



Speak Up, Epping! Newsletter

Volume 3, Issue 1

Epping, New Hampshire

January, February '10

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.

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.

Please Help!!!

If you've been enjoying our Newsletter and would like to help, your donation of time or money would be greatly appreciated. We are especially in need of a volunteer to help with typing this Newsletter. 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.

HELP - Knitters Needed

Knit a hat for a soldier. They wear these under their helmets. Real easy pattern! See Joyce at the Town Hall for a free pattern or contact her at 679-5441 ext 101.



Epping Lions Club

The Epping Lions Club has been an active club for 6 months now and we have helped 6 people. To date, we have collected 121 pairs of eyeglasses that will be recycled and reused. Drop boxes for eyeglasses are located around town. The club will also do service projects, as determined by its members for the community. The motto of the Lions Club is "We Serve".

Our October meeting was held in the Media Center at the High School. Vice District Governor Bill Brown spoke on behalf of his club, located in Windham NH, which is celebrating its 40th anniversary this year. Bill expressed his pleasure with what our Club has so far achieved and reiterated the importance of clubs like ours in this economy – helping the community when and where it's needed. We also heard from Raymond Area Rotary President Dick Trask, who welcomed our Club and let us know that the Rotary is there to support us and work with us in any community-related events and services. Our December meeting was a social one, held at Zampa's Restaurant.

Recently the Lions Club held its 2009 Holiday Gas Raffle. The club collected over \$1,500. One lucky individual was awarded a \$500 gas card. \$1,000 went into the Lions Club Charitable Fund. Thank you Epping for your support!

Joining the Epping Lions Club is a great way to serve your town and meet your fellow citizens. We meet the 4th Tuesday of the month in the Epping High School Media Center at 7 pm. Our next meeting will be on January 26th. Our website is <http://lionwap.org/eclub/sites/EppingNH/index.php>. We are also now on Facebook! Look for "Epping Lions Club, Epping NH" under groups. For more information, you can contact our President, Pam Tibbetts, at lampreygirl@hotmail.com or our Vice President, Steve Colby, at stevecolby57@gmail.com



Epping Garden Club

Can you tell the difference between a weed and a flower?

How about an annual from a perennial?

Have you always wanted to add curb appeal, interest, design or color to your home?

Or just wanted to make a difference in your community but didn't know where to start?

Can you share with us which plants love the sun? Which ones prefer shade or which will attract birds?

If you have an interest in learning about gardening or are an avid gardener, we need you!

Come join the Epping Garden Club.

We are looking for new members to learn and grow, to teach and share, young and old.

To enjoy the love of gardening and apply what we learn to our neighborhood.

To date, we already have 14 new members and would be happy to have others join us. If interested, please call Debbie at 793-4418.

Happy Holidays to our Men and Women in the Armed forces.

We would like to give a big welcome home to Alex O'Brien. Alex is a former resident of Epping and a graduate of Epping High School and is now serving his country in the U.S Army. He is due home from Afghanistan on December 23.

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

A group of Epping citizens are making hats that the Pease greeters give to service men and women that land at the Pease Tradeport. If you want more information or the free easy pattern, contact Joyce at the Town Clerks office at the Epping Town Hall.

Senior Moments

-Submitted by Irene R. Cote

We ended a busy year with our annual Christmas party at the Legends Restaurant in Raymond. They have graciously hosted our parties for several years.

Our holiday goodwill was directed to our service men and women away from home. Fifteen ovens were warming the kitchen as we baked dozens and dozens of cookies. These were sent to the soldiers with warm messages of hope and love. We wished we could see their faces as they devoured

homemade cookies from Grandma.

Thanks to the Epping Recreation Department and Seth Hickey, we have been able to visit many interesting places in the "Blue Bus". It really opens up opportunities for senior citizens who no longer feel comfortable driving in certain conditions. Thanks – Epping Rec!

Speaking of driving – several members recently completed a two day course on safe driving for senior citizens. The program was sponsored by the AARP and hosted by the Rockingham County Sheriff's Department. Deputy Chris St. Onge did a great job not only teaching the course but he made sure we understood the importance to senior citizens and other drivers on the highways. The program was made possible by the generosity of the Epping Police Union. They funded the course which was appreciated by the participating members. We know everyone benefits when we continue to be safe and courteous drivers.

The January meeting will host the Epping Fire Department who will demonstrate the defibrillator which is now located in the Watson Academy. We know it's there but none of the senior citizens know how to operate it. Soon, we will. Who knows – we may save a life.

Has anyone noticed the beautiful Maple Tree that now resides on the lawn of the Watson Academy? It will take years to mature and we may not be around to enjoy its summer shade and fall colors, but someone will.

Plans for 2010 are underway. One will be an Appraisal Day for everyone to visit and learn what Grandpa's watch is really worth. The annual Yard Sale is a big possibility. Watch for more information about that later as well as tours, programs, etc.

Some humor: A group of senior citizens were on a bus trip. A little old lady went to the bus driver and offered him a handful of peanuts. He thanked her. Shortly, she went down again with more peanuts and he accepted these, too. Well, a third time she appeared with the peanuts, he asked, "why don't you people enjoy them yourselves?" "We can't eat peanuts" she said. The Driver then asked, "why do you buy them? Her answer "WE LOVE THE CHOCOLATE COATING!"

Till next time.....

For more information about the Club, please call the Recreation Department at 679-3301.

Rockingham Adult Day Program

Adult Medical Day Services: A Solution for a Growing Need

Many families overlook the adult medical day program as a practical option for senior care.

Many caregivers who work outside the home are unable to stay home to care for loved ones. In addition, caregivers who do not work outside the home may wish a break from care-giving to run errands, socialize, or simply to rest. When you look at the concept of adult medical day programs, one would think that obviously, it is a much needed service. After all, how many people are struggling to care for aging parents, spouses, grandparents and siblings?

The truth is that many people have never heard of adult day health care. Yet there is a convenient and reasonably priced opportunity for families to keep loved ones at home with them. It is the adult medical day program.

The cost of an adult medical day program is less than a nursing home and private home care. Many long-term care insurance programs will cover the cost of adult medical day programs.

The Rockingham County Adult Medical Day Program in Brentwood provides daily structured programs in an attractive and protective setting for individuals with chronic illnesses, physical disability, dementia and other problems that increase their care needs. One difference between traditional adult respite, both group and in-home care, and adult day programs is that adult day centers not only provide respite to family caregivers but also therapeutic care for cognitively and physically impaired older adults.

The adult day program allows caregivers to continue working outside the home, receive help with the physical care of a loved one, avoid the need of placing a loved one in institutional care, and have a break from what can be a "24/7" responsibility.

A typical day at the Rockingham County Adult Medical Day program includes a varied schedule of small group and individual activities intended to support mental alertness, promote physical activity and encourage social engagement. The social and recreation activities include music, arts and crafts, exercise and walking programs, board games, discussion groups, spiritual services, field trips and seasonal celebrations. Support services such as nursing care, health education, assistance with activities of daily living, occupational, speech and

physical therapies are customized to each participant's needs.

Adult day services are a welcome respite opportunity for caregivers who work or who need stretches of time away from their loved one to complete tasks, socialize or just relax and renew. Individuals interested in information about adult day services may call the Rockingham County Adult Medical Day Center which is located at the county complex in Brentwood at (603) 679-5335 ext. 9156



Ledd Center

Remember that you can now find the Ledd Center 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.

The Ledd Center's 2010 season opens with "Harvey" from March 26 to April 4. The movie starred James Stewart and is about a man who has a tall, white, imaginary rabbit for a friend. It is hilarious and the Ledd Center production stars Dr. Henry Ferrell and Linda Gauthier with a great supporting cast. Tickets go on sale on February 1. Watch for news of the rest of our exciting 2010 season. Ticket prices are \$18 and \$16. Ticket Office hours are Monday through Friday from 3:00 - 5:00 p.m.

And vote now online at the Ledd Center website for which show you'd like to see this summer. The choices are:

- Camelot
- HMS Pinafore
- None of these
- Either of these

Call us at 679-2781 or visit us online at

www.leddycenter.org.



ETV Schedule

Channel 22 - ETV - Schedule - live programs

Selectmen

Monday - Nov. 2 - 7 pm

Monday - Nov. 9 - 7 pm

Monday - Nov. 16 - 7 pm

Monday - Nov. 23 - 7 pm

Monday - Nov. 20 - 7 pm

These Monday Night programs will be re-broadcast:

1/2 hour after meeting

Tuesday - 7 pm

Wednesday - 11 am

Thursday - 3 pm

Monday - 2 am

Water & Sewer

Tuesday - Nov. 17 - 7 pm

Firewards

Tuesday - Nov. 24 - 7 pm

These Tuesday Night programs will be re-broadcast:

1/2 hour after meeting

Wednesday - 7 pm

Thursday - 11 am

Monday - 3 pm

Tuesday - 2 am

Budget Committee

Wednesday - Nov. 18 - 7 pm

Zoning Board of Adjustment

Wednesday - Nov. 4 - 7

These Wednesday Night programs will be re-broadcast:

1/2 hour after meeting

Thursday - 7 am

Monday - 11 am

Tuesday - 3 pm

Wednesday - 2 am

School Board

Thursday - Nov. 5 - 7 pm

Thursday - Nov. 19 - 7 pm

These Thursday Night programs will be re-broadcast:

1/2 hour after meeting

Monday - 7 am

Tuesday - 11 am

Wednesday - 3 pm

Thursday - 2 am

The December schedule was not available by our deadline date. There are also school sports games that have not been scheduled as yet. You may find the latest information on the ETV Bulletin Board (Channel 22).



Scouting Around Epping

Submitted by Cliff Cray

The Cub Scout Pack 136

The Cub Scout Pack meeting is the third Wednesday of the month at the Epping Community Church. The December Pack meeting had a special guest who brought the Pinewood Derby cars for each Cub Scout as well as passing out good will and Christmas greetings. Dear old St. Nick is always greeted with enthusiasm by the Scouts and leaders. January 19 will see the Scouts and their parents attending a Manchester Monarch

hockey game at the Verizon Arena in Manchester. The pack leaders try to have a family event each month. February will see the pack celebrating the 100th birthday of the Boy Scouts in America. The Blue and Gold dinner will be February 19 at the Epping Elementary School. The Scouts and their parents have until March 20 to build their Pinewood derby cars and get them ready for the competition. The derby will be held at the Epping Elementary School from 9:00 am until noon.

Boy Scout Troop 136

Epping's Boy Scout Troop 136 held a Court of Honor and Family dinner at the American Legion hall on Monday December 21, 2009. The adult leaders and the Scouts prepared the dinner for their parents.

The evening started with an opening directed by Senior Patrol leader Haydn Reese and an invocation by Eric Ouellette. Following the dinner, the Senior Patrol Leader opened the Court of Honor. Several awards were presented. Eric Ouellette, Justin Bacon, Dan Belliveau and Christian Cook were recognized for fundraising and popcorn sales. Scouts earning their Firemen Chip and Totin Chip were Josh Houston, Justin Bacon, Dylan Reese, and TJ Crocker. The scouts had to show they knew how to use the woods tools and that they could properly cook on a fire and operate a camp stove. Christian Cook has earned his Camping Merit badge and was promoted to the rank of Star Scout. Eric Ouellette was promoted to 1st Class Scout. Jacob Cray has earned the First Aid Merit Badge and has earned the rank of 2nd Class Scout. Steven Chadwick also earned the rank of 2nd Class Scout. Other Scouts earning awards were Justin Bacon, Woodcarving Merit Badge, TJ Crocker Leather Work, Swimming, and Woodcarving Merit Badges, Billy White earned the First Aid Merit Badge and James Woodmansee earned the Emergency Preparation and Shotgun Shooting Merit Badges. The evening ended with desserts and the Scouts swapping gifts.



Explorer Post 716 and the Epping Fire Department

The Fire Department is looking for new members interested in the Fire Service and or the Emergency Medical Service. All training is paid for by the Fire Department. For more information call the station at 679-5446 or stop by weekdays and get a tour.

Get your baby car seat inspected. Call the Fire Station at 679-5446 and ask for Firefighter Cole. He will make your safety seat appointment.

Explorer Post 716

The Explorers held a Christmas party on December 17 at the Epping Fire Station. This group learns fire and EMS skills as well as doing community service. Once they have been in the post for 6 months they have had the training to be allowed to go on actual fire calls. At these events they assist the Firefighters by manning the rescue vehicle, changing air bottle on the Self Contained Breathing Apparatus, getting water to the Firefighters and doing other outside chores as asked. This group is co-ed and youth 14 and older are encouraged to join.

Anyone interested in joining one of these groups please call Cliff at 679-5125.



Epping Police Department and Explorer Post 714

In an effort to further strengthen communications with the community, the Epping Police Department is proud to announce we now have a Facebook account. We currently have a successful Twitter account at "Eppingnhpolice", where we update over 800 "followers" of happenings within the police department and community. Many people are on Facebook but not Twitter, or vice versa. Our Facebook page will give us the ability to reach out to more of the Epping community and others, and keep all apprised of what is happening within their police department and community.

The Facebook page was created Monday, December 14, and as of this writing, Thursday, December 17, we already have about 250 "friends"! Everyone is welcome to follow us as by sending us a "friend request". This account will be maintained and monitored by Sergeants Jason Newman and Gregory Nye. Unlike Twitter, "friends" are allowed to comment and offer feedback on the Facebook page. While we encourage comments, inappropriate comments will not be tolerated. To comment on our Facebook page privately, please select "In-box".

We are pleased to offer this latest tool to assist both the police department and our community.

Although this is not a tool to file complaints or requests for officer response, anyone needing a Police Officer or assistance, please call us at 679-

5122 or 911 for an emergency.

Follow us on Twitter at <http://twitter.com/EppingNHPolice>.

Submitted by Sgt. Jay Newman

Police Explorer Post 714

The Police Explorers won Rookie Post of the Year at the NH Police Explorer Award dinner on November 7. They are also covering some law enforcement techniques such as shooting, motor vehicle stops and police tactics with defensive training.

American Legion News

Calling all Veterans! Did you serve in uniform during a time of conflict? Are you interested in helping your community? Are you interested in helping your fellow veteran? Are you a Veteran of the War on Terror? If you can answer yes to any of these questions there is a place for you in the American Legion Family. We want you to know that we are here. We are here to help our Brothers and Sisters and we are here to try to reach out to those who need our help in the community. Please know that you are welcome. Post 51 is here for you.

Monthly Breakfast Buffet! Monthly breakfasts will be held Sunday January 10th and Sunday February 14th. Come enjoy a hot breakfast Buffet! Eggs, Bacon, Sausage, Toast, French Toast Sticks, Coffee, Potatoes all piping hot and ready to be enjoyed. Bring your newspaper and your appetite! The Buffet is \$6.00 a plate and worth every penny!

American Legion Riders raise money for the Legacy Fund. The Legacy fund is money raised by the American Legion and predominately the American Legion Riders to ensure that the children of fallen service members have the opportunity for college. Post 51's new American Legion Riders group (Just over a year old) has been involved with the raising of more than \$20,000 for this purpose since their existence at the Post. The American Legion Riders are made up of American Legion Members, Spouses of American Legion Members, Sons of the American Legion and American Legion Auxiliary members. This motivated and tight knit group symbolizes the Legion family in their efforts to help veterans and their dependants through their good deeds. If you are interested in joining the Legion Riders Contact Kevin Murnane by calling the Post at 679-8320

Turkey shoot! Come see Charlie and Sheila do their stuff! Come on in out of the cold, play some

cards and have some fun! Friday and Saturday nights at 7:30.

Karaoke! Friday and alternating Saturday nights at 8:30pm. Watch for surprise entertainment as well.

Country themed Dinner and Dance at Bradshaw Hall! TBA in January. Check the Post Marquis for details soon or call the Post at 679-8320.

Line Dancing with Don Carlton in Bradshaw Hall Thursdays Starting at 6:30 pm!

Friday nights and Sunday afternoons enjoy some hot food from the R.A. Mitchell Grill! Hot Dogs, Hamburgers, Wings, and poppers! Limited menu is available. See your bartender to place your order. Try the Wings! They're wicked good

How 'bout a good hair cut? Dave, the owner of the new Epping Barber Shop, two doors down from the Post surprised the Post with helping to raise funds for the Posts Sprinkler Upgrade. Dave heard of our predicament and decided to help. The Post, under State and Federal RSA's is required to have a Sprinkler System installed. Without the sprinkler upgrade the Post would have its occupancy permit severely reduced or pulled. It would mean an end to the Post as we know it. Members of the Post began fundraising in earnest. We were very surprised and thankful to hear of Dave's idea! Simply stop in and get a haircut, let him know you're from the American Legion and he'll donate \$2.00 to our Fundraising Account! Nice! Thanks Dave!

Post 51's Honor Guard remains an active and important part of the Post. The Honor Guard has been requested to perform funerals, march in parades and perform ceremonies. Most recently Post 51 was involved in two special events. During the grand reopening of the Wal-Mart Super Center in Epping the Honor Guard was present to retire the store's old flag. The flag was replaced with a new one. Bridget Ivey, Wayne Wentworth, Don Reynolds and assistants from the Raymond Legion/VFW Post ensured that our National ensign was treated with the respect and ceremony it deserved. Shortly thereafter the Honor Guard was requested to present the Colors for the dedication of a new soccer field in Epping. Now named the Nate Hardy Memorial field, it was dedicated to Chief Petty Officer Nate Hardy who was killed in action in Iraq. It is with great pride that our Honor Guard participates in these events. It lets the community know we are here, we recognize our role in the community and we do not forget those who have paid the ultimate price in the fight for

freedom. Post 51's Honor Guard is looking for additional members. If you are interested in joining please contact Eric Gregg at egregg57@gmail.com

Submitted by Eric J. Gregg, Commander Post 51

The Civil War Roundtable of NH

The Civil War Roundtable of New Hampshire was founded in May, 1991, by Malcom Weatherbee and past Town Librarian, Duane Shaffer. The CWRT-NH is a group of men and women who share a common interest in the Civil War that claimed the lives of some 600,000 Americans. It is dedicated to educating, preserving and restoring this part of US History.

Meetings are held at 7:15 pm in the Town Hall. Meetings are also televised live on ETV-22.

The meeting schedule for 2010 is:

3rd Friday January 15

3rd Friday February 19

3rd Friday March 19

3rd Friday April 16

2nd Friday May 14

3rd Friday June 18

No meeting in July/August

2nd Friday September 10

3rd Friday October 15

2nd Friday November 12

No meeting in December

The CWRT-NH has a connection with Epping.

Duane Shaffer has a huge interest in the history of the Civil War. Also, many Epping citizens fought in this conflict.

Please contact Vice President Dan Bennis at (603) 679-1453 with any questions or for more information. Their website is: cwrt-nh.org.

Epping Community Church 679-5542

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!

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 their nutritional needs.

Hours of Operation

Thursday Mornings 9:00 a.m. - 11:00 a.m.

Saturday Mornings 9:00 a.m. - 11:00 a.m.

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.

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 The dinner on **January 23** will be a “Chowda Fest” with Seafood Chowder and Corn Chowder, Cole Slaw, Corn Bread and Beverage. The dinner on **February 27** will be a Turkey Dinner with all the fixins’. Dinners will be served from 5 to 7 pm, adults \$8, under 12 \$4.

FRIDAY NIGHT PIZZA has resumed from 5 to 7 pm. Many in our community enjoy pizza and 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 all for supporting Friday Night Pizza.

St. Joseph Church

208 Pleasant Street (Rt 27)

Epping, NH 03042

679-8805

January 1 is a Holy Day of Obligation, Solemnity of Mary, Mother of God.

Vigil Mass on Thursday, December 31, is at 4:30 pm. Mass on Friday, January 1, is at 10:00 am.

Lent begins with Ash Wednesday on February 17. We will have Mass at 7:30 am and 7:30 pm. We will have Stations of the Cross at 7:00 pm on Fridays.

The Knights of Columbus will hold a Blood Drive on Tuesday, February 23, from 2:00 to 7:00 pm in the church hall. Come and give the gift of life.

Providence Baptist Church

Contact: Rev. Adam W. Houston
Providence Baptist Church
410 Pleasant Street
Epping, NH 03042
Office: 603-679-8918

Epping Bible Baptist Church

January 3, February 7 at 6:00 pm - Evening worship service with communion.

Sundays: January 3, 17, 24, 31;

February 7, 14, 21, 28

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

Mondays: January 18, 25;

February 1, 8, 15, 22

6:30 pm - Faith Bible Institute at EBBC Winter semester

Wednesdays: January 6, 13, 20, 27

February 3, 10, 17, 24

7:00 pm - Young Adult Group at EBBC and also

7:00 pm - Prayer meeting at Parsonage

Thursdays: January 14; February 11

10:00 am at EBBC Women's Ministry committee meeting

Fridays: January 8, 15, 22, 29

February 5, 12, 19, 26

6:45 pm - AWANA

Fridays: January 8, 15, 22; February 12, 19

1:00 - 2:30 pm - Food Pantry at EBBC

Saturdays: January 9, 16, 23, 30

February 6, 13, 20, 27

7:00 pm - Youth Group

Special Upcoming Events

January 10: 6:00 pm Movie, "The Cross, the Story of Arthur Bessett" Free admission

January 21: 6:00 pm at EBBC M and M (Mug of soup and a movie) women's ministry

News from the Historical Society

Submitted by Madelyn Williamson, Curator

The building normally is open and welcomes visitors each Monday from 10 am to 1 pm and on Wednesdays from 10 am to 2 pm. However, this time of year it may be closed during inclement weather or difficult access due to ice and/or snow buildup. In that case, please call Madelyn Williamson at 679-5482 or Joy True at 679-8855 for information or to schedule an appointment.



Harvey Mitchell Memorial

Library

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

(603) 679-5944

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

Coming Up in January and February

For Adults:

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 – on the 4th Thursday of each month at 7:45 pm. Bring a camp chair and a dessert to share.

January 28th – Julie and Julia (rated PG-13)

February 25th – Inglorious Bastards (rated R)

Programs for Children:

Preschool Story Hour provides playtime, songs, stories and crafts for children ages 2 – 6. There are currently 3 Story Hour times: Wednesdays at 10:30, and Thursdays at 10:30 and 1:30. Pre registration is not required and younger siblings are always welcome.

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.

January 8th – PJ Movie Night "Cloudy with a Chance of Meatballs" (rated PG for brief mild language).

February 12th – Hearts & Hugs

With Valentine's Day coming, we'll make cards and gifts full of love for family and friends.

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 sessions during the year, each requiring pre-registration, as the class size is limited to 10. The fall session concentrated on author Laura Joffe Numeroff and her circle stories. Registration is now open for the winter session which will begin January 19th when we begin 12 weeks of preparing a theatrical presentation of a popular children's book to perform

as the April Pajama night, April 9th. The spring session will run for 8 weeks in May and June, focusing on the art and science found in so many children's books. Snack is provided by gracious volunteers 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 (usually)

January 23rd – Moving the Story Off the Pages

Lori L. Hardacker returns with Dance Parties and Fitness in Motion for an active-move-your-body play day.

February 27th – Chinese New Year Program

Local resident LinLin Choy will keep us busy with Tai Chi, paper lantern projects and even some chopsticks lessons!

Vacation Movie Series:

During the week of February 22nd, there will be a movie each afternoon at 1:00 pm. Feature films newly released onto DVD will be shown in the children's room. There will be no Thursday afternoon Story Hour that week.

Friends of the Library

The Friends had another very successful silent auction this year raising over \$600 to fund special "extras" for the library. Many thanks to individuals and businesses that donated gift baskets, gift certificates and hand made goodies and to the dozens of library patrons who kept upping their bids and came in promptly to pay for and claim their items. Thank you also to the Friends for the lovely Holiday Open House on December 15th.

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

We've just found out that a soldier can call home for an hour for every phone that is donated. So far the town of Epping has sent 188 phones. That means 188 soldiers will be able to call home for an hour. Please keep bringing those phones into the Town Hall and support our troops!!

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

www.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.

Summer Registration starts on January 11th. Check eppingrecreation.org for trip details and weekly themes! This will be the summer of fun! Same weekly rates as last year, twice the fun! Middle School overnight trips!

Snow is finally here! Time to get out and enjoy it! **Learn to Ski or Snowboarding Lessons** (1st – 5th grade). Saturdays, 4 weeks starting 2/6/10. 1-3 pm Lessons: \$120.00; Rentals \$60.00; Helmet: \$15.00 Need a ride to the mountain? \$20 will get your child to and from the mountain for the entire session. Space is limited, so first come! Orientation Meeting (and Rental Measuring): Wednesday January 13 at 6:30 pm, Epping Elementary School. Sign up that evening or Deadline for registering is January 30.

Big Shoe-Family Snow Shoeing in Epping on Saturday, January 23rd. Bring the kids, bring your gear or borrow ours! We will be exploring the trails of Epping. From 11-1 we will be snow shoeing on the Rockingham Trail towards Fremont. We will be meeting behind the Walgreens in Epping to start our trek. Hot chocolate and goodies will be provided! To request snowshoes, please call the Recreation office by Thursday 1/21. This is a family event.

Digital Cameras Needed

The Epping Recreation after school program is looking to begin a photography group with both the middle and elementary school programs and needs digital cameras in order to do so. We are seeking lightly used digital cameras with at least 4 megapixels and all of the wires and chargers that go with them. If you do not have a camera to

donate but are interested in helping out we are accepting monetary donations as well. All donations can be brought to Watson Academy in Epping. Please call Sarah Kaiser at 679-3301 with questions.

Before and After School Programs

Out-of-school programming for youth in Epping, grades K-8. Registration is now open for the second semester! 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.

Crazy Crafts Middle School Program

Free to any and all middle school students on Tuesdays from 2:30 to 4:00. Space is limited, so sign up early. Next session starts 1/12.

Rock Band Middle School Program

Monday through Friday, January 25th – April

Put down that plastic game controller guitar and learn how to play a real guitar. Get your friends together to form your own Rock Band! The Epping Recreation Department has been awarded a grant from the NH Charitable Foundation, we have instructors, we have new instruments and we are ready to rock! This is a seven-week program. Space is very limited! Call to sign up today. All of the groups will have a chance to perform at a talent show after April Vacation.

February Break

Trips every day: movies, bowling, gymnastics, tubing, skiing! Don't miss out! \$30 per day per person! Join your friends for lots of fun at Epping Rec!

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. We meet twice a month on the second and fourth Wednesday of the month at 6:00 pm.

Please contact Andrea Loving at 734-2826 or

lovinggang@myfairpoint.net.

Ceramics

Fridays, 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, Ages 8 – adult

Guitar Lessons with experienced local musician Joseph K. Murphy

Red Cross Classes at Watson Academy

Adult/Child/Infant CPR 9:00 am - 2:30 pm. \$60 per person

Adult/Child/Infant CPR and First Aid, 8:30 am – 5:30 pm, \$70 per person

Adult CPR 6 – 10 pm \$45 per person

Babysitting Certification

For dates and prices, please visit the chapter website.

All classes are at Watson Academy. People can register for any of the classes online at www.greatbayredcross.org.

Martial Arts Programs at EES

Both classes are offered at the multipurpose room at Epping 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

Senior Citizen Field Trips

Thursday, January 21st, Boston Museum of Science. More trips to come! Call 679-3301 for an update. Trips leave from Watson Academy. We use the Recreation Bus for transportation. Prices include admission and transportation. We will be stopping for lunch. Please bring extra money for lunch.

Families First of the Seacoast

In Epping: Family Morning Out. Thursdays, weekly (beginning January 7), 9:30 to 11 am at Epping Rec Center at Watson Academy, 17 Academy St. For children ages birth through 6 and their parents.

In Epping at Epping Elementary, 17 Prospect Street 6:00-7:30 pm

March 10 & 17: The Teen Years Are Coming – Smart Parents Prepare!

For parents of children ages 8 and up

Facilitated by Joanna Wicklein, CFLE

Free childcare and pizza dinner with advance registration.

In Raymond: Parenting Classes, Wednesdays, 6:00–7:30 p.m. at Raymond Baptist Church Community Building, 145 Route 27. Free childcare and pizza dinner with advance registration.

Jan. 13: Why is My Child Misbehaving?

Jan. 20: Making Yourself Clear

Jan. 27: Emphasizing: the Positive

Feb. 3: Helpful vs. Hurtful Discipline

Feb. 10: Consequences That Teach

Feb. 17: Create Your Own Discipline Plan

(Including Prevention)

Mar. 10-24: 1,2,3, Magic

Mar. 31-Apr. 14: Solve It! Strategies for Bedtime, Mealtime, Homework and Chores

Exeter: Living With Teens and Preteens. Third Wednesday of the month, 6:30 to 8:00 pm, at New Outlook Teen Center, 120 Front Street.

Jan. 20: Guidance and Guidelines for Teen Dating and Intimacy.

Feb. 17: Keeping Your Teen Safe in Cyberspace

Mar. 17: Healthy Risk Taking: Why Teens Need to Take Risks and How Parents Can Guide Them to Safe and Healthy Experiences.

Facilitated by Joanna Wicklein, CFLE



School District Communication

This school year the District has two big projects – upgrading the website and offering more educational programming on ETV. Both of these projects will take significant work and the plan is to gradually add more and more as the school year progresses.

Our new website is up and running. Take a look at www.sau14.org. The calendar function has been improved to see all school and district events or just the events for your child's school. The navigation system has also been improved to make it easier to access information and provide more school and district information.

Also keep an eye on ETV for our holiday concerts.



School Board Meeting Schedule

School Board meetings are televised on ETV. Summaries of the meetings are also published in The Carriage Towne News and on the District website. Regular meetings are scheduled for:

January 7 and 21

February 4 and 18

It is also budget time and budget work sessions are scheduled in between regular meetings.

Influenza

The District has taken special steps to minimize the impact of the flu. The best rule is: if you are sick, stay home. Students and staff that become ill at school will be isolated and sent home. Please stay home until fever free without fever reducing medications. Health advisories and information can be viewed on the District website under Parents & Community.

Data Team News

The data team met and discussed a format for and specific testing goals for the 2009-2010 school year. The format looks at median scores in three areas each year for the 9th, 10th and 11th grade classes. The 9th and 10th grade will compare this year's NWEA scores to those earned the previous year. The 11th grade will compare this year's NECAP to the previous years NWEAs. We will use

the NWEA to NECAP conversion tables we developed last month. The overall goal is to have goals that are challenging and attainable with testing supported by our preparation program. The goals follow:

The median student 9th grade score will see an equal to or greater than 18 month increase from 8th grade NWEAs. The class of 2013 is coming from the middle school with high scores. Their math and reading score are above national average, so a goal of one and a half years growth seems aggressive.

The median student 10th grade scores will see an equal to or greater than 1 year growth from the 9th grade NWEAs and will equal or exceed national 10th grade level standards. The class of 2013 is also above national average except in math. These students on average saw two years gain last year, so one year growth in reading and language as well as a more than one year growth in math to national standard seems consistent with the overall goal.

The median student 11th grade NECAPs to reflect the NWEA predicted level or higher. As the NWEAs were given in the spring and the NECAPs are given in the fall, this goal seems challenging. Typically students lose about a 1/3 year growth when tested fall against previous year spring, so staying level over this period actually represents growth.

We hope having a program that has meaningful preparation and tracks performance over three years will support a culture that welcomes and performs well on standardized testing.

-- Minot Granbery

Epping Elementary School (EES)

Submitted by Cheryl A. MacLeay

January 4 PTO meeting at 7:00 pm in the EES Library

January 4 – February 19 “I Love to Read” Month

January 5, 12, 19 & 26 “Becoming a Love and Logic Parent” in the Epping Middle School Integrated Studies Room on Thursdays from 6:30 to 8:00 pm. Free childcare for kids under 10 (with advance signup)

Raffle: Free parenting book or CD weekly

Signup: Call Melissa Swirbliss at 679-8003, ext. 103 or Email mswirbliss@sau14.org

January 5 – 29 NWEA Testing

February 1 PTO meeting at 7:00 pm in the EES Library

February 2 & 9 “Becoming a Love and Logic Parent” in the Epping Middle School Integrated Studies Room on Thursdays from 6:30 to 8:00 pm.

Free childcare for kids under 10 (with advance signup)

Raffle: Free parenting book or CD weekly

Signup: Call Melissa Swirbliss at 679-8003, ext. 103 or Email mswirbliss@sau14.org

February 4 Kick off assembly with our Artist in Residence, Andrew Periele, at 10:00 am. Students will have the opportunity of seeing puppets from around the world.

February 17 & 18 Artist in Residence, Andrew Periele, will be working with students in grades 1 – 4 on shadow puppets.

February 19 Reading Jamboree in multi-purpose room 9:00 am to 2:30 pm. This is a culminating fun event for “I Love to Read” month with games and prizes for the students.

Epping Middle School (EMS)

Recently EMS hosted a **SASS** (Sexual Assault Support Services) program.

During the 6th grade presentation students were involved in different scenarios that helped to clarify the definitions and behaviors of playing, flirting, bullying and sexual harassment. School policy and laws regarding harassment were discussed as well as ways students can make a difference.

During the 7th grade presentations students explored images seen in the media and discussed how media messages affect us. They also developed an awareness of how media uses gender stereotypes and sexual and violent images to sell products.

During the 8th grade presentations students discussed healthy relationships, consent laws and sexual assault.

In the Middle School we have “**Guiding Principles**” that we follow and once a month we celebrate students that have followed them. Below is a list of our students that we have celebrated:

On October 28th we held the “Pride Celebration” for the Middle School Guiding Principles. Guiding Principle #1 is “Respect and encourage the right to teach and the right to learn at all times. Those receiving certificates were Alexa Wells from the Polar Cave Spelunkers Team; Sage Szczechowicz from the Hampton Beach Riptides Team; Spencer Holt from the Flume Team; Alisha Behnia from the Moosilauke Team and Brianna Reeves from the Unified Arts Team. Guiding Principle #2 is “Be actively engaged in learning; ask questions, collaborate, and seek solutions”. Those receiving the certificates were Cameron Osgood from the Polar Cave Spelunkers Team; Hanna Chomas from the Hampton Beach Riptides Team; Adrianna

Lamparelli from the Flume Team; Nate Cameron from the Moosilauke Team and Dylan Derosier from the Unified Arts Team. Congratulations to all – you make us proud!

On November 30th we held the “Pride Celebration” for the Middle School Guiding Principles. Guiding Principle #3 is “Be on time to fulfill your daily commitments”. Those receiving certificates were Andrew Ringer from the Polar Cave Spelunkers Team; Dylan Derosier from the Hampton Beach Riptides Team; Kayla MacLeod from the Flume Team; Taylor Barnes from the Moosilauke Team and Rachel Stone from the Unified Arts Team. Guiding Principle #4 is “Be appropriate; demonstrate behavior that is considerate of the community, the school and yourself”. Those receiving the certificates were Ashley Krenzer from the Polar Cave Spelunkers Team; Katelyn Sable from the Hampton Beach Riptides Team; Evan Silva from the Flume Team; Meghan Crocker from the Moosilauke Team and Glenn Hagan from the Unified Arts Team. Congratulations to all – you make us proud!

We also celebrate our “**Nice Moves Program**”. Students are given tickets when they are observed doing something special and names are randomly drawn from those tickets. Those students receiving ice creams or snacks for October were: Brandon DeMarais, John Gagnon, Paige George, Chris Howard, Adrianna Lamparelli, Ashley MacLeod, Kylie Martin, Lance Murray, Hunter Quist and Colby Wilson. There were a number of students who participated in “Wacky Wednesday”, a raffle was held and four students won either a free homework pass or a pass to the next activity night. Those students were: Brad George, Kylie Martin, Justin McDowell and Chloe Pelletier. During our November assembly those students receiving ice creams, snacks or Activity Night passes were: Brianna Campana, Hanna Chomas, Dylan Czubaruk, Madeline Fowler, Cassidy Garrow, Jacob Lalone, Jimmy Stanley, Mark Vaccaro and Jacob West.

During our December assembly we also honored students that have done community service. A number of students were recognized for their valuable contributions to **UNICEF**. Those students were: Alisha Behnia, Brittney Bullock, Minette Cantrall, Cassidy Garrow, Olivia Goodrich, Spencer Holt, Tina Le, Logan Miner, Jimmy Stanley, Ngoc Tran, Kelly Seaman, and Maggie Weaver. Thank you for your community service! We also celebrated those students that shared the “**Power of a Wish**” for the **Make-A-Wish Foundation**.

The following students participated in this worthwhile charity: Nicholas Carleton, April Desmaine, Spencer Holt, Kayla LaRoche, Tina Le.

Our 7th grade participated in the **Foster’s Daily Democrat Holiday Writing Contest**. We had 3 winners from Epping Middle School. The students are: Brooke Hall, Spencer Holt and Shayla Pratt. Congratulations to our students for doing a wonderful job!

The Epping Middle School’s Moosilauke Team recently held a very successful fundraiser for its Washington, DC trip. Spearheaded by the “96ers” advisory group, eighth graders sold raffle tickets for a “**Turkey With All the Fixin’s**”. Due to the overwhelming response to ticket sales, it was decided to give away five turkeys instead of the original one that had been planned. In total, over 5,500 tickets were sold, realizing a profit of \$1,100, as all the turkeys and “fixin’s” were donated. Students were able to take the dollar amount of their ticket sales and deduct it directly from the cost of the Washington trip. Our top seller, Jacob West, reduced the cost of his trip by \$220! The five winners were: Mike Gover and Al Lopresti, both sold by Nick Young; Jim McGeough, sold by Jacob West; Lois Anthony who donated her prize to a needy family in her area, sold by Mr. Christie; and Ellen Chandler who requested that her prize be given to a family in need in Epping, sold by Andrew Sweet.

We would like to thank all who supported us by purchasing tickets and to those who donated prizes: Stephanie Sturzo, Sue Thompson, Susan McGeough, Bruce Christie, Deanna LaPlante, Tracy Dustin, Laura Coleman and Hannaford’s of Raymond.

We recently held a **concert** in the Middle School Gym. The evening was a great success due to the wonderful performance the band and chorus did. If you missed out on the winter concert, mark your calendars because the Spring Concert will be held on March 24, 2010 (weather permitting). Come and enjoy some great music.

Our basketball season has begun and we would like to recognize the **Girls Basketball Team**. On the team are: Taylor Barnes, Brittney Bullock, Kortney Colson, Jannet Desvira, Brooke Gatchell, Jennifer Jarosz, Kayla MacLeod, Deanna McCullen, Logan Miner, Noelle Nee, Morgan Pease, Chloe Pelletier, Katie Pettis, Hunter Quist, Sabrina Rivers, Casey Sturzo and the manager is Sarah Cammett. The team is coached by Shannon Murphy. Good luck to the team and hope to see you there to support them!

The **Boys Basketball Team** is off to a great season. The boys on the team are: Chandler Brissette, Nate Cameron, Kyle Cormier, John DiFrancesco, Alex Hackett, Austin Hicks, Seth Hojaboom, Jacob Horton, Lance Murray, Nick Padgett, Alex Ray, Jimmy Stanley, Jacob West, Colby Wilson and Aziz Zerquine. They are coached by Ryan O'Day. Check out their schedule on our web page and come see some great basketball!

Epping High School

Freshman Class News

The Freshman Team has been busy diving into the regular four-point rotation of seminar: literacy, Honors/Guidance, media, and remediation. We have been covering topics like how we learn (metacognition), bias in the media, current local events and how to keep our grades up. Soon we will be choosing a mascot for each seminar for the NWEA competition.

In Biology, we are preparing to take an exam on all the information from the first quarter and then we will move on to cell division. Our next project will take place in class.

In World Cultures the students are getting ready to start a project on Middle Eastern religions: Christianity, Judaism and Islam. Look for these project presentations to be due around Dec. 7th. Mr. Nekton will provide information to the students as the time gets closer.

Having just finished the play "Visit to a Small Planet" by Gore Vidal, the English classes will move on to their second literature circle. Each of the eight classes after the break will bring homework.

Please check out new.schoolnotes.com for information regarding Mr. Loud's math classes as well as for homework postings from each of the other core classes. This is a great resource for you if your student should ever tell you "I don't have any homework."

Athletics Update

The Epping High School Athletic Department would like to thank all players, coaches, parents and fans for supporting our teams this fall. We would also like to thank Epping High School's maintenance and administrative staffs for their support also.

We celebrated our athletes with two recognition nights. The first recognition night celebrating the soccer, and volleyball seasons was held on

November 18. The second night on December 2, celebrated football, and spirit.

A reminder to all winter sport athletes to update their acknowledgement, and consent forms as well as make sure your physicals are up to date. An athlete's physicals must be updated every two years. The winter season start date is November 23.

Team Records and Notes:

Boys Soccer 4-12

The boys closed out their season with a loss to eventual Class "M" champions Hopkinton. The Blue Devil Athletic Community would like to thank, and congratulate seniors Alex Lamparelli, Chris Dunleavy, Connor Patton, Justin Cook, Brendan Lonek, Wolfgang Eldridge, and Cam Baer.

Girls Volleyball 13-5

The girl's volleyball team capped an exciting season with a 3-0 preliminary round NHIAA state tournament win on October 29 verse Hillsborough Deering. The Blue Devils would lose in the quarterfinal round 3-0 to Moultonborough Academy on October 31. The Blue Devil Athletic Community would like to thank and congratulate seniors Erika Grimshaw, and Torie Matthews for their participation in Blue Devil Athletics. Girls JV Volleyball ended the season 5-11.

Girls Soccer 1-14-1

The girl's soccer team celebrated senior day on October 23 losing to Hopkinton 6-2. The Blue Devil community would like to thank and congratulate seniors Christa Weaver, and Hannah Kimball for great careers here at Epping.

Varsity Football 1-9

The varsity football team continues to find its way difficult in ultra competitive Division 5 football. The Blue Devils closed out their season verse Pelham with a 38-0 shutout loss. The Blue Devils congratulate and thank seniors Chris Holmes, Aaron Coutreau, and Dan DeGrandpre for their participation in Blue Devil athletics. JV football closed the season 1-7.

Varsity Spirit

The varsity spirit team closed out its season with a fourth place finish at SNHU on November 10. The team finished second a week before at the Concord Invitational tournament. Recognized at senior day were Kellie Bradley, Victoria Sicard, Kristen Lockard, Shelby MacPherson, Christa Johnson, Julia Comeau, Danielle Bennett, Samantha Arsenault, Rachel Cusano.

Epping High School Poets Studio

The New Hampshire Poets Studio poets in Residence include Henry Braun, Beth Brown, Priscilla Carr, and Elizabeth Gordon McKim. Together with the support of Paul Silver, DDS, Steven Jones, M.D., Daphne Chevalier, Epping High School teacher, Pat Weisberg, Epping Middle School teacher, and Samantha Ramey and Heather Crocker, Epping High School students, the NH Poets Studio is developing a 2010 Poetry Scholarship, available to students at Epping High School.

Interested students must submit poetry electronically to dchevalier@sau14.org by February 1, 2010. The 2010 theme is "Change." Verse and free verse are acceptable. Prose poems are also encouraged. In addition, a five hundred word essay on what drives your passion to create poetry must be forwarded with the poetry. The winner will be announced March 15, 2010. The recipient of the scholarship will receive Studio Master Classes, academic year Mentor Program, gift certificates, and a public reading with the Studio Poets in Residence. The young poet will be supported by his Studio Mentor in applying for a nine day poetry scholarship at Robert Bly's 2010 Great Mother Conference in Maine.

The Conference on the Great Mother and New Father seeks new ways to support creative inspiration. Poets, artists, authors, musicians, storytellers, and artists from around the nation attend the conference as teachers and mentors.

A variety of workshops are provided each afternoon giving Conference participants the opportunity to get involved in writing, art, music, dance or movement, and storytelling. Participants are encouraged to try a workshop in an area of expression that isn't considered to be their strength. The conference mission includes tapping the full potential of all who attend. Go to <http://greatmotherconference.com> for more information on the conference.

Dr. Paul Silver will continue to provide refreshments and conference space at Lamprey Dental Center in Raymond, as the scholarship committee continues to meet throughout the academic year. If you are interested in volunteering for technical support, publicity, sponsorship, general operations, or attending the September planning meeting, contact priscillaecarr@yahoo.com.

Email Address Changed?

If your email address has changed, please notify us through our website at: www.SpeakUpEpping.org.

Newsletter Schedule

Have we missed your group or event? Please let us know. Our purpose is to include as many Epping groups and events as possible.

The next issue (**March-April**) of this newsletter will be available **March 1, 2010**. We will accept **submissions through February 23, 2010** to be included in the next issue. Please send your content, including contact information, for consideration through our website at: www.SpeakUpEpping.org

Now Accepting Business Ads!

Would your business like to advertise in this newsletter? Business card-sized ads cost just \$25.00 per newsletter issue for in-town businesses and \$35.00 per issue for out-of-town businesses. If you prepay for one year in advance you pay only \$125, which means you get your ad in at least one issue for free. We expect to send out 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, visit our website at: www.SpeakUpEpping.org

Twin Pines Driving Range

Bill Langdon is a man of action. When he sees a golfer struggling with his golf game, he is quick to come up with a solution. When technology shifts and he needs to learn a new clubmaking procedure or purchase a new tool, he reacts faster than tour-grade shafting epoxy.

"After three years of driving 45 minutes one way to hit golf balls with my dad, we decided to go into business together and start a golf driving range in 1999," Langdon said.

"It also helps that we own a heated driving range/practice center/repair and fitting shop," Langdon, the Golf Clubmakers Association's (GCA) 2005-2006 New Hampshire Clubmaker of the Year, added. "I have many avenues to both promote and grow my business."

Giving back to his community via charitable contributions is also important to this father of two sons — Christopher and Michael. He gave an estimated \$3,000 to charitable organizations in 2005.

Langdon is also a strong believer in continuing his clubmaking education. He travels to clubmaking conferences and hones his skills by attending advanced club-making schools like Golfsmith's Master Craftsman School. He also encourages his customers to better understand the club-making process.

“I try to encourage questions from my customers, and sometimes I even let them install a grip or make a loft or lie adjustment,” he said, “What I enjoy the most about customer participation is that it keeps me on my toes. If I don’t know the answer, I’ll quickly do some research and get back to them with the answer.” •


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Save these pages for future reference

Epping Calendar of Events for January 2010

Date	Event
January 2	Epping Community Church Food Pantry 9–11 am Coats of Caring 9-10 am
January 4	BACK TO SCHOOL
January 4	EES PTO meeting 7:00 pm
January 4	“I Love to Read” month starts at EES
January 5	New Mystery Book Group at the Library 7 pm
January 7	Epping School Board meeting 7 pm in Epping Town Hall
January 7	Epping Community Church Food Pantry 9–11 am Coats of Caring 9-10 am
January 8	Epping Bible Baptist Church Food Pantry 1:00 – 2:30 pm
January 8	Pajama Night at the Library 6:30 to 7:45 for kids 2 to 8 “Cloudy with a Chance of Meatballs”
January 9	Epping Community Church Food Pantry 9–11 am Coats of Caring 9-10 am
January 10	American Legion Post 51 Sunday breakfast 9:00-11:30 am
January 11	Summer registration starts at Epping Recreation
January 11	Friends of the Library 7 pm
January 12	Eclectic Book Group at the Library 7 pm
January 13	Orientation meeting/Rental Measuring for Skiing/Snowboarding lessons at EES at 6:30 pm
January 13	Friends of Epping 6 pm Watson Academy
January 14	Seniors meeting at Watson Academy 1 pm Fire Dept Defibrillator demonstration
January 14	Epping Community Church Food Pantry 9–11 am Coats of Caring 9-10 am
January 15	Epping Bible Baptist Church Food Pantry 1:00 – 2:30 pm
January 15	Teacher Inservice Day – NO SCHOOL
January 15	Civil War Roundtable of NH meeting at 7:15 pm in Town Hall
January 16	Epping Community Church Food Pantry 9–11 am Coats of Caring 9-10 am
January 18	Civil Rights Day – NO SCHOOL
January 18	Library Board of Trustees Meeting 7:15 pm
January 19	Cub Scouts night at the Manchester Monarchs hockey game
January 20	Dusty Ol’ Mystery Book Group at the Library 7 pm
January 21	Epping School Board meeting 7 pm in Epping Town Hall
January 21	Epping Community Church Food Pantry 9–11 am Coats of Caring 9-10 am.\
January 21	Seniors trip to the Boston Museum of Science
January 22	Epping Bible Baptist Church Food Pantry 1:00 – 2:30 pm
January 23	Big Shoe-Family Snow Shoeing from 11 am to 1 pm
January 23	Epping Community Church Dinner 5 to 7 pm “Chowda Fest”
January 23	Epping Community Church Food Pantry 9–11 am Coats of Caring 9-10 am
January 26	Epping Lions Club meeting 6:30 pm in EHS Media Center
January 27	Friends of Epping 6 pm Watson Academy
January 28	Epping Community Church Food Pantry 9–11 am Coats of Caring 9-10 am
January 30	Epping Community Church Food Pantry 9–11 am Coats of Caring 9-10 am

Epping Calendar of Events for February 2010

Date	Event
February 1	EES PTO meeting 7:00 pm
February 2	New Mystery Book Group at the Library 7 pm
February 4	Epping School Board meeting 7 pm in Epping Town Hall
February 4	Kick off assembly with Artist in Residence at EES, Andrew Pericle 10:00 am
February 4	Epping Community Church Food Pantry 9–11 am Coats of Caring 9-10 am
February 6	Epping Community Church Food Pantry 9–11 am Coats of Caring 9-10 am
February 6	Skiing and Snowboarding lessons start Saturdays for 4 weeks
February 8	Friends of the Library 7 pm
February 9	Eclectic Book Group at the Library 7 pm
February 10	Friends of Epping 6 pm Watson Academy
February 11	Seniors meeting at Watson Academy 1 pm
February 11	Epping Community Church Food Pantry 9–11 am Coats of Caring 9-10 am
February 12	Epping Bible Baptist Church Food Pantry 1:00 – 2:30 pm
February 12	Pajama Night at the Library 6:30 to 7:45 for kids 2 to 8 “Hearts and Hugs”
February 13	Epping Community Church Food Pantry 9–11 am Coats of Caring 9-10 am
February 14	American Legion Post 51 Sunday breakfast 9:00-11:30 am
February 15	Library Board of Trustees Meeting 7:15 pm
February 17	Dusty Ol’ Mystery Book Group at the Library 7 pm
February 18	Epping School Board meeting 7 pm in Epping Town Hall
February 18	Epping Community Church Food Pantry 9–11 am Coats of Caring 9-10 am
February 19	Reading Jamboree 9:00 am to 2:30 pm at EES to celebrate end of “I Love to Read” month
February 19	Cub Scout Blue & Gold Banquet
February 19	Epping Bible Baptist Church Food Pantry 1:00 – 2:30 pm
February 19	Civil War Roundtable of NH meeting at 7:15 pm in Town Hall
February 20	Epping Community Church Food Pantry 9–11 am Coats of Caring 9-10 am
February 22-26	WINTER VACATION - NO SCHOOL
February 22-26	Vacation Movies each afternoon at the Library at 1 pm
February 22-26	Fun at Epping Rec – Trips, movies, bowling, gymnastics, tube skiing
February 23	Deadline date to submit material for the March-April issue of the Newsletter
February 23	Epping Lions Club Meeting 6:30 pm
February 24	Friends of Epping 6 pm Watson Academy
February 25	Epping Community Church Food Pantry 9–11 am Coats of Caring 9-10 am
February 27	Epping Community Church Dinner 5 to 7 pm “Turkey Dinner”
February 27	Epping Community Church Food Pantry 9–11 am Coats of Caring 9-10 am

If you would like your next event to appear on the Calendar of Events, please send us an email at speakupepping@gmail.com by **February 23, 2010**. Please include the date, event name, location and time.