

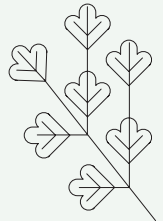
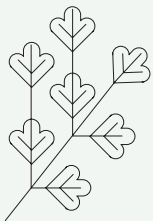
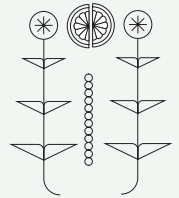
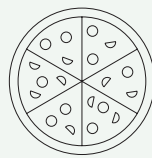
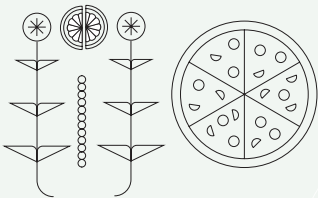
Welcome to

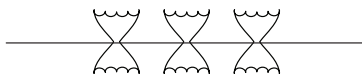
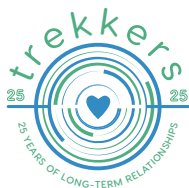


FIRED UP

A Trekkers Benefit

July 16, 2020





Tonight's Online Program

7:00pm

Welcome & Overview

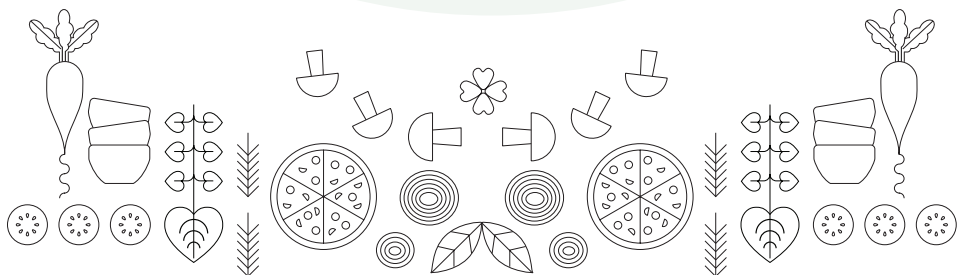
Introductory Video

Trekkers Student Presentation

Trekkers Presentation
Amie Hutchison, Executive Director

7:40pm

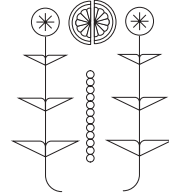
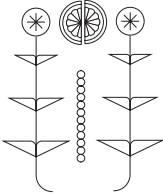
Thank You & Closing



FIRED UP

2020 Steering Committee

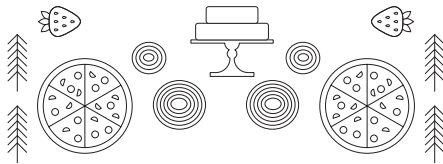
Jacque Chamberlain
Lucy Ross Farland
Susan Grover
Niki Dabrio Janczura
Bryson King
Gregory Knowlton
Suzanne Luzius
Phoebe and Dee Megna
Kathleen Meil
JoAnne Milbourn
Leah Nickerson
Fletcher Smith-McNaboe



Trekkers

Board of Directors

Stu Rich—President and Parent of Trekkers Alumni
Edmund (Dee) Megna—Vice President
Douglas M. Erickson—Treasurer
Alyssa Landrith—Secretary and Alumna
Jack Carpenter—Founding Member
Rodney Chamberlain
Thomas E. Crosslin
Susan B. Grover
Mike Hersom—Parent of Trekkers Alumnus
Makaila Hickey—Trekkers Alumna
Bryson Cowan King—Trekkers Alumna
Kathleen Meil
Fletcher Smith-McNaboe
Wyatt Winchenbaugh—Current Trekkers Student



Trekkers

Staff

Amie Hutchison, Executive Director
Kate Elmes, Director of Development
Brandon Caron, Program Director
Teresa Valderpenas, Communications and Impact Manager
Lindsey Veilleuz, Principle Program Manager
Katlyn Rich, Program Manager
Taylor “TJ” Jackson, Program Manager
Tallie Foster, AmeriCorps Program Assistant
Daniel Leparulo, AmeriCorps Program Assistant
Emma Beaudry, Administrative Coordinator
Jamie Camber, Finance Assistant

Thanks to our Featured Restaurants

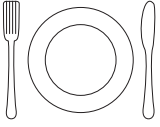


WE'RE ALL IN THIS TOGETHER.

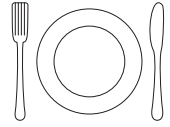
For the past three years, Fired Up has been a fun competition among some of our area's best chefs. The goal was to see who could use Trekkers' BioLite camp stove—the same stoves our students use on expedition—to create the best dish.

This year, we are moved by the power of our community and struck by the words we often tell our students: We are all in this together. In the spirit of unity over competition, we hope you'll enjoy a tasting dish from our chefs and restaurant supporters. They have all generously chosen to participate in this event so that our young people can have access to Trekkers programming. Trekkers would like to deeply thank each restaurant and chef for participating in our Fired Up tasting benefit.

We hope you'll be as impressed as we are with Rockland's foodie community and return to visit these establishments.



Restaurant Profiles



ADA'S — KITCHEN —

Fired Up Dish:
Creamy ricotta
cheesecake bites with
grilled stone fruit salad
and a cherry balsamic
drizzle. Served chilled.
Allergens: dairy, egg

Ada's Kitchen

Located in the heart of Rockland's downtown, Ada's Kitchen is here to serve Midcoast Maine with affordable, delicious, and authentic Italian food using the finest local and imported Italian ingredients. Join us al fresco on our garden patio Tuesday through Saturday evenings. Indoor seating coming soon. Delivery and curbside pickup available. Call us to place your orders: 207-593-7735

Location: 449 Main Street, Rockland, ME 04841

2020 Season: Open Tuesday-Saturday 3-8PM (9PM on weekends)



Fired Up Dish:
Mediterranean Plate,
featuring the flavors
of that region, with
fire-grilled flatbread,
homemade hummus,
olives, and local fire-
grilled lamb. Enjoy cold
or at room temperature.
Pairs with white wine,
rosé, or a very light red.

Applecroft Catering

Applecroft is the name of the farm that houses our company (and family) in Midcoast Maine. We believe in the importance of cooking food over a real fire, so much so that we designed our business around it. To watch your meal be prepared right in front of you creates a connection to the food like no other—it is both primal and progressive in an industry that strives to make the cooking experience as simple as possible. We strive to make it the most fulfilling eating experience—from the source of the food to the way it's honestly presented. Faced with the rapidly changing landscape of the world around us this year, we began an endeavor to bring that fulfilling experience to the people we live with here in the form of a new Fast Casual takeout restaurant in Waldoboro called Maine Kebab. For more information or to book Applecroft for your next event, visit applecroftcatering.com.

Location: 122 Atlantic Hwy, Waldoboro, ME 04572



Fired Up Dish:

Smoked dark chocolate pots de creme, with mango lime curd and vanilla bean whipped cream. Prepared with Bixby's bean to bar 70% dark chocolate that has been smoked over wood chips. Allergens: dairy, egg

Bixby & Co.

Bixby & Co. Chocolate was born from a commitment to fairness, sustainability, minimal environmental impact, and community enhancement. We are passionate about chocolate. As candy makers and now the first bean to bar maker in our state, we seek to make clean, real, and sustainable confectionery products. Our mission is to make chocolate confections that are clean and natural, with a conscience.

Location: One Sea Street Place, Rockland, ME 04841
2020 Season: Our Rockland, Maine store is contactless curbside pickup only. For curbside please order online and select "local pickup" or call 207-691-2634 to order by phone Monday-Friday 9am-4:30pm. If you are shipping to a warm location (75 degrees or higher) please select express shipping to ensure your chocolates arrive unmelted.



Fired Up Dish:

Local lobster, red curry, Maine-grown grilled vegetables and yellow eye beans, finished with coconut milk, herb salad, grilled citrus. Enjoy dish warm. Remove the herb salad and lime. Warm gently until hot in saucepan (Do not bring to boil!). Pour in bowl, put salad on top, and squeeze lime over. Serve with white wine. Allergens: gluten-free, dairy-free, nut-free

The Block Saloon

The Block Saloon started in 2018 as a passion project to create a space for the community to gather, meet, and enjoy amazing food and drinks. The name comes from the local reference to the row of buildings in Thomaston often called "the block." "Saloon" was used to tie the new place into the history of the building, which was once a "saloon" owned by Sanford Delano back in 1867. Our food focus is small, locally sourced plates. This allows the customer to try a few plates at one sitting. Under the direction of Adam Hahn, our executive chef, we've been fortunate to develop a reputation for creative and delicious plates. Food isn't our only focus; we also work hard on our craft cocktail program to bring fun new cocktails to the area. We truly hope you enjoy our creation today.

Location: 173 Main Street, Thomaston, ME 04861
2020 Season: We are currently open Thursday through Saturday, 3pm-9pm.



Fired Up Dish:
Smoked beef
carpaccio

Café Miranda

In 1993, Chef/Owner Kerry Altiero decided to open a restaurant that is fueled by his passion for great food, multi-culture cuisines, his Italian heritage and Rockland, Maine. He and his family renovated the historic Owl Benevolent and Fraternal Club located at 15 Oak Street in the heart of downtown Rockland. The result is an edgy and intimate multi-cultural cuisine restaurant that has become habitual for residents and visitors alike. Chef Altiero oversees a large, seasonal and culturally diverse menu featuring fresh local ingredients, house-made pastas, and signature foccacia bread that are made daily in Café Miranda's wood fired oven. Chef Altiero was named the 2015 Down East Magazine Maine Chef of the Year and is a recent winner of the Maine Lobster Council Lobster Chef of the Year. Chef Kerry is the author of the cookbook *Adventures in Comfort Food*. Café Miranda is local to its core, practices sustainability, and is recognized as an Environmental Leader by the Maine Department of Environmental Protection.

Location: 15 Oak Street, Rockland, ME 04841

2020 Season: Pizza on the Street, Friday-Monday, 4-7pm



Fired Up Dish:

A selection of oils and vinegars to complement tonight's tasting dishes:

- Amarena Cherry Balsamic & Garlic Olive Oil
- Pomegranate Balsamic & Amfissa-Kalamon Evoo
- Herbs de Provence Olive Oil & Siracusa Lemon Balsamic—pairs well with The Block Saloon's dish
- Persian Lime Olive Oil & Dark Chocolate Balsamic—pairs well with Bixby's dish
- Mushroom and Sage Olive Oil & Jalapeño Balsamic
- Hojiblanca Evoo & Balsamic Vinegar of Modena I.C.P

Fiore Artisan Olive Oils and Vinegars

FIORE, which means "the blossoming flower" in Italian, truly captures the essence of our venture into the education and exploration of extra virgin olive oils and aged balsamic vinegars in our tasting room. From Italy to Greece, Tunisia to Portugal, Spain and California in the northern hemisphere, then from Chile and Peru to Australia and South Africa in the southern hemisphere, our tasting rooms enable you to take a global tour of the freshest extra virgin olive oils and the most flavorful balsamic vinegars of Modena, Italy, while benefiting from the numerous attributes of health first-hand. Since opening our first tasting room and retail store in Bar Harbor, Maine in 2009, we have launched FIORE in Rockland in 2010, Lewiston and Freeport in 2013, and Brunswick and Brewer in 2016. The warm embrace from local communities as well as visitors to Maine has been so heartwarming. We are so grateful to all of you for your continued encouragement and loyalty.

Location: 503 Main Street, Rockland ME 04841

2020 Season: Open Monday-Saturday 11-6. Offering free shipping and curbside pickup.



Fired Up Dish:
Scallop cakes
with garlic scape
remoulade with
Morning Dew Farm
petite greens
Allergens: egg, dairy,
gluten

In Good Company

Chef-owner Melody Wolfertz returned to her home town of Rockland in 2000 after thirteen years of chef and restaurant management experience. While managing the Wine Seller, she saw the need for a place where people could go to drink good wine in a relaxed environment. In Good Company opened in July of 2004, inspired by this wish. With great vision and a lot of help from local artisans, Melody renovated a former bank, an Italianate landmark and part of the Custom House Block. One former bank vault now serves as the kitchen, and another as the wine cellar for In Good Company. Chef Zeph Belanger has been working at In Good Company for five years. The ever changing multi-ethnic menu allows Zeph and Melody to collaborate daily and bring creativity to their plates. Zeph has been cooking for over fifteen years, working in Connecticut, Boston, California, Italy, and also close by in Camden.

Location: 415 Main Street, Rockland, ME 04841

2020 Season: With required spacing, seating is limited and reservations will be honored for parties of all sizes. Please give us a call at 207-593-9110. We are open 7 days a week from 4:30 pm to close. In Good Company is proud to be wheelchair accessible.



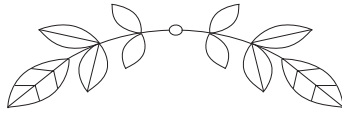
Fired Up Dish:
Scallop gratin with
housemade crostini
Allergens: shellfish,
dairy, gluten (only in
the crostini)

Primo

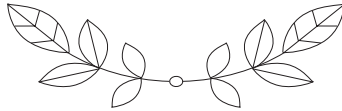
After 20 seasons, numerous awards, recognitions, and two other locations, Primo has matured into what Chef Melissa Kelly calls a “full circle kitchen,” the ultimate farm to table experience. What started out as one chef and two cooks in the kitchen, one greenhouse and one acre of vegetables, has become a full staff of 60 with 2 greenhouses, over 200 laying chickens, 150 broiler chickens, 5 ducks, 15 pigs, and 3 acres of vegetables continuously rotating throughout the season. We have an endless pursuit to accomplish a more sustainable ecosystem filled with love, creativity, and respect for the food. Seasonal to the moment, it is actually the farm and the garden that make the incredible ever-changing menu. It’s not just a farm to table restaurant. We’re a farm that has a restaurant at the edge of it—an experience that is truly special and unique.

Location: 2 Main Street, Rockland, Maine 04841

2020 Season: Provisions in the Barn: Thursday-Sunday from 11-6pm. \$1 oysters in the Barn: Sunday from 3-6pm. Restaurant Wednesday-Sunday from 5-9pm. Reservations: www.primorestaurant.com/visit or 207-596-0770.



Student Profiles



Thanks to these Trekkers students who participated in our FIRED UP presentation!



Chloe Courant

Year graduated: Team Denali – Class of 2020
Currently: Attending Marist College to study Fashion Merchandising.



Chloe Simmons

Year graduated: Team Denali – Class of 2020
Currently: Attending University of Maine at Farmington to study Education
Favorite Trekkers memory: Hiking Great Sand Dunes in Colorado



Lydia Laslavic

Graduation year: Team Beacon – Class of 2021
Currently: Works at The Slipway restaurant.
Participating in Trekkers Wellness and Outdoor Adventure program and Skate Club. Hopes to study film in NYC after graduation.
Favorite Trekkers memory: Playing games around the fire.



Jim Weinand

Graduation year: Team Beacon – Class of 2021
Currently: Works at Hannaford. Plans to enlist in the military and study medicine after high school.
Favorite Trekkers memory: Sunrise hike of Mt. Scott in Crater Lake National Park



Harriett Yankura

Graduation year: Team Beacon – Class of 2021
Favorite Trekkers memory: Running through Washington D.C. looking for a public restroom.



Corbin Farnham

Graduation year: Team Beacon – Class of 2021
Currently: Just completed his 5th Thomaston Trek 5k. Enjoying the rest of summer before senior year.



Morgan Mitchell

Graduation year: Team Beacon – Class of 2021
Currently: Works as a babysitter and is participating in Trekkers Social Justice and Community Action program. Hopes to travel after high school.
Favorite Trekkers memory: Driving around D.C. singing and dancing and interacting with the city.



About Trekkers

25 Years of Long-Term Mentoring

Trekkers is a non-profit youth development organization, committed to helping young people thrive. Over the course of a 6-year program, students build supportive mentoring relationships with caring adults and develop social-emotional skills they can carry with them into adulthood. Trekkers students work hard, have fun, form lifelong relationships, expand their world views, take supported risks, build resiliency, and acquire the skills they need to identify and realize their aspirations.

“It was the exposure to other cultures and experiences with Trekkers that helped develop my open-mindedness and empathy for others. This undoubtedly helped shape my belief that we should lift up those around us, and give back when we too have been lifted.”

– Luke Martin, Class of 2007

Who We Serve

Trekkers has provided long-term mentoring to hundreds of 7th- 12th grade students from the towns of Cushing, Owls Head, Rockland, South Thomaston, St. George, and Thomaston. Our communities struggle with poverty, the persistent impacts of the opioid crisis, and rising rates of mental health challenges among our young people. Over half of students in our service area are eligible for free or reduced lunch. 1 in 4 middle schoolers reported feeling sad or hopeless for over two weeks and 1 in 5 reported seriously considering suicide in the past year. Students in rural communities also generally face an opportunity gap that can compromise their aspirations and diminish their hopes for the future.

Since 1994, Trekkers has been providing long-term mentoring to hundreds of students from Midcoast Maine.

Resiliency Through Relationships

Quality mentoring, intentionally-built experiences, and opportunities for growth have proven to help students thrive in the face of adversity. Trekkers students report positive increases in learning and education, resiliency indicators and positive relationships with adults and peers because of our programming.

93% reported increased interest in learning

90% reported higher levels of optimism

90% reported improved relationships with adults

100% of Trekkers students graduated high school in 2019

Permission to use the Holistic Student Assessment (HSA) was obtained from the PEAR Institute at Harvard Medical School and McLean Hospital.

Expanding Our Footprint

Trekkers offers professional development opportunities to other organizations, schools and youth practitioners across the country. To share in the success of our programs, we offer consultation to those who want to learn to apply our principles and approach. For more about the Trekkers Training Institute, please visit www.trekkersinstitute.org.

Join Trekkers in investing in young people and the future of Maine.

www.trekkers.org





***Join us in investing in the future
of Maine's young people.***

Three ways to make a gift:

Call the Trekkers office RIGHT NOW! 207-594-5095

Trekkers' staff, Board, and students are standing by to answer your call, take your payment, and personally thank you.

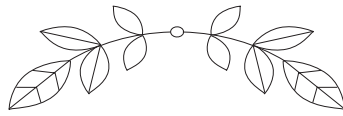
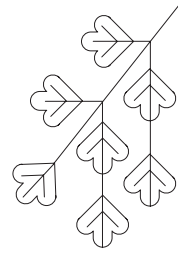
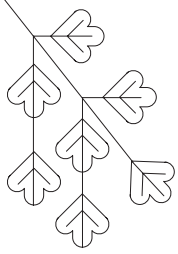
Go online to make a secure payment.

www.trekkers.org/donate

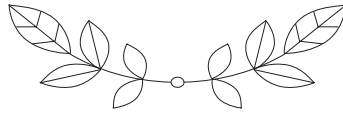
Or fill out the pledge card in your package, and mail it back to Trekkers in the pre-addressed envelope.

Thank you for joining us for FIRED UP!

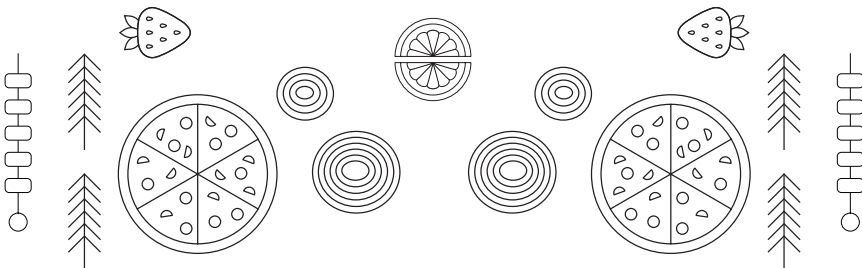




Special Thanks



Suzi Pond
Ian Cheney
Jayden Chrzanowski
The Naretiv team
Jacquie Chamberlain
Dylan Rich
Bonnie Foehr
Andrew Knowlton
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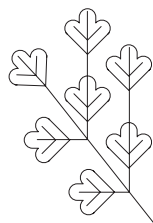
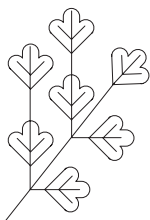
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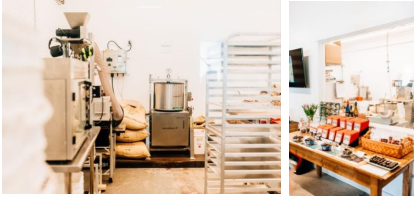


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Summer Hours

Mon – Sat 10a – 5:30p & Sun 11:30a – 5:30p
One Sea Street Place, Rockland, ME 04841

A Note on Fired Up Safety Precautions

Thank you for your continuing support for Trekkers. We're so happy to be able to bring the community together over good food for a good cause. We want to explain the safety precautions we are taking for this event. The health of our staff, supporters, and the entire community is our number one priority.

Restaurants prepared and packaged each dish in your package following strict and up-to-date CDC guidelines. Trekkers compiled the packaged food in individual totes. Each tote was assembled by one Trekkers staff person to minimize the number of (gloved) hands touching the restaurants' wares. Everyone wore masks and gloves and used sanitizer between creating each box. We value your participation in our community and take your safety and comfort very seriously.



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