



Speak Up, Epping! Newsletter

Volume 3, Issue 4

Epping, New Hampshire

July, August '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.

Check Out Our Newsletter Website

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

Help Support Our Troops All Year Long

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

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

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

Pease Greeters Care Package Wish List

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

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

Food items-individually packed to share

Cookies	Coffee-1lb	Dried Fruit
Nuts	Gum	Tootsie Pops, Rolls
Trail mix	Beef Jerky	Granola Bars
Pop-tarts	Hard Candy	Freeze Pops
Micro-wave popcorn		Slim Jims
Crystal Light, etc.	-on the go drink mixes	

Fun stuff for the Troops

Frisbees	Yoyos
Dice	Playing cards
Baseballs	Small Nerf Balls
Rubik Cubes	Small card games

Items that cannot be sent

Any food containing pork
Adult books or magazines

Another way to support our troops

Donate your old cell phone. More than 150,000 troops are serving overseas and are away from their families. Please make a donation of your old cell phone and provide these soldiers with a much needed connection to their loved ones. There is a drop off box at the Epping Town Hall for your convenience.

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

Names in the News

Todd Blanchard

Todd is a 2009 Epping High School Graduate. He joined the United States Marine Corp in September of 2009 and reported to boot camp in Parris Island. After graduating as a Private First Class, Todd went to Camp Bliss in El Paso, Texas, for training. This past May, Todd joined the fleet in North Carolina at Cherry Point. Two weeks after reporting for duty, Todd was promoted to Lance Corporal. Good going Todd. We are proud of you!

Epping's Top Ten Seniors

The Epping High School named the top 10 seniors for the Class of 2010. They are:

Stephanie Arsenault - Valedictorian

Marissa Bean

Victoria Goulet

Erika Grimshaw

Samantha Hamel

Victoria Mathews

David Morejon

Bre-Ann Perkins

Kristen Pitkanen

Kayla Vasseur



Epping Lions Club

"We Serve"

Since 1917, Lions clubs have offered people the opportunity to give something back to their communities. Today there are more than 45,000 clubs in 199 countries and geographical areas. Lions club members are men and women who strive to make a difference in their local community as well as communities worldwide. Their volunteer efforts go beyond the support of vision care, to addressing unmet health and education needs worldwide.

Our Epping Club is now in our second year and going strong. As a Lions club member, you can:

- Make a difference everyday in your community.
- Be a part of a worldwide organization
- Grow personally and professionally
- Gain an understanding and have an impact on local and international humanitarian issues.
- Develop relationships with both local and international community and business leaders.

For more information on becoming a Lion, please call or email any of our officers:

Pam Tibbetts, President

lampreygirl@hotmail.com.....679-5572

Steve Colby, Vice President (& website)

stevecolby57@gmail.com.....679-2823

Colleen Palmer, Secretary

colleenmariepalmer@hotmail.com.....679-3554

Jen Adams, Treasurer

jenadams24@comcast.net.....679-8927

Bob Jordan, Vision Chairman

skidoo4us2@gmail.com.....679-5087

Deb Brooks, Eye-glass Collector

lexusreina@comcast.net.....679-5407

Senior Moments

The Epping Watson Academy Senior Citizens Club is thinking Christmas. Get this - the response for knitted caps for the soldiers was so wonderful that they now don't have enough heads to put them on. Isn't that great? Our new project is Christmas stockings for our soldiers. If we start in July, we should be done by November. Not all of us will sew, so the rest will collect items to put in the stockings. This new request is also out there everywhere. So just picture it - all soldiers over there somewhere opening their stockings on Christmas! Can you imagine just how many? Dare to guess? (We'll let you know later.)

We were very happy to help three young people attend the summer Recreation Program through our donation. Government funding is no longer available for these kids so we hope others will help as well. It's a wonderful cause right here at home. Wonder if they play our games - like - kick the can, dodge'em and keepsies.

We're relinquishing the "Blue Bird" over to the Recreation kids for the summer. It looks like it will be busy every day. In the meantime, we're making plans to get back on the bus in the fall to fun places such as the Castle in the Clouds, etc. Our last bus trip was to the Desert of Maine, stopping at Portland for the night where we saw places we never took time to enjoy before. It was a lot of fun BUT - no more bus trips on hot days!!!

One of our favorite trips was to the Harvey Farm on Red Oak Hill, Epping, for a Club picnic. We really enjoyed the newly renovated milking parlor and the famous homemade ice cream and warm fresh donuts. What a combination! Talk about sinful food for seniors. We plan to do this once a year. That should please our doctors. The hospitality was great. Check it out this summer - such clever folks.

We won't stay home all summer though. One trip will be on the train to Old Orchard Beach where we'll enjoy the ride, the food and the sights!

We thank all the friends who stopped at our Memorial Day Bake Sale to buy and say hello. Did anyone else notice that there were many more residents observing the special day than ever before? We were impressed to see so many appreciate our war heroes and our community. Thank you American Legion for a wonderful parade and great hamburgers and hot dogs.

Ready for another frown breaker? >>>>>>Two old ladies were traveling in the car and the passenger noticed that they went right through two red lights. As they started through the third, she screamed to her friend, "You just drove through three red lights!" Her friend replied, "Oh, am I driving?" >>>>>> Message - driver beware.

By the way, each Club meeting includes a program. We invite local people, friends and neighbors to come and talk about their hobbies, history or whatever. Everyone has a story to tell and we really are good listeners.

Submitted by Irene R. Cote



Epping Garden Club

Attention All Gardeners!

Whether you have an extensive garden or just a few pots on a windowsill, the Epping Garden Club would love to have you join us in our efforts to beautify Epping. Originally formed in 1932, the Epping Garden Club was the very first Garden Club in the state. Newly reformed we have grown from just four members to nearly two dozen in just two short months! You may even have noticed our plant sale at the Memorial Day parade as well as the work that we have done at the library, DAR Park and a few of the triangles around town. In the future we hope to bring back some of our traditional programs such as our Wreath Making class and start some new ones such as a downtown window box contest.

During our May meeting we elected our club officers. Debbie Allen, who some of you may know from her work in the evenings at the library, is our President. Kathy Glass is our Vice-President, Michelle Curtis is our Treasurer, and our Secretary is Mary-Jo Hinkle. Anyone interested in joining the club can just come to one of our meetings – held at the library the first Wednesday of each month at 8:00 pm or send an email to eppinggardenclub@yahoo.com for more information. We look forward to meeting you!

Donations needed for Rockingham County 4-H Foundation Benefit Auction

Help local youth by donating new merchandise or gift certificates, large or small, to the 2010 Annual 4-H Benefit Auction! Each year, the Rockingham County 4-H Foundation holds a benefit auction at the Stratham Fair to raise money for youth participating in 4-H activities. This is the foundation's major fundraising event each year. Tax deductible donations of any size are welcome and greatly appreciated.

The live auction will be held on Saturday, July 24 at 5 p.m. This year, a "penny sale" raffle will be added for smaller items and baskets of items put together by local 4-H clubs, with the drawing held at noon on Sunday, July 25.

Thanks to many generous donations last year, over \$4,000 was raised to send local youth to county, state, and national events. The money also supports 4-H youth development programs, and provides continuing education scholarships and recognition for 4-H youth and volunteer leaders.

To donate an item for the 4-H Benefit Auction, or for more information, please contact the Rockingham County 4-H Foundation at rc4hfoundation@gmail.com or call the 4-H office at (603) 679-5616. Donations may also be mailed to the 4-H office at 113 North Road, Brentwood, NH 03833.



Leddy Center

Leddy's summer blockbuster Broadway Musical is "Oliver". Consider Yourself, As Long as He Needs Me, Oompapa, and Where is Love? are just a few of the famous tunes from this amazing musical, running July 9 - July 25.

MARY'S back! on Friday, October 1, at 7:30 pm with her great NYC Band and style!

And then there's "Annie", America's favorite little girl. The Sun Will Come Out Tomorrow is just one of the famous songs from this Broadway musical, running October 29 - November 17, including 6 daytime performances for schools.

Leddy rounds out its season with the traditional Christmas classic, Charles Dickens' "A Christmas Carol".

Join Leddy year 'round with a Subscription Series ticket and enjoy all the shows and concerts at a discount price. Great music, great

entertainment in your own backyard, right here in Epping for 35 years.

Call Leddy Center at 679-2781 or go online at www.leddycenter.org for more information on everything, including our Leddy School for the performing arts offering private lessons in voice, piano, brass, and woodwind instruments and classes in musical theater, as well as exciting and fun Summer Camps in Voice and Musical Theater. Summer Camps will be held every day for two weeks from 9:00 a.m. to 1:00 p. m. from June 28 through July 9.

See you at the show!



ETV Schedule

Channel 22 - ETV - Schedule - live programs

Monday – July 5 & 26, August 9 & 23 - Selectmen - 7 pm

Tuesday – July 6 & August 3 - Water & Sewer - 7 pm

Tuesday – July 27 & August 31 - Firewards - 7 pm

Wednesday - July 14 & August 11 – Recreation – 7 pm

Wednesday – August 18 - Budget Committee - 7 pm

Thursday – July 15, August 5 & 19 - School Committee - 7 pm

Thursday – July 22 & August 26 - Planning Board - 6 pm

Studio E Roundtable with Town Administrator Dean Shankle

Monday, Tues & Wednesday - 6 pm

Friday & Saturday - 12 pm

Monday Meetings are rebroadcast:

1/2 hour after meeting

Tuesday - 7 am

Wednesday - 11 am

Thursday - 3pm

Monday - 2 am

Tuesday meetings are rebroadcast:

1/2 hour after meeting

Wednesday - 7 am

Thursday - 11 am

Monday - 3 pm

Tuesday - 2 am

Wednesday Meetings are rebroadcast:

1/2 hour after meeting

Thursday - 7 am

Monday - 11 am

Tuesday - 3 pm

Wednesday - 2 am

Thursday meetings are rebroadcast:

1/2 hour after meeting

Monday - 7 am

Tuesday - 11 am

Wednesday - 3 pm

Thursday - 2 am

Please consult the ETV Bulletin Board or the Town website at <http://www.ci.epping.nh.us> for any changes or updates.

You may also see complete programs at your convenience by going to: <http://etv22.pegcentral.com>



Scouting Around Epping

Cub Scout Pack 136

This is a very active Pack and welcomes new members. The new Cubmaster is Craig Clough with Steven Sylvain as Assistant Cubmaster.

Boy Scout Troop 136

To learn how to join either Scout organization, call Cliff Cray at 679-5125.



Girl Scouts

In Girl Scouts, you can:

Learn a new sport; travel and go on overnights; make friends, explore science, nature, and the world around you; have a ton of fun, and make a difference in your community and the world all with other girls your age with guidance from really great adults. Girl Scouts is a place where you can be yourself, enjoy the things that interest you most, and explore new ideas. Through Girl Scouting, you will discover the fun, friendship, and power of girls together.

Girl Scout programs are available for girls Grades K-12. For more information, contact Martha Abney, Service Unit Manager - Epping/Fremont 303-9497, liber@comcast.net.

or visit Girl Scouts of the Green and White Mountains at www.girlscoutsgwm.org.



Explorer Post 716 and the Epping Fire Department

Epping Fire Department

In July, Jeff LeDuc assumes the position of Epping's first full time Fire Chief. For more information on the Fire Department, e-mail chiefleduc@eppingfire.com

The Fire Department has a certified infant car seat inspector. Make an appointment with Tim to have your car seat checked. Call 679-5446.

Explorer Post 716

We have several new members and look forward to more youth joining our ranks. This group is co-ed and youth 14 and older are encouraged to join. Anyone interested in joining please call Cliff at 679-5125.

Police Explorer Post 714

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

American Legion News

Monthly Breakfast Buffet! Monthly breakfasts will be held Sunday July 11th and Sunday August 8th. 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!

The Civil War Roundtable of NH

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

The CWRT does not meet in July and August but the meeting schedule for this fall is:

2nd Friday September 10

3rd Friday October 15

2nd Friday November 12

No meeting in December

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

Epping Community Church

ECC Contact Information

We are always delighted to welcome visitors and new residents of Epping to our worship service. You are always welcome

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

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

During the 2009 calendar year, the food pantry program served over 1500 families and individuals. A very special "thank you" to those who join us in caring for others.

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. **DONATIONS ARE NEEDED.**

Hours of Operation

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

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

We will be moving the Food Pantry into newer, larger quarters to better serve the community.

Thanks for your support!

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.

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

FRIDAY NIGHT PIZZA takes place 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.

UP COMING EVENTS

The Epping Community Church is continuing with its **Third Saturday Dinners**. There will be a July Dinner on Saturday, July 17, from 5 to 7 pm, a Fish Fry hosted by the McPhee family at the Epping Community Church. The cost will be \$8 and all proceeds will benefit the Building Fund. There will be no August Dinner.

St. Joseph Church

208 Pleasant St. (Rte 27)
Epping NH 03042
Office # 679-8805

Religious Education classes will begin on September 12, 2010. If you register your child(ren) by August 11th, the fee is \$35 per child. After August 11th, the fee is \$45. Please talk to Fr. Von or Lisa Dodge if you need help with tuition. No child is denied Religious Education classes if the fee is not paid. All classes will be held at the Church. Register early to get the class you want.

Registration forms will be on our website: <http://stjosepheppingnh.com> or on the bookrack in the Narthex of church.

Epping Bible Baptist Church

July 4 - Join us for Breakfast 8:00 – 9:15 a.m. in the Fellowship Hall. Sunday School for all ages at 9:25 a.m. Morning worship 10:45 a.m. Special Old Fashioned Day. Join us for a potluck lunch and a service following. There will be no evening service.

Sundays: July 11, 18, 25

August 1, 8, 15, 22, 29

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: July 5, 12, 19, 26

August 2, 9, 16, 23, 30

6:30 pm - Faith Bible Institute at EBBC

Wednesdays: July 7, 14, 21, 28

August 4, 11, 18, 25

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

7:00 pm - Prayer meeting at Parsonage

Thursdays: July 8, August 12

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

Fridays: July 9, 16, 23; August 13, 20

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

Saturdays: July 3, 10, 17, 24, 31

3:00 pm - Youth Group at the Porch

August 7, 14, 21, 28

7:00 p.m. Youth Group

News from the Historical Society

In addition to presenting two well attended programs, your Epping Historical Society has been especially busy during its usual Monday and Wednesday hours, with visitors dropping in or calling for information from all over the country.

It was also a total pleasure to attend Awards Night at the High School and present our \$700.00 Scholarship to **Victoria Matthews**, daughter of Neal and Michelle Matthews and one of our top graduates. In addition to many athletic and academic accomplishments, she has participated in the National Honor Society, has won the AP U.S. History Award, the French Award and the Saint Anselm College Book Award. Victoria hopes to one day become a history teacher and to work as a missions team leader in Haiti or Africa. She has been accepted into the honors program at the University of New Hampshire where she plans to major in history. Congratulations Victoria!

The Historical Society building is open and welcomes visitors each Monday from 10 am to 1 pm and on Wednesdays from 10 am to 2 pm. Please call Madelyn Williamson at 679-5482 or Joy True at 679-8855 for information or to schedule an appointment.

Submitted: by Madelyn Williamson



Harvey-Mitchell Memorial

Library

151 Main Street, Epping – right next door to
Town Hall
(603) 679-5944

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

We are preparing for a fun summer here at the library. Our 6th annual Toy Sale was held on Saturday, June 26th and we made more than in any previous year! HUGE thanks go to the many volunteers who helped, all the families who donated toys and to Heather Clark for organizing this record breaking year and donating the use of her sheds, garage, truck, trailer and husband, Chet. There was a great deal of work involved, and it all got done! We hope to create a Toy Sale committee so the myriad of tasks can be shared in future years. With no line item in the library budget for summer reading, the Toy Sale is our only fundraiser, enabling us to stock the SRP Store with wonderful incentives for Epping's young readers.

Library Trustees meet the 3rd Monday each month at 7:15 – July 19th and August 16th.

Cinema 151: formerly called “Dessert and a Movie” – adults are invited to come enjoy a recent release on our 9 foot screen with stereo surround sound - 4th Thursday each month @ 7:45. We now have padded folding chairs, so camp chairs are optional!

July 22nd – “The Bounty Hunter”

August 26th - “Death on the Nile”

Recently Added Fiction:

Catherine Coulter	Whiplash
Justin Cronin	The Passage
Clive Cussler	The Spy
Jeffrey Deaver	The Burning Wire
Nelson DeMille	The Lion
Paul Doiron	The Poacher's Son
Janet Evanovich	Sizzling Sixteen
Carolyn Haines	Bone Appetit
Dean Koontz	Frankenstein: Lost Souls
Johanna Lindsey	That Perfect Someone
Elizabeth Lowell	Death Echo
Sharyn McCrumb	The Devil Amongst the Lawyers
Steve Martini	The Rule of Nine
Diana Palmer	Dangerous
Tom Rachman	The Imperfectionists
Patrick Robinson	Intercept
M. Glenn Taylor	The Marrowbone Marble Company

Nancy Thayer

Edward Wilson

Beachcombers

Anthill

Programs for Children

Splash Into Summer! Epping's Summer Reading Program

Once again, Epping Elementary School Librarians Barbara Young and Maryanne Nicosia will be coming down the hill to run the summer reading program at HMML. This year they will help kids ages 5 - 11 **“Make a Special Splash”** as they spend 6 weeks exploring the subjects EES students know as “specials”. Reading logs are available for independent readers as well as children who are being read to. For every 30 minutes read, children will earn \$1.00 in ‘splash cash’ to spend in the SRP Store and get a ticket to work on an amazing assortment of projects and challenges in art, music, health, computer and reading. A roll of the dice will determine which topic the child will focus on for that visit. At the end of the program all the projects will be compiled into a Summer Splash Scrapbook to be taken home. This is a drop-in program running June 28th through August 5th Monday through Thursday from 10 to 2 and Wednesday evenings from 5 to 8. Families are invited to stop in anytime during these hours to participate. We welcome Epping teens Colin Nollet and Tess Kucera to our summer reading staff this year after their many summers of volunteering.

In addition readers of all ages may participate in our **“Splashing Around Epping”** scavenger hunt. Once 30 minutes has been logged, readers are eligible to make their own stamp book and stamp. Each visit to the library yields a clue that will lead to a place of interest in Epping. Each location will host a “letterbox” with a stamp, inkpad and booklet. Upon discovering the clue's ending location, readers will use their personal stamp to mark the host book then use the host stamp to mark their own book. Each week there will be a different letter hidden among the locations. By summer's end those having found S-P-L-A-S-H will be entered in a drawing for special prizes.

While “Make a Special Splash” ends after the annual Barbeque and play by the UNH Theater Troupe “Little Red Wagon” on August 4th, the SRP store and the scavenger hunt will continue until August 21st.

Preschool Storyhour: During the 6 weeks of Summer Reading our Storyhour moves to its summer schedule. From June 30th to August 5th we will meet on Wednesdays @ 9:15 and Thursdays @ 9:15 and 2:30. This is a drop-in program designed for children ages 2 to 6 that will follow the

Splash theme with a focus letter and age appropriate activities each week. The kids have a little time to explore the library, look for books and play with friends before sitting down for songs and stories with Miss Tracie, and then may participate in the related craft project. Older preschoolers may enjoy the projects in the "Make a Special Splash" program and are welcome to participate especially if they have older siblings. Preschoolers can fill out a "Read to Me" reading log to earn splash cash just like the big kids to spend in the SRP store.

Pajama Night: This summer we will have just one Pajama Night on Friday, July 9th, but we will make up for the Princess Tea that never happened in May. This will be a special dress-up event for all princes and princesses, complete with stories, projects and a dazzling scavenger hunt Fancy Nancy would be proud of!

Prince and Princess Pajama Night – Friday, July 9th 6:30 to 7:45

Friends of the Library...

Thank you to the Friends for their extra generous donation of \$300 to the Summer Reading Program, and for the purchase of a new color printer for the children's room computers. No more stampeding on the stairs to pick up printouts!

The FOL Book Sale Room will be closed for the summer as we clean out the room and prepare for a bathroom renovation project. There will still be newer book sale items for sale upstairs. We plan to re-open the Book Sale in the fall. Please hold book donations until then. Thank you for your patience.

The Friends 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.

F.O.L. will not meet again until September. Have a great summer!

Epping Recreation Department News

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

Director, Seth Hickey

17 Academy Street

PH: 679-3301 F: 679-3006

rec@townofeppping.com

epppingrecreation.org/avenueayouthcenter.org

Join us on Facebook and follow us at Twitter

The Recreation Department aims to provide the residents of Epping with a broad selection of recreational, educational, and cultural leisure opportunities that will enhance the quality of life for

all residents. We are always working to establish new programs and facilities that meet the community's changing needs.

REGISTRATION WILL START ON JULY 26TH

ELEMENTARY PROGRAM K-5TH GRADE

MIDDLE SCHOOL PROGRAM 6TH-9TH GRADE

Pricing for the program will be posted on the recreation website, prices will not be increasing for next year!

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.

New programs this fall, Kettle Club and Eagle Tracks!

Girls Inc.

Mondays 2:45-4:00 pm, Town Library

Girls Incorporated is a program for middle school girls that will be held every Monday after school. Based on Girls Inc national curricula this program provides a safe environment for girls to express themselves and gives them a chance to make sense of the culture we live in as they begin adolescence. Special emphasis will be placed on building positive relationships, getting to know each other, and having fun! Each week will include activities, projects, games, and more.

Girls Incorporated topics will include: questioning the media's narrow definition of beauty, discussing personal safety and learning self-defense, finding healthy ways to eliminate stress, and learning ways to communicate with one another.

If you have any questions about this program feel free to call Meredith Post, Girls Inc Enrichment Specialist at (603) 841-5529 or

MeredithPost@girlsinnewhampshire.org

Summer Programs

Summer Registration has opened. Check epppingrecreation.org for trip details and weekly themes! This will be the summer of fun! Same weekly rates as last year, but twice the fun!

Two Summer Camps – REGISTRATION HAS CLOSED FOR THIS YEAR

Grades 1 – 5 at Epping Elementary School "The River Otters"

Grades 6 – 9 at Watson Academy "Avenue A"

Regular day, 8:30 am – 4:00 pm

Extended day available, both morning and afternoon

Sign up for just the Trips! Listed on our website.

Join us in the afternoons for Archery (1 – 2 pm), Rock Band or Eagle Tracks Survival Program (1 - 3 pm).

For a full listing of trips and summer camp events, visit eppingrecreation.org for youth in grades 1 to 5 and our new web site, avenueayouthcenter.org for youth in grades 6 – 9.

Introduction to Junior Olympics Archery

Class is for children who are new to archery and archery competition. Form and safety will be emphasized. Participants will shoot for achievement levels. Equipment will be provided or bring your own (subject to approval by instructor) Ages 7-17 No experience required. Classes will be held at the Elementary School Field.

One Day Clinic – Introduction to archery, a great way for kids to see if they like it, without having to commit to the program.

July 5th from 1 – 2 pm Cost \$15

SPACE IS STILL AVAILABLE FOR THESE CLASSES

Mondays 1-2 pm

Summer Session 1

July 5th – July 26th

Cost \$60 per person

Summer Session 2

August 2nd- August 16th

Cost \$45.00 per person

New England School of Archery, INC.

Ceramics

Fridays, 3:30-4:30 pm Watson Academy

\$2 per class, green ware priced separately

PROGRAM DIRECTOR: Barbara Young is a multitasking 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 need to bring is your enthusiasm, curiosity and creativity. Open classes are held weekly on Fridays, on an ongoing basis.

Red Cross Classes at Watson Academy

July13 - Adult CPR/ AED 6-10:30pm

August 21 - Babysitting Training 9am-3:30pm

August 24 - First Aid 6-10:30pm

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

Martial Arts Programs at EES

Both classes are offered in 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 pm, \$65 per month

This winter!

Ski and Snow Board Lessons

January 5 and continues for 5 weeks

After school on Wednesdays

The price for lessons this year is going up \$5 to \$125 for groups, Rentals are \$60 and helmets are \$15. All prices are for the entire 5 weeks of lessons. There will be bus transportation available for an additional cost.

Join us on Facebook and follow us on Twitter!

Families First of the Seacoast

Parents and kids are invited to weekly "Morning Out" in Epping.

Are you wondering how you will make it through the long summer days with your young children? Do you wish there were other adults you could talk with about parenting issues?

Families First Health and Support Center is partnering with Epping Elementary School and the Family Assistance Network to offer Family Morning Out, a free, relaxed program for kids ages birth through six and their caregivers, this summer. The program is split into two parts. The first half is family time, with play, song circle, creative activities, snack and story. In the second half, children have fun with Families First's child care staff, while adults enjoy lemonade and informal question and answer sessions with these guest speakers:

July 15: Lamprey Health Care: Immunization Information

July 22: Kathy Stanley-Berting, Epping Elementary and Middle School: School Readiness

July 29: Heather Jones: Breathing and Relaxation

August 6 Dawn Huebner, PhD, psychologist

and author: Preschool Behavior and Challenges

August 12: Open Discussion

Family Morning Out meets on Thursdays, July 15 through August 12, from 9:30 to 11 a.m. at Epping Elementary School. There is no charge to attend, but advance signup is required. Older siblings are welcome. To sign up, call Families First at 603-422-8208 (press 2).

Families First, the Seacoast's community health center, has been providing parent education for over 15 years and offers a wide range of classes and support groups as well as affordable health care. For more information, visit www.FamiliesFirstSeacoast.org.

Support for this program comes from the NH Department of Health and Human Services, the Foundation for Seacoast Health, Exeter Hospital, the NH Children's Trust Fund, the Fuller Foundation, the Town of Exeter and Walmart Distribution Center (Raymond).



Epping School District News

Teachers' Agreement Passes

On June 22, Epping voters passed the Teachers' Agreement 305 to 156.

School Begins

The first day for students is Tuesday, September 7, 2010. 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 2010-2011 School Calendar. Students attending Seacoast School of Technology start Monday, August 30, 2010 per the SST School Calendar.

Bus Routes

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

Immunizations and Physicals for School

Epping School District requires all students to meet the physical examination and immunization requirements for school entrance. Please check with your medical provider to see if your child is

current with immunizations. Information can also be found by visiting the school website at www.sau14.org under School Nurse. School Board policy also recommends that a physical examination be performed within 12 months of starting grade 6 and grade 9. A physical examination must be performed within 12 months of the athletic sport date. Student athletes continuing to participate in the athletic program must be re-examined within two years of the previous physical examination on file. For example, if an exam was performed September 2008, another exam would be required by September 2010 to continue athletic eligibility. (Policy JLCA and JLCB can be referenced on the district website at www.sau14.org under school board and policy.)

Happy Retirement to Francis Galley

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 11 years of service to the Epping Elementary School and best wishes on your retirement.

Please visit the Epping School District Website at www.sau14.org for the following district news. All news may be accessed from the website main page.

The 2010-2011 school year calendar was approved by the School Board and submitted to the NH Department of Education for approval. Full calendar is available on the website.

The first day of school for students is Tuesday September 7, 2010.



School Board Meeting Schedule

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

- July 15
- August 5 and 19

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 (**September-October**) of this newsletter will be available on our website on **September 1, 2010**. We will accept **submissions through August 26, 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

Thanks for reading! - The Communications Group



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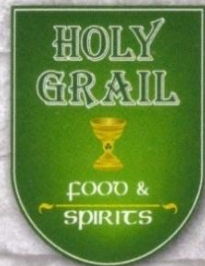
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Save these pages for future reference

Epping Calendar of Events for July 2010

Date	Event
July 1	Epping Community Church Food Pantry 9–11 am
July 3	Epping Community Church Food Pantry 9–11 am
July 7	Epping Garden Club 8 p.m. in the Library
July 8	Epping Community Church Food Pantry 9–11 am
July 8	Seniors meeting at Watson Academy 1 pm
July 9	Prince and Princess Pajama Night at the Library 6:30 to 7:45 pm for kids 2 to 8
July 9	Epping Bible Baptist Church Food Pantry 1:00 – 2:30 pm
July 9 – 25	“Oliver” at the Leddy Center
July 10	Epping Community Church Food Pantry 9–11 am
July 11	American Legion Post 51 Sunday breakfast 9:00-11:30 am
July 14	Friends of Epping 6 pm Watson Academy
July 15	Epping School Board meeting 7 pm in Epping Town Hall
July 15	Epping Community Church Food Pantry 9–11 am
July 16	Epping Bible Baptist Church Food Pantry 1:00 – 2:30 pm
July 17	Epping Community Church Dinner 5 to 7 pm “1 st Annual Fish Fry”
July 17	Epping Community Church Food Pantry 9–11 am
July 19	Library Board of Trustees Meeting 7:15 pm
July 22	Epping Community Church Food Pantry 9–11 am
July 22	Cinema 151 at the Library 7:45 pm “The Bounty Hunter”
July 23	Epping Bible Baptist Church Food Pantry 1:00 – 2:30 pm
July 24	Epping Community Church Food Pantry 9–11 am
July 24	Rockingham County 4-H Foundation Benefit Live Auction 5 p.m.
July 25	Rockingham County 4-H Foundation Benefit Drawing at Noon
July 28	Friends of Epping 6 pm Watson Academy
July 29	Epping Community Church Food Pantry 9–11 am
July 31	Epping Community Church Food Pantry 9–11 am

Epping Calendar of Events for August 2010

Date	Event
August 4	Epping Garden Club 8 p.m. in the Library
August 5	Epping School Board meeting 7 pm in Epping Town Hall
August 5	Epping Community Church Food Pantry 9–11 am
August 7	Epping Community Church Food Pantry 9–11 am
August 8	American Legion Post 51 Sunday breakfast 9:00-11:30 am
August 9	Friends of Epping 6 pm Watson Academy
August 12	Seniors meeting at Watson Academy 1 pm
August 12	Epping Community Church Food Pantry 9–11 am
August 13	Epping Bible Baptist Church Food Pantry 1:00 – 2:30 pm
August 14	Epping Community Church Food Pantry 9–11 am
August 16	Library Board of Trustees Meeting 7:15 pm
August 19	Epping School Board meeting 7 pm in Epping Town Hall
August 19	Epping Community Church Food Pantry 9–11 am
August 20	Epping Bible Baptist Church Food Pantry 1:00 – 2:30 pm
August 21	Epping Community Church Food Pantry 9–11 am
August 23	Friends of Epping 6 pm Watson Academy
August 26	Cinema 151 at the Library 7:45 pm
August 26	Epping Community Church Food Pantry 9–11 am
August 26	Deadline date to submit material for the September-October Newsletter
August 28	Epping Community Church Food Pantry 9–11 am
September 7	FIRST DAY OF SCHOOL

If you would like your next event to appear on the Calendar of Events, please send us an email at speakupepping@gmail.com by **August 26, 2010**. Please include the date, event name, location and time.