



From the Town Administrator

Everyone I know is growing tired of the pandemic. Still, it's been going on only eight or nine months, and by my reckoning, we have another eight or even ten months to go before we can all be vaccinated and breathe freely again.

That said, Conway has opened its town office to the public with limited hours. Please see the town website's "Latest News" page for the times: www.townofconway.com.

I'll take this opportunity to publicly welcome my new assistant, Louise Beckett, whom many of you may know as the treasurer for the Conway Historical Society as well as a producer of this newsletter. She may be reached at 369-4235 x 0 or assistant@townofconway.com. She's generally in the office Tuesday, Thursday, and Friday mornings and Monday and Wednesday afternoons, though her hours are not yet fixed.

We're busy applying for reimbursements for unexpected expenses (mostly on the school side), applying for other grants, and conducting the regular public works and public safety business of the town (among other departments), as well as committee work. The town clerk has been very busy preparing for the presidential election; the finance team has submitted its preliminary FY2020 figures and is waiting to see final state aid figures before setting the FY2021 tax rate.

The governor has filed a bill to fund the state through November, so by the time the state has a final FY2021 budget, the results of the national and state elections will be known. This could have a bearing on the state's confidence that federal aid for state and local governments might be available, substantially changing the financial landscape for FY2022.

After much ado, the town's two Forest Stewardship plans are done. Both the Fournier lot plan and the Town Farm plan are on the website townofconway.com (under "Government"); paper copies are also available for reference at the town office.

As always, we are looking for volunteers for various committees. Please contact Louise to see where you might want to invest some time into your community.

Conversation with an Author: Maki Matsui

by Kathy Llamas

What would bring a woman to Conway all the way from Japan? What drives an author to publish two books in the same year? What other interests does she pursue? These are just a few questions I had going into my recent interview with Conway author Maki Matsui. I met Maki and her daughter Mollie at Veteran's Memorial Park opposite town hall. As we talked, Mollie worked industriously on making a "fire" with leaves and twigs to cook "potatoes" for lunch.

Maki was born in Japan and lived in Japan's capital, Tokyo, until the age of three. Her family, which included an older brother and younger sister, then moved to Chitose on the island of Hokkaido. When she was 13, Maki and her family relocated to Williamstown, MA – a stark contrast to the large, bustling cities to which she was accustomed. I was curious about what drew the family to that quaint college town. Maki's mother, who is American, she told me, had attended Williams College and had felt Williamstown was the perfect place for her family to settle into their new lives in America.

Maki reflected on her early years in Japan. She cannot recall a time when she was not interested in writing and producing art. Her mother always encouraged her explorations. Maki's mother was a published author in Japan, and it was there that Maki's love of words took deep root in her soul.

When she arrived in Williamstown, Maki spoke little English beyond simple phrases one might learn at school. I could only imagine how it was for her to be uprooted from familiar surroundings and transplanted in a strange environment where she didn't speak the language. I wondered how foreign it would feel to live life at a much slower pace than that of a major metropolis. After completing high school at Mt. Greylock, Maki pursued a bachelor of arts degree at Williams College, majoring in English. This allowed her to further explore her passion for writing, taking her work down many avenues. It was during this time that she created the first part of her novella *Daisy Field*.

After she attained a BA in English, Maki decided to pursue a second degree at the University of Massachusetts, studying voice under the mentorship of Bill Hite, a tenor and professor of music. It was while studying for her master's degree that she met her future husband, Anderson Paes, a clarinetist from Brazil. Maki reflected that as a soprano, she was often steered toward lyrical arias and light, flowing pieces. She likened such pieces to "voice acrobatics." Although this type of music can be beautiful, it is the deep, striking compositions of Bach, Schumann, and other German composers that speak to her.

The deep richness of her vocal choices strikes a similar chord to how she approaches writing. Writing her novel, *Back to Troy*, was an interesting process. While she thoroughly enjoyed writing it, she felt some concern over whether the choices she made as she wrote would lead to a commercial success. She found herself at times questioning those choices, making second guesses, and that aspect of the work was more stressful than it might otherwise have been. Maki decided to go the route of many writers and self-publish through Amazon. She noted that this option gave her the flexibility to write free from worry about the book's commercial viability. "I am not at all afraid of the hard work [of writing], but I need to feel that honest, inspired connection to the piece," she said. After she published *Back to Troy*, she felt the urge to connect with what

would become her next work. She reflected on a piece she had written during her Williams College days that had brought her real joy. She read it over and found the characters were still felt fresh and vibrant and had much more to tell. This early work became the foundation of her second book, *Daisy Field*.

I wondered what brought Maki and her family to Conway. Prior to their move here two years ago, the family lived in South Hadley. Maki was working as a music teacher in Chicopee. She loved working with students and found their honesty and sincerity refreshing. Maki and her mother, who is also a music teacher, had always envisioned combining their households to create a three-generation home. Little did they suspect when they started to look for the perfect location in which to set down roots that Conway would become their paradise.

"How do you keep yourself in balance?" I asked Maki during our conversation. Clearly, the bond between Mollie and Maki is a major contributor to her balance. Maki's mother had a wonderful insight into and image of her daughter and told her, "Maki, you have a three-legged stool: music, writing, and art. If any one of these three legs is missing, you become unhappy." Maki has taken that image to heart.



Music is a daily must have, which she likens to the air she breathes. While Maki is accomplished in piano and guitar, it is voice that is her musical first love. It is easy to carry and use and brings her the most joy and personal satisfaction.

Fortunately, art is also part of her everyday life as she and Mollie create endless pieces in a wide variety of media. From nature sculptures to colorful paintings, from calligraphy to doodling, their passion for art is filled to the brim. Where would Maki be without her second “leg” – her love of written expression, which is her gift to all who read her work? One cannot be in her presence and not feel her joy in language, as I felt even as we sat in the sun and merely conversed for more than an hour that felt like minutes.

As we wrapped up our conversation, Maki helped Mollie sweep her little “fire” off the curb. I could not help but smile as I watched that sweet girl, filled with a loving and vibrant imagination. Miss Mollie is already infused with her own “fire of creativity,” fanned by Maki and her family. I snapped this photo as we departed. We walked together, leaving some of our joy among the leaves. If you visit the park, you will find it and can add your own. Oh, the people you meet, who make this town the wondrous place it is!

If you would like to learn more about Maki and her work, visit www.makimatsui.com.

Conway Council on Aging

The COA receives a grant from the state Executive Office of Elder Affairs and an appropriation from the town. Meetings are held on the first Wednesday of the month at 9:00 a.m. in Town Hall. During the COVID-19 crisis, non-COA participants are invited to join by conference call. The number to join the meeting is 369-1541; the participant ID is 1541#. For more information, contact Patricia Ann Lynch, COA chair, at 369-4284.

Senior Calendar for October

- **Healthy Bones & Balance Class** This free one-hour class, sponsored by RSVP, meets Tuesdays at 9:00 a.m. **NEW CLASS:** Gary is now offering a second, half-hour class on Fridays at 9:00 a.m. Contact leader Gary Fentin at 369-0001 for links to the Zoom classes.
- **Monthly Foot Care** Foot clinics are held on the first Monday of the month in Town Hall by appointment only. The next clinics are Nov. 2 and Dec. 7. Call Peg Tiley at 369-4010 for information or to make an appointment. Face masks are required. There is a \$20.00 fee.
- **Grab-and-Go Meals** The COA is now offering "Grab-and-Go" meals from LifePath on the second and last Thursdays of each month for pickup at noon at Town Hall. These are fully prepared meals to take home and heat up. Menus vary depending on what LifePath is providing for a given day. For more information or to sign up for a meal, call Peg Tiley at 369-4010. LifePath suggests a voluntary donation of \$3.00 per meal. **Menus for Nov.:** Nov. 14: grilled chicken with supreme sauce, boiled red potatoes, mixed vegetables, multigrain bread, fresh orange. Nov. 19: beef stew, Brussels sprouts, wheat bread, muffin, diet graham.
- **December Holiday Meal at the Whately Inn.** We are taking reservations for a maximum of 25 people to be held at the Whately Inn on Thursday, December 10. The anticipated cost of the meal is \$21.00 and is non-reundable. Payment must be made at the same time as the reservation. For further information, call Peg Tiley at 369-4010.
- **Walking Group** The group meets at 9:30 a.m. Monday mornings in front of the library, weather permitting. Social distancing is maintained during walks. Call Phylis Dacey at 369-4326 for information.
- **Yoga for Seniors** Led by Jody Fontaine on Wednesdays. Class times: mat yoga, 10:00-11:00 a.m.; chair yoga, 11:30 a.m.-12:15 p.m. Call Jody at 413-824-9435 for links to the Zoom classes.

Senior Services

Durable Medical Equipment Loans The COA has items of durable medical equipment available for loan, including wheelchairs, walkers, crutches, canes, tub and shower chairs, commodes, raised toilet seats, and a CPAP machine. Call Hank Horstmann at 369-4405 to borrow equipment. Owing to lack of storage space, we are currently unable to accept donations of equipment.

Home-Delivered Meals Meals on Wheels are still being provided during the COVID-19 crisis by LifePath for Conway seniors. Call LifePath at 773-5555 for further information and registration.

Medical Appointment and Shopping Transportation The Shelburne Falls Senior Center provides curb-to-curb van transportation within Franklin County for seniors 60 and over, for 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. A short application with a copy of a photo ID is needed to be pre-approved for ridership. Fares range from \$.75 to \$2.25 each way. For rides to out-of-county medical appointments, call the FRTA at 774-2262 x 163 for information and reservations.

New Healthy Bones & Balance Class

The Healthy Bones & Balance program begun by RSVP of the Pioneer Valley consists of classes combining strength-training and balance exercises. RSVP volunteers are trained to lead class participants through a series of exercises that increase strength, mobility, flexibility, and balance. Exercises are done both sitting and standing. All classes are free. For exercises using weights, participants can substitute objects found in the home, such as canned goods. RSVP will provide weights for regular attendees.

Gary Fentin, the HB&B instructor in Conway, has – by popular demand – agreed to offer a second class on Fridays at 9:00 a.m. in addition to the ongoing Tuesday 9:00 a.m. class. This second class will be an abbreviated version of the Tuesday one, lasting half an hour. Like the original class, it will still cover the same range of activities: a warm up followed by exercises for the upper body using dumbbells, the lower body, your core, and balance, followed by a cool down. Tuesday participants unanimously announced improvement in all these areas and enthusiastically encouraged Gary to add this second class.

Owing to the pandemic, classes are currently being conducted on Zoom. To join either or both classes, contact leader Gary Fentin at 369-0001 or email him at gary@gsfentin.com.

Get Your Flu Shot!

Flu vaccine is an important preventive in any year, and this is definitely not just another year! Preventing flu during the COVID pandemic is even more important. Member towns of FRCOG's Cooperative Public Health Service are working together to provide residents in the region with several opportunities for flu vaccination this season. The Conway Board of Health reminds you of this event:

Friday, November 6, 9:00-11:00 a.m.

Conway Town Hall – Senior High Dose Available

Please gather your insurance cards, plan form preparation before arrival, and mark your calendars to join us! Forms, details, and a full schedule of community clinics are available on Conway (www.townofconway.com) and FRCOG (<https://frcog.org>) websites.

NOTE: State public health officials have announced that influenza immunization will be required for all children six months of age or

older who are attending Massachusetts child care, preschool, K-12, and colleges and universities. The new vaccine requirement is an important step to reduce flu-related illness and the overall impact of respiratory illness during the COVID-19 pandemic.

Students will be expected to have received a flu vaccine by December 31, 2020, for the 2020-2021 influenza season, unless either a medical or religious exemption is provided. Also exempted are K-12 students who are homeschooled and higher education students who are completely off-campus and engaged in remote learning only. This new flu immunization requirement to enter school in January is in addition to existing vaccine requirements for all those attending child care, preschool, K-12, and colleges and universities in Massachusetts. Elementary and secondary students in districts and schools that are using a remote education model are not exempt.

LifePath Services

LifePath, a nonprofit organization serving older people, people with disabilities, and caregivers in Western and Central Mass., helps people stay independent in their homes and communities. For example, they offer in-home services, Meals on Wheels, health insurance help, and much more. To stay up to date on the latest information on aging and services in our area, please sign up for LifePath's weekly e-newsletter, *The Good Life*, by visiting their website at lifepathma.org and scrolling to the bottom right or calling 413-773-5555 or 978-544-2259 and asking for the editor of *The Good Life*, Janis Merrell. A monthly print version is available upon request.

Let's Make Conway Age-Friendly

LifePath has taken on the role of catalyst in support of the Age-Friendly Communities movement, which was initiated by the

World Health Organization (WHO) to help communities – both urban and rural – change in ways responsive to the needs of the elderly. WHO describes an age-friendly community as one that "encourages active aging by optimizing opportunities for health, participation, and security in order to enhance quality of life as people age." AARP, which administers the program in the United States, explains that such communities should "provide safe, walkable streets; age-friendly housing and transportation options; access to needed services; and opportunities for residents of all ages to participate in community life."

In Massachusetts, almost 70 communities have received the designation of age-friendly. However, Deerfield is the only town in Franklin County and the North Quabbin region to do so. LifePath hopes to change this. It has received a grant to initiate and coordinate work toward the goal of making communities within its service area age-friendly. To that end, in addition to recently held Zoom meetings, LifePath is working to recruit community "stakeholders" to form action teams that will lead the project. Stakeholders include local officials, Councils on Aging, civic organizations, the business community, and interested residents.

For further information or to become a part of the Age-Friendly Community movement, contact Nour Elkhattaby Strauch, Age-Friendly Program Manager, at nelkhattabystrauch@lifepathma.org or 413-773-5555 x 2299.

Update from the Field Memorial Library

The Field Memorial Library (FML) "steps-side" process – picking up materials and returning them to our outside book drop – continues. Pickup schedules include Saturdays from 10:30 a.m. to 1:30 p.m. and Monday and Wednesday afternoon appointments scheduled via email or phone. Visit our "Collections" page linked from our website at <https://fieldmemoriallibrary.org> to browse portions of our collection. You can also request any item and we

will search our collection, and we will try to obtain it for you if we do not have it. The Inter-Library Loan (ILL) process has resumed in a limited way, so we can obtain items from other libraries. To request an item, send an email with your requested title(s) and author(s) or your request for the book to director@fieldmemoriallibrary.org.

The library remains closed to physical visits as we consider modifications required to reopen it safely.

“Our Times – Our Town” Suggests Titles for Your Consideration:

Our Town

Braiding Sweetgrass, Robin Wall Kimmerer

The Natural History of Western Massachusetts (2nd Ed.),

Stan Freeman

The New England Orchard Cookbook: Harvesting Dishes & Desserts from the Region's Bounty, Linda Beaulieu

Our Times

They Called Us Enemy, George Takei

White Fragility, Robin DiAngelo

The Warmth of Other Suns: The Epic Story of America's Great Migration, Isabel Wilkerson

All Best,

David Whittier, Director

Field Memorial Library

director@fieldmemoriallibrary.org

<https://fieldmemoriallibrary.org>



Calling All Conway Residents

We need your artistic talents! Being stuck at home doesn't mean we can't spread a little holiday cheer to each other. The *Conway Currents* team is presenting a contest challenge to our young readers to create a picture or photograph that best expresses the joys of the holiday season. The winning entry will be posted on the cover of the December issue. And you adults, feel free to join in for our online version! We will post all entries on the website, as a reminder that while apart for now, we are all still connected.

Send entries to conwaycurrents@gmail.com or mail to *Conway Currents*, PO Box 240, Conway, MA, 01341.

My First Interview: A Whoo from Ware

by Sir Reginald Buttlinger

I so admired Kathy Llamas's interviews in *Conway Currents* that I thought I'd give it a shot and interview folks just passing through our lovely hamlet. So, armed with a notepad and finely honed #2 pencil, I set out at first light from Baptist Hill and drove into the heart of downtown Conway.

I posted myself at the base of the hill that leads into or out of Conway, depending on which way you're going. After an hour of no one in any direction, I became desperate. I decided I'd interview the first living thing that I encountered. That's when I saw the red, 17?- 18?-wheel dump truck coming down the hill. I jumped out in front of it, counting on the driver's observing our 25 MPH speed limit . . . he didn't. Once the driver stopped blasting his air horn and the smoke cleared from the smoldering tires and burning brakes, I approached the driver, who, lifting his bloodied forehead from the steering wheel, wound down his window and made a lengthy declaration of what I considered impossible anatomical feats that I should perform upon myself. Undaunted, I handed him

my handkerchief to staunch the bleeding. Thus began my first interview for *Conway Currents*.

SRB: “Hello! Lovely day. You did an excellent job of stopping your . . . what is it? . . . a 12- or 13-wheeler? . . . on such short notice. Yes, well, I’m Sir Reginald Buttweiler, and I’m randomly interviewing folks as to their impression of our idyllic town. I see by the signage on your door panel that this truck is owned by the “Bally Whoo Bros. of Ware, Mass.” Are you a Whoo or a bro of the Whoos? And if you’re a Whoo, which Whoo are you? . . . Ha! Ha! By the way, did you know that there are Wares here? “Who and where are the Wares?” you might say, and I would reply, “Who’s asking?!!!” . . . Get it?

WHOO: (Unprintable.)

SRB: Mr. Whoo, are you aware that your truck’s beginning to move? Hey! . . . Wait! . . . I’m not done with my Stop! Mr. Whoo! Come back!! You’ve still got my handkerchief!!!

. . . Well, that proved harder than I thought it would. I’ll leave interviews to Kathy. Depressed, I stopped at Baker’s and got a coffee-to-go for the drive up Baptist Hill.

Food as Medicine

by Peter Farber

If you read last month’s column, I celebrated our Conway growing season and the availability of field to table fresh foods: both for their taste and for their healthy benefits. Growing season, as I’m sure everyone is now aware, is officially over. What to do?

I hope, in my suggestions, that I am respecting of all budgets or inclination toward non-organic as well as organic. Under the circumstances I prefer not to buy fruit and vegetables from distant

lands: California, Florida, Mexico, and Argentina. Those vegetables just do not look appetizing to me and based on what I have read, their nutritional value is compromised. Those white broccoli stalks say it all. For me, the next best choice after field to table, nutritionally, are frozen vegetables and fruits. If it doesn’t walk like a carrot and doesn’t quack like one, is it still a carrot? Actually yes.

Freeze-drying removes *negligible* amounts of the naturally occurring nutrients in food. The Wild Backpacker website reports that freeze-dried foods lose water but few nutrients, while retaining most of their flavor. The biggest losses in nutrients through freeze-drying occur in vitamins C, A and E. However, the vitamin losses are *mild to moderate*. *Fiber remains intact, as do anti-oxidants and phytochemicals*, which are chemical compounds that may provide protective health benefits. The American Institute for Cancer Research supports using freeze-dried fruits as a method of ensuring that you get anti-oxidants and phytochemicals that you might not otherwise get.

During the winter months you can get greens from local vendors. I like watercress from one seller, although it does come from California. There are many studies suggesting watercress is a superfood: may prevent cancer, particularly colorectal, support brain health, may prevent strokes, and good for the heart.

Peter Farber is the former Director of the Natural Foods Association for the 12 states of the east coast. He has worked for such supplement companies as Nordic Naturals Fish Oil, MegaFood, Garden of Life, New Chapter etc. Next month he will write about supplements to take this winter to ensure good health.



From the Kitchen of: Pat Lynch

Have you a recipe to share? We would love to publish it! Send your recipes to conwaycurrents@gmail.com. Here are a few recipes you might enjoy this Thanksgiving – or any time this season:

Braised Onions

2 lbs small boiling onions
1/2 stick butter (1/4 cup)
1 cup chicken stock or broth
2 tbsp sugar
1/2 tsp salt

Peel onions and with a sharp knife cut a cross on the bottom of each so they will keep their shape. In a skillet, melt the butter. Add the onions, chicken stock, sugar, and salt. Cook over low heat, stirring occasionally, until tender and most of the liquid is absorbed.

Cranberry-Orange Relish

1 lb fresh cranberries
2 oranges, quartered and seeded
1 cup sugar

Put cranberries and oranges, including rind, through a food mill, or pulse in a food processor. Add sugar and chill.

Pat Lynch – from my mother

Thank You from the Firemen's Auxiliary

The Conway Firemen's Auxiliary sends grateful thanks to all those who donated to the Hilltown Churches Food Pantry in lieu of attending our annual turkey dinner, canceled because of the COVID-19 pandemic. Donations to help support their efforts to feed the needy are still welcome:

Hilltown Churches Food Pantry
c/o First Congregational Church
PO Box 161
Ashfield, MA 01330

Mutts Still in Need: Help the Dog Shelter

The coronavirus crisis forced the Franklin County Regional Dog Shelter to cancel its annual August fundraiser, "Mutts in Need," a source of much-needed income. The event, held for the last eight years at the Millers Falls Rod and Gun Club and featuring an outdoor barbecue with live music, raffles, and auctions, usually brought in enough funds to pay the shelter's veterinary bills for an entire year. Although adoptions have increased since the start of the pandemic, both donations and volunteer help are down. To compensate, the shelter has launched a fundraising campaign on social media titled "Mutts Still in Need." It is publicizing its activities on Facebook and is considering other ways to raise donations. To donate, send checks made out to the Friends of the Franklin County Regional Dog Shelter to:

Franklin County Regional Dog Shelter
10 Sandy Lane
Turners Falls, MA 01376

Donations may also be made online at fcrdogkennel.org/donate. To inquire about contributing, call 413-676-9182 or email fcsodogshelter@gmail.com.

Unheard Melodies

by Nicole Braden-Johnson

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

One Humble Day

Much ado is made about holidays, yet
The roaring thunder of Independence Day rings hollow;
The sweet indulgences of Thanksgiving are stale;
The jolly celebration of the New Year is dull,
When lost between the pomp and the glut,
The strut and the fret of these days of cheer,
A modest day, a quiet day is forgotten.

This day asks us more than any other
To look at the state of our Nation,
To examine our most deeply cherished values,
To ask "Where do we go from here?"

On this most patriotic day of all,
We have the freedom and obligation
To traverse roads illuminated
Golden by the halo of autumn leaves
To entrust our vote to the hands
Of a modest town or postal clerk:
A dutiful act. A gentle act. A most powerful act.
An act of love for our Country.

On November Third,
Let your voice be heard.

The Conway Giveaway

Due to the current pandemic and the temporary closure of the "Conway Mall," *Conway Currents* continues to host a local giveaway section.

Although there are many other ways to repurpose and donate, we offer this service for those who would like to donate items they no longer need to others right here in town who could use them. Send a short description together with your preferred method of contact to conwaycurrents@gmail.com - For instance:

- Used once, extra-large, heavy-duty rubber doggie boots (fit a golden retriever): veroniquecb28@gmail.com

If anyone wants one of these items, please email to set up a place and time for a contactless pickup. Please note that this is for giveaways only, not items for sale.

Guidelines for Submission to *Conway Currents*

- All Conway residents or persons who work in the town or have familial ties to the town are eligible to submit items for *Conway Currents*. We encourage submissions of all kinds.
- The average word count is 200-300 words, although longer articles will be given consideration, space permitting.
- Articles should be submitted electronically as an attachment in Microsoft Word preferably. Brief notices may be submitted within the body of an email. When this is not possible, please contact Kathy Llamas at 413-695-5626 to discuss a possible alternative.
- To submit, email your article to conwaycurrents@gmail.com.
- Photographs may be sent as either a .tif image in 300 dpi or a high-resolution .jpg.
- Deadline for submissions is the 20th of the preceding month.

- All submissions will be reviewed and any article that needs revision will be returned to the author with feedback from the editor. The author is expected to respond to the feedback and resubmit the article in a timely manner.
- Questions regarding submissions may be sent to conwaycurrents@gmail.com or by calling Kathy Llamas at 413-695-5626.

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 20th of the preceding month. Please send your content, comments and suggestions by email to Kathy Llamas at conwaycurrents@gmail.com. Thank you!

Advertisements

Rates for ads up to 150 words are: one month \$7.75, three months \$15.75; six months \$25.75, twelve months \$44.75. For cost of longer ads or to include images (limited), call or email Louise at 413-559-1180 or lmbeckett@crocker.com.

Advertisements can be paid for by checking account or credit card through the town's website: <https://townofconway.com/> > [View or Pay a Bill](#) > [Pay Newsletter Advertising](#) or send a check to:

Conway Currents, PO Box 240, Conway, MA 01341.

You can also make a donation to *Conway Currents* using the website, or by check to the same address.

Please send the text of your advertisement to Louise by email at lmbeckett@crocker.com. If you want to discuss your ad or have any questions, please call or email.

Thank you for your support of *Conway Currents*!

Currents Advertisements & Notices

Rental Request - Rural Woman Writer Seeks Reasonable Dwelling in Conway, Buckland, Shelburne, Ashfield, Goshen area - a quiet place, a little out of the way, (no main road) for long term tenancy. I have good references, dependable income, am responsible, quiet, clean, single, no kids, smoke, drink or TV, very conscientious with wood/pellet stove. A senior, mostly mute, blind cat comes with me, he can't see anything to scratch on, and his litter is odorless and cleaned with each use. Can do horse/animal care. All hints and guesses are welcome. Please email at equineauntie@yahoo.com.

The Conway Inn - Due to some lifting of the COVID-19 restrictions, we are now able to offer limited seating indoors as well as outside in the back yard. The inn continues to be open Sunday through Thursday 5:00 to 8:00 p.m.; Friday and Saturday 5:00 to 9:00 p.m. for pizza, chicken wings, and breadsticks. Take-out orders may be placed starting at 4:00 p.m. We are now able to serve alcoholic beverages for dining at the inn and to sell bottled beer and single-serve wine with to-go food orders. Call 369-4428 to place your order. Thanks again for the hometown spirit you've shown toward your local businesses!

Baker's Country Store - open seven days a week for all-day take-out breakfast and lunch. Limited seating outside while weather permits, and inside due to the partial lifting of the COVID-19 ban. Current hours: Monday-Friday 6 a.m. – 6 p.m.; Saturday 7 a.m. – 6 p.m. and Sunday 7 a.m. – 5 p.m. Call 369-4936.

We have local winter produce including squash and apples, as well

as a variety of homemade desserts and baked goods. Large selection of last-minute items, and locally made children's masks (\$5.00). We always have freshly baked cakes, muffins, pies, and cookies - put in your order today for one of Helen's famous pies! Check us out on Facebook: [facebook.com/Bakers-Country-Store](https://www.facebook.com/Bakers-Country-Store) for today's specials. **Help Wanted!** Please inquire within the store.

Your Home Town Realtor - As a Conway resident for over 20 years, I provide local, attentive and trustworthy service for both buyers and sellers in our community. Previous experience as a licensed residential architect is valuable for my clients. Please contact me for a free, no obligation consultation! Sarah Newman, Realtor with Coldwell Banker Community Realtors. Call or text: 413-548-6525 or email sarah.newman@cbcommunityrealtors.com - Thank you!

Tea at Two Gift Shop - Come and browse the varied, locally-made items available at Tea at Two. The offerings range from jewelry to hand knits and lots of things in between; baby items, kitchen items, soaps and lotions, Christmas decorations and much more. The shop at 85 Whately Road is open Wednesday from 1 -5, Friday 1-5, Saturday 10-5 and by appointment as well. Call 413-834-2339. Look for the "OPEN" flag! Thanks for supporting our local Conway businesses.

Attempted Haikus

by SB

Fear begets anger,
Anger ignites aggression:
But whence comes the fear?



The Currents of Autumn

by David Fisher

Autumn is a season of illumination. A time when individuals stand out, shout out, "Here I am!" in the plant community. Maples, aspens, birches, beeches, and oaks each claim themselves from the mass of green blob that was "forest" just a month or two ago. In the animal realm, as the constant cacophony gradually fades to stillness, the scurry of a squirrel in the leaf litter or the chirp of a lone cricket is an event. And still, despite all of this individuality, there is such a sense of greater connectedness. After all, every living thing the whole world wide, in the northern hemisphere, that is, is experiencing a common call: "Get ready, get furry, get fat! Condense, ripen, descend, draw in. Catch the next shift, catch the next current. It's time to get cozy."

The currents of autumn are a messenger, carrying news of neighbors we may have forgotten in the bustle of summer. Carried on currents overhead, unfamiliar winged visitors call on us as they make their way south. Carried on currents around us, we are showered with flecks of gold. Carried in currents below, leaves of upstream neighbors, like holiday cards that come in the mail, float our way to remind us "We are here."

*A leaf from a silver
maple, somewhere
upstream.*



Current Town Office Hours

Until further notice, ONE VISITOR AT A TIME may enter the town office. If you find that another visitor is already in the office, PLEASE WAIT OUTSIDE until that person leaves. MASKS MUST BE WORN

Currently, only the following will have limited office hours at the town office or town hall:

Town Clerk - Laurie Lucier - 369-4235 x4

Enter at rear of building.

Tuesdays, Thursdays and Fridays 8:00 a.m. to 1:00 p.m.

Treasurer/Tax Collector - Jan Warner - 369-4235 x2

Assistant Treasurer/Tax Collector Lynn Kane - 369-4235 x1

Mondays and Wednesdays 9:00 a.m. to 1:00 p.m.

Transfer Station stickers available.

Town Administrator - Tom Hutcheson - 369-4235, x3

Please call for appt. – may be out of office.

Mondays 3:30 p.m. to 5:00 p.m.

Tuesdays 1:30 p.m. to 5:00 p.m.

Wednesdays 2:30 p.m. to 5:00 p.m.

Thursdays 1:30 p.m. to 5:00 p.m.

Assessors (Town Hall) – by appointment - 369-4235 x5

assessors@townofconway.com until further notice.

Board of Health (Town Hall)

Thursdays 2 to 4 p.m.; Saturdays 9 to noon.

To speak with others in the town office, call 413-369-4235 and follow the instructions to reach the appropriate office or go to <https://townofconway.com/>.