

SEPTEMBER 2023



THE TMPUV TIMES

Summer Partner Spotlight



Our community partners make valuable experiences possible for our mentors, mentees & their families. Check out the photos here to see just some of our smiling faces made possible by community collaborations with the below fantastic supporters. Thank you for your donations of space, supplies, time & funds!



- The Hub (Teen Center)
- Ridgeline Health & Fitness
- Bradford Public Library
- Hannaford
- Groton Free Public Library
- Bradford Blue Wave Taekwondo
- Eileen Ferara (Local Artist)
- Phoenix Scoops
- Colatina Exit
- Jazzy's Children's Fund



Take the Bus to the Bradford Teen Center!

Did you know that the Tri-Valley Transit now provides transportation to & from The Hub in Bradford? Pick up locations include the Baldwin Library in Wells River and Oxbow High School. Contact info@trivalleytransit.org or director.thehub@gmail.com for more info.

Take the bus to the Hub!
TRI VALLEY TRANSIT
 Service every Monday, Wednesday, & Friday
 between Wells River & Bradford
Wells River to Bradford - Use the Bradford Area Circulator
 3:15 @ Baldwin Library (departure request) Call by noon to schedule pick-up
 3:43 - Oxbow High School
 3:50 - Main & Bank Street, Bradford (Across from The Hub)
Bradford to Wells River - Use the River Route Commuter
 Stops @ Thompson Family / "The Bottle Shop" by request at:
 Bus #1 5:08 Bus #2 5:38 Bus #3 6:04
 Call by noon to schedule pick-up
 Tell your driver where you want to get off the bus:
 Newbury Village Store - drop offs are about
 Bus #1 5:18 Bus #2 5:48 Bus #3 6:14
 Wells River Savings Bank - drop offs are about
 Bus #1 5:28 Bus #2 5:58 Bus #3 6:22
 Stops "by request" - call ahead to schedule a pick-up
 Ask your driver upon boarding to be dropped off
 "Hard Stop" - the bus will stop every time



CASSIDY, BELLA & HOLLY CELEBRATE BACK-TO-SCHOOL!



Apple Nachos

Inspired by Kaitlin & Lynzi 😊



IT'S APPLE SEASON, HOORAY! There's not always time or supplies to make a pie or fancy dish. Here's a fun way to enjoy this abundant VT fruit for breakfast, dessert, or as a anytime-snack!

Photo & recipe adapted from www.traileater.com

- 1 apple (pick your favorite!)
- 1/4 cup smooth peanut butter -- melted
- 1/4 cup chocolate chips -- melted
- (optional) sprinkles, nuts, or more chocolate chips!

Slice your apple into thin slices -- about 32 slices per apple if you can. Arrange the apple slices on a plate. Drizzle melted peanut butter over apple slices with a spoon, and do the same with the melted chocolate. Optional -- sprinkle on extra toppings and/or whipped cream! Enjoy!



IZZY, A "WELLNESS WARRIOR" PARTICIPANT, ENJOYS TAEKWONDO



MATTHEW & ZANDER TEAM UP AT THE HUB!

WELCOME, NEW MENTORS!

We are super excited about these new volunteers who are joining our TMP crew! Do you know a young person between the ages of 10-18 who would enjoy having an extra-special adult all to themselves? We are now accepting mentee applications for youth living in Groton, Ryegate, Fairlee, Thetford, Vershire, Wells River, Newbury, Bradford, Corinth & Topsham.



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