



Volume 2, Number 4 - April 2021

Farewell to Our Town Administrator

I would like to thank the Town of Conway for the privilege of serving as its Town Administrator for over seven and a half years. I have enjoyed getting to know the town's remarkably talented people and the extraordinary beauty of the landscape.



One of the highlights has been the fall meeting of all committee chairs and department heads, each briefly sharing what they had been doing, what they were in the midst of doing, and what their plans were for the next year. I was consistently impressed by the level of commitment and ability shown by those who help keep Conway a vibrant community, one that manages to function well in a broader atmosphere of paying more attention to personal needs than the

needs of the greater community within which we live.

Challenges remain: a long-term vision for the town based on extensive participation needs to be set out at the level of objectives and tasks, and resources directed strategically toward long-term ecological sustainability. My dream of using Town Forest resources for rebuilding and maintaining Conway's town bridges as covered bridges didn't get far but is still worth mentioning as the kind of thinking that will help the town be less dependent on systems that are in the end not sustainable.

My more realistic goal of integrating the town's geographic information system – maintained by the assessors – with school curricula also did not move forward, but it has a chance as civic education once again becomes a priority in schools at all levels. The Town Academy produced a civic education program for adults, with the goal of producing better arguments at Town Meeting – not eliminating them, as that would be undesirable (and of course impossible), but making them better informed so that the debate is more finely tuned.

My own work stands in the records of meetings over the few years I was here, but the work of Conway as a town will go on so long as there are those who treasure self-rule and self-reliance. Based on what I've seen, that will be for a long time to come.

Thank you again for allowing me to help you maintain your community.

– Tom Hutcheson

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. Next meeting is April 7. For more information, contact Patricia Ann Lynch, COA chair, at 369-4284.

Senior Calendar for April

Healthy Bones & Balance Classes These free classes, sponsored by RSVP, offer a combination of upper body, lower body, core, and balance exercises. Meeting dates and times: Tuesdays 9:00-10:00 a.m., Fridays 9:00-9:30 a.m. Contact leader Gary Fentin at 369-0001 for the Zoom links.

Monthly Foot Care Foot clinics are held on the first Monday of the month in Town Hall by appointment only. The next clinic will

be April 5. 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 offers fully prepared meals from LifePath Thursdays at noon for curbside pickup at Town Hall. Menus vary. For more information or to sign up for a meal, call Carolyn Thayer at 369-6948. LifePath suggests a voluntary donation of \$3.00 .

Yoga for Seniors Led by Jody Fontaine on Zoom 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 the Zoom links.

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, and raised toilet seats. 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 by LifePath for Conway seniors. Call LifePath at 773-5555 for further information and registration.

Transportation for Medical Appointments and Shopping 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.

Vaccine Appointment Scheduling Help

The Conway Board of Health has assembled a volunteer group of Conway residents who are available to assist the community in trying to find vaccine appointments for those eligible.

Groups eligible for the COVID vaccine as of 3/22/21 include:

- people age 60 and older
- people with 2+ certain medical conditions
- low-income and affordable senior housing residents and staff
- healthcare workers
- long-term care settings and congregate care settings
- first responders
- K-12 educators, K-12 school staff, and child care workers

NOTE: As of April 19, all persons age 16 and older will be eligible to make appointments.

If you are eligible and have unreliable internet or have been having trouble making an appointment, we can try to help!

Please contact Jackie Choate from the Conway Board of Health at 413-834-2930. You must be comfortable providing such information as your date of birth, phone number, email address, and, in some cases, your medical insurance number. Conway residents who are assisting with this effort have been fully vetted.

If you are a Conway resident and you are interested in helping connect eligible people with appointments, please contact: Alexis Arcaro 818-653-3529 or aaarcaro@gmail.com.

Come Walk with Us

With the arrival of spring, the senior walking group is again taking easy walks around town. We hope more people will join us -- with social distancing and masks -- for excellent company and

stimulating conversation. The group is meeting at 10:00 a.m. in front of the library every Monday, weather permitting. For more information, contact Phylis Dacey at 369-4326.

Strengthen Your Core Muscles, Protect Your Back

by Peter Farber

As it is that 75% of all adults will experience back problems, often debilitating, everyone can benefit by doing simple, easy core exercises to protect the back, knees, and hips.

The core muscles – all the muscles that attach to your spine – stabilize and control the movements of your spine and trunk. When strengthened, the core muscles, which can be found in and near the abdominal area, can *simulate* a strong, healthy spine. From the age of 30 our vertebrae begin to age and wear. Any simple exercises that strengthen the core muscles protecting your vertebrae will serve you well throughout your life. You could start right now, whatever your age.

There are five main groups of core muscles. The rectus abdominis supports trunk flexion, allowing us to bend forward. Erector spinae support trunk extension, allowing us to lift ourselves out of our bend and stand straight. The internal and external obliques support trunk rotation, allowing us to twist to the left and right. The transverse abdominis supports compression of the abdomen. Multifidi hold your spine stable during movement. The good news is that it does not take a lot to strengthen these muscles, but the bad news is that if you want to protect yourself, all of these groups need to be strengthened.

YouTube has tons of instructional videos of core-building exercises. The plank is a good beginning exercise. Start with just a first step and slowly add more as your ability grows. Just doing even that first step will help protect your back.

Pilates Plank

1. Begin on your hands and knees with your knees directly under your hips and your hands directly under your shoulders.
2. Lift up in your middle as you stretch one foot straight back and then the other. Keep your legs engaged in supporting the plank position.
3. Hold for three to five breaths. Release and repeat one or two more times.

Benefits to practicing the plank pose every day include these: (1) strengthens your core, (2) increases muscle definition, (3) heightens metabolism, (4) reduces back pain, (5) improves posture, (6) improves balance, (7) enhances bone and joint health, (8) boosts mood and relieves stress.

National Prescription Drug Take Back Day

Bring your unwanted drugs for free disposal Saturday, April 24, 2021, 10:00 a.m.-2:00 p.m.

Simply bring them to your local police station and drop them in the MEDRETURN BOX. You may also bring medications to a permanent Drop Box location in Franklin County:

Deerfield Police Dept., 8 Conway Street
Greenfield Police Dept., 321 High Street
Leverett Police Dept., 90 Montague Road
Sunderland Police Dept., 105 River Road

Medication can remain in original containers with labels. No liquids, syringes, IV equipment, or chemotherapy drugs. Prescription and nonprescription drugs, vitamins, and veterinary meds are accepted.

Update from the Field Memorial Library

Our 18-step “steps-side” system of picking up materials and returning them to our outside book drop continues. Pickup schedules include Saturdays from 10:30 a.m. to 2:00 p.m. and Monday and Wednesday afternoons/evenings scheduled via email or phone. Our phone (413-369-4646) is staffed during these times. Visit our website at <https://fieldmemoriallibrary.org> for news and events and the “Collections” page to browse portions of our collection.

This spring, FML, as a member of the Libraries in the Woods (LITW) Collaborative, is participating in the community read project of *Station Eleven*, a novel by Emily St. John Mandel (2014). We are joining with 20 other area libraries to encourage reading the novel and then joining in conversations, events, and other activities that the partners are sponsoring to discuss and elaborate upon it during April and May. This shared reading project has also joined with The Big Read project sponsored by the NEA Big Read: Pocumtuck Valley, a program of the Pocumtuck Valley Memorial Association, a supporter of the Memorial Hall Museum and Library and the Tilton Library in Deerfield and more than 40 other libraries, organizations, and businesses in Franklin, Hampshire, and Hampden counties. New England Public Media is also both a media sponsor and programming partner for this widespread Western Mass. project. Planned events include a virtual conversation with the author, Emily St. John Mandel, on Tuesday, April 27, at 7:00 p.m. Please visit our Station Eleven webpage at <https://fieldmemoriallibrary.org> or email director@fieldmemoriallibrary.org to register for this Zoom-based presentation. Copies of the novel may be borrowed through FML.

FML will also join with the Belding Library in Ashfield and the Dickinson Library in Whately to sponsor a Zoom-based book discussion on May 18. In addition, FML will join with Belding and the Arms Library in Shelburne Falls in sponsoring a Zoom-based discussion of the meaning of the phrase “survival is insufficient,”

which has a key meaning in the novel and is drawn from a specific episode of the *Star Trek: Voyager* series. Visit our Station Eleven webpage for details.

A major goal of this project is to gain perspective on the coronavirus pandemic by comparing it with the fictional one in *Station Eleven*, providing a basis for sharing and reflection in easing the stress and grief that our real-world pandemic has created. To provide additional opportunities for perspective, other titles on pandemics throughout history, both fiction and nonfiction, are available in a curated collection at FML. The pandemics described in these titles were far more severe than COVID-19, especially due to the limited resources people had available to fight them. This is not to diminish the sacrifice and hardships that so many have endured during COVID-19 but rather to encourage acknowledging what we have to be grateful for in this time, despite the loss and heartache it has created.

David Whittier, Director
Field Memorial Library

Distinguished Conway Residents: Jill Ker Conway

Jill Ker Conway (October 9, 1934 – June 1, 2018) had a career filled with accomplishments, not least of which was being appointed in 1975 as the first woman president of Smith College. She brought to Smith a vision for women's education that transformed the school, previously dominated by conservative male administrators



Jill Ker Conway (1934-2018);
Courtesy Penguin Books Australia,
penguin.com.au

and faculty. Her three major accomplishments at Smith were the renovation and expansion of Neilson Library; the growth of the Ada Comstock Scholars Program, which enables women beyond traditional college age to attain a Smith degree; and a huge growth in the school's endowment.

During her wide-ranging career, Dr. Conway performed multiple roles as educator, scholar, feminist, the author of three critically acclaimed memoirs, and – after retiring from Smith in 1985 – a member of the boards of several businesses, including Merrill Lynch and Nike. Dr. Conway's first book, *The Road from Coorain*, covers her journey from her family home on an 18,000-acre sheep station in New South Wales, Australia, to Harvard University, where she earned a doctorate in history. She went on to teach at the University of Toronto until 1975 (the subject of her second book, *Due North*), when she left for Smith. Her third memoir, *A Woman's Education*, covers her years at Smith.

Not long after her appointment as Smith's president, Dr. Conway was recognized by *Time* magazine as one of its "Women of the Year." In 2013 President Barack Obama honored her with the National Humanities Medal. The citation for the medal reads: "Dr. Conway has inspired generations of scholars, and her studies of exceptional and empowered women have revealed a common drive that unites women across the globe – to create, to lead, and to excel."

Her home on Mathews Road in Conway served as a weekend retreat for Dr. Conway and her husband, John, where they could visit with their close friends, the Macleish family and other neighbors. Kate French remembers Dr. Conway as being "an incredible gift to her town. She willingly volunteered to sit with other authors at the FOH." Although she also had a home in Boston, Dr. Conway continued living in Conway even after her retirement from Smith, maintaining a deep connection to the school. The current president of Smith, Kathleen McCartney, was

quoted in one obituary as saying, "She was so important to the Smith community. She was a larger-than-life figure still."

At Dr. Conway's funeral in St. Mark's Church, limousines and other cars filled the Frenches' field and lined Delabarre Avenue and Ives Road, and in the church it was standing room only. She and her husband are buried in Pine Grove Cemetery.

Scholarships

Conway Festival of the Hills Scholarship Although there was no festival in 2020, we will still be awarding scholarships! Applications for the Conway Festival of the Hills Scholarships are currently available on the town website: www.townofconway.com under forms and downloads.

Scholarship applications (hard copy only) must be postmarked by the last weekday in April (**Friday, April 30**) and mailed to Conway Festival of the Hills Scholarship, PO Box 431, Conway, MA 01341. Please note that no applications received after that date will be considered.

Festival of the Hills Scholarships are available to all graduating high school seniors from Conway who submit completed 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.

Questions? Please contact Phyllis Jeswald: 369-4410 or pjeswald1@gmail.com

Field Memorial Library Scholarship The Friends of the Field Memorial Library in Conway announce their Scholarship2021. We want to encourage and support the continued education of a graduating Conway high school senior. Applications are now being

received; the deadline is **April 30, 2021**. To be eligible for this scholarship (currently \$500), the applicant must:

- Be a resident of Conway, MA
- Be a graduating high school senior, either from a school or home-schooled
- Have maintained good academic standing throughout high school (grade point average)
- Have demonstrated good communication skills by submitting an application

To obtain an application, contact your high school guidance counselor or go to <https://fieldmemoriallibrary.org/> or contact Thad Bennett at FieldMemLibraryScholarship@gmail.com

The Conway Firemen's Auxiliary Scholarship The Conway Firemen's Auxiliary scholarship is awarded annually to a Conway resident who is a graduating high school senior. Primary consideration will be given to students that have been involved in community service and/or extracurricular activities and who plan to further their education in either college, trade school, or a certificate program. Grades and financial need will also be considered. To obtain an application, visit the Forms and Downloads page of the town website - townofconway.com - or pick up an application at the Frontier Regional High School or Franklin Technical School guidance offices. Send your completed application to: Conway Firemen's Auxiliary; PO Box 46; Conway, MA. 01341 by **Friday, May 7, 2021**. For additional information contact Heidi Flanders, President at 413-369-4219.

The Mark Boice Germain and Mildred Boice Germain Fund: A College Scholarship Fund for Residents of Conway, Academic Year 2021-2022 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."

Applications are available at the Town Office, 32 Main Street, Conway, or you can download and print the application: Germain-Scholarship Application 21-22. The application deadline is Friday, **April 16, 2021**.

UCC Conway Scholarship

The United Congregational Church of Conway is awarding a scholarship to a graduating high school senior in 2021. 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. Completed applications must be postmarked by **Friday, April 16, 2021**, and mailed to:

UCC Conway, Attn: Scholarship Committee, PO Box 214, Conway, MA 01341

Students may obtain applications by contacting Tina Burnett at 369-8035 or 16xcmom@gmail.com,

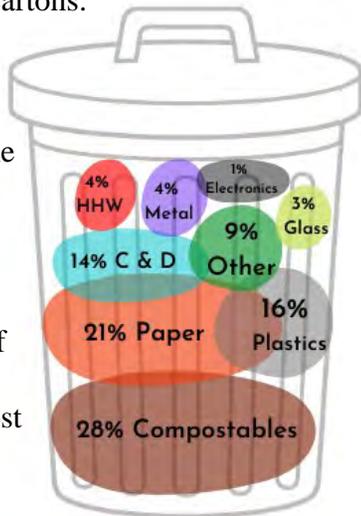
Talkin' Trash

Spring has sprung! As our world begins to turn green again, our thoughts turn to our gardens. The foundation of any successful garden begins with the soil. Compost makes the perfect addition to garden soil, and it's easy to make your own! The Franklin County Solid Waste Management District sells backyard composters for \$25.00 and kitchen countertop pails for \$5.00.

Conway residents are also fortunate to have available a compost drop-off bin at the transfer station. This option is especially convenient because many more items are able to be composted through this program than can be done in a backyard compost bin, such as meat, bones, dairy products, paper plates, pizza boxes, paper take-out containers, and paper egg cartons.

Did you know that food scraps and other compostable materials make up 28% of the trash that is thrown away? Composting food scraps is not only good for your soil, it helps to save the town money!

Please visit the Town of Conway Board of Health webpage for more information on composting and how to purchase a compost bin: townofconway.com/board-of-health.



Conway Festival of the Hills Scholarship Fundraiser: The Un-tag Sale Is Coming May 22!

Like many of us, you have likely spent a good part of COVID-19 isolation purging garages, attics, closets, and basements. The pile is getting higher, and there's no place to toss it. No one really wants to have a tag sale: time spent deciding on all those prices, advertising, sitting alone in your yard on a beautiful spring day, and making \$44. It just isn't worth it. So we have the solution . . . the Festival of the Hills Un-tag Sale!

On **Saturday May 22**, with a rain date of Sunday, May 23, we will hold this event. It will be advertised by us in the *Recorder* and *Gazette*. You will bring items to your front yard or join together with neighbors. All items are priceless . . . because they will have no prices on them! No tags, no haggling. Customers will name their prices and make their donations, giving generously to our

scholarship fund. Just leave out a donation jar, chat with your neighbors, and watch your items drive away.

In that the decision to hold the festival will not be made until June 1, we risk having reduced funds for scholarships for our graduating seniors. The Un-tag Sale will serve to assure us of those funds whether we hold the festival or not. We encourage you to gather with neighbors, then contact us, providing your Un-tag Sale location. Shortly before the community event begins, we will advertise the locations of all those participating. Contact pjholbrook@comcast.net.

So, it's a win-win-win. Your basement is clearer, happy customers love your stuff, and the Festival of the Hills Scholarship Fund will be assured. Purge, donate, and share Conway with others.

The Un-tag Sale!

Thank you!
Festival of the Hills Committee

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!

If you find any errors in this issue of *Conway Currents* please let us know by contacting Pat Lynch at patricialynch@earthlink.net. Our aim is to present clear and accurate information of interest to the community.

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.

Unheard Melodies

by Nicole Braden-Johnson

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

The House on South River

Dawn struggles to break through gray clouds,
But two cups of coffee percolate the kitchen with a rich sense of
morning.

The day's pace accelerates as cherub mouths announce awakening
With boisterous voices and sticky kisses.

Rivulets chase a kaleidoscope of leaves down the driveway,
But here warm arms hold little limbs fast.

Lightning strikes and maims a precipitous, young tree,
While tiny feet tap out some first arpeggios.

While the skies groan and grumble,
Small hands join big hands to roll dough and to turn storybook
pages.

Who can say what curious blue eyes may find outside this door?
But these walls will stand,
Through storm or rare tornado,
As haven, harbor, anchor, lighthouse, home.

Eating Around the World

By Véronique Blanchard

A few months ago, my daughter suggested that we cook meals together virtually every week. Her idea was to take a map of the world, randomly pick a country, and then choose a dish to make from that country. Her boyfriend, she, and I take turns picking the country. So far, we have chosen Uzbekistan, Jordan, and Algeria. I thought you might enjoy joining us on our journey and will bring you our favorite dish from each month. We made Algerian kefta, Jordanian kofta bi tahini, and our favorite was a dish called samsa from Uzbekistan, which is very similar to an Indian samosa. Here is the recipe, we hope you enjoy it as much as we did!

Samsa

Ingredients

Dough

- 2 cups flour
- 1 cup warm water
- ½ tsp salt
- ½ cup melted ghee

Filling

- 1 lb fatty lamb, minced
- 3 medium onions,
finely chopped
- 1 tsp salt tsp freshly ground black pepper
- 1 tsp cumin
- 1 egg yolk, beaten
- black sesame seeds, optional

Instructions

Dough

1. Sift the flour into a mixing bowl.
2. Add salt to a cup of warm water and mix until dissolved.
3. Combine the water with flour and knead the dough to form a dough ball - about 10 minutes in a stand mixer.
4. Cover the dough ball and leave to rest for 30 min.
5. Once rested, sprinkle the working surface with a little flour and roll the dough into a thin, rectangular sheet approximately 2-3 mm or 1/8 inch thick.
6. Cover the sheet with melted ghee.
7. Starting on one edge, roll the dough tightly like a cigar.
8. Cut the roll into 18 equal pieces.
9. Press each piece with the palm of your hand to make a patty.
10. Stack patties with parchment paper between them in an airtight container, and place in the fridge to chill for at least 3 hours or overnight.

Filling

Combine all the ingredients and mix well. Leave to rest for at least 30 minutes.

Assembly

1. Take the dough patties out of the fridge and roll each patty out into a thin circle using a rolling pin. Roll on one side only and never flip the dough.
2. Divide the filling between each circle evenly.
3. Bring two opposite sides together, making a triangle. Pinch the corners. Then bring the bottom part and pinch together again.
4. Put the samsa on the baking sheet lined with parchment paper seam side down.
5. Cover with beaten egg yolk and sprinkle with sesame seeds, if using.
6. Bake at 385 F for 30 minutes or until golden.

A Ticket to Greenfield, Please

How do you get from Conway to Greenfield today? By car, of course, lacking public transportation as we do. But if you had lived in Conway in the late 1800s and early 1900s, you could have bought a ticket for the Conway Electric Street Railway and ridden the trolley to Conway Station, where you could have boarded a train to Greenfield and beyond.



Masonic Building and Electric Station, Florence R. Howland Munson, (1876-1958), Courtesy Conway Historical Society

The Conway Electric Street Railway, constructed in 1894-1895, ran through Conway center and connected the town to two steam railroad stations next to the Deerfield River. Conway Station, located off Bardwell's Ferry Road on the west side of the river, was served by a branch of the New York, New Haven, & Hartford Railroad line. A bridge high above the Deerfield River enabled the street railway cars to reach South River Station on the east side of the river in Deerfield. This station was on the Boston & Maine Railroad line. Conway was a bustling mill town in the late-1800s, and the trolley provided access to railroad lines where goods made in Conway could be unloaded for shipment to markets elsewhere.

Electricity generated by water pouring over a dam constructed across the South River powered the Conway Electric Street Railway. In November 1900, the dam's power house began supplying electricity to homes in town as well.

The Conway Electric Street Railway, both railroad stations, and the railroad tracks that fed them are long gone. Today, much of the abandoned railroad right of way is still accessible for hiking and biking. Where the high bridge once soared, a 130-foot-long fiberglass foot bridge, using the stone piers of the original, crosses the river, connecting the remaining sections of the railway.

Currents Advertisements & Notices

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.

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.

Fill-in Transfer Station Attendants Needed - The Conway Board of Health is looking for a couple of people to help fill in at the transfer station over the next few months. This would be a temporary position at this time, but that could change. If you are interested, please contact the Board of Health at 413-369-4235 x8 or boardofhealth@townofconway.com for a job description.

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 equineautie@yahoo.com.

Baker's Country Store - open seven days a week for all-day take-out breakfast and lunch. *Note: Closing at 1 p.m. on Easter Sunday, April 4.* Limited seating outside when weather permits, and inside due since the partial lifting of the COVID-19 restrictions. Hours: Monday-Friday 6 a.m. – 6 p.m.; Saturday and Sunday 7 a.m. – 5 p.m. Call 369-4936.

Pansies are here for planting in your spring garden! We have a variety of homemade desserts and baked goods, and a large selection of last-minute items. 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 for today's specials. *Happy Easter!*

The Conway Inn - 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. Watch for outdoor dining once the weather warms. Thanks again for the hometown spirit you've shown toward your local businesses!



Fresh, Local Farm Food Delivered Right to Your Door! - Hart Farm CSA boxes are filled with veggies, fruits, flowers, eggs, bread, cheese, meat and more. Choose from 3 different box types and then choose your delivery dates. Delivery throughout West Franklin/Hampshire Counties every Friday, April 23rd-November 26th. Pay with card/check/SNAP. We provide an accessible, convenient and flexible schedule farm box program to the

community that we love. You can expect high quality, freshly picked, delicious produce infused with good vibes and delivered with a smile. More info at www.conwayhartfarm.com, Conwayhartfarm@gmail.com, 413-453-9098.

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

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 and 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.

Auto Detailing - Exterior/Interior services available. Call or text Matt at 413-262-2687 for details or to make an appointment. Pick-Up and Drop-Off service available in Conway, April - October weather permitting. Makes a great gift for someone who "has everything".

Buy Locally!

Last summer, the Conway Agricultural Commission put together a listing of local farm stands and farms offering direct sales to the public. With the warm weather coming, we expect there will be renewed interest in purchasing items locally and directly from farms.

- Antes Farm** - 418 Roaring Brook Road, Conway - *Grass Fed Beef* - antesfarm.net/
- Ashfield Soap Co.**, Ashfield - *Handmade Soaps* - ashfieldsoap.com/
- Back Pond Farm** - 238 Bardwells Ferry Rd., Conway - *USDA insp. Lamb/Raw Fleece/SS Rugs/Yarn/sheep/lambs*
- Ben Hay** - 104 Ashfield Road, Buckland - *Produce* - mapleroworganic.com/
- Boyden Brothers Maple** - 642 South Deerfield Road, Conway - *Maple Syrup/Dairy* - boydenmaple@gmail.com
- Candle in the Window** - 161 Fields Hill Rd, Conway - *Soaps/Solid Shampoos/Bath & Beauty* - 413-369-4670
- Chestnut Lot Farm** - 396 Main Poland Road, Conway - *Beefalo/Maple Syrup* - chestnutlotfarm.com/
- Clark Brothers Orchards** - 580 Apple Valley Rd., Ashfield - *Fruit* - ClarkBrothersOrchards@Gmail.com
- Davenport Farm** - 111 Tower Rd, Shelburne Falls - *Eggs/Maple syrup* - 413-625-2866
- Farm Stand** - Rt. 116, Conway - *Produce, flowers, eggs*
- Farm On A Rock** - 1270 Whately Road, Conway - *Chicks/Pigs/Goats/Guinea Hens* - 413-522-2159.
- Hanas Farm**, Conway - *Hay*
- Hart Farm** - Hart Road, Conway - *Eggs/Produce/Maple Syrup* - conwayhartfarm.com/
- Mar-Al Farm**, Conway - *Hay*
- Meghan Hart Pottery** - 192 Academy Hill Rd., Conway - *Pottery* - hartpottery@gmail.com

Natural Roots - 888 Shelburne Falls Road, Conway -
produce/eggs - naturalroots@verizon.net

Oliver's Farm Stand - 36 Main St, Goshen -
Produce/Fruits/Dairy/Meat/Fish - 413-264-5741

Porter Family Farm - 93 Steady Lane Road, Ashfield - *Beef* -
413-348-5767

Shirkshire Farm - 661 S Shirkshire Rd., Conway -
Lamb/Eggs/Meat Birds/Soaps/Blueberries - 413-625-9282

Sidehill Farm - 58 Forget Road, Hawley - *Yogurt/Dairy* -
sidehillfarm.net/

South River Miso - 888 Shelburne Falls Road, Conway - *Miso* -
southrivermiso.com/

Vachel Farm - 1317 Pine Hill Rd, Conway - *Beef/Maple Syrup* -
413-625-9340

Wheel-View Farm - 212 Reynolds Rd., Shelburne - *Grass Fed*
Beef - wheelviewfarm.com/

Wholey Cow Farm - 49 Wholey Road, Conway - *Raw Milk/Duck*
Eggs/Maple Syrup & More - 413-369-4638

Wilder Hill Gardens - 351 South Shirkshire Road, Conway -
Flowers/Blueberries - wilderhillgardens.com/

Windrow Farm - 388 Hart Road, Conway - *Hay* -
jfsilverman413@gmail.com

Mary Parker
AgCom Secretary

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