



Speak Up, Epping! Newsletter

Volume 14, Issue 3

Epping, New Hampshire

May-June 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

Our Newsletter Website is Down

At this time, the Speak Up, Epping! Newsletter Website is down. To access a copy of the current May-June 2021 issue, please contact me at bhelmstetter@comcast.net. There will be some paper copies available with Joyce at the Town Hall and at the Library.

Please 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 May and June and so there is no calendar in this issue. We hope that there will soon again be meetings and events to post in a calendar. We do have some information to pass on in this smaller than usual issue.

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

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

Senior Moments

COVID19 "Two Shot" Roll Call... Meaning-- locating Club members who proudly display their final Vaccine ID card. At this printing almost 100% out of the tunnel! Getting closer to a HAPPY REUNION. Can't wait to ask the kids in Watson to move over cause Gramma's back. I plan to record that meeting. Can you imagine the stories to be told? They probably should be buried in a ten-year time capsule (we don't need 20 years).

Returning to our office felt weird. Like putting a puzzle together. Is this new? Is this necessary? Is this too late? What is this? A lot of the pieces went right into the circular file.

Quarantine wasn't great BUT the "finallys" came out. Here are some quotes: "I finally found the other earring my husband gave me," - "I finally started a journal, again" - "I finally tried my sister-in-law's recipe," - "I finally read The "DaVinci Code" - "I finally put all my favorite numbers in my cell phone by myself"...."I finally knitted 1,133 hats" (yes! Lorraine Bateman hit a REAL BIG HIGH!!). And there were so many more finallys.

I had to laugh to hear about the cell phone numbers. Little did she know that "603" must now be included. Oh well, the deadline is October (for everyone). Maybe allowing six months was with us oldies in mind. It's time to get our grandkids back here with their nimble fingers.

The last "finally" from many seniors - sales persons. Really now. Some think we can't figure Life's Owner's Manual for Beginners. Don't they know - we wrote it?

Here's another tidbit from the granddaughter. She mentioned that Civics will soon be taught in her school. Now she will know there's another Constitution besides the one that's in Boston Harbor.

Sadly, we lost a few friends during this COVID-19 pandemic. The vaccine is a "real shot in the arm," So, PLEASE, roll up your sleeve!

Irene R. Cote, Secretary

Epping Community Theater

We are working on a plan!

Hello, thank you so much for supporting us! We are currently working on a plan to continue our live performances. At this time we are not planning on having any performances at the theater until some time in 2021.

We do have some amazing ideas for shows and we cannot wait to get back to work! Keep an eye out for some small group classes for kids and some fun virtual events coming up in the meantime!

End 68 Hours of Hunger - Epping



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

Financial donations can be mailed to:
End 68 Hours of Hunger-Epping
62 Meadowbrook Drive
Epping, NH 03042.



Epping Lions Club

"We Serve"

We Want YOU to Join the Epping Lions Club

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

The Lamprey River Canoe Race was held on Saturday, September 17th. It was a drizzly, cold day (of course, right?!), so we were pleasantly surprised to see 26 boats register, despite the conditions.

The rain and snow actually helped the course by adding much-needed water to the river. A few folks mentioned doing the course the weekend prior

(when it was 70-degrees, might I add) and reported there were lots of rocks and trees and many portages were required.

Our winner in the 2-person canoe finished the course in 1 hour and 20 minutes. Everyone seemed to enjoy themselves, again, despite the conditions. They were rewarded at the finish line with donuts and a portable propane heater to warm up with. It's the little things that put a smile on faces these days and for that we are pleased. Everyone is hopeful that next year's event will be "back to normal." We hope so too, as this is our major fundraiser. All funds are put into our Charitable account to help those in our community.

Our Lions Club doesn't have any upcoming events/fundraisers, but we are available to lend assistance to any community members in need of vision assistance. Please contact me or any member to inquire.

We will be giving out a scholarship award(s) at the Senior night, once the applications are reviewed. After that, our next fundraiser is Highnote in September.

We continue to seek new members to join our club and give back to the community.

Colleen Palmer, Secretary

Deb Brooks, President

lexusreina@comcast.net

Cheryl Denoncour, Treasurer

cdenoncour@gmail.com

Colleen Palmer, Secretary

colleenmariepalmer@hotmail.com

Epping Historical Society

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

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

Stay healthy!

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

Joy True, curator, Epping Historical Society

joysgarden@hotmail.com

The Civil War Roundtable of NH.

The Civil War Roundtable of NH meetings through April 2021 are CANCELED! We hope to resume meetings soon.

Due to the COVID-19 crisis, the CWRT of NH is holding off meetings until May 2021 or perhaps longer. Please check back here for updates. PLEASE come back to this site soon! We are working on having a LIVE IN PERSON MEETING very soon!

Pat Falci, who was scheduled to be part of our 30th Anniversary meeting in May 2021, is tentatively now re-scheduled for September 10, 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

Nature Talks

Vernal Pools

Springtime has arrived! So much has changed since our last spring arrived. A pandemic changed the way we lived for a year and is only now becoming a new normal. We may soon be able to return to in person meetings, play dates with our children, mingling without masks!

Eleanor H. Parker of Littleton, NH wrote books about a young girl with an irrepressible sense of optimism, Pollyanna. With the year that we have endured recently I can understand people lacking optimism, yet I have felt that our natural world has benefited from our time in COVID prison. Due to the fact that all of us have had to live through isolation, socially and personally, we have tried to find new ways to get out and keep active. Have you noticed that there has been a severe shortage of bicycles, ski equipment, snowmobiles, outdoor equipment, camping equipment and anything else used to get us out of our confining homes? That is because we are trying get off our couches, shutting off the televisions, getting our children away from the computers and just expanding our horizons. I have noticed many requests on social media for hiking trail information from frazzled, cabin fever induced individuals!

Maybe it is time that we all adopt Pollyanna's optimistic attitude. During the next few issues I hope to report on the positive benefit we have for our natural world. The trees, flowers, home vegetable

gardens, hiking and biking trails, rivers, parks and animals are all appreciating the new interest we are giving them.

Spring is being optimistic this year, as it has from the beginning of time. Some of my favorite signs of spring are vernal pools. They conjure up memories of childhood. I can remember walking to kindergarten with a canning jar to scoop out the tadpoles from a vernal pool just off the edge of the path leading to my school. Of course it was a little deep and the water (including a tadpole or two) overflowed into my rubber boot!

What are vernal pools? They are pools that flood in the spring. Fish cannot live in the pools due to the fact that they dry up in late summer. This provides a safer place for some of their favorite foods to set up breeding habitats. Though its purpose is to provide the world with blue spotted salamanders, wood frogs and fairy shrimp, it is also an opportunity to involve our children in a valuable learning experience. They can search for the pools, keep a record of sightings of the eggs, log and/or draw the stages of development of the different types of eggs and just be in awe of the natural world.

Should you see a vernal pool, please observe good neighbor and stewardship rules to protect the inhabitants.

(<https://www.wildlife.state.nh.us/nongame/documents/vernal-pool-manual.pdf>)

1. Do not bring your dog to romp in the pool
2. Try to not disrupt the pool
3. Please leave the egg masses where they are.
4. If you must handle an amphibian, make sure to moisten your hand. Do not handle them if you have sunscreen or insect repellent on your hands.

The Epping Conservation Commission is always looking for volunteers! If you are interested in locating, mapping, recording data concerning the pools and submitting it to the ECC, please contact us!

For more information concerning vernal pools in New Hampshire you may visit the following websites:

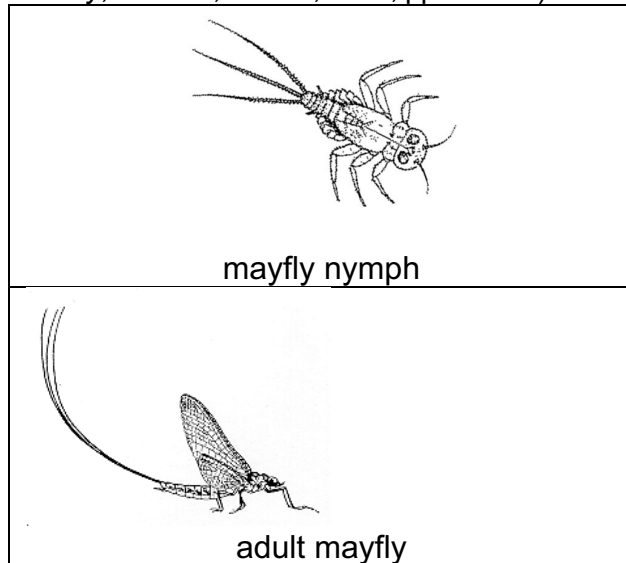
<https://extension.unh.edu/resource/vernal-pools>
<https://www.wildlife.state.nh.us/nongame/documents/vernal-pool-manual.pdf>

Submitted by Barbara Willis

Lamprey River Advisory Committee

Mayflies

Mayflies, despite their name, hatch from early spring to fall, depending on the species. Almost all species of mayfly prefer clean, cold water, much like the fish that eat them, trout. Fly fishermen know that in order to catch a trout, the fly on the end of the line must match the dominant species hatching. In New Hampshire, researchers have documented 121 mayfly species. (Chandler, Donald S., et al. "The Mayflies (*Ephemeroptera*) of New Hampshire: Seasonality and Diversity of the Stream Fauna." *Transactions of the American Entomological Society*, vol. 132, no. 1/2, 2006, pp. 25–73.)



Life for mayflies begins when a female deposits her fertilized eggs on or in the water. After sinking to the bottom and hatching, the mayfly nymph feeds on tiny plants or decaying material underwater and grows in size, shedding its exoskeleton several times to accommodate its growth. When it reaches its final size as a nymph, it crawls out of the water and molts its exoskeleton to reveal a winged, adult form. Mayflies are unique aquatic insects in that they need to molt a second time as air-breathing adults, this time to transition from sexually immature to sexually mature. As sexually mature adults, mayflies have one job: mate. This in large part explains why mayflies belong to the taxonomic order, *Ephemera*, meaning short-lived. Their mouth parts are so weak that the mayflies cannot feed; their legs are so weak that they might not be able to support themselves on a solid surface. But short-lived does not mean that these creatures are rare; there have been instances when hatching mayflies have been

so abundant that they were detected on Doppler radar. Motorists driving through these hatches might find their car fronts covered in smashed mayflies. In nature, a good hatch is an opportunity for mayflies to mate and for trout and songbirds to catch a good meal.

Lamprey River Guide to COVID-19 Social Distancing

Like many groups, the Lamprey River Advisory Committee (LRAC) had several events and presentations planned for this spring. Until we get the "all clear" signal from the health experts, group activities will need to wait. Fortunately, the Lamprey River offers many places to visit where crowds are not a problem. Even if you are sequestered inside, we can offer some river-related entertainment.

For outside trips, the following sites provide nice views of the river and historic remains of mills that you can explore:

- Mary Blair Park, Route 27 in West Epping
- Wadleigh Falls, Route 152 in Lee
- Hatch Park at Wiswall Falls, Wiswall Road in Durham

The LRAC has helped other sites that are accessible to the public and have walking trails:

1. Lamprey River Elementary School Eco Trail, Old Manchester Road in Raymond (behind the school, open only when school is not in session)
2. Mast Road Natural Area, Mast Road in Epping
3. Little River Park, Route 155 in Lee
4. Thompson Forest, Wednesday Hill Road in Durham
5. Schoppmeyer Memorial Park, behind Newmarket Community Church Thrift Store on Route 108

For those who want to hug some old-timers without risking anyone's health, the Lamprey River Big Tree Tour will guide you to some of the area's champion trees:

<https://www.lampreyriver.org/recreation-lamprey-river-big-tree-tour>.

For kids who want to explore the river and earn a badge, the Junior Rangers program can be done at home with help from family members. The free booklet is available at: www.LampreyRiver.org/for-fun-junior-rangers.



For folks who are stuck inside or for days that are wet and dreary, we have several videos posted on our website, www.LampreyRiver.org.

To everybody, we wish you good health, patience, and compassion.

(Hard of) Herring Aid, 2021

Normally at this time of year, we would invite you to join the LRAC and NH Fish and Game Department biologists to welcome river herring back to the Lamprey River. While the fish will be running free, gathering in large groups, and not wearing masks, we people still need to behave as we should in a pandemic. So, this year, we will do our best to bring Herring Aid to you virtually.



alewife

photo from dnr.maryland.gov

River herring are comprised of two species: alewife and blueback herring. These two species are anadromous, meaning that they start their lives in freshwater, but then spend most of their time in the saltwater of the Atlantic Ocean. Unlike salmon, which spawn once and die, river herring can spawn multiple times over several years. They return to rivers along the East Coast each spring to spawn. Or at least they try...

River herring once were common and widespread throughout the eastern seaboard. Due to dams, overfishing, and pollution, their numbers have plummeted. They are being considered for listing as federally endangered. Here on the Lamprey River and on the Cocheco River, alewives are doing relatively well due to fish ladders and active intervention by NH Fish and Game. The best alewife run in recent years was in 2016 with about 97,000 fish passing through Newmarket's Macallen Dam ladder. Historic runs in individual Maine rivers were once in the millions.

The Macallen Dam in Newmarket has a fish ladder that helps the fish get up and past the 20-foot high face of the dam. This fish ladder starts at the base of the dam and is very similar to a wheelchair ramp inside. Water flows down the ladder at a low slope and enables fish to swim up. Halfway up the vertical distance, the ladder turns back on itself for the second part of the ascent to the top of the dam. Inside the ladder are regularly spaced rest nooks where the fish can get out of the strongest flow before the next hard effort upward. This model is different from salmon fish ladders, where the salmon literally jump out of the water to reach the next step.



Anatomy of the Macallen Dam fish ladder (Switch back is out of this photo at left.)

The Macallen Dam ladder is more successful with alewife. Blueback herring tend to reach the base of the dam, but don't swim into the ladder. They often lay their yellow/orange eggs at the base of the dam. If the fresh water flow is good, the blueback herring eggs will often successfully hatch. If freshwater flow is not good, the eggs will not hatch, and the long migration will have been wasted.

Even for alewives, the fish ladder is not perfect. According to Fish and Game data, on average, only 35%-59% of the fish that start at the bottom of the Macallen Dam actually go up all the way. Many fish start to go up, but then turn around. During flood years, alewives often cannot overcome the force of the current and cannot reach the top.

The fish ladder also has another shortcoming: a scary exit. At the top of the fish ladder is a large concrete holding tank. This section has a hole leading to the impoundment behind the dam, but the fish often seem skittish to go through. Sometimes rain will spook them. Sometimes it seems as though they need a crowd to swim forward and very few fish

are willing to go through alone. This hole cannot be made larger, is this is where the fish counting device is located and too many fish going through at once does not yield an accurate count. Enter the NH Fish and Game biologists! Every day during the river herring run in spring, these dedicated professionals and volunteers visit each of the seven fish ladders in New Hampshire and literally transfer nets and nets of thrashing fish from the holding tanks to the freshwater of the river. They also take basic measurements such as length, species, and sex.



NH Fish and Game fish transport truck

Most of the fish that successfully make it up the ladder can swim up to Wiswall Dam in Durham, where they encounter another fish ladder. From there, they can swim to Wadleigh Falls in Lee. The dam there is breached, but the natural falls are too much for any river herring to pass. Each year, Fish and Game biologists transport about 15% of the Lamprey River run to Pawtuckaway Lake and to other rivers, such as the Merrimack, to help with restoration efforts.

We hope that in 2022, we can meet again in person to welcome the river herring. Until then, stay safe.



*Helping communities protect the
Lamprey River.*

Submitted by Suzanne Petersen

Epping Garden Club



The members of the Epping Garden Club would like to thank their supporters once again, as the photo shows even with them having already been picked over, many went home with two or more pansy bowls to add beauty to their homes or to gift to others who needed a pick-up. We once again were able to offer the best deal in town on these beauties.

Please continue to feed them weekly and reach down and pinch off the leggy blooms to keep your bowls looking their best. They are also shade lovers so the north or east sides of your homes work best. Thanks again, from the Epping Garden Club 300-0064

<https://wordpress.com/home/eppinggardenclub/home.blog>

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. 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 Boy Scout Troop 136

Spring is in the air and the Epping Boy Scouts are keeping busy. They continue to meet on Monday nights outside at the American Legion on Monday nights at 6:30 pm for their weekly Troop Meetings.

On Saturday **May 8th**, the Scouts will be holding their annual Electronic Fundraiser from 9 am to 2 pm at the American Legion back parking lot. The fundraiser will help support the Troop raise funds for Scouting events. They will be collecting most electronics that you no longer want and want to dispose of.

As weather warms up it's the perfect time for scouts to enjoy the great outdoors. On **May 21st** they will be planning their weekend campout at Pawtuckaway State Park. They will enjoy camping, hiking and fishing at the park.

Submitted by Jennifer Sullivan

Scouts Electronics Recycling Fundraiser May 8th

The Boy Scouts of Epping are having an Electronics Recycling Fundraiser at American Legion Post 51 on Route 125 in Epping. It will be held on **Saturday May 8th** from 9 am - 2 pm, rain or shine.

Safety Measures in Place

1. Social Distancing: Scouts will take all equipment out of your car.
2. Safety Gear: all Scouts and adult leaders will be wearing masks and gloves when approaching vehicles.
3. Screening: All Scouts and leaders will be screened under the BSA guidelines before attending the event.

Most electronics cannot be disposed of in household trash. You will need to pay to dispose of it. Bring us your old electronics, such as desktop computers, laptops, fax machines, monitors, routers, power cables, printers, small kitchen appliances, telephones, air conditioners, televisions, printers, etc. to our Recycling Fundraiser. The cost to you will be from \$2 for smaller items up to \$20 for larger equipment, depending on size and weight. You can help us raise funds and help the environment at the same time. This fundraiser will help support Troop 136.

So, clean out your attic, basement or garage! Tell your family, friends and neighbors!

Cash and checks will be accepted for recycling fees.

For questions, please email
erecycling@troop136epping.org



Epping Fire Department

Hello, Epping Speak Up readers!

This issue, we will talk about Spring safety tips and a few things going on at the Fire Department.

Happy Spring!

After a hardy winter, many of us were sick of being cooped up with this pandemic and waiting for the nice warm spring days, to get out of the house, start our spring projects such as gardening, etc. Spring is also a great time to clean out any clutter you may have lying around. My wife and I have been selling unused items around the house on Facebook Marketplace and Craigslist. With many people getting the COVID-19 vaccine, businesses are

starting to open up and allow more patrons in their stores, restaurants and venues.

Although the pandemic seems to be wrapping up, the Fire Department still recommends using social distancing, wearing masks in public and washing or sanitizing your hands frequently. The country, as well as the state, is not out of this pandemic yet and the public should be cautious for a while. Many of our members have been assisting the state with giving the vaccines to the public around southern New Hampshire at the clinical sites. These events are done off duty.

Department Status.

As spring arrives, the department has started with monthly trainings on a weekly basis to keep our skills sharp. We are still not allowing visitors in the fire station for the time being and will advise when the general public is welcomed back. The department just finished the Insurance Service Office process. This is a large survey that looks at staffing, apparatus and water supply for the town in order for the insurance companies to give a rating or quote for your home owner's insurance. A lot of the survey also added fire prevention and annual testing of our apparatus, hose and ladders. We will have to wait and see what the new rating is. The main focus for these surveys is on staffing, response times and water supply.

Our newest ambulance should arrive within the upcoming weeks. It will be similar to the one we purchased in 2018 with a load powered stretcher. This prevents our EMT'S and paramedics from back and other injuries that can be career ending. Our ambulances are purchased thru the ambulance billing fund at no cost to the tax payer and are outfitted with supplies and equipment. Ambulances typically get replaced every 5 to 10 years depending on their use. The residents should be proud that the town has state of the art medical equipment and vehicles to serve the town.

Drought Conditions.

Spring is when the department will add forestry fire training since there are many brush and grass fires that happen as the snow cover melts and leaves us with dry conditions in the forests and fields. Although we have had some snow and rain fall, the state is still in moderate to severe drought conditions. 2020 was one of the worst in years for the state as far as dry conditions go. Apparently things are as bad as they were back in the summer

of 1948. Many towns had a volunteer crew that patrolled the roads at night checking for spot fires and other potential threats. Hopefully the state can get some significant rain to help lower the drought level before there is another significant forest fire in New Hampshire.

The Department of Forestry and Lands have divided the state into forestry regions for better organization of resources, in case a large scale forest or brush fire were to occur. I don't believe we will see anything like the fires in California or other western states but it is always good to prepare and be alert for any fires around town. All fires now require a fire permit and they can be easily obtained at nhfirepermit.com. There is a small fee but it's easy to go online for a fire permit since the station has been closed to visitors.

Please always be careful when kindling a fire. Make sure the brush piles are 50 feet away from any building and camp fires are 25 feet away from any structure. Always have a bucket of water, garden hose, and shovel handy. Fire can surprise you and spread quickly. Please don't use any fuel or accelerants to start the fire. Please call the station if you have any questions or concerns.

Bar-B-Que Grills.

As spring and summer approaches, I can't wait to use my grill for grilling steaks and chicken wings. Grills should be away from any building and on the furthest point on any deck. The fire department recommends any grill is firmly on the ground. Apartments and other multiple family residents or occupancies, also known as multi-unit dwellings **cannot** have grills, hibachi, or other open flame cooking on the decks or porches per state law. Electric grills are **allowed** if they are "UL" listed. The underwriters' laboratories don't consider electric grills as open flame or cooking. Although the state accepts electric grills for apartments and condominiums, you should still check with your landlord or building owner and as always, be careful with any appliance you use on the deck or porch.

Know that we are here for you 365 days a year, 24 Hours a day! Happy Memorial Day and give thanks to all our veterans for their service!

Respectfully,

Lieutenant Paul St Cyr

Fire Prevention Officer and 9-11 Liaison.

Epping Explorer Posts

Epping Fire Department Explorer Post 136

The Epping Fire Department Explorer Post 136 meets on the 1st, 3rd, and 5th Tuesday evenings, 6:30 to 8:00 pm. All youth 14 to 20 years old interested in looking at a career in firefighting or emergency medical services please contact Captain Clifton Cray, 603-396-9436 or deacon100@comcast.net

Friends of the Epping Fire and Brick Museum

First, we would like to thank the residents of Epping for approving our warrant article to purchase new doors for the building. The doors have been ordered but the manufacturer has advised us there will a delay as there is a material shortage.

I had hoped to have the doors on by Memorial Day, but that may not happen. In the next few weeks, we will get the trim and floor painted and set up a few displays. On Memorial Day we will open from 10:00 am to 2:00 pm or as long as there are visitors in the building. The Brickyard section is on hold due to COVID-19, as our volunteer force has been unable to work.

We have T shirts and post cards for sale.



Please donate to the Friends of the Epping Fire and Brick Museum, 37 Pleasant Street, Epping NH 03042

Volunteer help is always needed. Interested parties can call Cliff Cray at 693-396-9436 or email him at deacon100@comcast.net.

American Legion News

Truck and Motorcycle Show at American Legion in Epping

On **Saturday, May 15th**, the Sons of the American Legion (SAL) Squadron 51 is hosting the

11th Annual Car, Truck and Motorcycle Show at the **American Legion Post 51** on Rte. 125 in Epping. Proceeds will benefit the Child and Youth Programs of the Sons of the American Legion. Gates open at 9 am and the show is from 10 am to 2 pm. There is No Entry Fee; however, Donations will gladly be accepted.

Come show your car or truck! There will be 1st, 2nd and 3rd Place Awards in the following categories: Antique Cars & Trucks ('79 or older); Modern Cars & Trucks ('80 or newer); and Custom Cars & Trucks (Any Year). Come show your motorcycle! There will be two award categories: Antique ('79 or older) and Custom (any year), PLUS, there will be an Overall People's Choice Award.

There will be raffles and a 50/50. Food and Refreshments will be for sale during the event. This event will be held in the parking lot of the American Legion on Route 125 in Epping (across from Telly's Restaurant). The rain date is Sunday, May 16th.

For More Information, please call Rob Hoffman at 603-944-5485.

Monthly Breakfast Buffets

Monthly Second Sunday Buffets are canceled until further notice.

Blood Drive at American Legion May 10th

The Red Cross continues to urge healthy individuals, especially those with type O blood, to give blood to ensure hospitals can meet patient needs. Donors are asked to schedule an appointment prior to arriving to the drive and are required to wear a face mask while at the drive, in line with public guidance from the CDC. Schedule the donation appointment by downloading the Red Cross Blood Donor App, visiting RedCrossBlood.org, calling 1-800-733-2767 or enabling the Blood Donor Skill on any Alexa Echo device. Walk-ins are welcome.

Those who come to give blood, platelets or plasma in May, will automatically be entered for a chance to win a travel trailer camper that sleeps five, powered by Suburban Propane. Plus, those who make it in to give May 1-15 will receive a \$5 Amazon.com Gift Card by email, courtesy of Suburban Propane.

There is an upcoming Red Cross blood drive on **Monday, May 10th from 10:00 am to 2:30 pm** at American Legion Post 51 at 232 Calef Highway in Epping. Walk-ins are welcome.

Epping Community Church

We have reopened the church for indoor Sunday services. Worship starts at 9:30 am upstairs in the Sanctuary. We are requesting that masks still be worn and seating will be spaced for social distancing. You can also view the service on Facebook Live if you're still uncomfortable meeting in person.

If you are in need of help or need to speak with Reverend Leonard you can call the church at 603-679-5542 and leave a message.

Friday night pizza will be ending on **May 21st** for the summer. We will resume after Labor Day. We're thankful to everyone who has supported our pizza program.

The Food Pantry is open every Saturday from 8 to 10 am. You can come and take a bag and any other items that are available. If you need help, come in and we'll help you. We still have warm coats and outerwear that have been donated. We'll be packing them up in May, to put away until fall.

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

Our mass schedule is:

Monday through Thursday 7:30 am

Saturday 4 pm, Sunday 8 am and 10 am

All masses with limited capacity and masks are required.

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

Annual Motorcycle Blessing on June 6th

The Annual Motorcycle Blessing, sponsored by the Knights of Columbus of St. Joseph's Parish in Epping, will be held on **Sunday, June 6th**. It will begin at 1:00 pm at St. Joseph's Parish, 200 Pleasant Street in Epping. An optional, police escorted ride will be held immediately after the Blessing.

Please contact Tim Acerno at 496-2697 for more information.

Submitted by Tim Acerno



Harvey-Mitchell Memorial Library

The Library is open every day!!

Beginning **May 3rd**, walk-ins are welcome (no need to ring the doorbell or make an appointment) but **masks are required** for all visitors entering the library. While at the library you have access to our collection of books and DVD's as well as computers, copiers, and fax services. Our hours are:

Monday 10-5 pm

Tuesday 10-7 pm

Wednesday 10-7pm

Thursday 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**, you can email eppinglibraryrequest@gmail.com or call 603-734-4587 and include your name and the title(s) you would like. We'll get back to you within a day to tell you when you can pick up your materials. Please first visit our catalogue online to confirm 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.

Brick Engraving to Support HMML

Last chance! Deadline is **May 14th** for wall engraving. 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, please visit us on our website <http://www.eppinglibrary.com/> or email us at harvmitch@gmail.com.

Family Yoga

Slow down and stretch with family yoga taught by Leah Pacione! Beginning May 4th, yoga will be held in the park adjacent to the library, behind Town Hall. Join us Tuesday afternoons at 4 pm, either in the park, or watch live on Zoom through the link on our eventpage: <https://www.facebook.com/events/4081969165170425/>

Summer Reading Program

The library has an annual Summer Reading program to keep kids and teens reading through the summer months. The program is filled with fun events and programs as well as a challenge to read as much as possible (and earn prizes). It is free for any child who lives in Epping and is a great way to encourage ongoing learning and a love of reading. No child is too young to start— many parents of young children enjoy tracking time they read together and participating in the events and activities. This year's special theme is animals: "Tails and Tales." We'll have multiple live animal shows and other fun activities. All events will be held either outside or virtually. The program runs July 1st-30th, with participants signing up beforehand. Keep an eye out for more details to come!

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 with any questions about digital access or if you'd like to set up a new library account.

Friends of the Library

The Friends of the Library are getting a jump on Spring with a start on the gardens behind the Library. The morning of March 31st, volunteers from the

Friends, the Epping Garden Club, and others gathered to lay out cardboard to prevent weed growth, then spread a load of wood chips to cover the area. Thank you to Charlie and Sandy Goodspeed for building the raised bed frames, Paul Hagan for constructing the handsome potting table on wheels (materials from an anonymous patron), and the Garden Club for donating two repurposed wooden boxes. Vegetables and companion flowers will be planted in the raised beds. The flowers will both deter bugs and bring in more of the beneficial pollinators to set fruit and eat the bugs not wanted in our gardens. As in the past, Miss Eva will create enchanting storybook gardens.

On **May 21st and 22nd**, with help from the Friends and Garden Club (several are members of both organizations), Patty Laughlin from Lorax Landscaping will begin installing larger specimens. Then, perennials and groundcover plants will be added in the front and Town Hall side of the Library.

If you haven't been in the downstairs Community Room recently, you will be surprised at how much the Friends' ongoing book sale has expanded. There is a selection of fiction, non-fiction, gardening and self-help books, cookbooks, travel volumes, and children's books, as well as DVDs. There is a jar for donations--there are no set prices, but we encourage people to give what they feel the book is worth to them.

Friends meet the first Wednesday of the month at 7:00 pm. After months of Zoom meetings, hopefully before long we can meet in person at the Library.

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.

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 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.

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_e-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.

UNH offers the popular Digital Marketing Conference online May 14th

The UNH Digital Marketing Conference is one of the most popular spring events offered by UNH Professional Development and Training (PD&T). The University of New Hampshire is bringing together marketing experts for the fifth annual UNH Digital Marketing Conference on Friday, May 14th from 9 am to 3 pm. Industry leaders from Puma and Boston Celtics and regional experts will present at the conference where participants will learn the latest tools, tricks and trends from across the digital marketing spectrum.

The conference will be held live online with interactive presentations where participants can speak with presenters, engage with other participants and join breakout sessions. Whether it's building your brand, creating customer loyalty, increasing sales, or improving leads, full day digital immersion will give you actionable insights and key strategies to produce more productive outcomes with your marketing.

"We are very excited about this year's lineup of speakers as we continue to develop a community of

marketers that love to share their insights on the ever evolving and important digital marketing space,” said conference manager, Stacey Boyle of UNH Professional Development and Training. “With the live online format, the conference is more accessible than ever.”

Early bird registration is \$99 through April 16th and \$199 afterward. To view the conference agenda, a complete list of speakers, and to register, visit training.unh.edu/UNHDMC2021 or call (603) 862-7380.

UNH Professional Development and Training (PD&T) is dedicated to enhancing the professional knowledge and skills of individuals and organizations in New Hampshire and surrounding communities. PD&T offers a variety of learning experiences, including over 250 noncredit one-day workshops, special conferences and boot camps, certificate programs, and on-site customized corporate training. For more information and to view program calendars, visit training.unh.edu.



Epping Elementary School (EES)

EES School Calendar

MAY

May 6 – PTO meeting at 7:00 pm virtually

May 6-10 – Teacher and Staff Appreciation week

May 7 – Band & Chorus Field Trip to Music Hall

May 8 – **Early Release – 12:30 pm**

May 9 – Grade 1 Trip to Music Hall

May 17 – 2021-2022 Spring Kindergarten Orientation.

NO SCHOOL for current kindergartners

May 23 – Spring Concert Grades 3 Band & Chorus in EMS gym – 6:30 pm

May 27 – **NO SCHOOL – Teacher Professional Development Day**

May 28 – **NO SCHOOL – Memorial Day**

May 30 – A Preview of Grade 6 at EMS for parents and/or guardians – 6-7 pm

JUNE

June 3 – PTO meeting 7:00 pm in the EES Art Room. Free babysitting in the Library.

June 6 – Grade 2 Field Trip to Seacoast Science Center

June 7 – PTO Carnival from 5:30 to 8:30 pm

June 11,12 – Grade 4 Field Trip to Strawberry Banke and Gundalow Sail

June 18 – **End of Year Celebration**

Kindergarten – Grade 5 – 9:00 am

Grade 5 Promotion at 1:15 pm

LAST DAY OF SCHOOL FOR STUDENTS

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

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

Thanks for reading!

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