



Volume 5, Number 2 - February 2024

Help the Kestrels!

Kestrels are our smallest (and most adorable) falcons. But they've been in serious decline. The state ornithologist and wildlife experts are encouraging communities like ours to install nest boxes for them in appropriate large open spaces. See conwayma.gov/files/Kestrel_Conservation_MassWildlife.pdf to learn more and savor arresting photos. The Open Space Committee is considering launching a Kestrel Project here wherein volunteers erect nest boxes in suitable sites, with the landowner's permission of course. If this might interest you, please contact Janet soon at 413-768-7416 or jchayes1@comcast.net.



Wildlife Slam: Nature in Your Neighborhood



On Sunday, March 24, the Conway Open Space Committee will present a program in Conway Town Hall from 3:00 to 4:30 p.m. featuring YOUR stories and photos of wildlife in Conway and emceed by our own Katie Clarke. We are asking you to share a short (five minutes maximum) wildlife

story, photo(s), experience, sighting, or tip about local plants, animals, insects, etc.:

- Bears, birds, butterflies, bees, bats
- Frogs, turtles, snakes, salamanders
- Beavers, otters, moose, marten, fish
- Trees, shrubs, flowers, insects
- Etc., etc.!

To be included in the slide show, submit your photos (three maximum) by March 19 to Michele at mturre@gmail.com. Call or text Janet with questions at 413-768 7416.

From the Board of Assessors

Once the tax bills were mailed, it was time for us to begin conversion to Patriot/Catalis's AP5 valuation system, moving away from the previous program that was problematic for us and other Massachusetts towns. Conversion is a comprehensive process that includes a detailed review of data quality. We will view every property in Conway, comparing the visual assessment to the details on your property record card. We will pull into the yard and walk around to see the exteriors and outbuildings, take new photos of all structures, and leave a note on your door that says we visited. We would appreciate an invitation to step inside, and this is a great opportunity to ask us questions. Should anyone be concerned about our presence, our "ASSESSORS" signs will be on the car, and Central Police Dispatch, 625-8200, will have the description of the car and the day's approximate schedule.

After we have calculated values in the AP5 system, there will be a public disclosure time for you to come to the office and compare the new property record cards and values to the old ones. The goal is to have the new values within just a few percentage points of the old values, taking into account any changes in the property itself. Viewing hours will be available over two weeks at various times during the day, evenings, and weekends. You will also be invited to phone 413-369-4235 x 5 and can leave a message at any time or

email us at assessors@conwayma.gov. Changes made at this time will be effective on the fall 2024 tax bills.

Abatements, personal exemptions: The final date to apply for an abatement ended on January 22, but you have until April 1 to apply for a personal exemption if you are a qualifying disabled veteran, blind, or a low-income senior. Application for abatement of the Community Preservation Fund charge on your tax bill, which is based on whole-household income, is at any time year-round. Exemptions granted will be deducted from your April tax bill. Please check our website and contact us for any forms or questions; we are glad to help!

Job Posting: Lee Whitcomb will be retiring from the administrative assessor job in May but staying on as an elected member of the board. We posted an ad for the position in early January and hope to find an applicant with related experience in municipal finance and education who enjoys teaching and working with property owners! It will be a 30-35 hour/week position. Please check the town website conwayma.gov/p/64/Job-Postings-and-Information for more details.

Thank you all for your patience and understanding during the recent very difficult billing period. It helped!

Scholarships

Conway Firemen's Auxiliary Scholarship The Conway Firemen's Auxiliary annually awards up to two scholarships of up to \$500 each. Awards are given out in May. Applicants must be a Conway resident and a senior in high school. Primary consideration will be given to students who are involved in community service, work, or extracurricular activities, and who are planning to further their education in either college, trade school, or a certificate program. Secondary circumstances the Auxiliary

will consider are grades and family financial situation. The deadline for applications is the **first Friday in May**. Applications available through the town website - conwayma.gov/p/59/Scholarships. Submit completed applications to: Conway Firemen's Auxiliary, P.O. Box 46, 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 festivalofthehills.com/scholarship/ Application deadline: **last day of April that falls on a weekday**. Please note: No application received after this date will be considered. Mail applications to: Conway Festival of the Hills Scholarship, PO Box 431, Conway, MA 01341.

Germain 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."

Completed applications must be received no later than noon on Friday, April 19, 2024. Visit conwayma.gov/files/Germain-Scholarship_Application_24-25.pdf.

Conway Sportsman's Club Scholarship Awarded to any graduating Franklin county high school senior regardless of postgraduate plans. Seniors must complete an application to be eligible for an award. Application deadline: **April 20** of the year of application. No applications received after this date will be considered. Download the application at conwaysportsmansclub.org/files/sportsmans_club_scholarships. Deliver or mail applications to the Conway Sportsman's Club Scholarship Fund, PO Box 202, Conway, MA 01341.

UCC Conway Scholarship The United Congregational Church of Conway will award a scholarship to a graduating high school senior in 2024. 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 12** and mailed to UCC Conway, Attn: Scholarship Committee, PO Box 214, Conway, MA 01341.

Wells Trust Scholarship Applications are now available for academic scholarships, as well as health and agriculture awards, funded by the Fred W. Wells Trust. Anyone who has resided or whose parents have resided in Ashfield, Bernardston, Buckland, Charlemont, Conway, Deerfield, Gill, Greenfield, Hawley, Heath, Leyden, Monroe, Montague, Northfield, Rowe, or Shelburne for not less than two years prior to the date of application is eligible to apply for funding. Awards are determined by an independent scholarship committee whose members consider, among other factors, each applicant's scholastic ability, need, character, leadership ability, integrity, and participation in work and/or extracurricular activities. Applications can be obtained from town clerk's offices, high school guidance offices, Greenfield Community College, Greenfield Savings Bank Vice President and Trust Officer Prudence Blond, and online at wellstrustscholarship.com. With questions, contact Ms. Blond at pblond@greenfieldsavings.com or 413-775-8243. The mailing address at Greenfield Savings Bank is 400 Main Street, PO Box 1537, Greenfield, MA 01302. Completed applications must be **postmarked by March 20**.

Notes from the Town Administrator

On January 7 we had to close the transfer station due to the weather. The day before, the town put out a call about the closure

to all residents who are in our emergency call system. If you did not receive that call from the town, then you're not in our system. **We cannot contact you unless you sign up!** It is very important for everyone to make sure you are active in our system and receiving text messages, phone calls, or email alerts, according to your preference.

If you have not yet signed up, you can do so on the town's website, conwayma.gov. In the middle of the home page near the bottom you will see in bold red type "emergency alert system." Click on that link to sign up. If you need to sign up by phone, please call me at 413-369-4235 x. 3 and I can help you. The alert system is used only in the case of a general or health emergency or if there is a closure at the transfer station. Please make sure you are signed up today so that we can help keep you informed. Thank you!

Véronique

Conway Sportsman's Club Annual Ice-Fishing Derby

When: Sunday, February 17 (weather and conditions permitting)

Time: 1:00–3:00 p.m.

Where: Conway Swimming Pool, Whately Road

Ages: Open to all children 14 years of age & under

Refreshments Available & Prizes Awarded!

Conway Swimming Pool News

Congratulations to Trent Maxey of Conway! He won the quilt that was raffled to raise money for the pavilion at the pool. Thank you to all who purchased tickets.

Over the last three years money has been donated specifically for the building of a pavilion and with local residents Steve Thomas

and Mark Ladd generously donating their labor and skills we felt this was the year to finally add a timber-frame pavilion at the pool. Once finished, we're confident you'll be pleased with this addition to the pool grounds.

Our next pool meeting will take place at the Conway Grammar school on February 6 at 6:30 p.m. All are welcome.

February Is American Heart Month

The Division for Heart Disease and Stroke Prevention of the Centers for Disease Control (CDC) has designated February as American Heart Month, a time when everyone is encouraged to focus on their cardiovascular health. This year, Heart Month's focus is on women, who are experiencing unacceptably high rates of heart-related illness. According to the CDC, heart disease is the leading cause of death in the United States for both men and women, accounting for one in every four deaths. Coronary artery disease – the most common type of heart disease – can lead to heart attack. You can greatly reduce your risk through lifestyle changes and, in some cases, medication.

By living a healthy lifestyle, you can help keep your blood pressure, cholesterol, and blood sugar levels normal and lower your risk for heart disease and heart attack. Even small lifestyle changes made over time can lead to major improvements in heart health. Steps to improve heart health include continuing with routine medical care, exercising regularly, maintaining a healthy weight, choosing a healthful diet, and reducing or quitting smoking. What's good for the heart can also be good for the lungs, brain, and other organs. One resource for heart-healthy recipes is [healthyeating/nhlbi.nih.gov](https://www.healthyeating/nhlbi.nih.gov).

A heart attack is serious and can be deadly. Recognizing the signs is important. The major symptoms of a heart attack are:

- Chest pain or discomfort in the center or left side of the chest that lasts for more than a few minutes or that goes away and comes back. You may also break out into a cold sweat.
- Pain or discomfort in the jaw, neck, or back.
- Pain or discomfort in one or both arms or shoulders.
- Shortness of breath.
- Feeling weak, light-headed, or faint.

Other symptoms of a heart attack could include unusual or unexplained tiredness and nausea or vomiting. Women are more likely to have these other symptoms.

Signs may differ in men and women. Although some women have no symptoms, others may have angina, usually felt as a dull or heavy chest discomfort or ache; pain in the neck, jaw, or throat; pain in the upper abdomen or back. These symptoms may happen when resting or active. Women also may have other symptoms, including nausea, vomiting, or tiredness that won't go away or feels excessive.

If you have any of these symptoms, don't delay. Call 911 immediately. More information can be found on the American Heart Association website, [heart.org](https://www.heart.org)

Opening on the Council on Aging

The Conway Council on Aging has an opening for a new member. The council's purpose is to advocate for elders in the community, provide programs to meet their needs, and contribute toward making Conway an age-friendly community. This is a selectboard-appointed position to fill a vacancy with a term ending June 2025. New members must be sworn in by the town clerk and take the State Ethics Commission Conflict of Interest Law training.

The position involves as much or as little time as members are willing to give, with a commitment to attend one meeting a month on

Wednesday mornings. Take a look at the Council on Aging column that appears each month in *Conway Currents* to get an idea of the programs we offer. If you are interested in helping make Conway a more age-friendly town where elders can age in place, contact Pat Lynch, COA chair, at patricia Lynch@earthlink.net or 369-4284.

Board of Health Opioid Listening Session

Impacted by opioids? We want to hear from you! This listening session is co-hosted by Franklin County boards of health and the Franklin Regional Council of Governments online, Monday, February 5, at 6:30 p.m. Recently, pharmacies and opioid manufacturers have settled state lawsuits. They are paying funds to towns to address the harms of the opioid crisis. Residents impacted by the opioid epidemic are invited to provide feedback and ideas on how to spend settlement funds in our region. Note that funds available to small towns are in the range of \$200 to \$2,000 per year, so expenditures will be small or infrequent.

Register here bit.ly/3RUaIcE. You may join anonymously; email is required for the Zoom link.

Senior Snowshoe Hikes

Hilltown Land Trust is partnering with All Out Adventures to offer a series of senior snowshoe treks on Wednesdays in Goshen this winter. Join us Wednesday mornings for one- to three-mile snowshoe walks along beautiful trails through the DAR State Forest. We will have two treks per day, departing at 10:00 a.m. and 12:00 noon, divided into multiple groups by ability level and interest. Please arrive 15 minutes early to sign in and get geared up. In the event of insufficient snow cover, we will hike together instead. Beginners are encouraged to attend!

There is no cost to attend, although a donation of \$5.00-\$20.00 in support of All Out Adventures programming is appreciated. Snowshoes, poles, and traction aids are provided free of charge.

Senior Snowshoe Hike Dates

- February 7 (at Bullitt Reservation, Ashfield)
- February 21
- March 13
- March 20

RSVP required by phone or email. Phone: 413-584-2052. Email: info@alloutadventures.org. Questions? Email Juliette: juliette@hilltownlandtrust.org. Find us on social media! Visit hilltownlandtrust.org for more.

Experience the Walk with Ease Program

The Springfield College Physical Therapy Program, within its Community Mobility Clinic, is offering a six-week, student-coached, self-directed Walk With Ease Program again this spring. We are hoping to begin sessions as early as February 12, in time to kick off Heart Health Month. The Walk with Ease Program, which was created and is certified by the Arthritis Foundation, is a virtual walking program guided by a team of health coaches who will help you achieve your walking goals over a span of six weeks.

Walk with Ease will help you:

- Reduce pain and feel great
- Walk safely and comfortably
- Motivate yourself to get into great shape
- Improve your flexibility, strength, and stamina

Sign up for this free program today at springfield.edu/walk-with-ease/participate. Call Springfield College PT @ 413-748-3478 if you have any questions!

From the Archives of the Conway Historical Society

This postcard from about 1907 shows the high trestle bridge that crossed about 160 feet over the South River at its confluence with the Deerfield River. That bridge's stone abutments are still visible today to those who venture to the very end of Station Road or to tubers who put in at the South and wade upstream. Today, a footbridge there spans the South River, carrying hikers of the Mahican-Mohawk Trail, which runs from Hoosac Road in Deerfield toward Shelburne Falls.



N.Y. N.H. & H. R.R. Bridge 160 Ft. High, Conway, Mass (detail);
Courtesy of the Conway Historical Society, Inc. Gift of George and Alice Eldridge.

The New York, New Haven & Hartford Railroad bridge served Conway Station – just out of view in this image – where the Conway Electric Street Railway trolley connected Conway's passengers, farms and water-powered factories for about 25 years after 1895. The railway made it possible for milk and butter from the Conway Creamery to be shipped to Springfield and Boston and for Conway's apple growers to send more than 10,000 barrels of apples to market each season.

A Look into Conway History

Getting the News in Conway

by Patricia Ann Lynch

Conway's first newspaper appeared in 1798 and 1799. The *Farmer's Register*, published weekly by Theodore Leonard, had as its motto "Here truth unlicensed reigns, and dares accost / Even kings themselves, or rulers of the free." The author of Chapter II of *History of Conway (Massachusetts) 1767-1917*, Rev. Charles B. Rice, D.D., had a decidedly different opinion of the newspaper's quality, writing: "Both truth and error must in fact have 'reigned' in Mr. Leonard's paper. He had no editorial sentiments, and published with a looseness whatever came to his hand, on all sides. . . . part more thoroughly opposite than would be tolerated in any paper now circulating among us."

The *Farmer's Register*, while containing little local news, did – as today's newspapers often do – reprint news and various items from other papers, including news from both Washington and London. It contained advertisements, "mostly of stock, lost or taken," and had a poet's corner, which, according to Rev. Rice, was "full of Delias and Clorindas, after the dull manner of all the poetry of the 18th century."

A second weekly newspaper, the *Conway Banner*, which *did* include local news, was printed for about two years by Horace E. Miller beginning in 1885. And that was it for locally published news until July 1940, when the United Congregational Church of Conway began printing its monthly newsletter, *The Visitor*. For 80 years – until its final issue in February 2020 – *The Visitor* was more than a church newsletter. Mailed to every household in town, it became Conway's community connection: an outlet for official town news, notices of community events, and residents' contributions of poetry, recipes, gardening information, and the

like. The members of the Newsletter Committee hope that *Conway Currents*, which began publication in April 2020, is continuing to fill that role.

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 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 February

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 February 5. 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 Pat Kocot at 369-4248.

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.

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.

Open Positions in the Town of Conway

Administrative Assessor - The town of Conway seeks a full-time administrative assessor to work with the Board of Assessors. Estimated 35-hr. work week including all board meetings. Benefits included. Hiring range \$22 to \$26 per hour depending on qualifications, experience, education, and current certifications. Job

description and instructions available on the website at conwayma.gov under "How Do I?"; Town employment.

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

Singing workshop and Concert - Conway-based ensemble Tiny Glass Tavern presents *The Hagiography: A Musical Pilgrimage through the Lives of the Saints*. The very human lives of the ancient Christian saints are rife in wild legends and fascinating factual past with which to orient ourselves in the constellation of Western history and culture. The Hagiography illuminates the real and mythologized lives of Saints Valentine, Patrick, Cecilia, Joan of Arc, and more through original songs influenced by folk, pop, baroque, and medieval music. Join us for a singing workshop on Wednesday February 14, 6:30-8 p.m. at 46 Delabarre Avenue, Conway - open to all levels - and a concert on Friday February 16 at 7.30 p.m. at the Northampton Centre for the Arts. Information at www.tinyglasstavern.com. These events are made possible thanks to the support of the Massachusetts and Conway Cultural Councils.

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. Order flowers for Valentine's Day by February 10th. We have Valentine candy! 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 info visit airbnb.com House Above The Hollow.

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.

Your Home Town Realtor - Sarah Newman with Coldwell Banker Community Realtors. A Conway resident since 2002, I provide local, attentive and trustworthy service for home/land buyers and sellers throughout Franklin and Hampshire counties. To learn more about me, my services and brokerage company, please go to my website at Sarahnewmanrealtor.com. Here you will also find past client reviews and recommendations. Contact me directly at 413-548-6525 or sarah.newman@cbcommunityrealtors.com with any real estate questions you may have. I'd love to hear from you!

February is here - and so is the snow! Stop in for our Seymour 24" Snow Pusher, 18" Snow Scoop, or the 16' Roof Rake to take care of any built-up ice and snow. As the days get longer, it's time to think about grafting and we have all the tools you need. From grafting wax and seal to grafting tape and knives, we have it all. If you need to learn more about the grafting process, *The Manual of Plant Grafting* is the perfect resource! With winter pruning season in full swing, it might be time to add to your pruning toolbox or replace some of your old pruning tools and OESCO, Inc. has you covered. Call or stop by and talk with Gemma,

Rebecca or Tim! 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. Although our OPEN flags are having a winter break, our website and our email are not. If 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. Beginning on February 13th we'll offer a small selection of Asian antique and vintage pieces, in addition to our usual stock. Everything is available for purchase and will be listed on our website, jmaggs.com, beginning on February 13th.

Deb Hoyle Studio/gallery - Ever want to explore collage making? Winter is a great time to get those creative juices flowing! Individual 2 or 3 hour sessions available, materials provided. No experience needed. Contact Deb for details. Gift certificates available for Valentines Day. Southern Vermont Arts Center's members' exhibit continues through March 3, with 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. Stop by or call to arrange a visit. Browsing welcomed! Valentines Day gift certificates available. 413-325-5579; greenlady33@comcast.net; Instagram: [debhoyle.art.rockpaperscissors/](https://www.instagram.com/debhoyle.art.rockpaperscissors/)

Mind, Memory, Mycelium - "Women in the Book Arts" APE Gallery, 126 Main Street, Northampton. Curated by Conway's own Lilian R. Jackman and Tonya Lemos. Artists Reception: Friday, February 23, 2024, 5-8 p.m. Book Fair: Saturday, March 2, 10 a.m.-4 p.m. Through books, prints, and ceramic sculpture, seventeen artists explore the beauty and complexity of the brain, the importance and unreliability of memory, and our intimate and often unseen reliance on nature, perfectly illustrated by mycelium. Venture out of your cozy Conway home to see original art on a fascinating topic. Show runs from February 23-March 3. The Book Fair will be a unique opportunity to meet with artists and check out hand-made books for sale. Contact: lilianjackman@gmail.com - wilderhillpress.com



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

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.

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

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ljmbeckett@crocker.com
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