

PUBLISHED BY THE MOUNTAIN BREEZE STAFF

Happy Thanksgiving!
 from the Mt Breeze Staff


“ I ate too much turkey,
 I ate too much corn,
 I ate too much pudding and pie,
 I'm stuffed up with muffins
 and much too much stuffin',
 I'm probably going to die.

I piled up my plate
 and I ate and I ate,
 but I wish I had known when to stop,
 for I'm so crammed with yams,
 sauces, gravies, and jams
 that my buttons are starting to pop.

I'm full of tomatoes
 and french fried potatoes,
 my stomach is swollen and sore,
 but there's still some dessert,
 so I guess it won't hurt
 if I eat just a little bit more.”

Jack Prelutsky, *I Ate Too Much*

CHARLES NEVILLE IS COMING BACK TO MONTGOMERY!




THE LEGENDARY SAXOPHONIST, CHARLES NEVILLE AND HIS QUINTET WILL BE PERFORMING AT THE MONTGOMERY TOWN HALL ON
SATURDAY, NOVEMBER 18TH FROM 7:00 – 9:00 PM!

THIS CONCERT IS SPONSORED BY THE MONTGOMERY CULTURAL COUNCIL AND ADMISSION IS FREE!

CHARLE'S QUINTET:
 TRUMPET: PETER GRIMALDI (WESTFIELD)
 GUITAR: JOHN HARRISON (HADLEY)
 KEYBOARD: TED WIRT (GREENFIELD)
 BASS: GUY WALLACE (WESTFIELD)
 DRUMS: SETH PASEK (NORTHAMPTON)

IF YOU HAVEN'T SEEN CHARLES NEVILLE PLAY, YOU **MUST** COME AND CHECK HIM OUT!
 IF YOU HAVE SEEN HIM PLAY, **MARK YOUR CALENDARS!**

LET'S HAVE A GOOD TIME!
COME OUT FOR SOME AWESOME NEW ORLEANS STYLE JAZZ AND BLUES!



**2nd Quarter Real Estate Tax bills
 are DUE
 November 1st**

Get the Breeze days before the start of the month with e-mail delivery!!! No need to head for the mailbox when the same issue will arrive on your digital device. Get the feature articles and Calendar events ahead of the crowd. Sign up with your e-mail address at:
montgomerymtbreeze@gmail.com

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
FIRE DEPT 862-4505
FIRE CHIEF - STEVE FRYE 862-3670
TOWN CLERK - JUDY MURPHY 862-4478
POLICE DEPT 862-4545
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
WAYNE MORSE 862-4023
JACOB CHAPMAN 862-4949
Meetings for the Select Board are held at
7:00 p.m. every other Friday.

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 PM

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

State Representative Peter V. Kocot:
Rep.PeterKocot@hou.state.ma.us
(413) 582-6111

MOUNTAIN BREEZE STAFF

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November Calendar

Nov. 1 6:30 pm – Yoga – Town Hall
Nov. 3 7:00 pm – Select board Meeting –Town Hall
Nov. 3 9:30 –11:00 am – Osteoporosis Exercise – Town Hall
Nov. 8 6:30 pm – Yoga – Town Hall
Nov. 8 7:00 pm – Gateway Joint Budget Meeting – GRSD Middle
School Room – 112/114
Nov. 14 Recycling day
Nov. 14 10:00 am – COA Coffee Hour – Town Hall
Nov. 14 11:00 am – Mass Senior Medicare Patrol – Senior Center-
Nov. 10 9:30 –11:00 am – Osteoporosis Exercise – Town Hall
Nov. 15 6:30 pm – Yoga – Town Hall
Nov. 17 9:30 –11:00 am – Osteoporosis Exercise – Town Hall
Nov. 17 7:00 pm – Select board Meeting –Town Hall
Nov. 22 6:30 pm – Yoga – Town Hall
Nov. 24 9:30 –11:00 am – Osteoporosis Exercise – Town Hall
Nov. 28 Recycling day
Nov. 28 10:00 am – COA Coffee Hour – Town Hall
Nov. 29 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

NOVEMBER 9TH
NOVEMBER 30TH

DECEMBER 14TH
DECEMBER 28TH

State Representative Peter V. Kocot

will hold office hours at the Montgomery Town Hall from
9:30 a.m. to 10:30 a.m. on the following dates:

Tuesday, November 14th

Tuesday, December 12th

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 re-
ceived 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.

16 OZ. COFFEE TO GO \$.94
FRESH BREAKFAST SANDWICHES: \$2.82 ALL THE TIME!



You know the biting cold and bitter weather is fast approaching. What better way to fortify yourself than with a nice, hot, home made meal at the Grille. Breakfast or lunch will keep those hunger demons away for the whole day. Stop in before you're overrun with a dragon sized urge for good food at great prices.

WINTER IS COMING.

Time to get out your winter shorts and t-shirts.

Montgomery

Grille

AT THE MONTGOMERY MARKETPLACE

46 Main Rd, Montgomery, MA
862-(FOOD) 3663

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

Closed Mondays & Tuesdays

Gobble, gobble...some facts about the turkey

It is related to T. rex and can sport multiple beards. The official bird of Thanksgiving has plenty of juicy secrets that go beyond its pairing with cranberry sauce and stuffing. Live Science takes a look at the rich biology, history and folklore behind the staple of the harvest celebration. We hope you'll gobble up some turkey science with your holiday meal.

- The centerpiece of many a Thanksgiving table once sported a beard? Well, sort of. The hairlike bristles that grow from the chests of male turkeys (or gobblers) and some hens are actually specialized feathers called meso filoplumes that grow from a single follicle. They can be lengthy, with some bird beards touching the ground, though feeding tends to wear down the ends, according to the Pennsylvania Game Commission. Some birds have two: Gobblers with a whopping eight beards have been spotted, according to the Game Commission, though of the 10 percent of multiple-bearded turkeys, most have just two.
- Because turkeys are so large and heavy — with the heftiest wild turkey weighing 37 pounds (17 kilograms), according to the National Wild Turkey Federation — it's often assumed that these big birds stick to the ground. In fact, turkeys prefer to sleep perched atop tree branches, where they are safe from predators, which include coyotes, foxes and raccoons. They often sleep in flocks, and upon waking, call out a series of soft yelps before descending to make sure that the rest of their roosting group is okay after a night of not seeing or hearing one another.
- Don't be disappointed if the turkey at the petting zoo refuses to gobble — it's probably a female, which is called a hen. Male turkeys are called gobblers, because they are the only ones that can make that adorable gobbling sound. Each male turkey has his own unique gobbling "technique," which he combines with strutting to attract potential mates.

- Female turkeys communicate through clucks and small, chirp-like noises.
- Wild turkeys can fly for short bursts at speeds of up to 55 miles per hour (89 kilometers per hour). However, they aren't often spotted soaring through the sky because they prefer to feed on the ground, where they peck at grass, seeds, acorns, nuts, berries and small insects such as grasshoppers. The myth of turkeys' inability to fly may stem from the fact that many domestic turkeys, such as the broad-breasted white turkey — which is the most widely used breed commercially — cannot fly; they are too weighed down by their own meat. These birds have been selectively bred to be much heavier and possess a larger, broader breast, the weight of which keeps them perpetually grounded.

livescience.com

Looking for Christmas Gifts? The 2018 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, Southhampton, Southwick, Springfield, West Springfield, Westfield & many other towns in Western Mass – including our "own" Montgomery Grill. Also some places in Enfield and Suffield, CT.

Restaurants Include: Burger King, McDonalds, Dunkin Donuts, TGI Fridays, Sonic, Opa-Opa, Hu Ke Lau, Munich House, Glendale Grill, Red Robin, Arby's, Dominio's Pizza, Uno Chicago Grill, and MANY more.

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

**If interested, call Dan Flechsig
862-8095**

NOVEMBER BIRTHDAYS:

Sally Bisbee
Judy Dowd
Sheila Farrar Baker
Laurie Flechsig
Allyson Gardner
Laine Gardner
Jason Harris, Sr.
John Hughes
Thomas Hyjek
Victoria Kos
Sonny Lafond
Nathan Leveille

Brandon Matulewski
Donna Morrissey
Wayne Morse
Conner Osden
Nicole Senecal
Marlene Stanisewski
Emily Warren
Mary Ann Wilcox

NOVEMBER ANNIVERSARIES

Beverly Ann & Richard Allard
Janis & Jeff Houston

Condolences

to Steven and Catherine Federici and family on the loss of Steven's father, Joseph, on September 23.

Time to clean up the garden for winter

From Crocket's Victory Garden:
Nov. is the month to get the garden in shape for the winter. Clean all vegetable refuse from the garden, shred and compost it. This will clear away any unwanted garden pests from the garden. Collect some seeds, such as nasturtium, dry out and save for planting next spring. You can also try to save marigold seeds for next year.

From the U Mass Garden Calendar:-

- Instead of raking leaves, chop them with a mulching mower instead. Spread on garden beds.

GardenNews
by Chris Brown



- Clean up fallen rose plant debris to prevent black spot from overwintering.
- Limestone can be applied to lawns or gardens any time the soil is not frozen.
- Planting garlic – remember pointed side up
- Do not mulch sensitive perennials until the ground has frozen.
- Remember to keep your house plants watered but do not over do it. Some plants, like Clivia are watered only once a month and very lightly.

PUMPKIN CRANBERRY MUFFINS

1 ½ cups flour	1 tsp. baking soda	2/3 cup dried cranberries
¾ tsp. ground ginger	½ tsp. baking powder	1 large egg
½ tsp. cinnamon	¼ tsp. salt	¼ cup brown sugar
1/8 tsp. ground cloves	1 cup sugar	2 Tbsp. canola oil
1 cup canned pumpkin	½ cup buttermilk	

Preheat oven to 375 degrees. In a bowl, combine flour, baking soda, ginger, baking powder, cinnamon, salt and cloves. Stir well with a whisk.

Combine sugar, pumpkin, buttermilk, brown sugar, oil and egg in a large bowl. Beat until well blended. Then add the flour mixture to the wet mixture. Beat at a low speed, just until combined. Fold in cranberries. Fill muffin tins (lined with papers. Bake for 25 minutes or until done.

NOVEMBER RECIPE



Weekly/ Biweekly
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YOUR MONTGOMERY HISTORICAL SOCIETY WISHES ALL OF OUR FRIENDS AND NEIGHBORS A WARM AND HAPPY THANKSGIVING!

Make plans for Society's year end dining event

Many thanks to neighbors and friends who came out for the Montgomery Historical Society's annual Chicken Pie Supper on October 21, which was a fund-raiser for the annual scholarship(s) awarded to graduating Montgomery high school seniors.

Our speaker, Prof. Martin Henley who is retired from Westfield State University, entertained all with vignettes from his book "Scoundrels Who Made America Great," focusing in particular on the infamous Tokyo Rose who was convicted of treason in 1949 but later awarded the World War II Veterans medal in gratitude for her risking her life to smuggle food and medicine to WW II prisoners of war. A hearty thank you to our volunteers who helped serve and

Historical Happenings



clear tables, too! (We discovered an error in preparation of the coffee that evening and sincerely apologize!)

The conclusion of the Society's program year will feature "dining out" at a local restaurant. We ask anyone who

might like to attend to make a suggestion of a restaurant we should all try out...the most-recommended place will be chosen for our meal. The timing for this evening of food, fun and fellowship will be the first or second week of January, after New Year's Day, depending on the selected restaurant's availability.

Please make your suggestions to Laurie (862-8095) by November 20 so we may publicize the final details in the December issue of the Mountain Breeze. Thank you!

The Historical Society's display case at the Grace Hall Memorial Library, Montgomery Center, has a new exhibit installed in mid-October with a fall theme – a collection of copper items (bowls, pitchers, etc.) collected over a period of time by one of the Society's members. We hope you'll take this opportunity to stop in at the library for some good reading material or other media and take a look at this seasonal exhibit. Around the end of November, we'll be installing some Christmas-themed items for you to view. And... if you have anything you might like to display at any time in the case, we'd be delighted to hear from you! Please call Laurie at 862-8095 to offer your items or collection for display!

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

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Wishing everyone a
HAPPY THANKSGIVING!

Irene invites you to come and see the Spa and introduce you to **COURTNY** who has joined us. Courtney will be offering hair cuts for **\$15.00** till November 17th.

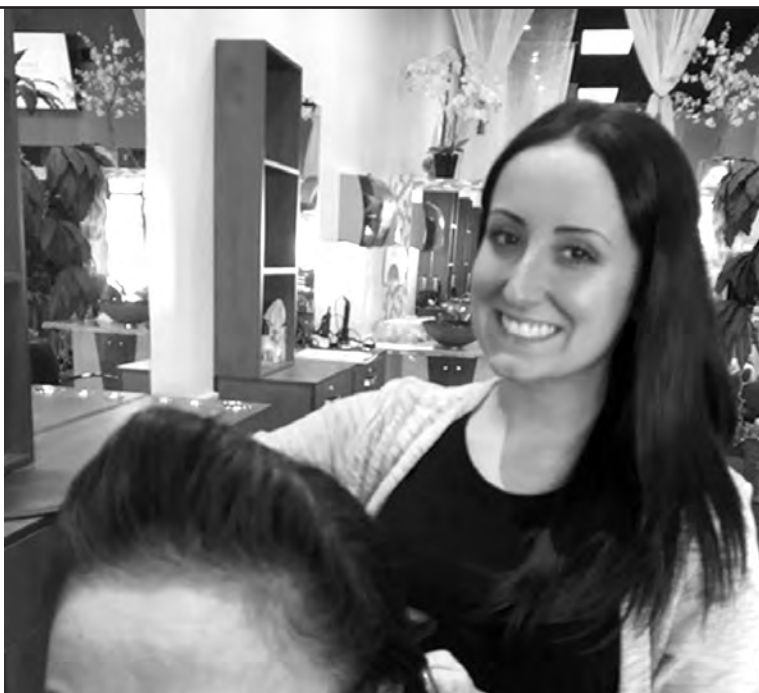
Make your appointment now while there are openings still available.

Greetings to my co-workers at the Grille!

For more information call:

413-642-8002

413-478-6253



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Library News

facebook.com/
gracehallmemorial

**November
2017**

Fear not November's challenge bold—We've books and friends,
And hearths that never can grow cold: These make amends!~Alexander L. Fraser (1870–1954), "November," c.1918

NEW ITEMS IN THE LIBRARY

Leonardo Da Vinci by W. Isaacson

DVD Dark Tower

Twelve mile straight by E. Henderson

Romanov Ransom by C. Cussler

Code Girls by L. Mundys

Casualty of war by C. Todd

Raising Trump by I. Trump

Turtles all the way down by J.Green

DVD Baby driver

Expelled by J. Patterson

Strange Weather by J. Hill

Endurance by S. Kelly

Rooster Bar by J. Grisham

Plus many new Kid's titles, young adult series and DVD's!

**Trustees Meeting Oct.
5 at 6:30 PM**

Museum Passes

Old Sturbridge Village

Springfield Quad

Norman Rockwell

Mystic Aquarium

Deerfield Historical Mu-

USS Constitution

DCR State Park Pass

MassMoCa

Thank You to all who
helped in this falls
Book Sale! Laurie, Ju-
lie, Lynn, Chris, Sue
and Sandy! Great Job!

Make these cards with
Sandy Mann!



Winter Events at the Library

November 16 & 30 at 7 pm Make & Take Christmas Cards with
Sandy Mann– sign up soon space is limited!

December 9 Holiday party 3-5

January 6 Greg Maichack Pastel workshop

February Vacation Week with Ed the Wizard and Jay Makita

March 29 Birds of New England Swamp , Photographer Peter
Christopher

May 12 “1908 tea Party” with Rita

Hours

Tues: 10– 5:30

Thurs: 4-8

Sat: 9:30-12:30

Contact

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01085

Phone

413-862-3894

email

Montgomerylibrary@yahoo.com

Website

montgomeryma.gov

wghl.masscat.org

[facebook.com/gracehallmemorial](https://www.facebook.com/gracehallmemorial)

commonwealthcatalog.org

COUNCIL ON AGING

Serving the Citizens of Montgomery
November 2017

Calendar

Tue – Nov 14 Coffee Hour – 10 a.m.

Tue – Nov 28 Coffee Hour – 10 a.m.

Osteoporosis Exercise Class

Town Hall – Friday – 9:30 – 11am

November Birthdays

Wayne Morse

Anne-Marie Buikus

Senior Medicare Patrol

Come meet a representative of the Mass Senior Medicare Patrol (MA SMP) Program on **Tuesday, Nov 14, 2017, at 11 a.m.** and participate in a discussion on how to prevent, detect and report healthcare errors, fraud and abuse. We can all have an active role in protecting Medicare for ourselves and future generations.

This free information workshop will provide you with the tools to become a more informed and engaged health care consumer.

If you cannot attend this workshop but have questions about your healthcare bills, Medicare Summary Notices, or other health insurance explanation of benefits statements, please call the MA SMP program office at 800-892-0890.

John Bergeron, SHINE representative will also be present for questions on changes to your 2018 Medicare health and drug plan coverage.

Bright Nights

The Huntington Council on Aging is inviting seniors 60+ to Bright Nights on November 27th, departing Huntington at 4 pm. The trip is free and sponsored by the Huntington COA.

Transportation is being provided by the Franklin Regional Transit Authority van. The only restriction is that people must be registered riders on the van. Registration forms may be obtained at the Town Hall and completed forms are to be mailed to FRTA in Greenfield.

Please call by November 9th to reserve your seat. (413) 512-5200

Medicare's Open Enrollment Period October 15 – December 7

This is the time of year when everyone with Medicare can join or change their health and prescription drug plans for 2018. Depending on your needs, you can switch coverage from Original Medicare to a Medicare Advantage plan, or vice versa. You also can switch your Part D plan, which pays for medications. Any changes you make will take effect Jan. 1.

This is an important opportunity to make sure you're getting the most from your Medicare benefits. Every year, Medicare plans change, and so do your needs. It's worth the time to shop around to see if your coverage is still the best for your situation.

Meals on Wheels – Highland Valley Elder Services – Donation requested 800-322-0551 or 413-586-2000

Elder Abuse - 800-922-2275 or 413-586-2000

Shine Counselor – John Bergeron - 667-2203

Veteran's Agent – Daniel Flechsig – 862-8095

Outreach – Ginger Cruickshank – 862-4932

The Five Biggest Mistakes Boomers Make When Enrolling in Medicare

Mistake 1: Signing up too early or too late for Medicare and its parts

If you are aging into Medicare, your initial enrollment period is based on your 65th birthday. To avoid long-term penalties, make sure you know what you have to choose—and by when. If you or your spouse are still working when you turn 65 and your insurance meets certain requirements, it may make sense for you to delay enrollment in Parts A, B, and D. Find the rules here. On

MyMedicareMatters.org, you can take a free, confidential Medicare QuickCheck™ and receive a personal report with your initial enrollment period, or special enrollment period if you or your spouse are still working, and recommendations about when you should sign up for which parts of Medicare.

Mistake 2: Not understanding the difference between a Medicare Supplement and a Medicare Advantage policy

Original Medicare is a fee-for-service program. Most consumers supplement the government benefit with a private Medicare Supplement (also called Medigap) policy as well as a Part D plan for their prescription drugs. A Medicare Supplement policy may cover some services that are not included under the standard Medicare Parts A and B as well as some out-of-pocket costs such as co-insurance costs for care at skilled nursing facilities, the Part A deductible, and foreign travel emergency care. If you choose a Medicare Supplement policy, you will pay an additional monthly premium. You won't need prior authorization to use specialists or to get second opinions.

A Medicare Advantage Plan (Part C), on the other hand, takes the place of original Medicare Parts A and B. These plans work more like group insurance. They are sold through approved, licensed insurance companies and may have an additional monthly premium. Often, Medicare Advantage plans include prescription drug coverage as well as services that original Medicare does not such as health/wellness programs and vision care. However, a Medicare Advantage plan may also limit a person's ability to use doctors and hospitals, and also require prior authorization to use specialty services.

Mistake 3: Guessing when picking specific plans

It can be very difficult and time-consuming to compare all of the plans that are available to you. Many people try to do their homework, get frustrated, and then “give up and guess.” Choosing a Medicare plan is too important to leave to guesswork. Take the time to review your health insurance needs before your first—and every subsequent—enrollment period. Think about:

Do you have health insurance from another source?

Do you have any chronic conditions?

Which doctors and hospitals do you use?

Which prescriptions do you need and what pharmacies do you get them from?

You don't have to do this on your own. You can get help from a trusted source that can help you think through your options and compare plans. If you're unsure about your choices, start with a Medicare QuickCheck™ to get a personalized report on your options and use that to start a conversation with a licensed benefits advisor.

Mistake 4: Not applying for extra help

Millions of older adults are eligible for billions of dollars in programs that can help them pay for their prescriptions and health insurance premiums, deductibles, and coinsurance. If your income in retirement is modest, you should find out if you qualify for assistance. NCOA also offers a free online BenefitsCheckUp® where you can see if you're eligible and apply online for Extra Help or Medicare Savings Programs. Or, contact your State Health Insurance Assistance Program (SHIP) to see what's available to you.

Mistake 5: Not re-evaluating your coverage every year

Unfortunately, choosing health insurance is no longer a one-time decision for most Medicare beneficiaries. Insurance companies can make changes to policies every year. Just because your doctor and medications are covered this year doesn't automatically mean they will be covered in the coming year. Make sure to confirm cost, copays, coinsurance, covered providers, and prescription drugs. Here are a few things to consider:

Has your health changed in the last year?

Is your current plan still meeting all of your health needs?

How much have you paid out-of-pocket in the last year—and for what?

How is your plan changing for the coming year? How will that affect your out-of-pocket costs?

Are there better options available to you now?

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