



Speak Up, Epping! Newsletter

Volume 15, Issue 1

Epping, New Hampshire

January-February 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 January and February 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

This is such a nice interruption in all the holiday planning.

Christmas Party at home last year was Great! Festivities at the American Legion are now history as well as our beloved caterer, Misty who retired. "Stay Home" is the new normal and Watson Academy is ours. It was so comfortable and our favorite recipes filled the buffet table---- but not for long. We tried to seclude the endless desserts-- saving the best for last---but not for long. Patti Jo Murphy provided amazing treats never found in our homes. Before they quickly disappeared, some of us captured the display on our cameras before the first grab. So, after the wonderful dinner and gift exchange, old jokes and stories were shared. As expected, some forgot the punch line so we made them up. Best of all - we shared sincere wishes for a very Healthy and Happy New Year.

There were dining dates in November. The one at Dimillo's on The Water was very pleasant. Although our dinner at Perkin's Cove was pleasant, bad weather averted our walk on the Marginal Way. We know it'll still be there when we return.

One of the "back again" traditions of driving through the fantasy Christmas Lights at Loudon Racetrack was back on the table – actually back on the bus. It's been a couple of years. Nicole drove us to Concord for dinner and traveled though the jaw dropping Light Display. We sincerely appreciate the Town providing this new and safe transportation for us. Otherwise, many of us would be watching movie reruns.

Town Planner, Kellie Walsh, will join us in January. We'll learn truth vs. rumor on what has happened in our community and what is on the horizon. Our favorite visitor, Town Administrator Greg Dodge, will be back with us in February to deliver the 2022 Town Warrant Articles. We enjoy throwing questions at him and he never gets

frazzled. Then, meeting with our local pharmacist in March will help us stay current with important issues such as Covid-19. 2022 will be full of anxiety and stress moving out of one Covid-19 tunnel and into another but precaution and patience are our virtues so we're ready and also we're vaccinated.

Thank you residents of Victoria Drive. You really know how to spread the joy of Christmas. It was a very wonderful treat for everyone.

Time for Thanks... FIRST, our Community - for providing a safe and happy place for us senior citizens. Many of us have walked these same halls since 1950 and are happy that the walls can't talk. SECOND, the men and women in the iconic reflective gear. Our ambulance crew's skills are our lifeline to longevity. Our children also thank you. Saving the LAST Thank You to our special FRIEND, NICOLE. Without her we'd be stuck in neutral watching others make memories. With her, we're on fast forward making our own. Wish we had her energy....but we did have it...years ago.

Happy New Year!! PLEASE STAY SAFE!!

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. We are currently collecting donations for our program. Right now, we are in need of mayo, canned vegetables, and pasta. Food can be dropped off at Erica's Garden. Financial donations to help in that effort can be mailed to:

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

Thank you!

News from the Town

Town Hall Closed

December 31st – New Year's Eve

January 17th – Martin Luther King, Jr. Day

February 21st – Presidents' Day

Important dates for coming Town events

January 12th – Budget Public Hearing

January 20th - 28th – Filing for Town offices

February 8th – Town Deliberative Session

February 10th – School Deliberative Session

Coming Town date

March 8th – Town Elections

Town Positions Up for Elections

The following positions are open for Town and School offices for this next year. Filing for offices is open from January 20th to 28th.

Open Town Positions:

SELECTMEN – 3 years

2 Positions

BUDGET COMMITTEE – 3 years

3 Positions

ZONING BOARD OF ADJUSTMENT – 3 years

2 Positions

CEMETERY TRUSTEE - 3 years

2 Positions

LIBRARY TRUSTEE - 3 years

2 Positions

CHECKLIST SUPERVISOR 6 years

1 Position

PLANNING BOARD - 3 years

1 Position

TAX COLLECTOR – 3 years

1 Position

TOWN CLERK – 3 YEARS

1 Position

TRUST FUND TRUSTEE – 3 years

1 Position

MODERATOR FOR TOWN – 2 years

1 Position

WATER & SEWER COMMISSION – 3 years

1 Position

Open School Positions:

SCHOOL BOARD MEMBER – 3 years

2 Positions

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@townofeppling.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.

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 finished up Round #1 of vision screening on December 9th in the elementary school. We tested 365 children. A percentage of students were suggested to get further testing. If parents need assistance with further testing, lenses and frame cost, etc., please reach out to us!!! We are here to help. We hope to screen middle and high school children in early 2022.

We are coming towards the end of our Annual Gas Card Raffle. Only 300 tickets are being sold, so your odds of winning are increased. We draw names on December 28th so if you are interested in getting a ticket, contact a Lions Club member. These make great stocking stuffers!

Always looking for new members from the community. If you would like to join our club, please reach out! We meet the 4th Tuesday of the month, downstairs at the library, 6:30 pm.

Cheers!

Deb Brooks, *President*

lexusreina@comcast.net

Cheryl Denoncour, *Treasurer*

cdenoncour@gmail.com

Colleen Palmer, *Secretary*

colleenmariepalmer@hotmail.com

Epping Community Theater

The theater is excited to offer another great Youth Theater show in January, The Lion, the Witch and the Wardrobe! Tickets will be sold at the door \$10 cash only. Please join our ECT Youth Theater kids as they take you on a magical journey to the land of Narnia!

When four siblings take a vacation to an old country manor, they assume that they're in for a calm, quiet getaway. But they soon discover themselves in a strange but beautiful new world inhabited by everything from elves and dwarfs to talking forest animals and witches. Will these children be able to help save the land of Narnia from the evil Witch? Or will the Witch succeed in taking over Narnia for good? To find out, come along with us on this fun and thrilling adventure that everyone in your family is sure to love!



January 28th at 7pm
 January 29th at 2pm and 7pm
 \$10 at the door (Cash only)
 Epping Playhouse
[38 Ladd's Lane](#)
[Epping NH 03042](#)

It will be followed in February by Almost, Maine.

Welcome to Almost, Maine, a place that's so far north, it's almost not in the United States. It's almost in Canada. And it's not quite a town, because its residents never got around to getting organized. So it almost doesn't exist. One cold, clear, winter night, as the northern lights hover in the star-filled sky above, the residents of Almost, Maine, find themselves falling in and out of love in unexpected and hilarious ways. Knees are bruised. Hearts are broken. But bruises heal, and hearts mend – almost – in this delightful midwinter night's dream.

Directed by Sarah Collinge



February 4th at 7pm
 February 5th at 7pm
 February 6th at 2pm
 February 11th at 7pm
 February 12th at 7pm
 February 13th at 2pm
Tickets on sale soon!

ECT is looking to update our Theater Artist database and we want you!

The Epping Community Theater is looking to update our database of all the talented artists around us who want to take part in upcoming productions.

Actors
 Musicians
 Dancers
 Directors
 Music Director
 Choreography
 Lighting Crew
 Sound Crew
 Set Crew
 Stage Management
 Props Crew
 Costuming

See your talent (or future talent) listed? Think we missed something? Then contact us!

Whether you have tons of experience, or just tons of interest, and are looking for the right outlet to unleash your talents, let us know! We have access to a beautiful 210 seat theater and are always looking to increase our community.

By filling out the Google Form online you will be added to our database and contacted when positions become available.

****Keep in mind Directors, Choreographers, Music Directors, and Set Designers are stipend positions for most shows.**

ECT is dedicated to putting forth amazing productions with professional quality, all while creating a supportive, creative, and learning environment for all.

All we need now is YOU!

Epping Historical Society

This has been quite the year. All of our lives have changed, whether at work or at play. What is missed most of all is family gatherings. We all hope this New Year will bring more togetherness, and less Covid. We all do our part, keeping ourselves and others safe; we still need to be careful.

We have had many visitors this past year; some even come with items for the society. Our volunteers carefully archive any and all donations. Once in a while we receive “quirky” items from old Epping families; they are also archived, but not always displayed front and center.

We are planning some programs for the coming year, including a power point program in the late spring: “Old Epping”, always a popular program. We hope to have a program in March, with Kathy Bailey, local journalist and now an author, talking about her series of books she has written. We will keep you posted!

Last but not least, a very big thank you to our volunteers; Irene Cote, Joanne Tibideau and Jennie and Lee Allen. They work so hard archiving and keeping us going, I cannot thank them enough. Although it is work, we are learning so much about our town, past and present.

When I was looking for a story, it was hard to pick just one. Epping has so many people and places that would make a good story; I will never run out of ideas.

I found the following story in the Sanborn files. This story is about Clarence Sanborn, Don Sanborn’s uncle, and his experience during the earthquake in San Francisco in 1906.

April 24, 1906

Word has just been received from Clarence Sanborn of Epping, who is at the present time a student at Leland Stanford University in Palo Alto, CA. At the time of the earthquake he was in Encino Hall, one of the men’s dormitories, and had a very thrilling experience, escaping without injury to himself, although the building was greatly damaged. He helped to take the bruised and mangled students, some of whom were dead, from the debris made by the falling in of walls, roofs and chimneys.

The building stood the shock of the earthquake quite well, but a tall ornamental chimney fell and crashed through the four floors to the basement, cutting out a hole that looked like an elevator well. The rooms in the path of the chimney were occupied by students who suffered many injuries. One was killed outright and eight others were seriously hurt. After hurriedly dressing, Mr. Sanborn joined with the others in the work of rescue for many strenuous hours. The work of extricating and caring for the injured accomplished, the students then formed a police corps to protect the property of the collage from looters. The museum contained many

valuables which were guarded day and night by the student police. Mr. Sanborn and about 100 others made as their lodging place, the lawn in front of the dormitory. There was quite a sufficient quantity of food and blankets obtained from the dormitory, and under these circumstances they managed to live fairly comfortably for a few days. Many of the students joined in relief work in the city of San Francisco. Mr. Sanborn says that all able-bodied men are assisting in various ways in the ruined city. Two student friends of his walked into San Francisco and were met by a soldier who invited them to “use shovels.” They accepted the invitation quite willingly.

At the present time, Mr. Sanborn is staying in San Jose, it is expected that the university will be open as soon as the area is cleaned and safe to return to classes.

Clarence Sanborn graduated from Tilton Seminary in 1899, went to Boston University, and in 1902 took charge of the commercial department at Tilton. He entered Leland Stanford University in 1904, a very successful student and president of the Y.M.C.A. He ended his academic career as headmaster at Portsmouth High School, retiring in 1945.

Mr. Sanborn served as Y.M.C.A. secretary in England during World War I. NOTE: In our collections we have the very large key to the Y.M.C.A. in London, England.

Clarence Sanborn – 1880-1985 – age: 105 years
Research: Donald Rundlett Sanborn Collection\
Epping Historical Society
Submitted by Joy True, curator
Epping Historical Society
joysgarden@hotmail.com

We are open Monday’s 8:00 to 12:00, or when the flag is flying!

Call 603-679-2944 for an appointment that will fit your schedule

NOTE: The above phone number rings into my cell phone, so I am always available.

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

News from Rockingham Grange #183

The Rockingham Grange #183, with President Bruce Gatchell presiding, met Thursday evening, Dec. 9th, for its monthly meeting. All committees were called upon to update progress. Many of our 31 members were present and excited about all of the projects our Rockingham Grange is working on, including our Dictionary Project for all 3rd graders in

Epping, Fremont, Raymond, and Newmarket – and the needed repairs to this historic Grange Hall. Due to the volunteer work of many of our members, the spruce trees have been trimmed and the back land cleared to make room for the planting of next spring's flower and vegetable gardens. Preparing the soil will commence starting in early spring. Fundraising will also commence in earnest in early spring for the badly needed renovations to our building. Our meeting was followed by a Yankee Swap that provided much fun for everyone!

We are hoping that many more new members will join to help lend a hand to all the many exciting Grange endeavors! If you enjoy working with great people, and have interest in worthwhile community projects as a member of our Grange, please contact Bruce Gatchell at bgatchel@comcast.net or by calling Bruce at 603-679-8052.

The Civil War Roundtable of NH



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

“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 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.

January 21, 2022 – Robert Hodgman – “Epping in the Civil War.” (President’s meeting)

February 18, 2022 – Elizabeth Hallett – “Sacred to the Memory: Mourning Customs in the Civil War.”

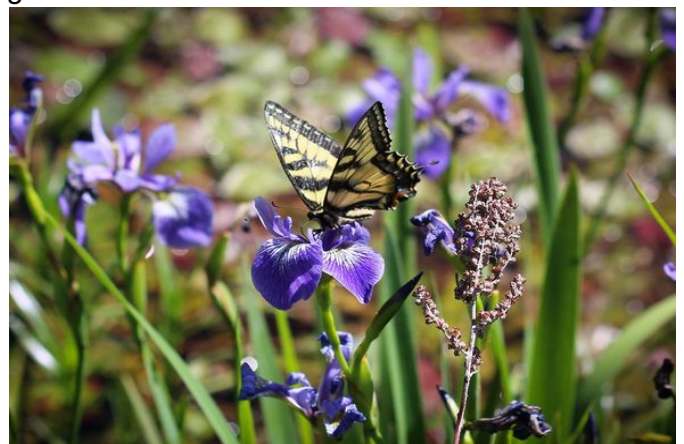
March 18, 2022 – TJ Cullinane – “Forward, Steady, Stay Cool: Derry’s Civil War Soldiers and Sailors” (book purchase and signing)

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

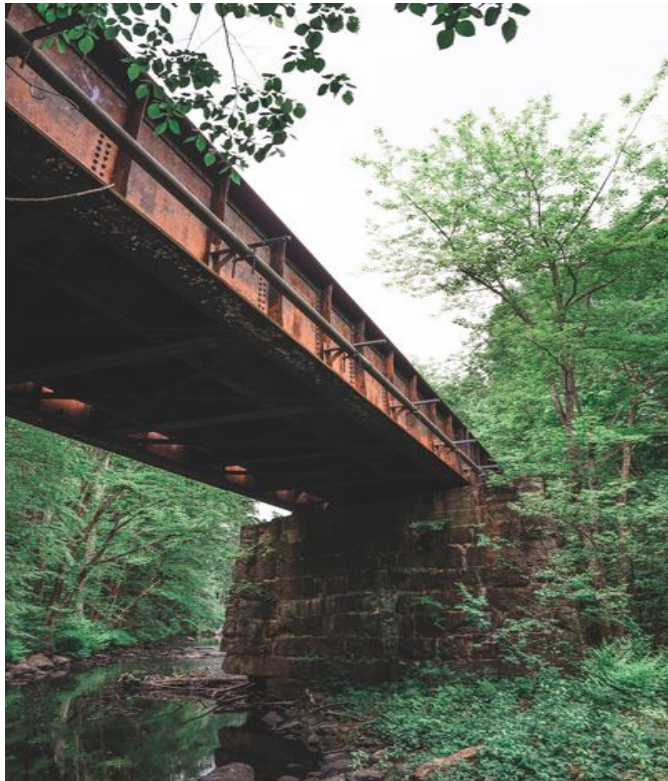
For information on the Roundtable and a complete schedule of meetings and news, please visit the web site: www.cwrt-nh.org or email cwrtnh@gmail.com.

Nature Talks

The Epping Conservation Commission has counted the votes, checked them twice, and was totally amazed by the results of the voting for the Annual Photo Contest. We had two winners, a tie! This is the first time it has happened. Congratulations to our 2021 Epping Photo Contest winners, Lana Savarese and Matt Levesque! Both photos will be on display in the Harvey Mitchell Memorial Library, and the winners will be at the January Conservation Commission meeting to collect their prizes: canvas prints of their photos and gift cards to local businesses in town.



Lana Savarese, Rollins Park, Swallowtail butterfly



Matt Levesque, Bridge of Discovery, Folsom

The Conservation Commission is also excited to announce a new alliance with Epping Middle-High School students by offering a student the opportunity to gain conservation experience and a community service opportunity in the form of an internship. The selected student will be required to

1. Attend monthly ECC meetings for February through May 2022.
2. Contribute to an ECC project, such as trail building, educational outreach, conservation monitoring.
3. Participation of approximately 5 hours per month from February to May of 2022 is expected.

Requirements:

1. Student at Epping Middle-High School
2. Interest in Conservation, Wildlife, Environmental Studies, and/or Education.

Interested students may apply by emailing your letter of interest and recommendation to eeepingoutdoors@gmail.com by **January 15, 2022**. The selected intern will be notified by February 1, 2022.

Lamprey River Advisory Committee To Feed or Not to Feed Deer



<http://extension.unh.edu>

Humans know that winter is a hard time. We do our best to take extra care of our families, our homes, our animals and our neighbors. So what about our deer friends? They are outside. They look cold and hungry. They surely must need our help. Or do they?

Deer have evolved behavioral and physiological strategies to help them survive winter. They build up their fat reserves during the summer and fall. They lie low when snow is abundant, so they do not waste valuable calories. They create pathways through the woods so they can evade predators. They gather in small groups for warmth.

Many people feed deer in winter with hay, corn, white cedar brush, vegetable scraps, or livestock pellets. Such feeding is done with good intentions, but even the best of intentions can have serious, negative impacts. These good intentions can go terribly wrong: more deer starve than would occur naturally, the land near the feeding station is degraded or destroyed, diseases are more likely to spread through the deer population, the youngest deer incur the greatest harm, predation increases, deer lose their wildness and become dependent on people, and more deer are killed in collisions with cars.

1. Feeding is a non-productive, short-term activity.
2. What can landowners do to help the deer in the long term?
 - a. Provide deer opportunities to build their fat reserves before winter.
 - b. Protect the deer's natural habitat
 - c. Leave a variety of trees on the property for browse: beeches, white cedars, hemlocks, oaks, fruiting trees and shrubs
 - d. Let white cedars grow naturally: do not prune them. Over its long lifetime, a white cedar's natural litterfall can feed many deer for many

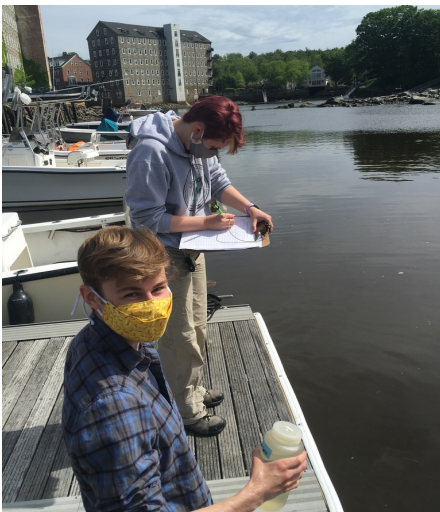
- years and its boughs and branches provide shelter. A cut cedar feeds a herd for one day
- e. Perform light timber management activities in winter when the deer need the browse most.
 - f. Distribute browse areas and winter cover areas throughout the property: discourage concentrating resources. Small herds are desirable, but large gatherings of deer cause problems both to the deer themselves and to the landscape.

For more information about feeding deer, please see [Do Not Feed Deer | Wildlife | New Hampshire Fish and Game Department \(state.nh.us\)](#)

Grant Summary: Tracking Bacteria in the Lamprey River

For many years, people have asked LRAC members if the water in the river is safe for fishing and swimming. From all the data we have found and based on NH classifications, the river as a whole is fishable and swimmable. But the devil is in the details and those are not always easy to find. The state tests public beaches for bacteria, but the Lamprey River does not have any public beaches.

In the summer of 2021, Dr. Steve Jones and his team from UNH took monthly water samples at four locations along the Lamprey River: where Moonlight Brook empties into the Lamprey River in Newmarket, Newmarket harbor, the impoundment at Wiswall Falls in Durham, and the Public Canoe Access in Lee. They looked for overall fecal bacteria counts and then determined the DNA source of those bacteria: human, dog, cow, horse, geese, gull, and mammal.



*Students taking water samples in Newmarket
Photo by Steve Jones*

Here are some of the key findings:

- Evidence of animal fecal bacteria was found at all sites on all sample dates, but the sources and concentrations varied.
- Dog fecal bacteria were detected at all sites except for Moonlight Brook. Cow bacteria were detected at all four sites in June.
- The human fecal contamination at concentrations well above accepted safety levels was found in 4/5 of samples at Moonlight Brook. Contamination at Moonlight Brook appears to be a public infrastructure problem, not a river or watershed issue. Local and state authorities have been alerted to address this.

Back to the original question: Is the Lamprey River safe for fishing and swimming? The overall answer is still yes, the river is clean enough for fishing and swimming. But the devil is in the details! When you have recreational contact with water, assume that the water might contain things that could make you sick, especially if you are vulnerable. Do not expose open skin wounds to untreated water. Try to keep untreated water out of your eyes, mouth, and nose; if it happens, rinse with fresh water. Scoop dog poop and dispose of it properly. Avoid direct contact with surface waters after a heavy rainstorm.

To read the full report, please visit www.LampreyRiver.org and type “bacterial tracking” in the search box. For more guidance about safely recreating on surface waters such as the Lamprey, type “recreational precautions for bacteria” in the search box.

New Year, New Opportunities

The Lamprey River watershed connects fourteen towns and six rivers. It covers 214 square miles. The main stem Lamprey River alone traverses 49 miles, making it longer than the State of Rhode Island. Despite these impressive details, the number of individuals participating in the Lamprey River Advisory Committee is small, too small. We invite you to consider joining us!

Being a town representative means you play a key role in protecting the river for today and the future. You help to decide how best to manage and protect important resources, from water clean water, habitats, recreational areas, and historic sites, to commenting on development projects that are being

proposed in the river corridors. As a Partnership Wild and Scenic River, the committee receives funding from the National Park Service to implement the River Management Plan, a plan written by the committee. Each town is allowed up to four representatives. Representatives can have a focus on wildlife, agriculture, local business, history, education, recreation, or simply have a desire to give back to the river that means a lot to them. Joining forces with diverse people from neighboring towns can have a really powerful impact.

Meetings, scheduled for the third Tuesday evening of the month, are open to the public. We invite you to attend and meet the committee members or to contact us with any questions or suggestions. We hope to see you in 2022.



*Helping communities protect the
Lamprey River.*

Submitted by Suzanne Petersen

Epping Garden Club



The Epping Garden Club will be looking forward to our Pansy Bowl Fundraiser around February. Look for details on the cost per bowl and when we will have the truck deliver them to the library.

Please follow us on Facebook or email us at eppinggardenclub@gmail.com

Epping Garden Club
9 Folsom Mill Lane
Epping NH 03042
603-300-0064

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 has moved their

outdoor weekly Troop meetings from Monday nights to Sunday afternoons at the American Legion in Epping. This is so that they have warmer temperatures and have some daylight while they have their meetings.

Troop 136 Trip to Boston taking the T into the city Nov. 4th



Upcoming campouts are scheduled as follows:

1. The annual Klondike Campout from **February 11th through the 13th** at Camp Carpenter in Manchester NH.
2. The annual Fun Weekend campout at Hidden Valley in Gilmanton Iron Works NH from **February 18th through 20th**.

Submitted by Jennifer Sullivan



Epping Fire Department

Fire Prevention and winter safety tips.

Happy New Year from all of us at the Epping Fire Department. In this issue of Speak up Epping, I want to talk about winter safety tips, access to your house or property and an overview of new residential developments in the Town.

The Department experienced another busy year with over 1,400 emergency calls. With multiple housing developments currently being built, along with an increased traffic flow on our busy highways, there is little doubt our emergency calls will continue to climb! A majority of our calls are for medical emergencies, followed by car accidents and mutual aid services. COVID doesn't seem to be going away anytime soon and cases are rising again with the holidays to include the Delta and Omicron variants. The Fire Prevention Officer position recently moved from a rotating shift to a weekday rotation Monday through Friday to keep up with the incoming housing

developments and commercial expansion around town.

Winter Safety Tips.

Winter came early this year and gave us a little snow for Christmas. Winter is also when we tend to see the most house fires with people firing up the woodstoves or fireplaces, and using alternative ways to keep warm. Before the winter months arrive, it is always a good idea to have your heating appliances serviced by a professional. This includes keeping your fireplaces, wood stoves and chimneys clean. Always place ashes in a metal can and dump them in a snow bank away from your house or buildings. Placing ashes in your garden areas is a great place as long as it's not too close to your house, shed or garage. The Fire Department also responds to a lot of carbon monoxide alarms in the winter when people are using their heating appliances. The best way to avoid carbon monoxide poisoning is to keep all your vents clear of ice and snow. Servicing the heating systems and having smoke and carbon monoxide detectors on each floor and bedroom is essential. Symptoms can include headache, dizziness, nausea and unconsciousness. If experience any of these symptoms, get out of the building and call 911.

Access to your Property.

Emergency responses to a property can be delayed due to the Fire Department being unable to find people's homes. Seconds can count and if we can't find you, we can't help you! Many driveways in town are long and have no markings on the house or driveway. It is best to place reflective numbers on both sides of the mailbox so we can find you. We strongly encourage placing numbers on the side of your house facing the road. Combined with reflective numbers on your mailbox, you improve the chance of finding you faster in an emergency. Since it has snowed recently, it is also best to keep your driveways and other paths clear of snow so we can access them. Our trucks are heavy, long and wide and we need room to get down the driveway. Snow limits our access. If there is a hydrant nearby, please help all of us by keeping it clear in case we may need it. A three-foot clearance around the hydrant is best.

Fire Alarm Systems.

A fire alarm system is an essential early notification system in case of an emergency or fire. These systems are required for all commercial,

industrial, and apartment buildings. Anything over a two-family dwelling now needs a fire alarm and sprinkler system. Both are recommended for safety and required by state law. These are part of many adopted State of NH Fire codes according to SAF-C 6000. Landlords and property owners are responsible for having these systems monitored, and serviced, as well as tested annually. Landlords who have apartments or rent out their buildings must have a system in place. Apartments should have carbon monoxide alarms, as well. If the alarm goes off it is best to exit the building. I find many places where a tenant or building owner has "silenced" the alarm because they think there isn't an emergency. This is a crime and considered a misdemeanor. Individuals can be fined and sentenced to jail depending on the severity of the alarm or call. When an alarm goes off, please just exit the building and let the fire department handle the alarm system. That will keep us all safer in the long run.

Developments in Town.

I'm sure if some of you watch or go to the planning board or drive around town you will see a lot of construction taking place. Epping appears to be a central place for housing with no end in sight. A 55 and older community is being built off of Fogg Road with 100 units, 10 of them are duplexes. Pleasant Street has 10 new houses on Overlook Drive, across from Ledge Wood Lane. Across from Gatchell Way, there are 88 duplexes going into the left as you drive towards Raymond. This development will have hydrants and wraps around close to St. Joseph's Church.

Another development is just off Railroad Ave with 20 or so duplexes on the hill by St. Laurent Street. South East Land Trust (SELT) is building a large office building off of North River Road. The town has a lot of land owned by SELT which preserves the land from being developed. Both sides of Ladd's Lane are developing into affordable apartments.

There is talk about work force housing off Shirkin Road, the area behind Brickyard Plaza. Land is being cleared for other businesses off Shirkin Road, as well. There are two other developments being discussed off North River Road between Daniel Lane, Old Nottingham Road and Route 125 with 19 lots and another 19 condos behind Josiah's off that portion of North River Road. Echo Farm development off French Road and Nottingham Square Road is wrapping up and The Orchard's off of Prescott Road is also finishing its last two cul-de-

sacs in the Hetnar's Orchard development. As you can read, growth in Epping is non-stop. All of these will continue to increase our population and that translates into more calls for town services.

Wrap Up.

Burn permits are only required if there isn't any snow cover. Always notify the department if you're going to burn a pile so we can notify our dispatcher, and keep a hose, shovel or pail of water close by.

Most importantly always remember we are here for you 24 hours a day, 365 days a year! If you have a question or concern, please feel free to call the station at 603-679-5446. And if you do have an emergency, please dial 911. It is the quickest way to ensure the right resources are dispatched to your emergency.

Happy New Year!

Respectfully,

Lieutenant Paul St Cyr

Fire Prevention Officer and 911 Liaison.

Epping Explorer Posts

Epping Fire Department Explorer Post 136

Post 136 has been meeting on a regular basis at the Safety Complex. The members have learned how to assist on emergency calls. EMTs have instructed them on how to assist on the ambulance and have demonstrated the equipment. Our members are certified in CPR, have had a class explaining HIPPA, and bloodborne pathogens. Department members have trained the Explorers in the use of self-contained breathing apparatus (SCBA) and how they can assist firefighters at a scene when the air bottles need changing. They learn about the tools on the engines and have had a few training sessions, with the "Jaws of Life".

If there are youth out there that are 14 years old to 20 years old, join us and see how you can cut a piece of steel or be delicate enough to pick up a raw egg with the "Jaws". The members also have some social events such as a Christmas party on December 21st. The group holds Red Cross Blood drives and helps with the Fire Department's annual Toy Drive. For more information on the Explorer Post and the Fire and Brick Museum, call 603-679 - 5446 or 603 -396 -9436 and ask for Captain Cray.

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

The Museum committee wishes everyone a very Happy New Year!

Fimbel Garage Doors has finished the door installation and the trim around the doors. We want to thank Jason Follansbee, Fimbel Doors, and Lowes for the donations of time and materials.

Our 1934 Reo Speedwagon is out for service. We are looking forward to its return to show it off. With the repairs we will be able to drive it in parades and for special events in Epping.

The Museum was presented with a handmade blanket with the Town Seal crocheted on it. Raffle tickets were sold at various events and the winner was drawn in December by Hazel Gatchell at the Epping Community Church. The lucky recipient of this donated blanket was Patty Dame of Lee, NH. Thank you to all the people that purchased the raffle tickets.

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

Cliff Cray, Member of the Museum committees

American Legion News

Monthly Breakfast Buffets to Resume

The Sunday Breakfasts are going to kick off again on Sunday, **January 9th**, 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.

We don't have any information on the Valentine's Dance as of yet.

Submitted by Janet Hoffman

Epping Community Church

The 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 you can 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.

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 and white pizza.

Our 3rd Saturday dinner will be **January 15th** from 5:00-6:30 pm. The cost is \$10.00 for a full turkey dinner. You can get it to go as well. We will have a dinner on **February 19th** as well.

Epping Community Care is located at the church. We are made up of three different parts as follows:

Soup Café is a free lunch every Thursday from 11-12:30. We offer two homemade soups, salad and dessert.

Our Food Pantry is open every Saturday from 8-10:00 am. Need help...just come, no questions.

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 all that have donated to our programs to help others.

St. Joseph Catholic Church

208 Pleasant St. (Rte 27)

Epping, NH 03042

Office telephone: 603-679-8805

Our mass schedule is:

Monday Adoration 8 am to 4 pm

Daily masses Monday through Thursday 7:30 am

Saturday Vigil 4 pm,

Sunday Masses 8 am and 10 am

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

December 25th - No Saturday 4 pm mass

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



Harvey-Mitchell Memorial Library

Epping's Public Library

151 Main Street

603-734-4587 (Adult Dept.)

603-679-5944 (Youth Dept.)

603-679-5884 (Fax)

harvmitch@gmail.com

www.eppinglibrary.com

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

Youth Dept. Facebook page:

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

Hours: Monday, Friday – 10 - 5

Tuesday, Wednesday, Thursday – 10 - 8

Saturday – 10 - 2

Sunday – 12 noon – 4

Closed: Jan. 1st – New Year's Day

Jan. 17th – Martin Luther King, Jr. Day

Feb. 21st – Presidents' Day

Story Time - Tuesdays and Fridays – 10:15 am

Story Time provides opportunities for children to explore the library, make new friends, listen to stories and try their hand at a variety of craft projects. As much a social event as an educational experience, Story Time endeavors to inspire our youngest patrons to become lifelong readers and learners. Recommended for preschool age and younger, but older children are welcome as well. Join us for a new story and craft each week!

Thursday, January 6th at 7:00 pm.: Guitar Concert by José Lezcano. Dr. Lezcano presents a variety of musical styles on classical guitar, including: music by Bach; Renaissance pieces; Spanish and Latin American music; his own original compositions and more. Described by Fanfare Magazine as "an excellent guitarist as well as an imaginative composer," Cuban-born musician Dr. José Lezcano spent many years as Professor of Music at Keene State College. He is a twice Grammy-nominated composer and guitarist whose programs of Latin American music, his own original compositions, and classical repertory have taken him from Carnegie Recital Hall to important festivals and venues across the Americas and Europe.

Thursday, January 20th at 6:30 pm: Join us for a presentation by Terry Nelson, author of *Hidden History of the New Hampshire Seacoast*. The NH Seacoast has a wealth of overlooked history. Some remnants are hidden in plain sight, and others are just plain hidden. Meet the minister and early religious founder who was involved in an armed confrontation in Dover with another preacher in 1640. Find out how a one-time high school assistant principal in Rochester became a world-famous business leader and ended up meeting President Grover Cleveland. Discover the story of "ghost" racetracks in Somersworth before they disappear, as well as the "pile of rocks" that stopped a multimillion-dollar building project in Windham. Author Terry Nelson reveals for us some of New England's most fascinating history.

The Contemporary Book Group will be returning in the new year! The group will meet the fourth Tuesday of the month, starting **Tuesday, January 25th at 7:00 pm**. New participants are always welcome. We'll begin with *Midnight in the Blackbird Café* by Heather Webber; copies are available at the library.

Winter after school yoga begins **February 2nd from 4 - 4:30 pm** on Wednesdays. When the cold air keeps you from playing outdoors, stretch and stay warm in the Community Room 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.

*Interchanging COVID 19 guidelines followed.

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.

*Interchanging COVID 19 guidelines followed.

Friends of the Library

Something fun to look forward to in the new year. The Friends of the Library are collaborating with Creative Community Space to sponsor a Mystery Art Kit project for all ages in early 2022. More details to come.

Our monthly meetings are the first Wednesday at 7 pm. We will meet next on **February 2nd**. All are welcome to join us.

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

JANUARY

Jan. 3 – Classes resume

Jan. 3 – PTO meeting 7:00 pm

Jan. 14 – Child Find Clinic at Preschool 9-12

Jan. 17 – **NO SCHOOL MLK Jr. Day**

Jan. 18 – **NO SCHOOL Teacher Professional Development Day**

Jan. 22 – Snow date for Child Find Clinic

FEBRUARY

Feb. 7 – PTO meeting 7:00 pm,

Feb. 7 – **NO SCHOOL Teacher Professional Development Day**

Feb. 28 – **NO SCHOOL Holiday**

Mar. 1-4 – **NO SCHOOL –Winter Vacation**

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 (**March-April 2022**) of this newsletter will be available **on March 1, 2022**. We will accept **submissions through February 23, 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 February 23, **2022**. Please include date, event name, location and time.

Thanks for reading!

• • • • • • • •