



Volume 5, Number 12 - December 2024

The Santa Mailbox Is Back

Many years ago the Santa mailbox appeared at the Conway Post Office. It continues to be a special tradition. Again this year, the Santa mailbox will be set up at the Conway Post Office around the first week in December. Children may drop off their letters to Santa during regular hours. Please include a self-addressed envelope (no postage is necessary); Santa needs addresses in order to write letters back to the children. The deadline for receiving letters is December 20. Happy holidays!



Annual Town Tree Lighting and Carol Sing



The annual lighting of the Conway town tree will happen on Sunday, December 1, at 6:30 p.m. Please come celebrate the start of the holiday season at the Town Common. We'll sing some traditional carols and have hot chocolate and cookies. The tree lighting happens no matter what the weather is, so please dress accordingly.

Veterans and Senior Tax Work-off Program Begins!

If you are a veteran as defined by MGL Ch. 4 § 7 clause 43 or are age 60 or older, a Conway resident who has owned and lived in your own home for at least one year, and have an income of no more than \$38,350 for a single person or \$43,800 for a married couple, you are eligible to apply for the town's property tax work-off program. Eligible applicants will have the opportunity to perform volunteer work for the town and earn a deduction of up to \$1,500 from their real estate tax bill, based on the state minimum wage – \$15 per hour for a maximum of 100 hours. Possible volunteer jobs include clerical tasks, data inputting, working at the Conway Mall, and so on.

Applications are available at the town office and Town Hall, as well as on the town website, conwayma.gov. The deadline to apply is **Friday, December 13**, for a program beginning January 2, 2025. Applications can be delivered by hand or mailed to the town office at 32 Main Street or sent via email but *must* be in the town administrator's hands by the 13th. Applicants' skill sets must match with available jobs. Eligible applicants will be entered into a lottery from which five participants will be chosen.

Please contact the town administrator at townadmin@conwayma.gov or 413-369-4235 x 3 with any questions about the program.

Senior Holiday Meal

The Council on Aging will hold its annual December holiday gathering at the Whately Inn on Thursday, December 12, at noon. The buffet-style meal will be served at 12:30. The main course offerings include steak tips, baked stuffed scrod, and chicken marsala. The per-person cost is \$23.00. Tips and tax will be paid for by the COA. To reserve a space, call Carolyn Thayer at 413-559-0282.

Home Modification Loan Program

The Franklin County Regional Housing and Redevelopment Authority's Home Modification Loan Program (HMLP) was established in 1999 by the MA state legislature. HMLP funds give homeowners the opportunity to modify or adapt their homes for a household member of any age with professionally documented limitation(s) or disability.

HMLP offers loans from \$1,000 to \$50,000 to property owners at 0% interest. Borrowers sign a promissory note, and a mortgage is recorded as a lien against the property to secure these loans. HMLP can also lend from \$1,000 to \$30,000 to owners of manufactured or mobile homes. Landlords with fewer than ten units may be eligible for a 3% loan for a tenant who has a functional limitation. Borrowers sign a promissory note, and a UCC-1 is filed against the home to secure these loans.

Please note that this is not a home repair program. For instance, HMLP would not be able to rebuild a deck without modifying it in some way. Projects funded by HMLP can include ramps and lifts, bathroom and kitchen adaptations, sensory integration spaces, fencing, as well as accessory dwelling units. This is far from an exhaustive list. If you are curious or have questions, please contact Mike Blasco at 413-223-5228 or mblasco@fcrhra.org or watch an informational video:

<https://fcrhra.org/programs/home-modification-loan-program-hmlp/>.

Notes from the Town Administrator

I know that most of you have been wondering why our beloved Conway Mall has been closed for so long. I will address several reasons, which include the lack of volunteer staff, the limited size of the building, and the unfortunate impact of people who did not follow the guidelines provided for the Mall to continue as a

donation center: not dropping off materials that are hazardous or clearly unwanted trash.

The building itself is small, old, and leaking. It can hold only so much material, and our volunteers (and yes, they *are* volunteers, not paid staff members) have been valiantly trying to keep everything in order while trying to sort donations. Post-COVID, there have been only two to three regular volunteers, and to be perfectly frank, the job is just way too much for so small a crew to manage without being overburdened. No one wants to give up every weekend; even the most dedicated volunteers need time for themselves. For the Mall to succeed, it needs more volunteers.

That being said, it wouldn't take quite as much time nor as many volunteers if residents paid attention to the guidelines that detail what is appropriate. Mall volunteers have reported "donations" that have included everything from used diapers to cyanide. Yes, I did say *cyanide*. The rule of thumb for the Conway Mall should be "if you wouldn't take it, don't leave it." Quality matters, and having to sort through all the items that cannot be housed in the Mall is a major time sink for the volunteers. This is also the main reason that the donation table outside the station attendants' shed was removed: Along with the many wonderful objects that were left for others to use, attendants often found hazardous waste or loose trash. The Mall is not intended to be used as an alternative to putting trash in trash bags and then into the compactor.

The Mall rule has been to take only seasonal items, again because the building is too small to house anything, especially clothing, that is not in season. There is simply no room to store unseasonal items. While many people, me included, would prefer not to have to sort our donations according to what the Mall can take, that's the only way we'll be able to handle incoming donations and keep the Mall running smoothly. In the coming months, we will try to post a sheet spelling out what the Mall can accept during which seasons. That might inspire people to have a special "Conway Mall" donation box in their homes for that purpose.

On a personal note, I have been involved in the solid waste and recycling field for most of my professional career. I was the City of Burlington, VT's first recycling coordinator, later a solid waste consultant in Concord, MA, the solid waste coordinator in South Hadley, and most recently – before my current job – the municipal assistance coordinator at MassDEP for Western Mass in the Municipal Solid Waste Division. Recycling has been my passion since I was 15. While working in South Hadley, I created not one but three swap shops: one for books, one for small appliances and kitchen items, and one for furniture. I say this so that you will understand that I personally am completely invested in swap shops and in keeping our Conway Mall thriving. We have applied for a grant from MassDEP to erect a new swap shop building, but the grants are highly competitive, so there's no assurance we will receive the funds.

We have every hope of reopening the Mall in the spring, but in order to do that we will need more volunteers. Please contact me if you are interested in even an hour or two every week or every other week: Every little bit will help.

Happy holidays, and thank you for all your reuse and recycling efforts!

Véronique

News from the Board of Health

Holidays and Health For many, the winter holiday season has a complicated relationship with the word *healthy*, either because we think we are not doing enough to maintain our health or because we avoid thinking about health until January.

Instead, it may be easier to ask ourselves, “What steps can I take to manage my health during the holidays?” Each of our answers may look different, and that is the point: We can each add our own ways to eat healthfully, incorporate exercise, and manage stress. Each day is an opportunity to practice healthy options.

Healthful Eating Many, many resources focus on nutrition around the holidays. Most offer this basic advice: Act in small steps and remove the guilt. The Mayo Clinic's holiday nutrition tips suggest adding an extra serving of veggies, drinking more water, limiting soda and alcohol, and choosing your “splurges” – eating portions of seasonal food and enjoying it!

Exercise Incorporating exercise can be easier when thinking of “increasing movement” over “improving fitness.” Add to your day a walk, a stretch break, or dancing to your favorite song. Create active TV time by using hand weights, doing calisthenics, or simply marching in place during commercial breaks.

For some people, setting timers to limit screen time (TV, computer, and/or phone) are easy ways to purposefully make time for other things, like adding a self-care activity or getting to bed on time.

Managing Stress Low-cost ways to manage stress during the holidays are effective. Consider taking a walk or bath, calling a family member or friend, and writing in a journal. During the short daylight, simply getting outside for ten to twenty minutes can be helpful, especially early in the day. Starting or ending your day with a few minutes focused on breathing can feel grounding.

Although we often let go of some routines and expectations, prioritizing ongoing support groups and meaningful connections can help us manage, relax, and enjoy the season.

Information from the Conway BOH is focused on our shared public health. Please consult your healthcare provider for your personal healthcare guidance. For the most up-to-date information, please see the town website conwayma.gov and the BOH webpage conwayma.gov/g/42/Board-of-Health.

History Chats

The Historical Commission's monthly research sessions during the winter, December through March, will be by appointment, some on the fourth Friday, some not, to avoid cancellations due to poor driving conditions. Please stay in touch if you have a topic that you'd like researched or have researched yourself. Contact Bill Burnett at maplefarm116@gmail.com.

We recently conducted an interesting oral-history interview by speakerphone with someone in Oregon who spent the summer of 1946 attending the new Roaring Brook Camp in Conway at the age of eight. The experience left quite an impression on him, and this has opened new avenues of research into the origins of the camp and about the neighborhood where he vividly remembers learning to ride a horse along the dirt roads. Following another monthly session, we hiked over the "seven-mile line" into Deerfield, guided by abutting landowners, where we located the c.1770 cellar hole of a relative of one of the commission members.

Remembering Shut-Ins

The Visitor – the monthly UCC newsletter that served our town for many years – once had a monthly column requesting residents to “take time from your busy schedule to remember those who cannot get out and about with a card, a letter, or a visit. Your thoughtfulness and time can bring some much-needed cheer to these individuals.” What followed was a list of Conwayites in care settings. *Conway Currents* is considering reviving this tradition.

If you know of anyone who might enjoy being included in such a list, please send their contact information to newsletter@conwayma.gov.

Swimming Pool News

By now you should have received our annual fundraising letter. After reading it you will understand how much the Conway Swimming Pool relies on funding and volunteer hours. The pool turns 75 in 2025! We are planning celebratory events and welcome you to join the fun. Contact us at conwaypoolvolunteers@gmail.com.

Ryan Scholarship Thank You

The Ryan Scholarship, sponsored by the Friends of the Field Memorial Library, sends a big thank you to the Conway residents who sent donations to celebrate what would have been Ryan Walsh Martel's 44th birthday, November 11, and to help create an endowed scholarship in his name. As of mid-November we have received over \$7,800 from more than thirty residents and friends. To learn more about Ryan and the scholarship, visit the Field Memorial Library at fieldmemoriallibrary.org/the-ryan-scholarship.

Field Memorial Library Giving Tree

The Friends of the Field Memorial Library announces their annual Giving Tree. Give the gift of helping others!

We invite Conway residents to join us for our fourth year of support for the Hilltown Churches Food Pantry by providing items for local families that are struggling. The tree will be in the library from November 25 through December 18 and is located in the beautiful Italianate rotunda. It will be decorated with envelopes in which you can leave gift cards, donations, notes of support, and the like for the people who use the food pantry. In addition, there will be colorful gift bags available in which you can place donated items and/or take to fill and bring back. The library is open to receive donations each Monday from 3:00-6:00 p.m., Wednesday from 2:00-7:00 p.m., and Saturday from 10:00 a.m.-2:00 p.m.

The food pantry is requesting that we especially supply them with:

- Books for ages 2 to 18.
- Gift cards that parents could use for children's gifts. They prefer Walmart cards and hope to provide \$100 per child for holiday gifts.
- Food items that could be used to make cookies and sweets for the holidays, such as flour, sugar, vanilla and almond flavoring, sprinkles, Hershey's Kisses, jams, coconut, candied fruit, marzipan filling, and so on. These items are usually too expensive for people to buy on their own.
- Basic toiletries but with a seasonal "flavor" and maybe a bit special.

The food pantry will distribute most holiday items on Tuesday, December 10. We will try to get the early donations to them in time to distribute during these pre-holiday weeks. For more information go to ashfield.org/2391/Hilltown-Churches-Food-Pantry. For the library, go to fieldmemoriallibrary.org. Please be generous.

Conway Historical Society News

by Yulia Stone

On Saturday, October 26, local history enthusiasts gathered at Conway's oldest cemetery – Howland Cemetery – for a stroll through the ages, starting in the area with the earliest burials and following the historical timeline to the more recent burials, with several stops here and there. Windy conditions made attendees huddle closer, and the presenters had to make a considerable effort to speak louder.

The afternoon sunlight made the carved inscriptions stand out and more easily read. We were thrilled to have archaeologist John Wilson, a member of the nationwide Association for Gravestone Studies, share his knowledge about the 18th-century stone cutters who made some of the earliest gravestones.

He talked about various materials and techniques used during different historical periods and explained the symbolism of early shapes and designs, such as willows, flowers, and stars. There wasn't nearly enough time to talk about the fascinating lives of people now resting at Howland, and the society will consider making it an annual event.



Archaeologist John Wilson explains the finer points of gravestone cutting.

Howland Cemetery is always open for visits and strolls, and people don't need to ask permission. As a matter of fact, from the mid-19th to the mid-20th centuries, people would picnic at cemeteries before urban parks became a thing, and that tradition lasted until the 1950s or 1960s.

The Conway Historical Society is a private all-volunteer organization that maintains the museum on Main Street and sponsors public events, including bimonthly speakers on various historical topics. Its mission is to preserve, protect, and develop the historical and archeological assets of our town. If you'd like to learn about your family's genealogy or donate objects related to Conway history, please contact the society at chs@conwaymasshistory.org. We welcome new members to help with research or with cataloguing objects. Let us know what events you would like to see or participate in.



New Public Safety Office Building Construction Begins!



The crew working on the beginnings of the new Public Safety Building offices: Left to right are Dave Vreeland, Ben Hay, Peter Jeswald, Ken Ouimette, Ron Sweet, Walter Goodridge and Chris Herrmann.

Karen Ann Dunphy (1963-2024)

I would like to offer a heartfelt thank you to our Conway friends and neighbors for the outpouring of love and support on the recent passing of my beloved wife, Dr. Karen Ann Dunphy. Karen died October 14 at our home in Conway after a long struggle with appendiceal cancer.

Karen was an utterly amazing woman, devoted wife, loving mother, outstanding horsewoman, and brilliant scientist. Her publications and intellect were



respected among colleagues in the field of mammary gland biology and breast cancer both nationally and internationally. Karen had a profound love for animals, especially her beloved buckskin quarter horse, Dusty, whom she called her “Golden Boy.” Nothing thrilled her more than spending time with our children and grandchildren, teaching them her considerable equestrian skills.

When Karen learned of her prognosis, we made the decision to give up working and live each day to the fullest for as long as we could. To that end, we enjoyed many wonderful moments together, with friends and, most important, with our children and grandchildren. Karen started collecting small stones, on one side of which she painted a cancer ribbon and her initials, KAD, and on the other, beautiful images of all sorts as well as inspirational words, such as “Faith, Hope, Love, Perseverance,” and the like. Every time we went horseback riding, Karen would select a special spot and leave a stone behind so that others might be encouraged when they came upon them. Altogether, she left nearly one hundred stones in eight states.

Karen was thoughtful, compassionate, generous, and kind, frequently putting others’ needs before her own. She was a force to be reckoned with, facing her cancer with incredible courage and strength, knowing better than most exactly what was happening to her. She put her pain aside to be with those she loved right until the end. I am so thankful to have had the honor of caring for this incredible woman these past 39 months. She was my favorite person, and I miss her so much!

Thank you from Scott Decker and family.

Newsletter Committee Opening

The Newsletter Committee that produces *Conway Currents* each month has an opening, and we would love to see YOU fill the seat! With the new year on the horizon, this is the perfect opportunity for someone who wants to make a contribution to the Conway community. As a member, you will have the chance to write pieces of your own while working together with a great group of people!

Other than having an interest in Conway, the only requirement for the position is to attend a roughly one-hour organizational meeting each month, so the time commitment is minimal. Helping to create this valuable community resource and seeing the finished issue in your mailbox can be a great source of pride. If you have questions, please email us at newsletter@conwayma.gov or call Kat Llamas at 413-695-5626.

A Special Thank You from Bob and Helen Baker

Bob and I would like to thank our family and friends for their generosity in supporting our efforts to stay open after this year's earlier disaster at the store. We want particularly to thank the Sportsman's Club, the UCC Church, the sponsors of the fund-raiser and raffle held at the Sportsman's Club, and in fact the whole community. What a terrific community! Thank you, Conway!

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 December 4. For more information, contact Patricia Ann Lynch, COA chair, at 369-4284 or email patricialynch@earthlink.net.

Senior Calendar for December

"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).

Monthly Foot Care Foot clinics are usually held on the first Monday of the month in Town Hall **BY APPOINTMENT ONLY**. Clinic hours

are 9:00 a.m. to 3:30 p.m. The fee is \$25.00. For information or to schedule an appointment, call Pat Kocot at 369-4248 or 413-775-3629.

Senior Meals In December the COA will hold one meal only. A special holiday buffet at the Whately Inn is planned for December 12 at noon. The per-person cost is \$23.00. See the notice in this issue of *Currents*. For more information or to make reservations, call Carolyn Thayer at 413-559-0282.

Senior Strength & 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. Each class includes upper body, lower body, and core strength exercises with dumbbells and body weight and balance training. This Healthy Bones & Balance program is sponsored by RSVP. Contact leader Gary Fentin at 369-0001 for information and the Zoom link.

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 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. What does it take? It takes caring, dedicated, responsible people to do laundry, trash removal, cleaning, shopping, help with personnel tasks, cooking and so much more. We have had a good response finding people in Conway since the ad in *Conway Currents* has been running, but we still need PCAs for some shifts. Hours and days of the week are flexible: You could work as little as 1.5 hours to 25 hours a week. We also need some people to fill in when someone is sick, needs a personal day or vacation. Depending on the

situation it could be 9 – 14 hours in advance or scheduled weeks in advance. Multiple people in this position would be ideal. Duties include: Assist with ADL's daily; some shopping, cooking and companionship; PCA care; Pass a CORI check; Pay is \$ 19.50/hour. We are currently working with MassHealth. Contact David if interested. 413-768-8751.

Odd job man - for small projects, repairs, painting etc. Custom wood and metalworking available. Insured. Over 25 years experience. Call or email John; we can talk. 413-369-4064; spell938@earthlink.net

Boyden Bros. Maple Holiday Hours - Weekends 10 a.m. - 3 p.m. Saturday November 30 through Saturday December 22, or weekdays/anytime by chance or arrangement! Visit our sugarhouse on RT 116 in Conway for Maple syrup, candy, cream, granulated sugar, gift boxes and pancake mixes, all available to purchase directly and/or ship for the holidays – or any time of the year! We will have a limited number of fresh cut Christmas trees at the sugarhouse again this year, beginning Saturday November 30. Please contact us for more information or for other times: 413-369-4665; boydenmaple@gmail.com or text 413-475-0566.

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. 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. **Closed Christmas, Open New Year's day 7-5.**

Find a variety of homemade desserts and baked goods and a large selection of last-minute items. For the holidays we have wreaths, pointsettias, kissing balls and cemetery boxes. 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.

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

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.

Happy Holidays from OESCO! - December is here and it's time to get ready for all things winter. Make stocking up on firewood easy with one of our Logrite peaveys or hookaroons. Our 1/3 cord firewood bags are great for firewood storage and provide optimum drying when used with a filling frame. We have a generous variety of pruners to suit all your winter pruning needs. From LOWE and FELCO, to Corona and ARS, the list goes on. If you need a holster or replacement parts, we have those, too! Stop in for the perfect gift for everyone on your shopping list. Too much to choose from? OESCO gift cards are always available. If you need assistance, give us a call, or stop by to talk to Gemma, Rebecca, or Tim. Shop where the pros shop and thanks for buying locally! OESCO, Inc. M-F: 7-5; 369-4335



Wreath Making Workshop - Saturday & Sunday, December 7 & 8, 10 a.m.-4 p.m. at Wilder Hill Gardens, 351 South Shirkshire Road., Conway, MA. Stop by anytime to make your own beautiful wreath or swag from exceptionally fresh mixed greens from our farm.

\$25/wreath: all materials and instruction included. Wilder Hill Press and Gallery will be open: shop for original prints, hand made books, and ceramics! lilianjackman@gmail.com; wilderhillgardens.com;

413-772-9065.

Pottery Class - Offered during the quiet cold of winter at the studio of Megan Hart in Conway. Wheel throwing for all levels of experience. Small class, lots of individual attention. Thursdays 1:00 - 3:00 p.m. beginning January 16th for eight weeks. Cozy wood heated studio. Come make pots and drink tea. To register or more information, contact me at hartpottery@gmail.com or 413-522-6707.

Looking for gifts - that convey your love of Conway and surrounds? Visit *Worn at the Edges* for hand-printed wearable and mail-able local sights and sites! Print studio located inside The Mill at Shelburne Falls. Now offering custom screen-printing. See wornattheedges.com for more info or call 413-369-2526.

Knabe Baby Grand Piano - primarily used for instruction. Well-maintained with Damp-Chaser system. \$1,000 or will consider donation to school or other non-profit group. What a Christmas present! Text (preferred) 423-230-4996, or 413-559-1180 or email (response may be delayed) astridsanderson@yahoo.com

Jan and John Maggs Antiques - Our annual **Holiday Gift Fest** will begin Sunday, December 1. We've been setting things aside all year for this event and have assembled more than 100 antique and vintage pieces, mostly small accessories and jewelry, all gift-worthy and affordably priced. In-person visitors will also find a few additional things not listed on the website, including paintings by local artists and a few furniture specials. Our shop in Pumpkin Hollow will be open from 9:00 until 4:00 on each of the first four Sundays in December, with cookies and mulled cider for shoppers. If Sunday doesn't suit your schedule, call 369-4256 to arrange a visit, or shop the sale on our website jmaggs.com.



Debra Hoyle Studio and Gallery - My 3-hour collage workshops continue on Saturday, December 7 from 12-3 at the studio, 46 Main Street. Our focus will be on ways of using recycled materials, vintage and hand made papers, and mark making to create unique collages with your personal flair. All materials provided; no art experience needed; \$60./person. Space is limited and open to 2-4 participants.

The January workshop is filled, but the February 22 event is still open. 413-325-5579 to chosen to be a part of this temporary public exhibit. I look forward to seeing some new art in these spaces.

[instagram.com/debhoyle.art.rockpaperscissors](https://www.instagram.com/debhoyle.art.rockpaperscissors)

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>.



Virtually all swallows are in South America now, and body and flight feather molts are at their peak. Image courtesy of Janet Chayes

Town of Conway
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Conway Currents

residents, is funded by the Town of Conway, our advertisers, and generous donations from our readers. To have an article published in *Currents*

by the 15

, the newsletter for Conway

, ~~Temp~~ place an ad or a notice, contact Louise at ljmbeckett@crocker.com of the ~~the~~ preceding month.

newsletter@conwayma.gov
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