

Volume 4, Number 4 - April 2023

Birds of Prey Presentation



Tom Ricardi showing Great Horned Owl to Mabel Bahret at Sunday's event. Photo courtesy of Aimée Anderson.

Thank you to all who attended Conway's Open Space Committee presentation of "The Outlook for Birds of Prey" with Tom Ricardi. The upstairs of Conway Town Hall was filled with people from all over the region interested in learning about Mr. Ricardi's special birds. Mr. Ricardi, as many of you know, has been rescuing and rehabilitating birds of prey

for almost 60 years. The birds he brings to his educational shows are those that, due to injury, cannot be released back into the wild. The audience was treated to an up-close look at several birds, including owls, a falcon, a turkey vulture, and a gold eagle. Mr. Ricardi spoke of his work over the years and answered audience questions. Here are some key takeaways:

- Don't use rat or mouse poison, because birds of prey may eat poisoned rats and mice and then die.
- If you can, keep cats inside; they're responsible for about a billion bird deaths a year nationwide.
- Licensed wildlife rehabilitators committed to and skilled in caring for birds of prey are needed.

The event was recorded by Bob Armstrong for our Frontier Community Access TV:

https://www.youtube.com/user/FCATMedia/videos.There's always more we all can learn! Thank you, attendees, for your generous contributions to the rehabilitation center!

Conway Historical Society

On Tuesday, April 11 at 7:30 p.m. the Conway Historical Society presents local resident and boat-builder Thad Danielson's talk "Building Wooden Boats" at the museum at 50 Main Street, originally scheduled for March 14th. Thad's powerful attraction to boats began on a voyage from New York to East Africa when he was nine. For the next four years, the Dar es Salaam, Tanzania waterfront became his playground, and he observed all types of boats, from ships and yachts to tugs, dhows, and dugouts. Years later, his interest turned from woodworking and home construction to building wooden boats. He was drawn to their beauty, history, complex integrated structures, and the tools, materials, and skills required to make them.

Thad, the author of *An Introduction to Wooden Boat Building: Always More to Learn*, will talk about building boats in a town with a long boat-building history and the people who helped him. Free and open to the public. Refreshments will be served. Check our website, www.conwaymasshistory.org, for weather updates.

Once again, the Historical Society has two season passes to Historic Deerfield and is making them available to all Conway residents. Each pass will admit up to four people. To reserve contact Joseph Zadroga at 369-4375; best if you can give 24-48 hours notice.

The Historical Society has returned to its in-person schedule of bimonthly presentations in March, May, September and November, usually on the second Tuesday of those months. At this time,

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masks are optional. To arrange a visit to the museum at other times, please visit our website - www.conwaymasshistory.org - or write to us at chs@conwaymasshistory.org.

Scholarships

Conway Firemen's Auxiliary Scholarship The Conway Firemen's Auxiliary Scholarship of up to \$500 is awarded annually to one or two Conway residents who are graduating high school seniors. Awards will be made in May. Primary consideration will be given to students who are involved in community service, work, or extracurricular activities and are planning to further their education in college, trade school, or a certificate program. Secondary consideration will be given to grades and financial need. Applications are available on the town website, conwayma.gov/files/2021-Firemens-Auxiliary-Scholarship-App.pdf. Submit completed applications to Conway Firemen's Auxiliary, PO Box 46, Conway, MA 01341, by Friday, May 5.

Conway Sportsman's Club Scholarship Awarded to any graduating Conway senior regardless of postgraduate plans. Seniors must complete an application to be eligible for an award. Application deadline: April 15 of the year of application. No applications received after this date will be considered. Download the application at conwayma.gov/files/Sportsmans_Club_Scholarship_App.pdf.

Applications should be delivered or mailed to the Conway Sportsman's Club Scholarship Fund, PO Box 202, Conway, MA 01341.

Festival of the Hills Scholarship Conway Festival of the Hills Scholarships are awarded to all graduating Conway seniors, regardless of their postgraduate plans. Seniors must complete the application to be eligible for an award. Download the application at conwayma.gov/files/2020-FoH-Application.pdf Application deadline: last day of April that falls on a weekday. Please note: No application received after this date will be considered. Applications should be mailed to: Conway Festival of the Hills Scholarship, PO Box 431, Conway, MA 01341.

Mark & Mildred Boice Germain Fund Scholarship - 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." **Application Deadline: no later than noon on Friday, April 21.** Applications available at the Conway Town Office, 32 Main Street or online at conwayma.gov/files/Germain_2023.pdf.

UCC Conway Scholarship The United Congregational Church of Conway will award a scholarship to a graduating high school senior in 2023. This scholarship is not limited to just those continuing on to college; it includes those who may be pursuing a more nontraditional career path, work study, or training. Recipients will be chosen strictly on the basis of character and not based on academic record or financial need. Students may obtain applications by contacting Tina Burnett at 369-8035 or 16xcmom@gmail.com. Completed applications must be postmarked by April 14 and mailed to UCC Conway, Attn: Scholarship Committee, PO Box 214, Conway, MA 01341.

Conway Fine Arts: Fantasias & Sonatas

Friday, April 21, 2023, 7:00 p.m., United Congregational Church of Conway, 44 Whately Road with Geoffrey Archambeau, viola and Pamela Gilmore, harpsichord. The new Conway Congregational Church's airy setting and rich acoustics provide the perfect backdrop for sparkling harpsichord and soulful viola. We are grateful to Pam for donating her services to help us put on our first fundraiser. Free and open to the public; donations appreciated. All funds go to support Conway Fine Arts in furthering our mission of bringing creative, professional programs to Conway and Western Mass. Reception follows the concert with wine, tea, and light hors d'oeuvres Please stay for a bit and say hello!

Join the UCC of Conway for Holy Week

Holy Week 2023 is upon us, and this is the perfect time to be part of your neighborhood church! Also called "Great and Holy Week" or "Passion Week," it starts on Palm Sunday and culminates on Easter Sunday. Services will be led by our new shared pastor, Marianne MacCullagh. The schedule for Holy Week will be as follows:

- Palm Sunday, April 2. Services: UCC of Conway at 9:15 a.m., First Congregational Church of Shelburne at 11:00 a.m.
- Maundy Thursday, April 6, 7:00 p.m. at the First Congregational Church of Shelburne.
- Good Friday, April 7. There are no services this day, but the church will be open for quiet reflection from 5:00 to 7:00 p.m.
- Easter Sunrise Service, Sunday, April 9, 6:00 a.m. (sunrise) at Apex Orchards in Shelburne. This will be a joint service shared by Conway and Shelburne.
- Easter Service, Sunday, April 9. Services: UCC of Conway at 9:15 a.m., First Congregational Church of Shelburne at 11:00 a.m.

We hope that you and your family can join us and/or our sister church on these dates! For more information, email uccconway@gmail.com or ctrevmom@gmail.com or call 413-369-2502.

The United Congregational Church of Conway 44 Whately Road, Conway, MA 01341

Girl Scout Egg Hunt

The Conway Girl Scout Troop is hosting an egg hunt for local kids ages 0-7 on Saturday, April 8, at 10:00 a.m., rain or shine. Bring a basket and get ready to find eggs hidden throughout the woods! Location: 1549 Pine Hill Road, Conway. Please **RSVP** via text or phone call to 503-840-2897 so that the scouts will know how many eggs to stuff!

Conway Farmers Market

Recently the Conway Economic Development Committee brought attention to reigniting a farmers market in town. Cindel Skinner was selected to be the farmers market coordinator. The current plan

is for the farmers market to take place from mid-May to the end of October on Wednesdays from 4:00 to 7:00 p.m. at the Conway Town Field behind Town Hall. This coincides with transfer station hours on Wednesday, plus will be visible and accessible from Route 116 with plenty of parking, in hope of attracting visitors from outside Conway as well as residents. Anyone interested in becoming a vendor please reach out to Cindel at 413-544-8169 or at conwaymafarmersmarket@gmail.com. Thank you!

Neighbor Helping Neighbor

The Board of Health is interested in finding out if there are residents who may be interested in occasionally helping a neighbor in need. This project is very much in the information-gathering stage. We envision four basic needs: (1) technical support, especially with computers; (2) tax preparation and/or help completing other official documents; (3) transportation assistance for medical appointments, grocery shopping, or other errands; (4) help with minor household projects or seasonal chores. This need not be a major time commitment but more an occasional "lend a hand." If interested, please contact Laurie Lucier, Clerk, Board of Health 413-369-4235 x 8.

From the Board of Assessors

As the weather improves and the snow disappears, the Board of Assessors will resume our property inspections. We watch every sale in Conway to keep up with current values as our directive from the Department of Revenue is to value every property in Conway at full and fair market value.

To do this, we visit a property with a copy of the current property record card and compare the data on the card with the building(s), correcting or adding as needed. Interiors are as important as exteriors in getting final calculations that correctly reflect the market value of every property, so we very much appreciate an

invitation to see the interiors of your buildings. We also take new photos of all buildings for our reference. Each property inspection takes 20-30 minutes. This visit is a great time to ask us questions about assessing, tax bills, or any other aspects of our job. We are very glad to help you understand this process.

This year we will concentrate on any properties that have changed recently, were incomplete at our last check, are located in the village, or whose residents have requested a visit. We will send a notice to owners before we come so that you will be able to schedule our visit for your convenience. After we have visited a property, we review it back at the office. If any change is made to the value (up **or** down) based on our visit, we will notify you by mail and send you a copy of the new property record card. You are welcome to review any changes with us before they are committed to the next year's tax billing.

Thanks for reading. Lee Whitcomb, Russell French, and Roxanne Parent, Conway Board of Assessors

Hands All Around Quilt Show

Hands Across the Valley Quilters Guild announces their 18th Hands All Around Quilt Show:

April 22-23, 10:00 a.m.-4:00 p.m. each day Robert Crown Gymnasium, Hampshire College 895 West Street (Rte. 116), Amherst MA - Free Parking

Admission: adults \$10.00, 12 and under free, when accompanied by a paid attendee; students and military \$5.00 (must show ID)

American Quilt Study Group Exhibit of Framed Center/Medallion Quilts: History of Style 2022, raffle quilt, raffle baskets, mini-quilt sale, vendors, snack bar with grab-and-go selections, Visit handsacrossthevalley.org for updated information and to make arrangements for groups.

Climate Forestry Plan for Landowners

Get to know your woods with a climate forestry plan. "One-stop shopping" is the catch phrase for the Working Forest Initiative, which is offering a Climate Forestry Program for Massachusetts landowners: mass.gov/guides/climate-forestry. This program, administered by the Massachusetts Department of Conservation and Recreation (DCR), turns landowners into stewards of their woodlands.

We – Conway residents Maynard and Elizabeth Stowe – now have a ten-year plan that gives us directions for making our property healthier, more resilient to climate change, and more attractive to birds, as well as for growing our carbon sink. There are other goals for landowners to choose from, including improving their land for hunting or using their forest for profit. We are excited about the work ahead of us; finally we know what needs to be done and how to do it – and we'd like to get the word out to others who are concerned about their property but don't know how to make their land healthier.

One part of "one-stop shopping" is that with every step, for example, eradicating invasives such as bittersweet, the ten-year plan states where funding is available toward paying for the work done. In fact, depending on when during the fiscal year a landowner applies for a climate forestry plan, part of the cost of the plan itself can be covered by DCR.

The other vital aspect of this program is that it brings the latest climate science to the landowner. There's a lot of learning involved in becoming a steward of one's land. Fortunately, a forester will help in educating a landowner on the subject of forest ecology, and they will come onsite, walk the property with the landowner, and collect data about the specifics of the woods. The forester's report puts all the details into a clear handbook for that property.

Another forestry resource to help guide you through the stewardship process is your DCR service forester. The service forester who covers Conway is Alison Wright-Hunter, and she would be happy to help answer your questions about these programs. You can reach her at 413-262-2370 or at alison.wright@mass.gov. We urge you to look at the website mass.gov/guides/climate-forestry if you're curious about the woods on your property.

Pollinator-Friendly Garden Care

As the days lengthen and snow melts, who can resist dreaming about lush and colorful gardens of the coming spring and summer? While we may take great joy in viewing our gardens, the choices we make about garden care can help sustain wildlife, including small but vital pollinators. For many of us gardeners, fall is the time to clean up our gardens. We have been conditioned to cut the stems of perennials to the ground, rake leaves, and make everything look tidy before the ground freezes. It's time to rethink that approach, based on current science.

In recent years we have seen more and more headlines about steep declines in insect populations. While some might welcome fewer bugs in their lives, this is very bad news for the health of our planet, for bird populations, for agricultural food production – and therefore human populations, for functioning ecosystems, and for all the benefits associated with species diversity. The reasons for these declines are myriad: loss of habitat, pathogens, use of pesticides, climate change and associated shifting seasons, light and other types of pollution, predation, invasive species, and more.

Here in Conway, we can take steps to support insect species, including native pollinators. Many of our native bees overwinter in hollow plant stems as larvae. If we end the practice of cutting back these stems in the fall, we preserve safe winter residences for those future pollinators. We can also leave fallen leaves in our garden

beds, creating a natural mulch that suppresses weeds and insulates plant roots during the winter, just as nature does in unmanaged woodlands. The leaves also provide shelter for insect eggs, larvae, and adults. A sampling of the insects and life stages that overwinter in leaf litter include the eggs of red-banded hairstreaks (*Calycopis cecrops*), the pupae of luna moths (*Actias luna*), the larvae of Isabella tiger moths, aka wooly bear caterpillars (*Pyrrharctia isabella*), and bumblebee queens, who alone start the next generation each spring.

For advice on how to tend to our gardens in a pollinator-friendly way, we can look to award-winning author Heather Holm, an expert on the interactions between native bees and native flora and bees' natural history and biology. Heather outlines the following steps to create habitat for stem-nesting bees and explains how that coincides with their year-long life cycle:

- Winter: Leave stems of perennials intact.
- Spring: Cut back dead flower stalks, leaving stubble of varying height from 8 to 24 inches. Why? Female bees find cut or naturally open stems; they start nests in the stems, lay eggs, and provision each with pollen balls to feed the larvae.
- Summer: New growth of perennials hides the stem stubble.
 Bee larvae develop in the cut dead stems during the growing season.
- Fall and winter: Again, leave intact the stems of the current year's growth. Bees (from nests created in spring) hibernate in stems during the winter.
- Spring: Cut back dead flower stalks to varying heights. Older stem stubble will naturally decompose. Adult bees emerge and start nests in newly cut dead stems or in naturally occurring open stems, completing the life cycle.

In spring 2022, *Pollinate Conway!* volunteers installed a new native plant pollinator garden on the Town Common. There, we are following these simple steps. We did not cut the plant stems

last fall; in the spring, we will trim them back to varying heights once night temperatures are consistently above 50 degrees. With this approach, the garden may look less tidy to some people during transitional stages, but to some of our native pollinators it will look like a welcoming home.

To view Heather Holm's poster illustrating the life cycle of stemnesting bees, visit the following website and search for "stemnesting bees"

https://www.pollinatorsnativeplants.com/plant-lists--posters.html. Want to get involved with *Pollinate Conway!*? Contact Cayte McDonough at caytemcd@gmail.com or Kendall Clark at k.clark11@comcast.net.

Thinking About Spring Cleaning?

from the FRCOG Public Health Team

Before breaking out cleaners, it can be helpful to think about whether a surface needs to be cleaned (dirt removed) or disinfected, meaning that bacteria and viruses are killed. Just soap and water can be used for most cleaning jobs, but in a few instances disinfecting is good! Thinking before we clean can limit chemical exposure by choosing the right products for the job at hand. Breeze into spring cleaning with these tips:

Find safe cleaning products. Cleaning products can irritate skin, eyes, or throat and/or cause headaches. Chemicals in some products vaporize at room temperature and can cause serious health problems or even death. The US Environmental Protection Agency (EPA) has its Safer Choice Guide of products that are safer for both human health and the environment. The guide can be found online at www.epa.gov/saferchoice. The American Lung Association has recipes for homemade, safe cleaners that will not vaporize and harm the respiratory tract. Find them online at www.lung.org.

Think smarter about bleach. Generations have used bleach as a cleaning product; however, bleach is a dangerous chemical that needs to be used carefully. Never mix bleach with other cleaning products, vinegar, or ammonia. If mixed, it can produce a poisonous gas that can be deadly.

Fresh air is your friend. Opening a window or door to allow fresh air to ventilate before and after cleaning can create a safer environment.

Store cleaning products safely. Store them away from children and pets. Check the labels and make sure they are not left in extreme temperatures.

Dog-of-the-Year Contest Winners

Total Entries: 44

Judging by Local Girl Scout Troop 65100: Aurora, Shirah, Serena, Avery, Olive, and Ari

• First Place: Ozzy Ambs

Second Place: Moose Smith-WaldoThird Place: Nelly Choate-Gokey

 Honorable Mentions: Lumi Sloss, Olive Karson-Betsch, and Sunny Pliakas-Dery



The judges hold the photos of their three top picks!



First Place: Ozzy Ambs

Don't forget to license your dog! For information, see the Town website - conwayma.gov/p/45/Dog-Licens es-and-the-Leash-Law or contact Town Clerk Laurie Lucier at the Conway Town Hall, 5 Academy Hill Road. 413-369-4235 ext. 4 clerk@conwayma.gov



Second Place: Moose Smith-Waldo



Third Place: Nelly Choate-Gokey

Office Hours: M, W 2:00 - 5:00 p.m.; T, Th 8:30 a.m. - 4:30 p.m.; F 8:30 a.n. - 1:00 p.m. Closed Fridays Memorial Day - Labor Day

Rabies Vaccine Clinic

The Franklin County Regional Dog Shelter is sponsoring a rabies vaccine clinic for dogs and cats. No appointment required. Questions: 413-676-9182.

Date: Saturday, April 1, 2023; Time: 10:00 a.m. - 12:30 p.m. Location: Franklin County Fairgrounds, 89 Wisdom Way, Greenfield; Cost: \$20 per shot per pet. Cash only.

Proof of previous rabies vaccination is required to receive threeyear shot. Dogs must be leashed. NO RETRACTABLE or EXTENDABLE leashes. Cats must be in carriers.

Firearms Safety Class

The Conway Police Department will be conducting a firearms safety class on Sunday, April 23. Classes may be used for certification to obtain a Firearms License, to clarify many of the changes to the Massachusetts Gun Laws, or to gain additional knowledge and confidence in your handling of firearms. Electronic weapons are now legal in Massachusetts provided you have a valid LTC. This is a one-day class. Registration prior to the class is required, and seating is limited. For additional information or to register contact Chief Ouimette at 369-4710.

Swimming Pool News

All Conway residents are welcome to attend the Swimming Pool Committee's first meeting of 2023 at the Conway Grammar School on April 4 at 6:30 p.m.

2023 Conway Festival of the Hills

Festival Kick-Off Planning Meeting

Thursday, April 6, 6:30 p.m. on Zoom. To get the Zoom link, email festivalofthehills@yahoo.com.

Festival Volunteers Needed

Ever wonder how we pull off the Festival of the Hills every year? Become a volunteer and find out! It takes over 120 people to run the festival – from pre-festival planning to day-of help with festival activities. Want to help but don't want to miss any of the festival?

Help us set up on Saturday, September 30, between 8:00 a.m. and 2:00 p.m. or help with take-down from 4:00 to 6:00 p.m. on Sunday. Love working with kids? Spend two hours helping run one of the children's games (note: 8 games = 24 volunteers needed!). Know the festival well? Do a shift at the information booth with a friend! Helping with the festival is fun and rewarding: you become part of it. It only happens with your help!

A list of volunteer opportunities can be found on the Festival of the Hills website, www.festivalofthehills.com, and at the Conway branch of Greenfield Savings Bank, Baker's Country Store, the Field Memorial Library, and OESCO. The volunteer sign-up webpage will go live in August. But if you want to be sure you get a specific time slot and activity, contact us now at festivalofthehills@yahoo.com. We will reserve your spot on a first-come, first-served basis.

Meet Me at the Station

by Kathy Llamas

Oh, the joy of seeing the station once again filled with the bustle of people moving to and fro in the eternal excitement over the spring that lies before us!

Once again the Conway Mall's door will fly open on Sunday, April 2, 2023! Oh, how ready everyone is to fill it with goods they have gathered in their spring cleaning fever! How heartwarming to hear shoppers once again exclaim as they find the one thing they've been looking for!

In preparation for the reopening, please keep in mind that the mall is rather small and has limited storage space. As much as we would love to help you re-home your skis or winter recreational equipment, we cannot accommodate these at this time of year. Please consider gifting such items to the Salvation Army, Goodwill, or another charity of your choice. For clothing, please donate only items that are clean and in good condition. If you

wouldn't wear it yourself, please pass it on to either the Salvation Army or Planet Aid (those yellow bins), which will repurpose textiles. Your help in following these guidelines will make it so much easier on the mall mavens who donate their time and energy to keep the space clean, organized, and welcoming! Note: The Salvation Army now requires that donations be bagged or in boxes rather than loose.

The mall accepts donations of clothing, books, toys, household goods, craft supplies, shoes and boots, and accessories. If you would like to volunteer your time at the mall, we would love to have you! Please call Kat Llamas at 413- 695-5626 for more information.

Until next time!

New Sustainability Committee

The Conway selectboard recently agreed to incorporate the former Energy Committee into a new Sustainability Committee. This committee will work on energy- and climate-related matters, especially as they pertain to obtaining grants to further climate resilience in Conway. If you are interested in joining, please email Véronique Blanchard at townadmin@conwayma.gov. Thank you!

Update from the Field Memorial Library

It is hard not to keep counting as we barcode and set in the CWMars database every title in the Field Memorial Library. What was once a torrent of new titles to input every month has slowed to a trickle as we now crawl through the more laborious method required to create records for our vintage/historical collection. We are now at 12,130 items. We still have some vintage items to complete and some loose ends to tie up, but we are close to and pushing for the finish line. After more than a year of barcoding and records requests, we hope that next month we will complete the barcodathon and can start planning an event to celebrate being able to find online every one of our items ranging from 1848 to

yesterday. This will include recognition of the many volunteers who have made it happen.

Our vintage collection has its own personality. The covers and pages are old and show evidence of their age. The authors range from Jane Austen to Jane Austin, that is, from the author of *Pride and Prejudice* to Jane G. Austin's *Standish of Standish: A Story of the Pilgrims*, published in 1891. It is well stocked with Dickens, Twain, and Robert Louis Stevenson, as well as a 1915 story by O Henry titled "Rolling Stones." We have Kipling and Sir Arthur Conan Doyle from 1908 and John Greenleaf Whittier's *The Conflict with Slavery* from 1866. We also have six volumes of *Little Masterpieces of American Wit and Humor*, published in 1904, if you would like to look back on what was considered funny in those days.

FML has an abundance of titles on most areas of human knowledge. Although fiction and nonfiction dominate our circulation, we also have works in other genres, including Ocean Vuong's latest poetry collection, *Time Is a Mother*. New fiction titles include *Conviction* by Denise Mina and *Lucy by the Sea* by Elizabeth Strout.

Our seed library is fully operational, and patrons have been selecting from it to get their spring gardens started. We hope our seed library will become an organic collection as the Conway community borrows from and contributes to it. Several available books address growing from seeds and can help you get started and/or refine your gardening expertise.

Last week I introduced a few of the curious titles that reside in CWMars's digital catalog. Here are a few more from among its eight million items:

Baking on a cold, wintry weekend: Fake It Till You Bake It; Scone of Contention; Where There's a Whisk, There's a Way

Common breakfast sweets: Killer Crullers. Muffin but the Truth, The Walking Bread

David Whittier, Director, Field Memorial Library director@fieldmemoriallibrary.org 413-369-4646 https://fieldmemoriallibrary.org

Conway Council on Aging

Council on Aging meetings are held on the first Wednesday of the month at 9:00 a.m. in Town Hall. The next meeting will be April 5. For more information, contact Patricia Ann Lynch, COA chair, at 369-4284 or email patricialynch@earthlink.net.

Senior Calendar for April

Durable Medical Equipment Loans The COA has items of durable medical equipment available for loan, including wheelchairs, transfer chairs, walkers, crutches, canes, tub and shower chairs, commodes, and raised toilet seats. Call Hank Horstmann at 369-4405 to borrow equipment.

"First Friday" Walk-in Wellness Clinics Clinics are held on the first Friday of the month in Conway Town Hall from 9:00 a.m. to 12:00 noon. Regional public health nurses Lisa White, RN, and Meg Ryan, RN, staff the clinic. There are no out-of-pocket costs to residents for this service, which is provided through the town's membership in FRCOG Cooperative Public Health Service. For more information, call 413-774-3167 x 156 (Lisa) or x 158 (Meg).

Healthy Bones & Balance Classes Classes meet on Tuesday from 9:00 to 9:45 a.m. and Friday from 9:00 to 9:30 a.m. on Zoom. Contact leader Gary Fentin at 369-0001 for information and the Zoom link.

Monthly Foot Care Foot clinics are usually held on the first Monday of the month in Town Hall BY APPOINTMENT ONLY..The next clinic will be on April 3. Clinic hours are 9:00 a.m. to 3:30 p.m. There is a \$20.00 fee. For information or to schedule an appointment, call Peg Tiley at 369-4010.

Senior Meals In most months meals are held at Town Hall on the second and last Thursdays of the month. For more information and to be added to our email or phone list for announcements, call Carolyn Thayer at 369-6948.

Yoga for Seniors Led by Jody Fontaine on Wednesdays in person at the library and on Zoom. Class times: mat yoga 10:00-11:00 a.m., chair yoga 11:15 a.m.-12:00 noon. Call Jody at 413-824-9435 for information or for the Zoom links.

Currents Advertisements & Notices

Rates for ads up to 150 words: one month \$8.50, three months \$16.50; six months \$26.50; twelve months \$45.50. For longer ads or images (limited), email Louise at lmbeckett@crocker.com.

Pay by checking account or credit card through the town's website https://conwayma.gov/ or send a check to *Conway Currents*, PO Box 240, Conway, MA 01341. Please send the text of your advertisement to Louise by email at lmbeckett@crocker.com.

The deadline for submission of articles and advertisements is now 11:59 p.m. on the 15th of the month to allow for editing, layout and printing so that we meet our distribution mail date of the 1st of each month. Early submissions appreciated!

The Conway Inn - Open for pizza, chicken wings, and breadsticks, Friday and Saturday, 4 - 10 p.m.; Sunday 5 - 8 p.m. Call 413-369-4428 for takeout. Live music jams, second Friday 7 p.m.-ish, and third Thursday - starts around 6 p.m. - of each month! Look for the blue flag on the porch.



Join Natural Roots Farm - Delicious, organically grown vegetables right here on our horse-powered farm along the South River in Conway. Enjoy this beautiful, bountiful farm and the vibrant community that we feed: Sign up for a vegetable CSA share today! We have several CSA share options, including flexible part-time shares, low-income shares, and winter shares. CSA pick-up and retail vegetable shopping is available during our main season, June through October on Tuesdays and Fridays from 3-6:30pm. Our farm store is open to the public year-round, self-serve during daylight hours. We offer eggs from our

own pastured hens as well as other local items including beef, chicken, pork, dairy, baked goods, honey, maple products, coffee, tea, ice cream, snacks, beverages and more! Details on our website: www.naturalroots.com. Natural Roots, 888 Shelburne Falls Rd., Conway, MA 01341, 413-369-4269, farmers@naturalroots.com.

Baker's Country Store - open seven days a week for all-day take-out breakfast and lunch: Monday-Friday 6 a.m.-6 p.m.; Saturday and Sunday 7 a.m.-5 p.m. **Easter Sunday hours 7 - 1 p.m.** Find a variety of homemade desserts and baked goods – freshly baked cakes, muffins, pies, and cookies – and a large selection of last-minute items. We now



have flavored iced and hot coffees, fruit smoothies, gluten-free bread and bagels! Find spring tulips, daffodils, hyacinths and Easter Lilies and bouquets. Check us out on Facebook: facebook.com/Bakers-Country-Store for today's specials. April 23rd: Ham Dinner - \$25.00 per person. Sit-down 4 p.m. or take-out 5 p.m. MUST reserve ahead - call 413-369-4936.

Jan and John Maggs Antiques - specializing in 17th-century English oak furniture, Queen Anne and Georgian jewelry, paintings, carpets, and small accessories in our new barn in Pumpkin Hollow. Open by chance or appointment. Feel free to stop in whenever you see the blue doors. You can also visit our shop online at www.jmaggs.com, or arrange a visit by calling 369-4256 or emailing jmaggs@jmaggs.com. Our Spring Opening will begin on Saturday, May 6. The first two hours will be online only, but we'll open our doors for in-person shopping at noon.

We'll also be open on Sunday, the 7th. from 10:00 until 4:00, and the shop will be filled with our freshest purchases. Subsequently, we'll be open on most Sundays throughout the summer months. We invite all to consider stopping in.

Wilder Hill Gardens - Annual Mother's Day
Weekend Sale Saturday May 13, Sunday May 14.

9 a.m. - 5 p.m. We propagate and grow our own
flowering and evergreen shrubs, small fruits,
trees, perennial flowers, annuals, herbs and cut
flowers. Varieties are selected for foliage, flowers, habit and ease of
cultivation, ensuring that you'll have plants especially suited for
Conway's climate. Wilder Hill Press Gallery will be open too with

original prints, books and ceramics on display. Stop by any weekend for gardening advice from Lilian Jackman, an experienced landscape designer, and view the stone stupas, gallery, and display gardens. Lilian Jackman, 351 South Shirkshire Road, 413-625-9446.

<u>lilianjackman@gmail.com</u>. Website: <u>wilderhillgardens.com</u>.

April is here - and spring weather will be close behind. With spring comes garden prep and growing season and OESCO is your local stop for the right tools. Made in the USA, the W.W. Manufacturing Co. line of landscape tools will tackle your landscape needs. Choose from "King of Spades", DuraRakes, Ground Sharks and more! *Weedless Gardening, Landscaping with Fruit*, and *Encyclopedia of Flowering Shrubs* are a few of our reference books to help plan for your growing season. Whether you plant fruit, foliage, or flowers, we have something for you! Be sure to protect your crops: we offer bird, insect, and deer netting, backpack sprayers and a variety of other options to keep those crops



safe. Call or stop by and talk with Gemma, Rebecca or Tim! Shop where the pros shop and thanks for buying locally! OESCO, Inc. (Orchard) M-F: 7-5; 369-4335

Fresh, local farm food - delivered right to your door! Hart Farm CSA boxes are filled with veggies, fruits, flowers, eggs, bread, cheese, meat and more. Choose from 3 different box types and choose your delivery dates. Delivery to West Franklin/Hampshire Counties every Friday, April 28th-December 1st. Pay with card/check/SNAP. You can expect high quality, freshly picked, delicious produce infused with good vibes and delivered with a smile. www.conwayhartfarm.com, 413-453-9098 conwayhartfarm@gmail.com.

Come Join Us at Revelry 33! - Debra Hoyle is one of 35 local artists who will be displaying their work at The Northampton Center for the Arts at 33 Hawley Street during the month of April. Opening reception Friday, April 14, 5-8 p.m. during Northampton's Arts Night Out. On April 29 is the big fundraiser event with music, food, silent auction, and of course original art by valley artists for sale! Proceeds benefit the Northampton Center for the Arts and their renovation project which includes a permanent gallery to showcase our many talented local artists. https://www.nohoarts.org. Visit Deb at

https://instagram.com/debhoyle.art.rockpaperscissors or contact Debra Hoyle Studio/Gallery, 46 Main St, Conway 413-325-5579.

Conway Quilts - Quilt repair, restoration and cleaning – bringing new life to old quilts. Contact Carol Baldwin at 413-345-8977 – hummerzinger@gmail.com

Are you ready to learn to draw? - Or can you see yourself painting at an easel en plein air, fully experiencing a beautiful Conway landscape? Are you ready to start seeing colors you've never noticed before? If they're not brown, what color are tree trunks? And what color are their shadows? Conway artist Hannah Harvester offers private and small group lessons in drawing, printmaking and pastels – email me to schedule your class, or check my website for offerings.

HannahHarvesterfineart@gmail.com / www.HannahHarvester.com

Handmade one of a kind jewelry - made out of pounded metals, semi-precious stones and glass. I also repurpose materials I come across that need a new life! Reasonably-priced gifts for special gifting: Come see me at my Conway home on Manning Road. Please call ahead 413-387-9296. Denise Dwelley Designs

Tea at Two Gift Shop - 85 Whately Road, Conway. Handcrafted goods - jewelry, pottery, woodenware, baby items and more. See RADA cutlery and the line of Stream2Sea products: sunscreen, body and bath essentials - all ecologically friendly. Open Thursday, Friday and Saturday afternoons or by appointment. Call 413-834-2339.

Personal Care Aide (PCA)/ Caregiver - needed in center of Conway. Assist with activities of daily living and some shopping, transportation and companionship; Provide medication reminders. Must have a valid driver's license. 15 -20 hrs./week; \$17/hour. Please contact David at 413-768-8751.

Feeling down following the latest IPCC report? - Me too. Not sure what to do? Join me this spring in learning techniques for remaining active and engaged even in the face of the most discouraging environmental news. Active Hope Practice Group: April 10-May 22. Mondays 6:30-8:15 pm. Seven meetings; no session May 1. Join a small group of neighbors to learn techniques for increasing your capacity to make a difference in this world, even if you feel hopeless about the future. We'll be working with the Active Hope online training and Joanna Macey and Chris Johnstone's book, *Active Hope: How to Face the Mess We're in With Unexpected Resilience and Creative Power*. \$200; \$260 to support a scholarship fund. Contact Hannah at hannah.harvester@gmail.com to learn more, to register, or to inquire about tuition assistance.

Unheard Melodies

by Nicole Braden-Johnson

"Heard melodies are sweet, but those unheard / Are sweeter"

- John Keats "Ode on a Grecian Urn"

Arachnophobia

The recoil is immediate and automatic, Like a hand which touches a hot stove. The sympathetic nervous system has seen And deemed the hairy-legged creature mean.

Somewhere inside the coiled chromosomes lie The memories of ancestors who whisper Through the millennia of arachnids more fierce, More deadly than my contemporary cohabitant.

But arachnologists have learned more about These creatures than their venomous bite; Saying that these curious minds can count, plan ahead, and even possess a sense of self.

Peering down at the critter peering back at me, I wonder at the meeting of strange minds. Still a bit wary, I gingerly scoot her into a cup, Escort my guest to the door, and bid her farewell!



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