



Volume 6, Number 9 - September 2025

Thank You for Paisley's Return

On June 1 our dog, Paisley, got spooked by something and ran off into the woods. We had had her for only three months after she had been rescued from a puppy mill where she had lived for her first three years. We posted signs, blanketed social media, and hiked



into the woods every day. But nothing. We occasionally saw her on a trail cam, but then she disappeared. On July 21, 51 days after she was lost, one of our neighbors up the street, William, knocked on the door to tell us she was on Cricket Hill. Richard said he'd be there shortly with our other dog, Hamish, but he expected Paisley would run away from people. William left but returned a few minutes later to report she was still there. Richard and Hamish drove to Cricket Hill Road and met Dawn, who had spotted Paisley and stayed to wait for us to arrive.

Rather than running away, Paisley stayed close and then followed Hamish into the car! She is now recovering nicely at home, and we are stunned to have had such a miracle happen. Thank you to everyone who helped look for her and kept our spirits up with their support. Our neighbors, many city employees, strangers who drove and biked past . . . we can never fully express our gratitude. And of course William and Dawn, who brought this episode to a close.

Thank you! Drew Cronyn

Want to Be a Good Neighbor?

FRCOG's Franklin County/North Quabbin Community Health Improvement Plan Network and Greenfield Community College invite you to celebrate Massachusetts Good Neighbor Day on or around the weekend of September 26-28. September 28 was declared National Good Neighbor Day during Jimmy Carter's presidency and has had a resurgence recently with increased awareness of the powerful positive impact social networks can have on individual and community health. In Massachusetts, the statewide Coalition to Build Community and End Loneliness is rallying communities across the state to host Good Neighbor Day events this year.



There are lots of ways to organize an activity that strengthens connections among people who live, work, or play in a particular place, such as a park, neighborhood, library, apartment building, or senior center. You don't have to start from scratch! FRCOG can provide a Good Neighbor Day toolkit and many other helpful materials to aid in getting to know your neighbors. Interested in hosting something to bring neighbors closer together? Fill out [this form](#) or visit bit.ly/GND-CHIP to sign up.

Conway Cultural Council Grants

The grants cycle for the Conway Cultural Council opens on September 2 this year and closes on October 16. The council, as a Local Cultural Council (LCC), receives funding from the Massachusetts Cultural Council. The mission of the Mass Cultural Council is to promote excellence, education, diversity, and inclusion in the arts, humanities, and sciences to foster a rich cultural life for all Massachusetts residents.

Local grants are given to support a variety of cultural projects that will benefit the people of Conway. Programs in the arts,

humanities, and sciences – including exhibits, festivals, field trips, short-term artist residencies, performances in schools, workshops, and lectures – are the type of projects that are considered. In November 2024 the Conway Cultural Council voted to provide grant money to more than twenty individuals and organizations to support programs that would provide Conway residents with a variety of enriching cultural programs throughout 2025.

The Conway Cultural Council gives preference to applicants from Conway and/or programs that take place in Conway and also considers the number of residents served. We attempt to fund programs that address the interests and ages of Conway residents; with limited funding from the state, typical grant amounts range from \$150 to \$500.

For more information about the Conway Cultural Council's priorities and how to apply for a grant, please visit mass-culture.org/Conway. The Conway Cultural Council is made up of volunteers who are appointed by the Selectboard. If you are interested in serving on the council or if you have other questions about the grant process, please email conwayculturalcouncil@gmail.com to let us know.

Volunteer for the Festival of the Hills!

Our favorite day is just around the corner – **Sunday, October 5**, 10:00 a.m. to 4:00 p.m. – and we need YOU, our village, to help make it awesome! From pre-festival setup and running fun kids' games to slinging fried dough and serving up cider, over 140 volunteers are essential to keep this beloved tradition running smoothly. Each shift is just two hours, and you're welcome to sign up for multiple areas if you'd like to be even more involved!

Did you know that it takes

- 10 volunteers for pre-festival setup (banners, signs, tables, and more)
- 13 for parking assistance throughout the day

- 9 for greeting crafters as they arrive
- 4 for the legendary skillet toss
- 30 for children's activities, such as fishing, pumpkin painting, and ring toss
- 6 at the Information Booth
- 9 for the cider tent
- 9 for Café Conway's bake sale
- 9 for fried dough
- 6 at the merchandise table
- 19 for the Green Team (trash, recycling, compost)
- 3 floating/emergency volunteers ready to jump in where needed
- 10 for post-festival cleanup

Volunteering is a great way to meet new people, support the community, and experience the fun from behind the scenes. Plus it's a fantastic opportunity to give back to Conway while enjoying all the great music, food, and activities. Invite your friends, family, and neighbors to join you. This longstanding town tradition thrives because of volunteers like you! Sign up today at festivalofthehills.com/volunteer and help make this year's festival unforgettable!

Festival of the Hills

Call for Artists! Conway's Festival of the Hills is seeking artists for the Festival of the Hills Art Exhibition to be held at the Field Memorial Library on October 5. All Conway artists are cordially invited to enter up to five pieces. Please join us for this event. Applications are available at festivalofthehills.com. Queries and applications can be sent to the art show coordinator at conwayfestivalarts@gmail.com.

Annual Festival of the Hills Bake Sale

Saturday, October 4, 9:00 a.m. to 2:00 p.m.

Town Common in front of the library – The annual **Saturday** FOH bake sale is looking for donations of baked goods: cookies, pies,

cakes, breads, muffins, and the like. The food must be wrapped and labeled for nuts, GF, etc. Food can be dropped off the morning of the sale after 8:00 a.m. We will also have coffee, tea, and cider for sale. All proceeds from the bake sale are for the benefit of the Festival of the Hills Scholarship Fund for Conway graduating high school seniors.

No time to bake? Please stop by and purchase some baked goods for the weekend, holiday company, or your freezer. Thank you for supporting the festival and Conway students. Call Gail Connelly at 369-4287 if you have any questions.

Café Conway Needs You! Conway's one-day-only café will open during our Festival of the Hills. Please consider donating a baked good. We sell everything from whole pies and cakes to individually wrapped cookies and brownies. Bring your creation to our tent across from Town Hall. Donations can be dropped off any time during the morning of the festival. All proceeds go to the FOH Scholarship Fund. Thank you for supporting the festival and the scholarship fund.

Calling All Crafters! If you are a crafter interested in participating in the Craft Fair at the 2025 Conway Festival of the Hills, October 5, please obtain a crafter application form by visiting the FOH website, festivalofthehills.com >“Events,” >“Craft Fair”, or by contacting the Craft Fair coordinator, Amy Rioux, at conwaycrafters@yahoo.com or 413-336-1360.

All crafts must be handmade by the exhibitor. No manufactured, imported, or made-from-kits goods are permitted. Applications must be postmarked by August 15 and will be replied to by August 29. Crafts will be juried for craft balance. Crafters must provide their own canopy tent, tables, chairs, and other means of display. The fee for a 12' x 12' crafter space on the ball field is \$50, which supports the FOH Scholarship Fund for graduating seniors from the town of Conway.

Festival Parade Needs Participants The Festival of the Hills parade needs you! Consider getting together with folks in your neighborhood to put together a float this year. Or perhaps you have a particular talent or know someone who can juggle, ride a unicycle, hula-hoop, or walk on stilts or who plays in a band. Are you a line dancer or some other type of group dancer? What about those of you with well-behaved oxen, horses, goats, sheep, or llamas? Oh, and tractors, lawnmowers, or golf carts. Polish them up or decorate them and join the fun! I would be remiss to omit bikes: decorated or not, we want you too! Contact Ceil Antes at ceil.antes@gmail.com with your wish to participate.

Festival Raffle

by Phyllis Jeswald

Another terrific raffle is in store for the 2025 Festival of the Hills. As always, the raffle will feature prizes donated by Conway's talented and generous artists, craftspeople and businesses. Raffle prizes include pottery, baskets of goodies, accessories, art work, gourmet foods, gardening items, gift certificates and much more. And don't forget the \$200 grand prize! The complete list of prizes will be in the Festival Program booklet and wherever tickets are sold. You'll find them starting in September at Baker's Country Stores, Pekarski's, the Conway Inn and Greenfield Savings Bank.

Annual LifePath Walkathon

Saturday, October 18, 10:00 a.m., Franklin County Fairgrounds

This annual fundraiser for LifePath provides a great opportunity to get together with family, friends, and colleagues and to support our Meals on Wheels program, among other life-changing programs. Registration and check-in start at 9:30 a.m. This family-friendly event will have games, activities, and information tables from LifePath and other community partners and sponsors. In addition, there will be music, entertainment, food, and refreshments to enjoy.

New this year, we are encouraging people to hold their own mini-walkathons with family and friends right in your own neighborhoods. You pick the date, time, location, etc. Have fun with it! Get creative! Go ahead and use our pledge forms for your convenience. We would love to see pictures of your event so that we can share them on our website.

Can't walk but would still like to support LifePath? Visit our website, lifepathma.org/support-our-mission, to make a secure, online donation. Or if you prefer, mail in your donation to LifePath, 101 Munson Street, Suite 201, Greenfield, MA 01301. For questions about the walkathon or your own mini-walkathon, please contact John O'Farrell by email at giving@lifepathma.org.

News from the Board of Health

Mosquito-Borne Diseases Throughout the summer, mosquitoes across the state are routinely trapped and tested for diseases. The prevalence of mosquitoes carrying disease tends to increase as the summer passes. As of mid-August, mosquitoes have tested positive for both West Nile Virus and Eastern Equine Encephalitis. In our area, mosquitoes have tested positive for both in several towns, which has raised our risk level on the state map: mass.gov/info-details/massachusetts-arbovirus-update. As of yet, there have been no human cases of either disease in our region.

Although only a small percentage of mosquitoes carry disease, the best way to prevent illness is to prevent mosquito bites. Take these steps:

- Use insect repellents when outdoors. Repellents that contain DEET, permethrin (for clothing, not skin), or picaridin work against mosquitoes. Oil of lemon eucalyptus can provide as much protection as low concentrations of DEET but is not recommended because it hasn't been tested for safety and effectiveness as thoroughly as other approved repellents. Always read and follow a label's instructions carefully.

- Schedule outdoor activities to avoid the hours from dusk to dawn and wear long sleeves and pants when weather permits.
- Repair damaged window and door screens; many hardware stores offer this service.
- Remove standing water from plant pots, tire swings, kiddie pools, and the like at least twice per week. This can disrupt mosquito breeding so that you can eliminate future mosquitoes – and their bites!

Measles After a summer lull, cases of measles are on the upswing. Check with your healthcare provider as to whether you and your family are covered or need a vaccine shot.

COVID COVID is rising after a quiet summer. Check with your healthcare provider as to whether you are currently eligible for a fall vaccine shot.

Discard Old Medications Stop by the town clerk's office to pick up an envelope to mail back medications that you are no longer using.

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

The Board of Health Wants Volunteers!

The Board of Health is looking for potential volunteers to help in the event of a shelter emergency. You can assist with setup, registration, helping with activities, cleanup, and many more tasks. If you would like to get involved or if you have a particular interest or skill, please contact Kat Llamas at 413-695-5626 or email bohchair@conwayma.gov.

Franklin County Solid Waste District Programs

Fall “Clean Sweep” Bulky Waste Recycling Day The three collection locations on Saturday, October 18 (9:00 a.m. to noon), will be Erving Highway Garage on Public Works Boulevard (off Route 2); Mohawk Trail Regional School at 26 Ashfield Road (Route 112 South), Buckland; and Whately Transfer Station at 73 Christian Lane. Residents and businesses from any of the district’s 21 member towns may bring bulky items to this collection. There are charges for most items (cash only). A price list for the most common items is on our website. Preregistration is not required for this event.

Low-Cost Compost Bins and Pails Composting is easy, and it can be even easier with effective, low-cost compost bins and pails. Franklin County Solid Waste District sells “Earth Machine” home compost bins (\$25.00) and “Sure-Close” kitchen food waste collection pails (\$5.00). Residents of these towns may purchase a compost bin through a subsidized pricing incentive: Bernardston, Buckland, Charlemont, Colrain, Conway, Deerfield, Erving, Gill, Leverett, Montague, New Salem, Northfield, Orange, Shelburne, Wendell, and Whately. To purchase bins or pails, call the district at 413-772-2438.

For more information on these programs, visit franklincountywastedistrict.org or contact the district at info@franklincountywastedistrict.org, 413-772-2438. *MA Relay for the hearing impaired: 711 or 1-800-439-2370 (TTY/TDD).* The district is an equal opportunity provider.

Swimming Pool News

What a hot summer it was! The Pool Committee was happy to see so many enjoying the pool, both new residents and those who have visited for years, some sunning themselves while most have been taking advantage of the shade.

Our “Shady Grove,” however, needs some help. A few of the trees there are in decline, and we are hoping a few residents will be willing to donate a sapling in order to continue this shade for years to come. Nursery sales often occur in the fall, and this is a perfect time for planting trees. Please contact us at conwayswimmingpool@gmail.com or 413-522-8050 to learn which trees are best suited to provide shade and known for disease resistance and longevity.

The final weekly water testing will take place during the week of September 22, ending permitted swimming for 2025. While the pool will be closed to swimming, the beach, grounds, and pavilion will remain open, and we encourage residents to visit. Many thanks to the volunteers who helped over the summer. We’ll have a fall cleanup in November; consider joining us.

History Chats

Members of the town Historical Commission, a municipal committee separate from the nonprofit Conway Historical Society museum, have resumed their monthly history discussions. These informal discussions take place on the fourth Friday of each month from 1:00-4:00 p.m. in the Town Hall General Purpose Room. 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.

Open Space Committee Event

Conway’s Open Space Committee and volunteers will be planting native trees and bushes at the Bigelow Meadow on Cemetery Hill Road on Saturday, October 18. You are cordially invited to come explore the site’s new walking paths, plants, and beautiful views of

the surrounding area. If you wish to pitch in and help with the planting, more information will be available in the October issue of *Conway Currents*. Hope to see you there!

Notes from the Town Administrator

This month I have just three quick notes: First, the Festival of the Hills is still looking for volunteers, so if you have time please consider signing up with Hazel Goleman at hazel.goleman@gmail.com. Second, we still have room for more volunteers for the new Conway Mall. The more folks we have signed up, the more hours the Mall can be open! If you have an interest in volunteering for the Mall, please contact me at townadmin@conwayma.gov. And finally, if you are not sure if you have signed up for our Emergency Alert System or if you've changed your number recently, please contact me so that I can correct your information or sign you up.

Thank you for all you do!

Véronique

Update from the Field Memorial Library

The Field Memorial Library will be participating in a Western MA library passport program. Teens can pick up a passport at any library. They will get a stamp in their passport for each library they visit, and if they receive three stamps, they can enter a raffle at any of those libraries. There are also "bonus activities" that teens can complete to receive more tickets, depending on what is offered at the library they are visiting.

Each of the participating libraries will have its own unique raffle prize of a similar value. Teens get to choose which library's raffle they want to enter and can disburse their tickets at any of the chosen libraries. The raffles will be drawn in October.

At the FML teens can earn an extra ticket by checking out a young adult novel from our collection that was published any time before 2020 and/or if they share the title of a book they read most recently. The FML will provide a gift card to a local book store of the winner's choosing. For more information email or call the FML or the Sunderland Public Library.

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

Friends of the FML Update

October 4-5, Fall Book Sale The Friends of the Field Memorial Library will hold their annual Fall Book Sale on Saturday, October 4, and Sunday, October 5, at the library, 1 Elm Street, from 9:00 a.m. to 3:30 p.m. The sale coincides with the Festival of the Hills, which is on Sunday. A large selection of books and puzzles will be available. Proceeds benefit the library's educational and cultural programs. We hope to see you at the sale. You will be excited by the wide selection and perhaps find the book you remembered so dearly and hoped to find again.

We are now accepting donations of books and puzzles. We welcome donations of both fiction and nonfiction, especially local history and recent books of all genres. Donations, in good condition, can be brought to the library during open hours, Monday 3:00-6:00 p.m., Wednesday 2:00-7:00 p.m., and Saturday 10:00 a.m.-2:00 p.m. Check the library website at fieldmemoriallibrary.org for more information.

Thank You! The Friends of the FML give thanks for all the friends and neighbors who donated approximately \$3,500 to our fourth annual appeal on the occasion of the library's 124th anniversary and the Friends' 12th anniversary. We gladly accept donations throughout the year. They help make the library a wonderful place and resource for our town. For information or to

make an additional donation, go to our website or send to Friends of the Field Memorial Library, PO Box 189, Conway, MA 01341. Again, thank you!

September 20-21 Story Walk The walk will be set up in Veterans Memorial Park opposite Town Hall on Friday and stay up until Monday. September's story walk is *Apples: A-Z* by Margaret McNamara. 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 yourself. Our two October story walks, one on Festival of the Hills weekend and the other on the third weekend, will end the season! Look for information in the next issue of *Conway Currents*. We are able to provide story walks with the generous support of the Union 38 Family Network.

Museum Passes The Friends of the Field Memorial Library has free passes available for several museums and parks. Come see what is available by looking at our pass board located near the circulation desk. Each pass enables admission of 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 the library's 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.

Eating Around Town

by Kate French

Lorraine Boyden was one of the people I'd asked to submit a recipe for the town's 250th anniversary cookbook. I ran into her at the bank and asked where her recipe was. She pointed to her head! I grabbed a deposit slip to use as paper and said, "OK! Let's have it," and that's when Lorraine . . . spilled the beans!

Lorraine Boyden's Baked Beans

3 lbs Great Northern beans (dry)
1 ½ lbs smoked bacon end pieces
1 ½ cups ketchup
1 ¼ cups molasses



Soak beans in water for 12-18 hours. Drain, add fresh water, and cook until soft. When soft, put in a crockpot with other ingredients and set on high until the contents bubble. Decrease heat to low. Cook all day or overnight. This will be thick by morning.

Splendid Book Chat

by Aimee Anderson

Hello, fellow readers. This month's first book selection is *Lessons in Chemistry* by Bonnie Garmus (Doubleday, 2022). In the 1950s, young Elizabeth Zott is struggling to be a chemist in an environment that does not respect her intellect, accomplishments, or even her personal space. She meets a fellow chemist at her workplace, and the two become inseparable both at work and beyond. They begin to build a life together, but circumstances arise that force Elizabeth to search new avenues for her future.

I will admit to feeling frustrated watching Elizabeth bang her head against the rigid gender roles of the times, enforced by an unforgiving and dried-up set of insecure twits who cannot see past their own well-founded fears of personal inadequacy. That said, this book is peppered with wonderful characters and events and is a joy to read. Note: In 2023 AppleTV+ aired a television miniseries based on the book. I haven't seen it, and I hope it is a faithful adaptation of this wonderful story.

This month's second selection is *Eight Cousins* by our beloved local author Louisa May Alcott (Little, Brown & Co., 1874). The story begins when 13-year-old Rose, who has recently been orphaned, has gone to live with two great-aunts at the "Aunt Hill," a fabulous old mansion filled with treasures from her uncle's

seafaring days. But Rose is weighed down by grief and loneliness and can't seem to find her balance. Her aunts, trying to lighten her grief, send for her cousins. Rose suddenly finds herself surrounded by seven energetic boys whose mission is to show her all the fun they can think of. As she slowly grows into her new life, Rose begins to hope that she can again open her heart to love and friendship.

Eight Cousins was written for young readers, but I've found that it's fun to reread old favorites like this in order to enjoy the hope and simple joy that Alcott so skillfully wove into her stories. A sequel titled *Rose in Bloom* continues the story of a maturing Rose and her cousins.

Please join me again next month for another Splendid Book Chat.

Pass Along . . .

by Patricia Vinchesi

I grew up in a small city outside Boston. House lots were small, and I never saw flower or vegetable gardens. We had a cherry tree out front and some roses, but that was more than most folks in the neighborhood had. When my husband and I moved to Conway in 1990, I couldn't wait to have a small 5' x 7' garden patch rototilled.

Save two trees, the only thing "planted" on our half-acre was our house. I was a novice gardener and, judging by the results, bought stuff that was woefully inappropriate. Luckily, my neighbors Alice and Faye Allis came to my rescue and asked if I wanted some of their flowers. Alice had the most beautiful yellow and purple irises. "Yes, I'd love some!" I told them. Some plants had curious names. Did I want some "spider wort"? Did I want a "swamp azalea"? I said yes to everything, including the indestructible rhubarb. Over the years neighbors and coworkers generously shared their extra bounty, and I took it all, both the good and not as good: hosta, gooseneck, lungwort, dogwood, lupine, yarrow,

phlox, globe thistle, columbine, monkshood. I also spent tons on flowers that never came back the next spring.

Funny thing: probably 85% of what I have now is what I was given. Thirty-five years later and I am still receiving too – recently Polly Caron gave me some yellow and purples iris. Did she manage to keep Mrs. Allis's going all these decades? I am in the ranks of the givers now too. Sharing my flowers reminds me of that original 5' x 7' plot and the friends who helped me populate it. So as fall approaches and we begin preparing our gardens for rest, pass along your garden's bounty with that new neighbor, friend, or coworker. And like me, they will remember it.

Does Conway Need a PCA Cooperative?

by David Raphael

Conway's population is increasingly elderly. Many families need the help of personal care attendants to assist with elderly family members. Unfortunately, many families, including my own, are having trouble finding PCAs willing to travel to Conway. Would joining together to combine our needs help entice PCAs to come to our town? Would PCAs be more likely to come to Conway if they could count on visiting multiple clients in morning, afternoon, or evening shifts?

I am suggesting that we figure out how many families in Conway need PCA services and how many hours we need collectively. How many PCAs are needed to serve our community? If you have a need for PCAs and want to join in this effort, I encourage you to contact me so that we can start the process. To that end I would like to have the answers to these simple questions: (1) How many families need PCAs? (2) For how many hours a week do families need help? (3) What services do families need? (4) Could the town take a more active role in helping families find and retain PCAs?

We don't have to face this issue alone in isolation. We can help our elderly population live at home as long as they wish. I am writing this article for myself, my 87-year-old mother, and the many other families in Conway that are dealing with this situation. Thank you. Call me at 413-768-8751.

Free Shuttle to Boston Hospitals

When you need to get to Mass General, Mass Eye and Ear, or Brigham and Women's hospital and back, leave the driving and parking to us. Our shuttle bus service is free, with complimentary Wi-Fi and a regular schedule every weekday except on major holidays.

To be eligible to take the shuttle, you must have an appointment at one of the destination hospitals. Because of the variability in traffic, appointments at the Boston hospitals must be scheduled between 10:00 a.m. and 1:30 p.m. The shuttle departs promptly at 6:30 a.m. from the parking lot across from Cooley Dickinson Hospital's 8 Atwood Drive location in Northampton and leaves the Boston hospitals at 3:00 p.m.

Reservations are required. To reserve your seat, call 413-966-8011, Monday through Friday between 8:00 a.m. and noon. Outside those hours, press '1' to leave a message for the shuttle bus coordinator; calls will be returned the next business day.

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 September 3. For more information, contact Patricia Ann Lynch, COA chair, at 369-4284 or email patricialynch@earthlink.net.

Senior Calendar for September

"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 8:30 a.m. to 4:30 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 October 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. The September 11 meal will be hamburgers and hot dogs on the Sportsman's Club porch. 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 The walking group meets in front of the library every Monday, weather permitting, for walks around town. to enjoy companionship and friendly conversation while engaging in healthful exercise. For more information and the summer meeting time, 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 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.

Personal Care Aide/Caregiver - needed in center of Conway - **The PCA who puts mom to bed at night has broken her ankle** and will be out for several weeks. We have had a great response finding people since the ad in *Currents* as been running, and 80% are from Conway. **Thank you Conway!** What does it take to keep an elderly person out of a nursing home? Everything you can think of: caring, dedicated, responsible people to do PCA care, laundry, trash removal, cleaning, shopping, cooking, help with personnel tasks, like toileting and dressing. Motorized wheelchair bound elderly female managing medications independently requires no help feeding. No heavy lifting in this case. Right now, we need to fill our injured PCA's shifts and backup shifts **ASAP**. We continue to need backup PCAs to fill in when someone needs a day off or has an emergency at home. Evening and day shifts available with variable hours depending on the shift. We currently work with MA Health and Tempus. Tempus offers many free professional development classes under its union contract including CNA training with certification and first aid. Current rate is \$20/hour. Must pass a CORI check. The population in Conway is getting older and we all may need help in the future! Please contact David if interested. 413-768-8751.

The Conway Inn - Open for pizza, chicken wings, and breadsticks, Friday and Saturday, 4 - 10 p.m.; Sunday 5 - 8 p.m. Call 413-369-4428 for takeout. Live music jams, second Friday 7 p.m. 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. 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.

If you grow, pick, or eat apples - you know that September is the month when orchards really come into their own. We carry a variety of picking buckets and bags, with comfortable shoulder



harnesses leaving both hands free to pick. We have recently stocked up on Baldwin wooden orchard ladders, individually handmade in Maine, and we have all sizes of aluminum tripod ladders in stock, as well. Prefer to keep your feet on the ground? Try one of our Corona Fruit Pickers! The telescoping handle adjusts from 7'-12' and features gentle prongs and a cushioned basket to keep delicate fruit safe from branch to bucket. Call or stop by to talk to our knowledgeable sales staff, and don't forget to grab a copy of our latest catalog while you're here! Shop where the pros shop, and thanks for buying locally! OESCO, Inc. (Orchard) M-F: 7-5; 369-4335

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.

Jan & John Maggs Antiques and Art - 17th-century English oak furniture, Queen Anne and Georgian jewelry, artwork, carpets, small accessories, and more. Open by chance or appointment. Visit us online at jmaggs.com. To arrange a visit, call 369-4256 or email 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 the voice with Peter Barley. Referrals available.



Come to my studio in Conway or visit online. Conway has been my home town since 1985. First lesson half off. 413-695-0375.

Debra Hoyle Studio Gallery - When you visit downtown Northampton this summer be sure to check out the banners decorating street poles up and down Main Street and part of King Street. Deb was one of 50 artists chosen by Northampton Center for the Arts to have their work printed on 25 splashy banners displayed this summer. The project, also sponsored by Scapes Landscaping and Paradise Copies, features Deb's colorful collage still life outside the courthouse on King Street near M&T Bank. Welcoming visitors, Debra Hoyle Studio and Gallery is found at 46 Main Street, Conway, MA 01341. Drop in or make an appointment. Workshops available for small groups, no experience needed! 413-325-5579; [instagram.com/debhoyle.art.rockpaperscissors](https://www.instagram.com/debhoyle.art.rockpaperscissors)

Mosaic Art Workshops for Adults: - Christine Kenneally, Conway resident and mosaic artist, with 18+ years teaching experience, is offering workshops and retreats at her home studio on North Poland Road. Small classes, personalized instruction, creativity coaching. Upcoming Workshops include: Mosaics Inspired by Nature. Six weeks on Thursday evenings beginning September 18. Mosaic Quilts (new workshop!) Six weeks on Wednesday mornings beginning September 10. Mosaic Stepping Stones (one day workshops) October 25, November 15. Details and registration: www.christinekenneally.net

Wheel throwing pottery classes - all levels at the studio of Megan Hart in Conway. Three classes offered, beginning Monday September 29, 4:00 - 6:00 for eight weeks; Tuesdays beginning September 30 from 6:00 - 8:00 and Saturdays beginning October 4 2:00 - 4:00. Classes include additional time per week to work on your own. More information or registration, please contact me at 413-522-6707 or email hartpottery@gmail.com - References available.

Printmaking Workshop - at Wilder Hill Press, Saturday, September 20, 9 a.m. - 4 p.m. Using two sheets of Japanese Shina plywood, you will explore carving techniques, mark-making and multiple color printmaking on our Charles Brand printing press. All tools and materials provided. Sliding scale \$100-\$160. Contact Lilian Jackman. 351 South Shirkshire Road, Conway, MA. lilianjackman@gmail.com. 413-772-9065.



Unheard Melodies

by Nicole Braden-Johnson

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

Death of a Classmate

From over 3,750 miles away, 330 KB of a JPG come through.
The pixels tell me of the classmate I once knew:
her life since graduation, one husband, one son,
and of her death, far too young.

I too am a mother and a wife now,
yet sometimes see girls who remind me somehow
of former schoolmates and, with amused fascination,
realize they remain forever nineteen in my imagination.

I look at the photograph –
her blonde hair and smile as I remember them.
In my imagination, she will remain the same:
still trading notes in ninth-grade German class,
still passing out equipment in Physics class,
still giggling on the train on the field trip to Cologne.

But her face is fuller in this image,
and her life had grown past what I knew.
In the imaginations of those she left,
she remains in other spaces, other times.

The finality of death clarifies the irretrievability of time.
The courtyard where we ate our lunch still lies in the same sun,
the hallways that once filled with our voices still stand,
the classrooms where we filled our hearts and minds still exist –
and yet they don't,
because the lunches eaten there are no longer ours,
and the voices are of the same timbre but from new throats,
and the hearts and minds are a different batch, filling anew.

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