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# Coalition

An update from

## news



September 2021, Volume XXXVII, Number 4

## Congratulations to the 2021 COV Grads!



▲ Clockwise from left, the COV cohort with staff and speakers; Adams Town Manager Jay Green; North Adams Mayor Tom Bernard.

On Monday, July 12, nbCC graduated six North Berkshire residents from their Community Outreach Volunteer (COV) training: Natalie Montoya-Barnes, Rebecca Dodge, Nick Howe, Jean-Marie Laurin, Ashley Shade, and Kimma Stark. The graduation, which featured words of welcome by North Adams Mayor Tom Bernard and a keynote address by Adams Town Manager Jay Green, celebrated the cohort's achievements.

The training, which began in mid-February, provides a multilayered approach to fostering civic engagement and developing leadership. Participants learn about the various social service agencies and community organizations that make up the safety net in the Northern Berkshires to help others better access services; engage in leadership development workshops that cover topics such as conflict management and different styles of leadership; conduct a three-week community assessment

identifying the assets and needs within North Berkshire; and execute a service project that either meets an identified community need or builds on an existing asset.

After completing the community assessment, this year's cohort looked to nbCC and its COV training as the focus of their service project. nbCC expressed a desire to have an updated list of all current and past COV participants, as well as feedback from alums on how to make the program more impactful. The cohort spent two months creating the Alumni Networking Database, which gathered updated contact information, and input regarding the training itself. As incentives for participating in the survey, the first 25 respondents received a custom COV t-shirt, and all others were entered into a raffle to receive a prize from various local businesses. One-third of alums responded to the survey, and the information gathered will be invaluable

to the future success of the Community Outreach Volunteer program.

Although the cohorts achievements with their service project are most certainly laudable, as well as their successful completion of the training itself, it should be noted that these 6 individuals came together, in-person, each and every week during a time of so much uncertainty. Their dedication to and love for their communities was evident from the very beginning, and the friendship that developed among them was a powerful thing to witness. It hasn't been an easy 18 months, but the Northern Berkshires is indeed fortunate for having individuals like Nat, Becky, Nick, Jean-Marie, Ashley, and Kimma, who step up to learn and help their neighbors despite the uncertainty.

- Annie Sunshine Rodgers, COV trainer



Northern Berkshire Community Coalition  
Community Empowerment • Prevention & Wellness

## 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

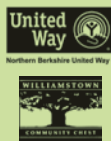
### Public Sources

- 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, with news and announcements from Northern Berkshire agencies and organizations. Submissions must be received by 9:00 am 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 more information, please call 413-663-7588, or to submit an announcement, please email [phzine@nbccoalition.org](mailto:phzine@nbccoalition.org).

# Welcome Jessi Byrne!



Jessi Byrne is nbCC's new Health and Wellness Coordinator. Jessi grew up in Ohio riding horses, jumping hay-bales, pirouetting in dance and participating in every opportunity in Youth Group events. She received her bachelor's degree from Ohio University in English with a minor in Art, focusing in Art History and Design.

Prior to joining the nbCC team, Jessi's career took her many places: she pursued a certification in teaching yoga and Thai massage, which brought her to the jungles of Costa Rica and the Andalusian mountains of Spain. She's also worked as a chef, managing a Friesian equine center, in landscaping design, and home renovation and design, event decorating and planning, a Thai massage practitioner, yoga and group fitness instructor, and editor for a New York based international law firm. After five years of traveling, teaching yoga, massage and managing the Frog Lotus Yoga Studio, Jessi says she decided

to return to North Adams because, “God has called me here to serve the Northern Berkshire community.”

In her free time, Jessi enjoys activities such as horseback riding, kayaking, biking, trekking, skiing, hiking, and traveling. Calling herself a “constant student,” she is passionate about design, building, carpentry, DIY projects, reading, Bible study, deep-dives into scripture, visual journaling, gardening, natural healing remedies and has even completed her first novel, which is in the process of being published.

As Health and Wellness Coordinator for nbCC, Jessi is responsible for overseeing the implementation of environmental, policy, and systems changes to advance active living and healthy eating in Northern Berkshire, as well as the planning, implementation, and evaluation of health and wellness programming through nbCC.

# Reminder: Walk-ins Welcome!

Come by and see us! The nbCC office is open for walk-ins. Give us a call at 413-663-7588 if you have any questions!

## Hours:

Monday through Wednesday: 9:00am to 6:00pm  
Thursday: 9:00am to 5:00pm  
Friday: 9:00am to 4:30pm  
2nd and 3rd Saturdays ONLY: 9:00am-12:00pm  
Sunday: CLOSED

Our Bike Collective at the Ashland Street Armory is also open without appointment on Mondays from 3:30-5:30pm. Don't forget to check nbCC's Facebook page for updates and upcoming events at [fb.com/nbcccoalition](https://fb.com/nbcccoalition).



## Snapshots: Downtown Celebration, August 18



▲ The Downtown Celebration returned on August 18, and we couldn't have been happier to join the dozens of organizations, first responders, and local businesses tabling at the event.

## Fall Plans Abound at nbCC

Having time away from the overwhelming busy-ness of life has been enjoyable for many... right up to the point where we realized how much we have missed being connected to and engaged in the work of getting together as a community to tackle the concerns and needs that impact us and our neighbors.

nbCC is ready to get back to it and we want you to join us. The team at nbCC has missed our community forums, social events, and most of all, we have missed you!

This fall will present nbCC and our greater northern Berkshire region the opportunity to return to the monthly forum tradition, as well as many other community traditions that we have longed to be a part of. I know here at the Coalition, we talk often about how excited we are to be at the Fall Foliage Parade, attend school functions, and gather with folks for workgroups. We have felt super lucky that we have been able to hold neighborhood events, reconvene some of our workgroups in person, as well as host the Summer Basketball League this year. But, we are ready for more.

As the fall approaches and the planning for the monthly forums begins, we want to make sure that our neighbors are ready to jump back in. You are invited to join our team on Friday, September 17, 10:00am, at Terra Nova Church. This will be our first, in-person Community Forum in over 19 months and our inaugural "needs assessment" forum to set the topics and priorities for the year ahead. We know that there are many things to talk about, which is why it is so important that you join us to tell us what you think is important to our community.

If you can't make it to the Forum, you can still let us know what's on your mind. Visit [bit.ly/nbCC2021](https://bit.ly/nbCC2021) to fill out a five-minute questionnaire.

Looking ahead, the team at nbCC is grateful to have the opportunity to be back, in person, with our neighbors and to re-engage our community in the efforts to make this region an even better place for everyone to live, work, and play. See you soon.

- Amber Besaw, Executive Director

### Northern Berkshire Community Coalition Board of Directors Fiscal Year 2022

JEN CIVELLO, President  
Community Resident

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Williams College

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Arts

MARISSA PARKER  
Massachusetts College of Liberal  
Arts

## Snapshots: Summer B-Ball Banquet, BRCC Bocce



▲ L-R, Summer Basketball Banquet at UNO Center, performing maintenance on the UNO bocce courts, and a friendly bocce competition with some of our Beacon Recovery Community Center members

## Summer Session Comes to a Close



As the long winter of 2020 turned into the spring of 2021, the youth development team at nbCC decided that this summer would be a great opportunity to focus on reconnection and re-engagement. The result was a program that we are calling “Summer Sessions”. Summer programming is not new to nbCC youth development, but this year’s program is unique in a few ways. Our goal of providing an avenue for young people to safely reconnect and spend time with their peers led to a program that is basically centered around getting to know new peers, and engaging with the many offerings of the Northern Berkshire Community. In other words, we’re getting together once a week to try and have as much fun as possible in a three-hour time period!

As a result, our youth development team has had a lot of fun meeting new young people, reconnecting with some we haven’t seen in a while, and traveling all over the area to take part in a wide range of activities. Our Summer Sessions kicked off with a visit to one of many local outdoor gems, the Greylock Glen. The group spent some time getting to know each other, before exploring Peck’s Falls on a hot June day. Art was made, rocks were skipped, poetry was written, and at least one person was mercilessly splashed by cold water (spoiler alert, it was me).

The next week saw the group engage with another local staple, the Massachusetts Museum of Contemporary Art. The group spent an afternoon exploring many of the exhibitions at offer at MOCA, including a visit to Sol Lewit’s colorful works, a surreal stroll through Glenn Kaino’s “In the Light of a Shadow”, and an eye opening learning opportunity through Wendy Red Star’s APSÁALOOKE: Children of the Large Beaked Bird. All of this, we were reminded once more, right in our proverbial back yard!

Perhaps our most exciting summer adventure was our recent trip to Lanesborough for some mini-golf in the July sunshine. While no next PGA tour stars emerged (certainly not amongst the nbCC staff who participated), everyone had enough success, and enough of a positive attitude, that it was a day well spent honing our putting skills.

We have three fall programs planned for young people between the ages of 13-19. For more information, or to sign up, you can call Tim Shiebler at 413-663-7588, or email [tshiebler@nbccoalition.org](mailto:tshiebler@nbccoalition.org).

-Tim Shiebler, Youth Development



▲ Summer Session excursions to Greylock Glen and for Mini Golf in Lanesborough



# North Adams Tree Maintenance Updates



▲ Sue White talks to Spectrum 1 News about the Tree Initiative

Our temporary Tree Initiative Coordinator, Sue White, completed a Herculean task in a short amount of time! (Not to mention, she and her volunteers were even featured on Spectrum 1 News in July.)

"It has definitely been fun and we accomplished a lot, pulling the stakes for over 200 City trees and some private business and residents' trees," she noted. "We also did some maintenance and re-staking trees that needed it. Along the way we met a number of folks who were interested in the tree effort. We also performed the inventory of the 'tree trailer' at DPW, counting all the supplies and tools, throwing out anything damaged, and placing everything back neatly on the trailer secured with tarps. I'm looking forward to seeing what the new Tree Commission has planned for the future."

Locations where trees were groomed and stakes were pulled include Heritage Park, Church Street, at Big Y, at Brayton Hill Apartments and the Brayton Playground, on American Legion Dr., the St. Anthony Parking Lot, and also on Sperry Ave. near the Mass MOCA lot.

Many thanks to the volunteers who helped make this all possible, including Michael Pikula, Michelle Cutler, and Kristin Graves. And many thanks to Sue, who really gave her all this summer. We'll miss her friendly presence in the office!

## Tree Maintenance Tips

If you received a tree through the North Adams Tree Initiative, here are some care tips:

1. Remove stakes from trees planted one year or more ago.
2. Continue to water trees at 15 gallons per week in August and September.
3. Redo mulch at tree base in spring 2022. Be sure to first clean weeds/debris from root collar, then place mulch in a donut shape keeping well away from trunk.
4. Prune lightly in year 2 or 3.
5. Be careful not to damage bark at base of tree when weed whacking.
6. If your tree has major problems that require expert advice, call an arborist.



▲ Volunteers help remove stakes from trees

# THE NEiG<sup>i</sup>BORLiES

Don't forget to submit your nominations for the Neighborlies Awards this November!

Visit [bit.ly/Neighborlies](https://bit.ly/Neighborlies) to nominate someone today!

## Bullet Journal Workshop Answers the Question, “What Exactly Is a Bullet Journal?”

On Wednesday, July 28, members of the Beacon Recovery Community Center participated in a Bullet Journaling workshop. You may be wondering, “What in the world is a Bullet Journal?” A Bullet Journal is an organizational system that is completely customizable to fit your needs and your lifestyle, which is the reason why Bullet Journals are so different from regular journals or day planners. Before we get into the “how-to,” let’s go over the supplies that are needed.

### What you will need:

- A Bullet Journal (available online or at local big box stores)
- A Pencil
- A Ruler
- An Eraser
- Fine-Tipped Markers (Optional)

Typically, the different sections and themes in a Bullet Journal are called “spreads.” Curious to learn more? Here are some of the fun and interesting ways that you can organize your Bullet Journal and different spreads that can help you achieve your goals:

**Getting Organized:** One of the most standard and widely practiced uses of a Bullet Journal is as a place to house your to-do lists. Depending on how detailed an individual wishes to get, there may be month, weekly, and even daily to-do lists! A monthly calendar spread followed by weekly spreads can help you organize everything from work obligations to extracurricular activities! On top of that, you can track your bills, calendars, and upcoming events! A finance tracker spread is a great way to keep track of your income or build up your savings!

**Goal Setting:** Bullet Journaling is a great way to set goals.

This may include financial goals, health related goals, or even adventure and travel goals! Because your Bullet Journal carries over from month to month, you can use it as a single location to track and monitor your own personal goals! Some people like to put in spreads that track how much water they drink or how often they work out.

**Clearing your mind:** Sometimes it can feel like so much is happening in your life that it is hard to keep it all straight! Many folks include a “Brain Dump” spread in their Bullet Journals. This is the space to write a list of all the thoughts that are running through your head! This is also a great space to check in with yourself. How are you feeling? What is on your mind as you head into the next week?

**Getting Creative:** Beyond the practical uses of a Bullet Journal, they also present an opportunity to add a flair of creative energy to your life. Many people choose to decorate their journals with gorgeous themes or cute drawings at the beginning of each month. Taking the time to draw and color in your Bullet Journal encourages you to slow down for a bit and relax!

These are just a few ways of using a Bullet Journal, but a simple internet search will yield hundreds of examples! The most important thing to remember is that your Bullet Journal is yours alone and needs to work for you!

- Bri Hantman, Office Coordinator



## Open Positions at nbCC

Apply via mail to Amber Besaw at 61 Main Street, Suite 218, North Adams, MA 01247 or email [jobs@nbcccoalition.org](mailto:jobs@nbcccoalition.org). Please include a cover letter, resume, and contact information for 3 references. For more details about our open positions please visit our website at [bit.ly/WorkAtNBCC](http://bit.ly/WorkAtNBCC) for more information about these positions.

### Prevention and Recovery Coordinator:

Are you passionate about recovery? The coalition is hiring a Prevention and Recovery Coordinator to support the advancement and programming of the Beacon Recovery Community Center (BRCC), as well as supporting the advancement of nbCC's prevention work within the region.

### Family Resource Center Clinician:

The Family Resource Center (FRC) Clinician will provide Comprehensive Mental Health Assessments, including the Family Strengths and Needs Assessment (FSNA) assessment; short term treatment; and Care Planning to Youth and Families of the FRC.

### Family Resource Center School Liaison:

The School Liaison is responsible for providing support to schools and families who have engaged with nbCC. The School Liaison will provide services at the Family Resource Center, in schools, in the community, and in the homes of families, when applicable.

# Coalition Calendar

## Just around the corner: Our first in-person Community Forum in over a year!

Friday, September 17, from 10:00am-12:00pm

Terra Nova, 85 Main St., North Adams

We'll convene for our Community Needs Assessment Forum. (We'll send out an invite closer to the event). Can't make it? Fill out our online survey instead: [bit.ly/nbCC2021](https://bit.ly/nbCC2021)

## Also just around the corner: 2021 Voices For Recovery!

Saturday, September 18, from 12:00-4:00pm

Colegrove Park

Voices for Recovery is back in person! There will be food, music, speakers, and walk down Main Street to City Hall. Register online at [bit.ly/nbccVFR21](https://bit.ly/nbccVFR21). Please call 413-663-7588 or email [lrosa@nbcccoalition.org](mailto:lrosa@nbcccoalition.org) if you have any questions.

## September DIY Craft Kit

September 1-30

Our monthly DIY Craft Kit & Contest for September is just around the corner! Keep an eye out on our Facebook page for more information. Sign up, pick up your kits, create something amazing with your kids, and post a photo on Facebook to be entered to win a raffle. To sign up, email Stephanie Puc at [spuc@nbcccoalition.org](mailto:spuc@nbcccoalition.org) or call her at 413-663-7588.

## nbCC Bike Collective Open Hours

Mondays, 3:30-5:30pm (closed Labor Day)

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 us at 413-663-7588.

## Beacon Recovery Resource Community Meetings:

In-person BRCC All-Recovery Meetings at Terra Nova (85 Main Street, North Adams) happen on Wednesdays, from 10:00am-2:00pm (note new time!). ALL are welcome.

All-Recovery phone-in/Zoom meetings continue on

Monday, Tuesday, Thursday, and Friday, 1:30pm-

2:30pm. The information for logging in follows:

ZOOM meeting link: [bit.ly/BRCCmeet](https://bit.ly/BRCCmeet)

MEETING ID #: 878 9287 2269

or call in via one of these numbers: 312 626 6799, 929

205 6099, 301 715 8592, 346 248 7799, 669 900

6833, 253 215 8782

MEETING ID #: 878 9287 2269

If you have any questions about this meeting or other

recovery resources available during these challenging days, please contact us at 413-663-7588 or [lrosa@nbcccoalition.org](mailto:lrosa@nbcccoalition.org).

## Grandparents Raising Grandchildren

First & Third Tuesdays, 4:00-6:00pm

nbCC's Family Learning Center at 61 Main St., 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. Free pizza and childcare are provided, but you must register beforehand. Unvaccinated children, and those under age 12, must wear masks. For more information or to register, call 413-663-7588 or email [dsenecal@nbcccoalition.org](mailto:dsenecal@nbcccoalition.org).

## Fall 2021 nbCC Youth Programs

The Youth Leadership Program (YLP) is designed to give young people an opportunity to learn about themselves, build on skills that they possess, and find ways to impact their communities. This program is an opportunity for people ages 14-19. The Youth Empowerment Program (YEP) is designed as a way for young people to explore and build their skills. This program is for students in grades 6-8. The Teen Writing Workshop (TWW) lets participants write for the sake of writing, share their work with the group, and offers the opportunity for them to share their work at public reading events and in a printed literary journal. All three programs meet weekly and begin in October. Call us at 413-663-7588 for more information, or fill out this application online at [bit.ly/nbccYouth21](https://bit.ly/nbccYouth21).

## Magia 1-2-3 (series de 3 puntos)

jueves, septiembre 2, 9, 16

10:30am-noon, nbCC sala de conferencia, 61 main st, Rm 213, North Adams

Aprender a disciplinar sin discutir, gritar o disciplinarse físicamente, gestionar el comportamiento problemático con paciencia y compasión razonable, fomentar y respetar la creciente independencia de los niños, aprender

estrategias para desarrollar la autoestima. Para registrarse contacte Carlota Serre, 413-663-7588, [cserre@nbcccoalition.org](mailto:cserre@nbcccoalition.org).

## IEP Workshop

Wednesday, September 15

4:00-5:30pm

nbCC Conference Room, 61 Main St., North Adams

Learn how to request an evaluation for an IEP, what the process will be like, and what questions to ask at an IEP meeting. Participants will receive a binder with information and an organization section to keep important school information. Pre-registration required. Call Donna at nbCC-413-663-7588 or email [dsenecal@nbcccoalition.org](mailto:dsenecal@nbcccoalition.org). Please wear a mask.

## Parenting Journey

Tuesdays, September 14-October 26, 9:30-

11:30am, UNO Community Center, 157 River St., North Adams

The mission of Parenting Journey is to create safer, more resilient families by supporting them in developing their inner strengths, life skills, and network of resources they need to succeed, with an emphasis on the parent as a person rather than on the child. This program takes a positive approach to self-reflection for parents or caregivers from all backgrounds who have experienced violence or childhood trauma, are in recovery, are working to regain custody of their children, and more. To learn more or to sign up, contact Stephanie Puc at 413-663-7588 or [spuc@nbcccoalition.org](mailto:spuc@nbcccoalition.org).

## Parent Support Group

First & Third Mondays, 4:00-6:00pm

nbCC's Family Learning Center, 61 Main St., North Adams

The mission of this group is to create a space where parents can feel connected to a community of peers, to share interests, experiences, and challenges in childrearing. You can vent your frustrations or celebrate your successes in a judgement-free, confidential space. To learn more or to sign up, contact Jill Burdick at 413-663-7588 or [jburdick@nbcccoalition.org](mailto:jburdick@nbcccoalition.org).

## Recovery Coach Training

October 11-15 8:30am-4:00pm; October 18-20, 8:30am-4:00pm

NORAD Mill, 60 Roberts Drive, North Adams

This training will help individuals by providing the core training and two of the supplemental trainings needed for Recovery Coach Certification. Additionally, it provides the foundational training needed to be employed as a Recovery Coach. Call us at 413-663-7588 or stop by our office to pick up an application. This training has a fee of \$25.00 for all 8 days. Scholarships are available. Deadline to apply is October 7.

Northern Berkshire Community Resource Guides are now available in Spanish at [www.nbcccoalition.org](https://www.nbcccoalition.org). Or stop by and pick one up at the nbCC office!



## Coalition Staff

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nbCC is  
supported by:



## Mark your calendars!

**Join us for our first in-person  
Community Forum in over a  
year!**

**Friday, September 17,  
10am-12pm, at Terra Nova,  
85 Main St., North Adams**

**Our September Community Needs Assessment  
Forum is Friday, September 17, 10am-12pm**



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

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online at [www.nbcccoalition.org](http://www.nbcccoalition.org)*

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