



Speak Up, Epping! Newsletter

Volume 10, Issue 4

Epping, New Hampshire

July-August, 2017

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.com

Check Out Our Newsletter Website

Be sure and check out our Speak Up, Epping! website: www.speakupepping.com. Each new issue of the Newsletter will be available by downloading it from the website. You can also access news from the issue separately by topic and find late-breaking news, past Newsletters, town links and calendars.

Also, check out our **Facebook** page! Join us for more late-breaking news and events that did not make our Newsletter deadline.

End 68 Hours of Hunger in Epping

We have welcomed Jamie Checket and Tasha Morrison as the two new Coordinators that are joining our program. Both are motivated and ready to help Coordinate and improve our program.

Thank you all for a great year! We fed on average 42 kids a week for the school year. That is approximately 1,722 bags of food worth \$17,220!! Over the past school year our program received approximately \$9,000 worth of donated food and raised \$5,500 in fundraisers and donations. We are ending the school year with \$9,000 in our bank account and our Touch the Trucks fundraiser is coming up September 17th.

That means we should be in a great position to hit the ground running in September and we'll have another successful school year!

In 2017-2018, we are hoping to do a better job of reaching out to the community for food drives and fundraisers. If anyone would like to hold a food drive at their place of work please let us know and we can help set that in motion.

At the last Coordinator meeting in Dover it was discussed that programs should ONLY be purchasing non-perishable food. Our program had been purchasing fresh oranges to put in the bags once a month. We originally started with fresh fruit twice a month but as our numbers grew (46/week and now 42/week) we cut back to once a month. Apples and oranges can be put into bags BUT they need to be donated. Our biggest feedback from the school is that the kids really like the fresh fruit. Please reach out to Brenda Gallagher via Facebook or our e-mail if you are interested, your work is interested, or you know someone that is willing to donate fresh fruit!!

Our program wants to extend a HUGE THANK YOU to our packing team leaders and our packing volunteers. You are the backbone of our program. Without your volunteered time the bags would not be packed or delivered each week. Dawn Poloian, Amy Jensen, Jen Mirra, and Brenda Gallagher are our great packing team leaders.

Lastly our program wants to thank the Epping community and the Epping schools. It takes a village to make our program successful!!

Karen Poplaski, Jamie Checket, Tasha Morrison
Coordinators

Senior Moments

The EWA Senior Citizen Club is pretty fickle. The weather is either too cold or too hot but we did manage to do some things between the

raindrops and the scorching sun. Here are just a few.

The LLC didn't wait long after our lunch at the Old Salt before we ventured to the Wentworth By The Sea for another ladies-only afternoon. The Beach weather was a little cool but viewing it through tall scenic windows wasn't bad at all. Our next lunch spot will be a surprise as we pull the name of another restaurant out of the hat and then we're gone again.

A recent fun day for the Club was a trip to Wolfeboro for lunch on the restaurant's deck overlooking the harbor and a relaxing ride on the Winnepesaukee Belle. We lucked out with great weather as we cruised by many summer cottages (cottages like Estates) including owners such as Jimmy Kimmel, Bear (Loudon Race Track), Madame Chiang Kai-shek and others. Did you know you can dream with your eyes open? We did.

We found a new venue for our annual picnic right in our back yard. The Kingston State Park was a perfect spot for us oldies. Flat ground, clean picnic tables clean beach and clean, easy access restrooms. There's always big anticipation to see what homemade goodies several members bring along as extras for us all to share. When I saw it all, I fed my peanut butter sandwich to the birds. We enjoyed another Pound Party at the picnic and the mysterious brown paper bags earned the Club \$35.00.

I'm hoping I can finally report on our date with the Recreation kids in the next issue. (I think I wrote that once before, twice?) Right now it's set for **August 10th**. It's been like an octopus trying to put on socks.

Our hopes were to go back the Woodman Museum in Dover to finish our tour of the several thousand displays. However, we were disappointed when we learned a (large) third grade class had also scheduled the same day. We had a choice to come or reschedule and I bet you can guess our choice. We're going in September.

Our guest speaker for the May meeting was Ms. Kathy Stacy, Registry of Deeds for Rockingham County. She opened a whole new world for us. We've always known where important documents go to and come from but we did not know that technology has completely taken over her entire office. No more heavy books to look

through. "Info at your finger tips" is what she called it. She invited us to take a tour of their facility and use their several computers any time to learn information, and you're invited also. Of course, we learned a lot from her visit. One was - no need to hang on to old deeds (as I do) because every single one is always safely available "at our fingertips" at the Registry.

You won't see us at the Watson for a while. We'll be in our gardens or reading on the deck, although you might see us at one of our favorite eateries.

We wish everyone a safe and fun filled summer with your families.

Submitted by Irene R. Cote, Secretary

News From the Town

There is now a NEW Website for reviewing Epping meetings online: etv22.viebit.com.

JULY 3rd-4th – TOWN HALL CLOSED for July 4th Holiday

JULY 5th – TOWN TAXES DUE

AUGUST 19th – TOWN FIREWORKS at the High School Field 8:30 or dusk

Conservation Commission Photo Contest

The Epping Conservation Commission is excited to announce a Summer 2017 photo contest to celebrate our beautiful community! The contest started June 1st and will be in effect until August 15th. You may submit up to 5 photos. For details and contest rules, please visit the Conservation Commissionw<http://www.eppingoutdoors.com/announcements>.

Good luck!

Cell Phones for 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 so they can call home, providing 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.

The Pease Greeters Need Our Help!

The Pease Greeters, hundreds of volunteers, meet our Armed Forces any time of day or night, as they pass through Pease International Airport on their way to a war zone or on their way home. For more than eleven years, Greeters have welcomed

service members on every flight with a warm meal and beverage, small gifts, a cell phone to call home and a hearty round of applause. And for that we give the Greeters our warmest and most sincere thanks. The Pease Greeters began welcoming flights in 2005 and a few months ago reached the milestone of having welcomed 1000 flights. Recently, the number of flights through Pease has increased and the Pease Greeters are in need of **monetary help**. We need to support our service men and women any way we can. If you can give any amount, please make a check payable to Pease Greeters and send or drop it off to Joyce at the Town Hall.

To learn more about the Pease Greeters, sign up for flight alerts or to make a contribution, visit www.peasegreeters.org.



Epping Lions Club

"We Serve"

We Want YOU to Join the Epping Lions Club

<https://www.facebook.com/EppingsLionsClub>

www.epping.nhlions.org

The Epping Lions Club was established in April 2009 and we sponsor several exciting events throughout the year, including the Lamprey River Canoe Race in April and the Highnote Festival in September. We support sight programs and services including vision screenings, eyeglass recycling, and provide assistance to local families in need of eyeglasses. There are several eyeglass drop locations around town – Checker's Barber Shop, Epping Town Hall, Walmart, and Edward Jones. You can donate your old glasses at one of these locations and change someone's life.

April's Canoe Race was very successful – we had a great turnout and everyone had a wonderful time. In June, the Lions were thrilled to award a scholarship to a deserving graduating senior. Our next event will be the Highnote Festival in September and we are planning some surprises! Please reach out to one of the officers below or any fellow Lion you know if you would like more information about our group. With your involvement and ideas we look forward to creating even more special fundraising events. We understand people have busy lives and the Lions Club allows you to volunteer as little or as much as you like.

If you're interested in learning more, please visit our website: www.epping.nhlions.org. Meeting

times are posted and are generally the 4th Tuesday of the month at 6:30 pm. We currently meet at the Harvey-Mitchell Memorial Library. We'd love to see you!

Colleen Palmer, President

colleenmariepalmer@hotmail.com

Cheryl Denoncour, Treasurer

cdenoncour@gmail.com

Deb Brooks, Eyeglass Collector

lexusreina@comcast.net

Epping Historical Society

Summer is finally here! I don't know about you, but we have been looking forward to warmer and drier weather.

We have had many visitors the last two months, including a couple originally from Epping, England! They live in Canada, having immigrated there many years ago. They were born, raised, educated and married in Epping, England. America is such a new country, and when they described their former home, they told us that the one mile long Main Street, is the "Old Roman Road", it makes our country seem so young!

We also had a visitor from Virginia. She is the great-granddaughter of Jane Knox, and was looking for a picture of Jane. Jane's son Moody owned and operated Moody's Restaurant on Pleasant Street. How many of you remember the restaurant? Now it is Brewitt's parking lot. This was our teenage hangout where we sat at the counter and sipped "cherry cokes." If we were lucky, the server who dished out the ice cream could be extra generous because the "boss" was out.

For Memorial Day we set up a beautiful display to honor our many veterans. Because the day was a bit cold, we had many visitors come through our doors. We plan to leave the display set up until the 4th of July, please come by and visit. One day is not enough to honor all the men and women who served. THANK YOU!

This year we were pleased to present two graduates with scholarships. Every year we try to give back to our community, and education is the direction we hope will be the most appreciated.

The Fairy Tale Lady

Virginia Ryan Willey was born in Haverhill, MA. After her father died when she was a young child, her family moved to West Epping to her grandmother's home. She attended the two-room schoolhouse, where she met her future husband,

Charlie Willey. Virginia graduated from Watson Academy in 1933. There were twelve students graduating that year. After high school, she attended and graduated from the Powes Acting and Modeling School in Boston. From a very young age, it was apparent that Virginia was extremely talented. She had a great career ahead, if she desired to take that route in life. But, life had another path for her to follow. She fell in love, married Charlie, and started their family.

Marriage and motherhood did not extinguish her talent. She soon became involved with writing stories, dancing, storytelling and even radio and television. The two-room schoolhouse in West Epping was the centerpiece of community activity. Mrs. Blair and Virginia wrote and produced many plays at the schoolhouse. Every child had a special part in all the plays and no child was left behind, a very important part of Virginia's lifestyle.

Virginia and Charlie loved camping and for years they camped in tents. At some point, they decided they did not need new furniture, so instead they purchased a thirteen-foot Scotty trailer. Virginia told everyone she felt so warm and cozy in her new camper, some different from a tent, especially when the weather turned bad. She even wrote a song singing the praises of her new camping trailer. Did you know she had a pet Blue Jay? He was named Blue, and he traveled with them on all their fishing and camping trips. He stayed in a cage while traveling, but when they arrived at a campsite, he was free to explore. That must have been a wonderful sight to see.

In later years she was the lunchroom lady at the Epping Elementary School. The children loved her! They would challenge her on a daily basis. They would give her three words, and within minutes Virginia created a song, which thrilled the children! It was a sad day for the children when she decided to retire and spend more time camping with her beloved Charlie.

In the late 1940's, Virginia had her own radio show in Manchester. She was on WMUR every week, singing and telling her wonderful stories. She was known as "The Fairy Tale Lady" to the radio audience. In 1947 WMUR nominated the Fairy Tale Lady for the Peabody Award. The Epping Historical society has copies of many of Virginia's poems and plays. Come by and browse through the collection. Virginia's family made this collection available to the Society. Thank you Ryan and daughter Cheri!

I will include the link to the only recording of the program for the Peabody Award at the end of this story. When I received this link, I had my husband sit down close his eyes and listen. When he heard the song, he sang along with it, some things you never forget.

It's time for the Fairy Tale Lady
To tell a story to you.

It's time to go on a dreamship
And make fairy tales come true.
We'll live in a world of wonder
For just a little while.

It's time for the Fairy Tale Lady
To make you smile!

Here is the link: enjoy!

dbs.galib.uga.edu/cgibin/pars.cgi?userid=dbsgalileo&query=

We are open Monday mornings, or whenever the flag is flying! If this does not work for you, please call for an appointment to make arrangements to visit. Call: 679-2944 or e-mail: joysgarden@hotmail.com.

Submitted by Joy True, curator, Epping Historical Society

Nature Talks

Youth In Action



This year, 4th grade homeschooler Maielle, age 10, and her mother Karen read several inspiring books about taking care of the natural world, including "Friends of the Earth: A History of American Environmentalism" by Pat McCarthy and "Dr. Art's Guide to Planet Earth" by Art Sussman. So when they learned of the opportunity to help monitor the Lamprey River this summer, they were happy to have a chance to lend a hand. Maielle and Karen love the natural beauty of Epping and care deeply about protecting the Lamprey River watershed.

Each day of testing, Maielle collected a bucket of water to sample at three stations and then helped log the test results. She learned how to test water pH, specific conductance and dissolved oxygen, and looks forward to handling the test equipment herself later this summer.



We are grateful to Andrea Sellers and the Lamprey River Watershed Association for providing training and the equipment. Volunteers in the area test the Lamprey River water and its tributaries biweekly through the summer. Protecting this beautiful river will be appreciated by many creatures big and small. If you are interested in volunteering, contact LRWA at volunteer@lrwa-nh.com or call 610-2115.

There is still an opening on the Conservation Commission; if you are interested or have questions, leave a note at Town Hall or send an email to EppingOutdoors@gmail.com.

Submitted by Sandy Goodspeed

The Civil War Roundtable of NH



*NH graves at Soldiers' Cemetery in Gettysburg
(Photo by Bill Hallett)*

The Civil War Roundtable of New Hampshire's welcomes anyone with an interest in the American Civil War who would like to be with others who share the same desire to learn more of this time in American history. We are an informal club with the only requirement being a Civil War enthusiast. If you or a friend has an interest in the American Civil War, we invite you to come check us out.

Founded in May 1991, the Civil War Roundtable of New Hampshire is a group of men and women, young and old, who share our interests, both blue and gray, in the pivotal era of American history known as the Civil War. We are open to the public and welcome all! As our slogan goes, "There's no time like the present to join us in the past."

For more information on the group and a complete schedule of meetings and news, please visit the web site: www.cwrt-nh.org or e-mail cwrtnh@gmail.com.

This is the upcoming CWRT-NH schedule:

Note: The schedule is subject to change without notice. You can access the CWRT-NH website for the current schedule. If a meeting is cancelled, a notice will be put on ETV.

September 15, 2017 – Christopher Gwinn (Chief of Interpretation and Education at Gettysburg National Military Park) – "Measuring Heroism: The Medal of Honor at Gettysburg"

October 20, 2017 – Prof. Michael Pierson (UMass Lowell) – "Lt. Spalding in Civil War Louisiana: A Union Officer's Humor, Privilege and Ambition" (book)

November 10, 2017 – Eileen Foley Bennis (CWRT-NH member) – "Female Nurses of the Civil War and How That Led to the Founding of the American Red Cross"

December 2017 – No meeting

Lamprey River Advisory Committee Mast Road Natural Area Opens for Visitors

May 20th was a big day to celebrate the rebirth of nature: the Southeast Land Trust (SELT) held a ribbon cutting ceremony at the Mast Road Natural Area in Epping. This 531 acre property has been transformed and is starting its new life as a nature-lover's haven. It features outstanding ecological diversity and an easy walking trail from which to enjoy it.



This was once a rutted, degraded ATV pit. Through careful restoration, it is now a functioning wetland.

Photo by S. Petersen

The site, once slated to be a golf course, was acquired by SELT in 2011 with funding from the Lamprey River Advisory Committee and the USDA Natural Resource Conservation Service. Tons of tires, discarded machinery, and general garbage have been removed. Access to unauthorized motorized vehicles has been blocked using gates and guard rails. Deep channels caused by reckless ATV use have been reconfigured to retain water and revert to ponds and vernal pools. The former eyesore has been carefully restored to maximize multiple habitats for use by rare birds, turtles, and mammals. The efforts are already paying off.

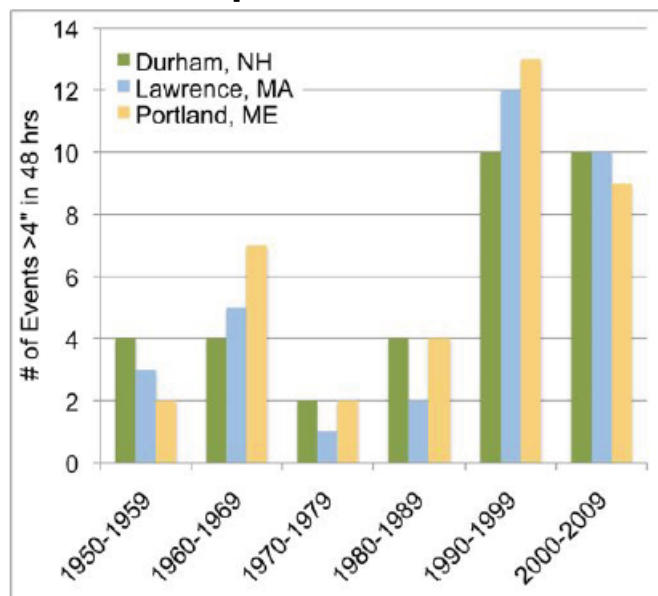
The main access is Gate 3 off Mast Road. The path is generally flat and covers about two miles, passing by swamps, vernal pools, a beaver pond, shrubland, and an open field. Work to make this path handicap accessible is in process. This can be a wet area, so expect some muddy patches in spring and after heavy rain.

The Mast Road Natural Area is open for your walking and viewing pleasure. Please stay on the marked trails and out of areas identified as wildlife areas: nature is hard at work.

How Well Will Your Town's Stream Crossings Handle a Severe Storm?

This is not a question that most people ask until it's too late, but it's a question that municipalities should be prepared to anticipate. As the saying goes, an ounce of prevention is worth a pound (or many more dollars) of cure.

Extreme Precipitation Events 1950-2009



www.climatesolutionsne.org

Like many forms of public infrastructure, culverts and other stream crossings are aging and being asked to handle more than they were designed for. Culverts that once effectively handled a few inches of rain probably will not be able to handle an extreme storm that deposits ten or more inches of rain. Replacing culverts to accommodate the effects of heavy rain is expensive, but towns and citizens can be better prepared if they know and understand what is most vulnerable if a culvert fails.

In early 2016, a consultant was hired by the NH Fish and Game Department to assess priority stream crossings in the Lamprey River watershed and evaluate their ability to meet safety and ecological needs. Current conditions were assessed to determine whether the crossing showed signs of impairment such as rusting or damaged pipes, erosion, debris dams, and slopes. "Hydraulic capacity" (which is the ability to withstand extreme storm events that can be expected to occur once every 10, 50, and 100 years) was evaluated by computer modeling based on the drainage area, slopes, and other factors. The ability of wildlife to move freely up and down a stream was also determined.

The results of this work are compiled into a summary report, maps for each town, and vulnerability tables for each town, available at www.lampreyriver.org. It is hoped that towns will use these findings to plan wisely for the future by replacing and improving culverts that pose the greatest risk of failure. In the process of improving safety, it is hoped that the needs of wildlife can also be addressed.

This work was paid for in part by the Lamprey Rivers Advisory Committee through the National Park Service under CFDA 15.962 – National Wild and Scenic Rivers System.

2nd Annual Lamprey River Splash and Dash, Saturday, August 19th



Are you eager for a great adventure out to Great Bay? Join the fun on **Saturday, August 19th** and make waves for a good cause! Kids ages 10-15 can do the short 0.5 km circuit in Newmarket harbor. Youths age 16 and up and adults can go the 3.0 km distance out to Great Bay and back. All paddlers can join the "it's a jungle out there" theme parade by dressing up themselves and their boats. Prizes will be awarded for fastest times, most creative, and a few surprise categories. Proceeds will go toward supporting recreation programs in Newmarket. Participants had a great time last year and this year promises to be even better. Please contact Newmarket Recreation at <http://www.newmarketrec.org/lamprey-river-plash-dash>



*Helping communities protect the
Lamprey River.*

Submitted by Suzanne Peterse



Epping Garden Club

The Epping Garden Club has been busy, but with the month of rain, only in spurts. We had a meeting on the 11th and the next one (**July 9th**) will either be at my home or the safety complex, depending on weather for that day.

As you can see as you drive through town, the corners we care for are looking amazing. Some crowding is going on but there are fewer weeds that way. Hostas will be removed as needed and re-planted on the backside of the Safety Complex for the fire chief. Conditions are a lot better over there as they are truly not sun lovers. We will use plants also for divisions to sell at upcoming plant sales.

We donated over 200 containers to the Manchester Animal Shelter for their plant sale as well as some containers to Fremont's Garden Club for the same purpose. I personally tried to attend each garden club sale this spring in a 20-mile radius. It was fun supporting them as we are all just trying to give back to our towns.

Just a heads up before you all hit the big box stores for your Mums and fall color. Follow us on Facebook as we will take orders for our annual fundraiser, starting in August for a September delivery date. They will come fresh from our NH grower (Wentworth's) without you traveling to their place. I will add photos to Facebook on colors for the mums this year as well as photos of pretty ornamental cabbage and anything else I can bring to town in the truck, so just ask or call 300-0064. Yes, it is just coming on to summer so get out and enjoy it but remember to support your locals who are trying to give back to Epping.

900 DEGREES in Epping hired us to make their space beautiful as did Popover's. Did you see the flowers?

Want to join? Come to our next meeting-July 9!

Submitted by Eunice Miller

Outside Watering Ban in Epping

There is still a mandatory outside watering ban in effect in Epping. Epping town wells are currently at critically low levels and water conservation is very important. The Town is working hard to bring two new wells online.

Things are looking better with the snow and rain we've had this last winter and spring, but the last report was that we're still need to conserve.



Ledd Center

The 2017 season is the Ledd Center's 43rd season. Their next production will be "Annie" from July 7th to 23rd and will be followed by Mary Gatchell in Concert on September 29th. The fall production will be "Willy Wonka" October 20^t through November 5th. The season will close with Charles Dickens's holiday classic "A Christmas Carol" December 1st - 10th. We are all enjoying their 2017 season.

Individual tickets are \$20 and are available online at www.leddycenter.org or by calling the Ledd box office at 679-2781, Monday through Friday, from 3:00 to 5:00 pm. Call the box office for information on our group rates. Ledd Center is located on Ladd's Lane, off Route 27, in Epping, NH, is air conditioned for your comfort and is fully accessible.



ETV Schedule

Channel 22 – ETV – Schedule of live programs

Selectmen's Meeting – Monday, July 17, 31;

August 14, 28 - 7 pm

Water & Sewer – Tuesday, August 1 - 7 pm

Library – Tuesday, July 18; August 22 - 7 pm

Conservation Commission – Tuesday, July 11;

August 8 - 7 pm

Parks & Recreation – Wednesday, August 2 - 7 pm

Budget Committee – No meetings July & August

School Committee – Thursday, July 20; August 3, 17

- 7 pm

Planning Board – Thursday, July 13; August 10

- 6 pm

Civil War Round Table – No meetings July & August

Monday meetings are rebroadcast:

1/2 hour after meeting

Tuesday - 7 am

Wednesday - 11 am

Thursday - 3 pm

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

All dates and times are subject to change. Please consult the ETV Bulletin Board or the Town website for any changes or updates.

Always remember that Board meetings are available any time at your convenience if you go to <http://etv22@pegcentral.com>. They are usually available the day following their "live" broadcast.

"Live" video streaming is also available. Watch live meetings anywhere while they're broadcast: http://etv22.pegcentral.com/live/live_etv22.html.

The new ETV email is epppingtv22@gmail.com

There is now a NEW Website for reviewing Epping meetings online: etv22.viebit.com.



Scouting Around Epping

Cub Scout Pack 136

Pack 136 is looking for boys and families who are looking for adventures. Cub Scouts is for boys entering grades 1 to 5. Cub Scouting has ideals of spiritual and character growth, citizenship training and personal fitness. The Scout Oath is a pledge of duty to God and family. The Scout Law is a simple formula for good Cub Scouting and good citizenship. The Cub Scout motto, "Do Your Best," is a code of excellence. We believe in involving families and Cub Scouting provides opportunities for families to work and play together and have fun together.

If you would like information about joining Cub Scouts, please contact our **Cubmaster, Jeff Falkingham** at cubmaster@pack136epping.org.

Join us on Facebook and keep track of the Pack <http://m.facebook.com/group.php?gid=199059685109&fbfbb=r6c4d2187&refid=46> or go to our website where you can find more Pack information at <http://www.pack136epping.org/calendar>.

Boy Scout Troop 136

The Troop will have a food stand at the Fireworks on **August 19th**. We hope to see everyone there!

The boys had a nice spring. They participated in the Town Memorial Day Parade and had a great time! The boys did an overnight backpacking campout at Camp Straw. This was a fun learning experience to get prepared for future away backpacking campouts. The boys did a great job of caring for all of their gear.

The Troop would like to send a huge Thank You to Mrs. Straw for all she does for Scouting and our Troop!

We traveled to Nashua to go indoor rock climbing. Some of the boys worked on the Rock Climbing Merit Badge. The Scouts enjoyed a pizza party afterwards. What a great experience!

Our Summer Court of Honor is just before we head off to summer camp. We will be returning to the Seacoast United Fields again this year. It is a fabulous venue for our Court of Honor and we would like to thank Seacoast United for their generosity in allowing us the use of their facility!

We will be heading to summer camp for a week from the end of July to the beginning of August. Almost all of the Troop will be attending. They will swim and camp and work on various merit badges. The boys are looking forward to a fun week at Hidden Valley Scout Camp up in Gilmanton.

Our schedule for **July and August** is:

July 6 – Committee Meeting at Epping Community Church

July 29 – Summer Court Of Honor at Seacoast United Fields Pavilion

July 30 - August 5 – Summer Camp at Hidden Valley

August 19 – Food Stand at the Fireworks

If you have a son who is interested in Boy Scouts please call Scoutmaster Stephen Sylvain at 682-4801.



Epping Fire Department

Epping Fireman's Association Yard Sale

The Epping Firemen's Association will be holding a yard sale on **Saturday July 22nd** from 8:00 am to 2:00 pm at the Fire Station.

Do you have unwanted items that are too good to toss out but you do not know what to do with them? The Association is looking for donations of

yard sale items. Unfortunately, we are unable to accept large household appliances such as TVs, washers, dryers or refrigerators.

Donations can be dropped off at the Epping Fire Department from July 8th to July 21st or call 679-5446 to arrange for the items to be picked up.

All proceeds from the yard sale will benefit the Epping Firemen's Association.

Stand Up Comedy Show on August 17th

There will be a Stand Up Comedy Show to benefit the Epping Firemen's Association on **Thursday, August 17th at 7 pm** at Josiah's Meeting House.

Car Seat Inspector

The Epping Fire Department has a certified car seat inspector on staff. However, due to a rotating schedule, please call and schedule an appointment. Deputy Chapman can be reached at 679-5446.

Burn Permits

Burn Permits are required for **all outside burning**. Permits will be issued at the fire station 7 days a week, 6:00 am-6:00 pm. Permits **Will Not** be issued when fire danger is class 3 or above.

If you have any questions, please contact the Fire Department at 679-5446

For Daily Fire Danger and an explanation of the different danger levels, follow the link below.

<http://www.nhdfi.org/fire-control-and-law-enforcement/daily-fire-danger.aspx>

Epping Explorer Posts

Fire Department Explorer Post 716

Exploring is part of the Learning for Life program of the Boy Scouts of America. We are co-ed and welcome all youth ages 14 to 20 years of age. Our meetings are held at the Epping Safety Complex on the 2nd, 4th and 5th Thursdays 6:30 to 8:00 pm. We are career oriented and welcome youth to check out the Fire and EMS services as a possible career.

Explorers learn how to use the Fire Department equipment and do search and rescue. Once the probationary (learning) period is over, they may assist on fire calls. Explorers are allowed to ride on the apparatus if seats are available and assist firefighters with the self-contained breathing apparatus (SCBA), supervise the rescue truck and perform many other duties at a fire scene.

For more information, please contact the station at 679-5446.

Epping NH Police Explorers

This is a hands-on program for youth ages 14-20. It is for those interested in a career in law enforcement or related fields in the criminal justice system. The program promotes growth through character development, respect for the rule of law, physical fitness, good citizenship and patriotism. Please join us in helping to support this local youth program as well as the Child and Youth Program of the SAL.

Youth 14 - 20 may join the Police Explorers by calling 679-5122.

Audubon Nature Day Camp

Survival Skills

July 3-7

9 am-4 pm, extended care available

Discovery (ages 6-9) spots still available at Massabesic Center

Explorer (ages 10-12) spots still available at McLane Center

How do animals stay away from predators? How do reptiles deal with the cold of winter? Learn fascinating facts about the ways that animals have learned to survive. Head outside to make your own shelters. Learn how to build a fire safely and how to keep from getting lost in the woods. Play animal adaptation games to learn how NH's animals manage to survive on a day-to-day basis!

Summer Camp is a long-standing tradition at NH Audubon and is held at both the McLane Center in Concord and Massabesic Center in Auburn. Camp programs are available to children ranging in age from 4-12 years old. Older participants (ages 13-15) have the opportunity to participate through our Leaders in Training program. Camperships are available for financial aid.

Camp runs through August 18. Check the website nhaudubon.org for availability and weekly themes.

American Legion News

Monthly Breakfast Buffets

Monthly second Sunday breakfasts are being held from 8:00 to 11:00 am. Come enjoy our hot Breakfast Buffets on **Sunday July 9th** and **Sunday, August 13th** - eggs, bacon, sausage, toast, pancakes, home fries, and coffee are all

pipin hot and ready to be enjoyed. Bring your newspaper and your appetite!

The Buffet is \$8.00 for adults, \$5.00 for children 6 to 12 and children under six are free - worth every penny!

Epping Community Church

Our church service is at 9:00 am every Sunday morning. We are located on the corner of Pleasant and Main Streets. Our sanctuary is on the 2nd floor of the church. We are wheelchair accessible and have an elevator to take those in need upstairs. Come and see what we have to offer during our time of worship. You can stay after church and have coffee and meet new and old friends. Our Sunday School classes will resume in September.

Our search committee is still actively looking for a new pastor for our church. We are very fortunate to have Reverend David Johnson as our interim pastor. If you have any questions about services that the church provides, please call 679-5542 and leave a message and someone will return your call.

July and August will not be as active at the church. Many of our parishioners will be away vacationing. We will take a little break from our normal activities. We will not be having 3rd Saturday dinners in July or August. We will return for another delicious meal in September. Look for announcements in local establishments and on our sign out in front of the church.

The Epping Community Care food pantry has been very busy. We had a very successful breakfast in memory of Linda Gauthier in May. Thank you to all who attended the breakfast and brought in food items, toiletries or made cash donations. We appreciate all donations. You help our program to continue to assist those in need in our community.

Our Soup of the Day Café is every Thursday from 11:00-12:30. Anyone in the community is welcome to come to this free lunch. We have been offering various menus during the summer including, steamed hot dogs, green salads, pasta salads, Italian sandwiches and other yummy lunch items. We will be taking a break for vacations this summer. We will be closed for the month of August, returning September 7th.

Rockingham Nutrition and Meals on Wheels has come back to our church. They do all of their deliveries from our kitchen. They also are serving meals in the church every day except when we

have the Soup Café. Seniors are welcome to come and have a meal. A 48-hour notice is required. Their phone number is 679-1609. They also provide transportation.

Once vacations are over, we will be back in full swing. Here are a few dates to pencil in now. More information will follow as we get closer.

September 9th - Church Yard Sale - inside & out

September 16th - 3rd Saturday Dinner

September 23rd - American Red Cross Blood Drive

October 21st - McPhee Famous Fish Fry

St. Joseph Catholic Church

208 Pleasant St. (Rte 27)

Epping, NH 03042

Office telephone: 679-8805

Mass schedule weekdays:

Mon. 8:00 am **Tues, Thurs, Fri.** 7:30 am

Wed. 7:00 pm, **Sat.** 8:00 am

Mass schedule weekends:

Saturday 4:00 pm

Sunday 8:00 am, 10:30 am and 6:00 pm

July

Mondays – Adoration – Noon to 9:00 pm

July 7th – First Friday Adoration – 8:00 am-midnight

July 8th – First Saturday Adoration – midnight-8:00 am

August

Mondays – Adoration – Noon to 9:00 pm

August 4th – First Friday Adoration – 8:00 am-midnight

August 5th – First Saturday Adoration – midnight-8:00 am

If you have any questions, please call the Rectory Office 679-8805 or check our website at <http://stjosepheppingnh.com> for further information.

Epping Bible Church

Epping Bible Church invites you to join them throughout the week at 243 Pleasant Street in Epping.

Our Sunday mornings begin with a full, free breakfast from 8:00 to 9:15 am, followed by Bible Emphasis Groups (Sunday School) for all ages at 9:15 am. The Gathering, a time for announcements and to share, is at 10:05 am followed by morning service at 10:45 am. Sunday evening service begins at 5:00 pm. Families are welcome.

Their Bible Emphasis Groups feature classes for all ages, from 2 year olds all the way to adults. A free nursery for children – infants through four years – is provided during the morning and evening services. Children ages four through third grade are invited to Junior Church during the morning service after praise and worship time. The Awana program for children age 3 through sixth grade will start for a new year in September! The weekly Friday night meetings help children learn about God's Word. For details, please contact Dora Brown at 702-2650 or at awana@eppingbible.org.

If you have any questions, please contact Pastor Ron Townsend at 247-0405 or at PastorRon@EppingBible.org. Visit their website at www.eppingbible.org.

Providence Baptist Church

410 Pleasant Street, Epping, NH 03042

Phone: 679-8918

Weekly Schedule

Sunday Morning Service at 10:30 am

Wednesday Food Pantry begins at 10:00 am (for first time visitors, please have your photo ID and proof of residency with you)

Wednesday Time of Devotion and Prayer begins at 6:30 pm

(Check schedule for dinner nights!)

For small groups and other events, please check out our website at www.pbcnh.org or contact us at pbcsecretary410@gmail.com.

West Epping Quaker Meeting House

The West Epping Meeting grew out of the Seabrook Quarterly Meeting in the middle of the 18th century. Records show that Joshua Folsom was a recorded minister among Friends in the community in 1772 – though he may have commenced his activities even earlier. The present Meeting House was built in 1851. The surrounding tall pines, dating from this period, have been a distinguishing feature of West Epping Village.

West Epping Friends meet for silent worship at 10 am every first and third Sunday of the month. We welcome visitors to our meetings to join with us.



Harvey-Mitchell Memorial Library

Epping's Public Library

151 Main Street
734-4587 (Adult Dept.)
679-5944 (Youth Dept.)
679-5884 (Fax)

harvmitch@gmail.com

www.eppinglibrary.com

Youth Dept. e-mail: hmmlyouth@gmail.com

Youth Dept. Facebook page:

<http://www.facebook.com/eppinglibrary>

Hours: Monday, Friday – 10 - 5

Tuesday, Wednesday, Thursday – 10 - 8

Saturday – 10 - 2

Sunday – 12 noon - 4

Closed: July 4th – July 4th Holiday

Grants Received for Library Garden

The Harvey-Mitchell Memorial Library is pleased to announce that we have received a \$200.00 grant from the Exeter Garden Club and a \$150.00 grant from the Portsmouth Garden Club. This money will be used for plants, mulch and other things needed to create our wonderful garden again this year! We are also pleased that the Portsmouth Garden Club has invited Eva Karandanis to speak at their reception for the grant winners and describe the goals for this year's library garden. Last year's Morning Glories were the talk of the town! We hope this year's Storybook Garden will be even better!

Upcoming Events at the Library

July 5: Summer Reading Program Begins! Kids crack open the books and read towards fun prizes! Summer Reading Program runs through August 4th.

July 6: Puppet Show and Ice Cream Party – 11 am. We'll kick off the summer with a puppet show by Diane Kordas, "Build a Better World, Build a House" followed by an ice cream party! Join in for this popular annual celebration. The puppet show tells the story of Rabbit who builds a house he loves, but then some creature gets inside and won't let him in! Who's in Rabbit's House? Then 3 little wolfies go out into the world, each build a home that Big Bad Baconella wants to get in. The 3 little wolfies figure out how to get Baconella to stop wrecking their homes and unlikely friendships develop! Lots of laughs and audience participation with this magical hand and shadow puppet show, hitting the nail on the head for this year's theme!

July 11: Watercolor Workshop – 2 pm *Please Register in Advance. Epping artist Eunice Miller

will teach us the basic methods of watercolor. Kids and adults of any age are welcome to participate and enjoy this exciting and rewarding medium. Supplies will be provided. Please contact the library to register in advance, as space is limited.

July 11: Knitting & Craft Group – 7 pm. Bring your current project in knitting, crocheting, cross stitching, embroidery, hand quilting, etc. (or start a new one!) and see what other local crafters are up to, exchange ideas, and socialize while you work. All levels of experience are welcome.

July 12: Black Bear Happenings - 6:30 pm. Come and hear the story of the Black Bear in New Hampshire coming back from the edge of being lost! The presence of the Black Bear in modern New Hampshire is a wildlife restoration success story; the combination of science-based wildlife management, research, and carefully regulated hunting has allowed the state's bear population to grow after dramatically depleting numbers in the 18th - 20th centuries. This presentation about one of New Hampshire's largest and most majestic mammals is given by a steward from the New Hampshire Fish and Game Department.

July 13: Children's Yoga – 11 am. Bring the little ones to our popular yoga series, taught by Kripalu Yoga Teacher, Leah Pacione! Mats are provided, or you are welcome to bring your own mat.

July 14: Wings in the Wind Story time with Julia Walsh - 11:15 am. Local author Julia Walsh, from Newburyport, will join us to read her picture book *Wings in the Wind*, an uplifting story based on a true account of an orphaned duckling's struggle to survive on the rich banks of a salt marsh river. Join us for this special storytime and craft activity as we create a salt marsh habitat and learn about the wildlife that thrives on this natural wonder.

July 19: SPCA Story time – 11 am. The SPCA will make a visit to the library, featuring several animals friends -- come see what cute creatures they bring this time! We ask that children and adults bring something to donate to the SPCA, such as a can of cat or dog food, dry food, etc.

July 21: Meditative Healing Session. Inner Healing Practitioner Donna Corriveau is generously offering individual meditative/spiritual healing

sessions. Each one-on-one session will include: an opportunity for you to share and connect with your higher self with guidance; a brief review of these experiences and possible meditative tools that can assist you; and a meditative healing session in which you can relax and enjoy the calm energies that surround you. Sessions are 40 minutes long and begin at 5:30, 6:20, or 7:00 pm. Registration is required: please contact Michelle at the library at 679-5944 or : hmmyouth@gmail.com.

July 23: Tj Wheeler Concert – 3 pm. We've got a great family concert planned this summer! Grab the beach chairs and blankets and take a seat outside to enjoy the talented and entertaining American Roots musician, Tj Wheeler. The Friends of the Library will be selling snacks and refreshments, as well as holding a book sale. It will be a great way to spend a summer afternoon, for all ages! The concert begins at 3 pm, preceded by a jugband instrument workshop for kids a 2 pm.

Tj Wheeler performs his gumbo of Blues, Jazz, Ragtime and more on a wide variety of instruments, including the 7 string guitar, Ukulele, Tenor Banjo, 1 string Diddley Bow, Tap percussion, nitty gritty vocals & Kazoo! Audiences of all ages around the world have been as enlightened by Tj's knowledge of the history & stories behind the music as they are by his talented and passionate performances. During a workshop prior to the concert, Tj will bring a variety of jug band and percussion instruments so kids will be able to play on traditional instruments such as the washboard, washtub bass, cigar box guitar, and a wide range of shakers and tambourines. Afterward, children will be invited to be featured on a couple of songs!

July 26: Fairy House Workshop – 1 pm * Please Register in Advance. Join Diane Kordas in crafting magical fairy houses out of recycled materials! Children will make their own fairy and fairy house and be encouraged to make up their own story to go with it. It's best if children help save and bring the materials to teach about recycling, though we'll have materials on hand as well. Each child will use: a small box, round coffee can, or oatmeal container; a 2 liter soda bottle; a collection of sticks, birch bark, moss, or other natural materials if possible. The workshop is best for ages 6-10, ages 4-6 with adult help. Please contact the library to register in advance, as space is limited.

*Funding for the Kids, Books and the Arts event is provided by the Jack and Dorothy Byrne Foundation, CHILIS, Cogswell Benevolent Trust, and is supported in part by a grant from the NH State Council on the Arts & the National Endowment for the Arts as well as funds administered by the NH State Library and provided by the Institute of Museum and Library Services.

July 27: Children's Yoga – 11 am. Bring the little ones to our popular yoga series, taught by Kripalu Yoga Teacher, Leah Pacione! Mats are provided, or you are welcome to bring your own mat.

August 2: Birds of Prey with Jane Kelly - 6:30 pm. Jane Kelly returns to present live birds and share her knowledge and stories about them. Jane is a federal and state licensed rehabilitator, educator and falconer, specializing in raptors. She runs a raptor rehabilitation center here in Epping, "On The Wing," which works with the Veterinary Emergency and Surgery Hospital in Brentwood, NH Fish and Game, Animal Control Officers, Local and State Law Enforcement and the general public. Jane has always loved birds and became concerned about birds of prey when she found ten owls that had been hit by cars on Route 101. She decided to get involved by bridging the gap for wildlife through education and rehabilitation.

August 4: End of Summer Reading Magic Show & Ice Cream Party. Celebrate the end of a great summer of reading with our favorite magician, David Anderson! David returns to entertain the kids with his dazzling magic and humor. The show will be followed by an ice cream party!

Epping Parks & Recreation Department News

Home of the "River Otters"

Director: Nicole Bizzaro

Cell Phone: 608-9487

Recreation Dept. Main Phone Number: 679-3006

eppingrecreation@gmail.com

Join us on Facebook and follow us on Twitter.

If you need to reach the Department, please contact Nicole, Recreation Director via e-mail at eppingrecreation@gmail.com or cell at 608-9487.

Now that Watson Academy is open again, we are getting back to business. The Epping Parks & Recreation Department has been busy at work,

meeting with potential new instructors and staff to develop future programs and offerings at Watson for the town residents. For more information and to register, please contact the Recreation Department via e-mail at eppingrecreation@gmail.com or visit our website at www.EppingRecreation.org.

Please check out our website and our Facebook page for announcements and program updates.

Preschool Programs

Story Discoveries

Literacy based interactive programs for children ages 2-5 with an accompanying adult. Join us for songs, stories and hands-on activities at 10:00 am on Tuesdays. Starting with songs and finger plays to help participants feel comfortable and included, Miss Tracie will read two picture books which introduce the children to a topic that is relevant to their experience in the world. Following the stories will be a fun project using a variety of art media, giving the child something to take home that will hopefully inspire further investigation and more discussion of the topic. These projects can be messy, so although aprons will be available, washable play clothes are recommended. There will also be age appropriate puzzles for the preschoolers to explore as they complete their project.

"Miss Tracie" Wilkins has over 25 years of experience as an early childhood educator, having worked in preschool, kindergarten, children's museum and public library settings.

Ages: 2-5

Day: **NEW CLASS** -Mondays (ongoing)

Time: 1 pm

Cost: \$30 for 6 classes or \$6.00 drop in per week

Where: Watson Academy (17 Academy St. - Recreation Center)

How To Register: Please drop in for class or mail in a Registration form to address included on form.

Ages: 2-5

Day: Tuesdays (ongoing)

Time: 10 - 11 am

Cost: \$30 for 6 classes or \$6 drop in per week

Where: Watson Academy (17 Academy St. - Recreation Center)

How To Register: Please drop in for class or mail in a Registration form to address include on form.

Sports Programs

If you are looking for beginning and advanced team sports-related programs for children ages 5+,

please visit the Epping Youth Athletic Association (EYAA) website at www.eyaa.org for sports programs offered in Epping.

Elementary School Programs

Before & After School Program

Fall Registration is OPEN for the Before & After School Program:

The Fall 2017 Before & After School Program Registration was available starting June 1, 2017.

To register, please download Registration Form and Participation Forms from left side of the Parks and Recreation website and mail. Space is limited and If we need to start a wait list, parents will be notified! Please e-mail our Recreation Director, Nicole for further information. at eppingrecreation@gmail.com.

We provide a safe, nurturing place for children to attend quality programming beyond the schools' hours of operation. We strive to help youth reach their full potential by allowing them to explore their physical, social and intellectual interests in a safe and fun setting. The culture of our programs emphasizes quality relationships and a healthy respect for individuality. We provide enough structure to keep everyone safe, but we also offer an open atmosphere that allows children to explore their interests in groups or on their own.

The Before School Program operates on normal school days at the Epping Elementary School gym in the mornings for youth in grades K-7. The program opens at 6:45 am and runs until students leave for their classrooms at 8:20 am! Kindergarteners are escorted by staff. At the program the youth are able to finish homework, work on arts and crafts projects and play games in the gym. The youth are able to eat breakfast with the school breakfast program.

The After School Program starts at the EES Library to gather, then they head outside to the EES playgrounds during good weather days or walk down to Watson Academy for snack and homework time from 3:15-4:15 pm, during cold or bad weather days. The program then runs organized games and activities from 4:15-5:45 pm at Watson Academy and on scheduled days, uses the gym for PE related programming. The program operates from school dismissal until **5:45 pm**. Children are grouped by grades: K-1, 2-3 and 4-7. This may vary slightly depending on space and child needs in each of the groups. Grades K-7

6:45–8:35 am—Before School Program at Epping Elementary School Gym

3:15 – 5:45 pm – After School Program meets in EES Library, goes to Playground and Watson Academy, with use of the EES Gym on scheduled days.

Call Nicole for more information at 608-9487.

Martial Arts Programs at Epping Recreation and Elementary School (offered by Epping ATA)

Karate Classes

Mondays (EES Gym) and Thursdays (MS Stage) 3:10 – 4:15 pm, \$65 per month

For more information or to sign up your child, please contact Mrs. DeNapoli at 674-6599 or e-mail her at eppingata@gmail.com.

ALL beginners receive a FREE Uniform.

Youth Ceramics Class

Day: Thursdays

Time: 4:15-5:15 pm

Cost: \$20 for three sessions

Includes: up to 3 pieces (depending on selection), paint and brush use.

This program is ongoing so the child comes 3 times and then is completed or signs up for another 3-week session.

8th – 12th Grade CIT program

The program is back again this year. Students who like working with children and want to gain experience may apply to be a Counselor-In-Training. School year and summer positions are available and it's FREE! For an application, please contact the Rec. Dept.

Both the Application and two Reference Forms need to be returned to the Recreation Director at Town Hall, 157 Main Street, for review. Without references (non-related), applications will not be accepted. CIT positions are limited! We will call all applicants in for an initial interview with the Recreation Director and Program Director. The CIT program is not a full summer, full week program. Each CIT will be given a schedule of days and hours they will be assigned to complete their volunteer time with us. CIT's will ASSIST staff in running programs for kids, preparing materials for programs, helping with general clean up after programs and being role models for children participating in programs. Most CIT hours are

completed on school grounds (no field trip hours). If a CIT shows exemplary skills in assisting children during on-grounds programs, we may contact those parents to arrange for field trip volunteer hours.

Adult Programs

Please check our Facebook page for updates, including cancellations on all programs.

Adult Basketball

Want to play some adult basketball? Come join The Epping Recreation Department for some pick up co-ed basketball in the Epping Middle School Gym on Sunday nights.

Day / Time: Sunday – 7:00 – 9:00 pm

Location: EMS Gym (Use EHS entrance)

Cost: \$30 for 10 nights – Please make check out to the “Town of Epping.” If paying in cash, please bring exact change.

Each participant is required to sign a waiver form prior to playing and payment. Waiver forms will be available at the gym. We will have a sign-in sheet, to keep track of the days used. Once you have used your ten nights, please bring in your next payment of \$30 for ten additional nights. You will not be allowed to play if we do not have a signed waiver and payment. The payment covers the cost of the staff to provide this program.

We will also notify you via e-mail of any program changes, so please provide a current e-mail address.

Adult Ceramics Class

Day: Thursdays

Time: 5:30-8:30 pm

Cost: \$2 per hour, plus ceramics piece of choice

Includes: Use of brushes and paints. Some glazes are extra.

Location: Watson Academy (Upstairs Blue classroom)

To Register, contact the Epping Recreation Dept at eppingrecreation@gmail.com or stop by the program to speak with Barbara Young.

The Porch

Our goal is to demonstrate the unconditional love of God to our community by building relationships, meeting physical and financial needs, and sharing the Gospel of Jesus that transforms

lives.

Epping Lighthouse will benefit the community in numerous ways, including:

- Running a youth center for teenagers
- Running a children's after-school program
- Giving financially to families who are in need
- Providing free family counseling
- Organizing various programs for teenagers to service others

Kids Club

Our kids club is for kids in grades 1-5.

We will provide free pick up from EES, and provide snacks and drinks at no charge.

We have a structured time of singing, Bible Time and Game Time.

The club starts at 3:15 and goes until 5:00 pm.

Teen Central

Our Teen Central is geared for grades 6-12.

We offer pool, ping-pong, air hockey, and foosball.

We also have computers, a TV, board games and provide snacks and drinks at no charge.

Teen Central opens at 2:30 and goes till 4:30.

We provide classes and other events throughout the year as well.

We require all of our workers to complete a background check.

If you are interested, please check us out at www.eppinglighthouse.org or you can e-mail us at eppinglighthouse@hotmail.com to request a form.

Families First

support for families...health care for all

Epping Family Morning Out: *Four Fridays (July 21, 28, August 4, 11) 9:30-11 am.* For children ages birth to six with parents or other caregivers. Children will explore age-appropriate crafts and other activities, have positive play with peers and adults and enjoy songs, stories and snack. Facilitator: Patricia Keck. Held at the SAU 14 Building, 213 Main Street, Epping. Cost: It's free! See you there! Advance sign-up not needed

For information call 422-8208, press 2, or visit <http://www.familiesfirstseacoast.org/programs.cfm>.

All parents and children are welcome at our Parenting Classes, Parent-Child Groups and

Parent Groups. **Advance registration is needed for most programs and is always needed for childcare;** please go to FamiliesFirstSeacoast.org and click on the Register for Family Programs button, or call 422-8208 x2.

What is being offered from parent ed over the summer:

Tuesday evening parenting programs offered this summer include Active Parenting, July 11th through August 1st – 6-7:30 pm; a Q&A on Helping Children Develop Self Control with Laura Rubin, PhD from Portsmouth Neuropsychology Center on August 8th – 6-7:30 p.m.; How To Talk So Kids Will Listen, August 15th & 22nd – 6-7:30 pm.

For up to date information and sign up, visit: www.tinyurl.com/FFparenting www.tinyurl.com/FFparenting

Epping Students in the News

Brenda Parent was awarded a Bachelor of Science degree in Biomedical engineering with distinction from Worcester Polytechnic Institute (WPI) on May 13th.

Twenty-six scholarship foundations gave a total of 52 scholarships to SST 2017 graduates. Residents of Exeter, Epping, Sanborn, Newmarket, and Raymond received scholarships.

Epping students awarded scholarships:

Madelyn Bentz, AP, Built Ford Tough, FFA Scholarship \$1,000

Nicolas Funai, BI, Community College System of New Hampshire Scholarship

Students named to the Spring 2017 Dean's list at Keene State College, include:

Jessica Hardy

Rachel Kaplan

Marina McCartney

Jacob West

Named to the Spring 2017 Dean's List at Curry College:

Shaya Blanchette

St. Thomas Aquinas High School Honor Roll for the third quarter:

Muriel Bennett - Grade 9: High Honors

Aviana Fiore - Grade 12: Honors

All-Star Sports Awards June 22nd

The Seacoast Media Group put on the inaugural Seacoast All-Star Sports Awards at the Music Hall in downtown Portsmouth on June 22nd. It was an evening of champions as more than 300 student-athletes from 18 schools on the Seacoast were

honored. They were the area's top high school athletes and several of our athletes from Epping sports were nominated.

Our nominees were:

For the 2016 Fall Sports Season:

Boys Soccer

Tom Bullock
Mark Marasca
Jackson Rivers

Girls Soccer

Casey Needham

Football Player

Noah Armstrong, Epping/Newmarket

Volleyball

Sophia Randall

For the Winter 2017 Sports Season:

Boys Basketball

Jackson Rivers

For the Spring 2017 Sports Season

Softball

Laura Duguie
Eliza Kucera
Belle Snyder



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. ETV is also streaming meetings that you can watch live on your computer at: <http://etv.22.pegcentral.com>.

July 20th

August 3rd and 17th

Mark Vallone, Retired as Principal of Epping Elementary School

There was a Community event for Mark Vallone's Retirement. A Retirement Reception was held on Thursday, June 15th from 4:00 to 7:00 pm at the Epping Elementary School. It was held for Epping residents to recognize all the contributions he has made to the Epping Elementary School for 19 years and to education in Epping in general. Everyone wanted to say goodbye and wish him the best in the future.

Note from the editor: Mark will be missed by the whole Epping Elementary School community: students, teachers, staff and families of the students. All of us in Epping wish him the very best in his retirement and in his next endeavors.

I am reprinting again, with permission, this great article about Mark's retirement from The Union Leader, written by Jason Schreiber, Union Leader correspondent.

Epping Elementary School Principal Mark Vallone to Retire by Jason Schreiber

When he became principal of Epping Elementary School 19 years ago, Mark Vallone decided to step outside to help address traffic issues during student drop-off. It didn't take him long to realize the importance of being a visible principal as he opened car doors and helped the kids out. "I've been doing meet and greet every day," he said. That early morning ritual is something he's going to miss when he retires at the end of the school year.

"I know it's very reassuring to see the person who's running the school is out there. I get to see the kids and their parents and their aunts and uncles and dogs," Vallone said.

After his nearly two decades as principal and 41 years in education, the 63-year-old Epping resident who spent most of his career working in his hometown is preparing to say goodbye.

He's also preparing to welcome his replacement. The school board voted Thursday night to appoint former Enfield Village School Principal Justin Benna as the elementary school's new leader. Benna served as Enfield principal from 2004 to 2016 and is currently finishing up his doctorate degree at the University of New Hampshire.

At Thursday's board meeting, Superintendent Valerie McKenney described Benna as a "student-centered" educator who is a former elementary teacher with extensive work in education leadership and policy. McKenney said Benna is also a person known for building relationships with the community.

That's what Vallone has tried to do since beginning his career in Epping as a teacher who helped struggling students.

In his message in the newly released town report, Vallone mentioned a fitting quote from Theodore Roosevelt: "Far and away the best prize that life has to offer is the chance to work hard at

work worth doing.” Vallone said his career in education is hard work worth doing. “I’ve always regarded this job as the prize of my life’s work,” he said.

Vallone said he’s enjoyed spending time with the students and his staff in the school of about 500 and being an advocate for public education. “Working in your hometown is a little tricky at times, but it’s been great because there are so many different ties and different connections. It’s fun to watch the generations. Some of my former students have grandchildren in the school now,” he said. The work in his hometown school has given him a chance to get to know so many in the community, he said. “Usually a trip to the grocery store can take a long time,” he said, laughing.

Epping Elementary School (EES)

EES School Calendar

JULY

July 3-7– The School office will be closed

July 11 – Office reopens. Hours 8 am-3 pm Tues. Wed, Thurs, Closed Mondays and Fridays

July 18-Aug. 10 – Extended Year Program offered in all academic areas. Mon – Thurs 8 -11 am

July 18-Aug. 10– Title I Summer Camp. Tues, Wed. Thurs 8 -11 am

AUGUST

August 23– New Student Orientation for new incoming students in Grades 1 - 5. Held at EES from 9 – 11 am

SEPTEMBER

Sept. 5 – **First Day of School Celebration for Grades 1-5, 8:20-9:30 am. Parents are invited to join.**

Sept. 6 – **First Day of School for Preschool Kindergarten Orientation**

Sept. 7 – **First Day of School for Kindergarten**

EES New Student Orientation

You are invited to attend an Orientation for incoming new students for Grades 1 -5 on **Wednesday, August 23rd at 9:00 am** at the Epping Elementary School.

The following documents are needed for your child to start school:

Official State Birth Certificate

Immunization Records

Physical (done within last 12 months)

Proof of Residency

With any questions, please call Karen Mongeon at 679-8018.

Invitation to First Day of School Celebration!

Dear Parents,

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

Date: September 5, 2017

Time: 8:20 to 9:30 am

Place: Epping Elementary School

Fourth Quarter Honor Roll 2016-2017

3rd Grade:

High Honors:

Wyatt Allen, Lauren Anderson, Maela Baker, Khyden Colon, Taylor Comeau, Ian Cottrill, Ava Duxbury, Evie Estabrook, Matthew Falkingham, Ava Finkelstein, Isabella Foote, Kayleigh Gray, Sam Graziano, Jordan Guarente, Brody Hannon, Sean Haugh, Quinn Houtz, Parker Irving, Wyatt Jones, Jonah Katz, Brooke Lawrence, Ryan Leombruno, Logan Lewis, Aidan MacLean, Sydney MacVicar, , Hannah Marshall, Rachel Mazzone, Aidan Murphy, Seth Noble, , Avery O’Neil, Jackson Pelland, Mackenzie Pettis, Madeline Stevens, Jack Vigliotte

Honors:

Ella Bizzaro, Reilly Clark, Trevin Duffy, Brett Hynds, Keagan Lawrence, Angelina Leo, Cole Magdziarz, Haley Marden, Andrew McNamara, Kyle Morrissey, Austin Ober, Matthew Powers, Jeremy Quattrini, Peyton Rines, Adam Santos, Blake Snyder, Cooper Soles, Naomi Toomire, Jacob Tracy

Caring Eagles:

Wyatt Allen, Lauren Anderson, Maela Baker, Ella Bizzaro, Taylor Comeau, Ian Cottrill, Trevin Duffy, Evie Estabrook, Ava Finkelstein, Isabella Foote, Samantha Gomes, Kayleigh Gray, Aidan Hauenstein, Sean Haugh, Quinn Houtz, Parker Irving, Jonah Katz, Brooke Lawrence, Keagan Lawrence, Angelina Leo, Logan Lewis, Sydney MacVicar, Cole Magdziarz, Haley Marden, Beckham Martin, Rachel Mazzone, Andrew McNamara, Aidan Murphy, Seth Noble, Austin

Ober, Avery O'Neil, Jackson Pelland, Mackenzie Pettis, Matthew Powers, Jeremy Quattrini, Peyton Rines, Blake Snyder, Cooper Soles, Madeline Stevens, Emile Tessier, Naomi Toomire, Jack Vigliotte

4th Grade:

High Honors:

Zander Beltran, Emily Carleton, Hailly Demers, Leonie Dickerson, Jackson Dufresne, Haylee Fields, Garrett Follansbee, Nathan Gallant, Anna Gatchell, Maria Guenard, Nev Haugh, Sawyer Idell, Jim Le, Jordyn Lee, Samantha Listovitch, Keira McElreavy, Tyler Morang, Adam Munguia, Sonora Newman, Mikayla Picard, John Pottle, Abigail Stich, Patrick Thompson, Landon Toomire, Lilyan West, Maria Wheeler, Cameron Wishart, Reed Yates

Honors:

Alyssa Bartlett, Jackson Boelter, Eoghan Brown, Kelly Covey, Evan Deloge, Lindsey Duffy, Lili Fawcett, Piper Gagne, Emma Hynds, Owen Larsen, Haley Marshall, Aubree Marcheterre, Kallissa Marquez, Hayden Miskinis, Connor Mueller, Presley Nichols, Jacob Purington, Jazmine Raymond, Kayla Schumann, Keith Spencer, Kierra Souphakhot, Tiernan Sousa, Christopher Tagliaferro, Zachary Tessier, Piper Vetter, Samantha West, Allison Whitesell, Lilly Yergeau

Caring Eagles:

Alyssa Bartlett, Zander Beltran, Morgen Bertogli, Jackson Boelter, Eoghan Brown, Emily Carleton, Hailly Demers, Leonie Dickerson, Lindsey Duffy, Jackson Dufresne, Riley Gagnier, Nathan Gallant, Anna Gatchell, Maria Guenard, Nev Haugh, Emma Hynds, Sawyer Idell, Jordyn Lee, Samantha Listovitch, Aubree Marcheterre, Haley Marshall, Keira McElreavy, Hayden Miskinis, Abigail Parenteau, Tyler Morang, Sonora Newman, Mikayla Picard, John Pottle, Jacob Purington, Jazmine Raymond, Kayla Schumann, Kierra Souphakhot, Tiernan Sousa, Abigail Stich, Christopher Taliaferro, Zachary Tessier, Patrick Thompson, Landon Toomire, Piper Vetter, Lilyan West, Samantha West, Cameron Wishart, Maria Wheeler, Allison Whitesell, Reed Yates

5th Grade:

High Honors:

Ayla Bennett, Avie Blakney, Daniel Ciriello, Dylan DuLong, Isabella Greubel, Amelia Harper, Wyatt Idell, Chanah Katz, Shawna Lin, Lillian Long, Autumn Loving, Sarah McTague, Casey Morin, Autumn Patterson, Annabelle Shumway,

Eva Simpson, Aria Smith, Charlize Stevens, Jacob Twombly, Delaney Yates, Ryan Zheng

Honors:

Robbie Bizzaro, Jessica Brassil, Burton Campbell, Abby Deary, Colin Hallinan, Myleigh Martin, Maelie McAniff, Malaney McAniff, Aidan Rossel, Skyler Simard, Luke Snyder

Caring Eagles:

Ayla Bennett, Robbie Bizzaro, Avie Blakney, Jessica Brassil, Dylan DuLong, Isabella Greubel, Amelia Harper, Tyler Howe, Wyatt Idell, Lauren Johnson, Chanah Katz, Cooper Lawrence, Shawna Lin, Lillian Long, Autumn Loving, Myleigh Martin, Maelie McAniff, Malaney McAniff, Sarah McTague, Autumn Patterson, Rachel Peirce, Hermione Porter, Annabelle Shumway, Skyler Simard, Eva Simpson, Aria Smith, Logan Snyder, Charlize Stevens, Jacob Twombly, Delaney Yates, Ryan Zheng

Epping High School (EHS)

EHS Class of 2017 Top Ten

Emily Colban, daughter of Joy and Tom Colban, is co-vicepresident of the Class of 2017. She will be attending the University of New England with a major in Exercise Science.

Brandi McKay, daughter of Heather and Michael McKay, is co-vicepresident of the Class of 2017. She will attend the University of New Hampshire as a Paul Scholar with a major in Business Administration.

Madelyn Bentz, daughter of Laurie and Eric Bentz, is the salutatorian of the Class of 2017. She will be attending Pennsylvania State University with a major in Agriculture Extension and Education.

Brenna Osgood, daughter of Sandra Osgood, was accepted at Brevard College, Cedar Crest College, Elmira College and John Carroll University.

Jacob "Will" McKay is the son of Heather and Michael McKay. He will be serving in the Navy in its Nuclear Propulsion Program.

Sabrina Patterson is the daughter of Kathleen and Brian Patterson. She will attend the University of New Hampshire with a major in Occupational Therapy.

Sophia Randall is the daughter of Amy and Mark Randall. She will attend St. Joseph's College in Maine with a major in Nursing.

Michael McKay, Jr. is the son of Michael and Heather McKay. He received the 2016 St.

Epping Calendar of Events for July 2017

| | |
|------------------|--|
| July 1 | Epping Community Church Food Pantry – 8:00-10:00 am |
| July 3-7 | EES office closed |
| July 3-7 | Audubon Day Camp |
| July 3 | Town Hall closed |
| July 4 | JULY 4th HOLIDAY , Town Hall and Library closed |
| July 5 | TOWN TAXES DUE!!! |
| July 5 | Summer Reading Program begins at the Library |
| July 5 | Providence Baptist Church Food Pantry – 10 am |
| July 6 | Puppet show and Ice Cream Party at the Library – 11 am |
| July 6 | Boy Scout Committee meeting at Epping Community Church |
| July 7-23 | “Annie” at the Leddy Center |
| July 8 | Epping Community Church Food Pantry – 8:00-10:00 am |
| July 8 -21 | Drop off donations for Firemen’s Association Yard Sale at Fire Department |
| July 9 | American Legion Post 51 Sunday Breakfast Buffet – 8:00-11:00 am |
| July 9 | Epping Garden Club meeting |
| July 11 | Watercolor Workshop with Eunice Miller at the Library- 2 pm Please register |
| July 11 | Knitting & Craft Group at the Library – 7 pm |
| July 11 | EES office open. Summer hours Tues. Wed. Thurs – 8 am-3pm Mon and Fri closed |
| July 12 | Providence Baptist Church Food Pantry – 10 am |
| July 12 | Black Bear Happenings at the Library – 6:30 pm |
| July 13 | Children’s Yoga at the Library – 11 am |
| July 14 | Wings in the Wind Story time with Julia Walsh at the Library – 11:15 am |
| July 15 | Epping Community Church Food Pantry – 8-10 am |
| July 18-Aug. 10 | EES Extended Year Program Mon-Thurs – 8-11 am |
| July 18-Aug. 10 | EES Title I Summer Camp Tues. Wed. Thurs. – 8-11 am |
| July 18 | Library Board of Trustees Meeting – 7 pm |
| July 19 | Dusty Old Mystery Book Club at the Library – 7 pm |
| July 19 | Providence Baptist Church Food Pantry – 10 am |
| July 19 | SPCA Story time at the Library – 11 am |
| July 20 | Epping School Board meeting in Epping Town Hall – 7 pm |
| July 20 - 23 | Stratham Fair |
| July 21 | Meditative Healing Session with Donna Corriveau at the Library Registration required |
| July 22 | Firemen’s Association Yard Sale from 8 am to 2 pm |
| July 22 | Epping Community Church Food Pantry – 8-10 am |
| July 23 | Tj Wheeler Concert at the Library – 3 pm |
| July 25 | Epping Lions Club meeting at the Library – 6:30 pm |
| July 26 | Providence Baptist Church Food Pantry – 10 am |
| July 26 | Fairy House Workshop at the Library – 1 pm Please register |
| July 26 | Contemporary Book Club at Library – 7 pm |
| July 26 - 30 | North Haverhill Fair |
| July 27 | Children’s Yoga at the Library – 11 am |
| July 29 | Epping Community Church Food Pantry – 8-10 am |
| July 29 | Boy Scout Summer Court of Honor at Seacoast United Fields Pavilion |
| July 30 - Aug. 5 | Boy Scout Camp at Hidden Valley |

Epping Calendar of Events for August 2017

| Date | Event |
|--------------------|--|
| August 2 | Birds of Prey with Jane Kelly at the Library – 6:30 pm |
| August 2 | Providence Baptist Church Food Pantry – 10 am |
| August 3 | Epping School Board meeting in Epping Town Hall – 7:00 pm |
| August 3 - 6 | Cheshire Fair |
| August 4 | End of summer Reading Magic Show and Ice Cream Party at the Library |
| August 5 | Epping Community Church Food Pantry – 8-10 am |
| July 30 - August 5 | Boy Scout Camp at Hidden Valley |
| August 9 | Providence Baptist Church Food Pantry – 10 am |
| August 10 | Epping Watson Academy Seniors with Recreation kids |
| July 18-August 10 | EES Extended Year Program Mon-Thurs – 8-11 am |
| July 18-August 10 | EES Title I Summer Camp Tues. Wed. Thurs. – 8-11 am |
| August 12 | Epping Community Church Food Pantry – 8-10 am |
| August 12, 13 | Belknap County 4-H Fair |
| August 13 | American Legion Post 51 Sunday breakfast – 8:00-11:00 am |
| August 15 | Last day of Conservation Commission Photo Contest |
| August 15 | Library Board of Trustees Meeting – 7 pm |
| August 16 | Dusty Old Mystery Book Club at the Library – 7 pm |
| August 16 | Providence Baptist Church Food Pantry – 10 am |
| August 17 | Stand Up Comedy Show at Josiah's Meeting House – 7 pm |
| August 17 | Epping School Board meeting in Epping Town Hall – 7 pm |
| August 18 – 20 | Cornish Fair |
| August 19 | Town Fireworks at High School Field at 8:30 pm or dusk |
| August 19 | Boy Scout Food Stand at High School Field |
| August 19 | Lamprey River Splash and Dash in Newmarket |
| August 19 | Epping Community Church Food Pantry – 8-10 am |
| August 22 | Epping Lions Club meeting at the Library – 6:30 pm |
| August 23 | EES New Student Orientation for Grades 1-5 – 9-11 am |
| August 25 | DEADLINE DATE for the September-October issue of the Newsletter |
| August 26 | Epping Community Church Food Pantry – 8-10 am |
| August 30 | Providence Baptist Church Food Pantry – 10 am |
| August 30 | Contemporary Book Club at Library – 7 pm |
| September 4 | LABOR DAY HOLIDAY, Town Hall and Library closed |
| September 5 | First Day of the 2017-2018 School Year |
| September 5 | EES First Day of School Celebration – 8:20-9:30 am – Parents are invited |
| September 6 | EES Kindergarten Orientation |
| September 6 | EES First Day of School for Preschool |
| September 7 | EES First Day of School for Kindergarten |

If you would like your next event to appear on the Calendar of Events, please send us an e-mail at bhelmstetter@comcast.net by **August 25, 2017**. Please include the date, event name, location and time.