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Northern Berkshire Community Coalition

Coalition

An update from

news



February 2020, Volume XXXIV, Number 6

Peacemaker Award Presented to Jim Bush at the 2020 MLK Jr. Day of Service



▲ L-R: Over 250 volunteers arrive at MCLA to sign up for service sites; State Senator Adam Hinds, our 2020 Peacemaker Jim Bush, Adams Selectboard member Christine Hoyt, Adams Town Administrator Jay Greene, and Adams resident Mike Cutler; The Wall of Opportunity encourages attendees to give back throughout the year.

Over 250 volunteers from the Northern Berkshire region attended the 27th Annual Northern Berkshire MLK Day of Service on a crisp cold morning! The day's theme was "A Day On, Not a Day Off", transforming the holiday into an opportunity for volunteers of all backgrounds and ages to come together to serve and give back to their communities. The day kicked off with encouraging words from North Adams Mayor Thomas Bernard and a welcoming from MCLA's President Jaime Birge.

After service sign-ups and breakfast at MCLA's Venable Gym, volunteers left for off-site projects which included the YMCA, Goodwill, Louison House, Youth Center at Cheshire School, Al Nelson Friendship Center Food Pantry, Stop & Shop, First Congregational Church in North Adams, UNO Community Center, and several homes for winterization.

There were plenty of on-site projects to do right at MCLA's Venable Gym. Warm finger scarves, mittens and blankets were created, care boxes and bags were filled for the homeless, t-shirt bags were made for local pantries, Valentine cards were decorated for nursing homes and for Maj. Bill White, a 104 year old WWII veteran who requested Valentines Day cards nationwide.

This year, there was a discussion work-

shop entitled "The Art of Conversation." The objective of the workshop was to coach people on how to have difficult conversations with civility. The discussion focused on how to set the parameters of an argument/disagreement/conversation; the things to be aware of in yourself and others; things to avoid and things to do; and how to wrap up your conversation.

The discussion was also an opportunity to get participants to think and self-reflect on the MLK quote, "We all came in on different ships, but we are all on the same boat now." Participants were encouraged to attend an open-ended conversation facilitated by a MASS MoCA educator the Sunday before the event, and use the exhibition *ERRE: Them and Us/Ellos y Nosotros* to build awareness of how borders can be a metaphor for how we treat people as "other," examine the borders or divisions in their own personal lives, and consider the ways that art can be a form of activism.

Volunteers met back at Venable Gym to share a community luncheon prepared by the Berkshire Food Project and Aramark and served by Pine Cobble students and members of the MLK Day Planning Committee. Entertainment was provided by the Drury Jazz Trio Band and slam poet Evan Goodermote. State Senator Adam Hinds,

and State Representative John Barrett gave words of inspiration to the volunteers just before The MLK Jr. Day of Service Committee presented the annual Peacemaker Award to Jim Bush. Jim, a Selectmen for the Town of Adams, was chosen for tirelessly using his time, determination and talents to influence and bring together the Northern Berkshire region, especially for his efforts to promote collaboration between communities.

This event always attempts to inspire a culture of service and this year a list of volunteer opportunities was displayed to encourage attendees to give back all year.

Special thanks to the members of the Martin Luther King Day Committee for organizing this wonderful event; Alex Daugherty, chair, Kathy Keeser, Bilal Ansari, Liz Boland, Glenda Matos-Carter, Matthew Shiebler, Jerome Edgerton, Donna and Dave Motta, Arlene Theodore, Kim McMann, Darlene Ellis, Steve Green, Sue Walker, Sharif Rosen, and Carrisa Sacherski.

Thanks also go to MCLA, Aramark, Berkshire Food Project, Williams College, Pizza Works, Walmart, 4-H Wacky STEAMsters Club, Joaquin and Chloe from nbCC's Youth Leadership Program, Stop & Shop, and ALL the volunteers who participated! Visit <http://bit.ly/nbmlk2020> to see photos of our volunteers in action.



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.

Our February Forum

Informational Forum and Q&A: Criminal Justice Reform in Massachusetts



The Northern Berkshire community will once again gather to discuss important issues facing our residents at the Northern Berkshire Community Coalition's monthly forum on **Friday, February 14 from 10:00 am to noon at The Green** located at 85 Main Street in North Adams.

In 2018, Massachusetts signed criminal justice legislation representing significant reforms to the criminal justice system, including juvenile justice, bail reform, use of diversion programs and more. Hear what the impact of these changes are having in North Berkshire. A panel of experts from the Berkshire County Sheriff's Office, Berkshire County DA's Office, Berkshire County Probation Office and the Berkshire County Juvenile Probation Office will talk about the impact and answer your questions.

We look to community members from all walks of life for this important Coalition meeting. There will be an opportunity for introductions, brief announcements of your upcoming events/projects and networking. There will be a table available to display flyers about your announcements to share as well. We hope to see you on **Friday, February 14, 10 a.m., at The Green** in North Adams.

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.

Talking to Your Kids about Sex and Sexuality

The Northern Berkshire Youth Collaborative (NBYC) convenes community stakeholders in pursuit of positive developmental outcomes for youth, pre-adolescents until mid 20s, that are demonstrated to support healthy decision making. Because parents are a critical part of supporting young people's wellness, and because sex and sexuality can be challenging topics for parents, the NBYC hosted "How to talk to your kids about sex and sexuality" on January 27 at the North Adams Holiday Inn. Katrina Mattson, program manager from Tapestry Health, and Regi Wingo a healthy relationships and sexual health educator from the Elizabeth Freeman Center led a fantastic, interactive presentation and discussion for those in attendance.

The presentation began with acknowledging some "group rights", including the right to feel embarrassed, uncomfortable, to have privacy, to have your own opinions, to not have assumptions made about you, and to confidentiality. They then led a discussion about the difference between sex and sexuality and read the definitions of each. There



▲ Regi Wingo from The Elizabeth Freeman Center and Katrina Mattson from Tapestry Health gave tips on how to have uncomfortable conversations.

was some table based discussion of what are the messages we want to give to our own children about sex and sexuality. There was also a great discussion of what "consent" is and how it needs to be sober, enthusiastic consent. Regi and Katrina are wonderful resources to have in our community and our schools!

-Wendy Penner

CRA Assessments Through the nbCC Family Resource Center

The nbCC's Family Resource Center offers many services for families in north Berkshire County. One specific service we offer is the CRA Assessment, or Child Requiring Assistance Assessment. The CRA Assessment is a preventative tool for families with youth who are struggling in school, at home and in the community. This could mean that the youth is frequently absent (more than 8 days in a quarter-unexcused), runs away from home often, repeatedly fails to obey lawful and reasonable school regulations and/or repeatedly fails to obey lawful and reasonable commands of a parent or caregiver. The nbCC Family Resource Center, school personnel, and often times juvenile court, work closely together to identify students and families who could benefit from the assessment.

The main goal of this assessment process is to prevent the youth/family from involvement with court and meeting in front of the judge. The assessment is a tool to see what other services or recommendations are offered to fit the needs of the family. The assessment can also help resolve the challenges the child and family are experiencing.

Here is a brief overview of how the "CRA Assessment" process works:

- A referral is sent to the Family Resource Center on behalf of the family from the schools or the court.
- Once the referral is received, the family will complete intake paperwork with the nbCC Family Partner staff member.
- When the intake paperwork is completed, the Family Partner will collaborate with the clinician assigned from the Brien Center to set up an appointment date for the assessment.
- After appointment is finalized and recommendations are made, the Family Partner will contact the necessary agency to inform of the recommendations and/or services.

Participation in a "CRA Assessment" is voluntarily as is participation in all of our programs at the Family Resource Center. If you have any questions or would like more information, please contact Stephanie Puc or Donna Senecal at (413) 663-7588.

-Stephanie Puc

Northern Berkshire Community Coalition Board of Directors 2019-2020

SARA LALUMIA, President
Williams College

JEN CIVELLO, Vice President
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MCLA

JESS SWEENEY
Common Folk

NEIGHBORLY SPOTLIGHT



Photo by Tammy Daniels, iBerkshires.

Patrick Hernandez

You don't need to spend too much time on the streets of North Adams before you will inevitably see Patrick Hernandez. Patrick, or Pat to his friends (which is just about everyone, it seems), is well known for always having a minute to stop and chat with anyone he runs into. His is one of the most familiar faces at the Berkshire Food Project, where he volunteers hours upon hours of his time to help feed hundreds of people from Monday to Friday. In fact, Pat is recognized as the volunteer with the most hours donated in 2019, coming in at a whopping 784 hours for the entire year. Keep up the great work, Pat!

nbCC to Offer Narcan Training



**NALOXONE
SAVES LIVES.**

Beacon Recovery Community Center, a program of Northern Berkshire Community Coalition is offering a free Naloxone (Narcan) training to the community. This is the second Narcan training offered through nbCC and will be held in The Green at 85 Main Street in North Adams, Saturday, February 22 from 11:00 – Noon.

The training will include identifying the signs of an overdose, how to use Naloxone, the overdose risk factors, and how an overdose can be prevented. Training will be led by Samantha Kendall, North Adams Syringe Access Program Manager at Tapestry. Sam will also give an overview of rescue breathing, The Good Samaritan Law, and harm reduction services available through Tapestry.

At the conclusion of the training, Naloxone will be available upon request. To register, or for more information, contact Susan Cross at 413-663-7588 or scross@nbccoalition.org.

-Susan Cross, Prevention and Recovery Associate

An Update from the UNO Center

On January 20th, nbCC and MCLA marked another very special year in the books for the Martin Luther King Jr. Day of Service. Many local heroes braved the cold to give back to their community in ways large and small. At The UNO Community Center, volunteers from the Day of Service along with members of the UNO Steering Committee, gave the center a fresh breath of air by deep cleaning and reorganizing the space. The pantry and kids space were sanitized and organized, and the furniture in our living room area was rearranged for the first time since the space opened in 2015! The whole building feels clean and refreshed, and we couldn't be more thankful to everyone who helped make that possible.



On February 8th, sparks will fly at the UNO Community Center during our annual Valentine's Party. Stop by at 1pm to make a card for your beau, or sample some sweet treats! This event is brought to you by the efforts of our very own After School Program.

Neighborhood Development at nbCC also has its eyes on the future! In February, Matt Shiebler, Neighborhood Development Associate with the Coalition, and Keifer Gammell, Visitor Services Manager at MASS MoCA, will meet up to begin discussing this year's bocce tournament at UNO. It may seem cold and gray for the time being, but the truth is that the Northern Berkshire Bocce League's summer tournament will be here before we know it. It's the perfect time to start building your team.

For these and more updates, follow the UNO Community Center on Facebook, or stop by during our open hours on Wednesdays and Thursdays from 9am to 12pm, and on Fridays from 12pm to 4pm.

-Matt Shiebler, Neighborhood Development

Local Youth Give Back to the Community!



This year on MLK day, a group of young people who participate in both of nbCC's youth development programs came together as a team to give back to their communities at the MLK Day of Service event. The young people picked what form of service they wanted to get involved with. Some of the group went to the dialogue session to learn about the art of conversation, where they discussed how to listen to others and have meaningful discourse.

Some of the other young people stayed in the gym on campus and helped decorate and fill bags with donations of shampoo, toothpaste, toothbrushes and hygiene products that will be given to the homeless, food pantries and others in need. The last group of young people went to the YMCA and helped clean and organize their basement and storage rooms. We look forward to seeing the connections our teens make at events like this. Learning from, talking to and working with different community members is such an inspiring way for the youth development teens to truly get involved in their communities and meet other people who care about taking care of Northern Berkshire County, and the people who live in it.

It is always amazing to see this group of young people donate their day off to serve their community. We are proud of the commitment they have shown to serving their community as well as all the different ways they can give back.

-Carrisa Sacherski, Youth Development

"Safe Routes" in North Berkshire

The Massachusetts Safe Routes to School (SRTS) Program works to increase safe biking and walking among elementary and middle school students by using a collaborative, community-focused approach that bridges the gap between health and transportation. SRTS utilizes the six E's to implement its program- Education, Encouragement, Enforcement, Evaluation, Engineering, and Equity. As nbCC receives funding for Mass in Motion we also benefit from the free Technical Assistance and support from Safe Routes to School.

In January the Western MA Safe Routes to School coordinator, Patrick Higgins, was at Clarksburg School. As part of their Education and Evaluation technical assistance, they offer arrival and dis-

missal observations for schools, observing the patterns for all modes of transportation arriving and leaving the school. Amanda Chilson, Clarksburg School Principal, Vice Principal, and parents were also involved in this process. Notes and check marks were written to record the various behaviors, environmental infrastructure and systems that take place during the arrival and dismissal process. This was a great learning opportunity and it demonstrated simple changes that can be made as well as extensive changes to make things safer for all. Patrick is now taking all of this information and putting together a report that will be presented to Clarksburg School administration and school committee with recommendations on how the environment, systems and behaviors can be adapted to make all modes of transportation accounted for and safe.



▲ Western MA Safe Routes to School coordinator, Patrick Higgins at Clarksburg School observing patterns of transportation.

Safe Routes to School has also offered encouragement and education for the Walk Across America initiative that North Adams Public Schools has registered for. Nicole Esposito, Greylock Elementary School Physical Education teacher, is working with students to track their miles during PE class. She is now going to use those miles that students log each week to “hike the Appalachian Trail (AT)”, moving a marker along the map of the AT based on the weekly mileage of all Greylock School students during PE classes.

SRTS gave Greylock School all of the materials they need to do this in a successful and efficient manner. Ms. Esposito is going to take it a little farther and hang interesting facts, information, and visuals of the AT in the gym. She also intends to work with one of the third grade teachers to learn about the AT in her classroom and try to get students outside on the Appalachian Trail. Stay tuned in future newsletters to learn how far the Greylock School students “hike” along the AT!

-Amanda Chilson, Health and Wellness Coordinator

Teen Writing Workshop Showcase

Each year, the Teen Writing Workshop group hosts two showcases of their work. One, the mid-year showcase, takes place in February, and is an opportunity for some of the work that has been done behind the scenes to be shared with friends, family, and the community. This year’s showcase will take place on Wednesday, February 12th at the Green, 85 Main Street in North Adams, from 5:00 to 7:00 pm.

For those who are familiar with these showcase events, you know that they can be powerful and intimate events. Participants have a chance to share some of the original works created in the comfort and safety of the Teen Writing Workshop Lab (AKA nbCC’s conference room), and this is the first chance that many of our participants will have to share this work outside of those friendly confines. Having a supportive and engaged audience is an invaluable piece of the equation. That’s where you come in!

We’d like to invite you, dear reader, to attend the event. All are welcome and the event is free of charge! All we ask is that you come and be an attentive listener. While the event is open to the public, we do want to give a brief word of warning to parents of young children. An important pillar of Teen Writing Workshop is that we don’t ask our poets and writers to censor themselves. We feel this is an important element of the creative process. For this reason, some content may not be suitable for all ages. Discretion of parents is advised.

For more questions, please contact Carrisa Sacherski at 413-663-7588, or email at csacherski@nbccoalition.org

-Carrisa Sacherski, Youth Development



SHOWCASE

TEEN WRITING WORKSHOP

Wednesday, February 12

5:00 to 7:00pm

The Green

85 Main Street, North Adams

Local teens will read powerful, personal, and moving works that they have written during their Teen Writing Workshop’s sessions. The event is free and will be followed by a reception with refreshments!



For more information, contact Tim at (413) 663-7588 or tshiebler@nbccoalition.org.



This program is supported by the YouthReach Program of the Massachusetts Cultural Council as well as the local Cultural Council of Northern Berkshire.



▲ Joaquin Barnes, Youth Development Coordinator at nbCC and Alix Ziaja have begun the 411 in the 413 planning.

Meet Our 411 in the 413 Interns!

Each year, the 411 in the 413 planning team hires Youth Coordinators to assist and guide the planning process. We feel it is of the utmost importance to include young people in this process, for the sake of the conference's success, as well as the sake of offering a learning opportunity to local young people.

This year, I am proud to announce that we will be joined by not one, but TWO intrepid North County youth as part of our planning team. Alix Ziaja, a senior from Hoosac Valley High School, and a veteran of the Youth Leadership Program, is one member of this team. Alix has become an incredible resource to their community. They've volunteered their time to countless endeavors over the years, including being a leading member of the ROOTS Teen Center Youth Board. Their contributions to their community are truly too many to list here.

Our second Youth Coordinator is Joaquin Barnes. Joaquin is also a veteran of the Youth Leadership Program, and is becoming more active in their community by the day. Joaquin attends McCann Tech, and is also a contributing member of ROOTS Teen Center.

We are lucky to be joined by two such driven and creative individuals. The 411 in the 413 will be held on April 9th at the Berkshire Museum. Each Berkshire High School is allotted ten slots for student attendees!

For more information, contact Tim Shiebler at 413-663-7588.

-Tim Shiebler, Youth Development

Nona's Garden: Rosemary

Lisa Bassi and Jody Bushika, certified herbalists, led 18 participants in a WOW Workshop on Herbs from Nona's Garden. This was the first of a series of Workshops that Lisa plans on leading about six culinary/medicinal herbs that her Nona, Ermelinda Richetti Cozzaglio, brought to North Adams when she immigrated to the United States from Italy. The first workshop focused on Rosemary (*Rosmarinus officinalis*) "dew of the sea". Its botanical family is Lamiaceae which is in the mint family. For culinary uses, adding Rosemary to salt rubs for meats brings out flavor and aids in digestion. Medicinally, there are too many applications to list out here are a few. Rosemary improves memory, mental clarity, reduces inflammation of bronchial, loosens congestion, lifts depression, calms anxiety, helps with exhaustion and insomnia, and is an anti-bacterial, anti-viral agent.

Some ways to make herbal remedies with Rosemary is to make a tea by boiling it to bring out the oils from the plant; make Rosemary honey by picking fresh leaves, lightly filling a jar, adding honey and letting it sit for 4-6 weeks. It can be made into a tincture using grain alcohol, and repeating steps for honey.



▲ Lisa Bassi serves a sample of hot tea made from Rosemary.

Participants were each given a cutting of the Rosemary plant. Lisa asked us to smell and feel the plant and describe what we experienced. The groups observations of the plant's smell, structure and effect were indicative of which ailments Rosemary can help assist in healing. Lisa and Jody passed around different herbal remedies that they made from Rosemary, which included a cold brew tea, hot tea, honey, tinctures, salts, and a coconut oil rub. The entire group learned how versatile Rosemary can be when cooking or making herbal remedies. We all left the workshop feeling uplifted by the aroma and experience of Rosemary.

-Bret Beattie, Health and Wellness

Friendship Center to Host a BIO Listening Session in February

The Northern Berkshire Interfaith Action Initiative, parent organization of the Al Nelson Friendship Center Food Pantry, is a non-congregational member of Berkshire Interfaith Organizing (BIO).

As a member organization of BIO, we will be hosting a North County listening session on Tuesday, February 18, from 5:30 to 7:30 p.m. All are welcome to attend. This will be an opportunity for us and any of our neighbors and pantry friends to express their concerns for possible BIO action campaigns.

We have concluded a very successful letter drive fundraising campaign for our food pantry. Anyone we didn't reach who wishes to donate may do so at our website at <https://friendshipfoodpantry.org/give-help>. Need is still great.

We were pleased to have our rides program receive county-wide attention in the January 28 Berkshire Eagle. As the article notes, we give rides to any food pantry member who asks for a ride home with their groceries. In 2019, our volunteer drivers gave 1,354 rides.

The Al Nelson Friendship Center Food Pantry is an all-volunteer effort, started in 2011, to serve households in North Adams, Clarksburg and Florida Mountain. Located at 45 Eagle St. in North Adams, our members sign up at the Eagle Street Room of First Baptist Church, where a nurse and other services are available. Then they proceed to the pantry, which is open every Wednesday from 10 a.m. to 2 p.m. and 3:30 to 5:30 p.m. Our phone number is 413-664-0123.

- Mark Rondeau

nbCC Bike Collective Open Hours

Every Monday in February - 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.

Grandparents Raising Grandchildren

Tuesdays, February 4, 18 - 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.

Intro to Indoor Gardening - WoW Workshop

Tuesday, February 4 - 5-6:00 pm
UNO Community Center, 157 River Street, North Adams

North Adams Learn about the benefits of plants in the home environment, the popular and widely available varieties of houseplants, growing mediums, transplanting, dividing and more! Workshop led by Chad Therrien, Mt. Williams Greenhouses. RSVP by contacting Bret Beattie at (413) 663-7588 or bbeattie@nbccoalition.org

Free Posture Screening

Wednesday, February 5 - 9:30-11:00am
All Saints Church, 59 Summer St., North Adams

Misalignment can cause pain in joints and muscles, injuries, joint deterioration and muscle tears. Screening can provide you with valuable information to improve your health with a quick 5-minute evaluation. RSVP by contacting Bret Beattie at (413) 663-7588 or bbeattie@nbccoalition.org

Active Parenting of Teens - Parent Workshop

Mondays, February 10, 17 & 24 - 4 to 6:00 pm
nbCC Conf. Rm., 61 Main St., Rm. 213, North Adams

Learn how brain development affects teen behavior and decision-making and improve discipline and communication. Learn about teens and technology and teen bullying, how to spot it and how to handle it. Transportation and childcare are available upon request. Registration is free, but space is limited. To register, contact: Stephanie Puc at (413) 663-7588 or spuc@nbccoalition.org.

Teen Writing Workshop Mid-Year Showcase

Wednesday, February 12 - 5:00 to 7:00pm
The Green, 85 Main Street, North Adams

Local teens will read powerful, personal, and moving works that they have written. The event is free and will be followed by a reception with refreshments. nbCC feels strongly that the TWW participants should deliver unfiltered, unchanged works and for this reason, we

do not ask participants to censor their work. As a result, some content may be unsuitable for children under the age of 14. For more information, contact Tim at (413) 663-7588 or tshiebler@nbccoalition.org.

Kids Safety of America: Child Abuse and Neglect

Thursday, February 13 - 10 to 11am
nbCC's Conference Rm, 61 Main St, Rm 213, N. Adams

For parents and caregivers of all aged children. Child Abuse & Neglect is a prevention and reporting Guide for parents, foster parents, step parents and other relatives. Along with learning the differences between Abuse & Neglect it explains some of the symptoms and also encourages reporting and help for the child. Transportation and childcare are available upon request. Registration is free, but space is limited. To register, contact: Stephanie Puc at (413) 663-7588 or spuc@nbccoalition.org.

Informational Forum and Q&A: Criminal Justice Reform in Massachusetts

Friday, February 14 - 10:00am - noon
The Green, 85 Main Street, North Adams

Hear what the impact of the recent Massachusetts Criminal Justice Reform Act is having in North Berkshire. A panel of experts from the Berkshire County Sheriff's Office, DA's Office, Probation Office and the Juvenile Probation Office will talk about the impact and answer your questions. We are looking for community members from all walks of life to join this important Coalition meeting. There will be an opportunity for introductions, brief announcements of your upcoming events, networking and a resource table available to display your flyers. For more information, contact Amber Besaw at nbCC at (413) 663-7588.

Q & A with nbCC's Family Resource Center

Saturday, February 15 - 10 to 11:30 am
nbCC Conf. Rm., 61 Main St., Rm. 213, North Adams

Curious about nbCC's Family Resource Center? Meet the staff and learn about the workshops, family events, and support groups offered. Ask questions to better understand the services provided and see the space. Enjoy some coffee and refreshments. Transportation and childcare are available upon request. Registration is free, but space is limited. To register, contact: Stephanie Puc at (413) 663-7588 or spuc@nbccoalition.org.

nbCC Meet and Greet for Adams Residents

Wednesday, February 19 - 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!

Family Fun Skate Day

Thursday, February 20 - 11:30-1:30pm.
Vietnam Veterans Skating Rink

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. Sponsored by nbCC.

Narcan Training

Saturday, February 22 - 11:00 to noon
The Green, 85 Main Street, North Adams

Naloxone (Narcan) reverses overdoses and you can safely administer Naloxone and save a life. Learn about the signs of an opioid overdose, how to use Naloxone, overdose risk factors and prevention, The Good Samaritan Law and Tapestry services. Naloxone will be available for qualified individuals. This event is free and open to the public. Registration is preferred. To register or for more info, contact Susan at (413) 663-7588 or scross@nbccoalition.org.

Tree Trivia

Monday, February 24 - 6:00pm
Bright Ideas Brewing, 111 MASS MoCA Way, N. Adams

Get excited for spring tree plantings with a night full of tree-themed questions to test your tree knowledge. The tap room is family friendly with many non-alcoholic beverage choices, and A OK barbecue is open till 7:00 pm. For more info, contact Bret at (413) 663-7588 or bbeattie@nbccoalition.org.

Intro to Plant Allies - WoW Workshop Series

Tuesday, February 25 - 5-6:00 pm
UNO Community Center, 157 River Street, North Adams

This workshop is designed for people who have the desire to begin or deepen their connection to herbal medicine practices. Pre-registration is required and this workshop will be capped at 15 participants. Register by contacting Bret Beattie at (413) 663-7588 or bbeattie@nbccoalition.org.

Beacon Recovery Community Center Open Hours

Tuesdays from 5-7:00pm
Wednesdays from 10am - 2:00pm
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 information, please contact Susan at scross@nbccoalition.org or call 413-663-7588.

UNO Open Hours

Wednesdays and Thursdays, 9am - 12pm, Fridays 12pm - 4pm
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.

Coalition Staff

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Amber Besaw: abesaw@nbccoalition.org

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A Note from the Director. . .

I often wonder who reads through the newsletter and takes the last moment to read the note on this page. I'm not sure who you are, but you have made it here and I want to take a moment to share something with you.

As the Coalition sets forth on its goal to bring people in our community together to tackle some of the difficult issues and topics in our community, many things come into the light. The complexities of human existence are such that it can almost keep us from trying to make change or seeing the possibility in it. However, when we can push all the complexities aside and focus on small things, there is one thing that stands out....the power of self-awareness. Self-awareness is not a simple task, but one, as we look to help others and improve the world around us, forces us to understand who we are and why we do what we do.

Something to think about.. "Every human has four endowments – self-awareness, conscience, independent will, and creative imagination. These give us the ultimate human freedom...

The power to choose, to respond, to change." – Steven Covey

Join us for our monthly forum
Friday, February 14.
Information and Q&A on Criminal
Justice Reform in Massachusetts
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

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