



COVID-19 Remembrance



A group of Conway residents gathered with a single candle outside Saint Mark's Church at twilight on January 19, remembering the 95 people of Franklin County and others in our lives who have died from COVID-19. The church windows and doors were open and welcoming as we listened while Pamela Gilmore filled the night air with "Amazing Grace" and other meaningful hymns. Following the music, each person silently walked to a ship's bell that had been mounted by the door, where we rang one toll, illuminated by the light of the church in a solemn tribute to those who died.

Bells also rang out in Pumpkin Hollow and other places across town as residents marked this moment of remembrance.

Conway Council on Aging

The COA receives a grant from the state Executive Office of Elder Affairs and an appropriation from the town. Meetings are held on the first Wednesday of the month at 9:00 a.m. in Town Hall. There will be no meeting in February; next meeting is March 3. For more information, contact Patricia Ann Lynch, COA chair, at 369-4284.

Senior Calendar for February

- **Healthy Bones & Balance Classes** These free classes, sponsored by RSVP, held on Zoom, and led by Gary Fentin, offer a combination of upper body, lower body, core, and balance exercises. Meeting dates and times: Tuesdays from 9:00-10:00 a.m., Fridays from 9:00-9:30 a.m. Contact leader Gary Fentin at 369-0001 for the Zoom links.
- **Monthly Foot Care** Foot clinics are held on the first Monday of the month in Town Hall by appointment only. The next clinic will be Feb. 1. Call Peg Tiley at 369-4010 for information or to make an appointment. Face masks are required. There is a \$20.00 fee.
- **Grab-and-Go Meals** The COA offers fully prepared meals from LifePath Thursdays at noon for curbside pickup at Town Hall. Menus vary. For more information or to sign up for a meal, call Peg Tiley at 369-4010 or Carolyn Thayer at 369-6948. LifePath suggests a voluntary donation of \$3.00.
- **Yoga for Seniors** Led by Jody Fontaine on Zoom on Wednesdays. Class times: mat yoga, 10:00-11:00 a.m.; chair yoga, 11:30 a.m.-12:15 p.m. Call Jody at 413-824-9435 for the Zoom links.

Senior Services

Durable Medical Equipment Loans The COA has items of durable medical equipment available for loan, including wheelchairs, walkers, crutches, canes, tub and shower chairs,

commodes, raised toilet seats, and a CPAP machine. Call Hank Horstmann at 369-4405 to borrow equipment. Owing to lack of storage space, we are currently unable to accept donations of equipment.

Home-Delivered Meals Meals on Wheels are still being provided during the COVID-19 crisis by LifePath for Conway seniors. Call LifePath at 773-5555 for further information and registration.

Transportation for Medical Appointments and Shopping The Shelburne Falls Senior Center provides curb-to-curb van transportation within Franklin County for seniors 60 and over, for medical appointments and grocery shopping. Call the center at 625-2502 to make an appointment at least 48 hours in advance or for information about reservations and fees. A short application with a copy of a photo ID is needed to be pre-approved for ridership. Fares range from \$.75 to \$2.25 each way. For rides to out-of-county medical appointments, call the FRTA at 774-2262 x 163 for information and reservations.

News from the Conway Board of Health

Life in the Time of COVID

We want to update you on the COVID-19 positivity rate in Conway. We also thought it might be a good time to make clear a few of the most commonly heard phrases and rumors in relation to the pandemic. Our positivity rate as of January 1 to January 12, 2021, is 4.55%. We are still in the gray zone with five new cases in the last 14 days. These numbers came from the results of molecular tests only. (*Molecular tests* in this context refers to a PCR test, which is the most common test for COVID being done.

Quarantine vs. isolation: Quarantine separates and restricts the movements of people who were exposed to a contagious disease to see if they become sick. Isolation separates sick people with a

contagious disease from people who are not sick. (Information from www.cdc.gov.)

Herd immunity: When most of a population is immune to an infectious disease, this provides indirect protection for those not immune. (Vaccination is a type of direct protection.)

A person with COVID may be contagious 48-72 hours before experiencing symptoms themselves. In fact, they may be their most contagious during this time frame (www.health.harvard.edu).

Having had the COVID virus appears to provide protection similar to that provided by the vaccine. It is now felt that this protection lasts for at least five months. There is also evidence that someone who has had COVID can be a carrier of the disease, yet be symptom-free themselves. It is also felt that even those who have had the vaccine can possibly be carriers. What we need to take away from this is that mask wearing and social distancing should continue for the foreseeable future.

Volunteers for COVID Vaccination Clinics

Thank you to all of you who helped out during FRCOG's fall flu clinics and/or who have expressed interest in helping us with COVID vaccination clinics. As we are planning for vaccinating those over 75 in February and the general population in April, we wanted to let you all know how you can become involved if interested. Because the Medical Reserve Corps (MRC) is an organization created to work with volunteers for medical responses, it makes sense to us to partner with them. Through the MRC, volunteers receive a standard CORI/SORI check and are required to take a minimum amount of training that prepares them to work in an emergency response environment. NOTE: Anyone can join the MRC; a medical background is not required. Therefore, if you are interested in helping us this spring (and are not already an MRC volunteer), please go to WMMRC.org to learn

how to join. Once you create a profile, you can affiliate yourself with the Franklin County MRC unit, and someone will contact you to follow up. If you have any questions, please reach out to the Franklin County MRC coordinator, Carmela Lanza-Weil.

After Vaccination: Keep Your Mask On!

From the Centers for Disease Control (CDC)

Question: Do I need to wear a mask and avoid close contact with others if I have gotten two doses of the vaccine?

Answer: Yes. Not enough information is currently available to say if or when the CDC will stop recommending that people wear masks and avoid close contact with others to help prevent the spread of the virus that causes COVID-19.

Experts need to understand more about the protection that COVID-19 vaccines provide in real-world conditions before making that decision. Other factors, including how many people get vaccinated and how the virus is spreading in communities, will also affect this decision. We also don't yet know whether getting a COVID-19 vaccine will prevent you from spreading the virus to other people, even if you don't get sick yourself.

While experts learn more about the protection that COVID-19 vaccines provide under real-life conditions, it will be important for everyone to continue using all the tools available to help stop this pandemic. To protect yourself and others, follow these recommendations:

- Wear a mask over your nose and mouth
- Stay at least six feet away from others
- Avoid crowds
- Avoid poorly ventilated spaces
- Wash your hands often

Community Resources for Those in Need

COVID-19 and the challenges it has presented to our work and home lives have negatively affected many people, and Conway residents aren't exempt. The following is a list of local resources where help is available in a number of areas. This list is also posted on the town website, www.townofconway.com, and updated regularly. We will reprint it in *Conway Currents* when space permits.

Information Resources

COVID-19 Community Resources: – Tapestry
<https://www.tapestryhealth.org/covid-19-community-resources/>

Department of Transitional Assistance: 413-772-3400, 877-382-2363. Information on SNAP (food stamp) benefits, economic assistance, and other resources.

Greenfield COVID-19 Community Information Line: 413-775-6411

LOOK4HELP: Public online resource directory for social services in Franklin County, Hampshire County, and the North Quabbin region.
www.look4help.org

Resource Guide for Franklin County and North Quabbin (1).docx
<https://cacfranklinnq.org/files/>

Assistance in Multiple Areas

Community Action: 413-774-2318. Offers a wide range of public assistance and community support programs including fuel assistance (413-774-2310), heating system repair and replacement (413-376-1115), heating and utility payment assistance, service shut-off protection, energy efficiency/weatherization (413-376-1140), financial counseling/tax assistance, and assistance applying for SNAP benefits.

The Salvation Army: 413-773-3154. Provides a wide variety of services and assistance programs that include free food from local pantries; housing and rent payment assistance; electric, gas, water, and general utility bill payment programs; and prescription expense assistance.

Food Resources

Center for Self-Reliance Food Pantry: 413-773-5029. Prepacked bags of food for sidewalk pickup at 156 Main Street, Greenfield. Mon., Tues., and Thur., 11:00 a.m.-4:00 p.m.

FoodSource Hotline: 1-800-645-8333. Project Bread's hotline connects people with SNAP benefits and other food resources in their communities. People in need can also reach hotline counselors by instant message through www.gettingsnap.org.

Hilltown Churches Food Pantry: First Congregational Church, 429 Main Street, Ashfield. 413-625-0020. Food distribution is held every other Tuesday from 2:00 to 6:00 p.m. Emergency food is available during off hours.

Foreclosure Assistance and Mortgage Help

Franklin County Regional Housing & Redevelopment Authority (HRA): 413-863-9781. Runs programs including mortgage delinquency and default resolution counseling, housing counseling, housing authorities and mortgage foreclosure information, housing search and information, and RAFT intake. www.fcrhra.org

Residential Assistance for Families in Transition (RAFT): A program to serve eligible households facing a housing crisis due to a loss of wages or increase in expenses related to or resulting from COVID-19. HRA is conducting RAFT intakes by phone or online: 413-863-9781 x150 or www.fcrhra.org/emergency-assistance/raft

Western MA Foreclosure Education Center: 413-233-1622. Provides at-risk homeowners with counseling and a variety of support services to prevent housing loss, including mortgage foreclosure assistance.

Services for Elders and Persons with Disabilities

LifePath: This nonprofit organization serving older people, people with disabilities, and caregivers in Franklin County and the North Quabbin region offers in-home services, Meals on Wheels, health insurance help, and much more. For information contact LifePath at 413-773-5555, email info@lifepathma.org, or visit www.lifepathma.org.

Utility Assistance

Massachusetts Good Neighbor Energy Fund: 1-800-262-1320. Provides funds for heating source (paid directly to your energy provider) for those who exceed fuel assistance. Covers oil, wood, gas, propane, electric.

WMECO Special Assistance Program: 1-800-286-5844, Mon.-Fri., 8:00 a.m.-4:00 p.m. Helps customers who qualify for fuel assistance pay off their account balance if at least \$100 and 60 days late.

Hilltown Churches Food Pantry

The Hilltown Churches Food Pantry is located in the downstairs of the Congregational Church on Main Street in Ashfield. The only requirement for joining the food pantry is proof of residency in one of the towns that we serve and a simple statement of need. There are no income requirements so please come and sign up.

The Food Pantry serves the eleven Hilltowns of Ashfield, Buckland, Charlemont, Colrain, Conway, Hawley, Heath, Monroe, Plainfield, Rowe and Shelburne.

Food distributions are every other Tuesday from 3 to 6 PM. We typically serve about 600 people at each distribution. Distribution calendars are available at the Congregational Church or can be mailed directly to you. For weather/closure updates listen to WHAI (FM 98.3) or Channel 22.

Please come in and see us to sign-up for food if you have the need, it is easy and confidential as we are there to help.

We rely on donations of money and food for our continued operation. We are able to stretch our money by shopping at the Food Bank of Western Massachusetts as they provide most foods free and for a few for 19 cents/lb. Last year we gave out 85,616 pounds of food to those in need. We spend 96-98% of our budget directly on food.

Should you wish to make a donation our mailing address is : First Congregational Church, PO Box 161, Ashfield, MA 01330-0161.

A Few Benefits of Eating an Apple a Day

by Peter Farber

We've probably all heard the saying "an apple a day keeps the doctor away," but should we believe it? Even though you wouldn't want to completely stop seeing your doctors once you pick up the habit of eating apples regularly, the proverb is definitely onto something when it comes to apples and health benefits. Similar to eating bananas every day for their nutrients, the positive side effects of eating apples on a consistent basis are far-reaching throughout your body and mind. It's a habit that your body will most definitely be thanking you for: you'll be able to feel it and see it.

Weight Loss There's nothing like finding a snack that can help to kick start your weight loss goals, and apples are definitely that. The reason for this is they're packed with two things that help to keep you fuller for longer: fiber and water. According to a study published in *Appetite* (April 2009), individuals who ate apple slices before a meal felt fuller and ate an average of 200 calories fewer than those who did

not eat apple slices. That's a good sign for those of us trying to lose weight – and definitely a reason to give apples a try.

Neurological Benefits Now, this is an interesting one. Even though studies thus far have been done only on animals, the results are promising for humans as well. A 2019 study on rats published in *Clinical Nutrition Experimental* found a connection between quercetin, which is found in apples, and its neuroprotective effects on the mind.

So, what does this mean? To break it down, it appears that the contents of the apple help neurons in the brain stay alive and continue to function, which is an extremely important job and another reason to start snacking on apples.

Immunity Eating apples can also help to boost your immune system, something that's so crucial to do, especially during a global pandemic. Again, it's the quercetin found in the skin of the apple that we have to thank for this. Not only does it work to strengthen the immune system, it has also been seen to reduce inflammation, so make sure to leave the skin on the apple when you eat one!

MassWoods Landowner Webinars

Exploring land protection tools

February 9, 2021 6:30-8:00 p.m.

Are you interested in keeping some or all of your land in its undeveloped, natural state forever? Come learn how land protection tools, such as conservation restrictions, can help you achieve your goal.

Understanding the tax benefits of conservation

March 9, 2021 - 6:30-8:00 p.m.

Conservation tools can reduce the number of taxes, including property, federal income, and estate. Find out how conservation-based estate planning can help you save money on taxes.

For more information and to register, visit masswoods.org/webinars.

From Conway's Kitchens

Joey's Jell-O - A favorite Valentine's Day tradition

By Barbara Llamas

Ingredients:

20 oz can crushed pineapple
2 small or 1 large box of strawberry Jell-O
1 lb frozen strawberries, thawed
1 cup walnut pieces
Foil cupcake papers or a heart-shaped mold

Directions:

- Open the pineapple can. Drain the juice into a measuring cup. Add enough water to measure 2 cups total.
- Put the juice/water in a pan and bring to a boil, stirring frequently.
- Add the Jell-O and keep stirring until dissolved.
- Add the crushed pineapple, thawed berries, and walnut pieces. Stir together for about another minute.
- Remove from the stove and let cool slightly.
- If using a mold, pour Jell-O mixture into it and let set.
- Put foil cupcake papers on a tray. For an added Valentine flair, shape the foil into hearts. Spoon the Jell-O mixture into each cup and let set.

Information Session on Zoning Bylaw for Large-Scale Solar Facilities

For information contact: Beth Girshman, Planning Board Chair, 413-369-6079

planningboard@townofconway.com

The Conway Planning Board wants to hear from Conway residents on the topic of large-scale solar facilities and our existing bylaw (Article 9, section 91). The board invites all Conway residents to a meeting on Thursday, February 18, at 7:00 p.m. Residents will be able to join the meeting via internet video or by calling in from any phone, including landlines. The session will be recorded and available for later viewing/listening.

Note that Conway's large-scale solar bylaw does NOT impact residential-size solar structures or roof-top solar panels.

As part of the 2008 Global Warming Solutions Act, Massachusetts set mandated greenhouse gas emission reduction targets, including an 80% reduction in emissions by 2050. In order to reach these goals, large amounts of renewable electricity-generating capacity will have to be added to the New England grid, with solar photovoltaic (PV) systems representing a significant portion of that added capacity. The Town of Conway owns acreage in Solar Overlay District zoning as part of the state's Green Community Program. A 23-acre large-scale solar facility is currently under construction on privately owned land off Main Poland Road.

The Commonwealth of Massachusetts currently has about 2.5 GW of solar installed. In order to reach optimum capacity levels, solar capacity will need to expand to 4-20 times what it is currently. (From Pioneer Valley Planning Commission's 2020 Solar Best Practices Guide)

"This information session is an opportunity for the board to present information and get input on important concerns that have the potential to impact our entire community," Conway Planning Board Chair Beth Girshman said. "The town has had some input and opinions during the construction phase of this large-scale solar facility, and we would like to continue with this process. This session will help determine the direction of possible changes to our existing large-scale solar bylaw."

This information session will be held in accordance with state-mandated social-distancing requirements. The session will be accessible via Zoom. Links for internet connection as well as via call in are below.

To join via Zoom on Feb.18 at 7:00 p.m.:

<http://bit.ly/Feb18InfoSession> or

<https://us02web.zoom.us/j/82244994143?pwd=ZWpBWkZUc0J3T1QvbCtLaXZqdkiLZz09>

Call in from any phone: 1-929-205-6099

Meeting ID: 822 4499 4143

Passcode: 76453178

Update from the Field Memorial Library

Happy New Year and Welcome to the Next Generation in American Politics!

Our “steps-side” system of picking up materials and returning them to our outside book drop continues. Pickup schedules include Saturdays from 10:30 a.m. to 1:30 p.m. and Monday and Wednesday afternoons/evenings scheduled via email or phone.

The library remains closed to physical visits at this time.

Visit our “Collections” page linked from our website at <https://fieldmemoriallibrary.org> to browse portions of our collection.

You can request any item and we will search our collection. If we do not have it, we will try to obtain it for you. We can obtain items from other libraries through the Inter-Library Loan (ILL) system. To request an item, visit our website to submit an ILL request online or send an email with your requested title(s) and author(s) to director@fieldmemoriallibrary.org. Please do not request items directly from CWMars through other libraries for delivery to FML. If you do, we receive no record of who borrowed what and have to return whatever shows up without documentation.

Adult Fiction

City of Girls - by Elizabeth Gilbert

My Brilliant Friend - by Elena Ferrante (also on Prime Video as a series in Italian with English subtitles)

Deacon King Kong - by James McBride

Everywhere You Don't Belong - by Gabriel Bump

Adult Nonfiction

Good Talk: A Memoir in Conversations - by Mira Jacob

Healing After Loss: Daily Meditations for Working Through Grief

Playing with Fire - by Lawrence O'Donnell

What Were We Thinking: A Brief Intellectual History of the Trump Era

- by Carlos Lozada

Children

Lambslide and Escapegoat - by Ann Patchett

When Spring Comes - by Kevin Henkes

Traditional Stories of the Northeast Nations: Native American Oral Histories (in print)

David Whittier, Director, Field Memorial Library

director@fieldmemoriallibrary.org

<https://fieldmemoriallibrary.org>

Distinguished Conway Residents #1: Archibald MacLeish

The Festival of the Hills Committee began compiling a list of distinguished Conway residents, past and present, whose honors and accomplishments are recognized in the world outside of our little town but ended the project for fear of omitting anyone. Conway Currents has chosen to honor one such person each month. We hope that our readers – including Conway Grammar School and high school students – will help us continue this column by nominating their own candidates, accompanied by a brief explanation for their choice.

Archibald MacLeish (1892-1982) was one of America's best-known poets and playwrights, being awarded three Pulitzer Prizes for his work. As a public figure, he served under President Franklin D. Roosevelt as the Librarian of Congress for five years and, during World War II, as Assistant Secretary of State for Public Affairs.

Although not a native of Conway, Mr. MacLeish became very much a part of the town after he and his wife, Ada, moved here in 1928 and settled into Uphill Farm on Pine Hill. His Conway roots go back much farther, though. His maternal grandfather, Elias Brewster Hilliard, was pastor of the Conway Congregational Church from 1889 to 1893. When Archie, as friends called him, was named Librarian of Congress, it was the Conway postmaster who swore him in. He was a long-time trustee of Field Memorial Library and was the main speaker when the Conway Swimming Pool was dedicated on July 4, 1950. For the town's 200th anniversary celebration, he wrote a play titled "An Evening's Journey to Conway, Massachusetts," which was performed by the Arena Civic Theatre. His idea of what is important to a town is expressed in this quote from his "A Lay Sermon on Hill Towns": "A town is not land, nor even landscape. A town is people living on the land. And whether it will survive or perish depends not on the land but on the people; it depends on what the people think they are." Mr. MacLeish is buried in Pine Grove Cemetery, Conway.

Scholarships

Conway Festival of the Hills Scholarship Although there was no festival in 2020, we will still be awarding scholarships! Applications for the Conway Festival of the Hills Scholarships are currently available on the town website: www.townofconway.com under forms and downloads.

Scholarship applications (hard copy only) must be postmarked by the last weekday in April (Friday, April 30) and mailed to Conway Festival of the Hills Scholarship, PO Box 431, Conway, MA 01341. Please note that no applications received after that date will be considered.

Festival of the Hills Scholarships are available to all graduating high school seniors from Conway who submit completed applications, regardless of school attended or postgraduate plans. Primary consideration is given to a student's community service, extracurricular activity, and academic achievement. Financial need, work history, and Festival of the Hills service are also considered.

Questions? Please contact Phyllis Jeswald: 369-4410 or pjeswald1@gmail.com

Field Memorial Library Scholarship The Friends of the Field Memorial Library in Conway announce their Scholarship 2021. We want to encourage and support the continued education of a graduating Conway high school senior. Applications are now being received; the deadline is April 30, 2021.

To be eligible for this scholarship (currently \$500), the applicant must:

- Be a resident of Conway, MA
- Be a graduating high school senior, either from a school or home-schooled
- Have maintained good academic standing throughout high school (grade point average)
- Have demonstrated good communication skills by submitting an application

To obtain an application, contact your high school guidance counselor or go to <https://fieldmemoriallibrary.org/> or contact Thad Bennett at FieldMemLibraryScholarship@gmail.com

The Conway Firemen's Auxiliary Scholarship The Conway Firemen's Auxiliary scholarship is awarded annually to a Conway resident who is a graduating high school senior. Primary consideration will be given to students that have been involved in community service and/or extracurricular activities and who plan to further their education in either college, trade school, or a certificate program. Grades and financial need will also be considered. To obtain an application, visit the Forms and Downloads page of the town website - townofconway.com - or pick up an application at the Frontier Regional High School or Franklin Technical School guidance offices. Send your

completed application to: Conway Firemen's Auxiliary; PO Box 46; Conway, MA. 01341 by **Friday, May 7, 2021**. For additional information contact Heidi Flanders, President at 413-369-4219.

Fred W. Wells Scholarship Residents of Conway wishing to apply for a 2021-2022 Fred W. Wells Scholarship must submit their applications with all required documentation postmarked on or before March 20, 2021. Applications are available NOW at the Town Office, 32 Main St., Conway, or at OESCO (Orchard Equipment – ask for Kate). Email questions or concerns to pblond@greenfieldsavings.com. Mail the application and documents to Prudence Blond, Greenfield Savings Bank, 400 Main Street, PO Box 1537, Greenfield, MA 01302.

Fred W. Wells Trust Scholarships are offered to graduating seniors and full-time college students who have resided in Conway, one of sixteen local towns that can participate in this award, for at least two years immediately prior to application. Recipients are selected based on scholarship, need, extracurricular activities, and recommendations from counselors and teachers. The maximum award for any one academic year is \$1,000 and is contingent upon the number of qualified applicants. Awards are not to exceed a maximum total of \$4,000 over the course of an academic career. If your awards amounted to less than \$4,000 and you have continued your education, apply again for the balance for graduate school or a new career!

The Mark Boice Germain and Mildred Boice Germain Fund A College Scholarship Fund for Residents of Conway, Academic Year 2021-2022 This Charitable Trust was established in 1985 under the will of Mark Walter Germain and is known as the "Mark Boice Germain and Mildred Boice Germain Fund." He directed that this fund be established "... to grant funds to those Conway residents whose parents or guardians cannot afford such child's college expenses, and any applications that such applicants have made for other private and government scholarships have resulted in an insufficient amount of funds to allow the furtherance of their education without additional monetary support."

Applications are available at the Town Office, 32 Main Street, Conway, or you can download and print the application: Germain-Scholarship Application 21-22. The application deadline is Friday, April 16, 2021.

From the Crew at the Transfer Station

The Conway transfer station staff would like to express our sincerest thanks for the many gifts, holiday wishes, and understanding from our loyal customers during this difficult period.

We want to publicly and personally thank the person(s) who financially donated free meals for each of us at Baker's. This donation was anonymously provided and we are really grateful – it truly meant a lot. Thank you.

We hope for good health and safe distancing in the new year for each and everyone in our community. We will get through this pandemic with patience (LOTS of it!)

The Conway Giveaway

Due to the current pandemic and the temporary closure of the "Conway Mall," *Conway Currents* continues to host a local giveaway section.

Although there are many other ways to repurpose and donate, we offer this service for those who would like to donate items they no longer need to others right here in town who could use them. Send a short description together with your preferred method of contact to conwaycurrents@gmail.com.

Currents Advertisements & Notices

Rates for ads up to 150 words are: one month \$7.75, three months \$15.75; six months \$25.75, twelve months \$44.75. For cost of longer ads or to include images (limited), call or email Louise at 413-559-1180 or lmbeckett@crocker.com.

Advertisements can be paid for by checking account or credit card through the town's website: <https://townofconway.com/> > [View or Pay a Bill](#) > [Pay Newsletter Advertising](#) or send a check to:

Conway Currents, PO Box 240, Conway, MA 01341.

Please email the text of your advertisement by the 20th of the previous month to Louise at lmbeckett@crocker.com. If you want to discuss your ad or have any questions, please call 413-559-1180 or email. Thank you for your support of *Conway Currents*!

Rental Request - Rural Woman Writer Seeks Reasonable Dwelling in Conway, Buckland, Shelburne, Ashfield, Goshen area - a quiet place, a little out of the way, (no main road) for long term tenancy. I have good references, dependable income, am responsible, quiet, clean, single, no kids, smoke, drink or TV, very conscientious with wood/pellet stove. A senior, mostly mute, blind cat comes with me, he can't see anything to scratch on, and his litter is odorless and cleaned with each use. Can do horse/animal care. All hints and guesses are welcome. Please email at equineauntie@yahoo.com.

Your Home Town Realtor - As a Conway resident for over 20 years, I provide local, attentive and trustworthy service for both buyers and sellers in our community. Previous experience as a licensed residential architect is valuable for my clients. Please contact me for a free, no obligation consultation! Sarah Newman, Realtor with Coldwell Banker Community Realtors. Call or text: 413-548-6525 or email sarah.newman@cbcommunityrealtors.com - Thank you!

Local Solar Advisor - Tony Cantafio offers a free assessment of your house or property to see if going solar can save you money each month on your electric bill. There's a lot of misinformation out there and I'm here to explain what's possible right now for anyone thinking of going solar. Solar keeps growing, allowing us to offer better options for homeowners. Incentives still exist, but are changing or disappearing rapidly. Solar isn't for everyone, and not everyone qualifies, but a free assessment lets you see if it makes sense for you. There are many solar companies out there, but if you want the best quality and service with a locally owned and operated company, give me a call at (413)834-3827 or email me at tony@getinsightsolar.com and set up your free assessment today!

Tea at Two Gift Shop - Come and browse the varied, locally-made items available at Tea at Two. The offerings range from jewelry to hand knits and lots of things in between; baby items, kitchen items, soaps and lotions, Christmas decorations and much more. The shop at 85 Whately Road is open Wednesday and Friday 1-5, Saturday 10-5 and by appointment as well. Call 413-834-2339. Look for the "OPEN" flag! Thanks for supporting our local Conway businesses.

Baker's Country Store - open seven days a week for all-day take-out breakfast and lunch. Limited seating since the partial lifting of the COVID-19 restrictions. Hours: Monday-Friday 6 a.m. – 6 p.m.; Saturday and Sunday 7 a.m. – 5 p.m. Call 369-4936. We have a variety of homemade desserts and baked goods, and a large selection of last-minute items including locally made kid's masks,. We always have freshly baked cakes, muffins, pies, and cookies - put in your order today for one of Helen's famous pies! Check us out on Facebook: facebook.com/Bakers-Country-Store for today's specials. Thanks to everyone for their continued support.

The Conway Inn - With the arrival of cold weather, outside dining is closed for the season, but limited seating continues indoors. The inn continues to be open Sunday through Thursday 5:00 to 8:00 p.m.; Friday and Saturday 5:00 to 9:00 p.m. for pizza, chicken wings, and breadsticks. Take-out orders may be placed starting at 4:00 p.m. We are now able to serve alcoholic beverages for dining at the inn and to sell bottled beer and single-serve wine with to-go food orders. Call 369-4428 to place your order. Thanks again for the hometown spirit you've shown toward your local businesses!

Join Natural Roots CSA - for delicious, fresh vegetables grown right here in Conway. We have several CSA share options, including part-time and low-income shares, main season (June through October) and winter shares. Our farm store is also open to the public year-round during daylight hours. We offer eggs from our own pastured hens as well as other local items like beef, chicken, pork, dairy, bread & baked goods, honey & maple products, coffee & tea, ice cream, snacks, beverages and more! Support a horse-powered farm in Conway and enjoy this beautiful, bountiful farm and the vibrant community that we feed. www.naturalroots.com. Natural Roots, 888 Shelburne Falls Rd., Conway, MA 01341, (413) 369 - 4269, naturalroots@verizon.net

Unheard Melodies

by Nicole Braden-Johnson

"Heard melodies are sweet, but those unheard /Are sweeter"
– John Keats "Ode on a Grecian Urn"

Ode to the Flute

It is but a lifeless thing,
This metal reed, this hollow tube,
This glorified silver pipe standing proud,
Its minute mechanisms on plain display.

Yet curious novice fingers elicit
A modestly muted clickity-clack-clack.
Novice mouths pressed up to her lip plate
Conjure less than a dull whistling whisper.

Only embouchure and fingers practiced
In the fine intricacies of her love's knowledge,
Breathe life, warmly vibrating through the slender body,
Spinning from thin air the sweetest of silvery melodies.



I took this photo on Christmas day. I call it the "Convergence of the Woodpeckers" or the "Avian Santas". They visited the trees across the river on Christmas Day, then flew off to rejoin the sled for the trip back to the North Pole. It was THE BEST gift! - Wendy Stayman

Current Town Office Hours

Until further notice, ONE VISITOR AT A TIME may enter the town office. If you find that another visitor is already in the office, PLEASE WAIT OUTSIDE until that person leaves. MASKS MUST BE WORN

Currently, only the following will have limited office hours at the town office or town hall:

Town Clerk - Laurie Lucier - 369-4235 x4

Enter at rear of building.

Tuesdays, Thursdays and Fridays 8:00 a.m. to 1:00 p.m.

Treasurer/Tax Collector - Jan Warner - 369-4235 x2

Assistant Treasurer/Tax Collector Lynn Kane - 369-4235 x1

Mondays and Wednesdays 9:00 a.m. to 1:00 p.m.

Transfer Station stickers available.

Town Administrator - Tom Hutcheson - 369-4235, x3

Please call for an appointment – may be out of office.

Mondays 3:30 p.m. to 5:00 p.m.

Tuesdays 1:30 p.m. to 5:00 p.m.

Wednesdays 2:30 p.m. to 5:00 p.m.

Thursdays 1:30 p.m. to 5:00 p.m.

Assessors (Town Hall) – by appointment - 369-4235 x5

assessors@townofconway.com until further notice.

Board of Health (Town Hall)

Thursdays 2 to 4 p.m.; Saturdays 9 to noon.

To speak with others in the town office, call 413-369-4235 and follow the instructions to reach the appropriate office or go to <https://townofconway.com/>.

Town of Conway
P. O. Box 240
Conway, MA 01341