

IN New Hampshire

FEBRUARY 2020

Your Guide to What's Happening in the Granite State



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Seacoast Science Center opens two new exhibitions: Restoring Reefs and NH Beaches

(Rye, NH) The Seacoast Science Center (SSC) has opened two all-new, highly interactive exhibitions, Restoring Reefs and NH Beaches. The exhibits will help people understand the ecological importance of these habitats through engaging activity stations, live animal tanks, and interpretive programming. Restoring Reefs teaches about the



variety of natural reef systems that exist in our ocean and coastal waters. The exhibit features two 400-gallon living coral reef habitat tanks; one showcasing a healthy system with brilliantly colored fish and coral, and the other showcasing a stressed reef environment, demonstrating the effects of compromised ocean conditions.

Restoring Reefs includes a captivating clown fish tank, interactive video library, and an imaginative play station where visitors of all ages can explore the meaning of color at the reef and in their own lives. NH Beaches helps visitors gain a deeper appreciation and understanding of our coast; a place not only enjoyed by humans, but habitat to any array of wildlife whose well-being depends upon it being a healthy, balanced ecosystem. Upon entering the gallery, you experience the sights and sounds of the beach and are invited to sit on a small-scale lifeguard chair (a perfect photo-op!). A sand table, where imaginative play is encouraged, includes model animals and plants with codes, that when scanned, launch videos that dive deeper about the species and related conservation topics. Everyone can contribute to the My Happy Place mural to share their thoughts of what the beach means to them.

A 12-foot wave action tank puts visitors in control of the surf as they learn about coastal resiliency and the influence of different shoreline features. The Pollution Tank, which contains an array of litter and marine debris collected along the shore of Odiorne Point State Park over the course of a year, makes an impactful statement about human activity and ocean health. Restoring Reefs and NH Beaches were custom-designed and built by the Seacoast Science Center's education and exhibit staff and generously sponsored by NextEra Energy, Meredith Village Savings Bank, Partner's Bank, Ambit Engineering, Derry Medical Center, Lowery's Lawn and Patio, Riverworks Printing, Allen & Major Associates, Mark and Holly Adamy, and Mitchell and Kathryn Drew.

The Seacoast Science Center is open daily and is located in Odiorne Point State Park, 570 Ocean Blvd., NH. For more information, call 603-436-8043 or visit www.seacoastsciencecenter.org.

IN New Hampshire

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Great Glen Trails hosts youth cross-country skiing event

The New England Bill Koch League (NEBKL) strives to introduce youngsters to the lifelong sport of cross-country skiing, and all that it offers for recreational and social opportunities. The league promotes fitness and competitive challenges, but its main goal is to create a fun environment where children develop a true love for the sport. Named after Bill Koch, the first U.S. Olympic medalist in cross-country skiing, the NEBKL is the largest cross-country ski program for children in the United States, and is comprised of over 45 clubs throughout New England, with well over 800 youth participants and adult leaders.



Great Glen Trails Outdoor Center has hosted a BKL club for more than 15 years, lead by Olympian and ski school director Sue Wemyss. Sue has a passion for bringing youth into a sport that she truly loves, and dedicates her Sunday afternoons to club activities. All children in grades 1 through 8 are welcome to join, and no experience is necessary. The club meets weekly for about two hours, focusing on skiing activities that are fun and exciting, and competitions which encourage the kids to participate at the best of their respective abilities.

being hosted by Great Glen Trails, much to the delight of its employees and the local cross-country skiing community. This two-day event will begin on Saturday, February 29, with a full schedule of races being held throughout the weekend. In addition to the multiple categories of races, the Festival will give kids a taste of ski jumping and biathlon, as well as fun activities such as snow tubing, obstacle courses, radar runs, ski tours, snowman building and face painting.

The highlight of the season—for kids and coaches, alike—is the annual New England Bill Koch League Festival. For 2020, the Festival is

While most of the NEBKL clubs will be attending the Festival, you don't need to be a club member to participate. Registration is open to all kids in grades 1 through 8 who are looking for a fun weekend of winter activities and racing. Festival information and registration links can be found at www.GreatGlenTrails.com.

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Calendar of Events

■ FEB. 8TH

Wilderness Survival: Winter Firestarting

\$20 (\$10 for Members) 928 White Oaks Rd., Laconia, NH. 603-366-5695. Wilderness Survival: Winter Firestarting [TEENS & ADULTS] Saturday, February 8, 2020; 1:00 - 3:00pm \$20 (\$10 for Members) Whether you are looking to learn something new or brush up your outdoor skills, prepare for your next adventure and learn survival strategies for the back country. With snow and ice covering much of the necessary materials, starting a fire in the winter can be a challenge. This program will cover a variety of ignition methods, foraging fire making materials from nature, as well as inventive artificial methods you can prepare before going out in the woods. Recommended Ages: 14+ Physical Demand: [4] Experience: Interested.

Snowshoe Yoga

\$25 (\$17 for Members). 928 White Oaks Rd Laconia, NH. 603-366-5695. Snowshoe Yoga [ADULTS] Saturday, February 8, 2020; 10:00am - 12:00pm \$25 (\$17 for Members) Enjoy the outdoors this winter while doing yoga! In this unique and peaceful snowshoe experience,

immerse yourself in the peacefulness of nature as you practice yoga in snowshoes, are guided through a walking meditation, and are introduced to shinrin-yoku, or "forest bathing." Special: Register for a 2020 Trail Yoga with Kate Kretschmer to receive \$5 off! (Non-refundable, payment must be made at time of registration.)

■ FEB. 15TH

Paint Till The Magic Happens

180.00. 88 Philbrick Neighborhood Rd., Tamworth, NH. 603-323-8333. This is a beginner/intermediate introduction to watercolors with artist Byron Carr. Byron will demonstrate his "tricks" as he almost gave up on his approach to watercolors and then the MAGIC happened. Join us for this two day FUN watercolor painting workshop, lunch and art materials for this class is provided in the fee. Lodging is being offered at an additional rate and is inclusive of dinner and breakfast. Join us for this fun interactive workshop! More details on the event and lodging offerings visit our site: <https://www.reservethepreserve.com/paint-till-the-magic-happens>.

■ FEB. 22ND

Changes In Altitude Ski-A-Thon

To participate raise or donate \$100. 1 Ski Area Road, Village Road., Waterville Valley, NH 03215 800-468-2553. WATERVILLE VALLEY RESORT 1 SKI AREA ROAD 03215 UNITED STATES (MAP) Ski like a Pirate at the Swashbucker's Ski-A-Thon. All proceeds benefit the Waterville Adaptive Sports program. There will be a Apres Ski Beach Bash and Auction in the Waterville Adaptive Office located in the Base Lodge. Food will be catered by La Hacienda. For all the info visit: firstgiving.com to set up your Personal Pirate Page and follow watervilleadaptive.com for all the latest news and info. Raise money for the Waterville Valley Adaptive Program and receive an Express Lift Pass for the Ski-A-Thon on February 22nd! REGISTRATION: 8:00 - 9:00 AM under the tent located near the base of White Peaks Quad. START TIME: 9:00 AM with 5 hours of skiing or riding to get the most runs in! Sign up as an individual or team, raise or donate \$100 (\$150 if you need a ski pass for the day), and enjoy: "No Wait" Express Lift Line Privileges! Souvenir Ski-A-Thon Tee Shirt! All participants receive a commemorative Tee Shirt, but the prizes just build from there.

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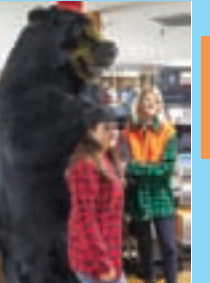


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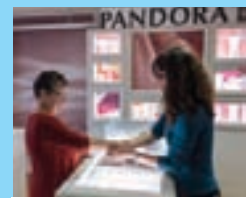


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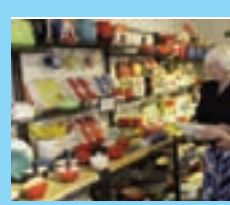
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