



Speak Up, Epping! Newsletter

Volume 15, Issue 2

Epping, New Hampshire

March-April 2022

About this Newsletter

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

Check Out Our Newsletter Website

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

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

To our readers:

We're still staying close to home in the midst of the COVID-19 pandemic, especially now with the Omicron variant around. Very few town events have been scheduled in March and April and so again there is no calendar in this issue. We hope that there will soon be more meetings and events to post in a calendar. In the meantime, we do have some information to pass on in this smaller than usual issue.

We can always post any other events or announcements on our website, our Facebook page and can send information out to our mailing list.

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

Senior Moments

We've on a furlough. It's been too cold, too icy and too Covid. But we're not just watching icicles hanging from the roof. My Mother-In-Law used to say: "why walk when you can run." Everyone's been doing and running somewhere. Here are a couple of examples.

Member Lorraine Bateman has been knitting hats a l-o-n-g time. The stack is now 1,272 hats high! AND she's not done! She's partnered with a friend and together they give hats and mittens to Veterans, Liberty House, churches, schools, CAP and anyone on the street with a cold head and cold hands.

Another example is member Joy True who constantly organizes the Historical Society. As Curator, she's transforming the entire collection for more efficient and useful public access. You gotta see it. Not only inside the four walls, but outside deep in the ground, as well. Bet you didn't know we have 83 cemeteries in Epping. Joy knows. She's documented every resting place in town.

Have to admit we've taken our foot off the gas and coasted for a while. Come April we'll rise from the recliner, put away the sweats and gas up the bus. Upcoming Trips will include the See Science Center, the Parker Maple House and the Palace Theater. I'll open that desk drawer and pull out those dusty programs. Epping Planner Kellie is still waiting to amaze us with Town growth and growth and growth. Our local pharmacist thinks she has the answers to our coming questions. She hasn't met us though.

We eagerly invite friends to join our club. The minimum age is 55, but if you take a survey right now, the max age is growing into the 90's! We are very proud of these members and maybe our Club keeps us young. So, you can find us in the yellow pages. Oops! There are no yellow pages. Find us running, not walking, anywhere there's food or a drugstore.

Hate to end my report on a sad note but we recently lost our sweet, sweet member Jean Voisine. Her death was sudden and still brings tears to our eyes. She was such a vibrant, happy person with a contagious smile. The sadness continuesmember Forrest True recently lost his brother David who died at the (too young) age of 83. If you ask Forrest to describe Dave, he would start with a smile and end with some crazy fun stories. Hang on to all of those wonderful memories, Forrest.

WELCOME SPRING!!! GOODBYE.....SNOW!!!
(Was Winter short or are we moving too fast?)

Irene R. Cote, Secretary

End 68 Hours of Hunger - Epping



End 68 Hours of Hunger would like to thank the community for their donations. We were able to provide Thanksgiving and Christmas dinners because of the community's generosity. End 68 Hours of Hunger has been feeding 22 children in the community every week. We are currently collecting donations for our program. Right now, we are in need of crackers, shelf stable milk, and mac and cheese. We have drop boxes at Erica's Garden and The Library. Financial donations to help in that effort can be mailed to:

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

Thank you!

News from the Town

March 8th – Town Elections

Town and School Positions to be voted on March 8th

The following positions for Town and School offices for this next year will be voted on March 8th. Voting takes place from 8 am to 7 pm in the Epping High School in the Middle School Gym.

TOWN CANDIDATES

SELECTMEN – 3 years

2 Positions

Steve Thomas

Joseph Trombley

Bob Jordan

BUDGET COMMITTEE – 3 years

3 Positions

Sean Morrison

Brian Reed

Jordenne Sargent

Rene Archambault

Jonathan Hagan

Michael Lecuyer

ZONING BOARD OF ADJUSTMENT – 3 years

2 Positions

John Horne, Jr.

Brian Reed

Bob Eldridge

ZONING BOARD OF ADJUSTMENT – 1 year

1 Position

Cassie Leigh Hojaboom

Moe Titcomb

CEMETERY TRUSTEE - 3 years

2 Positions

Grace Lavoie

Joy True

LIBRARY TRUSTEE - 3 years

2 Positions

Joan Harlow

Betsy A. McCombs

CHECKLIST SUPERVISOR - 6 years

1 Position

Grace Lavoie

PLANNING BOARD - 3 years

1 Position

Mike Sudak

Sean Morrison

Brian Reed

David Reinhold

TAX COLLECTOR – 3 years

1 Position

Erika Robinson

TOWN CLERK – 3 YEARS

1 Position

Erika Robinson

TRUST FUND TRUSTEE – 3 years

1 Position

Joe Denoncour

MODERATOR FOR TOWN – 2 years

1 Position

Adam Munguia

WATER & SEWER COMMISSION – 3 years

1 Position

Charlie Goodspeed

Scott Robertson Pim

Chet Clark

SCHOOL CANDIDATES

SCHOOL BOARD MEMBER – 3 years

2 Positions

John Scully

Heather Clark

Robert Hodgman

Julie Knight

SCHOOL TREASURER – 2 years

1 Position (Write in)

Openings for Volunteers in Town

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

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

The Epping Conservation Commission is in need of Volunteers.

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

Memorial Day Parade on May 30th

Spring is on its way and with Spring comes Memorial Day. At this time the parade is going to happen and we welcome organizations to take part. Groups planning on participating should plan on meeting at the American Legion parking lot no later than 9:30 am on May 30th. For those taking part, please remember this is Memorial Day. If you have questions please leave a message at the American legion, 603-679-8320 or with Cliff Cray 603-396-9436.

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 is in the middle of a membership campaign. Calling all of those who are looking to join a volunteer group! We fundraise and use the monies to help those in the community with vision and hearing issues. We also use the money for high school senior scholarships and for gift cards during the holidays to needy families in the community. If you are interested in joining our club,

reach out to an existing member, find us on Facebook ([\(1\) Epping Lions Club | Facebook](#)), or plan to attend our next monthly meeting on Tuesday March 22nd at 6:30 pm at the Harvey Mitchell Memorial Library.

Our largest fundraiser is coming up in April: the annual Lamprey River Canoe and Kayak race. This year's event is scheduled to be held on April 23rd. The event is held rain or shine. More details will be posted on our Facebook page. Let's make this year's event the best one yet!

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

Cheers!

Deb Brooks, *President*

lexusreina@comcast.net

Cheryl Denoncour, *Treasurer*

cdenoncour@gmail.com

Colleen Palmer, *Secretary*

colleenmariepalmer@hotmail.com

Submitted by Colleen Palmer, Secretary

Epping Community Theater

The Foggy Dew

Come join the Foggy Dew for an evening of Irish entertainment and relaxed family fun on **Sunday March 13th** from 2 – 4 pm.

There will be one 15 - 20 minute intermission

This show is for all ages.

Tickets will be \$10 at the door. Cash only.

At Epping Playhouse

38 Ladd's Lane

Epping, NH 03042

Beauty and the Beast JR.

The Epping Community Theater is hosting the Epping Middle High School's show: **Beauty and the Beast JR.** directed by Melanie Friese.

Friday **April 1st** at 7:00 pm

Saturday **April 2nd** at 7:00 pm

Sunday **April 3rd** at 2:00 pm

Tickets will be \$10 at the door. Cash only.

At Epping Playhouse

38 Ladd's Lane,

Epping, NH 03042

Based on the original Broadway production that ran for over thirteen years and was nominated for nine Tony Awards, and the Academy Award-winning motion picture, Disney's Beauty and the Beast JR. is a fantastic adaptation of the story of transformation and tolerance. Disney's Beauty and the Beast JR.

features some of the most popular songs ever written by Alan Menken and the late Howard Ashman, with new songs by Mr. Menken and Tim Rice.

The classic story tells of Belle, a young woman in a provincial town, and the Beast, who is really a young prince trapped under the spell of an enchantress. If the Beast can learn to love and be loved, the curse will end and he will be transformed to his former self. But time is running out. If the Beast does not learn his lesson soon, he and his household will be doomed for all eternity.

Epping Historical Society

It looks like Spring! But, do not be fooled. As I write this, it is going to be 60 degrees tomorrow, and a snowstorm the next day. This is New England at its finest! As New Englanders say: if you don't like the weather, just wait awhile.

Because of bad weather we were closed several Mondays, due to snow and icy sidewalks. We are now back on track, and we even have a new volunteer. Her name is Karen, and she is very enthusiastic about the society. We are excited to have her on board. If you would like to spend a few hours on Monday mornings volunteering, come and join the gang. Irene, Joanne, Jennie and Lee will keep you laughing while working, and you will be amazed how fast the time goes by. We love to share the history of Epping, including good and bad times.

At the society we have many book collections, which have been entered into the computer, as well as having a print copy. Every book is labeled, who donated it, and its location in the museum. To make it easier for researches, we decided to consolidate the books according to content. This is a BIG undertaking, but we think it will make it easier for all of us to find the information we are researching.

Instead of a story this issue, I would like to share what we have at the Epping Historical Society.

THE EPPING HISTORICAL SOCIETY

We have well over one hundred Town histories. Most of these are from New Hampshire, but several Maine, Massachusetts. and Vermont histories are included in the collections. We also have many family genealogy books, most of which are from Epping families. We also have vital records, a full collection of Epping Town reports, including the very first Town reports printed. These vital records contain birth, marriage and death notices. We have

a lot of original records, a valuable resource for researchers!

We have many old newspapers that we keep in large archival boxes. We have a collection of the Keene Sentential newspaper for the year 1826. It's amazing that the papers remain in such good shape. Did you know Epping had a newspaper for a short time? The paper was called the "Epping Leader" and was published for just a short time in 1884. The format was a very large newspaper, larger than any newspaper today. It must have been interesting to find a large enough space to read the paper. Also, in the newspaper collection are several papers relating to disasters or earthshaking events. We have a lot of old Exeter Newsletters, some are in better condition than others.

The society has over 250 family books, these are three ring binders containing a genealogy (this being created by information we have entered in the Family Tree Maker from our records, not the internet) and any documents, photos, etc. that relate to the individual families. Some families have so much "stuff" that the overflow is contained in archival boxes. Some of the families with lots of documents, are the Sanborns, Plumers, Ladds, Harveys and many others.

We have a section devoted to schools. Epping had several schools at one time, but most were consolidated in the early 1900's. We have school yearbooks from the earliest days of official "yearbooks" almost to the present day. We have early school records and you can look up your own school records. Teachers recorded every visitor, days you were absent or ill, even your grades. This is a great resource for researchers looking for ancestors.

The society has a large collection of information on Epping cemeteries. Epping has over 80 cemeteries, and we have a very good record of all of them. There are old photos of our larger cemeteries, amazing how many stones are no longer there.

At the society we have a map cabinet which houses our old maps. The most popular maps are the 1857 map of Epping and the 1892 map. The maps provide names and streets, a great place to start your research on your home or property.

The Town of Epping donated (many years ago) a lot of old "Blotter Books" containing Town information, as well as old vital record books. Years ago, a cardboard box filled with lots of old papers was found in the basement of the Town Hall. The papers were all folded up into small squares, but

what a treasure trove! Among the papers was a complete record of the process of building the Town Hall in 1893.

When the Library was going through its building process, they donated several interesting documents to the society. Included in this collection were the documents telling the history of the Library. Our first public Library was in the one room where the Town offices are now located. We have archival boxes containing information on many organizations: Masons, Grange, PTA, IOOF and many others. Archival boxes are very important to house old records. They are very expensive, but we are preserving the history of our Town for generations to come.

We have set aside an area dedicated to our churches. Church was very important to our ancestors, and as a result we have a lot of records. The most prominent church was the Congregational Church.

Did I mention we have several archival boxes of vintage clothing? This clothing has been donated by families from town, one very old dress dating to the late 1700's. We also have several uniforms from veterans of World War II. We are looking for uniforms from the Korean War, Vietnam War and uniforms from other past wars. If anybody has one to donate, we will take good care of it and we will put them on display at appropriate times.

This is just a sample of what we house in our building. I could go on forever about Epping, but please come and visit us to see the History of Epping.

Do you get the idea that I LOVE Epping?

We are open Monday mornings from 8:00 to 12:00. If this does not work for you, please give me a call and I will meet you there. The Society's phone number rings into my cell phone, so I can take calls most anytime. 603-679-2944

Joy True, curator, Epping Historical Society

joysgarden@hotmail.com

News from Rockingham Grange #183

The Rockingham Grange met on February 10th for our regular monthly meeting.

We are on our way in funding our annual Dictionary Gifts to all Third Graders in Epping, Fremont, Raymond and Newmarket! This is a very popular project for our Grange and has been for many years. All of our generous sponsors for this

annual project are very much appreciated and will be listed in a future news release!

The exciting Spring news is that the garden committee is busy forming a mission statement that will decide which direction the Grange will go by deciding the purpose of the proposed garden. Plans are in the works for the land behind our building to be cleared in time for planting. Will it be a garden for the community to share? Will it be a vegetable garden to produce fresh produce for our food pantries in town? Will it be to educate our youth in our schools as to how to plant and raise vegetables and flowers? The garden committee will go visiting area community gardens to see how they went about forming their gardens. After a decision is made as to our garden purpose, we will be in touch with the UNH Extension Service to learn from their expertise how to make this endeavor a successful reality.

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

Submitted by Elaine Gatchell

The Civil War Roundtable of NH



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

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

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

Founded in May 1991, the Civil War Roundtable of New Hampshire is a group of men and women,

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

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

Note: The schedule is subject to change without notice. You can access the CWRT-NH website for the current schedule. If a meeting is cancelled, a notice will be put on ETV.

March 18, 2022 – TJ Cullinane – “Forward, Steady, Stay Cool: Derry’s Civil War Soldiers and Sailors” (book purchase and signing)

April 15, 2022 – Christopher Gwinn – “Twilight of the Blue and the Gray: the 1938 Reunion in Gettysburg.”

May 20, 2022 – Brian Swartz – “Passing Through the Fire” (Emerging Civil War Series book)

June 10, 2022 – Scott Mingus – “The Civil War in York County Pennsylvania”

No meetings in July or August.

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

Nature Talks

SPRING IS HERE! Okay, I lied. We will be having more snow, rain, ice, freezing temperatures, hot temperatures, longer days and mud season. Now is the time for planning. Get your seed catalogs out, your computer warmed up and your hiking boots on.

This would be a great year to make your yards pollinator friendly. Let those dandelions grow, bees love them. Stop mowing part of your lawn and create a natural meadow. Plant native flowers and trees, which are the best food for our native bees, butterflies and other pollinators. Avoid pesticides and other lawn chemicals that kill pollinators. Clear out under your large trees, remove the mulch and install native plants – many moth and butterfly pupa fall from the trees into the plants and find food to grow. Change your outside lights to yellow LED lights to decrease light pollution.

Visit www.unh.extension.edu and find wonderful resources concerning gardens, pollinators,

beneficial insects, invasive plants the heart of pollinator friendly gardens – native plant guides!

If taking care of the earth and volunteering are interesting to you, then visit www.naturegroupie.org for information on ways that you and your family can volunteer right here in New Hampshire. I am sure you have heard of the salamander and turtle count that happens in the middle of the night after a rain. Nature Groupie is holding a Zoom class on March 15th from 7-8:30 pm. It is titled “Salamander Crossing Brigade Volunteer Training.” Go online to learn more and register.

My favorite part of springtime is vernal pools. As a child I enjoyed watching the eggs in the pool grow and develop into wood frogs and salamanders. There are many around Epping, just off the hiking trails. Visit them often to watch the cycle of life unfold before your eyes. Children love these expeditions. You can find information about vernal pools at www.unh.extension.edu. The New Hampshire Fish and Game Department even has a publication for people who wish to identify and document vernal pools in New Hampshire. It can be found on the UNH Extension web page.

Spring is coming, I promise. Go and enjoy.

Submitted by Barbara Willis

Lamprey River Advisory Committee Bacterial Tracking 2022

Last year, the Lamprey River Advisory Committee funded research to assess fecal bacterial contamination of the lower Lamprey River. For four months, four sites were studied: one in Lee, one in Durham, and two in Newmarket. All sites showed some bacterial pathogens. Sites in Lee, Durham, and one in the tidal portion of the river in Newmarket had low levels from mixed sources, such as geese, dogs, deer, and mammals in general. Although some contamination was present, none of these three exceeded NH State limits. The fourth site, Moonlight Brook in Newmarket, was the exception and had excessive contamination from human sources. This seems to be a municipal wastewater infrastructure problem and town and state officials were notified.

For 2022, assessments will be done from April through November. We want to get a better idea of seasonal changes and capture the effects of stormwater, which tends to make bacterial contamination worse. Three new sites will be added so that we can assess a larger area for levels and

sources of fecal bacteria: Carroll Beach in Raymond (new), Epping Town Hall (new), the Lee Public Canoe Access near Wadleigh Falls, Packers Falls in Durham, Piscassic Park (freshwater, new) in Newmarket, and the outlet of Moonlight Brook into Newmarket Harbor. All sites were chosen due to their popularity as recreational areas.

Last year’s study offered some much-needed information and confirmed that at least three sites along the Lamprey River continue to meet NH State Standards for “fishable and swimmable” waters. We now know not only the total level of fecal bacteria, but we also know the source of those bacteria. We know that Moonlight Brook poses a significant health risk to humans and work is underway to identify the exact problem so that it can be addressed. Knowledge is power and we hope to bring more power to our communities this year.

The New and Improved www.LampreyRiver.org

We are happy to announce that we have updated and upgraded our website. Searching for specific topics is now much easier; current events and news are on the homepage; you can sign up for quarterly newsletters and event announcements to be sent to your email address (We do not share your contact information!); and the website is much better able to accommodate a variety of devices and screen sizes.

Please check it out and let us know what you think!



Stumpology

All this time we’ve been stumped and we probably didn’t even realize it! Thanks to the

creativity and curiosity of Catherine Fisher, a member of the Lee Conservation Commission, a whole world of stump studies awaits you. This winter, the *Lee E-Crier* has been featuring Catherine's articles. If you enjoy reading the Lamprey River nature stories, you will love Stumpology.



Photo courtesy of Catherine Fisher

You can access the articles at [E-Crier | Lee NH](http://LeeNH.org/e-crier) (<http://LeeNH.org/e-crier>).

- December 17, 2021: Part 1 – Hardwood Stumps
- January 7, 2022: Part 2 – Eastern White Pines
- January 14, 2022: Part 3 – Eastern Hemlock – The Dead
- January 21, 2022: Part 4 – Hemlocks- The Undead
- January 28, 2022: Part 5 – Dining Platforms
- February 4, 2022: Part 6 – Scent Posts
- March 4, 2022: Part 7- Nurse Stumps
- March 11, 2022: Part 8- Stump Children- Trees on Stilts
- March 18, 2022: Part 9- Wrap up



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

Epping Garden Club



The club holds our first fundraising event each spring offering Pansy Bowls. This year the cost will be \$16.00 per bowl or 2 bowls for \$25. They will arrive by Easter (which is mid-April this year) if weather allows for it. Please make sure you will be around to pick them up at the library, usually it is between 8-10 am.

We are also selling raffles for this beautiful Gnome Crocheted Bedcover for the top of a queen-sized bed - 3 for \$7.00. Many thanks to the Friend of the Garden Club for her generous donation to help us raise monies for the work we do in town.



More details will be added on our Facebook page as well as our Blog. We will get forms out to the Library and Town Hall or you can email us at: eppinggardenclub@gmail.com or call 603-300-0064.

Thank you for your support over the last 10+ years.

Epping Garden Club
9 Folsom Mill Lane
Epping NH 03042

Submitted by Eunice Miller



Scouting Around Epping

Boy Scout Troop 136

Winter with its cold weather is upon the Boy Scouts of Epping NH. The Troop is meeting on Mondays at the American Legion in Epping.



Epping Fire Department

Hello to the Epping Speak Up, Epping! Community.

Winter is flying by and Spring is around the corner. This edition will focus on a few Winter and Spring safety tips, smoke detectors and rules regarding grills in multi-family apartment buildings and condominiums.

Remember, if you have an emergency, call 911. People will sometimes call the station to report an emergency. While the station is staffed around the clock, we might be at another call or out training. The safest and fastest way to get the help you need in an emergency is to call 911. People are welcome to call the station for non-emergency business such as burn permits, fire inspections and general questions.

Winter Safety Tips.

It's important to keep any vents, driveways and walkways clear of snow. A packed vent can be dangerous and lead to carbon monoxide in the house. Carbon monoxide and smoke detectors in your house are essential and your first line of defense in an emergency. Carbon monoxide is odorless and colorless and a silent killer. Symptoms of carbon monoxide are headache, nausea, dizziness and fainting. **Daylight Savings Time is coming on March 13th** and this is the perfect time to check your smoke and CO detectors when you set your clocks ahead.

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 driving a

recreational vehicle such as an ATV or snowmobile on to ice, you should ensure the ice is 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," that 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 attempting to enter a house as we can't always 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 be 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.

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 be tested monthly and changed every 10 years.

Landlords are responsible for keeping the smoke and carbon monoxide detectors in their tenant's apartments, condominiums and houses they rent operational. Even if you rent out to Airbnb, 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 or hardware store.

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

Grill Safety.

Per NH state law, gas and charcoal Grills are **NOT PERMITTED** on any porch or balcony of an apartment, or condominium or any multi-family dwelling (more than a 2-family dwelling or duplex). Electric grills are allowed and should be used with caution. Grills can catch the porch on fire and travel vertically at a fast rate. Grills should be used according to the manufacturer's instructions and should never be left unattended.

When using a grill at a single or two-family house, keep the grill outside and away from the building. Make sure to keep children and pets away.

Burn Permits.

Burn permits can be obtained online at www.nhfirepermit.com or at the Fire 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 1st, 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 911 Liaison.

Epping Explorer Posts

Epping Fire Department Explorer Post 136

The Epping Fire Explorers are up and running strong. We welcome our new members from Amesbury, Massachusetts, Danville and Exeter, NH. Our members were able to assist at a training in Newcastle. They were able to learn fire suppression while assisting firefighters and training staff. Several got a lot of training in the use of Self-Contained Breathing Apparatus, (SCBA). They also learned the proper way to clean their "bunker gear" to remove all contaminants. We encourage all youth 14 to 20 to check out firefighting and emergency medical. Just call 603-679-5446 and leave a message for Captain Cray or Firefighter EMT Janas. FF Janas and FF Beauchene are busy giving a fun and educational program. Do you think you can pick up an egg with the "Jaws of Life"? How about bowling with 50 feet of hose. Bet you can't get a strike!

Epping NH Police Explorers

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

Youth 14 - 20 may join the Police Explorers by calling 603-679-5122.

Friends of the Epping Fire and Brick Museum

We were able to decorate the Museum and horn for the Christmas season. We sent the 1934 REO Speedwagon to a garage in Hampstead that was able to restore many engine and electrical problems. It is back in its home and as soon as spring arrives, we will open the doors for visitors as often as possible. We will continue the renovations to the building as funds allow. We owe a great thanks to Bill Phillips automotive in Hampstead and Epping's Morgan's Towing for their donations to our museum. Watch for the REO Speedwagon Fire Engine once again in the Memorial Day parade.

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

Cliff Cray, Member of the Museum committees

American Legion News

St. Patrick's Day Dinner Dance March 12th

The American Legion Post 51 is hosting a St. Patrick's Day Dinner and Dance featuring *The Blue Collar Joe Band* on **Saturday, March 12th**. The New England Boiled Dinner includes your choice of Corned Beef or Ham and all the fixings. TICKETS are on sale now. **ONLY 100 Tickets will be sold for this St. Patrick's Day Dinner that will be served between 6:00 and 7:00 pm. The tickets**

MUST BE purchased in advance for \$18 per person no later than March 9th. Please see the bartender in the Canteen at the Epping Legion. Tickets will be sold until they run out or until the cutoff date of March 9th! This ticket does include entrance to the dance that will begin at 7:30 pm. *The Blue Collar Joe Band* will be playing classic rock'n roll and we expect our dance floor to be jam packed!!! If you miss out on the dinner tickets or you just want to attend the dance which starts at 7:30 pm, the cost is \$8/person at the door. A cash bar will be open. The event will be held in the non-smoking Harry Bradshaw Memorial Hall of the American Legion on Route 125 in Epping (across from Telly's Restaurant). All are welcome! For more information please call (603) 679-8320.

Monthly Breakfast Buffets

The Sunday Breakfasts kicked off again in January and will be held from 8:00 to 11:00 am. The cost is \$10 for adults and \$6 for kids 6 and under. Masks are a personal choice. Going forward the breakfasts will be the 2nd Sunday of every month.

Submitted by Janet Hoffman

Epping Community Church

Epping Community Church worship service is every Sunday at 9:30 am with a time of fellowship immediately after. You can also watch from home on Facebook Live. If you are in need of help or need to speak with Reverend Leonard, please call the church at 603-679-5542 and leave a message. Our website is Eppingcommunitychurch.org. You can also request to have the pastor pray for you on the website.

We will have the following services during Lent and Easter:

Ash Wednesday **March 2nd** 6:00 pm

Palm Sunday **April 10th** 9:30 am

Good Friday **April 15th** 7:00 pm

Easter Sunrise **April 17th** 6:00 am (weather permitting)

Easter worship service **April 17th** 9:30 am

Every Friday we have a Friday Night Pizza program. It's from 5:00-6:30 pm and the cost is \$10.00 per pizza. You can order by calling 603-679-5542 and order any of the following: cheese, pepperoni, mushroom, veggie, meat lovers, or white pizza.

Our 3rd Saturday dinner will be **March 19th** from 5:00-6:30 pm. The cost is \$10.00 for a corned beef

and cabbage dinner. You can get it to go as well. Check our sign out front for future dinner dates.

Soup Café is a free lunch every Thursday from 11-12:30. We offer two homemade soups, salad and dessert. This is open to anyone in the community.

Our food pantry is open every Saturday from 8-10 am. We have a coat closet with gently used and some new warm winter outerwear including coats, snow pants, hats, gloves and mittens. All items are free for anyone to take. We're grateful to our volunteers and all that have donated to our programs to help others.

The Ladies Aide in the church will be sponsoring a breakfast on **Saturday March 26th** from 8-10 am with lots of great breakfast foods to choose from.

There will also be a Sundae Sunday after church on **Palm Sunday, April 10th**. Lots of different ice creams and toppings to choose from.

Submitted by Jen Yergeau

St. Joseph Catholic Church

208 Pleasant St. (Rte 27)

Epping, NH 03042

Office telephone: 603-679-8805

Masses stay the same. Saturday, 4:00 pm
Sunday 8:00 am and 10:00 am

Weekday Masses Monday, 7:30 am

Lent Schedule

Ash Wednesday, **March 2nd** Mass 7:30 am, 7:00 pm

Diocesan Day of Reconciliation

Monday of Holy week St. Joseph

April 11th 11:00 am to 1:00 pm

5:00 pm to 7:00 pm

Adoration, Monday's 8:00 am to 3:30 pm

Friday's during Lent

Stations of the Cross 7:00 pm

Easter Triduum Holy Thursday, **April 14th**

Mass of the Lord's Supper 7:00 pm

Adoration following till 9:00 pm

Good Friday, **April 15th**

Stations of the Cross 3:00 pm

Veneration of the Cross 6:30 pm

Holy Saturday, **April 16th**

Easter Vigil 7:30 pm

Easter Mass Times **April 17th**

8:00 am and 10:00 am

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

Submitted by Jackie Biron



Harvey-Mitchell Memorial Library

Epping's Public Library

151 Main Street

603-734-4587 (Adult Dept.)

603-679-5944 (Youth Dept.)

603-679-5884 (Fax)

harvmitch@gmail.com

www.eppinglibrary.com

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

Youth Dept. Facebook page:

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

Hours: Monday, Friday – 10 - 5

Tuesday, Wednesday, Thursday – 10 - 8

Saturday – 10 - 2

Sunday – 12 noon – 4

Sunday, March 20th, 2:00 pm - New England Irish Harp Orchestra Concert **Registration required**

Enjoy the sounds of toe-tapping jigs and reels, beautiful slow airs, lovely ballads, and lively dancing! The New England Irish Harp Orchestra has been delighting audiences for 18 years with their performances of traditional Irish music. This concert will feature seven harpists, a fiddler and a bodhran (Irish drum) player. You can also visit their website at neiho.org.

This concert is free, but space is limited so registration is required. Please reserve spaces by calling or emailing the library: 603-679-5944, hmmlyouth@gmail.com.

The library will change its hours to be open 10:00 am to 2:00 pm on Sunday, March 20th in order to accommodate the harp concert.

Library book groups continue with The Dusty Olde Mystery Book Group and The Contemporary Book Group. **The Dusty Olde Mystery Book Group** meets on the third Tuesday of the month at 7:00 pm and is centered around mysteries published before 1950, or newer publications based in that time period. **The Contemporary Book Group** meets the fourth Tuesday of the month at 7:00 pm and is focused on contemporary fiction beginning from the latter part of the 20th century. New participants always welcome!

After School Yoga continues on Wednesdays at 4:00 pm. Stretch and have fun at the library! After curling up with a book, balance with props, play yoga games, and relax on Wednesday afternoons. All school aged children and family members are welcome. No experience necessary. Taught by 200-hour Kripalu Yoga Instructor, Leah Pacione.

The library will continue to offer **Chair Yoga** Mondays at 10:15 am and Gentle Yoga Mondays at 11:15 am. No prior experience necessary. Bring a yoga mat if you have one and be ready to release and relax. Taught by 200-hour Kripalu Yoga Instructor, Leah Pacione.

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

Submitted by Michelle Hogan

Friends of the Library

The Friends of the Library are collaborating with Vandy Leigh and her Creative Community Space to sponsor a "Secret Art Kit" project inspired by the Seacoast Artist Association's annual "Mystery Kit Art." Kits will contain several items out of which to create a piece of art – each kit will be the same. Kits will be available in early March at the Creative Community Space and the Library, selling for \$10 each. The resulting art creations should be returned to the Library by March 31st, where they will be displayed through the month of April. This is open to all ages and can be a fun family project. We will have a "People's Choice Award" with voting by the public.

New donations continue to come in to the Friends ongoing book sale in the Library's Community Room. Check it out and you might find an unexpected treasure. Children's books, puzzles, and DVD's are also available. There is a donations jar where you can leave whatever amount you feel is appropriate.

The Friends meet the first Wednesday of the month, usually at 7 pm. New members are welcome.

Submitted by Pat VanWagoner for the Friends of the Library

Epping Parks & Recreation

Home of the "River Otters"

Director: Nicole Bizzaro

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

or email at eppingrecreation@gmail.com.

Address:

17 Academy Street

Epping, NH 03042

Mailing address:

157 Main Street

Epping, NH 03042

You may email eppingrecreation@gmail.com if you have any questions regarding food assistance during the Covid-19 pandemic. Nicole Bizzaro, the Director can also be reached by phone at 603-608-9487.

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

Families First

support for families...health care for all

Here is the

link <https://www.familiesfirstseacoast.org/family-programs/parenting-classes-family-groups/> to our Family Center page. It outlines the different kinds of Virtual support we are offering at Families First, and the text is below. We have online parent and grandparent support groups open to all.

Here is the link to the online calendar https://www.familiesfirstseacoast.org/calander/?tribe-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 Elementary School (EES)

EES School Calendar

MARCH

Feb. 28-Mar. 4 – NO SCHOOL –Winter Break

Mar. 7 – Classes resume

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

Mar. 8 – NO SCHOOL Teacher Professional Development Day

Mar. 8-31 – I Love to Read Month

Our librarian has planned many fun activities.

Mar. 9 – Harry Potter Day – Dress up as your favorite character or wear house colors

Mar. 11 – Series Day – Wear something a character from a favorite book series would wear

Mar. 15 – Words, Words, Words9 – Wear a shirt with words on it

Mar. 17 – St. Patrick's Day – Wear green or gold to celebrate

Mar. 22 – Get Wild – dress up like an animal or wear animal print

Mar. 24 – Heroes and Villains – Dress up like a superhero or a supervillain

Mar. 29 – Author Day – Wear what you think an author would wear

Mar. 31 – Fairytale Dream – Dress to look like something from a fairytale

Mar. 14-18 – Scholastic Book Fair – 3:30-5:30 pm

Mar. 15 – EES Title 1 Open House: So Much Fun at Harvey Mitchell Library - 3:30-5:30 pm for Title 1 students and their families. Please RSVP to wfox@eppingsd.org

Mar. 22 – Music in Our Schools Month Concert in the High School Gym – 6:30 pm

APRIL

Apr. 4 – PTO meeting 7:00 pm. Follow the EES PTO on Facebook at Epping PTO,

Apr. 13 – Kindergarten Information Night for families of students who will be age five on or before September 30, 3022

Apr. 25-29 – NO SCHOOL –Spring Vacation

Submitted by Cheryl MacLeay

Email Address Changed?

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

Newsletter Schedule

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

The next issue (**May-June 2022**) of this newsletter will be available **on May 1, 2022**. We will accept **submissions through April 25, 2022**, to be

included in the next issue. Please send your content with contact information for consideration to bhelmstetter@comcast.net.

If you would like your next event to appear on the Calendar of Events, please send us an email at bhelmstetter@comcast.net by April 25, **2022**. Please include date, event name, location and time.

Thanks for reading!

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