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Come Alive Outside is a 501c3 nonprofit that works to create the awareness, intention and opportunity for people to live healthier lives outside.



RUTLAND COUNTY WINTER PASSPORT 2024



THIS PASSPORT BELONGS TO:

NAME

SCHOOL

GRADE



Can you find all 10 snowflake
icons scattered throughout
this passport?

Rutland WINTER FEST EVENTS

SAVE THE DATES:
2/16-25

5
Points
Each

Feb 22

- ☐ 12-1 PM: Human Foosball for Kids

Feb 23

- ☐ 6:30-8 PM: Free Skate with Bigfoot at Giorgetti

Feb 24

- ☐ 10 AM-2 PM: Food Tour with Vermont Farmers Market
- ☐ 4-6 PM: Little Ones and Loved Ones Winter Dance

All Week:

- ☐ Forest Tale at Pine Hill Park/ Downtown Storywalk Starting at Phoenix Books

For each Winterfest activity you attend, you get 5 points!
Check off the Winterfest activities you went to. Did
you meet the Winterfest Yeti or Bigfoot? If so, get his
autograph on this page and you get 5 extra bonus points!

SAVE THE DATES:
2/16-25

Rutland WINTER FEST EVENTS

5
Points
Each

Here are some of the family activities taking place during winter break February 16th-25th. Go to comealiveoutside.com/winterfest for a complete list of Winterfest Activities.

Feb 17

- ☐ 10AM-2 PM: Food Tour with Vermont Farmers Market
- ☐ 10 AM-2 PM: Snow Carving
- ☐ 11 AM-1 PM: Outdoor Survival Skills
- ☐ 12-3 PM: Chili Cook-Off
- ☐ 2-3 PM: Phoenix Books Owl Experience
- ☐ 2:30-4 PM: Storytime and Craft with Parent Child Center

Feb 19

- ☐ 11-1: Outdoor Survival Skills

Feb 20

- ☐ 10 AM-12 PM: PJs at the Paramount
- ☐ 11:30 AM-1 PM: Storytime and Craft with Parent Child Center
- ☐ 5:30-8 PM: Center Street Sledding

Feb 21

- ☐ Free Day at Wonderfeet Kids' Museum
- ☐ 10 AM-4 PM: Great Bigfoot Chase



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Save the Dates ●●●

Rutland Winterfest Events	February 15th-25th
Maple Open House at Smokey House	March 23rd

ABOUT

Come Alive Outside is 501c3 nonprofit based in Rutland, VT. Our mission is to bring people together to create the awareness, intention and opportunity for people to live healthier lives outside. Thank you to all of our community partners who make this passport possible!



If you have questions, please contact us:

✉ rudy@comealiveoutside.com

Stay connected!

Follow us on Facebook and Instagram to share pictures, get updates and join some awesome passport contests.

 [comealiveoutside.com](https://www.comealiveoutside.com)

 [comealiveoutside](https://www.facebook.com/comealiveoutside)

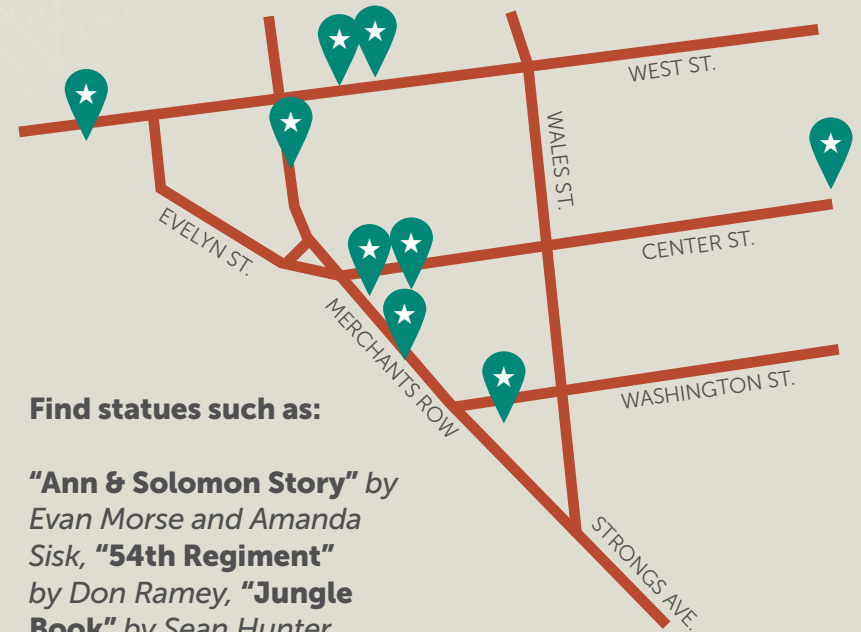
 [comealiveoutside](https://www.instagram.com/comealiveoutside)



MARBLE STATUE WALK

5
Points

Take a walk and see some of Downtown Rutland's Marble Statues. Marble is a big part of this area's history and these statues connect Rutland's past with the present.



Find statues such as:

"Ann & Solomon Story" by Evan Morse and Amanda Sisk, **"54th Regiment"** by Don Ramey, **"Jungle Book"** by Sean Hunter Williams, **"Redfield Proctor"** by Kellie Pereira and Evan Morse and **"Andrea Mead Lawrence"** by Stephen Shaheen, and **"Batman"** by Alessandro Lombardo

How many statues did you find?

Wonderfeet Kids' Museum

at GMP's Energy Innovation Center

wonderfeetkidsmuseum.org
66 Merchants Row • Rutland, VT 05701
802-282-2678

KIDS' MUSEUM

Get creative and explore at the kids' museum. Wonderfeet is now open 10-4 Tuesday-Sunday. Admission for one kid and one adult is free with passport.

GET YOUR STAMP

4
Points



HOW IT WORKS

1

Explore and have fun

January 13th-April 14th with this passport!



Be an earth caretaker and leave no trace on the trails.

2

For every 10 points completed, you earn a prize!

There is no cap on prizes.

3

Visit one of the following prize centers to collect a prize:

Wild Kind Toys, Rutland
Maclure Library, Pittsford
Poultney Public Library, Poultney
Gilbert Hart Public Library, Wallingford

4

Win a grand prize!

Visit pages 8-10 of the passport to see how to enter the grand prize drawing!



BE HEALTHY,

When you have questions or need advice who do you talk to? A parent? An aunt or uncle? A trusted teacher or coach? Growing up can be hard sometimes, and we all need someone we can rely on. When you have tough questions about alcohol, marijuana, and vapes or cigarettes don't be afraid to speak up. These questions may seem hard, but trusted adults will take the time to give you the best advice. Be in the know and make the healthiest choices.

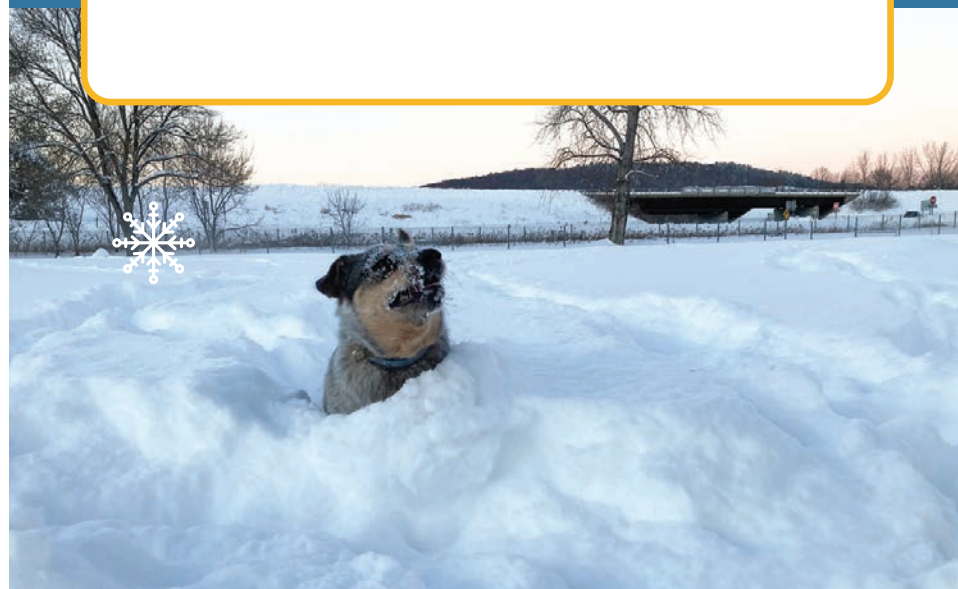


MEET A LOCAL DOG

Make sure there is adult supervision and the adult gets permission from the dog owner to approach/meet the dog.

5
Points

What was his/her name? Colors? Likes/Dislikes?
Draw a picture. Favorite Treat? Know any tricks?



FUN HOLIDAYS

Celebrate one these quirky holidays throughout the course of the passport.



JANUARY 14TH: Dress Up Your Pet Day

JANUARY 25TH: Opposite Day

FEBRUARY 4TH: Thank a Mail Carrier Day

FEBRUARY 11TH: Make a Friend Day

FEBRUARY 26TH: Tell a Fairy Tale Day

MARCH 1ST: Give a Compliment day

MARCH 16TH: Absolutely Incredible Kid Day

MARCH 22ND: International Goof Off Day

APRIL 12TH: Grilled Cheese Day

How did you celebrate?

5
Points

BE IN THE KNOW

Did you know that your brain is still growing and making new connections until you are 25 years old?! As your brain is developing, the use of alcohol, marijuana, and nicotine can have a negative impact on your growth. Drinking alcohol can make learning new things more difficult, and if you start drinking before age 21 you are much more likely to develop a drinking problem later in life. Marijuana can cause permanent IQ loss when starting at a young age and is directly linked to depression and anxiety. The nicotine found in vapes and cigarettes is highly addictive and can affect your learning, mood, and emotions. Make smart, healthy choices this summer, and don't be afraid to ask questions about alcohol, marijuana, and nicotine.

Parents, for more information check out these great resources:

- 1 partnersforprevention802.org
- 2 parentupvt.org
- 3 asklistenlearn.org/parents



GRAND PRIZE DRAWING

For a chance to win the **GRAND PRIZE**, fill out the online survey by scanning the QR code or visiting: <https://bit.ly/wintersurvey24>
Or you can fill out and return the form on the two next pages.



INFLATABLE KIDS PADDLEBOARD



HEYGELO S90 DRONE WITH CAMERA



DINOSAUR KIDS BACKPACK

AUTOGRAPHS FROM LOCAL HEROES

5
Points

When you think of heroes you may think about a person flying through the air fighting crime. The truth is they are all around us everyday. Meet some local heroes and get their autographs.



Teacher: _____



Police Officer: _____



Firefighter: _____



Mail Carrier: _____



Your hero: _____
Who is this?

SAVE THE DATE:
MARCH 23, 2024

MAPLE OPEN HOUSE

Join Smokey House
Center on Saturday,
March 23 for lots of
maple fun. Visit their
website for details or
scan the QR code.



INITIAL WHEN DONE

5
Points



426 Danby Mountain Rd. | Danby, VT 05739 | smokeyhouse.org

2024 Summer Kids' Passport Parent Survey

Dear Parent or Guardian,

Thank you for taking time to do this short survey. This information is important for the passport program to receive continued grant support. Your opinion about the passport program is very important to us.

Your Name (optional): _____

What grade is your child in?* _____

Which school does your child attend?*

On average, how many hours did your child spend OUTSIDE per week during the time of the passport (1/13-4/14)?*

- | | |
|--|--|
| <input type="checkbox"/> Less than 1 hour per week | <input type="checkbox"/> 5-10 hours per week |
| <input type="checkbox"/> 1-3 hours per week | <input type="checkbox"/> 10+ hours per week |
| <input type="checkbox"/> 3-5 hours per week | |

The Come Alive Outside passport increased the amount of time my child spent OUTSIDE over the last three months.*

- ☐ 1 Not at all ☐ 2 ☐ 3 ☐ 4 ☐ 5 Absolutely

On average, how many hours did your child spend being PHYSICALLY ACTIVE per week during the time of the passport (1/13-4/14)?*

- | | |
|--|--|
| <input type="checkbox"/> Less than 1 hour per week | <input type="checkbox"/> 5-10 hours per week |
| <input type="checkbox"/> 1-3 hours per week | <input type="checkbox"/> 10+ hours per week |
| <input type="checkbox"/> 3-5 hours per week | |

The Come Alive Outside passport increased the amount of time my child spent being PHYSICALLY ACTIVE over the last three months.

- ☐ 1 Not at all ☐ 2 ☐ 3 ☐ 4 ☐ 5 Absolutely

**Please return to: Come Alive Outside
PO Box 267, Rutland, VT 05702**

continued on next page

My child is more EXCITED about physical activity because of the CAO passport.*

☐ 1 *Not at all* ☐ 2 ☐ 3 ☐ 4 ☐ 5 *Absolutely*

My child is more EXCITED about being outside because of the CAO passport.*

☐ 1 *Not at all* ☐ 2 ☐ 3 ☐ 4 ☐ 5 *Quite a lot*

Doing the passport activities increased my FAMILY'S mental well-being.*

☐ 1 *Not at all* ☐ 2 ☐ 3 ☐ 4 ☐ 5 *Quite a lot*

How many points did your child complete?* _____

Where did your child get their CAO Summer Passport?*

- | | |
|---|--|
| <input type="checkbox"/> School | <input type="checkbox"/> Boys & Girls Club |
| <input type="checkbox"/> Healthcare Provider | <input type="checkbox"/> Home School Group |
| <input type="checkbox"/> Community Care Network | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Mentor Connector | |

Please check any additional Come Alive Outside programs/activities/spaces you enjoy:

- | | |
|---|---|
| <input type="checkbox"/> Winterfest | <input type="checkbox"/> Stick Season Celebration |
| <input type="checkbox"/> Jedi Trails | <input type="checkbox"/> Mile-A-Day |
| <input type="checkbox"/> Magical Mischief | <input type="checkbox"/> NatureRx |
| <input type="checkbox"/> Whoopie Pie Festival/
Green Streets | <input type="checkbox"/> Adult Passport |
| <input type="checkbox"/> Urban Legend Walks | <input type="checkbox"/> Pinecone Adventure Forest |
| <input type="checkbox"/> Spooky Trail (Area 802) | <input type="checkbox"/> Slate Valley Trails Story Walk |
| <input type="checkbox"/> Leaf Peeping Promenade/
Party | <input type="checkbox"/> Magical Creature Frolic |
| | <input type="checkbox"/> Other _____ |

Is there anything else you would like us to know about your experience with the passport program?*



RUTLAND FARMERS MARKET SCAVENGER HUNT

Explore the farmers market and attend one of their upcoming events:

Saturdays in January:
Kids coloring corner setup

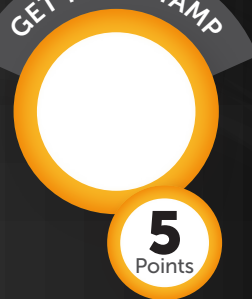
February 10th:
Valentines craft & basket raffle

February 17th & 24th:
Food tour sampling

March 16th:
St. Patrick's lucky craft

March 30th:
10-2pm egg hunt

GET YOUR STAMP



Sponsored by
 **HERITAGE FAMILY**
CREDIT UNION

Show the market manager your list to get a \$5 token to spend at the market.



← [WWW.FACEBOOK.COM/VTFARMERSMARKET](https://www.facebook.com/vtfarmersmarket)

PRIZES

For every **5 POINTS** you complete in your passport, you can get a prize! There is no cap on how many prizes you can earn this summer!

Claim one prize at a time or save points and claim multiple prizes at the same time before **FRIDAY, APRIL 14TH**. Call prize centers for open hours.

PRIZE CENTERS:

Wild Kind Toys
31 Center St. Rutland, VT
802-349-1774
wildkindtoys.com

Poultney Public Library
205 Main St, Poultney, VT
802-287-5556
poultneypubliclibrary.com

The Maclure Library
840 Arch St, Pittsford, VT
802 483 2972
maclurelibrary.org

Gilbert Hart Library
14 S Main St, Wallingford, VT
802-446-2685
ghlib.wordpress.com

PRIZES:

Viking Helmet:
50 points

Come Alive Outside Mug:
25 Points

Yo-Yo:
15 points

Frisbee:
10 points

Sticker:
5 points





MAKE YOUR OWN ADVENTURE

5
POINTS
EACH

COCOA AND CUDDLE

INITIAL WHEN DONE



*Pairs well with
the mug prize!*



5
Points

Did you know when you hug, touch, or sit close to someone you love, your body releases a special hormone “oxytocin” that helps you feel relaxed and happy? Make a couple of cups of hot cocoa and cuddle with someone you love.

Who did you cuddle with?



FRUIT OF THE WEEK: VERMONT FARMERS FOOD CENTER



Stop by the Vermont Farmers Food Center (251 West St. in Rutland), Wednesdays between 3 and 6 p.m.

While you are there, you can check out the train that used to carry food from Rutland Co. farmers to New York City AND get a piece of fruit! Pull into the driveway, check out the train on the right of the driveway, and then come to the white door at the rear of the White Building with the Vermont Farmers Food Center sign on it for a mystery fruit locally grown from Champlain Orchard.



SAVE A SNOWBALL

Make a snowball and save it in your freezer until the 2024 summer passport. Turn it in in the summer for a special secret prize.



MAKE YOUR OWN SNOW

Unfortunately in the winter there is not always snow on the ground. Fortunately, the sky is not the only thing that can make snow. Scan the QR code and follow the instructions to make your own snow.



START AN INDOOR GARDEN

Grow edible plants on your windowsill this winter! Visit GreenSpell Plant Shop for these **FREE** project materials and instructions. Observe the seeds as they grow from sprouts into plants and enjoy fresh herbs all year long!

Plant
GreenSpell
Shop

35 Center St.
Rutland, VT 05701
802-222-0475
green-spell.com
Check for hours

Materials:

- Recycled 4" nursery pot
- ½ coco coir soil puck
- 10 chives seeds
- Plastic bag
- Instruction sheet



COMBAT PLASTICS

Reduce single use plastics by making your own granola bar. Scan the QR code for an easy recipe.



Answers to activity on page 35: 1. Apple 2. Banana 3. Orange 4. Kiwi 5. Pineapple 6. Strawberry

MUD BUDS

Rarely is there a shortage of mud in Vermont. Dip a couple fingers in a some mud and create some mud buds.

5
Points

Press your muddy finger here and give it a face:



VALENTINE TO MY TOWN CONTEST

Write a love letter or poem to your town. Email them to Rudy@comealiveoutside.com with the subject line VALENTINE or mail them to Come Alive Outside at PO BOX 267, Rutland, VT 05702 by February 1st.

All letters and poems will be displayed downtown Rutland during Winterfest.

4 Winners will be announced on Valentine's Day and winning submissions will be displayed at the Pine Cone Adventure Forest Tale until April 1st.



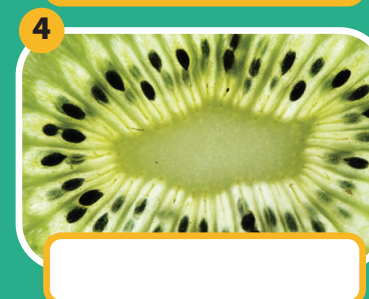
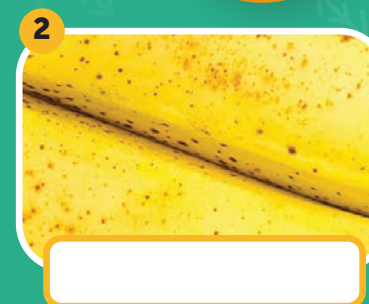
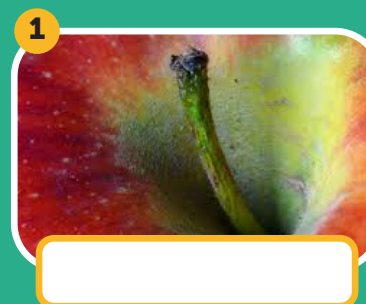
UP CLOSE AND PERSONAL

5
Points

INITIAL WHEN DONE



Can you guess the fruit based on the picture? Write your guess in the box below the picture, then check the answers on p. 38.



BANANA SNOWMAN

Enjoy making this sweet winter treat with your loved ones this season!

INITIAL WHEN DONE

5
Points

Banana Snowman Recipe:

- Banana, cut into slices
- Pretzel sticks, broken in half
- Chocolate chips or blueberries
- Raspberries or Strawberries (halved)
- Tiny piece of carrot or dried mango
- Toothpicks (optional)

WIC is the USDA Special Supplemental Nutrition Program for Women, Infants and Children. WIC provides food benefits, nutrition education, breastfeeding support, counseling and programs for pregnant Vermonters, parents and caregivers with children under 5. Call today for an appointment 802-786-5811.



WHAT'S THE DEAL WITH THE WEATHER?

Each day go outside and feel the weather. Color in a box to match this key:

■ Red = Feels hot

■ Yellow = Feels comfortable

■ Blue = Feels cold

5
Points

SNOWMAN RACE

What's faster: building one big snowman or 10 little snowmen? Time yourself or a friend and see if it's faster to build one big snowman or 10 little snowmen.

Which one was faster?

5
Points



TIN CAN TELEPHONES

Using two tin cans, create a telephone. Scan the QR code to learn how.



INITIAL WHEN DONE

5
Points





DISCOVER LOCAL FOODS

5
POINTS
EACH

LITTLE BIGFOOT

Cut out this
Bigfoot and take
pictures with him
around town.



5
Points

LITTLE BIGFOOT

...10 points if you
share to social
media and tag @
ComeAliveOutside



INITIAL WHEN DONE

10
Points



RUTLAND DOG PARK

160 ALLEN ST
RUTLAND, VT 05701

INITIAL WHEN EXPLORED

4
Points



BRANDON DOG PARK

20 W SEMINARY ST
BRANDON, VT 05733

INITIAL WHEN EXPLORED

4
Points

DOG PARKS

FURHAVEN DOG PARK

805 AIRPORT RD.
FAIR HAVEN, VT 05743

INITIAL WHEN EXPLORED

4
Points

DESIGN A BOX SLED

Design your own sled using a cardboard box or whatever materials you can find. Time yourself or race a friend!

INITIAL WHEN DONE


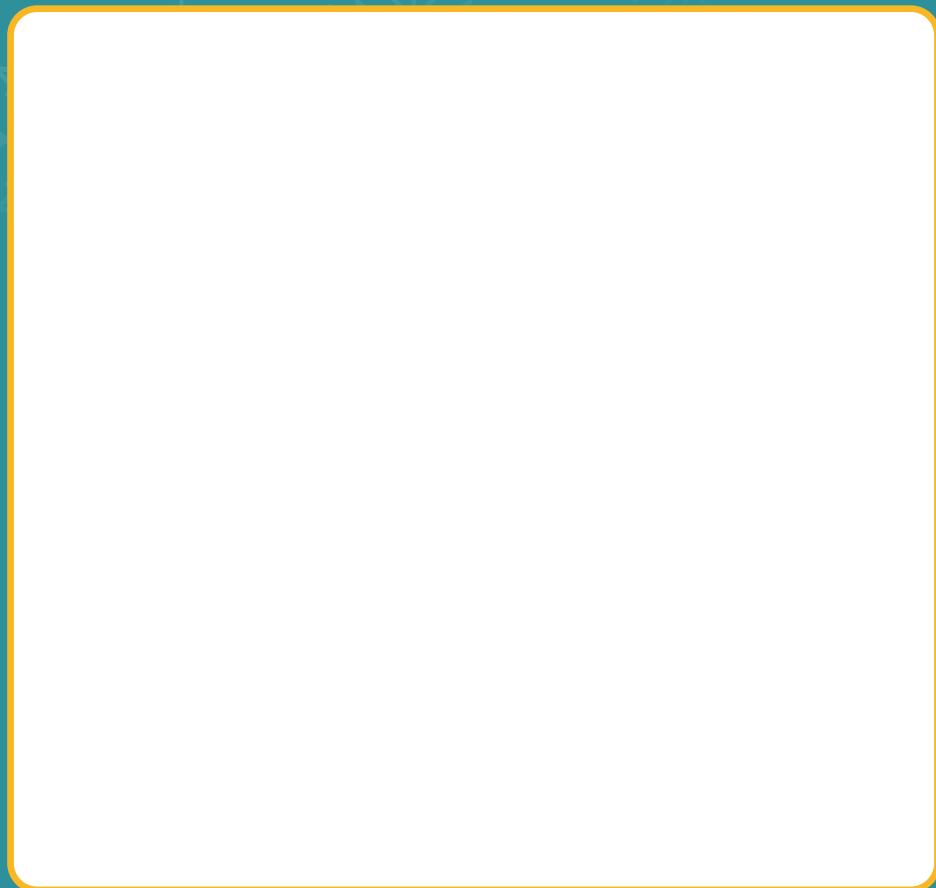
5
Points



DESIGN THE NEXT PASSPORT COVER

Use the space below to create the cover art for Come Alive Outside's 2024 Summer Passport. Share to social media and tag @ComeAliveOutside to submit.

5
Points



POND LOOP AT SMOKEY HOUSE CENTER

**426 DANBY MOUNTAIN RD.
DANBY, VT 05739**

Explore this 0.3-mile loop trail near Danby, Vermont. It takes an average of 6 min to complete. This trail is great for birding, hiking, and snowshoeing. Dogs are welcome, but must be on a leash.

4
Points

INITIAL WHEN EXPLORED

FREE SPACE

WHERE ELSE DID YOU EXPLORE?

4
Points

INITIAL WHEN EXPLORED



**LOWELL LAKE
STATE PARK**

260 ICE HOUSE RD,
LONDONDERRY, VT 05148

INITIAL WHEN EXPLORED

4
Points



**TACONIC
MOUNTAINS
RAMBLE STATE
PARK**

21 ST JOHN RD,
HUBBARTON,
VT 05735

INITIAL WHEN EXPLORED

4
Points



**INVESTIGATE
LOCAL
PARKS**

4
POINTS
EACH

PLAY GROUNDS



JUSTIN THOMAS MEMORIAL PARK

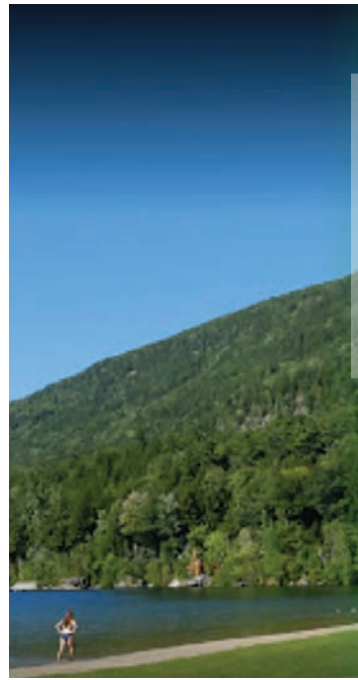
30 MADISON ST.
RUTLAND, VT 05701

INITIAL WHEN EXPLORED



4

Points



BRANBURY STATE PARK

3570 LAKE DUNMORE RD,
SALISBURY, VT 05769

INITIAL WHEN EXPLORED



4

Points



GIFFORD WOODS STATE PARK

34 GIFFORD WOODS RD,
KILLINGTON,
VT 05751

INITIAL WHEN EXPLORED



4

Points

STATE PARKS

LAKE ST. CATHERINE STATE PARK

3034 VT-30
POULTNEY, VT
05764

INITIAL WHEN EXPLORED

4

Points

BOMOSEEN STATE PARK

22 CEDAR MOUNTAIN RD.
CASTLETON, VT 05743

Bomoseen State Park has a little bit of everything. From swimming to hiking, this park features a playground and picnic area. There's even a snack bar!

INITIAL WHEN EXPLORED

4

Points



MIDDLETOWN SPRINGS ELEMENTARY

15 SCHOOL HOUSE RD,
MIDDLETOWN
SPRINGS, VT
05757

INITIAL WHEN EXPLORED

4

Points





**BARSTOW
ELEMENTARY
PLAYGROUND**

223 CHITTENDEN RD,
CHITTENDEN, VT
05737

INITIAL WHEN EXPLORED

4
Points



DORSEY PARK

41 ANDOVER ST,
LUDLOW, VT 05149

INITIAL WHEN EXPLORED

4
Points



DEPOT PARK

15 EVELYN STREET
RUTLAND, VT 05701

INITIAL WHEN EXPLORED

4
Points



**PITTSFORD
RECREATION
AREA**

223 RECREATION AREA RD
PITTSFORD, VT
05763

INITIAL WHEN EXPLORED

4
Points