



Volume 6, Number 12 - December 2025

## Notes from the Town Administrator

**Special Town Meeting** will be held on **Saturday, December 6, at 10:00 a.m.** in the Conway Grammar School gymnasium. There are over a dozen articles to consider, including the purchase of a new ambulance and paying for the increased cost of health care. Please do come and share your voice. We look forward to seeing you then!

### **Veterans and Senior Tax Work-off Program 2026**

If you are a veteran as defined by MGL Ch. 4 §7 clause 43 or are age 60 or older, a Conway resident who has owned and lived in your own home for at least one year, and have an income of no more than \$41,850 for a single person or \$47,800 for a married couple, you may be eligible to apply for the town's real estate tax work-off program. Eligible applicants will have the opportunity to perform volunteer work for the town and earn a deduction of up to \$1,500 from their real estate tax bill, based on the state minimum wage: \$15 per hour for a maximum of 100 hours. This is for taxes that will be due in fiscal year 2027, not this year's tax bill.

Applications are available at the town office and Town Hall, as well as on the town website, [conwayma.gov](http://conwayma.gov). The deadline to apply is **December 29** for the program beginning January 5, 2026.

Applications can be delivered by hand to the town offices at 32 Main Street, mailed to PO Box 240, or sent via email but *must* be received by the 29<sup>th</sup>. Applicants' skill sets must match the available jobs. Eligible applicants will be entered into a lottery from which five participants will be chosen.

Please contact the town administrator at [townadmin@conwayma.gov](mailto:townadmin@conwayma.gov) or 413-369-4235 x 3 with any questions about the program.

## Help Your Neighbors in Need!

On Saturday, December 13, from 5:00-8:00 p.m., a fundraiser to benefit the Hilltown Churches Food Pantry will be held at the Conway Inn on Main Street. Support your neighbors with a donation to the food pantry and enjoy music and community with three fabulous local bands. Pizza, wings, and beverages will be available, and there will be a raffle and prizes.



Among the bands featured, which includes **Daring Coyotes** and the **Mill River Rounders**, is the **Just Fine Thank You Band** (above): electric ukulele-driven, nerdy, mischievous arrangements of blues, country, and rock. Image courtesy of Amy Dryansky.

The food pantry operates out of the First Congregational Church on Main Street, Ashfield, and serves eleven hilltowns: Ashfield, Buckland, Charlemont, Colrain, Conway, Hawley, Heath, Monroe, Plainfield, Rowe, and Shelburne. Food distributions are every other Tuesday from 3:00-5:00 p.m., and they typically serve about 600 people at each distribution. Proof of residence or income is not required, and no one is turned away. Donations to the food pantry are tax deductible.

## Santa's Mailbox

Many years ago the Santa mailbox appeared at the Conway Post Office. It continues to be a special tradition, and so around the first week in December this year, the Santa letter box will be set up in the post office lobby. Children may drop off their letters to Santa in it. Please include a self-addressed envelope. No postage is necessary: Santa needs an address in order to write a letter back to the children. The deadline for receiving letters is **December 20**. Happy holidays!



Thank you,  
Santa's helper ;)

## Friends of the FML Update

**Giving Tree** The Friends of the Field Memorial Library announces their annual Giving Tree. Give the gift of helping others! We invite Conway residents to join us for our fifth year of support for the Hilltown Churches Food Pantry by providing items for local families that are struggling. The tree will be in the library from November 24 through December 17 and is located in the beautiful Italianate rotunda. It will be decorated with envelopes in which you can leave gift cards, donations, notes of support, and the like for the people who use the food pantry. In addition, colorful gift bags will be available in which you can place donated items and/or take to fill and bring back. The library is open to receive donations each Monday from 3:00-6:00 p.m., Wednesday from 2:00-7:00 p.m., and Saturday from 10:00 a.m.-2:00 p.m.

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

- Books for ages 2 to 18.
- Gift cards (preferably Walmart cards) that parents could use

for children's holiday gifts. We hope to provide \$100 per child. (Please mark the amount on the card.)

- Food items that could be used to make cookies and sweets for the holidays, such as flour, sugar, vanilla and almond flavoring, sprinkles, Hershey's Kisses, jams, coconut, candied fruit, marzipan filling, etc. These are usually too expensive for people to buy themselves.
- Basic toiletries but with a seasonal "flavor" and maybe a bit special.

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

**Food Access Program** The Friends and library staff have begun a food exchange access program for Conway residents, which will now be located in the entrance lobby of Town Hall. Anyone can access these materials. Donations may be brought to Town Hall during open hours: Monday 2:00 p.m.-5:00 p.m., Tuesday 8:30 a.m.-4:30 p.m., Wednesday 8:30 a.m.-3:10 p.m., Thursday 8:30 am.-4:30 p.m. Closed Friday. Food items may be picked up during these same hours. At this time we are only taking sealed nonperishables. Please do not add anything that is not shelf stable. We are currently focused on food items but have added a few sealed sanitary products as well. This is a separate initiative from our Giving Tree program. Send questions to [lindamcdaniel2@verizon.net](mailto:lindamcdaniel2@verizon.net).

## Hands for Shoveling Sand

On December 13 with a snow date of the 14th, the Cub Scouts from Pack 18 will be filling small buckets of sand from 9:00-11:00 a.m. at the town shed. These 2.5-gallon buckets are small enough

to be stored in your car's trunk for emergencies and more easily hefted out. Sand is available for all residents of Conway, and we hope to make it more accessible for those with physical restrictions. If you have a bucket you would like filled instead, the kids would love to help as well. Any questions can be directed to [esweetsweets@gmail.com](mailto:esweetsweets@gmail.com).

## Senior Holiday Meal

The Council on Aging will hold its annual December holiday gathering at the Whately Inn on Thursday, December 11, at noon. The buffet-style meal will be served at 12:30. The main course offerings will likely include steak tips, baked stuffed scrod, and chicken. There will also be salad, side dishes, and dessert. The per-person cost is \$25.00. Tax and gratuities will be paid for by the COA. To reserve a space, call Carolyn Thayer at 413-559-0282.

## Annual Town Tree Lighting and Carol Sing

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

## Thank You!

Conway's Open Space Committee would like to thank all those who pitched in to help at the Bigelow Meadow planting event on October 18. With your generous help two white oaks, two red buds, a tulip tree, and several raspberry bushes were planted cozily into the ground, ready for the cold weather to come. All are welcome to visit the new plantings and enjoy the beautiful view at Bigelow Meadow on Cemetery Hill Road. Look for more planting events in the meadow to be announced next spring!

## Swimming Pool Thank You

The Conway Swimming Pool Committee is grateful to the volunteers who helped out at the pool during our twice annual cleanups, twice monthly lawn mowing, occasional weed whacking, and annual brush trimming. We thank all who helped make our movie night a success and Conway's amazing storyteller and his witches three. We appreciate the Conway Parks and Recreation Committee for partnering with us during our summer picnic. We're looking forward to seeing you at the pool in 2026!

## Fire and Ambulance Departments Need Members

**Fire Department** Have you been looking for a way to give back to your community or thought about fulfilling your childhood dream of being a firefighter? Or do you have a teenager (14 or older) who has an interest in the fire service? The Conway Fire Department is looking for additional new members and junior firefighters. All training and certification are done in-house, including CPR and first responder. There are no scheduled shifts; members respond to calls when available.

Junior firefighters learn all the basic skills necessary to be able to transition easily to a firefighter's role when they are 18. Juniors are allowed to go on most fire calls in town.

To learn more about joining the department or the Junior Firefighter Program, please contact Chief Bob Baker at 369-4235 x 6 or email us at [fire@conwayma.gov](mailto:fire@conwayma.gov).

**Ambulance Department** Are you an EMT of any level who lives or works in Conway? Have you ever had an interest in becoming an EMT or giving back to your community? Did you know that the Ambulance Department provides assistance with EMT training and will pay for your EMT license if you answer calls with the department? If you answered yes to any of these questions, please

consider joining the Conway Ambulance Department. There are no scheduled shifts; you respond when available.

For additional information contact Ambulance Director Gemma Vanderheld or Assistant Director Chris Herrmann at 369-4235 x 9 or email us at [ambulance@conwayma.gov](mailto:ambulance@conwayma.gov).

## Firemen's Auxiliary Seeks New Members

The Conway Firemen's Auxiliary is dedicated to supporting the Conway Fire Department. We are a small volunteer organization that raises funds through events, donations, and online campaigns in order to purchase new equipment for the Fire Department, improve and maintain the Fireman's Relief Association building, and to support the Firemen's Auxiliary Scholarship Fund and other causes. When disaster hits and the Fire Department is called on, we are behind the scenes providing the firefighters with refreshments and the supplies they need to continue their work. Annually we put on a turkey dinner on Festival of the Hills weekend and organize the Halloween Rag Shag Parade. If you are looking for a way to support your local community and have some time to spare, we welcome you to check out our group. We have meetings once a month for approximately eight months a year and as needed when duty calls as well as one or two fundraisers a year. No connection to the Fire Department is necessary to join. Contact [heidi@integbuild.com](mailto:heidi@integbuild.com).

## Update from the Board of Health

As the year winds down, the Board of Health extends warm wishes for a safe and healthy holiday season. December brings festive gatherings and time with loved ones and also important reminders to help protect our community's well-being.

**Stay Healthy This Winter** Cold and flu season is under way, and respiratory illnesses such as COVID and RSV continue to circulate. The Board of Health encourages everyone to get their flu

shot and stay up to date on COVID and RSV vaccinations. Frequent hand washing, masking in crowded indoor spaces, and staying home when sick remain simple, effective ways to limit spread. If you're hosting gatherings, improve ventilation by briefly opening windows or using an air purifier to keep indoor air fresh and healthful.

**Seasonal Affective Disorder Awareness Month** With shorter days and limited sunlight, many people experience Seasonal Affective Disorder, a type of depression linked to seasonal light changes. Common symptoms include low energy, sadness, oversleeping, or withdrawal from usual activities. If you notice these signs, reach out to your healthcare provider. Light therapy, daily outdoor time, exercise, and social connection can all help. For immediate emotional support, call or text 988 to reach the Suicide and Crisis Lifeline, available 24/7.

**National Impaired Driving Prevention Month** December is also a time to plan ahead for safe celebrations. Driving under the influence of alcohol, cannabis, or any substance impairs reaction time and judgment, putting everyone at risk. Please arrange a sober ride, use public transportation, or designate a driver before celebrating. Your decision could save a life — maybe even your own.

**Home and Fire Safety** With furnaces, fireplaces, and space heaters running, now is the time to check smoke and carbon monoxide detectors and ensure heating systems are working properly. Never use generators or run vehicles inside garages, even with doors open; carbon monoxide is invisible and deadly but preventable.

*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 and the BOH webpage at [conwayma.gov/g/42/Board-of-Health](http://conwayma.gov/g/42/Board-of-Health)*

## Medicare Imposter Scams

With Medicare open enrollment in progress, seniors need to be alert to scams.

### What They Say

- They need your Medicare number to issue you a new card.
- They threaten to take away your benefits if you don't sign up for their plan.
- They offer "free" medical equipment or supplies.
- They say your doctor asked them to call.

### What to Do

- Just hang up!
- Report suspicious calls or messages to:  
Medicare 1-800-633-4227  
Senior Medicare Patrol 1-800-892-0890

Medicare will not call you asking for your Medicare or Social Security numbers. If you have a consumer problem or question, contact the Northwestern District Attorney's Consumer Protection Unit in Greenfield at 413-774-3186.

## The Ryan Scholarship

The Friends of the Field Memorial Library, sponsors of the Ryan Scholarship, give a big thank you to the Conway residents who sent donations to celebrate what would have been Ryan Walsh Martel's 45th birthday (November 11) and to help us move toward an endowed scholarship in his name. As of mid-November, we received over \$7,200 from 24 residents and friends. Two notes:

**Expansion:** The Ryan Scholarship Committee, made up of friends and supporters who knew Ryan and admired his work, has expanded the application pool for the scholarship beyond Conway high school graduating seniors. Parents take note: Applications

will also be accepted from people who were Conway residents when they graduated from high school, are not more than four years from that graduation, and are looking to expand their education and/or certification. However, anyone who has received a Ryan Scholarship in the past must wait two years before reapplying. New applications and guidelines will be available in January 2026.

**Fiduciary Agent:** In the fall of 2025, we joined with the Community Foundation of Western Massachusetts as our fiduciary agent. The funds are still local and will be used only for this effort in Conway.

To learn more about Ryan and the scholarship, visit the Field Memorial Library at [fieldmemoriallibrary.org/the-ryan-scholarship/](http://fieldmemoriallibrary.org/the-ryan-scholarship/) or contact Thad Bennett, Coordinator, at [theyanscholarship@gmail.com](mailto:theyanscholarship@gmail.com) or 802-579-7675.

## COA Games Days

The Age-Friendly Conway Committee found from its surveys of Conway's older residents that one of the top needs respondents reported was more opportunities for socialization and community interaction. Playing games was often mentioned. The Council on Aging (COA) is working to organize two-hour monthly afternoon gatherings to play games. We have been offered the use of the Congregational Church, which affords us more options regarding when games days can be held. If you are interested, please let us know the following:

- Which day or days of the week are preferable?
- What time period would you prefer: 1:00-3:00 or 2:00-4:00?

To respond, call COA chair Pat Lynch at 369-4284 or email [patricialynch@earthlink.net](mailto:patricialynch@earthlink.net). If enough people respond, we will proceed with setting this up. We will provide a variety of games, or you can bring your own favorite.

## Sir Reggie's Homemade Quiz

Add things together to figure out what state you're in:

1. A top gymnastics score + Loch Ness monster's nickname
2. An amount of matter + sneezing sound + groups of things
3. Cleaning dishes + 2,000 lbs.
4. Generic name for a Bic + an old TV brand
5. A biblical vessel + metal container + a tool
6. Compass direction + famous letter to Santa writer
7. Great Basin tribe + relaxed sound

Answers are on page 23.

## GCC Senior Symposium

Registration, at \$10, is entirely online at the [Senior Symposia website](#) and is free for those who cannot afford the fee. Mark "scholarship registration" when you sign up. Parking at the John Olver Transit Center garage will be waived for the symposium.

**Thursday, December 9** Tim Blagg will enlighten us about a little-known period of Massachusetts history, when there was a "war against Christmas" in the 17th and 18th centuries.

## Eating Around Town

by Kate French

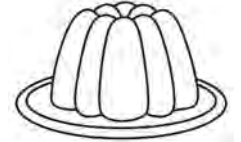
*In the late 1920's, the food editor of the Washington Star asked then First Lady Grace Coolidge about the President's favorite foods. As both of my parents (living in DC at the time) were admirers of the First Lady, my mother clipped this unusual dessert recipe from the paper and made it for the family. It was such a hit that it became a staple at Mother's dinner parties. The funniest part is that although she got the recipe from the Star, Mother*

*would never share it with anyone! As this dessert is still a favorite among our family, I am willing to share Mother's secret!*

– Jim Hardigg

## President Coolidge's Favorite Dessert

Prepare 3 cups of coffee. Soak 1 Tbs. gelatin and 1/2 cup sugar in 1 cup milk and add to coffee. Heat in a double boiler. Add yolks of 6 lightly beaten eggs, 2/3 cup sugar, and 1/2 tsp. salt. Cook until it thickens. Strain. Cool. Add 1 tsp vanilla and the whites of the eggs, beaten stiff. Pour into a mold and chill.



Serve with fresh whipped cream and flaked coconut.

From *Conway's Open*, a cookbook celebrating the town's 250th anniversary in 2017. Available at OESCO.

## Splendid Book Chat

by Aimee Anderson

Holiday greetings! The first selection for this month's chat is *Einstein's Dreams* by Alan Lightman (Warner Books, 1992). The author of this book, a physicist himself, introduces Einstein to us as the young man who worked in a patent office in 1920 while creating his theory of relativity. Asleep at his desk, Einstein dreams of many possible worlds, each of which operates under a different physical law. In one, time is circular, and people are fated to repeat experiences again and again. In another, people and things are all in constant motion in a frantic effort to "save" time. In yet another, time stands still. This book is hard to describe. It's like traveling down a stream clinging to a log and bumping gently against rocks and islands that may contain tiny morsels of Einstein's thinking, dreaming, and imagining when he was forming the theories that would change physics and our own view of time and the world. See what I mean about being hard to

describe? Einstein's dreams are seemingly loosely connected, but by the end of the book one has a sense of a unified whole, one that feels personal and dreamy, as if you might float away with the dust motes in the sunshine to the rhythm of a too-slow, ticking clock. I recommend this book as an experience to be mulled over and discussed with another reader.

Returning our feet to solid ground, this month's second selection is *The Art of Living: The Classical Manual on Virtue, Happiness, and Effectiveness* (Harper One, 1995). The book is a modern translation and interpretation by Sharon Lebell that brings to life the dialogues and lectures of the Stoic philosopher Epictetus. Epictetus was born into slavery around 55 AD in the eastern fringes of the Roman Empire. His intellectual ability caught his master's attention, and he was sent as a young man to study under the famous Stoic teacher Gaius Musonius Rufus. His talent and scholarship eventually earned him his freedom. He taught philosophy in Rome until the Roman emperor Domitian banned all philosophers. Exiled from Rome, Epictetus relocated his school to Greece. Although he taught in the oral tradition and never wrote anything, Epictetus's lively and wise teachings were transcribed by his student Arrian and form the 93 instructions for living a good life that are found in this book. These encourage being generous and kind, practicing forgiveness toward yourself and others, and freeing yourself of negativity. The book's easy, straightforward style and contemporary language add to the pleasure of an examination of ideas formed centuries ago.

Please join me again for another Splendid Book Chat.



## Unheard Melodies

by Nicole Braden-Johnson

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

### Timelines

Einstein told us that time is relative,  
That if you could just go fast enough,  
You could slow down your own timeline.  
If you could enter a black hole,  
Your own timeline would almost stop  
And the rest of the universe would speed by.

The Earth plays its own polytemporal composition:  
From the tectonic plates that shift  
With the powerful languor of slumbering giants,  
To the oak trees that shelter, house, and feed  
Generations of fauna in their wake,  
To those evanescent Luna Moths that cling  
To the wall below my porch light at night and live but for a week.  
And then there are homo sapiens.  
Creatures who love and laugh, dream and weep, toil and create,  
So much in a cosmic nanosecond.  
So vibrantly alive and so very present,  
They are just as suddenly dust and ash.

Some, feeling the cold clutch of mortality around their throats,  
Send other people's children to kill the children of other peoples,  
They take food from the mouths of babes  
And spill oil and blood across this green Earth,  
Because this is how history books are written.  
What a waste it is then to be immortal.

Consider that there are babies' heads to be kissed.  
Consider that there are quiet evenings to be spent hand-in-hand.  
Consider that there is art to be made.  
Consider that there is wonder to be experienced at every seed sown  
in the world.

Sometimes I wish I could use Einstein and slow my own timeline down,  
But no matter how quickly I move, the time will still pass,  
So I had better pass it well.



## A Look into Conway History

by Patricia Ann Lynch

### *Conway and the Antislavery Movement*

The first abolitionist society in the U.S. was formed in Philadelphia on April 14, 1775, as the "Society for the Relief of Free Negroes Unlawfully Held in Bondage." The Town of Conway's involvement in the fight began in 1787, when the town voted against ratifying the Federal Constitution. Conway residents Consider Arms and Malachi Maynard, together with Deerfield resident Samuel Field, wrote a letter to newspapers (published in the *Northampton Gazette*) explaining their reasons for this dissent. One was a restriction placed on Congress – "The migration or importation of such persons as any of the states now existing shall think proper to admit, shall not be prohibited by the Congress, prior to the year" 1808 – and that "this provision was made purely that the southern states might not be deprived of their profits arising from that most *nefarious* trade of enslaving the Africans."

Another objection, according to Arms *et al.*, was an agreement between delegates from the Northern and the Southern states that three-fifths of the enslaved population would be counted in

determining taxation and representation in the House of Representatives. This gave Southern states more power in the House than they would have had if only free people were counted.

The letter writers, by implication if not by word, all but accused George Washington of hypocrisy: ". . . when the person designed by that name ["great"], at the same time he is brandishing his sword, in the behalf of freedom for himself is likewise tyrannizing over two or three hundred miserable Africans, as free born as himself."

The formation of antislavery societies reached its peak in the 1830s, when such associations were established at the town, county, and state levels. The Massachusetts Anti-Slavery Society was formed in 1834, followed by the Franklin County Anti-Slavery Society in 1836. Asa Howland of Conway was vice-president of the former from 1836-1840. At its 1836 convention, "Earnest and radical antislavery speeches were made by," among others, Reverend Orange Scott of Conway. According to *History of Conway, 1767-1917*, "In 1842 Rev. Orange Scott having identified himself with the anti-slavery movement and having lost hope of his own church becoming an anti-slavery power, withdrew from the Methodist Episcopal Church and with others organized the "Wesleyan Methodist Connection. . . ."

Conway had its own antislavery society from 1842 to 1849, after a group of men met at the Poland District home of Captain Sylvanus Tilley and organized the Conway West side Anti Slavery Society. The stated object of this society was "to hasten the overthrow of American Slavery by every lawfull [*sic*] and constitutional means. . . ." Judging by their minutes, the members tried to achieve this through Massachusetts politics: choosing delegates to attend conventions in order to nominate abolitionist candidates for the state senate.

## Conway Council on Aging

Council on Aging meetings are held on the first Wednesday of the month at 9:00 a.m. in Town Hall. The next meeting will be December 3. There will be no January meeting. For more information, contact Patricia Ann Lynch, COA chair, at 369-4284 or email [patricialynch@earthlink.net](mailto:patricialynch@earthlink.net).

### Senior Calendar for December

**"First Friday" Walk-in Wellness Clinics** Clinics are held on the first Friday of the month in Conway Town Hall from 9:00 a.m. to 12:00 noon. Regional public health nurses Lisa White, RN, and Meg Ryan, RN, staff the clinic. There are no out-of-pocket costs to residents for this service, which is provided through the town's membership in FRCOG Cooperative Public Health Service. For more information, call 413-774-3167 x 156 (Lisa) or x 158 (Meg).

**Monthly Foot Care** Foot clinics are usually held on the first Monday of the month in Town Hall BY APPOINTMENT ONLY. Clinic hours are 9:00 a.m. to 3:00 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 January 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. See this issue of *Conway Currents* for information about the holiday dinner at the Whately Inn. For reservations, 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 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 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.

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## Currents Advertisements & Notices

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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](mailto: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](mailto:lmbeckett@crocker.com). **Deadline is the 15<sup>th</sup> of the preceding month.** If you want to discuss your ad or have any questions, please call or email [lmbeckett@crocker.com](mailto:lmbeckett@crocker.com).

**Wreathmaking Workshop!** - At Conway Natives (Lilian Jackman), 351 So. Shirkshire Rd., Conway, Saturday, December 6, Sunday, December 7, 10 a.m. - 4 p.m., \$25/wreath; includes instruction and all materials. Bring along clippers if you can. Lilian will exhibit and sell Limited Edition Original Prints at Mocha Maya's Coffee House, 47 Bridge Street, Shelburne Falls through December 30. Lilian Jackman [lilianjackman@gmail.com](mailto:lilianjackman@gmail.com)



**Debra Hoyle Studio and Gallery** - welcomes visitors by chance or by appointment. Holidays are on their way and there's lots of inventory here at the studio, so paintings and collages are priced to sell. Shop locally this season and share the bounty of arts and crafts in our area! Collage workshops are available for beginners and experienced artists at the studio, and gift certificates for these are a great idea. Come with a friend and try something new! Contact Deb at 413-325-5579 for info. or to make an appointment. Browsers welcome, no pressure. Wishing everyone a happy, peaceful holiday! [instagram.com/debhoyle.art.rockpaperscissors](https://www.instagram.com/debhoyle.art.rockpaperscissors)

**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.



**Jan & John Maggs Antiques and Art** - Our annual December GiftFest, featuring scores of affordable antique and vintage pieces spanning four centuries, will continue through the weekend of December 21st. Our shop in Pumpkin Hollow is open on Sundays from 10:00 until 2:00 or at other times by appointment. Visit us online at [jmaggs.com](http://jmaggs.com). To arrange a visit to the shop, email [jmaggs@jmaggs.com](mailto:jmaggs@jmaggs.com), or call 369-4256.



**Join Natural Roots CSA** - for delicious, fresh vegetables grown right here in Conway. We have several CSA share options, including part-time and low-income shares, main season (June through October) and winter shares. Our farm store is also open to the public year-round during daylight hours. We offer eggs from our own pastured hens as well as other local items like beef, chicken, pork, dairy, bread & baked goods, honey & maple products, coffee & tea, ice cream, snacks, beverages and more! Support a horse-powered farm in Conway and enjoy this beautiful, bountiful farm and the vibrant community that we feed. [www.naturalroots.com](http://www.naturalroots.com) Natural Roots, 888 Shelburne Falls Rd., Conway, MA 01341, (413) 369 - 4269, [naturalroots@verizon.net](mailto:naturalroots@verizon.net)

**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 on Christmas eve at 3 p.m.; Closed on Christmas Day.** Need a holiday tray or catering? Call Helen! Always 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](https://www.facebook.com/Bakers-Country-Store) for today's specials or call 413-369-4936.



**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.



**Personal Care Aide/Caregiver** - needed in center of Conway. 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.

**Calm Computing** - Tech help, made local. Having trouble with your computer, Wi-Fi, printer, or phone? Calm Computing provides friendly, down-to-earth tech support right here in Western Mass. Whether it's setting up a new computer, solving email issues, getting your smart TV online, or just making things "work like they should," we make technology simple again. We offer in-home visits, phone, and remote support with no long waits or confusing jargon, just patient, practical help. Serving Conway and surrounding towns for over a decade. Calm Computing LLC (413) 548-5358 • [CalmComputing.net](http://CalmComputing.net) - Your local tech experts - calm, clear, and close by.



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

**Eastern and Somatic Therapies** - announces the opening of Western Mass Equine Therapy. We completed the farm and session space set up and have been giving sessions through early November. The equine therapy season is closed for the winter and will resume as soon as temps rise above 55, so March or April. Until then, Gina M Barrett, MIA, C-IAYT, ERYT 200 offers private sessions and retreats for individuals and couples in eastern modalities like yoga and qigong. With 25 years of experience, she specializes in trauma-informed holistic mental health, intimacy and connection. Visit [www.ginambarrett.com](http://www.ginambarrett.com) to learn more about the packages she offers and to schedule.



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*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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The deadline for articles and ads in the newsletter is the 15th of the preceding month. Please send your content, comments and suggestions by email to the Newsletter Committee Chair, Julia Carroll, at [newsletter@conwayma.gov](mailto:newsletter@conwayma.gov). Send your advertising requests to Louise at [lmbeckett@crocker.com](mailto:lmbeckett@crocker.com). Thank you!



**House Above The Hollow** - Need accommodations for visiting family or friends? House Above The Hollow is a charming one-bedroom apartment in a lovely Greek Revival home overlooking the historic Pumpkin Hollow. For more info visit [airbnb.com](http://airbnb.com) **House Above The Hollow**.

**Happy December Holidays from OESCO!** - We are your one-stop gift destination for the grower, gardener or apple enthusiast in your life. Check out our huge selection of high-quality pruners, snips, loppers, saws, gardening tools, gloves, and orchard ladders for the perfect gift. Have a loved one who likes to curl up by the fire with a good book? We have stories of foraging, cider making, and homesteading; perennial children's favorite *Tractor Mac*; reference books to help you prune your trees and shrubs like a pro; and cookbooks packed with mouthwatering recipes to bring inspiration to your holiday table. Pick up a guide to growing your favorite crops and start planning next year's garden. Too many choices? We also have gift cards! Call or stop by to talk to our knowledgeable sales staff. Shop where the pros shop, and thanks for buying locally! OESCO, Inc. (Orchard) M-F: 7-5; 369-4335

## Sir Reggie's Homemade Quiz answers

1. Ten + Nessie
2. Mass + "achoo" + sets
3. Washing + ton
4. Pen + Sylvania
5. Ark + can + saw
6. West + Virginia
7. Ute + "ahh!"



🍷🍷🍷 Happy Holidays! 🍷🍷🍷

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