



Speak Up, Epping! Newsletter

Volume 2, Issue 5

Epping, New Hampshire

September, October '09

About this Newsletter

This Newsletter is produced by the Speak Up, Epping! Communications Group. The purpose of the newsletter is to provide information about upcoming events and pertinent information from community organizations. Please note that no editorial, political or religious views will be accepted and the Communications Group reserves the right to edit submissions. If you would like to submit material for and/or receive this newsletter electronically, please visit our website at www.SpeakUpEpping.org.

Brand New Newsletter Website

The Speak Up, Epping! Communications Group is pleased to announce our brand new website: www.speakupepping.org Each new issue of the Newsletter will now only be available by downloading it from our website. You will also find late breaking news, past Newsletters, town links, calendars and all our ads with links to our advertisers' websites and spotlights on several of our businesses.

Raffle Winner for Dinner at Zampa!

The drawing for the \$50 gift certificate to Zampa was held on August 24 and the winner is Nancy Andrews. We want to congratulate Nancy and thank all of our readers who participated in the raffle. We will be having more raffles, so please try again.

Thank you Cory and Julie at Zampa for your generous donation!



Epping Garden Club

We're helping to beautify Epping. Come join us. New members are welcome. For more information contact Jane at Whitebarn245@aol.com or 679-2573.

Please Help!!!

If you've been enjoying our Newsletter and would like to help, your donation of time or money would be greatly appreciated. Also, your news is important to us!! Please remember to send us your news and announcements. Any news happening after an issue is printed, will be posted on the "Just In" section on our new website. Please remember to contact us at www.speakupepping.org



Highnote Festival

The 9th annual Highnote Festival, a non-profit benefit for the Adam McPhee Memorial Foundation, will be held on Saturday, September 12, from 2:00 p.m. until dark at 173 Prescott Road in Epping. Music and events will be held rain or shine. Enjoy fireworks and hot air balloon rides, weather permitting.

The cost is \$15.00 for adults; kids and high school students are free. Tickets will be available at the gate.

Activities include arts and crafts for all ages, hay rides, local artisan exhibit booths and a horseshoe tournament. Come see the World Championship Blacksmiths with live shoeing! Entertainment will be provided by O.M.B.B. Band, Mr. Nick and the Dirty Tricks, Matt & Howard and the Shoestring Theater giant puppetry for kids of all ages!

Food will be available from Goody Cole's Smokehouse and Zampa Bistro.

For more information visit www.highnotefest.com

Downtown Revitalization Committee

Anyone in Epping is welcome to join the Committee. For more information, contact Jane at Whitebarn245@aol.com or 679-2573.



Epping Lions Club "We Serve"

The newly established Epping Lions Club is off to a great start! After having a very successful Charter Night on March 28th, the Club is up to 32 very active members and each one of us is anxious to begin serving the community of Epping!

The Epping Lions are also looking forward to meeting many of you at the Highnote Festival on September 12th, where we will have a table. Anyone with questions about the Lions Club or that has an interest in membership, please speak with any one of the Epping Lions and we'll be happy to chat and provide you with more information.

Although vision assistance and screening is part of the Lions International "foundation", the Epping Lions would like to address the needs of our community right here in town. If anyone has ideas or suggestions of how we could best serve the town, feel free to let us know.

The Epping Lions meet on the 4th Tuesday of every month at 6:30pm at the Epping Town Hall. New members and guests are always welcome! Our website is <http://epping.nhlions.org/> - stop in for a visit!

Contacts...

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Epping Police Department

Follow us on Twitter at

<http://twitter.com/EppingNHPolice>.

Senior Moments

-Submitted by Irene R. Cote

The Epping Watson Academy Senior Citizens Club is eager to promote the "FILE OF LIFE". This is a card that holds all vital information of the person such as medications, allergies, doctors, etc. This information is stored in a plastic container that magnetically adheres to the refrigerator. With the help of the Epping Fire Department, there are several of these Files now available at the Fire Station or at the Seniors Office in the Recreation building. There is no cost and the Fire and Rescue teams strongly encourage every senior citizen to have these available in their homes. It will make their job easier and perhaps save a life. Actually, these Files are not limited to Senior Citizens. If any resident has concerns, they should also have the File of Life on their refrigerator.

Time is moving on and you will soon be seeing invitations to everyone to join the Epping Watson Academy Senior Citizens Club celebrate their 10th anniversary celebration to be held on October 3rd at the Watson Academy. We'll enjoy a buffet lunch and several great pictures of the past ten years' members, activities and accomplishments. It will be a festive day and a great chance for new residents to check out the Club and tour the Old Watson Academy building. Several changes and improvements have been made to the building. Remember, the Academy is more than 100 years old and like the seniors, looking good. The harmonious connection between the Epping Recreation Department and the Senior Citizens Club is unique and working very well. So stop in for a pleasant fall afternoon (October 3rd) with friends, neighbors and seniors.

Remember, residents 55 years and over, you are always welcome to join in our fun.



ETV Schedule

Channel 22 - ETV - Schedule - live programs

September

Tues 1 – Selectmen Live Broadcast

Thurs 3 – School Board

Tues 15 – Water & Sewer

Wed 16 – Budget Committee

Thurs. 17 - School Board

Mon. 21 - Selectmen

Thurs. 24 - Planning Board (6pm)

October

Thurs. 1 - School Board

Mon. 5 - Selectmen

Thurs 15 - School Board

Mon. 19 - Selectmen

Tues. 20 - Water & Sewer

Wed. 21 - Budget Committee

Thurs. 22- Planning Board (6pm)

All meetings are aired at 7 p.m. unless otherwise noted. All meetings will be re-broadcast 1/2 hour after the meeting. Check the "Bulletin Board" on ETV, Channel 22 for latest information and pre-recorded program times.

Sunday pre-recorded Church Services:

September 6, 13, 20, 27 and October 4, 11, 18, 25

8:00 am - Bethany Church

9:30 am - Epping Bible Baptist Church

11:00 am - St. Joseph Church

Noon - Raymond Baptist Church

1:00 pm - New Life Church



Ledd Center

The Ledd Center is happily established in the new theater in Ladd's Lane in Epping and all classes and private lessons and all productions are now being held at the new location. We hope all of Epping will come and enjoy our beautiful new theater.

Upcoming productions at the Ledd Center this fall include Mary Gatchell performing in Concert on October 16 and "Charlie and the Chocolate Factory" from October 30 to November 15. "A Christmas Carol" is coming from December 4 to 13.

Join us for a fabulous Season 2009 at the Ledd Center on Ladd's Lane! Ticket prices are \$18 and \$16. Ticket Office hours are Monday through Friday from 3:00 - 5:00 p.m.

Call us at 679-2781 or visit us on line at www.leddycenter.org.



Scouting Around Epping

Cub Scout Pack 136

The Cub Scouts have had a fun summer. Their July activity was a trip to the Fisher Cats baseball game. Several of the Scouts attended Day Camp and a few families attended family camp at Camp Carpenter in Manchester. The first week in August

found six Cubs and two leaders at Camp Carpenter for resident camp. Activities included swimming, shooting a bow and arrow and BB guns. The week ended on Thursday night with a camp fire. We expect to have a table at the opening of school and we will also be at the Elementary School on September 9 to answer questions and take applications to join the Cub Scouts. Grades 1 to 5 are welcome. Grade 6 to age 18 may join the Boy Scouts. I hope to have a member of the Boy Scouts at the open house on September 9.

During the summer we held several fundraisers to earn money to replace money that had been embezzled. Thank you to all the folks and businesses, including the Epping Firefighters Association and the Exeter New Car Dealers Association that supported the car wash, the Wendy's night and the Ice Cream Social that Rose Lynn Home Made Ice Cream put on for the pack.

Boy Scout Troop 136

The Boy Scouts enjoyed a fine week at the Hidden Valley Scout Camp in Gilmanton Iron Works with Scoutmaster Patty Begin. Many programs were attended and the Scouts all earned some advancement.

Sam Hardy has earned his Eagle Scout award and there will be a Court Of Honor on August 30 at 1:00 p.m. at the Epping community Church.

Regular Troop meetings will resume on September 14 at the church. We are always open to new Scouts. Call Cliff Cray at 679-5125 or Patty Begin at 571-0266 for more information.



Explorer Post 716 and the

Epping Fire Department

Epping Fire Department

A reminder: Fire permits are needed for all open burning, including campfires and brush piles. Permits are available at the Fire Station on weekdays from 8:00 a.m. to 4:00 p.m. and on weekends and holidays from 5:00 to 5:30 p.m. Call 679-5446 before coming to the station.

The Fire Department also has a member certified to check your infant car seats for proper installation. Call Tim at 679-5446 to make an appointment. This is a free service of the Epping Fire Department.

Explorer Post 716

The Explorer Post is chartered to the Epping Fire Department. We are one of the top Posts in the state of New Hampshire. Our biweekly meetings are structured to teach young men and women about the many skills that a fire fighter needs, as well as giving them the opportunity to learn first aid skills. We have a social side and sponsor several activities, such as a Red Cross blood drive and a food drive for the Epping Food Pantry. Our Explorers also helped with the Cub Scout car wash.

American Legion Breakfasts

Sunday morning breakfasts will take place from 9:00-11:30 a.m. at the Epping R.A. Mitchell American Legion Post 51 on September 13th and October 11th. The cost is \$3.00 for adults, \$2.00 for children.

Epping Community Church

Mid August has arrived and summer is all too soon beginning to become the threshold for Fall. As a result, we are already looking to some of the needs and concerns that many in and around our community have. Those needs involve warm outerwear, food on the shelf, a warm meal, and someone to check on us just to know we are safe.

The Word of God says, "For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me" (Matthew 25:35-36).

Following this Biblical word, we would like to take this opportunity to speak once more about three programs that are available without cost to those in our community who find themselves in a time of need or in need of the services we offer.

The **FOOD PANTRY** is open two times weekly, January through December. Canned goods, bakery items, sundries, meats, and other staples are often available through the pantry. We realize that every want may not be met. But the FOOD PANTRY attempts to be a transitional help and temporary assistance to those for whom the FOOD PANTRY plays an important part in meeting the nutritional needs.

Hours of Operation

Thursday Mornings 9:00 am - 11:00 am

Saturday Mornings 9:00 am - 11:00 am

Our **COATS OF CARING** program provides warm outerwear such as coats, jackets, windbreakers, scarves, mittens, etc. These like new items are donated by local individuals and businesses. Individuals are invited to come and see if there is a size that fits and a style they like. All items are provided without cost to the recipient.

Months and Hours of Operation

Mid-October—March

Thursday Mornings 9:00—10:00 am

Saturday Mornings 9:00—10:00 am

The **THURSDAY SOUP OF THE DAY CAFÉ** provides a warm lunch and opportunity for fellowship around the table. There are generally two soup types available and always homemade from some of the best recipes around.

January through December

Hours of Operation

Thursdays 11:00 am —12: 30 pm

We are grateful for the community support and to those who partner with us in this ministry. Following is a little more information you will find helpful.

ECC Contact Information

Located at the corner of Route 27 and Main Street in Epping, the Epping Community Church sponsors, organizes and hosts the Community Food Pantry, Coats of Caring, and Thursday Soup of the Day Café. Each program is available to any who find themselves in time of need.

There is no charge or fee required to receive help from the Food Pantry, for coats, scarves, mittens, or for the Thursday luncheon meal. Caring individuals make these programs possible.

During the 2009 calendar year, the food pantry program is on target for serving over 1500 families and individuals. A very special "thank you" to those who join us in caring for others. We partner with them and want you to know of their caring support!

OUR PARTNERS

St. Joseph Catholic Church
Boy Scouts Food Drive
Epping Elementary School
Epping Middle School
Epping High School
Epping Post Office Food Drive
Starbucks, Epping
Hannaford's, Raymond
The Residents Club of Rockingham County Nursing Home

The Bakery of John Crandall
Local residents who donate eggs, garden vegetables, etc.
Monetary Donations by local residents and ECC members.
Volunteers who give of their time to make this possible!

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

Earlier this year we had an individual who did not answer the phone when one of our volunteers called. We sent an individual to check and see that things were okay. It is a kind of "friendly safety net" that many find helpful. Whether for an aging parent, a home alone elder, a shut-in or any other need, TELEPHONE CARE provides comfort and assurance knowing that someone is calling to be sure *you* are okay. This program is provided all year long. If you are interested in having TELEPHONE CARE for yourself or someone you love call 679-5542 and leave your name and telephone number where we may call you and talk further. There is no cost or fee associated with this program.

THIRD SATURDAY DINNERS continue each month with serving from 5 to 7 p.m. The cost is \$8.00 and all proceeds benefit the Building Fund. On September 19th, the dinner is baked ham, mashed potatoes, green bean casserole, dessert and beverage. On October 17th, dinner will be roast turkey with stuffing, mashed potatoes, squash, peas, corn bread, pumpkin and apple pies and beverage.

Check our website, find us on twitter and facebook. If you want information about our church, the congregation, any of our program ministries, dinners, etc., feel free to contact us through our email address, the pastor's email address, or contacting us through our church telephone number 603-679-5568 (If no one is present, please leave your name, phone number and inquiry. We will return your call).

FRIDAY NIGHT PIZZA NIGHT will resume on Fridays from 5 to 7 p.m. in mid-September. Many in our community enjoy the pizza and in knowing

that they are helping us achieve our goal raising \$500,000 toward our building program. We are in need of additional space for ministries and other needed programming. Thank you to all who support Friday Night Pizza.

Epping Bible Baptist Church

September 6, October 4 at 6:00 pm - Evening worship service with communion.

September 27 Old Fashioned Day - Breakfast, Sunday School and morning worship. Join us for lunch and a brief service following. There is no evening worship.

September 6, 13, 20; October 4, 11, 18, 25
8:00-9:15 am - Breakfast in the Fellowship Hall.
Free! Plan to join us.
9:25 am - Sunday School for all ages
10:45 am - Morning Worship Service
6:00 pm - Evening Worship Service (No Evening Worship on September 27)

Mondays: September 7, 14, 21, 28; October 5, 12, 19, 26
6:30 pm - Faith Bible Institute at EBBC

Wednesdays: September 2, 9, 16, 23, 30; October 7, 14, 21, 28
7:00 pm - Young Adult Group at EBBC and also
7:00 p.m. Prayer meeting and Bible Study at Parsonage

Fridays: September 11, 18; October 9, 16, 23
1:00 - 2:30 pm - Food Pantry at EBBC

Special Upcoming Events

Saturdays: September 5, 12 Child evangelism teacher training for church youth workers 10:00 am -12:00 pm

Sunday: September 17 Hooked on Women's Ministry Girls' Night Out at EBBC. Craft, devotional, fellowship 7:00 pm

Sunday: October 15 Women's Ministry Girls' Night Out at EBBC. Game night 7:00 p.m.

The Porch

Epping Lighthouse Ministries was started by a group from the Epping Bible Baptist Church for the purpose of providing family services to Epping residents. The first of many branches of this ministry is The Porch, a teen youth center located at 133 Main Street in Epping.

The Porch 1st Annual 5K Road Race, Walk, and Kids Fun Run will be held on October 17th. The 3.1 mile course will begin at Epping Elementary School at 9am. Registration and number pick up begins at 7:45am. Prizes will be awarded for the first place male and female in each age division and for the first male and female finisher for Epping. All who register before September 15th will receive a t-shirt. The Kids Fun Run is one mile in length. All finishers will receive a medal for completing the race. Awards will be given to the first place boy and girl finisher.

For more information or to register, visit www.eppinglighthouse.org or contact Adam or Rachelle Chase at 479-2092.

Providence Baptist Church

Summer worship service is Sundays at 10 am.

News from the Historical Society

-Submitted by Madelyn Williamson

During World War II, Norman St. Laurent of Epping survived a 70 mile a day death march from the Philippines to Manchuria where he died in a Japanese Prisoner of War camp on Dec 28, 1942.

His mess kit and dog tags, hidden by his fellow POWs, were returned by them to his parents and family here where they remain treasured mementos.

The town named St. Laurent Street in honor of this fallen soldier and the large framed American flag dedicated to Norman was presented by his family and is now prominently displayed in our Town Hall meeting room.

On Aug 8th, 67 years after Norman's death, his family and friends gathered once again for Norman, this time to accept the Purple Heart on his behalf at a memorable ceremony held at the N.H. State Veterans Cemetery in Boscawen .

We honor Norman and All Who Serve.

The Epping Historical Society, open Mon 10-1 and Wed 10-2 has more information on Norman St. Laurent and the St. Laurent family.

Volunteers Needed

Volunteers needed to fill vacancies on these Town Committees: Historic District Commission, Library Trustees, Planning Board Alternate, and

Zoning Board Alternate. Contact Dean Shankle at the Town Hall.



Harvey Mitchell Memorial

Library

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

(603) 679-5944

Your town library has been a busy place this summer and is gearing up for a fall season full of activities for all ages. As households shift back into the school year routine, we'd like to remind everyone to check and make sure you have returned library materials that were borrowed during the summer months. We know many families don't have the same luxury of visiting the library weekly once sports and homework kick in, but if you check for library books now, you won't have to search later when you get a call from us wondering where they are. The library doesn't charge fines for over dues, but instead utilizes a Conscience Jar system, which allows each patron to donate what seems appropriate to alleviate the guilt of returning books and movies that others may be waiting for. Funds collected are used to purchase replacement copies of items that never find their way back. There are currently over 500 patrons with items that are overdue from one day to as much as a year or more. Remember, books may be checked out for 2 weeks and movies go out for only 1 week. You can renew items over the phone if no one else is waiting for the title. Please check your bookshelves at home so we don't have to use up staff time to make those awkward reminder phone calls.

Those of you who visit the library in the evenings may have noticed we have a new evening staff member. After sifting through dozens of applications, our director Bradley Green hired Epping resident Debbie Allen to start in August. She will be at the main desk from 5 to 8 on weekdays. Please stop in and introduce yourself! We are currently looking for a new student assistant to work with Deb since our much-loved Rebecca has left to attend Unity College in Maine. The student needs to be 16 years of age to work the weeknight shift in the children's room from 5 to 8. We hope to fill this position shortly after school starts in September, and may hire 2 students to share the 5 night-a-week schedule. Interested students are invited to stop by the library during the day for a job description and an application.

The library is open Monday through Friday from 10 am to 8 pm and Saturdays from 10 to 2 pm.

Coming Up in September and October:

For Adults:

A new book discussion group is starting up this fall to read and informally chat about "The Raj Quartet" by Paul Scott. This series richly recreates the years of 1942-1947 in British-ruled India. The group will meet on the second Thursday every other month beginning October 8th with The Jewel in the Crown. Copies are available at the library's main desk.

Other Book Groups – please call 679-5944 for monthly book group selections:

New Mystery Book Group: Meets the 1st Tuesday of each month

Eclectic Book Group: Meets the 2nd Tuesday of each month

Dusty Ol' Mystery Book Group: Meets 3rd Wednesday of each month for folks who prefer the classics

Dessert and a Movie: a free night out for adults – enjoy a recent release on our 9 foot screen with stereo surround sound - 4th Thursday each month @ 7:45
September 24th and October 22nd

Cinema 151: A new movie series will begin in September for those who like classic movies. Meeting during the afternoon on the second and fourth Monday of each month, this program will give adults the opportunity to see films that have been confined to the small screen for decades, back on the "big" screen with stereo sound. This program begins Monday, September 14th, with the 1946 adaptation of the Dickens classic "Great Expectations" co-starring Alec Guinness, Jean Simmons and Martita Hunt. Showtime is 1:00 in the children's room. September 28th will feature "The Harvey Girls" with John Hodiak, Angela Lansbury and Ray Bolger, October 26th will show "the Trouble with Harry" starring John Forsythe, Shirley MacLaine, Edmund Gwenn and Mildred Natwick.

First Day for Moms: Every September brings the excitement of the first day of school, which can be a stressful day for parents who are sending kids off to kindergarten and first grade. The Epping Elementary School provides a wonderful First Day program to ease the transition for students as well

as Moms and Dads. Once the grown-ups are done at the school, however, there's often an empty house to go back to until school lets out. For those of you who are not quite ready for that level of quiet, Miss Tracie is offering an alternative. On Tuesday, September 8th, after EES's First Day come to the library at 10:00 for coffee, snacks and "girl time". We can share first day jitters stories, compare notes, eat chocolate and keep the tissues handy. We may even decide to run a funny movie to alleviate any remaining stress. With no other programs planned for that day, Moms (and Dads too, if they want) are welcome to stay until they feel ready to take on the rest of the day! Our library family has become a great support system for us all.

Programs for Children:

Summer Reading Program: What an amazing exploration of ancient Egypt we had this summer! Over 230 children from age 3 to 13 participated, reading a total of 116,695 minutes. Created and led by Epping Elementary School Library's Barbara Young and Mary Anne Nicosia, "Navigating the Nile" kept Epping's young readers interested and excited to make boats, houses and other features for a giant Nile River Valley Panorama all around the children's room. Just as much fun as the projects and games were the kids who staffed the program. Many thanks go to Hannah Kimball and Shannon Nollet for doing such a great job with reader's theater, mental mummies, art projects and keeping the younger kids focused even on the busiest days. Thanks also go to our enthusiastic crew of volunteers: Olivia Kimball, Tess Kucera, Morgan Lambert, Sam LeClerc, Colin Nollet, Eric Ouellette, and Alyssa Paolini. We couldn't have done it without such a great group of people!

Preschool Storyhour switched back to its regular schedule on August 12th, meeting again on Wednesdays at 10:30 and Thursdays at 10:30 and 1:30. Thank you to all the parents who adjusted their little ones' schedules during the summer reading program weeks.

Middle Schoolers & Teens:

Is your child going into 6th grade or higher? Might s/he be interested in joining a book group that will meet once a month for book talks, pizza and/or movies? We'd like to offer something more for this age group, but need input as to what that might be. Please contact Miss Tracie if you have ideas you'd like to share.

Pajama Night: 2nd Friday each month at 6:30 pm
Wear your PJs and bring a snack to share to this fun family event for kids ages 2-8. Crafts, stories and library-wide scavenger hunt.

September 11th – “Return to the Nile”

All summer reading participants are invited to re-visit the Nile Valley that they created with the summer staff. Top reader prizes will be awarded in age groups from preschool to 5th grade. This multi-age celebration will include a scavenger hunt based on the panorama and one last Cake Walk for all to enjoy.

October 9th – PJ Movie Night featuring “Monsters vs. Aliens” (rated PG for sci-fi action, crude humor and mild language) Bring a camp chair and a snack to share.

Story Explorers:

This after school program for children in kindergarten, first and second grades meets on Tuesdays from 3:30 to 4:30. There are 3 eight-week sessions during the year, each requiring pre-registration, as the class size is limited to 10. The fall session will be our annual author study beginning September 22nd. The winter session finds us preparing a theatrical presentation of a popular children's book, and the spring session focuses on the art and science found in books. Snack is provided by the library and parents are requested to remain in the building during class time. Call 679-5944 to register.

Toy Play Day: 4th Saturday each month 11:00 to 1:00

This program provides an opportunity for children to share and play with other kids who have similar interests, while learning to feel comfortable at the library. Picnic lunchers are always welcome.

September 26th – Littlest Pet Shop

October 24th – Cars, cars, cars!

Friends of the Library

The Friends will be getting back to business now that fall is upon us. Their next meeting will be on Monday, September 14th at 7:00 pm. The Friends meet once a month during the school year, and provide wonderful “extras” for the library beyond what the town budget allows. If you are looking for a way to help the library, now is a great time to join this vibrant group. Please contact Friends president Nancy Andrews at the library for more information.

The first Friends-hosted **Senior Tea** of the season will also be on Monday, **September 14th** from 11 to 1. This program invites seniors and not-so senior adults to enjoy food and friendship at a convenient central location, your town library! We're hoping our guests for tea will elect to stay for the first installment of the new Cinema 151 classic movie series, featuring “Great Expectations” at 1:00.

Remember, the Friends also host an on-going Food Pantry Donation Box in support of Epping's Food Pantry. Non-perishable items are always welcome to help neighbors who may be struggling to make ends meet. The box is located near the front door on the main level of the library.

Donate Your Old Cell Phone and Help Our Troops Call Home

More than 150,000 troops are serving overseas and are away from their families. Please make a donation of your old cell phone and provide these soldiers with a much needed connection to their loved ones.

There is a drop off box at the Epping Town Hall for your convenience. If you have any questions, please contact Joyce at 679-5441 ext 101.

Epping Recreation Department News

Watson Academy
17 Academy Street
679-3301

rec@townofepping.com
eppingrecreation.org

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

Middle School Programs

Join the Recreation Crew for a day of adventure! For \$10 you can go on one of these exciting trips.

Rye Airfield September 25th and October 30th

The bus will be leaving at 2:00, returning by 6:30.

So get your bike, board, in-line skates and a helmet and have fun at New England's Premier Skate Park.

F.O.M.B.A. October 12th

The bus will leave at 9:00 and return by 4:00.
Grab your Mountain Bike or borrow one of ours and join us for a day on great twisty well-maintained single tracks.

There are a limited number of spots on the Rec. bus, so sign up today! We can only take ten kids per trip.

You must complete a registration form and appropriate waivers to go on these trips. Payment is due at time of registration.

Open to youth in the sixth, seventh and eighth grades only!

Launch party

09.16.09

7:00 p.m.

Start the buzz

Starting in September
the TEENTalk group will meet each Weds.

@ The Watson Academy building to:

Talk, share, listen, learn, and eat

Any questions?

Call 603.686.6844

To sign up or learn more about the program

This program is sponsored by:

Epping/Newmarket Coalition for Youth and Families

Before and After School Programs

Our before-school program offers a valuable service to families of children at the elementary school level. The program is held inside the Epping Elementary School building, and it allows working parents to drop off their children early on all school days. Our staff offers casual homework help, board games, movies, gym activities, and an escort to the school's healthy breakfast program. The families we serve appreciate the safe and comfortable environment that we provide during the before-school hours. In 2008, we moved this program's opening time from 7 a.m. to 6:45 a.m. in response to parent demand. We expect an average of 25 children per day to participate in this program over the coming school year.

After school, we offer both a middle school and an elementary school program, each with a variety of age-appropriate enrichment activities, as well as plenty of supervised free time for small group play and relaxation. Both programs are open from the time the school bell rings until 5:30 p.m. on all school days, and both include supervised pickup

from all after-school clubs and activities held at the schools. This year we expect an average of 50 children per day to enroll in our after-school programs.

Registration is now open! Space is limited.

Sign up for five, four, three or two days per week for both programs.

\$3 per day per child for the before school program

\$8 per day per child for the after school program

Payment is due on a monthly basis.

Ceramics

Fridays, Starting September 11th, 3:30-4:30

Watson Academy

\$2 per class, greenware priced separately

PROGRAM DIRECTOR: Barbara Young is a multit talented volunteer and instructor. She received her certification with the National Ceramic Association in 1974 and has instructed children and adults in this exciting hobby for years. She has also taught grades 2 and 4, was the Children's Librarian at the Exeter Public Library and for the past 20 years she has been the school librarian for Epping Elementary School.

OPEN CLASSES: All Youth Ceramics classes are available to children ages 5 and up who have taken a techniques class or other ceramics class before. Whether you are a beginner or a pro, all are welcome. All tools and materials are available at the program. All you would need to bring is your enthusiasm, curiosity and creativity. Open classes are held weekly on Fridays, on an ongoing basis.

Guitar Lessons

Scheduled to accommodate your needs, after school and weekends!

Watson Academy

Guitar Lessons with experienced local musician

Joseph K Murphy

Ages 8 – adult

Pilates

Thursday Evenings starting, September 3rd

5:30-6:30 in the Town Hall Auditorium

\$10 per class or \$48 for six weeks

Improve your flexibility, balance, posture, abdominal strength and core control. Core strength and control is the key to healthy backs, balance and recovery, stamina and body symmetry. Pilates will boost the effectiveness of all your workouts and can be practiced for life!

Red Cross Classes at Watson Academy

September 12th - Adult, Child and Infant CPR and Basic First Aid, 8:30 am-5:30 pm, \$70

October 17th - Babysitting Course, 9 am-3 pm, \$45

October 24th - Adult, Child and Infant CPR and Basic First Aid, 8:30 am – 5:30 pm, \$70

All classes are at Watson Academy. Register at greatbayredcross.org

Friends of Epping

After spending some time outdoors with the fresh air, blue sky and warm sun this summer, all of this daydreaming has caused some residents from town to think about what it would be like to have a community park here in Epping. Wouldn't it be nice to have an area where we can gather together with our families and friends for outdoor recreation and relaxation?

If you are interested in joining Friends of Epping to help enhance our community, join us during our monthly meetings at Watson Academy

Our next meeting is September 23rd at 6:00 pm at Watson Academy. Kids are welcome to attend!

Martial Arts Programs at EES

Both classes are offered at the multipurpose room at the elementary school.

Register at Watson Academy.

Visit DerryATA.com for program details.

Karate Classes

Grades K-8

Mondays and Thursdays, 3:15-4:00

\$65 per month

Cardio Boxing - Adults

Thursdays 4:00-4:45

\$10 per class

Pre School Activities

Soccer, Thursdays 10:15 and 11:30 (forty five minute sessions) - \$35 for a four week session starting September 24th

Tee Ball, Thursdays 10:15 and 11:30 (forty five minute sessions) - \$35 for a four week session starting October 22nd

Arts and Crafts, Tuesdays 9:30 (one hour session) - \$45 for each four week session starting September 22nd

Families First of the Seacoast

In Epping: Family Morning Out. Thursdays, 9:30 to 11 a.m., on Sept. 10 and 17, then every week

beginning Oct. 1 at Epping Rec Center at Watson Academy, 17 Academy St.

For children ages birth through 6 and their parents. The first half is family time, with play, song circle, creative activities, snack and story. In the second half, child care staff play with children while parents enjoy some quiet adult time and share parenting tips.

In Raymond: Parenting Classes, Wednesdays, 6:00–7:30 p.m. at Raymond Baptist Church Community Building, 145 Route 27.

Sept. 23 and 30: Helping Kids Handle Transitions

Oct. 7-21: Siblings Without Rivalry

Oct. 28-Nov. 11: Who's In Charge in Your Home?

Nov. 18: Have the Best Holiday Without Going Broke (presented by Karyn Blass, UNH Cooperative Extension)

Dec. 2 and 9: Stop the Holiday Madness: Create the Holidays Your Family Really Wants (includes a "Make It and Take It" family holiday craft activity)

In Exeter: Living With Teens and Preteens. Second Monday of the month, beginning Oct. 12, at New Outlook Teen Center, 120 Front St. Topics such as How to Supervise without World War III, Communicating without Arguing or Attitude, Building Your Relationship with Your Teen, and Why Do They Act That Way? What Teens Can and Can't Control.



Happy Retirement to Epping Teachers

The school year ended with the district honoring the following six teachers retiring with 152 years of service to the students of Epping.

- ❖ Janice Realy - Speech & Language Teacher - 7 years
- ❖ Carol Bartlett - High School Social Studies Teacher - 20 years
- ❖ Judi Phelps - Middle School Math Teacher - 21 years
- ❖ Pam Chaffee - High School Business Teacher - 30 years
- ❖ Jim McEvoy - Elementary School Teacher - 34 years
- ❖ Irene Nelson - Middle School Math Teacher - 34 years

Epping School District News



HAPPY RETIREMENT TO DIANE THIBEAULT

May your future years be filled with pride and fond memories of your outstanding and dedicated service to the children of Epping. Thank you for 28 years of service to the Epping School District and best wishes on your retirement.



SCHOOL BEGINS

The first day for students is Tuesday, September 8, 2009. This school year we will have a similar school calendar to last year. There will be no early release days and professional development training days for staff members have been scheduled on days prior to long holiday weekends. Please visit www.sau14.org for the 2009-2010 School Calendar. Students attending Seacoast School of Technology start August 27, 2009 per the SST School Calendar.



BUS ROUTES

Bus routes are posted on the District Website at www.sau14.org under Transportation.



EPHING SCHOOL DISTRICT BREAKFAST & LUNCH PROGRAM

Proper nutrition is key to the learning process. Breakfast and lunch are provided daily by the Epping School District Food Services Program.

Help is available through the federally funded National School Meals Program for families facing financial hard times. Parents, who meet the federal income guidelines, may be eligible for free or reduced priced breakfast and lunch for their children.

Participation in this program benefits everyone by feeding hungry students as well as increasing our school funding so that the District may offer more educational programs and support services for our students.

All families are encouraged to fill out the application for free or reduced cost meals. Applications will be sent home with each student at the start of the school year and should be returned as soon as possible.



School Board Meeting Schedule

The Epping School Board will hold 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.

- September 3 and 17
- October 1 and 15
- November 5 and 19

MEMBERS OF THE EPHING SCHOOL DISTRICT HONORED

Epping School District earned many kudos from The New England League of Middle Schools (NELMS). Superintendent Barbara Munsey is being honored as one who understands and supports effective middle level education that promotes powerful learning for young adolescents. She has received the 2008-2009 Superintendent Award.

Mrs. Munsey understands how young adolescents learn and she champions middle level education by actively promoting middle level education, building community support and recognizing middle level as a distinct entity of education.

Christine Luongo, sixth grade language arts teacher, is being awarded Master in the Middle Award. Mrs. Luongo has been teaching for 22 years and remains committed and passionate about middle level education. She is involved formally as a mentor to new teachers, but she also continues to serve as a role model to many. She is recognized for incorporating activity-based learning and developing a sense of student ownership in their learning. Mrs. Luongo models many effective middle level instructional practices.

Mr. Cushman Gillen is enjoying his second year teaching sixth graders at Epping Middle School. He is being awarded the NELMS Promising Practitioner Award. He meets the needs of

individual students by using effective middle level practices such as fostering curriculum connections, and integrating higher order thinking.

Epping Middle School is proud of Mrs. Munsey, Mrs. Luongo, and Mr. Gillen for their positive contributions to middle level education. They will be congratulated formally at the annual NELMS conference in April and recognized by the Epping School Board on March 5.

Epping Elementary School (EES)

August 26 2009-2010 Orientation for New Incoming Students for Grades 1-5

The orientation will be held on Wednesday, August 26th from 9:00 am to 11:00 am at Epping Elementary School. The following documents are needed for your child to start school:

- Official State Birth Certificate
- Immunization Records
- Physical (Done within the last 12 months)
- Proof of Residency

Please call 679-8018 if you have any questions.

August 27 PTO meeting - 7:00 pm, EES Library ys from 8:00 am to 11:00 am.

For more information, please contact Kathy McKay, Special Education Coordinator at 679-8018.

September 8 First Day of School Celebration for Grades 1 to 5

Parents are cordially invited to join their children and our teachers and administrators on our first day of school. This celebration is an opportunity for you to help your children enjoy the first day of school. You'll meet parents of your child's classmates, get to know the people who have a shared interest in your child's education, and learn some easy and effective ways to help them throughout the school year. We look forward to seeing you!

Date: September 8, 2009

Time: 8:20 am to 9:35 am

Place: Epping Elementary School

September 8 Preschool Orientation

AM preschoolers will have their orientation at 10:30 am

PM preschoolers will have their orientation at 11:00 am

September 9 Kindergarten Orientation

Teachers will be mailing information to parents regarding

times their children should attend.

September 9 First Day of School - PRESCHOOL

September 10 First Day of School – KINDERGARTEN

September 16 Picture Day for Kindergarten and Grades 1 – 5

September 18 – October 2 PTO Fundraiser – Cherrydale Farms

September 25 No School – Teacher In-Service Day

September 29 Open House for Kindergarten, Grades 1 and 2

September 30 Open House for Grades 3, 4 & 5

October 5 PTO meeting at 7:00 pm in the EES Library

October 12 No School – Columbus Day

October 15 – 29 T.E.M.P.O. (The Epping Music Parents Organization) is selling pies! These are delicious 10" Sara Lee gourmet pies. The sale begins October 15th and ends October 29th. The pies will be delivered on Friday, November 20th. So, please see any band or chorus member to purchase your pies for Thanksgiving.

October 28 Picture Retake Day for Kindergarten and Grades 1 – 5

October 30 No School – Teacher In-Service Day

Nurse's Office ALERT

Varicella, (Chicken Pox) requirements have changed for Kindergarten, now TWO doses at least 3 months apart,
Or

Documentation of immunity by confirmed laboratory tests.

Please be aware ALL incoming students must have documentation of having met these requirements as mandated by state law.

On September 2nd Epping Middle School will hold student guided tours of the building from noon to 3:00 pm. Any incoming student is welcome to join us.

On Thursday, September 17 EMS will hold its first Open House of the year. We welcome all parents and guardians to come and see what your student is learning and get to know their teachers.

Our seventh grade students will be attending Nature's Classroom this year the week of October 13th.

Email Address Changed?

If your email address has changed, please notify us by visiting our website at: www.SpeakUpEpping.org so we can update our mailing list.

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 **November 1st, 2009**. We will accept **submissions through October 24, 2009** to be included in the next issue. Please send your content, including contact information, for consideration through our website at: www.SpeakUpEpping.org

Would your business like to advertise in this newsletter? Business card-sized ads cost just

Spotlight on Business

D & D Insurance was established in 1996 as an agency specializing in truck insurance. With a background as a commercial truck underwriter, I was aware that truck owners needed an agent who knew where to find the best coverage at the lowest available price to fit their unique and individual needs with honest and reliable service. After a few years, I expanded my business to include Home, Auto and all types of Commercial insurance with that same commitment to service.

D & D Insurance is owned and operated by myself, Denise Giroux with the support of my husband, Don. We have lived in Epping for over 30 years. We purchased the little, neglected building on the corner of Main St. and Railroad Ave. in 2003 which we completely renovated DIY style, and it has been the agency's home ever since.

D & D Insurance represents many different companies and I am always happy to provide comparison quotes on your Home, Auto or Commercial insurance.

Thanks for reading! - The Communications Group

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Zoë H Rivard
 ACN Independent
 Representative

zhrivard.acnrep.com

Epping Calendar of Events for September 2009

Date	Event
September 1	New Mystery Book Group at the Library 7 p.m.
September 2	Student guided tours of Epping Middle School from noon until 3:00 p.m.
September 3	Epping Community Church Food Pantry 9–11 a.m.
September 5	Epping Community Church Food Pantry 9–11 a.m.
September 7	Labor Day
September 8	Eclectic Book Group at the Library 7 p.m.
September 8	FIRST DAY OF SCHOOL for Epping School District
September 8	First Day Celebration for Grades 1 to 5 8:20-9:35am Epping Elementary - Parents welcome
September 8	First Day for Moms-coffee, snacks and talk at 10:00 a.m. in the Library (Dads welcome, too)
September 8	Preschool Orientation AM preschoolers 10:30 a.m. PM preschoolers 11:00 a.m.
September 9	Kindergarten Programs Orientation Teachers will mail information
September 9	Preschool FIRST DAY OF SCHOOL
September 9	Cub Scout sign-up at EES Grades 1-5 welcome
September 10	Kindergarten FIRST DAY OF SCHOOL
September 10	Epping Community Church Food Pantry 9–11 a.m.
September 11	Epping Bible Baptist Church Food Pantry 1:00 – 2:30 p.m.
September 11	Pajama Night at the Library 6:30 p.m. to 7:45 p.m. for kids 2 to 8 “Return to the Nile”
September 12	9 th Highnote Festival 2:00 p.m. until dark
September 12	Epping Community Church Food Pantry 9–11 a.m.
September 12	Red Cross Class – Adult, Child, Infant CPR, Basic First Aid 8:30-5:30 at Watson Academy
September 13	American Legion Post 51 Sunday breakfast 9:00-11:30 a.m.
September 14	Tea for Seniors 11:00 a.m.–1:00 p.m. in the Library hosted by the Friends of the Library
September 14	Cinema 151 Classic movie series 1:00 p.m. in the Library “Great Expectations”
September 14	Friends of the Library 7:00 p.m.
September 14	Boy Scout Troop 136 meetings resume at Epping Community Church (Grade 6 to age 18)
September 16	Picture Day for Kindergarten and Grades 1-5
September 16	Dusty Ol’ Mystery Book Group at the Library 7 p.m.
September 16	TEENTalk group Launch party 7 p.m. at Watson Academy
September 17	Epping Middle School Open House All parents and guardians welcome
September 17	Epping Community Church Food Pantry 9–11 a.m.
September 18	Epping Bible Baptist Church Food Pantry 1:00 – 2:30 p.m.
September 18	EES PTO Fundraiser at Cherrydale Farms until October 2
September 19	Epping Community Church Dinner 5 to 7 p.m. Ham, mashed potatoes, green bean casserole
September 19	Epping Community Church Food Pantry 9–11 a.m.
September 21	Library Board of Trustees Meeting 7:15 p.m.
September 22	Epping Lions Club Meeting 6:30 p.m. at Epping Town Hall
September 23	Friends of Epping meeting 6:00 p.m. Watson Academy
September 24	Dessert and a Movie at the Library 7:45 p.m.
September 24	Epping Community Church Food Pantry 9–11 a.m.
September 25	NO SCHOOL Middle School Adventure Day at Rye Airfield 2:00-6:30 p.m. (6, 7, 8 grades)
September 26	Epping Community Church Food Pantry 9–11 a.m.
September 26	Toy Play Day at the Library 11 a.m. to 1 p.m. “Littlest Pet Shop”
September 28	Cinema 151 Classic movie series 1:00 p.m. in the Library “The Harvey Girls”
September 29	EES Open House for Kindergarten and Grades 1-2
September 30	EES Open House for Grades 3, 4, 5

Epping Calendar of Events for October 2009

Date	Event
October 1	Epping School Board meeting 7:00 p.m. in Epping Town Hall
October 3	Epping Seniors 10 th Anniversary Celebration at Watson Academy
October 1	Epping Community Church Food Pantry 9–11 a.m.
October 5	EES PTO meeting in EES Library 7:00 p.m.
October 6	New Mystery Book Group at the Library at 7 p.m.
October 3	Epping Community Church Food Pantry 9–11 a.m.
October 6	New Mystery Book Group at the Library 7 p.m.
October 8	New Book Group discussing The Raj Quartet by Paul Scott beginning with “The Jewel in the Crown”
October 8	Epping Community Church Food Pantry 9–11 a.m.
October 9	Epping Bible Baptist Church Food Pantry 1:00 – 2:30 p.m.
October 9	Pajama Night at the Library 6:30 to 7:45 for kids 2 to 8 Movie night “Monsters vs Aliens”
October 10	Epping Community Church Food Pantry 9–11 a.m.
October 11	American Legion Post 51 Sunday breakfast 9:00-11:30 a.m.
October 12	Columbus Day No School Middle school Adventure Day F.O.M.A. 9 - 4 (grades 6, 7, 8)
October 13-16	Epping Middle School 7 th grade - Nature’s Classroom
October 13	Eclectic Book Group at the Library 7 p.m.
October 15	Epping School Board meeting 7:00 p.m. in Epping Town Hall
October 15	Epping Community Church Food Pantry 9–11 a.m. Coats of Caring 9-10 a.m.
October 15-29	T.E.M.P.O. Sara Lee Pie Sale (Pies delivered Nov. 20)
October 16	“Mary Gatchell in Concert “ at the Leddy Center
October 16	Epping Bible Baptist Church Food Pantry 1:00 – 2:30 p.m.
October 17	The Porch 1 st Annual 5K Road Race, Walk and Kids Fun Run
October 17	Epping Community Church Dinner 5 to 7 p.m. Turkey, stuffing, mashed potatoes, pies
October 17	Epping Community Church Food Pantry 9–11 a.m. Coats of Caring 9-10 a.m.
October 17	Red Cross Class - Babysitting Course 9 – 3 at Watson Academy
October 19	Library Board of Trustees Meeting 7:15 p.m.
October 21	Dusty Ol’ Mystery Book Group at the Library 7 p.m.
October 22	Dessert and a Movie at the Library 7:45 p.m.
October 22	Epping Community Church Food Pantry 9–11 a.m. Coats of Caring 9-10 a.m.
October 23	Epping Bible Baptist Church Food Pantry 1:00 – 2:30 p.m.
October 24	Epping Community Church Food Pantry 9–11 a.m. Coats of Caring 9-10 a.m.
October 24	Deadline date to submit material for the November-December issue of the Newsletter
October 24	Toy Play Day at the Library 11 a.m. to 1 p.m. “Cars, cars, cars”
October 24	Red Cross Class – Adult, Child, Infant CPR, Basic First Aid 8:30-5:30 at Watson Academy
October 26	Cinema 151 Classic movie series 1:00 p.m. in the Library “The Trouble With Harry”
October 27	Epping Lions Club Meeting 6:30 p.m. at Epping Town Hall
October 28	Picture Retake Day for Kindergarten and Grades 1-5
October 29	Epping Community Church Food Pantry 9–11 a.m. Coats of Caring 9-10 a.m.
October 30	NO SCHOOL Middle School Adventure Day at Rye Airfield 2:00-6:30 p.m. (6, 7, 8 grades)
October 30	Leddy Center “Charlie and the Chocolate Factory” until November 15
October 31	Epping Community Church Food Pantry 9–11 a.m. Coats of Caring 9-10 a.m.

If you would like your next event to appear on the Calendar of Events, please send us an email at speakupepping@gmail.com by **October 24, 2009**. Please include the date, event name, location and time.