Dear Newsletter Readers,

April was Child Abuse Awareness Month and the Children's' Trust of Massachusetts put out the latest statistics that every five minutes a case of abuse or neglect is confirmed in the state of Massachusetts. This is unacceptable, and it is the responsibility of everyone to make sure our children are happy and healthy! In this spirit, the North Quabbin Community Coalition partnered with The Children’s Advocacy Center of Franklin County and North Quabbin to raise a flag in Orange’s Memorial Park to honor child abuse awareness. Thank you to the Town of Orange and all who attended!

April also brought the annual River Rat Race in the North Quabbin! NQCC’s Substance Abuse Prevention Task Force marched proudly in the annual parade, despite it being a little chilly, spreading messages of healing, delaying the age of first use, and support for long term recovery. Thank you to all who donned purple and braved the cold!

Last but not least, April meant a presentation by The Franklin County Sheriff’s Office on Transitions from Jail to Community. The presentation was very informative, and gave a strong foundation for the thinking behind the treatment incarcerated men are receiving in Franklin County. Thank you to Ed Hayes and Levin Schwartz for their presentation, and thank you to all who attended to help give the core team some ideas about where these efforts should go next, and how the community can begin to own a piece of the work.

Thank you for all you do!

Heather Bialecki-Canning, Executive Director
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Athol Police Department, Retired
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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.
Family Fun Day
May 13, 2017 ~ 10am-12pm
Butterfield Park, East River Street, Orange

In the case of inclement weather, please call 978-249-3703 for information.

Programs for Families
Info About Summer Activities
Arts and Crafts
Face Painting
Recreational Demonstrations
Summer Reading Program
Playmaker Activities
Entertainment

Presented by the North Quabbin Community Coalition's
Children's Health and Wellness Task Force
978-249-3703 ~ info@nqcc.org ~ www.nqcc.org

NOT A SCHOOL SPONSORED EVENT
JOIN US!

ADDRESSING OUR MOST URGENT COMMUNITY HEALTH NEEDS

Create Vibrant and Healing Gardens at the Quabbin Retreat

All are welcome to participate in this joyful day of gardening, community building, and learning to 'plant the seeds' for a therapeutic gardening program at Quabbin Retreat. Attendees will learn and gain new ideas for their homes while helping to create nourishing and meditative gardens for those in need of healing.

The program is run in partnership with Seeds of Solidarity, located in Orange, MA. Its mission is to awaken the power to grow food everywhere, transform hunger to health, and create resilient lives and communities. Founders Deb Habib and Ricky Baruc will lead these experiential workshops, sharing ample tips for gardening along the way!

Sign up for the morning session, afternoon session or both! Dress for hands-on activity. Lunch will be provided at noon.

Spots are limited. Pre-register no later than May 1st by calling Heywood Healthcare’s Community Relations Department at (978) 630-6249 and indicate which session(s) you wish to attend.

Saturday May 6, 2017
9:30 – 11:30 am
Food for Health: Building Raised Bed Vegetable Gardens
1:30 – 3:30 pm
Peace and Beauty: Planting a Pollinator and Herb Border

The Quabbin Retreat offers a continuity of substance abuse and mental health care and will be completed in four phases, the first of which is the Dana Day Treatment Center, featuring intensive outpatient services, followed by the creation of an adult residential substance abuse center, slated for the fall of 2017. For more information contact Brian Gordon, LMHC, at (978) 724-0010 or brian.gordon@heywood.org.

This garden project is funded through a grant from the Heywood Healthcare Charitable Foundation.

For more information visit www.heywood.org
You are cordially invited to be an important part of

Creating Community Justice
Our Way

Sponsored by the Massachusetts Trial Court and Heywood Charitable Foundation
Hosted by North Quabbin Community Coalition Jail to Community Task Force

Thursday May 25th 2017
9am -2pm
The Quabbin Retreat
211 North Main St. Petersham, MA

This workshop is intended for our community residents and the providers who serve the area. The goals include:

★ To look at the sequential intercept map created last Spring closely
★ Look at what changes have occurred in our map
★ Identify next steps and make recommendations to our local action plan
★ Prioritize and provide resources to the topics North Quabbin cares about most

Seating is Limited, Lunch Provided.

Must RSVP by Contacting
Heather Bialecki-Canning, heather@nqcc.org 978-249-3703
Please join us, your expertise is vital to creating what we need and will use in North Quabbin!
Affinity Membership Program

North Quabbin Community Coalition (code: A3564)
Call our Athol Store at 978-249-3248 to become a member of the program

Help raise money for your organization
Open an account at TD Bank and we'll make a contribution to your organization. TD Bank will make an annual contribution based on the average balance in all members' accounts.

Eligible accounts include:
- Checking
- Money Market
- Savings
- Certificate of Deposit
- IRA

Contributions are calculated at 1/2% on checking balances and 1/4% on savings, money market, CD and IRA balances. Member accounts are not affected in any way by this contribution. Your account balances are used to determine the level of contribution and are kept confidential.

If you are already a TD Bank Customer, visit any TD Bank location and ask to have your balances included as part of your organization's Affinity Membership Program.

No Cost to You!
America's Most Convenient Bank®

Health and Wellness …

It’s Elementary!
The Athol-Royalston Regional School District Elementary Community is invited to attend
“The Health and Wellness Fair”.
Thursday, May 18, 2017 6:00-7:30 pm.
At Athol Community Elementary School
Hosted by the ARRSD School Nurses

North Quabbin Citizen Advocacy
Eighteenth Annual
Walk-a-thon

MAY 20th, 2017
10 a.m.: WALK BEGINS
12:15 p.m.-1:15 p.m.: LUNCH & RAFFLE DRAWING
come one come all
and join the fun
at TULLY LAKE

Tully Lake Directions
From Athol
Take Route 32, also called Athol-Richmond Road, North to Tully Dam. The recreation area is at the North end of the dam, on the right.

For info or to register call: 978-544-7794
New Community Group Aims to Support Local Food Markets

A unique partnership of a local business, a land trust, farmers and concerned citizens has been quietly working behind the scenes for the past 18 months to strengthen local food markets and increase access to wholesome, locally grown food in area communities. The group formed as an outgrowth of the Greater Quabbin Food Alliance, when several interested farmers and citizens banded together to address the decline of local farmers markets and a desire to see the newly opened Quabbin Harvest Food Coop succeed in downtown Orange. The group now includes members from Mount Grace Land Conservation Trust, Quabbin Harvest, the Athol Farmers Market, Orange Farmers Market, local farmers, people from agricultural commissions from the two towns, and interested community members.

Grow Orange and Athol Local Food Markets (GOALFM) is the result of this effort. The mission of GOALFM is: To widen year-round access in Athol and Orange to locally produced and processed foods by strengthening the vibrancy and profitability of farmers markets and the Quabbin Harvest Coop. Since forming in late 2015, the partnership has explored ways to support local farmers, promote access to healthy, locally grown food, promote healthy food choices, and serve the inhabitants of the Region. A draft, three year strategic plan and an outline of budget priorities has been recently completed.

This year’s promotional campaign is called “Lots More Local,” reflecting the idea that there’s more to local food in our area than many people realize. Over the coming season, GOALFM aims to increase visibility of the Farmers Markets and Quabbin Harvest through outreach, activities, education and events. Local folks can expect to see improved signage for Quabbin Harvest and the Farmers Markets; improved communication about market dates, events and activities; additional access for low income households; increased and more diverse activities for kids and adults at the markets; an increase in the numbers of Farmers Market vendors; and some great local food straight from area farmers to local families.

GOALFM is an all-volunteer group working together to improve food markets and food access. Mount Grace Land Conservation Trust’s Jamie Pottern, a GOALFM member, said: “All GOALFM members have a stake in advancing local food production and marketing. We are working hard to improve food access and support local agriculture. The public can become involved in supporting local agriculture and business by frequenting the Coop and the Farmers Markets.” For more information, or to inquire about donating, please contact Maggie Hensel, Mount Grace Land Conservation Trust at 978-248-2043 or visit https://www.gofundme.com/lots-more-local-quabbin-food.
Barbara Corey Award Nomination

The 20th Annual Barbara Corey Award will be presented at the NQCC's annual luncheon to be held on June 16, 2017. 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 3, 2017 to:
Electronically: info@nqcc.org
or by mail to NQCC, 251 Exchange Street, Athol MA 01331
or by fax to 978-575-0474
33rd Annual Luncheon Celebration
Friday, June 16, 2017
11:30 am – 2:00 pm
Athol-Orange Elks Club
92 New Athol Road, Orange, MA

Name of Organization: ________________________________

Name of Contact: ________________________________

Contact Phone: ___________________________ Contact Email: ________________________________

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

$25.00 per person if registered by June 9, 2017

$30.00 per person if registered after June 9, 2017

Please bill me at (address): __________________________________________

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

Total Amount enclosed: $________

Lunch is a Soup, Salad and Bread Bar

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.
ADULT LIVING OPTIONS

WHAT ARE THE POSSIBILITIES? HOW DO YOU CHOOSE?

WEDNESDAY, MAY 10, 2017
6-8 PM
THE UNITED ARC, 294 AVENUE A, TURNERS FALLS, MA

Are you wondering about future living situations for your son or daughter? Continue living at home? Move elsewhere? When? Where? What do you need to know to make these decisions? How do you prepare for your son or daughter to leave home? How can you prepare yourself?

PANEL OF PARENTS

The panel discussion will follow a brief overview of different housing models for adults with intellectual/developmental disabilities. The parent panel will share their experiences in:

• Selecting various adult living options for their loved ones
• Utilizing supports in the family home
• Questions asked and information gathered
• Accessing helpful resources in making these important decisions

MODERATOR

• Martha Lewin, Family Support Program Manager at The United Arc will be the moderator for the panel of parents and attendees

FOR QUESTIONS OR TO REGISTER, PLEASE CONTACT:
Darlene Reilly, darlenereilly@unitedarc.org, 413-774-5558 x1042 OR
Sheila Butler, shellabutler@unitedarc.org, 978-249-4052 x1047 OR
Register online at www.theunitedarc.org
An evening of Music, Food, & Fun to support a
Therapy Garden
for those in recovery from addiction

When: Sat., May 6, 2017, 6:00 p.m.
Where: First Congregational Church,
28 Green St., Gardner, MA
Menu: Chicken, amazing salad bar
& dessert
Suggested donation: $5/ea, $10/family

To address our community’s critical need for
substance abuse services, Heywood
Healthcare will soon open The Quabbin
Retreat, an 86-bed addiction recovery facility.
All proceeds of this fundraiser will support a
Therapeutic Garden at the new facility, to be
installed and managed by Seeds of Solidarity
Education Center, a non-profit organization.

Growing our community
SNAP CSA SHARES

✓ Receive a box of fresh produce weekly or biweekly

✓ GET MONEY BACK in your EBT account!

✓ Sign up at Quabbin Harvest

Fruit and veggie shares available

Get reimbursed up to the following amounts:
Family size 1-2: $40/mo.
Family size 3-5: $60/mo.
Family size 6+: $80/mo.

The Healthy Incentives Program is a partnership between the Department of Transitional Assistance, the USDA, and Project Bread.

Quabbin Harvest
12 North Main Street, Orange
Mon-Fri 10am-7pm, Sat 9am-5pm
978-544-6784
Spotlight Awards

The North Quabbin Community Coalition was pleased to present its Spotlight Award to Chief Craig Lundgren and Lenny O’Loughlin. Many thanks to them for all they do for our communities.

Athol Bird & Nature Club

Unless otherwise noted, programs are free and open to all and meet at the Millers River Environmental Center, 100 Main Street, Athol. If weather is questionable on a field trip day, please call the trip leader at least an hour before the scheduled meeting time. www.atholbirdclub.org

May 2—7:00 pm: Witness Tree
ABNE is fortunate to host journalist Lynda Mapes for a public presentation in the Fisher Museum to launch her new book, Witness Tree—a beautifully told and richly researched story from the perspective of one 100-year-old oak tree. Light refreshments will be served. This free event is co-hosted by the Athol Bird and Nature Club. https://vimeo.com/128176615.

May 10—7:00 pm: Monitoring Avian Productivity and Survivorship (MAPS)
Join Ashley Green in learning about a newly established MAPS breeding bird banding station in Franklin County. Get to know about this continent-wide network of stations, what demographic information is collected and how it can be useful in the conservation of birds and their habitats.

May 13—6:30 am: Quabbin for Birds
Join Club president Dave Small and Jeff Johnstone for this naturalists’ exploration of a section of Quabbin Reservoir. Meet at MREC for carpooling. Preregistration 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, so bring lunch, water, binoculars and sense of adventure.

May 20—7:30 pm: Montague Plains for Nightjars
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 repellent 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 more info, call Dave at 978-413-1772.
Parenting Overload

Do you text? Do you email? Are you a parent? Do you feel tired, overwhelmed or occasionally off balance with all of the responsibilities in your life? Most of you probably answered yes to those questions and we have some tools to help!

You are like a finely tuned vehicle—you must use regular maintenance to keep your load balanced and be the best parent you can be! The North Quabbin System of Care has created a weekly text or email blast to help share tips, tricks, supports, activities and groups directly to you!

Visit [www.nqcc.org/parenting.html](http://www.nqcc.org/parenting.html) to sign up and receive the information weekly! Sponsored by the North Quabbin System of Care and Clinical & Support Options.

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Seeds of Solidarity Education Center Offers Tour and No-Till for Life Workshop

On May 20, Seeds of Solidarity will have the first of its seasonal farm tours at 10:00 am at 165 Chestnut Hill Road, Orange. The tour is free and all are welcome. On that same afternoon, they will offer their popular workshop on No-Till, Carbon Smart Gardening from 1:00 to 4:00 pm. Seeds of Solidarity founder and three-decade farmer Ricky Baruc will teach his ways of building soil and nourishing soil life for low maintenance, highly productive gardens. Treating the soil as sacred results in the most nourishing food, and ways of growing that mitigate the impacts of climate change, and a more ceremonial relationship with that which sustains us. Ricky is one of eleven farmers across the nation participating in advising research and practice in sustainable no-till methods. Visit [https://seedsofsolidarity.org/newsletters-and-publications](https://seedsofsolidarity.org/newsletters-and-publications) for information which describes Seeds of Solidarity’s farming philosophy and use of the cardboard method and silage covers to build rich soil filled with life, conserve water, and reduce weeds. There is a sliding scale of $35-$50 and pre-registration is requested by emailing [solidarity@seedsofsolidarity.org](mailto:solidarity@seedsofsolidarity.org)
100% Renewable Energy Communities
Informational Meeting

Is that amount of renewable energy possible?
What are the benefits, and how do we get there?

AND Introducing a handy Tool Kit to use in your town!

Sunday, May 7, 4-6 PM
Orange Innovation Center
131 West Main St., Orange

Organized by:
Franklin County Continuing the Political Revolution (fccpr.us)

If you can’t make it, come to one of the other meetings:

Tuesday, May 2, 7 PM, Deerfield Town Hall
Tuesday, May 9, 7 PM, Olver Transit Center, Greenfield
(co-sponsored by Greening Greenfield)
Saturday, May 13, 4 P.M., Arms Library, Shelburne Falls

“Action on the local level is what is going to solve the climate-change crisis...It’s going to provide a model for the state and national levels...With fears of what’s happening on the Federal level it is ever more important.”
Carol Oldham, Massachusetts Climate Action Network (MCAN)

For more information about the FCCPR, see www.fccpr.us

For more information about the 100% Renewables campaign, see http://mapowerforward.com/100re
Congressman James P. McGovern’s Local Office Hours in Athol

Congressman James P. McGovern, serving the 2nd Congressional District, Massachusetts, has announced new 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, District Representative at 978-466-3552.

ACT Group

A weekly group meeting for men with a history of criminal justice involvement

Day/Time: TUESDAYS 1:15pm-2:15pm
Place: 251 Exchange St. Athol, MA 01331
North Quabbin Community Coalition Office

Please call Ruben for more information
413-774-4014 ext. 2233
FREE Lunch Provided