

The logo features a stylized starburst or snowflake shape composed of four human figures in blue and purple, arranged in a circle. To the right of this graphic, the text 'Greater Falls' is written in a large, blue, serif font. Below it, 'CONNECTIONS' is written in a smaller, purple, sans-serif font. At the bottom, 'A Monthly Community Newsletter' is written in a black, italicized, serif font.

Greater Falls CONNECTIONS *A Monthly Community Newsletter*

Volume 2 | March 2024



CADCA conference fun and informative

In late January, Ginger Driscoll, prevention specialist, travelled to the Washington, DC area for this year's annual conference sponsored by Community Anti-Drug Coalitions of America (CADCA). Ginger reported that she learned a lot in the many sessions and enjoyed going to the Capitol to meet congressional members (or their staff) from Vermont. She says that she had a lot of fun and is very happy to have gone.

The dangers of flavored tobacco



Harm reduction is a research-based approach that looks to improve the health and safety for people who use substances, including methods such as needle exchange programs, expanding access to other services, and recovery services. This approach puts the focus on the people who are using substances and empowering them to make their own choices and set their own pace to heal and reach their personal health goals.

Learn more about teen dating violence

Teen Dating Violence Awareness Month in February promotes discussions around healthy relationships and consent for youth. This year's theme, Love Like That, is about how we show love and want to receive it in return, and how to express that love for yourself as well. To learn more about healthy relationships and dating abuse, you can visit the Love Is Respect project's website at loveisrespect.org

Ready to give up smoking?

If your New Year's resolution to give up smoking or vaping is not going as well as you hoped, cessation classes can help get you going or stay on the path and provide support with patches, gum, and a teacher who understands the struggle. You can register for classes at myhealthyvt.org. While you're there, check out the other healthy lifestyle programs available.

Make a donation to support our work

Would you like to support our work? GFC provides community building and substance use prevention for youth and young adults. We work with community partners in Windham and Windsor counties, the schools, community members, and families.

Become a GFC Guide today! To find out more or make a donation, visit our website at greaterfallsconnections.org/donate

Keep your kids and pets safe with lock boxes

GFC has lock boxes that can be used to prevent your kids and pets from getting to your cannabis products. There has been an increase in the number of kids and pets who have needed emergency medical care because they ate cannabis food and other products. One way to prevent them from having access to them, is to store them in a lock box. This is also a great way to keep your kids and pets from getting into your prescription medications. Give us a call or send an email to info@greaterfallsconnections.org

LGBTQIA+ people looking for community

Creating events such as mixers or dinners and having a safe space to gather topped the list for the LGBTQIA+ (Lesbian, Gay, Bisexual, Transgender, Queer or Questioning, Intersex, Asexual, and more) community members of the Greater Falls area.



In addition, the survey results identified a need for physical and mental health practitioners who are experienced working with LGBTQIA+ people and do not use stigmatizing vocabulary. GFC is creating a taskforce to address the needs for the LGBTQIA+ community. For the survey details, visit <https://www.greaterfallsconnections.com/copy-of-support-lgbtqia>

eCHECKUPS TO GO

Green Peak Alliance (GPA) and **Bennington County Regional Prevention Program (BCRPP)** has released an online check up tool on alcohol for young adults in Bennington, Windham, and Windsor counties. The eCHECKUP TO GO tools are free for the user and anonymous. The tools will give the young adults (ages 18-26 years old) the information on where they can get support and learn more about their alcohol. They can use the checkups repeatedly to allow them to track their usage and health in regards to both substances and see where they may need to make changes.

Please share this link (<https://echeckup.sdsu.edu/usa/alc/adult/windham>) with the young adults in your area.

Seeking new advisory board members



The Advisory Board at GFC is seeking new members ages 13 and older. The only qualification is that you live or work in the greater Bellows Falls area and care about providing a better community for all and reducing substance misuse, especially among youth and young adults. The board meets on the 4th Monday of each month from 5:30 to 7 p.m. To sign up, please [click here](#). For more information, email Neil at neil@greaterfallsconnections.org.

Advisory Board meetings

The meetings for the GFC Advisory Board have moved to the fourth Monday of the month, from 5:30 to 7 p.m., at Parks Place on the second floor. The meetings are open to the public. If you're interested in finding out more about what GFC does, come to a meeting and ask your questions.



Outburst Teen Night

Friday, Feb. 2, from 7 to 9 p.m., at Main Street Arts in Saxtons River. For teens 13 to 19 years old. Come hang out in a welcoming space – do art, chat, listen to music, write, or sing a song. Free snacks and drinks. Please check the Facebook event page for updates on cancellations.

LGBTQIA+ Hangout

Join us for a FREE hangout space for LGBTQIA+ people age 18 and older. Stop by Parks Place from **2-4pm on the second Saturday of each month**. Please check our Facebook page for updates on cancellations.

Let's Get Crafty

The community age 18 and older is welcome to join us for crafting fun! We'll have lots of fun seasonal crafts as well as our other materials available. The program meets the **second Tuesday of each month from 2-3 p.m.** The program is held at Parks Place in Bellows Falls on the second floor. Please check our Facebook page for updates on cancellations.

Let's Grow Indoors

Join us for an afternoon of gardening on the **third Tuesdays of each month, from 2 to 3 p.m.** at Parks Place, at 44 School St. Ext. in Bellows Falls, 2nd floor. Learn how to plant and maintain an indoor garden. No experience needed. Plan on getting messy. Please check our Facebook page at www.facebook.com/events/282286361161557/282286391161554 for updates on cancellations.

Advisory Board Meeting

Monday, Feb. 26, from 5:30 to 7 p.m., at Parks Place in Bellows Falls. The community is invited to attend. Please check our Facebook page for updates on cancellations or location changes.



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"You are receiving this email because you expressed interest at one of our events, meetings, or other venue."

Our mailing address is:
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Learning About the Leaf

Identifying the Parts of a Leaf

Axil: The part of the leaf where the petiole meets the stem.

Petiole: The stalk that supports the leaf and attaches the leaf to the stem.

Stipule: A small growth at the base of the petiole that resembles a small leaf.

Vein: The wrinkles and pipes on the blade that transport food and water.

The Color of Leaves

Leaves get their colors from pigments, which are naturally produced by the leaf cells. There are three pigments:

- Chlorophyll for green leaves.
- Carotenoid for yellow, orange and brown leaves.
- Anthocyanins for red leaves.

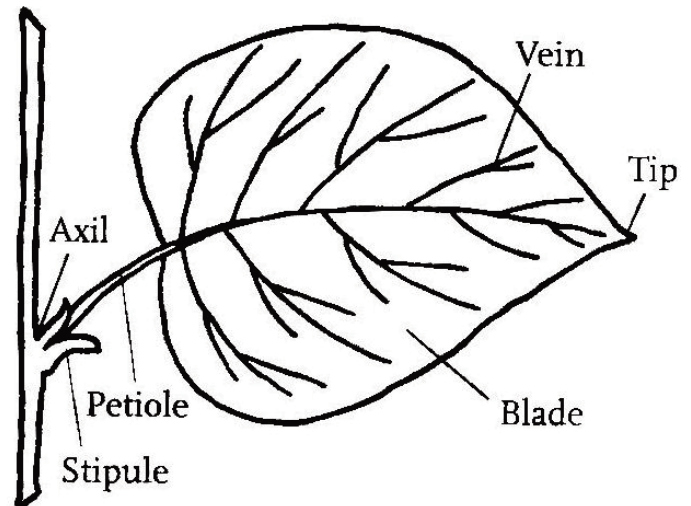
During the summer, trees use sunlight to convert water and carbon dioxide into sugar that feeds the tree. This is called photosynthesis. This takes a lot of work and by the time autumn arrives the trees need a break. The shorter days and decreasing amount of sunlight tells the trees that they need to stop creating chlorophyll, which allows the carotenoid to show through.

Not all trees have anthocyanins, and it is only made during autumn. The anthocyanins are a kind of protection for the trees and allow them to recover nutrients so that the tree is ready for the next growing season.

The best fall colors for the leaves happen when there is an autumn with plenty of warm days and cool nights; a warm, wet spring; and a summer that hasn't been too hot or dry.

Tip: The end of the leaf.

Blade: The body of the leaf.



Connect the Dots

What kind of leaf did you make?

