



Speak Up, Epping! Newsletter

Volume 14, Issue 6

Epping, New Hampshire

November-December 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

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 Delta variant around. Very few town events have been scheduled in November and December and so again there is no calendar in this issue. We hope that there will soon be more meetings and events to post in a calendar. In the meantime, we do have some information to pass on in this smaller than usual issue.

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

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

Senior Moments

We donned our masks, opened the door and got ready for the world again. Well, that didn't exactly happen that way. First, no one showed up for the tour of Bedrock Gardens. Don't know why! The other trip to the Demerit Farm for the wagon ride into the apple orchard followed by apple pie and ice cream really took a surprising turn. The only member who showed up was our President Sandy. She couldn't go with an empty cart, so she took her granddaughter and her great granddaughter. It turned out to be a fun day for them. Especially for the little one.

We certainly are not philosophers, but since the pandemic, time has changed us dramatically. Not the usual older and wiser attributes but small things. A perfect example -- our auction that was originally planned in 2019. We played catchup and had our auction at the October meeting. Members were certainly in the mood to sell but no longer in the mood to buy. We all recognized it was time to get rid of "things" not add "things." So, a lot of great "things" went to the thrift store. The tale of this saga is - no more auctions.

The bus is ready and our new driver; Cliff Cray, is ready to transport us noisy seniors wherever we want to go. Our first destination is Perkins Cove in Ogunquit, Me. on **October 28th**. It will be a fabulous dining experience followed by the stroll along the Marginal Way. Eager to see how many members "stroll" after a big lunch. Our second date is at D'Millo's in Portland, ME on **November 10th** -- another fabulous dining experience right on the water (sort of). So, maybe now we are really feeling safe enough to venture out again.

The gods have spoken. Two effects in our lives have changed our Christmas Party. One: our beloved caterer retired to Maine. Can't go there without feeling sad. Two: the pandemic gave us insight. The result is amazing. Why not party at

home? Watson is very comfortable with a dishwasher right there (not my house anymore). We can show off our favorite recipes and enjoy Patty's dessert delights. We enjoyed a sample of Patty's treats at the Historical Society Open House and can't wait to enjoy her masterpieces again. A special surprise is in store for the members. Wish I could tell you, but you'd tell. The Party is **December 9th**, beginning whenever we all get there.

Everyone is happy to be together again. There's room at the table for friends 55 and over to join us. So, please call 603-679-8677 or (email - coteirene@yahoo.com) or simply contact our Recreation Director and she'll open the door.

Ten digit telephone numbers starting in October,,,,don't forget!

Irene R. Cote, Secretary

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 program. We are in need of canned vegetables and soup. Donations can be brought to Erica's Garden. This year, the program will be providing Thanksgiving meals to those in the program. 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

Nov. 11th – Veterans' Day

Nov. 25th-26th – Thanksgiving

Dec. 24th – Christmas

Dec. 31st – New Year's Eve

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@townofeppping.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.

Get Ready: Add 603 to all local calls

Starting last Sunday (October 24th), placing a local phone call in New Hampshire is taking a little longer. Callers in New Hampshire are now required to add the state's 603 area code to most calls because of a new mental health and suicide prevention number. If you don't use 603, you'll hear - "your call can't be completed as dialed."

The new hotline doesn't start operating until July, but 10-digit dialing began this last weekend. State officials said they have been trying to make people aware of the change, but they said some people might still be upset. "There are a lot of folks in this state that haven't gotten the message yet," said Mark Doyle, director of Emergency Services and Communications. "We've been doing a lot of work with local media and publications, as well as our first responder community, to make sure that the message gets out."

The new three-digit mental health and suicide prevention hotline — 988 — is also a prefix being used in New Hampshire and other areas, so just dialing a number with that prefix but without the area code would route callers to the hotline.

In addition to updating your contact list, you'll also need to add the 603 prefixes to other devices that are programmed to speed dial contacts. There are some numbers that are not affected. "The codes (211, 711, 411) that people may already be accustomed to dialing and using are still going to be accessed the very same way," Doyle said. Residents will also continue to be able to dial 911 directly in case of an emergency.

Verizon puts it this way in their announcement: "All services, automatic dialing equipment, or other types of equipment that are programmed to complete calls to 7-digit local numbers will need to be reprogrammed to complete calls to 10-digit numbers, including the area code. Some examples are: life safety systems and medical monitoring

devices, PBXs, fax machines, Internet dial-up numbers, fire or burglar alarm systems, other security systems or gates, speed dialers, mobile or other wireless phone contact lists, call forwarding settings, voicemail services, and other similar functions.”

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>

We are starting sales of our raffle tickets. 300 tickets will be sold. The winner gets a \$300 gas card of their choice. The 2nd, 3rd and 4th place winners will each get a \$50 gas card of their choice. Anyone interested in buying a ticket, please contact a club member. Drawing is **December 28th**, so they make great stocking stuffers!

Exeter Lions Club members have plans to canvas the town and introduce themselves to business people, with the idea of joining the Epping club, as we are always on the lookout for new members to expand our club. If anyone is interested in joining our club and serving the town, please contact a member today. We continue to welcome any new members interested in joining our club. We meet at the library at 6:30 pm.

Deb Brooks, *President*

lexusreina@comcast.net

Cheryl Denoncour, *Treasurer*

cdenoncour@gmail.com

Colleen Palmer, *Secretary*

colleenmariepalmer@hotmail.com

Anne of Green Gables at the ECT

The Epping Community Theater’s production of “Anne of Green Gables” will be onstage from **December 3rd to December 10th** at the Epping Playhouse on Ladd’s Lane in Epping.

Due to the current COVID-19 regulations, the number of seats available in the theater have been limited. In buying your tickets, please do your best to select a group of seats that fits the size of your party.

Everyone attending the show is required to wear a mask at all times unless eating or drinking. Thank you for your consideration

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

Fall is here, but along with fall, colder weather will arrive. The leaves were not quite so beautiful this year, due to the prolonged drought and the very warm September. Just keep in mind, next year will be better!

We celebrated our 50th anniversary in October with an Open House. We were not overwhelmed with visitors, but we had a fair turnout. We met several new residents of Epping and they are very interested in the history of Epping. What seems to hold their greatest interest is the history of the house they have purchased. If it is a new house, they are inquisitive about the area where they now live. We had a great "groaning table" - sorry you missed all the goodies.

We have recently received a collection from the Kimball family. Bob and Amogene Kimball were such great people, being very involved in various organizations in Epping. They were very influential in the Epping Historical Society, holding various offices over the years. Who can ever forget Amogene and Buster Sanborn serving up breakfasts, raising money for the Society? The

volunteers are busy archiving the collection. One of the artifacts was from another family in town, a beautiful old photograph book, the most interesting part is: all of the old (1870-1890) photos are identified! I only wish my ancestors had the foresight to identify all the pictures in the photo albums they left behind. I think we all have these mysteries in our families; perhaps we should get busy and label our old photos (on my bucket list for the cold weather). We extend a very warm "thank you" to the Kimball family for past and present gifts.

Bartholomew Van Dame – Schoolteacher

Bartholomew was born in Holland in 1807. He came to Portsmouth in 1819, on a ship with Capt. John C. Long, afterwards Commodore Long, who, on retiring became a resident of Exeter. Van, as he was known, drifted around Portsmouth for a while, and then was invited by Josiah Clarke, a peddler of fish, to come with him to Epping. Here he made his home with John Dow of North Epping, serving his indentured time, as was the custom, until he was 21 years of age. He attended school here during the winter months, receiving his early education in Epping. He was small of stature, weighing no more than 100 pounds, and he was often ill from various illnesses. During this time an event occurred by which his right arm was permanently disabled. Being engaged in a "scuffle" with a schoolmate, commencing in fun, but his antagonist, finding that "little Van" as he was called, would be the victor of the "scuffle" drew a knife and in anger severed a cord in Bartholomew's right arm. An eyewitness of the encounter said "it was fearful sight." Van was taken home, where for several days he raved in delirium. Finding himself disabled, and losing the use of his right arm, he learned to write with his left hand. When he reached manhood, he needed to find a way to earn a living. He acquired by his own diligence, an education, even under many disadvantages, becoming an efficient teacher in high schools. He also made himself a master in five languages. He was a believer in the reforms which serve to elevate and dignify every position in life, and his knowledge of information made him a great conversationalist.

He succeeded not only as a schoolteacher, but as a minister. He served as a minister in several churches in the area, filling in for others at various times. He was a strong abolitionist, a poet and he composed many hymns. He taught in Lee and In Nottingham. He was a teacher at the Old Nottingham

Academy, located on the square. He was a beloved teacher, and Nottingham honors him by naming the Old Schoolhouse in his honor. The Nottingham Historical Society is located in the "Dame Schoolhouse."

By his own effort, he became the possessor of a large and valuable library, and during a lingering illness he distributed books to those who had been his pupils. He always wrote a message, signing on the flyleaf of each book he gave away.

During his last and final illness, he made very detailed plans for his funeral service. He did not want an elaborate funeral, as was the custom at that time; he even composed the hymn to be sung. He chose as his burial place the Dow Cemetery in Epping, with John Dow, with whom he spent his early years. Bartholomew Van Dame was a very modest man, not wanting his money and bequests known.

He also wrote his epitaph to be chiseled on his tombstone:

In memory of B. Van Dame, who was born in two Countries. His natural birth was in Holland, Europe, June 21, 1807; his spiritual in Lee, N.H.

Dec. 2, 1828. He came to the U.S. with Capt. John C. Long of Portsmouth, N.H. in 1819 and to Epping with Josiah Clarke, Feb. 14, 1822, and served his time with Ensign John Dow from Feb. 10, 1824, to June 21, 1828. Died Apr. 3, 1872, aged 64 yrs. Beneath this turf reposes one who was a stranger in a strange land but who was surrounded by friends who were cherished in his affection as in a deathless remembrance.

NOTE: This tombstone is no longer readable. I copied this 50 years ago (Joy)

Research: Historical Society
Old Exeter Newsletters
Donald Rundlett Sandborn

We are open Monday mornings, from 8:00 to 12:00. Or when the flag is flying! I know this is not convenient for everyone, but give us a call to make an appointment. We are very flexible and try to accommodate everyone. We can be reached at 603-679-2944 every day. **Note:** this number rings into my cellphone.

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

News from Rockingham Grange #183

We are happy to announce that many people have shown interest in joining our Grange! Folks are ready to become part of committees for the needed

areas of concern, including a building committee to look into the needed repairs of this historical landmark, a committee for fundraising, and the possibility of some of the land being used for a community garden. We are excited about our future as a viable part of the Epping Community! If you are interested in being a part of this revitalization of our Rockingham Grange, several opportunities will be forthcoming!

The Civil War Roundtable of NH

"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.

November 12, 2021 (*note: this is the 2nd Friday*) – Mike Pride - "Storm Over Key West: the Civil War and the Call of Freedom." (book)

December 2021 – No meeting

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."

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

This past September 25th, the Friends of the Library sponsored a Community Fair behind the library. Many groups were represented to give information about themselves and to help the citizens of Epping begin to know all the wonderful organizations and groups that exist in our small town. Among the groups represented were our own Epping Conservation Commission, Pollinator Pathways NH and Southeast Land Trust (SELT).

The Epping Conservation Commission representatives, Sandy Goodspeed, Barbara Willis and Scott Pim, were available to talk with visitors about the responsibilities of the ECC and remind them that we support, maintain and promote Epping trails and conserved land. People signed up to become volunteers: Trail Stewards, Trail Adopters, and Monitors.

The Pollinator Pathways, represented by Barbara Willis and Evy Nathan, was a hit with free pollinator attracting seed, a demonstration on starting seeds outside in winter, and a wonderful and educational presentation by Evy, one of the founders of Pollinator Pathways NH.

Sandy Goodspeed shared information about how SELT conserves forests and land, hiking trails, farmland and scenic vistas. She also promoted the TrailFest fundraiser on October 9th at Burley Farms in Epping. Burley Farms is the new home of The Mathey Center for People and Nature, which is scheduled to open March 2022! Visit SELTNH.org for more information on this exciting addition to the Epping Community.

Now that summer has left us, maybe it is time for you to look into what is happening in our community and how to become a part of it. There are lots of volunteer opportunities! Here are some quick suggestions:

1. Visit the Epping Conservation Commission Facebook page or the website EppingOutdoors.com, or watch a meeting on the ETV livestream.
2. Become a Volunteer for the ECC! Just send an email to EppingOutdoors@gmail.com and give back to your community.
3. Look around for classes, workshops and events on the UNH Cooperative Extension website: <https://extension.unh.edu>. So much information: farming, hiking, natural resources, 4H, and volunteering!!

4. Visit the Kingston Pollinator Pathways website, <https://Kingstonnh.org/conservation-commission> for lots of information on how and why you can help pollinators in your own backyard. Sign up to get the Pollinator Pathways NH for monthly emails.

Submitted by Barbara Willis

Lamprey River Advisory Committee The Value of Partnerships

Much of what the Lamprey River Advisory Committee accomplishes is through successful partnerships. Partnerships join the assets and strengths of one group with different assets and strengths of another group for mutual benefit. Please meet some of our partners!

The National Park Service provides guidance on understanding National Wild and Scenic River System rules, technical support for projects that help to meet the goals defined in the River Management Plan, and, most importantly, funding to pay for the materials and work needed to protect our river.



The Southeast Land Trust (SELT) is an example of a partner that provides invaluable guidance and on-the-ground expertise to find and work with landowners who want to protect their large forests and farms in perpetuity against development. The LRAC has funding to support land protection, but by law we cannot own land. SELT is often the partner that agrees to be the guardian of conservation easements and outright owner of conservation land.

Towns are often great partners. Conservation commissions and recreation departments have responsibility for town-owned land where people like to participate in outdoor recreational activities. The LRAC has worked with these groups to improve town-owned trails and boat launches, provide signage and kiosks, and co-host family-friendly events. Local libraries welcome our indoor programs. Municipalities generously allow us to meet in their public spaces so that the general public can attend and participate.

We also work with other volunteer groups to pursue goals that lead to mutual progress. The

Lamprey River Watershed Association is our fiscal agent and is actively engaged in testing the water in the river to make sure it stays fishable and swimmable. They have undertaken several important studies that help us to focus our resources. The Pawtuckaway Lake Improvement Association has recently become our strong ally in the fight to keep invasive aquatic weeds out of the Lamprey River. In keeping pest plants out of the lake, water that flows from the lake to the river will be pest-free.

Without the support and expertise of our partners, the Lamprey River would probably be just another river. Through the hard work and vision of LRAC volunteers who have the creativity to find and work with talented partners, our river is truly special and will continue to be, well into the future.

“Outstandingly Remarkable Values”

The rivers in the National Wild and Scenic Rivers System represent a tiny fraction of the rivers and river miles in the United States and Puerto Rico. In fact, Wild and Scenic Rivers constitute less than one half of one percent (<0.5%) of the rivers. They all must be partially or mostly free-flowing and have good, clean water. Designation literally requires an act of congress and it is surely a big deal. Part of the process of designating a river as Wild and Scenic comes from defining what makes the river truly special. Many of the Wild and Scenic rivers out west are truly wild, with gorgeous, free-flowing runs through diverse, undeveloped landscapes. How can the Lamprey River compare to those rivers??

The Lamprey River is small, but it has three very important assets that set it apart from other rivers: its outstandingly remarkable values. In undertaking the assessment of resources in support of designation, researchers determined that the Lamprey offers the following: 1) richer and more intact ecological habitats than other nearby rivers, 2) unique archaeological and historic value, and 3) runs of river herring that are among the best in the country.

The Lamprey River flows through diverse forests, old towns, and farmland. Sometimes the flow is fast; sometimes it slows down and spreads out into a big marsh. The river is susceptible to floods, which makes human development difficult sometimes, but these floodplains provide awesome habitat to many rare animals. The river corridor is in a mostly natural state which allows animals to migrate safely to find resources.

The 23-mile Wild and Scenic section of the Lamprey River has two old dams (Wadleigh Falls in Lee and Wiswall Falls in Durham), but neither is used for hydroelectric power and all industrial uses ceased long ago. These sites, as well as the former Folsom Dam in Epping, have significant value as former mill sites. As interesting as these industrial remains are, the sites were also used by Indigenous peoples long before any dams were built. Archaeologists have unearthed evidence of human occupation dating back at least 8,000 years, among the oldest in New Hampshire.

Anadromous fish are species that spawn in freshwater but spend most of their lives at sea. The most well-known example is salmon. Wild salmon are no longer common in this area, but two species of anadromous fish are fighting to stay common: blue-back herring and alewife. Together, these species are called river herring. Each spring, they swim to the mouths of suitable rivers and try to get to their spawning grounds upstream. In the pre-industrial age, New England rivers would be choked by river herring swimming upstream every spring. Not now. Most times, the fish are stopped cold by dams that lack fish ladders. At sea, they face pressure from fishing, pollution, and a litany of other issues. These fish are on the verge of being listed as federally threatened; however, on the Lamprey, they successfully breed. This is important not just on a local level; the continued presence of these fish is crucial on a national level.

Outstanding! Remarkable! Values for all!

25 Years as a National Wild and Scenic River



November 12, 1996:

The US Congress amended the National Wild and Scenic River Act of 1968 to include 11.5 miles of the Lamprey River in Lee, Durham and Newmarket (PL 104-333). In May of 2000, twelve miles of the river in Epping were added to the Wild and Scenic designation. What is so easy to report today was the culmination of a sustained, sometimes contentious, effort by local people to protect the river they knew and enjoyed.

Was it worth the effort? We think so and we hope you will agree.

The full story of how the Lamprey River came to be Wild and Scenic can be found in our video, *Reflections on a River: Thirty Years of Lamprey River Protection*, and it's available through www.LampreyRiver.org or also available at <http://youtu.be/jrdu4FZ5Ce0> and in the History of Lamprey River Management and Protection section of *Twenty Years of Progress: 1996-2016*, also available on our website.

Wild and Scenic River designation and the attendant financial support from the National Park Service have enabled some significant accomplishments:

- uninterrupted volunteer water quality data beginning in 1990 and several long-term reports that track several key water quality indicators
- wildlife and ecological research projects
- permanent protection of 3743 acres along the river
- historical research and preservation of historical assets
- recreational maps and guides, improvements at public access points along the river
- guided family and school outings, comprehensive website, informational kiosks at parks and public access points, children's book, videos, presentations and workshops

Twenty-five years is a long time, but it is just the beginning. Much has been accomplished, but much work remains. With a growing population, more development of the landscape, and changing climate, new challenges await.



*Helping communities protect the
Lamprey River.*

Submitted by Suzanne Petersen

Epping Garden Club



We lost a dear member this summer – Carol, the wife of John Clark. Not one of us will forget her.

We had a successful fall plant sale and for those who purchased their fall color from us, we are thankful. We added a yellow mum, purple aster and ornamental cabbage to each of our white boxes in town and added a few mums and asters to the garden in front of the safety complex.

We will lose both the garden on Old State and Blake Road and the one at High Street and Main Street. With all the new homes being built in our small town, the roads will need to undergo reconfigurations for safety and snow removal I hear. Please think about adding a new garden area for pollinators at your places to help offset the town's growth. We can only hope the water will remain healthy for all of us to enjoy here in town.

We hope you loved watching the library landscape fill in and bloom and that you stopped by to pick some produce from our gardens. We had hundreds of fresh organic tomatoes along with eggplant, cucumbers, squash, peppers hot and sweet, herbs of all kinds and we even had 5 ears of beautiful corn that I took home for the wildlife to enjoy. We had so many gorgeous zinnias and marigolds which the bees and butterflies visited often. Now if we can leave them up the birds will have a feast! The canoe that was swamped after our month of rain, had to have a hole cut into the side and it actually made a comeback. Perseverance!

Who knows what will come next year to this space. That will be for others to decide, but I have to say, what we attempted was very successful. It was a lot of work, but so worth it for what we received in safe, locally grown food. How did your gardens do?

If there is interest in the community, we will offer plants for your holiday decorating - poinsettias in large sizes, as well as wreaths and kissing balls. It

will be on a limited basis, so reach out early or you will miss out.

Poinsettias are available in 6" for \$12.00 and 8" for \$20.00. Usually we can get a few huge 10" ones (call for availability) – we'll get the 2021 price, if you are interested in them. They usually offer red, white and pink varieties. Please call or email me your needs and I will call them to see if they can fill your request.

We will also offer Kissing Balls - plain balls for \$25.00 and decorated balls for \$35.00. Also, 14" Wreaths with or without a bow, \$12.50 and \$16.00 respectively.

Again, the Garden Club thanks you for all your support over the years in helping us to add splashes of color to the Town of Epping.

We always welcome volunteers who wish to join us. If you're interested, please email us at: eppinggardenclub@gmail.com.

Follow us on Facebook and everyone please stay safe.

Thanks as always!
Epping Garden Club
603-300-0064

eppinggardenclub@gmail.com

Submitted by Eunice Miller



Scouting Around Epping

Boy Scout Troop 136

The Troop is in full gear on meetings and campouts this fall.

The Troop continues to meet on Monday nights at 6:30 pm at the American Legion, outdoors in the field. In October they will be working on Knots, Lashings and First Aid and in December they will be working on their Citizenship during the Troop meetings.

The Troop will be doing their annual Scouting for Food for local food banks in November. Flyers for the event will be delivered to most households in Epping on the weekend of **November 5th**. Pick up of food donations will be on **November 13th** before 10 am.

Scouting for Food is an annual food drive sponsored by the Boy Scouts of America. It is part of the Scout's program that emphasizes our slogan "Do a Good Turn Daily." Since 1988, Scouts nationwide have participated in this effort. Scouts will be looking for non-expired canned and/or

nonperishable goods - no expired or glass items please.

On **November 4th**, the Boy Scouts plan on a Freedom Trail campout in Massachusetts. They will camp at a nearby BSA campsite and travel to Boston by T-Train to the Freedom Trail. The Freedom Trail is a 2.5-mile walk that connects to 16 nationally significant historic sites through Boston Common and the North End.

The Boy Scouts are also preparing for their annual re-charter for 2022. Scout adult leaders will be busy renewing their annual youth protection. There is an update to the Troop's Charter Organization. The Troop will no longer be chartered by the Epping Community Church. We thank the Church for many years of sponsoring and supporting the Troop. The Troop will now be chartered by the American Legion Post 51 of Epping, NH. The American Legion has been active for many years, supporting and welcoming the Troop for their weekly events and we are looking forward to having them as our new Charter Organization.

Submitted by Jennifer Sullivan



Epping Fire Department

Hello to my Speak Up, Epping! readers. I want to discuss safety tips for home and school for late fall and holiday safety

Time Change and Batteries

The adage, "Spring Ahead, Fall Back" should mean more than just changing your clock to Daylight Savings or Standard Time. It should include changing the batteries in your smoke, heat or carbon monoxide detectors, too. This includes "hard wired" detectors. Many detectors are equipped with a battery backup in the event of a power failure. Fresh batteries also help prevent detector malfunctions or "chirps" associated with low battery power. Remember, smoke, fire or carbon monoxide detectors are proven lifesavers. Take a few minutes to ensure your family is safe and change out the batteries in every detector. There is more information about detectors later in this issue.

When You Need Help

In recent months the number of calls requesting help using the department's number have increased. In emergencies you need to call 911 instead of trying

to contact the station directly. Often times our crew, which is limited, may be on a call and are not available to answer your phone. The delay in learning this by not getting an answer when you call can be critical.

Late Fall and Winter Safety Tips

I know I've said it before, but always have your heating appliances serviced and cleaned annually. Have your chimney cleaned by a professional. On **November 7th**, we set the clocks back to Standard Time. It is the perfect time to check your smoke, heat and carbon monoxide detectors. Batteries should be replaced every six months unless you have a 10-year detector with a long-lasting battery. Changing detectors every ten years is good practice, as well. If you are a landlord and/or building owner, you are responsible for smoke detectors and carbon monoxide detectors in each apartment or condominium. That goes for Air BNB as well. You are responsible for your guests when they're using your home.

Although October was Fire Prevention Month, it's important to highlight fire safety every month. You should always have an escape plan with two ways out and a meeting place if there was a fire in your house, condo or apartment. Exit the building as quickly as possible and then call 911. Even if you suspect it is a detector malfunction, leave the building and call for help. Detectors, especially carbon monoxide and heat detectors, are far more sensitive than the human body.

We had a few calls where we could not get a fire truck or ambulance down the driveway; or if we did it was very tight. If we can't get to you, we can't help you! Driveways should be cleared of trees, brush and overhanging limbs. It becomes more difficult in the winter when the snow starts to pile up. Yes, I said snow. We need at least 10 to 12 feet of clearance to make it down a driveway. We can worry about backing out later. I'm sure your heating fuel and package delivery services would appreciate it, too. And please make sure there are visible street numbers on your mailbox and house. Reflective numbers are best and help save time during emergencies.

Make sure vents for your heating appliances are clear of leaves and snow. This goes for generators as well. Keep vents clear and NEVER run a generator in a garage or house. This fall and winter, please keep any hydrants on your property shoveled and cleared out, whether it's bushes, brush or snow.

It's a big help for the firefighters and much appreciated.

Holiday tips

Holidays are a great time for families to gather and make memories. It can also be a dangerous time as well. Every year, the Epping Fire Department responds somewhere in town for an oven fire from a cooking incident. Keeping your oven clean before the big feast helps. Never put food or boxes, etc., on top of the stove as they can catch fire. Make sure to follow instructions on how to cook your turkey and never deep fry in the house or garage. That's best for outside. If you prefer a real Christmas tree, make sure it is watered and never gets dry. Check your holiday lights and extension cords to make sure they're not frayed or cracked. I recommend a sturdy three-prong extension cord for your decorations, whether they are inside or outside. A timer is a great thing to apply for lights as well. Candles for any holiday festivities should be closely watched and put out before taking a nap or going to bed. Always keep the candles away from pets and children to avoid them being tipped over.

Santa Parade

Stay tuned to the Epping Fire Department website and Facebook post for details on the Santa Parade which will be **December 19th**. Rumor has it the Grinch plans to return. Our friends in the Epping Police Department will keep a close eye on the culprit.

Our annual Toy Drive is still scheduled for the weekend after Thanksgiving at Walmart. On **November 27th and 28th** we pair up with the Town of Brentwood Fire Department for less fortunate families with young children in need of presents for the holidays.

Burn Permits

Burn permits are required until the ground is covered with a good depth of snow. The only other time you can burn brush is when it's actively raining. Always check with the fire department if you have any questions or concerns and keep all fires 25 to 50 feet from any shed, garage, barn or house. Large brush piles require a 50-foot distance from any structure and require a fire extinguisher is nearby. Fires must be tended to, and the homeowner must be on the property. Written permission from the land or homeowner is required for renters who wish to

have an outside fire. Over the past few months, we have responded to outside fires containing hazardous materials. Please read the rules before igniting any outside fires. Burning unpermitted or hazardous items could result in fines from the State of New Hampshire. Learn before you burn.

So, keep your driveways opened up, your heating appliances in good shape, and your detectors working and enjoy the holidays without any unintended events. Happy Holidays from all of us at Epping Fire Department.

*Respectfully,
Lieutenant Paul St Cyr
Fire Prevention Officer and 911 Liaison.*

Epping Explorer Posts

Epping Fire Department Explorer Post 136

We need youth 14 to 20 years old that would like to get an overview of a career in the Fire and Emergency Medicine Service. Contact Captain Cray at 603-396-9436 or deacon100@comcast.net. Our meetings are the 1st and 3rd Tuesdays at the Epping Fire Department from 6:30 to 8:00 pm, 37 Pleasant Street Epping NH 03042. We welcome youth from neighboring towns.

The Post is hosting a Blood Drive on **November 6th** from 10:00 am to 4:30 pm. Call 800-733-2767 to make an appointment.

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 new doors for the Epping Fire and Brick museum have arrived and Fimbel Garage Door brought a crew to install them. The company made some great donations of time and material and we thank them. The 1934 Reo Speedwagon fire truck will be going to a garage that works on antique

vehicles to get the brakes repaired and some engine work done. The Hand engine went to the Amoskeag Reserve Engine Company fire truck show at the New Hampshire Fire Academy and received the President's award. An anonymous donor has given us a hand-crocheted blanket with the Epping Town Flag. We will be selling raffle tickets until December. Stop at the Historical Society on Monday mornings or look for Cliff Cray at town events. We will be at the block party sponsored by Checkers Barber Shop on October 30th.

We operate on donations and any donations of money or Fire Department memorabilia will be accepted. Donations may be made to the Friends of the Epping Fire and Brick Museum, 37 Pleasant Street, Epping, NH 03042.

Cliff Cray, Member of the Museum committees

American Legion News

Children's Christmas Party – Dec. 11th

The Ladies Auxiliary of the American Legion Post 51 in Epping is hosting a Children's Christmas Party on **Saturday, December 11th** from 1 to 3 pm. The Party is open to Epping children and the children/grandchildren of the Members of Post 51. The eligible ages are 0-10 years old. We hear that Santa will be making a special visit! To make sure that Santa has a gift for all the kids, ***please make sure all eligible children are signed up before the deadline date of December 5th. Prior sign up is required. No calls after that date will be accepted.*** Please call Linda at 603-944-5429 or Janet at 603-944-3288 and let us know your name, your children's ages, and boy or girl. Again, the deadline date for signing up is **Sunday, December 5th**. MASKS ARE BY PERSONAL CHOICE. We will have some crafts to do while we wait for Santa to arrive and there will be light snacks, juice and water. It will be held in the non-smoking Harry Bradshaw Memorial Hall of the American Legion on Route 125 in Epping (across from Telly's Restaurant).

Submitted by Janet Hoffman

Monthly Breakfast Buffets

Monthly Second Sunday Buffets are canceled until further notice.

Epping Community Church

All are welcome to come worship with us at Epping Community Church every Sunday at 9:30 am. We also offer a new Praise Service every

Wednesday at 6:00 pm. Both services can be viewed on Facebook Live if you're still uncomfortable meeting in person or if you're travelling.

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.

Our 3rd Saturday dinner will be **November 20th** from 5:00-6:30 pm. The cost is \$10.00 for a wonderful turkey dinner. You can get it to go as well.

On **Thanksgiving Day (November 25th)**, we will again be offering a free turkey dinner to anyone that would like one. You can eat at the church or take it home. Please call 603-679-5542, leave your name, a callback number and the number of meals you would like to eat in or take out.

Soup Café is a free lunch every Thursday from 11-12:30. Come and join us for soup, salad, dessert and great conversation.

Our Food Pantry is open every Saturday from 8-10:00 am. If you need help...just come!...we can help!

December 7th we will be hosting Mark209 for a Christmas concert. If you missed them last time, you'll want to attend this one! The cost is \$5.00/person. Please RSVP online at Eppingcommunitychurch.org.

We will be offering Christmas Eve services at 4:00 pm and 6:00 pm. Sunday **December 26th** will be a service of carols.

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 23rd - Christmas Eve masses – 4 pm, 6 pm and 10 pm
December 24th - Christmas Day 10 am.
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: **Nov. 11th – Veterans' Day**
Nov. 25th-26th Thanksgiving
Dec. 24th-25th – Christmas
Dec. 31st – New Year's Day

Story Time - Tuesdays and Thursdays – 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!

Family Yoga - Fridays 10:30 am (excluding Nov. 5th)

Slow down and stretch with family yoga taught by Leah Pacione! All ages are welcome. (Perfect to pair with Story Time)

Chair Yoga - Mondays 10:15 am (excluding Nov. 8th and Dec. 6th)

Gentle yoga postures are explored in different variations while sitting, standing and balancing during this free one-hour class! Connect your mind, body and breath with the support of a chair. Adults of all ages are welcome, with or without previous yoga experience. Class taught by 200-hour Kripalu Yoga Instructor Leah Pacione.

The Dusty Olde Mystery Group is meeting **November 16th** at 7 pm to read *The Thursday Murder Club* by Richard Osman. Copies will be at the library.

Contemporary Book Group – We're looking for someone to be the coordinator of the Contemporary Book Group, which formerly met on the fourth Tuesdays at 7 p.m. and focused on reading contemporary novels. Contact Michelle at the library if you are interested: hmmlyouth@gmail.com or 603-679-5944.

Friends of the Library

The Friends of the Library would like to thank everyone--volunteers, participants with display tables, and attendees--for making our first Community Fair a fun and successful event. We look forward to a second fair next fall.

The engraved bricks have been installed in the closed up old doorway in the back of the building. Check it out the next time you are at the Library. Engraved bricks for the front patio will be laid next spring. Thank you to all who bought a brick.

Looking for winter reading and books you can own, allowing you to take as long as you want to read them? Visit the Friends ongoing Book Sale in the Library's Community Room. Suggested prices are \$1 for hardcover and 50 cents for paperback, but donations in any amount are gratefully accepted. There are also children's books, DVD's, and puzzles.

The Friends meet the first Wednesday of the month, 7 pm at the Library. 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_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

NOVEMBER

Nov. 1 – PTO virtual meeting 7:00 pm, Follow us on Facebook at Epping PTO and join the meeting

Nov. 2 – **NOSCHOOL -Parent/TeacherConferences**

Nov. 4 – Picture retakes

Nov. 8,9,10 – Veterans' Friendly Lunch Days

Nov.10–Eagle Day – Veterans' Day Assembly- 1 pm

Nov. 11 – **NO SCHOOL – VETERANS' DAY**

Nov. 15-19 – Student Council Food Drive

Nov. 24-26 – **NO SCHOOL – THANKSGIVING**

RECESS

DECEMBER

Dec. 6 – PTO virtual meeting 7:00 pm, Follow us on Facebook at Epping PTO and join the meeting

Dec. 7 – Winter Concert for Grades 1, 2 and 3
in EMS Gym – 6:30 pm

Dec. 12 – Winter Concert for Grades 4, 5 Band and Chorus in EMS Gym – 6:30 pm

Dec. 24-31 – **NO SCHOOL – HOLIDAY RECESS**

An Invitation to Epping's Veterans From Epping Elementary School Lunch with a Veteran Program

Choose one day:

Monday, November 8th

Tuesday, November 9th

Wednesday, November 10th

Epping Elementary School would like to say "Thank you!" to veterans by inviting you to a free lunch at our school during Veterans Day week. This is a very informal event with veterans seated at the tables with students. Any veteran who attends will be recognized and introduced to all the students and thanked for his or her service.

Lunch times are:

11:00 to 11:25 for grades 1 and 4

11:30 to 11:55 for kindergarten and grade 3

12:05 to 12:30 for grades 2 and 5

You don't have to have children, grandchildren or other relatives currently attending Epping Elementary School. If you are a veteran, you are invited.

If you plan to attend, please call the school at 603-679-8018 or send in a note with a student relative or by mail, telling us what lunch you plan to attend. Please note that school is closed on November 11th.

Thank you for your service to our country!

Heather Cantagallo
Principal

Mandy Murphy
Assistant Principal

Nature Based Learning: We are so excited to have the opportunity to work with Anthony Sachetti and his team to work on nature-based learning at EES.

This program is being sponsored by the Southeast Land Trust (SELT). The program facilitation and teacher mentoring is being provided by White Pine Programs. Students in grades K, 2 and 4 will be working with the naturalists throughout the year and will be taking a field trip to SELT properties. Students in grades 1, 3 and 5 will have the opportunity to participate in some optional nature-based play activities at recess.

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 (**January-February 2022**) of this newsletter will be available in **early January 2022**. We will accept **submissions through December 21, 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 **December 21, 2021**. Please include date, event name, location and time.

Thanks for reading!

