Heather’s Highlights

Hello Newsletter Readers,

At our April Forum we had a presentation by LifePath about their healthy living workshops. We heard testimonials about the effectiveness, the diversity of chronic pain and illness the workshops can target, and how flexible Andi and her team can be about where and when workshops can occur! Please see page 9 in this issue of The Common Thread for the complete list of workshops available, and do not hesitate to contact Andi for more information.

We also used this forum to discuss a new project idea that was brought to the attention of the NQCC. As a result of this lively discussion, we have decided that beginning this summer and into next fiscal year, the Childrens Health and Wellness System of Care will begin to compile an inventory resource for all sports, leisure, and recreation activities available in the North Quabbin. This inventory will include not just activities for families or young children, but for folks of all ages. Please bear with us as we work on this new project, and feel free to share any information you may have readily available. In the meantime, check our comprehensive area community calendar, online resource directory, our northquabbinwoods.org website, or our Facebook happenings.

Reach out with any exciting events by contacting katrina@nqcc.org.

Thank you for all that you do!

Heather Bialecki-Canning
Executive Director

Next Coalition Forum:
May 18, 2018
9:00—10:30 am
Veteran’s Administration

Orange American Legion
40 Daniel Shays Hwy
Orange, MA

June Newsletter DEADLINE:
May 22, 2018
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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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. IMO = In Memory of Walter Bialecki.

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**NQCC Spotlight Award**

The Coalition was happy to present its recent Spotlight Award to Sue Dunbar, who has been volunteering with LifePath’s Money Management for Elders Program since 2014.

Sue is willing to take on clients with very complex problems ranging from possible foreclosure to someone losing their benefits. Sue brings her zest for life, positive energy, and comprehensive knowledge with each and every person. Thank you, Sue!
North Quabbin Recovery Center
Recover and Discover

416 Main Street, Athol

Wednesdays, Thursdays & Fridays
10:00 am to 2:00 pm!
All Recovery Meeting 11-11:45 am.
All Welcome!

The North Quabbin Recovery Center provides a compassionate safe space to offer peer support to allow multiple paths of recovery for all.

Vision Statement:
We at the North Quabbin Recovery Center believe that values are the compass that guides us all. Values are a foundation upon which each member builds an enriched and balanced life. That life includes an open-mindedness toward all individuals in their path to recovery; a willingness to support change through service, empowerment of others, as well as engagement in fun.
Dear First-Year Student,

We are pleased to inform you that you have been accepted to the NQCCwarts School of Communitycraft and Wizdomdry's 34th Annual Luncheon. Please find below a list of all requirements and equipment.

The term begins on 15 June, 11:30am to 2:00 pm, Ellenwood Country Club, 1928 Pleasant Street, Athol. We await your owl response with the attached acceptance form by no later than 8 June 2018.

Yours sincerely,

Amanda McGonagall Mankowski
Deputy Headmistress

Requirements:
First-year students will require:
1. A sense of humor
2. A sense of pride for your contributions to the community
3. An appetite
4. A Platform 3/4 Ticket (presented at the station)
4. A basic knowledge of Harry Potter characters!

Other Equipment:
1. Wand
1. Cauldron (pewter, standard size 2)
1. Set glass or crystal phials
1. Telescope
1. Set brass scales
Students may also bring, if they desire, an owl OR a cat OR a toad.

STUDENTS ARE REMINDED THAT FIRST YEARS ARE NOT ALLOWED THEIR OWN BROOMSTICK
Please complete the acceptance form below and send it off with your owl to:

North Quabbin Community Coalition, 251 Exchange Street, Athol, MA 01331 (Please make checks payable to the same!)

$25 per attendee if registered by June 8 - $30 per attendee after June 8

Yes, we are pleased to attend the 34th Annual NQCCwarts School of Communitycraft and Wizdomdry Annual Luncheon on June 15, 2018 at the Ellinwood Country Club, 1928 Pleasant Street, Athol.

Organization:________________________________________________________________________

Contact Name:__________________________ Phone:________________________ Email:________________________

Billing Address:________________________________________________________________________

Students who will be attending:

1. ___________________________________________ 2. ___________________________________________

3. ___________________________________________ 4. ___________________________________________

5. ___________________________________________ 6. ___________________________________________

7. ___________________________________________ 8. ___________________________________________

Total No. Attending: _______ x $25: $______ or $30: $______ Table of 8 $180: $______

Total Enclosed: $_____________ or  □ Please send a bill to our Contact at the address above.

I cannot attend, but my donation of $__________ is enclosed.

If you have any questions, please email admin@nqcc.org or call 978-249-3703.

www.nqcc.org
Grandparents Raising Grandchildren Workshop

The Commission on the Status of Grandparents Raising Grandchildren invites grandparents raising grandchildren, kinship caregivers, and providers to attend a community workshop on May 24 from 9:30 am to 12:30 pm at the Athol Senior Center, 82 Freedom Street, Athol. The three hour workshop will feature guest speaker, Laurie Loisel, from the Northwestern County District Attorney's Office, who will be discussing cyber safety. Child care is available for this event by contacting Colleen Pritoni at colleen.pritoni@state.ma.us. The workshop will be followed by an information panel with representatives from agencies that work with families such as DTA, DCF, MassHealth, WIC, and Elder Services. Please email Colleen at the address above to register for this event.

Accepting Applications:
Head Start & Early Learning Programs

Community Action’s Head Start & Early Learning Programs offer a variety of program options for pregnant women and families with children ages birth to five throughout Hampshire, Franklin, and Western Hampden Counties. Head Start provides early education and care and quality comprehensive services to children and offers full-day and part-day center-based classrooms, family childcare, and home visiting. Centers are located in Orange, Turners Falls, Greenfield, Amherst, Northampton, Easthampton, Ware, Westfield, & Agawam. Family Child Care locations are located in Hampshire and Franklin Counties. Call 413-387-1250 or visit www.communityaction.us.

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BE COUNTED
Are you:
24 or younger?
Are you:
• Couch-surfing?
• Not sure where you’ll stay tonight?
• Not sure where you’ll stay in the next 2 weeks?

BE THE CHANGE
Help show the need for housing and jobs for teens & young adults

Take the anonymous survey online:
https://tinyurl.com/mayouthcountsurvey
Or come into a DIAL/SELF Drop-In Center:
16 Miles St. in Greenfield Mon-Fri 2-5
15-17 E. Main St. in Orange Mon,Wed, Fri 1-5
Between April 23rd and May 13th 2018

NORTH QUABBIN HEALTH AND WELLNESS FAIR
SATURDAY, MAY 12th 10AM-4PM  RAIN OR SHINE!
METCALF CHAPEL 32 ATHOL RD. WARWICK, MA

Bring Mom for a special treat to meet local holistic practitioners, attend a workshop, sign up for some healing therapy or a CSA, shop with local vendors & farmers, and grab some seedlings or a healthy bite to eat while listening to live therapeutic music! Entry is FREE!

Holistic Practitioners Include: – Massage, Reiki & Sound Tuning, Acupuncture, Craniosacral, and more! Sign up for a private session!


Local Vendors & Farmers Providing: – Organic Food and Clothing, Heirloom Seedlings, CSA’s, Handmade Wellness Products, Herbs, Crystals, & more!

Now Accepting Registration. Applications for Vendors and Practitioners! Contact Tracey at spastraditional@gmail.com or call/text 413-313-7645

SEPARATION OF POWERS
LAW DAY 2018

MAY 1
Franklin County Justice Center
43 Hope Street, Greenfield
9:30-11 a.m.

Keynote speaker
Civil Rights Attorney
Buz Eisenberg

Guided Tours of the Courthouse
with Franklin County defense
and prosecuting attorneys

Pizza will be served following the program.

Please email fcbx@franklincountybar.org to let us know by April 24 how many students you will bring and what school you are from.

Sponsored by the Office of Northwestern District Attorney, Franklin County Bar Association, Franklin County Justice Center staff

CSO
GREEN RIVER HOUSE  AND QUABBIN
House are proud to present

The 16th Annual Mental Health and Wellness Fair

Rise above Stigma
Radiate Respect

Wednesday
May 16th
10am-2pm

Energy Park
50 Miles St.
Greenfield, MA

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  Raffles  Food  Music

Sponsored by
3 DAY FACILITATOR TRAINING
FAMILY NURTURING PROGRAM

Training on the Family Nurturing Program curriculum and group facilitation
Learn and practice key skills and become acquainted with the Nurturing Parenting Program® Model
Learn from highly experienced facilitators of Family Nurturing Programs

MAY 9th, 10th, and 11th 2018
9:00am – 4:30pm

South Hadley Public Library
2 Canal St, South Hadley MA. 01075

Parking is available
Lunch is provided

For more info contact
Sue Parker
sparker@familynurturing.org
617-474-1143 x236

Required to attend this training:
You MUST be able to commit to attend ALL 3 days Register at: *CTRL click to register
✓ Register online
✓ Contact Sue Parker for more information
✓ Training approved for 18.75 CECS from BU School of Social work

FAMILY NURTURING CENTER
200 Bowdoin Street
Dorchester, MA 02122
617.474.1143
www.familynurturing.org

Register NOW!
Workshops Offered by the Healthy Living Program at LifePath

Healthy Living workshops are for people with one or more chronic health conditions. In an engaging, supportive environment, attendees gain the confidence to become more active managers of their health. Workshops are free of charge and take place throughout the year at convenient locations in Franklin County and the North Quabbin region. Caregivers and loved ones are welcome to attend.

- **My Life, My Health – Chronic Disease Self-Management**: Provides information and practical skills that build self-confidence and help participants assume an active role in managing one or more chronic conditions. Topics include healthy eating, relaxation techniques, communicating with health professionals and loved ones, goal-setting, and problem solving.

- **Chronic Pain Self-Management**: Provides information and practical skills that build self-confidence and help participants assume an active role in managing problems specific to chronic pain, including fatigue, frustration, and poor sleep. Topics include appropriate exercise for improving strength, flexibility, and endurance, pain management techniques, goal-setting, and problem solving.

- **Diabetes Self-Management**: Provides information and practical skills that build self-confidence and help participants assume an active role in managing problems specific to diabetes. Topics include techniques to deal with hyper/hypoglycemia, appropriate use of medication, healthy eating, goal-setting, and problem solving.

- **A Matter of Balance – Managing Concerns About Falls**: Teaches practical coping strategies to reduce the fear of falling and explores environmental risk factors and exercises that increase strength and balance.

- **Healthy Eating for Successful Living in Older Adults**: Based on the USDA “My Plate” guidelines, “Healthy Eating” teaches nutrition basics including label-reading, meal planning and management of dietary patterns, while encouraging self-assessment, goal-setting, and problem solving.

The Healthy Living Program Coordinator will provide you with answers to your questions, support your own decision to participate in a workshop series, and help you overcome barriers to your participation. To speak with Andi about the Healthy Living Program, call 413-773-5555 x2297 or 978-544-2259 x2297, or email awaisman@LifePathMA.org.
Seeds of Solidarity’s 2018 Calendar of Events, Workshops and Tours is Available!

Seeds of Solidarity has announced its 2018 event calendar which is available at https://seedsofsolidarity.org/workshops-and-events and covers their entire season. Below are events for May.

Deep Green Your Meetings and Events: May 8, 5:30-7:30 pm – With the Truth School for Social Change Leadership (check it out at truthschool.org!). This takes place at a Holyoke location and is free. For more information and registration, visit https://truthschool.org/classes/spring-2018/050818dee/.

Solidarity Saturday Farm Tour: May 12, 10:00-11:30 am – Experience their farm, home and education center that integrate solar greenhouses, energy efficient buildings, abundant market gardens, and solar electric systems. Free tour with no pre-registration necessary. If you wish, bring a potluck lunch item to build community with others after the tour.

No-Till For Life Workshop: May 12, 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 email solidarity@seedsofsolidarity.org to register.


Athol Bird & Nature Club

Events take place at the Millers River Environmental Center, 100 Main Street, Athol, unless otherwise noted. www.atholbirdclub.org

May 9: 7:00 pm — Spirits of Spring: Warblers and More - A presentation about spring birding Ontario’s Point Pelee, Ohio’s Magee Marshby, western Canada and around New England by John Van de Graff and his wife Marylee.

May 15: 7:00 pm — ABNC Geology Division - Hosted by Paul Kachinsky: This monthly meeting on the 3rd Tuesday of the month will feature various topics of discussion relative to geology. Come join in for this informal evening of exploration and learning.

May 19: 8:00 pm — Montague Plains for Nightjars - A 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 8:00 at the intersection of E. Mineral Rd and Millers Falls Road. For info, call Dave Small at 978-413-1772.

May 27: 9:00 am — "Herp Big Day" - Join Bill Benner and Joe Wicinski for a day of looking for "herps" reptiles and amphibians in the North Quabbin Area. Preregistration required so we can keep folks informed of changes and the meeting place. Email Dave@dhsmall.net to reserve your spot.
Massachusetts Military History Expo (MMHX)

The MMHX is a military timeline event that takes place during Armed Forces Day Weekend (the third weekend in May.) This year’s event will take place on May 18 through May 20 at 645 South Main Street, Orange, MA. On May 18 from 10:00 am to 4:00 pm, the event will feature a militaria flea market with a military vehicle and artifact display. Food vendors will be available on site. Admission on Friday is $5 per person (only good on Friday.) On Saturday and Sunday, the expo will be open from 10:00 am to 4:00 pm. The event takes place on over 20 acres featuring military vehicles, equipment, and 250 reenactors ranging from pre Revolutionary War to modern day impressions. Vendors for food and militaria will be on site. Saturday and Sunday will have numerous live equipment demonstrations as well as three battle reenactments each day: 11:00 am, 1:00 pm, and 3:00 pm. Each battle reenactment will be from a different time in military history: Civil War, WW1, and WW2. The MMHX is located at (Route 122) and is has easy access from Route 2 off of exit 15. Tickets will be on sale at the gate: $20 for adults and $5 for children aged 6 to 16 when accompanied by an adult. Discounts are available for veterans, active duty military and seniors. For more information, visit www.history-expo.com, facebook.com/historyexpo or email MilitaryHistoryExpo@gmail.com.
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.

ACT Group

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

TUESDAYS 1:15pm-2:15pm at the

North Quabbin Recovery Center

416 Main Street, Athol

Please call Ruben at 413-774-4014 ext. 2233 for more information.

FREE Lunch Provided