

Seasons Greetings from



* Muriel Antes *

* Tom & Michele Novak *

* Julie, Ron & Matt Sweet *

* Robert, Rachelle & Kyle Hamas *

* Rev. Candi, Pam, Billy & Christi *

* William, Jennifer, Lexa & Evelyn Boyden *

* Ronald, Karen, Josiah & Patrick Boyden *

* Janet, Tristan, Trace and Marcus McLaurin *

Greetings from Zales in Conway, Paxton, Halifax and Taiwan

* Irene Thurlow * Cyndie Rowell * John & Jane Wholey *

* Peg Folgmann * Betty Lou Guilford *

* Collin, Kate, Ian, Mary and Wyatt Burt *

* John, Danielle, Kaylin and Kenadie Kocot *

* Joe & Judie (Boyden) Manzer * Pat Kocot *

* Emily Wholey & Nick Sweet * Peg & Norm Tiley *

* Kevin & Winnie Wholey * Russell & Kate French *

* Ron & Ann Hawkes Joy Holhut * Dick & Phylis Dacey *

* Carl & Mimi Darrow * Jim & Vivian Wakefield *

* Tom & Susan McCarthy * Shirley & John Pelletier *

* Lois, Everett, George Vight * Chuck & Grace Vassar *

* David & Connie Jackman * Bob & Jennifer Coliskey *

* Lorraine Boyden & Repete * William & Elizabeth Leno *

* Obee/Liv & Bill Blumer * Carol Burt, Melanie and Brian *

* Rhonda, Caleb & Elayna Patnode * Bill, Tina & Caitlin Burnett *

Because once a baby
so meek and so mild,
was born in a manger
-so humble the child

the son of a King
was born in this way
to give us the message
He carried that day.

From the Pastor's Pen

Dear Friends,

This month we will all hear stories of the coming of the baby who changed the world. The prophet's words "For a child has been born for us" (Isa. 9:6a) are seared into the Christmas memories of the faithful, rising up from the depths of our being and, despite their familiarity, never losing their power to command attention. The hope, the longing, the trust, and the proof of God's love continue to endure.

Just think for a moment about what you faced this past year. What joys and sorrows came your way? What disappointments and successes did you experience? What did you lose this year, and what did you gain? No matter how you respond to these questions, the Christmas story is for you. Because every baby that comes into our lives also comes as a chance to begin again - especially the baby in our sacred text.

The Christ child is your chance and my chance to believe again in the future. It is our chance to believe in our future together as the people of this planet earth. But in order to take advantage of this wonderful story, we will have to do something. We will have to put down whatever else we are carrying in our arms in order to receive the Christ child. Too often, we carry things that need to be laid down - old grudges and wounds, regret and guilt, anger and fear. But we cannot carry those things and the Christ

child, too.

What burden taxes your spirit and uses your energy? What baggage have you hauled around with you for way too long? Whatever it is, use this season to lay it down and let it go. Because when you've put it down you will find your arms will be free, free to pick up the Son of God, free to let him come close to you, free to let him surprise you with hope and strength, forgiveness and healing, trust and joy.

The Christmas story endures. At its center is a baby, a baby in whom all the potential for new beginnings has been fully realized for our sake. And for that baby, let's set aside old quarrels, let's let our hearts be strangely warmed, and let's explore the possibility of faith. This baby is our chance to begin again.

Let us share this Christmas prayer:

We thank you, our great and loving God, for the gift of yourself in your Son Jesus. Let our Christmas celebration instill more deeply your message of love and reconciliation into our hearts. What a glorious gift you have given. Coming to a people who misunderstood your true self, you gave hope and light to overcome their darkness of spirit. May we not view this story as a tale of the past, but open our hearts that the Christ child might be born in us this very night.


In our celebrations, we pray for those who have circumstances depriving them of Christmas joy; the hungry who must think

constantly of finding food for the body, the unemployed who are denied the opportunity to give in this season of giving, the lonely who sense their aloneness more in this season than at any other time, and the grieving who feel the depth of loss as they remember past Christmases shared with others.

As we sing the familiar carols, open our minds to hear again your message of love. Hear our songs of celebration for the gift of your light to the world and the gift of your love to us.

Christmas is only the beginning of the celebration of your love for us, O God, so infuse us with your love that it may radiate from each of us. Help us to show our love to one another through a caring smile, a good deed, a hand to hold, a warm embrace. In these ways, the love we celebrate this season may be with us throughout the year. Hear our prayers in the name of Jesus the Christ, the Holy Child of Bethlehem.

Journeying together,



Rev. Dr. Candice M. Ashenden

P.S. And if you are looking for company on your spiritual journey, please know that the doors of the UCC Conway, and my door, are always open to you.

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 9:30 AM 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

There is a bounty of fruit this year, perhaps due to plentiful spring rain or from plants' natural response to the dearth of fruit last year. Apples, sumacs, rosehips, barberries, winterberries and that rapidly invasive bittersweet, all are simply loaded. It is good news for robins, bluebirds and cedar waxwings that eat mostly fruit over winter. These birds used to migrate south but many no longer do, relying on this fruit to sustain them. Birds digest the fruit but seeds pass through, helping to spread the plants. It's a win/win for plant and bird. Unfortunately, many of these plants are considered invasive.

One response is resistance: we remove invasives where we find them. It is a monumental task as many have a couple hundred year head start, even wild apple trees are not native. It is not likely that we will ever eliminate invasive plants. Awareness is important so we do not propagate species known to be invasive. With educated choices, we can try to do our best.

Second is acceptance: to me, the horse is out of the barn, and with each passing year the birds

disseminate more seeds that create yet more plants. Cornell Laboratory of Ornithology has stated that birds are adapting to invasives and have come to depend on them for food and shelter. To remove invasives in a broad sweep would impact their reproduction. This is the way the world has always been: species come and go, the only difference is that humans have accelerated this to a rather alarming degree.

Why not use invasive berries to make arrangements for the holidays? A wreath can be made of bittersweet vine by wrapping and weaving it around and around itself in a circle until it looks full and pleasing to the eye. Hang or use as a centerpiece. Use heavy gloves to gather and snap off thorns of multiflora rosehips, then pack stems tightly in a clear glass vase. Add sprigs of pine for a festive holiday look. Experiment by grouping different berries together: orange bittersweet and blue privet or red barberries and pink-red autumn olive. When these decorations pass, throw them in the trash as opposed to outside. Look at it as a win/win. You dress the home and are eliminating invasives from the landscape. Hopefully, the birds instead will be spreading native sumac and winterberry.

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.

Thur., December 5, Noon to 3:00 PM, Town Hall. Come and help make wreaths for the library and other town buildings. Bring clippers and gloves, a Brown Bag Lunch, and holiday cookies to share. The club will supply materials for the wreaths.

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

Holiday Shopping Trips Sponsored by the Council On Aging

A fabulous new door-to-door taxi service for Conway seniors, provided by Nellie's Taxi, is now available at just \$2 a round trip to Greenfield, Northampton, the Hadley Mall or the Holyoke Mall.

Got holiday shopping to do, and tired of waiting for the daughter-in-law to take you? Call Nellie's Taxi. Haven't got a daughter-in-law? Call Nellie's Taxi. Love to shop with a friend, but neither of you is thrilled about driving in the holiday traffic? Call ... you get the idea!

Nellie's taxi holds four people, and scheduling times and dates depends on demand. Beginning in January, Nellie's Taxi will be available for other expeditions, depending on what active Conway seniors want to do. Could be an art exhibit, could be more shopping -- it's up to you!

To make a reservation, to get more information or to make suggestions for future expeditions, contact Nellie herself at 413-522-0085, or Diane at 413-369-6007.

Adopt A Family!

In **December** the UCC is sponsoring and will be getting gifts and food for a large Family a Family thru the Franklin County "Adopt-a-Family" program. For more info, call Lorraine at 369-4061. We will be meeting to wrap the gifts on Monday Dec. 16th.

Red Sleigh Bazaar Offers Thanks

Our sincere thank you to all who baked, donated items and worked on **Fri. Nov. 15th** and all who worked the tables, luncheon and set up and take down after the Red Sleigh Bazaar on **Saturday, Nov. 16th**.

We had 10 crafters, food sale, book table, RADA and several Conway items-including 2014 Conway Calendars, Theme Basket opportunity and a Can Auction.

December 2013 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 December or 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.

Foot Screenings:

Bimonthly screenings are held at Town Hall by appointment only. The next screening will be on **Thursday, Jan 2**. Call Peg Tiley at 369-4010.



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.

Senior Holiday Dinners:

Join your friends and neighbors for a festive holiday meal hosted by Mary and Ed Rose at the Holly Barn on **Thursday, Dec.19, at noon**. There will be a choice of entrees. The cost of the dinner is a bargain at \$10. Please bring a wrapped gift (\$10 or under) for the traditional drawing. For reservations, call Lorraine Boyden at 369-4061.

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.

The Visitor Holiday Appeal

The Visitor is entirely community supported, and not paid for by the Town of Conway. From the paper we print on, to the ink and staples that put it together, we rely on ***your donations*** to continue to provide this community service! If you'd like to donate, this is an excellent time of year to do so. It's also a great time to confirm your out-of-town address (no need to fill out if you are **in** Conway!). Also use this form to make sure *The Visitor* gets to your new neighbors, by passing it on!

Name

Street Address or P.O. Box

Address (continued)

City, State

Zip

e-mail

☐

I am interested in contributing an article to *The Visitor*!
Please contact me at the above e-mail address.

☐

Please send me an invitation at the email address above to
join **Caring Conway (www.caringconway.com)!**

☐

I am interested in contributing a donation The Visitor!
Please find a check enclosed for _____.

☐

I'm not interested in contributing an article or a donation at this time,
but **please continue delivery at the above out-of-town address!**

☐

**Please discontinue delivery and remove me from the
out-of-town mailing list.**

☐

I am new in town, or new to *The Visitor* — **please add me to
your mailing list!**

Cut this mailer at the left, fold over and seal with tape, (and don't forget the postage!) and mail back this to us. Please do not use this mailer to send a check! In that case use an envelope. Make checks payable to ***The Visitor*** at:
P.O. Box 214, Conway, MA 01341 Thanks!

seal

*United Congregational Church of Conway
P.O. Box 214
Conway, MA 01341*

POSTAGE
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cut here and fold to mail

*Visitor 2014 Support
UCC of Conway
P.O. Box 214
Conway, MA
01341*

Fold on line

Fold on line

seal

Santa Claus is Coming To Town

No one knows how many years ago the mailbox at the Conway Post Office for special delivery letters to Santa first appeared, but best guesses say the tradition has been going for over 40 years. In many instances, Santa has answered as many as three generations of the same family.

On December 1st there will be a special “Santa Letter Box” set up at the Conway Post Office. Children can drop off their letter for Santa

from December 1st to the 20th of December and Santa and the Elves will answer the letters.

Please include a self-addressed envelope, but **no postage is necessary**. Santa really needs an address to be able to return a letter back to the children. The Conway Post Office has allowed this to be done for over 40 years, but it is important for a proper address to be either on the letter or on the self addressed envelope.

Holiday Recycling Reminder

Happy Holidays! Thank you for your recycling efforts over the past year. Following are some guidelines for recycling during the holiday months and all year long:

Please DO include the following items in your paper recycling mix:

- corrugated cardboard boxes
- paperboard gift boxes
- greeting cards (except those with foil, metallic inks, or glitter)
- wrapping paper, gift bags, tissue wrap (except those with foil, metallic inks, or glitter)
- paper shopping bags (any type of handle is okay)
- catalogs and calendars



Please DO NOT include these items in your recycling mix:

- ribbons, bows, and tinsel (reusable from year to year)
- packing peanuts and Styrofoam (accepted for reuse at Greenfield UPS Store)
- holiday lights (WtE scrap metal recycler in Greenfield pays .20/lb. for light strings)
- plastic bags (clean, dry plastic bags marked #2 or #4 recyclable at some retailers)
- blister packaging (formed plastic package used to hold toys and electronics)
- photographs

Questions about recycling? Please contact Franklin County Solid Waste Management District at 413-772-2438; info@franklincountywastedistrict.org, or visit www.franklincountywastedistrict.org. MA Relay for the hearing impaired: 711 or 1-800-439-2370 (TTY/TDD).

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.

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 their mailboxes snow-free and accessible to delivery vehicles.

Transfer Station Sets Holiday Hours

Due to Christmas and New Years falling on a Wednesday, the hours will be:

- **CLOSED December 25th**
 - **OPEN: December 26th, Thursday from noon to 8 pm.**
 - **CLOSED January 1st**
 - **OPEN: January 2, 2014, Thursday from noon to 8 pm**
-

Exemption Applications Available

Several personal exemptions are available to help property owners to reduce their tax bill. Included exemptions are for the legally blind, qualifying veterans, and property owners that meet age, income and asset limits. If you think you might qualify, please contact the Town Assessor's Office in Town Hall at 369-4235 ext. 5 for more details.

Applications for exemptions must be received before December 31st 2013.

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

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

Conway PTO Reminder

Just a reminder that all parents and staff of Conway Grammar School are members of the PTO, and welcome at our monthly meetings! CGS PTO meetings are held on the **3rd Tuesday of the month** from **6:30-7:30 PM** in the school cafeteria.

2014 Conway Calendars Available!

The 2014 Conway Calendars are here and can be purchased at Baker's or call BettyLou at 369-4481. The theme this year is Conway Farms. There is a single printing and a limited run—don't miss your opportunity to own a part of Conway History!

Visitor Greeting Explained

There have been some questions lately as to where the money for the Visitor Greeting goes. The annual greeting collection is not a Visitor fundraiser. Money donated for the annual cover greeting, the greeting on the cover of this very issue, is instead a mission collection for **Neighbors in Need**. This fund supports ministries of justice and compassion throughout the U.S. One-third of the funds support the Council for American Indian Ministry, and two-thirds is used by the UCC's Justice and Witness Ministries to support a variety of justice initiatives, advocacy efforts, and direct service projects.

Thanks to all of you for your support of this fundraiser, and your continuing support of The Visitor, your community newsletter, brought to you by the United Congregational Church of Conway.



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)*

What's the Story Morning Glory?

By Deb Hoyle

Seedlings Greetings

It had been a warm fall that year but she knew it was coming.

Last night the wind howled, leaves flew into the dark beyond the porch light and the rain was horizontal. It was time to face the coat closet, she thought, check the usable jackets and coats and time to pass along those warm wraps that had been idle for more than a few years. Sliding open the door she took in just how crowded the little space was, hangers jammed together and edges of sleeves vying for space. She carried the coats one by one to the nearby couch and draped them carefully over the back for consideration. Now there's one I forgot was even in here, she said to herself. It had been her mother's, who was gone now for seven years. Still classically stylish, a soft, lined trench coat in deep midnight navy presented itself. She knew it just couldn't go, not this one, and maybe she'd be able to wear it herself.

First to go through the pockets. They were deep and well made and able to hold any number of treasures. She reached in and lifted out a tiny neatly folded paper that had been buried under some crumpled tissues. On it written long ago was a recipe from an old neighborhood friend and enveloped in the creases were a few dried marigold seeds,

still harboring that unmistakable pungent marigold scent when she gently squeezed them. Each had an orange or yellow feather on top just above the dark stripe in the middle of the pale, papery shaft. She was transported and instantly saw the two flourishing rows of marigolds lining the flagstone walkway that led up the front yard hill to their house from the quiet street. Her mom had planted these ruffly orange, yellow, and burgundy blooms from seed each year. Why were the seeds left in the pocket? There were not enough here to plant more than a small garden patch. She had gathered them out of habit or for old time's sake, perhaps hoping she had the energy in her late years to once more do some early spring sowing for the enjoyment of summer days, summer vases. Yet here they had remained. When is the last time we do our favorite things in life? We probably don't usually know it is the last.

She searched the pockets again only to find yet more tissues and a shopping list that included chocolate syrup, cinnamon raisin bread, potting soil, and gardening gloves. It could be that a marigold filled container was planned. She then decided to see if the seeds still had life in them. Why not have marigolds growing in the house this Christmas season?

greenlady33@comcast.net

Candlelight Christmas Eve Service

One final year, before we can be back in our renovated and completed church in 2014, the traditional service of lessons and carols will be held in the gym of the Conway Grammar School. At the end of the service, we will form a ring of candles as we personify bringing our light into the world.

We hope you and your loved ones can take a moment to be a part of this meaningful observance of the true meaning of Christmas. Please join us.

Open Studio Weekends in Conway!

Fiber Artist, Sue McFarland opens her 86 Main St. studio for two weekends in December. Hours are from 10 am- 3pm on Saturday and **Sunday December 14 & 15**, and **December 21 & 22**. Unique, one-of-a-kind felted and hand-woven scarves and shawls, ornaments, pet toys, wall art and home décor will be for sale. For those last minute shoppers a closing reception is scheduled on **December 22** from 1pm-3pm. Work by local guest artists will also be for sale. For more information please call 413-522-4944 or email mcfarlandshandwork@comcast.net.

Phyllis Labanowski will open her home studio at 53 Main Street on December 14 & 15 from 10am to 3 pm. Come see **The Hoarder's Daughter**, a 10 minute video that is part performance and part documentary (supported in part by a small grant from our Local Cultural Council) and a series of altars she made from objects found in her father's 'collection'. These and other works are available for purchase.

Local potter Megan Hart will also be open on Academy Hill Road.

Create your own studio tour by visiting other Conway artist the weekend of **December 14 & 15**.

Broadband Committee Notes

By Bob Armstrong

Comcast has worked hard in Northern Conway, completing a large extension to their Conway cable network, bringing cable and high speed internet to over 110 homes that previously had very limited access. In the last month, most of these homes have signed up and everyone I've talked to has shared a positive story about getting connected. Comcast has proved to be a wonderful broadband partner.

 continued inside on page 17

<u>Library (new!):</u>	<u>Transfer Stn:</u>	<u>Post Office:</u>	<u>Town Office:</u>
Mon: 4-7pm	Sat: 9am-5pm	M-F: 9-11am	Tu-Th-F:
Wed: 3-8pm	Sun:8am-1pm	Noon-4:30pm	9am-Noon
Sat: 9am-1pm	Wed:12-8pm	Sat: 9am-11:30	

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Sunday	Monday	Tuesday	Wedn
1	2	3 <ul style="list-style-type: none"> • Energy Committee 7-8pm • Girl Scouts 3-5 PM • Housing Committee 7:00 pm - 8:30 pm 	<ul style="list-style-type: none"> • Senior Ex 1:30-2:30
8 <ul style="list-style-type: none"> • UCC Service 9:30 AM - Conway Grammar 	9 <ul style="list-style-type: none"> • Selectboard 7PM Town Office • Board of Health Meeting 7-9PM 	10 <ul style="list-style-type: none"> • Technology Committee 7-8pm • Girl Scouts 3-5PM 	<ul style="list-style-type: none"> • Senior Ex 1:30-2:30 • Parks & F Committ 6-8 PM T
15 <ul style="list-style-type: none"> • UCC Service 9:30 AM - Conway Grammar 	16 <ul style="list-style-type: none"> • Veterans Day 	17 <ul style="list-style-type: none"> • Technology Committee 7-8PM • Girl Scouts 3-5PM 	<ul style="list-style-type: none"> • Senior Ex 1:30-2:30
22 <ul style="list-style-type: none"> • UCC Service 9:30 AM - Conway Grammar 	23 <ul style="list-style-type: none"> • Selectboard 7PM Town Office • Board of Health Meeting 7-9PM • UCC Church Council Meeting 	24 <ul style="list-style-type: none"> • Christmas Eve Candlelight Service 7PM at Conway Grammar 	Merry Chri
29 <ul style="list-style-type: none"> • UCC Service 9:30 AM • 250th Celebration Geneology Work Grp 	30 <ul style="list-style-type: none"> • Board of Health Meeting 7-9 PM 	31 <ul style="list-style-type: none"> • Girl Scouts 3-5PM 	Happy Nev
PULL OUT and POST this handy Conway calendar!			

ber 2013

Something to add? Email your event,
birthday or anniversary to *The Visitor*:
visitor@uccofconway.com

Wednesday	Thursday	Friday	Saturday
4 Exercise Class 10 PM	5 • Garden Club Meeting Noon-3PM	6 • Walk in Health Clinic 9AM-Noon Town Hall	7
11 Exercise Class 10 PM Recreation Committee Meeting Town Hall	12 • Foot Clinic 8:30-4PM • Board of Assessors 7-9PM • Planning Board 7:30-9PM	13 • Board of Health	14
18 Exercise Class 10 PM	19	20 • Visitor Deadline for January issue	21
25 Christmas!	26 • Open Space Committee Meeting	27	28
1 New Year!	2	3	4

Soon... We Will Be Swimming!

By Craig Warner

Yes, we'll soon be swimming. The contractor completed work just before Thanksgiving and committee volunteers have been working on Sundays to do non-contract work. By the time you read this the pool should be full. The pool closed in the fall of 2010 and three years later, after much engineering, permitting, fundraising, construction, and community fundraising and volunteer efforts, we have our pool back! Come Spring the grass will start to grow and final touches will be made at the site. Keep your eye on the Visitor and pool website for a lengthy project wrap up (including financial details) and announcements of a summer celebration sponsored by the Conway Parks and Recreation Committee.

But wait... there's always a catch, right? Not really... jump in... However, please do keep us in mind for future donations. We hate to even ask... but the reality is the Conway Pool is still in need of additional funding. The funding needs include 1) \$20,000 for current bills [we were about \$14k short on fundraising and had about \$6k additional unforeseen project costs], 2) we would like to complete dredging and parking lot paving in the next couple of years at a cost of \$55k to \$65k [these had to be cut from the original budget], 3) we have non-essential expenses such as a new

diving board, flagpole, swing set repairs, and an electrical and maintenance shed that we would like to take care of immediately totaling about \$6k, and 4) we will have ongoing annual maintenance costs averaging about \$14k per year.

Even if we're not able to raise funds for the bigger projects, the reality is that we must remind residents of our annual operating costs of \$14k in hopes we can continue to raise that each year. Unfortunately, the days of less regulation and doing most of the work with donated equipment and volunteers are over and we must hire and bear the costs of maintenance required by regulations.

As the end of the year approaches, please consider a donation in support of your Conway Pool. Every donation from \$5 to \$5,000 makes a difference. Conway Community Swimming Pool is a 501c3 organization and your donations are tax deductible. Keep in mind that donations of stock to a 501c3 can yield significant tax benefits. Donations can be made on the website (www.ConwaySwimmingPool.org), by mail (309 Whately Rd), at Greenfield Savings Bank, or by contacting any committee member.

Thank you to all the people of Conway for a job well done!

craigwarner@gmail.com



Eating Around Town

By Kate Van Cort French

This month: Muriel Antes



Some
of our
town's
favorite
recipes

Muriel Antes is simply a great cook. Every once in awhile, she appears at OESCO at break time with a hot-out-of-the-oven cake. By lunch time, we scrape out any leftover icing or crumbs left in the pan. Muriel said that her family loves these rolls and this recipe is so easy to make! Said Muriel: I keep a box of instant potatoes on hand for this purpose! Never would I use instant potatoes for anything else; one of Merrill's peeves was seeing instant spuds when dining in a restaurant!

POTATO PUFF ROLLS

$\frac{1}{2}$ c. mashed potatoes	1 egg
1 pkg. yeast (2 $\frac{1}{4}$ tsp.) I use instant	1 tsp. salt
1 c. milk	$\frac{1}{4}$ cup water
$\frac{1}{4}$ c. shortening	$\frac{1}{4}$ c. sugar
4- 4 $\frac{1}{2}$ c. flour	

Prepare potatoes from instant or cook and mash fresh taters. Scald milk and water, add shortening and cool to 110-115 degrees. Combine 2 cups flour, sugar, salt, and yeast and add cooled milk mixture, potatoes and egg. Beat until smooth, about 2 minutes, then stir in enough remaining flour a little at a time, to make a soft dough that leaves the sides of bowl. Turn onto lightly floured surface and knead until satiny and elastic; place in lightly greased bowl, turning dough over to grease top. Cover and let rise until doubled, 1-1 $\frac{1}{2}$ hours. Punch down, turn onto board, shape into ball, cover and let rest 10 minutes. Pinch off small pieces of dough, shape in balls to half fill greased muffin pans. Cover and let rise 'til almost doubled. Bake at 400, 10-12 minutes. *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

Broadband Committee Notes (continued from page 15)

Our next project is getting the rest of Conway connected. With the state taking over WiredWest's 'last mile fiber optic network project' and choosing not to build in the cable towns, these towns are working to obtain additional funding to pay our share of what Comcast requires to extend their networks to every home. My hope is that Conway's high subscription rate in an area of Conway that's been desperate for high speed internet will encourage them to believe that extending their network is a good business decision.

Hilltown Churches Food Pantry

P.O. Box 161, Ashfield, MA 01330 413.625.0020

Board of Directors:

Marilyn Bobetsky,
Ashfield

Ed Callahan,
Ashfield

Blanche Cizek,
Plainfield

Bonnie Coleman,
Ashfield

Phylis Dacey,
Conway

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Janet Rogers,
Ashfield

Vi Scott,
Hawley

Mary Snow,
Ashfield

Richard Todd,
Ashfield

Gordy Van Guilder,
Ashfield

Beverly Wall,
Shelburne

Dear Friends;

December 2013

Recent budget cuts have made it even harder for our families and friends to make ends met. Did you know?

⇒ In Franklin County, 1 in 8 people have to choose between paying utilities and buying food.

⇒ The Hilltown Churches Food Pantry is currently spending over \$45,000 annually to help more than 180 clients feed their families every two weeks.

⇒ For every dollar you donate, 97¢ goes directly to food. We rely completely on volunteers from the community and the multiple churches that support us.

On behalf of the Board and those we represent and serve, we thank you for all you do to support your friends and neighbors by donating to the Hilltown Churches Food Pantry. The money we receive through your donation is highly leveraged through Food Bank purchasing.

Blessings,



Pat Thayer, President
Hilltown Churches Food Pantry

Hilltown Churches Food Pantry

P.O. Box 161, Ashfield, MA 01330 413.625.0020

Name(s)

Street Address or P.O. Box

Address

Phone

email

Serving the Towns of:

Ashfield
Buckland
Charlemont
Colrain
Conway
Hawley
Heath
Monroe
Plainfield
Rowe
Shelburne

A joint mission of:

St. John's Episcopal Church,
Ashfield
First Congregational Church,
Ashfield
Mary Lyons Church, Buckland
Plainfield Congregational Church
First Congregational Church
of Shelburne
United Congregational Church
of Conway

☐ \$200

☐ \$100

☐ \$ 75

☐ \$ 50

☐ \$ 25

☐ Other

\$ _____

☐ I/we wish to remain anonymous.

☐ Donation is in memory of:

Thank you for your generous response.
This is a tax-deductible gift.

Please use an envelope to mail this form with your
donation to: **Hilltown Churches Food Pantry,**
P.O. Box 161, Ashfield, MA 01330



cut here to mail

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

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

CONWAY IS NOW HOME to its very own candle company: Candle in the Window. We sell highly scented candles jar candles with beautifully hand designed labels. We also carry room sprays, bath scrubs and foams, soap, bath fizzies and solid perfumes, as well as selection of wreaths and painted decorative items. Located at 161 Fields Hill and open every weekend 10 AM to 4 PM. Visit us for a unique shopping experience. 6/13

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

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**.

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 for the holidays. 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

HART POTTERY - handcrafted porcelain and stoneware holiday open studio sale: **Saturday, December 14th 10-4**. A selection of floral and animal imagery, Refreshments served. 192 Academy Hill Rd Conway. 413 522 6707 hartpottery@gmail.com TK

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

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

THE CONWAY INN offers pizza on Friday, Saturday and Sunday, including take-outs. Now with free WiFi. Call 369-4428. 12/14

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

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

PUZZLE EXCHANGE proposed for wooden jigsaw puzzles, especially those made by Liberty Puzzle Company. Interested in circulating/exchanging these treasures? If so, please contact AnnieCheatham06@gmail.com. 625-1094. free

GUILFORD ROTARY MOWING AND TRACTOR WORK. Call 413-320-5117 Mark or 369-4481 Bettylou. 6/13

Our hearts grow tender with childhood memories and love of kindred, and we are better throughout the year for having, in spirit, become a child again at Christmas-time.”
- Laura Ingalls Wilder

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.chestnutfarm.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

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. Join us on **Saturday November 30th** from 10am to 4pm for a special Christmas open house. All jar candles will be 15% off. Also available, our beautiful soaps, body lotions, lip balms, perfumes and many more bath and beauty items. As well as our decorative painted pieces, wreaths and ornaments. Enter your name to win \$50 worth of Candle in the Window products of your choosing. Refreshments will be offered. Hope to see you there!

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

POST AND BEAM HOME FOR SALE
Cute as a button, two bedrooms, nestled on 3+ Acres. Enjoy nature all around! Waterfront on the Bear River - a trout stream with swimming hole. Post and Beam saltbox with pegged frame dressed nicely, well-insulated, chamfers on the post and beam corners, wood ceilings on the main level. Come home to the woods! Over 3 acres in a serene setting with peach, cherry trees and blueberry bushes. Rinnai propane gas heater and wood stoves, 2 bedrooms, 1 1/2 baths. \$225,000. Call Judy Rivard, Sawicki Real Estate 413 687 7887 Judy@Rivard.net 7/14

NEW HOME DAYCARE OPENING.

I have openings for infants & toddlers starting the end of August. Full & Half-Day slots available. Meals & snacks included in the daily fee. I am a Mom of 2 and have 5 years experience working in the local Pre-School. Please call Danielle Kocot with any questions or to set up an interview at 369-4354. 1/14

SOMERVILLE PIED-A-TERRA. 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

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

PREMIUM RADA CUTLERY is available from the Second Monday Group, and orders can be taken for holiday gifts! Call BettyLou at 369-4481. 12/13

As dry leaves that before the wild hurricane fly, when they meet with an obstacle, mount to the sky. So up to the house-top the coursers they flew, with the sleigh full of toys, and St. Nicholas too.
— Clement Clarke Moore

THE CASTLE AWAITS! FUN ARTS AFTER SCHOOL PROGRAM

opened the week of September 16th in the Conway U.C.C. Church. We still have openings and you may jump in mid-season! Classes are offered Tuesday, Wednesday or Thursday; 4 to 5:30. Ages 5 to 8 are welcome. This first session is 11 weeks long. (The cost is \$275 per session) There will be a winter session after the holidays. The castle is open but empty and awaiting the imagination and beautiful art of its royal subjects. Come help decorate it with royal portraits, illuminated letters, tapestries, shields, decorative swords, etc. Become a prince or princess, king, queen or knight. Make a costume and write and illustrate a story about the castle that you help to create. This after school program is taught by Laura Pratt. Laura has 20 years of experience teaching art at the Bement School. You may contact me at 802-254-3538 or 802-505-1392 and laurapratt1952@gmail.com. Join the fun!

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

DAYCARE OPENINGS. I will have a few openings coming up in the fall 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 Romanovicz for an interview at 625-2007. 4/14

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

CHRISTMAS 2013 – Decorations, gifts, Christmas arrangements. LASALLE FLORISTS, INC. Route 5, Whately 665-2653 Flowers fresh from our greenhouses. Poinsettias, azaleas, cyclamen, etc. Arrangements, centerpieces, Christmas greens, etc. Daily deliveries to Conway, Greenfield, Amherst, Northampton areas. Teleflora services. Serving the area since 1934. www.lasalleflorists.com Visitors welcome! TK

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

ARTeens Cultivate Creativity

ARTeens is a weekly after school program for middle and high schoolers at The Art Garden (14 Depot St.) in Shelburne Falls. The Winter session runs **January 7 - February 11** on Tuesdays from 3-6PM. Best of all, it's **free** to Franklin County teens.

Frontier students might be able to car pool with others who are also coming from school. (Mohawk students are taking the school bus to The Art Garden and teens from Greenfield can take the FRTA).

Interested teens must fill out an easy application, available at: <http://theartgarden.wordpress.com/programs/for-teens/>

The deadline to apply is: **Monday, December 23rd.**

Teenagers can apply to participate in just the winter session or in the spring session (**April 1-May 28**) as well.

ARTeens cultivates the creativity of teens in a safe and supportive, community-based, studio environment. Co-facilitated by local artists Phyllis Labanowski and Jane Beatrice Wegscheider, teens will get to play with different art processes and experiment with different materials (including recycled, upcycled, and free).

Guest artists will be invited to the program to share their own art practices. Participating in a program at The Art Garden will expose teens to an intergenerational community of creative people through activities that already exist at The Art Garden: community exhibits and receptions, cultural programs, and public art projects.

To contact the Art Garden:
www.theartgarden.org;
413.625.2782; csartgarden@gmail.com.

Funding provided by the Eleanor and Philip Singleton Endowment Fund, James D. Watt Charitable Fund, the Community Foundation of Western MA, The Art Garden, and local community members.



ARTEENS

Conway Military Hero Receives Medal

Senior Chief Intelligence Specialist Quentin Antes, United States Navy has been awarded the Navy and Marine Corps Commendation Medal for meritorious service while serving as Senior Enlisted Leader for Navy Reserve Joint Intelligence Center Central Command Zero Five Nine Seven, Information Dominance Corps Region Mid-Atlantic from December 2010 to August 2013.

Senior Chief Antes set the example of strong leadership through his diligent supervision of the command. He mentored and managed over 40 enlisted sailors while sustaining a 96 percent mobilization readiness rate.

By his unswerving determination, wise judgment, and complete dedication to duty, Senior Chief

Antes reflected credit upon himself and upheld the highest tradition of the United States Naval Service.

Quentin entered the Navy in 1988 following graduation from Frontier Regional High School, received basic training at Great Lakes Training Center then submarine schools in San Diego, CA. and Groton, CT .

He was a plank owner on the USS Miami (SSN-755), was honorably discharged in 1994 and joined the Navy Reserve in 2003. He was mobilized to Afghanistan (2006-2007) where he served as part of joint forces operations. Chief Antes was promoted to Senior Chief (E8) in 2013.

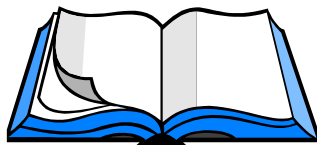
Conway Preservation Committee Seeks Proposals

The Conway Community Preservation Committee (CPC) has funds available for open space & recreation projects, historical preservation, and community housing. Citizens and groups are encouraged to develop proposals for the Committee's consideration. A short Community Preservation Act (CPA) Pre-Proposal Information Form and complete applications are online at <http://townofconway.com/committees/community-preservation/>. The short form is also available at the Town Office.

Anyone wishing to make an appointment with the Committee, or discuss ideas should contact Janet Chayes (janet@chayes.org 369-4697). Proposals are welcome at any time, but **March 3, 2014** is the deadline for full applications for potential consideration by Town Meeting in May.

Since 2006 Conway citizens have approved 14 CPA projects to enhance the community which total \$464,882.





Library Concert December 4th

On Wednesday December 4 at 6:30 PM, the Field Memorial Library will present "The Softer Side of Celtic" with singer/songwriter Jeff Snow.

Jeff is a talented multi-instrumentalist who plays music of Ireland and England and tells the stories behind the songs. He plays the guitar, autoharp, Celtic Bouzouki and Bodhran. For all ages, light refreshments will be served.

Friends of the Library Book Cart

Friends of the Library have created the Book Sale Cart at the library. The cart contains a variety of books in fiction, children's books, gardening, cooking, and biography. The cart is located just inside the front door. Hard covers are \$1, soft covers are \$.50, and children's books are \$.50. The proceeds from this cart will go toward library events sponsored by the Friends of the Library. Come in and peruse the cart during library hours. You may just find that perfect holiday gift for a friend or that book you've always wanted to add to your own library.

Art at the Library

Each month a different local artist will be displaying their work at the Library. Upcoming displays include paper and textile art. All are welcome to stop by and have a look.

The Field Memorial Library will continue to exhibit the works of local artists on a monthly rotating basis. Please contact Library Director Carol Baldwin to display your work, at 413-369-4646.

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.

Holiday Stress Relief for All Ages

Come and breathe, stretch and relax at the Conway Town Hall with Naomi Zeitz. Breathing, stretching and relaxing is intended for people of all ages and physical capacities. We use very simple breathing techniques and movements that when coordinated together can create a deep relaxation. These are also techniques that once learned can be used at home. Naomi is an authorized Yantra Yoga instructor since 2008. The class is offered for free to the residents of Conway.

If you're interested in a class of this nature, please notify Naomi at the email below.

mirrornk@gmail.com

United Congregational Church of Conway

P.O. Box 214

Conway, MA 01341

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