



**Volume 7, Number 2 - February 2026**

**Annual Citizen’s Caucus 2026**

Although the town voted at the 2025 Annual Town Meeting to eliminate the citizen’s caucus, we are required to hold the caucus this year, since the vote has not yet been approved at the state level. On Thursday, March 19, at 7:00 p.m., the caucus will be held in the general purpose room at Town Hall, 5 Academy Hill Road.

A caucus is for the purpose of nominating candidates for the Annual Town Election. The names on this list are people currently holding the positions; whether they are running for reelection will be determined at caucus. Voters may also obtain nomination papers from the town clerk’s office to collect signatures for a place on the ballot.

Last day to obtain nomination papers: 4/21/26. Last day to submit nomination papers: 4/23/26

<b>Office to be Filled</b>	<b>Incumbent</b>	<b>Term</b>
Selectboard	Erica Goleman	3 years
Board of Assessors	George Forcier	3 years
Board of Assessors		2 years
Board of Health	Regina McNeely	3 years
Board of Health	Hanna Sherman	3 years
Local School Committee	Philip Kantor	3 years
Local School Committee		3 years
Moderator	James Recore	1 year
Planning Board	Cheryl Case	3 years
Planning Board	Jeffrey Lacy	3 years
Tree Warden	Walter Goodridge	3 years

Please contact the town clerk with any questions at 369-4235 x 4 or [clerk@conwayma.gov](mailto:clerk@conwayma.gov).

**Notes from the Town Administrator**

Finally! The state has approved the articles from our 2024 Annual Town Meeting setting up the scholarship fund under the town and also approving the creation of the Festival of the Hills Committee:

“There shall be a Festival of the Hills Committee of the Town of Conway consisting of up to seven citizens of the Town. The Selectboard shall appoint members to the committee for terms not to exceed three years, full terms to begin on the first day of July.” The town is looking for up to seven residents to volunteer to be part of this committee. If you are interested, please contact me at your earliest convenience.

And below is an update on our upcoming Americans with Disabilities Act (ADA) self-evaluation, which will be completed this fiscal year. The Town of Conway has contracted with the Institute for Human Centered Design (IHCD) to create a comprehensive ADA Transition Plan, and we want to share details and how to get involved.

The IHCD is an education and design nonprofit that is dedicated to enhancing the experiences of people of all ages, abilities, and cultures through excellence in design. We have been home to the New England ADA Center since 2016. Conducting an ADA Self-Evaluation and Transition Plan requires analyzing the current accessibility of the town buildings and outdoor areas and understanding all of the programs, services, and activities the town offers and where they happen. IHCD will also review our policies and procedures that support compliance.

During the survey process, one or two teams of surveyors with IHCD survey tools and iPads will go to town facilities to review existing conditions in order to identify deficiencies and opportunities for improvement. Surveys are conducted during the week and are anticipated to take two to three weeks. After surveys

are completed, draft reports of findings will be shared with town staff, and final deliverables will be sent within four weeks of a public meeting.

The town will receive a narrative report; an illustrated catalog of identified issues; a self-evaluation of facilities, policies, and procedures; and a transition plan spreadsheet with priorities. The goal of the town transition plan is not only to bring town facilities into compliance with the ADA to provide program access, but also to highlight inclusive design opportunities to provide spaces and programs that are usable by a wider range of people, regardless of ability. At the end, a draft fully illustrated report of needed corrective actions, prioritized by year, will be shared in a public meeting before finalizing the ADA Transition Plan.

Conway invites your ideas about issues and priorities. With IHCD, we will host a live public meeting on Thursday, February 5, from 1:00 -3:00 p.m. at Town Hall; snow date Thursday, February 19.

Happy February!

Véronique

## 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.

**Conway Firemen's Auxiliary Scholarship** The Conway Firemen's Auxiliary annually awards up to two scholarships of up to \$500 each. Awards are given out in May. Applicants must be a Conway resident and a senior in high school. Primary consideration will be given to students who are involved in

community service, work, or extracurricular activities, and who are planning to further their education in either 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 - [/p/59/Scholarships](#). Submit completed applications to: Conway Firemen's Auxiliary, P.O. Box 46, Conway, MA 01341.

**Germain Scholarship** This Charitable Trust was established in 1985 under the will of Mark Walter Germain and is known as the "Mark Boice Germain and Mildred Boice Germain Fund." He directed that this fund be established ". . . to grant funds to those Conway residents whose parents or guardians cannot afford such child's college expenses, and any applications that such applicants have made for other private and government scholarships have resulted in an insufficient amount of funds to allow the furtherance of their education without additional monetary support." **Completed applications must be received no later than noon on Friday, April 17, 2025.** Visit [conwayma.gov/files/Germain-Scholarship\\_Application\\_2025-26.pdf](http://conwayma.gov/files/Germain-Scholarship_Application_2025-26.pdf)

**The Ryan Scholarship** Attention parents: the Ryan Scholarship is now available to both college students and post-high school students. The Ryan Scholarship, sponsored by the Friends of the Field Memorial Library (FML), will soon be accepting applications from Conway residents who are current high school seniors or were Conway residents when they graduated from high school from 2022 through 2025 and who are looking to expand their education and/or certification. The \$3,000 scholarship is made directly to the student.

Basic information is on the FML website: [fieldmemoriallibrary.org](http://fieldmemoriallibrary.org). If you have questions about college student applications or want to learn more about the Ryan Scholarship, contact Thad Bennett, coordinator, at [theyanscholarship@gmail.com](mailto:theyanscholarship@gmail.com) or at 802-579-7675. Note: If you

have received a Ryan scholarship in the past, you may not reapply for two years.

**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 2026 application is available on our website [conwaysportsmansclub.org/](http://conwaysportsmansclub.org/). For more information please contact Mike Haley 413-537-9149 or Tom Pleasant 413-369-4712.

**UCC Conway Scholarsip** The United Congregational Church of Conway will award two scholarships to graduating high school seniors in 2026. 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](mailto:16xcmom@gmail.com). **Completed applications must be postmarked by April 10** and mailed to UCC Conway, Attn: Scholarship Committee, PO Box 214, Conway, MA 01341.

**Wells Trust Scholarship** Applications are now available for academic scholarships, as well as health and agriculture awards, funded by the Fred W. Wells Trust. Anyone who has resided or whose parents have resided in Ashfield, Bernardston, Buckland, Charlemont, Conway, Deerfield, Gill, Greenfield, Hawley, Heath, Leyden, Monroe, Montague, Northfield, Rowe, or Shelburne for not less than two years prior to the date of application is eligible to apply for funding. Awards are determined by an independent scholarship committee whose members consider, among other factors, each applicant's scholastic ability, need, character, leadership ability, integrity, and participation in work and/or extracurricular activities. Applications can be obtained from town

clerk's offices, high school guidance offices, Greenfield Community College, Greenfield Savings Bank Vice President and Trust Officer Prudence Blond, and online at [wellstrustscholarship.com](http://wellstrustscholarship.com). With questions, contact Ms. Blond at [pblond@greenfieldsavings.com](mailto:pblond@greenfieldsavings.com) or 413-775-8243. The mailing address at Greenfield Savings Bank is 400 Main Street, PO Box 1537, Greenfield, MA 01302. **Completed applications must be postmarked by March 20.**

## Stolen Trail Camera

Shame! A new trail camera that is part of a Conway Grammar School project has been stolen by someone in our area. On the surface this appears to be a property crime, but at its heart it is a crime against our kids and their potential, robbing them of the opportunity to engage and learn about the environment.

The Conway Forest and Trails Committee has been passionate about educating the young people in our town about our wonderful natural environment. The committee applied for and received a \$500 grant from the Conway Cultural Council that would pay for running trail cameras and a field ecologist to consult with the students and teachers. In November we installed two cameras with the direction and help of the sixth grade. These cameras were brand new and loaned to the project by Jill Craig, an ecologist and committee member. The stolen camera was a Browning Recon Force Elite HP5 Game Camera with a Master Lock Python Cable and Browning trail camera security box, valued at \$250. In addition to the theft, a nearby tree was severely damaged with an ax. The children had been very excited about the project, but we have removed the second camera. We are incredibly disappointed that someone in the area selfishly sabotaged this project. We are offering a \$50 reward for any information leading to the recovery of the camera. Email [forestrails@conwayma.gov](mailto:forestrails@conwayma.gov), or it may be dropped off anonymously at the town office, no questions asked.

## Discussion Group: Joys and Concerns of Aging

Join us once a month to discuss issues of aging. This group, sponsored by the Age-Friendly Conway Committee and funded by Mass in Motion, will be led by Robin Yerkes, LICSW, a clinical social worker with many years of experience in leading groups. The group is limited to 12 people. There is no fee. We will meet for 90 minutes from 10:30 to noon on the second Tuesday of every month at the United Congregational Church building, 44 Whately Road. First session will be on February 10. Hopefully the group will be thoughtful, interesting, and fun!

If interested, call or text Robin at 413-575-7816 or email [rbyerkes@gmail.com](mailto:rbyerkes@gmail.com).

## 100+Women Who Care Quarterly Meeting

Franklin County 100+Women Who Care is a members-only circle of philanthropic women dedicated to amplifying the awareness and support of deserving nonprofits in the local area. We are a growing organization, and we want *you* to join us! Every three months members meet in Shelburne Falls to choose one of three Franklin County nonprofit organizations nominated by group members. Each of us gives \$50 to the chosen nonprofit.

Since our inaugural event in May 2024, we have gifted over \$51,000 to local nonprofits, and with *your* help we can donate to even more in the coming years! Together we can make a difference. If you have a local nonprofit you would like to nominate, take a look at the nominating form on our website.

Our next meeting is Monday, February 2, from 6:00-7:00 p.m. at the Shelburne-Buckland Community Center, 53 Main St, Shelburne Falls. Come around 5:30 to socialize and enjoy some snacks and beverages. For more information, please visit our website, [100pluswwc-franklinctyma.com](http://100pluswwc-franklinctyma.com).

## GCC Spring Senior Symposia

All six of our spring symposia will be presented in the first-floor meeting room of the John W. Olver Transit Center. Thanks to the mayor's office, the garage parking fee will be waived, so park free on any floor. Registration, at \$10 per talk, will be entirely online. Registration is free for those who wish to attend but cannot afford the fee. Please mark "scholarship registration" when you register for a program. All symposia take place from 2:00-4:00 p.m.

**Tuesday, February 3** John K. Bollard's talk is "Two Hundred Years of Protesting with Rosa Parks." He will read from and discuss his recent book *Protesting with Rosa Parks: From Stagecoaches to Driving While Black*.

**Thursday, February 18** Elyse Moore will share local culinary history with "Jolly Good Times in the Kitchen."

**Thursday, March 5** Attorney and radio host Bill Newman will inform us about the complex topic of civil rights.

**Wednesday, March 18** Josh Shanley will return to discuss "The Lasting Impact of the 1936 Connecticut River Flood."

**Tuesday, April 7** Jarice Hanson will be back with her new historical monologue "Martha Gellhorn: In Her Own Words."

**Wednesday, April 22** Dale Monette returns to share his photographs in "I See You: Stories of Quabbin Wildlife."

Descriptions of the talks and biographies of the speakers are available on our website, [communityed@gcc.mass.edu](mailto:communityed@gcc.mass.edu).



## Senior Snowshoe Hikes

Hilltown Land Trust is pleased to once again be partnering with All Out Adventures in offering a series of senior snowshoe treks this winter. Join us Wednesday mornings for one- to three-mile snowshoe walks along beautiful snow-covered trails through the DAR State Forest in Goshen. We will have two treks per day, departing at 10:00 a.m. and noon, divided into multiple groups by ability level and interest. Please arrive fifteen minutes early to sign in and get geared up. Beginners are encouraged to attend!

In the event of insufficient snow cover, we will hike together instead. Snowshoes, poles, and traction aids will be provided free of charge. There is no cost to attend, although a donation of \$5-\$20 in support of All Out Adventures programming is appreciated.

Please check [alloutadventures.org/programs#OurCalendar](http://alloutadventures.org/programs#OurCalendar) for more dates and locations. Preregistration is through All Out Adventures by email at [info@alloutadventures.org](mailto:info@alloutadventures.org) or phone at 413-584--2052.

### Dates for Hikes

- February 5 (at the Bullitt Reservation, Ashfield)
- February 19
- March 5
- March 12
- March 19

## Change in Chair Yoga Location and Time

Important notice: the Council on Aging's chair yoga class, which has been held at the library every Wednesday from 11:15 a.m. to noon, is moving to the UCC building at 44 Whately Road. The church building is more accessible for those with mobility issues: no long flight of stairs to climb! Mat yoga will still be held at the

library, and both classes are offered on Zoom. Because Jody needs time to get from the library to the UCC, chair yoga will start at 11:30 and end at 12:15.

If you haven't tried the chair yoga class, consider this: Yoga can be adapted to suit the needs and abilities of anyone, and it can be an incredibly beneficial form of exercise for people with mobility and/or balance issues. No floor work is required as it is in mat yoga, and standing poses can be done seated or with a chair for support. Benefits include the following:

- **Improved flexibility and strength:** Gentle stretches tone and strengthen muscles and improve movement.
- **Improved proprioception:** Becoming more aware of where your body is in space and coordinating your movements enable greater control over your body.
- **Reduced stress and improved mental clarity:** The meditative discipline of yoga and the breath work involved can help with stress management and provide a greater feeling of well-being.

Instructor Jody Fontaine is expert in adapting the standard yoga poses to the needs of individuals taking this class. The fee is \$6.00 per class, with the first class free. Call Jody at 413-824-9435 for more information or for the Zoom link.

## Field Guide to Conway: Eastern Gray Squirrel

(*Sciurus carolinensis*)



by Courtney Gilligan and Marilyn Webster;  
illustration by Hannah Harvester

*Sciurus* is derived from the Greek *skia* “shadow” and *oura* “tail” and alludes to the fact that the mammals are sometimes seen sitting in the shadow of their tails.

If you look up into deciduous trees as you walk, jog, bike, drive, or otherwise move through Conway this winter, you're likely to see what appear to be messy piles of leaves and twigs against the trunk or in a fork. These are actually squirrel nests (or dreys) made by Eastern Gray Squirrels. Within the outer layer of sticks and leaves is a layer of young, pliable shoots woven into a round cavity. The cavity, lined with soft material, is where the squirrels rest, sleep, and raise their young. These dreys are not the squirrels' preferred home during the colder months of northern New England. In winter they tend to retreat into tree cavities, such as abandoned woodpecker holes, which offer more protection from the elements. They insulate these dens with leaves, moss, pine needles, dried grass, fur, and feathers.

If you come across a citrus-sized hole in the snow, where someone has been digging through the leaves, you may have found evidence of an Eastern Gray Squirrel retrieving one of their winter caches. They are scatter-hoarders who stash their acorns, beechnuts, butternuts, walnuts, and hickory nuts in multiple locations, often burying the nuts individually in shallow holes.

Eastern Gray Squirrels don't apply their creativity and cleverness only to obtaining food from bird feeders. Researcher Mike Steele found some squirrels fake digging – digging a hole but not putting a nut in it – in order to trick others. Squirrels also consider how perishable the nuts are. Acorns from the red oak family are less perishable than those from the white oak family because they need a period of cold to germinate, so can be stored until spring. Eastern Gray Squirrels favor caching red oak acorns; if they do cache white oak acorns (rather than eating them right away), they remove the embryo to prepare them for long storage.

Squirrels find 80-90% of their stored nuts. Researchers are studying the details of how they use both memory (with spatial and visual cues) and smell, but it seems clear that they are far from scatterbrained. And fortunately squirrels don't claim all their nuts,

because as naturalist and environmental educator Nancy F. Castaldo writes in her book *Squirrel: How a Backyard Forager Shapes Our World*, “every nut they bury and fail to retrieve plants the possibility of a future tree, a quiet act of reforestation repeated millions of times over.”

## Swimming Pool News

Save the date: On March 21 we will hold an “Equinox Plunge” at the Conway Swimming Pool. We're having this exciting event to raise funds to repair the raft. Consider asking friends and family to sponsor your chilly water plunge. More details and registration at [conwayswimmingpool@gmail.com](mailto:conwayswimmingpool@gmail.com).



## Eating Around Town

by Kate French

### Sauté du Cheerios

*Recipe provided by Mike Haley. Notes Mikey: This was breakfast before we knew what the word **calorie** was!*

3 Tbs butter  
1 cup Cheerios  
1 tsp cinnamon  
1 tsp maple syrup



To a heated skillet, add butter. Immediately add Cheerios and mix well. Keep stirring until Cheerios brown. Remove from heat. Mix in cinnamon. Plate and drizzle with maple syrup.

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

## Friends of the Field Memorial Library Update

**Chili Cook-Off** Our annual chili fest returns on Saturday, February 7, from 12:00-2:00 p.m. in the library's community room. This is a chance to gather, enjoy tasting the best chili dishes Conway has to offer, and vote for your favorites! Prizes will be awarded for the chili voted the best. *Chili Contestants:* Let us know if you will be entering your chili at [lindamcdaniel2@verizon.net](mailto:lindamcdaniel2@verizon.net). Make enough to serve six to eight people. Bring your chili in a crockpot or self-warming pot and provide a ladle. We will have two- to three-oz. cups for tasting and large bowls for eating. We'll begin setting up at 11:30 a.m. *Chili eaters:* This event is free for all! Tasting and voting will start at noon, eating your heart out after that. Contest winners will be announced by 1:30 p.m. Beverages, toppings, cornbread, and desserts will be provided. All are welcome to come and enjoy chili!

**Food Access Program** The food access program for Conway residents is located in the entrance lobby of Town Hall. Donations of sealed, nonperishable food; products for personal hygiene, such as toothbrushes, toothpaste, and floss; and dry and canned pet food are welcome. Items may be picked up and donations brought to Town Hall during open hours: Monday 9:00 a.m.-5:00 p.m., Tuesday 8:30 a.m.-4:30 p.m., Wednesday 8:30 a.m.-3:00 p.m., Thursday 8:30 a.m.-4:30 p.m.; closed Friday-Sunday. These days may change for holidays.

**Free Museum and Park Passes** Come see what is available by looking at our pass board located near the library circulation desk. Each pass enables free admission of a varying number of people. Please check with the librarian to reserve a pass and to find out what it will cover. There are passes for MASS MoCA, the Eric Carle Museum, Historic Deerfield, the Clark Museum, Wistariahurst Museum, the Pioneer Valley Symphony, and a DCR state park pass. The DCR pass allows parking year-round at any Massachusetts state park. Most parks do not charge an additional fee. Even though many park amenities are closed for the season, other activities are available to get you outside and appreciating the beauty of nature. Some parks also have indoor programs. To find park locations, visit [mass.gov/visit-massachusetts-state-parks/locations](http://mass.gov/visit-massachusetts-state-parks/locations)

## Splendid Book Chat

by Aimee Anderson

Midwinter greetings. My first selection for this month's chat is *The Enchanted April* by Elizabeth Von Arnim (Macmillan Publishing, 1922). The story begins on a miserable February afternoon in London, where Lotty Wilkins sits listlessly reading the newspaper at her ladies club. An advertisement for a small castle for rent on the coast of Italy, addressed to "those who appreciate wisteria and sunshine," captures her imagination. In spite of her inner doubts, she impulsively approaches another woman and suggests they rent the castle as an escape from rainy, gray London! To better afford this month in Italy, they advertise for two ladies to share the castle with them. The four women – very dissimilar but equally dissatisfied with their everyday lives – expect a pleasant holiday, but they can't anticipate the ways in which the stay in the castle will change them and their lives during what is a truly enchanted April. This book is a refreshing tonic for the winter weary who long for a breath of spring on a dark afternoon. Note: The 1991 BBC movie version of the same name is, in my opinion (don't be shocked!), as wonderful as the book.

This month's second selection is *Love Sonnets of Shakespeare* by William Shakespeare (Running Press, 1990). Shakespeare's sonnets were first collected and printed in 1609. Written in iambic pentameter, a rhythm of poetic expression that is said to mimic the human heartbeat, the sonnets are renowned for their emotional depth. They speak of the way love grows deeper over time: the more one loves, the larger that love becomes. They speak of beauty that never changes, even as the loved one's beauty changes through time and before the lover's devoted eyes. Others speak of the power of love being stronger and more valuable than the "fortunes of kings." What better way to kick off February, the official month of romance? This delightful little volume was given to me by a friend, and what more can I say about these gems? Only that reading them makes the world seem like an infinitely lovelier place. My friend laughed at my delight. Thanks, friend!

Please join me again next month 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"*

## Pieces of the Puzzle

She stands by the kitchen sink, scrubbing the linoleum countertop,  
Puzzling over a stubborn stain that just won't come out.  
It's a faded spot, we tell her, the paint has worn off,  
But neither our words nor the blemish make sense to her.

Every wall and surface in the house is a collection of mementos.  
She wanders around looking for pieces that still fit:  
A picture of her late husband,  
The lamp that her father-in-law made  
A childhood photo with her siblings,  
Cards from family who still love her.  
She lives in a house of memories.

Pointing to a collage of all the places she's called home,  
She tries to fit the pieces together,  
Of when and where and who,  
She keeps coming back to it, because they don't quite fit.

When I go to greet her, I sense the hesitation,  
As she puzzles over who I am and why I am here.  
With just enough context clues, she plays it off,  
Pivots, and tells me about her life,  
About her mother and father, family far and near,  
About constant joy,  
And recites her high school cheer.

On the long drive home, we can't help but wonder,  
How much of the visit does she remember,  
And how quickly will it fall away  
Like so many of the jigsaw pieces of her life.

## Update from the Board of Health

As February arrives, the Board of Health sends warm wishes to everyone in our community. This month brings important opportunities to focus on prevention, particularly heart health.

**American Heart Month** February is American Heart Month, a time to raise awareness about heart disease, the leading cause of death in the U.S. Many factors that might raise the chance of heart disease are within our control, and even small changes can make a meaningful difference. Eating a balanced diet, staying physically active, managing stress, getting adequate sleep, and avoiding tobacco all support heart health. Stay ahead by knowing your blood pressure and cholesterol levels and talk with your healthcare provider about what care they may need.

If you experience warning signs, such as chest pain, shortness of breath, or dizziness, seek medical attention promptly. In women, the warning signs may be more subtle: chest pain might feel like pressure, tightness, squeezing, or aching; pain or discomfort may occur in the shoulder, arm, back, neck, jaw, teeth, or upper belly. Help save lives by learning CPR and recognizing the signs of heart attack and stroke. For help finding local training opportunities, search online or contact the Board of Health.

**Winter Safety and Physical Strain** Cold temperatures and icy conditions remain a concern this time of year. Please take care when shoveling snow, especially if you have a history of heart or lung disease. Snow shoveling can place significant strain on the heart. Pace yourself, take frequent breaks, and ask for help when needed. Keep walkways clear of ice and snow to help prevent injuries.

**Winter Nutrition and Healthful Eating** Winter can make it harder to maintain healthful eating habits, but good nutrition remains important for energy, immune function, and heart health. Focus on incorporating fruits and vegetables – fresh, frozen, or canned without added sugar or salt – along with whole grains, lean proteins, and healthy fats. Remember to stay hydrated, even when you may not feel thirsty. Warm meals like soups and stews can be a

nourishing way to include a variety of healthful ingredients during colder months.

We wish you a safe and healthy February.

*Information from the Conway BOH is focused on our shared public health. Consult your healthcare provider for your personal healthcare guidance. For the most up-to-date information, see the town website BOH webpage [conwayma.gov/g/42/Board-of-Health](http://conwayma.gov/g/42/Board-of-Health).*

## 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 February 4. For more information, contact Patricia Ann Lynch, COA chair, at 369-4284 or email [patricialynch@earthlink.net](mailto:patricialynch@earthlink.net).

### Senior Calendar for February

**“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 March 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 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 and on Zoom. Class times and location: mat yoga 10:00-11:00 a.m. at the library. **Note change in time and location for chair yoga:** 11:30 a.m.-12:15 p.m. at the UCC. 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 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.**

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**Harmony singing concert: Culomba!** - Sunday February 8, 4 p.m. Ashfield Community Hall, 521 Main Street. Conway residents Sophie Michaux, Adam Simon, and Lysander Jaffe will perform with their vocal quintet Culomba. Culomba is a vocal ensemble specializing in close harmony singing from around the world. Culomba - "dove" in the Corsican language - draws from a deep well of repertoire, including American folk traditions, music of Georgia, Corsica, the Balkans, Ukraine, early European polyphony, and original compositions. Culomba's singers have studied with masters of these traditions, and each brings their specialized knowledge to this unique ensemble. Back from a study trip to Corsica, they will present a variety of songs they learned with Corsican singers Jean-Etienne Langianni and Frederic Vesperini, as well as some favorites. Tickets: \$10-20, Free for children under 8 year old. More information at [culomba.com](http://culomba.com).

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**Valentines Printmaking Party** - Saturday February 7, 1-4 p.m., at Hannah Harvester's cozy home art studio on Delabarre Ave. Adults, teens, or children 10+ with adult helper/printmaking partner are

welcome. Hannah will lead you through the block printmaking process from design to finished product, and you'll leave the workshop with several hand-printed valentines to send to your nearest and dearest. Start a wonderful tradition, learn something new, and put some love out into the world! Space is limited. \$55 per person or family unit if working together on one project includes instruction and all materials. Reserve your spot at [hannahharvester.com](http://hannahharvester.com) or contact [hannahharvesterfineart@gmail.com](mailto:hannahharvesterfineart@gmail.com) to learn more. A few spaces are open in Hannah's Tuesday after school art group for kids ages 6+. See Hannah's website or email her to learn more.

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**Introduction to Porcelain** - with Megan Hart: Wednesdays beginning February 25, 4:00-6:00 for 6 weeks at my studio in Conway. Experience the subtle delicate approach of throwing with porcelain. Unlike stoneware, porcelain has a fine grained composition that creates a unique sensation in throwing and allows for intricate details. Must have some throwing experience and be able to center the clay.

**Wheel throwing for the novice** - advanced with Megan Hart: Beginning Monday, March 4, 4:00-6:00 for 8 weeks at my studio in Conway. We will focus on throwing consistent stoneware forms along with pulling handles and adding spouts. Decorative glazing techniques will be introduced.

All materials and firings are included. Classes are small, 4 people which allows for a lot of individual attention. For more information and to register contact @ [hartpottery@gmail.com](mailto:hartpottery@gmail.com) or call 413 522 6707.

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**Personal Care Aide/Caregiver** - needed in center of Conway. Help with personnel tasks including toileting and dressing. Motorized wheelchair bound elderly female managing medications independently requires no help feeding and no heavy lifting. 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 at 413-768-8751.

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**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. 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://facebook.com/Bakers-Country-Store) for today's specials or call 413-369-4936. **Valentine's Dinner: February 14!** Sit in- 5:00 p.m.; Take-out - 5:30; Includes ham, beans, potatoes, coleslaw, applesauce, dessert. \$25.00. Visit Bakers or call 413-369-4936 to reserve.



**Natural Roots Farm** - We are a horse-powered community supported farm (CSA) located along the South River right here in Conway. **Become a member of the farm! Sign up for our 2026 CSA season. We offer flexible 10 week or full-season 22 week share options in regular and large sizes.**



Details on our website: [www.naturalroots.com](http://www.naturalroots.com). The wider community is welcome to shop for vegetables, Tues & Fri, 3:00 -6:30, June - October. It's like a farmer's market every week! 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! Enjoy this beautiful, bountiful farm and the vibrant community that we feed. Natural Roots, 888 Shelburne Falls Rd., Conway, MA 01341, 413-369-4269, [naturalrootscsa@gmail.com](mailto:naturalrootscsa@gmail.com).

**February may be the shortest month** - of the year, but it can seem like the longest! It's the perfect time to focus on grafting and propagation, and OESCO has everything you need to get this essential winter



work done. Grafting and budding knives, grafting tape and wax, grafting seal and an array of grafting tools for field and bench use. Did you lose some living branches due to ice and snow? Treekote and Doc Farwell's Seal & Heal are specially formulated to protect and heal tree wounds. Been itching to propagate your fruit trees or other plants, but aren't sure where to start? *The Plant Propagator's Bible* is a comprehensive reference guide with detailed instructions and information. 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

**Jan & John Maggs Antiques and Art** - 17<sup>th</sup>-century English oak furniture, Queen Anne and Georgian jewelry, paintings, carpets, and small accessories in our shop in Pumpkin Hollow. Although our OPEN flags won't be visible during the winter months, we're in the office, at our computers, or on the phone daily. We invite you to visit us online at [jmaggs.com](http://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](mailto:jmaggs@jmaggs.com)



**Debra Hoyle Studio and Gallery** - welcomes visitors by chance or by appointment. *Collage workshops are available* for beginners and experienced artists, 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 set up a time. Debra recently became an artist member of the Amp It Up! program at Northampton Center For the Arts. 2026 will be full of multi-disciplinary exhibits and events @ [www.nohoarts.org](http://www.nohoarts.org)! [instagram.com/debhoyle.art.rockpaperscissors](https://instagram.com/debhoyle.art.rockpaperscissors)

**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



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**Eastern and Somatic Therapies** - and Western Mass Equine Therapy for mental health, based here in Conway. Private sessions and retreats in therapeutic yoga, qigong, connection, intimacy and yoga therapy as bodywork and dialogue is available in person or virtually. MIA, C-IAYT, ERYT 200 Award-winning multi-book author Gina M. Barrett offers workshops and professional development trainings. Equine therapy begins in April. Subscribe to our mailing list for the announcement of equine yoga classes, reiki with horses and our April Open House. Learn more and schedule at [www.ginambarrett.com](http://www.ginambarrett.com)



**Smith Landscaping** - Call us at 413-325-4062 for your tree removal, snow plowing or brush hogging needs!



*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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