Heather’s Highlights

Dear Readers,

National Night Out 2017 was AWESOME! Thank you to all who made it so successful. We drew 500 people to sites in Orange, Athol and Petersham. I’d like to extend a special thank you to our fabulous chairs of each site, our local Police Departments, Fire Departments and volunteers! We look forward to next year to celebrate the real partnership of public safety and community that we are so fortunate to have here in the North Quabbin! Hope all had a wonderful and safe summer.

Now it is September!! This of course means that the NQCC Task Forces all begin to meet monthly once again and our monthly forums begin as well. Join us on September 15 when Congressman McGovern will be joining us ready for updates and questions, and Brian Gordon will be speaking about services available NOW at The Quabbin Retreat!

Thank you for all you do!

Heather Bialecki-Canning
Executive Director

Next Coalition Forum:
September 15, 2017
9:00—10:30 am
Topic: A Visit by Congressman James P. McGovern
Athol-Orange Elks Club
92 New Athol Road
Orange, MA
(Driving directions at www.nqcc.org)

The next newsletter submission deadline is September 22, 2017.
Email details to admin@nqcc.org

Visit our comprehensive North Quabbin Area Community Calendar at nqcc.org/events.html

Like us on Facebook for regular updates!

NQCC
251 Exchange Street
Athol, MA 01331
978-249-3703
www.nqcc.org
info@nqcc.org

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Our FY17 Donors

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- Lisa Kuenzel
- Faye Lindsey
- David Runyan

Donations can be made via PayPal with the link on the cover of this publication, at www.nqcc.org, or by check to the address at left.
The Massachusetts Legislative Task Force on the Prevention of Child Sexual Abuse

Representative Susannah Whipps

Invites you to attend a Community Forum
Guidelines and Tools for the Development of Child Sexual Abuse Prevention and Intervention Plans by Youth-Serving Organizations in Massachusetts

You are invited to attend and participate in a Community Forum on September 26, 2017, from 10am – 1pm at the Athol Public Library. The community forum will focus on sharing the Task Force’s recommendations for implementing child sexual abuse prevention plans by youth-serving organizations across Massachusetts.

The goals of this event are:
- To create awareness of the work of the Task Force
- To engage with community leaders, businesses and youth serving programs in dialogue about the recommendations made to the legislature
- To gather input into designing training and technical assistance for youth serving organizations
- To listen to the community’s response before taking next steps at implementation.

Invited local partners include:
- Youth sports Leagues
- Art programs (visual, dance, martial arts, gymnastics etc.) for youth
- Programs serving children with disabilities
- Mentoring Programs
- After school programs
- Educational programs (tutoring, ESL etc.)
- Youth development programs (Boys and Girls Clubs, Boys Scouts, Girls Scouts, YMCAs)
- Programs serving Immigrant and Diverse child and youth
- Religious (children and youth) education programs

Date: Tuesday, September 26, 2017
Time: 10am – 1pm
Location: Athol Public Library, 568 Main St, Athol, MA 01331

Space is limited. To RSVP for this event please contact Tom Blackler at thomas.blackler@MassMail.State.MA.US or visit The Children’s Trust website here

“We owe our children – the most vulnerable citizens in any society – a life free from violence and fear.”
Nelson Mandela
Do you have diabetes? Then you don’t want to miss this health fair!

The Heywood Healthcare Diabetes Health Fair

Tuesday, September 19 from 4:00-5:30pm
Mt. Wachusett Community College South Cafeteria

This is an opportunity to learn about diabetes including the newest methods and tools in managing diabetes.

- Talk with healthcare professionals that specialize in the treatment of diabetes
- Learn about the best foods to include in a healthy diet
- Find tips and tricks to exercise in any season and enjoy food samples
- Free diabetic product samples will be available
- Take home free information

Enter to win a raffle gift by filling out a brief health questionnaire. For more information, please contact Doug Miller at (978) 630-5719 or douglas.miller@heywood.org or Denise Foresman at (978) 630-6289 or denise.foresman@heywood.org.

Join us for a lecture from Mary Beth Sherrin at 4:30 and 5:00 pm about her program My Hungry Head. It is a six-week course based on her book My Hungry Head: Dismantling the Diet Prison that helps attendees understand their body, control hunger and take charge of their weight.
**Reliable Temps Inc.**

Now has an office in Orange, MA.

We are located at the
Orange Innovation Center
Suite 209
131 West Main Street
Orange, MA 01364

Currently Scheduling Interviews on Tuesday’s & Wednesday’s.

Call Today For More Information!
413-774-4562
Athol Bird & Nature Club Events

Please visit http://www.atholbirdclub.org for meeting places & info.

**Sept. 13 7:00 pm - Raptor Identification** - David Brown returns to ABNC with a video-based program that will acquaint you with field marks and other ways for identifying these raptors as they pass overhead.

**Sept. 16 10:00 – 1:00 pm - Trees & Other Plants of the South Athol Conservation Area** - Join Nancy Goodman, Naturalist and Plant Conservation Volunteer with New England Wild Flower Society for this botanical exploration of the SACA.

**Sept. 23 10:00 – 1:00 pm Tree ID Using Bark and Habitat Clues** - Join naturalist Nancy Goodman and take a close look at trees and other botanical wonders we encounter at Northfield Mountain.

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Parenting Overload

Sometimes you need to be reminded that someone is rooting for you and sending good vibes your way! Receive free inspiration and motivation via text or email! To sign up for free, just visit www.nqcc.org/parenting.html. For a list of helpful resources, visit the North Quabbin Community Coalition’s comprehensive Resource Directory at http://nqcc.org/resource.html.

For more information on the Parenting Overload program, call 413-549-0297. A project of the North Quabbin Community Coalition and its Children’s Health & Wellness System of Care Task Force.
Appleseed Country Fair

Sat., Sept. 2 • 10-6 pm
Sun., Sept. 3 • 10-5 pm
Mon., Sept. 4 • 10-4 pm

Red Apple Farm
455 Highland Ave., Phillipston, MA

PARKING DONATION $10 PER CAR

Live Music • FiddleFest Contest
Great Food • Local Brewers • Vendors & Artisans
Human Tractor Pull Competition • Rock Wall

Sponsored by

JOHNNY APPLESEED COUNTRY

CrossFit 696

PADULA BROTHERS

MA MASSACHUSETTS

GARDNER ALE HOUSE

Red Apple Farm

Celebrating 100 Years

appleseed.org
Massachusetts Smokers’ Helpline

The Massachusetts Smokers’ Helpline now has three ways to support people who want to quit tobacco. New online options expand upon and complement the traditional telephone service and make a free and confidential quit coach more accessible. Users of cigarettes, e-cigarettes, vapes, and chew can reach a quit coach who can answer questions about: the most effective ways to quit, how to get through cravings, and whether to use medicines. Coaching is available 24 hours a day, seven days a week (with some holiday exceptions) by calling 1-800-QUIT-NOW.

Those who prefer online-only support can receive all of the same services—free coaching, help with planning to quit and help tracking progress using a variety of online tools—through KeepTryingMA.org. Online support includes the ability to develop a quit plan, plan for triggers or withdrawal, and chat with others who are trying to quit. Motivational text messages, emails and instant messages are also available.

Participants choose the parts of the Helpline program that work best for them and can use the services as frequently and as long as needed at no cost. Free nicotine patches and nicotine gum are available to all eligible users. The Helpline services are also available to support friends and family members, too.

People who use coaching and medicines together are three times as likely to quit for good as those who use neither. For more information about the Helpline and to enroll online, visit KeepTryingMA.org. The Massachusetts Smokers’ Helpline is a program of the Massachusetts Department of Public Health.

Vaping and Youth

Thanks to the tobacco industry targeting our youth, Massachusetts has experienced an increase in vaping (use of e-cigarettes or vape pens) by young people. It is important to realize that vape pens are not just another harmless fad, but that they usually contain nicotine, a highly addictive substance that is getting them hooked on these products. Nearly 24% of high-school-aged youth in Massachusetts report using e-cigarettes and almost 45% have used them at least once.

E-cigarettes or vape pens come in over 8,000 different flavors to better attract young people, and it's working. Flavors are the leading reason that youth are using e-cigarettes, and the nicotine in these products leads to sustained use. In fact, more high school youth in Massachusetts are now using e-cigarettes than all other tobacco products combined, AND they are using them nine times more often than adults.

The tobacco industry has made these products sweet, cheap, and easy to get because they know that people who start using nicotine products in adolescence have a harder time quitting than people who start as adults.

Talk with your teenagers about vaping and make sure they know that vaping is harmful and that nicotine is addictive and affects their brain development negatively, including increased risk for depression, mood disorders, or future drug addiction. For more information, visit GetOutraged.org.
Healing Past the Pain

ARE YOU:
A Parent/Caregiver of a child who has been sexually abused?

DO YOU:
♦️ Often feel you don’t know what to do or say?
♦️ Have questions & no answers?
♦️ Feel overwhelmed?
♦️ Feel alone?

Join others with similar experiences in this Support and educational group for parents/caregivers of children who have been sexually abused. Because...

YOU ARE NOT ALONE!

WHEN: Class begins September 19, 2017 for 8 weeks
Childcare and Snacks Provided

WHERE: To be determined based on participant feedback

If Interested CALL: Jackie Humphreys, LICSW 413-364-3527
COMING THIS FALL
Beginning September 5
PROGRAMS FOR KIDS AND FAMILIES
AT THE WHEELER MEMORIAL LIBRARY
49 East Main Street, Orange 978-544-2495 orangelib.org

Morning Storytimes
Baby and Me
Mondays 10:30 - 11:30
For children 0 to 36 months old

Rise and Romp
Tuesdays 10:30 - 11:15
For children 2 to 5 years old

FAMILY GAME NIGHT
FOR ALL AGES!
The 2nd & 4th Wed. of each month
6:00 - 7:30

LEGO CLUB
AGES 5 TO 12
Meets every Wednesday 3:30 to 4:30

SPECIAL EVENTS
SUPPORTED BY THE TRAPROCK CENTER FOR PEACE & JUSTICE
AND THE FRIENDS OF THE ORANGE PUBLIC LIBRARIES

MAKE A KITE
Saturday September 23 at 12:00 noon
At the Wheeler Memorial Library. Please preregister in
The Children's Room or call 978-544-2495 extension 103.

AUTHOR CAMMIE MCGOVERN
Thursday October 5 at 7:00 pm
At the Moore-Leland Library
Local author Cammie McGovern will talk about her
Process of writing novels centered around children
With disabilities. The Moore-Leland Library is
Located at 172 Athol Road in North Orange.

ALL LIBRARY PROGRAMS ARE FREE. THIS IS NOT A SCHOOL SPONSORED PROGRAM.
The North Quabbin Family Resource Center is looking for teens who would like to participate in a peer support group. The group’s purpose will be to talk about issues important to teens, provide support to each other, and have a safe space to share ideas.

For more information, call Melissa Burke or Amanda Schuster at 978-249-5070 or stop by The North Quabbin Family Resource Center located in The Patch office at 423 Main St. Athol, MA
Celebrating the Multiple Pathways of Recovery!

SATURDAY, SEPTEMBER 16, 2017

9:00 — 11:30 AM

Networking breakfast starts at 8:30 AM
Second Congregational Church
16 Court Square, Greenfield

• Connect with local resources
• Panel and community discussion
• Stories of hope and healing
• Networking

This event is free and open to the public.

Questions?
info@opioidtaskforce.org

This venue is wheelchair accessible. Please contact info@opioidtaskforce.org with any accessibility needs.
CAMP
KEE-WANE
HEALTH CAMP RD, GREENFIELD, MA

THIS IS A DRUG & ALCOHOL FREE EVENT

TICKETS $10 IN ADVANCE
$15 AT THE GATE
KIDS 12 AND UNDER - FREE!

SEPTEMBER 30TH, 2017 12PM - 8PM

RECOVERY JAM

DINNER 3-5PM OR WHILE SUPPLIES LAST

THE OTTERS - LAURIE B AND SHERRI - SOBER WORLD SONGS
SPECIAL K - DAVID BAZIN & BLUES JUNCTION

www.recoverproject.org
North Quabbin Community Coalition
251 Exchange Street, Athol MA 01331
www.nqcc.org

Mission Statement: The North Quabbin Community Coalition is a community-wide alliance committed to improving the quality of life for all those living and working in the North Quabbin since 1984.

ORP (Orange Revitalization Partnership) is having a Skate Night fundraiser:

Friday September 15th from 6pm-8pm
Orange Roller Skating/Orange Armory
141 E Main St, Orange, MA

The cost will be $3 per person and includes skate rentals.

The funds raised help fund ORP and ORP projects such as Starry Starry Night and Dinner by the River as well as other possible projects.

Please contact Crystal Parent at 413-336-0128 with questions.

Spaghetti Supper

Friday, September 22, 2017
5:30-7:00p.m.
Continuous seating

Spaghetti, meatballs, garlic bread & salad
Coke, ice cream and toppings for dessert

Adults $8
Children under 12 free

Athol Congregational Church

Sponsored by the ACC Missions Committee for
North Quabbin Citizen Advocacy