

The Common Thread

A North Quabbin Community Coalition Publication

April 2022 ~ Volume 37, Issue 8



Heather's Highlights

Hello Readers,

April means it is officially Spring! This year, it also meant most mask mandates have been lifted and more emphasis has been placed on personal choice. The North Quabbin Community Coalition (NQCC) has been a proponent for education around vaccinations and knowing all options available to you. We will be featuring a forum talking about the Myths and Realities of COVID-19 Vaccinations next month, and urge you to attend.

NQCC's March Forum featured a presentation of the BEE Kind Movement for North Quabbin and beyond. More information on that AWESOME effort can be found in this newsletter and on nqcc.org/beekind. We look forward to the positive BUZZ that will surround North Quabbin once again this Spring!

Thank you for all you do,

A handwritten signature in black ink that reads "Heather".

Heather Bialecki-Canning
Executive Director



Next Coalition Forum:

April 15, 2022

9:00—10:30 am

Subject: Myths & Realities of Covid 19 Vaccinations

Online

(See back page for Zoom link.)

May's Newsletter DEADLINE: April 19, 2022

Email details to admin@nqcc.org

Subscribe to Receive "The Common Thread" Newsletter & Notices here: [SUBSCRIBE](#)

Like us on Facebook for regular updates



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

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July 2021-June 2022

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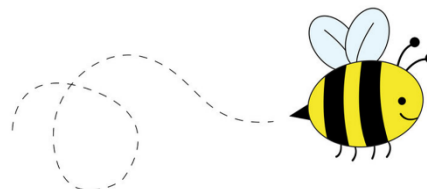
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OTHER SUPPORT

Bear Country 95.3
Billy Goat Boats
Bill Burton
Janice Eno
Opioid Task Force
David Runyan

*Thank
you*



River Rat Block Party

A Sober Fun Community Event for the North Quabbin Region

April 9, 2022

**1-5 pm
Fish Park**

Walnut/Maple Streets, Athol

*S'Mores
&
Snacks!*

*Live
Music!*

*Wicked
Fun
Games!*

*FREE!
Family
Friendly!*

*Door
Prize
Giveaway!*



Presented by the North Quabbin Community Coalition's Parent Advisory Council and Billy Goat Boats. Special thanks to the Town of Athol.

SEEDS OF SOLIDARITY Calendar of Events 2022

Visit seedsofsolidarity.org and join our enews for updates and new listings.

We are excited to share inspiration and learning in community!

Programs are at our new solar farmstand/teaching space.

Visit seedsofsolidarity.org for full details as many programs require registration.

Immersive Workshops:

ALL REQUIRE PRE-REGISTRATION
Details, sliding scale fees, and presenter info at seedsofsolidarity.org

Friday April 22, 9-5PM:

Making a livelihood on the Land

For new or aspiring farmers with priority to people of color and low wealth.

Creative ways to find and access land, funds and financing, low-budget farming techniques for personal and climate resilience. Application required.

Saturday & Sunday July 9/10:
Building Immersion, Life Tools
Ages 20-30

Basic building and tool use along with plenty of hands-on experience. Conversation and community in a beautiful setting to envision a bountiful life forward.

Sunday October 30, 10am-5PM:
Rich and Healthy: No-till for Successful Farms and Gardens

Learn methods to build soil, reduce labor and cost inputs, simplify tools, and promote climate resilience from experienced farmers and researchers.

Solidarity Inspirations:

FREE hour-long presentations at 10:30 am. (sharp).

Saturday April 30:
Seed the Future: Planting Tips

Saturday August 13:
Harvest for Health

Saturday Sept 10:
Love it Longer: Season Extension

Saturday Oct 29:
Farm Tour with Mocktails

No pre-registration

Enjoy our farmstand or new self-guided tour after the workshop.

WOMEN HEALING WOMEN HEALING EARTH WORKSHOPS

Fabulous presenters!
Free and sliding scale
Registration required

- Container Gardens and Growing Herbs
- Joyous Healing with Rhythm and Sound
- Paint, Sip, Unwind
- Day of Ritual for Women who are tired
- Earth Bowl Making
- Adorning Ourselves
- Cooking with Gratitude

Dates, presenters, registration:
seedsofsolidarity.org

NORTH QUABBIN GARLIC AND ARTS FESTIVAL RETURNS!
OCTOBER 1 AND 2

We're excited.
Stay tuned to www.garlicandarts.org for updates.

Women Healing Women Healing Earth

LIVE WORKSHOPS with FABULOUS TEACHERS
at SEEDS OF SOLIDARITY, ORANGE MA

PRE-REGISTRATION REQUIRED
Space is limited. Free or by donation.*



TO REGISTER:
deb@seedsofsolidarity.org
with your name, town,
and 1st + 2nd choice

Sun. MAY 1
10am-12pm
**Container Gardens:
Simple and Recycled**
1-3pm
**Growing Herbs
for Flavor and Health**
Enjoy one or both
with Deb Habib

Sat. MAY 14
10am-3pm
**Joyous Healing
with
Rhythm and Sound**
with
Connie Owens
(Ladycee)

Fri. JUNE 10
3-6pm
**Colors of the Harvest:
Paint, Sip, Relax**
with
Melizza Chernov

Sat.
SEPTEMBER 24
11am-2pm
**Cooking with Gratitude:
Local to Global**
with
Nalini Goordial

Sat. JUNE 18
10am-3pm
**A Day of Ritual to
Honor Ourselves (for
Women who are Tired)**
with
Phyllis Labanowski

Sat.
SEPTEMBER 10
1-5pm
**Adorning Ourselves:
Necklace Making**
with
Phyllis Labanowski

Thurs.
AUGUST 25
3-6pm
Mother Earth Bowls
with
Lydia Grey

Sat. JULY 16
3-6pm
**Que Sabor!
Puerto Rican Cuisine**
with
Melizza, Scarlet + Rosa
Lebron Gonzalez

Half of spots reserved for North Quabbin women;
those from nearby communities also encouraged to register.

*Free of charge to support full access for low income women.

Donations to support our programs are always welcome.

Supported by the Community Foundation of Western MA and generous individuals.

For workshop details + more events: www.seedsofsolidarity.org



4TH ANNUAL "CHIPPING AWAY AT CHILD ABUSE"

Golf Tournament

REG.
BY
APRIL
10



Click Here to
Register at
cafranklinnq.org

FRIDAY JUNE 10TH, 2022

Brattleboro Country Club
58 Senator Gannett Drive
Brattleboro, Vermont

ALL TEAMS MUST PICK A TEE TIME BETWEEN
8AM-2PM FIRST COME FIRST SERVE

PLAYERS WILL RECEIVE A \$25 VOUCHER THAT CAN BE USED
FOR THE BEVERAGE CART, PRO SHOP, OR RESTAURANT

FOR COURSE INFORMATION AND DIRECTIONS:
WWW.BRATTLEBOROCOUNTRYCLUB.COM

SPONSORED BY



Break the Niceness Cycle: Assertive Communication Strategies for Women

Too many women avoid being assertive at work for fear of being labeled "aggressive" - or worse.

Sometimes that means *staying silent in meetings* even if they have a valuable contribution to make. Sometimes they end up *prioritizing other people's needs* over their own.

And ultimately, these people-pleasing tendencies end up holding them back.

This training will help professional women honor their opinions, ideas, and contributions. We'll discuss common dilemmas that women run into in the workplace and offer practical advice for handling them.

Join us and walk away ready to *stand your ground, display your talents and contributions, and claim your space in the workplace.*

You'll learn:

Diplomatic ways to say "no"

Strategies for respectfully disagreeing with colleagues

Alternatives to words and phrases that sound indecisive

In-person and virtual-meeting practices that project self-assuredness

Register Today With STAR Consulting, \$75 per participant, buy two get the third person free if paid in advance. Email rebeccabialecki@gmail.com to register

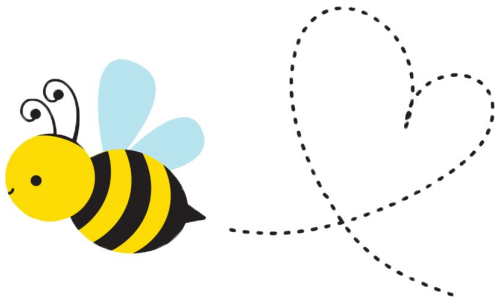
Presenter, Rebecca Bialecki PhD, has over 30 years of experience in leadership organizational development and public speaking.

Wednesday April 27, 2022 6-8 pm
North Quabbin Chamber & Visitor's Bureau
80 Freedom St. Athol MA

North Quabbin BEE Kind Movement

The North Quabbin Community Coalition is excited to announce its' newest project, the North Quabbin BEE Kind Movement! Agencies and businesses in the area are invited to join us as we come together to promote kindness and well-BEEing. We are asking local agencies and businesses who wish to participate to register and sign a BEE Kind Movement Pledge at nqcc.org/beekind by April 30, 2022. Registered participants will be given a gnome to display in May.

Families will be invited to participate in a scavenger hunt to find some of the gnomes during the summer. For more info or questions, please contact Amanda at amanda@nqcc.org.



North Quabbin BEE Kind Movement Pledge

Sponsored by NQCC's Children's Health and Wellness System of Care
Made possible by the generous support of Hometown Realtors



By signing the BEE KIND Pledge, _____ agrees that they will strive to always be kind and respectful and help others do the same.

I Pledge to:

- Be Kind
- Be encouraging
- Be inclusive
- Be supportive
- Be helpful
- Be honest
- Be considerate
- Be assertive
- Be thankful
- Be accepting of others
- Be responsible
- And always make my self-care a priority



GIVE BACK TO THE COMMUNITY!

We will receive a \$1 donation for every Bloomin' 4 Good Bouquet with the red circle sticker sold at our selected Hannaford in our selected month.

Benefiting Organization:

North Quabbin Community Coalition

Selected Month:

April 2022

Selected Hannaford:

Athol, MA



Rural Health Grant Writing Workshop

Join the Massachusetts Office of Rural Health and the National Organization of State Offices of Rural Health for two–3 hour sessions on rural health-focused grant writing workshops!

These interactive trainings will explore how to identify funders and prepare a successful grant application, including: grant planning, developing an effective needs statement, writing goals and objectives, preparing work plans, identifying key personnel, and creating realistic budgets.

WHEN:

Workshop Sessions

April 12
10:30 am–1:30 pm

April 19
10:30 am–1:30 pm

Office Hours

April 20
10:30 am–4:40 pm

Who Should Attend:

- Organizations and individuals (rural health providers, clinics, hospitals, public health professionals, community coalition leaders, etc.) who wish to address rural health issues in their community
- Beginning grant writers seeking to understand the techniques to research and draft winning grant proposals

Participants Will Learn How To:

- Understand the diversity of funding opportunities
- Research and identify potential funders
- Develop relationships with potential funders
- Write key elements of a proposal
- Package a professional grant submission

[CLICK HERE TO REGISTER](#)

Please register by **April 10th**. Space is limited.
Don't miss your chance to participate!



CONTACT:

Kirby Lecy
kirby.lecy@mass.gov
617-549-6423

Donna Pfaendtner
donna@nosorh.org
586-336-4627



Massachusetts Loan Repayment Program for Health Professionals



The Massachusetts League of Community Health Centers, Inc. (MLCHC) is pleased to announce the application for the Massachusetts State Loan Repayment Program is now open. The Massachusetts Department of Public Health (DPH) Health Care Workforce Center through the Massachusetts Loan Repayment Program for Health Professionals (MLRP) is providing a loan repayment program managed by the MLCHC for health care professionals who commit to working full time or part time for two years in an eligible organization (up to \$25,000 per year for two years). This program is funded through a combination of state and federal funds.

Click here for the application, program details, as well as information on how to apply: <https://massleague.org/Programs/WorkforceDevelopment/MLRP.php>. Applications must be postmarked no later than April 26, 2022, and be sent directly to: ATTN: Katherine O'Brien - MLRP, Massachusetts League of Community Health Centers, Inc., 16 Brooks Street, Worcester, MA 01606. Please note applications must be mailed via United States Postal Services ONLY. No other forms of mail will be accepted at this time.

Urgent: Meals on Wheels Drivers Needed!



Meals on Wheels drivers are urgently needed in Athol, Montague, Orange, and Greenfield! Make a big difference in someone's day by delivering a hot noontime meal and a wellness check in your own community. Stipend and mileage reimbursement available. Call 413-773-5555 or 978-544-2259, Ext. 2216, or visit www.lifepathma.org.

Do You Need Health Insurance?

You may be eligible for coverage from MassHealth or the Health Connector. The Community Health Center of Franklin County has a Health Connector Navigator available to answer questions and help with every step of the application process. You don't have to be a resident of Franklin County, just a resident of Massachusetts. Call Wendy with your questions at 413-325-8500, extension 146.



Teach an adult to read or speak English.
Help someone change their life.



Literacy Volunteers of Orange/Athol (LVOA) trains volunteers to provide free, confidential tutoring in basic literacy or conversational English to adults in the North Quabbin region and neighboring communities.

There are adults in your community who are waiting for a tutor and you can help!

Call 978-249-5381 or email us at lvoa01331@gmail.com and we will schedule you for a volunteer information session in order to learn more about our wonderful program!

- Free 15-hour training and ongoing professional support provided to all volunteer tutors. Must attend volunteer information session prior to training.
- All training is done online and tutoring can be done online or in person.
- For more information about how you can help our community, please visit



LITERACY VOLUNTEERS of ORANGE/ATHOL | 978.249.5381 | www.lvoa.org

ARE YOU LOOKING TO HIRE YOUTH LOCALLY?



We can help you with that. Make a post on the FHYouth job board and see the applications roll in! It's easy and its free!

Go to www.fhyouth.org
Find 'Post a Job' under the **Community** tab and fill in the form That's all there is to it!

Have Questions?
We are here to help.
Email
Matt Allen at mattallen@masshirefhw.org
or
Laura Robinson at lrobinson@masshirefhw.org



MassHire Franklin Hampshire Workforce Board Programs & Services are funded in part by U.S. Department of Labor (U.S. DOL) Employment and Training Administration (ETA) grants. Additional details available upon request.



Valuing Our Children

Special Needs Support Group

A support group for parents with children of all ages with special needs

The fourth Thursday of each month
5pm to 6pm
Athol Congregational Church
1225 Chestnut St. in Athol



Dinner is provided and childcare is available.



To register
Call Candi: 978-249-5070
[Click Here](#)
Or scan the QR Code



Green Clean Athol Spring Clean Up Day

Saturday morning, April 23, 2022, 9 to 12 p.m.

Meet at the Lord Pond Plaza (Job Lot) Parking Lot at 9 a.m.

Please join us as we work to make our town shine.
All ages are welcome.

Children must be accompanied by adults.

Trash bags and gloves will be provided at the DPW trucks parked at the Lord Pond Plaza near the Senior Center.

Questions? Call Heidi Strickland 978-500-2937
Bonnie Benjamin 978-821-2217

NQCC Seeks Nominations for Community Awards

With the North Quabbin Community Coalition's Annual Luncheon around the corner (June 17), our Board of Directors is looking for your help! Each year we recognize those who go above and beyond and we are seeking nominations for the Barbara Corey Award, the Salute to Service Award, Bridge Builder Awards, the Dr. Rebecca J. Bialecki Youth Leadership Award, and Spotlight Awards.

To nominate someone for the Barbara Corey Award, please fill out the form at https://nqcc.org/wp-content/uploads/2022/03/2022_barbara_corey.pdf. To nominate for any of the other awards, or for questions, please contact Heather at heather@nqcc.org or 978-249-3703.

River Rat Race Week Events

(This information was compiled by Else Where, River Rat Race Headquarters, 1485 Main Street, Athol)

Wednesday/Thursday

Fanelli's Amusements Carnival: Lord Pond Plaza, Freedom St., Athol. 6:00—10:00 pm both days
(Thursday is Wrist Band Day)



Friday

Spaghetti Supper: Athol American Legion, Athol. 5:00—7:00 pm

Fanelli's Amusements Carnival: Lord Pond Plaza, Freedom St., Athol. 6:00—10:00 pm

Post Position Drawing: Athol Town Hall, 584 Main St., Athol. 7:00 pm

Saturday

Pancake Breakfast: North Quabbin Masonic Lodge, 336 Main St, Athol. 7:00—11:00 am

Vendors: Along Main Street, Athol. 9:00 am

Big Cheese 5K Road Race: Beginning at School/Pospect Sts., Athol. 9:30 am

Parade: Following behind Big Cheese down through Main Street at approximately 9:35 am

Vendors: Downtown Orange. 10:00 am—5:00 pm

Fanelli's Amusements Carnival: Lord Pond Plaza, Freedom St., Athol. 10:00 am—10:00 pm

River Rat Race: Main Street Bridge (near 100 Main Street, Athol.) 1:00 pm

River Rat Block Party: Fish Park, Walnut/Marble Sts., Athol. 1:00—5:00 pm

Drive Thru Corned Beef Supper: Starrett Memorial Methodist Church, 40 Island St., Athol. 5:30 pm

Sunday

River Rat Race 15 Mile Pro or 12 Mile Amateur: Millers River, Downtown Orange. 10:00 am

Fanelli's Amusements Carnival: Lord Pond Plaza, Freedom St., Athol. 10:00 am—10:00 pm



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.

NQCC April Forum:

**Subject: Myths & Realities of Covid 19
 Vaccinations**

April 15, 2022, from 9:00 to 10:30 am

Join Zoom Meeting

<https://us02web.zoom.us/j/89017545543> ~

Meeting ID: 890 1754 5543 ~ Passcode: 242560

Save the Date!

North Quabbin Community Coalition's

ANNUAL LUNCHEON CELEBRATION

(In-Person!)

June 17



North Quabbin
 Recovery Center

Recover and Discover

416 Main Street, Athol, MA 01331 ~ A Project of the North Quabbin Community Coalition

Weekly Happenings

Mondays

7:00 pm ~ Al-Anon

Tuesdays

11:00 am ~ All Recovery Meeting

1:00 pm ~ ACT Women's Group

7:50 pm ~ AA

Thursdays

11:00 am ~ All Recovery Meeting

1:00 pm ~ ACT Men's Group

Fridays

7:00 pm ~ All Recovery Meeting



The North Quabbin Recovery Center provides a compassionate, safe space to offer peer support to allow multiple paths of recovery for all. All Welcome! For updated information, visit <https://www.facebook.com/NorthQuabbinRECOVERYcenter>

