



Speak Up, Epping! Newsletter

Volume 7, Issue 4

Epping, New Hampshire

July-August, 2014

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.

What's Up, Watson?



Following a magnitude 4 earthquake on October 16, 2012, the Watson Academy Committee of 1981 was exhumed – brought back to life to save the old high school one more time.

Working with Selectmen and an array of other town officials, the volunteers have now submitted a grant application to the State on behalf of the Town of Epping. The request for \$40,000 is strengthened by documented long-term community investment since 1883 and recent momentum through historical, accessibility and safety upgrades.

A quote from one committee member pretty much says it all:

Watson Academy is a monument to a decision made by the citizens of Epping to support a higher standard of education. The architecture expresses that idealistic intention. I think it's like the Gothic cathedrals in Europe, in a small-town 19th century NH version. The strong vertical lines, the light pouring in through the tall, narrow windows, and the ornate, decorative woodwork soaring towards the bell tower all try to lift your attention upward, hopefully to higher, better things. It's amazing that the taxpayers voted to build it at a time when the town was small and poor, and it will be a low point in Epping history if we decide we can't afford to maintain it in our current state of relative prosperity.
AH

Unanimous endorsement by the Board of Selectmen has been crucial in reflecting public desire to save and re-open the Watson Academy Building for public use – hopefully, sometime this winter. Next year, we may even see it repainted, back to its beautiful self.

Funding decisions will be announced in November. In the meantime, let's all keep our fingers crossed and extend BIG THANKS! to Nicole Bizzaro of the Recreation Department for coordinating the many details of grant writing. And to Team Goodspeed (Charlie and Sandy) for doing all the behind-the-scene heavy lifting to support Our Dear Watson – literally!

Carol Clapp, Co-chair Watson Academy Committee



Dan Harvey, a recent Post Cane recipient rides on the Watson Float in the Memorial Day Parade

Senior Moments

We Epping Senior Citizens closed the doors of our meeting room in July when the school closed their doors for the summer. We happily assume our role as caregiver and watchdog for the grandchildren. You know, the dripping ice cream cone on the new shirt, searching for ticks after the hike, lots and lots of quarters for "not-long-enough" amusement rides. The list goes on and we love it. Some of us even last as long as the school break.

The venue for our annual picnic changed from the Harvey Farm to the Fire Station. Nothing remains the same. We happily enjoyed the company of special guests: Jeanne Fitzpatrick, our former President and Barbara Sherwood, our vice President, who has been on medical leave. Accompanying her was her sister-in-law Rachael. Picnic time is also "Pound Party Time." It's fun, silly and very profitable. When Recreation Director Nicole joined our picnic, we had the opportunity to thank her again for the different bus. We oldies are happy to contribute to being warmer in the winter and cooler in the summer. Wider seats are pretty nice too.

I do have a report on our visit to Pepe Herrmann's Crystal Factory in Gilford, NH. I often refer to "must see" places but I'll put this one in all caps "MUST SEE!!!" Our visit was bittersweet. Watching him perform his magic with glass to the diamond wheel was mesmerizing. Knowing that he is the last at his skill is worrisome and sad. He does have a gallery where one can purchase a "one of a kind" masterpiece with his signature. He also has an awesome museum displaying some of his priceless

works of art. Again - check it out.

Justin the Sandman came to our May meeting. He explained how the sand sculptures are created at Hampton Beach and around the country. He held us captive as he told us how he became such a sand artist. The display at Hampton Beach concludes on July 6th. When you go, don't forget your camera.

A day in Boston was a busy one. Our tour of Fenway Park turned magical as we walked through the different seat levels, the green monster, the press box and behind the scenes. It was also a perfect day for our cruise on the Charles River. Our narrator presented a fascinating history of Boston and Cambridge. As is our practice, we seem to gravitate to good food. We found plenty at the Cheesecake Factory in the Galleria Mall in downtown Boston. It's always a great place to visit, but trying to get out of Boston is not a task for senior citizens. It takes determination and nerves of steel. We're just driving wimps after 70.



Did you see some of our senior citizens on the Watson Academy Float? Fortunately the interest in restoring our old building is growing and there is definitely a light at the end of the tunnel. We're confident that the doors will open again and the rooms will be full of life and laughter. Ms. Carol Clapp is a strong motivator, so our bags are packed and we're ready to go home.

It's "All Aboard" time again - back to Old Orchard Beach, ME. in July on the Downeaster. The beach, the vendors and the food are always fun but we enjoy the train ride most of all. The rumble of the wheels takes us back to our youth when trains traveled through Epping every day. The Depot was our playground and the Conductor on the rear of the blue caboose always waved as the train crossed Main Street.

Meetings will resume in August. There are more

trips planned and interesting programs to enjoy. Get your fill of the summer while it lasts. The memories will help keep you warm next winter. Seniors 55 years and over should stop in. Remember, we meet the second Thursday of every month at 1:00 pm.

Submitted by Irene R. Cote, Secretary

The East West Express

The Epping Park & Ride continues to be a convenient pick-up and drop-off stop for residents in Epping and surrounding towns traveling east or west. Once you arrive at our Portsmouth stop you can hop on the Coast Trolley to get to one of many fun destinations downtown. If you are looking for something fun to do in the Queen City, we stop every two hours downtown on Canal Street, very close to several attractions including the Verizon Wireless Arena. East West Express arrives and departs hourly at Manchester-Boston Regional Airport for stress-free rides to and from the airport.

There are so many commuting options for both convenience and entertainment. We hope you all enjoy the coming season and try out the affordable ways to now get around. View our complete schedule and make your reservations at: www.eastwestnh.com or call 1-800-245-2525 for more information.

Go East, Go West for Just \$10 or less!

News From the Town

Upcoming dates:

July 1st – Taxes are due!

July 4th – Town Hall closed for Independence Day

September 1st – Town Hall closed for Labor Day
Please “LIKE” the Epping Town Hall on Facebook.

275th Birthday Bash Committee

The “275th Birthday Bash” committee is busy making plans. They now have T-shirts for sale in dark and light blue. Adult sizes are \$15.00 and youth sizes are \$12.00. They also have new Town Flags, American made, on sale for \$50.00 They are still in need of Volunteers to make it all happen and to have a town-wide good time. The meetings are on the third Tuesday of each month at 7:00 pm at the Town Hall. If anyone can’t come to the meetings but would like to be notified, please send Joyce at the Selectmen’s office your e-mail addresses. Please “LIKE” the Epping 275th Birthday Bash page on Facebook.



These are some of the ideas that the Committee has come up with:

February 20th – “Opening of Festivities”– Birthday Party, Cake, Bonfire & Chinese Lanterns

Conservation – Moonlight snowshoes?

March 19th – St. Patty’s Dance at the Legion – Grace Lavoie in charge

April 21st - Earth Day (Lyons Club) work with the school youth coalition and Garden Club

Canoe Race

May — EYAA road race, Memorial Day Parade

June 11th – Progressive Dinner with the churches, tickets to be sold, maybe a bus – Kim and Tom Gauthier in charge

Car show with Chili Cookoff – Joy True in charge of Car show

Cheryl Denoncour in charge of Chili Cookoff

July – “Olde Home Day” - School Fields, Kickball, Pie eating Contest, 3 legged race.

Carnival – Jen (waiting to set a date)

Watson Academy Lawn - Alumni Cookout – Jen Yergeau in charge

Craft/art fair – downtown, stores – sidewalk sales – Eunice Miller?

Vietnam War Memorial – Legion – Dick Newman/Michael King

Bandstand music month (Nicole said she would schedule the music)

August –Library? Tea? Civil War Presentation and Chicken BBQ?

Teenage block party
September 10th – work with Highnote, hike through the cemeteries
October 8th “grand finale Parade” Heather and Cliff (God Bless them both)
Other ideas to incorporate from the 250th:
 PTO – already has a fair – they could expand the fair to the community
 Raceways- Epping Nite
 Fire Department – Muster
 Civil War Table – Chicken BBQ and muster
 Camp Hedding night
 Historical Society, slide presentation or whatever



Epping Lions Club

"We Serve"

We Want YOU to Join the Epping Lions Club
www.epping.nhlions.org

We are looking for innovative people who desire to become involved in improving our community and having fun doing it. Come on over to the Epping Community Church on **Saturday, August 9th at 4:30 pm for a FREE dinner** and learn more about our amazing group. The Epping Lions Club is very active in the community, providing vision screenings to the schools, supporting sight programs, eyeglass recycling, and providing assistance to local families in need of eyeglasses. We participate and sponsor some exciting events, such as the Lamprey River Canoe Race and the High Note Festival. With your involvement and ideas we look forward to creating even more special fundraising events. We understand people have busy lives, and the Lions Club allows you to volunteer as little or as much as you like.

For more information, please visit our website at www.epping.nhlions.org or our Facebook page at www.facebook.com/EppingsLionsClub. Meeting times are posted, which are generally the 4th Tuesday of the month at 6:30 pm. There will be no meeting in July, so please come out and see us on August 9th! We'd love to see you!

Jason Sullivan, President & Secretary
Jason.B.Sullivan@edwardjones.com.....679-2491
Debbie Moulton, Treasurer
dmoulton@stepupbooks.com.....679-2022
Deb Brooks, Eye-glass Collector
lexusreina@comcast.net.....679-5407

Submitted by Debbie Moulton



TALES FROM EPPING'S PAST

The “City of Columbus” Shipwreck

The “City of Columbus” was a six-masted 275-foot luxury cruise ship that for years had offered winter weary New Englanders a safe and pleasant journey to the warmth of the South. On January 8, 1884 the ship left Boston heading to Savannah, Georgia with a 45 man crew and 87 passengers on board, including Lewis Chase of Epping and his wife Ida.

Mr. Chase was a Civil War veteran and wounded in battle. However, nothing could have prepared him or anyone else on board when, as they slept below in the dark early morning hours, the ship hit a double ledge of jagged rocks south of Cape Cod, near Martha's Vineyard, filled up with water and in 25 minutes sank into the sea.

Many of those who made it up to the top deck were swept overboard by the giant waves that also smashed the lifeboats against the ship and rendered them useless. Some of the men managed to climb further and held on to the rigging for hours before members of the Wampanoag Indian tribe arrived on the scene and in the high wind managed to rescue 19 persons from the frigid waters. Of the original 132 men, women and children on board, only 17 crewmembers and 12 adult passengers were saved. Lewis Chase and Ida were not among them.

The City of Columbus went down almost 30 years before the Titanic and was reported as one of the worst ocean disasters of its time. News of the sinking was immediate and widespread. Here in Epping, the poet Matthew James Harvey, who knew the Lewis Chase family well, was moved to compose a heartfelt poem. He not only describes the disaster itself but also reflects on the uncertainties of life and loss. He titled his work “The Wreck of the City of Columbus.” A copy of this poem is in the Epping Historical Society.

About fourteen years ago, using an old photograph of the ship that showed only its bow sticking out of the water, a diver located what is left of the old shipwreck. It lies about fifty feet underwater surrounded by massive rocks on the north ledge of what is still known today as the “Devil's Bridge” *More information on request.

This is twenty-fourth in a series for Speak Up, Epping! Text/Research: Madelyn Williamson

Wreck of the City of Columbus

January 18, 1884

By Matthew James Harvey

*O! for a warning voice from Heaven
To cry in every ear,
"Death follows closest on your track,
When least you think him near."*

*For so of late our friends embark,
Bound to a southern shore,
A last look gave New England hills,
That they shall see no more.*

*They up the lofty gangway crowd,
And all are safe aboard;
The plank is up, the sails are spread,
The stately ship unmoor'd.*

*Safe! What a false and dubious word!
So treacherous and untrue,
As the next hour or rising sun
May prove to me and you.*

*Saw you that pale, thin, misty shade
Go up the vessel's side,
Along the deck a spectre weird,
Into the wheel-house glide?*

*(We try to push him from our midst,
With trembling, feeble hands,
Yet through all time, in every place,
He at our elbow stands.)*

*And on the wheel he lays his hands,
So scrawny and so chill,
The pilot thinks he turns the wheel,
And steers the ship at will.*

*Alas! Vain pilot, how deceived!
A stronger hand than thine
O'errules thy motions with a power
That thou canst not divine.*

*She sails away, Death holds the helm,
The white waves dash her prow,
Out through the wild Atlantic brine,
Her wonted course to plow.*

*The cold, shrill spirit of the storm
Sits on the southern clouds,
With sleety flaw he pours his breath
Fierce through the wailing shrouds.*

*Each headland light along the coast,
The seamen knew full well,
In slow procession sink behind,
Below the great sea's swell.*

*The shoaly perils of Cape Cod
Fade through the salt sea air;
These dangerous reefs will soon be passed,
And then the voyage is fair.*

*O! for a warning voice from Heaven
To reach the captain's ear,
From these unseen Charybdean rocks
To bid him safely steer.*

*She strikes with force of winds and waves,,
Her ribs are rent asunder;
Descending swift to her sea grave,
The breakers o'er her thunder.*

*Doom'd mortals from a seething hell,
Up to the deck you fly,
Torn from each fastness to be hurled
Into the deep, to die.*

*On that last agony supreme
I cannot pause to dwell,
I have no utterance to recount
What language cannot tell.*

*The crew in darkness climb the shrouds
From direful fate to flee,
From deadly cold most lose their hold,
Drop in the vengeful sea.*

*The tardy dawn sees friendly rowers
Pull o'er the white wave's crest,
Those few sad witnesses are borne
To life, and hope, and rest.*

*Let solemn dirges for the dead
Roll through our church aisles dim;
Ye Nereids of the crystal wave,
Sing their last funeral hymn.*

*Roll all the thunder of thy waves
Upon thy wreck-strorn shore,
Until the mystic Angel swears
"That time shall be no more."*

*Then, at His last loud trumpet's blast,
Give up our dead, thou sea;
Till then, in hope and humble trust,
O God! we bow to Thee.*

Submitted by his great, great granddaughter, Analesa Harvey

Boston Post Cane

In 1909, The Boston Post, now the Boston Herald, had over 400 Gold-Headed Canes made and distributed to New England Towns. Vermont and Connecticut did not receive canes and cities were excluded from receiving canes. Epping's Boston Post Cane was lost during World War II.

The last known recipient was Jacob Bly, December 6th, 1941. A few years ago, the town had copies made of the cane, and that is what we presented to the recipients.

We broke tradition this time, presenting the cane to two of Epping's most senior citizens. When we received the applications, we realized that they were born 16 days apart! What would you do?

So Thursday, June 26th, at the Town Hall we presented the canes to Charlotte Coffin and Daniel Harvey. The Town Hall was filled with the many friends and family of Charlotte and Dan. Tom Gauthier, Chairman of the Selectmen's Board, presented the Boston Post Canes.

Charlotte Coffin moved to Epping in 1940, when she married Fred. At that time they lived with Fred's parents on Hedding Road, and Charlotte worked on the family farm. Eventually they built their own home across the street, where Charlotte still lives. Charlotte was involved in many Epping organizations, including the Grange, Rebecca's, Eastern Star, Legion Auxiliary, Woman's Club, Garden Club and the Senior Citizen's Club. Charlotte was most proud of her 30 years of volunteering at Meals on Wheels. Thank you Charlotte!

Dan Harvey, where do I start? Did you know that Dan was born in Boston? Not his fault, he arrived in Epping when he was four days old. Dan was born a farmer. After the love of his family, he loved to move the earth around with his excavator. If you are looking for Dan, that is where you will find him, in some field around Red Oak Hill. Dan was a Selectman, Commissioner of Water and Sewer, and many other elected and appointed offices in Epping. Dan is a "walking History Book". Dan was a pilot, serving in the Civil Air Patrol in World War II. One of the greatest stories about Dan is his landing on an Island in Boston Harbor. Of course, the powers that be wanted to dismantle his plane, and truck it to Epping, but Dan had his own ideas. When "they" were not paying attention, locals supplied Dan with enough gas to take off and head for home. Thank you Dan!

Submitted by Joy True, curator, Epping Historical Society

Epping Historical Society

Our new entrance is completed, and the flag is flying! Our walkway is done, and we have installed a plaque in memory of Adam McPhee. The Adam McPhee foundation is responsible for our new coat of paint, and restoring our large sign on the front of

the building, making this a landmark in Epping Village.

Many thanks to David Clapp, for installing our brick walk way. The town of Epping generously donated bricks to complete the project. We have a very historic walkway. The bricks donated from the town came from the Central school sidewalk, taken up many years ago. These bricks came from the Star Brickyard, so they are at least 80 years old! David also incorporated into the walkway, several bricks from the old Rundlett building that you probably remember as the Epping Cooperative Bank, on the corner. When the building was torn down, bricks were salvaged and stored in the cellar at the Epping Historical Society. Lee Allen, one of our volunteers, cleaned some of these bricks, so we could use them in our entrance. David installed our "Memorial Bricks" within the walkway. We are still taking orders for bricks so they can be placed in the walkway at any time.

For Memorial Day, we set up an exhibit with artifacts and pictures of our Veterans who served. Epping lost three soldiers during World War II, and one Soldier in the Korean Conflict. Don Sanborn's mother kept a scrapbook with daily articles of the progress of the War from 1942 until surrender. It is a fascinating history of World War II. We have several War ration books for the purchase of food and gas. It is hard to imagine how the whole country complied with all the restrictions for the cause. Do you remember the bag of "white margarine" that came in a plastic bag with a tablet of yellow dye, that we needed to mix together to make "yellow margarine"? We have journals from soldiers that served during that time, including one from Don Sanborn. After World War II, the veterans did not talk about their experiences; they just went back to work like it never happened. But after the War, there was a great change in the way we lived. People no longer sat on their front porch, they preferred sitting on the back porch enjoying their family, becoming more private. Epping has a veteran who was a Naval photographer during the Korean Conflict. He has loaned us several wonderful photos. We will keep the display for the Veterans on exhibit until the Fourth of July. Please come by and look at what we have here at the Epping Historical Society.

We are still looking for old photos to copy, especially looking for an old photo of the A&P in Epping. Also, do you have any old school yearbooks that you no longer want? We would love to add to our small collection of yearbooks. There are such wonderful photos in every book.

We are open Mondays from 8:00 to noon, or whenever the flag is flying. If that does not work for you, please call 679-2944 and we can make an appointment.

Submitted by Joy True, Curator,

Lamprey River Advisory Committee

The Living Nature of Old and Dead Trees

Trees in a forest perform many functions: they capture the sun's energy and make wood, their roots hold onto the soil and prevent erosion, they produce nuts and fruits, they provide shade and cover and they perform important chemical functions such as carbon storage and nutrient cycling. Trees do these jobs from the time they are small until the time they die, sometimes hundreds of years.

Trees do not stop providing ecological benefits when they die. They still store carbon and their roots still hold the soil. When trees are old or dead, they often become even more important to the greatest number of forest inhabitants. The many insects that eat dead wood, such as ants and bark beetles, provide food for almost all the animals that live in the forest. Cavities in old trees provide nesting sites and/or feeding stations for birds and mammals. Cavities and loose bark serve as daytime roosting sites for bats. The exposed, bare branches of big trees provide excellent perches for hawks and other raptors. The exposed roots of fallen trees provide habitat for small mammals. Dead trees lying on the ground provide cool, moist homes for amphibians and reptiles and also newly sprouted seedlings. As trees age and ultimately decompose, they often become covered by a beautiful mix of mosses, lichens, and fungi.



A beautiful log full of life on the forest floor

<http://www.terrageria.com/>

The only time dead trees do not help the forest is when they are removed from the forest by people. Having a tidy home is a noble ambition, but creating a forest that has only young, healthy trees and no debris on the forest floor is harmful. Too often, people perceive that trees lying on the forest floor or trees that are still standing but are not 100% alive and lush should be removed. This is not true. Maturity is often “messy.” Instead of supporting a diverse, resilient community of wildlife that comes with forest maturity, “tidy” young forests support only a small fraction of the wildlife and ecological functions that would otherwise be present.

The same is true of trees that fall into streams. In much the same way that trees that fall in a forest perform important functions, trees that fall into streams and rivers also perform important functions. The surfaces of submerged trees serve as substrate for algae and bacteria. These, in turn, provide food and shelter for insects and other invertebrates. Fish and turtles living among the branches of fallen trees also find both nourishment and hiding areas. The branches of fallen trees help trap leaves and small pieces of wood and slow the flow of water in rivers. During high flow, the current of the stream or river often creates small pools below and around fallen trees. Fish make use of these areas of slower water to rest, deposit eggs, and avoid danger, especially during periods of high velocity flow. The presence of fallen trees in streams helps to create habitat diversity and increases both the diversity of fish species and overall numbers of fish. Certain fish, such as the American brook lamprey, which is endangered in New Hampshire, require a stream habitat that is rich in fallen trees to live and breed.

As on land, people often believe that old or fallen trees should be removed from streams and rivers, especially if they block passage of a canoe or snag fishing lines. Unfortunately, removing these “obstacles” often results in fewer fish, a less diverse habitat, a faster flow of water, and an increase in erosion issues. In most cases, the damage caused by removal is far worse than the consequences of leaving the tree as is. Most people who enjoy the outdoors would agree that a stream or river is most beautiful in its natural state. Unless a portage is impossible and the tree is likely to entrap a boater causing harm, it is best to leave it alone.



A kayaker and a dead tree share the river.

<http://outdoors.webshots.com/photo/2910836500060259826TzbNkV>

In many cases, removal of significant “large woody material,” such as a fallen tree, from a stream is not only detrimental, it is also illegal. New Hampshire Law RSA 482-A states, “No person shall excavate, remove, fill, dredge or construct any structure in or adjacent to surface waters, wetlands or their banks without first obtaining a permit from the Department of Environmental Services Wetlands Bureau.” Before using any machine that might change the character of flow or the land around a body of water, always check with DES first.

The next time you walk in the woods, look closely at a young tree and see what is living on or in it. Find a big, old tree and look closely at it. Do you see lichens, fungi, moss, insects, or cavities? Lift up a section of a log lying on the forest floor. What is living underneath? Do you see these things living in bare soil? When you are out on the river, look to see what living things are making use of a fallen tree. Can you find insects and fish? Can you see how the tree might have altered the river's current? In case you did not already know, old trees are beautiful and diverse, and a dead tree has a lot of life.

Making Sure the Lamprey is “Fishable and Swimmable”

Prior to passage of the 1972 Clean Water Act, some waterways in the US were seriously polluted. One of the key goals of the Clean Water Act was to ensure that US waterways were safe enough for people to swim in and eat fish from.

How do we know if our waterways are safe for these activities? Welcome to the wonderful world of water quality monitoring! When water people talk about “water quality”, they are referring to a series of tests that help to define the essential characteristics of water both for us and for wildlife: acidity, clarity/cloudiness, amount of dissolved

oxygen gas, saltiness, temperature and often, fecal bacteria counts. Most tests can be conducted in the field with immediate results.



The Lamprey River Watershed Association volunteers have been conducting water quality testing along the Lamprey every summer for many years. Their results are reported to the New Hampshire Department of Environmental Services and they can be viewed through this link <http://des.nh.gov/organization/divisions/water/wmb/vrap/lamprey>.

For a quick overview of the key findings, please visit <http://www.lampreyriver.org/about-river-water-quality>. The Lamprey River Advisory Committee provides funding for this important work.

The next time you see a volunteer team performing water quality tests, please thank them for their dedicated efforts to make sure the Lamprey remains fishable and swimmable for us and the critters. If you would like to find out more about local water quality testing opportunities, visit the Lamprey River Watershed Association's website at www.lrwa-nh.org or contact Dawn Genes: dawn.genes@lrwa-nh.org, 659-9363. The LRWA trains and organizes volunteers to run water quality tests on the Lamprey - no experience necessary!

Winged Jewels

Dazzling dragonflies and damselflies (also known as darning needles) are insects that grace local ponds, streams and other natural areas. They occur throughout much of the world and have a wide variety of sizes, shapes and colors. Approximately 200 different species occur in New England alone.

Dragonflies and damselflies make up the order Odonata, meaning they are toothed. No insect really has teeth, but one could easily imagine these “odes” having teeth due to their prominent jaws and their voracious appetites. Both as aquatic larvae and as flying adults, these insects are excellent hunters. They eat other insects and occasionally larger prey such as tadpoles. They commonly eat

both larval and adult mosquitoes. As such, dragonflies are welcome guests in most people's yards.

Dragonflies and damselflies differ in several ways: Dragonflies are strong fliers. At rest, they hold their wings perpendicular to their bodies. Damselflies are weak fliers. At rest, they hold their wings parallel to and over their bodies.

Dragonflies and damselflies begin life in the water. After they hatch, the larvae (called nymphs) remain in water several months to several years. At the end of the larval stage, the nymphs metamorphose into soft adults still in the larval exoskeleton. They crawl out of the water and find a suitable substrate, such as a tree or rock. The back of the exoskeleton splits open and the adult slowly emerges. The larval exoskeleton left behind is called an exuvia (plural exuviae). Once free of the exuvia, the newly emerged adult must actively pump air into its body to create the familiar adult form and let its soft wings harden.



These exuviae are examples from the Lamprey River. Note the hole in the back on the left and middle specimens from which the adult emerged.

Photo by S. Petersen

Dragonflies and damselflies are fascinating insects to watch whether one wishes to get very specific in identifying specimens or just wants to enjoy their beauty and diversity. If they are within close range, "odes" often will spend as much time being observers as their curious human counterparts. Their aerial acrobatics and stealth are difficult to match. People who try to net them learn quickly that odes can be elusive prey. Like other objects of beauty, though, they are well worth observing. Take a close look, and then let these jeweled hunters return unharmed to their surroundings.



*Helping communities protect
the Lamprey River.*

Submitted by Suzanne Petersen

The Civil War Roundtable of NH



NH graves at Soldiers' Cemetery in Gettysburg

Photo by Bill Hallett

The Civil War Roundtable of New Hampshire was founded in May of 1991, and is dedicated to all aspects of the Civil War: education, preservation and restoration. The CWRT-NH is a group of men and women who share a common interest in the War Between the States and that period in American History that defined Our Nation, as we know it today.

Our meetings are usually held the 3rd Friday of each month, except when held on the 2nd Friday per online schedule. The meeting usually includes a Speaker followed by a Discussion. Coffee is served at 6:45 pm and we begin the meeting at 7:15 pm. The CWRT-NH is a non-Profit 501(c) organization and we are open to the public. Our meeting location is the Epping Town Hall 3rd floor (elevator available).

Meetings are recorded live by ETV (Channel 22). You can watch on your TV or computer by accessing the Epping Town site (for live or past meetings).

This is the CWRT-NH schedule for September through November 2014.

NOTE: log on to cwrtnh.org for membership, board members and CWRT-NH news

September 19, 2014 – Steve Floyd – “New Hampshire Memorials at Gettysburg”

October 17, 2014 – Mike Pride (author) “Our War” (book on New Hampshire in the Civil War)

November 14, 2014 (Note special date) – Dave Becker - “Civil War Civilians”

December – NO MEETING

*Submitted by Dan Bennis Board Member, CWRT-NH
dddbennis@msn.com (Feel free to email me with any questions.)*



Epping Garden Club

The Epping Garden Club is looking for new members to join us. Men and teens are welcome to join as well.

We hope you are enjoying the corners we planted last year, as they begin to fill in and bloom. They seem to have made it through that bitterly cold winter too! If you live next door to them and enjoy their beauty, can you help us water the areas we've planted? The rains we had in spring were a great help getting them going but they will need care all summer. Please let us know if you can help.

The club hired a garden designer to come up with a plan for our Safety Complex. The hope is to make it look a lot less like a warehouse and more like a showplace for the men and woman who work there as well as the many groups, like us, that hold their meetings there.

The designer works with Stratham Hill Nursery and in exchange for her drawing up plans, we will buy trees and plants from them. We would love for you to stop in and see what they have and tell them you are from Epping. We will need help to complete the plans over time. We know that we will need curbing, sod or grass seed and help from the department members in keeping the planting materials watered well until they are established. We would love for the Police Association as well as the Fire Department to help with funds and labor as well. Soil is being donated by Paul Gatchell, owner of Gatchell Excavation. This is a wonderful donation and needed badly as the soil on that land is horrid. We will add mulch around the areas when completed and that is being donated with many thanks to P.R. Russell of Brentwood, NH, who has been so good to our

group. We would love families to donate, as well as our local businesses, to get this Safety Complex looking like a Million! Please if you can help, e-mail us at eppinggardenclub@gmail.com or call 300-0064. We will continue to have plant sales to raise the funds to purchase the plants but we will still need more help, so please keep us in mind. I will try to add a photo of the plans to the Epping Garden Club Facebook page. You can see if there is something called for in these plans that you may have and be able to donate to help us complete this project. We hope to have it completed in the next year or two but with just four of us we're also realistic. We do appreciate your support.

Thanks so much for all the “LIKE”s on our Facebook Page and all of you who slow down or stop to tell us you love how the corners look when you see us working on them. I have said it before, we love gardening, but we do it for all who call this town home.

Have a Great Summer!

Your Epping Garden Club

Submitted by Eunice Miller



Ledd Center

Ledd Center Director Elaine Gatchell has announced Leddy Center Summer Camps with Mary Gatchell, Jennifer Solomon and Melissa Ransdell. Camps include:

Summer Mini-Musical Camp I (ages 5-7) July 28 – August 1 from 9:30 to 11:30 am

Summer Mini-Musical Camp II (ages 8-10) July 28 - August 1 from 12:00 to 2:00 pm

Please call Leddy Center, Monday through Friday from 3:00 to 5:00 pm at 679-2781 for camp availability before registering online at www.leddycenter.org.

The next production at the Leddy Center will be the musical “Guys and Dolls,” on stage from **July 11 to 27**. It will be followed by Mary Gatchell in Concert on October 3, “It’s a Wonderful Life” from October 24 to November 9 and “A Christmas Carol” from December 5 to 14.

Individual tickets are \$18 and available online at www.leddycenter.org or by calling the Leddy box office at 679-2781, Monday through Friday, from 3:00 to 5:00p m. Call the box office for information on our group rates.



ETV Schedule

Channel 22 – ETV – Schedule – live programs

Monday – July 7, 21; August 4, 18 –

Selectmen – 7 pm

Tuesday – July 1, August 5 – Water & Sewer– 7 pm

Tuesday – July 13, August 19 – Library Trustees – 7 pm

Tuesday – July 8, August 12 – Conservation Commission – 7 pm

Wednesday – July 16, August 20 – Budget Committee – 7 pm

Wednesday – None in July, August 6 – Recreation Commission – 7 pm

Thursday – July 3, 17; August 7, 21 – School Board – 7 pm

Thursday – July 10, August 12 – 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 if you go to <http://etv22@pegcentral.com>. They are usually available the day following their “live” broadcast.

“Live” video streaming is also available. Watch live meetings anywhere while they’re broadcast: http://etv22.pegcentral.com/live/live_etv22.html.

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.



Scouting Around Epping

Cub Scout Pack 136

There will be no Pack meetings during the summer. Meetings will begin again in the fall.

If you would like information about joining Cub Scouts, please contact our **Cubmaster, Michael Page** at michael.page.nh@gmail.com or contact him at cubmaster@pack136epping.org

Join us on Facebook and keep track of the Pack <http://m.facebook.com/group.php?gid=199059685109&fbfbb=r6c4d2187&refid=46> or go to our website where you can find more Pack information at <http://www.pack136epping.org/calendar>.

Boy Scout Troop 136

Troop 136 took advantage of warmer weather and joined the Abenaki District for a Spring Survival camporee at camp Bell in Gilmanton. The Scouts were faced with challenges that stretched their survival knowledge. They were asked to perform survival first aid for simulated remote air or vehicle crashes. They learned to gather food from the surroundings by use of snares and traps and rudimentary hunting weapons. The Scouts had to learn and identify poisonous plants and dangerous animals. Along with the merit badge events, Troop 136 Scouts won the cooking competition that was comprised of simple ingredients with only one hour to plan and cook the meal!

There was more camping at Straw’s property in Epping in June for the Troop. The property was cleaned up from winter deadfall, bike trails were established, a new flagpole was erected, and plenty of mosquitos were swatted! Many of the newest Scouts qualified for Tenderfoot rank.

Two Scouts from Troop 136 earned the prestigious honor of being selected for the National Youth Leadership Training course offered to a

select few Scouts each year. The honor went to A.J. Johnson and Ryan Sylvain.

Scouts are headed to weeklong summer camp from July 27th – August 2nd and will resume weekly meetings in September.

The Scouts have many things planned over the next few months. If you know a boy between the ages of 11 and 17 who would benefit from an organization like the Boy Scouts, please contact Les Houston at 231-1148.

Submitted by Les Houston



Girl Scouts of the Green and White Mountains

We design activities to teach girls about themselves and their world. A year with us is filled with the kind of moments she just can't wait to tell everyone about.

Register now online or complete an interest indicator to learn about options in your community for fall 2014.

For all girls pre-K – 12th grade

If you would like more information, please visit www.girlscoutsgwm.org/explore.html or call us at 888 474-9686, ext.4165.

American Legion News.

Monthly Breakfast Buffets

Monthly second Sunday breakfasts are being held from 8:00 to 11:00 am. Come enjoy our hot Breakfast Buffets on **Sunday, July 13th** and **Sunday, August 10th**. Eggs, Bacon, Sausage, Toast, Pancakes, Home Fries and Coffee are all piping hot and ready to be enjoyed. Bring your newspaper and your appetite!

The Buffet is \$6.00 a plate, \$4.00 per child and worth every penny!

Epping Fire Dept. Explorer Post 716

Youth 14 years old to 20 years old are invited to join the Epping Fire Department Explorer Post. The Explorers meet on the 2nd and 4th Thursdays from 7:00 to 8:30 pm.

Explorers 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 and assist firefighters with the self-contained breathing apparatus (SCBA), supervise the rescue truck and

perform many other duties at a fire scene.

For more information call Cliff Cray at 396-9436 or e-mail at deacon100@comcast.net.

Police Explorer Post 714

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

Epping Community Church

There have been many great things happening at Epping Community Church. You are invited to join us for worship on Sunday mornings at 9:00 am. We are handicapped accessible on the side of the building and have a new elevator to take you to the 2nd floor for the service. You will find a comfortable atmosphere, great music provided by the Chancel Choir, Bell Choir and Praise Band throughout the air. The music and participants vary weekly as worship needs dictate. Epping Community Church has a heart for the community and serves individuals and families through various outreach ministries. Relationship, caring, and journeying together through faith in Christ is our mission and purpose.

Following are areas of interest and calendar information.

Worship every Sunday morning at 9:00 am.

Like the postman of years gone by, neither rain nor sleet, snow nor summer heat prevents us from delivering the Good News. Our doors have never been closed on Sunday.

Sunday School: Our Sunday School has a flex class for children and an adult class, both of which meet September through May of each year. In session, Sunday School occurs on Sunday mornings at 11:00 am.

Thursday Prayer Group and Bible Study:

Meeting weekly throughout the year, adults gather on Thursday morning at 9:00 am for Bible Study led by the pastor and for Prayer Group at 10:00 am. The needs of those mentioned on Sunday mornings and others in our congregation and from our community are remembered and prayer given for each.

Thursday "Soup of the Day Café" is opportunity for anyone who wishes to come to the church and enjoy a free lunch in fellowship hall. The lunch generally has two homemade soup options, salad, desert and beverage. We will be switching over to various salads in July instead of our soup offerings. Donations are received to sustain the program. Many of our local citizens avail themselves of a wonderful lunch and time of fellowship.

Epping Community Cares Food Pantry is open on Saturday mornings from 8:00 am until 10:00 am. Members and friends of the church staff the food pantry as we seek to help meet the needs of individuals and families who find themselves going through difficult times. Food staples and other items are provided to assist in the short term. Many community organizations, individuals and church members support the food pantry through generous monetary gifts and food donations for the needy. If you would like to donate food items to the food pantry the following are suggested items that are needed: cereal, canned fruit, crackers, spaghetti sauce, pasta, tuna, peanut butter, jelly, canned vegetables, soups, baked beans, juice, mac & cheese. We also can use personal hygiene items such as, toilet paper, paper towels, shampoo, bar soap, toothpaste etc. These items can be dropped off during Food Pantry or Soup Café hours or during Friday Night Pizza.

Friday Nite Pizza Night is held most Friday evenings from 5:00 pm 'til 6:30 pm. Pizza is made by hand and of our own recipe. Serving one size, large, you may order your pizza by phone and pick it up (679-5542) or come in and order your pizza for "eat in" or "take out". Your donation of \$8.00 per pizza goes to the E.C.C. building fund. The pizza crew is taking a much-needed break during the month of August, but they will return in September!!

Third Saturday Dinners: Every third Saturday of each month Epping Community Church hosts a dinner prepared by the church from 5:00 pm – 6:30 pm. July's Third Saturday Dinner on **July 19th** will be roast pork with homemade mac and cheese, cole slaw, applesauce, corn bread and strawberry shortcake! We will not have a dinner in August but will resume with the dinners in September.

We want you to be part of the work of God happening at Epping Community Church. Come and join ordinary people who love and serve an extraordinary God. You are always welcome!

St. Joseph Catholic Church

208 Pleasant St. (Rte 27)
Epping, NH 03042
Office telephone: 679-8805

Mass schedule weekdays:

Monday 8:00 am
Tues, Thurs, Fri. 7:30 am
Wednesday 7:00 pm
Saturday 8:00 am

Mass schedule Weekend:

Saturday 4:00 pm
Sunday 8:00, 10:30 am and 6:00 pm

Mondays – Adoration 12 noon – 9:00 pm

Fridays – Adoration 8:00 am – 7:00 pm

Saturday, July 12th – Squires at Raymond Town Fair, selling hamburgers and hot dogs

Sunday, July 27th Motorcycle Blessing 1:00 pm

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

Epping Bible Baptist Church

We offer a free food pantry on the second and third **Fridays** of each month at 1:00 pm.

Our goal is to serve others in our community and surrounding communities with the love of Christ and to share the Gospel of Jesus' death, burial and resurrection with everyone!

Our services can be seen on Sunday mornings on ETV - channel 22, and can also be seen on our website.

Pastor Ron does a devotional online each week, and is always available to serve the needs of our community.

For more information, please contact us at www.eppingbible.org.

West Epping Quaker Meeting House

Friends (Quakers) have been meeting in Epping since 1772. The present Meeting House was built on Friends Street in 1851 on land given by John Folsom.

We have Meeting for Worship every first and third Sunday at 10:00 am. We meet in silent meditation for an hour. If someone feels moved to share a message they are encouraged to do so. Because our group is small the meeting remains rather silent. We welcome visitors to our meetings to join with us. For those who would enjoy just visiting the Meeting House they may call the Clerk, Fritz Bell, at 244-1119 for a tour.



Harvey-Mitchell Memorial Library

Epping's Public Library
151 Main Street
734-4587 (Adult Dept.)
679-5944 (Youth Dept.)
679-5884 (Fax)

harvmitch@gmail.com
www.eppinglibrary.com
harvmitch@gmail.com

Hours: Monday, Friday, Saturday 10 – 5
Tuesday, Wednesday, Thursday 10 – 8
Closed: **Monday, July 4th** for Independence Day

Summer Preschooler Story Times with Miss Eva

Join us for stories and crafts on Monday, Wednesday and Friday at 10:30 am.

Pre-registration is required. Call us at 679-5944 or e-mail us at missevahmml@gmail.com. Limit of 12 children at each session.

Camp Read-A-Lot - 2014 Summer Reading Program

June 30th – August 7th Grades 1 through 8.
Registration begins on June 21st. Great books, crafts and surprises!

Knit Night

Get together on 2nd and 4th Wednesday nights at 7:00 pm. Bring your own yarn and needles. Enjoy the company of other knitters! For more information, contact coordinator Marjorie Pim at marjpim@yahoo.com.

Adult Book discussion Groups

New members are always welcome!

The Eclectic Book Club meets on second Wednesday nights at 7:00 pm.

The Dusty Old Mystery Group meets on third Wednesday nights at 7:00 pm.

Please call us at 734-4587 or visit us at www.eppinglibrary.com for more information.

Submitted by Bradley A. Green, Library Director

Epping Y.O.U.T.H.

(Youth Organizations Unite To Help)

1. Community Center Survey Results

3,000 Surveys Mailed – 375 Responses (12.5% Response Rate!) (10% is average – 244 from on-line survey)

Project Support: Community Center – 74%; School Expansion – 69%; Library/Media – 65%; Athletic Fields/Facility – 66%. *An Emergency Shelter would be included in any of the building projects.

Priority of Project-: Elementary Expansion and Community Center tied for first place, next was the Library/Media Center, then a Athletic Fields/Facility

Consolidate Projects: 79%! – Facilities with common needs should be consolidated into one facility where possible.

AGAIN, **Thank you** Kim Milliken!!!! and Heather Clark!!!

2. Epping Police Dept is applying for a grant to add an officer --A Community-Involvement Officer!

This position would foster Community and Police Collaboration to identify and problem solve the increasing substance use occurring in Epping. Upswing with Heroin and Rx Drug use in particular.

This officer will seek to educate parents on Drug Trends, investigate Epping starting a Diversion Program, and identify Resources for Follow-up Care.

DRE – (Drug Recognition Expert) Working on DRE Training for school staff and community members!

SRO – Russ Hero will begin at the school when the teachers return in August.

This position offers him the opportunity to connect with students, during school, and invite/include them in after-school activities.

3. Epping Y.O.U.T.H. -- Goals and Objectives

Brochure of Regional Resources for services and agencies for youth and families

Invite Lions and Masons and other members of community organizations and businesses

Change/Improve Social Norms, so that it is "Cool" to be smart and responsible

Adhere to consequences for best interest of students and Social Norms message

Partner with the SRO (and Community Officer) to find ways to help the on-the-fence, and the over-the-fence youth, and families-in-need.

NO MEETING in July & Aug - HAVE A GREAT SUMMER!

Next Meeting: **Tuesday September 16th**

Submitted by Linda Daigles

Epping Parks & Recreation

Department News

Home of the "River Otters"

Director: Nicole Bizzaro

Temporary office at Epping Town Hall

Cell Phone: 608-9487

eppingrecreation@gmail.com

Join us on Facebook and follow us on Twitter.

Due to structural issues at Watson Academy, the building is still closed to the public and the Recreation Center is closed and any programs or meetings there are cancelled until further notice.

Adult Basketball will be run at the EMS Gym and Derry ATA Karate at the EES with no changes.

If you need to reach the Department, please contact Nicole, Recreation Director via e-mail at eppingrecreation@gmail.com or cell at 608-9487. The temporary Rec. Office has been set up on the 2nd floor at the Town Hall. Enter the main door and go up the stairs. There will be registration forms and other information available there. Any program payments can be given to staff at programs or can be mailed to us at 157 Main Street, Epping, NH 03042. Please make checks out to "Town of Epping." We appreciate your patience while we figure out our building issues.

Please follow us on Facebook for latest program updates, changes and announcements.

Help celebrate Epping's Birthday

In 2016, the Town of Epping will turn 275 years old! We are currently collecting names of interested residents who would be willing to serve on the Birthday Celebration Committee! Please send us an email to eppingrecreation@gmail.com or see Joyce in the Board of Selectman's Office at the Town Hall if you are interested in helping.

Interested in helping out with Community Events? We can always use volunteers! Epping Parks & Recreation Department does not receive any tax dollars to run Community Events! We rely solely on donations and volunteers to offer such events! If you are interested in helping, please contact Nicole, Recreation Director at 608-9487 or send us an email.

Back Again This Summer: Friday Summer Performances!

We have scheduled five summer performances again this year on Friday mornings at the Epping Elementary School Gym starting at 10:30 am. These events are free and open to the public to attend! No pre-registration is required!

July 11: Mad Science Show: Spin, Pop, Boom

July 18: Wildlife Encounters Show

July 25: Magic Show with BJ Hickman

Aug. 1: UNH Theater Group's Little Red Wagon: Nightingale Performance (PK-Grade 4)

Aug. 8: Children's Music with Steve Blunt

Elementary School Programs

Martial Arts Programs at Epping Recreation and Elementary School (offered by Epping ATA)

Karate Classes

Mondays (EMS Stage) and Thursdays (EES gym) 3:05 – 4:15 pm, \$65 per month

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

For more information or to sign your child up, please contact Mrs. DeNapoli at 434-9444 or e-mail her at dcdenapoli1023@gmail.com.

ALL beginners receive a FREE Uniform.

Middle/High School Programs

8th - 12th Grade CIT program is back again this year. Students who like working with children and want to gain experience may apply to be a Counselor-In-Training. School year and summer positions are available and it's FREE! For an application, please contact the Rec. Department.

Adult Programs

Adult Basketball.

Want to play some adult basketball? Come join The Epping Recreation Department for some pick up Co-ed basketball in the Epping Middle School Gym Thursday and Sunday nights.

Days / Times: Thursday - 7:30 - 9:00 pm

Sunday - 7:00 - 9:00 pm

Location: Epping Middle School Gym

Cost: \$30 for 10 nights - Please make check out to the "Town of Epping." If paying in cash, please bring exact change.

Each participant is required to sign a waiver form prior to playing and payment. Waiver forms will be available at the gym. We will have a sign-in sheet, to keep track of days used. Once you have used your ten nights, bring in your next payment of \$30 for ten additional nights. You won't be allowed to play if we don't have a signed waiver and payment. The payment covers the cost of the staff to provide this program.

Check our Facebook page for updates on programs, including cancellations. We will also notify you via e-mail of any program changes, so please provide a current e-mail address.

Zumba

The popular dance aerobics class is back in the Epping Recreation Department with Zumba Instructor Cassandra Mullen. She has classes on Thursday nights (Cancelled Tuesday classes) 7:45 – 8:45 pm at the EES Gym. Cost: \$35 a 6-week session, \$7 drop-in.

Please visit Cassandra's Facebook page at <http://www.facebook.com/zumbawithcassandra> for more class information and to give music choice suggestions. She will also post changes or cancellations there. Please follow for the latest information on her classes

The Porch

We are a not-for-profit organization.* Our goal is to demonstrate the unconditional love of God to our community by building relationships, meeting physical and financial needs, and sharing the Gospel of Jesus that transforms lives.

Epping Lighthouse will benefit the community in numerous ways, including:

- Running a youth center for teenagers
- Running a children's after-school program
- Giving financially to families who are in need
- Providing free family counseling
- Organizing various programs for teenagers to service others

*We are currently waiting on the IRS to give us our final paperwork.

Kids Club

Our kids club is for kids in grades 1-5.

We will provide free pick up from EES, and provide snacks and drinks at no charge.

We have a structured time of singing, Bible Time and Game Time.

The club starts at 3:15 and goes until 5:00 pm.

Teen Central

Our Teen Central is geared for grades 6-12.

We offer pool, ping-pong, air hockey, and foosball.

We also have computers, a TV, board games and provide snacks and drinks at no charge.

Teen Central opens at 2:30 and goes till 4:30.

We provide classes and other events throughout the year as well.

We require all of our workers to complete a background check.

If you are interested, please check us out at www.eppinglighthouse.org or you can e-mail us at eppinglighthouse@hotmail.com to request a form for more information!

We are currently accepting applications for volunteers to work at our Kids Club and Teen Central.

adults, and enjoy songs, stories and snack. Facilitator: Patricia Keck. Held at the Epping Elementary School, Prospect Street, Epping. Epping Summer Morning Out runs through August 5, 2014. Cost: Free

For information call 422-8208, press 2, or visit <http://www.familiesfirstseacoast.org/programs.cfm>.

All parents and children are welcome at our Parenting Classes, Parent-Child Groups and Parent Groups. **Advance registration is needed for most programs and is always needed for childcare;** go to FamiliesFirstSeacoast.org and click on the Register for Family Programs button, or call 422-8208 x2

Epping Students in the News

Anne Whitesell received a Master's degree in Curriculum and Instruction from the Graduate School of Education at the University of Massachusetts - Lowell on May 17, 2014.

Olivia Lee Griffin graduated in the Class of 2014 with a BA from Keene State College on May 10, 2014.

James Loy graduated with a Bachelor of Science degree in Robotics Engineering from Worcester Polytechnic Institute on May 17, 2014.

Kayla R. Vasseur graduated cum laude from Western New England University on May 17, 2014, with a Bachelor of Science in Biomedical Engineering degree. She plans to enroll in the Western New England University Master's program in Engineering Management in the fall.

She received the Biomedical Engineering Research Award during the College Honors Ceremonies at Western New England University. This award is given to a Biomedical Engineering student who presents their research at a national conference. Judy Cezeaux, Chair and Professor of Biomedical Engineering, presented the award.

She has also recently received the Parents Association Student Citizenship Award from Western New England University. The Parent Association Student Citizenship Award is given to a student who demonstrated significant contributions to student life throughout their tenure at the University.

Kaitlin Ann Oldfield graduated with a degree in Business at the 121st Commencement Exercises at Saint Anselm College in Manchester, NH on May 17, 2014.

Named to Dean's List for Winter Semester 2014

Washington and Lee University
Shannon Nollet

Families First

support for families...health care for all

Epping Summer Morning Out

Tuesdays, 9:30-11 am July 15-August 5)

Epping Summer Morning Out is for children ages birth to six, with parents or other caregivers. Children will explore age-appropriate crafts and other activities, have positive play with peers and

Named to Dean's List for Spring Semester 2014

Coastal Carolina College

Christie Cole

University of Hartford:

Gina Kliska

Keene State University

Trisha Mills

Worcester Polytechnic Institute

Brianna Parent

Western New England University

Kayla R. Vasseur

Named to the President's List for Spring 2014 at Clarkson University

Sawyer Begin



Epping School District News

Happy Retirement

Epping School district celebrated the retirement of EES Title 1 Facilitator Suzanne Roux (10 years) and EMS Teacher Bruce Christie (38 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.

School Immunizations & Physicals

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 www.sau14.org under School Nurse for the schools and Parents & Community/Health for the district. 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 under school board and policy.)

Concussion Testing

Epping School District requires a baseline concussion test for any athlete participating in competitive sports activities, and a follow up test for any athlete suspected of having a concussion following a contact or collision. For information on concussion testing and accessibility contact the Athletic Director at laverill@sau14.org.

School Begins

The first day for students is **Tuesday, September 2, 2014**. This school year, the district will have a similar school calendar to last year with four professional development days scheduled throughout the school year. Professional development days were selected taking into consideration holidays. Parent conference days have not been scheduled as separate days in the school calendar, but will be provided by the school using a flexible schedule. Parents will be notified directly by the school. There will be no early release days. Please visit www.sau14.org for the 2014-2015 School Calendar. Students attending the Seacoast School of Technology start **Monday, August 25, 2014** per the SST School Calendar. Please visit <http://www.seacoasttech.com>. 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 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.

Epping Middle School Principal

The Epping School District is pleased to announce that Brian Ernest has accepted the position of Epping Middle School Principal beginning July 1, 2014. Mr. Ernest has over twenty years of experience as a schoolteacher, coach and administrator. For twelve of those years he has served as a school administrator in middle and elementary schools. Mr. Ernest is pursuing a Certificate of Advanced Graduate Studies in Educational Leadership. He holds a Master of Education Degree in Educational Leadership and Bachelor of Science Degree in Physical Education from Plymouth State University.

Mr. Ernest brings strong skills in community building. He believes in student-centered education grounded in research and driven by data. He is

also a full supporter of technology integration to help students prepare for future challenges. Mr. Ernest looks forward to meeting with students, parents and community members to talk about Epping Middle School and the Epping Community. Plans will be put in place to begin this process and the transition for the new school year.

The principal search was an inclusive and intensive process involving students, parents, community members, school staff, school and district administration and school board members. The process involved three rounds of interviews with the district leadership team, school/community committee and school board. The school district extends our appreciation to everyone who participated in this process, sharing their time and providing valuable feedback.

This is a wonderful outcome for both Mr. Ernest and the Epping Middle School and Community. The district knows that you will join us in welcoming Brian and working with him to focus on the potential of every student and engage each to be passionate confident learners who demonstrate competence and have strength of character to reach their highest aspirations and thoughtfully contribute to a diverse and changing world.

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 under School Board/Agenda & Minutes. ETV is also streaming meetings that you can watch live on your computer at: <http://etv.22.pegcentral.com>.

July 3rd and 17th

August 7th and 21st

Epping Elementary School (EES)

EES School Calendar

June 30-July 4 – School office closed

July 7– School office reopens. Hours 8 am-2 pm

July 7-August 7 – Family Morning Out

July 15-August 7 – Extended Year Program

July 15-August 7 – Tent City, Sponsored by Title I

August 20 – New Student Orientation at EES 9-11 am

Sept. 2 – First Day of School Celebration for Grades 1-5 - 8:20-9:30 am

Sept. 2 – Preschool Orientation

Sept. 3 – First Day of School for Preschool

Sept. 4 – First Day of School for Kindergarten

New Eagle Mural at Epping Elementary

On Monday, June 16th, the Rossel family, fifth grade students and teachers unveiled the new Eagle Mural, a beautiful addition to the artwork on display at the school.

Many thanks to Rob and Kerstin Rossel for donating time, materials and creativity to make this happen. Thanks also to Luke Rossel and Ben Milbury



From left to right with Eagle Mural: Principal Mark Vallone, Kerstin Rossel, Aiden Rossel, Luke Rossel, Ben Milbury, and Rob Rossel

Quarter 4 Honor Roll

Grade 3

High Honors:

Brooke Bacon, Jada Bartlett, Cooper Bernier, Ethan Coldsmith, Jared DeCourcy, Aiden Dyer, Leah Hackett, Sean Lecuyer, Nathan McTague, Sophia Morang, Miriam Peck, Luke Snyder.

Honors:

Sophie Bade, Kaelin Beattie, Kaitlyn Chapman, Tyler Curtis, Alison Galante, Olivia Gosselin, Samuel Gosselin, Kaylin Hennessy, Owen Horton, Daniel Johnson, James Le, Brady Lewis, Jillian Mallett, Calynn Marcheterre, Mackenzie Milbury, Madison Milliken, Pacy Morgado, Brooke Needham, Lindsey Parents, Maiya Poloian, Brady Powicki, Carly Sanborn, Dev Sappal, Olivia Sousa, Christopher Sullivan, Tyler Valdez, Sarrah Wilkins, Alexa Williamson, Ayden Yeo.

Grade 4

High Honors:

Kaitlyn Boelter, Sarah Brassil, Ethan Chevalier, Melissa Daigle, Sydney Farris, Jade Gagnon, Jessica Galante, Alex Greubel, Julia Hardy, Elizabeth Hobbs, Jacob Loving, Sasha McCabe,

David Meyer, Kevin O'Connell, Aryana Patnaude, Michael Picard, Abigail Purchas, Rachel Swanson, Haley Williamson, Morgan Witmer.

Honors:

Will Barker, Jacob Brown, James Dross, Owen Finkelstein, Trey Finkelstein, Zachary Hodgman, Abigail Houston, Katrina Jansson, Jackson Knox, Amber Kondrup, Zachary Leblanc, Ciretta Mackenzie, Stamatis Maschas, Patrick McTague, Wyatt Noel, Zachary Orthman, Mikhail Ozols, Ryan Page, Gracie Re, Rachel Robinson, Zachary Rogers, Aaron Sable, Alexandra Simard, Maxwell Simpson, Caden Snell, Cavan Snell, Domenic Spinelli, Molly Tessier, Jacklyn Tracy, Katelyn Whitman.

Grade 5

High Honors:

Delaney Clough, Isabelle Deary, Spencer Gaudreau, Alexa Guarente, Taylor Holt, Alyssa Higginbottom, Andrew LeBlanc, Jack LePage, Erika MacLeod, Mackenzie McAniff, Dillon McKenzie, Peter McTague, Benjamin Milbury, Taya Morgado, Arianna Murphy, Jenna Needham, Ciara Patey, Luke Rossel, Abigail Roy, Luke Rossel, Emma Roussel, Abigail Walsh, Alexander Wyatt.

Honors:

Michael Anderson, Alex Bade, Joshua Coolidge, Kendall Crenshaw, Cody DeLorge, Tyson Dionne, Collin Finney, Nico Greubel, Kaylee Hill, Trevor Hovey, Toby Jansson, Katrina Jennings, Scott Johnson, Andrew Kozler, Megan Lambert, Ryan MacVicar, Jack Meyer, William Morasco, Meaghan Murphy, Emma O'Brien, David Parents, Ryan Pinkham, Kaitlyn Prince, Kate Roussel, Brandon Spechuilli, Amara Stevens, Haleigh Sullivan, Brynn Sweetsir, Payden Swidrak, Cassidy Wall, Isabella Walley, Madelin Walsh, Megan Webber.

EES New Student Orientation

There will be new student orientation for incoming new students for Grades 1 through 5. It will be held on **Wednesday, August 20th**, from 9:00 to 11:00 am at the Epping Elementary School.

The following documents are needed to start school:

1. Official State Birth Certificate
2. Immunization records
3. Physical (done within the last 12 months)
4. Proof of residency

Please call Karen Mongeon at 679-8018 with any questions,

EES First Day of School Celebration

Parents are invited to join their children and their teachers and administrators for a First Day of School Celebration. It will be held at the Epping Elementary School on **Tuesday, September 2nd** from 8:20 to 9:30 am. It is an opportunity for parents to help their child enjoy the first day of school. It will also give them a chance to meet their child's classmates and their parents and to get to know the people at school who have a shared interest in your child's education.

Submitted by Cheryl A. MacLeay

Epping Middle School (EMS)



Representatives from the EMS Leadership Team - From Left: Abby Simard, Jasmyne Bickford, Maya Martin, Maylee Gagnon, Rachel Martin, Ben Fowler, Colin Farris, Nathaniel Marshall, Megan McFadden

EMS Students Take Part in Granite State Youth Alliance Film Festival

The Epping Middle School Student Leadership Team took part in the Granite Youth Alliance Film Festival on Monday June 2nd. Their short film "Where One Post May Lead" focused on the dangers of substance abuse and the appropriate use of social media. The Granite Youth Film Festival is a unique opportunity for young filmmakers to write, direct, shoot, and star in their own productions, designed to ignite change in the community. Students were able to see their work up on the big screen at the O'Neil Cinema in Epping. Maylee Gagnon and Ben Fowler represented the team and were interviewed on the creation process and how it felt to be a star on the big screen. The project was directed by Guidance Counselor Nick DeGruttola and Media Specialist Thelma Thompson.

EMS Students Receive Prestigious Awards

Maylee Gagnon and Alec Silva, students at Epping Middle School, were honored at the Fifteenth Annual Scholar Leader Awards Banquet at the Center of New Hampshire in Manchester on May 29, 2014. The students were presented with an award whose criteria included demonstrating academic initiative and scholarship, exemplifying positive attitudes, and demonstrating leadership in the classroom and school activities.

Over three hundred seventy-five guests, including students, educators, and parents, attended this year's banquet, which celebrated the achievements of middle level students who are representative of the many outstanding young adolescents in middle level schools in New Hampshire. The guests included seventy-eight students from thirty-nine schools from all over the state.

The Middle Level Scholar Leaders Award is organized annually by the New Hampshire Association for Middle Level Education (NHAMLE) and the New England League of Middle Schools (NELMS), with supporting sponsorship from Lifetouch National School; Studios.

Epping Middle School Pride Assembly

Congratulations to the following students who were recognized at the April 18th Pride Assembly

Students who best represent the Guiding Principles were selected by each team.

Principle #1: Respect and encourage the right to teach and the right to learn at all times. Grade 6: Lyndsey Chevalier; Grade 7: Mercedes Richards; Grade 8: Parker Holt; and Unified Arts: Anna Re.

Principle #2: Be actively engaged in learning, ask questions, collaborate, and seek solutions. Grade 6: Ryan Glass; Grade 7: Luke Marchisio; Grade 8: Becky Milbury; Unified Arts: Adam LePage.

The Nice Moves program gives students "caught doing something good" an opportunity to win prizes through a drawing held during the assembly. Winners were: Dawson Wilson, Becky Milbury, Destiny McKay, Casey Needham, Amber George, Matt Lockhard, Nick Pelletier, Brenden Curry, and Evika Toth.

The Bullying Prevention Award was presented to Austen Thulrow for his winning design of "Bullying Stops Here" that was made into signs with the shape and color of a stop sign. His signs will be displayed in classrooms throughout the school. Becky Milbury and Keelin Berger were given awards for their work with Friends Helping Friends.

EMS Celebrates 8th Graders' Achievements

Epping Middle School honored its eighth graders as they move on to high school with a Recognition/Pride night on Tuesday, June 24, 2013.

Student Katie Pelletier welcomed families and friends, followed by the Pledge of Allegiance led by Kiley LaFond and Krystal West. The M S Chorus treated the audience to its version of "Touch the Sky." Maylee Gagnon and Alec Silva entertained the crowd with their class highlights.

The awards for outstanding achievement were presented as follows: **The Governor William Plummer History Award** to Konrad Hodgman; **The Governor David Morrill Science Award** to Keelin Berger; **The Governor Benjamin Prescott Math Award** to Maylee Gagnon; and **The John Greenleaf Whittier English Award** to Konrad Hodgman.

Academic Department Awards included: **Art**, Aletha DeMarais; **Band**, Brenden Sacco; **Chorus**, Michael Rainford; **Computer/Digital Studies**, Emma Coolidge; **Integrated Studies**, Jordan Place; **Music**, Victoria Maestas; **Technology Education**, Aaron Wessling; **Wellness/PE**, Veronica Hackett; **World Language (French)**, Evelyn Carleton and **(Spanish)**, Chloe Meyers.

Rotarian Tim Lewis made the presentations of the **Adeline Brewitt Liberator Citizenship Awards for "Service Above Self"** to Parker Holt and Evelyn Carleton. These awards are sponsored by the Raymond Area Rotary Club.

Presidential Achievement Awards, for students who show outstanding educational growth, improvement, commitment, or intellectual development, were announced by Dean of Students Christine Hebert and were awarded to: Jacob Bisailon, Gaven Blakney, Emma Coolidge, Stephanie DiFrancesco, Veronica Hackett, Parker Holt, Kiley LaFond, Damien LoPresti, Jordan Place, Catriona Poulin, Alec Silva, Kayla Wells, Caleb West, and Krystal West.

Principal Kyle Repucci made the presentations for **Presidential Academic Excellence**, granted to those students maintaining a 3.5 average over their three years in middle school, to: Keelin Berger, Everett Brown, Evelyn Carleton, Maylee Gagnon, Konrad Hodgman, Victoria Maestas, Chloe Meyers, Rebecca Milbury, and Katie Pelletier.

All eighth graders were then presented a certificate of achievement and were treated to a reception with their families and friends, following the ceremony.

Submitted by Bruce Christie

Epping High School (EHS) EHS Class of 2014 Top Ten

Brittney Bullock, daughter of Wayne and Linda Bullock, is valedictorian of the Class of 2014. She plans to attend the Massachusetts college of Pharmacy and Health Sciences majoring in premedical health studies in the physician assistant program.

Jillian Venuti, daughter of David Venuti and Anne-Marie Carney and Mike Carney, is the salutatorian of the class of 2014. She plans to attend the University of Massachusetts-Lowell to study accounting.

Cassidy Garrow is the daughter of Lyle and Donna Garrow. She plans to attend Keene State College for athletic training.

Nathan Cameron is the son of Michael and Maria Cameron. He plans to attend the University of Maine at Presque Isle to study criminal justice and compete on the UMPI Owl's baseball team.

Minette Cantrall is the daughter of Rose Julien. She plans to attend the University of New Hampshire, majoring in biochemistry and cellular and molecular biology.

Lauren Goulet is the daughter of Fernand and Carol Goulet. She plans to attend Great Bay Community College to study biotechnology.

Kelly Seaman is the daughter of Tom and Karen Seaman. She plans to attend the University of New Hampshire to study history with a minor in European cultural studies.

Ngoc Tran is the daughter of John Le and Hai Duong Thi Tran. She plans to attend the Massachusetts College of Pharmacy and Health Sciences with a major in premedical studies.

Joseph Leclerc is the son of Mark and Jen Leclerc. He plans to attend Fitchburg State University to study industrial technology and compete on the FSU Falcons football team.

Jamie Roy is the daughter of John Roy and Laurie Chase. She plans to attend the University of Tampa with a double major in marine science and chemistry.

Shrine Maple Sugar Bowl

Joe Leclerc was selected for the 61st annual Shrine Maple Sugar Bowl, one of the eight locals picked to represent New Hampshire in the annual senior All-Star football game against Vermont. This summer's event is scheduled for **Saturday, August 2nd**, at Dartmouth College, with a 5:30 pm kickoff.

New Hampshire, which extended its win streak over Vermont to 13 games with a 43-0 romp last

summer, has dominated the series, owning a 45-13-2 overall record with 23 wins over the last 25 years.

The event, however, runs much deeper. The Shrine Bowl is played for the benefit of the Shriners' Hospitals for Crippled and Burned Children. The event's first 60 years has raised nearly \$5 million.

Athletic Department News

The athletic department would like to remind all athletes and parents that fall sports will sneak up on us faster than we think. Fall eligibility relating to grades is determined in this year's fourth quarter. Students must maintain focused, and put in good effort to keep all grades up to compete in the fall. Parents and athletes should also remember to send or bring in updated health physicals to the Health Office. The websites will continue to be updated with information for fall sports tryout dates, and many forms can be found on our website. The district will also be **moving to an online registration form for sports. This website may be accessed at FamilyID.com and directions/support can be found on the schools' website by clicking the athletics link.** Please contact Mr. Averill with any questions regarding fall sports – forms and information will be posted on the website. The athletic department can be reached at (603) 679-5472 ext. 253, or at email; laverill@sau14.org.

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 (**September-October**) of this newsletter will be available on **September 1, 2014**. We will accept **submissions through August 25, 2014**, to be included in the next issue. Please send your content with contact information for consideration to bhelmstetter@comcast.net.

Thanks for reading! - The Communications Group

• • • • •

Epping Calendar of Events for July 2014

July 1	Taxes are due!
July 3	Epping School Board meeting in Epping Town Hall – 7 pm
<i>June 30-July 4</i>	EES School office closed, reopens July 7 with hours 8 am – 2 pm
July 4	INDEPENDENCE DAY HOLIDAY – Town Hall and Library closed
July 5	Epping Community Church Food Pantry – 8-10 am
July 9	Knit Night at the Library – 7 pm
July 9	Eclectic Book Group at the Library – 7 pm
July 11	Epping Bible Baptist Church Food Pantry – 1:00-2:30 pm
July 11	Mad Science Show at EES Gym – 10:30 am
July 11- 27	Leddy Center production of “Guys and Dolls”
July 12	St. Joseph Squires at Raymond Town Fair selling hamburgers and hot dogs
July 12	Epping Community Church Food Pantry – 8-10 am
July 13	American Legion Post 51 Sunday breakfast – 9:00-11:30 am
July 15	“275 th Birthday Bash” Committee meeting at the Town Hall – 7 pm
July 15	Library Board of Trustees Meeting – 7:15 pm
July 15 - <i>August 5</i>	Families First Epping Summer Morning Out – 9:30-11:00 am
July 15 - <i>August 7</i>	EES Extended Year Program
July 15 - <i>August 7</i>	EES Tent City, sponsored by Title I
July 16	Dusty Old Mystery Book Group at the Library – 7 pm
July 17	Epping School Board meeting in Epping Town Hall – 7 pm
July 18	Epping Bible Baptist Church Food Pantry – 1:00-2:30 pm
July 18	Wildlife Encounters Show at EES Gym – 10:30 am
July 19	Epping Community Church Food Pantry – 8-10 am
July 19	Epping Community Church Dinner “Roast Pork Dinner” – 5-7 pm
July 23	Knit Night at the Library – 7 pm
July 25	Magic Show with B.J. Hickman at EES Gym – 10:30 am
July 26	Epping Community Church Food Pantry – 8-10 am
July 27	St. Joseph Motorcycle Blessing – 1 pm
July 27– <i>August. 2</i>	Boy Scout Summer Camp

Epping Calendar of Events for August 2014

Date	Event
August 1	UNH Theater Group - Little Red Wagon at EES Gym – 10:30 am
August 2	Epping Community Church Food Pantry – 8-10 am
August 2	Shrine Maple Sugar Bowl at Dartmouth – 5:30 pm
July 27-August 2	Boy Scout Summer Camp
July 15-August 5	Families First Epping Summer Morning Out – 9:30-11:00 am
August 7	Epping School Board meeting in Epping Town Hall – 7 pm
August 8	Epping Bible Baptist Church Food Pantry – 1:00-2:30 pm
August 8	Children's Music with Steve Blunt at EES Gym – 10:30 am
August 9	Epping Community Church Food Pantry – 8-10 am
August 9	Epping Lions Club FREE Dinner at the Epping Community Church – 4:30 pm
August 10	American Legion Post 51 Sunday breakfast – 9:00-11:30 am
August 13	Eclectic Book Group at the Library – 7 pm
August 13	Knit Night at the Library – 7 pm
August 14	Epping Seniors meet at the Epping Fire Station at 1 pm
August 15	Epping Bible Baptist Church Food Pantry – 1:00-2:30 pm
August 16	Epping Community Church Food Pantry – 8-10 am
August 19	Library Board of Trustees Meeting – 7:15 pm
August 19	"275 th Birthday Bash" Committee meeting at the Town Hall – 7 pm
August 20	Dusty Old Mystery Book Group at the Library – 7 pm
August 20	EES New Student Orientation – 9-11 am
August 21	Epping School Board meeting in Epping Town Hall – 7 pm
August 23	Epping Community Church Food Pantry – 8-10 am
August 25	DEADLINE DATE for the September-October issue of the Newsletter
August 25	FIRST DAY OF SCHOOL for Seacoast School of Technology
August 26	Epping Lions Club meeting at the Epping Edward Jones office on Route 125 – 6:30 pm
August 30	Epping Community Church Food Pantry – 8-10 am
September 1	LABOR DAY HOLIDAY – Town Hall and Library closed
September 2	FIRST DAY OF SCHOOL for Epping Schools
September 2	EES First Day of School Celebration – 8:20 – 9:30 am
September 3	Preschool First Day of School
September 4	Kindergarten First Day of School

If you would like your next event to appear on the Calendar of Events, please send us an e-mail at bhelmstetter@comcast.net by **June 25, 2014**. Please include the date, event name, location and time.