



# Speak Up, Epping! Newsletter

Volume 4, Issue 4

Epping, New Hampshire

July, August '11

## 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.org](http://www.SpeakUpEpping.org).*

## Check Out Our Newsletter Website

Be sure and check out our Speak Up, Epping! website: [www.speakupepping.org](http://www.speakupepping.org) Each new issue of the Newsletter will be available by downloading it from the website. You will also find late breaking news, past Newsletters, town links, calendars and all our ads with links to our advertisers' websites and spotlights on several of our businesses.

Also, check us out on our new **Facebook** page!

## Epping's Farmer's Market to Open!

Epping's Farmers Market will open Friday, **July 1<sup>st</sup>** from 3:00 to 6:00 pm on Main Street in the parking lot next to Walgreen's. It will be open every Friday, rain or shine, from **July 1<sup>st</sup> until October**. To mark this special occasion, Epping's own "Foggy Dew" will provide live entertainment and Lisa will be available for relaxing chair massage.

The steering committee: Deb Duckworth (679-1566), Paul Gustavson (642-8747) and Dave and Kay Hoyt (942-8445) have put together a community market filled with fresh local produce, meat, eggs and jam and preserves. This will be a true community fair every Friday through the summer - a chance to enjoy your neighbors' produce and their company as well.

There are many ways you can help the market. Call any of the above if you have an idea.

## Fremont Farmers' Market

Brookvale Pines Farm

154 Martin Rd. Fremont, NH 03044

Looking for local vendors and craftspeople to attend our farmers' markets to share their homemade products with local neighbors.

Farmers Markets + Horse Shows = Guaranteed Attendance.

The Farmers' Market Dates for 2011 shared with Horse Show dates at Brookvale Pines Farm

Saturdays:

July 16th

August 13th

September 3rd

Vendor Space Is 12' X 12'

Fee is \$25

[www.BrookvalePinesFarm.com](http://www.BrookvalePinesFarm.com)

If interested or have any questions, please contact Brenda Barthelemy at (603) 679-2415 or [Brenda@brookvalepinesfarm.com](mailto:Brenda@brookvalepinesfarm.com)

## Summer Youth Media Camp

**This summer...Don't just watch TV  
Produce your own show!!!**

Camp dates:

Session 1: July 12-14, 19-21

Session 2: July 26-28, Aug 2-4

(Tue, Wed, Thu: 9 am - 4 pm)

\$75 per session

Limit: 10 per session – enroll early!

The Summer Youth Media Camp is for youth entering grades 8-12. It will focus on the issues that spark the interests of local youth.

Young adults rarely have an outlet to share their ideas, values and stories in the media. RCFY and RCTV Want To Change That!

For more information or to register, please visit [www.rcfy.org](http://www.rcfy.org)

Sponsored by the Raymond Coalition for Youth and Raymond Community Access Television

## Help Support Our Troops All Year

If you or a friend or relative has a son or daughter in the armed forces we would like to know. Please give the person's name to Joyce at the Town Clerk's office. If you do not want the name publicized, let us know.

Troop flights returning from or going to the Middle East are met at Pease Air Terminal in Portsmouth, NH, by the Pease Greeters, a group of volunteers. The group has over 100 members and they have not missed greeting a flight since 2005. In addition to greeting flights, they also coordinate sending care packages to troops overseas. Packages are sent monthly and items are collected throughout the year.

You can drop anything from the following list to Joyce at the Town Hall or contact JoAnne Schottler at 772-8620 or [jscatlady@aol.com](mailto:jscatlady@aol.com)

### Pease Greeters Care Package Wish List

Toiletry items - 8 oz or travel size. No aerosol cans

Chapsticks	Eye Drops	Flip Flops
Hand lotion	Shampoo	White socks mid-calf
Deodorant	Inner soles	Shave gel in tubes
Tylenol	Foot powder	Sanitary items
Aspirin	Conditioner	Mouthwash
Dental Floss	Handi-Wipes	Handwarmers, etc.

Food items-individually packed to share

Cookies	Coffee-1lb	Dried Fruit
Nuts	Gum	Tootsie Pops, Rolls
Trail mix	Beef Jerky	Granola Bars
Pop-tarts	Hard Candy	Freeze Pops
Microwave popcorn		Slim Jims

Crystal Light, etc. - on the go drink mixes

Fun stuff for the Troops

Frisbees	Yo-Yos
Dice	Playing cards
Baseballs	Small Nerf Balls
Rubik Cubes	Small card games

Items that cannot be sent

Any food containing pork  
Adult books or magazines

### Another way to support 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 and provide 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.

If you have any questions or want more information about how you can help the troops, contact Joyce in the Town Clerk's Office at the Epping Town Hall or call 679-5441, ext 101.

## HELP - Knitters Still Needed!

A message for those knitters out there: we are now collecting soft knit hats/caps for cancer patients to wear while in the hospital to keep warm. Use your own pattern or see Joyce at the Town Hall for a real easy free pattern or contact her at 679-5441, ext 101. You may also drop off your completed hats at the Town Hall. Thank you!

## Crafters Wanted

The Exeter Area General Federation of Women's Clubs is seeking crafters for its Summer Craft Fair. The Fair will be held at Exeter Town Hall on **Saturday, July 16th at 10 am**. Come join us for the fun and amazing crafts! Please visit our website [www.eagfwc.org](http://www.eagfwc.org) to get all the details.



## Epping Lions Club

**"We Serve"**

Our June meeting was a cookout celebration at our president, Pam Tibbett's, home. We inducted a new member and celebrated our successes over the last year. Our biggest event, the Lamprey River Canoe race, took place on April 30, and it went very well. This was our second time running the event, and we are already planning next year's race to be bigger and better! We had a table at the Wal-Mart Wellness Fair on June 18<sup>th</sup>. Eye glass boxes are available at several locations around town, including the Epping Wal-Mart, where you can drop off your old eye glasses to help others who need them. There are several community events we are planning, including a presence at the Highnote Festival and beginning collection of sunglasses for our armed forces. We also will be continuing eyesight testing in all 3 Epping schools in the fall.

Check us out at <http://epping.nhlions.org/>  
Meeting times are posted, which are generally the 4<sup>th</sup> Tuesday of the month at 6:30 pm. We meet at the High School Media Center during the school year, but our summer meetings are held at The Milk Room at Harvey Hill Farm. Come enjoy some ice cream, fellowship and serve your community. We'd love to see you!

**Pam Tibbetts, President**

[lampreygirl@hotmail.com](mailto:lampreygirl@hotmail.com).....679-5572

**Deb Brooks, Vice President**

[lexusreina@comcast.net](mailto:lexusreina@comcast.net).....679-5407

**Colleen Palmer, Secretary**

[colleenmariepalmer@hotmail.com](mailto:colleenmariepalmer@hotmail.com).....679-3554

**Jen Adams, Treasurer**

[jenadams24@comcast.net](mailto:jenadams24@comcast.net).....679-8927

## People in the News

### Bertha Denoncour

Epping's Boston Post Cane, which goes to Epping's oldest resident, will be presented to Bertha Denoncour in a ceremony at The Selectmen's meeting on July 25<sup>th</sup>.

### Todd Blanchard

Lance corporal Todd Blanchard is serving on the USS Bataan in the Mediterranean for a year. He is in the 2 LADD (Low Altitude Air Defense Battalion), currently serving with the 22nd MEU (Marine Expeditionary Unit).

### Daniel Begin

Members Dave Clapp and Chris Vallone presented Epping High School senior Daniel Begin with the Epping Democratic Caucus Service to the Community Award. Begin, class of 2011, was recognized for his outstanding contribution to the Epping community during the last year. His challenging Nature Trail Restoration project at the site of the old Fox Run Campground on High Road included building a bridge and hiking trail so that Epping residents can enjoy some of the remaining open space in our own community. He received \$300 in US Savings Bonds. The award recognizes a student who helps to build a rich and supportive community in Epping, a community of people who know each other and lend a hand when it is needed. He was nominated and chosen by a panel of Epping High School teachers. Recipients are chosen regardless of any partisan affiliation and the service recognized is done in the spirit of volunteering.

### Senior Moments

The Epping Senior Citizens Club is happy to sponsor two youngsters for the Recreation's Summer Camp this year. It's a great program for the kids.

Our thanks go to everyone who stopped at our Memorial Day Bake Sale table. It's a lot of fun to talk to our neighbors and friends at least once a year. You made it another success. As usual, it was a very hot day and we ran out of bottled water. But - we had brownies! Next year - more water and brownies.

We enjoyed our annual picnic at the Harvey Farm. Although the thermometer read 90 degrees

outside, we were cool and content inside the (cows') holding room with lots of great food, conversation and games. Of course, the Harvey ice cream was our favorite dessert. Now, when you are up there -- ask about the "Mexican Fly Repellent." It works----there are no flies on the Harvey Farm - but you won't believe why. I'll let them tell you.

Ms. Jenney Allen of Prescott Road joined us to talk about her "Bee Keeping." She uses them to relieve her multiple sclerosis. We were fascinated, but still raised an eyebrow and lowered a jaw when she told us how often she has the bees sting her and in so many places. It's gotta hurt! But they keep her healthy which is an amazing thing.

Last time we mentioned an auto show/antique appraisal day coming up this fall. Well, time got away as it does so often at our age. It's another "To Do" for next year.

Ms. Wanda Bowen from the Emergency 911 Headquarters in Concord spoke at our meeting. We wished everyone could hear what she had to say. Her visit was a follow-up after our visit to the 911 Headquarters last year. Did you know that the State of New Hampshire has the most sophisticated emergency response system in the entire country? It's a fact and they're working on providing more advanced services. There is a form you can complete and send to them if you have a specific health condition that should be known by emergency response teams. This information is kept on their database and used when needed. It could save a life. You can pick them up at the Fire Department or we can forward one to you.

Well, it's summer and we relinquish the Watson Academy to the young. When we return we'll be going to more interesting places such as the Castle in the Clouds, the State House, Sigarms Academy, Rockingham County Jail and many more. Our next few programs include a local girl who will tell us about her trip to Haiti and we're looking forward to a visit from the Service Dog Association (with the dogs).

Recently, when I was at a Pease Greeting saying good-bye to the soldiers headed for Afghanistan, I met a very proud veteran who had the following phrase written on the back of his shirt. I'd like to share it with you and I quote:

"If you can read this, thank a Teacher."

"If you can read this in English, thank a Veteran."

*Submitted by Irene R. Cote*

## TALES FROM EPPING'S PAST

### TWO RIVERS IN EPPING



The Lamprey and Pawtuckaway are the two rivers that most influenced the growth of Epping. The Pawtuckaway is also known as the Stingy River from a tale of a stingy farmer who lived near it and wouldn't pay his workers as he promised. And it's nice to know the Lamprey really isn't named for lamprey eels. It is named for John Lamprey, an early settler of what was once called Lampreyville and now Newmarket.

The Lamprey rises from Meadow Lake in Northwood and the Pawtuckaway begins at the pond of the same name in Nottingham. The two rivers join near West Epping and flow through the center of town. This has been the way of our rivers as Indians farmed and fished along the shores, were the first to canoe the waters and roamed all around here on their land trails. Part of Route 27 was one of them.

By 1741, Epping already had four mills in operation, most likely sawmills by the water. Shortly thereafter, where Bunker Pond Dam stood, Joshua Folsom built the original dam and his grist mill. His was the first of the industries that gradually followed and marked the beginning of what became a bustling West Epping community, meriting its own post office and railroad depot. Bunker Pond itself was named for David Bunker who ran a woolen mill and lived on it in the 1800's. Another factory made clothing. Tanneries turned hides into leather. Sawmills cut logs into lumber and made shipping crates for orchards and boxes for the shoe shops. For years, ladies went to West Epping to buy fashionable high heel shoes for the dances at the Town Hall.

The present center of Town came into its own

when the old Mill Street Dam harnessed the river power to run the mills and shops in that area. A woolen mill was in place by the early 1800's, followed by Epping's first knitting mill that made sweaters, stockings and other clothing. A shop made ax handles, and another sawmill cut lumber. In winter, the rivers also provided ice that was cut into blocks and stored for later sale in icehouses, insulated with sawdust from the mills. By 1822, the first of the Epping brickyards was in full swing nearby. Loud whistles from passenger and freight trains' engines filled the air, spooking horses and upsetting wagons. Old farmland and hayfields gave way to stores, noisy taverns and housing for workers and businessmen. Street corners were lit every night by oil lanterns! This old river town would never be the same.

The river was also the spot for many a merry social gathering, the great Lamprey River Canoe Races we enjoy today and the floods we can all just expect forever. And, like all rivers, ours have darker tales to tell. Here are a few from Epping's past:

In 1806, Abraham Perkins, a man described as his own worst enemy, ended his life in the river probably to avoid further humiliation. One morning in 1846, Joseph Blake struggled to save his horse from drowning and both were lost. In 1883, Jonathan Hoag crossed the river for the last time when his boat capsized as he rowed home from a store in Lee. In 1904, a young man cleaning sawdust under a box factory supposedly lost his balance over the water and was killed when caught in the shafting. That same year a young boy went through the ice and was lost under the Main Street Bridge. In 1927, "a poor hardworking woman" was found and pulled out of the water by a worker from the shoe shop near the Town Hall. And then there was the fellow who had just found out he lost his girl to another man and immediately flung himself into the river to drown before his horrified co-workers. Enough for now.

So thus, in both good and not so good times, our rivers will always remain a large part of this place. And sometimes, as you glide a canoe over the quiet waters, this busy world of ours slowly fades away. For a moment, time may suddenly seem to stand still. And then, from somewhere in the distance, you can almost hear the sound of a drum.

**This is sixth in a series of Epping historical articles for this newsletter.**

**Text/Research: Madelyn Williamson. Artist: Analea Harvey**



## Epping Historical Society

### New Owner for Epping's Boston Post Cane

The Epping Historical Society, on behalf of the Board of Selectmen, will present the Boston Post Cane to a new owner in a ceremony on **July 25** at 6:00 pm at the Epping Town Hall. The Cane, which goes to the town's oldest resident, will be given to Bertha Denoncour, 91. The Selectmen and the Society invite the public to the ceremony. Refreshments will follow the presentation.

Epping's Boston Post Cane has not had an owner since 2007. Annie Wells was its previous owner. A plaque at the Historical Society's building on Water Street displays the names of each owner since 2000. Mrs. Denoncour's name will be added to this plaque of cane owners. The names of the owners prior to 2000 are on file at the Historical Society.

Joy True of the Historical Society will make the presentation. The current cane is a replica of the original, which became lost around the time of World War II. The tradition of awarding the Boston Post Cane to a town's oldest resident was launched in 1909 by The Boston Post newspaper. The paper presented canes to hundreds of New England towns, many of which continue today to distribute these original canes.

### Other Historical Society news

The Society replaced its furnace in May at considerable expense. The old furnace failed after 30 years. The Society will be grateful for any tax-deductible donations to help replenish its financial reserves. The Society has begun planning programs for the upcoming year, and plans to launch a fundraising campaign this fall. The Society currently participates in a project to preserve the area around the old Bunker Pond Dam, which will be removed by the state starting on August 1st.

Open on Monday mornings from 9:00 - 12:00, or by appointment. For further information about the Epping Historical Society, please call 679-2944. Or call Joy True at (603) 679-8855.

## West Epping Dam to be Removed

Plans are moving forward for the NH State Department of Environmental Services (NHDES) Dam Construction Crew to remove the Bunker Pond Dam in West Epping. Beginning May 16th, the water has been drawn down slowly, in order to let the sediment settle. The physical part of the dam will be removed, starting August 1st.



## Epping Garden Club

Although the Club has not officially met since April, and won't meet again until September, we have been very active. In May, we planted some newly purchased planters at the library, and the town hall with red, white and "blue" Supertunias. We have also been working with Nicole and Vanessa of the Epping Recreation Department to create a Children's Community Garden - with the bounty of veggies going to the Epping Community Church's Food Pantry. In the coming weeks we will also be planting hydrangeas, lilacs, daylilies, and other perennials donated by members at Watson Academy.

The Garden Club would like to send out a huge thank you to Marti Cunningham for delivering the 18 bags of red cedar mulch we needed for the triangle opposite the SAU building. Although we could use a couple more to fill in some bare patches, the triangle looks so much better! Marti will also be replanting the urn there as soon as the pansies die off.

We've also found a large half barrel at a yard sale and have planted it with red, white and "blue" Supertunias on the triangle at the intersection of Old State and Blake Roads. We still need to find someone with a pickup truck who would be willing to deliver a half-cubic yard of mulch to this triangle. Is there anyone out there who would be willing to help out? The Club would pay for your gas!??

Two of our next projects are the Elm Street triangle which has many perennials (and weeds) that are very overgrown and the small garden in front of the Epping Fire Station that also needs to be weeded, mulched, and have its perennials divided. Other than that, there's always weeding (especially at the library) and watering to be done. If you see any of us out there working away, please stop and say hello or grab a spade and pitch in!

For more info or to offer help of any kind please email Mary-Jo at [rosecottage64@gmail.com](mailto:rosecottage64@gmail.com)

*Submitted by Mary-Jo Hinkle, President, EGC*



## Leddy Center

"The Music Man" will be coming to the Leddy Center from **July 8<sup>th</sup> to July 24<sup>th</sup>**. Other attractions this year at the Leddy Center include "Cinderella" from October 28th to November 16th and "Amahl and the Night Visitors" and "Gift of the Magi" from December 2nd to December 11th.

Mary Gatchell will return in Concert, on Friday, October 14th at 7:30 pm,

Tickets are \$18 and \$16. Leddy Center box office is open Monday through Friday from 3:00 to 5:00 pm. Visit or call Leddy Center at 603 679-2781 for ticket information or order tickets online at [www.leddycenter.org](http://www.leddycenter.org).



## ETV Schedule

Channel 22 - ETV - Schedule - live programs

Monday - July 11, July 25; August 8, August 22 -  
Selectmen - 7 pm

Tuesday - July 5, August 9 - Water and Sewer -  
7 pm

Tuesday - July 26, August 30 - Fire Wards - 7 pm

Wednesday - July 20, August 17 - Budget  
Committee - 7 pm

Wednesday - August 3 - Recreation - 7 pm

Thursday - July 7, July 21; August 4, August 18 -  
School Board - 7 pm

Thursday - July 28, August 25 - Planning Board -  
6 pm

Monday Meetings are rebroadcast:

1/2 hour after meeting

Tuesday - 7 am

Wednesday - 11 am

Thursday - 3 pm

Monday - 2 am

Tuesday meetings are rebroadcast:

1/2 hour after meeting

Wednesday - 7 am

Thursday - 11 am

Monday - 3 pm

Tuesday - 2 am

Wednesday Meetings are rebroadcast:

1/2 hour after meeting

Thursday - 7 am

Monday - 11 am

Tuesday - 3 pm

Wednesday - 2 am

Thursday meetings are rebroadcast:

1/2 hour after meeting

Monday - 7 am

Tuesday - 11 am

Wednesday - 3 pm

Thursday - 2 am

All dates and times are subject to change. Please consult the ETV Bulletin Board or the Town website for any changes or updates.

Always remember that Board meetings are available any time at your convenience by going to

<http://etv22@pegcentral.com>. They are usually available the day following their "live" broadcast.

**NEW** also available is "live" video streaming. You can watch the meetings from anywhere as they are broadcast live by going to: [http://etv22.pegcentral.com/live/live\\_etv22.html](http://etv22.pegcentral.com/live/live_etv22.html).

## New Town Clerk & Tax Collector Hours

As of May 1<sup>st</sup>

Monday - 11:00 am to 7:00 pm

Tuesday, Wednesday & Thursday 9:00 am to 3:30 pm

Friday 9:00 am to 2:30 pm

## American Legion News

**Monthly Breakfast Buffet!** Monthly breakfasts will be held **Sunday July 10th** and **Sunday August 14th**. Come enjoy a hot Breakfast Buffet! Eggs, Bacon, Sausage, Toast, French Toast Sticks, Coffee, Potatoes all piping hot and ready to be enjoyed. Bring your newspaper and your appetite!

The Buffet is \$6.00 a plate and worth every penny!



## Scouting Around Epping

Cub Scout Pack 136

**Recent Events:**

Higgins Armory Overnight: The boys spent the night at the Armory Medieval Museum and had a great time. We learned about armor throughout history and all the boys underwent a knighting ceremony and made their very own crested shields.

Memorial Day Parade: It was a beautiful sunny day in Epping. The boys and leaders marched with pride. Thank you to the Epping Legion for putting on such a fine feast

Rain Gutter Regatta: The pack had its first Annual Rain Gutter Regatta. What a fun day! The sun was shining and the boats the boys built were very cool. Thank you to everyone who made this a success...Next year will be bigger and better!

Fisher Cats Sleepover: The Fisher Cats were gracious enough to host Scout night. The Fisher Cats won the game and the boys had a great time tenting on the field.

**Upcoming Events:**

Happy Summer Everyone!!! Ready, Set. CAMP!!!!

Scout Camp is coming up in July! The YMCA in Portsmouth is hosting a Day Camp from July 11th through the 15th and the following week some of the boys will be attending Resident Camp at Camp Carpenter in Manchester. Both camps have BB Gun Shooting, Archery, Swimming and Arts and Crafts. The boys will have a blast!

The Scouts have all graduated to their next rank and Scouting is winding down for the summer, but the committee will be planning for the fall and into next year. We promise to have more fun and adventure coming for the new Scouting year. Come join the fun. Don't miss out!

### **Interested in Scouting? About Scouting:**

Scouting is organized into Dens by age groups: 1st grade, Tiger Cubs; 2nd grade, Wolf; 3rd grade, Bears; 4th grade, 1st year Webelos; and 5th grade, 2nd year Webelos.

The Pack consists of Dens and their families. Pack 136 meets monthly, usually on the third Wednesday of every month at 6:30 pm at the Epping Middle School. Pack meetings are filled with fun and they're a way to celebrate Scouting, promote family sense of community and reward the boys for their hard work.

Wow! Cub Scout Pack 136 has grown by leaps and bounds this year. We have lots of new Scouts joining our ranks, which is so wonderful. Don't miss out, come adventure with us!

### **SCOUTING = FUN, Don't miss out!**

We are looking forward to lots more fun events this new Scouting year. Some examples of things we plan to do this school year are: Pinewood Derby, Blue and Gold Banquet and Vacation Sleepover. In the past, we have done Battleship Cove, the Museum of Science and Higgins Armory. Whatever it is, it will be fun, maybe a Rain Gutter Regatta Race or a Fisher Cats game with camping overnight on the field.

It's going to be an incredible year of Scouting. Thank you to the Epping Community for all of your support. See you in the Fall!

September Pack Meeting: Wednesday, September 21, 2011 at 6:30 pm at the Epping Middle School

**If you can't make one of our meetings but would like more information on joining scouts, please contact our Cubmaster Craig Clough at [cclough154@comcast.net](mailto:cclough154@comcast.net) or 603-734-2124.**

**Join us on Facebook and keep track of the Pack <http://m.facebook.com/group.php?gid=199059685109&fbf=r6c4d2187&refid=46>**

### **Boy Scout Troop 136**



Epping Scouts from Boy Scout Troop 136 prepare to use their newly purchased trailer to carry their camping gear to a weekend camping trip. The trailer was purchased entirely with donations from the community and friends of Norman Denoncour, Jr. Norman was a former Scoutmaster of the Troop. This trailer is a memorial to his life.

The Troop had a very busy spring Scouting season, kicked off by the fundraising campaign, intended to bring a 10-year journey to completion. The Norman Denoncour Jr. Memorial Troop Utility Trailer became a reality through the generous donations by individuals and businesses in our community. The donations exceeded \$4,000 and the Troop is so grateful to have a place to safely store and transport its equipment. The trailer was put on display during the Memorial Day parade and the final lettering should be completed soon. The Troop thanks all those who made this dream a reality.

The Scouts held a yard sale back on May 7th that was also well supported by the community. Thanks to all who donated items or came by to purchase treasures.

Troop 136 had a great time and a great showing at the 2011 District Camporee in May at Stratham Hill Park. The theme was fire safety and the Scouts worked on earning their fire safety merit badge. The Troop joined with Scouts from over 15 other communities as they learned emergency first aid, fire safety tips for their homes, hands on use of fire extinguishers, techniques of fire investigation, the motivating factors behind arson, and so much more. The Troop thanks all the local Fire Departments, especially Hampton Fire Department which was represented by Epping's Matthew Cray, and Epping Fire Department represented by Cliff Cray.



Ten Scouts from Troop 136 and Pack 136, along with 6 adult leaders, joined American Legion Post 51 of Epping in the annual United States Flag Retirement ceremony held at the American Legion Post. Over 300 unserviceable flags were properly retired by burning.

The Scouts finished up their 2010-2011 Scouting season with a Court of Honor held at Straw's property in Epping. Many rank advancements were recognized including: Sean Day, Sawyer Begin and Christian Cook, all receiving the Life Scout rank, placing them one step below Eagle. Dylan Reese achieved the rank of Star Scout, while Steven Chadwick was awarded First Class Scout rank. Three Scouts advanced to Second Class Scout: Joshua Houston, A.J. Johnson, and Justin Bacon. A.J. Johnson also received the rank of Tenderfoot on his way to Second Class. He was joined by Alex Cray and Tyler Wilkins who also received their Tenderfoot Rank. Four brand new members of the Troop achieved the rank of Scout, the first rank in their Scouting career. Those new members were Chris Currier, Seth George, David Cardin and Ryan Sylvain.

The Troop looks forward to summer Scout Camp at Hidden Valley where they will earn merit badges and participate in high adventure like hiking, canoeing, zip lines, rope courses and more.

Troop 136 reminds young boys and parents that it is never too late to join Scouting. The Troop welcomes all newcomers this fall and hopes to have a large influx of new Scouts looking to learn leadership, life skills, and enjoy outdoor adventure. The Troop is sponsored by the Epping Community Church. Boys ages 11 to 17 interested in Boy Scouts should contact Patty Begin at 603-571-0266 or Cliff Cray at 603-396-9436.



## **Explorer Post 716 and the Epping Fire Department**

We have a certified infant seat installation instructor. Call 679-5546 and make an appointment to have your infant seat installation inspected.

### **Explorer Post 716**

The Epping Fire Department Explorer Post # 716 is accepting new members. The group meets every 2<sup>nd</sup> and 4<sup>th</sup> Thursday evenings from 7:00 to 8:30 p.m. We will not be meeting during the month

of July but will resume meetings in August. The Explorers, young men and women ages 14 to 20, learn how to use the Fire Department equipment and do search and rescue. Once the probationary (learning) period is over, they may assist on fire calls. Explorers are allowed to ride on the apparatus if seats are available, assist firefighters with the self-contained breathing apparatus (SCBA), supervise the rescue truck and perform many other duties at a fire scene. Our next scheduled meeting is August 11, 2011. For more information call Cliff Cray at 396-9436 or leave a message for him at 679-5446.

### **Police Explorer Post 714**

Youth 14 and older may also join the Police Explorer post by calling 679-5122.



## **Girl Scouts of the Green and White Mountains**

### **Summer Camp Fun 2011**

Camp Seawood Portsmouth, NH

Day Camp: 9:00 am – 4:00 pm

Open to all girls Grades K – 7

Price ranges: \$180 - \$350

Financial aid and busing available

Session 1: July 11-22

(1A: July 11-15; 1B: July 18-22)

Session 2: July 25-August 5

(2A: July 25-29; 2B: August 1-5)

Session 3A: August 8-12

Serving New Hampshire and Vermont. For more information, contact us at 888-474-9686 or [www.girlscoutgwm.org](http://www.girlscoutgwm.org)

## **The Civil War Roundtable of NH**

The CWRT-NH had our last meeting of the season on Friday, June 17th at the Epping Town Hall at 7:15 pm. The speaker was Historian Carol Bundy, her topic was "February 1863, George McClellan's visit to Boston."

Also, we had elections for new board members because the present slate of officers' terms were up. This year is significant for the Roundtable and the United States. Our Roundtable celebrated our 20th year at the May meeting.

On April 12, 1861, at 4:30 am, the Confederates started bombardment of Fort Sumter near Charleston, South Carolina. After 34 hours, the Fort commander, Major Anderson, agreed to evacuate the Fort. Two Union soldiers died from



an accidental firing of a cannon. Thus 150 years ago, the long struggle began between the North and South, lasting till the surrender of the Confederate forces under General Robert E. Lee to General U.S. Grant on April 9, 1865. The Civil War, thought to be over in 90 days after the Fort Sumter firing, lasted for four years.

Approximately 600,000 soldiers died on battlefields such as Bull Run, Antietam, Shiloh, Fredericksburg, Chancellorsville and Gettysburg to name a few.

Please find time to visit these sites, remembering that they are places where many fought and died to give us what we have today.

Our schedule for 2011-2012 (3rd Friday of month at Epping Town Hall at 7:15 pm, unless otherwise noted):

**2011:**

Sept 16, 2011

Oct. 21, 2011

Nov. 11 (2nd Fri.)

Dec. no meeting

**2012:**

Jan 20

Feb 17

Mar 16

Apr 13 (2nd Fri.)

May & Jun TBA

If anyone wishes to attend a CWRT-NH meeting, just march (or walk or drive) to the Epping Town Hall. We will be glad to have you enlist (I mean join) our Roundtable.

More information can be found at [www.cwrt-nh.org](http://www.cwrt-nh.org) As our saying goes, "There's no time like the present to join us in the past."

*Submitted by Dan Bennis*

## **Epping Community Church**

We are delighted to welcome visitors and new residents of Epping. You are always invited and welcome at Epping Community Church, located at the corner of Route 27 and Main Street in Epping. Our Sunday worship is at 9:00 am with a time of fellowship following the worship service. From Sunday to Sunday you will have the opportunity to hear the Epping Community Church Chancel Choir, the ECC Bell Choir, the ECC Praise Band, and various vocal presentations. You will also be challenged to hear the Gospel anew and follow Christ on a daily basis as you walk in God's love. Children's Sunday School is from 11:00 am to 11:45 am.

## **PRAISE BAND**

A praise band has formed for the worship service. Currently playing as part of the worship two times monthly, the praise band is comprised of Mike Young, saxophone; Ron Ronsavalli, electric guitar; Kevin Murphy, acoustic guitar; and Wayne VanGundy, keyboard. A blend of blues and country, the new praise band has brought a new dimension to our praise music and worship experience. Eventually, the praise band will play for a new worship service to begin sometime in 2011.

## **BUILDING PROGRAM**

With the downturn in the economic climate the past two years, many have been wondering what's happening with the new building addition. The Lord has been good! He continues to bless in the areas of fundraising, but we have had to exercise perseverance, patience, and prayer. We all wanted the building to come fast, but the Lord knows best and His timing is always right. We are now expecting the new addition to move ahead in 2011. The congregation has raised over a quarter million dollars for the project. Many from the community and church have been involved in fundraising, planning, and offering talents and abilities toward the project. This truly has been a walk of faith and God's will and direction will prevail. Praise the Lord!

## **FOOD PANTRY**

The food pantry is very busy on Thursday and Saturday mornings, filling the needs of our community, and has been busier this year than at any time before in its history.

We could not have done it without a very dedicated group of individuals in the church and from the community. We are grateful to St. Joseph Roman Catholic church for their support, Wal-Mart, Starbucks, Hannaford's, students and teachers from the Epping Schools, the Boy Scouts, Postal Service, and all others for the donations of food items and organized food drive efforts.

For those who can help - we are always in need of non-perishable food items for the "Pantry". The need is very great in our community!

### **Hours of Operation**

**Thursday Mornings 9:00 am - 11:00 am**

**Saturday Mornings 9:00 am - 11:00 am**

## **THURSDAY SOUP OF THE DAY CAFÉ**

The Soup of the Day Café provides a warm lunch and opportunity for fellowship around the table. There are generally two soup types available

and always homemade from some of the best recipes around.

### **Hours of Operation**

**Thursdays 11:00 am —12: 30 pm**

### **TELEPHONE CARE**

The design of the program is to provide a daily contact for those who find it comforting to know that once in the morning Monday through Friday an individual from the church will call to check and see that things are okay and the day has started.

Whether for an aging parent, a home alone elder, a shut-in or any other need, TELEPHONE CARE provides comfort and assurance knowing that someone is calling to be sure you are okay. This program is provided all year long. If you are interested in having TELEPHONE CARE for yourself or someone you love, call 679-5542 and leave your name and telephone number where we may call you and talk further. There is no cost or fee associated with this program.

### **FRIDAY NIGHT PIZZA**

Friday night pizza seems to be everyone's favorite on Friday evenings. Come and enjoy a large pizza with choice of toppings for \$8.00. Your purchases and contributions help support the work and ministry of Epping Community Church.

### **THIRD SATURDAY DINNERS**

The 2nd Annual FISH FRY will be held **on July 15** from 5 to 7 pm. Don't miss this popular event – it was a sell-out last year! The McPhee family will again fry the fish, French fries and onion rings along with serving corn on the cob, cole slaw, brownies, ice cream and beverages, all for \$8, under 12 for \$4.

There will be no dinner in August. Have a safe and happy summer. We'll be back in September with our Roast Turkey!

## **St. Joseph Catholic Church**

208 Pleasant St. (Rte 27)

Epping NH 03042

Office Telephone: 603 679-8805

Weekend Masses:

Saturday 4 pm

Sunday 8 am; 10:30 am and 6 pm

Weekday Masses:

Monday 9 am

Tuesday, Thursday, Friday 7:30 am

Wednesday at 7:30 pm

Registration forms are now available to sign up children for Religious Education classes that will begin in September. Forms are on the bookcase at church, on the website or call the parish office.

On **Sunday July 17th** at 1:00 pm the Knights of Columbus will host a Motorcycle Blessing, barbecue and ride. For more information call Mike Annis at 895-4713.

On Tuesday, September 5th the Knights of Columbus will hold a Blood Drive in the parish hall.

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

## **Epping Bible Baptist Church**

We are a Bible based church located at 243 Pleasant Street.

We have Sunday School for all ages from 9:30-10:30 am.

Morning worship Service begins at 10:45 am.

We also have an informal evening service from 6:00-7:00 pm.

We offer a 3-year College Bible Course that takes place on **Monday** nights at the church beginning at 6:30 pm. You can find out more information about this amazing Bible Institute at [www.faithbibleinstitute.com](http://www.faithbibleinstitute.com)

**Wednesday** nights we have prayer meeting at the parsonage that starts at 7:00 pm.

**Thursday** nights we offer a small group for young adults located at The Porch (the old Leddy Center on Main Street) starting at 6:00 pm.

**Friday** night would be a great date night for you parents of kids ages 3-grade 6. We offer a program called AWANA starting at 7:00 pm at the church. This program includes age-appropriate games, Bible memorization and a Bible story time promoting positive behavior. It ends at 8:30 pm.

Our Food Pantry is open every second and third **Friday** of the month from 1:00 to 2:30 pm.

**Saturdays** we hold a teen youth group at The Porch for grades 6-12 starting at 7:00 pm.

Our goal is to serve our community and surrounding communities in any way we can by showing the love of Christ. Please feel free to contact us at any time if we can be of assistance to you. [pastorron@eppingbible.org](mailto:pastorron@eppingbible.org)

We have all our services online for your viewing. [www.eppingbible.org](http://www.eppingbible.org) Our Sunday morning services are also aired on ETV – channel 22.

Come join us for our one-day, fun-filled Vacation Bible School! This will be a day of singing, Bible stories, and hands on activities for kids of all ages, including archery, woodworking and arts and crafts!

This will be held at the church on **Saturday, July 30th** from 9 am to 2 pm.



## Harvey Mitchell Memorial Library

151 Main Street, Epping – right next door to  
Town Hall

(603) 679-5944

The restroom renovation project has been completed! The staff and trustees would like to thank all our patrons who suffered through nearly an entire month of children's programs being relocated either upstairs or outside while the contractors did their work. Perhaps the new changing table, hands-free towel dispenser and family-sized restroom will compensate some for the inconvenience. Many thanks to the voters of Epping for approving the funds needed for this important upgrade.

Our 7<sup>th</sup> Annual Toy Sale was again a great success. Thanks to coordinators Heather Clark and Jenn St. Cyr, thousands of toys got collected, washed, sorted, priced and displayed so that the children's room was full to overflowing. We so appreciate the generosity of our friends and neighbors here in Epping for donating so many gently used toys year after year to help support our summer programs. Thank you, too, to those who came and shopped on Toy Sale day. The funds raised will be used throughout the summer to provide incentives and materials for the children participating in our summer reading program:

## One World, Many Stories

With the children's room reopened, it's time for summer reading! This year Epping joins thousands of other libraries across the country as the kids explore "One World, Many Stories." This six-week program will run from **July 5<sup>th</sup> to August 12<sup>th</sup>** and is open to children from toddlers to teens. Registration began June 27<sup>th</sup> and will be open throughout most of the summer. Each child takes home a reading log to record how much time is spent reading (or being read to) between library visits. On check-in, a staff member tallies those minutes and pays \$1.00 in "book bucks" for every 30 minutes. This money will be used in the SRP Store for snacks, books, craft items, toys and other goodies once the store opens on July 16<sup>th</sup>. Each age group will have activities and opportunities each week. 2-6 year olds will have Story Hour crafts focusing on different categories of stories. Elementary students will have more complex craft projects to try, research on their favorite tales to map, and a world of stories to choose from

(including titles on loan from the Elementary School Library). Middle schoolers and teens will have access to the EMS library and a chance to tell their own stories at a weekly gathering. All our young visitors will be encouraged to interpret weekly photo puzzles and story mix-ups, make up their own stories and participate in our Reading Buddies program to earn extra "book bucks." Any time the library is open, children can check in at the Children's Room desk and try any of the activities available with help from one of the volunteers we've dubbed the 'SRP Crew'. These middle and high school students have enthusiastically answered the call to help and will be identifiable by their brightly designed Staff shirts.



During the summer, Preschool Story Hour will be staying at its usual time, meeting on Wednesdays and Thursdays at 10:30 and Thursday afternoons at 1:30. We will have groups visiting from Epping Recreation, Mapletree Learning Center and Seacoast Learning Collaborative each week. Every child who registers will receive a calendar to use for helping to plan visits at appropriate times. Also on the calendar are special events:

**Campfire Booktalk** for Middle School kids

Thursday, July 7<sup>th</sup> – 7 pm

at the Scout Park behind the Safety Complex

**Pajama Night with Storyteller Shawn Middleton**

Friday, July 8<sup>th</sup> - 6:30 pm

Prepare to chant, sing, dance and laugh!

For children 2-10 and their families

**Tell Your Own Story for teens and tweens**

Thursdays - 4:00 pm

Middle and high school students get to chat, visit and share stories in their own way – music, art, film, whatever!

**Toy Story Movie Marathon** Friday, July 15<sup>th</sup>

Toy Story 1 - 11:00 am

Toy Story 2 - 1:00 pm

Toy Story 3 - 3:00 pm

**Little Red Wagon theater troupe (UNH)** Thursday, August 4<sup>th</sup> - 10:00 am

Performing "Strega Nona" at the Elementary School

BBQ with the Rec day camp following at 11:30

**World Story Faire** Friday, August 12 - 11 - 1

A celebration of all the stories we've read!

Bring a picnic lunch and share the fun

Certificates and awards



Even after Summer Reading ends on August 12<sup>th</sup>, registered children will be allowed to continue to log minutes and earn 'book bucks' until the SRP Store closes on August 27<sup>th</sup>.

Just as summer winds down, the Loon Lady, Sue Rockwood will present a narrated slide show and hands-on activities for folks 7 and older. Her story "Adventures with Grapenut" tells an amazing true story of the day-to-day life of the Common Loon. This program will be Wednesday August 31<sup>st</sup> at 1:00 pm. Please remember that ALL library programs are free to the public.

Not to be left out, the adults have a special program this summer as well. Beginning July 5<sup>th</sup>, the library presents "**Six from the Sixties**," classic movies from the 1960s that many have not seen on the big screen in a long time. Showing Tuesdays at 7:30 pm:

**July 5<sup>th</sup> The Sundowners (1960)**

Robert Mitchum and Deborah Kerr star in this tale of Australian sheep drovers

**July 12<sup>th</sup> Tom Jones (1963)**

Albert Finney stars in this bawdy tale of an 18<sup>th</sup> century English orphan's romantic adventures

**July 19<sup>th</sup> Topkapi (1964)**

Maximilian Schell and Melina Mercouri star in this comic adventure about jewel thieves in Istanbul

**July 26<sup>th</sup> Cat Ballou (1965)**

Jane Fonda and Lee Marvin (Academy Award) star in this comedy about train robbers in the old West

**August 2<sup>nd</sup> The Russians are Coming, the Russians are Coming (1966)**

Alan Arkin and Carl Reiner star in this comedy about a Russian submarine that runs aground off the New England coast

**August 9<sup>th</sup> Butch Cassidy and the Sundance Kid (1969)**

Paul Newman and Robert Redford star in this adventure story of two outlaws in the old West

After being cancelled for 2 months due to the construction, **Cinema 151** will have a go on Thursday, July 28<sup>th</sup> at 7:45 pm showing "The Lincoln Lawyer."

Our book groups will continue to meet through the summer. Please call 679-5944 to get their selected titles.

Eclectic Book Group meets first Wednesdays @ 7 pm July 6<sup>th</sup> & Aug. 3<sup>rd</sup>.

Dusty Old Mystery Group meets 3<sup>rd</sup> Wednesdays @ 7pm July 20<sup>th</sup> & Aug. 17<sup>th</sup>.

The library will be closed on July 4<sup>th</sup> as we all celebrate Independence Day.

The Harvey Mitchell Memorial Library is open Monday through Friday from 10:00 am to 8:00 pm and Saturdays from 10:00 am to 2:00 pm. For more information call 679-5944 or check our website at [www.eppinglibrary.com](http://www.eppinglibrary.com). Have a wonderful summer! We hope you spend some of it here at your library.

## Friends of the Library

What are the Friends of the Epping Public Library? We are a non-profit group, dedicated to assisting our Town Library in many ways. We hold several fundraising drives throughout the year. With the money we raise, we are able to purchase items that the Library would not otherwise be able to afford or that are simply "wish list items". These items range from a display case for a Harry Potter book, signed by the author, to comfortable, ergonomic office chairs. We have also, in the past, helped to move all the books from one room to another and have ripped up old carpeting in preparation for getting new carpeting laid.

Who are the F.O.L.? We are Epping residents who love our Town and our Library. F.O.L. meets the 2<sup>nd</sup> Monday each month at 7 pm. Thank you for supporting the Friends of the Library!

## The Porch

The Porch is a nondenominational, not-for-profit, family oriented organization. We provide a safe place for kids to go after school and use computers, do their homework, play pool, watch TV or just hang out.

We are open Monday, Wednesday and Friday from 2:30 to 4:30 pm for anyone in Grades 6 - 12.

Tuesdays and Thursdays are for Grades 1 - 5. Hours are 3:00 to 5:00 pm.

Transportation is provided from the Elementary School to The Porch. Please e-mail [eppinglighthouse@hotmail.com](mailto:eppinglighthouse@hotmail.com) to request a form allowing your child to be picked up.

Everything at The Porch is free of charge. We provide snacks and drinks every day.

We also offer different services to the community, including after school tutoring and counseling for all ages. Please feel free to e-mail about any of our services. We are here to serve you!



## Epping Recreation Department News

*Home of the "River Otters" and "Avenue A."*

Director: Nicole Bizzaro

17 Academy Street

Phone: 679-3301 Fax: 679-3006

[rec@townofepping.com](mailto:rec@townofepping.com)

[eppingrecreation.org/avenueayouthcenter.org](http://eppingrecreation.org/avenueayouthcenter.org)

Join us on Facebook and follow us on Twitter

The Recreation Department aims to provide the residents of Epping with a broad selection of recreational, educational, and cultural leisure opportunities that will enhance the quality of life for all residents. We are always working to establish new programs and facilities that meet the community's changing needs

### **Elementary School Programs**

#### **Critters N' Creatures**

Live Animal Show

When: Friday July 1st @ 1pm

Where: Epping Elementary School

Cost: Suggested \$2 donation

Come join the Epping Recreation Department for a live animal show courtesy of Critters N' Creatures! There will be a wide variety of animals at this educational show. This is a hands on event, so under the supervision of Critters N' Creatures staff, youth will have the opportunity to hold the animals as they learn more about them. The show is open to all members of the community and starts at 1 pm at the Elementary School. For more information contact the Recreation Department.

#### **Fire and Ice**

Mad Science Show

When: Friday July 29th - 1 pm

Where: Epping Elementary School

Cost: Suggested \$2 donation

The Epping Recreation Department is having a Mad Science show!! The folks at Mad Science will be teaching kids about fire and ice, how they interact, what they are made of, and more. There will be a variety of safe, hands-on and interactive activities for kids to join in on. This show is one of the most popular from the group and a fun way to learn more about science! Check out the program's website for more information: <http://www.madscience.org/locations/MidHudson/MadScienceShowTopics.aspx#fireice>

The show is open to all members of the community. For more information please contact the Recreation Department.

## **Challenger Youth Soccer Camp**

When: July 25th - 29th

Where: Epping High School Field

Cost: Program dependent

Lamprey River Youth Soccer is once again bringing the wonderful Challenger Soccer camp back to Epping! The program will run for one week from July 25th - 29th. This is a great opportunity to learn from internationally certified British coaches.

There will be three sessions available:

Mini Soccer: 9 -10:30 am; Ages: 6-7yrs; Cost: \$86

Half Day: 9 am - 12 pm; Ages: 6-9yrs; Cost: \$116

Full Day: 9 am - 4 pm; Ages: 10-14yrs; Cost: \$167

This is a wonderful program available to youth in the Epping community. For more information, please contact Matt Killen at [mattk@eppingsoccer.com](mailto:mattk@eppingsoccer.com) and visit the Lamprey River Youth Soccer website today! Registration materials are also available at the Epping Recreation Center. This is not an Epping Recreation program. This program is being offered by LRYS.

### **Fall soccer registration is open!**

We are looking forward to another great year, with practices expected to start the week of August 15th and opening day scheduled for Saturday, Sept. 4th. Register now at [www.eppingsoccer.com](http://www.eppingsoccer.com).

### **Little Red Wagon**

When: Thursday August 4th - 10 am

Where: Epping Elementary School

Cost: Free - Food contributions greatly appreciated!!

Little Red Wagon is back! The Epping Recreation Department and Harvey Mitchell Memorial Library are once again bringing back this wonderful literary theater troupe! This year the LRW gang will be performing "Strega Nona." Join us as UNH students bring to life this wonderful story. Please visit their website to learn more, <http://www.unh.edu/theatre-dance/index.cfm?id=49F2EA69-A916-EC4A-C1E54CD204C164A6>

Immediately following the performance will be the traditional community BBQ at the Recreation Center. Food donations are greatly appreciated! Please contact the Recreation Department to see what is needed. This event is open to all community members and is sure to be a great time! We hope to see you there! For more information please contact the recreation department today!

## **Fall T-Ball and Soccer Registration**

T-Ball: Dates To Be Announced.... Check Back in August!

Soccer: Dates To Be Announced.... Check Back in August!

Who: Ages 3-5

Cost: \$20 for 5 weeks, for one sport (\$40.00 for both sports)

Where: SAU field

Last Practice day is for Awards and Picnic Lunch after practice at Watson Academy 11:00 am - 12:00 pm

Coach: Manon of Epping Recreation Department

### **Preschool Play Date**

When: Coming Again Soon.....

Where: The Epping Recreation Center at Watson Academy

Cost: \$25 per child, \$15 for additional children in same family

Do you have an active Preschooler? This class will be perfect for them! Led by a Certified Recreation Therapist, your preschooler will participate in age appropriate games and activities that will work on developing eye/hand coordination, gross motor skills and balance, as well as working on social skills to prepare them for a structured class setting. The class is perfect for 3 and 4 year olds, but with parental involvement, we can accommodate younger participants! The class will consist of 30 minutes of structured activities and 30 minutes of "play time" to allow children and parents a chance to socialize with others and make new friends in their community!

For more information contact the Epping Recreation Department.

### **Teddy Bear Picnic (a future program)**

This program is an opportunity for your little ones, ages 2½ - 5 (must be potty trained) to participate in a morning of teddy bear fun, with age appropriate activities, to include cookie decorating, crafts, story time and care bear movies geared around the teddy bear theme. Meanwhile, parents have the opportunity to go out and get things done or simply enjoy a cup of coffee at home or out with friends. Parents must be able to be reached at all times during the picnic! Please check back later for dates and more program details.,

Have a program you would like to see us offer? Please contact us and let us know?

### **Middle School Summer Camp Trips**

#### **June 27 – July 1**

**Monday:** Pawtuckaway State Park 9:30 – 2:30pm

**Tuesday:** Lost River 8:30 - 5pm

**Wednesday:** York's Wild Kingdom 10 – 1pm

**Friday:** Pawtuckaway State Park 10 – 1pm

#### **July 5 – 8**

**Monday:** NO CAMP

**Tuesday:** Stratham Hill Park 11 – 4:30pm

**Wednesday:** Mt. Major 9 – 4:30pm

**Thursday:** Funway Park 11 – 4pm

**Friday:** Pawtuckaway State Park 10 – 3pm

#### **July 11 – 15**

**Tuesday:** Pawtuckaway State Park 10 – 3pm

**Wednesday:** Aquaboggin 9 – 5:30pm

**Friday:** Movies 11 – 4pm

#### **July 18 - 22**

**Tuesday:** Mt. Cardigan 9 – 5pm

**Wednesday:** Funtown USA 9 – 5:30pm

**Friday:** Wallis Sands Beach 9 -4:30pm

#### **July 25 - 29**

**Monday:** Ordiorne State Park 10 – 4pm

**Wednesday:** Boston Science Museum 10 – 5:30pm

**Thursday:** Canoeing 9 – 4pm

#### **August 1 – 5**

**Tuesday:** Bowling 11 – 2pm

**Wednesday:** Wallis Sands Beach 9 -5 pm

**Friday:** Roller Skating/ Ice Cream 1 -4pm

#### **August 8 – 12**

**Monday:** Hilltop Fun Center 12 – 4pm

**Tuesday:** Vertical Dreams 8:30 – 3pm

**Wednesday:** Fishercat's Game 10:30 – 4pm

**Thursday:** Bike Trip 1 – 4pm

#### **August 15 – 19**

**Tuesday:** Mt. Chocorua 8:30 – 5:30pm

**Wednesday:** Canobie Lake Park 9 – 5:30pm

Due to enrollment numbers we have made revisions to our trip list. If you have any questions please do not hesitate to contact us!

### **Adult Basketball and Volleyball**

Want to play adult basketball or volleyball? Come join the Epping Recreation Department for some pick-up Co-Ed games in the EMS Gym.

**Basketball** on Tuesdays and Thursdays from 7:30 to 9:00 pm.

**Volleyball** on Sundays from 7:00 to 9:00 pm.

Cost of these programs is \$3 per participant, per week to cover the cost of staff and equipment needs. All skill levels from beginner to advanced are welcome to join us for some casual volleyball fun.

If you have any questions or comments feel free to e-mail us at [eppingrecreation@gmail.com](mailto:eppingrecreation@gmail.com) or check out the Adult Program forum in the tabs on the website and leave any feedback there.

### **Guitar Lessons at Watson Academy**

For children, teens, and adults alike, taking guitar lessons at Epping Recreation is an affordable, enjoyable, and rewarding experience.

Taught by highly recommended music instructor Joseph K. Murphy, lessons are designed to challenge and educate students while personalizing the curriculum to their musical tastes and needs. Lessons are for Ages 8 – Adult.

Rates: \$20.00 for ½ hour or \$35.00 for 1 hour.

Contact: Joseph K. Murphy 603-608-8672

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

<http://rockandrollwithme.wordpress.com/>

### **Martial Arts Programs at Epping Recreation and EES (offered by Derry ATA)**

#### **Karate Classes**

Grades K-8, Tuesdays (at Rec Dept) and Thursdays (at EES), 3:30-4:15 pm, \$65 per month

\*SPECIAL: New students who sign up will receive TWO FREE WEEKS!

\*All beginners receive a FREE uniform!

For more information or to sign your child up, please contact Mrs. DeNapoli at 603-434-9444 or

[derryata@aol.com](mailto:derryata@aol.com)

#### **Zumba**

The popular dance aerobics class has come to the Epping Recreation Department! We offer class every **Thursday night from 7:45 - 8:45 pm** at the MS/HS Cafeteria with our instructor Lauren Aricidi. This is a fun and energy packed workout that burns tons of calories and gets you in shape!

The cost of the program is \$6 to drop in.

Contact the Epping Recreation Department today for more details!

**\*\*Keep your eye out for information on a free outdoor class being offered later this spring!\*\***

### **Families First of the Seacoast**

#### **Parents, kids invited to weekly “Morning Out” in Epping**

Wondering how you will make it through the long summer days with your young children? Do you wish there were other adults you could talk with about day-to-day parenting?

Families First Health and Support Center is partnering with Epping Elementary School and the Family Assistance Network to offer Summer Morning Out, a free, relaxed program for kids ages birth through six and their caregivers, this summer.

The program provides an opportunity for both parents and kids to spend time with people their own age, and includes play time, circle time, stories and snacks.

Summer Morning Out meets on Thursdays, July 14 through August 11, from 9:30 to 11 am at Epping Elementary School. There is no charge to attend, but advance sign up is required. Older

siblings are welcome. To sign up, call Families First at 603-422-8208 (press 2).

Families First offered a similar family program on Thursday mornings at Epping Recreation Center during the school year, but that program ended June 23.

Families First, the Seacoast’s Community Health Center, has been providing parent education for over 15 years and offers a wide range of classes and support groups as well as affordable health care. For more information, visit [www.FamiliesFirstSeacoast.org](http://www.FamiliesFirstSeacoast.org).

Support for Families First’s programs in Epping comes from the Foundation for Seacoast Health, the NH Children’s Trust Fund, the Fuller Foundation, the Town of Exeter, and Walmart Distribution Center (Raymond).



#### **Happy Retirement**

Epping School District celebrated the retirement of EES Teacher Deanna Mayne (6 years), EES Food Service Worker Carol Browne (24 years), EES Teacher Sandra Landis (27 years), and EMS Teacher Susan McCleary (22 years). May your future years be filled with pride and fond memories of your outstanding and dedicated service to the children of Epping! Thank you and best wishes on your retirement!

#### **Immunizations & Physicals for School**

Epping School District requires all students to meet the physical examination and immunization requirements for school entrance. Please check with your medical provider to see if your child is current with immunizations. Information can also be found by visiting the school website at [www.sau14.org](http://www.sau14.org) under School Nurse. School Board policy also recommends that a physical examination be performed within 12 months of starting grade 6 and grade 9. A physical examination must be performed within 12 months of the athletic sport date. Student athletes continuing to participate in the athletic program must be re-examined within two years of the previous physical examination on file. For example, if an exam was performed September 2008, another exam would be required by September 2010 to continue athletic eligibility. (Policy JLCA and JLCB can be referenced on the

district website at [www.sau14.org](http://www.sau14.org) under school board and policy.

### **School Begins**

The first day for students is Tuesday, September 6, 2011. This school year we will have a similar school calendar to last year. There will be no early release days and professional development training days for staff members have been scheduled on days prior to long holiday weekends. Please visit [www.sau14.org](http://www.sau14.org) for the 2011-2012 School Calendar. Students attending Seacoast School of Technology start Monday, August 29, 2011 per the SST School Calendar. Transportation will be provided to (from) SST from (to) Epping High School.

### **Bus Routes**

Bus routes will be posted on the District Website at [www.sau14.org](http://www.sau14.org) under Parents & Community - Transportation as soon as the information is available. Routes will also be posted at the schools. Questions should be directed to the Superintendent's Office at 679-8003.

### **School Board Meeting Schedule**

The Epping School Board holds regular meetings at 7:00 pm in the Epping Town Hall. The public is invited to attend. Meetings are also televised by ETV. Agendas and minutes are posted on the district website at [www.sau14.org](http://www.sau14.org) under School Board - Agenda & Minutes. Epping Television is also streaming meetings that can be watched on your computer at <http://etv.22.pegcentral.com>

July 21 (July 7 is only for approving payroll & accounts payable manifests)

August 4 and 18

## **Epping Middle School (EMS)**

We recently had two staff members accepted to the MIT Summer Program. Out of over 400 applicants only 46 were chosen and we are pleased to announce that Thelma Thompson, Media Specialist, and Eric Anderson, Assistant to Media Specialist, were accepted into the program. What a great job!

Our Middle School Girls' Softball team had a great season and ended up as runner-up in their division. They received a trophy that will be displayed in the Middle School office.

Spencer Holt and Casey Sturzo were honored at the Twelfth Annual Scholar Leader Awards Banquet, held at the Center of New Hampshire in Manchester on June 2<sup>nd</sup>. The students were presented with plaques recognizing their

achievements. The criteria for being chosen to receive Middle Level Scholar Leader Award include demonstrating academic initiative and scholarship, providing service to classmates and school, exemplifying positive attitudes and demonstrating leadership in the classroom and school activities. Congratulations on a job well done!

At a recent Epping Middle School Pride Assembly students were honored for Guiding Principle #5 "Be truthful; communicate honestly," and Guiding Principle #6 "Be respectful and accountable for your choices." Those students receiving awards for Guiding Principle #5 are from the Panthers Team: Abigail Ball; from the Wildcats Team: Anna Murphy; from the Ravens Team: Alison Lambert; from the Chargers Team: Tina Le; and from the Unified Arts Team: Joe Parsons. Those receiving awards for Guiding Principle #6 are from the Panthers Team: Nick Funai; from the Wildcats Team: Felicia Scully; from the Ravens Team: Katelyn Sable; from the Chargers Team: Megan Mission; and from the Unified Arts Team: Kayla LaRoche. Congratulations to all!

During the Epping Middle School Pride Assembly students were also honored for "nice moves." Students are given tickets for being "caught" doing nice things for teachers, staff and each other. The winners of the "nice moves" drawing are: Seth Bolduc, Katelyn Campana, Emily Donovan, Allison Grover, Jacob Kaplan, Danielle McKay, Lance Murray, Paige Perdue and Sophia Randall. Great job!

At a recent Epping Middle School 8<sup>th</sup> Grade Celebration night some of our 8<sup>th</sup> grade students received plaques in the following areas: Adeline Brewitt Liberatore Citizenship Award went to Casey Sturzo and Spencer Holt. The Governor David Morrill Science Achievement Award went to Kelly Davidson. The Governor Benjamin Prescott Math Award went to Brooke Hall. The John Greenleaf Whittier English Achievement Award went to Sarah Clements. The Governor William Plumer History Achievement Award went to Rachel Kaplan. Also at the celebration the Unified Arts Teachers presented awards to 8<sup>th</sup> grade students. Those receiving awards were: Art Award went to Megan Mission; Band Award went to Jamie Craig; Chorus Award went to Alexa Porter; Computer Award went to Jeremy Barbosa; Integrated Studies Award went to Kaylin Cray; Music Award went to Tina Le; Technology Education Award went to Seth Bolduc; Wellness Award went to Sarah Sarah Cammett; World Language/French Award went to Alexander Hackett and the World Language/Spanish Award



went to Jannet Desvira. The Raymond Area Rotary "Service Above Self" Award was given to Spencer Holt and Casey Sturzo. Congratulations to all who attended this celebration and good luck next year in high school.

At Epping Middle School's end of year Pride Assembly on June 23, the following students were recognized by their teachers:

The Unified Arts Team presented certificates for the All Around Awesome UA Students to Jannet Desvira, Evan Silva, Alexa Wells, Bryce Pietrini, Sophie Jordan and A.J. Johnson

The Ravens Team presented a Certificate of Achievement in recognition of outstanding accomplishment and contributions to Deanna McCullen, Hanna Chomas, Cameron Osgood, Madeline Marchisio and Alexa Wells.

The certificate from the Wildcats Team's Best for All Around Student Award from Mr. Bouchard goes to Jackson Rivers, while Excellence in Writing goes to Sophie Jordan and Historical Curiosity goes to A.J. Johnson.

The Panthers Team gave certificates for Intellectual Curiosity in Math to Erin Daley, Intellectual Curiosity in Science to Payton Perdue, Intellectual Curiosity for Language Arts to Garrett Snyder and Intellectual Curiosity in World History to Brandi McKay.

Thank you all for a great year and we will see you again in September!

Summer school letters for Epping Middle School students have gone out to those who would benefit from the extra summer learning program. The dates of the EMS summer school are Tuesdays, Wednesdays and Thursdays from July 12 through August 11 from 8 to 11 am.

We look forward to the students returning to EMS on Tuesday, September 6, 2011. Have a great summer!

## **Speak Up, Epping! Now on Facebook**

Speak Up, Epping! has a new Facebook page. Please find us and click "LIKE", then share our postings on your wall.

Are you new to Facebook or are you completely confused by all this Facebook stuff? Facebook is a social network website that allows people to sign up for free and begin to "friend" or connect and share information, pictures, video and more with other people. Once you are a member of Facebook, people can search to find you by name, location, common interests, past schools or by any other information you include on your personal profile.

Advertisements will also pick up on your age and interests. The far right side of the Facebook screen is filled with ads that will more than likely appeal to you because they already know a little about you.

There are many benefits to using Facebook. Most people use it to connect with friends and family. It comes in handy when you want to share photos of Christmas, birthdays or other special occasions with your family and friends. Simply post them on Facebook and these photos will instantly be shared with every "friend" you are linked with on Facebook. Within a very short time, you will have a comment or two from friends who are online and enjoying your latest post.

Another great way to connect on Facebook is with the "chat" feature on the bottom right corner. Simply click on the word "chat" to open the box. When any of your friends appear to be online you can click on their link to open the chat window. Start typing just below the chat box, then hit enter and your conversation has begun. You can block this feature by simply clicking the options link at the top right side of the chat box.

To some, this can sound a little scary and invasive and it certainly has some risks if you are not careful. It is important to set your own security level to protect your profile content, friends list and photos. Once you are logged into your account simply go to your account in the upper right corner. Find privacy and account settings to secure your account.

It might be helpful to read what Facebook has to say about themselves...

*Founded in February 2004, Facebook is a social utility (network) that helps people communicate more efficiently with their friends, family and coworkers.... Anyone can sign up for Facebook and interact with the people they know in a trusted environment. Facebook is a part of millions of people's lives all around the world. Facebook is a privately-held company and is headquartered in Palo Alto, Calif.*

*Facebook's privacy policy is TRUSTe certified, and Facebook provides simple and powerful tools that allow people to control what information they share and with whom they share it. More information can be found at [www.facebook.com/privacy/explanation.php](http://www.facebook.com/privacy/explanation.php).*

*From its beginning, Facebook has worked to provide a safe and trusted environment by, for example, requiring that people use their real names. Facebook also works with online safety experts around the world and has established a global Safety Advisory Board that it consults with*

on safety issues. More information can be found at [www.facebook.com/fbsafety](http://www.facebook.com/fbsafety) and [www.facebook.com/security](http://www.facebook.com/security).

With over 500 million people on Facebook, this has become a very popular pastime for socializing and playing online games. It has also become a fast and efficient way to promote your organization, event or business. Speak Up Epping! hopes to use Facebook to help spread the latest news and events with all our "friends." Don't forget to find us and join in by clicking the LIKE button at the top of the screen. We will be posting interesting, fun and informative news you can use very soon.

*Submitted by Amy Houston*

## Email Address Changed?

If your email address has changed, please notify us through our website at: [www.SpeakUpEpping.org](http://www.SpeakUpEpping.org)

## 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 (**September-October**) of this newsletter will be available **September 1, 2011**. We will accept **submissions through August 25, 2011** to be included in the next issue. Please send your content, including contact information, for consideration through our website at: [www.SpeakUpEpping.org](http://www.SpeakUpEpping.org)

## Now Accepting Business Ads!

Would your business like to advertise in this newsletter? Business card-sized ads cost just \$25.00 per newsletter issue for in-town businesses and \$35.00 per issue for out-of-town businesses. If you prepay for one year in advance you pay only \$125, which means you get your ad in at least one issue for free. We expect to send out 6 issues per year. We currently e-mail this newsletter to approximately 200 homes and we distribute over 250 paper copies around town. For more information or to place an ad in the next issue, visit our website at: [www.SpeakUpEpping.org](http://www.SpeakUpEpping.org)

## Spotlight on Business

### Bodywise Physical Therapy

### Now Offering Mommy & Me Boot Camp

Karen Poplaski, a physical therapist at Bodywise Physical Therapy, is running a Mommy & Me Boot

Camp. This will be an exercise class for Moms and their babies. Class will be held at Bodywise on Wednesdays at 12 pm. The class will focus on core strength, cardiovascular fitness, stretching, and injury prevention. Each participant will be screened for Diastasis recti (abdominal separation) and given individual instruction as to what abdominal exercises are safe for them to complete. Babies can be as young as 6 weeks and there is no age limit as long as they can fit in a front carrier. The first half of the class, the babies will be in the front carrier for a cardio workout and leg strengthening. The second half of the class will be on yoga mat for core strength, abdominal workout, and leg and arm strength training. While on the yoga mat, your baby can be on you or next to you, whatever works best for each Mom and baby. I am very excited about this class because it will provide a safe place for mothers to feel comfortable getting back to exercise. Class size is limited to 10 Moms. Classes are purchased in 4 class packages. Participants can start anytime as long as they have medical clearance to return to exercise. Medical clearance is usually given at the Mom's six-week follow up visit with an MD or nurse.

Bodywise Physical Therapy is entering its fifth year of practice in Epping. The clinic is located on Rt 125 at the junction of Rt 155. Bodywise has a husband and wife physical therapy team of Ryan and Karen Poplaski. We offer a friendly yet professional environment that focuses on individual treatment with a physical therapist only. Our office is 2000 square feet with three private treatment rooms, exercise gym, and the latest state of the art equipment. Bodywise is the only clinic in the area that has a spinal decompression machine. We have seen excellent results in treating neck and back disc injuries, muscle spasms, degenerative joint disease, and spinal stenosis. Patients have come in with debilitating nerve pain and been discharged pain free!


We treat all orthopedic, spine, and sports conditions. Our hours are 7 am - 7 pm Monday through Friday. Please call our office with any questions at 603-679-8100. You can also check out our website [www.BodywiseNH.com](http://www.BodywiseNH.com)

Thanks for reading! - The Communications Group

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Save these pages for future reference



## Epping Calendar of Events for July 2011

Date	Event
July 1	Epping Farmers Market Opens from 3 to 6 pm in Walgreen's parking lot
July 1	Critter N' Creatures live animal show at EES 1 pm
July 2	Epping Community Church Food Pantry 9 to 11 am
<b>July 4</b>	<b>INDEPENDENCE DAY HOLIDAY</b>
July 5	"One World, Many Stories" reading program starts at Library –goes through August 12
July 5	"The Sundowners" at 7:30 pm at the Library
July 6	Eclectic Book Group at the Library 7 pm
July 7	Epping School Board meeting 7 pm in Epping Town Hall (only payroll, accts. payable)
July 7	Epping Community Church Food Pantry 9 to 11 am
July 7	Campfire Booktalk at the Scout Park at 7 pm
July 8	Epping Bible Baptist Church Food Pantry 1:00 to 2:30 pm
July 8	Pajama Night at the Library 6:30 pm for kids 2 to 8 "Storyteller Shawn Middleton"
July 8 - 24	"The Music Man" at the Leddy Center
July 9	Epping Community Church Food Pantry 9 to 11 am
July 10	American Legion Post 51 Sunday breakfast 9:00 to 11:30 am
July 11	Friends of the Library at 7 pm
July 11-15	Scout Day Camp – YMCA Portsmouth
July 12-August 4	Summer Youth Media Camp Tues, Wed, Thurs 9 to 4
July 12	"Tom Jones" at 7:30 pm at the Library
July 13	Friends of Epping Recreation 6 pm Watson Academy
July 14	Epping Seniors meeting at Watson Academy 1 pm
July 14	Epping Community Church Food Pantry 9 to 11 am
July 15	Epping Bible Baptist Church Food Pantry 1:00 to 2:30 pm
July 15	Toy Story Movie Marathon at the Library starting at 11 am
July 16	Exeter Craft Fair 10 am at the Exeter Town Hall
July 16	Epping Community Church Food Pantry 9 to 11 am
July 16	Epping Community Church Dinner from 5 to 7 pm "Fish Fry"
July 17	Knights of Columbus host Motorcycle Blessing, BBQ and ride
July 18-22	Scout Resident Camp at Camp Carpenter in Manchester
July 18	Library Board of Trustees Meeting 7:15 pm
July 19	"Topkapi" 7:30 pm at the Library
July 20	Dusty Ol' Mystery Book Group 7 pm at the Library
July 21	Epping Community Church Food Pantry 9 to 11 am
July 21	Epping School Board meeting 7 pm in Epping Town Hall
July 23	Epping Community Church Food Pantry 9 to 11 am
July 25	Friends of Epping Recreation 6 pm Watson Academy
July 25	Presentation of Boston Post Cane to Bertha Denoncour 6 pm Selectmen's meeting
July 25-29	LRYS Challenger Soccer Camp
July 26	Epping Lions Club meeting 6:30 pm at The Milk Room at Harvey Hill Farm
July 26	"Cat Ballou" 7:30 pm at the Library
July 28	Epping Community Church Food Pantry 9 to 11 am
July 28	Cinema 151 at the Library at 7:45 pm "The Lincoln Lawyer"
July 29	Fire and Ice Science show at EES 1 pm
July 30	Vacation Bible School at Epping Bible Baptist Church 9 am to 2 pm
July 30	Epping Community Church Food Pantry 9 to 11 am

## Epping Calendar of Events for August 2011

Date	Event
August 1	Removal of West Epping Dam starts
August 2	"The Russians are Coming, the Russians are Coming" 7:30 pm at the Library
August 3	Eclectic Book Group at the Library 7 pm
August 4	Little Red Wagon theater troupe performing "Strega Nona" 10 am at EES
August 4	Epping Community Church Food Pantry 9 to 11 am
August 4	Epping School Board meeting 7 pm in Epping Town Hall
August 6	Epping Community Church Food Pantry 9 to 11 am
August 8	Friends of the Library at 7 pm
August 9	"Butch Cassidy and the Sundance Kid" 7:30 pm at the Library
August 10	Friends of Epping Recreation 6 pm Watson Academy
August 11	Epping Community Church Food Pantry 9 to 11 am
August 11	Epping Seniors meeting at Watson Academy 1 pm
August 12	World Story Faire at the Library 11 am – 1 pm Summer reading ends
August 12	Epping Bible Baptist Church Food Pantry 1:00 to 2:30 pm
August 13	Epping Community Church Food Pantry 9 to 11 am
August 14	American Legion Post 51 Sunday breakfast 9:00 to 11:30 am
August 15	Friends of the Library at 7 pm
August 15	Library Board of Trustees Meeting 7:15 pm
August 15	Fall soccer practice begins
August 17	Dusty Ol' Mystery Book Group 7 pm at the Library
August 18	Epping School Board meeting 7 pm in Epping Town Hall
August 18	Epping Community Church Food Pantry 9 to 11 am
August 19	Epping Bible Baptist Church Food Pantry 1:00 to 2:30 pm
August 20	Epping Community Church Food Pantry 9 to 11 am
August 23	Epping Lions Club meeting 6:30 pm at The Milk Room at Harvey Hill Farm
August 24	Friends of Epping Recreation 6 pm Watson Academy
August 25	Epping Community Church Food Pantry 9 to 11 am
<b>August 25</b>	<b>DEADLINE DATE for the September-October issue of the Newsletter</b>
August 27	Epping Community Church Food Pantry 9 to 11 am
August 31	"Adventures with Grapenut" program by the Loon Lady, Sue Rockwood 1 pm at Library
<b>September 5</b>	<b>LABOR DAY HOLIDAY</b>
<b>September 6</b>	<b>FIRST DAY BACK TO SCHOOL</b>

If you would like your next event to appear on the Calendar of Events, please send us an e-mail at [speakupepping@gmail.com](mailto:speakupepping@gmail.com) by **August 25, 2011**. Please include the date, event name, location and time.