



**Volume 5, Number 3 - March 2024**

**Annual Citizen’s Caucus 2024**

On Wednesday, March 20, 2024, at 7:00 p.m. the annual citizen’s caucus will be held in the general purpose room at Town Hall, 5 Academy Hill Road. The caucus is held for the purpose of nominating candidates for the Annual Town Election. The names on this list are people currently holding the positions; whether they are running for reelection will be determined at the caucus. Voters may also obtain nomination papers from the town clerk’s office to collect signatures for a place on the ballot.

Last day to obtain nomination papers: 4/16/24. Last day to submit nomination papers: 4/18/24.

<b>Office to be Filled</b>	<b>Incumbent</b>	<b>Term</b>
Board of Assessors	Russell French	3 years
Board of Health	Jacqueline Choate	3 years
Board of Health	-	2 years
Board of Health	-	2 years
Constable	-	1 year
Local School Committee	Denise Storm	3 years
Moderator	James Recore	1 year
Planning Board	George Forcier	3 years
Planning Board	Jeffrey Lacy	2 years
Planning Board	Jennifer Mullins	3 years
Selectboard	Philip Kantor	3 years

Please contact the town clerk with any questions at 413-369-4235 x 4 or [clerk@conwayma.gov](mailto:clerk@conwayma.gov)

**Notes from the Town Administrator**

After the latest flooding event, Conway was gifted 75 empty sandbags for use by residents to help alleviate flooding. These bags are small, can hold no more than 15 pounds of sand, and you will have to fill them yourself. Pure sand works best, as any salt mixed in will make the bags deteriorate more quickly. They are available on a first-come, first-served basis with a limit of 15 per person until the supply is depleted. Please contact me at [townadmin@conwayma.gov](mailto:townadmin@conwayma.gov) or 369-4235 x 3 if you are interested.

Please do join in on the caucus, as this is an important piece of our town government. There are many opportunities for you to help guide the town through the board and committee openings listed, and we need your voices, so if any spark an interest please consider either running for election or asking to join the committee. If you have any questions or comments about happenings in town, feel free to reach out to me at the number or email above, or you can click on the link “Email Us / Subscribe” located in the bottom middle of the [conwayma.gov](http://conwayma.gov) homepage. You can also subscribe to news alerts through that link. The town is currently exploring many different grant opportunities related to flooding and would love your input as we move forward in our efforts.

Happy spring!

Véronique

**Thank You from the Family of Ron Hawkes**

The family of Ron Hawkes would like to thank everyone for the many cards, calls, and food sent to us at the time of his passing. It was greatly appreciated.

His Family, Phylis, Joy, Kim, and Matthew

## Second Annual Dog-of-the-Year Contest

The town clerk's office will be holding its second Annual Dog-of-the-Year Contest. Three dogs will be chosen (1st, 2nd, and 3rd place), and these dogs will have their license fees waived for three years, two years, or one year, respectively. They will also have their photos posted in *Conway Currents*, on the town website, and on the town clerk's Facebook page. Please submit a photo of your beloved **licensed** pooch(es) to the town clerk's office by March 15 for consideration. If your dog isn't currently licensed, come on down to Town Hall, get your pups licensed, and submit your photo(s). Our local Girl Scout troop will be choosing the winners.

Please mail your submission to the Conway Town Clerk, PO Box 240, Conway, MA 01341, hand-deliver to the town clerk's office at Town Hall, 5 Academy Hill Road, or email to [clerk@conwayma.gov](mailto:clerk@conwayma.gov)

## 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 are available through the town website - <https://conwayma.gov/p/59/Scholarships>. Submit completed applications to: Conway Firemen's Auxiliary, P.O. Box 46, Conway, MA 01341.

**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. Applications should be delivered or mailed to the Conway Sportsman's Club Scholarship Fund, PO Box 202, Conway, MA 01341. Download the application at [conwaysportsmansclub.org/files/sportsmans\\_club\\_scholarships](http://conwaysportsmansclub.org/files/sportsmans_club_scholarships).

**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/](http://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. Applications should be mailed 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](http://conwayma.gov/files/Germain-Scholarship_Application_24-25.pdf).

**The Ryan Scholarship** The Friends of the Field Memorial Library in Conway welcome applications for The Ryan Scholarship. Conway was labeled "the wettest place in America for the month of July" in 2023. The scholarship is, in part, a response to that dubious distinction. The 2024 scholarship will be in the

\$2,000 to \$3,000 range. It is named to honor the life and work of Ryan Walsh Martel, who grew up in Conway and died from brain cancer in 2022 at the age of 41. Ryan's life work was in energy policy. He had a passion for reducing the impact of climate change for the sake of future generations. The scholarship will be awarded to the Conway high school graduating senior who, through ongoing education or work, presents the best personal interest, plan, and approach to lessen the impact of climate change and thus carry on Ryan's legacy. For more information about Ryan, you can read his obituary: [http://bit.ly/Ryan\\_obituary](http://bit.ly/Ryan_obituary) and learn about his work: [https://bit.ly/Ryan\\_work](https://bit.ly/Ryan_work). Applications are available at [fieldmemoriallibrary.org](http://fieldmemoriallibrary.org) or contact Thad Bennett, Coordinator, at [theyanscholarship@gmail.com](mailto:theyanscholarship@gmail.com), 413-369-0119, or 802-579-7675.

**NOTE: Deadline is May 31.**

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**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](mailto: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.

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**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](http://wellstrustscholarship.com). With questions, contact Ms. Blond at [pblond@greenfieldsavings.com](mailto: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.**

## Free iPads for Conway Seniors

Last year the Conway Council on Aging and the South County Senior Center partnered to apply for and were awarded a hybrid programing grant from the Executive Office of Elder Affairs in the amount of \$119,953.94. We are so grateful! This grant will allow us to provide technology and training for residents of Conway, Deerfield, Sunderland, and Whately. In addition, this grant will allow us to offer hybrid programing in person and online.

The focus of this grant is to enhance digital literacy and access for older adults. To increase access to technology, residents of Conway who are age 60+ are eligible to apply for the Digital Lottery for an opportunity to win one of 25 ninth-generation WIFI and cellular-capable iPads. The goal of this grant is to increase access to and knowledge of technology by removing cost-prohibitive barriers, such as the cost of new technology, training on how to use it, and access to the internet. There are no income guidelines for this lottery. It is open to everyone who meets the residential, age, and openness to training requirements. Please note: only one member per household may win the lottery; this grant allows for up to \$500 value per household.

If you are chosen to receive an iPad, you must participate in two one-hour training classes provided through the SCSC at no cost to

you: training is funded through this grant. The location will be in Conway. Free transportation will be provided if it is needed. Once the technology training is completed, the iPad is yours to keep.

Applications are available through the Conway Council on Aging, Conway town administrator, and the South County Senior Center. To request an application call or email the COA chair, Pat Lynch, at 369-4284 or [patricialynch@earthlink.net](mailto:patricialynch@earthlink.net) or Véronique Blanchard at 369-4235 x 5 or [townadmin@conwayma.gov](mailto:townadmin@conwayma.gov) or stop by the town office. Mail applications to South County Senior Center, PO Box 225, Sunderland, MA 01375. Lottery applications must be received by noon on Friday, **May 24**. We will accept them delivered by hand on May 24 from 9:30 a.m. until noon at the 29 Sugarloaf Street, South Deerfield location. If applications are not received in hand by that time, they will not be accepted. The lottery will be held on May 31 and winners will be notified by June 6.

If you have any questions or need additional information, please call Jennifer Remillard at 413-665-2141 or Chris Goudreau at 413-768-1066.

## Festival of the Hills 2024

Thanks to the volunteerism of four of our town residents, the Festival of the Hills Board has been formed and the festival will be returning this fall! Thank you! A few former board members will stay on for the first months to help the new board set its course for that special weekend to celebrate our town and raise money for our graduating seniors.

We want you to know that we will also continue the tradition of "The Un-tag Sale," to be held on a weekend in May. Yes, spring seems far away, but now is a great time to purge! Head down to the basement, climb up to the attic, and dive into the garage or the barn. Surely there are valuable items that need a new home.

The Un-tag Sale means you don't need to place tags/prices on the items. You bring the items to the location, stay there for the time – 10:00 a.m.-2:00 p.m. – “selling” your goods, eager to get as much as you can. Chat with friends and neighbors. Welcome folks new to town!

Last year a canoe went to a new home. We waved good-bye to stereo speakers and skis. Exercise equipment is in a new place, as are lots of nice toys. AND we raised lots of money for the Festival of the Hills Scholarship. Your home will be clearer, someone will be enjoying your no-longer-needed things, and the festival will make money. Win-win-win!

## Nature Journaling in the Outdoors

The Conway Forest and Trails Committee is pleased to offer a three-session course on nature journaling. The two-hour sessions will be held on Sundays: April 21 and 28 and May 5 from 1:00-3:00 p.m.

Nature journaling encourages people to slow down, see details, and foster our curiosity about the natural world. Drawing is particularly helpful by getting us to take time to focus in and see details we often miss. And as with any skill, our drawings will improve over time.

- Session 1     Conway Town Hall: Getting started with nature journaling
- Session 2     Outdoors at the Conway Grammar School: Journaling wildflowers and adding text to your journal
- Session 3     South River Meadow: Drawing flowering tree buds and leaves

Artistic talent and experience are not required for this course – only a love of nature and observational skills. Sketchbook will be provided. Colored pencils will be available and participants are invited to bring drawing materials of their choosing.

The course size is limited to 15 people – adults and children ages 10 and older – and registration is required by April 14. Please note, registration is on a first-come, first-served basis and is for all three sessions, not individual sessions. To register or if you have questions, email Marilyn Webster, [marilyn@walkswithasha.com](mailto:marilyn@walkswithasha.com).

The course will be taught by Lori Austin, a retired science and math teacher with over 20 years experience teaching all aspects of STEAM – science, technology, engineering, art, and math. She has studied botanical painting under the tutelage of renowned Ashfield artist Beverly Duncan and has been nature journaling for over 15 years.

The Forest and Trails Committee is committed to creating a space of belonging where all feel included and respected. We honor the differences among us, including those of race, class, age, ethnicity, sexual orientation, gender expression, gender identity, cultural and religious background, and differing abilities. This class is supported by the Conway Cultural Council with funds from the Mass Cultural Council, a state agency.

## Conway Historical Society

On Tuesday, March 12, 2024, at 7:30 p.m. the Conway Historical Society presents *Lost and Found: Recovered Relics of Conway's Past and the Stories They Tell* at the Society museum, 50 Main Street. Local Conway metal detectorist Jack Harrison will present a show and tell of some artifacts he has uncovered in fields and forests of Conway over the years and the glimpses they provide of daily life during the 18th and 19th centuries.

The talk is free and open to the public, and refreshments will be served. For weather/updates: [www.conwaymasshistory.org](http://www.conwaymasshistory.org).



## Meet the Chief

by Kathy Llamas

In early October I had the pleasure of sitting down with Don Bates, who was hired as Conway's chief of police after the retirement of Kenny Ouimette. Although Chief Bates was born and grew up in Haverhill, he came to love this area during summers spent with his grandparents, aunt, uncle, and cousins in Ashfield.

In his junior year of high school, Bates attended a school assembly at which a state trooper was an invited speaker. The presentation was so inspirational that it laid the foundation for his thinking that police work might be a good career path for him. With that in mind, after graduation he enrolled at Norwich University as a criminal justice major.

In 1998 Bates moved to western Mass., where the town of Ashfield saw him as a strong candidate for their police force and sponsored his training at the Massachusetts Criminal Justice Training Academy. The town hired him as a police officer on July 7 of that year. Early on, his chief took him aside and offered him some grounding advice: "Keep your family first." Bates remained on the Ashfield force for two years full time, then converted to a part-time position for a short while. Making a shift in location, he moved to Whately, where he found fulfillment on the Whately police force, on which he served for 23 years. He continues to serve them for special events.

The chief mused that the best part of his job is his efforts to be a helper, a fixer of problems in the community. The flip side of the coin is the most difficult part of police work: the political aspect of the job and the changes in modern policing over the last three or four years. "I am not a political person," he freely admits. "There is a fine line on the job and as police officers, we are dealing with a lot of gray areas."

One area of modern policing that isn't an issue in a small, rural town like Conway is the concept of community policing, which, according to a Department of Justice publication, "promotes organizational strategies that support the systematic use of partnerships and problem-solving techniques to proactively address the immediate conditions that give rise to public safety issues such as crime, social disorder, and fear of crime." In big cities, members of the police force work in community outreach, becoming the face of the department. Bates notes that in a town like Conway, building community relationships is what you do in your everyday work life. "The work, by its very nature, is a stressor, and you must always be ready and poised to act. You come upon a situation, and you deal with it. An important tool of the work of a police officer is de-escalation, never truer than the past three years or so. The work of a police officer is the caring of human beings while being willing to restrict freedom, which is necessary for those who break the law."

Continuing education is an important part of a police officer's training. Members of the Conway Police Department avail themselves of a variety of seminars and courses throughout the year. From updated gun education to increasing their knowledge of mental health and legal issues as they apply to policing, Conway's officers become the most effective force possible. Chief Bates is certified in negotiation through an FBI course, and he finds that work rewarding. He is also a member of the Franklin County Special Response Team.

When not attending to his duties as chief, Bates enjoys camping, kayaking and being outdoors with his wife. "Conway is a great place," the chief said enthusiastically. "It is a tight community with lots of well-attended community events." Bates noted that it is his goal to stay on the Conway force until he retires. He encourages anyone who needs help to reach out either by email at [policechief@conwayma.gov](mailto:policechief@conwayma.gov) or calling his office at 413-369-4235 x 7. He might not have an immediate answer, he says, but he will figure out the solution.

## Conway Residents Remember

*Musings on the OESCO Tower by M.L.C.*

The sun has risen above the eastern horizon and has lit up the face of my old friend, the rusty old tower who stands straight and tall looking over our lovely neighborhood. His antennas are a bright white against my friend's aged body and stand out, making quite a contrast. This tower may be rusty, but he is also very trusty: He has stood guard for many years past our taking residence in this neighborhood 56 and a half years ago. Straight and tall, he was dressed in bright new paint about that time. Now age has faded his paint and rust has shown up instead. Even though "rust" sounds like a bad thing, in fact I find it a "history book" of his age.

When we first moved here – my husband worked for the company that sits below the tower – the big tank that sits up on those tall legs had water in it. In the fall the tank was emptied, but you could hear its walls creak as the cold caused the metal to shrink and expand with the changes in temperature. In those days our extremes in temperature were *very* extreme! It would go as cold as 30 below our first winter in the house with no central heat, and the shrinking and expanding of those metal walls would cause loud creaks. A hydrant at the base (to tell the truth, I haven't noticed whether it is still there) could be used to fill the fire department's tanker truck during fires they answered.

Quite a history if that tower could talk! Now its tank sits empty, but there the tower stands, still watching over our neighborhood. Birds sometimes sit way up on top of the crowning "ball" and observe what is going on down below. Yup! That's my old friend, that trusty, although rusty, history book of times gone by. This oldster can only imagine the stories that tower could tell.



## Field Memorial Library News

**Friends of the FML Update** The Friends of the Field Memorial Library wish to thank those who made a generous donation of valuable books to the library last fall. This donation enables us to fund more projects and offerings. We want you to know that your donation has made a difference. The Friends are sponsoring the Ryan Scholarship for this year. More information about the scholarship appears elsewhere in this issue of *Conway Currents*. The annual spring book sale will take place on Saturday, April 20, from 9:00 a.m. to 3:00 p.m. in the library's community room. We are accepting donations of books in good condition. Some of the categories in which we are particularly interested are recent fiction and nonfiction, children's books, local history, history, gardening, nature, and puzzles. Bring books to the library during open hours: Saturdays 10:00 a.m. to 2:00 p.m., Mondays 3:00 to 6:00 p.m., and Wednesdays 2:00 to 7:00 p.m. Library Story Walks will resume on the third weekend of each month, beginning on Friday, April 19, through Sunday, April 21.

**FML Staff Update** Chris Caldwell recently joined the FML as library assistant after relocating to our area from Tennessee. He comes to us with a background in library science and education and has a special interest in rare books. He is very glad to meet our patrons and learn new things about our region. Phoebe Hynes has stepped into the place of FML director following former Director David Whittier's retirement. After a year of working at the FML with Conway residents and the surrounding hilltown communities, Phoebe is excited to take on this new role. In the spring she will be graduating from Simmons University master's program with a library and information science degree. Phoebe's interests as a librarian include conservation efforts and access to self-guided learning. She also has a background in various art media and is a big supporter of these endeavors.

## From the Archives of the Conway Historical Society



Ice Harvesting, c. 1900; Contributor unknown; Courtesy of the Conway Historical Society

This oxen-drawn ice sled with its work crew would have been a familiar winter sight on Conway's many dairy farms until as late as the mid-20th century – before electric refrigeration replaced ice baths for cooling milk awaiting transport to regional creameries for processing and bottling.

According to Howard Boyden and Bill Burnett, whose families have been farming in Conway for generations, most farms had their own shallow ice ponds from which they harvested blocks of ice two or three times a winter. The blocks were sawn from the ponds often with the aid of horses. The ponds were deliberately kept shallow – three to four feet – in case the horse and crew fell through. Large toothy saws were used to saw through the ice. Sometimes horse-powered rigs scored a grid on the ice to start the process. Ice blocks of 18 to 24 inches were stored in ice houses set partially underground, packed in sawdust and, remarkably, lasted through the year. Ice was removed and set in an ice bath to cool

milk in large cans from about 100 degrees to 40 degrees pending daily shipment. So ice harvesting was vital to early dairy farms.

## Conway Historical Commission

The Conway Historical Commission is planning on restarting our informal research sessions in the general purpose room in Town Hall. Our goal at the present time is to meet on the fourth Friday of the month at 1:30 p.m., weather permitting. If you have any information or photos pertaining to the history of your neighborhood, we could scan it for you. Any information you have could be helpful, as it could be a missing piece of a larger puzzle that we might be researching.

If anyone is interested in doing an oral history interview, we are restarting these as well. Contact Bill Burnett by email at [maplefarm116@gmail.com](mailto:maplefarm116@gmail.com) or by phone at 413-768-1353.

## A Look into Conway History

*Protecting the Community*

by Patricia Ann Lynch

In the early days of colonial America, when communities consisted primarily of scattered farms and small villages, there was little need for formal law enforcement. As the population grew and settlements evolved into towns, however, some form of law enforcement became necessary. It was only natural for the colonies to adopt the British system. Along with British common law, we inherited England's system of sheriffs, constables, and the watch.

In England, each county, or shire, had an appointed sheriff ("shire-reeve," from which *sheriff* came) who held the authority to protect life and property, enforce criminal law, and assist the courts. In short, the sheriff was charged with the responsibility of maintaining social order. In the colonies, this continued to be the practice, with sheriffs appointed by the colonial governor. Today,

each county still has a sheriff's department that operates jails and correctional facilities, serves notices, and performs other functions within the county.

At a more local level, the Province Laws, passed in 1699, provided that a town's selectmen could create a nightly watch from 9:00 p.m. until sunrise the next morning to guard against fire, disorder, and crime. The night watch was composed of community volunteers, and assignments rotated among the men of the town.

In addition to the night watch, towns had constables elected by the citizens. The constable's duties varied depending on the size of the community, but a principal responsibility was to supervise the night watch. Constables also dealt with everything from rounding up stray cattle to dealing with misbehaving children to, in some places, enforcing church attendance. The constable continues today as a municipal officer. In cities and large communities, a constable's duties can include performing law enforcement functions similar to those of police officers and working closely with the courts to carry out judicial responsibilities, such as serving warrants and subpoenas. Conway's three constables are present at all elections and post the warrant for annual and special town meetings.

The office of police did not exist in British common law. It is a statutory office and has only those powers provided in the statutes. Organized police departments weren't established in the United States until the 1800s. The first publicly funded, organized police force was created in Boston in 1838, and the night watch was abandoned. However, the office of constable remained, and over time constabulary powers were assimilated into the office of police. The primary difference between the duties of constables and police officers is that constables perform functions as defined by state and local governments, and police officers enforce *all* laws: local, state, and federal.



Nationwide, a commitment to local control resulted in each municipality, however small, establishing its own police department. This decentralized approach brings the police and the public into close contact. Conway's four-member police department does far more than protect us from crime. Its chief and officers are a part of our community. They participate in town activities and know each us. They are our friends and, in some cases, our neighbors. Together, we are active allies in the effort to enhance the safety and quality of life in our town.

## Problem Gambling

*from the FRCOG Public Health Team*

March marks the first year of legal sports betting in Massachusetts. For many, gambling can be a hobby. For some, gambling can be a serious problem that gets in the way of goals and impacts relationships. Problems with gambling can affect anyone, from youths to older adults.

Folks who have a history of substance misuse are at higher risk. Unlike other health issues, having a problem with gambling can be hard to identify.

Experts emphasize the importance of engaging with youths around gambling because many have gambled already. From student health surveys of Massachusetts youths in 2019, 60-80% of high school students had gambled in the past year. One worry that experts have is how easy it can be for tech-savvy youths to access sports betting and other gambling on their cell phones, which are in the hands of many youths today.

Luckily, working to reduce the impact gambling has on your life can be successful. Recovery from problem gambling is possible!

One great place to find resources that can help is the Massachusetts

Center of Excellence on Problem Gambling Prevention. It has resources for parents on how to talk to their children about gambling. Another is the Department of Public Health, which provides trustworthy information and trained specialists.

If you, or a loved one, are experiencing problems with gambling and need support, call 1-800-327-5050 or visit [gamblinghelpline.ma.org](http://gamblinghelpline.ma.org) to speak with a trained specialist. Specialists are available 24/7. Services are free, confidential, and available in multiple languages.

## 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. Remaining Senior Snowshoe Hike Dates are:

- March 13
- March 20

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

## 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](mailto:patricialynch@earthlink.net).

### Senior Calendar for March

**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 413-532-9240 to borrow equipment **NOTE:** Please, when loaned equipment is no longer needed, call Hank 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.

**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 March 4. 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 or 413-775-3629.

**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.

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## Currents Advertisements & Notices

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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](mailto: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](mailto:lmbeckett@crocker.com). **Deadline is the 15<sup>th</sup> of the preceding month.** If you want to discuss your ad or have any questions, please call or email [lmbeckett@crocker.com](mailto:lmbeckett@crocker.com).

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### **Town of Conway Employment**

The Town of Conway is accepting applications for a Highway Department Equipment Operator/Laborer - Full Time This is a permanent position with benefits. Massachusetts CDL Class B driver's license, Hoisters License 2A and DOT health card required prior to work. Close proximity to town required. Must pass Town-provided physical and drug test prior to hiring; subject to random drug testing. Applications available at [conwayma.gov](http://conwayma.gov); applications will be accepted immediately; position open until filled. mail to Town Administrator, P.O. Box 240, Conway, MA 01341 or E-mail application to [townadmin@conwayma.gov](mailto:townadmin@conwayma.gov). The Town of Conway is an equal opportunity employer.

The town is seeking both one full-time attendant and one on-call attendant to fill in when needed at the transfer station. Full-time hours are Wednesday, 9:30-6:30, Saturday 8:30-5:30, and Sunday 7:30-1:30. On call hours vary depending upon the need, and the current hourly rate of pay is \$15.00. Click [here](#) for the job description. Interested parties should fill out the [application](#) and send to the Town Administrator at [townadmin@conwayma.gov](mailto:townadmin@conwayma.gov) or mail it to Town Administrator, PO Box 240, Conway, MA 01341.

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**Personal Care Aide (PCA)/Caregiver needed** - in center of Conway. They say it takes a village to raise a child. Well it takes a village to keep an elderly person out of a nursing home as well. We have had very little luck finding people willing to travel to Conway despite our location on route 116. Do you have an hour or two a week to help prepare meals, do some dishes, mop the floor or vacuum? Flexible schedule is possible from one hour a week to multiple hours. We are currently working with LifePath but transitioning to MA Health shortly. What we need: Assist with ADL's daily and some shopping, cooking and companionship; Provide medication reminders; Pass a CORI check. \$19/hr.; 1 hr to 40 hours per week. Please contact David, 413-768-8751 if interested.

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**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.

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**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. **March 16th:**



**Corned Beef and cabbage dinner** with all the fixings, including dessert! \$25 per person. Sit-down: 5 p.m.; take-out: 5:30. Order by March 9th during regular hours or call. Check us out on Facebook: [facebook.com/Bakers-Country-Store](https://facebook.com/Bakers-Country-Store) for today's specials or call 413-369-4936.

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**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. Become a member! Sign up for our 2024 CSA season: We offer flexible 10 week or full-season 22 week share options in regular and large sizes. Details at [www.naturalroots.com](http://www.naturalroots.com). 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! Natural Roots, 888 Shelburne Falls Rd., Conway, MA 01341, 413-369-4269, [naturalrootscsa@gmail.com](mailto:naturalrootscsa@gmail.com).

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**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](https://airbnb.com) House Above The Hollow.

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**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.

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**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.

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**Small Parcel Of Land To Sell?** - Longtime Conway resident is looking to purchase 1-1.5 acres in Conway on which to build a modest home. Don't have land to sell? Maybe you know someone who does! Give a call or email: 413-210-1700 or [erock42x@gmail.com](mailto:erock42x@gmail.com)

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**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](http://Sarahnewmanrealtor.com). Here you will also find past client reviews and recommendations. Contact me directly at 413-548-6525 or [sarah.newman@cbcommunityrealtors.com](mailto:sarah.newman@cbcommunityrealtors.com) with any real estate questions you may have. I'd love to hear from you!

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**March is the perfect time** - to begin stocking up on tools for the growing season and to start thinking about your spring garden prep. Make yard cleanup a breeze with the ECHO SC-3013

Chipper/Shredder. It tackles tree branches up to 3 inches thick and can turn yard debris into compost for your garden! Learn more about creating compost with one of our reference books such as *Weedless Gardening* or *Grow your Soil*. Prepare your soil with one of our many hoes, sickles, or rakes, like our Corona fixed tine shrub rake, which is great for getting into those small, hard-to-reach areas. Interested in creating a garden for beneficial insects to thrive? We have books (and tools) for that too! 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



Interested in creating a garden for beneficial insects to thrive? We have books (and tools)

**Jan & John Maggs Antiques and Art** - 17th-century English oak furniture, Queen Anne and Georgian jewelry, paintings, carpets, small accessories, and more.



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](mailto: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. The next major event in our shop will be our Spring Opening in early May, featuring inventory recently acquired locally and during our coming buying trip to England. Updates will be found here and on our website [jmaggs.com](http://jmaggs.com).

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**Deb Hoyle Studio/Gallery News** - Now is a great time to get those creative juices flowing! Ever want to explore collage making? 2 or 3 hour sessions available for one or two people - Bring a friend! Materials provided, \$75./2 hr-; \$95./3 hr. For new and experienced artists. Contact Deb with questions or for details. These workshops make a great gift! *Gift certificates available*. Stay tuned for summer exhibit announcements. there's also a variety of paintings, collages, and sketches available at the Conway studio. Older pieces specially priced. Please stop by or call to arrange a visit at 46 Main. Browsing is welcomed! 413-325-5579; [greenlady33@comcast.net](mailto:greenlady33@comcast.net) or on Instagram: [debhoyle.art.rockpaerscissors](https://www.instagram.com/debhoyle.art.rockpaerscissors)

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**Wilder Hill Gardens** - 351 South Shirkshire Road, Conway, MA. Your very local plant nursery. We grow and sell flowering and fruiting shrubs, trees, native plants, shade perennials and annuals for your gardens and landscape. Spring is just around the corner! We're available for expert pruning consultations, landscape design and installation services. **Annual Mother's Day Weekend Sale,**

WILDER HILL  
gardens

Saturday, May 11, Sunday, May 12. Join us for the annual hands-on Learn How To Prune Workshop. Saturday, May 20, 9 a.m. - 12 noon. \$60 includes handouts. Please bring a pair of hand clippers. Learn the

“secrets” of correctly pruning your ornamental and fruiting shrubs, trees amid the bountiful landscape of Wilder Hill Gardens!

[lilianjackman@gmail.com](mailto:lilianjackman@gmail.com); [wilderhillgardens.com](http://wilderhillgardens.com)

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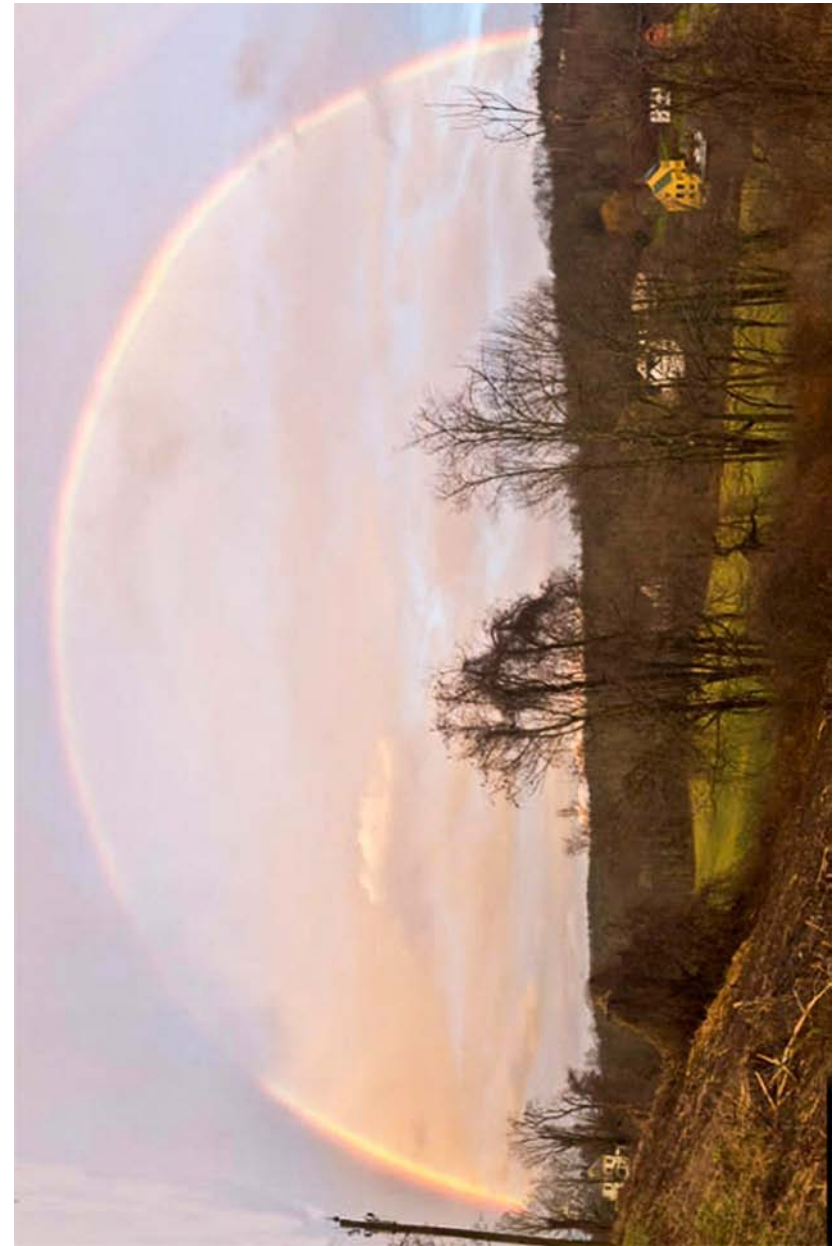
**Viola, Violin, and Cello lessons at Conway Fine Arts** - Openings available for individual and group violin, viola, and cello lessons at Conway Fine Arts' new location at 86 Main Street. Teaching children and adults of all levels, beginner to advanced. Study music with Geoffrey Archambeau, a professional 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](mailto:conwayfinearts@gmail.com) or by phone at 413-369-6068.

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**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>

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**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](http://Jiyanna.com)



John Maggs:

# Unheard Melodies

by Nicole Braden-Johnson

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

## Dancing for Blueberries

He stands with his arms outstretched,  
Palms to the sky in request  
Or in an Offering.  
Nurturing fingers pick red hearts and blue orbs  
To feed his rosy cherub-mouth.  
Immediately his hand reaches out:  
"More?" he asks, "More?" he insists.

Darling child, what more is there?  
Love, that is all I have to give you  
This fruit's flesh and my own.  
I gave life to these seeds,  
And now sacrifice their milk and blood and bodies  
To you whom I grew in the soil of my womb.

I lay these grasses and gardens and dreams before you,  
Tread softly as you run  
After butterflies and dance for blueberries;  
Tread softly when you leave;  
Tread quickly when you return.

Town of Conway  
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Conway, MA 01341

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jimbeckett@crocker.com  
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