

# KNP Konnections



## From the Editor, Nancy Allenby:

Our KNP Volunteers really do an amazing variety of wonderful things in the Kearsarge community! EVERYTHING they do is important in its own way. We're so thankful to have such breadth and depth of abilities (and ages) in our volunteer pool!

We'd like to use this newsletter to give you a little window into the following recent happenings.



1. Working with New London Hospital to identify food resources
2. New background checks for Volunteers
3. Introducing our youngest volunteer - Cassie



## Working with New London Hospital to Identify Food Resources

FIRST, we're very happy that the New London Hospital, one of KNP's Resource Partners, called on us to help them verify their list of Food Resources in Merrimack and Sullivan Counties.

Each of seven KNP volunteers called several food pantries or alternative meal sources to get up-to-date information about available food sources and hours of service. They were also able to report to the hospital any specific information about accessing food during the COVID pandemic. (They'll be passing this information along to the Kearsarge Community).

Great job, volunteers!

## New! Background Checks for KNP Volunteers

SECOND, all registered volunteers will be getting an email with a link to a super simple, free background check.

As we move forward as a young non-profit, we acknowledge that this will benefit our volunteers, our Neighbors in Need, and the KNP organization.

From here on out, the background check link will appear as a part of the Volunteer Registration for new volunteers.



We thank all of our current volunteers in advance for spending a minute or two to take care of this detail as soon as you get the link. We appreciate your cooperation!

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## Introducing Our Youngest Volunteer, Cassie



THIRD, it's our pleasure to introduce you to Cassie, one of our college-age volunteers who has been instrumental in running the Victory Garden Revival program:

Hello! My name's Cassandra Lashier and I'm a rising senior Environmental Science major at Colby-Sawyer College. I'm originally from Northfield, a small agricultural town in Western Massachusetts. This summer I am working as a Permaculture Garden Intern at Colby-Sawyer. There are a

variety of gardens on campus, which are coming to life more and more every day!

Our permaculture garden, located behind the library, is full of annual and perennial vegetables, fruit bushes and trees, and blossoming flowers. Our newly formed Main Street Garden, located across the street from Colgate Hall and directly adjacent to the President's house, features 10 X 100 ft rows which will soon be planted with crops including potatoes and butternut squash.

These operations are entirely donation-based, and therefore all produce harvested from our gardens will be donated directly to the community via the Kearsarge Lake Sunapee Community Food Pantry in New London and our "Free Veggie Fridays" for Colby-Sawyer's faculty and staff.

I am also working with the [FEED Kearsarge initiative](#) this summer for my internship, and this is where Kearsarge Neighborhood Partners comes in!

- Through FEED Kearsarge, the Victory Garden Revival initiative has supplied 250 community members with seedling trays, which means 250 more gardens in our region!
- I have had the privilege of reaching out and staying connected with those who have received trays and are planting their gardens. From phone calls, to answering questions that arrive through our hotline, to playing a role in the weekly Victory Garden Revival newsletter as well as the Victory Garden Support Group Facebook page,

I have been able to learn quite a bit in a short amount of time. I would like to thank everyone in the FEED Kearsarge initiative for providing such a unique experience and welcoming environment for me to learn while helping others!

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