

Volume 7, Number 10 - October 2026

Friday, October 2

5:00-7:00 p.m. **Variety Show,** UCC Church, Janet Ryan and Guests bring their music to Conway to benefit the Hilltown Churches Food Pantry

Saturday, October 3

9:00 a.m.-2:00 p.m. **Festival Bake Sale,** Town Common in front of the library

9:00 a.m.-3:30 p.m. **Friends of the Field Memorial Library Book Sale,** Field Memorial Library

2:00-4:00 p.m. **Conway Historical Society Museum Exhibit, "The Price of Liberty,"** Historical Society Museum, 50 Main Street. Learn how the Revolutionary War impacted Conway residents who fought and those who stayed at home.

2:00-6:00 p.m. **Conway Cruise Night,** Main Street. Classic Car Show, music, and '50s style and struttin'

3:00 p.m. **Kids Skillet Toss,** Ballfield. New this year! Youth divisions ages 8-17. $2.00 admission (suggested donation). Parking in Pumpkin Hollow.

5:00 p.m. **Firemen's Auxiliary Turkey Dinner,** Conway Grammar School. One sitting at 5:00 p.m. Pickups for takeout begin at 6:00 p.m. $20 per person for either. For reservations call Helen Baker at 369-4936 or visit Baker's Country Store.

Sunday, October 4

8:45-9:40 a.m. **Registration for Covered Bridge Classic 10K Road Race,** Field Memorial Library

900 a.m.-3:30 p.m. **Friends of the Field Memorial Library Book Sale,** Field Memorial Library

9:00 a.m.-4:00 p.m. **Art Exhibit,** Field Memorial Library

10:00 a.m. **United Congregational Church of Conway Communion Service,** Ballfield Tent

10:00 a.m. **Covered Bridge Classic 10K Road Race**

10:00 a.m.-4:00 p.m. **Conway Historical Society Museum Exhibit, "The Price of Liberty,"** Historical Society Museum, 50 Main Street

10:00 a.m.-4:00 p.m. **Exhibitors and Food,** Town Center: Information Booth, Festival Merchandise, Festival Raffle, Café Conway, Fried Dough with Maple Cream, Cider and Donuts, Homemade Candy, Natural Roots, Wilder Hill Gardens, Chestnut Lot Farm, Mill River Farm, Hart Farm, Mass in Motion/Age-Friendly Conway Committee, Open Space Committee

10:00 a.m-4:00 p.m. **Exhibitors,** Ballfield: Conway Board of Health, Greenfield Savings Bank, Tom Ricardi/Birds of Prey Rehabilitation Center, Skin and Bones, Upper Pioneer Valley Veterans Services, Bob Compton/Rising Sun Forge, Boyden Brothers Maple Syrup, Friends of the Franklin County Regional Dog Shelter, Big Brothers/Big Sisters, Trolley Museum, YMCA

10:00 a.m-4:00 p.m. **Food Vendors, Craft Fair, Children's Crafts and Games,** Ballfield

11:00 a.m.-3:30 p.m. **Live Music,** Ballfield: 11:00 a.m.-12:00 noon, open mic with Janet Ryan on piano; 12:00 noon-1:00 p.m., John Makes a Good Stew, Americana folk rock; 1:30 p.m., Frontier Strings "Flying Jackrabbits," local funky boogie band; 1:45 p.m., Lila!, local singer-songwriter; 2:30 p.m., Janet Ryan and Straight Up, local singer, blues, classic rock and soul music; 3:30 p.m. The Leftovers, original members of the Trailer Park Band

11:30 a.m**. Log-splitting Contest,** Ballfield

1:00 p.m. **Parade,** kicks off at OESCO on Route 116

2:00 p.m. **Skillet Toss Contest,** 18 and up, Ballfield

4:00 p.m. **Festival Raffle Drawing**

Festival Information

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 a weekend to remember! From prefestival setup and running fun kids' games to slinging fried dough and serving up cider, more than 140 volunteers are essential to keep this beloved tradition running smoothly. Sign up today at festivalofthehills.com/volunteer/ and help make this year's festival unforgettable!

Festival Merchandise You can start getting your outfit ready for the festival now! Visit our new online store and stock up on the classic "Enjoy Conway" logo and "Right to Farm" designs, now available on shirts, hats, baby onesies, and more! This limited run of "Enjoy Conway" merchandise is available only online at festivalofthehills.com/shop.

During the festival, don't forget to visit the merchandise tent to check out our new 01341 hats, as well as T-shirts, sweatshirts, and tote bags with our logos of the library, millstone, and skillet. All proceeds go to the Festival of the Hills Scholarship Fund. Get your Conway gear and support our local students!

Festival Parking Welcome, festival-goers! Please remember that parking is now at South River Meadow on Shelburne Falls Road with a shuttle bus to the center of Conway, courtesy of Deerfield River Portage. Additional parking will be available on the other side of town at Pumpkin Hollow Common.

Festival Is Cash Only All festival booths are cash only, including fried dough, merchandise, raffle, kids' activities, and skillet toss and log-splitting signups. Food and craft vendors prefer cash as well, because card readers have limited service in town. An ATM is available up the road at Greenfield Savings Bank. All proceeds go to the scholarship fund.

Annual Festival of the Hills Bake Sale

Saturday, October 3, 9:00 a.m.-2:00 p.m., Town Common

The annual Saturday FOH bake sale is looking for donations of baked goods: cookies, pies, cakes, savory and sweet breads, and muffins. The food must be wrapped and labeled for nuts, GF, etc. Food can be dropped off the morning of the sale alter 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 seniors.

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

Café Conway

Conway's one-day-only café will be 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 Festival of the Hills Scholarship Fund. Thank you for supporting the festival and the scholarship fund.

Firemen's Auxiliary Turkey Dinner

The Conway Firemen's Auxiliary will be hosting its annual turkey dinner on Saturday, October 3, at the Conway Grammar School. This will be a traditional turkey dinner with all the fixings, including pie! There will be one sitting at 5:00 p.m. Pickup time for take-out dinners is 6:00 p.m. **No early pickups!** Reservations are required for both. The cost is $20 per person. Call 369-4936 for reservations or stop in at Baker's Country Store, 101 River Street in Conway.

Festival of the Hills Raffle 2026

Tickets: $1.00 each or six for $5.00. Proceeds from the raffle benefit the Festival of the Hills Scholarship Fund. The drawing will be held at 4:00 p.m. on October 4. You don't need to be present to win.

Grand Prize $200, thanks to the generosity of the following: Baker's Country Store, J&J Maggs Antiques, YUP Coffee Roasters, D&S Scuba, the Conway Inn, Joanie Schwartz Real Estate, Integrity Development & Construction, Jerry Sawma

family. And thanks to all of these Conway artists, craftspeople, and businesses:

Hand-Thrown Raku Vase: *Bob Green*
1/2 Gallon of Maple Syrup: *Howard & Jeanne Boyden*
Handwoven Item: *Lisa Hill/Plain Weave*
Gardening Tool: *Orchard Equipment & Supply Co.*
Handcrafted Pottery: *Megan Hart Pottery*
Goodies from Provisions: *Benson Hyde/Provisions*
Framed Black-and-White Photo: *Geoffrey Bluh*
Hand-Knitted Shawl: *Susan Fentin*
$25 Gift Certificate & Vegetable Basket: *Natural Roots Farm*
Hand-Knitted Neck Warmer: *Nancy Winter*
Collage Artwork: *Debra Hoyle/Conway Healing Arts*
Hand-Forged Bottle Opener: *Bob Compton/Rising Sun Forge*
Andy Jaffe Jazz CDs: *Andy Jaffe*
Handcrafted Necklace & Earrings: *Denise Dwelley*
$50 Gift Certificate: *Conway Natives Nursery/Lilian Jackman*
Handmade Photo Cards: *Robin Yerkes*
One Pound YUP Coffee: *YUP Coffee Roasters*
Children's JoJo Books: *Peter Rosnick*

Rag Shag Parade and Pumpkin Carving Contest

The Conway Firemen's Auxiliary will again be hosting the Annual Halloween Rag Shag Parade at 7:00 p.m. on Saturday, October 31. Line up for the parade will be at the corner of Shelburne Falls Road and Baptist Hill Road. Everyone will then follow a fire truck to the Town Common opposite the library. We will offer free refreshments of cider and donuts from 5:00-7:30 p.m.

The Pumpkin Carving Contest returns this year. Be creative and bring your carved pumpkin down to the Town Common for judging. Drop off your pumpkin at 5:00 p.m. on Saturday, October 31, and be sure to come back and pick it up by 8:00 p.m. Please

put your name, phone number, and age on your entry. There will be cash prizes.

Swimming Pool News

Our last water test is scheduled for September 22. This ensures safe, clean water to swim in through September. October swimming is at your own risk and will be posted as such.

Mark your calendars. **November 8** from 9:00 a.m.-12:00 noon will be our fall clean-up. We encourage young and old, experienced and novice, to join us in closing the pool for the year.

South River Meadow Odyssey

On Sunday, October 18, from 3:00-5:00 p.m. the Open Space Committee is sponsoring a guided tour of South River Meadow's cultural history, ecology, and the changing river. Join us in a walk along the half-mile trail around the meadow with short talks along the way featuring eight newly installed interpretive signs created by the committee, as well as the many trees planted by volunteers in 2022. Learn how to foster natives and curb invasive plants at your own place and throughout Conway. Refreshments will be provided! If you have questions, call or text Janet at 413-768-7416.

Road Closure for Ashfield Fall Festival

Main Street in Ashfield will be closed to all traffic between Baptist Corner Road and Norton Hill Road during Fall Festival on Saturday, October 10, and Sunday, October 11, from 9:00 a.m. to 6:00 p.m. Detours will be posted. Plan your route accordingly, and check ashfieldfallfestival.org for more information.

Public Informational Meeting: Proposed Bardwell's Ferry Bridge Repairs

MassDOT will hold a public informational meeting on **Thursday, October 8, at 7:00 p.m.** in the Conway Grammar School cafeteria to discuss a proposed project in Conway and Shelburne concerning preservation and superstructure replacement of Bardwell's Ferry Bridge. The purpose of this meeting is to provide the public the opportunity to become fully acquainted with the proposed project. All views and comments made at the meeting will be reviewed and considered to the maximum extent possible.

The proposed project consists of replacing the deteriorated steel support beams of the 31-foot span of the bridge with new galvanized and painted beams, replacing the timber deck and timber support beams of this span and the 198-foot main truss span, cleaning and painting all structural steel and wrought iron, performing miscellaneous steel and concrete repairs, upgrading the highway guardrail transitions at the ends of the bridge, and milling and paving the roadways for about 100 feet at both approaches to the bridge. No changes to vehicular, pedestrian, or bicycle access are proposed due to the physical and historic constraints of the existing bridge. The roadway on the refurbished bridge will remain 14 feet wide, curb-to-curb, allowing for one lane of vehicular traffic, with pedestrians and bicycles continuing to use the shoulders of this same area.

MassDOT provides translation, interpretation, and other reasonable accommodations upon request. Requests should be made at least ten business days prior to the event. Please contact MassDOT's Highway Project Accommodations office at MassDOTHighwayProjectAccommodations@dot.state.ma.us for your needs.

In the event of inclement weather a cancelation announcement will be posted on the internet at mass.gov/orgs/highway-division/events.

Notes from the Town Administrator

A very important **vote** is happening on **October 6** involving the nineteen towns that are part of the Franklin County Technical School, including Conway. This vote is about paying to build a new school and will affect your taxes, so it is important to educate yourself. The town of Conway website front page has posted a video, produced by Engage Deerfield, that outlines the process and answers many questions raised about how much debt each town will incur over the next thirty plus years. A specimen ballot has been posted on the Elections page of the town's website conwayma.gov so that you can see in advance the wording of the question. The tech school also has extensive information on their website, including a calculator for estimating the financial impact by town and assessed home value, so please take a look and then come out to vote!



Back in June the Franklin County Solid Waste Management District held a Fixit Clinic for Franklin County towns that was hosted at the Conway Grammar School. Residents were able to bring in items that needed repair to be fixed by a host of volunteers with expertise in such fields as electrical work, woodwork, tool and knife sharpening, sewing, and darning. Conway hopes to continue this clinic annually, so if you have expertise to share and would like to volunteer for a future event, please contact me at townadmin@conwayma.gov.

Happy Halloween!

Véronique

Cultural Council Grant Funding Deadline

The Commonwealth has set an October 15 deadline for organizations, schools, and individuals to apply for grants that support cultural activities in the community. Proposals for community-oriented arts, humanities, and science programs are due October 16.

The Conway Cultural Council supports programs in the arts, humanities, and sciences that are of benefit to the community. The council is part of a network of 329 Local Cultural Councils serving all 351 cities and towns in the Commonwealth. The LCC Program is the largest grassroots cultural funding network in the nation, supporting thousands of community-based projects in the arts, sciences, and humanities every year. The state legislature provides an annual appropriation to the Massachusetts Cultural Council, a state agency, which then allocates funds to each community.

For complete information about applications and local guidelines, go to massculturalcouncil.org/local-council/conway/.

Conway Crafters Circle

Come craft with us every Monday (except Columbus/Indigenous Peoples' Day) at Field Memorial Library from 3:00-5:00 p.m. We love to knit and will be happy to get you started, or bring your favorite craft to work on. Come meet your neighbors, enjoy good company, and be inspired! We are friendly and offer ideas and assistance. Drop-ins are welcome. Call Debbie with any questions at 413-475-0512.

Food Pantry Fundraiser: Mark Your Calendar!

It's an old-time country, bluegrass, and originals fundraiser concert on November 7! In the spirit of Thanksgiving, please plan to join your neighbors at the Conway UCC on Saturday, November 7, at

7:00 p.m. for a fabulous, joyful fall concert with Conway's own. Let's raise plenty of money for the Hilltown Churches Food Pantry, which serves all of Franklin County's hilltowns, including Buckland, Conway, Heath, Rowe, and Shelburne.

Katie and Larry are well loved all over the area for their excellent singing, Larry's astonishing hot licks on mandolin, dobro, and guitar, and Katie's unique songs. They are preparing a special night of fun and wonderfully uplifting music as we head into the colder months. Many of us have a lot, and not all our neighbors do. It's time for us all to share in supporting this great community resource,which is growing and so needed. The Hilltown Churches Food Pantry has recently expanded its food home delivery service to Conway for those unable to attend its food distributions every other Tuesday, 3:00-5:00 p.m., at the Ashfield First Congregational Church. No proof of residency or income is required to receive food assistance, delivered or not, which includes fresh produce, meat, bread/baked goods, milk, eggs, yogurt, groceries, and canned goods.

Tickets are $20 at the door, cash or check only – suggested donation, but no one will be turned away for lack of funds. We are not soliciting food donations at this concert, so please don't bring it; do bring cash and checkbooks. Contact Katie at kclarkewaddell@gmail.com for questions or information.

Let's make a difference together!

Hilltown Churches Food Pantry

The Hilltown Churches Food Pantry is located in the back of the Friendship Hall section of the First Congregation Church of Ashfield at 429 Main Street. Food distributions are held every other Tuesday from 3:00-5:00 p.m. In October these are the 13th and 27th. Masks are required and are available on site. There are no income requirements, just a stated need for food. We ask for

your name, address, and contact information in case we need to share information with you. The Food Bank allots food to us based on certain demographics, so we also need to know the size of your family. You will be issued a client number to be used when you sign in. Please bring your own recyclable shopping bags. This food is intended to be supplemental, not to fulfill all your grocery needs.

We are always looking for volunteers to help: unloading food trucks, packing bags for delivery clients, stocking and restocking tables during distribution, clean-up after distribution, breaking down cardboard boxes, and so on. If you are interested, please contact our volunteer coordinator, Marge Senecal, at 413-628-3955 or email her at margesenecal@yahoo.com. We are also looking to hire a part-time bookkeeper (salary negotiable).

Hope to see you at the pantry, Pat Thayer, director
patricia@hilltownchurchesfoodpantry.org
P.S. You can also check our website,
hilltownchurchesfoodpantry.org. Click on the happy person holding a spoon and fork.

Field Guide to Conway:
North American Porcupine (*Erethizon dorsatum*)

Another name: Quill Pig

by Courtney Gilligan & Marilyn Webster; illustration by Hannah Harvester



The scientific name *Erethizon dorsatum* can be translated loosely as "the animal with the irritating back," an apt description of something with approximately 30,000 quills covering their back, sides, and tail. These modified hairs with microscopic barbs on their free end are a porcupine's chief defense. Porcupines first try to warn off potential attackers with furious teeth-chattering and then with a pungent, musky odor from

the rosette on their back. They also turn away, so if they're bitten, the barbs easily lodge in the attacker's face and mouth.

On autumn evenings you may hear the unusual noises of porcupine courtship – a mix of grunts, shrieks, and teeth chattering – coming from the woods. Females, who ovulate for only eight-twelve hours per year, leave cues of distinctively scented mucus and urine around their territories. Interested males arrive, and if there is more than one, they will fight. The victorious male approaches and sprays her with urine to stimulate estrous. If she's not interested, she screams at him, shakes off the urine, and runs away. If she likes what she smells, they carefully proceed until the female decides she is done and ends their often hours-long tryst with a scream.

The mother porcupine gestates for seven months, giving birth to a single porcupette in the spring. The porcupette emerges inside the amniotic sac, which protects the mother from the quills. These are soft at birth but harden within an hour. The mother will nurse her baby for four to five months while she teaches it about den sites and food.

Unlike Eastern Gray Squirrels, these vegetarian rodents do not cache food for the winter. Instead they feast on herbaceous vegetation during the growing season and gain excess fat, then shift to eating tree bark and cambium, especially that of eastern hemlock.

By eating leaves and bark, typically high in a tree's crown, North American Porcupines open up the forest canopy and allow more light to reach the ground, which in turn increases plant diversity in the forest. Their nipped twigs fall and become available to others, such as deer, that can't reach up into the tree canopy. If their bark-eating leads to a tree dying, the dead tree (or snag) offers habitat for other wildlife, such as woodpeckers, salamanders, bats, and many insect species. No wonder these semi-arboreal animals are considered ecosystem engineers.

From the Director of the FML

The Field Memorial Library is pleased to announce the following:

- Call us about home delivery of library materials.
- We are currently exhibiting a small selection of paintings by Conway resident Elaine Robinson VanGelder.
- Conway Crafters' Circle meets on Mondays at 3:00 p.m.
- Reminder: The library lift is available for anyone wishing to avoid the front steps. Please call for assistance.
- Field Memorial Library is the proud recipient of a Mass Cultural Council Creative Experiences Grant for FY27. Please watch for several free Makerspace programs offered to the community over the next eight months.
- Please contact us for more information about any of our updates and programs.

Chris Caldwell, Director, Field Memorial Library
director@fieldmemoriallibrary.org
369-4646 fieldmemoriallibrary.org

Friends of the FML Update

Fall Book Sale The Friends fall book sale will be on Saturday, October 3, and Sunday, October 4, at the Field Memorial Library, 1 Elm Street from 9:00 a.m.-3:30 p.m. 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.

October 2-5, Story Walk *Because of an Acorn* by Lola M. Schaefer will be set up along the path to the book sale at the library.

October 16-19, Story Walk *10 Fat Turkeys* by Tony Johnston will be set up in Veterans Memorial Park across from Town Hall

and will end the season! We are able to provide story walks with the generous support of the Union 38 Family Network.

Friends Book Cart Located in the rotunda, the cart is now filled with books you can purchase. All purchases go to fund events and programs at the library. Browse and find an unexpected treasure or something of interest for which you've been looking.

Museum and Park Passes The Friends are pleased to fund seven passes with no admission fee: MASS MoCA in North Adams, Historic Deerfield, the Eric Carle Museum of Picture Book Art in Amherst, our newly added pass for the Norman Rockwell Museum, Wistariahurst in Holyoke, the Pioneer Valley Symphony Orchestra, and the Clark Art Institute in Williamstown. DCR passes offer free admission and parking at any Massachusetts State Park. Note that the Smith College Museum of Art as well as the Mead Art Museum and the Beneski Museum of Natural History at Amherst College are free to all without a pass. Do take advantage of these wonderful places to visit.

News from the Conway Bluebird Trail

Congratulations to Julie Clark, whose bluebirds fledged 15 babies this year in three successive nests! Way to join the trail and excel, Julie! Final numbers of fledglings this year were 66 lovely bluebirds, 75 beautiful tree swallows, and a box of four sweet chickadees!

The Conway Bluebird Trail is managed by Katie Clarke Waddell. If you would like to see whether your land is a good spot for cavity-nesting wild birds like bluebirds, swallows, and chickadees, give Katie a call at 413-695-7193 or email at kclarkewaddell@gmail.com. If your land looks like a good bet, I'll bring you some boxes and monitor them for you!

New Wings for the Pumpkin Hollow Stupa!



After being called Icarus after the mythological figure who lost his beeswax-and-feather wings by flying too close to the sun, the crow-based stupa in Pumpkin Hollow has finally gotten its wings back, thanks to the installation crew of wife Jeanne, Jeff McFarland, Mark Gollehon, and me, High Crow Steve Thomas.

Update from the Board of Health

Breast Cancer Awareness Month October is Breast Cancer Awareness Month, a good reminder for women to talk with their healthcare provider about mammography screening. Early detection saves lives. If you are 40 or older, ask what screening is right for you. Some women may benefit from earlier or more frequent screening, especially those with a family history of breast cancer, Black women, and those of Ashkenazi Jewish descent.

Domestic Violence Awareness Month Domestic violence affects people of every background, income level, and zip code. If you or someone you know is experiencing abuse, help is available. The SafeLink Massachusetts hotline is free, confidential, and available 24 hours a day at 1-877-785-2020. You are not alone, and support is closer than you may think.

National Substance Use Prevention Month Substance use prevention starts with open, honest conversation, especially with young people. Talk with the kids in your life about the risks of alcohol, marijuana, and other substances. Community connection, strong relationships, and early intervention are among the most effective tools we have.

Brain Health Fall is a good time to think about brain health. Research shows that simple measures can help keep our brains healthy, warding off dementia, depression, and anxiety. Regular physical activity increases blood flow to the brain and has been shown to reduce the risk of cognitive decline. Social connection matters too; loneliness and isolation increase your chances of dementia. Reach out to neighbors, join a community group, or simply check in on an elderly friend or family member. Eat a balanced diet rich in leafy greens, berries, and healthy fats, and prioritize quality sleep, which plays a vital role in memory and mental clarity. If you or a loved one has noticed changes in memory, mood, or thinking, speak with your healthcare provider.

Many conditions that affect brain health are treatable, especially when caught early.

Time for Your Flu Vaccine If you haven't had your flu shot yet, October is the time. Flu vaccines are widely available at local pharmacies and healthcare providers and are covered by most insurance plans, including MassHealth, at no cost.

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 and BOH webpage, conwayma.gov/g/42/Board-of-Health. We're now on Facebook. Find us at Conway MA Board of Health.

GCC Senior Symposia

The fall symposia will again be presented in the meeting room on the first floor of the John Olver Transit Center, with the exception of the "Classic Film and Conversation" symposium on October 21, which will be held at the Greenfield Garden Cinemas. With continued thanks to the mayor's office, the garage parking fee will be waived for our symposia, so you may park free on any floor of the garage on those afternoons. Do not park in the "30 minutes only" parking area across from the center.

Registration, at $10 per talk, is entirely online. Visit the Senior Symposia website to sign up for all lectures. Full descriptions of the presentations. along with biographies of the speakers, are available on the website. Those who wish to attend but cannot afford the registration fee can check the box for "scholarship registration" when registering for a program.

Wednesday, October 7, 2:00-4:00 p.m. "Saints, Scoundrels and Statesmen: Tales of the Massachusetts Legislature," by former Senator Richard Moore. The senator will combine historical

scholarship with personal experience to lead this lively journey through the oldest continually functioning legislative body in the Western Hemisphere.

Wednesday, October 21, 1:00-3:30 p.m. UMass Professor Emerita Carolyn Anderson will return to introduce a viewing of *His Girl Friday* at the Greenfield Garden Cinemas. Professor Anderson will also lead an engaging follow-up discussion on this 1940 American "screwball comedy."

Thursday, November 12, 2:00-4:00 p.m. Join us for a presentation by the former communications manager at the Olmsted Network, Mark Roessler, on "Federick Law Olmsted," widely accepted as the "father of landscape architecture." His projects included New York City's Central Park and comprehensive park systems, planned communities, and institutional campuses across North America.

Wednesday, November 18, 2:00-4:00 p.m. We will close out the series with "The Midterms: What Just Happened and Why?" This important discussion, led by Marc Lendler, Smith College professor emeritus of government, will overview the outcome of the 2026 elections, which will significantly impact the legislative power and the direction of the country.

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 October 7. For more information, contact Patricia Ann Lynch, COA chair, at 369-4284 or email patricialynch@earthlink.net.

Senior Calendar for October

"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 months. 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 413-530-1703 for information or for the Zoom link.

Yoga for Seniors Led by Jody Smith-Soles on Wednesdays in person and on Zoom. Mat yoga 10:00-11:00 a.m .at the library, 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.

Currents Advertisements & Notices

Rates for ads up to 150 words are: one month $8.50, three months $16.50; six months $26.50, twelve months $45.50. Pay by checking account or credit card through the town's website https://conwayma.gov/ > How do I . . .? > Pay for > Newsletter Advertising; or send a check to made out to ***Conway Currents, Town of Conway,*** **PO Box 240, Conway, MA 01341.** Please send the text of your advertisement to Louise by email at lmbeckett@crocker.com. **Deadline is the 15th of the preceding month.**

Huge Barn Sale - in the big red barn at the Lee Farm one mile up Cricket Hill Road. Over 2000+ sq ft of thousands of items: Antique furniture, books, vintage Edison and Victor records, glassware, tinware, enamelware, kayak, old trunks, pictures & frames, many collectibles, farm tools and misc hardware, wooden boxes & cabinets, antique horse/ox harness hitches, assorted lumber, and much more. Something for everyone. Most items under $10, many under $5. Saturday and Sunday, October 3-4, 8 a.m. - 3 p.m.

Ideal for Solar Experimenter - (8) 400 Amp Hr AGM batteries with connecting 2.0 cables. Batteries are just at their half life but still hold a lot of energy. Batteries are large and heavy: 120lbs each. FREE! Add panels and a charge controller for a cheap way to learn about energy storage and solar in that remote shed or greenhouse. (413) 369-4035

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. Mums have arrived! Local fruits and veggies including apples and winter squash are in and more! 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 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. 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.

Help Wanted: Chicken and Goat Sitting - We're looking for someone to care for our chickens and goats when we're away. Feeding, watering, collecting eggs, making sure everyone is put away for the night, etc. Experience preferred but not required. Time commitment: no more than an hour twice daily. If interested, email drew.cronyn@gmail.com or call 520-539-0264.

Personal Care Aide/Caregiver - needed in center of Conway. Multiple shifts. Requires no help feeding and no heavy lifting. Current rate is $19-20+/hour depending on experience. Must pass a CORI check. Please contact David at 413-768-8751.

A Familiar Face, Now in Real Estate - My name is Mike Ambs, and many of you know me from my years living and raising a family in Conway. I'm excited to share that I've started a career in real estate. Real estate is about more than transactions: it's about people, life changes, and finding the right path forward. Whether you're ready to make a move or simply exploring your options, I'll take the time to listen, understand your goals, and provide thoughtful guidance every step of the way. I'd love the opportunity to be a resource for you, your family, and your friends. mikeambs@kw.com, Keller Williams Pioneer Valley, 267.235.2101. Thank you for your support!

Bright Moments Fabrication - specializing in custom metal work. Need a trellis for your garden? Or maybe you need your rototiller mended. Big jobs and small jobs welcome. Give me a call and let's chat about it! Brian Allen: operating out of Conway 908.246.3608.

October means - cider! Whether you're a commercial grower or just pressing a few gallons for home enjoyment, we have what you need to make cider with ease. American Harvester and Homesteader wood/cast-iron cider presses are classics for a reason: with durable materials and timeless design, they bring beauty and functionality to your home. Or check out our Lancman water-operated presses. Imported from Slovenia, these highly efficient stainless-steel presses work with an ordinary garden hose. We offer apple grinders too, made here at OESCO by our skilled fabricators. We carry an extensive selection of great books on cider making and be sure to catch our cider demo at Clarkdale Fruit Farm on Saturday, November 1st from 10am-12pm, during Cider Days! Call or stop by to talk to our knowledgeable sales staff. Shop where the pros shop, and thanks for buying locally. OESCO, Inc. (Orchard) Monday-Friday: 7-5; 413-369-4335.

Jan & John Maggs Antiques and Art - 17th-century English oak furniture, Queen Anne and Georgian jewelry, paintings, carpets, and small antiques in our shop in Pumpkin Hollow. We've just returned from our annual September buying trip to England and beyond, and we'll be unveiling our most recent acquisitions in our shop and online in two installments – the first on the weekend of October 17 & 18, and the second on November 7 & 8. We'll open our shop at noon on both Saturdays and at 10:00 on the two Sundays. You may also shop online on our website jmaggs.com/; the online sale will begin on each of the two Saturdays at 10:00. If you're interested in what goes on in this big black barn, call 413-369-4256 or email jmaggs@jmaggs.com to arrange a visit. We're always happy to show visitors around and answer questions about the things we sell.



Debra Hoyle Studio and Gallery - at 46 Main Street welcomes visitors by chance or appointment. Collage workshops are available on occasional Saturdays scheduled with participants. $65. includes supplies and we meet from 12-3. No previous experience needed!

413-325-5579 Visit instagram.com/debhoyle.art.rockpaperscissors to see her work. And are you busy clearing out your attic? Not sure what to do with those photos of people no one recognizes anymore? Deb is currently creating beautiful collage paintings using vintage and antique photos and books and welcomes donations! Please contact her at 413-325-5579 or greenlady33@comcast.net to arrange pick up or drop off.

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 – Your local tech experts – calm, clear, and close by.

Eastern and Somatic Therapies - and Western Mass Equine Therapy for mental health offers private sessions and retreats in therapeutic yoga, qigong, connection, intimacy and yoga therapy as bodywork and dialogue, reiki, as well as Yoga & Reiki with Horses. Sessions are available in person or virtually. Yoga with Horses Saturdays 10 - 11 a.m. Sign up by Friday 5 p.m. Yoga & Reiki with Horses Glamping Retreats for your guests. Volunteers welcome. Contact Gina to express your interest. www.ginambarrett.com



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

Davenport's Mobil Service Station - has been locally owned and operated by the Davenport family since 1981. Celebrating 45 years in business this year! We have an automotive service shop selling brand-name, competitively- priced tires. Pick up a soft drink, chips, lottery or the *Recorder* - Find us at 269 Mohawk Trail in Shelburne Falls. Hours: Mon - Fri: 6:00 a.m. - 7:00 p.m. Sat: 7:00 a.m. - 7:00 p.m. Sun: 8:00 a.m. - 7:00 p.m. 413-489-3740.

Conway Natives End of Season Sale! - Saturday, October 10 & Sunday, October 11, 9 a.m. - 5 p.m. **Buy 1: get 1 free!** Healthy, hardy shrubs at the perfect time for fall planting. Turn your yard into a native plant sanctuary, benefitting pollinators, birds, and the environment. And Conway Natives Farm Stand is open for the fall with fresh fruit and flowers, eventually eggs. Meanwhile, we still have about a dozen laying hens for sale - big, young, healthy birds just about to lay up a storm. Contact Lilian for more information. Bring a photo of your site for free landscape design advice from a professional landscape designer. Conway Natives, 351 South Shirkshire Road, Conway. Lilian Jackman 413-772-9065; lilianjackman@gmail.com. Or visit conwaynatives.com

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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.

Preserve the Past, Nourish the Future - story collection, personal archives, death doula. Sady Sullivan helps preserve personal and family stories during times of big change. I've built an approach that takes traditional oral history methods and weaves in modalities for healing, end-of-life preparedness, and embodied practices for grief. I work with clients individually to weave my offerings into a unique package that will meet your needs. Book a free 15-minute consult to talk about how we may work together: sadysullivan@pm.me 413-268-3342 sadysullivan.net

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Wilder Hill Press - Printmaking Workshop, Saturday, October 3, 2026. 9 a.m.- 4 p.m. Learn the art of relief printmaking in this intensive, one-day workshop. We will carve a piece of Japanese Shina wood, and print with non-toxic Aqua inks on our Charles Brand Etching Press. No experience required. Sliding Scale: $100-$160. pre-registration required. Contact Lilian Jackman 413-772-9065. lilianjackman@gmail.com. Visit conwaynatives.com for more information.



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.

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 at newsletter@conwayma.gov. Send your advertising requests to Louise at lmbeckett@crocker.com. Thank you!

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