program. We helped feed the 25 children in our community throughout Christmas vacation in addition to running our regular program every weekend. Our program's biggest needs continue to be pasta, mayo, canned goods and crackers. Our drop off location is at Erica's Garden. We are so grateful for all the support our community continues to give, without it we would not be able to continue to feed the children in need within our community.

## News from the Town

The Town Hall is now open with a screening procedure in place.

### Town dates

**March 9<sup>th</sup> – Town Elections**

**March 14<sup>th</sup> – Daylight Savings Time begins  
(Spring ahead)**

## 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.

## Senior Moments

The rut we've been in has moved us out of our routines and exposed a weakened link in our chain of life.

An important routine is the 68 hours of Hunger Program. We're back however and Erica's Flower Shop on Route 125 is an easy and safe drop off site. It's fun shopping for foods our kids liked when they were kids. Actually, foods we liked when we were kids. Secretly, foods we still like, but darn that sodium!

We all enjoyed voting. Most did it by mail which allowed us to debate, right before checking the square and licking the envelope. However, missing the distinctive ambiance of the voting booth was another broken link in our chain. But it won't be long before all the missing links are back and our chain of life will be stronger than ever. When that time returns and our "routine" links return - our "To Do" list comes out of the drawer and gas goes back into the bus - We'll see you later!

SCAMS...SCAMS...SCAMS!! Do they just pick on us Seniors? What the heck? We're receiving these frustrating and annoying emails that are just SCAMS!! I got them from Amazon, Macy's, PayPal and even my bank. Someone got one from a site they'd never visited. I talked to a clerk at my bank and was told they hear of customer scams at least 40 times a month!! S c a r y!! It used to be "Buyer Beware." Now it's "Fingers on the Keyboard Beware." Does it get worse? Yes, it does....our cellphones. We all have them, but not glued to our hips. The phone rings, we rush to find it and there it is....some weird number from some weird place on the planet. I'm going to buy a whistle to answer these calls from my place on the planet.

People come and go, we know that, but some should stay longer. One is our beloved Misty who made our annual Christmas party an "over the top" success. Well she did it – she retired and moved to Maine. Why? So, we'll be looking for a new caterer. Not only to replace Misty, but someone to deal with finicky, apprehensive and hungry oldies. Help!

Put your shades on because the light at the end of the Tunnel is getting brighter! Some of us can display that beautiful Band-aid of armor against the Covid-19 enemy. A few of us are casino junkies and made a bet as to when the Club reunites. One bet – Memorial Day, another bet – Fourth of July and I bet – Labor Day (the optimist). The wager was a free

cup of coffee. I hope I have to bring the pot to the Parade.

Here comes a tip from that granddaughter...a pretty clever one.

Place potting soil in eggshells, place seeds in the soil, then place them back in the carton. When ready, plant the shells right into your garden. How's that for a lead into SPRING!!

Please, please continue to stay safe!

*Irene R. Cote, Secretary*

## The Pease Greeters Need Our Help!

The Pease Greeters, hundreds of volunteers, meet our Armed Forces any time of day or night, as they pass through Pease International Airport on their way to a war zone or on their way home. For more than eleven years, Greeters have welcomed service members on every flight with a warm meal and beverage, small gifts, a cell phone to call home and a hearty round of applause. And for that we give the Greeters our warmest and most sincere thanks.

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

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

The Pease Greeters began welcoming flights in 2005 and a few months ago reached the milestone of having welcomed 1000 flights. Recently, the number of flights through Pease has increased and the Pease Greeters are in need of **monetary help**. We need to support our service men and women any way we can. If you can give any amount, please make a check payable to Pease Greeters and send or drop it off to Joyce at the Town Hall.

To learn more about the Pease Greeters, sign up for flight alerts or to make a contribution, visit [www.peasegreeters.org](http://www.peasegreeters.org).



**Epping Lions Club**

**"We Serve"**

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

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

The Epping Lions Club still has not met as a group (our last meeting was January, 2020!) due to the feelings of group members about gathering together.

We have continued to assist applicants in need, via email assistance. Otherwise, it's been a very quiet year - nothing to report.

**Deb Brooks, President**

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

**Cheryl Denoncour, Treasurer**

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

**Colleen Palmer, Secretary**

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

## Epping Historical Society

We have been "closed" to the general public since March. However, I now put out the flag on Monday and any visitors must wear masks. I welcome visitors by appointment, all they have to do is call. I had one dedicated volunteer this summer, but she had to return to her job as a teacher. She was a big help with our soon to be website. The website is a learning experience for me, quite a challenge!

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

Stay healthy!

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

*Submitted by Joy True, curator, Epping Historical Society*

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

## The Civil War Roundtable of NH

Due to the Covid-19 crisis, the Civil War Roundtable of NH is holding off meetings until March 2021. We hope to resume meetings in April 2021. Please check back for updates.

Pat Falci, who was scheduled to be part of our 30<sup>th</sup> Anniversary meeting in May 2021, is tentatively now re-scheduled for September 2021. Other meetings may be changed as well so please check the website periodically for updates.

With the recent national election, we're keeping close watch on House Bill #HR7608 which would remove Confederate Monuments from Gettysburg, Vicksburg, Antietam, and all National Military Parks. The bill passed the House but needs to pass the Senate. The Democrats are looking to remove Confederate Monuments on ALL national park battlefields



November 21, 2020 would have been the annual Remembrance Day at Gettysburg, but all events were canceled. Still, a couple of members of the CWRTNH were on hand to help with some commemorative doings. Liz Hallett hosted a small but poignant ceremony with Robert Hodgman, Aileen Kelly, and Bill Hallett. The day before, this same group flagged the graves of ALL New England men buried at the Soldiers National Cemetery at Gettysburg.

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

## Nature Talks

### Trails, Signs and Our Intern

For many of us, February brings with it an opportunity to begin focusing on spring. Higher temperatures are definitely coming!! Your Epping Conservation Commission (ECC) is planning a Trail Workday for a warmer day in the next month or two at Robert Friend Low Park. The Low family wanted to protect undeveloped water frontage along the (Piscassic River), wildlife habitat on the property, and the scenic enjoyment of the general public.

In accordance with the forest management plan, timber at the park was harvested in August, 2017 and shortly thereafter, the ECC marked out a trail. At least once a year since then, some clearing has occurred to ensure the trail markings are still visible. With more folks taking advantage of the outdoors, we're hoping a large group of volunteers will turn out to complete the trail clearing and put on the finishing touches.

You've probably seen the sign at Miriam Jackson Park, located at the corner of Water and Mill Streets, but have you ever wondered who she really was? When the ground thaws enough for installation, look for a new educational sign answering that question. She was a remarkable woman and conservationist.

In other ECC news, please welcome Garrett Snyder as a temporary Commissioner! As a UNH senior majoring in Environmental Conservation and Sustainability, he needs work/internship experience to graduate. We will share our knowledge with him and he will contribute his time toward achieving some of our goals. It's a win/win situation for sure! Garrett prefers field work to looking at paper, specifically mentioned compass and digital geographic systems and will get some experience

monitoring properties. Additionally, he will take a close look at the Epping Natural Resources Inventory to gain an understanding of the ecological value of the land, the wildlife habitat and recommendations for protecting these natural resources. If you have any questions about those things in particular, and/or anything else in general, please send them our way! Thank you, Garrett!!



*Our Temporary Commissioner: Garrett Snyder  
Stay safe and enjoy the outdoors!  
Submitted by Sandy Goodspeed*

## Lamprey River Advisory Committee Ice Symphony



*Chilly Schanda Park in Newmarket  
photo by Rachel Stevens*

Most of the 49-mile Lamprey River is freshwater, but the 2-mile section from Macallen Dam in Newmarket out to Great Bay is saltwater. Twice a day, this water rises and falls with the tides. This rhythm occurs even with a covering of ice. As ice expands with the incoming tide and constricts with the outgoing tide, it cracks and contorts. The action does not happen silently. The sound waves travel through air and water as usual, but they are distorted when they travel through ice. The result is a



symphony of eerie and spacy sounds consisting of creaks, groans, pings, pops, rumbles, and screeches. The best times to hear these estuary concerts are when the tide is actively turning, about halfway between high and low tides. Free tide charts based on location are readily available online.

The same phenomenon that occurs in estuaries and on tidal rivers can also be found on frozen lakes. Lakes do not experience tides, but changes in temperature cause ice to contract and expand, resulting in similar sounds. The best times to catch an ice symphony on freshwater typically are often near sunrise and sunset when the sun actively affects the temperature of air. For those who have not heard an ice symphony, internet searches using “sounds under ice” will produce a few lake hits. Lake ice sounds are interesting, but tidal flows help to diversify the mix, with currents sometimes dragging ice under ice. So, dress warmly and go visit your local tidal river in person. If you are lucky, the ice will be nice and sound will abound.

### Improving Detection of Variable Milfoil in Pawtuckaway Lake



*Variable milfoil stem and cross section*

Pawtuckaway Lake empties into the Lamprey River in Nottingham. Problems in the lake can easily become problems in the river. Variable milfoil is one of those potential problems; it grows and spreads quickly. Left unchecked, it can overtake a body of water, ruining its water quality and recreational appeal. In 2014, variable milfoil plants were found in the lake.

The Pawtuckaway Lake Improvement Association (PLIA) sprang into action and employed a seek-and-remove campaign to augment its already robust invasive plant prevention program. Locating variable milfoil is normally a time and energy consuming effort, with divers physically searching for individual plants. With over 50 percent of Pawtuckaway Lake shallow enough to support the growth of milfoil, the task of detecting each individual

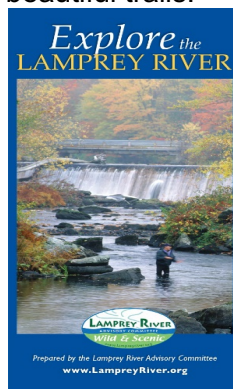
plant was daunting. To make early detection more efficient, the PLIA requested and received a Community Grant from the LRAC to purchase side-scan sonar for a pilot project.

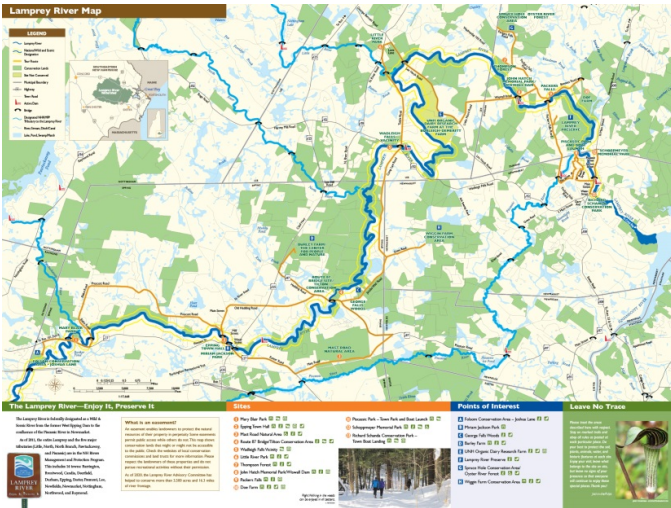
During the summer of 2020, PLIA volunteers learned how to use the equipment and interpret the data. Their results were impressive! After scanning areas known to have supported variable milfoil in the past, other areas of the lake not known to have milfoil were searched. The sonar logs from these runs were analyzed and all suspicious areas were investigated. Fortunately, no new areas of infestation were found. In the five years that the PLIA has been searching for milfoil, they learned that underwater searches take about one person hour per acre; side scan sonar can cover about 10 acres per person hour. This order of magnitude increase in productivity makes it feasible to satisfy the original goal of searching a high percentage of potential areas of infestation on a regular basis with reasonable amounts of time and effort. While they did have a number of “false positives,” divers were able investigate each case without undue extra effort, especially in early summer when the surrounding native vegetation was still small.

To see all of these reports, please visit [www.LampreyRiver.org](http://www.LampreyRiver.org) under research on the multi-media tab.

### Recreation, Revised!

Our popular *Explore the Lamprey River Map and Guide* has been updated and is now available for free at most local libraries, town recreation departments, and online. Updates include new paddling access points, more hiking trails, and new parks. You can also request a free copy to be mailed to your house. Please send your request to [info@LampreyRiver.org](mailto:info@LampreyRiver.org) and provide your mailing address. Winter is a great time to enjoy many beautiful trails!





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

## Epping Garden Club



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

Our first fundraiser of the new year is the sale of our very popular Pansy Bowls. The prices are one bowl for \$15; two Bowls for \$25. Follow us on Facebook for more details. For more information, please call 300-0064.

Everyone please stay safe!  
Thanks Again!

*Submitted by Eunice Miller*



## ETV Schedule

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

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

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



## Scouting Around Epping Boy Scout Troop 136

Scout Troop 136 has resumed Troop Meetings at the American Legion on Sundays. These in person meetings will be outdoors until Covid-19 improves. Scouts continue their outdoor meetings, learning knot tying, fire building and other outdoor skills. No camping is currently scheduled for the upcoming months. Several Scouts are working on having their Scout projects approved and are planning to soon start their projects. The Scouts will be attending the annual Klondike Derby at Raymond Sportsman's Club being held on **March 6<sup>th</sup>**.



*Feb. 15<sup>th</sup> Troop Meeting: Fire Building Skills*





## Epping Fire Department

Hello to my Epping Speak Up readers.

This issue, we will be talking about some winter and spring safety tips as we continue to work through this pandemic. Vaccine clinics have been vaccinating first responders around the state. Other segments of the State's residents will soon be able to get theirs. Stay tuned to the local news for more information about vaccinations. The Governor usually does a press conference around 3 pm on Thursdays that is broadcast on WMUR, Channel 9.

### Winter Safety Tips.

I would like to remind everyone to keep any vents, driveways and walkways clear of snow. A packed vent can be dangerous and lead to carbon monoxide in the house. It's important to have carbon monoxide and smoke detectors in your house. Carbon monoxide is odorless and colorless and a silent killer. Symptoms of carbon monoxide poisoning are headache, nausea, dizziness and fainting. Daylight Savings Time is coming on **March 14<sup>th</sup>** and this is the perfect time to check your smoke and CO detectors when you set your clocks ahead.

There have been a lot of fires in the past year that unfortunately were fatal. Most of these homes didn't have working smoke detectors. Smoke detectors are inexpensive and should be integrated or connected so they alarm the occupants in the event of a fire. Smoke detectors should also be changed every 10 years.

Landlords are responsible for keeping the smoke and carbon monoxide detectors operational in their tenant's apartments, condominiums and houses they rent. Even if you rent out to Air BNB, you still need to make sure the home has working detectors. I also recommend a fire extinguisher. You can get smoke detectors and fire extinguishers at any local department store.

Driveways should be cleared out in case we need to get to your house. A street number on the mailbox and house is important for locating you during the event of an emergency. Our fire trucks and ambulances are large vehicles and need space to go down the narrowest driveways.

Always check the ice before entering or skating on it. Ice needs to be 6 inches thick in order to walk on it. Stay away from culverts and open waterways as the moving water tends not to freeze. Before

adding any type of bob house or recreational vehicle, the ice should be at least a foot thick.

Ashes from woodstoves and fireplaces should be cleaned out and placed in a snowbank away from your house; preferably in a garden area where ashes can help with the soil.

### Spring Safety Tips.

As we get away from winter conditions and into spring, aka Mud Season, you should look at cleaning out clutter in your homes. Hoarding has become a serious problem in America and the extra clutter adds to what we call a "fire load", which increases the heat and intensity of a fire. Hoarding can also trap you in your home with no way to escape a fire. This is also a problem for firefighters entering a house, as we can't climb over the clutter to rescue people. I understand things are precious or valuable to people, but keeping things in order can save your life.

Prior to starting any house projects, make sure you call Dig Safe for outside projects and the town hall for any permits needed prior to starting the project. Any gas or oil furnace must have a permit prior to installation and inspected by the fire department for final approval prior to using a new heating system. This is for your safety to ensure proper installation by a licensed technician. Permits can be obtained online or in person at the Building Department/Code Enforcement Office at the Epping Town Hall. Most have a permitting fee as well.

### Fire Prevention.

Saturday was the 17-year anniversary of the Station Night Club fire in West Warwick, Rhode Island which killed 100 people, as well as injuring another 200 people. Pyrotechnics caught the foam sound proofing on fire which quickly spread throughout the building. Overcrowding, interior finish and lack of exits contributed to the fatalities. I remember this fire since I had seen the rock band, Great White in Concert in the Park in Manchester, many years prior to the SNHU or Verizon Center being built. (Yes, I am not as young as I sound).

This fire and the Coconut Grove fire in Boston in 1942, had a lot of similarities that contributed to the deaths of the occupants. Unfortunately, 492 people were killed in the Coconut Grove fire. Both had a lack of exits, highly flammable interior finishes and decorations, compounded by overcrowding. It is also human nature to go out the same way you enter the building. You should always observe a room and



know your escape routes and exits when visiting any hotels, restaurants, casinos or nightclubs.

This is a major reason why I do fire prevention. It is to save lives and property and reduce risk to the community. These and many other tragic events are among the reasons we have building and fire codes. Commercial and multi-family dwellings must have a fire alarm and sprinkler system in working order. They should be tested and inspected annually. I have been working hard to have these systems installed to keep the public safe in the event of a fire or other event. Making sure there is more than one exit that is at least 36 inches wide is also a requirement. There are a lot of other fire and building codes required. They have come about because of past tragedies.

Always be aware of your surroundings and know two ways out of a building in the event of a hostile event or fire.

### **Burn Permits.**

Burn permits can be acquired online at [nhfirepermit.com](http://nhfirepermit.com) or at the Station from 6 am to 6 pm. Make sure large piles are 50 feet away from any shed, barn, or house. Campfires only need to be 25 feet away from any structure. If the ground is snow covered, then a permit isn't required. Snow cover means the whole area is covered in deep snow. You can always call the Fire Station if you have any questions prior to burning. Come April 1<sup>st</sup>, you will need to acquire a permit to kindle a fire.

Stay safe this winter and spring and know we are here for you, 24 hours a day, 365 days a year!

*Respectfully,*

*Lieutenant Paul St Cyr*

*Fire Prevention Officer and 9-11 Liaison.*

## **Epping Explorer Posts**

### **Epping Fire Department Explorer Post 136**

The Explorer Post will be meeting at the Station on the 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays from 6:30 to 8:00 pm. Youth 14 to 19 years old are invited to consider joining the Fire Department Explorer program. Call Captain Cray at 396-9436 or Lt. Labonte at 679-5446.

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



### **Museum Fundraiser**

Kevin Woods would like you to join the fundraising team for the [Epping Fire and Brick Museum](#). He started a GoFundMe campaign and he'd like you to join his fundraising team.

### **What is GoFundMe Team Fundraising?**

GoFundMe Team Fundraising allows groups of all sizes to raise money together. By joining a Team GoFundMe, you can help manage the fundraiser, spread the word, and help your team reach its fundraising goal.

### **About this fundraiser**

Cliff Cray and Joy True, president of the Epping Historical Society, and other townspeople are working to preserve the memories of the old Fire Station through the Fire and Brick Museum, authorized by voters in the March 2018 Town Meeting. The effort will bring the old station back to life, and also honor the brick-making industry that flourished in Epping in the 19<sup>th</sup> and 20<sup>th</sup> centuries. The building was used as Epping's main Fire Station from 1935 to 2001, when the current Safety Complex was built. It was used for highway vehicle storage for several years, then sat empty and fell into disrepair. They have started a GoFundMe page to help raise money for the restorations. Please consider making a contribution at <https://gofund.me/e5c278b1>

## American Legion News

### Monthly Breakfast Buffets

Monthly Second Sunday Buffets are canceled until further notice.

## Epping Community Church

We will continue to offer only online church services because of Covid-19. You can find the Sunday services either on Facebook or on YouTube-Epping Community Church. If you are in need of help or need to speak with Reverend Leonard you can call the church at 679-5542 and leave a message. We are hoping to have an outdoor Easter Sunrise Service this year. We will update on social media and also on our sign on the corner of Main and Pleasant streets.

Friday Night Pizza is back! You can call the church at 679-5542 and order your pizza. We have cheese, pepperoni, mushroom, veggie, meat lovers, Hawaiian, and white pizza. We can mix it up any way you want it! The pizza is \$10.00 each. We're open from 5:00-6:30 pm.

The Food Pantry is open every Saturday from 8-10 am. You can come and take a bag and any other items that are available. If you need help...come and we'll help you. We don't ask questions...we just want to help our neighbors. We also have warm coats and outerwear that have been donated. A huge thank you to Darrin at 9Round in the Brickyard Square. He ran a coat drive for 2 weeks and we received over 200 items. Thank you to all who donated...we are grateful! If you need a warm coat, we have them available for kids, women and men. We also have some snow pants, hats, gloves and scarves.

We have been extremely fortunate to have so many people in our community that have helped us with donations so that we can reach out and help others. Thank you all!

We are hoping to be able to resume our Soup of the Day Cafe in the Fall. We miss all of our volunteers and people who come to enjoy soup, salad, dessert and great company!

Rockingham Nutrition and Meals on Wheels is located at our church. They pack and deliver meals to our seniors in the area. If you know someone that could benefit from this program you can call 679-1609 and speak with them to set up deliveries. It's wonderful to have someone go to the houses daily with a hot meal and be able to say hello.

Stay safe...stay healthy and God bless you all!

## St. Joseph Catholic Church

208 Pleasant St. (Rte 27)

Epping, NH 03042

Office telephone: 679-8805

There's still not much going on here at St. Joseph's. We hope things will get back to "normal." soon.

We are doing daily masses and weekend masses, **all masses with limited capacity. Masks are required.**

Our mass schedule is:

Monday through Thursday 7:30 am

Saturday 4 pm, Sunday 8 am and 10 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.



## Harvey-Mitchell Memorial Library

**The library building is open for appointment visits!** Call us at 734-4587 to set up an appointment. (If we're not open, leave a message and we'll get back to you as soon as possible.) Appointments will be 30 minutes long and available for all ages. While at the library you have access to our collection of books and DVD's as well as computers, copiers, and fax services. **Masks are required** for all visitors entering the library. Appointments and pickups will be available during the following times:

Monday 10-5 pm

Tues., Weds., Thurs. 10-7 pm

Friday 10-5 pm

Saturday 10-2 pm

We will still be continuing curbside services as well. To make a request for **curbside pickup**, simply email at [eppinglibraryrequest@gmail.com](mailto:eppinglibraryrequest@gmail.com) or call 734-4587 and include your name and title(s) you would like. We'll get back to you within a day or two to tell you when you can pick up your materials. Please first visit our catalogue online to confirm that the book or DVD you're looking for is available, found on our website: <http://www.eppinglibrary.com/>

To return materials, simply place your items in the drop box outside the library, as usual. When we collect the materials, we will quarantine and clean them before redistributing. Expect that the turnaround time on new arrivals and other popular

materials may be longer than usual because of this process.

### Online Resources

As long as you have a library card with us you can take advantage of our digital services. Overdrive (and its app Libby) provides access to thousands of digital books, magazines, and audiobooks. Kanopy provides access to a huge streaming library of films, documentaries, and children's programming. You can find out how to access these services on our website: <http://www.eppinglibrary.com/services/overdrive-digital-library/>. Please email [harvmitch@gmail.com](mailto:harvmitch@gmail.com) with any questions about digital access or if you'd like to set up a new library account.

### Brick Engraving to Support HMML

Want to have your name or that of a friend or family member engraved in the library? We still have bricks available both for the wall at \$100 each and the front patio for \$50. The Friends of the Library are accepting donations to have the name(s) of your choice engraved in brick on our library building or our future patio area. For more information, visit our website at <http://www.eppinglibrary.com> or email us at [harvmitch@gmail.com](mailto:harvmitch@gmail.com).

### Friends of the Library

There are still some \$100 donation bricks available for the Friends of the Library Engraved Brick fundraiser. These will be used to fill the old doorway at the back of the building. You can have a brick engraved with your name or that of a family member or friend. You can also still get bricks for a \$50 donation, which will be used for paving the patio seating area in the front of the Library. Please go to the Library's website ([eppinglibrary.com](http://eppinglibrary.com)) for more details and order forms.

The south wall of the Library's Community Room now has bookshelves for the Friends' ongoing book sale. When you come in for curbside pickup, check out the selection of adult and children's books as well as some DVDs. There is no set price for the items--just leave your donation in the jar.

The Friends of the Library meet the first Wednesday of the month at 7 pm. For the foreseeable future, these meetings will continue to be held via Zoom. Please contact the Library if you would like to receive an invitation to join us on Zoom.

*Submitted by Pat VanWagoner*

## Epping Parks & Recreation

*Home of the "River Otters"*

Director: Nicole Bizzaro

Recreation Dept. Main Phone Number: 679-3006

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

Address:

17 Academy Street

Epping, NH 03042

Mailing address:

157 Main Street

Epping, NH 03042

The last we heard, the Recreation Department is closed to the public until further notice. You may email [eppingrecreation@gmail.com](mailto:eppingrecreation@gmail.com) if you have any questions regarding food assistance during the Covid-19 Pandemic. Nicole Bizzaro, the Director can also be reached by phone at 608-9487.

If you have any programming questions you can contact Marlee, the Assistant Director at [eppingrecprograms@gmail.com](mailto:eppingrecprograms@gmail.com).

There will be no activities at the Recreation Department until further notice.

## 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](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 Students in the News

Congratulations to the following students:

Bryant University announces the Dean's List for the 2020 Fall semester

**Lily O'Connell**

Lasell University of New England announces the Dean's List for 2020 Fall semester:

**Ashley Lussier**



Southern NH University announces the Dean's List  
for the 2020 Fall Semester

**Autumn Lanseigne**



## Epping Elementary School (EES)

### EES School Calendar

#### **MARCH**

**Feb. 23-26 – NO SCHOOL- WINTER BREAK**

**Mar. 1** – PTO meeting 7:00 pm Follow the EES PTO  
on Facebook at Epping PTO

**Mar. 5, 19, 26** – Remote Learning Days

**Mar. 9** – NO SCHOOL Professional  
Development Day

#### **APRIL**

**Apr. 5** – PTO meeting 7:00 pm Follow the EES PTO  
on Facebook at Epping PTO

**Apr. 2, 9, 16, 23** – Remote Learning Days

**Apr. 26-30** – NO SCHOOL- SPRING VACATION

**Oh My, Time is Running Out! Buy the EES  
Yearbook Today!!**

**To Purchase and Customize Your Yearbook,**  
you must be a parent or student 13 years or older.

#### **Customize Your 2 Free Pages**

Add photos from your computer, Facebook,  
Instagram, Google Drive and more. Answer fun  
Memory Questions to help remember the year.

The 2 Custom Pages are FREE and are printed  
ONLY in your book. Want more pages? Each  
additional 2 pages just \$0.99.

1. Go to [www.treering.com/validate](http://www.treering.com/validate)
2. Enter your school's passcode:  
1014847648322584

Regular Price: \$12.00

Deadline: April 17

#### **Lasagna Love:**

Our staff was recently the recipient of some  
“Lasagna Love,” thanks to Melanie Bergin who  
nominated us. Do you know someone who would  
benefit from a lasagna drop-off? Maybe you know a  
family that is dealing with job loss, health issues,  
food insecurity, grief, front line stress, etc . . . Maybe  
you know someone who is always helping others  
and deserves a free meal! 🍝🍝 Maybe it's you! Sign

them up or reach out and let them know they can  
sign up for free. Sign yourself up! They would love to  
have more families to help! [www.lasagnaLove.org](http://www.lasagnaLove.org).

#### **Wellness Challenge:**

We are challenging our students and staff to  
“climb” all forty-eight 4,000 footers in New  
Hampshire. Each activity that you complete will be  
equal to climbing 10 feet of the mountain. Students  
can put a sticker on the mountain for each activity. If  
it is helpful, you can collect the stickers for the  
activities that students complete and we can place  
the stickers on the mountain - please let us know and  
we can work that out. We will provide a roll of  
stickers to each team leader for every grade level  
Pre-K-5. UA teachers, please let the classroom  
teacher know to add stickers for activities. The  
activities that can be counted towards the climb are:  
GoNoodle, Physical Education Class, Active  
Recess, Sports/Athletic Activity, and Family physical  
activity.

The grade with the most stickers per mountain  
will have an extra recess with Ms. Cantagallo and  
Mr. Hinkle! (and we can't wait!)

## **Let's never get rid of newspapers - we need the laughs!**

*(These are real newspaper headlines)*

Homicide Victims Rarely Talk to Police

Barbershop Singers Bring Joy to School for the  
Deaf

Miracle Cure Kills Fifth Patient

Bridges Help People Cross Rivers

City Unsure Why Sewer Smells

17 Remain Dead in Morgue Shooting Spree

Starvation Can Lead to Health Hazards

Man Accused of Killing Lawyer Receives a New  
Attorney

Parents Keep Kids Home to Protest School  
Closure

Hospitals Resort to Hiring Doctors  
(Physician Shortage Prompting Move, Administrators Say)

Federal Agents Raid Gun Shop, Find Weapons

Diana Was Still Alive, Hours Before She Died

Meeting on Open Meetings is Closed

New Sick Policy Requires Two Day Notice

Statistics Show That Teen Pregnancy Drops Off  
Significantly after age 25

Bugs Flying Around with Wings are Flying Bugs

Study Shows Frequent Sex Enhances  
Pregnancy Chances

Marijuana Issue Sent to Joint Committee

Worker Suffers Leg Pain After Crane Drops  
800-pound ball on his head

## Email Address Changed?

If your email address has changed, please notify  
Barbara Helmstetter at: [bhelmstetter@comcast.net](mailto:bhelmstetter@comcast.net).

## Newsletter Schedule

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

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

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

Thanks for reading!

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