Heather’s Highlights

Dear Readers,

February marked the 6th Annual Munch N’ Move event for NQCC’s Children’s Health and Wellness System of Care. We had over 250 people at Mahar High School to enjoy a free nutritious dinner and have a wonderful interactive time with their children! This year, we featured Majesstic Entertainment and were so fortunate to have activities sponsored by our System of Care members! The North Quabbin Recovery Center peer leaders, Parent Advisory Council Members, and the Youth Action Council all came to lend a hand as well! I would like to send a special thank you from the bottom of my heart to all who helped to make it such an awesome event!

February’s forum featured a very engaging presentation by Deb Habib (Seeds of Solidarity), Rick Innes (Clearview Composting) Kat Kowalski (Mount Grace), and Amy Donovan (Franklin County Solid Waste Management District). They led a discussion on how every single one of us in the North Quabbin can commit to one small change to lower our local trash impact, with an emphasis on reducing, reusing, recycling, and composting! Signage, more information, resources, support, and lots of answers to your questions can be found by contacting any of the presenters (see flyer within this newsletter).

Thank you for all you do! Stay warm— it’s almost Spring!

Heather Bialecki-Canning
Executive Director

Next Coalition Forum:
March 15, 2019
9:00—10:30 am

Heywood Healthcare Community Health Assessment
Orange American Legion,
40 Daniel Shays Hwy,
Orange

April Newsletter DEADLINE March 19
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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Jesse Sawin
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NQCC Spotlight Award

Lt. Melissa Lowell from the Salvation Army Corp of Athol was the December recipient of the NQCC’s Spotlight Award for giving above and beyond to the community. Thank you, Lt. Lowell, for all you do!
3 DAY FACILITATOR TRAINING
Nurturing Family Program

April 8, 9, and 10, 2019
9:00 am - 4:30 pm

Greenfield Public Library
402 Main Street
Greenfield, MA

A fun, interactive training that will explain the values and philosophy of the Fathers Nurturing Program. It will provide an opportunity to understand ways to support fathers 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

Family Nurturing Center of Massachusetts

The Family Nurturing Center has a long history of strengthening families statewide and building community in Boston’s challenged neighborhoods. We have delivered programs to thousands of families through partnerships with schools, social service agencies, domestic violence shelters, and city and state agencies. We provide training and technical assistance throughout the state to help spread the Nurturing Program for Fathers and for Families.
Health Foundation Announces 2019 Grant Opportunities

The Health Foundation of Central Massachusetts is inviting new grant applications for its Activation Fund and its Health Care and Health Promotion Synergy Initiative in 2019. Letters of Intent to the Foundation’s Activation Fund are due April 24, and letters of Intent to the Synergy Initiative are due July 10.

“The goal of the Foundation’s grant making is to improve the health of those who live or work in Central Massachusetts. This year, by opening both the Synergy Initiative and Activation Fund funding avenues, the Foundation anticipates continuing to impact the health of those in Central Massachusetts,” stated Dr. Jan Yost, President of the Foundation. “Many of the Synergy Initiative and Activation Fund projects that the Foundation has funded in the past have had significant impact in the region, and we would expect that to be true of this next round of projects.”

The Activation Fund supports discrete, one-year projects in Central Massachusetts that demonstrate creative and innovative approaches to addressing community health concerns and that move an organization to its next level of capacity and effectiveness, which can be sustained beyond the term of the grant. The Synergy Initiative provides three to five years of funding for collaborative projects that target health issues in Central Massachusetts with integrated, comprehensive strategies.

Information about the guidelines for each of these funding opportunities can be found on the Foundation’s website at www.hfcm.org to assess the fit of a proposed project with either the Activation Fund or Synergy Initiative. Organizations that are interested in applying should attend an in-person or online information session (registration required) for details including guidelines, deadlines, and examples of previous grants. Those interested are asked to meet with Sonia Shah, Senior Program Officer, sshah@hfcm.org about the Activation Fund or Amie Shei, Vice President for Programs, ashei@hfcm.org about the Synergy Initiative before submitting a Letter of Intent.

The Foundation was established in 1999 with the proceeds from the sale of Central Massachusetts Health Care, Inc., a physician-initiated, not-for-profit HMO. The Foundation currently has assets of approximately $69 million and has awarded grants totaling over $40 million.

Please Report Groups of Gulls to DCR-NR

The Natural Resources Section of the Department of Conservation and Recreation is continuing to identify areas within the watersheds that might be feeding locations for gulls. In the winter, the number of gulls in Massachusetts increases. Gulls, especially ring-billed gulls, fly inland during the winter months. This is largely due to an increase in human-derived food sources. Gulls can group in large numbers at parking lots, ball fields, waste water treatment plants/landfills, and even compost piles. We need to be able to identify and control these artificial food sources. Because gulls regularly roost on our reservoirs, we want to continue to reduce the overall number of gulls in the watersheds. You can help out by reporting any groups of gulls you see while you are out and about at work or at home. So PLEASE... if you do see groups of gulls, let NR know by contacting Jillian.Whitney@mass.gov (for Wachusett) or Kiana.Koenen@mass.gov (for Quabbin/Ware). Please include the date, time, location, and an estimate of the number of gulls. Thank you for your help!
Join us at Our Annual
Child Abuse Awareness Month

Child-Friendly Celebration
and
Flag Raising Event

April 5 @12:30 pm
(Snow date April 12)

Athol Police Department
280 Exchange Street, Athol

District Attorney David E. Sullivan
North Quabbin Community Coalition
Athol Police Department
Department of Children and Families
Children’s Advocacy Center

Hosted by the Children’s Advocacy Center, the Northwestern District Attorney’s Office, and the North Quabbin Community Coalition
Autism Awareness for community organizations and businesses

Calling all gyms, hair salons/barber shops, libraries, movie theaters, community centers, dance studios, martial arts studios, gymnastic studios, grocery store, and MORE!

Would you like to learn how to better support your clientele with autism?

Autism Connections is offering a brand-new FREE training for community-based organizations and businesses. One in fifty-nine children born today are diagnosed with autism. Lack of understanding and awareness can often be a barrier to allowing this diverse population to be fully active members of their communities. Autism Connections’ team members will be your presenters.

Learn more about this diagnosis and how businesses and organizations can implement simple but effective supports and strategies to help people with autism have a more inclusive, positive experience in their day-to-day communities. Many of these strategies are also useful for people with Sensory Integration Disorder and ADHD.

This training can also help your organization build its profile in your community! All attendees will receive a certificate of participation.

Date/Time: Tuesday, March 19, 10:00 a.m. – 12:00 p.m.
Location: Athol Public Library (Program Room)
568 Main Street, Athol, MA 01331
RSVP: Danielle Plasse at danielle.plasse@pathlightgroup.org or 413.529.2428 x115

Please note that RSVPs are required for this event.
Open Invitation From Bikers Against Child Abuse (B.A.C.A.)
Seeking Relationships with Local Organizations

To Whom It May Concern,

Bikers Against Child Abuse (B.A.C.A) exists for the singular purpose of empowering children who have survived abuse. We pursue our mission by involving these children with an established, organized, and united family of bikers. Through this affiliation, we give our physical and emotional support, and lend our strength; the end goal being an empowered child who is secure and confident enough to face the world without further need of B.A.C.A.

We support children who have been put in contact with our organization following the verification of reported abuse to law enforcement, Child Protective Services (CPS), school staff, a therapist, doctor or mental health professional. Unfortunately, we know these referrals are only a tiny percentage of the children who need our help. We are contacting you because your organization may come in contact with the children B.A.C.A exists to empower.

Our goal is to build a relationship with your organization which will result in you referring children who are living in fear to B.A.C.A. so we can empower them. We would like to meet with you, give you information, answer questions, and let you see who we are so that you will help us reach the children who will benefit from our organization.

We would like to invite representatives of your organization to join us for a presentation to help further understand how we can help empower abused children. We will be hosting a presentation on March 29 from 10:00 am to 12:00 pm at the Murray D. Lincoln Campus Center, One Campus Center Way, Amherst, MA, in Room 804-08, located on the 8th floor. Our presentation will include a guest speaker from the Hampshire County District Attorney’s Office. Refreshments will be served.

Space is limited, so please RSVP by March 22 at 413-320-0498 or info@we-ma.bacaworld.org

Best Regards,

Joe “Chopper” Carvalho
President
Bikers Against Child Abuse B.A.C.A® Western Mass B.A.C.A.
413-320-0498
info@we-ma.bacaworld.org
Intentional Peer Support Training
You’re invited to the Western Mass Recovery Learning Community’s Intentional Peer Support (IPS) five-day Core Training scheduled for Monday, March 18 through Friday, March 22, at Greenfield Community College, One College Drive, Greenfield. This training is open to anyone in Massachusetts who is doing peer work, or is doing some other direct support work and wants to learn skills and perspectives for building genuine relationships. The skills taught in IPS are useful in almost any setting, and there will be some attention particularly on connecting with people in jails and other locked facilities at this training. To learn more about IPS, click [here](#). Click [here](#) for more information or to register for the IPS training.

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Athol Bird & Nature Club Events
Events take place at the Millers River Environmental Center, 100 Main Street, Athol, unless otherwise noted. [www.atholbirdclub.org](http://www.atholbirdclub.org).

Mar. 11 @ 6:30 pm: Athol Cleanup Day Planning Meeting — A group of local residents has been meeting in order to plan an Athol Cleanup Day and has been meeting every other Monday in order to brainstorm ideas and work on a plan. They have decided that the Saturday after Earth Day (April 27) would be a good day since Earth Day is on Monday, the day after Easter. They are looking for enthusiastic people to make this event happen and will meet March 11 to work on event details. All are welcome. Please email Heidi at greencleanathol@gmail.com.

Mar. 13 @ 7:00 pm: Uganda & the Trek to See Endangered Mountain Gorillas — For 19 days, Cindy and Chuck Hartwell of New Salem, and Bonnie House of Phillipston, traveled through the African nation of Uganda visiting National Parks in search of Ugandan birds and wildlife. They will share their photos and videos of their visit to a rhino sanctuary, wildlife viewing along the Nile river, a chimpanzee trek, and the highlight—trekking in the Bwindi Impenetrable Forest to closely observe a family of endangered Mountain Gorillas.

Mar. 17 @ 1:00 pm: ABNC Geology Division Meeting

Mar. 21 @ 7:00 pm: “Gardening for the Birds” w/Ted Watt — Spring is here and it’s time to think about getting out and updating our plantings. Ted Watt will discuss plants to attract birds to our gardens. Ted Watt is an Environmental Educator who has worked at the Hitchcock Center for the Environment in Amherst, MA for over 20 years.

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Protect Your Heart Health—Get Help to Quit Smoking!
If you are a smoker, quitting is the most important step you can take to protect your heart health. The Massachusetts Smoker’s Helpline is a free and confidential phone coaching service to help you quit tobacco — whether it’s cigarettes, chew, or e-cigarettes. Your quit coach can help you make a quit plan by giving advice on medicines and how to get through cravings. Your coach will also help you find out if your insurance covers quit-smoking services. With coaching and medicine, you’re three times likely to quit for good! Call 1-800-QUIT-NOW (1-800-784-8669) or enroll online at [KeepTryingMA.org](http://KeepTryingMA.org). The Massachusetts Smokers’ Helpline is open 24 hours each day, seven days a week with experienced coaches who are ready to help (some holiday hours may vary). By calling 1-800-QUIT-NOW or visiting [KeepTryingMA.org](http://KeepTryingMA.org) you can also get FREE nicotine patches, gum, or lozenges to further your chances of quitting smoking for good.
**Athol Head Start**

Enroll Your Child Now!

We are currently taking applications for income eligible 3 and 4 year olds to join us for the 2019-2020 school year.

Our program provides a safe and nurturing environment while promoting the physical, social, emotional, and intellectual development of young children.

925 Main Street
Athol
978-249-6735

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**Advanced Manufacturing**

Begin a career in Manufacturing and CNC Machining

Trainings begin June 2019

**Attend an Upcoming Information & Application Session:**

- Franklin Hampshire Career Center
  - One Arch Place (2nd Floor), Greenfield - Monday, April 1
- GCC Downtown Center
  - 270 Main St, Greenfield - Monday, March 4
  - Monday, May 6

All Information & Application Sessions are from 3:00 - 4:30 pm

Sign up at www.gcc.mass.edu/manufacturing or (413) 774-4361

**Apply early to see if you qualify for available funding - most students pay nothing out of pocket for training.**

Veterans, women, unemployed, and other under-represented groups are especially encouraged to apply.

This project is funded in part by an Advanced Manufacturing Training grant awarded to the MassHire Franklin Hampshire Workforce Board by the Executive Office of Housing and Economic Development.

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**LifePath's 2019 Marketing Survey**

*We want to hear from you! Win a $25 gift card*

**Take our 5-minute survey**

By completing this 5-minute survey, you will help LifePath determine how best to spread the word about services to better serve the community.

**One lucky winner!**

Fill out the complete survey to enter to win a $25 gift card donated by Franklin Community Co-op / Green Fields Market & McCusker's Market!

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**Sensory Swim**

**FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY**

**Thursday Evenings**

5:45pm – 6:30pm

Athol FMCA
545 Main Street
Athol, MA 01331
978-249-3305

Drop in Fee
$5 per individual
$15 family cap

Or Free with Membership

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DEADLINE TO REGISTER: MARCH 15!

1ST ANNUAL CHIPPING WAY AT CHILD ABUSE GOLF TOURNAMENT
FRIDAY, MAY 10, 2019

Schedule of events:
9:30 am Registration
11:00 am Shot Gun Start
4:00-5:00 pm Cocktail Hour
5:00 pm Dinner
5:30 pm Awards and Raffle

Please email info@cacfranklinnq.org to request info or registration form

Language Matters: Inclusivity for Trans Individuals
Presented by the Opitul Task Force’s Education and Prevention Committee
Facilitated by James Shultis, Educator & Consultant

Join us for an interactive workshop to equip yourself with better ways to support trans, gender nonconforming, and non-binary individuals in our community. By exploring a variety of resources as well as tried and true best practices; you’ll be able to update your toolbox with some common language/ terms, some advocacy items, and a refreshed perspective on the experiences of trans people.

FREE and open to EVERYONE! RSVPs not required.

Please email info@opitudtaskforce.org or call 413-775-7474 with questions.

www.opitudtaskforce.org

Learn About Foster Parenting and Adopting from Foster Care

Come learn how you can become a foster parent!

Foster Parent Information Session
Atmol Library - 568 Main St, Athol
Tuesday, March 26, 2019 6pm - 7pm
Tuesday, April 30, 2019 6pm - 7pm

If you have any questions, please contact Daisy Acosta, Foster Care Recruiter
413-452-5385
daisy.acosta@state.ma.us

The Massachusetts Department of Children & Families serves children of all ages — from infants to adolescents — from every community — who need a home.

- You can be single, married, partnered, divorced, or widowed.
- You can rent or own a home.
- Time spent with you in a stable and secure environment gives a child a chance to heal.
- The rewards of providing daily care, guidance and acceptance to a child are immeasurable.

Every Parent Makes a Difference.

RECOGNIZING AND RESPONDING TO CHILD ABUSE IN OUR COMMUNITIES

March 19, 2019 – 4-8 PM
French King Restaurant
129 French King Hwy, Erving, MA

Speakers
Northwestern District Attorney, David E. Sullivan
Baystate Health Care MD, Dr. Stephen Boas
Chief of the Child Abuse Unit - Assistant District Attorney Linda Pisano
Department of Children and Families, Screening and Intake personnel
Commercial Sexual Exploitation of Children Coordinator, Stacey Langknecht

$20 Registration fee
Light Dinner will be served
Register at staileen@cacfranklinnq.org or 413-772-9069
Employment Opportunities

**Project and Office Assistant — The Opioid Task Force**
This position works closely with the Opioid Task Force’s Coordinator to oversee the work of the Opioid Task Force’s five working committees which are: Education & Prevention, Healthcare Solutions, Housing & Workforce Development, Public Safety & Justice, and Treatment & Recovery. The Opioid Task Force also convenes a series of recovery-focused events throughout the year in collaboration with peer recovery support organizations. It also takes on special projects, in collaboration with others, that help impact the lives of individuals and family members in recovery and those reentering the community post-incarceration, often due to a substance use disorder. Application deadline is March 15 at 5:00 pm. For questions, email info@opioidtaskforce.org or call 413-775-7474. Click here for complete job posting and here for the application.

**Job Fair — Behavioral Health Network**
Become a part of a team of competent and compassionate professionals at Connections and Unity Place, two new programs opening in Greenfield, as well as positions at the Franklin Recovery Center and Northern Hope Program. Open positions include counselors, recovery specialists, RNs, and LPNs. Onsite interviews will take place at a job fair on March 7 from 8:30 am to 2:00 pm at One Arch Place, Greenfield. Bring your resume and be prepared to fill out an application. If you are unable to attend, please visit www.bhnworks.org and click on “Browse all Jobs” to apply.

**Substance Abuse Coordinators — Massachusetts Department of Children and Families**
DCF’s Substance Abuse Unit is hiring an additional Substance Abuse Coordinator in each MA region. Interested applicants can find all postings and apply on the MassCareers website.

**Full-Time Home Visitor — Community Action Pioneer Valley**
Hampshire County Healthy Families program is seeking a committed, compassionate, hard-working person to join their team. This nationally recognized long-term family support and coaching program serves pregnant and parenting teens and their babies. Experience providing supportive services to families with infants and toddlers as well as working with culturally diverse populations required. This position requires daily travel to homes across the Hampshire County service area as well as thorough documentation and record keeping. Click here for more details and to apply.

**Camp Selah Director — Athol Area YMCA**
A great position for an enthusiastic, experienced day camp professional to serve as Camp Director at YMCA Camp Selah at Tully Pond in Orange. Successful candidates will meet DPH Camp Director criteria, including experience managing staff and campers ages 5-12. This is a 9-week summer position, 35-40 hrs/wk with some additional pre-season training and program development hours needed. Click here to apply.
Program Funds Summer Jobs for Young People Across the State

Attorney General Maura Healey has opened the fifth annual application period for grant funding for summer jobs for youth across Massachusetts. The Healthy Summer Youth Jobs Grant Program will use healthcare related settlement funds from the AG’s Office to fund jobs aimed at providing young people with opportunities for employment that will impact public health and wellness this summer.

“Our summer job program provides hundreds of students with an opportunity to develop leadership skills and give back to their community,” AG Healey said. “We are pleased to partner with cities, towns, and nonprofits throughout Massachusetts to support summer jobs and public health.”

Through this program, young people will have a direct impact in their communities by working in jobs focused on promoting nutrition, physical fitness and overall healthy lifestyles. Examples of healthy summer youth jobs that could receive funding may include, but are not limited to:

- Working as a coach, team leader, or mentor for a sports or physical fitness program designed for youth;
- Collaborating on a public health project that focuses on food justice;
- Fostering a green environment by planting trees, building and maintaining community gardens, and installing art murals;
- Activities that directly address access to health care and/or the management/ prevention of chronic diseases among youth including diabetes, asthma, and obesity.

The AG’s Office will issue grants to municipalities, other government offices, and nonprofits within the state. Since AG Healey launched the program in 2015, it has funded more than 750 summer jobs for youth across the state. Last year, the office awarded nearly $327,000 in grant funding to 90 organizations across the state.

Grant awards will fund youth employment from July 8 through August 30, 2019. Interested applicants can visit the AG’s website for more information and for application instructions. Applications must be received by 5:00 pm on Friday, March 29, 2019.

Registration Open for GCC's Free College Success Course

The Opioid Task Force and Greenfield Community College (GCC) are happy to share that the fifth offering of the College Success Course for Students in Recovery at GCC will begin on March 6. This is a free class that will meet on Wednesdays from 4:00 to 6:00 pm at GCC's downtown campus at One College Drive in Greenfield. It will run ten weeks straight through spring break.

Pursuing higher education can be an integral part of recovery from substance abuse disorders. Finding meaning and purpose through higher learning and the pursuit of a career and/or job track can be crucial to the maintenance of recovery. At GCC, they recognize that students in recovery face unique challenges, and this course is designed to help students in recovery gain the confidence and knowledge critical to their success.

Students who successfully complete the class are eligible to receive a scholarship of up to $1,000 to help defray the costs of enrolling in classes at GCC. For more information or to register, click here. If you have any questions, please contact Judy Raper at RaperJ@gcc.mass.edu.
Business & Event Composting
Increase Your Profitability & Sustainability
Sponsored by the Greater Quabbin Food Alliance

Wednesday, April 3rd from 5:30-8:00pm at Honest Weight Brewery
Join us for free advice from local experts about waste diversion.

Learn and Get Involved: Many businesses and organizations are saving money and helping the local community and environment by switching to composting and recycling. This event will be inspiring and useful for community agencies, businesses, faith-based organizations, restaurants, food processors, and residential facilities that could bolster their composting and recycling efforts, as well as organizers of local festivals seeking to increase special event waste diversion.

Eat, Drink and Network: Enjoy a complimentary light dinner from Nalini’s Kitchen and grab a local beer from Honest Weight during the event.

Workshop Includes
- Real-life examples
- Individual support for designing action plans
- Access to free resources and follow-up consultations

Everyone will leave with concrete, feasible ideas to initiate or advance their composting and recycling efforts.

REGISTER NOW
To RSVP, go to: bit.ly/RSVP-Composting
Questions? Contact Kat Kowalski at farmconservation_americorps@mountgrace.org
978-248-2055 x29

The Experts

Amy Donovan
Franklin County Solid Waste Management District and Franklin County Fair Recycling Coordinator

Deb Habib
Director of Seeds of Solidarity and Co-founder of the North Quabbin Garlic & Arts Festival

Rick Innes
Owner/Operator of Clear View Composting

Shomita Bhattacharya
Program Specialist for RecyclingWorks at the Center for EcoTechnology

131 W Main Street
Orange, MA 01364
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.