



Volume 6, Number 4 - April 2025

Ron Hawkes Memorial Pancake Breakfast

Each year the Conway Snowmobile Club hosts a pancake breakfast that the late Ron Hawkes always organized. Since his passing, the club has decided to honor Ron by renaming the event after him. This year's breakfast was held on March 9 from 7:30 to 11:00 a.m. at the Conway firehouse. Eight Conway Grammar School students served as wait staff and three Frontier seniors helped with the cooking.



Conway resident Steve Thomas remarks: "I attended the Ron Hawkes Memorial Pancake Breakfast, along with a sizable number of local folks and their children. Wow, what an enjoyable event! I was quite impressed by the quality and quantity of the food and I was equally impressed by the fast service and attention to other table-serving details by the Conway Grammar School volunteers, and, of course, by the cooking staff and the other volunteers. It was clear to me that nobody could go away from this sincere and monumental event hungry. Accordingly, I look forward to attending it again next year!"

Contact the Snowmobile Club at sledconway.com.

Capital Improvements Planning Committee

The Conway Capital Improvements Planning Committee reviews capital funding requests from town departments and makes recommendations to the selectboard for new and current town-owned assets that are funded by votes at Annual Town Meeting. Our goal is to be more transparent with Conway residents regarding how town assets are managed and replaced over time. We're happy to announce that the Conway Capital Improvements Schedule spreadsheet will soon be available to all town residents after the 2026 budget process concludes in early April. Our goal is to update this schedule annually, and the current version will always reside on the town website. To download a copy, go to the website, conwayma.org, and click on "Boards & Committees" on the main page. Then click on "Capital Improvements Planning Committee" on the drop-down menu. Paper copies of the schedule will also be available at both the town office and Town Hall during regular hours. There are currently two openings on this very important committee. If you have any questions, please contact: Committee Chair Phyllis Craine at phyllis.a.craine@gmail.com.

Illustrator Wanted

The Town of Conway is seeking an artist to produce pen-and-ink spot illustrations for an upcoming guide to the town. Sections of the guide that might inspire illustrations include a physical description of the town; Conway history; town government and departments (police, fire, ambulance, highway, emergency management, transfer station); town meeting; understanding the Town Report; town departments, boards, and committees; sources of revenue; the town election; appointed and elected officials; clubs and organizations (Snowmobile and Sportsman's clubs, Field Memorial Library, Grammar School, etc.); recreation (forests and trails, the South River, Conway Pool) and sports (pickleball, ballfield); and places of interest (covered bridge, historic

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cemeteries). For further information, call or email Town Administrator Véronique Blanchard, 369-4235 x 3, townadmin@conwayma.gov. Samples of your work can be mailed to the town administrator, PO Box 240, Conway, MA 01341.

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 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. 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." conwayma.gov/files/Germain-Scholarship. **Completed applications must be received no later than noon on Friday, April 18, 2025.**

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 \$3,000 scholarship 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, 802-579-7675. theyanscholarship@gmail.com,

The application deadline is May 30, 2025.

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.

News from the Board of Health

Sharps Disposal What do household trash, syringes, and boards of health have in common? In 2012 the state banned the disposal of needles, syringes, and lancets (referred to as “sharps”) in household trash. Around that time, the Department of Public Health estimated that about two million used needles are generated each week due to chronic disease and other medical conditions. This means that folks affected by this law are those who may monitor blood glucose or use injectable medication like insulin, semaglutide, or for migraine.

Improper disposal of needles and other sharps can pose a health and injury risk to people and pets at home and sanitation staff in public settings. These injuries are painful! All needle-stick injuries must be treated as if the needle were infected with a disease. These injuries can lead to costly medical testing and treatment and often cause anxiety.

Since 2012 boards of health have created sharps disposal plans. You can receive a free sharps disposal container either through the Franklin County Solid Waste Management District or your public

health nurse. Empty sharps boxes can be picked up and full ones dropped off at Greenfield Health Department, 20 Sanderson Street, Greenfield, Monday-Friday from 9:00 a.m-4:00 p.m. Find other locations at FranklinCountyWasteDistrict.org/Sharps or contact our public health nurse, Lisa White, at 413-774-3167 x 156.

Staying Sharp On the topic of sharps, Dr. Sanjay Gupta, CNN's chief medical correspondent, suggests the following five key pillars to keep our brains sharp. They can help our brain health at any age!

Move Your Body: Regular physical activity is crucial for brain health, potentially slowing memory loss. Aim for 150 minutes of moderate-intensity exercise per week.

Stretch Your Mind: Keep your brain active with challenging activities like puzzles, reading, or learning new skills.

Rest Your Body and Brain: Prioritize seven to nine hours of quality sleep each night to help the brain consolidate memories and remove waste.

Fuel Your Brain: Eat a balanced diet rich in whole foods and healthful fats and limit processed foods, sugar, and red meat.

Connect with Others: Strong social connections are vital for brain health and well-being.

For more information, find Dr. Gupta's book *Keep Sharp* (Simon and Schuster, 2021) or search online for his five pillars of brain health. Share what you learn with someone else! Even better, talk about it on a walk together.

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.

Drug Take-Back Day

The Northwestern DA's office is once again partnering with the Drug Enforcement Administration, local police departments, and TRIAD to give community members a free way to safely and discretely

dispose of any unwanted or unused medication. National Drug Take-Back Day is Saturday, April 26, from 10:00 a.m.-2:00 p.m. There will be several drop-off locations throughout the district. A complete list of locations will be available two weeks prior to the event. In the meantime, folks are encouraged to contact their local police department to find out if they are participating.

Community members can also bring medications to a permanent drop-box location at any of the following police stations: Amherst, Ashfield, Athol, Belchertown, Bernardston, Cummington, Deerfield, Easthampton, Erving, Goshen, Granby, Hadley, Hatfield, Leverett, Montague, Northampton, Orange, Pelham, Shelburne, South Hadley, Southampton, Sunderland, Ware, Whately, and Williamsburg.

Medicines can remain in original containers with labels. No liquids, syringes, IV equipment, or chemotherapy drugs are allowed. Prescription and nonprescription drugs, vitamins, and veterinary medications are accepted. For more information go to northwesternnda.org.

History Chats Resume

Members of the town Historical Commission, a municipal committee separate from the nonprofit Conway Historical Society, plan to resume their monthly history discussions this year on Friday, April 25, from 1:00-4:00 p.m., in the Town Hall General Purpose Room. These informal discussions will continue on the fourth Friday of subsequent months at the same time and place. Advance notice helps us to compile our research about neighborhoods and properties, but is not required before stopping by. We also welcome opportunities to conduct oral-history interviews with anyone interested in sharing their memories. For more information, please contact commission member Bill Burnett at maplefarm116@gmail.com or 413-768-1353.

Join the Community Preservation Committee

Would you like to have a say in deciding whether the town spends money from a special fund for things like pickleball courts, library

restoration, and native plantings on town land? Then perhaps you may want to join the Community Preservation Committee (CPC).

This seven-member committee screens applications for use of the Community Preservation Act funds, which can be used for open space protection, historic preservation, affordable housing, and outdoor recreation purposes. The money in the fund comes from state and local tax dollars. The committee makes recommendations to voters at the Annual Town Meeting about requests for use of the special account.

At present the committee is looking for at least one more member. For more information, feel free to contact CPC Chair George Forcier at 413-775-3235.

Land Needed for Affordable & Senior Housing

The Town of Conway is again exploring the potential for creating mixed affordable and senior housing in town. After gaining advice from FRCOG about how to proceed, the obvious first step is to identify a parcel of land in an appropriate place in town. Currently owned town properties do not lend themselves to a site for roughly 25 housing units, especially given the need for wells and septic systems. The town would also like to explore the possibility of extra acreage for amenities to be added at a later time.

Given this, we're wondering if anyone in town might be willing to donate or sell suitable acreage to the town. If this is a possibility for you, please contact the town administrator at townadmin@conwayma.gov. Thank you for your consideration!

Swimming Pool News

Mark your calendars: May 3rd is cleanup day for our pool. Please consider joining us to prepare for a Memorial Day weekend opening. It's a beautiful spot and requires many hands to keep it that way. Oh, and did I mention doughnuts? They're part of the cleanup protocol. Bring your own water bottle, gloves, and garden tools. See you soon.

Planning Board Opening

Have you ever enjoyed playing SimCity, deriving satisfaction from shaping the growth of a virtual bustling, beautiful community? Then you should consider joining Conway's Planning Board and guiding how our actual town grows and develops in the coming years in real life.

The Planning Board develops bylaws that determine how and where the town grows: Should we allow "tiny homes," 5G cell towers, commercial battery storage facilities, stronger flood protection measures? In the here and now, the board decides whether to allow special projects like solar and pot farms.

All this work takes time on the part of volunteers who love Conway and want to shape its future. We have an open seat at present and need all five seats filled to work efficiently and effectively with a range of viewpoints. A background in planning is ideal but not at all necessary: just a commitment to making Conway a better place today and tomorrow. To learn more, please text or call Planning Board Chair George Forcier at 413-775-3235 or planningboard@conwayma.gov.

Friends of the FML Update

Free Passes at the Library The Friends of the Field Memorial Library has free passes available for several museums and parks. Come see what is available by looking at the pass board located near the circulation desk. Each pass enables admission for a varying number of people. Please check with the librarian to reserve a pass and to find out what it will cover. Passes are a one-week loan for maximum community use. We request that passes be returned during our open hours. We have passes for MassMOCA, the Eric Carle Museum, Historic Deerfield, the Clark Museum, Wistariahurst Museum, the Pioneer Valley Symphony, and a DCR pass to any state park. This month we are featuring the Clark Museum, located in Williamstown, MA. Visit the website, clarkart.edu/, to see all that this museum offers and then pick up a pass at the library. It's wonderful that we have such a rich and accessible resource just a short distance from Conway.

April 5, 10:00-11:30 a.m., Worm Bin Construction Learn how to compost indoors year-round. Amy Donovan, program director for Franklin County Solid Waste Management District, has set up dozens of worm compost bins in classrooms and libraries across Franklin County. She'll teach basic methods of successful worm composting, then lead participants in creating their own indoor worm bin in an 18-gallon container. Materials will be provided. Participants are asked to bring their enthusiasm and questions. Preregistration is required by March 29; space is limited. To register contact the Friends at keldred01341@yahoo.com.

April 19-21, Story Walk The Friends will host our first story walk of the year on the weekend of April 19-21, set up in Veterans Memorial Park opposite Town Hall on Saturday and stay up until 3:00 p.m. on Monday. April's story walk is *Sam Curious* by our own Aimee Anderson! You can walk from one sign to the next to read the story. Activity kits will be available in a plastic container, first come, first served. Just help yourselves. More story walks will happen on the third weekend of each month. We are able to do this with the generous support of the Union 38 Family Networks.

April 26, 10:30-11:00 a.m., Story Time Beginning on Saturday, April 26, the Friends will host a new monthly activity – Story Time – for children ages three to six (but all are welcome). On the fourth Saturday of each month from 10:30 to 11:00 a.m. stories will be read aloud in the library's children's room or possibly outside during warmer months. Story readers will be a Friends volunteer and/or Amy Battisti and staff from the Frontier Regional School district. We hope this will be another way for children and families to enjoy our library!

April 26, 3:00-4:30 p.m., "A Journey Through the Roots of American Popular Music" This is a program of songs and stories about the origins of the blues, rock, and country music presented by singer/songwriter Jon Waterman. In the show, Jon is joined by Li Waterman on bass. The program, which also features an accompanying slideshow, explores some of the fascinating characters and events that are part of the history and the role of music in our lives. This program is supported in part by a grant from the Conway Cultural Council, a local agency supported by the Mass Cultural Council, a state agency.

May 3, 12:30-2:00 p.m., “The Musical Petting Zoo” In the library’s community room, the Springfield Symphony Orchestra will present a fun and informative traveling hands-on exhibit of musical instruments for children PreK to grade 4 and beyond. Students will get a chance to hear, experience, and even play the orchestra’s instruments. Each participant will receive an activity book as part of the program. Literacy and STEM initiatives are built into the activity. Join us for this special event!

Update from the Field Memorial Library

The seed library at the Field Memorial Library (FML) has added new seeds for this season! Please stop by and grab the number of seed packets you desire. We no longer have a limit on how many packets a patron can take.

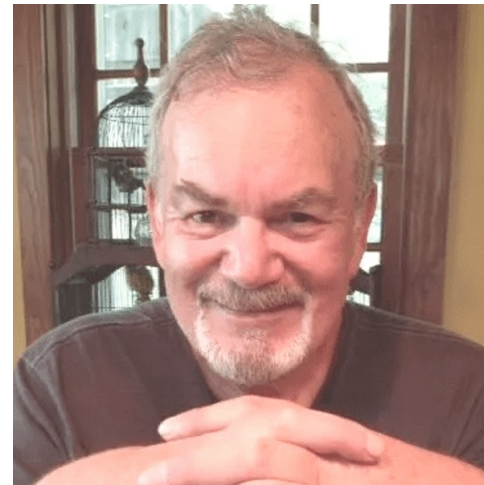
Inspired by “common read” programs, the Common Seed Project was created by a group of seed libraries located in the Pioneer Valley to bring people together in growing and saving seeds. By participating in this project, you can help the FML to increase engagement in gardening, encourage seed saving, and support or help you start your own seed library.

While you browse the seed library, please take a moment to read up on our information about the “provider bean.” It tolerates a variety of climates and growing conditions. Provider beans mature faster than some other types, which makes them quick to harvest and munch on! The seeds also dry quickly, which makes for easy harvests season after season.

The FML always accepts donations of seeds. We request that they be labeled with the date of harvesting, their name, and any other information you wish to provide. Please see a librarian for more information if you have any questions.

Phoebe Hynes, Director, Field Memorial Library
director@fieldmemoriallibrary.org, 413-369-4646

Mike Haley to Speak at GCC



On Thursday, April 10, at 6:30 p.m. at Greenfield Community College, Mike Haley will be giving a talk titled “Playing with the Stars While Swimming with Sharks,” a discussion of his experiences working on 60 feature films and 18 television movies during his career as an actor, assistant director, and producer. One of his best-known roles was as the umpire who throws

Tom Hanks out of the game in *A League of Their Own*. You may know Mike as the man who introduced the Chesbro Challenge and Irish Road Bowling to Conway and for his contributions to *Conway Currents* as “Sir Reginald Buttwalker.”

This program is cosponsored by the GCC Foundation and the Office of Community Engagement. Tickets are \$25; all proceeds go to GCC’s theater program and the Daniel J. Haley Scholarship Fund, which provides scholarships to engineering and science students planning to transfer to Umass–Amherst.

Moderator Musings

by Jimmy Recore

At a town meeting, how do we take an article from the warrant and turn it into the finished product? This is done by making motions. A motion is the formal way to suggest how you would like us to proceed with the article currently up for discussion. With the exception of five motions, all motions need a second in order to continue with a discussion. This means that, after a motion is made, the moderator is looking for and may ask for someone to second it. If no one seconds a motion, that motion

disappears. Once a motion is seconded, discussion of it can be opened until we come to an agreement together.

On some articles this may be done as easily as someone asking to “move the question,” that is, making a motion to vote. The moderator will then ask for a voice vote on moving the question, and if in the moderator’s opinion the floor is in favor, we will vote on the article. If the floor is not in favor, we will return to the discussion until we mold the article into something for which a majority of the floor will vote.

Our town meetings are run based on the book *Town Meeting Time*, which was published by the Massachusetts Moderators Association in 1962 and has been updated twice since. It is a handbook of parliamentary law. It is basically “Robert’s Rules of Order” adapted to fit the New England town meeting. On the back of the front cover is a list of all the 24 motions that can be used at town meetings. These 24 motions are divided into four categories: Privileged, Subsidiary, Incidental, and Main. Some motions are self-explanatory. A move to amend a motion is a move to change or substitute for the motion already under consideration. This motion requires a second, is debatable (meaning we can talk about it), and is amendable (meaning someone can amend this motion again). The motion to amend needs a simple majority to pass and may be reconsidered later in the meeting.

The motion for a point of order does not need a second, is not debatable or amendable, and doesn’t require a vote. It’s one of only two motions that can interrupt a meeting. Normally this motion is used when someone believes that the moderator or a speaker is behaving in a way that is inconsistent with the rules of the meeting. This motion stops the floor discussion until the moderator corrects the infraction.

A basic understanding of the motions will certainly help you to understand what is going on during the town meeting. I’m not going to lie; voters knowing what’s going on helps all of us. If you wish to have a copy of the list of motions, I’m sure you could find one by asking at the town office during regular business hours.

I know this may seem very basic to town meeting veterans, but you are not my target audience. I’m writing for those for whom this is their first time attending a town meeting. I’m hoping that with a little understanding of how a town meeting works, more of you will try to attend. I look forward to seeing new faces on Saturday, June 7, at the Conway Grammar School.

Splendid Book Chat

by Aimee Anderson

Happy spring! For this month's selections I have chosen two books that make an interesting pair. The first is *Handbook of Nature Study* by Anna Botsford Comstock (Comstock Press, 1911). First, I can’t claim to have read the whole book: It’s 887 pages! It contains information on hundreds of species of plants, animals, and insects, as well as on rocks and minerals, the weather, etc. The handbook was written as a guide for those teachers who were required to teach nature studies but knew little about their subject. Ms. Comstock knew the subject as one of the few female students to graduate (in 1885) with a degree in natural history from Cornell University and as the first female professor at Cornell. Later, social boundaries of the time made it difficult for her to publish the handbook, so she self-published it, and, despite gloomy predictions of failure, it sold very well. Anna's story inspired me to buy her book. I admire it when a person perseveres despite the odds, whether successfully or not, to fulfill an idea that inspires them. I may never read this book all the way through, but it serves as a handy reference whenever I have questions about something I've observed when rambling about in the woods or fields. (Note: The handbook has been updated since 1911 with photographs and some newer scientific information, but most of the book remains the same.)

The second book this month, only 85 pages long, is *The Country Diary of an Edwardian Lady* by Edith Holden (Web & Bower, 1977). The book is the reprinting of a lady's observations of the four seasons of the year 1906 in Warwickshire, England. The naturalist movement, between approximately 1890 and 1930, encouraged people to get out into nature and to record their observations. Like

Anna Comstock, Edith was an artist, and she filled her diary with exquisite drawings of birds, plants, and animals of all kinds. Her observations are carefully recorded by month and day, mixed with poems and some interesting tidbits of history. In the back is an alphabetical reference list of common and scientific names for all recorded plants. Edith Holden and Anna Comstock, with their common love of nature and very different styles and motivations, have created a pair of lovely and useful guides to the natural world. (Note: Ms. Holden created her diary for her own pleasure, and it remained obscure until it was discovered in the collection of a country house and published for the enjoyment of the public.)

Celebrate Arbor Day with a Tree ID Walk

Berkshire Environmental Action Team (BEAT) will lead a free tree identification walk at the Fournier Lot, located behind the Conway Grammar School, on **Saturday, April 26, at 10:00 a.m.** This informative and engaging event will last approximately 1.5 to 2 hours and involve slow-paced stops. Participants will be outdoors for the duration of the walk, so appropriate attire for the weather is recommended.

On this guided walk, participants will learn to identify trees by examining twigs, bark, flowers, and overall form and structure. Led by a naturalist and tree enthusiast, the walk will include tips and tricks for recognizing tree species throughout the year, regardless of whether leaves are present.

This event, organized in collaboration with the Conway Forest and Trails and Open Space Committees, is free and open to the public, ages twelve and up. However, space is limited, so those interested in attending are encouraged to reserve their spot by emailing Deb.donaldson@yahoo.com as soon as possible.

This tree walk is part of a grant awarded by the Woodlands Partnership of Northwest Massachusetts to Berkshire Environmental Action Team. BEAT is a 501(c)(3) nonprofit based in Pittsfield, MA. They work with the community to protect the environment for wildlife

in support of the natural world that sustains us all. To learn more about BEAT, visit their website at thebeatnews.org or contact them at team@thebeatnews.org, 413- 464-9402.

Eating Around Town

by Kate French

Phyllis and Peter Jeswald's Favorite Waffles: When the kids were little, Peter made waffles or pancakes – often both – every Sunday. The kids are gone, but Phyllis and Peter sometimes treat themselves to a waffle dinner! Thaw some of those blueberries you picked in the summer and top with those and warm Boyden's maple syrup.

1¾ cups all-purpose flour (sift before measuring)
1 Tbs baking powder
1 Tbs sugar
½ tsp salt
3 eggs, separated
¼ to 1 cup butter, melted
1 ½ cups milk

Mix together flour, baking powder, salt, and sugar. Beat egg yolks well, add melted butter and milk, and mix together. Make a hole in the center of the sifted ingredients. Pour wet ingredients into the hole and combine with a few swift strokes. The batter should have a pebbled look. Beat egg whites until stiff but not dry and fold into the batter until they are barely blended. Cook in a well-conditioned, preheated waffle iron. Serve with berries and warm maple syrup.

Sir Reggie's Homemade Quiz

Name the animal, or the animal parts/attributes that also are connected to human anatomy. Example: Really sharp vision. Answer: Hawkeye - answers on page 23.

- | | |
|--------------------------------|-----------------------------|
| 1. Stubborn | 4. Things that rip and tear |
| 2. Another version of stubborn | 5. Reptilian drops |
| 3. Bird tracks on your face | 6. Flying non-thinker |

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 2. 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).

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. NOTE: Reservations are taken at each month's clinic for the following month. Reserve a space now for the May clinic. 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.

Walking Group It's spring at last, and the walking group is again taking to the streets of Conway for walks around town. Join the group in front of the library every Monday at 10:00, weather permitting, to enjoy its companionship and friendly conversation while engaging in healthful exercise. For more information contact

Phylis Dacey, 369-4326.

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. Pay by checking account or credit card through the town's website conwayma.gov/ >How do I . . . ?

>Pay for > Newsletter Advertising; or send a check made out to **Town of Conway with *Conway Currents* in the memo section to Conway Currents, 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.**

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

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

Personal Care Aide (PCA)/ Caregiver needed - in center of Conway. We have had a great response finding people since running our ad in *Conway Currents*. Our team is 80% Conway residents. Thank you, Conway, for the response. 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 too. What does it take? Everything you can think of: caring, dedicated, responsible people to do PCA care, laundry, trash removal, cleaning, shopping, help with personnel tasks, cooking and so much more. We currently have a full staff with one person who can cover some shifts if needed. But schedules and/or circumstances can change so we continue to advertise for people who might be able to help. If this is something you might want to do now or in the future think about it and call. The population in Conway is getting older and we all may need help in the future. Applicants must pass a CORI check; Current pay is \$19.50 hour. Variable hours depending on shift. Please contact David if interested. 413-768-8751.

Wood Stove for sale - \$1500. Vermont Castings Vigilant, used but in excellent working condition. Contact Janet or Carl at 413-625-6921, or email jgerry@crocker.com or cnelke116@gmail.com.

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. **Closing at 1 p.m. on Easter Sunday.** Find a variety of homemade desserts and baked goods and a large selection of last-minute items. Check us out on Facebook: facebook.com/Bakers-Country-Store for today's specials or call 413-369-4936. **Help wanted - inquire within during store hours.**

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.

April is here - and the warm weather is beginning to creep in! Spring means it's time to think about growing season and to get those gardens ready. Our Master Gardener collection of high-quality gardening tools, such as the Nejiri Kama Weeding Sickle (available in 3 sizes), or the Surudo-Kote Long Handled Trowel will make weeding and garden prep a breeze. Don't forget to consider your options for crop protection. Our bird and deer netting will arrive just in time for the growing season and it's already selling fast, so be sure

to reserve yours today. Don't forget to pick up your copy of our latest Master Catalog 28 while you're here! 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

Conway based cross-genre ensemble - Tiny Glass Tavern invites you to join us for a singing workshop and concert in April! During the workshop we will share an eclectic selection of folk, pop, and early music with singers of all levels: participants will be joined by the singers of Tiny Glass Tavern for an enhanced learning experience, and all are welcome - no music reading ability required. The concert will center around Dirty Projectors and Björk EP "Mount Wittenberg Orca", as well as offering an eclectic selection of vocal music for women+high voices including works by Bach, Björk, Bulgarian and American Folk, early music and more. This event is made possible thanks to the support of the Massachusetts and Conway Cultural Councils. Singing workshop: Wed 4/9, 6:30-8 p.m., "DelaBarn", 46 Delabarre Ave, Conway. Concert: Sun 4/13, 4 p.m., Northampton Centre for the Arts, 33 Hawley, Northampton. More at: www.tinyglasstavern.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. Our Spring Opening, featuring new stock from our Spring buying trip in England, will take place in our showrooms on May 10 & 11. Look for details in the May issue of *Conway Currents*. 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; or 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.

News at Debra Hoyle Studio and Gallery! - It's spring and time for

the Revelry 33 exhibit and fundraiser at Northampton Center for the Arts. Debra is one of the juried artists showing their work at 33 Hawley Street. The show runs from April 2-26, with the opening reception April 11 from 5-8 p.m. The big Revelry fundraiser is on April 26. Purchase tickets at www.nohoarts.org for this event. Please join us at this lovely venue and support local arts! Deb's studio and gallery is open by chance and by appointment. Browsers welcomed, and workshops offered for small groups: No experience needed: it's a fun way to spend an afternoon with family or friends! \$60. each for a 3 hour session with all materials included. *Gift certificates available.* 413-325-5579 [instagram.com/debhoyle.art.rockpaperscissors](https://www.instagram.com/debhoyle.art.rockpaperscissors)

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 with the added support of 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!

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>

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 serving 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.

Sir Reggie's Homemade Quiz Answers

1. Bull-headed
2. Pig-headed
3. Crow's feet
4. Canines
5. Crocodile tears
6. Bird brain



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