

Our Mission:

Growing Places provides early education & youth recreation programs that foster the development of the whole child.

Our Programs:

Lee Early Childhood Site

6 weeks ~ 6 years

56 Pinkham Road

(603) 868.1160

Director: Michelle Guthrie

Teachers: Lindsey Colbath

Tara Connolly

Katie Gray

Celeste Hume

Shane KRAFTON

Melissa Parsell

Julie Scadova

Durham Early Childhood Site

2~6 years

60 Strafford Ave

(603) 868.5674

Director: Hillary Hughes

Teachers: Sarah Hastings

Becca Kelly

Emily Kluun

Wendy Rousseau

Ashley Studer

School Age Programs

5~12 years

(603)969.8677

Moharimet Elementary School

Director: Francesca Trial

Assistant Director: Lindsay Michel

Site Director: Shane Manning

TimberNook Programs

5~12 years

Moharimet Elementary School

Director/Provider: Sarah Hastings

Provider: Ashley Studer

Program Administrators

Sarah Nason

Marie Giordano

Executive Director

Deb Cuddahy

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Jessica Starkey, President

Kathryn Mone, Vice President

Chris Regan, Treasurer

Amy Leone, Secretary

Elaine Mangan

Camp Cowabunga Rocked Out With

Written by Wendy Rousseau, with excerpts from Trashcan Lid Production website



The children of Camp Cowabunga were treated to an opportunity to spend a week with artist-in-residence, Jeff Erwin. Jeff is a well known performing artist, musician, DJ, educator and founder of Trashcan Lid Productions. He has been enriching the lives of youth and young adults since 1989 through his two Trashcan Lid Productions signature programs (Junk 2 Funk and Sticks and Stones).

Through their four day workshop with Jeff, the children were offered an outlet for creativity, physical energy and individual expression. Junk 2 Funk easily blends the disciplines of science, technology, language arts, pop culture, music, performance art and environmental stewardship through fun, rewarding and often life-changing experiences. With an emphasis on making music using instruments made from found objects, Jeff leads participants down a path of self-exploration that encourages them to take healthy risks and work together as a team.

From the minute the children met Jeff, he captivated them through the vast experiential opportunities that spanned the room in front of them (from tubes to buckets to a dryer drum and so much more). Pure excitement and energy filled the air as the children from Camp Cowabunga debuted their Junk 2 Funk performance! Those in attendance were treated to a showcase of music and magical talent created solely from recycled materials! The parents even had a chance to show off their sweet skills.



A Nonprofit Early Education and Youth Recreation Organization

56 Pinkham Road, Lee, NH 03861 | 603.868.1335

www.growingplacesnh.org

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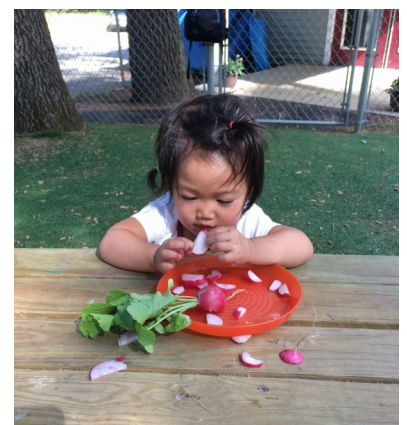


Raised Gardens come full circle at Pinkham Road



Our dreams of having garden beds came to fruition thanks to volunteers from Serve with Liberty and a donation of wood from the Somersworth Home Depot. The children eagerly waited for the gardens to be assembled so they could get to work filling them with some compost based nutrient rich soil. Many of the children chose to take the bean seedlings that they had started as seeds in their classroom and transfer them into the beds.

The radishes were first to show their face. Although the radishes lost to our sugar snap peas in the taste test they were still beautiful to look at and fun to experience the “hot” taste they offered. Our green thumb gardeners also tried their hand at growing pumpkins, cucumbers, carrots, green beans, and mint to make watermelon-mint slushies.



Throughout the late Summer and start of Fall, the children have eagerly waited for their pumpkins to grow. Over the summer months, the lush green leaves and beautiful yellow flowers spilled over the sides of the bed onto the grass and even started to grow up the fence. By the start of our new school year, several pumpkins began to appear. The children are looking forward to the harvest this month, using the pumpkins for many activities in their classrooms, such as comparing their weight and measuring their diameter, counting seeds and cooking a yummy treat.

The process of gardening with the children offers such an incredible experience. Along with a greater appreciation of nature, gardens also teach valuable lessons in biology, math, language and nutrition.

Through our square foot method we learned how to utilize every bit of our garden and also how to maximize space by growing up a trellis.

Did you know that 16 radishes can be grown in one square foot? Want to know how many cucumbers, carrots, onions etc. can be grown in a square foot? Check out Mel Bartholomew's New Square Foot Gardening to find the answers and learn many more great tips. Pick up a copy today and be ready to start planting your Spring crops. After all, Spring will be here before we know it. (Yes... we are already wishing for winter to come and go as fast as possible this year!)

Happy Gardening!



A Preschool friend picking the last of the tomatoes on a warm September morning.

Fourth Annual Growing Places' Family Fun Day at Coppal House Farm is set for Sunday, October 22!

Back by popular demand is our Growing Places Family Fun Day at Coppal House Farm in Lee, NH. This year's Raccoon Corn Maze is sure to delight! We hope you are able to join us for an afternoon of family fun at the farm and marvel at this agricultural feat of engineering as you make your way through living walls of corn over 10 feet high.

Growing Places will once again be nestled into the beautiful area surrounding the yurt, allowing families to relax and mingle with other Growing Places families before and after exploring the maze.

Make sure to check your parent pockets for more information. Please feel free to invite family, friends and neighbors along to enjoy this day. **Each ticket you sell not only enters you into a drawing for \$50 credit on your Growing Places bill, but it is also matched by the Thomas A. Haas Fund of the New Hampshire Charitable Foundation!**

We look forward to spending an afternoon with you exploring the maze, creating a craft, participating in our family activities, visiting the farm animals, and sipping on hot chocolate from Young's Restaurant.

To buy tickets call 868.1335 or purchase online by visiting: razoo.com/story/FamilyFunDay2017 and click the donate button.

For more information please call Francesca Trial at 868.1335 or email francesca.trial@growingplacesnh.org.



What's Cooking?

Check out some of our favorite recipes:



Banana Oatmeal Delights

Super simple and an all time favorite!

Smash two large over ripe bananas,
Mix in one cup of oats, and sprinkle
in chocolate chips. Spoon mix on
to baking sheet and cook for
15 minutes at 350. Enjoy!



Frittata (aka Egg Cake to the children)

bottom of 9X12 greased baking pan. Sprinkle one cup of
shredded cheese over the bread. Set aside.
In a bowl, scramble one dozen eggs.
Add 1/4 cup milk and 1 cup of
shredded cheese to the eggs and mix in.
Pour mixture over bread
and fork together. Cook till golden
brown. 20-30 min at 350.



Did someone say hummus?

Add 2 cans of chickpeas and 1/2 cup liquid
reserve into food processor or blender. Add
1 or 2 crushed garlic cloves, 1/4 cup olive oil,
1/4 cup tahini,
1/2 squeezed
lemon, salt and
pepper to taste.



Upcoming Events & Announcements:

- Limited spots are still available in our Before (7-8:45) and After School (3:00-6:00) programs for School Year 2017-18 at Moharimet Elementary School. Contact Francesca Trial at 868.1335 or moharimet@growingplacesnh.org for more information. Transportation can be arranged for both middle school and Mast Way children in both our Before and After School Program!
- Growing Places' 4th Annual Family Fun Day at Coppal House Farm corn maze is set for Sunday October 22!
- Square One Art catalogs will be in on Monday, October 30th and orders will be due back by Wednesday, November 8th. We hope you enjoy seeing your child's art work showcased on many different keepsakes. Great for gift giving during the holidays or a special keepsake for yourself.
- Are you an Amazon shopper? If so, please consider selecting Growing Places as a charity of your choice. Five percent of selected purchases are donated to Growing Places and does not change your shopping experience at all. To start supporting Growing Places, please visit <http://smile.amazon.com/ch/02-0333489> and log in using your Amazon account information.



Sensory perception is
the silken web that
binds our separate
nervous systems into
the encompassing
ecosystem.

~David Abram



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quickest by helping others succeed" ~ Napoleon Hill**

**To learn more about this powerful partnership please
contact Deb Cuddahy at 868.1335.**



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