



Introducing Ross Perry Interim Town Administrator

I am excited about starting my un-retirement in Conway. In my short time here, I have noticed the friendly, "let's get along" attitude from many people. This is a beautiful part of the state that I am enjoying the opportunity to explore.



Last fall I retired from the town administrator position in Sterling, MA. Previously, I had worked for a regional planning agency in Taunton for seven years, focusing on ways to improve municipal efficiency. I live in Stow, MA (not Vermont), and will be in Conway three days a week, most likely Monday, Tuesday, and Wednesday.

This is a busy time of the year for municipal staff, and I will be focused on preparing for the Annual Town Meeting. Tom Hutcheson has done a great job preparing the Fiscal Year 2022 budget and drafting the town meeting warrant. I hope to build on this work and help arrange for a successful Town Meeting that will allow everyone's attendance while following COVID considerations.

In addition, my goal is to facilitate a smooth transfer between Tom's departure and the new town administrator's start.

To the selectboard, thank you for the opportunity to serve the Town of Conway. To the residents of Conway, let me know your concerns and goals, and I will try to help.

Sincerely,
Ross Perry

Helen MacDonald Reed: 1916-2020

Summing up our mother's life of 103 years in a few paragraphs is a challenge. Helen's family history is one of humble beginnings, which had a great effect on how she lived. Her father, Joseph Hurst, was born in Liverpool, England, in 1886, to a destitute, single mother. He experienced neglect, abuse, and poverty and was eventually admitted to an orphanage in 1895. In 1896, at age nine, Joseph sailed to Canada during the assisted juvenile emigration program. As a child migrant worker, he was shuffled from one foster family to another until he was finally adopted by the MacDonalds. By age nineteen, Joseph Hurst MacDonald traveled to New England, met his wife, Ellen Bourbeau, and started a family in Montague, Mass. Helen MacDonald, born July 17, 1916, was the third eldest child of eight siblings. She attended the original Conway Grammar School until grade eight. As the oldest daughter, she helped her mother care for five younger siblings. She found employment as a maid to help financially support her family.



During her teens she met her future husband, Cullen Johnson Reed, who was her favorite dance partner. At age nineteen, Helen eloped with Cullen during a blizzard on January 17, 1936. They were married by a Justice of the Peace and spent one night in Boston. The next day they drove home because Cullen had to plow snow and get back to his work on the family farm. Their first child was born in 1945. Nancy was followed by brothers Lester and Alan. We enjoyed happy childhoods growing up on our farm. Neighborhood children loved being at the Reeds' house and farm, where there was always plenty of food, fun, and love to

share. Every Saturday they would dip their hands into the jar of freshly made donuts in Helen's kitchen. Her kitchen was always filled with the wonderful aromas of her baking delights. Helen had a very green thumb for gardening. We ate from the many jars of canned fruits and vegetables throughout our winters. She also made delicious dandelion wine, which was served at family weddings. Besides being a mother and a busy farmer's wife, she managed to be a hairstylist for her friends and neighbors.

As time went on, the farm was sold. Cullen began to drive a school bus as he had done in his 20s. Helen drove a station wagon "bus" to the outer roads of Conway, though it took her three tries to actually qualify for her driver's license. For 25 years she was the cook at the Conway Grammar School she had attended as a child. She was a "mother" to the students and knew what each of their favorite meals was. Upon retirement in the '80s, Cullen and Helen began traveling, usually with bus tours on which they said they enjoyed the people they met as much as the places they visited. Hawaii was a highlight for them. Cullen died at age 83 in 1994. Helen lived 26 more years without her devoted husband. At age 89, she joined family on an Alaska cruise and was amazed by the sight of a glacier. She adored her family, which grew to five grandchildren and six great-grandchildren. At age 90 she flew to Colorado to meet her first great-grandchild.

Helen loved to sit on her front porch and welcome visitors. She was a chatterbox and loved to tell an embellished tale to anyone who would listen. She became a political aficionado of sorts. Born four years before women could vote, she had hoped to live to see the election of our first woman president. Helen died January 13, 2020, in



Helen on her 100th birthday

her home of 84 years at 36 Main Street. She remained humble and loving to the very end. Her last words were, "The best thing in life is to love someone. I've only tried to love everybody and make them happy. Our mother, Helen Marie MacDonald Reed, was a legend in her own time in this wonderful little town that loved her. Thank you, Conway!"

- Nancy Reed Bovio

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 May 5. For more information, contact Patricia Ann Lynch, COA chair, at 369-4284.

Senior Calendar for May

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. Instead of a grab-and-go lunch on May 27, we are planning a picnic lunch in Memorial Park.

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 May 3. Call Peg Tiley at 369-4010 for information or to make an appointment. Face masks are required. There is a \$20.00 fee.

Walking Group Spring is here, and the walking group is again taking to the streets of Conway for companionship, conversation, and exercise – with required distance and masks, of course. The

group gathers at 9:30 a.m. in front of the library every Monday, weather permitting. For more information, contact Phylis Dacey at 369-4326.

Yoga for Seniors Led by Jody Fontaine Wednesdays on Zoom. 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. Outdoor "pop-up" classes will be held during the summer, weather permitting. Call Jody for information.

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 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.

Cover Banner, *South River, Spring*, Courtesy of Michele Turre

Cover: Ross Perry - staff photo

Images of Helen Reed courtesy of Nancy Reed Bovio

Eating for Better Sleep

by Peter Farber

Difficulty sleeping is almost another epidemic in this world in which we live. Pauline N. Harding, MD, has been in private practice since 1979 as a family practitioner and as an emergency room and occupational health practitioner. Dr. Harding makes the case in her article *Eating Your Way to Better Sleep*, published in *Well-Being* (November 2020), that normal cortisol rhythm is the key to improved, rejuvenating sleep. Cortisol is a hormone produced by the adrenal glands. According to Arefa Cassoobhoy, MD, MPH, in a Web MD article, "What Is Cortisol?" (December 13, 2020): "Think of cortisol as nature's built-in alarm system. It's your body's main stress hormone. It works with certain parts of your brain to control your mood, motivation, and fear."

The quality of your sleep is affected by your cortisol levels. A normal level of cortisol throughout the day and into the night contributes to a good night's sleep. Understanding what affects your cortisol rhythm during the day and night is critical to having control over your sleep patterns.

As a child I thought circadian rhythm had to do with the cicadas chirping all night on the tree outside my bedroom window, but in fact, circadian rhythm is the cycle in which cortisol is released, with the highest levels in the morning and lowest at night. What is important for us to remember is that it is a 24-hour cycle, and what we eat during the day affects that cycle at night. An abnormal circadian rhythm adversely affects your body in many ways. And a higher than normal cortisol level at night leads to poor sleep.

High glycemic index foods cause cortisol levels to rise. You may very likely start your day with a normal cortisol level, but with a sugary or starchy breakfast you are off to the races and an abnormally high cortisol level throughout the day and into the night. Miss a meal and you are doing your sleep harm. During the day, failing to eat a low glycemic index meal within five hours of a

previous meal or snack can cause your cortisol level to rise, leading to disturbed sleep.

Eggs, meats, poultry, fish, and most vegetables are low glycemic index foods that lower cortisol levels. Eating these foods throughout the day can ensure a normal cortisol level at bedtime. In the service of a good night's sleep, how terrible would it be to give up pancakes soaked in maple syrup or sugary cereal at breakfast for something less high on the glycemic index?

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. We anticipate reopening for visits by appointment in the weeks ahead. Please check our website for details.

This spring, the Field Memorial Library (FML) is participating in the community read project of *Station Eleven*, a novel by Emily St. John Mandel (2014). FML will join with the Belding Library in Ashfield and the Dickinson Library in Whately to sponsor a Zoom-based book discussion on May 18. FML also 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 website and the Station Eleven page to find links to talks and discussions about the book and the Star Trek episode.

FML is honored to announce that we have been selected to receive a grant – Libraries Transforming Communities (LTC): Focus on

Small and Rural Libraries – from the American Library Association (ALA) Public Programs Office. Over the next several months, FML staff will embark on various community engagement projects to develop our program on “Perspectives on the Pandemic.” 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, in addition to copies of *Station Eleven*. Details will be posted on our website as they are confirmed.

New titles for your consideration:

Adult Fiction

News of the World (movie tie-in) by Paulette Jiles
The Vanishing Half by Brit Bennett
The Mirror & the Light by Hilary Mantel

Adult Nonfiction

How the South Won the Civil War by Heather Cox Richardson
Stranger at the Gates: Summer of 1964 in Mississippi by Tracy Sugarman
The Year of Living Danishly: Uncovering the Secrets of the World's Happiest Country by Helen Russell

Children

The Magical Yet by Angela Diterlizzi
Chick and Brain: Smell My Foot! by Cece Bell
Little Bear by Else Holmelund Minarik, illustrations by Maurice Sendak

David Whittier, Director,
Field Memorial Library

Forest Owners Carbon Markets Proposal Survey

Bay State Forestry Service Wigmore Forestry Resource Mgmt.
2342 Main Street 1610 West Road
Athol, MA 01331 Williamsburg, MA 01096

Dear Conway Forest Landowners:

The Conway Selectboard asked our team to help consult private forest landowners in Conway regarding land-use decisions and the opportunities available for conserving carbon. This includes possibly monetizing your nature-based climate solutions. Climate change can seem like an overwhelming challenge, and it can be difficult to find meaningful ways to make a difference. The good news is that as a forest landowner, you can have a significant impact through land-use decisions you make – specifically, your decisions about the future use and management of your forest. The selectboard understands that forest ecosystems play a large role in the reduction of carbon dioxide in our air. They think that carbon-smart decisions in your forests provide one of the steppingstones in our society's move to a new energy paradigm. They invite you to become local champions in carbon drawdown efforts.

We would like to explore the available carbon markets with you. Our team hopes to follow up with a phone call to answer any questions. Please take our own online survey with a link posted below. We plan to offer an informational workshop via the Zoom platform, which will be advertised through phone contact, email notices, and the Conway town website. We hope that you will join us as the conversation continues. We know time is precious for you; thank you for your time with this letter.

Sincerely, Conway Private Forest Carbon Team:

Colin Mettey cmettey@baystateforestry.com 413-887-4562	Michael Barry mbarry@baystateforestry.com 774-364-4192	Mary K. Wigmore wfrmanagement@gmail.com 413-628-4594
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Conway Private Forest Owner Carbon Market Conversation Online Survey link:

<https://forms.gle/sjwQgWhL8bdiTR7j8>

Open smartphone camera
and hold over QR code 



Pre-Town Meeting Potluck?

Will Conway's pre-Town Meeting dessert potluck and discussion happen this year? That's the question the pre-Town Meeting organizers – Jimmy Recore, Ruth Parnall, and Mary McClintock – are trying to answer. We hope to create some opportunity for Conway folks to discuss Town Meeting issues before we go to Town Meeting. However, as of the deadline for this issue of *Conway Currents*, we don't have the answer to the question. So please check the town website www.townofconway.com for updates in early May. Questions? Contact Mary McClintock at mclinto@verizon.net or 369-0117.

Town Meeting Postponed to June 5

The selectboard has postponed the annual Town Meeting to Saturday, June 5, at 1:00 p.m. in the hope that more residents will be vaccinated by then. The meeting place, likely to be at the Conway Grammar School, is yet to be finalized due to COVID social distancing requirements and will be posted on the town website <https://townofconway.com/> when a decision is made.

The selectboard is also sponsoring an article on the warrant that would change the date of the annual Town Meeting permanently to the first Saturday in June.

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.

Festival of the Hills Canceled

The Festival of the Hills Committee has made the difficult decision to cancel the 2021 festival. The uncertainty of being able to run a "normal" festival without restrictions is only one reason. Although we have had a group of hardworking, dedicated volunteers over the years, this year we have been unable to find volunteers to head up several key areas. Without those volunteers in place, we cannot successfully plan and run a festival. The Festival of the Hills has a long history, having been held almost every year since 1962. Generations have enjoyed this yearly event, but without a dedicated group of core volunteers, this may end. We hope to bring back the event for 2022, but that will depend on whether much-needed volunteers will step up and commit.

Planning meetings begin in early spring and run monthly until late summer, when they pick up in frequency, eventually becoming weekly. Heading up an area usually involves independent work, such as contacting vendors, and does not require attendance at every meeting. Our volunteers over the years have held full-time jobs while raising families and have still been able to juggle the

needs of managing a festival area. Please consider giving some of your time to this town tradition so we can pass this on to more generations. In the meantime, the FOH Committee will continue to raise funds so that our core purpose of providing scholarships to Conway high school seniors can continue.

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!

We will hold this event on **Saturday, May 22** (with a rain date of Sunday, May 23), 9:00 a.m.-3:00 p.m. We will advertise the event in the *Recorder* and *Gazette*. You will bring items to your front yard or gather together in a neighbor's front yard. 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 set out a donation jar, stay by it, chat with your neighbors, and watch your items drive away. *(Please understand that these items are yours to donate at your location. They are not the responsibility of the Festival of the Hills. This is your generosity of both time and of stuff. Thank you.)*

The decision to cancel this year's Festival of the Hills means the loss of funds for scholarships for our graduating seniors. The Un-tag Sale will serve to assure us of those funds.

We encourage you to gather with neighbors, then contact Pixie Holbrook at pjholbrook@comcast.net to provide your Un-tag Sale location. Please let us know by **Monday, May 10**, if you plan to participate, so that we can publish your addresses.

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!

The cash/check donations can be dropped off at any Greenfield Savings Bank, sent to the bank at 181 West Parsons Drive, Conway, MA, 01341, or to Festival of the Hills, PO Box 431, Conway, MA, 01341.

Thank you!

Festival of the Hills Committee

Garden Club Notes

Note: The Conway Garden Club is currently not meeting during the coronavirus pandemic.

Dandelions, the Forgotten Food

Dandelions are one of our most common plants, even in urban areas, and certainly one that most people can instantly identify, with their sunny golden flowers rising on long stems from saw-toothed green leaves. Viewed by many today as a stubborn weed, dandelions have been a valued source of nourishment and medicines worldwide for thousands of years. Dandelion greens have been a part of the traditional cuisines of Spain, Italy, China, Greece, Albania, Slovenia, and Kashmir in India. Even here, cultivated dandelion greens are often available in markets. Every part of the plant – flowers, buds, stems, leaves, and roots – is both edible and nutritious.

Dandelions (*Taraxacum officinale*) are a native of Europe and Asia that arrived on this continent with the first settlers, who probably cultivated them both for food and medicine. The leaves are rich in vitamins A, C, and K and also contain small amounts of vitamin E, B vitamins, calcium, potassium, and iron. Unopened dandelion buds are high in protein and add a tasty crunch to salads. The plant contains high levels of beta-carotene and polyphenols (concentrated in the flowers) – antioxidants known to reduce

inflammation from injury or illness that can lead to permanent tissue damage. Some studies have shown reductions in cholesterol. Dandelions are even good for your lawn: their roots loosen and aerate the soil, and the taproot plunges deep into the ground and brings important nutrients up to other plants.

So – blow on those dandelion puffballs, scatter the seeds (a source of food for seed-eating birds), let those dandelions grow, and learn to love them!

South River Meadow Mustard Garlic Pulls

Dates: Saturday, May 8, and Saturday, May 15

Time: 10:00 a.m. - noon

Come help pull out invasive mustard garlic at South River Meadow in Conway center. Contribute to the town's restoration efforts while you learn to ID and control this highly invasive plant and keep it from invading your own yard and woods.

Parking is available at the entrance to the meadow off Shelburne Falls Road, just north of the Masonic Hall building. Wear long pants and sleeves, bug repellent (ticks are out!), gloves, and closed-toe shoes. Please wear a mask and plan to keep physically distanced.

About Mustard Garlic

Mustard garlic (*Alliaria petiolata*) is an aggressive invader of gardens, roadsides, and woodland and field edges. Introduced from Europe in the 19th century, the plant spreads rapidly, displacing native or other desired plants. It is especially successful due to its prolific seed production and its ability to change the soil chemistry to be toxic to other plant species. The plant is also toxic to the larvae of threatened native butterflies of the *Pieris* genus, commonly known as the mustard white and Virginia white (not to be confused with the pesky introduced cabbage butterfly, *Pieris rapae*). Control involves pulling and bagging the young plants before they go to seed.

This event is organized and led by members of the Conway Open Space Committee.

Helping Wild Pollinators, Helping Ourselves

Now ... a long year later, *ONWARD!* The Friends of Conway Pollinator Project is moving forward at last!

Preparing the .57-acre site on the Audubon meadow on Rte 116 began with volunteers mowing the fast-sprouting grass to within an inch of its life in late April. There will be a second mowing the day before putting down black plastic strips secured by pins and sandbags for several months, to smother any growth that might compete with the flowers to follow. Project Manager Tom Sullivan of Pollinators Welcome is ordering materials and keeping an eye on the weather. Retired professor Cathy Neal, UNH, *the* acknowledged regional expert in large-scale wild pollinator projects, is generously lending her advice to Tom.

Once all the material is delivered, laying down the smothering strips will take a day's work with the help of about ten strong Conway volunteers, whose labor is what will make the project affordable.

Interested? Contact our intrepid Volunteer Wrangler, Kristen Strange, at kristenstrange@gmail.com. When Tom sets the Big Day – probably a Saturday or a Sunday – Kristen will get back in touch with all the info you'll need.

Background you may know: Wild pollinators are far more efficient at what they do for us than our heartbreakingly vulnerable European honeybees. There are about 370 species of wild bees in our region, some of which – including hard-working and irreplaceable bumblebee species – are endangered because of loss of habitat and pesticides. The more safe habitat for wild pollinators we can create, the better for us all: farmers, gardeners, and those of us who like to eat!

From Conway's Kitchens

From Gail Connelly; originally published in Conway's Open

Fresh Salsa

Dice 1 med. red onion, 1 green & 1 red bell pepper.
Chop 5-8 cloves garlic & 2 jalapeno peppers (seeds removed).
In processor, pulse 3 cans diced tomatoes (regular, Rotel, or fire roasted) or the equivalent of fresh in season.

Combine above ingredients together, finishing by adding:

- ½ bunch fresh cilantro, chopped
- juice from ½ squeezed lime
- 4-5 Tbs ground cumin
- 2 Tbs salt

Add more or less of the final 4 ingredients to satisfy your taste. Keeps for one week. In addition to traditional tortilla chips, this is delicious with toasted pita bread or on a thin slice of a crusty, toasted baguette.

Mother's Day Bake and Plant Sale

UCC Conway will be having a combination baked goods and plant sale on **Friday, May 7**, from 10:15 a.m.-3:00 p.m. at Greenfield Savings Bank in Conway. We will be outside with a baked goods table and a plant table. Donations of both kinds are welcome. Please bring bags or boxes for any plants you want to purchase. Masks will be required.

Valley Jazz Voices Live-Streamed & Virtual Concert

The Northampton-based jazz vocal ensemble Valley Jazz Voices, in partnership with Northampton Open Media, is producing a free, live-streamed and virtual concert on Sunday, May 2, at 7:00 p.m., with special guest Karrin Allyson, a five-time Grammy-nominated singer, pianist, composer, and bandleader.

Valley Jazz Voices is the largest jazz vocal ensemble in Western Massachusetts, singing a mix of jazz standards, Brazilian, swing, and bop, including original arrangements by director Jeff Olmsted and piano accompanist James Argiro. Valley Jazz Voices is a community vocal group, with 30 members participating from across Western Massachusetts during pre-pandemic times. Last spring the group shifted to an all-virtual format and has since been holding weekly sessions via Zoom. Twenty-five singers have been attending the virtual rehearsals from as far away as Taiwan, Wisconsin, and Maine.

The program is being supported in part by grants from the cultural councils of Amherst, Ashfield, Belchertown, Buckland, Chicopee, Conway, Deerfield, Goshen, Greenfield, Hadley, Holyoke, Northampton, Northfield, Pittsfield, South Hadley, Sunderland, Longmeadow, Shutesbury, Springfield, West Springfield, and Westfield – local agencies that are supported by the Massachusetts Cultural Council, a state agency. The main event sponsors are Curran & Keegan Financial and the Daily Hampshire Gazette.

For more information and links to stream the concert on May 2, visit www.valleyjazzvoices.org or go to www.facebook.com/valleyjazzvoices.

The Hills Are Alive with the Sound of . . . LA Blues and Classic 30s Swing

This summer in Conway, the six-piece Hey Hey Club will be performing up-off-your-seat great music and music to just sit and listen to. All concerts will be outdoors and safe. Bring lunch. Dates, times, and locations for June, July, and August will be announced in the June *Conway Currents*.

The Other Conways

by Pat Lynch

Our own town of Conway is just one of many places with that name. There are Conways in 18 states, in Wales in the U.K., and as far away as Australia. Not all are incorporated cities or towns; some are known simply as "census-designated places." The U.S. Conways range in population, according to the 2010 Census, from 58,908 in Conway, Arkansas, to 3 in Conway, Texas. The latter, now just a ghost town with the ruins of a former gas station, café, and motel, is nonetheless at least semi-famous for Bug Ranch – a collection of five VW Beetles buried nose down in the ground – and for a preserved segment of historic U.S. 66, listed in the National Register of Historic Places. Unfortunately for poor Conway, Mississippi, no population was recorded in the last census.

Although we share a name with these other Conways, the names' origins vary. Conway, Arkansas, was named for a prominent local political family; Conway, Michigan, for a local merchant; and Conway, South Carolina, for a Revolutionary War general, Robert Conway. The name of Conway, Wales, comes from the Welsh words for *chief* (*cyn*) and *water* (*gwy*). That Conway has the distinction of being the oldest, with a castle and town walls built between 1283 and 1289.

Our town shares the origin of its name with two other places: Conway, New Hampshire, and Conway, Queensland, Australia. All were named after General Henry Seymour Conway (1721-1795), an officer in the British Army. The famous British explorer and cartographer Captain James Cook (Lt. Cook at the time) named the Australian Conway on one of his voyages in the Pacific Ocean.

But why would two New England towns be named after a British general at a time when the American colonies were inflamed with rebellion? General Conway was a bit of a rebel himself. In addition to his military career, he was also a politician. He served in the House of Commons from 1741 to 1774, as its leader from 1775 to 1784, and as Secretary of State for the Southern Department – which made him

responsible for the American colonies. An advocate of American rights throughout his career, Conway became a hero to the colonists when he made a successful motion to repeal the Stamp Act of 1776. This unfair and much-hated new tax – imposed by the British on all colonial commercial and legal papers, including newspapers – had been met in the colonies with protests and riots. His opposition to war with America was far less successful.

Unheard Melodies

by Nicole Braden-Johnson

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

Vertebra

Nestled on the shoreline between granite and shale
It had come to lie, this ship-shaped curiosity.
Brought here sun-bleached and smooth-worn like river glass
By currents passing over curious crayfish and caddisfly larvae
After the last tendons loosened from a deer-turning-to-dust.

It's an alien-looking thing, this odd and eerie fragment,
Which cleaves the breathing, beating body together,
Through which the sensations of the world become electrified
And travel as infinitely intricate fireworks to the mind,
So that we may experience our own existence.

With a gentle prod it rejoins the water's path,
So that before it slips into the river Lethe,
It may travel just a little longer on this earth.



The Conway Board of Health

The Board is seeking new members. Duties of the board include food service and hospitality inspections, transfer station management, Title V inspections, and infectious disease monitoring. If you have an interest or expertise in any of these areas and would be willing to serve, please contact the Board of Health at boardofhealth@townofconway.com or 369-4235 x 8.

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.

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!

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!



Baker's Country Store - open seven days a week for all-day take-out breakfast and lunch. Limited seating outside when weather permits, and inside since the partial lifting of 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, annuals and veggies 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. Thanks for your support of your local businesses!

Help Wanted - inquire at the store during regular hours.

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 & backed 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

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.

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".

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.

What Does Conway Mean to You?

This month's image (page 23) courtesy of Peter Freisem. Send us your photo of that special place in Conway! We will publish an image each month as long as you want us to and as long as we have space. Images may be either in color or black and white and should be sent via email to lmbeckett@crocker.com. Either a .tif image in 300 dpi or a high-resolution .jpg will be fine. Send a brief description of your photo and add a few words telling us why this place is special to you. We look forward to your submissions!



Morning light on my first walk with Penny up Old Cricket Hill Road, April 20, 2021. Peter Freisem

Town of Conway
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