



Volume 5, Number 1 - January 2024

Notes from the Town Administrator

I was so gratified to see so many of you at special town meeting! Thank you all for attending, asking questions, and being involved in your town government. Your participation is what makes it all possible!

As we move into a new year, I am looking at the list of projects I would like to accomplish in 2024. One that tops my list with respect to providing information about how town government works is a new publication I would like to create, "A Citizen's Guide to the Town of Conway." In this guide we will explain how town meeting works and how a warrant is developed, who makes decisions, how the budget process works, what each of our departments is responsible for, and what each of our boards and committees is responsible for. For those of you new to town or who haven't experienced an open town meeting before, I am hoping this will become a handy reference guide. The town also produces an annual report, mailed to every home, which gives information on the preceding fiscal year's activities by every board, committee, and department. This new guide will be more of an overview, which should give more context to our annual reports. If there is any information you feel would be useful to include in the new citizen's guide, please do let me know by either emailing me at townadmin@conwayma.gov or calling 369-4235 x 3. And as always, if you have any questions or concerns, I am here to help.

A very Happy New Year to all!

Véronique

Conway Residents Remember

Musings on Space from M.L.C.

Just sitting in the dark watching daylight creep over the horizon. It brings the silhouettes of the neighborhood to life slowly but surely. Right now they are very shy and still very faint but soon will burst out in their black beauty and artful presentation. As this oldster gazes out this office window, the thoughts of the great expanses existing out beyond imagination that are out in what we have named "space."

The computer screen this morning was lit up with a photo of the Andromeda Galaxy, and it caused this elder to think about the horrendously large expanses beyond our little planet. The more we know about these expanses, the more we realize just how infinitesimal our little part of the world really is and just how small we really are. Sometimes, when I was a child, I would question if we were under a microscope of a cosmos we never even knew existed. Now I wonder if that is exactly what we are . . . some little group of microscopic life that something or someone is observing as part of a study of some kind. Now that is a scary thought. The imagination of a child, but as an elder, I just wonder. By the way, the picture of the Andromeda Galaxy is beautiful. Our natural world has the most beautiful displays of wonder for us to appreciate or destroy through our greed, laziness, and other annoying habits (yes, this oldster is guilty of them too but working on that). Hope these meandering thoughts don't disturb too many, but – just thinking about it – working toward human improvement might just change our existence, might, just might, bring about some necessary changes to preserve the world we had given to us, microscopic or not.

There is so much, much, more to learn. My dad loved science and astronomy, and he instilled that wonder in this kid so long ago. Dad helped develop the microwave oven and other things. He

worked on a project that enabled Alan Shepard to make his suborbital flight without affecting radio contact during his flight. He dragged me out of bed to see the first Russian satellite fly over in the middle of the night and other satellites, especially the first U.S. satellite, as they later traveled the night skies. He loved the mystery of what lay beyond our planet. I used to lie out on the roof outside my bedroom window and watch the planes out of Bradley fly over. That was when Bradley was an airport with one runway in the middle of tobacco fields. I always wondered where those planes were headed and the passengers as well. Our night skies are alive with activity, and many a night I watched those skies. We are definitely microscopic compared to what is out there.

Holiday Recycling Reminder

Happy holidays! Thank you for your recycling efforts over the past year. Following are some guidelines for recycling during the holiday months and all year long.

Please DO include the following items in your paper recycling mix:

- wrapping paper, gift bags, tissue paper (except those with metallic inks, glitter, or foil)
- corrugated cardboard boxes, paperboard gift boxes
- paper shopping bags (any type of handle is okay)
- paper greeting cards (except with metallic inks, glitter, or foil; remove batteries)
- catalogs, calendars, and magazines

Please DO NOT include the following items in your household recycling:

- ribbons, bows, or tinsel: these are reusable from year to year
- holiday light strings: accepted in scrap metal recycling and WtE scrap metal, Greenfield
- packing peanuts, Styrofoam™, bubble wrap, inflatable “air pillow” packaging: Clean, dry packing materials are accepted

- for reuse at the UPS store in Greenfield.
- plastic bags, plastic shipping envelopes, bubble wrap, air pillows: Grocery and retail stores accept these, plus clean, dry plastic bags marked #2 or #4.
nextrex.com/view/educate#materials1
- formed plastic packaging from items like toys and electronics
- glossy photographs, paper envelopes with bubble wrap inside, ornaments, decorations

Questions? Franklin County Solid Waste Management District: info@franklincountywastedistrict.org, 413-772-2438. More info: franklincountywastedistrict.org, springfieldmrf.org. MA Relay for the hearing impaired: 711 or 1-800-439-2370 (TTY/TDD).

Social Connection

from the FRCOG Public Health Team

Although our days are getting longer, the darkness of winter can make us want to isolate or withdraw. Consider focusing on social connection this winter.

Our relationships with family, friends, coworkers, and community members can have a major impact on our health and well-being. When we are socially connected and have stable and supportive relationships, we are more likely to make healthy choices. Also, we can better handle hard times, stress, anxiety, and depression.

We can build social connection by making new relationships and also by strengthening our current ones. Building new relationships can start with your interests. Join a virtual or in-person activity that aligns with your hobbies. Making time to volunteer can connect you to new people and your interests. Our local libraries and senior centers can be great places to find out about upcoming events and interest groups.

Consistency is key to strengthening our current relationships, because regular contact makes us feel connected. Set aside a few

minutes to write a card, email, or even text message. Planning a meal, making a phone call, or walking with others can build connection during daily activities.

Find ways to be responsive and supportive to your family, friends, and neighbors. Reflecting can be a useful tool. Asking ourselves “When have I felt grateful to others recently?” can show us how interactions, big and small, made us feel good.

Narcan Training

Hi, Conway friends and neighbors. The Opioid Task Force of Franklin County identified a need in our local communities to teach more people the signs of an opioid overdose. Kat Llamas, chair of the Conway Board of Health, and I, Jackie Choate, RN, in surgery for 40 years and Conway Board of Health member, are offering an opportunity for any interested residents or friends from neighboring communities to participate in a program that will train participants to recognize the signs of an opioid overdose and to administer Naloxone, commonly referred to as Narcan, a drug used to stop the effects of opioids. We hope to give participants the tools and ability to possibly save a life!

Many of us have been affected in some way by this epidemic of drug addiction and, sadly, overdoses. Perhaps you are worried about a friend, family member, or coworker. At the end of the presentation, attendees will be provided with two doses of Narcan and a face shield along with some literature.

We will meet in the general purpose room at Town Hall on January 24 at 6:00 p.m. The program will run approximately 45 minutes. Be assured that you will not be asked what prompted you to attend. You can preregister by calling 413-369-4235 x 8 to ensure a place or come as a walk-in. All are welcome!

Notes from an Old House

by Julia Carroll

Houses change over time. Whether in ownership or the structure itself, there are few constants when it comes to these places in which we dwell, and this is especially true for antique homes. In the 200 years our house has stood in Conway, which, by the way, we are assuming is on this same site, but who knows – it is entirely possible it was moved from down the road! – all of the changes that have occurred here are too numerous to quantify. Because of the many unknowns about our house, we feel grateful each time we encounter someone who has had some connection with it or with the land on which it sits. And there are quite a few folks here in Conway who have been to, worked or lived at, and were even born inside the walls of this old place. We cherish each story and tidbit that we collect.

The first summer we lived here, we met a man who was born in our house. He grew up here when it was a working farm. From him we learned that the outside of the house was the traditional white with green trim, an emerald shade we still find peeking through thresholds from time to time. Also, the door we use as the main entry is not original to the house but is one of several you can use; would it even be a New England home without at least seven options? He helped his father build the barn across the road. He told us which second-floor room was his as a boy and how one time he and a brother were play-fighting, a game that resulted in his falling out of the window into a row of rose bushes. Today there is one rose bush, perhaps a descendant of that same row.

There are also changes that indicate the change in function and lifestyle. What was once a large, rectangular parcel comprising 125-160 acres – typical for Conway around the time of the town’s incorporation – complete with access to forest, farmland, and river, became much smaller by the mid-20th century. During its years as a dairy farm it shrank farther, then evolved into less of a dairy farm

and more of the private residence it is today. The former milk storage room is now a bathroom and kitchen, and the small space once used to store ice is a mud room. The ell we now use as a bedroom was the place where his family stored their sap buckets.

Through the stories of a former inhabitant of our home, we have been able to see our house in a whole new way. We never would have known these things if not for our good fortune in meeting someone with such a connection to this place, and we are honored to be a part of the future history that this house will tell to others. We realize that most people who are well-acquainted with their homes, especially here in this part of the country, have been gifted with stories about them.

Does your house have a story to tell? Share it with us by emailing newsletter@conwayma.gov. We'd love to publish it in a future *Conway Currents* issue.

Thank You from the FML Friends

The Friends of the Field Memorial Library thank all of you who generously gave books, games, food, and just under \$1,000 in cash, checks, and gift cards for the library's Giving Tree! This year saw the most donations we've ever sent to the Hilltown Churches Food Pantry. Conway is a wonderful giving and caring community!

Benefits of Chair Yoga

If you haven't tried the chair yoga class currently being offered by the Council on Aging at 11:15 a.m. on Wednesdays in person at the library and on Zoom, consider this: Yoga can be adapted to suit the needs and abilities of anyone, and it can be an incredibly beneficial form of exercise for people with mobility and/or balance issues. No floor work is required as it is in mat yoga, and standing poses can be done seated or with a chair for support. Benefits include the following:

- **Improved flexibility and strength:** Gentle stretches tone and strengthen muscles and improve movement.
- **Improved proprioception:** Becoming more aware of where your body is in space and coordinating your movements enable greater control over your body.
- **Reduced stress and improved mental clarity:** The meditative discipline of yoga and the breath work involved can help with stress management and provide a greater feeling of well-being.

Start the new year right by taking advantage of this opportunity to improve your physical ability and spend an enjoyable 45 minutes of social interaction. Instructor Jody Fontaine is expert in adapting the standard yoga poses to the needs of individuals taking this class. The cost is \$6.00 per class, with the first class free. Call Jody at 413-824-9435 for more information or the Zoom link.

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. There is no January meeting; the next meeting will be February 7. For more information, contact Patricia Ann Lynch, COA chair, at 369-4284 or email patricialynch@earthlink.net.

Note: The COA currently has an opening for a new member. This is a selectboard-appointed position. If interested, please send Pat an email with your contact information and a brief note about how you feel you can serve the council.

Senior Calendar for January

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. NOTE: Please, when loaned equipment is no longer needed, call Hank in order to return it.

"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.

Mah Jongg A Mah Jongg group meets at Town Hall at 10:00 a.m. every Wednesday. This group plays the Wright-Patterson style of Mah Jongg, which was created by the Officer's Wives Club at Wright-Patterson Air Force Base in the early 1920s. For more information, contact Phylis Dacey at 369-4326

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 January 8. 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.

Transportation for Medical Appointments & Shopping The Shelburne Falls Senior Center provides curb-to-curb van transportation within Franklin County for seniors 60 and over for in-county 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. An application with a copy of a photo ID is needed to be pre-approved

for ridership. For rides to out-of-county medical appointments, call the FRTA at 774-2262 x 163 for information and reservations.

Senior Meals In most months meals are held at Town Hall on the second and last Thursdays of the month. Meals may be eaten in or picked up at noon. For more information or to be added to our email or phone list for announcements, call Carolyn Thayer at 413-559-0282.

SHINE Counseling The SHINE (Serving the Health Insurance Needs of Everyone) Program provides free health insurance information and counseling to all Massachusetts residents with Medicare and their caregivers. People who have Medicare or who are about to become eligible for Medicare can meet with a counselor to learn about benefits and options available. A counselor will review programs that help people with limited income to pay health care costs. General Open Enrollment for Medicare Part B and for Medicare Advantage plans runs from January 1 to March 31. SHINE counseling is available by calling LifePath at 773-5555 or by contacting Meg Ryan, one of Conway's public health nurses, at 774-3167 x 158.

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 link.



Conway Currents is available online! Go to conwayma.gov > Boards & Committees > Newsletter Committee: Conway Currents and scroll down to Conway Currents Newsletters and you'll see all issues published to date. Feel free to share with folks from out of town who don't get the paper version.

Currents Advertisements & Notices

Rates for ads up to 150 words are: one month \$8.50, three months \$16.50; six months \$26.50, twelve months \$45.50. For cost of longer ads or to include images (limited), call or email Louise at 413-559-1180 or lmbeckett@crocker.com.

Pay by checking account or credit card through the town's website <https://conwayma.gov/> > How do I . . . ? > Pay for > Newsletter Advertising; or send a check to made out to **Town of Conway with Conway Currents in the memo section, PO Box 240, Conway, MA 01341**. Please send the text of your advertisement to Louise by email at lmbeckett@crocker.com. **Deadline is the 15th of the preceding month.** If you want to discuss your ad or have any questions, please call or email lmbeckett@crocker.com.

The Town of Conway would like to hire a local, licensed carpenter to do some repair work to the transfer station attendants' shed and the Conway Mall. If you are interested, please contact Véronique Blanchard at 413-369-4235 x 3 or townadmin@conwayma.gov - Thank you!

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. - each month! Look for the blue flag on the porch.



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 7 a.m.-5 p.m.; Sunday 7 a.m. - 3 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. Try a hot cocoa bomb! Check us out on Facebook: facebook.com/Bakers-Country-Store for today's specials or call 413-369-4936.



Natural Roots Farm - We are a horse-powered CSA farm located along the South River right here in Conway. Enjoy this beautiful, bountiful farm and the vibrant community that we feed. 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.

House Above The Hollow - Need accommodations for visiting family or friends? House Above The Hollow is a charming one-bedroom apartment in a lovely Greek Revival home overlooking the historic Pumpkin Hollow. For more information visit airbnb.com House Above The Hollow.

Looking to sell or buy a home? - Conway native Laura (Kuzdeba) Dziura is here to help you navigate today's real estate market, while providing exceptional support along the way. Buying and selling throughout the Pioneer Valley - contact Laura today: laurad@delaprealestate.com or 413-695-3743.

Considering selling your home? - Currently longtime residents of Conway looking to purchase here in town - ideally, with a garage. If you're thinking about selling we'd love to talk with you. Call or text 413-376-5151.

Support your local church - by shopping for Rada Cutlery and Big Y gift cards. All cutlery is made in the USA and includes a lifetime guarantee. This fine cutlery is in high demand – the stylish design makes it attractive but still retains quality that will last a lifetime. Choose from many options, sure to help you in performing any kitchen task and creating all your favorite recipes, and your purchases will support the United Congregational Church! To order, use this simple link: bit.ly/3mTpO18. Paper catalogs available by request by contacting Tina Burnett at 16xcmom@gmail.com or 369-8035. Tea at Two has RADA items available for ordering as well as baby bibs and ornaments. Big Y gift cards are available for purchase at the church on Sundays or by contacting Tina.

I want to buy your record collection! - Hi, I live in Conway and I am a record enthusiast who wants to fill out my record collection. I love all genres including 60's, 70's, 80's rock, new wave, jazz, country and reggae and just about everything else. I am more than willing to pay for excellent records. I also love any kind of music paraphernalia. If you

want to sell your collection, large or small, call me at 1-413-522-4919 or billbrad@gmail.com (Bill).

Happy New Year from OESCO! - This is a great time of year to prepare for the upcoming growing season and maybe sneak in some reading by the fire.



Our Split-Fire 3-Point Hitch Wood Splitters and LogRite cant hooks, peaveys and hookaroons will help you get your firewood ready! Plan your garden with one of our many books like *Growing the Northeast Garden* or *Fruit Gardeners Bible*. Learn about Northeast Foraging for when Spring hits and boost your immune system this flu season with recipes from Fire Cider. Or perhaps you'd like to make some tasty treats from one of our wonderful apple cookbooks. We have plenty of books to choose from. Stop by or give us a call! Shop where the pros shop and thanks for buying locally! OESCO, Inc. – Orchard Equipment. M-F: 7-5; 369-4335

Jan & John Maggs Antiques and Art - 17th-century English oak furniture, Queen Anne and Georgian jewelry, paintings, carpets, and small accessories. We invite you to visit us virtually our shop and view our stock on our website jmaggs.com. Although our OPEN flags are having a winter break, our website and our email are not. Whether you've seen something on our website that interests you, or are simply

curious about our new barn and its contents, we hope you'll email jmaggs@jmaggs.com or call 413-369-4256 to arrange a visit. There's plenty to see, and we're always happy to show visitors around and answer questions about the things we sell. Happy New Year!



Deb Hoyle Studio/Gallery - Exhibits this Winter at *Southern Vermont Arts Center* Members' exhibit through March 3, with numerous artists from all over New England participating. Worth a mid-winter drive to explore the art center and the beautiful Manchester, VT area! There's also a variety of paintings, collages, and sketches available at the Conway studio at 46 Main Street. Please stop by or call to arrange a visit. Browsing is welcomed! 413-325-5579; greenlady33@comcast.net; debhoyle.art.rockpaperscissors/

Wilder Hill Gardens - Locally grown trees, shrubs, native plants, flowering perennials, herb plants, cut flowers. Landscape design and installation. Thanks to all who stopped by the nursery this 2023 season

to trade gardening tales, bravely plunge into the world of sustainable landscape design, Morris Dance and support local agriculture. I'm wishing a warm, congenial winter season to everyone in our beautiful Conway. Stay tuned for the Spring 2024 nursery opening and class schedule, including the popular Pruning 101 Workshop and the new Using Native Plants In The Home Landscape. Lilian Jackman, 351 South Shirkshire Road, Conway, MA. 413-772-9065; lilianjackman@gmail.com; wilderhillgardens.com

WILDER HILL
gardens

Viola, Violin, and Cello lessons at Conway Fine Arts - Openings available for individual and group violin, viola, and cello lessons at Conway Fine Arts' new location at 86 Main Street. Teaching children and adults of all levels, beginner to advanced. Study music with Geoffrey Archambeau, a professional musician with decades of experience performing and teaching strings. Improve how you play, listen, and hear music. For more information, contact Geoffrey by email at conwayfinearts@gmail.com or by phone at 413-369-6068.

Qigong Class for All - Qi ("Chi") is energy, vital force. Part of traditional Chinese medicine Qigong is about mastering your own energy. When you have sufficient and balanced Qi, you have no fire; you are at peace. When you have too much, Qigong practice can balance its excess. Qigong coordinates body movements, dynamic and static postures, breathing exercises and meditation. Acupressure protocols are used to alleviate blockages. Qigong is energy cultivation: it's about aligning body, mind and spirit in one, to help bring clarity, awareness, balance, longevity, peace and fun. Just bring a mat and water! Class led by Alexandre Pazmandy, LMT- Every Saturday 10-11 a.m., 86 Main Street, \$25; Walk-ins welcome. 413-362-5173 - <https://ap.massagetherapy.com>

Jiyanna Rose Healing Arts - your home, plant & personal ally. Connecting earthly details and an awe for spirit, I help you develop sacredness in your home and life. *Home Base Ally*: Tending the hearth fires during temporary and extended absences. Meet & monitor maintenance & installation teams & receive deliveries. Reliable, knowledgeable & excellent communicator. (Re)organizing services and assistance with minor tasks. *Plant Ally*: Natural bodycare products grown and produced in Conway as well as guidance in making your own. *Personal ally*: compassionate support and advocacy in home and medical settings. To learn more about me, please visit my website at Jiyanna.com

From the Archives of the Conway Historical Society



Courtesy of the Conway Historical Society; Gift of Grace Larson

Newly made wooden barrels from the Edgar Jones Barrel Co. have been loaded onto a freight car of the Conway Electric Street Railway in winter around 1908. While past its manufacturing heyday, Conway still had water-powered factories along the South River making all manner of goods important to the turn-of-the-century consumer. During its short existence, from 1896 to 1921, the trolley's investors hoped it would make the town's industries more competitive by improving their transportation link to the outside world through the connection at the confluence of the South and Deerfield Rivers, where the Boston and Main Railroad and the New York, New Haven, Hartford line passed. The barrel maker was located in the former Tucker and Cook cotton mill on Shelburne Falls Road not far from today's Cemetery Hill. View the society's online collection of images and documents at conwaymasshistory.org

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Conway Currents
residents, is funded by the Town of Conway,
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