



Conway Gets Cozy!

By Sue Bridge

How's the winter going for you? Are you spending way too much on oil, propane or wood? Two programs can help us meet the expense of winterizing—and every homeowner in Conway qualifies for one or the other of them. Let's call these programs Cozy One and Cozy Two.

Cozy One is run by Community Action, with matching funds from the Town. For those of us of truly modest means, it is free of charge—and confidential. The C.A. team of experienced contractors will get insulation into your walls and attic, and seal around or replace drafty windows and doors. In some cases C.A. will also help Cozy One households with fuel costs or replacing an old furnace, too.

Cozy Two is run by Northeast Utilities/WMECO and is for households with higher incomes. This program begins with a free audit

and an estimate of work needed on a 'whole-house' basis: air quality, water, heat. The work is done by independent contractors you choose, and the utility kicks in a rebate of \$1,500 a year—every year, if the recommended work is spread out over several years.

Sometimes applying for programs like these has seemed too complicated, and people who could qualify just gave up. The Conway Energy Committee wants everyone in town to get cozy—so we're scheduling a series of weekly information sessions. Interested parties should drop in at Baker's store Saturdays in January from 10 am to noon, or have an Energy Committee member come out to your home to discuss your choices. For more information, call Sue at 369-4616, or at the email below. If you live in Conway, you can get cozy!

suebridge@wildsidegarden.com

Apology Dept: Due to an editorial error, the following names were omitted from last issues Holiday Greeting. Our sincere apologies to:

Irene Thurlow, Tom & Susan McCarthy, Obee/Liv & Bill Blumer

In this issue of The Visitor:

- New Senior Programs Offered
- Art for a Chan ge

- Janet Chayes Honored
- The Visitor in 2014

From the Pastor's Pen

Dear Friends,

Happy New Year! As we begin this new year, let us begin it simply; not with a complicated list of dos and don'ts, but rather with a clear goal of trying to make a difference in the time we are given here. In 2014, may we all find ways to be kinder and more loving and more faithful...to our family, our friends and ourselves...and to the stranger and to our God.. With that in mind, I offer Mary Fairchild's poem,

A New Year's Plan

I tried to think of a clever new phrase—

A slogan to inspire the next 365 days,

A motto to live by this coming new year,

But the catchy words fell flat to my ear.

And then I heard His still small voice
Saying, "Consider this simple, daily choice:

With each new dawn and close of day
Make new your resolve to trust and obey."

"Don't look back caught in regret
Or dwell on the sorrow of dreams unmet;

Don't stare forward anchored by fear,
No, live in this moment, for I am here."

"I am all you need. Everything. I Am.

You are held secure by my strong hand.

Give me this one thing—your all in all;

Into my grace, let yourself fall."

So, at last I'm ready; I see the way.

It's to daily follow, trust, and obey.

I enter the new year armed with a plan,

To give him my everything. All that I am.

—Mary Fairchild

Let us strive in 2014 to look at our neighbors (locally and globally) and celebrate what brings us together by acknowledging our commonalities and celebrating our differences, while not letting them create divisions among us.

Journeying together,



Rev. Dr. Candice M. Ashenden

P.S. And if you ever wish to have company on your spiritual journey, or just need a place to come and visit, the doors of the United Congregational Church, and my door, are always open to you.

Food Bank Donations Sought

Join Us in Helping the Hungry — on **Sunday, February 2nd**, we will once again be celebrating Souper Bowl Sunday.

When the rest of our country is focused on the Super Bowl with football and tailgate parties, we at the UCC Conway will have a party of our own. Our Sunday morning worship time will be led by our youth with a focus on hunger and our need to help in any way we can. We will do a special money collection that day for the Western Area Food Bank and we will also collect non-perishable food items for the Hilltown Food Pantry.

This collection is not limited to church members. All are welcome to attend the youth presentation at 9:30AM which will be followed by tailgate-style snacks and refreshments. Also, all are welcome to send monetary donations to the **Second Monday Group, P.O. Box 214, Conway, MA 01341** and they will be forwarded to the Western Area Food Bank. If you wish to donate canned goods, they may be dropped off in the school lobby between the hours of 9 and 11AM on Feb. 2nd.

Church Clips

You're invited to join us for worship Sundays at 9:30 AM at the Conway Grammar School. Everyone is welcome!

† **If you need to reach the church**, messages may be left with Rev. Ashenden at 978-544-2801.

† **Rev. Dr. Candice Ashenden** holds office hours Mondays from 9:30AM to 12 PM and will be available in Conway on Mon. afternoons for visitation, appointments, counseling, meetings, etc. She is always available at other times, by appointment (or in an emergency). She welcomes calls at home at any time: **49 Charles St. Orange, MA 01364**, or call 978-544-2801, or email her at revcandi@gmail.com.

† **The UCC Church Council** meets the 3rd Monday of each month. All are welcome. Call 978-544-2801 for details.

† **UCC of Conway mailing address** is: **P.O. Box 214, Conway, MA 01341**.

MISSION STATEMENT

The United Congregational Church of Conway is a welcoming Christian community bringing generations together to celebrate God's presence and learn to grow in our faith. We humbly strive to offer hope, encouragement and love to each other, the Conway community, and the world through our actions and with our resources.



Gardener's Corner

By Liz Pichette

January in the garden is pretty much limited to observation from inside the house, which can be quite rewarding if you have evergreens, interesting twiggy shrubs and good, solid background structure. If you don't have much more than mounds of dormant perennial and vegetable beds, now you can take time to plan more structure which you can implement in the spring.

Although your mailbox is filling up with distracting seed catalogs, take time to dream of the bigger picture, imagining yourself walking through a yard that has more than just gardens of small leafy plants, one that has good "bone" structure and holds its own when the more tender plants have succumbed to frost.

Take some photos (consider these the "before" shots) and play around with ideas using a landscaping app on your computer. If that is too high tech, simply print out a few 8 x 10s and play around pasting or drawing features in spots that look bare. Your mind will fill in the blanks with ideas once you start the process flowing. It doesn't have to be perfect, but it should be fun!

Placing shrubs at intervals along the back and ends of beds or at certain focal points in your yard adds interest, allowing the eye to rest upon the special features each offers, whether it be shape such as conical evergreens; shaggy, exfoliating stems like ninebark, mottled bark like stewartia, or colorfully bright branches such as red- or golden-twigged Siberian dogwood.

If your land is sloping, cutting a winding path paved with flatstone can be pleasing in any season, but with a few inches of snow, it becomes captivating with the contrasting light and dark. Benches, interestingly-shaped boulders or art pieces are attractive additions. Arbors, fences and gates can be formal or rustic, depending on your garden tastes and style. All these various elements are an expression of your individual personality played out in your garden.

Once you have settled on a few new things to implement come spring, try them out for a year and if you need to, you can add or move things to better suit you. Few things are permanent in the garden and after all, it is the process that is the point, the means that justifies the end.

briceh@verizon.net

Garden Club Notes

The aims of the Conway Garden Club are to stimulate interest in gardening and related skills, to enhance the natural beauty of our area, and to educate and promote environmental improvement.

For questions contact **Pat Lynch** at 369-4284 or email patricialynch@earthlink.net.

UCC Annual All-Church Meeting

The annual all-church meeting will be held Sunday January 19th at 9:30 at Conway Grammar School, followed by a potluck luncheon. The meeting will be incorporated into the regular service. All members are encouraged to attend and, as always, the service is open to all!

Janet Chayes Honored

Janet Chayes, Chair of Conway's Community Preservation Act (CPA) Committee will be honored with an award from the State.

The award ceremony, to be held at the State House in Boston on January 14th at 10:30AM, will present her and 9 others Kuehn Community Preservation Award. This award is given to those whose work exemplifies the spirit of the late Robert Kuehn, Community Preservation Coalition Steering Committee member who worked to create the CPA in 2000.

Congratulations Janet!



Become a Part of Conway History!

If you happened to go by the UCC church in the week before it snowed, you would have seen the beginning of a beautiful honorary walkway on the south lawn of the church. The sides of this walkway are lined with engraved bricks given in honor or in memory of many special people...and there is still room for more!

The creation of this walkway is a fundraiser for the restoration of the church (total project cost is now pushing \$500,000) and if you would like to be a part of this walkway, a donation of \$100 would give you that opportunity. Simply send your donation and your requested engraving (no more than four lines of text, no more than 21 characters and spaces per line) to UCC Conway, P.O. Box 214, Conway, MA 01341.

January 2014 Senior Calendar

Council on Aging (COA):

Meetings are held on the first **Wednesday** of the month, 9:30 AM., at Town Hall. The COA will not meet in January. The COA receives grants from the state Executive Office of Elder Affairs and an annual appropriation from the town Contact Patricia Lynch, COA chair, at 369-4284.

Senior Exercise Class.

Classes are held at Town Hall on **Wednesdays from 1:45 to 2:30 PM.** These classes, which include weight training, help maintain flexibility, increase endurance, improve balance, and build muscle strength. For information, call Pat Lynch at 369-4284 or Peg Tiley at 369-4010.

Free Monthly Health

Clinic: Public Health Nurse Lisa White, RN, BSN serving the Town of Conway is available on the first Friday of each month in Town Hall from 9AM to noon. Contact Ms. White at 413-774-3167 ext. 106.

Foot Screenings:

Bimonthly screenings are held at Town Hall by appointment only. Call Peg Tiley at 369-4010.

Medical Equipment Loans Available

The Council on Aging, through generous donations, has various items of medical equipment available for loan. These include walkers, crutches, wheelchairs, bath chairs and commodes. Please call Julie Clark at 369-4629 if you wish to borrow equipment, or have equipment to loan.

Pardon Us

“If you find mistakes in this publication, please consider that they are there for a purpose. We try to print something for everyone, and some people are always looking for mistakes.” *(quoted from a weekly paper in Clermont, FL)*

Friends of West County Senior Programs Announced

Friends of West County Seniors are pleased to announce the following events open to all West County (Ashfield - Buckland - Charlemont - Colrain - Conway - Hawley - Heath - Plainfield - Rowe - Shelburne) seniors:

Candlepin Bowling For Fun! Fridays - Call Amy Herzig at 624-3417. Join us at the Shelburne Falls Bowling Alley from 2:00 to 4:00. Just pay \$1.75 for your shoe rental!

Breakfast with Friends Once a Month on Saturday - Call the 'Friends' at 259-5454. We meet at 9:30 a.m. at an area restaurant. 'Friends' will provide \$5 toward your breakfast, \$1 toward your tip.

4th Wellness Massage Program Ongoing - Call Dot Wells at 625-9441. Make your appointment with one of our licensed massage therapists at the reduced cost of \$25 per senior.

Dessert, Pie and Ice Cream with Friends Monthly - Call the 'Friends' at 259-5454. Gather for socializing and something sweet at a local restaurant. We'll buy!

Chip & Putt Golf will Be Back Next Summer - Call Lynne Bell or Kelsey at 625-6641. Please call us for more details and to sign up!

Friends of West County Seniors is a 501(c)3 non-profit organization funded by donations and run entirely by volunteers.

friendswcs@gmail.com

Caring Conway to be Re-launched

In February, Caring Conway, the site created for and intended exclusively by those who live and/or work in Conway will be re-launched. Due to the financial constraints of running this website, we needed to move to a downscaled version that will retain some key elements (such as the calendar feature and the ability to post blog posts) that users have said they wanted, while losing some other pricier but seldom used features (such as chat and the ability to post "badges" to your page). In addition, we will also allow individuals to create one-page websites within the site!

Those of you who are already members will be getting an invitation to register at this new site. Everyone else can apply at the site in February. The site is NOT YET LIVE, but the new web address is www.caringconway.com—easy to remember! Stay tuned for more info!

caringconway@gmail.com

Winter Road Rules Reminder

In these difficult economic times, the Selectboard reminds Conway residents that, in the event of snow, you can help our road crews keep to their tight budgets and schedules by following the Winter Parking Ban policy, and being patient as they work to clear the roads.

As a reminder, vehicles should be removed from public roadways during daylight hours, in “inclement” weather or stated snow emergency. Failure to follow this policy may result in a fine of up to \$300.

The Selectboard also reminds residents to clear driveways and private roads of snow and ice, to provide access to emergency vehicles. Please help our fire, police and ambulance personnel to do their jobs.

Trustees of Reservations Plan New Events

The Bullit Reservation, a new property of the Trustees of Reservations in Conway and Ashfield, welcomes you to enjoy upcoming events. Visit www.thetrustees.org for details and trail maps.

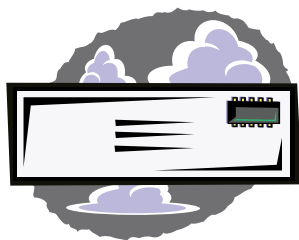
They are accepting proposals for the agricultural use of this land. Call Wendy Sweetser at 628-4485 ext.1 or email wsweetser@nor.org for a full copy of the Request for Proposals.

Visitor Deadline

Please remember that the deadline for articles in *The Visitor* is the **20th of each month**. This schedule helps assure that *The Visitor* is delivered in the first week of the month.

Keeping your Mailbox Clear

Rural Delivery postal patrons are reminded that you alone are responsible for keeping your mailbox snow-free and accessible to delivery vehicles.



Send Us Your Story

You are encouraged to submit news and items of personal interest to *The Visitor*! We depend on those willing to write and share, from featured family events and accomplishments, to other items of general interest to the community. Let's hear from you!

visitor@uccofconway.org

Exemptions from Community Preservation Surcharge

The Community Preservation Act (CPA) has enabled special open space & recreation, historic preservation and community housing projects in Conway. Town meeting has approved significant funds to preserve the Swimming Pool land, preserve two of our most productive and scenic farms, restore the old Boyden Schoolhouse and undertake a South River Restoration/Flood Mitigation project – among many others.

The CPA is funded by a surcharge on property tax bills with proportionate matching monies from the State. To generate a three-fold increase in the state share, voters will be asked to approve an increase in the surcharge which will amount to about \$18/year for the average homeowner. The question will be on the ballot annual election in the May.

Some residents are concerned about any tax increase, but may not be aware that they're already entitled to an exemption from the CPA surcharge if their annual income is less than 80 percent of the areawide median income. Income limits are determined by household size. For one person it's \$35,168; 2 people 40,192; 3 people 45,216 and 4 people \$50,240. (These are 2013 figures – the latest currently available.) If you think you qualify, contact the Assessor's Office for an application.

Parks, Recreation and Trails Project Approved

The Massachusetts Executive Office of Housing and Economic Development has approved a MassWorks grant to Conway's Parks, Recreation, and Trails Committee for \$997,521 for the Downtown Parking and Safety Improvements Project.

This project will improve public safety infrastructure, allow handicap access to the Town park and correct Town field drainage issues. This approval goes hand in hand with the \$870,000 already contributed by the Town for related Downtown projects over the past ten years. Congratulations to all who made this happen!

South River History & Video Available

River Walk – Exploring the Human and Natural Histories of the South River is a fascinating booklet now for sale at the Greenfield Savings Bank in Conway. Old photos and maps of Conway's industrial mills are combined with current maps and text which illustrate our town's rich history and its impact on the river.

And check out friendsofthesouthriver.org to view a cool video by the McGranaghans, Emmett Discovers Little Fishies, Migrating Up a Big Waterfall.

What's the Story Morning Glory?

By Deb Hoyle

Facets of a Midwinter Morning

Dawn enters and the undersides of
moody clouds blush pink

A yellow rose light brightly
shimmers through silhouettes of
trees in the crowded wood

Snow caresses and lays atop a
stone wall along this newly
plowed road

The east facing mountains reflect
a coral hue back to the sunrise

Before it flees once more

Movement of clouds is revealed,
shifting here and there on the
farthest hill

A hill that behaves mostly like a
shadow of the companion one in
front

Bands of gold emerge and
disappear

Distant valley holds a grove of firs
topped with newly formed cones

That house warm wheat colored
seeds awaiting spring journeys

Deep white drifts catch shadows
as the sun moves up

Small sharp curve envelops the
base of a steadfast maple in the
yard

Clumps of red berries clinging to
the branches all bright with ice

Wonder where the birds are today

Wind picks up, changes course,
and snow dervishes dance

Jewels scatter and sparkle
everywhere

Each one a diamond - dense, rare,
and full of fire

greenlady33@comcast.net

Municipal Volunteer Opportunity Available

The town's seven-member volunteer Historical Commission has a vacant seat to fill. Commission members are appointed by the Board of Selectmen to serve three-year terms. The open seat is for the remainder of the three-year term that ends on June 30th, 2014.

We welcome participation in both short-term and long-term volunteers. The HC's primary responsibility is to research and document, in order to

help preserve, the historic resources of our town. Thus, having an interest in, and time available for research is a plus. We meet on the 1st Wed. of each month at the Town Hall.

For more information, drop a note in the Historical Commission at P.O. Box 240, Conway, MA 01341 or stop by one of our next meetings (Jan 8th and Feb. 5th) at 9:30PM. We also welcome participation by informal associate members.

Experience Art for a Change Space to Incubate and Hatch Ideas

A monthly exchange for activists who want their work to be more creative, for artists who want their creativity engaged, and for community members who want to be a part of it all. Participants are asked to bring projects they care about (although bringing one is not a requirement). No idea is too small or too large to work on. Find out what other activists and artists have done. Work on a project in the company of others who also care about local and global issues. Co-facilitated by Phyllis Labanowski and Jane Beatrice Wegscheider. January theme: Poetic Activism.

Art for a Change meets Wednesdays: January 15, February 12, April 19, and May 7. 6-9 pm. There is no cost, thanks to a grant from the Xeric Foundation. The location is at the Art Garden, 14 Depot Street (in the Trolley Museum Building) Shelburne Falls, MA. For more information call 413-625-2782.

www.theartgarden.org

Hilltown Food Pantry: Helping the Hungry Next Door

In Franklin County, one in eight people—at least 108,000 region-wide—has to choose between utilities and food. The Hilltown Churches Food Pantry has worked with the community to help this shortfall, spending over \$45,000 annually to help over 180 clients and families every two weeks.

The Food Pantry is supported by individuals, schools, churches and businesses donations of food, funding, and teams of volunteers to pack and distribute food.

Even with government support, the program continues to need

community support to serve the growing number of hungry families in the nine Hilltowns they serve. For every dollar donated, 97 cents goes directly to food. And the Pantry relies on volunteers from the community and multiple area churches.

If you'd like to give or be involved, please contact Janet Rogers, President, at 413-625-6086.

Mail donations to:

**HCFP,
P.O. Box 161
Ashfield, MA 01330**

Please send ads, notices, articles and correspondence to the NEW email address for *The Visitor*: visitor@uccofconway.com

Calling All Knitters!

Are you someone who has always wanted to learn to knit? Or are you a beginner who would like to learn more in a supportive atmosphere? Or are you an experienced knitter looking for some friends to share your craft? Come and join us at Knit Wits!

We gather monthly from 7 to 9PM to knit and chat at the home of Susan Fentin, 901 Roaring Brook Road. All are welcome, regardless of experience level, and if you don't knit, you are welcome to bring other needlework or just come and sit and talk with new friends. Meetings are held on the second Monday of each month. We share

knitting tips, patterns, and are always interested in whatever anyone is working on —whether it's needlework or something in your life story.

The next gathering will be January 13. If it's cold, there will be a warm fire in the woodstove, and a warm welcome inside. For further information or to be added to the email list for monthly reminders email Susan Fentin at sfentin@skoler-abbott.com. Hope to see you there!

Attention Conway Quilters

This year, Quilters will meet from 9:30 to 12 noon in the Town Hall, starting the 21st of January.

For questions, call either Mary Merriam @ 369-5052 or Fran Hatch @ 369-4245.

FIELD MEMORIAL LIBRARY NEWS

Library Notes

The Field Memorial Library is in need of volunteers to help process materials, shelve books, and perform other tasks. Call Carol Baldwin at 413-369-4646 or stop by on Mondays 4-7 to chat.

Museum Passes

There is now a pass available to admit up to 8 people to the Smith College Museum of Art. The pass may be borrowed for up to one week and is available to library patrons.

Friends Meeting

There will be a meeting of the Friends of the Library on Wednesday, January 8 at 6:30 PM. All are welcome!



The Field Memorial Library is open on **Mon. from 4 to 7PM,**
Wed. from 3 to 8PM and on **Sat. from 9AM to 1 PM.** 369-4646.

Eating Around Town

By Kate Van Cort French

This month: Sue Bridge



Some
of our
town's
favorite
recipes

You might as well copy this right now for your go-to salads! What a beauty submitted by Sue Bridge!

Fall (and early Winter) is a challenge for the home cook! Will the weather be mild and sunny -- or cold and blustery? Here's a meal-in-one dish with a distinctly autumn flavor with striking red, white and green colors, that can be prepared ahead, then served either as a hearty salad, or as a warm soup:

TUSCAN BEAN SALAD? OR SOUP?

3 cups dry white navy beans, boiled gently until soft

1 cup ripe red tomatoes, diced;

OR ½ cup sundried tomatoes, cut into 1/8 inch pieces

¼ cup fresh sage, cut into 1/16 inch pieces

2 large cloves of fresh garlic, minced and squeezed through a garlic press.

For Tuscan bean salad: Dress with olive oil, wine vinegar, salt & pepper to taste.

For Tuscan bean soup: Prepare broth with water, squeezed garlic, salt & pepper to taste, then add other ingredients. If you are using fresh diced tomatoes, add them a minute before serving, just long enough to heat through. *Bon Appetite!*

We'd love to hear from other Conway folks as we gather recipes for the Town's 250th Cookbook. Our success depends upon you and we are so grateful for your participation!

kate4cats@hotmail.com

A Conway Swimming Pool Christmas

By The Swimming Pool Committee

Our Christmas present came much earlier this year when the people of this town showed us in votes and then in donations how they feel about the pool. The generosity that you have shown has truly humbled the members of the committee. Our goal since 1950 has been to provide you with a great place to swim. Even after NOT fulfilling that commitment for 2 years, your support has been unwavering. Thank you from all of the members of the pool committee and let's look forward to swimming in the pool very soon.

conwayswimmingpool@gmail.com

EXCHANGES

Have a job that needs to be done? Looking for jobs to do? Something to sell? For a small donation we will run your ad in EXCHANGES.

Mail copy and payments to **The Visitor at P.O. Box 214, Conway, MA**, or e-mail copy to visitor@uccofconway.com with subject

noted as **VISITOR EXCHANGE**.
Deadline for receipt is the 20th.

We request a donation of \$20/ad for one month, \$30/ad for 6 months, or \$50/ad for 12 months. All new **Exchanges are limited to 100 words** Ads for give-aways, lost and found items, and non-commercial remain **free**.

EXPERIENCED HANDYMAN:

Repairs and small renovations, custom woodworking, drywall and plaster repair, other services available, small jobs a specialty, John Pelletier, handyman and woodworker. Hic. Reg. 153453_ Phone: 369-4064 - ask for John. Email: spell938@earthlink.net. 6/13

DOG WALKER AND PET SITTER

available. Experienced. **Boarding** also available in home with fenced patio. Please call Doreen at 369-0219. 6/13

EASY DOES IT— Lawn Mowing, Trimming. Call Edward Allis Zajac: Home: 413-369-4664; Cell: 413-824-1139. 7/13

CARPENTRY: 30 YEARS EXPERIENCE

Fully licensed, insured and lead certified. Replacement windows/doors, repairs and renovations. Contact Frank Kuzdeba at: fkuzdeba@comcast.net. Call 369-4223 or 413-222-3300. 3/14

SNOWPLOWING AND SANDING.

Bear River Landscaping has openings for snowplowing and sanding customers. Please call Tom at 625-2007 for your free estimate. 4/14

HONEY AND BEESWAX CANDLES

are perfect gifts. Warm Colors Apiary is open Wed., Fri., and Sat. 10-5. We are located at 2 South Mill River Rd, South Deerfield. This is just off route 116, 1 mile before route 91. Its time to order Package bees and sign up for beekeeping classes. Call 665-4516 for more informaiton. CALL

THE CONWAY INN offers pizza on Fri., Sat. and Sun., including take-outs. Now with free WiFi. Call 369-4428. 12/14

GUILFORD SNOW PLOWING & TRACTOR WORK. Call 413-320-5117 for Mark or 369-4481 for Bettylou. 6/13

LICENSED DAYCARE: A few openings for Infants & Toddlers. Vacation and Before & After School care also available. Full & Half Day slots. Meals & Snacks included in the daily fee. I am a Mom of 2 and have 5 years experience working in the local Pre-School. Call Danielle Kocot with questions or to set up an interview at 413-369-4354. 1/14

TACK UPHOSTERY STUDIO. For all your upholstery needs, call 413.570.0026 Hannahray@tackupstudio.com

IT'S OFFICIAL! Autumn is behind us! Get ready with snow shovels and pushers, roof rakes, and really warm gloves to use them. Protect your young trees with polyethylene tree guards and your step with Yaktrax Pro shoe straps. We have wood splitters, firewood processors, winches, grapples, axes, mauls, chainsaws, peaveys, chaps, safety caps, hearing protection, bar & chain oil to help with your woodlot needs. Get a sharpening stone and be nice to your tools while you sit by the fire and get them ready for Spring! We're a certified Echo dealer. 60 years in business. Gift Certificates – a great idea! OESCO, Route 116, Conway, M-F, 7-5; Sat, 7-noon; 369-4335. 6/13

PAGES COFFEE BAR & USED

BOOK STORE, 98 Main Street, Conway. Phone: 369-6055. Closed Monday and Tuesday. Open Wednesday thru Friday from 6:30 AM to 2:30 PM, Saturday 8:30AM to 3:30PM, Sunday 8:30 AM to 2:30 PM. Locally roasted, organic, fair trade coffee beans, espresso, cappuccino, lattes, organic hot cocoa, 100% crushed fruit smoothies, lemonade, iced tea, frappes, frozen hot chocolate, pastries and Chris' famous scones on weekends. Now selling antiques and vintage items in the bookstore, too! Free WiFi. Indoor/outdoor seating. 7/13

FIREWOOD—Quality **seasoned** split hardwoods ready for delivery now, or later in the year. Trailer-load containing 185 cu. ft. (1-cord when stacked) delivered in Conway for \$250. Call Bill Graves, for more info. Cell: 413-522-3573; Home: 413-369-4679. 10/13

CONWAY HEALING ARTS AT

46 Main Street. Since 1993 Debra Hoyle, nationally certified and insured bodyworker has offered informed, individualized sessions of CranioSacral Therapy, Acupressure and Reiki here in Conway for over 20 years, and now also has office hours in Shelburne Falls above McCusker's at Village Healing Arts. **Why call?** If you experience neck or back pain, arthritis, plantar fasciitis, anxiety, PTSD, jaw pain or immune dysfunction for example, this gentle, nourishing work can help! Clients remain clothed and no oils are used. Let's work together for your well-being! *Referrals welcome* *Gift Certificates for all occasions.* 413-325-5579 greenlady33@comcast.net www.greenladyarts.com

LASALLE FLORISTS. INC. In early January we will pick our first freesia of the season. Tens of thousands will follow until they finish in mid April. Stop in and see them. Visitors always welcome. Fresh flowers and plants are always available. Daily deliveries to Conway, Greenfield, Amherst, Northampton and Easthampton areas. Family owned and operated since 1934. LaSalle Florists, Inc.. Rte 5, Whately 413-665-2653 lasalleflorists.com and on Facebook TK

CANDLE IN THE WINDOW is Conway's very own candle company. We sell highly scented candles jar candles with beautifully hand designed labels. Located at **161 Fields Hill** and open every weekend 10 AM to 4 PM. Also available, our beautiful soaps, body lotions, lip balms, perfumes and many more bath and beauty items.

LIFETREE THERAPUTIC MASSAGE.

Deborah Donaldson is an experienced, nationally certified massage therapist in practice since 1994 specializing in Myofascial Release, chronic pain management and pregnancy massage. High stress? Muscle strains? Massage can help heal, restore, and rejuvenate. Every session is uniquely tailored to your needs. Gift certificates available. Visit www.lifetreemassage.com or call Deb at 369-0213.

7/13

ARGUS PROPERTY MANAGEMENT.

Full service management of single and multi-family properties and condominium associations in Franklin and Hampshire Counties. We provide oversight of all property maintenance, including 24/7 emergency coverage, location and screening of tenants, rent collection, expense payment, and concise financial reporting. Call Kathy Shaw or Jim Sarris at 413-397-3569 or visit www.arguspropertymgmt.com. Setting a new standard for residential property services.

7/13

ALEXANDRE PAZMANDY, LMT, CPMT (Pediatric) has a private practice in Northampton and Springfield. He offers Swedish, Therapeutic Massage and Trigger Point Therapy incorporating Shiatsu and Reflexology into his bodywork. Alexandre also specializes in massage therapy for children with health concerns and is certified for Comprehensive Touch Therapy for children with Autism (ASD). Home treatments available. www.ap.massagetherapy.com 413-362 5173 ap@massagetherapy.com

4/14

CHESTNUT FARM—BEEFALO Available year round at the Herrmann's farm 396 Main Poland Road (Call ahead: **413-369-4266**) and Conway Farmers' Market, June thru September Wednesdays 4 – 7PM. USDA tests prove that Beefalo has less cholesterol than chicken; and less fat, cholesterol, and calories than traditional beef. Beefalo meets the dietary recommendations of the American Heart Association. Our animals are humanely pasture-raised without the use of hormones or antibiotics. www.chestnutlotfarm.com

1/14

PURE YOGA & WELLNESS STUDIO.

HOLIDAY SPECIALS: 2 - 1hr Reiki sessions \$100. 1 hr Private sessions (Yoga or Fitness) \$50. GIFT CERTIFICATES AVAILABLE !! Classes for all Levels !! Classes are offered in both S. Deerfield location & Conway location. 10c Elm Street, S. Deerfield, MA Contact Jody Fontaine 413-824-9435 or info@pureyogawellness.com www.pureyogawellness.com

6/13

THE HEART OF THE STORY: Women Writing Stories of Their Lives, is offering two winter writing groups led by Jane Roy Brown at Field Memorial Library in Conway: Women Writers - Eight Thurs. nights, 7–9 p.m., Jan. 9–Feb. 27, \$240 ; Small group for seasoned writers seeking constructive critique. Fiction and nonfiction. Please email a writing sample. Starting/Restarting - Eight Tues nights, 7–9 p.m., Feb. 4 - Mar. 25. \$240; For writers beginning or resuming a writing project of any kind or length. Please email a writing sample. Contact me at 369-0230 or brownjaneroy@gmail.com. For more, visit janeroybrown.wordpress.com.

KAYER CARPENTRY. Master carpenter; 25 plus years of experience. Custom creative designs in 3-D, remodeling and repairs, kitchens and baths, windows and doors, decks and porches, build-in furniture, entertainment centers, music and media storage, bookshelves, window seats, closet shelving and organizers, moulding and trim made to match or repair your existing woodwork. Licensed and insured. Call Kevin Ayer at 413-369-0078 or email kevinayer@yahoo.com. 7/13

SIGN UP NOW FOR THE 2014 season at NATURAL ROOTS! CSA members come weekly for a generous share of the produce we harvest and wash. The season goes from June - October, Tuesdays & Fridays from 3-6:30pm. In our farm shop you'll find our own eggs and pork, as well as many other locally-produced foods. Become more connected with your local community and the land as you visit this beautiful and nourishing horse-powered farm. For more info go to www.naturalroots.com or call 369-4269. 1/14

SOMERVILLE PIED-A-TERRRE. One bedroom furnished apt. available for rent in Cambridge/Somerville area of Boston. Near Harvard, Inman and Union Square. Sleeps 2 - 4, Queen bed in bedroom, queen futon in living room, full kitchen and bath, internet. 15 minute walk to Red line T. \$125 per night, \$750 per week, \$2500 per month. Please contact judy.maggiore@gmail.com. TK

"As soon as anyone starts telling you to be "realistic," cross that person off your invitation list."
—John Eliot

RENTAL: Halfway between Shelburne Falls and Conway. 1 BR w/closet, run of house, all utilities included. No smoking. Pet friendly. Parking space provided. \$200 a month, plus provide rides to St. Joseph in Shelburne Falls on Sunday, and once a week to Poet's Seat Nursing Home in Greenfield. Call Martha Pauig, 411 S. Shirkshire Road, Conway, 625-6140. 4/14

WINTER POTTERY CLASSES at the studio of Megan Hart. Academy Hill Rd. Conway Adult Wheel throwing Sunday afternoons 3 - 5 beginning Jan 19th for 8 weeks. Learn the basics or refine your skills. Small classes, lots of individual attention. Come drink tea and make pots Kids intro to wheel throwing 9 - 11 year olds Wednesdays from 4 - 5:30 beginning Jan 22 for 6 weeks From the very beginning , preparing the clay to understanding the concept of centering. Kids hand building class 6 -11 year olds Thursday afternoons 4 - 5:30 beginning Jan 23 for 6 weeks. Explore the different techniques of hand building from pinch to slabs. For more information please call or email @ 413 522 6707 or hartpottery@gmail.com

WILDER HILL GARDENS. Holiday Wreaths, Garlands, and Roping made from exceptionally fresh and fragrant balsam, berries and mixed greens. Contact Lilian R. Jackman at 413-625-9446 or wilderhillgardens.com.

WILDER HILL
gardens TK

CONWAY AFTER SCHOOL ART CLASSES for ages 5 to 10 - Animal Paradise awaits!

Fun Arts after school art program begins the week of Jan. 13th in the U.C.C. Church, Conway, Ma. Classes are offered once a week; Tues. or Wed., from 4 to 5:30. Ages 5 to 10 are welcome. This session is 14 weeks long and the cost is \$295. (Camps are also offered during February, March and April school breaks.). This after school program is taught by Laura Pratt who has 20 years of experience teaching art at the Bement School. Contact Laura at 802-254-3538 or at laurapratt1952@gmail.com. Learn about our adopted 6 month old elephant, Oltaiyoni, from Kenya. Paint her portrait with blanket and baby bottle. Learn about other endangered animals and learn to use a variety of materials to make beautiful animal art. Invent your own imaginary animals and learn new ways to add detail and pattern to your art work. Help turn our class in to an "animal paradise."

TWO BUILDING LOTS FOR SALE

on a quiet country road in Conway: 5.1 acres of peace and privacy, potential for stunning views to the hills and mountains. Sit on a knoll with passive solar potential. Large dry lot with stone walls and no significant wetland issues. Bring your builder for a site visit, the foliage season is here.

Lovely 1 acre lot with a perfect site for a house. Very convenient building lot, close to utilities, five minutes to Shelburne Falls, with a dramatic rock outcropping for the zen in your life. Call Judy at Sawicki Real Estate 413 687 7887 or email Judy@Rivard.net 4/14

DAYCARE OPENINGS. I will have a few openings for infants and toddlers. Meals and snacks included in the daily fee. Lots of fun and activities for all ages, fenced in outside play area and a large daycare room. Call Jennifer Romanovic for an interview at 625-2007. 4/14

COLE MOUNTAIN CABIN is our newly-built 4-season retreat in the Northeast Kingdom of VT. Back in the woods, sleeps 6, two sleeping levels, two baths. Five minutes to beaches at Lake Willoughby, kayaking, biking at Kingdom Trails, hiking trails nearby. 3 hours from Conway, 20 minutes to Canada. Photos at [#1831](http://www.vermontproperty.com). \$800 wk, \$125 night. Pixie Holbrook/John Rioux (pjholbrook@comcast.com). CALL

VOLUNTEER! Do you have 3 1/2 hours once a month (or more) to work at The Gift Shop at the Baystate Medical Center in Greenfield? Training is provided. The shop raises upward of \$50,000 each year for hospital equipment and patient programs. We need to keep this shop open! Call Syndney Ramey at 369-0255 for more information.

"Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow."

— Mary Anne Radmacher

Visitor Moves into 2014

We tried many new things this year, some of which were successful, others not so much. For instance, the monthly community calendar pullout was tried, but that task was so unwieldy as to require a separate editor just to keep the dates straight each month! Instead, we might aim you toward the town website or the soon-to-be-revamped Caring Conway for an online calendar of events.

As we move into 2014, we'll be trying some other things out, looking for feedback on the changes we've made so far, and generally seeking community feedback on this, your community newsletter, created produced and distributed by the **United Congregational Church of Conway**.

Forward all correspondence to: **The Visitor, P.O. Box 214, Conway, MA 01341**, or email to the address below. Thanks for your support!

Visitor@uccofconway.org

Broadband Committee Notes

By Bob Armstrong

I hope everyone had a happy holiday with exciting plans for the new year. On the broadband front, we have two big projects to work on in 2014. One is to get the rest of Conway connected to high speed internet and the other is to continue improving our local Community Access Television station, FCAT.

Our legislators are pushing a new \$50 million bond bill through the Massachusetts House and Senate to provide part of the funding to build the last mile network connecting their new fiber optic 'backbone' network to the Western Mass homes in towns that do not have cable, and, in cable towns like Conway, to fund the cable provider to extend their network to all of the remaining homes in town. The six towns with cable franchises have been meeting and working with WiredWest and the MBI to resolve many questions that remain and to influence the final legislation that still must be written to define this project. Questions remain like:

- **Will towns have to fund part of the cost to complete the cable networks? This is often referred to as 'skin in the game'. Non-cable towns will have to partially fund the state's fiber optic last mile network.**
- **Who will actually own the cable extension that is funded by the state. If the state insists on ownership, the cable company many not be willing to do it. How soon can we make this happen?**

I'll address some of the many ideas that FCAT has in a future article. Happy New Year!

bob@armstrong.com

United Congregational Church of Conway

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