



Speak Up, Epping! Newsletter

Volume 2, Issue 3

Epping, New Hampshire

May, June '09

About this Newsletter

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

Brand New Newsletter Website

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

Please Help!!!

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

Downtown Revitalization Committee

There will be a Downtown Clean up Day May 16 from 10-12. Bring brooms, rakes and a truck would be helpful. Anyone in Epping is welcome to join the Committee. For more information, contact Jane at Whitebarn245@aol.com or 679-2573.



Epping Garden Club Honored

The Epping Garden Club will receive a Community Beautification Award from the NH Arborists Association. The award will be given out by Governor Lynch at a State House Ceremony on May 1. The award recognizes outstanding efforts in public landscape management and beautification.

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

Memorial Day

Memorial Day will be observed in Epping on May 25th. The Parade will start at 10:00 a.m. and will include the EHS Band, Boy Scout Troop 136 and Cub Scout Pack 136. There will be an Open House at the Historical Society from 10:00 a.m. to the end of the Parade. The Library will be closed for regular business, but the building will be open from 9 a.m. to 12 p.m. for people in town for the Parade. The Book Sale Room will be open. There will be a plant sale by the Library from 9:00 a.m. to end of Parade.

Senior Moments

The Epping Watson Academy Senior Citizens Club was extremely impressed with the generous donations to our annual Yard Sale. It was overwhelming! Having such wonderful friends is priceless. Of course, the other side of the golden coin was more wonderful friends who walked through the door looking for treasures and bargains. We think they found both. Together, it was a WOW day! The greatest success ever. During the Sale, someone asked "when are you "guys" going to be too old to do this? My answer was "Old?" But as this young person walked away I said to myself "Good question." We did go home to

Ibuprofen but it was a lot of fun - fun working as a team and fun talking with so many friendly people. So, maybe we'll be back next year and maybe so will you. Thanks again.

Now the Club is preparing for our 10th Anniversary. It will be ten years in October since the Epping Watson Academy Senior Citizen's Club was incorporated. Most will fondly remember Helen Gauthier who was our first President. The Club was her dream and great accomplishment. It continues to flourish with a full history and busy plans for the future. We'd like to share this special celebration with the community, so watch for more news of dates and events.

We are really excited to have our own Web Page. Please visit us at www.eppingrecreation.org.



Ledd Center

The Leddy Center has moved to Ladd's Lane in Epping! All classes and private lessons are now being held at the Leddy Center's new location. We hope all of Epping will come and enjoy Leddy Center's new "digs" in this beautiful new theater.

Leddy Center's next production in its new location will be Mary Gatchell in Concert on Friday, May 8, at 7:30pm.

Other coming attractions are Gilbert and Sullivan's "The Pirates of Penzance" in July, Mary Gatchell in Concert in October, "Charlie and the Chocolate Factory" in October and November and "A Christmas Carol" in December. Join us for a fabulous Season 2009 at the Leddy Center on Ladd's Lane! Ticket prices are \$18 and \$16. Ticket Office hours are Monday, Wednesday and Friday from 3:00 - 5:00 p.m.

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



Scouting Around Epping

Cub Scout Pack 136

The Cub Scout pack has been very busy as we come into spring. The annual Pinewood Derby has been held. This is where a Cub Scout takes a kit with 4 plastic wheels, 4 nails and a block of wood and they use their imagination to build a better car than their fellow scouts. The 1st place winners this year are "Tigers", Timothy Gibb from Fremont, "Wolf" Owen Joyal, "Bears" Christopher Currier, "4th grade Webelo's" Alex Cray, and "5th grade

Webelo's" TJ Crocker. Owen Joyal had the fastest car in the pack and took home the traveling trophy.

On April 15th the Boy Scouts assisted the Cub Scouts with a graduation ceremony from the Webelo's den to the Boy Scout Troop. Those crossing the bridge into Boy Scouts were Tom Ayer, Justin Bacon, Zach Bickford, TJ Crocker, Joshua Houston, and Tyler Wilkins.

On April 18th the pack traveled to Boston and the Science Museum for an overnight lock-in. Cub master Matt Cray will present Museum patches to the Scouts that attended at the May Pack meeting. These patches are good for admittance to the museum for the rest of the year as well as collector's items.

The Pack will be marching in the Memorial Day parade. Cub Scouting is a lot of fun and we welcome new scouts. Call 679-5125 or 679-2677.

Boy Scout Troop 136

The Boy Scouts assisted Sam Hardy with his Eagle Project. The project was a wall at the tennis court on Main Street that will enable players to practice their swing when they do not have a second player. The Eagle Scout rank is the highest a Scout can earn and will remain on his resume for life. Congratulations Sam Hardy for a job well done.

On Mother's day weekend 10 Scouts and 3 leaders will travel to Canada to take part in the Tri-District Camporee. They will compete in several Scout skills with Scouts from upstate New York, New Hampshire, Massachusetts, and Quebec Canada.

The troop will also be a part of the Memorial Day parade. For information on Scouting call Scoutmaster Patty Begin at 571-0266 or Cliff Cray at 679-5125.



Explorer Post 716 and the Epping Fire Department

Epping Fire Department

All outside burns must have a burn permit. These are available at the Fire Department between 8:00 A.M. and 5:00 P.M. weekdays and from 5 to 5:30 P.M. on weekends and holiday. With the permit you will get a flyer with the N H Department of Forest and Lands regulations. Fires may only be burned from 5 P.M. to 9 A.M, unless it is raining out. Individuals with seasonal permits should call the station at 679-5446 during business hours or on Saturday and/or Sunday between 5 and 5:30 P.M. to check on the fire

danger and to advise the Fire Department that they will be burning.

Explorer Post 716

Explorer Post 716 is looking for new recruits that are interested in the Fire Service and/or the Emergency Medicine field. The Post has plans at this time to attend a Fire Muster in New Ipswich, NH. They will perform several skills learned both at the fire station and at the New Hampshire Fire Explorer Academy and I am sure they will return to Epping as winners. Several members will be attending the Fire academy this coming June.

The Post put on a demonstration at the 4H Spaces Conference held at the middle School on April 18. They let the 4 H group try on the fire protective gear and shoot water from a hose to a target set up outside the cafeteria. Youth 14 to 20 years of age may join our post. Call 679-5125 or 679-5446 for more information.

American Legion Breakfasts

Sunday morning breakfasts will take place from 9:00-11:30 a.m. at the Epping R.A. Mitchell American Legion Post 51 on May 10th and June 14th. The cost is \$3.00 for adults, \$2.00 for children.

Epping Community Church

We want to thank everyone who attended our Third Saturday Dinner in April. It was a turkey dinner and everyone enjoyed getting together for a wonderful meal. Our third Saturday dinner profits go toward our building fund. Currently every dollar raised is matched by a very generous donor. So again, thank you for your support.

Our Third Saturday Dinner on May 16th will be a Baked Ham dinner serving from 5 to 7 pm. This "all you can eat" dinner is \$8.00 and will benefit the Building Fund. Menu includes, baked ham, macaroni & cheese, green bean casserole, carrots, homemade dessert & beverage. The church is located on the corner of Main & Pleasant Streets.

On June 20, 2009 our Third Saturday Dinner will be served from 5 – 7 p.m. The menu will be a Pasta buffet with the following items: clam fettuccini; mac' and cheese; lasagna; pizzas, calzones, salad; garlic bread; brownies and ice cream and beverage.

Our fund raising efforts for our building addition are coming along. God's people are ever faithful, even in difficult times. The new building addition will provide increased space and support for

Scripture based studies, community meeting space, food pantry, coats of caring, Sunday School space, and many other ministries that reach into our community and surrounding area. We ask our community to be in prayer for our building program. An example of the community support provided is through the food pantry. We are averaging from 140 – 200 individuals and families a month who seek support from the food pantry. Many have come during this past winter for coats, sweaters, mittens, and various other items of apparel to withstand the cold weather and financially difficult times. The Lord has blessed us with many friends who join in this effort and we are grateful and thank God for them and the opportunity to serve.

We believe that the sooner we can get our building under roof the sooner we can do even more in spreading the Good News through the mission and ministry of Epping Community Church. we ask for your prayerful support. Please visit us on the web at www.eccnh.org.

Phone-Care

Phone-Care, a new service to residents of Epping and surrounding communities is provided by volunteers from Epping Community Church. The service is free to all those who would like it. There is absolutely no charge.

Elders or those who are ill or may be shut-in and who request this service will receive a daily telephone call from a volunteer Monday through Friday between 8:00am and 10:00 am to see if they are "up and around" and okay.

A contact person given in advance to our Phone-Care program would be contacted in the event there is no answer to the telephone call. In this way, it may be assured an individual is okay and not in need of assistance.

Phone-Care is available to residents of Epping as well as the communities of Brentwood, Deerfield, Fremont, Lee, Newfields, Newmarket and Raymond. If you would like the security of knowing someone is concerned about your well being or the well being of a loved one please call:

Pauline at 679-5184 or Kim at 679-2450

Epping Food Pantry

The Epping Community Church food pantry has seen an extraordinary increase in needs and utilization that began early this year. Our food pantry is open on Thursday mornings from 9:00am until 11:00am and on Saturday mornings from

9:00am until 11:00am. This past Saturday twenty-four families and individuals came to the pantry to help them get through difficult times. This past Thursday we had over that same number seeking help from the food pantry. If the volume continues it appears we will serve somewhere between 2,000 and 2,500 families and individuals over the course of twelve months.

We are thankful to St. Joseph's Catholic Church for their partnership in providing toiletry essentials and other basic need items. Schools, post office, scouts, Starbucks, the Crandall bakeries and others have also contributed as partners to meeting the needs of many from around our community. A special thank you to all who have been involved in supporting the Food Pantry efforts. Most of all we thank God for the opportunity to serve and minister in this way.

Thursday Soup Café

We began serving soup on Thursdays not long ago. Generally there are two types of soup available and it is free to those who wish to come and join in sharing food and fellowship with one another. The Thursday Soup Café is serving from 11:00am – 12:30pm.

All soups are homemade and have been tried and tested by many in our congregation. Everyone is welcome!

Epping Bible Baptist Church

Every Sunday

8:00 a.m. Breakfast Free! Plan to join us.

9:25 a.m. Sunday School (Focus on the Family Bible Study THE TRUTH PROJECT)

10:45 a.m. Morning Worship Service

6:00 p.m. Evening Worship Service

Mondays: May 4, 11, 18; June 1, 8, 15, 22, 29

6:30 p.m. Faith Bible Institute at EBBC

Wednesdays: May 6, 13, 20, 27; June 3, 10, 17, 24

7:00 p.m. Young Adult Group at EBBC and also

7:00 p.m. Prayer meeting and Bible Study at Parsonage

Thursdays: May 7, 14, 21, 28

6:30 p.m. Focus on the Family Truth Project

Thursdays: June 18, 25

7:00 p.m. Grief Share support group

Fridays: May 8, 15, 22; June 12, 19

1:00 - 2:30 p.m. Food Pantry at EBBC

Saturdays: May 2, 9, 16, 23; June 6, 13, 20, 27

10:00 a.m. Faith Bible Institute at EBBC and also

7:00 p.m. Youth Group at EBBC

Special Upcoming Events

Friday May 1, Awana closing, 7:00 p.m.

Thursday May 14, Griefshare dinner, 6:00 p.m.

Saturday May 16, Ladies Tea "A View From the Garden", 2:00 p.m.

Monday, June 1, A Faith Bible Institute 4 week series on Scientific and Biblical Creationism begins, 6:30 p.m.

News from the Historical Society

Our Illustrated Epping Commemorative plates, which are available at the Epping Historical Society, were recently presented as gifts by residents of Epping.

Madelyn Williamson gave a plate to Governor Lynch at the NH Archives dedication of the main research room honoring another long favorite historian, our own William Plumer. Governor Lynch was especially impressed to learn that Epping is the ONLY town that has given three men as NH governors.

A second plate was given to famed historical author, David McCullough, by Joyce Blanchard and her son, a history major.

There will be an Open House at the Historical Society on Memorial Day from 10:00 a.m. until the end of the parade. Everyone is most welcome!

Historic District Commission

New members needed. Contact Dean Shankle at the Town Hall.



Harvey Mitchell Memorial

Library

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

(603) 679-5944

The staff and trustees of the Harvey Mitchell Memorial Library are pleased to announce that after a 9-month search a full-time permanent library director has been hired! On March 30th, Bradley Green began his tenure as Director of the HMML and has spent the past few weeks getting to 'know the ropes' here in Epping. Bradley received his MSLS from Columbia University, has worked in libraries from New Mexico to New Jersey and currently lives in Newburyport, MA. On Wednesday, May 6th there will be a reception at the library in Bradley's honor. All Epping residents and friends of the HMML are invited to stop by between 6 and 8 pm to meet our new Director and thank our

Interim Director, Laurie Dudley, who took on the daunting task of running the library for the last 9 months. Patrons who became accustomed to seeing Laurie behind the desk will still find her there in the evenings from 4 to 8 pm. Many thanks, Laurie for all that you gave to the people of Epping during your directorship.

Other staffing shifts find veteran library assistant Simonne Murphy behind the main desk again on weekday mornings, and “super substitute” Nancy Andrews alternating evenings with our student assistant Rebecca Day. “Miss Tracie” can be found in the children’s room as always, Tues – Sat days. We all appreciate the support we have gotten from our patrons during this transitional time, and look forward to working together to make our library even better. The library is open Monday through Friday from 10 am to 8 pm and Saturdays from 10 to 2 pm.

Library Trustees meet the 3rd Monday each month at 7:15 – May 18th and June 15th. Meetings are open to the public.

Coming up in May and June:

For Adults:

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

May 5th @ 7 pm – Catering to Nobody by Diane Mott Davidson

June 2nd @ 7 pm – come in May and help decide on June’s book!

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

May 12th @ 7 pm – The Heart is a Lonely Hunter by Carson McCullers

June 9th @ 7 pm – come in May and help decide on June’s book!

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

May 20th @ 7 pm – The Mystery of the Four Finger by Fred White

June 17th @ 7 pm – come in May and help decide on our book for June!

Memorial Day – Monday, May 25th

The library will be closed for regular library business on this national holiday however the building will be open between 9 and 12 to accommodate folks in town for the Memorial Day Parade. The Book Sale Room will be open as well. The Friends run the book sale year ‘round with paperbacks at 25 cents and hardcover titles 50 cents. Audio books and VHS movies are also available for \$1.00 each. Buy a bunch and make an offer. The proceeds from these sales provide

funds for replacement copies of popular titles in our collection.

Nature for All to See: Narrated Slideshow about Loons – Wed, June 10th @ 7 pm

New Hampshire photographer John Rockwood has published numerous photographs in *Birds & Blooms* and *Natural New England* magazines and has recently released a book called Adventures with Grapenut, chronicling his fascinating observations of a young loon chick and its family. George H. Harrison, columnist, editor, PBS Producer, and author of the popular ‘The Backyard Bird-Watcher’ says, “**Mr. Rockwood’s photography is spectacular!**” NH Audubon and The NH Loon Center have both featured Mr. Rockwood’s photos and make them available through their websites. Adults and older children are invited to participate in this amazing peek at the mysterious bird that makes NH lakes its home.

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

May 28th & June 25th – we need suggestions of what YOU want to see!

Programs for Children:

Preschool Storyhour: Wednesdays @ 10:30 and Thursdays @ 10:30 and 1:30

This is a drop-in program designed for children ages 2 to 6. No registration is needed. The kids have 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. This is a great social time for preschoolers and their parents.

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

May 8th – Elves and Fairies – wear fairy costume if you have one!

June 12th – Going Buggy! – insects and other creepy crawlies

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

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

May 23rd – Fire Trucks – we may even have an Epping engine in the parking lot

June 27th – 5th Annual Toy Sale – 9:00 to 1:00

5th Annual Toy Sale – We are still accepting donations for our Toy Sale to benefit the Summer

Reading Program. Gently used toys, games, infant and toddler items and even outdoor play equipment (but **no** clothes or stuffed animals) will be accepted. However, donating items is just half of the equation. We also need folks to come to the sale on Saturday, June 27th to buy clean, working toys at yard sale prices. Support your library! Tell your friends!

Free Books on Toy Sale Day - In addition to the Toy Sale, the Friends of the Library will be giving away books from the Book Sale Room on Saturday, June 27th. The library receives at least 5 bags of donated books every week, with only a small percentage that we can absorb into the collection. We have partnered with a wonderful company called Better World Books (www.betterworldbooks.com) but there are many editions that even they don't want. We want to see these books find their way into the hands of someone who would enjoy them, so for this one Saturday the Book Sale will become a Free Book Giveaway. Books for children and adults, audio books and movies on VHS will also be included.

'Navigating the Nile' – Epping's Summer Reading Program 2009 – Starts June 29th

Once again, the team from Epping Elementary School's library will shift down the hill to provide summer reading fun for the children of Epping. With the theme of Ancient Egypt, there will be beautiful crafts, creepy games and everything in between. An SRP calendar with all the details of the program should be available by the middle of June.

The carpet is coming: Now that the parking lot is done and our drainage problems are solved, we will be re-carpeting the children's room the second week of May. We would love to have several volunteers to help load the books into boxes, move the boxes out of the way for first one half of the room and then the other, then reload the shelves when the contractors are finished. The first "moving day" will be Saturday, May 9th beginning at 2:00 pm. The others will depend on the carpet company's schedule. If you have a good back and some time to share, contact Tracie Wilkins at the library.

Friends of the Library

The friends are hosting another Senior Tea on Monday, June 8th beginning at 11:00. These are always lovely events, allowing seniors and not-so senior adults the chance to relax, visit and enjoy the treats provided by the Friends.

The Friends are also trying to gather recommendations from the middle/high school crowd for board games, computer games and other diversions that would be enjoyed at the library. If

you have suggestions, please contact Nancy Andrews.

Remember, 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. meets the 2nd Monday each month – May 11th @ 7 pm and June 8th @ 7 pm

Epping Recreation Department News

Pilates Class for Adults

Beginning on April 30th, the Epping Recreation Department will offer Beginner Pilates for Adults. The class runs from 6:00 - 7:00 p.m. every Thursday night for an hour.

Pilates was developed to increase core strength, reconnect with body awareness, improve muscular symmetry and restore the natural curves of your spine.

Stay fit and healthy with a more mindful, less jarring exercise like STOTT Pilates. The method not only yields remarkable results but it feels good too. You will experience longer, leaner muscles, pain free posture and improved balance.

The drop in fee for the class is \$10 or you can sign up for a six class series (ongoing) for \$48. Class size is limited, so those interested are encouraged to sign up through the recreation department online at

<http://www.eppingrecreation.org>

Participants need only dress in comfortable athletic wear, all mats and props are provided.

Other Recreation Department News

Red Cross Classes will be offered in CPR and First Aid on Saturday, April 25 or Saturday, May 16 at Watson Academy.

Preschool sports for ages 3-5 will begin May 7. Registration forms are available at the Library and on the recreation website.

Guitar lessons with experienced local musician Joseph K. Murphy are available at Epping Recreation. This is a fun and fulfilling experience for ages 8 through adult. The cost is \$15.00 for a half hour lesson or \$30.00 for one hour. Lessons are available mornings, afternoons or evenings. Call Joseph Murphy at 603-608-8672.

Registration for summer programs for children in grades 1-8 has begun. More information is available at <http://www.eppingrecreation.org>.

Yoga is offered on Mondays and Wednesdays from 6:00-7:00 p.m. upstairs at the Town Hall. The

cost is \$35.00 for the six-week program. Walk-ins are welcome, \$8.00 per class.

Taekwondo with ATA of Derry is held on Mondays and Fridays, from 3:15-4:00 p.m. at the Epping Elementary School Multi-Purpose Room. The cost is \$65.00 per month, uniform included. If you are interested, call Ms. Snyder, 434-9444, at the Derry ATA location.

Epping Recreation is looking for donations of bikes and parts without any rust! You can drop them off at the side door at Watson Community Center.

Please visit the new recreation website at www.eppingrecreation.org All registration forms and additional information can be found on the website. For questions about the programs, call 679-3301 or email rec@townofepping.com

Families First

Families First Health and Support Center has many programs for parents and the community. Please visit their website at

www.familiesfirstseacoast.org for a complete listing of programs being offered. The following are just a few in and around the Epping area:

In Epping:

Family Playtime. Mondays, May 11 - June 1 (except May 25), 12:30-2:00 p.m. at SAU Building, 213B Main Street. Join other families for a fun family play group featuring play, music, circle time, crafts, stories and snack. Facilitator: Susie Bright

Family Morning Out. Thursdays, May 28-June 18, 9:30 to 11 a.m. at Epping Recreation Center, Watson Academy, 17 Academy St. Parents and children ages birth through 6 join for play, circle time, creative activities, stories, and snacks for the first half of the group. In the second half, children and child care staff play together while parents gather for quiet time and informal discussion and parenting strategy tips. Facilitator: Susie Bright.

In Exeter:

Keeping Your Cool With Your Teen. Tuesday, May 12, 6:30-8:00 p.m. at New Outlook Teen Center, 120 Front St., Exeter. For parents of teens and pre-teens. To sign up, call Angela at 603-778-3933.

Free child care is included with all programs, and pizza dinner is included with evening programs. Advance signup is needed for all programs; call Families First at 603-422-8208 ext. 2 unless otherwise noted.

Donate Your Old Cell Phone and Help Our Troops Call Home

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

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

Epping School District News



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 2008-2009 school calendar.

School Board Meeting Schedule

The Epping School Board will hold regular meetings at 7:00 p.m. in the Epping Town Hall. The public is invited to attend. Meetings are also televised by ETV.

•May 7, 21; June 4, 18

Welcome Home School Board Chairman!

Welcome home to our School Board Chairman, Gregory Dodge! We miss you and hope to see you back on the big screen and in our schools.

Last Day for 2008-2009

The Commissioner of Education approved the district's request for a two day student waiver due to the ice storm. As a result the last student day this school year is Wednesday, June 24, 2009. The last school staff day this school year is Tuesday, June 30, 2009.

Epping Elementary School (EES)

April 27 – May 1 - No School – Spring Vacation

May 4 - Literacy Task Force Meeting;

Placement Meetings with teams begin

PTO Meeting at 7:00 pm in EES Library

Teacher/Staff Appreciation Week
 May 5 – 29 - NWEA Testing for Grades 1 - 5
 May 6 – 7 - Pentucket, MA schools visit EES to observe reading instruction
 May 7 - Advisory Council Meeting
 May 8 - Frank Sgambatti returns to talk with staff in Grades 3-5 about Special Education
 May 11 – 28 - NECAP Science testing for Grade 4 only
 May 12 - Principal's Coffee & Tea with parents to talk about AYP(Adequate Yearly Progress)
 May 14 -Tufts consultant Marcia Uretsky conducts lessons in Reading tutorials and strategies; Faculty Meeting and Professional Development with Marica Uretsky
 May 15 - Frank Sgambatti returns to talk with K-2 staff and Administration
 May 21- Timberland Spring Community Service Day at EES
 May 25 - No School – Memorial Day
 May 27 - Grade 4 Field Trip to Strawberry Banke Museum in Portsmouth. Buses will leave EES at 9:00 am and return at 2:00 pm.
 June 3 - Spring Concert for Grades 2, 3 & 5 and 2nd year Band at 7:00 pm at the Middle School Gym;
 Grade 5 Field Trip to Charlestown Naval Yard in Boston, MA. Buses will leave EES at 8:30 am and return between 3:00 pm and 3:30 pm.
 June 4- Spring Concert for Grades 1 and 4 and Beginning Band At 7:00 pm at the Middle School Gym
 June 12 - Volunteer Appreciation Breakfast and Assembly. The Appreciation Breakfast will be held in the EES cafeteria from 8:15 am to 8:45 am followed by an Appreciation Assembly from 9:00 am until 9:30 am.
 June 24 - Last day of school for students
 June 25 – 26 - Kindergarten Screening
 June 30 - Last day of school for staff

Epping Middle School (EMS)

EPPING MIDDLE SCHOOL CELEBRATES WALK NH WEEK

On June 3, the Plato Team at Epping Middle School will celebrate Walk NH Week 2009 with a three-mile walk in Epping. The Plato Team will join other groups from throughout New Hampshire in recognizing Walk NH Week 2009 by holding its walk during the first week of June.

Walk NH Week is an event designed to encourage people of all ages to get out, get

moving, and participate in a one to three mile walk. Governor John Lynch has proclaimed June 1-7 Walk NH Week as a way to promote walking and help keep NH residents on a healthy plan. The goal of Walk NH Week is to inspire participants to continue walking as part of a healthy lifestyle long after the June event ends.

The Plato Team has been walking all year as part of an enrichment plan with the goal to walk the length of NH. Some of the seventh grade students have already walked the width of the state. Most of the walking has been on the school campus, but some students have chosen to continue to log miles on their own time after school hours.

Students are given commemorative plastic feet for the various milestones met. Many of the students have the feet on necklaces which they wear proudly.

EPPING SCHOOL WALK FOR DIABETES

Epping Middle School is gathering their students for School Walk for Diabetes, an event of the American Diabetes Association (ADA), on May 15, at 1:00 P.M.

Students and teachers of Epping Middle School are working together to raise funds to support the important research, information, and advocacy efforts of the ADA. Approximately 23.6 million children and adults have diabetes in the United States, and one in three babies born today will develop diabetes in their lifetime.

Not only are students raising funds, but they are also actively learning life-long lessons about the seriousness of diabetes and how eating healthy and exercising can help prevent the disease. The school receives a percentage of the funds raised for the ADA back to purchase needed physical education equipment and school medical supplies.

"We are so excited to participate in School Walk for Diabetes. We have been involved with the School Walk for five years now. It is a chance for us to make a difference in our community and at the same time raise money and awareness for an important cause," said Ms. Weisberg, EMS teacher and coordinator of the event for the school.

More than 1,600 schools participated in School Walk for Diabetes during the 2006-2007 school year and the number grows significantly each year.

The American Diabetes Association is the nation's leading voluntary health organization supporting diabetes research, information, and advocacy. Founded in 1940, the Association supports volunteers in every state and region of the country, providing service to hundreds of communities across the country.

For more information on School Walk for Diabetes and how your school can get involved, call 1-888-DIABETES (342-2383) or visit www.diabetes.org/schoolwalk.

PRIDE ASSEMBLY

Epping Middle School celebrates its students every month at a PRIDE assembly. The administration, faculty, and staff recognize students who epitomize Epping Middle School's Guiding Principles:

1. Respect and encourage the right to teach and the right to learn at all times.
2. Be actively engaged in learning; ask questions, collaborate, and seek solutions.
3. Be on time to fulfill your daily commitments.
4. Be appropriate; demonstrate behavior that is considerate of the community, the school, and yourself.
5. Be truthful; communicate honestly.
6. Be respectful and accountable for your choices.

For April, the following students earned the honors for demonstrating Guiding Principle #5: Erin Joyal from the Hypatia Team; Kayla MacLeod from the Thales Team; Brittney Bullock from the Plato Team; Scott Davidson from the Newton Team, and Brandon Brazil from the Unified Arts Team.

Guiding Principle #2: Brianna Reeves from the Hypatia Team; Jessica Hardy from the Thales Team; Angus O'Leary from the Plato Team; Sarah Nadeau from the Newton Team, and Alisha Behnia from the Unified Arts Team.

The following students were randomly picked from all those awarded "Nice Moves" tickets for deeds of kindness and generosity: Brandon Brazil, Joe Sousa, Jannet Desvira, Kendra Boswell, Megan Illsey, Alyssa Paolini, and Thomas Church.

Epping High School (EHS)

NEWS FROM THE DARYL J. RICE MEMORIAL MEDIA CENTER

April is National Poetry Month. To celebrate, a display was created of individual collections, anthologies, and verse novels. Verse novels tell a story in poetry form. Young adult authors known for writing in this format include Karen Hesse, Ellen Hopkins, and Sonya Sones. In addition, students have the chance to get creative with the magnetic poetry board.

The big event for this month was a visit from author, Ji-li Jiang, on April 17. Ms. Jiang was born in Shanghai, China and wrote a book entitled *Red Scarf Girl: A Memoir of the Cultural Revolution*. Ms.

Jiang was brought up in communist China during the Cultural Revolution under Mao and her book was a memoir of her life during that time period. The school owes a big thank you to Ms. Brock, our librarian, for arranging the visit of Ms. Jiang. The freshman class had read this book as part of a cross curricular study of China. Ms. Jiang gave two formal presentations about the history of the Cultural Revolution and her family's experiences to the freshman class, sophomore honors, and British Literature and U.S. History classes. In addition, she was able to speak to the Women's Perspectives course about the changing role of women in China from the 1960's to the present. This was a unique opportunity for students to learn about Chinese history from a personal perspective. The students had excellent questions which carried over into a lunchtime chat with the author for select honors students. As part of the day, students were able to purchase books and have them autographed. The media specialist purchased a copy of Ms. Jiang's new book, *The Magical Monkey King: Mischief in Heaven*, a retelling of classic Chinese folktales, for the library.

HUMANITIES DEPARTMENT NEWS

Students will be taking the U.S. History AP exam on May 8th. Mr. O'Donnell has been working hard to prepare the students for this exam. The students have had to work extra hard because of the many snow or ice days we have had. The curriculum is demanding about the amount of material that needs to be covered and the depth of understanding that is expected from the students.

On April 18th, Ms. Page and Ms. Bartlett took Marrison Bean, Alyson Mantini, David Morejon and Justin Cook to Plymouth State University to participate in a Model UN. PSU students along with two professors arranged for high school students in New Hampshire to experience what it is like for the United Nations to face world crisis and try to help countries come to a conflict resolution. Students were assigned a country and a committee ahead of time so they could prepare information that would help them enter into debate with students from other schools over real world crises. The goal of the day was for groups of students to prepare resolutions that would help settle world disputes. Ms. Page spent many hours helping our students prepare for this day by researching their assigned country and writing a position paper. Our students walked away feeling confident they had made a valuable contribution to the debate.

Epping was the smallest NH school represented and we had the smallest delegation, but our

students were by no means out-classed when it came to the contributions they made to their committees. We are so proud of them and hope to increase the number of students participating as the Model UN Club moves forward next year.

EPPING HIGH SCHOOL ATHLETICS

Athletic Department News

Spring is well under way with varsity softball, baseball, and track & field being offered to athletes of Epping High School. The athletic department would like to wish all our spring athletes best of luck. The spring schedules can be found on line at www.highschoolsports.net , or the Epping High School Homepage under Announcements.

Athletic Awards

The NHIAA this spring is recognizing athletes from around the state who have competed in twelve sports seasons throughout their high school careers. These individuals are recognized as three sport athletes each year in high school. Epping High School is honored to have three students who dedicated their time, and efforts to Epping High School Athletics throughout their high school career. Congratulations go out to Cory Buchanan, Jim Riordon, and Steven Robert.

Softball

The girl's softball team has begun NHIAA competition under the direction of nine year head coach Jon Benson. It's a young team, comprised of six juniors, six sophomores, and four freshmen. The girls have started their season off 0-3 with losses to Somersworth, Hillsboro-Deering, and Prospect Mountain.

Baseball

The boy's baseball team begins their NHIAA season under the direction of three year head coach Dave Dutra. The boys team is made up of six freshmen, five sophomores, and four seniors. The boys have started the young season off 0-3 with losses to Somersworth, Hillsboro-Deering, and Prospect Mountain.

Track and Field

The track and field program welcomes new Head Coach Peter Foster, and assistant coach James Margeson. Coach Foster comes to Epping after assisting at Exeter for one year, and Coach Margeson comes to us by way of the US Army and track and field athlete from Timberlane Regional High School. The squad has a wealth of experience, being comprised of twelve seniors, three juniors, seven sophomores and three freshmen. The team has competed in two meets thus far, one a warm-up meet with no results counting towards states, and one in Conant where

four qualifying times and one provisional time for state meet were achieved.

SOPHOMORE CLASS NEWS

We are pleased to announce the 10th grade Team has started to award the STUDENT OF THE FORTNIGHT, in recognition of a student (or students) who exemplify the Epping High School

Mission Statement - being a RESPECTFUL, INVOLVED and KNOWLEDGEABLE citizen. Students who exhibit these qualities both in and out of school are eligible for acknowledgment.

So far we have recognized Heather Crocker and Samantha Ramey. The latest Fortnight recognition goes to LAUREN DESOTTO, for exemplifying all three of the goals of the Mission Statement. She is RESPECTFUL to both staff and students, very INVOLVED both in and out of the classroom (soccer, softball, fire explorers and more), and is quite KNOWLEDGEABLE, making the honor role all three terms. CONGRATULATIONS!!!

Another highlight is the upcoming 10th grade fundraiser, on the evening of May 8th. Students and adults are invited to an evening of entertainment starting with two local "ROCK BANDS" made up of EHS students, followed by HYPNOTIST Steve Marino, who entertains audiences from 30 to 1,000 people with his amazing and hilarious hypnosis stage show.

FRESHMAN TEAM NEWS

The third quarter freshmen merit awards have been earned by the following students: Lisa Demaine for most knowledgeable freshman, Jared Koltes and Briana Cantrall in a tie for most respectful student and Sara Sturzo for most involved student.

English has completed Romeo and Juliet and students are beginning a new unit. They will choose between three novels, Stargirl, All Quiet on the Western Front and All but my Life, for a literature circle activity.

Biology has begun a unit on micro-biology including the study of viruses and bacteria and the diseases they cause. This month history is moving from East Asia to Africa with an honors film study unit. Math students will be working on factoring. Guidance is presenting students the Frontline series Growing Up On Line.

The freshmen sponsored the Spring Dance on April 17th and grossed over \$300 for the class bank account. Our thanks to DJs Nightcrawler and the Oz (Justin Cawley and Alex Osgood) as well as Special Guests, Joshua Boswell, Paul Holmes and Bernie Hutchinson.

BAND AND CHORUS NEWS

In February and March, students from Epping High School were very busy, performing at three New Hampshire Music Educators Association Festivals and holding a concert for the community on March 24.

From February 5-7, senior Krista Meek represented Epping at the NH Jazz All State Festival at Pinkerton Academy. Krista performed the lead tenor saxophone part for the Honors Jazz Band. Krista auditioned in October and received the highest score for any tenor saxophone student in the state.

On February 14, Epping band students and 2 Epping chorus students traveled to Keene State College to participate in the New Hampshire Music Educators Association Solo and Ensemble Festival, performing for members of the Keene State College faculty. Each faculty member judged the quality of each performance and gave a rating. Out of 6 performances, Epping received 6 'A' ratings. Krista Meek received an 'A' rating for solo performances on flute and clarinet. Cacia King and Morgan King each received an 'A' rating for their vocal solo performances. Our percussion ensemble and woodwind choir also received an 'A' rating.

The high school chorus performed at Bow High School for the Large Group Festival on Friday, March 27. The choir performed 3 selections for a panel of judges and received an 'A' rating for their excellent performance.

Epping musicians have had a very successful year. There is only one concert remaining for you to hear the great music being created by our student musicians. We hope to see you at our concert on May 19. TEMPO will be offering desserts for sale beginning at 6 pm.

Upcoming Music Events

May 19 - 6pm - Dessert and Refreshments sponsored by TEMPO and 6:30 pm - Spring Pops Concert - 6 pm for desserts

May 25 - 10 am - Epping Memorial Day Parade (Band only)



Project Graduation

A Reminder for Seniors' Parents

Project Graduation Permission slips were sent home. If your senior is planning on attending this "chemical free" graduation night loaded with fun, please remember to sign the slip, enclose the \$5 attendance fee and send in to EHS.

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, please visit our website at: www.SpeakUpEpping.org

Email Address Changed?

Please notify us if your email address has changed, so we can update our mailing list by visiting 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 (July-August) of this newsletter will be sent out by **July 1st, 2009**. We will accept **submissions through June 22, 2009** to be included in the next issue. Please send your content, including contact information, for consideration through our website at: www.SpeakUpEpping.org

Spotlight on Businesses

W.S. Goodrich

The roots of W.S. Goodrich run deep in Epping, beginning in 1887 when Willie S. Goodrich constructed a brick manufacturing plant capable of producing 6 million brick per year. Manufacturing continued for 89 years, through 2 world wars and the Great Depression. Goodrich brick can be seen on such projects as the Museum of Science in Boston, the library at the University of Massachusetts in Amherst, Faneuil Hall in Boston and many buildings at the University of New Hampshire in Durham. Third generation owner Dexter Goodrich had the foresight to add the sale of stone and masonry supplies to the company mix. Fourth generation owners, Bob and Dave, have continued to expand and improve the business, while staying true to the principals that have kept the company in business for 122 years: Provide the best customer service possible while selling the highest quality product available. Fabrication of granite and marble was added in the 1980s, and in 2007, a beautiful new showroom was built, showcasing many of the products we sell in and indoor setting. So, if you're looking for masonry supplies, a new patio or walkway, a stone wall or even granite countertops, think of W.S. Goodrich!

Visit our new showroom at 99 Calef Highway
or Visit us online at www.wsgoodrich.com

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Rhiannon Fenstermaker
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Personal Chef Provides you time and home cooked meals

A new business is offering unique, healthy eating alternatives for busy professionals and time-starved people! The Dinner Goddess, a Personal Chef Service, is now serving the Greater Seacoast area and is accepting new clients! Personal Chef Rhiannon Fenstermaker grew up in Epping and is a member of the United States Personal Chef Association, is ServSafe Certified, and is dedicated to excellence in the industry. You can contact her for more information at 603-679-2412 or visit her website at www.thedinnergoddess.com

Are you tired of going to restaurants, ordering greasy take out or serving up frozen processed foods? Do you really have the time to deal with the

whole "Got Dinner Dilemma?" The Dinner Goddess is now taking that stress out of dinnertime. "I really want to make peoples busy lives easier by giving time back to families and busy professionals. So much is missing at the dinner table these days. My goal is to take the dinner hassle out of your life and get people sitting down and eating wonderfully home cooked meals together again!"

Whether you are new moms, busy professionals, families, or caring for loved ones and just don't have the time to worry about dinner, The Dinner Goddess is a service made for you! "I come with pots, pans, utensils and groceries in hand to prepare your chosen entrees! When I'm done, I package and label each of your meals, leave heating instructions and leave your kitchen clean and your home smelling wonderful!"

Transitions Lifestyle Coach

Beverly Cray

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Save these pages for future reference!

Epping Calendar of Events for May 2009

Date	Event
May 1	NO SCHOOL Last day of Epping Schools Spring Vacation
May 1	Last day of School Vacation Week Movie Series at the Library each day at 1:00 p.m.
May 1	Last day of Spring Vacation Camp 7:30 a.m. – 5:30 p.m.K-3 at EES 4-8 at Watson Academy
May 4	EES PTO Meeting 7:00 p.m. in EES Library
May 5	New Mystery Book Group at the Library 7 p.m. “Catering to Nobody” by Diane Mott Davidson
May 6	Reception to honor new Library Director Bradley Green at the Library from 6 to 8 p.m.
May 7	Pre-school sports begin for ages 3-5
May 7	Epping School Board meeting 7:00 p.m. in Epping Town Hall
May 8	Mary Gatchell in Concert at the Leddy Center 7:30 p.m.
May 8	Pajama Night at the Library 6:30 p.m. to 7:45 p.m. for kids 2 to 8 “Elves and Fairies” (Wear a fairy costume if you have one.)
May 9-10	Boy Scout Tri-District Camporee
May 10	American Legion Post 51 Sunday breakfast 9:00-11:30 a.m.
May 11	Friends of the Library Meeting 7 p.m.
May 12	“Keeping Your Cool With Your Teen” at New Outlook Teen Center in Exeter (Families First)
May 12	Eclectic Book Group at the Library 7 p.m. “The Heart is a Lonely Hunter” by Carson McCullers
May 15	EMS School Walk for Diabetes 1:00 p.m.
May 16	Downtown Clean-up Day 10 a.m. – 12:00 noon
May 16	Epping Community Church Ham Dinner 5 to 7 p.m.
May 16	EBBC Ladies’ Tea “A View From the Garden” 2:00 p.m.
May 16	Red Cross CPR and First Aid Classes at Watson Academy
May 18	Library Board of Trustees Meeting 7:15 p.m.
May 19	EHS Spring Pops Concert Dessers at 6:00 p.m. Concert at 6:30 p.m.
May 21	Epping School Board meeting 7:00 p.m. in Epping Town Hall
May 20	Dust Ol’ Mystery Book Group at the Library 7 p.m. “The Mystery of the Four Finger” by Fred White
May 21	Epping School Board meeting 7:00 p.m. in Epping Town Hall
May 22	EHS Junior Prom at Granite Rose in Atkinson 6:00 – 11:00 p.m.
May 23	Toy Play Day at the Library 11 a.m. to 1 p.m. “Fire Trucks”
May 25	NO SCHOOL MEMORIAL DAY
May 25	MEMORIAL DAY Parade starts at 10:00 a.m.
May 25	Memorial Day plant sale by the Library 9:00 a.m. to end of Parade
May 25	Memorial Day Open House at the Historical Society 10:00 to end of Parade
May 27	Grade 4 Field Trip to Strawberry Bank Museum in Portsmouth 9 a.m. – 2 p.m.
May 27-30	8 th Grade Field Trip to Washington, D.C.
May 28	Dessert and a Movie at the Library 7:45 p.m.

Epping Calendar of Events for June 2009

Date	Event
June 1	EES PTO Meeting 7:00 p.m. in EES Library
June 2	EES Spring Concert 7-8:30 p.m. Grades 2, 3, & 5 & Advanced Band
June 2	EHS Senior Awards Night in EMS gym 6:00 p.m.
June 2	New Mystery Book Group at the Library at 7 p.m.
June 3`	Grade 5 Field Trip to Charlestown Naval Yard in Boston Leave 8:30 a.m. Baack between 3:00 and 3:30 p.m.
June 3	EMS Plato Team "Walk NH Week 2009" 3-Mile Walk in Epping
June 3	EES Spring Concert 7-8:30 p.m. Grades 2, 3, & 5 & 2 nd Year Band in EMS gym
June 4	EES Spring Concert 7-8:30 p.m. Grades 1 & 4 and Beginning Band in EMS gym
June 4	Epping School Board meeting 7:00 p.m. in Epping Town Hall
June 8	Senior Tea at the Library beginning at 1 p.m. hosted by Friends of the Library
June 8	Friends of the Library Meeting 7 p.m.
June 9	Eclectic Book Group at the Library 7 p.m.
June 9	EHS Senior Dinner in EMS gym 6:00 p.m.
June 10	Nature for All to See: Narrated Slideshow about Loons at the Library at 7 p.m.
June 12	Pajama Night at the Library 6:30 to 7:45 p.m. for kids 2 to 8 "Going Buggy" (insects and other creepy crawlies)
June 12	Volunteer Appreciation Breakfast and Assembly in EES cafeteria from 8:15 to 8:45 a.m., followed by an Appreciation Assembly from 9 to 9:30 a.m.
June 14	American Legion Post 51 Sunday breakfast 9:00-11:30 a.m.
June 15	Library Board of Trustees Meeting 7:15 p.m.
June 17	Mystery Book Group at the Library 7 p.m.
June 18	Epping School Board meeting 7:00 p.m. in Epping Town Hall
June 19	EHS Graduation Ceremony for the Class of 2009 6: p.m.
June 20	Epping community Church Pasta Buffet Dinner 5 to 7 p.m.
June 22	Deadline date to submit material for the July-August issue of the Newsletter
June 24	LAST DAY OF SCHOOL
June 25	Dessert and a Movie at the Library 7:45 p.m.
June 25-26	Kindergarten Screening
June 27	Annual Library Toy Sale 9 a.m. – 1 p.m.
June 29	Epping's Summer Reading Program 2009 "Navigating the Nile" starts at the Library

If you would like your next event to appear on the Calendar of Events, please contact us through our website at www.SpeakUpEpping.org by **June 22, 2009**. Please include the date, event name, location and time.