



Volume 6, Number 3 - March 2025

Notes from the Town Administrator

Two exciting things are happening at the Transfer Station. The town received a grant of \$6,000 from the Massachusetts Department of Environmental Protection (MassDEP), which will help pay for a new Conway Mall building. Sometime this winter we will be taking down the old structure and preparing the site for the new one, which will be larger. Once that's done, we will need volunteers to staff the mall, as **it will be open** only when someone is there to help. The hope is that a number of volunteers will step forward to help keep the mall running smoothly. The more people who volunteer, the fewer hours anyone has to commit to and the more hours the mall can be open. If you are interested, please contact me at townadmin@conwayma.gov or 369-4235 x 3.

The town also applied for a technical assistance grant from MassDEP to work on a project called "repair cafés." A repair café is an event at which folks who are skilled at certain things – such as sharpening knives, fixing lamps, or repairing bicycles – volunteer their time and come to a location where members of the public can bring their items in to be fixed. This grant allows us to work with MassDEP, the Franklin County Solid Waste Management District, the Franklin Regional Council of Governments, and Franklin County Technical School to make these events a reality. The first event is planned for May at the Technical School, and once a date has been set I will post that in this column.

We are also looking for an on-call transfer station attendant, in case you or someone you know might be interested.

Applications can be found online at conwayma.gov under "How Do I" and then "Apply For."

Happy thoughts of spring!

Véronique

Board of Assessors Update

The official hours of the Board of Assessors' office have changed to a full day on Wednesdays, from 8:00 a.m. to 4:00 p.m. The assistant assessor may be in the office during the week outside these hours. Residents are welcome to stop by with inquiries.

Personal exemption applications are due April 1. Property inspections are expected to resume this spring.

Conway's Emergency Alert System

by Veronique Blanchard

In case you missed the two calls recently from the town alerting residents to the closure of all town buildings, including the transfer station, this is a reminder that we can't call you unless you sign up. If you would like to be added to the call list, please email me at townadmin@conwayma.gov with your name, address, and phone number, and let me know if you would like voice, text, or both.

Scholarships

Conway Festival of the Hills Scholarship Festival of the Hills Scholarships are available to all graduating high school seniors from Conway who submit complete applications, regardless of school attended or postgraduate plans. Primary consideration is given to a student's community service, extracurricular activity, and academic achievement. Financial need, work history, and Festival of the Hills service are also considered. Applications for the scholarship are currently available on the town website:

2. *Conway Currents*, Volume 6, No. 3, March 2025

conwayma.gov/files/2020-FoH-Application.pdf Scholarship applications (hard copy only) must be postmarked by the last weekday in April - Wednesday, April 30 - and mailed to: Conway Festival of the Hills Scholarship, PO Box 431, Conway, MA 01341. Please note that no applications received after that date will be considered. Questions? Please contact Phyllis Jeswald: pjeswald1@gmail.com, 369-4410.

Conway Firemen's Auxiliary Scholarship The Conway Firemen's Auxiliary annually awards up to two scholarships of up to \$500 each. Applicants must be a Conway resident and a senior in high school. Primary consideration will be given to students who participate in community service, work, or extracurricular activities and who are planning to further their education in 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 conwayma.gov/p/59/Scholarships. Submit completed applications to Conway Firemen's Auxiliary, PO Box 46, Conway, MA 01341.

Conway Sportsman's Club Scholarship Our scholarships are awarded to any graduating senior within Franklin county regardless of post-graduate plans. **The deadline is April 20th.** Applications postmarked after April 20th will not be considered. All applications will be reviewed by our scholarship panel and winners announced in early May. The 2025 application is available on our website conwaysportsmansclub.org/. For more information please contact Mike Haley 413-537-9149 or Tom Pleasant 413-369-4712.

Friends of the FML Red Gate Farm Scholarship Aid The Friends of the Field Memorial Library is offering scholarship aid to Red Gate Farm 2025 Summer Programs. Children who live in Conway and need financial aid to attend the program are eligible and encouraged to apply. Simply apply online: redgatefarm.org/summer. The age range for children attending the elementary school summer farm program is five to ten years. The child needs to be five years and ten months old by July 1, 2025. The summer program is now open for registration on a first-come basis.

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 Friday, April 18, 2025.** Visit

conwayma.gov/files/Germain-Scholarship_Application_2025-26.pdf

The Ryan Scholarship The Friends of the Field Memorial Library 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. 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 (\$3,000) will be awarded to the Conway high school graduating senior who presents the best plan, through education or work, to lessen the impact of climate change and thus carry on Ryan's legacy. For more information about Ryan, you can read his obituary at [/bit.ly/Ryan_obituary](http://bit.ly/Ryan_obituary) and learn about his work at bit.ly/Ryan_work. Download a copy of the application at fieldmemoriallibrary.org or contact Thad Bennett, Coordinator, The Ryan Scholarship, theyranscholarship@gmail.com, 802-579-7675.

UCC Conway Scholarship The United Congregational Church of Conway will award two scholarships to graduating high school seniors in 2025. 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, not 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 11** and mailed

to UCC Conway, Attn: Scholarship Committee, PO Box 214, Conway, MA 01341.

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

News from the Board of Health

Avian Influenza (Bird Flu) Avian influenza, also known as bird flu, has made news headlines in the past year for raising the price of eggs – and for infections in people, poultry, wild birds, and dairy cattle in several parts of the country. The Cooperative Public Health Service wants you to know that the risk of avian influenza for the general public remains low.

People who are more at risk are those who handle sick or dead birds, such as waterfowl and backyard poultry. If you need to handle sick or dead birds, protect yourself by wearing personal protective equipment, including gloves, an apron – or use a trash bag – and a surgical mask.

Pets are at risk if they are in physical contact with sick or dead birds. It's recommended to keep cats indoors and to leash dogs outdoors.

There are no current recommendations about avoiding being outdoors in areas where infected wild birds have been found.

If you see something, say something! Massachusetts Department of Agriculture Resources would like you to report sick or dead backyard poultry. MassWildlife would like you to report clusters of five or more sick or dead wild birds. Reporting forms for both agencies and information on how to keep yourself safe, find your town's animal inspector, dispose of a carcass safely, and more can be found on frcog.org/bird-flu.

Tick Season Is Coming Tick activity and tick-borne diseases like Lyme disease, anaplasmosis, babesiosis, *Borrelia miyamotoi*, and Powassan virus occur year-round in Massachusetts. Although tick activity is weather dependent, the first peak of the year usually begins in March/April. While not every tick carries disease, it is important to take steps to avoid all tick bites.

To prevent tick bites:

- Use insect repellents that contain an EPA-registered active ingredient like permethrin or DEET.
- Wear light-colored clothing to more easily spot ticks.
- Do daily tick checks.
- Promptly and properly remove any attached ticks.

For more information on tick-bite prevention and how to remove a tick, go to mass.gov/tick-borne-diseases.

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

Festival of the Hills Needs Help

Did you enjoy the 2024 Festival of the Hills? Don't let it be the last! We have recently lost several long-serving board members and volunteers. A solid team of activity coordinators is critical for

planning and putting on this popular event. Please consider joining a great group that meets monthly in the spring (first meeting in March) and bi-weekly in the summer leading up to the 2025 festival on October 5. That festival *won't happen without more help!* We currently need to fill the following positions:

- Two to three board members, including treasurer and secretary
- Publicity/advertising coordinator (radio ads, social media, etc.)
- Fried dough booth—ServSafe Certification required
- Information booth coordinator
- Parade coordinator
- Two Un-tag Sale volunteers

Job descriptions and manuals for these positions are available upon request and will soon be accessible on the festival website. If you have skills you think might be helpful for any of the above positions, or even just general enthusiasm for our beloved festival, please email hazel.goleman@gmail.com.

Friends of the FML Update

Free Museum Passes The Friends of the Field Memorial Library continue last month's highlighting of our museum passes for several museums and parks. This month we feature the Eric Carle Museum of Picture Book Art - carlemuseum.org. This museum is devoted to the art of the picture book, especially children's books. It is a member of Museums10 and is adjacent to the campus of Hampshire College in Amherst. The library has a pass card admitting two adults and four children per visit. You can find the pass on the board located on the table near the circulation desk. Just bring the pass hanging on the board to the librarian. You will receive the actual pass to use on your visit.

With March and April school vacations here, think about a visit to the Beneski Natural History Museum on the Amherst College campus. This museum is free and does not require passes. They have a wonderfully informative website: amherst.edu/museums/naturalhistory/visit/know-before-you-go.

Chili Cook-Off The Friends' Chili Cook-Off on Saturday, February 8, attracted nine contestants whose entries reflected their best recipes and skills. More than thirty-five attendees sampled and scored each chili. This year's champion, Valdemar Anderson, was also the champion of the first Chili Cook-Off five years ago. Second-place winner was Robin Yerkes, and Charlene Galt took third place. Everyone enjoyed a warm community gathering on a cold winter's afternoon. Thank you to all who participated! The Friends hope to host another Chili Cook-Off next year.

Conway Historical Society

This year's Conway Historical Society's speaker series opens on March 11 with an interactive event led by herbalist Leslie Chaison, director of the People's Medicine Project – peoplesmedicineproject.org. We will talk about local plants and their use in traditional medicine. Attendees will have a chance to share knowledge or family memories on the subject. The event will take place at the society museum, 50 Main Street, at 7:30 p.m. and is free and open to the public. Refreshments will be served.

If you have a strong interest in history and would like to get involved with the society, please join us or come as a volunteer to help with research, event production, or managing our social media. Annual dues are still \$10.00 for individuals and \$18.00 for families. Contact us at chs@conwaymasshistory.org.

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.

Moderator Musings

by Jimmy Recore

Punctuality is important for the flow of town meetings, so please be on time, town warrant in hand. When the moderator sees that there is a quorum and notes the return of the posted warrant, they will call the meeting to order. The moderator then introduces the principal people involved in moving the meeting forward. This group includes the selectboard, town administrator, town council, town clerk and treasurer, and the various board and committee members who are there to answer questions anyone may have on any warrant article.

The moderator announces each article in order of how it appears on the warrant unless, for a good reason, they believe that changing the order will help in the running of the meeting. The moderator will announce the article to be taken up, and immediately after, the selectboard chair will read a motion to the floor. This motion is the selectboard's suggestion as to how they feel the town should act on the article. At this point the moderator asks for a second on the motion, which, once given, opens up the motion for consideration by those in attendance. This is when discussion on the motion takes place. This is your chance to speak on how you believe we as a town should deal with the article in question.

This is the essence of the New England town meeting. This is what makes our way of governing so cool. You not only have a vote but the ability to speak and change other people's minds on the issue at hand. You personally can make a difference. You, not someone who was elected to represent you. Let that soak in for a minute. Very cool indeed.

Don't get me wrong here. Sometimes the path forward on an article is crystal clear to the large majority of people in attendance, and there is nothing wrong with moving quickly to vote on a motion so that we can move on to the next article. This is usually done when someone from the floor asks to "move the question." Once that motion is made and the majority of people agree, we vote on that warrant article and move on.

Next time I will explore the many motions that can be used during the meeting. Until then, stay warm and remember that spring is coming fast.

Splendid Book Chat

by Aimee Anderson

Greetings. As promised last month I have selected two books to share with you. The first is a novel titled *The Guernsey Literary and Potato Peel Pie Society* by Mary Ann Shaffer and Annie Barrows (Dial Press, 2008).

The book is set in England in 1946, just after the end of World War II. A chance correspondence begins between two people unknown to each other, one in bomb-damaged and slowly recovering London, the other on Guernsey Island, recently liberated from German occupation. The initial subject of this exchange is books, but as the correspondence grows and the correspondents become closer, a brilliant and poignant story of survival by grit, wit, and uncommon neighborliness unfolds before us.

I knew nothing about the book other than its title before I opened the cover, and then I fell madly in love with that time, those places and people: a rare and delightful experience. (The book was made into a film in 2018 but with significant changes to the story.)

The second book for your consideration is *A Span of Bridges: An Illustrated History* by H. J. Hopkins (Praeger Publishers, 1970). This book was on the freebee rack at the back of the Greenfield Community College library. According to the card inside, it hadn't been checked out since 2008. I picked this one up on a whim, because in years past some family members were involved in bridge building.

As the title states, this is an illustrated guide, but the pictures, although excellent, are few and far between. The book is broken into time periods and styles of building ranging from centuries past to the modern era. It may sound, from my description, that it presents just

dry, dull facts, but there is a real charm to this book. Its charm lies in the stories that accompany each highlighted bridge. Each bridge the author describes gives readers a glimpse into the time in which it was built, who built it, and what the bridge survived or didn't survive in the following years.

Admittedly, an interest in or some connection to the subject will make reading this book a more engaging experience, but it contains such interesting tidbits that you will be drawn, perhaps to your surprise, from one chapter to the next. See you next month for more Splendid Book Chat.

Dr. Lawrence's Arabian Catarrh Remedy - *continued*

by Yulia Stone

The investigation of Dr. J. A. Lawrence started with his 1884 letter (currently in the Historical Society collection) addressed to Hattie (Newton) Parker of Conway and led us to one of the biggest frauds committed through the mail in the 19th century. The scheme was clever. It promoted a "free" cure for catarrh given to Dr. Lawrence by a clergyman who, on his deathbed, requested that the recipe be mailed at absolutely no charge to any sufferer to be taken to a local "botanic druggist" for compounding. After discovering that some of the exotic ingredients, such as "Arabian Red Lava Flower," were impossible to obtain, the recipient could order the ready-made potion from Dr. Lawrence in Brooklyn, New York for a modest fee.

Numerous ads were placed in newspapers all over the country for several years, and an avalanche of inquiries and orders flowed into the Brooklyn post office. The postal authorities became suspicious of the massive amount of registered letters and money orders for \$2.00-\$4.00 each. As much as \$500 arrived daily, collected by a "stylishly dressed young man" purportedly for Dr. Lawrence, whose average annual income was estimated at over \$100,000.

The investigation led to a room over a stable where "seven young girls were engaged in preparing compounds" and filling glass bottles. The man picking up the mail was John L. Connolly, who claimed to

be a wood engraver. Since Dr. Lawrence was never found, the detective concluded that he and Connolly were one and the same person. Connolly proclaimed his innocence, but among the evidence tying him to the scheme was his name on a customer's testimony praising the cure. The effusive affidavit was printed in the circulars received by Hattie and thousands of other gullible customers.

Connolly was arrested in March 1885 on the federal charge of "swindling through the mails." He was arraigned and let out on bail to await the trial scheduled for the following January. Not intimidated, he sued the postmaster, who had been detaining all of Dr. Lawrence's correspondence. Connolly won the civil suit in December, and the postmaster was ordered to surrender several thousand letters (most containing money) and to pay Connolly \$1,000 in damages because "there is no law empowering the postmaster to detain any letter whether it is addressed to a fictitious person or not."

The outcome of the mail fraud trial is unclear, but the ads promoting Dr. Lawrence's remedy continued to be published until at least 1891. More research is needed to discover the rest of Connolly's fascinating life. Please consider joining the Historical Society or lending a hand with research to help complete this story.

Residents Remember

Snowy Memories of M.L.C

Looked out the office window on a February morning and saw what used to be a "normal" winter: glistening snow reflecting the blue glow of dawn like we used to wake up to. It had been a long time since we had snow for very long before it disappeared.

It was nice to see and brought back memories of snowmobiling over trails that ran behind our house on their merry way through "snow country." The chilly air breezing by your helmet and laughter in the heart of that pure enjoyment. Used to hear other snowmobiles parading through the fields out back as they headed for the meeting

house and the snowmobile club's meeting place. Haven't heard that sound and seen the bobbing headlights of the machines as they bombed their way across those snow-filled trails.

Kind of makes this oldster nostalgic remembering those crazy days of raising kids, heading off for work every day, and shoveling lots of snow and cleaning off vehicles before you could head out to work. The kids listening carefully to see if school was called off too. Thank goodness my in-laws lived close by so the kids had a place to go before they were old enough to stay home by themselves.

Yup, the snow outside this window and the scene created by Mother Nature brought back some good memories. The older I get the more I hate winter's cold, but the whiteness of winter, getting ready for sugaring season, and knowing spring is on its way make this oldster look forward to warmer days ahead. May all our friends and family and friends we haven't met yet have a fabulous recall of great winters past.

Senior Snowshoe Hikes

Hilltown Land Trust is again partnering with All Out Adventures this winter to offer a series of senior snowshoe hikes at the DAR State Forest in Goshen, MA. Join us on Wednesday mornings for one- to three-mile snowshoe walks along beautiful trails. 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 welcome.

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

Senior Snowshoe Hike Dates

March 5
March 12
March 19

RSVP required by phone or email. Phone: 413-584-2052. Email: info@alloutadventures.org. Questions? Email Sarah: sarah@hilltownlandtrust.org.

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 March 5. For more information, contact Patricia Ann Lynch, COA chair, at 369-4284 or email patricialynch@earthlink.net.

Senior Calendar for March

"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. A 48-hour notice is required for cancellations; without such notice, you will be responsible for the 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.

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 or for the Zoom link.

Yoga for Seniors Led by Jody Smith Soles 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.**

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. Please 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

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. Find a variety of homemade desserts and baked goods and a large selection of last-minute items. **Corned Beef and Cabbage Dinner**, Saturday, March 15, \$25.00/person; Eat in 5 p.m. Take out 5:30 p.m. Call to reserve. Check us out on Facebook: [facebook.com/Bakers-Country-Store](https://www.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.

Realtor on Main Street, Conway - Seeking advice with buying your next house or selling your home or land? Ask Geoffrey Baker, a licensed realtor with Cohn and Company in Greenfield. You might have seen me walking around town with a baby strapped-in while towing a bluetick hound dog. Since moving here five winters ago, my wife Mikayla and I have been fixing up our old home on Main Street, growing our garden a little bigger every summer, and now raising our daughter Aurelia, born last June. We're excited that she will grow up here! From the experience of moving to Conway, I know how helpful a good realtor can be. I look forward to hearing your questions about what makes Conway so desirable or estimating your home's value. Please contact me at 413-296-5225 or geoffrey@cohnandcompany.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.

March is the perfect time - to start planning your spring cleanup and garden prep for the upcoming growing season. W.W. Manufacturing's entire line of Dura Rakes, landscape tools, spades and shovels are extremely durable and up to any garden task, while the lightweight Groundskeeper rake is gentle enough to remove dead leaves without damaging surrounding plants or roots. Find inspiration and expand your knowledge with one of our garden books; *The Garden Primer* is a great resource for planning your garden layout and *Grow your Soil* will teach you how to turn weeds into on-the-spot mulch. HOT OFF THE PRESS!! Our latest Master Catalog, number 28, is out now! Stop by and pick up your copy today. Have questions? Give us a 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



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., Town Hall, 5 Academy Hill Road, \$25; Walk-ins welcome. 413-362-5173 - <https://ap.massagetherapy.com>

Jan & John Maggs Antiques and Art - 17th-century English oak furniture, Queen Anne and Georgian jewelry, paintings, carpets, and small accessories in our shop in Pumpkin Hollow. Although our OPEN flags won't be visible during the winter months, we're in the office, at our computers, or on the phone daily. We invite you to visit us online at jmaggs.com, or by calling or emailing 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. 413-369-4256; jmaggs@jmaggs.com



Singing Lessons! - The School of Trusting the Voice by Peter Barley - Confidence building: use your unique voice; expand your range and quality of sound. Enjoy singing and optional guitar lessons. For students of all ages and levels, including those who think they can't sing, are tone deaf, or are afraid of singing or have voice injuries. The school of trusting your voice with Peter Barley. Referrals available. I can come to your home or teach online. Conway has been my home town since 1985. First lesson half off. 413-695-0375.

Feb & April Vacation/Summer 2025 Piano Programs - for Kids 5+ - Are you looking for fun activities during school breaks? We've got you covered at Glover Piano Studio in South Deerfield, MA! Join us Monday-Thursday from 9 a.m.-noon during February and April vacation, and Monday-Friday 9 a.m.-noon during the summer. Each day is packed with group & individual lessons, fun games, free play, movement, and even arts and crafts. Plus, we offer early drop off and late pick up at no extra charge for your convenience. For more information, or to reserve your spot, contact Dorothy Claire Glover at 601-421-5032 or visit gloverpianostudio.com.

Mosaic Art Workshops for Adults - Christine Kenneally, Conway resident and mosaic artist, with 18+ years teaching experience, offers workshops and retreats at her home studio on North Poland Road this spring. Personalized instruction, creativity coaching. Learn to work with various materials and

Reiki energy, to create a work of art, all using hand tools. Connect with the artist that you are! www.christinekenneally.net Mosaic Garden Stepping Stones: 1-day workshops; April 5, May 17, June 8. Mosaics in the Indirect Method: 4 week sessions; starting March 28. Luminous Glass on Glass Mosaics: 6 week session; starting May 8. Spring Equinox Retreat with Reiki and Hanging Nature Mobiles; March 22. Manifesting the Life you Desire with Mosaic Totems; May 10

Old Parsonage Flowers - Need a unique gift or something to brighten your home? Old Parsonage Flowers has a variety of Conway-grown pressed flowers as well as vases, candle holders, small made-to-order signs and tiles and framed items, many incorporating decoupage; almost all using upcycled materials. Have a special request? Let's see if we can help. Check out our [FaceBook](#) page or email us at oldparsonageflowers@gmail.com. Open by chance on Upper Baptist Hill when the flowers start blooming!

Attention Lifelong Learners - Five College Learning in Retirement (FCLIR) is an organization established in 1988 and sponsored by the Five Colleges for the purpose of the lifelong learning interests of retired and semi-retired people living in the Pioneer Valley. It offers member-led seminars, workshops and interest groups on a wide range of topics, throughout the year. Recent examples include: Bob Dylan, Artificial Intelligence, Utopian Societies, Great Disasters, Famous Public Gardens, Zombies, Watercolor Painting, and our most popular offering, Memoir Writing. The programs range in length from 2-10 weeks and may be offered via Zoom or in person. There are interest groups which get together throughout the year and several social events are organized each year for the entire membership. If you would like to explore what FCLIR has to offer both in educational programs and in opportunities for peer-to-peer connections visit fclir.org.

Disclaimer: The opinions expressed in this newsletter are not necessarily those of the editor, the organizing committee or town officials and should not be construed as such. Although we work to produce accurate and typographically correct copy, we cannot be responsible for errors or accuracy of materials submitted. *Conway Currents* does not endorse any specific product or service mentioned in its pages and is not responsible for the reliability of any service.



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