



2017 ANNUAL REPORT



It was a family and community affair at our fall Mascoma Mixer, held at the Canaan Meetinghouse

Holly West
President

\$14,500

Amount awarded in scholarships to MVRHS seniors at awards night in June 2017.

\$7,799

Amount distributed in the form of mini-grants.

47%

Auditorium seats currently claimed through the "Take a Seat" initiative.

Kate Stewart
Vice President

Carol Cusick
Treasurer

Liz Murray
Secretary

Beth Felix
Community Outreach

Matt Dow
Projects Facilitator

Andrew Cushing
Alumni Outreach

Theresa Sabol
Community Programs Coordinator

132,000

Pounds of food distributed to district residents through the Friends Feeding Friends food pantries.

247

Number of donors in 2017.

\$5,913

Amount donated to Friends of Mascoma through the Coop's Pennies for Change program

\$16,000

Amount we are hoping to raise for our scholarship fund in 2018.

2,290

Household visits to the Friends Feeding Friends food pantries.

4,100+

Number of volunteer hours in support of our programs and events.

Program Updates: Scholarships



Board members presenting scholarship awards at MVRHS in June.



2017's scholarship recipients

FOM awarded 13 scholarships totaling \$14,500 to very deserving and ambitious students in the Class of 2017. This was thanks to a successful NH Gives* fundraising campaign, individuals, and companies sponsoring scholarships. In total, FOM has been able to award over \$21,000 in scholarships since our scholarship program launched. Below is a list of scholarship recipients from the Class of 2017:

- Roberta Hines and Jerry Liebrand Healthcare Scholarship in Memory of Sadie Seamans awarded to Kaitlyn Seamans
- Roberta Hines and Jerry Liebrand Healthcare Scholarship in Memory of Velma Hines awarded to Emily Tevere
- Roberta Hines and Jerry Liebrand Science Scholarship in Memory of Verne Hines awarded to Courtney Grover
- GitHub Women in STEM Scholarship awarded to Emma Grodan
- GitHub Women in STEM Scholarship awarded to Haley Bissonette
- Malformity Labs Women in STEM Scholarship awarded to Kylie Sumner
- Malformity Labs STEM Scholarship awarded to Garrett Williams
- Carolyn A. Cusick Trust Teaching Scholarship awarded to Justine Martin
- Friends of Mascoma Foundation Political Science Scholarship awarded to Layla Meyveagaci
- Friends of Mascoma Foundation Scholarship awarded to Alicia Gonzalez
- Friends of Mascoma Foundation Scholarship awarded to Maia Zawilinski
- Friends of Mascoma Foundation Scholarship awarded to Evan Peck
- Friends of Mascoma Foundation Scholarship awarded to Amy Labrecque

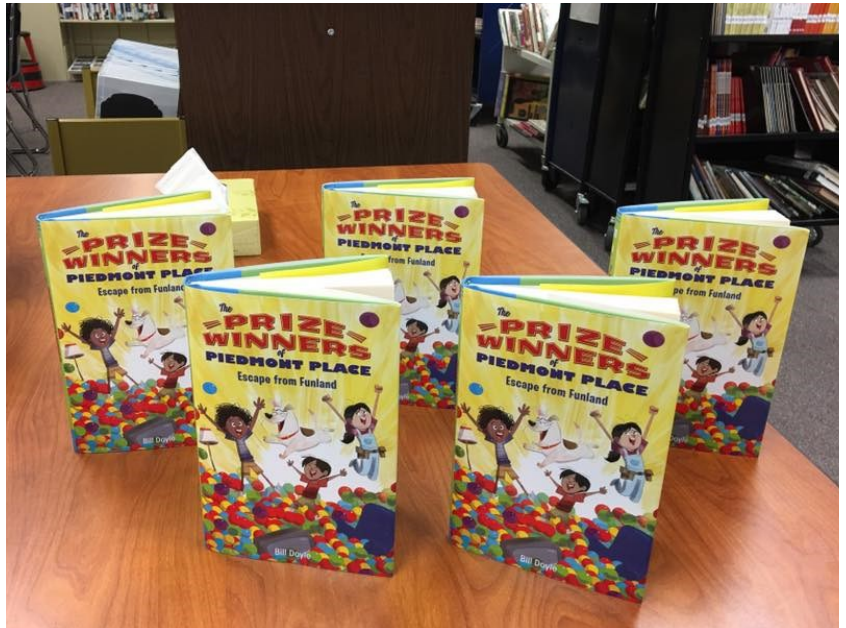
We are currently in the midst of our 2018 scholarship season. FOM continues to encourage all MVRHS diploma candidates pursuing post-secondary education to apply for scholarships through FOM. For more information please visit: <http://friendsofmascoma.org/scholarship/>. Applications for the Class of 2018 are due May 1st.

*FOM is participating in NH Gives again in 2018, which is from 6:00 pm on June 6th to 6:00 pm on June 7th. NH Gives is a way to celebrate nonprofits in NH and is how FOM raises money for our scholarship fund. Please stay tuned for more details in May 2018!

Program Updates: Mini Grants



A student faux graining the table top of his candlestand table.



A mini grant helped purchase books and fund a visit from author Bill Doyle for IRS students

FOM's mini grants support, encourage, and facilitate great teaching ideas that would not be possible within the existing school budget. During the 2016-2017 school year, FOM awarded 12 mini-grants worth over \$7,700 for a wide variety of programming throughout the district. The 2016-2017 mini-grants to helped support the following projects:

- Candlestand Woodworking Project at MVRHS
- History Club Trip at IRS
- White Mountain Hut Trip at IRS
- Batting Cage for Baseball and Softball Teams at MVRHS
- Hungry Heart/ All of Me Documentaries film series at MVRHS
- Author Visit with Bill Doyle at IRS
- Fitbits for Fitness at CES, EVS, and IRS
- Trip to Spain at MVRHS
- Stand-Up Desk at CES
- Welcome Back Books at EVS
- Peter Pan at MVRHS

FOM was fortunate to have alum Noah Pendleton, who works for Fitbit, get 10 Fitbit trackers for the district Physical Therapist. To date during the 2017-2018 school year we awarded mini-grants to help support the following projects:

- Lathe Expansion at MVRHS
- Author Visit with Marty Kelley at EVS
- Farm-to-School project at CES
- NYC Fashion Field Trip at MVRHS

In total FOM has awarded over \$14,000 in mini-grant funds. Starting in 2017-2018 school year, there are three mini grant deadlines: September 30th, January 1st, and April 30th.

Program Updates: Friends Feeding Friends

2017 was quite a year for FOM's food insecurity program, Friends Feeding Friends. We continued to expand facilities and offerings throughout 2017. Below are some highlights from our year.

Pantries

We have two public community food pantries serving Canaan, Dorchester, Enfield, Grafton and Orange. The Enfield pantry is in the Enfield town office and the Canaan pantry is in MTD's Property Maintenance & Construction building (behind Canaan Hardware).

Both pantries are open once a week and staffed with two volunteers. The pantries provide a three day supply of food that includes meat, dairy, produce, breads, and non-perishables. We also have a variety of personal care and household items. Shoppers may come weekly and only need to show proof of residency on the first visit.

Canaan Pantry Expansion

The Canaan pantry started out in one (100 sf) room and our distribution site was housed in a construction trailer. Matt and Rebecca Dow, owners of MTD's Property Maintenance & Construction, donated additional space in the building to allow operations to expand. We are pleased to report that in July 2017, we moved into a 1,700 sf combined pantry and distribution site, thanks MTD's!



Mascoma Cooperative Preschool students with their food drive donations at the Enfield pantry.

This expansion enabled us to streamline and consolidate operations, including most of our refrigeration. The Enfield Fire Department made the consolidation possible and moved refrigeration for us in one of the worst storms of the summer, thank you! We now have plenty of space to pull our Foodie van into the garage bay and unload our orders from the New Hampshire Food Bank each week. Unloading and moving food is more efficient thanks to our recently donated forklift.

Volunteers

Pantry operations would not be possible without volunteers. Tuesday is our usual day for deliveries and there is never a week without help from Canaan's first responders. Our pantry manager, Lana Evans, leads the charge unpacking and sorting orders and donations. We also have a prep crew, headed by Cara Drexler and Jerusha Howard, who show up every delivery to sort perishables. This year our Chief Food Transporters, Bob Cusick and Bud Baker had to take leaves of absence and Dan Kiley took the reigns (steering wheel), with different volunteers (including his wife, Sharon) accompanying him each week. The pantries are staffed each week by volunteers. Thank you to our many volunteers!

School Collaboration

We try our best to supply our four school buildings with supplemental snacks as needed and each school has a food representative that assists with the effort. We have a special designated snack room that school



Thanksgiving boxes for the Ecumenical Council get packed and delivered by (from left to right) Ariana Lecuyer, Coralie Stewart, and Kaylee and Beth Felix.

food representatives may access to get the snacks they need for their school. MVRHS has its own pantry (non-public) that services the Indian River Middle School, also. FOM is the chief supplier for this pantry and we try our best to bring healthy options to those who use our pantries. Teachers shared feedback that having healthy snacks available helps students stay focused in class and we are happy to be of help!

Partners

Friends of Mascoma is an agent of the New Hampshire Food Bank (NHFB) and is the only place we purchase food. In 2017 we got 117,014 lbs from the NHFB at an average price of \$0.04/lb. Our partnership with the NHFB is the foundation of our Friends Feeding Friends program and the following partners help make the program even stronger:

- **Mascoma High School** and **Indian River Helping Hands** work with FOM to help fill 80 boxes of food for school families during school breaks. In 2017 we supplied 85 turkeys for the holidays, in addition to other food.
- **Mascoma Valley Firefighters** organize a toy and food drive and distribution each December for school district families. In 2017 we were happy to help supply food for 150 boxes.
- **Price Chopper** and **Shaw's** of West Lebanon are part of the NHFB's Fresh Rescue program, and we gratefully pick up food every week.
- **Willing Hands** provides fresh produce and breads weekly, in 2017 they donated 4,671 pounds of food to FOM.
- **Tri-County CAP** provides commodities every two months and volunteers travel to Plymouth to pick them up. FOM received approximately 10,000 pounds in 2017.
- **Cardigan Mountain School** and FOM formed an awesome partnership in 2017. Most Sunday mornings, a staff member brings a group of volunteer students to help Lana Evans, unpack and sort pantry items. The students even had a Pennies War and raised \$984 for FOM!
- **Mascoma Valley Ecumenical Council** provides Thanksgiving food boxes to community families. FOM was honored to provide 50 turkeys for the boxes in 2017.

Donations & Food Drives

Thanks to all of the generous monetary donations and food we received from anonymous individuals, businesses, churches, and civic groups. We welcome your partnerships to gather incredible resources that could easily turn to waste. YOU are helping us redistribute these resources to our community to help make a stronger, healthier place to live. Here are some of the many organizations and individuals who held food drives in 2017 in support of Friends Feeding Friends:

- Community Lutheran Church of Enfield
- Conifer Health Solutions (two times!)
- Co-op Food Stores (case lot sale)
- Coralie Stewart
- Crossing Paths NH & VT
- Enfield Village Association
- Enfield Village School
- Kaylee Felix
- Lake Sunapee Bank, A Division of Bar Harbor Bank and Trust
- Mascoma Community Health Center
- Mascoma Cooperative Preschool
- Mascoma Valley Firefighters and Fast Squads
- Mascoma Valley Parks & Recreation (pack the pick-up)
- MYSL (Friends of Mascoma team)
- New Hampshire Tackles Hunger: WMUR & NH Food Bank
- Owen Gilbert
- Stuff the Bus (Class of 2018 and National Honor Society)
- Upper Valley Thunder (snack round up)

Canaan Food Pantry

Wednesdays: 2:30-6:30 PM

Enfield Food Pantry

Thursdays: 3:00- 5:30 PM

Want to volunteer? Email:
info@friendsofmascoma.org

Want more information? Visit: <http://friendsofmascoma.org/friends-feeding-friends/>

Take a Seat Campaign

Half of the seats remain! So far, we've seen local businesses, class years, individuals, families, and charitable organizations buy seats, and the nameplates continue to be installed. If you're interested in supporting Friends of Mascoma, and leaving your name in brass, consider taking a seat!

Costs range from \$100 to \$200 and all proceeds help FOM sponsor initiatives in our district, including promoting the arts. For more information, or to place an order please visit our website.



Summer Garden Program

FOM sponsored a second year of a summer garden program in 2017 thanks to a generous grant from the Wellborn Ecology Fund. Students learned about gardening topics including raised bed gardening, container gardening, testing and amending soil, planting, maintaining, harvesting, and preserving the harvest. Participants had the opportunity to plant container gardens to bring home and try new herbs and vegetables. The garden was successful enough that students were able to take produce home to share with their families.

Students also explored the middle school and high school campus to learn about plant identification and uses for native plants (or how to avoid them, like poison ivy). Stay tuned for information on FOM's garden plans in 2018!



Thanks to garden instructor Colleen McCleary, the summer garden program produced lots of produce!

Coop's Pennies for Change

FOM was chosen by the Coop Food Stores as a community partner for their Pennies for Change program during July 2017. Customers of the Coop Food Stores may choose to round up their order to the next full dollar amount; when customers round up local food access partners and community partners receive generous donations. We thank the many generous customers who rounded up and contributed to the \$5,912.94 that we received. That's a lot of change!

Margarita's Noche Mexicana Fundraiser

Margaritas of Lebanon hosted our second annual Friends of Mascoma Fundraiser for us on November 10th. We want to thank all of our great supporters who filled the restaurant for lunch, dinner and late night bites! Our volunteers were official greeters all day and conducted two free raffles, one of which was for Veterans only! This is always a fun and festive event with lots of Mascoma Valley socializing. The generous proceeds from 20% of patrons' receipts gave us \$699.43.

FOM Around the District



Chef Brent Battis (MVRHS '98) of B&W Catering Company explains one of the 4 courses at the Friends Feeding Friends Pop-Up Dinner at 56 Main Street Bar & Grill. The reception and dinner featured local foods and libations including cider from Farnum Hill Cider and Eden Ice Cider with pairing talks from Steve Wood, pork from The Stewart Farm, Sunset Rock Farm cheese, Brabant Farms micro-basil, and much more. Special thanks to Dick Dumez and Kim Quirk, the Energy Emporium, Gen Y Creative, Blood's Catering & Party Rentals, Mascoma High School Radio - MIX 96.6, Captured Moments Photography by Bridget, Safflowers, all volunteers, donors and attendees.



President Holly West was recognized by Vital Communities in their Vital Heroes and Leaders



FOM participated in the Canaan and Enfield Old Home Day celebrations, and also the Grafton Independence Day parade (pictured above).



FOM supports Mascoma Valley Youth Sports League through a sponsor. Seen here: Bryce Porter.

Art All Around: An FOM Art Initiative

FOM is pleased to report the restoration of the Generations mural was completed in 2017. You may recall the mural was painted directly on drywall and had to be cut from its original location in the MVRHS cafeteria and placed into storage while the school underwent renovations.

Matt Dow and a team from MTD's worked with maintenance staff at MVRHS to put up scaffolding and rehang the mural in its permanent location - back in the cafeteria. Thanks to their hard work and delicate

touch, damage to the mural was minimal. Once the mural was rehung, artists Gary Hamel and Valerie Ibey were joined by Holly West to fill small holes and touch up paint. To give the mural a more finished appearance, a frame was built around the painting.

If you have not already seen the restored mural be sure to check it out on your next trip to MVRHS. Thank you to everyone that donated and volunteered their time to make this restoration project a reality.



Unveiling of the Generations mural (left) and Diverse Unity (right) - both at MVRHS.

In March, we also celebrated the unveiling of a mural by Canaan artists Michael Kraatz and Susan Russell, titled *Diverse Unity*. (Michael and his mural can be seen above, right.) The mural is made of reclaimed materials from the old gymnasium, as well as exotic woods from around the world. Some of the pieces are also made by MVRHS woodshop students. Next time you're at the high school, look above the library and spot the symbolism located within the multidimensional piece.

October 2017 was a huge milestone for an art project started in 2015, we celebrated the cutting off of the tapestry pictured in the lower left corner. FOM purchased loom materials and fiber and Experiencing the Arts sponsored the artist-in-residence program with Enfield's Becky Powell. Students in Chris Morse's art classes collaborated with Becky and created artwork that inspired the tapestry design. The tapestry was woven by Becky with assistance from June Marshall. An online poll determined that its name would be *Seasons of Growth*, and its new home is in the MVRHS library.

FOM is proud to sponsor this new and restored artwork for the renovated high school. It is all products of artists from our district and we hope they inspire our students and community members.

Interested in more public art in our district's schools? Let us know!



Warm Clothing Drive

On Saturday, October 28th we held our annual warm clothing give-away. In past years the event has been at various locations in Enfield, in 2017 the event was at the Canaan fire station. Many volunteers helped gather, organize, and distribute warm clothing including volunteers from all four schools in our school district.

It was a huge success and we helped nearly one hundred families acquire warm clothing! Thank you to all that donated and to Canaan Fire Department for letting us use their meeting room.

Questions about the 2018 clothing drive can be directed to board member, Beth Felix.



Clothing Drive at the Canaan Fire Station.

Fall Mascoma Mixer

One unseasonable warm Saturday in September, FOM hosted a fall Mascoma mixer at the Canaan meetinghouse. Community members joined us for lawn games, delicious barbecue by Mickey's Restaurant & Tavern, socializing, and raffles.

The biggest raffle was our 50/50 raffle, which was won by John Nugent, who kindly donated his winnings back to FOM. Mascoma Savings Bank sponsored the event and Mickey's donated cooking services. Thank you John, Mascoma Savings Bank, and Mickey's for being such wonderful community partners!



FOM hosted a Mascoma mixer in September 2017, this casual get together included lawn games and lots of

Volunteers

FOM would like to thank all of our volunteers that give their time throughout the year. Our volunteers help with everything from food pantries, clothing drives, community gardens, event set up and clean up, parades, administrative tasks, and more. Throughout 2017 volunteers gave over 4100 hours of their time to help our organization thrive and grow. We could not do everything we do without volunteer support.

THANK YOU TO ALL WHO HAVE VOLUNTEERED!!

DONORS (including Take a Seat donors)

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Royal Society (\$5,000+)

Co-op Food Stores
 C. Robert & Carolyn Cusick

Thank you to everyone who donated on Giving Tuesday through Facebook (Network for Good), these donations were received in 2018 and will be reflected in the next annual report.

Friends of Mascoma Foundation apologizes for any errors or omissions in our donor list. To submit corrections please email info@friendsofmascoma.org

DONATE TODAY!



FRIENDS OF
MASCOMA

340 Grafton Pond Road
Enfield, NH 03748

Check out all our progress

