



Speak Up, Epping! Newsletter

Volume 1, Issue 4

Epping, New Hampshire

June, July, August '08

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 opinion, 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 send your email address and the material to: speakupepping@gmail.com.

Volunteers needed to help with this newsletter!

Want to sign up for the newsletter or lend a hand? The next meeting of the Speak Up, Epping! Communications Group is Tuesday, June 17, at 7:00 p.m. at the Epping Community Church. Contact Barbara Helmstetter by phone 679-1929 or email Barbara.S.Helmstetter@Dartmouth.edu.



Epping Garden Club

There will be a meeting of the Epping Garden Club on Sunday, June 8 at 4:00 p.m. at Marilyn Perry's. – new members are invited to attend! For more information call Jane at 679-2573 or Whitebarn245@aol.com.

Lamprey "Streamwalk" Volunteers Needed

Volunteers are needed to assist with an **inventory of the health of the Lamprey River**. Volunteers will be looking for problems such as bank erosion, trash, invasive species or signs of pollution. By walking in or next to the river (or kayak/canoe) a checklist will be completed by a team of two people. The Lamprey River is 47 miles long with 13.6 miles within Epping's borders. About 30 volunteers are needed from Epping.

Training will be provided to all volunteers on either June 2 at the Epping Fire Station or June 4 at the Lee Safety Complex from 6 to 9 pm. Streamwalk volunteers will sign up for a specific section of the river and have from June to August to complete their section of river. Each segment should take about three hours to complete.

Contact the Lamprey River Watershed Association at 659-9363 or volunteer@lrwa-nh.org or go to www.lrwa-nh.org for a volunteer application.

Water Quality Sampling on the Lamprey River

The Lamprey River Watershed Association is looking for volunteers to help with water quality testing along the Lamprey River in Epping. They have been gathering this data for 10 years, and it is a great way to watch for trends in water quality along the river. The training date has passed, but you still may be able to contribute to this project. If you're interested, please go to www.lrwa-nh.org or call the LRWA office at 659-9363.

A Big Thank You to Everyone Helping to Beautify Epping!

Wal-Mart has generously contributed \$200 toward shrubs and flowers to beautify the Epping Town Hall. Members of the **Epping Garden Club** with some excellent outside help, designed the plantings and got everything planted in front of the Town Hall in time for Memorial Day. Members of the **Speak Up, Epping! Downtown Revitalization Committee** donated time on two Saturdays to clean up DAR Park and all around downtown. A big thank you to everyone who helped.

Downtown Revitalization Committee

Meeting

The next Speak Up, Epping! Revitalization Committee meeting is on Wednesday, June 25 at 7 p.m. at the Library. Everyone is welcome to join the Committee

Camp Scholarship

The Epping Garden Club and the Epping Conservation Commission would like to **send two Epping youths to Barry Conservation Camp located in the White Mountain National Forest at the Berlin Fish Hatchery.** There are two chances to go to an overnight camp for free. To enter, have your 10-16 year-old child simply write an essay and submit it to the Recreation Department no later than June 9. The Essay must be four pages in length and double-spaced. The essay must answer these two questions: What is your passion? Why do you want to go to this camp? The "Walk on the Wildside" camp will be offered July 27 through August 1. In America's technology-based culture, the gap between you and nature is growing.

Experience nature and reunite with the great outdoors. Create a meal from gathered plants, fillet a fish and cook it over an open fire, sleep under the stars, climb a mountain, swim in a pond, create nature crafts and more. Truly experience the great outdoors. Questions in regards to the contest may be directed to the Epping Recreation Department at 679-3301 or rec@townofeppping.com

Avalon Retreat and Wellness Center

Open House

Saturday, May 31st from 10:00 AM to 4:00 PM at Governor's Lake, 37 Norrie Drive, Raymond, NH.

We will begin at 10:00 AM and go until 4:00 PM with an open grill for you to cook on between 12:00-2:00, please bring all you need. Feel free to enjoy the facilities, which include the lake area. You may tour the ground's hiking trails and our newest addition, the quiet meditation spot of **"The Stone Circle"**. This is an area that has seven stones that are about 7 feet high which are placed in a circle formation with an inside circumference of about 30 feet. There will be a beautiful water feature in the center of the circle to enhance the tranquil landscape of the lakeside view.

We will have sign-ups for free clinics and introductions to Yoga, Massage and the other services we have available at the Retreat and Wellness Center. There will also be a fun community silent auction with prizes available from many of the local businesses in the area including, four free tickets to be given out in a drawing from Liquid Planet Water Park in Candia! Come for the FUN and bring the family, Rain or Shine! RSVPs would be appreciated, just give us a call at 603-895-3040 or email info@avalonretreatnh.com and visit our website at www.avalonretreatnh.com!

Cliff Cray Honored by Boy Scouts

Congratulations to Cliff Cray who was honored by the Daniel Webster Council of the Boy Scouts at the Council Recognition Dinner on May 12 in Concord. He was the recipient of the William Spurgeon Award. Cliff has been an active volunteer in scouting for more than 25 years and was instrumental in the organization of the Epping Fire Department Explorer Post 716 six years ago and now serves as the Explorer Post Advisor. He currently serves as Unit Commissioner, the Committee Chairman for Pack and Troop 136, the Committee Chairman for Venture Crew 484 and as a Merit Badge Counselor. He is also a member of the Order of the Arrow and serves on the Council Health and Safety Committee and served as an Assistant Scoutmaster.



Leddy Center

2008 Attractions at the Leddy Center:

Rodgers and Hammerstein's "South Pacific" is coming July 11-27. "Mary Gatchell Returns in Concert" is Saturday, September 27 at 7:30pm. "Peter Pan" is October 24-November 9. "A Leddy Christmas" is December 5-14.

Shows are held Fridays and Saturdays at 7:30 p.m., Sundays at 2:00 p.m. Tickets are \$14 or \$16, depending on seating, all reserved, group rates available. Call 679-2871 to order tickets or order online at: www.leddycenter.org.

Auditions for Peter Pan at the Leddy Center

Auditions will be held on Saturday, June 7, by appointment only, at the Leddy Center for the Performing Arts, 133 Main Street. Visit www.leddycenter.org and click on Auditions to get information, and then call 679-2781 for an audition

appointment and to get an audition packet. All parts are open including Peter Pan (who will be cast with a boy), Captain Hook (who is also Mr. Darling), Wendy, Michael, John, Smee, Tiger Lily, the Lost Boys, Pirates, Indians, Mrs. Darling, Nana and the dreaded crocodile.



Scouting Around Town

Cub Scout Pack 136 chartered to the Epping Community Church **graduated 7 Webelo's to Boy Scouts** at an outdoor ceremony. They are Jeremy Barbosa, Steven Chadwick, Jacob Cray, Spencer Holt, Ethan Illsley, Alex Ray, and Billy White.

The Pack enjoyed an overnight trip to the **Battleship Massachusetts** at their April outing. Their next Pack meeting will be May 28 at the church. All boys 1st through 4th grade are welcome to attend and find out more about the Scouting program for the elementary age.

Boy Scout Troop 136 also sponsored by the Epping Community Church attended the **Tri-District Camporee** in Plattsburg NY. This camporee had attendees from Canada, New York, Vermont, the seacoast area of New Hampshire and a troop from Hingham Massachusetts.

Hayden Reese and Richard Currier have earned the **Star Scout rank** and were presented the awards at a recent Court of Honor. Sean Day and Sawyer Begin attended a weekend at the Hidden Valley Scout camp where they were received into the Order of the Arrow, a Boy Scout organization for honor campers. This is Scouting's honor society. The new OA members were elected by their fellow troop members.

Venture Crew 484 sponsored by the Epping Community Church and Explorer Post 716 sponsored by the Epping Fire Department will host a **Pancake breakfast at Applebee's restaurant** on Fresh Pond road (road to Wal-Mart and Lowe's) on June 7 from 8 to 10 a.m. Donation will be \$7.00 per person and tickets may be purchased from the members and at the fire station. Tickets will also be sold at the door. Please support our youth.

The Explorers will be attending an **Explorer muster** on May 24 in Hollis, NH, hoping for a trophy to be returned to Epping. Five members will attend the New Hampshire Explorer Fire Academy

the week of June 15. They will have a week of fire fighting classes and a trip to the Fire Chiefs' show in Springfield, Massachusetts.

The Explorers fund raising efforts for the **AED fund** has come to an end with a donation by the Major General John Sullivan Lodge #2 Free and Excepted Masons. We have purchased 3 for the Epping Schools, 1 for the Epping Recreation and the last one will be presented to the Ellis School in Fremont.

Youth interested in fire and emergency medical service are invited to attend an open house at the fire station on May 29 from 7 to 8:30 p.m. Parents are also welcome. We are open to young men and women age 14 to 20 years old.

For youth in the same age group we have Venturing. Our advisors are skilled in several high adventure activities including scuba diving and rock climbing. Come visit us at the Epping Community Church on June 5 at 7:00 p.m. If you need more information call Cliff Cray, 679-5125

Note: The **Epping Pack 136 Cub Scouts** have their own **website**. It can be found at: <http://www.orgsites.com/nh/eppingpack136/>

Come visit for up-to-date calendar events, pack images, activities, tips and so much more!

American Legion Breakfasts

Sunday morning breakfasts will take place once a month from 8:00-11:00 a.m. at the Epping R.A. Mitchell American Legion Post 51 on June 8, July 13, August 10, September 14, October 12, November 9 and December 7. The cost is \$3.00 for adults, \$2.00 for children.

Epping Community Church

How fortunate and blessed we have been this year: no spring flooding; no earthquakes; no local volcanic activity. Each of these has been happening to thousands of people around the world creating loss, heartache, destruction – a nightmare of extraordinary proportions. Often we look at what doesn't happen to us as blessings.

As summer approaches, we invite you to join us for our **Summer Monthly Dinners:**

Saturday, June 21, 5–7 p.m. Pasta Buffet
Saturday, July 19, 5–7 p.m. Ham and Bean Dinner
Saturday, Aug. 15, 5–7 p.m. Chicken BBQ Dinner

As always, you are welcome to join us at the Epping Community Church for worship on Sunday mornings at 9:00 a.m.

All funds raised from our dinners go toward the Epping Community Church building fund. We are grateful for all who support our efforts! Have a great summer!

- *Friends and Family of the Epping Community Church*

News from the Historical Society

The Epping Historical Society & Museum is open on Mondays from 6-9PM and Wednesdays from 10AM-2PM.

Tuesday, June 17th -7 PM - The **History of Hedding Campground** presented by author and Hedding historian Jim Robertson. Finally, your chance to find out everything you ever wanted to know about Hedding! This will also be your opportunity to purchase a copy of the "History of Hedding" signed by the author. Free to the public and refreshments will be served!

SCHOLARSHIPS

Each year the Epping Historical Society recognizes students who have shown outstanding grades in history and submit an essay on what history means to them. This year, as always, two \$300.00 scholarships will be awarded, or in the case of an exceptional candidate, one \$600.00 scholarship will be awarded.

WILLIAM PLUMER TO BE HONORED IN CONCORD!!!

William Plumer was the first of the three governors Epping gave to New Hampshire. He was also a great historian and the first president of the New Hampshire Historical Society in Concord.

Last fall we were contacted by NH Secretary of State William Gardner who came to our historical society looking for information on Governor Plumer. It seems that great things are being planned in Concord to further honor our Governor, who when a Senator in Washington was the first official to archive historical documents.

The New Hampshire State Archives in Concord is dedicating a research room to Gov. William Plumer, which will include a life-sized portrait of Plumer and memorabilia.

A dedication and opening ceremony will be held in the near future. The date is presently uncertain. However, if you are interested in attending, contact Joy True.

It would be great to have a group from Epping attending this memorable event.

For more information: Joy True at 679-8855 or Madelyn at 679-5482

Congratulations to Epping Schools

The New Hampshire Department of Education has just released the 2008 results for Adequate Yearly Progress as required by No Child Left Behind. **Epping has just been removed from "District in Need of Improvement" status after making "Adequate Yearly Progress"** in reading for the last two years. This improvement was a community effort and made possible by the hard work of teachers and staff and the students and their parents.

Epping Elementary School News

PTO Meeting – 6/2/08 – 7:00 pm – 8:30 pm

Our PTO meets the first Monday of each month in the Art Room at EES from 7:00 pm to 8:30 pm. Come be a part of a great organization! Free babysitting is provided for meetings.

Congratulations to Damien LoPresti, **Yearbook Cover Contest Winner**, and to Ashley Bodge, 2nd Place Winner!

Grade 1 Field Trip – 6/2/08

Grade 1 students will be visiting York Wild Animal Kingdom on June 2nd. This field trip completes the students' study of animals and their habitats, as well as the study of rainforest animals.

The buses will leave at 9:00 am and return to school at 2:00 pm. A rain date is scheduled for June 6th.

Kindergarten Family Picnic – 6/4/08

The Kindergarten staff is planning another family picnic similar to the one they had in the fall. It will be held at 5:30 pm at the Elementary School. A

rain date is scheduled for Thursday, June 5th. Please call the Elementary School at 679-8018 for more information.

Grade 2 Field Trip – 6/11/08

Grade 2 students will be visiting the Seacoast Science Center on June 11th. They will learn about the many different species living in our oceans; discover the various levels of the ocean floor and what lives in those areas; explore how the moon and sun effect the ocean and its tides; and learn about the impact of human pollution on our oceans and its' wild life.

Buses will leave at 9:00 am and return to school at 2:30 pm.

First Grade Visitation – 6/12/08

There will be no classes for grade 1 students on Thursday, June 12th, which is step-up day for Kindergarten students entering grade 1 this fall. This day is very important in preparing for next year's first grade because it allows the first grade team the opportunity to walk students through the first grade schedule and orient them to how a classroom is set up and operates.

A letter will be sent out to parents/guardians with more information this week.

PTO Spring Carnival – 6/6/08 (6:00–9:00 pm)

The PTO is looking for volunteers for concessions, food (including cotton candy, popcorn, slushies, and more), games, face painting, set up and clean up. If you would like to help out for this great event, please contact Kelly Croteau at 205-3676.

Volunteer Recognition Breakfast and Assembly – 6/13/08

All Epping Elementary School volunteers are invited to join us on Friday, June 13th for a **Volunteer Appreciation Breakfast** from 8:15 am to 8:45 am followed by a Volunteer Appreciation Assembly from 9:00 am to 9:30 am. The staff and students of Epping Elementary want to express their heartfelt thanks to all our volunteers for their service throughout the school year. With their help and diligence, we have been able to accomplish so much more!!

Awards Assembly Grades 1 – 4 – 6/20/08

The Awards Assembly for grades 1–4 will be held in the Multi-purpose room from 9:30–11:30 am.

Awards Assembly Grade 5 – 6/20/08

The Awards Assembly and Grade 5 promotion – 1:00-2:30 pm.

Last Day of School – 6/20/08

Last day of school for preschool, kindergarten, grades 1 – 5.

Kindergarten Screening – 6/24/08 & 6/25/08

Please call Epping Elementary School (679-8018) to schedule a screening time if you have not already done so.

Last Day for EES Staff – 6/25/08

Epping Middle School (EMS)

COMPASS is an after school mentoring opportunity for eighth grade students at Epping Middle School. Students will meet individually with Mrs. Bozek, a certified guidance counselor and science teacher at the school. The meeting will take place once a week for six weeks in the school. The focus of the program is academic success and preparing for the future. For more information contact Marisa Bozek at 679-2544 extension 260 or mbozek@sau14.org.

Epping Middle School **advisories focused their sessions in March on a variety of challenges**, which engaged the brain and the body. Physical challenges included activities such as obstacle courses, basketball skills competitions while the brain boosters included puzzles, word problems and the like. Scores were kept for each team for each challenge. At the end of the month the winning advisories challenged each other in games of volleyball. The Hall Team challenged the Thaxter Team from the sixth grade while the Frost Team took on the Whittier Team. The winning teams then played a game to determine who would play in the finale. The victorious advisory from the Whittier Team then faced a faculty team for the championship. The student fans participated by cheering their team in a very close game which was eventually won by the faculty. The month-long activities strengthened the students' appreciation for teamwork and showed them the benefits of it.

It's never too soon to consider career opportunities. The Whittier Team at Epping Middle School has been working with high school guidance counselors, Ms. Leavitt and Ms. Wortley, to explore

various careers. They took a field trip to the Seacoast School of Technology in order to begin thinking about their academic career and the options available to them. The students are reviewing the program of studies and began course selection for the ninth grade.

Frost Team Celebrates Frost's Birthday

The Frost Team at Epping Middle School recently **celebrated Robert Frost's birthday** with students reciting Frost favorites and guest speaker David Watters, a trustee of the Frost Farm in Derry, speaking to the students. Watters focused on Robert Frost's years in New Hampshire. He provided the team with information about Frost's family, shared some of his favorite poems, and encouraged discussion about them. The students were engaged and were prepared with questions for David Watters.

The students have been working with Frost's work during their Literacy block on Fridays, which has become known as Frost Fridays. Various activities from studying Frost's poetry to writing their own poetry takes place during this Literacy block. Tiffani Bolduc and Kylie Patton to recited a poem together. Megan Illsley, Logan Kozler, Colin Nollet and Frank Stanley also recited Frost poems to the audience.

David Watters was enlightened when he found out that the banana pudding dessert being served was Frost's birthday dessert growing up. The birthday celebration was educational and enjoyable.

PRIDE Celebration

Epping Middle School **proudly awards students who have demonstrated the goals** represented in the school's Guiding Principles. February's celebration focused on Guiding Principle #1: Respect and encourage the right to teach and the right to learn at all times, and on Guiding Principle #2: Be actively engaged in learning, asking questions, collaborate and seek solutions.

Each of the following winners received certificate and school-wide recognition:

Hall Team: Shelby Martin for #1 and Logan Miner for #2. Thaxter Team: Alexis Switzer for #1 and Aziz Zarveen for #2. Frost Team: Colleen McCormack for #1 and Morgan King for #2. Whittier Team: Briana Cantrall for #1 and Paul Holmes for

#2. Unified Arts Team: Tucker Moss for #1 and Zeb Rainford for #2.

When students are seen demonstrated behavior that is helpful and that benefits others, teachers put their name on a raffle ticket and put it in the NICE MOVES box. At each Pride celebration each recipient of the Guiding Principles awards picks a name from the box. These students are awarded prizes varying from a free snack to a soccer ball. The recipients for the NICE MOVES Program for April are: Briana Cantrall, Katie Cantrell, Lauren Goulet, Austin Hicks, Megan Illsley, Amber Letourneau, Christina O'Donnell, Alexis Switzer, and Sarah Woodmansee.

The school also initiated "Caught You Reading," a reading incentive program, where students who were reading independently from classroom texts earned tickets each time they were "caught" reading. The following names were chosen randomly from the collected tickets:

Hall and Thaxter teams: Chandler Brissette, Angus O'Leary, Christina O'Donnell, Tannis Steeves, Andrew Sweet. Frost Team: Tiffani Bolduc, Colleen McCormack, Sarah Nadeau, Jacob Townsend, Brittany West. Whittier Team: Josh Boswell, Tabitha Frey, Tyler Sadler, Sarah Woodmansee. Grand Prize Winner: Colin Spillane.

Epping Middle School congratulates all of its winners!

Frost Team Recognizes Most Improved Students

The Frost Team at EMS **recognized its most improved students** through a program sponsored by the Portland Sea Dogs in conjunction with NextGen College Investing Plan. Thousands of students in Maine and NH have been honored through this program which started in 1997. The NextGen Most Improved Student Program is open to students in grades K-12 and to be eligible the pupil(s) must be nominated by one of his teachers. It is important to note that this selection process was not based solely on academic achievement, but factors such as development or improvement in behavioral and social aspects as well. The following students were honored: Cody Cammett, Nicole Grenier, Frank Stanley, Brandon Carleton, Colleen McCormack, Morgan King, John Caulder. They earned a certificate and tickets to a Portland

Sea Dogs game. These students were also honored on the field prior to the game.

Congratulations to the Frost Team's most improved students!

WALK NH with the Frost Team at EMS

On Tuesday, June 3, the Frost Team at Epping Middle School will **celebrate Walk NH Week 2008 with a three mile walk**. The Frost Team will join other groups from throughout New Hampshire in recognizing Walk NH Week 2008 by holding a community walk during the first week of June.

Walk NH Week is an event designed to encourage people of all ages to get out, get moving and participate in a one to three mile community walk. Governor John Lynch has proclaimed June 1-7 Walk NH Week as a way to promote walking and help keep New Hampshire residents on a healthy path. The goal of Walk NH Week is to inspire participants to continue walking as part of a healthy lifestyle long after the June events end.

The Frost Team will begin their walk on the school grounds at 1:00 P.M. on June 3. All are welcome to participate in this easy walk that promises to be some healthy fun. Be sure to let your friends, family and co-workers know about this special event.

For more information, contact Pat Weisberg at 679-2544. Also visit Walk NH's website at www.WalkNH.org for more details about this walk and the Walk NH program.

Epping Middle School Holds National Junior Honor Society Induction

On Tuesday, April fifteenth, the Sapere Aude Chapter of the National Junior Honor Society at Epping Middle School held its annual induction for seventh and eighth graders. Principal Lyn Healy opened the ceremony with a welcome address. She was followed by Advisor Bruce Christie who introduced the current members.

Markey Flewelling led the induction ceremony, describing the four tenets of the NJHS. Four members each explained one of the characteristics and lit the corresponding candle: Tess Kucera, Scholarship; Sara Sturzo, Service; Darya Behnia, Leadership; and Kyrra Robicheau, Character.

The inductees then lit their candles from the Flame of Knowledge, and recited the Pledge of the National Junior Honor Society, led by Markey Flewelling. Ms. Healy and Mr. Christie then presented the inductees with their membership pins and certificates.

Dean of Students Kyle Repucci closed out the ceremony and invited parents, friends and honorees to a continental breakfast reception immediately following the ceremony.

New members are: Sawyer Begin, Samantha Church, Lisa Demaine, Natalia Marie Dore, Megan Illsley, Morgan King, Jared Koltes, Amber Lanseigne, Colleen McCormack, Lexie McDonough, Colin Nollet, Lauren Pitkanen, Kylie Patton, and Elizabeth Wing. Current members are: Darya Behnia, Markey Flewelling, Stephanie Foster, Lauren Haley, Alyssa Harris, Taylor Higginbottom, Paul Holmes, Tess Kucera, Natasha McCartney, Kelly McMullin, Abigale McPhee, Josh Nickerson, Kyrra Robicheau, Sara Sturzo, and Briana Williams.

Epping High School Events

May 30, 2008 - Grand March @ EHS at 5:30PM

Notification: Information regarding the Grand March was in the last newsletter and has been announced during school announcements

May 30, 2008 - Prom @ Granite Rose - Following March. Notification: Tickets were sold during school.

June 3-6 2008 - Senior Final Exams - Given during Class.

Notification: Every senior received a letter that explained all senior activities as well as when and how exams would be given. The letter was sent home to seniors on April 25th.

June 6, 2008 - Awards Night @ EMS Gymnasium at 6:00 pm.

Notification: Each participant will receive a mailed invitation. The invitations are being mailed on May 20th.

June 11-12, 2008 - Senior Trip.

Notification: Announcements have been made during the school day. A letter was mailed home to all seniors with information about the trip. The letter was mailed on May 16th,

June 10, 2008 - Senior Dinner at EMS Gymnasium at 6:00 pm. Notification: Every senior received a letter that explained all senior activities. The letter was sent home to seniors on April 25th. In addition, every senior and their family were mailed an invitation. The invitations were mailed on May 14th.

June 13, 2008 - Graduation @ EES Field at 6:00 pm. Notification: Every senior received a letter that explained all senior activities as well as when and how graduation would be handled. The letter was sent home to seniors on April 25th.

June 17-20 - Final Exam - Exam Schedule

Notification: Exam schedule will be published and sent home to parents. The schedule will be mailed home next week with the school newsletter.

Epping Losing Director of Harvey Mitchell Library

Amanda Reynolds Cooper is leaving Epping's Harvey Mitchell Library to become Library Director for Lane Memorial Library in Hampton. Amanda has been Director of Harvey Mitchell Library since July, 2004. She has instituted many wonderful programs at the Library and her efforts have gone a long way toward making the Library a vital part of our community. Her last day in Epping will be Friday, June 13th. She will be greatly missed.

- Thanks for everything you've done for the library and for Epping, Amanda!



Harvey Mitchell Memorial Library

Events in June, July and August 2008:

Monday June 9th - 7 p.m. Friends of the Library meeting

Monday June 9th - 7 p.m. Library Board of Trustees meeting

Tuesday June 10th - 7 p.m. Eclectic Book Group discussing "Beautiful lies" by Lisa Unger

Friday June 13th Library Director Amanda Reynolds Cooper's last day She is leaving Epping to become the Director at the Lane Memorial Library in Hampton.

Friday June 13th - 6:30-7:30 p.m. Pajama Night: Theme TBA.

Wednesday June 18th - 7 p.m. Mystery Book Group discussing TBA.

Saturday June 21st - 9 a.m. to 1 p.m. 4th Annual Toy Sale Come ready to shop at this annual fundraiser in support of the Summer Reading Program. We've been gathering gently used and new toys all spring and now we're ready to revamp your playroom with cool, reasonably priced toys. Daycare and preschool operators are welcome to shop in bulk.

Thursday June 26th - 7:45 p.m. Dessert & a Movie: TBA.

Saturday June 28th - 11 a.m. to 1 p.m. Toy Play Day: Theme TBA.

Monday June 30th - 10 a.m. to 2 p.m. Summer Reading Program beginnings G'Day for Reading! A celebration of all things Australian Every summer we combine efforts with the Epping Elementary School Library staff and host Epping's summer reading program. This 6 week program runs from the last week of June through the first week of August and serves children from preschool through high school, encouraging them use the summer months to read for pleasure. Once enrolled in the program children log the minutes they read (or are read to) and earn library money to spend on books, treats and trinkets in the S.R.P. Store. Kids also get to participate in games, craft activities, challenges and special events that change from week to week.

Friday July 4th - All day Library closed.

Tuesday July 8th - 7 p.m. Eclectic Book Group discussing "The Thirteenth Tale" by Diane Setterfield.

Thursday July 10th – TBA Summer Reading Program Special Event Magician B.J. Hickman Held at the E.E.S. gym.

Friday July 11th - 6:30 to 7:30 p.m. Pajama Night: Theme TBA.

Monday July 14th - 7 p.m. Friends of the Library meeting.

Wednesday July 16th - 7 p.m. Mystery Book Group discussing TBA.

Monday July 21st - 7 p.m. Library Board of Trustees meeting.

Thursday July 24th - 7:45 p.m. Dessert & a Movie: TBA.

Saturday July 26th - 11 a.m. to 1 p.m. Toy Play Day: Theme TBA.

Thursday July 31st – TBA Summer Reading Program Special Event UNH Theater troupe "Little Red Wagon" & B.B.Q. lunch Held at the E.E.S. gym.

Tuesday August 5th - 1 to 2 p.m. Summer Reading Program Special Event Wildlife Encounters Zoo A live animal show held at the E.E.S. gym.

Thursday August 7th 10 a.m. to 2 p.m. Summer Reading Program ends.

Friday, August 8th - 6:30 to 7:30 p.m. Pajama Night: Theme TBA.

Monday, August 11th - 7 p.m. Friends of the Library meeting.

Tuesday, August 12th - 7 p.m. Eclectic Book Group discussing "Infidel" by Ayaan Hirsi Ali.

Monday, August 18th - 7 p.m. Library Board of Trustees meeting.

Wednesday, August 20th - 7 p.m. Mystery Book Group discussing TBA.

Saturday August 23rd - 11 a.m. to 1 p.m. Toy Play Day: Theme TBA.

Thursday August 28th - 7:45 p.m. Dessert & a Movie: TBA.

Every Wednesday morning - 10:30 a.m. Preschool Story hour Watch for this time to shift to 9:30 a.m. starting June 25th.

Every Thursday morning and afternoon - 10:30 a.m. and 1:30 p.m. Preschool Story hour Watch for these times to shift to 9:30 a.m. and 2:30 respectively starting June 26th.

Every Thursday, Scrabble Club - 1 p.m. Drop in games. All adults welcome. Non-tournament style play.

Epping Recreation Department News

Spring and Summer Programs. Call 679-3301 or email: rec@townofeppping.com.

Registration deadline for the Summer Program is Friday, June 13th!

Summer Youth Program: June 30th- August 22nd, 8:30-4:00 Monday through Friday (extended a.m. and p.m. hours). Youth entering the 1st grade through those entering 8th grade. Sign up by the day or by the week.

Tentative Trip Schedule: Friday Trips:

Bus Departs at 9:00 a.m. and returns at 3:30p.m.

July 11th, Wallis Sands State Park, Rye, NH

July 18th, Liquid Planet, Candia, NH

July 25th, Water Country, Portsmouth, NH

August 1st, Strikers East, Raymond, NH and Regal Cinemas, Newington, NH

August 8th, Liquid Planet, Candia, NH

August 15th, Canobie Lake Park, Salem NH

August 22nd, Wallis Sands State Park, Rye, NH

We need legos and picnic tables for our summer program please call us at 679-3301 if you would like to donate those items.

Registration for Fall Before and After School Programs will start on August 11th.

After School Middle School program is everyday after school from 2:30-5:00p.m. Homework, Games and Fun! Only \$5 per day.

Yoga: Two classes on either Mondays or Wednesdays from 6-7p.m, upstairs at the Town Hall. \$35 for six-week program and walk-ins are welcome for \$8.

Music Lessons: Guitar and Bass with Joseph Murphy, local musician at Watson Academy. The lessons are scheduled to accommodate your busy schedule. Youth and Adults, beginner to advanced
Singles: \$15/ hr, \$20/ 1/2 hr •Duos: \$12.50/ hr, \$15/ 1/2 hr• Groups of 3: \$10 / hr, \$12.50 /1/2hr.

Pre-school Soccer: Sign ups have started, space is limited, stop the Recreation Office today! Ages

3-5 are \$25.00 per session. Soccer, Fridays, 10:30-11:15, May 23rd-June 13th.

Summer Tennis: July 2nd through August 20th
Two 4-week sessions. First Session (July 2nd –July 23rd). Second Session (July 30th- Aug. 20th).

Tennis Tots: Ages 4-6: Wednesday, 8:30-9:00am, \$24.00/4 weeks. 9 & Under Junior lessons: Ages 7-9: Wednesday; 9:00-10:00. Cost \$48.00/4 weeks. 10 & up Junior Lessons: Ages 10-16: Wednesday 10-11:00. Cost \$48.00/4 weeks.

Individual Lesson Plan: Adult and youth lessons may be arranged to suit individual/small group needs. If you don't see what you're looking for, call us! (603-373-8112). We will try our best to accommodate special requests for small groups, private and semi-private lessons, etc; we've even done birthday parties! Cost: Prices vary; please inquire.

Registration: Please make checks payable to: Littlefield Tennis. Registration is on a first-come-first-served basis. Package discounts are based on pre-registration only. Sorry, no refunds for personal cancellations.

Youth Golf Lessons: Registration Deadline is Monday June 9th. The program will be based on the Let's Play Golf model. This will include 12 basic skills that will be taught and reinforced during the practice sessions. These basic skills form the foundation the children will use to fulfill their own unique and individual potential in golf in the years to come. Free use of clubs! \$85.00 9 week one-hour sessions. 9 a.m. on Saturday mornings from June 15 to August 9. Twin Pines driving range is located on Route 125 in Epping.

The Recreation Department has two canoes that can be loaned out to residents of Epping. Please call us for the details.

Call the Recreation Office with questions about any of these programs. 679-3301 or rec@townofepping.com.

Free Osteoporosis Lecture

In the U.S., 8 million women and 2 million men have osteoporosis. An additional 34 million Americans currently have low bone mass. Osteoporosis, loss of bone mass, is the leading

cause of fractures. There is no cure for osteoporosis but it is detectable, treatable, and largely preventable. The number one thing you can do is educating yourself on the facts.

Come join us for a free Osteoporosis lecture on June 26th, at 6:30pm, at Bodywise Physical Therapy in Epping. Bodywise is located at 629 Calef Highway in Northern Epping. For more information, please call 603-679-8100. For further directions, see www.BodywiseNH.com. Please bring a friend or family member. Light refreshments will be provided.

Free Lecture on Healthy Living For Kids!

The average child gets less than 15 minutes of vigorous activity a day. The average U.S. child spends 20% of his/her waking time watching TV! Studies show that 70% of overweight kids become overweight adults. NOW is the time to educate our kids on healthy living. It is not just exercising and being active but also eating healthy, that is important. If kids are taught healthy habits at an early age the probability of them developing to unhealthy adults is almost zero!

Come join us for a free Healthy Living for Kids lecture on July 31st, at 6:30pm, at Bodywise Physical Therapy in Epping. The lecture will touch on being active, types of exercise, food pyramid, serving sizes, sugar intake, eating habits, healthy snacks, and suggestions on how to get the whole family involved. The lecture is great for kids of all ages.

Bodywise is located at 629 Calef Highway in Northern Epping. For more information, please call 603-679-8100. For further directions, see www.BodywiseNH.com. Please bring a friend. Light refreshments will be provided.

Providence Bible Baptist Church

Providence Baptist Church will hold Vacation Bible School for children in grade K through grade 6, the week of July 14-18.

There will be a sports camp program from 12:00 to 3:00 p.m. for grades 4-6. The sports that will be available are soccer, basketball and baseball. There will also be a Rocketry class.

There is a \$5.00 per student fee for the afternoon activity with a maximum of \$15.00 per family.

Pre-registration is encouraged. There will be points awarded to the teams during the week and your child can receive 5 points for their team if they are registered in the month of May.

You can register by stopping by the church at 410 Pleasant Street, Epping, Mon-Thurs, between 10:00 a.m. and 2:00 p.m. You can also call the church and request a registration by mail.

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 5-6 issues per year. We currently email 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, send an email to speakupepping@gmail.com.

The money collected from these ads will pay for the cost to print, copy and **eventually mail the newsletter to every Epping home**. What better way to find out what is really happening in Epping!

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 sent out by **September 1, 2008**. We will accept **submissions through August 25** to be included in the next issue. Please send your content, including contact information, for consideration to: speakupepping@gmail.com.

Thanks for reading! - *The Communications Group*



Spotlight on Business

Susan Torbitt recently launched a new business as a **Tastefully Simple Independent Consultant** – offering convenience-driven **gourmet foods through fun taste-testing parties, personal or business gifts and fundraiser events**. Established in 1995, Tastefully Simple offers high quality, made in the U.S.A. products that are shipped right to your door.

As a consultant, she provides serving suggestions, recipes and entertaining tips. Parties can be intimate or large, hosted in the evenings or on the weekends, and they offer you a chance to sample prepared products before you purchase them. Tastefully Simple foods can be enjoyed right out of the package or require only one or two ingredients to prepare. Plus, they are all backed by 100% guarantee of satisfaction.

Seasonal product offerings change twice a year, so there's always something new at a Tastefully Simple party. If you're interested in hosting a party with great food, friends and fun, or in finding out more about my business, please feel free to call me at 734-2645 or check out my website at www.tastefullysimple.com/web/storbitt. If you've already experienced Tastefully Simple products, you can also reorder right through my website. And, for additional information, you can see the business ad on the next page.

Thanks to our business advertisers!

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Jeff and Liz Conrad



362 North River Rd., Epping NH 03042

Phone: 603 679-2629 E-mail:
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Susan Torbitt #78240, Independent Consultant
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susantorbitt@yahoo.com
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HAIR EXCITEMENT

96 Calef Hwy, Epping, NH 03042 (603) 679-5866

20 Year Anniversary Sale!

June 1st - July 31st

Save 20% on all products, services, and tanning.
(Must present this coupon)

*Tanning excludes VIP services. *Services are with new talent.

Epping Calendar of Events for June 2008 - Part 1 (May 30 - June 14)

Date	Event
May 30	Grand March at Epping High School 5:30 p.m.
May 30	Prom at Granite Rose following Grand March
May 31	Avalon Retreat and Wellness Center Open House in Raymond
June 2	Epping Elementary PTO meeting 7:00 p.m.-8:30 p.m.
June 2	Grade 1 Field Trip to York Wild Animal Kingdom 9:00 a.m. to 2:00 p.m.
June 2	Training for Lamprey "Streamwalk" volunteers at the Epping Fire Station from 6-9 p.m.
June 3-6	Senior Final Exams
June 4	Kindergarten Family Picnic 5:30 p.m. at Elementary School – rain date 6/5
June 4	Preschool visits Kindergarten to transition students
June 4	Training for Lamprey "Streamwalk" volunteers at the Lee Safety Complex from 6-9 p.m.
June 5	Venturing at Epping Community Church
June 5	Rain date for Kindergarten Family Picnic
June 6	High School Awards Night in Epping Middle School gym 6:00 p.m.
June 6	Elementary School PTO Spring Carnival 6:00-9:00 p.m.
June 6	Rain date for Grade 1 Field Trip to York Wild Animal Kingdom
June 7	Pancake breakfast at Applebee's 8-10 a.m. benefit Explorers, Venture Crew
June 7	Auditions for "Peter Pan" at the Leddy Center by appointment only
June 8	Epping Garden Club Meeting at Marilyn Perry's at 4:00 p.m.
June 8	Sunday morning breakfast at the Epping R.A. Mitchell American Legion Post 51 from 8:00-11:00 a.m. \$3.00 adults \$2.00 children
June 9	Deadline for submitting essay for chance to go to Barry Conservation Camp
June 9	Registration deadline for golf lessons at Twin Pines Driving Range
June 9	Friends of the Library Meeting 7:00 p.m.
June 9	Library Board of Trustees Meeting 7:00 p.m.
June 10	Field Day for Grades 1 and 2
June 10	Eclectic Book Group 7:00 p.m. at the Library discussing "Beautiful Lies" by Lisa Unger
June 10	Senior Dinner in Epping Middle School gym
June 11	Grade 2 Field Trip to the Seacoast Science Center 9:00 a.m. to 2:30 p.m.
June 11	Field Day for Grades 3, 4 and 5
June 11-12	Senior Trip
June 12	First Grade Step Up Day for Kindergarten – No classes for Grade 1 students
June 13	High School Graduation at Epping Elementary School Field 6:00 p.m.
June 13	Library Director Amanda Reynolds Cooper's last day
June 13	Elementary School Volunteer Recognition Breakfast and Assembly
June 13	Pajama Night at the Library 6:30 p.m. to 7:30 p.m. for kids 3 to 8
June 13	Deadline for registration for the Summer Youth Program at Rec Dept
June 13	Last day of preschool soccer program (started May 23)

Epping Calendar of Events for June 2008 - Part 2 (June 15-30)

Date	Event
June 15	Golf lessons start at Twin Pines Driving Range
June 15	Week of New Hampshire Explorer Fire Academy begins
June 17	History of Hedding Campground by Jim Robertson at 7:00 p.m. at the Epping Historical Society
June 17	Speak Up, Epping! Communications Group meeting 7:00 p.m. at the Epping Community Church
June 17	Rain date for Elementary School Field Days
June 17-20	High School Final Exam
June 18	Rain date for Elementary School Field Days
June 18	Mystery Book Group at the Library 7:00 p.m.
June 20	Elementary School Awards Assembly Grades 1-4 9:30-11:30 a.m.
June 20	Elementary School Awards Assembly and Promotion Grade 5 1:00-2:30 p.m.
June 20	Mystery Book Group at the Library 7 p.m.
June 20	Last Day of School for preschool, kindergarten and grades 1-5
June 21	4 th Annual Toy Sale Annual fundraiser for the summer reading program
June 21	Pasta Buffet at Epping Community Church 5 p.m. to 7 p.m.
June 24, 25	Kindergarten screening
June 25	Last Day for EES Staff
June 25	Speak Up, Epping! Downtown Revitalization Committee meeting 7:00 p.m. in the Library
June 26	Dessert and a Movie at the Library 7:45 p.m.
June 26	Free lecture on osteoporosis at Bodywise Physical Therapy
June 28	Toy Play Day at the Library 11 a.m. to 1 p.m.
June 30	Summer Youth Program at Rec Dept begins
June 30	Last day to signup for Lamprey River Soccer's fall season
June 30	G'Day for Reading! A celebration of all things Australian. The Summer Reading Program begins

Epping Calendar of Events for July 2008

Date	Event
July 2	First day of first session of summer tennis
July 4	4 th of July Holiday
July 8	Eclectic Book Group 7:00 p.m. discussing "The Thirteenth Tale" by Diane Setterfield
July 8	Pajama Night at the Library 6:30 p.m. to 7:30 p.m. for kids 3 to 8
July 10	Summer Reading Program Special Event Magician B.J. Hickman in the E.E.S. gym
July 11	Pajama Night at the Library 6:30 p.m. to 7:30 p.m. for kids 3 to 8
July 11	Rec Dept Field trip to Wallis Sands State Park, Rye, NH 9:00 a.m. - 3:30 p.m.
July 11-27	Rodgers and Hammerstein's "South Pacific" at the Leddy Center
July 13	Sunday morning breakfast at the Epping R.A. Mitchell American Legion Post 51 from 8:00-11:00 a.m. \$3.00 adults \$2.00 children
July 14	Friends of the Library Meeting 7:00 p.m.
July 14-18	Providence Baptist Church Vacation Bible School/Sport Camp
July 16	Mystery Book Group at the Library 7:00 p.m.
July 18	Rec Dept Field trip to Liquid Planet, Candia, NH 9:00 a.m. - 3:30 p.m.
July 19	Ham and Bean Dinner at Epping Community Church 5 p.m. to 7 p.m.
July 21	Library Board of Trustees Meeting 7:00 p.m.
July 24	Dessert and a Movie at the Library 7:45 p.m.
July 23	Last day of first session of summer tennis
July 25	Rec Dept Field trip to Water Country, Portsmouth, NH 9:00 a.m. - 3:30 p.m.
July 26	Toy Play Day at the Library 11 a.m. to 1 p.m.
July 27-August 1	"Walk on the Wildside" camp at Barry Conservation Camp
July 30	First day of the second session of summer tennis
July 31	Summer Reading Program Special Event UNH Theater troupe "Little Red Wagon" & BBQ lunch in the E.E.S. gym
July 31	Fee lecture on Healthy Living for Kids at Bodywise Physical Therapy

Epping Calendar of Events for August 2008

Date	Event
August 1	Rec Dept Field trip to Strikers East, Raymond, NH, and Regal Cinemas, Newington, NH 9:00 a.m. - 3:30 p.m.
August 5	Summer Reading Program Special Event Wildlife Encounters Zoo A live animal show held at the E.E.S. gym
August 8	Pajama Night at the Library 6:30 p.m. to 7:30 p.m. for kids 3 to 8
August 8	Rec Dept Field trip to Liquid Planet, Candia, NH 9:00 a.m. - 3:30 p.m.
August 10	Sunday morning breakfast at the Epping R.A. Mitchell American Legion Post 51 from 8:00-11:00 a.m. \$3.00 adults \$2.00 children
August 11	Friends of the Library Meeting - 7:00 p.m.
August 11	Registration for Fall Before and After School Rec Dept Programs
August 12	Eclectic Book Group at the Library - 7:00 p.m.. discussing "Infidel" by Ayaan Hirsi Ali
August 15	Rec Dept Field trip to Canobie Lake Park, Salem, NH 9:00 a.m. - 3:30 p.m.
August 15	Chicken BBQ Dinner at Epping Community Church 5 p.m. to 7 p.m.
August 18	Library Board of Trustees Meeting 7:00p.m. p.m.
August 20	Last day of the second session of summer tennis
August 20	Mystery Book Group at the Library 7 p.m.
August 22	Rec Dept Field trip to Wallis Sands State Park, Rye, NH 9:00 a.m. - 3:30 p.m.
August 22	Last day of Rec Dept Summer Youth Program
August 23	Toy Play Day at the Library 11 a.m. to 1 p.m.
August 25	Deadline date to submit material for the September-October issue of the Newsletter
August 28	Dessert and a Movie at the Library 7:45 p.m.
	LOOKING AHEAD
September 2	First Day Celebration for Grades 1– 5 at Epping Elementary School

If you would like your next event to appear on the Calendar of Events, please send us an email at speakupepping@gmail.com by **August 25, 2008**. Please include the date, event name, location and time.