

JULY 2023



THE TMPUV TIMES

Congratulations, Graduates!



The sun shone through at Boulder Beach in Groton for our annual summer celebration of our graduates! We are so proud of what these mentees have accomplished.

Bella, Skyler and Hunter have graduated from 8th grade at Oxbow. Wyatt has graduated from 6th grade at Newbury Elementary.

We congratulate all of our mentees on completing the school year!
HAPPY SUMMER!



Free Beach Passes & More!

Our local libraries offer passes for free and reduced admission to many VT attractions! These include Vermont state parks (like Boulder Beach -- free entry for one vehicle of up to 8 people), VINS, Fairbanks Museum & Planetarium, and much more. All you need is a free library card!



ROB, SCOTT, PETER, LANCE, JOHN & CALEB AT RIVER BEND IN MARCH



SKYLER (AND CHRIS, PHOTOGRAPHER) ON A RECENT WEEKEND ADVENTURE



LYNZI & KAITLIN ENJOY A MOVIE AT THE WEST LEBANON THEATER

Mango Lime Parfait

- 2 cups mango (frozen, canned or fresh)
- 1 tablespoon lime juice (fresh or bottled)
- 1 cup yogurt (plain or your flavor choice!)

Chop mango into bite sized pieces. If using a fresh lime, zest and juice the lime. In a bowl, toss together the measured out mangoes, lime zest (optional), and juice. Let stand. Put 1/4 of the mango pieces into a glass/bowl, and another 1/4 of the mango pieces into a second glass/bowl. Divide the yogurt into the 2 cups on top of the first mango layer. On top of the yogurt in each cup, sprinkle the remaining mango. Serve and enjoy chilled!

Photo & recipe adapted from www.commonthreads.org.

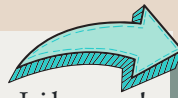
Check out this NEW summer program for rising 5th & 6th graders at the Bradford Library! This program will be run by TMP mentors and free for all participants. Contact Anne with any questions or to sign up:

802-866-0904, contacttmpuv@gmail.com



Did you know that TMPUV is on Facebook? Check out our page and help share our news! Search: "The Mentoring Project"

SEEKING PARADE FANS! TMPUV has been invited to participate in the West Newbury Summer Festival parade on Saturday, Aug. 12. This year's theme is "pollinators." Interested in walking, riding, or decorating? Please let Anne know!



Wellness Warriors:
Thursdays, 6:00-7:30pm
July 13, 20, 27 & Aug. 3

At the Bradford Public Library



Calling all rising 5th and 6th grade youth...this special 4 week program is for YOU! Each Thursday we will explore a different aspect of wellness. We'll start off with make-your-own smoothies and follow the group's interests -- which may include topics such as martial arts, yoga, journaling, recipes, nature and art. Programs are free to participants and will be led by volunteer mentors from The Mentoring Project of the Upper Valley.