



B.O.L.D.

In Print

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BOLD's 2007 Annual Meeting

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The BOLD Coalition held their Annual Meeting on March 20, 2007 in the spectacular setting of the **International Institute of Culinary Arts**, the former Central Congregational Church building on Rock Street. The theme of this year's meeting was "Making a Difference." The assembly of nearly 70 participants listened to **District Attorney Samuel Sutter** describe the epidemic of binge drinking among college students. "This should remind us that substance abuse is not confined to persons from less privileged settings," noted the recently-elected official. In the coming year, BOLD will be working with other organizations to educate the community and reduce binge drinking.

The audience also

heard moving testimony from **Ron Rezendes**, Duffee High School student (see story below).

Members in attendance elected BOLD Advisory Board officers and committee chairpersons for the coming year. **Tom Pasternak**, owner Walsh Pharmacy, will serve as Vice-chair and Acting Chair of the Coalition. **Ana Estrela**, Director of the STARR program at the Old Colony Y, will serve as Treasurer. **Ron Weisberger** from BCC will continue on as Chair of the Mission-Vision Committee. **Sue Sterrett** from the Fall River School Department will chair the Data Committee. **Jeanne Santos**, realtor and leader of the Maplewood Neighborhood Association, will chair the Events Committee and **Gail Fernandes**,

parent and addiction treatment counselor, will serve as Vice-Chair.

Janet Shartle from the May Institute will continue as Chair of BOLD Print, and beginning in June, **Kim Rodrigues**, parent and BCC student, will serve as Vice-Chair. The Board is seeking a Chairperson and welcomes your input.

Fundraising and Membership committees are forming and need leaders and members! Committee chairpersons of existing committees welcome all who are interested in stepping up and contributing to our work to prevent youth substance abuse. The BOLD Workplan for this year includes many tasks for each committee and all need more members.

How Substance Abuse Really Affects People

...Having been a member of TADA, this past year, I have learned much about myself and have been presented with opportunities to make a difference in my community. My active involvement in TADA and the wonderful friendships I have gained, because of my BOLD membership, are valuable

assets in my life and help me to define who I am.

Nonetheless, this year has also brought upon tremendous challenges and it has required me to find courage within myself to overcome some painful hardships....

My friend grew up in a world of hurt, disappointment, and sadness. He was

first introduced to drugs at the age of 8, when he discovered that his mom was selling them.... [Soon he would realize] the negative effects drugs would have on his mom and the dangers that came along with it. ...What should have been quality time spent with his mom, **(continued on pg. 2)**

Visioning at the Mass Forum

The March training at Mass Forum challenged your BOLD team to imagine what our community could look like in 25 years. In our dream, *Newsweek* had a feature story headline: "10 Best Places in the World to Raise a Family!" Fall River was on that list. Our city was smoke, drug and violence-free. Police officers didn't need to carry guns because there was little crime. In this vision, our community has:

- Interesting jobs for everyone
100% employment
- Available and affordable public transportation
- Safe neighborhoods
- Renovated mill buildings providing dancing and music for young people

- After school programs
- High school students mentoring elementary and middle school students
- Healthy residents: type 2 diabetes eliminated, very low incidence of heart disease
- A children's museum
- Engaged youth connecting with seniors
- Thriving waterfront – many ethnic restaurants
- 100% graduation rate with the majority completing higher education and returning to the community

"Dreaming big" allows us to extend our reach for goals that may seem impossible, but through sustained effort over time, become

more possible.

The facilitators at the Forum bestowed high praise on Fall River because the 2005 Mass Forum team, led by Dave Weed, conducted a nine-month visioning process, which involved 1000 people. Healthy Cities is the result of that effort.

Attending these trainings at Mass Forum is a marvelous opportunity to open one's mind to the many opportunities for making a difference. If anyone would like to attend next year's Forum or would like to attend the remaining sessions this year, please talk to Susan Wolfson or another member of the BOLD staff.

(Written By Susan Wolfson: BOLD Staff).

(cont. from pg.1)

instead, were visits to a jail...But being the momma's boy that he was, he cherished the moments they did share: their playtime with the cats; going horseback riding (which his mom loved), and of course mastering the carnival games. She was so awesome at high striker; she swung the sledgehammer so quickly and with such strength. Those were the good times!...

My friend would then face, perhaps the most difficult experience, of his life. This past November, his mom became really sick; the drugs and alcohol were taking a serious toll on her life. She was in the hospital for quite some time recovering from the past effects of substance abuse...Saddened by the circumstances surrounding the situation, he found it difficult to visit her in the hospital...

At 10:45 am, on December 25th of 2006, he received a phone call from his sister. It was at that moment that he learned of his mother's death. Feelings of fear, sadness, anger, guilt, and regret spilled over what was supposed to be a day of fun and family.

Substance abuse is a disease that

not only affects the person suffering from it, but it affects the entire family and everyone that loves and cares for them. It affects husbands, wives, parents, friends, and children. I am one of those children.

The story I just shared with you is about my life and my relationship with my mom. While nothing can change the events of the past, we can impact the future...My experiences have challenged me to look at life through a different pair of lenses and encourage those who continue to fight the same struggle.

When I think about my life and the important milestones I have reached, I think: How would it feel, had my mom **not** been around to see me read my first book, *Goosebumps*? How would it feel, had my mom **not** shared my first grade graduation with me? How would it feel, to **not** see my mom in the stands at one of my important basketball games? How would it feel, for my mom to have **not** been part of my excitement when I received my permit? And now I think: How will I feel, to **not** have my mom in the crowd smiling and waving at me when I cross the stage at my high school graduation? How will I feel, to **not** have my

mom present when I accomplish my life-long dream of becoming a firefighter? And, how will I feel when someday I begin a family and I **can't** share my joy and happiness with my mom?

In the end, I am saddened to live my life without my mom by my side...[But] I continue to grow as a person and I often remind myself who my mom really was, beyond the choices she made; she was a loving, energetic, outgoing, and caring person. She will forever be with me, in my mind and in my heart and I know she watches over me. My hope is that she is happy with the decisions I make and is proud of who her son is.

(Written by Ron Rzendes: Member of Teens Against Drug Abuse)



Mentoring Opportunities

Too many young people do not have a caring adult mentor to provide encouragement and support. Mentoring programs can provide the link to this support, but need volunteers to close the gap. Currently, four mentoring programs in Fall River are seeking volunteers to help close that gap: Family Service Association's Big Friends Little Friends and LIFT programs, SMILES and Fall River Youth Build.

Big Friends Little Friends is a community based mentoring program that pairs children, ages 7-14 from the Greater Fall River area, with caring adults to form one-on-one mentoring relationships and friendships. Big Friend mentors spend 3-5 hours a week, or every other week, with their Little Friend doing what they en-

joy doing together. All mentors are encouraged to make a minimum of a one-year commitment to a child. Adults aged 18 and older are encouraged to contact Katje Fuson at 508-730-1138, ext. 3155 or send an email to bfllf@frfsa.org to learn more about becoming a mentor.

LIFT is an Adult Foster Care Program for young adults between the ages of 18 and 22 who have aged out of the Massachusetts Department of Social Services Foster Care System. The program features Community Mentors provide a supportive relationship to young adults and assist them in their transition to independence. For further information, contact Karen Lima at 508-730-1138, ext. 3212 or email Karen at klima@frfsa.org.

SMILES (South Coast Mentoring Initiative for Learning, Education and Service) is a one-to-one mentoring program with caring adults from the community meeting weekly for 1-2 hours with students from Kuss Middle School. For more information about SMILES, call 508-999-9300 or email

jmathes@smilesmentoring.org.

Youth Build Fall River is seeking to establish a mentoring program for the 26 enrolled students. Youth Build, which engages at-risk, out-of-school, low-income youth, assists the students in earning a GED and enables them to serve their communities by building affordable housing. For information about volunteering as a mentor, contact Jamison Souza at 508-679-0922.

Speak Up Fall River

A forum for a Citizen's Agenda will be held Saturday, April 14th from 10am-12 noon at the Visitor's Center in Heritage State Park at Battleship Cove. The Citizen's Agenda will be presented to each candidate. After the elections, the agenda will be the blueprint for engaging with the elected officials in regular meetings to follow up on their progress.



The goal of the Citizen's Agenda is to make the campaigns more about substance than just political signs and speeches. The forum will not endorse any candidate but will provide you an opportunity to take action on issues that affect your lives and to gain strength in unity with others who share your concerns. Do you have a vision for a new Fall River? Come make yourself heard.



Is now on the internet.. Please visit www.boldcoalition.org or www.myspace.com/boldcoalition



TADA Members: (From Left to Right) Jared, Darwin, Meredith, Ron, Cory, Sasha, Amanda, Angela, Andrew, & Brent.

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Difficulty Level: Easy



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Building Our Lives Drug-Free



Meeting Schedule

APRIL 2007

April 11: Massachusetts Forum in Shrewsbury.

April 12: Advisory Board Meeting. 4:00pm @ SSTAR.

April 14: Speak Up Fall River. 10-12 @ Heritage Park Visitor's Center.

April 24: Data Meeting. 3:30pm @ SSTAR.

April 26: Mission/Vision Meeting. 3:30pm @ SSTAR.

Parenting Wisely Group Schedule @ SSTAR:

April 4, 11, 18, & 25.
 Groups begin at 12:00 & 5:30pm.

Parenting Wisely Groups in the Community:

April 12 & 26 @ 6:30. Henry Lord School.
 April 26 @ 6:00. Greene School.

TADA Meeting Schedule:

April 2, 4, 11, 16, 18, 23, 25, & 30. Group meets 3:00-5:00pm every Monday & Wednesday.

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					