

OPP NET HERALD

Opportunity Networks Newsletter

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- Job Sight Review
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A Major Thank You to ALL of our Direct Support Professionals! Read More about their impact on our participants starting on page 7

Find a fun fall activity with our extensive list of local happenings beginning on page 9

Editors: Andrew
Kristine



Can you Really Trust The Farmer’s Almanac? Find Out on Page 4



Not sure what to give away for candy on Halloween? Check out “Build the Ultimate Candy Bag” on Page 6 to help make your decision for the very best choices there are!

Turn to page 5 for another of our local food expert’s reviews on a under the radar local establishment

AND MUCH, MUCH MORE WITHIN OUR FALL EDITION

Culinary Corner

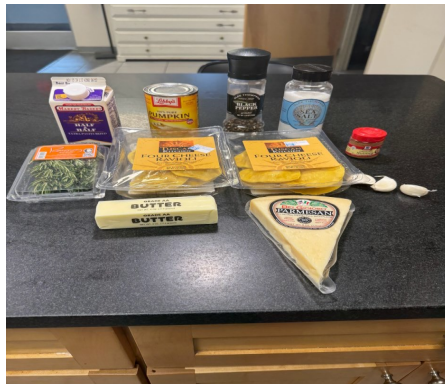
By: Jamie

20 Minute Creamy Pumpkin Ravioli

Looking for a fun recipe to spice up the Fall season? Well we at Opportunity Networks have the perfect recipe for you! Super fast and easy, and it's sure to put a smile on anyone's face.

Ingredients

- 3 tbsp butter
- 3 cloves of garlic minced
- ½ tsp dried nutmeg
- 10 oz pumpkin puree (⅔ of a can)
- 1 ½ cup half and half
- 1 tsp fresh rosemary, minced (important it's fresh)
- ¾ cup fresh parmesan cheese, grated
- ¾ tsp salt
- Pepper to taste
- 20 oz store bought fresh cheese ravioli, cooked per instructions on package (any brand will do)



Instructions:

1. Melt butter in a pan over low heat
2. Add the minced garlic and stir, cook for 3-5 minutes to get the garlic nice and fragrant
3. Add the nutmeg
4. Turn heat up to medium/low



5. Add the pumpkin puree, stirring
6. Cook for 2-3 minutes
7. Pour in half and half, whisking to incorporate
8. Add in the fresh rosemary, parmesan cheese, salt and pepper



9. Turn heat up to medium and bring it to a low boil
10. Once it's at this point turn heat back down to low
11. Pour the cooked ravioli in the pumpkin sauce, mix and serve



Jamie's rating:
"um good but no
red on it" 9/10

Fall Weather Report

By: Matt

The Old Farmer's Almanac predicts that New Hampshire will experience a crisp fall with cloudy and showery days, cool temperatures and possible snow in this Fall season.

Fall Foliage: The almanac predicts the New Hampshire fall foliage will peak in the 1st half of October. The Northern corners of New Hampshire, Vermont, and Maine may see peak foliage in late September.



I must warn you that some studies show that the Almanac is Only 52% accurate, making it unreliable for precise, long-term forecasts compared to modern meteorology.

Other sources point to this upcoming trend for the New Hampshire 2024 fall season

October: The Temperatures will float between 44-60 Degrees F and you can also expect between 3-8 days of rain

November: The Temperature will flirt between 33-48 Degrees F and you can expect 3-8 Days of Rain. Please be aware that you can expect a few days of Snow.

Tips to prepare for the first frost

1. Check windows and doors for air leaks

2. Clean the chimney

3. Schedule a furnace tune up

4. Test smoke and carbon monoxide detectors

5. Disconnect and empty your garden hoses

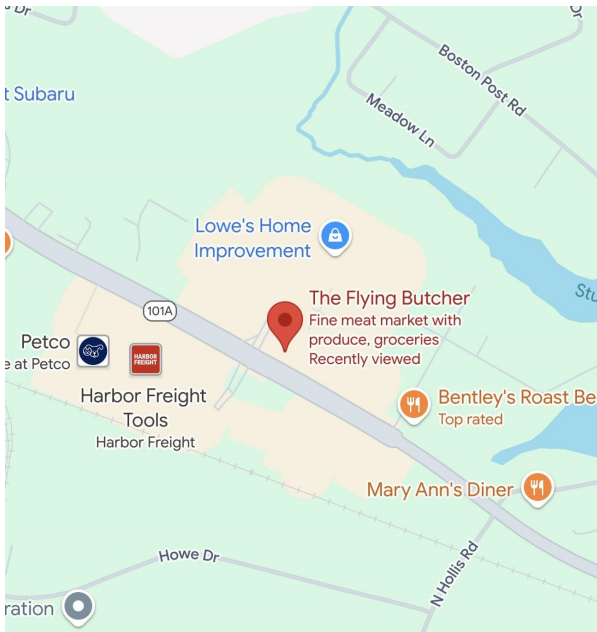
6. Clean the gutters

7. Test your Snow blowers

Food Review: The Flying Butcher

By: Ashley

Food Review: Flying Butcher, Amherst



The Flying Butcher is a butcher shop in Amherst, NH. Thankfully it is close to Opportunity Networks Amherst office. They offer made to order sandwiches to go. I had the pleasure of ordering a barbecue pulled chicken sub. I placed my order in person at the back counter. The customer service was excellent, and they were polite and respectful. The BBQ sauce was spicy, but I liked the taste of it. The onions tasted perfectly cooked and caramelized. The chicken was soft and juicy. The bun was toasted and crispy. Overall I had a fantastic experience and will be going back. I give sandwich a solid 8.5/10!



The Perfect Halloween Candy Bag

By: Ben



Can you create a perfect Halloween candy bag on a \$15 budget from the list above? I gave it my best shot!

With only \$15 Dollars to spend to build the Ultimate Halloween candy bag, tough decisions must be made. I wanted to get five pieces of candy which is the perfect amount for me.

Ben's Selections

\$5: Skittles-Best candy period end of sentence

\$4. Hershey's Milk Chocolate: You can never go wrong with a classic milk chocolate Hersey's bar.

\$3. Gummy Bears: A chewy snack that will last a while

\$2. Payday: Pay day is my favorite day of the week, why not give the candy a try

\$1. Junior Mints: A nice refreshing after candy snack

Jobsite Spotlight: DIACOM

By: Justin



Our jobsite spotlight this month is Diacom. It is a diaphragm manufacturing company in Amherst, NH. Our crew usually works three days a week for the last several years. They do product assembly and quality control, typically removing rubber pieces from larger rubber pieces. They sometimes do over 1000 pieces a shift! After speaking with them, they all noted two things they liked about the job - how it made them feel about themselves and the paycheck. They all saved for bigger ticket items including a tv, smartwatch, a 3D printer, and a huge commemorative Tom Brady picture. Matt said he really likes how his paycheck has helped him learn long term money management. This jobsite was a fun and unique one to learn about!

DSP Recognition Week 2024

By: Matt

Direct Support Professional Recognition week started in 2008 by The United States Congress. DSP Week is thanking all DSPs in America and the World for all the various things that they do. They Help people with disabilities to better communicate, to remove barriers towards independence and help achieve things we want in life!



Matthew: "I'm personally grateful for DSPs for Driving us to and from program and as well as all job sites. Coming to the program lets me hang out with my friends and going to my job sites allows me to make money. Without Dsp's I wouldn't be sitting here tonight."

Bhaba: "They help me with my Health and Wellness goals, and those make me feel better about myself. I wouldn't be able to do a lot of that without them."

Sue: "I am grateful to DSPs for helping me with my cleaning job. Helped me when I was sad during my mothers medical problem."

Andrew: "I am grateful for DSPs teaching me in cooking class"

Todd: "Staff are always making things fun, they really care about me and will always help me if I need it"

Ben: "Staff are very nice to me and help me a lot when I need help"

At Opportunity Networks we had a fun filled week of activities and rewards for all our hard working DSP's!

Fall Activities Around the Area

By: Shawn and Liz

It's that time of year again. The leaves are changing colors, the weather is getting cooler, and hockey and football are back on TV. Fall is here and that means it's time for lots of fun family activities. Many local farms have hayrides, fresh apples, apple cider, hot chocolate, pumpkins, scarecrows, and fall décor. Some also have a petting zoo to feed the animals. In addition to farm activities, many towns have autumn festivals and spooky events. Hiking is another fun activity that gets people outside to enjoy the fall colors that take over our New England trees. And we can't forget Thanksgiving! These activities give families a chance to enjoy time together outside after months of summer heat. When it gets too cold, they can enjoy indoor activities such as movies, craft classes, and cooking.

Milford Pumpkin Festival

A local Pumpkin Festival that is in its 35th year, the Milford Pumpkin Festival runs from October 11-13 (11th-5:00-9:00 PM, 12th-10:AM-9:00 PM, and the 13th 10:00 AM-3:00 PM). Check out the local vendors, the Haunted Trail, and the Beer, Wine, and Spirits Tasting Tent. Plus check out the pumpkin decorations made by the crew of Palletworks here at Opportunity Networks!



Keene Pumpkin Festival

Keene Pumpkin Festival is in Keene, NH. The location is located on Main Street in Central Square. The festival is on Saturday, October 12, 2024. The festival is from 2-7p.m. Organizers are trying to host activities for elementary and middle school aged children.

They will have displays of pumpkins carved by local elementary school children. The community members will have an opportunity to carve pumpkins at the festival. Be sure to stop by and see the pumpkin carvings and the pumpkin wall.

Date: Saturday October 12, 2024

Location: Central Square, Keene, NH



Keene Pumpkin Festival 2023

New Hampshire Pumpkin Festival

New Hampshire Pumpkin Festival is a time of fun on Saturday October, 26, 2024 in down town Laconia, NH. They will have displays of pumpkins scattered around Main Street, craft and artisan show, pet costume, parades, children costume parade, food trucks, and pumpkin carving.

Date: Saturday October 26, 2024

Location: Downtown Laconia, NH

Fright Kingdom

If you enjoy the spooky side of fall, Fright Kingdom is a scary place for the bravest people to go. You will see monsters, hideous creatures, and frightening imagery. For the not-so-brave, a less scary, child friendly experience will be offered on Sunday October 12 from 1pm-4pm for a discounted cost of \$10. This will include face painting, dancing, games, crafts, trick or treating and a costume parade.

Where: 12 Simon St. Nashua

Cost: \$36

When: Weekends from 10/4-11/2

What: Haunted houses and mazes

You may also want to check out some local farm stands that have great fall offerings...

Joppa Hill Educational Farm

174 Joppa Hill Road, Bedford, NH 03110 (603) 472 4724

This location is wheelchair accessible, allows dogs, is open to everyone, and offers a 10 minute hayride out to their pumpkin patch! They are open 7:00 AM – 8:00 PM Monday-Sunday

Kittredge Farms

36 Maple St. Derry, NH 03038

Hours: Monday-Wednesday: 10:00 AM – 5:00 PM

Thursday-Friday: 10:00 AM-6:00 PM

Saturday-Sunday: 9:30 AM-4:00 PM

Farm Produce: Corn \$0.69 – 0.75

Peaches \$2.99 – 3.29

Tomatoes \$ 2.49 – 3.69

All of our other produce: \$0.75 – 3.29

Upcoming Seasonal Family Movies

Hocus Pocus (re-release) - October 18

Coraline (re-release) - October 31

Wicked - November 22

Manchester Craft Market Craft Classes

Sign up for classes and learn how to make gifts for your family and friends! Manchester Craft Market is located in the Mall of New Hampshire in Manchester.

Family Friendly Crochet - Oct12, 12:00-2:00, \$40

Pumpkin Floral Centerpieces - Oct 18, 6:00-7:30, \$38

String Art - Oct 20, 1:00-4:00, \$45

Polymer Clay Workshop - Oct 25, 6:00-8:00, \$60

Macrame Plant Hangers - Oct 26, 12:00-2:00, \$40

Halloween Cookie Decorating - Oct 27, 3:00-5:00, \$60

Crochet Japanese Knot Bags - Nov 9, 12:00-2:00, \$50

Culinary Playground Cooking Classes

Culinary Playground located in Derry offers fun cooking classes for kids and adults to enjoy together. Learn how to make a new dish to serve at family gatherings!

Homemade Pasta for Cheese Ravioli - October 20 & November 10, 4:00-5:30, \$52 per adult/child team

Cinnamon Rolls - October 20 & November 10, 10:00-12:00, \$58 per adult/child team