MONTGOMERY
MT. Breeze
January 2019
Printed 12/28/18 Circulation 375
PUBLISHED BY THE MOUNTAIN BREEZE STAFF

2019 Real Estate Taxes will be due February, 1st

Happy New Year!

from the staff of the MT Breeze.

Keep the Holiday spirit alive all year round

THE NEW YEAR AND WINTER IS HERE!

Congrats to the Montgomery Fire Association on taking first place in Russell's Parade of Lights. Your hard work paid off.

As cold weather settles in, remember to be vigilant with your heating devices. Also when warming your cars, if in an enclosed area make sure your garage door is open to prevent any carbon monoxide poisoning. Check in on your elderly neighbors and those in need. Keep plenty of water on hand for your pets. Keep snow away from pellet and furnace vents. Try to keep ice off your main walkway into the house.

154 Main Road
Montgomery, MA

Stay safe and warm!

F.I.D. renewal information

If you have a "paper license" issued through the Montgomery Police Department – three months before you need to renew your F.I.D. or L.T.C. – please e-mail me at police@montgomeryma.gov, or leave a message at my home phone number 862-4949 – spelling out your first and last names and the date your license was issued so I can locate your file.

When I have office hours – which is normally every other Thursday as listed in the Mountain Breeze (see page 2) – I will forward a copy of your current license information from the file in the Town Hall to the Criminal Justice Information System (CJIS) so the information can be updated in the system and the renewal can be done from your current license. When you come to do your renewal or new application – don't bring a picture – I have a camera and will take your picture and uploaded it directly into the computer. Currently it is taking 6-8 weeks before I hear on the status of fingerprints.

The Police Department office is located in the basement of the Town Hall. If you are unable to come down the stairs, let me know and I will make accommodations to meet you in the library.

Paula L. Chapman, *Chief of Police*

TOWN CLERK NEWS

As of January 1, 2019, the Town Clerk will be holding office hours on the **first and third Wednesdays** of each month from **12:00 to 4:00 pm.**

Dates are as follows:

January 2nd and 16th
February 6th and 20th
March 6th and 20th

If you need anything during these dates you may still call the Clerk to obtain records as you have before in the past.

Thank you,
Judy Murphy
413-862-4478

"For last year's words belong to last year's language. And next year's words await another voice."

T.S. Eliot, *Four Quartets*

Important numbers

FIRE EMERGENCY	911
AMBULANCE	911
STATE POLICE	911
HIGHWAY DEPARTMENT	862-4037
GATEWAY HIGH SCHOOL	685-1102
GATEWAY MIDDLE SCHOOL	685-1202
GMS ATTENDANCE	685-1201
LITTLEVILLE ELEMENTARY	685-1301
TOWN HALL OFFICE	862-3386

townhall@montgomeryma.gov
Administrative Secretary Hours, Tuesdays & Thursdays from 10 a.m. to 4 p.m.

FIRE DEPT:	862-4505
DEPUTY FIRE CHIEF - CHRIS GALIPEAU	862-4599
TOWN CLERK - JUDY MURPHY	862-4478
POLICE DEPT:	
ADMINISTRATIVE POLICE CHIEF - PAULA CHAPMAN	862-4949
TAX COLLECTOR - JANE THIELEN	862-3386
ANIMAL CONTROL OFFICER - PHIL CAMP	862-4976

SELECT BOARD:

DAN JACQUES	862-9001
MIKE MORRISSEY	862-3386
JACOB CHAPMAN	862-4949

Meetings for the Select Board are held at 7:00 p.m. every other Thursday.

SCHOOL COMMITTEE:
MADELYN AUSTIN 862-4004
mrrrr@verizon.net

LIBRARY:
LIBRARIAN - PAULA LONG 862-3894
montgomerylibrary@yahoo.com
HOURS: Tuesday 10:00 a.m.-5:30 p.m.
Thursday 4:00 p.m.-8:00 p.m.
Saturday 9:30 a.m.-12:30 p.m.

BOARD OF ASSESSORS:
Meetings of the Board of Assessors are held on the 1st & 3rd Wednesday of each month from 8:00 p.m.-9:30 p.m. Please call 862-3386 for an appointment. Assessors' Clerk hours 1st & 3rd Wednesdays of each month from Noon – 4 p.m.

State Senator Don Humason:
64 Noble St., Westfield, MA 01085
(413) 568-1366
Donald.Humason@masenate.gov

State Representative Lindsay Sabadosa:
info@lindsaysabadosa.com
(413) 539-8599

January Calendar

Jan. 1	New Year's Day
Jan. 2	Noon - 4 pm – Town Clerk Hours – Town Hall
Jan. 2	6:30 pm – Yoga – Town Hall
Jan. 4	9:30 –11:00 am – Osteoporosis Exercise – Town Hall
Jan. 8	Recycling day
Jan. 9	6:30 pm – Yoga – Town Hall
Jan. 9	7:00 pm – GRSD Joint Budget Meeting - Line Item Budgets
Jan. 10	9:00 am – Tai Chi – Town Hall
Jan. 10	7:00 pm – Selectboard Meeting – Town Hall
Jan. 11	9:30 –11:00 am – Osteoporosis Exercise – Town Hall
Jan. 16	Noon - 4 pm – Town Clerk Hours – Town Hall
Jan. 16	6:30 pm – Yoga – Town Hall
Jan. 18	9:30 –11:00 am – Osteoporosis Exercise – Town Hall
Jan. 22	Recycling day
Jan. 23	6:30 pm – Yoga – Town Hall
Jan. 23	7:00 pm – GRSD Joint Budget Meeting - Assessments
Jan. 24	7:00 pm – Selectboard Meeting – Town Hall
Jan. 25	9:30 –11:00 am – Osteoporosis Exercise – Town Hall
Jan. 30	6:30 pm – Yoga – Town Hall

Paula L. Chapman

Administrative Chief of Police for the Town of Montgomery

OFFICE HOURS: 6:30 pm to 7:45 pm

January 10, 2019	January 24, 2019	
February 7, 2019	February 21, 2019	
March 7, 2019	March 21, 2019	
April 4, 2019	April 18, 2019	
May 2, 2019	May 16, 2019	May 30, 2019

MOUNTAIN BREEZE AD POLICY

Montgomery resident ads: $3.50 for ¼ page, $7.00 for ½ page, $10.50 for ¾ page and $14.00 for a full page.
Non-resident ads: $5.00 for ¼ page, $10.00 for ½ page, $15.00 for ¾ page and $20.00 for a full page.
Political ads: $15.00 for ½ page and $30.00 for a full page. (Political ads must include the name of the payer.)
Ads: email (preferably pdf file) to **montgomerymtbreeze@gmail.com**, put in the MB box at the Library, or mail to: **Montgomery Mountain Breeze, c/o Grace Hall Memorial Library, 161 Main Road, Montgomery, MA 01085-9525**. Include your name and phone number. Payment must be received by deadline date (usually on the 16th of the month) or ad will not be run. No cash, please; make check payable to Montgomery Mountain Breeze and put in the MB box at the Library, or mail to above address.

MOUNTAIN BREEZE STAFF

Editor: T.Lak 413-237-2818
Helen Allyn * Chris Brown * Laurie Flechsig *
Paula Long * Julie Pike * Jane Thielen

montgomerymtbreeze@gmail.com

The Grille is *the place* to meet your neighbors!

The grille is moving!

A new year, why not a new location? And it's across the street. Just waiting for them to finish the new building. Or...maybe we'll stay in our nice cozy setting.

Happy New Year everyone!

Montgomery Grille

AT THE MONTGOMERY MARKETPLACE

Hours:
Wednesday, Thursday, Friday:
5:30 am to 2:30 pm

Saturday and Sunday:
6:00 am to 2:30 pm
Lunch starts 11:00 am

46 Main Rd, Montgomery, MA • 862-(FOOD) 3663 Closed Mondays & Tuesdays

Pastel Work shop with

Greg Maichack

Sail away on

the craft of Pastel painting

February 9 at 11 am

Montgomery Town Hall

161 Main Road, Montgomery

Please preregister at the Grace Hall Memorial Library

413-862-3894 or montgomerylibrary@yahoo.com

Learn more on our Facebook page!

facebook.com/gracehallmemorial

Perfect for Beginners and Advance! Fun and Relaxing too!

Looking for Christmas Gifts?

The 2019 Taste Coupon Book – $25.00 ea

AMVETS Post 96, Russell, MA

Proceeds will be used to make a donation to the Holyoke Soldiers Home Recreation Fund

Included inside are coupons for local & "chain" restaurants in: Agawam, Chicopee, Easthampton, Hadley, Holyoke, Ludlow, Northampton, Southampton, Southwick, Springfield, West Springfield, Westfield & many other towns in Western Mass – including our "own" Montgomery Grill, also some places in Enfield, CT., Somers. CT., Suffield, CT.

Big Y is back. Need to down load app for digital coupon to receive $10.00 off, see 2nd page in book.

Restaurants Include: Burger King, McDonalds, Dunkin Donuts, Friendly's, Sonic, Munich HAUS, Glendale Grill, Red Robin, Domino's Pizza, Uno Chicago Grill, and MANY more.

Also included are coupons for: Amelia Park, Old Sturbridge Village, Springfield Symphony, Springfield Thunderbird's, Eric Carle Museum, Fenway Golf, Volleyball Hall of Fame, Taylor Rental, ***Berkshire East, & many others***

If interested, call Dan Flechsig 862-8095

Irene, formerly of (HAIR Ltd) welcomes everyone to visit her at

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FREE CONSULTATION!

Come and meet Lisa our *Color Expert*. Look beautiful all winter long. Lisa will consult with you and let you know the perfect color and style that will be specialized just for you.

Call now. 413-642-8002

(Specials for first visit with Lisa)

Wishing everyone a Happy & Healthy New Year!

January Specials

$10.00 OFF

all color services, includes Balyage.

$30.00

Wash, cut, blow dry (long hair extra)

Keratin Treatments Now Available

Yearly Calendar

Republic Services of Springfield
845 Burnett Road Chicopee, MA 01020
413-557-6700
www.republicservices.com/site/chicopee-ma

RESIDENTIAL CALENDAR
Town of Montgomery Recycling

= Holidays
0 = Trash and Paper & Cardboard Recycle (A Week)
= Trash and Bottles & Cans Recycle or Single Stream (B Week)

2019

January '19

Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February '19

Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

March '19

Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April '19

Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May '19

Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June '19

Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

July '19

Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August '19

Su	M	Tu	W	Th	F	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September '19

Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October '19

Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November '19

Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December '19

Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Never to soon to plan out next year's vegetable garden

January is the month to:

- Let house plants to dry between watering to avoid root rot and fungus gnats.
- Turn houseplants every few days to keep them from leaning toward the light.
- Cacti need very little water during the winter.

GardenNews
by **Chris Brown**

- Soak the soil when watering succulents; let dry completely before watering again.
- Snow cover provides protection of plant crowns and roots from cold winter air.
- Winterberry provides winter food for birds.
- Plan the vegetable garden and sketch it out on paper.
- Place seed orders as early as possible to guarantee availability.
- Test viability of old seed; place a small number of seeds in a wet towel.
- Use a high quality germinating mix for starting seeds.
- At end of January, sow pansy and viola seeds indoors.

Information taken from UMass 2019 Gardening calendar.

Think Spring!

CRANBERRY NEW YEAR'S CAKE

JANUARY RECIPES

Recipe for January 2019. Helen Allyn sent in this new recipe. Thank you Helen.

3 eggs
¾ cup butter, softened
2 cups all-purpose flour
2 cups sugar
1 tsp. vanilla
12 oz. fresh cranberries

Preheat oven 350 degrees. With a mixer, beat eggs with sugar until slightly thickened and light in color – 5 to 7 minutes. Do not skip this step as the eggs work as a leavening agent. Add butter and vanilla, mix 2 more minutes. Stir in flour until just combined. Add cranberries and stir to mix.

Spread in a buttered 9 x 13 pan. Bake for 40 to 50 minutes until very lightly browned and a toothpick inserted near center comes out clean. Let cool completely. Cut into small pieces 1″ x 2″.

Celebrating 29 years In Business

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HAPPY NEW YEAR, ONE AND ALL!

May you and your loved ones have a blessed 2019 and beyond!

"Turning of the year" night out starts the new year off right

Your Montgomery Historical Society celebrates the "turning of the year" with a **"night out" on Thursday, January 10 at 6:00 p.m.** (Snow date is Friday, January 11.)

We'll be dining at the new **"JP's Steakhouse & Grille"** on College Highway, Southampton (formerly "Opa-Opa's"), and we invite everyone to join us for this evening of fun, food, and fellowship. Membership in the Historical Society is NOT required for any of our events or activities. Please **call Laurie at 862-8095 by Sunday, January 6** to indicate your intentions so that we may provide a head count to the restaurant at that time.

Historical Happenings

The Steering Committee of the Historical Society will meet in mid-January to plan activities and events for the coming year. Have any ideas for us? Your input would be most welcome – places to visit, speakers to host, etc. – as we map out our programs for the enjoyment of all. Laurie (see tel.# above) can be contacted with your ideas, as well.

As of early December, the Montgomery Historical Society's ***display case located at the Grace Hall Memorial Library*** *(Town Hall complex) contains* ***a collection of Nutcrackers*** *of various shapes, sizes and "occupations" loaned to us by Historical Society member Sandi Gil. Please be sure to check them out when you visit the library during the cold months and stock up on reading material and other media! The Nutcrackers will be in place through mid-January.*

We continue to seek loans of material for the display case from our fellow townspeople. If you have (or someone you know has) a collection or conglomeration of items you'd like your fellow townspeople and others to see, please call Laurie (862-8095) to talk about when we can include your items in our display case. Your participation will ensure the displays remain fresh and interesting! Thank you!

JANUARY BIRTHDAYS:

Arlene Bodurtha
Rebecca Bodurtha
John Bucko
Deborah Clark
Jessica Cruickshank
Bertine Galipeau
Krystyna Galipeau
Peggy Goralczyk
Patti Little
Steve Monkiewcz
Bob Pike
Bob Wall
James Wall
Karen Wassung
Dakota Whitaker

JANUARY ANNIVERSARIES

None

Please help us keep our celebrations of birthdays and anniversaries up-to-date by emailing the MT Breeze with any names that we may include in our monthly listings. (Likewise, if we should delete someone.) Thank you for your help!

Condolences

To Linda Lalli and her three adult children and their families. on the passing of former Montgomery Selectman Ronald P. ("Ron") Lalli. In addition to serving as Selectman, Ron contributed his expertise to other town committees. He passed away August 7 at home, and his funeral and burial were held October 4 in Springfield, MA.

Outside the bird feeder with Lori Conley

WHY DO MANY SMALL BIRDS FLOCK TOGETHER IN THE WINTER?

As one stands in the autumn or winter woods, a Red-Breasted Nuthatch calls while it hangs upside down on a pine cone, deftly removing the fat-rich seeds. Nearby, several Black-Capped Chickadees inspect leaves and twigs for small insects or cocoons. A chattering Ruby-crowned Kinglet hovers at a branch tip. And a petite Downy Woodpecker whinnies. And they are all close at hand.

As colder weather sets in, some small birds form mixed flocks to increase their chances of survival.

In a mixed-species flock there's a noisy flurry of small birds, foraging and moving together in fall and winter. With the nesting season past, some small birds join forces.

These loose associations can include a dozen species and more than fifty individuals. More watchful eyes mean better detection of predators, allowing each bird to spend more time feeding. And more individuals searching, improve the odds that a rich feeding area will be found.

In much of North America, Black-Capped Chickadees (our state bird by the way) lead in forming such flocks and should a hawk be sighted - whistle an alarm call that the other species understand.

Side note: National Bird Day is observed annually on January 4 to advance bird conservation as a moral value. The purpose of this holiday is to bring attention to the plight of our feathered friends, particularly birds that are not native to the U.S. and are captive. Consider reading up on some birds, setting out a feeder or sharing some bird knowledge with someone.

Happy New Year!

Info from the BirdNote website and Audubon

Library News

facebook.com/
gracehallmemorial

January 2019

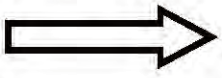
Drop the last year into the silent limbo of the past. Let it go, for it was imperfect, and thank God that it can go. ~Author unknown

Let us Know of your favorite Read from 2018

We are collecting titles of 2018 best reads. Drop by the library and let us know which titles or authors you most enjoyed. You can also let us know by email and Facebook too.

Here is a handy recommendation form. Just fill it out and slip it in your return book (or DVD!) You can be brief or wordy.

We will do the rest.



Winter Weather Closing

We will not be open if Gateway Regional School is closed for winter weather. Notice will be posted on Channel 22 and 40, they mostly post library closings on their perspective websites. As well we will post on our Facebook page. Like always, no fees will be charged on days we are closed.

Winter Drop Box

Please do not put any DVD's and Audio books in the Drop Box when the weather drops below 40 degrees. Let us know by phone or email and we can renew items for you.

Happy New Year!

Trustees Meeting TBA at 6:30pm

Museum Passes

Old Sturbridge Village

Springfield Quad

Norman Rockwell

Mystic Aquarium

Deerfield Historical Mu-

USS Constitution

DCR State Park Pass

MassMoCa

Hours
Tues: 10– 5:30
Thurs: 4-8
Sat: 9:30-12:30

Contact
Mail
161 Main Road, Montgomery, MA 01085

Phone
413-862-3894

email
Montgomerylibrary@yahoo.com
Website
montgomeryma.gov
wghl.masscat.org
facebook.com/gracehallmemorial

commonwealthcatalog.org

COUNCIL ON AGING

Serving the Citizens of Montgomery
January 2019

Calendar

Tue – Jan 8 Coffee Hour – 10 a.m.

Tue – Jan 22 Coffee Hour – 10 a.m.

Tai Chi
Town Hall – Thursday – 9 to 10am

Osteoporosis Exercise Class
Town Hall – Friday – 9:30 to 11am

January Birthdays

Arlene Bodurtha	Ruth McKay
Bertine Galipeau	Mary Ann Sharrow
Linda Levit	Robert Wall
Karen Wassung	Robert Pike

Would You Like to Take Tai Chi?

COA sponsored **Tai Chi** classes will begin on Thursday, **January 10th at 9am**. The classes will be taught by **Ellie D'Allesandro** from the Westfield YMCA. This ten-week program is especially geared for seniors. Classes will be held in the **Town Hall** and are free of charge. If you would like more information, please call Anne-Marie at 862-3257.

We wish all our friends and neighbors a Happy and Healthy New Year. Stop in and visit at any of our coffee hours which are held in the Senior Room on the second and fourth Tuesday of each month.
We are making a list of special events to be held during the year. Your suggestions and input would be appreciated.

Were you in the "DONUT HOLE" last year?

If so - chances are you could reach it again!

If you have a Medicare Part D or Medicare Advantage plan and do **not** get Extra Help, you will reach that coverage gap when the total retail cost of your prescription drugs reaches your plans out-of-pocket limits. This is where **Prescription Advantage** can help.

Prescription Advantage, the Massachusetts prescription drug assistance program, can help pay for your prescription drugs when you reach the "donut hole." To find out how to lower your drug costs, call Prescription Advantage at:
1-800-243-4636
TTY at 1-877-610-0241

Thank You to the Cranson Family

Because of the generosity of the Cranson family we now have another wheel chair, walker, commode, etc. If you have need of any of these items, either long or short term, please call 862-3257.

Zodiac sign – Capricorn/Aquarius Flower – Snowdrop/Carnation Birthstone - Garnet

6 Ways to Stay Physically Active in Winter

The U.S. Department of Heath and Human Services just released the *2018 Physical Activity Guidelines for Americans*. The guidelines recommend that adults move more and sit less throughout the day by engaging in a combination of aerobic activities, as well as balance training and muscle strengthening.

Exercising during the winter months can be challenging as temperatures drop, road and sidewalks are slippery, and storms prevent outdoor activities. Here are 6 ways to keep active this season.

1. **Explore arthritis-friendly exercise videos**
   Check out short videos with exercises focused on reducing joint pain through stretching and building strength. There are options for working out your upper and lower body, as well as trying out Tai Chi, all in your own home.

2. **Find an exercise class near you**
   It can be hard to stay motivated while exercising alone. Find an exercise class that can offer different options for activities and provide an opportunity to meet up with friends.

3. **Go mall walking**
   Mall Walking Resource Guide provides ideas for walking solo or with a group at a local mall. Moving your regular walks inside for the winter provides a warm, safe, and well-lit environment to keep active.

4. **Take steps to prevent falls**
   If you do walk outside, take precautions to avoid slips and trips on icy sidewalks. Check out how you can *Winterize to Prevent Falls.*

5. **Get a workout to go**
   Go4Life's Workout to Go guide has several options for exercising in your own home, including hand grips, wall pushups, and arm raises.

6. **Find an indoor community pool or track**
   Many local Parks and Recreation Centers and YMCAs offer physical activity options, such as swimming, walking on indoor tracks, and group exercise for older adults.

This newsletter is partially funded by a grant of the Executive Office of Elder Affairs
Outreach Worker: Ginger Cruickshank 862-4932
Board Members are: Anne-Marie Buikus 862-3257, Jane Thielen 862-4482, Sandy Haas 862-3829
Jeanne Aras 862-4497, Jean Bush 862-3645, Geraldine Larrabee 862-3884
Email: COA-Montgomeryma@hotmail.com