



Volume 5, Number 4 - April 2024

Natural Roots Starts a New Growing Season

We are excited for the 2024 growing season and for all of the improvements and changes that are coming! 2023 was an extremely challenging year for almost every farmer in our region, and we were no exception. With an outpouring of support from our community and fellow farmers, we were able to get through that super-soggy season, and we're now gearing up for the year ahead. As the days grow longer, as birds are returning and sprouts are pushing up from the cool, moist spring ground, we are increasingly eager to begin our annual ritual of stirring the soil and sowing seeds once again. We are encouraged by some of the agricultural grant programs that are helping us with important improvements to our farm store and produce barn, helping us to purchase some new equipment, and helping to restore essential infrastructure that was damaged by last year's flooding. We are deeply grateful to be in a community and a state that seem to really value small farms.

Many Conway residents are connected to our farm. Some of you have been CSA members for years, some may have been members at some point in the past, and some may just stop in for ice cream and popsicles on occasion. However you come, we are glad to have you!

For those of you who don't know about us, Natural Roots is a horse-powered, family-run, organic vegetable Community Supported Agriculture farm that has been feeding our community for 27 years! The CSA model connects farmers and food-eaters by inviting community members to purchase a share of a farm's harvest for the season. It is an economic model that effectively sustains small farms while connecting people to their farmers and

the land their food is grown on, and that brings us together as a community. CSA share distribution happens every week from June through October and is a great way to see friends and neighbors. It is an opportunity to spend some time on our beautiful farm picking berries with the kids, splashing in the river on a hot day, or having a picnic and enjoying some of the live music that seems to happen here now and again.

We raise an abundance of fresh vegetables: salad greens, herbs (like dill, cilantro, and basil), tomatoes, cucumbers, kale and chard, carrots and beets, broccoli and cabbage, potatoes, onions, leeks, peas, beans, flowers, melons . . . and on and on the list goes. Over the years we have evolved and responded to the needs of our membership by offering a variety of different ways to enjoy the bounty of the farm. If you have had a share with us in the past but found it was more than you could eat, or if you're away for part of the growing season, you might want to consider our ten-week share, which allows you to come for vegetables any ten weeks of the season. If your family likes to cook and loves veggies, you might choose a full season, large share and come to pick out a big bag of vegetables every week of the 22-week season. And there are options in between! Vegetables are also available for sale to anyone and everyone, whether or not you have a CSA share, every Tuesday and Friday from 3:00-6:30 p.m., June through October.

We are looking forward to a beautiful, bountiful growing season! To learn more, please visit our website, naturalroots.com. We hope to see you on the farm this summer!

Check Your Electric Rates

by Bob Armstrong

Our state attorney general is taking a new look at the private electric supply market in Massachusetts: private companies that use high-pressure sales to get you to sign up so that they can purchase your electric power rather than Eversource or our town aggregation. Once signed up, you are automatically reenrolled when your

contract expires but typically at rates much higher than they advertised when you first signed up. Just like our town aggregation, your bill comes from Eversource, and these private supply companies depend on your paying no attention to the bill and not noticing the rate increase. Private supply companies often charge an early termination fee. A friend recently showed me her bill, and she is being charged more than twice our town rate, which is about 14 cents/kwh for basic service (no additional renewable power), 15 cents for 25% additional green, and 18 cents for 100% green. Eversource is currently charging about 17 cents for basic service. Verde Energy, for example, is charging 30 cents, although they advertise 12.5 cents for an initial signup.

Check the rate you are paying. It should take only a simple phone call to cancel service, although to avoid an early termination fee, you may want to request that they not renew your current contract. Verde advertises that they have *no* early termination fee. After canceling, you can stay with Eversource or join our town program with a simple phone call. All town aggregation programs have no contract and no early termination fees, by state law.

A few Conway residents have called recently asking if they are truly in our aggregation because they could not find our program name on their bill. Eversource claims this is a printing error and that it has been corrected.

Any questions? Please call our town office at 369-4235 or me at 413-522-7617.

Notes from the Town Administrator

Important Reminder: The vehicle decals for the transfer station will be due this year by July 1. Last year's October date was because it was a new program, but now that the program is up and running, we will be going back to decals being valid for the fiscal year, from July

1 through the following June 30. They will be available beginning June 3 at the town office. We will be open on Saturdays from June 8 through July 13 from 8:00-11:00 a.m. to accommodate those who have difficulty getting to the office during the work week. The decals are sold **ONLY** at the town office, not at Town Hall or the transfer station. The price is the same as last year, \$20.00 for the vehicle decal (registration required) and come with the same 104 bag stickers.

The selectboard recently updated the policies for selling the decals; please take note of the following:

Questions & Answers

- Q. What happens if I lose my vehicle decal?
- A. If the decal is lost, a replacement costs the same as the original. If you can bring in the old one from a car being sold or a windshield replaced, it is free. Please attach your vehicle decal to your windshield immediately so that you do not lose it.
- Q. What is the policy on landowners who have no house but wish to purchase a decal?
- A. The decals are for residents only.
- Q. Does a home business get two decals, one for the home and one for the business?
- A. Decals are sold per address/household.
- Q. Is there a discount for decals purchased close to July 1?
- A. Yes, decals cost \$20.00 from July 1 through December 31 and come with 104 bag stickers. From January 1 through June 30, they cost \$10.00 and come with 52 bag stickers.
- Q. Is there a fee for mailing the package of decals and stickers?
- A. Yes, it is \$5.00.

It's lovely to hear the birds singing their dawn chorus again!

Véronique

Groundwater Flooding Survey

As part of an ongoing effort to analyze groundwater resources and groundwater flooding in Massachusetts, the state and UMass-Amherst have created a quick survey to offer input on this issue. Specifically, they are looking for residents to report groundwater flooding in their home that may be due to shallow groundwater. They explain that “groundwater flooding can occur when rain or snowmelt events infiltrate and cause shallow groundwater to rise such that it affects basements, septic systems, and similar infrastructure and can even rise above ground causing ponding and runoff.” The survey is at [Massachusetts Flooding Survey](#). This information is also posted on the town website conwayma.gov under “Useful News.”

Friends of the Field Memorial Library

The Friends of the FML will host a story walk on Saturday, April 20, and Sunday, April 21, from 9:00 a.m. to 3:00 p.m. Come join us to read and walk at Veterans Memorial Park across from Town Hall. April’s walk will feature *The Great Big Book of Families*. More story walks will happen on the third Saturday of each month. We are able to do this with the support of the Union 38 Family Networks.

Mark your calendar for the Spring Field Memorial Library Book Sale on Saturday, April 20, from 9:00 a.m. to 3:00 p.m. in the community room. Thousands of books await you, all priced to go: \$2.00 hardcover, \$1.00 paperback, 50 cents all children’s books! It isn’t too late to donate your books to the sale. We accept with appreciation books in good condition in all categories except for “self-help.” Please bring your 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.

Visit the FML Seed Library

We have a great collection of vegetable, herb, and flower seeds to add to your garden. All seeds are organic, free, and organized in card catalog drawers located in the rotunda area of Field Memorial Library. In time we hope that patrons will not only grow the crops but will also learn how to save the seeds from them and return some to the library to start a local seed bank. For more information contact your librarians or speak to them in person during our open hours. Happy gardening!

Mushroom Log Work Party

Home-grown shiitake mushrooms are a treat to eat! Come join a free community work party at the Eve-Cowles Tree Farm in Conway, led by local educator Stephen Bannasch. Learn how to make your own edible mushroom spawn-inoculated logs. We’ll provide the logs and the mushroom supplies: You supply the elbow grease to create inoculated logs to take away. Date: April 27 Time: 10:00 a.m. to 1:00 p.m. Rain or shine; light lunch provided.

Oak and maple logs grown in western Massachusetts forests are ideal for growing edible mushrooms. Three- to four-foot logs cut from Bascom Hollow Farm in Gill will be available for the group to prepare together. In teams of two, we’ll drill, fill, and seal the logs, then share a light, provided lunch and talk fungi. We’ll be working in a new barn, built with wood right from the tree farm, so the party can take place regardless of the weather.

The event is free of charge. Participants will be provided with three to five newly inoculated shiitake logs and one previously inoculated log that will bloom this season. Additional prior cultivated logs will be available to purchase at \$10.00/log. Spaces are capped at 12; a wait list is available. Preregistration is required. Register at this link: franklinlandtrust.org/mushroom-workshop-2/.

This event is sponsored by MA Woodlands Institute and Franklin Land Trust. It is funded in part by generous support of the Conway and Deerfield Cultural Councils, local agencies supported by the Mass Cultural Council, a state agency.

Grammar School Spring Fling

Conway Grammar School is hosting its second Annual Spring Fling on Sunday, May 5, from 11:00 a.m. to 2:00 p.m. We hope you'll join us!

We're thrilled to welcome back to the stage local musicians the Old Fashioneds and the Daybreak Rumba Band. We have a wonderful line-up featuring your favorite folks and activities from last year: Tom Ricardi and his birds of prey, Chicken Bingo, nature-crafting stations, baby animals, and lots more. We're also excited to announce the addition to our list of offerings of a plant sale featuring native plants from local growers and a juried pie contest and bake sale!

Admission is free. There will be food for sale by local vendors as well as raffle prizes and Conway Grammar School merchandise for sale. So grab your folding chair and join us at the Grammar School, rain or shine! Visit our website for details and updates: <https://sites.google.com/frsu38.org/pto/spring-fling>.

We would love your help! If you would like to contribute to the bake sale or enter the pie contest, please bring your item(s) to Conway Grammar School by 10:00 a.m. on Sunday. We are still looking for local child-centered programs to participate, so let us know if you would like to be involved or volunteer in any way by emailing conwaygrammarpto@gmail.com. We value our Conway community very much and hope we can all celebrate together this May!

The Un-tag Sale Is Coming

Participants needed! Our very successful Un-tag Sale to raise money for the Festival of the Hills Scholarship Fund is happening on Saturday, May 18 (rain date Sunday, May 19). Care to join us? Did you purge this winter and can't wait to clear out the house, attic, basement, or garage? Remember, no need to tag the item with a price. They are your donation to our graduating seniors and their postgraduation plans. The buyers will know this and will be encouraged to be generous. Likewise, we recommend that you set a minimum price for more valuable items.

This year we will be at one location, the Pumpkin Hollow Green. We will do all the advertising, both in print and online. We will produce local flyers and signs advertising the event. You must provide your own tables. If you have six items or fewer, you can bring them to the Festival of the Hills table that morning.

The deadline for signing up to participate is Monday, May 1. This will allow us to plan the layout on the green. Contact Pixie Holbrook at pjholbrook@comcast.net to let us know if you wish to participate or have any questions. Only you can make this happen. Please join us!

UCC Camperships

Are you going to camp this summer? UCC of Conway is offering some money to help with expenses. We will be awarding six \$50.00 "camperships" to any boy or girl attending either a day or an overnight camp. Preference will be given but not limited to those who live in or are affiliated with Conway. If you are interested, please send an email to uccconway@gmail.com or send a written request to UCC of Conway, PO Box 214, Conway, MA 01341. Happy camping!

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 programming 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 programming 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 patricia Lynch@earthlink.net or Véronique Blanchard at 369-4235 x 5 or 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.

Nature Journaling in the Outdoors

The Conway Forest and Trails Committee is pleased to offer a three-session course on nature journaling. The three 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.

- 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. Sketchbook will be provided, colored pencils will be available. and participants are invited to bring their own drawing materials. The course size is limited to 15 people, adults and children ages 10+. Registration is required by April 14 and is for all three sessions, not individual sessions. To register or if you have questions, email Marilyn Webster, marilyn@walkswithasha.com. This class is supported by the Conway Cultural Council with funds from the Mass Cultural Council, a state agency.

CPA-Funded Habitat Restoration Project

At the Special Town Meeting on December 9, 2023, voters overwhelmingly approved the Community Preservation Act (CPA) funding of a project to revive a native shrub border along the fence at Veterans Memorial Park across from Town Hall. Thanks to everyone for their support!

Pollinate Conway! is leading this effort, and all are welcome to join this small volunteer group. In the spring of 2022, we installed a demonstration pollinator garden of native perennials along the curved wall on the Town Common. This new project to restore native habitat at Veterans Memorial Park began in the spring and summer of 2023, with volunteers removing invasive plants and preparing the site for a variety of ecologically beneficial shrubs and small trees indigenous to Conway. We've finalized the design work, ordered plants, and plan to complete the project this spring and summer.

This low-maintenance, pesticide-free, 2,800-square-foot border will restore biodiversity; support pollinators, birds, and other wildlife; manage water; hold soil and carbon; help clean the air; and reduce the amount of lawn to mow. We're inviting nature back into the heart of Conway!

Our work is inspired by the Pollinator Action Plan generated by the Franklin Regional Council of Governments, based on input from community members and several town committees. Please help expand our mission by choosing native plants, shrubs, and trees for your own landscape and garden projects. Even a few plants can make a difference, especially if everyone participates. This movement is catching on nationwide!

You can find more information, including where to buy pesticide-free native plants, via a link on the Open Space Committee page of the town website conwayma.gov. Click on "Pollinate Conway!" and then on "Resources."

Neighborhood History Chat

The Conway Historical Commission has resumed holding informal research sessions in the Town Hall General Purpose Room. We plan to hold our next session on Friday April 26, beginning at 1:30 p.m. Our present goal is to continue such sessions on the fourth Friday of each month, with modifications to the format as needed.

If you have any information or photos pertaining to the history of your neighborhood, we could scan the material for you. Historical family or neighborhood information will likely contain missing pieces of a larger puzzle that we're researching, which we can detail for you in return. If anyone is interested in participating in oral-history interviews (or knows someone who is), we are beginning to refocus on those too. For more information, please contact Bill Burnett by email at maplefarm116@gmail.com or by phone at 413-768-1353.

Firewood Burning

by Steve Thomas

Fire is the result of a chemical reaction in which atoms rearrange themselves irreversibly. For fire to take place three main ingredients must be present: heat, oxygen, and fuel. It is a redox (oxygen-adding) reaction that produces oxidized, often gaseous, products in a mixture called smoke. To start a fire, one needs to overcome the "activation energy" of the fuel – around 490° F for wood – at which point the component molecules of wood break apart and recombine, producing volatile gases that combine with oxygen to produce CO₂, H₂O, heat, and other products: i.e., they burn. Once the wood fire gets going, it hangs up at around 1,700° F, which sustains the combustion process until one of the three necessary ingredients is depleted.

Different species of wood can vary widely in the amount of heat they can provide, because of their different densities. This is one of

the reasons why hardwoods cost more than softwoods. Nevertheless, assuming they are equally dried, all species of firewood yield about the same amount of heat per pound of weight.

Of primary importance to a wood burner is the amount of water in the wood: its “percent moisture.” Freshly cut wood has a moisture content of around 65%, while firewood should ideally be dried to a value below 20% to maximize its heat output. This is because water has a very high “heat of vaporization” value: the amount of heat the liquid water must *gain* to evaporate, owing to its extensive network of hydrogen bonding between the water molecules. Thus, vaporizing water robs burning wood of some of its otherwise usable heat production and sends this up the chimney as water vapor. This loss can be quite substantial. For example, green wood with a moisture content of 65% will provide only around 25 Btu/lb of usable heat, while seasoned wood with a moisture content of 15% will produce about 75 Btu/lb or 1/3 the amount of wood needed for an equivalent amount of usable heat!

So drying firewood is *very* important. While difficult to generalize, under typical conditions, wood will dry to 20% moisture at a rate of approximately one to two inches from its surface per year. One variable is the species of wood. Split and stacked softwoods require about four to six summer months to dry. Hardwoods can take twelve months or more but can lose a considerable amount of moisture in six months (e.g., wood dried to 45% moisture yields about 40 Btu/lb of usable heat).

Appropriate procedures for seasoning wood center around choosing a good location and configuration for your woodpile and maximizing the wood’s surface-to-volume ratio. The former is accomplished by putting your woodpile in a location with good air circulation and exposure to the sun, not completely covering your wood with black plastic or whatever, stacking the wood off the ground on pallets, and buying your wood as early in the preceding season as possible to lengthen its drying time. The latter is accomplished by buying quarter-split (vs. half-split) wood, cross

stacking it (vs. parallel stacking), and buying debarked or partially dried wood if available.

Another important consideration is the thermodynamic efficiency of the wood-burning appliance. While aesthetically charming, open-faced fireplaces are thermodynamic disasters in this regard, having space-heating efficiencies averaging about 10-15%. This is why pioneers with their poorly insulated houses and their open fireplaces could go through 20 or more cords of wood and still freeze their butts off in winter. Modern wood stoves, with their precise control of air, do much better, averaging about 80%.

These are some of the ABCs of firewood burning. Hopefully this article has increased your understanding of burning firewood for space heating. Enjoy, and KEEP WARM!

From the Archives of the Conway Historical Society



Conway Club's Conway Athletic Association Baseball Team; Courtesy of the Conway Historical Society; Gift of Minnie Mason Boyden, 1885-1984

Conway Club's Conway Athletic Association Baseball Team, photographed in 1901, was just one of dozens of organizations and clubs to have formed in town since it was incorporated in 1767. Many of them came into existence in the 19th century, when the town was in its heyday, and early in the 20th century, but most faded away after a few years. There were many veterans' organizations and sports clubs, including the Conway Club, but also Templars and Masonic lodges, the Grange, barbershop quartets, a Women's Christian Temperance Union, youth sports leagues, Scouting troops, a 4-H Club and military and brass bands. For more about the town's early days, go to the Conway Historical Society website, conwaymasshistory.org.

Notes from an Old House

by Julia Carroll

Fixing up an old house can sometimes feel like rearranging deck chairs on a sinking ship. Although in our case, since the foundation work on our home has (mostly) been completed, maybe "sinking" isn't quite the right analogy. It's more like deciding to put chrome rims on an engineless Studebaker. You do it, then wonder what the point was since the car doesn't run. But then you step back and notice how the sunlight is catching the hood at just the right angle, showing off its beautiful lines, and you imagine how nice those rims will look once the car is running. The feeling that drew you to the rusted-out project in the first place comes rushing back. Our latest renovation project has me thinking about priorities, orders of operation, and how sometimes instant gratification is necessary for a happy life.

This house needs many things: kitchen and bathroom upgrades, better insulation, new doors and windows. You name it, we probably don't have it. But, after two years of spending money on repairs that can be appreciated only from inside the basement (and believe me, I go down there to appreciate them often!), we are forgoing making certain upgrades in favor of . . . wait for it . . . turning the attached

barn into a creative space! Because you know what old colonial homes with a plethora of small, odd-shaped, seemingly useless rooms need? ANOTHER ROOM! I suppose a realtor would call this new space a "bonus room." More practical people – and our realtor in particular – would perhaps call us crazy and our plan ridiculous. However, as anyone who is engaged in the lifestyle – and it is a lifestyle – of stewarding a dilapidated home can attest, practicality does not tend to reign supreme in our minds. Sure, we fixed the foundation first; that just made logical sense. And, as our reward for making that very grownup decision, we are choosing instant gratification over practicality. Because if not now, then when?

A few weeks ago marked our fourth anniversary as first-time owners of an antique home. We did not know what we were doing when we bought this place; we just knew we were doing it. Having never spent much time in Conway (an understatement to be sure – we had been here a grand total of once), and for reasons that were unclear at the time, we took the plunge. It seemed impractical, but something about moving here just made sense, so we leaned into that feeling. Relocating here did offer us an instantly gratifying reprieve from city life, the effects of which became more apparent as the pandemic persisted. The opportunity to live in such a beautiful natural environment has given us a renewed sense of calm, something we'd subconsciously spent years seeking. Similarly, building out the barn just feels like the right next step. Sometimes choosing the "impractical" feeling over the pragmatic option is what allows us to keep going, to keep creating, to keep growing: The kitchen upgrades can wait.

Rabies Clinic for Dogs and Cats

The Friends of the Franklin County Regional Dog Shelter are holding a rabies vaccine clinic for dogs and cats on Saturday, April 6, from 10:00 a.m. to 12:00 noon at the Franklin County Fairgrounds in Greenfield. The cost is \$20 per shot. Both one-year and three-year shots are available. Proof of a previous rabies vaccine

is required to obtain a three-year shot. All dogs must be on a leash. Flexi or extendable leashes are not allowed: no exceptions. All cats must be in carriers.

Watch Out for Ticks!

from the FRCOG Public Health Team

Spring is here and so are ticks! Ticks can transmit diseases to humans when they bite; the longer a tick remains attached to the skin, the higher the likelihood that it may spread bacteria that cause tick-borne illnesses.

In 2023 over 250 ticks from Franklin County were tested for tick-borne illness. Lyme disease was found in ticks from 65% of Franklin County towns. Two other tick-borne illnesses, babesiosis and anaplasmosis, were found in ticks from 25-30% of Franklin County towns.

Although only deer ticks, aka black-legged ticks, can transmit Lyme and anaplasmosis, other ticks should be avoided because they can transmit less common diseases.

Luckily, there are many things we can do to prevent tick-borne diseases:

- When outdoors, stick to hiking trails, wear light-colored clothing – to see ticks – and tuck in loose ends.
- Make a habit of checking yourself, your children, and pets for ticks after coming inside. Think like a tick: Ticks often hitch a ride after physical contact with brushy plants. Start by checking feet, ankles, legs, and groin, then work your way upward.
- Use tick repellents. DEET can be used on skin. Pretreat clothing, including socks and shoes, with permethrin (*not* to be put on skin). Permethrin is invisible, odorless, and stays effective in fabric through many washings. Using both

repellents together is recommended by the Centers for Disease Control and the Department of Defense.

Want to identify a tick? Send a photo to tickencounter.org to learn about the tick and your risk level.

Woes from the Polls

During a Federal Election the town uses the fancy machine that records the votes quickly and produces a “receipt” that tallies everything and makes it much easier for the town clerk to report Conway’s votes. However . . . when someone writes in on a ballot Mickey Mouse, their dog’s name, Bart Simpson, or themselves, the machine separates out those ballots because they need to be handled and recorded manually. This can turn a poll worker’s 13-hour-day into a 14-hour-day. The election workers range in age from 45 to 95, and it is a LONG day for all of us. This is a vital job that we take seriously, and some of us take the day off from our jobs to help the town. PLEASE consider taking the elections seriously and remember the important job that our poll workers are doing for our town. It is not humorous, and the disdain for the candidates will never be known by them: It is immature and certainly not *charming!*

Signed, Disappointed

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**. No applications received after this date will be considered. Applications may 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.

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.

The Ryan Scholarship The Friends of the Field Memorial Library welcomes 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. Apply now using the QR Code or go to <https://fieldmemoriallibrary.org/the-ryan-scholarship/> or contact Thad Bennett, coordinator, 413-369-0119, 802-579-7675 or theyanscholarship@gmail.com **NOTE: Deadline is May 31.**



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.

Conway Council on Aging

Council on Aging meetings are held on the first Wednesday of the month at 9:00 a.m. in Town Hall. The next meeting will be April 3. For more information, contact Patricia Ann Lynch, COA chair, at 369-4284 or email patricialynch@earthlink.net.

Senior Calendar for April

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

information, call 413-774-3167 x 156 (Lisa) or x 158 (Meg).

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

Monthly Foot Care Foot clinics are usually held on the first Monday of the month in Town Hall **BY APPOINTMENT ONLY**. The next clinic will be on April 1. 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.

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.

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.

Senior Services

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 413-522-9240 to borrow equipment NOTE: Please, when loaned equipment is no longer needed, call Hank in order to return it.

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. 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.

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.

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.

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.

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. **April 27th:**

Spaghetti & Meatballs: Caesar Salad, garlic bread and dessert! \$22 per person. Sit-down: 5 p.m.; take-out: 5:30. Call for reservations by April 20th. 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.

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

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. I'd love to hear from you! Contact me at sarah.newman@cbcommunityrealtors.com or at 413-548-6525 or with any real estate questions you may have.

April means Spring is here - and the warm weather is creeping in! It's time to consider your options for crop protection. Our variety of backpack sprayers, such as the SOLO 466 Mistblower, will protect your plants and crops from pests and insects while ensuring low fuel consumption and reduced gas emissions, making it an environmentally responsible choice. Our netting is selling fast, so be sure to call for yours today. Yard clean up and landscape tools are in-stock and ready for you, like the WW Manufacturing DuraRakes or the TRG Groundskeeper Rakes. Be sure to check out our latest addition to our wonderful book selection, *The Plant Propagator's Bible*, to learn how to propagate your favorite plants! 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

Jan & John Maggs Antiques and Art -

17th-century English oak furniture, Queen Anne and Georgian jewelry, artwork, carpets, small accessories, and more.

There's plenty to see in our showrooms, and we're always happy to show visitors around

and answer questions about the things we sell. 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. And feel free to knock whenever you see the blue doors on the front of the barn. The next major event in our shop will be our Spring Opening on May 4 and 5, featuring inventory recently acquired locally and during our upcoming buying trip to England. We'll be open, and updates will be found here and on our website <https://jmaggs.com/>.

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./2hr-\$95./3hr. 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. Stop by or call to arrange a visit at 46 Main Street; Browsing welcomed! 413-325-5579; greenlady33@comcast.net
<http://instagram.com/debhoyle.art.rockpaerscissors>

Wilder Hill Gardens - 351 South Shirkshire Road, Conway, MA. Healthy, hardy flowering and fruiting shrubs, trees, native plants, shade perennials and annuals. Expert pruning, consultations, landscape design and installation services. Annual Mother's Day Weekend Sale, Saturday, May 11, Sunday, May 12. 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. Want to work in the nursery/landscape design trade? We are seeking a dependable, hardworking part-time worker for the '24 season. 413-772-9065; lilianjackman@gmail.com; wilderhillgardens.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. Home Ally: Caretake your home during absence or for extra support. Meet & monitor maintenance & installation teams, receive deliveries, organize, stage and complete finishing touches. Plant Ally: Awesome natural body care products & services personalized to you, how-to sessions, garden tours. Personal Ally: Compassionate support, companionship, advocacy, logistics management & records organizing, from new babies to end of life. Reliable, knowledgeable & excellent communications. To learn more about me, please visit my new website at www.Jiyanna.com.

Pottery Class - Beginning to intermediate wheel-throwing classes taught by Megan Hart in her Conway home studio. Thursday evenings 6:00 - 8:30 beginning April 4th for 6 weeks. Classes include all materials, firings and weekly additional hours of open studio time. For more information contact me at hartpottery@gmail.com or call/text 413-522-6707.



Unheard Melodies

by Nicole Braden-Johnson

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

The Advent of Spring in Conway

The marvel of spring in New England,
Where all things, with avarice, embrace life.

At the first moment of thaw,
Clumps of chive shoot up in the garden,
Snowbells chime silently in the morning breeze,
And rhododendrons stretch their winter-stiff leaves,
Like a cat unfurling from a long nap,
To enjoy drinking the light of a warmer sun.

Some things emerge from the melted snow the same:
The wheelbarrow leans against the pine tree;
The stray trowel forgotten in the garden mulch;
The honeysuckle vine, dead to all the world,
Whose hibernating blooms are but still awakening.

On the windowsill, a single spider settles in,
Signaling the existence of a dozen would-be prey
Galavanting in the eaves.

Ice slips away to reveal
A world changed and shifted in its dormancy.
The ground swells here and there,
Birthing new formations of land and stone,
While down by the river, winter
Has remade the entire bed.

The very air has shifted from snow-muffled
To a kaleidoscope of birdsong.

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