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## Setting Community Priorities for “Inclusive Redevelopment” in North Berkshire



▲ MCLA’s Kerri Nicoll defines the three areas of inclusion; attendees split into groups to brainstorm community priorities; nbCC Executive Director, Amber Besaw announces the formation of a new workgroup to continue pursuing inclusive redevelopment.

In the final forum series on gentrification and “inclusive redevelopment”, the forum planning committee did not want to get stuck on emphasizing the community fears, but come away with concrete priorities/goals of what an inclusive community looks like and what we as a community can do to make sure these goals are met.

Kerri Nicoll, Associate Professor of Social Work at MCLA started by defining the three areas to set these goals:

- 1) Physical Inclusion: A community where people can live comfortably, and continue to stay.
- 2) Economic Inclusion: A community where people have economic resources, such as employment and retail options.
- 3) Social Inclusion: A community where people, new and longtime residents with a variety of backgrounds, have a sense that they belong.

Attendees split into groups to brainstorm ideas on what they envision these three areas of inclusion should look like during this time of change and redevelopment in north Berkshire.

The priorities for a physical inclusive community included:

- 1) Diverse, affordable housing that is close to transportation and food
- 2) Transportation opportunities exist, including biking
- 3) Mixed income neighborhoods
- 4) Homeless housing needs are addressed
- 5) A zoning process that plans the built environment and keeps all of these ideas in mind at all stages

The priorities for a economic inclusive community included:

- 1) Trainings for livable wage jobs
- 2) Opportunities to renovate spaces & develop cooperative work spaces
- 3) Accessibility for people to get the things that they need to be successful
- 4) Connectivity for people to find and learn the skills to get a job

The priorities for a social inclusive community included:

- 1) A welcome wagon/ambassador program

- 2) Community events/book clubs celebrating different cultures, to help combat fear
- 3) Physical gathering spaces, community potlucks, neighborhood block parties
- 4) Intentionally having all voices at the table when addressing issues
- 5) Community Outreach Volunteer and Civic Engagement program (nbCC currently offers this program)

nbCC Executive Director Amber Besaw was happy to announce that a workgroup will be forming to continue this discussion. Currently Kerri is researching ways to mitigate the negative consequences of gentrification. The new workgroup will use the community priorities brainstormed at the forum during their work. If you are interested in joining this workgroup, please call Amber at (413) 663-7588.

Many thanks to our forum planning group, and forum facilitators, Dick Alcombright, Amber Besaw, Paula Consolini, Mike Goodwin, Paul Gordon, Kerri Nicoll, Ben Lamb, Emily Schiavoni, Jess Sweeney, and Dan Wallis.

-Bert Lamb



Northern Berkshire Community Coalition

## Our Mission

*“Empowering the Northern Berkshire region to enhance the quality of life through our efforts at connecting, convening, and supporting all facets of the community.”*

In pursuit of this mission, we place particular emphasis on the following:

- Strengthening neighborhoods and community life
- Preventing alcohol/substance abuse and supporting recovery
- Promoting health and wellness
- Helping families to be strong and resilient
- Supporting positive youth development
- Building bridges between residents and service agencies

## Coalition Supporters

### Public Sources

- MA Dept. of Children & Families/EOHHS
- MA Cultural Council
- MA Department of Public Health
- MA Department of Public Health, Bureau of Substance Addiction Services
- Mass Service Alliance

### Local Support

- Contributions from our many individual supporters

The Coalition is a member agency of the Northern Berkshire United Way and the Williamstown Community Chest.



## To submit announcements to the Coalition E-zine:

The Coalition E-zine is a weekly e-blast published every Thursday and contains announcements from Northern Berkshire agencies and organizations. Submissions must be received by 9:00 a.m. Tuesday morning to be considered for inclusion in that week's issue. All submissions are subject to editing and should be 50 words or less. All events related to Northern Berkshire community public health will be considered for publication. Banner ads are available for your fundraising events. For more information, please call 663-7588, or to submit an announcement, please email [phzine@nbccoalition.org](mailto:phzine@nbccoalition.org).

## nbCC's November Forum

# Invisible Crises: Vaping and Alcohol Use in North Berkshire

When we think of addictive and misused substances, it is often opioid use that is discussed. This forum will focus on concerns regarding alcohol and vaping and how to raise awareness about their use in order to improve community health. We will be conducting a short poll, so please bring your smartphone, tablet or laptop.

### The goals of this forum are:

1. Raise awareness about incidence and impacts of alcohol misuse and vaping in our region
2. Talk about why people are misusing alcohol and vaping products
3. Learn about the supports for harm reduction, quitting, and recovery

We look to community members from all walks of life for this important Coalition meeting. The first half of the forum will be devoted to introductions and announcements and please bring your flyers for distribution. We hope to see you on **Friday, November 8 from 10am to noon, at The Green, 85 Main Street in North Adams**. For more info about this forum, contact Wendy Penner at nbCC, (413) 663-7588. *Please note: The organizers of the Friendship Center Food Pantry ask friends who attend the nbCC forums throughout the year to please bring a healthy non-perishable food item for donation.*

## Northern Berkshire Youth Collaborative and nbCC Prevention Group to Join Forces

For years, nbCC has housed several working groups who meet to address a variety of topics. Two of those groups, the Northern Berkshire Youth Collaborative (NBYC) and the nb21 Youth Substance Abuse Prevention workgroup, have decided to combine and align their already closely associated missions and goals. There are several reasons for merging these two groups, and the hope is that combining forces will allow for a reduction of redundancy, and the ability for both groups to flourish and continue the efforts they have already been engaged in.

Historically, Youth Development has often focused on areas of prevention and achievement as the main indicators for success of programs. Through research on resilience, mentoring, and other aspects of youth development, the contemporary thinking has shifted slightly, to focus on a more holistic and asset-based perspective. For this reason, the importance of a positive youth development perspective with a focus on developmental outcomes, rather than strictly prevention of “risky behaviors” in youth, has become apparent. In this case, developmental outcomes re-

fer to aspects of a young person that will aid in a successful transition to adulthood. These include goal-setting, conflict resolution skills, self-efficacy, self-esteem, and many others.

The logic behind this perspective is that young people who possess these developmental attributes are not only much more likely to experience better mental health and even physical health, but are less likely to engage in the “risky behaviors” that we seek to avoid through our prevention work. In other words, positive youth development and prevention are inextricably linked, and should no longer be separated into two working groups within our organization. The next meeting of the NBYC is Tuesday, November 12 at 10:00 at nbCC.

For more information about this update, or about the Northern Berkshire Youth Collaborative, feel free to contact Tim Shiebler at 413-663-7588, or [tshiebler@nbccoalition.org](mailto:tshiebler@nbccoalition.org). Contact Wendy Penner at [wpenner@nbccoalition.org](mailto:wpenner@nbccoalition.org) if you'd like to be added to the email list.

-Tim Shiebler, Youth Development Coordinator & Wendy Penner, Dir. of Prevention & Recovery

## Nominations Sought for the Peacemaker Award

MLK Jr. Day of Service Committee Seeks Nominations for the 2020 Peacemaker Award - The Peacemaker Award is given annually to an individual or group in Northern Berkshire. The award, which originated as part of the annual Martin Luther King, Jr. Day of Service, is made to persons who have contributed substantially to peace in our region. In general, the Peacemaker Award recognizes persons who have a history of working with people and/or neighborhoods and communities to provide for greater tolerance, understanding, and caring. While the award may be made to a person or group well known in the region,

those making nominations are particularly urged to consider those who have worked hard and have made contributions without much recognition. Past Peacemakers include Kenna Waterman, Don Quinn Kelley, Mark Rondeau, Mark Lincourt, Pastor Dave Anderson, Al & Cindi McLain, PopCares, Inc. and Dick Alcombright. To nominate a Peacemaker, pick up a form at the Northern Berkshire Community Coalition office at 61 Main Street, Suite 218, North Adams or nominate online at [www.nbccoalition.org/peacemaker.html](http://www.nbccoalition.org/peacemaker.html). Nominations must be received by November 25.

Let someone know you appreciate them. . .  
 Tell someone they did a great job. . .  
 Thank someone for their support. . .  
 Let a teen know you admire them. . .

# THE NEIGHBORLIES

An Annual Community Recognition Ceremony

**Celebrate someone who has made a positive impact in your life or community!**

**Wednesday, November 20  
 5:00 - 7:00 p.m.**

**Please note new location!**

**MCLA Church Street Center - Church Street, North Adams**

*Due to limited parking, everyone is encouraged to park by the former Greylock Federal Credit Union Drive-Thru Kiosk near Papa Gino's. The nbCC van will shuttle back and forth.*

Light refreshments will be served. To recognize someone online, visit <http://bit.ly/nbccneighborlies> or call (413) 663-7588.

The deadline for recognition submissions is **November 4.**

**Submissions received after November 4 will be awarded in 2020.**

Visit <http://bit.ly/neighborlies2019> for more event info and updates.



### Northern Berkshire Community Coalition Board of Directors 2019-2020

SARA LaLUMIA, *President*  
 Williams College

JEN CIVELLO, *Vice President*  
 Community Resident

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Photo credit: Full Well Farm



## NAPS Goes Locally Grown!

Cory Nicholas, North Adams Public Schools (NAPS) Food Service Director, has had the vision and desire to serve local produce as part of school meals. That has recently become a reality due to Cory's hard work and dedication to students' health and well being.

In the fall of 2018, Cory partnered with the Northern Berkshire Community Coalition's Health and Wellness Coordinator, Amanda Chilson, and a group of Williams College students in Professor Sarah Gardner's Environmental Studies class to create a Farm to School Tool Kit. These students connected with farms within a certain radius of North Adams and interviewed each farmer to collect and share information Cory needed to help build sustainable and well working partnerships to implement farm to school at NAPS.

Over the past year, Cory has been working diligently to build upon these connections and establish relationships with the local farmers that have the capacity to support farm to school. Recently Cory has found a good local match to help make farm to school a reality for NAPS. Students that eat lunch at NAPS have the opportunity to eat lettuce, tomatoes, basil, arugula and parsley from Full Well Farm, located in Adams. This farm uses a sustainable and no-tilling farm method to help feed the soil. If you would like more information about Full Well Farm's growing practices or to visit the farm, check out their website at [www.fullwellfarm.com](http://www.fullwellfarm.com).

Please be on the lookout for more local produce served during school meals at NAPS and feel free to take a visit to Full Well Farm, to see where some of the produce is coming from that your children eat. Thank you for all of your hard work and dedication Cory!

-Amanda Chilson, Health and Wellness Coordinator

## Updates from BRCC

It's been a wonderful fall at the Beacon Recovery Community Center (BRCC). September was busy with the Voices for Recovery celebration for Recovery Month. We were inspired to see so many BRCC members as well as the broader community turn out and help make this event a success. September also marked an Ethics for Recovery Coaches training with 25 participants. Open hours continue to be lively at BRCC with the All Recovery meeting being a highlight. Plans moving forward include a Narcan training (watch for

dates), trying out a Smart Recovery meeting (this is an all recovery meeting that allows cross talk), more poetry writing with Carissa, and more! We know the holidays can be a difficult time so we look forward to talking in the community about how people are managing the holidays and planning for ways to support each other and also celebrate the season together. We hope to see you soon at 85 Main Street during open hours, Tuesdays from 5-7, and Wednesdays from 10-2.

-Wendy Penner, Director of Prevention and Recovery

Photo credit: Onasis Soto



## Big Y Public Planting

On October 19th the North Adams Tree Initiative coordinated another downtown urban street planting, this one focusing on the perimeter of the North Adams Big Y grocery store. The plan was to supplement gaps between existing trees alongside route 2 and replant the east and west planting strips which had trees removed because of age and disease. We were blessed with one of the more beautiful days this fall and with eight hardy volunteers, half of them being Big Y employees. We planted 15 trees, from nine in the morning till noon. So if you're in the area take a walk around and notice some of the newly planted trees: tree lilacs, honey locust, English oaks, eastern redbuds, the signature being the size of the tree and two wooden stakes supporting the tree. Thus far the North Adams Tree Initiative has planted 36 trees within the Holden St. to Sperry Ave area including the back of Mass Moca parking lot and Big Y parking lot. If the trees make it through the winter, we will get to enjoy some more spring blossoms and summer shade in the wonderful downtown of North Adams.

-Bret Beattie, Health and Wellness Associate



▲ Delicious pizza cooking in the Community Pizza Oven; nbCC's Matt Shiebler and HRR's Kim Perry assemble the pizzas.

## UNO Happenings

On Saturday, September 28th, we had our annual UNO Pizza Block Party, a collaboration between the UNO Community Center, UNO/River St. Community Garden Club, and Hoosic River Revival. The sun was shining as local musician Dylan Girouard played music for all those in attendance. Fresh ingredients from the gardens, and deft hands at the brick oven made the pizza, as they say in Italy, perfetto!

One month after the Pizza Block Party, on Saturday, October 26th, UNO had its annual Halloween Party! This year's party was brought to you by our very own After School Program, and let's just say they really did a frighteningly good job getting ready. There were tricks, treats and more for those who stopped by between 2 and 4. Not a soul left the building without being sufficiently spooked. (See photos on the UNO Community Center Facebook page.)

Also this month, Matt Shiebler helped Jen Muñoz of the UNO Garden Program pull the plants and turn the garden beds over to get ready for next year. In doing so, we discovered quite the surprise: 34 pounds (yes, you read that correctly) of starchy and delicious sweet potatoes! These potatoes have a purple skin and an offwhite meat and they are certainly tasty. If you came to our Halloween Party, we roasted some with garlic and they were a big hit.

*-Neighborhood Development Staff*



## YLP & TWW Underway

After many weeks of visiting all of the high schools in Northern Berkshire County as well as working with school faculty, and meeting new students, nbCC Youth Development has kicked off both after-school programs!

Our Youth Leadership Program (YLP) has 16 students from Drury, McCann, Hoosac Valley High School, and Mt. Greylock. For the first few sessions, the group is playing games to remember one another's names, feel comfortable in the space and just have fun! As

the group continues to meet this month, we'll be adding in icebreakers and activities where they can talk about themselves and begin to think about their role in their communities as well as different ways to get involved with community service that they feel is valuable.

Our creative writing program Teen Writing Workshop (TWW) has 13 participants right now, an exciting mix of new and past participants. The whole group has already begun to dig in deep with their writing, taking the time to craft their work and even share it with the group.

YLP will still be taking participants until the second week of November. TWW will be taking participants throughout the school year, any and all youth between the ages of 13-19 are welcomed regardless of writing skill or level! Both programs are free of charge and offer transportation to those in Northern Berkshire County. It has been really exciting and invigorating to have programming back in full swing, it is always a wonderful experience meeting new participants as well as continuing to get to know young people that we've already made connections with. For more information, or to request transportation for either program, contact Tim Shiebler at [tshiebler@nbccoalition.org](mailto:tshiebler@nbccoalition.org), or call nbCC at 413-663-7588.

*-Tim Shiebler, Youth Development Coordinator*

## Family Place Helps Parents Be the Best They Can Be

September at the Family Place was a busy month. Staff attended open houses at the local schools of north Berkshire, Voices for Recovery, and the Children's Fair. October has been equally as busy. Staff prepared two parent education workshops and one life skills workshop. Our goal in planning all of these workshops, is to help parents grow and learn. Parenting is not an easy job and all parents can use the the extra support.

Parenting Journey also started during the month of October and 4 parents are participating. Stephanie Puc and Chris Griffin are facilitating, and they can already see the hard work the parents are putting into the group. The parents are committed and open to sharing their stories. Stephanie and Chris cannot wait to see how they grow over the next 12 weeks and make connections from their childhood to become better parents. The reward of facilitating is seeing the parents learn about themselves. Below is the goal of Parenting Journey:

1. As parents learn about themselves and about what worked and didn't work in their own experiences with their parents, they will draw conclusions about how to be a successful parent themselves. Insight and understanding is a key part of the curriculum.
2. The curriculum offers an opportunity for parents to develop themselves as nurtured and nurturing people, capable of making responsibilities and informed choices in raising their children.
3. Focuses on promoting attitudes, which enhances good parenting; respect, helping each other, listening with empathy, and being curious.
4. Has an emphasis on the parent as a person rather than on the child or the child in a disciplinary relationship with the parent.

If you have any questions regarding the 12-week group, please call at 413-663-7588.

*-Stephanie Puc, Family Support & Education Coordinator*



# NEIGHBORLY SPOTLIGHT



**Enid Shields**  
2019 Volunteer of the Year

The Northern Berkshire Community Coalition has been hosting The Neighborlies, a community recognition award ceremony, for the past 30 years. Last year, for the first time in Neighborlies history, we decided to take things one step further by honoring the person who received the most recognitions from the North Berkshire community; what we call the Volunteer of the Year. 2018's recipient was Pete Wheeler from Empire Cafe for his outstanding dedication to his community and his extensive support of other organizations in the area. This year we have the pleasure of honoring North Adams resident, Enid Shields. It's a near certainty that you've seen this kind soul walking the streets of North Adams cleaning up various neighborhoods, eating lunch with her friends and neighbors at the Berkshire Food Project or volunteering her time at a myriad of organizations throughout the city. Enid is truly the gold standard of community involvement. nbCC invites you to this year's Neighborly ceremony to help us express our gratitude to Enid for her exemplary service, and present her with an award for her unwavering dedication to the North Adams community. The Neighborlies will take place on Wednesday, November 20th from 5-7pm at MCLA's Church Street Center. Thank you, Enid!

## 2019 Downtown NAMA Trick or Treat

There was an unexpected but awesome turnout at the first Downtown NAMA Trick or Treat event! Thank you to all the businesses that participated. We hope you had just as much fun as we did seeing all of the NAMAZing costumes. Let's plan for a bigger and better event next year.



**nbCC's Monthly Forum: Invisible Crises: Vaping and Alcohol Use in North Berkshire**

Friday, November 8

10:00am to noon

The Green, 85 Main Street, North Adams

This forum will focus on concerns regarding alcohol and vaping and how to raise awareness about their use in order to improve community health. The first half of the forum will be devoted to introductions and announcements and please bring your flyers for distribution. For more information, contact Wendy Penner at nbCC at (413) 663-7588. Please bring a healthy non-perishable food item with you to the forum to benefit our local food pantry, The Al Nelson Friendship Center.

**Family Fun Skate Day**

Monday, November 11th

11:30-1:30pm.

Vietnam Veterans Skating Rink located at 1267 South Church Street in North Adams.

Free Rentals and Ice Skating. No need to register.

Transportation provided upon request. Free snacks, hot chocolate and raffle. Call Stephanie Puc at (413) 663-7588 for more info.

**nbCC Bike Collective**

Mondays, November 11 and 18

4:30-6:30pm

The Armory, 206 Ashland St., North Adams (look for the garage doors in the back)

Bring your own bike or work on a bike at the bike collective. You'll have the opportunity to learn from other community members on basic bike fixes, or team up with more experienced bike mechanics to rebuild a bike. Tools and stands are provided. All residents from Northern Berkshire are welcome! For more info, call Bret Beattie or Amanda Chilson at 413-663-7588.

**Holiday Meals on a Budget Workshop**

Tuesday, November 12th

11:00 a.m. to 3:00p.m.

UNO Community Center, 157 River St. in North Adams.

First 5 to sign up will receive a \$10 gift certificate for Walmart. It will start with a demonstration on how to cook a turkey dinner, appetizers and dessert and end with enjoying our meal. You will also receive a recipe book including what we prepared and also left over ideas. Registration required by November 8. To register, call Stephanie Puc at (413) 663-7588.

**Wow Workshop: Introduction to Herbal Medicines for the Cold Season**

Wednesday, November 13

5:00-6:30pm

UNO Community Center, 157 River St North Adams.

Learn about simples, tinctures, teas, infusions and decoctions, along with what herbs are great for winter cold season. Samples will be available. For more information, contact Bret Beattie at (413) 663-7588 or bbeattie@nbcccoalition.org.

**Positive Discipline for Preschoolers**

Thursday, Nov. 14th

10:30 - noon

nbCC's Conf. Rm, 61 Main St., Rm 213, North Adams.

This workshop focuses on age appropriate positive discipline techniques for parents. View real-life scenarios of common challenging situations with your child then brainstorm new ideas to handle the same situation with successful positive discipline techniques. Featured are easing bedtime battles, responding to aggression, and dealing with defiance. For parents with children 3-5. Light snacks provided. Transportation and childcare are available upon request. Registration is free, but space is limited. To register, contact: Stephanie Puc at (413) 663-7588 ext. 11 or spuc@nbcccoalition.org.

**The Neighborlies**

Wednesday, November 20

5:00 to 7:00pm

MCLA Church Street Center, North Adams (Please note venue change)

Celebrate someone who has made a positive impact in your life or community. Recognize someone at [www.nbcccoalition.org](http://www.nbcccoalition.org). Deadline for recognition submissions is November 4. For more information, call Glenda at the Northern Berkshire Community Coalition at (413) 663-7588.

**nbCC Meet and Greet for Adams Residents**

Wednesday, November 20

12:00 to 1:00pm

The Daily Grind, 37 Park St., Adams

The Northern Berkshire Community Coalition would like to get to know the residents of Adams better and hear about their concerns and interests! Stop in and chat with some of the friendly nbCC staff! No brochures, no flyers, just talk! Join Us! It's nice to meet you!

**Christmas Tree Lighting Downtown Bike Around**

Wednesday, November 27

Call (413) 663-7588 for time

Downtown North Adams

Decorate your bike with Christmas lights and lead Santa to the tree lighting ceremony. Wear a helmet, warm clothing and be sure to have lights on your bike. Call Amanda Chilson at (413) 663-7588 for more info.

**Grandparents Raising Grandchildren**

Tuesdays, November 5 &amp; 19

5:30-7:30pm

The Family Place, 61 Main St., Suite 208, North Adams.

This is a group for grandparents who are actively parenting their grandchildren giving them a safe and confidential space to share similar experiences with other grandparents. For more info, call (413) 663-7588.

**Youth Leadership Program**

Tuesdays in November

5:00 to 7:00pm

nbCC Conference Room, 61 Main Street, North Adams

UNITY staff engage local teens in a wide variety of exercises related to leadership skills such as communication, problem-solving, team work, identifying community needs, and project/event planning. For more information, email Tim Shiebler at [tshiebler@nbcccoalition.org](mailto:tshiebler@nbcccoalition.org) or call the nbCC at (413) 663-7588.

**Beacon Recovery Community Center Open Hours**

Tuesdays in November from 5-7:00pm

Wednesdays in November from 10am - 2:00pm

Hosted at The Green, 85 Main St., North Adams

The Beacon Recovery Community Center is a program of Northern Berkshire Community Coalition (nbCC) to provide peer support to those seeking recovery from addiction. BRCC is a peer led effort that provides support groups, connections to networks that can assist anyone seeking recovery, and opportunities to socialize with others. The community center is free and open to all. For additional info, contact Susan at [scross@nbcccoalition.org](mailto:scross@nbcccoalition.org) or call 413-663-7588.

**nbCC's Teen Writing Workshop**

Wednesdays in November

5:00 to 7:00pm

nbCC Conference Room, 61 Main Street, North Adams

An afterschool writing program for teens of all writing experiences. Teens will hone in on their skill with professional local writers and peers. For more information, call Tim at the nbCC at (413) 663-7588.

**UNO Open Hours**Weds and Thursdays, 9am - 12pm, Fridays 12pm - 4pm  
UNO Community Center, 157 River St, North Adams

Come to the UNO Community Center to meet members of our Steering Committee, learn about our programs and events, and get to know your neighbors. The coffee will be hot and the snacks will be on display! Come in and say hi. For more information, contact Matt at (413) 664-4612, or [mshiebler@nbcccoalition.org](mailto:mshiebler@nbcccoalition.org).

**After School Program**

Tuesdays, 6:30 - 7:30, Thursdays 4 - 5

UNO Community Center, 157 River St, North Adams

Stop by the UNO Community Center for some homework help, structured/unstructured activities and fun in general with Greylock Elementary's own Mary Jirkovsky, aka Ms. J. For more information, contact Matt at (413) 664-4612, or [mshiebler@nbcccoalition.org](mailto:mshiebler@nbcccoalition.org).

**4-H Wacky STEAMsters Club**

November 12, 26, 4 - 5:30pm

UNO Community Center, 157 River St, North Adams

The 4-H Wacky STEAMsters are a fun filled STEAM group (ages 5-18). We tackle it all! From physics, to beadmaking, to breaking down scientific principles with fun, user-friendly, hands-on experiments. For more information, contact Matt at (413) 664-4612, or [mshiebler@nbcccoalition.org](mailto:mshiebler@nbcccoalition.org).





# Coalition Staff

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nbCC is supported by:



Thank You nbCC staff & Downtown North Adams for a great night of Halloween fun!  
Amber ☺

Join us for our monthly forum  
Friday, November 8 from 10am to noon.  
Invisible Crises: Vaping and Alcohol  
Use in North Berkshire  
See page 2 for date, time, and location.  
All are welcome! Please bring a friend and a non-perishable food  
item with you to benefit The Friendship Center Food Pantry.

Find this newsletter  
online at [www.nbccoalition.org](http://www.nbccoalition.org)

Northern Berkshire Community Coalition  
61 Main Street, Suite 218, North Adams, MA 01247



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