

FALL GROWN UP FARM CAMP 2026



Presenters and Programs



Needlefelting with Judy Jacobetz

Learn the art of needle felting and create a felted cat in this one-hour workshop! Using just wool and a needle, you will create the body and face of your very own cat and learn how to create the characteristics to make your cat unique. No experience necessary.

Understanding Bobcats in New Hampshire *Presented by a NH Fish and Wildlife Steward*

Learn about the natural history of this elusive cat, its habitat needs, and population status. Also, hear about the amazing federal funding mechanism that supports long-term research and is largely responsible for our country's abundant wildlife.

Nature Walk with Dan Bisaccio

Troy resident Dan Bisaccio led Smithsonian Institution bio diversity projects in tropical forests around the globe for over 30 years. Join Dan for a nature walk along the Inn's trail system.

Dan's book, *All Children Smile in the Same Language: A Teacher's Journey*, and a more complete biography are available on Amazon.

Qigong with Ginette Groome

Qigong is a gentle but powerful Eastern form of exercise. The slow and simple movements encourage the smooth flow of Qi (energy) and when practiced regularly, promote longevity, decrease pain, alleviate stress and increase balance, strength, and flexibility.

Our Qigong class will be led by Ginette Groome, LMT, CAT, BFP.

As a holistic practitioner, she educates her clients about health, "promoting wellness through awareness and balance"

Covered Bridges of New Hampshire with Kim Varney Chandler

New Hampshire is home to more than 61 covered bridges, 46 of which have stood for over a century. In this program, author and historian Kim presents an overview of these remarkable structures. The presentation also highlights historic preservation efforts aimed at protecting these unique landmarks, along with resources to help visitors begin their own exploration of New Hampshire's covered bridges. Following the program, Kim will be available to sign copies of her book, *Covered Bridges of New Hampshire*.

Field Trip to Frogg Brewing

Join Bri, our Head Brewer, for a guided beer tasting designed for curious drinkers, beginners, and anyone who *thinks* they might not like beer. You'll sample every beer currently on tap with 2 oz tasting pours while learning how craft beer is made, proper tasting techniques and how to identify the flavors and aromas you enjoy (or don't) most.

No beer expertise required - just a fun time with great beer, great conversation, and a chance to learn directly from the brewer who crafted it!

The class will include:

- Samples of every beer currently on tap
- Samples of the hops and grains used
- Crackers & water to cleanse pallet
- Copies of the PowerPoint presentation, along with note cards
- Tour of the brewhouse with time to ask additional questions

\$25 covers entry to guided tasting as well as cost of samples provided

Discussion with Gretchen Ziegler

Gretchen has worked in leadership roles with youth and non-profits since eighth grade. She has led social service and recreation management groups working with the elderly, military, college students, at-risk women and families, children, and teenagers. As a college professor, she taught recreation management, business administration, and geography courses as well as serving as the Director of the Division of Business Administration. During this period, she developed consulting specialties with non-profit and small businesses dealing with recreation, tourism, social services, military, and educational activities. She has frequently served on boards including leading committees, serving as an officer, usually the president or chair. For 35 years, she owned and operated a family campground. In her free time, she is president of her college class, and loves to read, cook, and solve puzzles.



THE INN AT EAST HILL FARM



603-242-6495

info@east-hill-farm.com