Dear Readers,

Happy Spring! April is Child Abuse Awareness month and the North Quabbin Community Coalition (NQCC) was proud to be a co-sponsor of the Flag Raising Ceremony at the Athol Police Department to recognize this important event. The Children’s’ Advocacy Center of Franklin County and North Quabbin hosted the event in both Athol and Greenfield once again this year, and will continue their efforts to support children and families after child abuse.

The CAC, along with Northwestern District Attorney David Sullivan’s office, was also able to present at our April Forum on the dangers and signs of commercial sexual exploitation of children. The discussion was very well received by area residents and providers, and an agreement to keep the conversation moving forward to support/protect all of our North Quabbin children was made.

April also means RIVER RAT 2019! This canoe race once again featured boats from the North Quabbin Recovery Center and the North Quabbin Community Coalition. Thank you to all of our racers, Big Cheese 5K Road Race participants, and River Rat Parade marchers! Together we continue to put the emphasis on prevention, recovery, and quality of life in the North Quabbin!

Thank you for all you do!

Heather Bialecki-Canning
Executive Director

NQCC staff Amanda Mankowsky, Heather Bialecki-Canning, and Sarah Collins
Our FY20 Donor/Members

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Athol Orange Rotary Club

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Bill Burton
Sally Ann Collette
Fisher Hill School
Franklin County Sheriff’s Office
Lisa Kuenzel
Joyce L’Heureux
Opioid Task Force
Pioneer Junior Women’s Club

AMERICORPS Position Available

Media Production and Community Outreach Partner

The DIAL/SELF AmeriCorps Program has recently opened up a service position with the Athol-Royalston Regional School District to support and promote the school district through community education/outreach and building resources to support teacher professional development connected to the district strategic plan. The objective is to create media and video production programming to support skill-building, connectedness, and creative expression for students after school. Required qualifications include collaboration and communication skills; technology skills including website design, video production, and editing; and being community-minded. For a full description, contact Allison Scott at 413-774-7054 ext. 101 or at ascott@dialself.org. To apply, visit their website at http://www.dialself.org/americorps.html.
35th Annual Luncheon Celebration
Friday, June 21, 2019
11:30 am – 2:00 pm
Ellinwood Country Club
1928 Pleasant Street, Athol

Name of Organization: ____________________________

Name of Contact: ________________________________

Contact Phone: __________________ Contact Email: ________________

Person(s) who will be attending:
Name: __________________________ Name: __________________________
Name: __________________________ Name: __________________________
Name: __________________________ Name: __________________________
Name: __________________________ Name: __________________________

$25.00 pp if registered by June 14 - $30.00 pp if registered after June 14-
$180 for a table of 8

Please bill me at (address): __________________________________________

I cannot attend, but my donation is enclosed: $__________

Total Amount enclosed: $__________

Lunch is a Buffet with Vegetarian Options

Please make checks payable to:
North Quabbin Community Coalition, 251 Exchange Street, Athol, MA 01331

If you have any questions, please call 978-249-3703 or email info@ngcc.org
Tickets available online and at the gate

May 17-19, 2019
10am-4pm

Military History Expo
645 S Main St Orange Mass.

History-Expo.com

Find us on Facebook @historyexpo

North Quabbin Patch &
Family Resource Center

Grand Open House

May 17th 11am - 1pm

Please join us at our new location 109 Lumber St Unit 5 in Athol for an open house from 11am to 1pm. A Ribbon Cutting and opening remarks from DCF Commissioner Linda Spears will happen at 11:15.

Light refreshments will be served.
Please RSVP Charlene 978-249-8467

Baby

SIGN LANGUAGE

Join Bren Rennie
at Athol Public library for
American Sign Language
Workshops for Babies, Toddlers, and Caregivers

May 10, 17, 24 & 31

10 am - 11 am
Call 978-249-9515 to register free and open to the public

Athol Public Library
568 Main Street
Athol, MA
athollibrary.org
16th Annual
North Quabbin FOODATHON
To raise funds & food for pantries and meal programs in the North Quabbin area!
Tuesday, May 21st, 2019 • 6AM-6PM

DROP OFF SITES WILL BE:
Orange Center, Hannaford & Market Basket.

THANKS to our sponsors

THANKS to our sponsors

Hannaford
WJDF 97.3FM THE BEST MUSIC
AO TV
Walmart
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Pete's Tire Barns, Inc.

Lyman Signs
Highland Press
Athol, MA

Peterson Excavating
"More for your dollar!"
Calling All Caregivers!

Have you had experience with one of the Children's Behavioral Health Services?

- Intensive Care Coordination
- Family Partner
- In-home Therapy
- In-home Behavioral Services
- Therapeutic Mentoring
- Outpatient
- Mobile Crisis

If so, please join us for a conversation about your experiences. Please note young adults (16+) are also welcome to attend.

Free Childcare

FOOD and REFRESHMENTS

Raffle Tickets for Prizes

Date: May 7, 2019
Time: 4:30-6:30 PM
Location: CSD at 491 Main Street, Athol
Contact: Amanda Schuster @ 978-249-9490 ext. 4070

Additional Information:
- Feedback will be anonymous
- Attendance is voluntary
- It’s an opportunity to hear from and connect with other families
- This is a way to lend your voice to improve the system as a whole for other youth and families in the future
- You can come to just listen!

3 DAY FACILITATOR TRAINING
Family Nurturing Program

May 21, 22, & 23, 2019
9:00 am - 4:30 pm
Greenfield Public Library
402 Main Street
Greenfield, MA

This is a fun, interactive training that will explain the values and philosophy of the Family Nurturing Program. It will provide an opportunity to understand ways to support families and focus on their strengths. It encourages participants to develop positive, nurturing ways to interact with co-workers, clients, and family members. *** Participants must attend all three days of the training.***

Register at http://www.familynurturing.org/training-program-calendar

READ
WRITE
RUN

5K Run and 2K Walk to Benefit The Literacy Project

Sunday, May 5th
Registration 10:00 a.m. / 2K Walk 11:00 a.m. / 5K Run 11:30 a.m.
Registration: Run $25 / Walk $15 / Under 12 Free
Maines Field, 579 Riverside Drive
Florence, MA
literacyproject.org
Register at Runreg.com

SPONSORED BY

Greenfield Savings Bank
Communicate Health
Renaissance Builders

CSO

CLINICAL & SUPPORT OPTIONS

Green River House and Quabbin House are proud to present

The 17th Annual Mental Health and Wellness Fair

Wednesday
May 15th
10 am - 2 pm

Energy Park
50 Miles St.
Greenfield, MA

End Stigma,
Dance To
The Beat
Of Your
Own Drum

The Mental Health & Wellness Fair is an opportunity to increase awareness of mental health and recovery. In addition to CSO, several local mental health and wellness providers will be on site to answer questions and provide information about treatment services in the greater Franklin County area.

Free Admission
Food
Music

Sponsored by
Greenfield Police Department
webbers
grimmern

Catoa healthcare
Come to the Spring Gathering!

Friday, June 7th, 2019
Orange Innovation Center
131 West Main Street, Orange, MA

Schedule of the Day
8:30am—Coffee & snacks, sign-in, and networking
9:00am—Welcome, Lightning Talks, and working groups break out
12:00pm—Local lunch from the Petersham Country Store
(Suggested donation: $10)

Network and Learn with the community
The Greater Quabbin Food Alliance meets twice a year to connect, network, and work together on issues impacting local farmers, health, food access, and economic development in Franklin and Worcester counties.

Food Alliance “Local Makers Market”
We encourage attendees to bring local, non-perishable, handmade food and farm products to sell at the gathering. Some examples of local food and farm products include honey, dried herbs, soap, maple syrup products, wool products, and candles. Please contact AmeriCorps member Kat Kowalski with any questions about the market at kowalski@mountgrace.org.

The Greater Quabbin Food Alliance is a volunteer network facilitated and fiscally sponsored by Mount Grace Land Conservation Trust with the support of TerraCorps, an AmeriCorps program.

REGISTER NOW:
bit.ly/FoodAlliance2019

For more info, please contact Kat Kowalski at kowalski@mountgrace.org or 978-248-2053 ext. 29
Children’s Advocacy Center Hope and Healing Breakfast

Join the Children’s Advocacy Center of Franklin County and North Quabbin for the Annual Hope and Healing Breakfast on June 14, 2019 at 7:30 am at Greenfield Community College, One College Drive, Greenfield, to support the Children’s Advocacy Center. Learn how the newly opened Center transforms the lives of children we serve and why we need your support. A personal story will be shared to demonstrate the importance of a Children's Advocacy Center. Awards will be given to community members who have supported the CAC and an award will be given to a Champion of Children. There will also be singing by the students of Federal Street School. There is no cost to attend the breakfast, but you will be asked to make a donation to support the Center. If you are interested in attending or becoming a sponsor, please contact Irene Woods at info@cacfranklinq.org or register now at https://cacfranklinq.org/x/4/Hope-and-Healing-Breakfast-June-14-2019-at-Greenfield-Community-College.

Seeds of Solidarity Upcoming Events

Solidarity Saturday Farm Tour — May 25, 10:00-11.30 am
Experience our farm, home, and education center that integrate solar greenhouses, energy efficient buildings, abundant market gardens, and solar electric systems. Free tour, no pre-registration. If you wish, bring a potluck lunch item to build community with others around our solar powered farm stand after the tour. Consider registering for the afternoon workshop at https://seedsofsolidarity.org/workshops-and-events.

No-Till For Life Workshop — May 25, 1:00-4:00 pm
Seeds of Solidarity founder and farmer Ricky teaches regenerative, soil building techniques for low maintenance, highly productive gardens. Treating the soil as sacred results in nourishing food, mitigates impacts of climate change, and inspires a deeper relationship with that which sustains life. $35-$50 sliding scale fee. Please visit https://seedsofsolidarity.org/workshops-and-events to register.

Meet & Greet Your State Legislators
Join Quabbin Harvest Food Co-op and Mount Grace Land Conservation Trust on Friday, May 31 from 3:30-5:00 pm at the Co-op, 12 North Main Street, Orange, for a meet and greet with state legislators. Senator Jo Comerford and others will tour the store at 3:30 pm, with Senator Comerford and Representative Susannah Whipps speaking at 4:00. Each legislator will speak briefly about what is currently happening with legislation concerning the Healthy Incentives Program (HIP), land conservation and farm issues, along with other issues such as public transportation and education. Come have a chance to join in the conversation with our state legislators and learn what is happening with issues important to people in their districts. For more information, call 978-544-6784.
Certified Community Behavioral Health Clinic (CCBHC) Program

**What is it?** It’s an opportunity to provide integrated care (mental health, addictions, and physical health) to all ages regardless of ability to pay.

**How to Enroll?** Come to the front desk of Clinical & Support Options, 491 Main Street, Athol, and we will let you know how to get started!

**Who could benefit?**

- A person who wishes to engage in therapeutic and activity groups or individual therapy that provide support for mental health, addiction, and overall wellness.

- A person who could benefit from meeting with an RN, Wellness Coach and/or Peer Specialist to learn more about improving overall health, coordinating care with PCP’s and specialists when needed, getting physical health screenings, and learning ways to engage in healthy activities.

- A person who could benefit from peer support (person with addiction, physical health and/or mental health lived experience) and advocacy along with assisting in vocational pursuits.

**Services that are currently offered:** Group activities, wellness coaching, peer support, and recovery supports.

Please feel free to contact Jade Martin, LMHC, R-DMT, Clinical Care Manager, CCBHC, at 978-249-9490 x4129 or jade.martin@csoinc.org with any questions about the program.

### Athol CCBHC Activity Schedule

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td></td>
<td><strong>Knitting &amp; Crafting:</strong> 10AM Susan Denis, Ongoing</td>
<td><strong>Health, Wellness &amp; Chronic Pain support:</strong> 10AM, Susan Denis, RN- Intern Charles Poston, until May 2019</td>
<td><strong>Board Games (Adults):</strong> 10AM, Susan Denis, Ongoing</td>
<td>Peer Led Substance Use Support Group: 11AM with Deb Lincoln, Ongoing</td>
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<td><strong>Puzzles &amp; Coloring:</strong> 1PM, Susan Denis, Ongoing</td>
<td><strong>Smoking Cessation Support:</strong> 1PM, RN-Intern Charles Poston, until May 2019</td>
<td>All Recovery (Mental, Physical and/or Substance use) Peer Led Support Group: 1PM, Deb Lincoln</td>
<td>Card Games: 12PM with Susan Denis, Ongoing</td>
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<td><strong>Peer Led Substance Use Support Group:</strong> 2PM, Deb Lincoln, Ongoing</td>
<td><strong>Exploring Community Resources:</strong> 2PM Susan Denis, Ongoing</td>
<td><strong>Early Recovery Group:</strong> 2 pm, weekly, Jade Martin and Deb Lincoln, ongoing</td>
<td><strong>Mental Health Symptom Management Group (adults):</strong> 2PM, Jade Martin, Ongoing</td>
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<td><strong>Walking for Wellness (Adults):</strong> 1PM, Susan Denis, Ongoing</td>
<td><strong>Board Games (Family):</strong> 4PM, Susan Denis, Ongoing</td>
<td><strong>Crocheting &amp; Knitting:</strong> 4PM, Susan Denis, Ongoing</td>
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Kick Butts Day!

Young people from the 84 Movement Chapter from Athol Royalston Regional High School celebrated Kick Butts Day, an annual youth tobacco prevention event, at the Massachusetts State House on April 3, 2019. As part of The 84 Movement, Massachusetts youth attended a youth-led rally, marched across the Boston Common to the State House and talked with their lawmakers to express their concerns about the influence of the tobacco and vaping industries in their communities. They emphasized the dangers of vaping and how sweet flavors like menthol and mint attract youth to vaping.

Begin a Career in Manufacturing & CNC Machining

Do you have customers who are looking for work in the manufacturing sector who could benefit from a grant funded training program? People who might want to train to become a skilled precision machinist? Well, Greenfield Community College is offering a 4-week Foundational Manufacturing for Adults (age 18+) training in June. There is a one-hour Information & Application Session on Monday, May 6, at 3:00 pm that is the final opportunity to apply for the June training. Eligible applicants can take the $1,200, 4-week training at no cost, thanks to state grant funding. The 4-week training is also a required pre-requisite for applicants who want to go on and qualify for the 8-week CNC Operator training in computer-numerical-control machining that starts in October. (There is also another Foundational Manufacturing training that runs in September.) Veterans, women, unemployed, and other under-represented groups are encouraged to apply.

To sign up for a seat at the May 6 Manufacturing Training Information Session, customers can either call the Franklin Hampshire Career Center at 413-774-4361 or register online at the Greenfield Community College manufacturing page at www.gcc.mass.edu/manufacturing . The May 6 Info Session takes place at the GCC Downtown Center, 270 Main Street in downtown Greenfield (next to Wilson’s Department Store). Over the past five years, the Manufacturing Skills Initiative (MSI) has graduated over 150 people from GCC’s CNC Operator Training Program, and is maintaining a 90% job placement rate.

North Quabbin Recovery Center to Offer Free Yoga

The North Quabbin Recovery Center wants to offer free yoga, but would like to hear from the community which days and times work best for those who would like to attend. In the past few months, it has been Saturday evenings from 6:00 to 7:00. If this time and day would work for you, let them know! Visit their Facebook page at https://www.facebook.com/NorthQuabbinRECOVERYcenter for questions or to leave a comment.
Free Legal Services for Elders
— by Attorney Jan Stiefel, Community Legal Aid

LifePath supports Community Legal Aid (CLA) in providing free legal services to residents of Franklin County and Athol, Petersham, Phillipston and Royalston in Worcester County who are age 60 and over. We want you to know more about these services and how to access them. This help is available because the federal Older Americans Act provides funding to the state Executive Office of Elder Affairs for civil legal assistance throughout Massachusetts, and some of that money goes to LifePath, which then provides a grant to CLA.

Because the funding isn’t enough to allow us to provide full representation in response to each request for legal assistance, we are only able to assist with certain types of legal problems. The areas in which we are more likely to be able to provide advice or other assistance include: denials or terminations of MassHealth; housing matters (such as evictions, and denials or terminations of rental subsidies); denials, terminations or reductions of public benefits (such as unemployment insurance, SNAP/Food Stamps, Social Security/SSI/SSP, and state veterans services or ch. 115 benefits); and coverage denials and enrollment issues with Medicare. We also work with elders seeking assistance with issues of autonomy, abuse and exploitation.

In addition to looking at the type of problem for which our assistance is being sought, we try to determine the seriousness of the elder’s situation to ascertain whether we will provide a phone consultation to the caller; provide some level of legal assistance, which could involve representation in court proceedings; initially investigate the situation further on behalf of the elder before determining the role we can play; or provide some referral information, if possible. Low-income elders with family law matters such as divorce would be referred to our family law unit for a case acceptance decision and those seeking assistance with bankruptcy would be referred to our Volunteer Lawyers Service for free assistance from an attorney in private practice.

CLA is open for telephone-assisted screening Monday, Tuesday, Thursday, and Friday from 9:30 am to 12:15 pm, and Wednesday 1:30 pm to 4:15 pm. Elders may call toll free at 1-855-252-5342. CLA also has an online application on its website, which can be accessed at any time. Elders can also go to the Massachusetts Legal Resource Finder website, which identifies what types of legal problems are appropriate for referral to CLA. The Legal Resource Finder can also help elders locate additional resources on a wide variety of legal topics.

We at Community Legal Aid look forward to assisting you with your legal questions and concerns. We accommodate clients with mobility and transportation challenges by meeting with them in our satellite office in Greenfield or in their home, medical facility, or in another mutually convenient location.
Events take place at the Millers River Environmental Center, 100 Main Street, Athol, unless otherwise noted. www.atholbirdclub.org.

**May 3, 5, 10, 12, 17, 19 @ 7:00 am: Early Bird Birding with Jeff** — Join veteran trip leader Jeff Johnstone for a look at the migrating spring birds moving through the local area. These are great events for the novice birder to learn from one of our best field naturalists. Meet at 7:00 am at the Center parking lot to carpool. Come for as long as your schedule allows. Severe weather cancels. Info: Jeff Johnstone, 978-249-9052.

**May 4 @ 6:30 am: Natural History at Quabbin Reservoir** — Join Club president Dave Small and Jeff Johnstone for this Naturalists exploration of a section of Quabbin Reservoir. Meet at MREC at 6:30 am for carpooling. Pre-registration is required as the number of participants is limited. Contact Dave Small at Dave@dhsmall.net to reserve your place. This is an all-day event—bring lunch, water, binoculars, and sense of adventure.

**May 8 @ 7:00 pm: Pollination Networks & Ecosystem Restoration** — For almost two decades, pollinators have been declining in abundance, species richness, and geographic distribution at an unprecedented rate worldwide. These declines pose a significant threat to global biodiversity due to the keystone role that pollinators play in terrestrial ecosystems - more pollinator species means more plant species, and more plant species means more food, shelter, and nest sites for wildlife at other trophic levels. Yet, we presently lack the information on pollinator-plant connections or 'networks' at the species level needed to fully assess the impact of human activities on ecosystem health. Please join Dr. Robert J. Gegear for a discussion on how the concept of pollination networks can be used to develop effective ecosystem restoration strategies at different spatial scales.

**May 10 @ 4:00 pm: What’s Taking Over Our Backyard and What Can We Do to Stop Them?** — Join Juli Gould at 97 South Street, Petersham, to learn how non-native invasive plants and insects, such as the Oriental Bittersweet, Gypsy Moth, earthworms, fungi diseases, and the Emerald Ash Borer were introduced, the damages they cause, and the different types of control options used to combat exotic invasive species. Please RSVP to Kim Lynn at nguyen@mountgrace.org or call 978-248-2055 x 14 if interested in attending.

**May 18 @ 8:00 pm: Montague Plains for Nightjars Fieldtrip** — Dave Small will lead this trip to one of Massachusetts premier Sandplain habitats for a chance to hear Whip-poor-wills and other evening birds. Flashlight, headlamp, and insect repellant recommended. Meet us about 7:30 at the intersection of E. Mineral Road and Millers Falls Road (just east of the Turners Falls airport). For info, call Dave at 978-413-1772.

**May 26 @ 10:00 am: Trees & Other Plants of the Brooks Preserve Fieldtrip** — Join Nancy Goodman, Naturalist and Plant Conservation Volunteer with the New England Wild Flower Society, for this botanical exploration of the Brooks Preserve. Trees surround us and support us in so many important ways. Though they're rooted in one place, they are complex, fascinating, and beautiful living things. Plants are also fascinating to look at and identify. We will be looking at a mix of plants and trees to learn what we can. We will also be paying attention to what changes we see when we go from one habitat to another, and how subtle this can be. Plants and trees can tell you a lot about the habitats you might be in. Bring binoculars, water, lunch (as we will be eating on the trail), sturdy walking shoes, and the book “Bark” by Michael Wojtech, if you have a copy. Meet at Quaker Drive Petersham (off 122) at the crossing of the East Branch of the Swift River.
Barbara Corey Award Nomination

The 22nd Annual Barbara Corey Award will be presented at the annual luncheon to be held on June 21, 2019. We are asking for nominations for this important award. The award is named for Barbara Corey, the first coordinator of the Coalition from 1984 until her retirement in 1997. Barbara embodies the spirit of the Coalition because of her passion, her values, her commitment to humanity and her love of the North Quabbin region. The award is presented to someone in the North Quabbin Community who has gone above and beyond in their commitment to improving the quality of life for those living and working in the region.

I would like to nominate: _____________________________________________

For the following reasons: ____________________________________________

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Please return nomination forms by May 8, 2019 to:
heather@nqcc.org
Or by mail to NQCC, 251 Exchange Street, Athol MA 01331
Or by fax to 978-575-0474

Deadline
May 8!
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.

Congressman James P. McGovern’s Local Office Hours in Athol

Congressman James P. McGovern, serving the 2nd Congressional District, Massachusetts, has local office hours at the North Quabbin Community Coalition, 251 Exchange Street, Athol. Staff will be available on the third Friday of every month from 11:00 am to 2:00 pm to meet with you and provide assistance/advocacy with matters pertaining to federal government agencies and to discuss concerns, thoughts or opinions regarding matters pertaining to the federal government. To schedule an appointment or for additional information, please contact Eladia Romero, Regional Manager at 978-466-3552.