MONTGOMERY
MT. Breeze

September 2019
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PUBLISHED BY THE MOUNTAIN BREEZE STAFF

Montgomery Fire Department news and notes

Waking up abruptly at all hours, leaving the dinner table halfway thru the meal, responding to any emergency, using vacation time to fight house or brush fires, getting late to work to assist in an early am medical issue, the list is endless.

This is what Montgomery Fire Department Captain Jeff Brown has been doing as a Volunteer Firefighter for our Town for over 35 years. Jeff has decided this year to retire from the Department. Jeff has been valued member for all these years. He has assisted in training, mentoring, repairing, and responding. Jeff will be dearly missed. If you see Jeff around town or at the Grille, or at meetings, thank him for his many years of volunteered dedication and service. The Montgomery Fire Department thanks you Jeff. Congratulations Jeff!!

154 Main Road
Montgomery, MA

© The Westfield News Group

Local 104 Brothers Kyle Maslak, Seth Cupak, and Robert Berniche volunteered their time to help out the Town of Montgomery FD with installing a new dry hydrant system with material donated by Local 104. This project will be pivotal in saving homes and lives.

Chimney check

As summer is winding down, cold weather is around the corner(don't hate the messenger). Please get your heating systems and chimneys cleaned and inspected.

Failed dry hydrant

The MFD also thanks our members and the Springfield Plumbers and Pipefitters Local 104 in their time and materials donation to replace the failed dry hydrant located on Russell rd. Thanks to Fire Captain Mark Chretien in organizing the whole operation. Thanks also to Firefighter Matt Frye for donating digging equipment. These labor, equipment, and materials donations saved a significant amount for our Town financially.

The new dry hydrant is used as a primary water supply for the upper side of Town and is replacing a system that was installed in the 80's. See the full article in the Westfield News. https://thewestfieldnews.com/springfield-plumbers-union-donates-dry-hydrant-system-to-montgomery-fd/.

Volunteers

Anyone wishing to become a volunteer member of our fine Department should contact Chris Galipeau or show up at the Fire station Tuesday evenings at 7 pm to fill out an application and see what we are all about. It does take a lot of effort and dedication but is rewarding. Junior volunteers are welcome but need to be at least 16 years of age with documented parent/guardian permission.

And the scholarship goes to...

The Montgomery Fire Department is pleased to announce that we had 3 applications for the 2019 Fire Chief Stephen P. Frye Memorial Scholarship.

The applicants were all well-deserved, and, it was a tough decision, but we had to pick only one graduating High School Senior.

This year's winner is Thomas Hyjek. Congratulations Thomas and best of luck at Western New England University.

"By all these lovely tokens September days are here, with summer's best of weather and autumn's best of cheer."

Helen Hunt Jackson

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
Office hours are on the 1st and 3rd Wednesday of each month from Noon - 4:00. Or you may call for an appointment.

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.

CONSERVATION COMMISSION -
PAIGE LALIBERTE, Chairman 862-3245
The Conservation Commission meets on the first Monday of each month.

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

September Calendar

Sept. 2 Labor Day
Sept. 4 Recycling day
Sept. 4 6:30 pm – Yoga – Town Hall
Sept. 4 Noon – 4 pm – Town Clerk Hours – Town Hall
Sept. 10 10:00 am – COA Coffee Hour – Senior Room
Sept. 11 9:00 am – Tai Chi – Town Hall
Sept. 11 6:30 pm – Yoga – Town Hall
Sept. 12 7:00 pm – Selectboard Meeting – Town Hall
Sept. 13 9:30 – 11:00 am – Osteoporosis Exercise – Town Hall
Sept. 14 9:30 am – "Mystery Field Trip" – Town Hall
Sept. 17 Recycling day
Sept. 18 9:00 am – Tai Chi – Town Hall
Sept. 18 Noon – 4 pm – Town Clerk Hours – Town Hall
Sept. 18 6:30 pm – Yoga – Town Hall
Sept. 20 9:30 – 11:00 am – Osteoporosis Exercise – Town Hall
Sept. 21 9:30 am – Open House at Historical Building – Town Hall
Sept. 24 10:00 am – COA Coffee Hour – Senior Room
Sept. 25 9:00 am – Tai Chi – Town Hall
Sept. 25 6:30 pm – Yoga – Town Hall
Sept. 26 7:00 pm – Selectboard Meeting – Town Hall
Sept. 27 9:30 –11:00 am – Osteoporosis Exercise – Town Hall
Oct. 5 8:00 am – 1:00 pm – Bulk Drop off – Behind Historical Society/Church

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

Montgomery Grille

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

PUBLIC NOTICE

Don't believe the rumors about the Grille moving to the Town Hall.

***

Dispute over kitchen cabinets proved to be to much.

***

Montgomery Grille will remain at 46 Main Rd., Montgomery, right where we belong.

***

"Stay hidden from the big city."

***

We look forward to seeing you all!

Here's a DIET TIP! *from the Grille*

In an effort to not only serve the best food, we strive to create better customers thru a better diet.
Here's this month's tip:

Always eat with chop sticks. It'll slow you down so much you may just give up.

At the grille we have regular silverware; so you can eat fast and heavy if you want.

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

Montgomery Grille
AT THE MONTGOMERY MARKETPLACE

46 Main Rd, Montgomery, MA
862-(FOOD) 3663
NEW HOURS: 6:00 a.m. to 2:30 p.m.
Closed Mondays & Tuesdays

Here's your Fall gardening checklist

GardenNews
by Chris Brown

- Plant fall greens and lettuces. Lettuces and other salad greens grow and thrive in cool temperatures. Most leafy greens can be directly seeded but kale and Swiss chard can be started 4 weeks early, indoors and transplanted.
- Harvest mature winter squash and pumpkins before the frost. Do not harvest when wet and do not allow fruit to get wet. tore in a well ventilated area.
- Check local garden centers for end-of-season plant sales. Keep newly planted shrubs and trees well watered.
- Select and prepare sites for spring flowering bulbs.
- Start fall clean-up. Remove dead annual plants.
- Spring blooming perennials can be divided now.
- Put up excess plum tomatoes by roasting and freezing. Slice tomatoes in half lengthwise, place on a baking sheet, drizzle with olive oil and sea salt and roast in a 250 degree oven for 3 hours or until tomatoes are soft but not juicy. Cool before packing in freezer bags.

SPICED CARROT FRITTERS

SEPTEMBER RECIPES

Recipe for Sept. 2019 (Thank you Jeanne Aras for the latest recipe)

2 lg. eggs
½ tsp. pepper
¼ cup "Panko" bread crumbs
1 cup cilantro, chopped
2 Tbsp. fresh lime juice
2 oz. feta cheese, crumbled
½ tsp. salt
3 lg. carrots, coarsely grated
3 scallions, thinly sliced and divided
1 red chili, thinly sliced (seeded for less heat)
3 Tbsp. olive oil, divided
(Green Salad for serving)

Wisk eggs with salt and pepper in large bowl. Add grated carrots to coat, then add bread crumbs and 2 of the scallions, chili pepper and cilantro.

In small bowl, combine lime juice, 1 Tbsp. oil and 1 scallion. Set aside. Heat a large cast iron skillet over medium heat, then add 1 Tbsp. oil. Drop by spoonfuls and cook until golden brown and crisp. Flip and cook on other side. (Add more oil if needed). Put on wire rack while cooking remaining fritters. Gently stir in the feta cheese into the lime, scallion mixture. And serve over fritters.

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

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Outside the bird feeder with Lori Conley

BIRD MIGRATION - HOW IT WORKS

Without an atlas, road signs or GPS, more than 5,000 birds manage annual round trip migrations. The journeys can be thousands of miles with many birds returning to the exact same nesting or wintering locations from year to year. But how do they manage this amazing journey?

Migration is critical in their life cycle and without it many birds would not be able to raise their young. Birds migrate to find the richest most abundant food sources that will provide adequate energy to nurture young birds. Without it competition for adequate food would be fierce and many birds would starve. Of course not all birds migrate. Some species have adapted to take advantage of different food sources as seasons change. Other birds are better adapted to cold climates with thicker fat reserves and better feather insulation.

Birds gauge the changing seasons based on light level from the angle of the sun and the overall amount of daily light. Some minor factors can affect the precise day any bird species begin their migration, including available food supplies and abundance, bad weather, storms and barometric pressure, air temps and wind patterns and illness or injury that require recuperation.

While these factors may affect migration by a day or two, most bird species follow precise migration calendars. While fall and spring are peak migration periods, migration is actually an on-going process and there are always birds at some stage of their journey.

One of the greatest mysteries is how they find their way from one location to the next. There are several techniques that include magnetic sensing, internal 'geographic mapping', star orientation, and 'learned' routes. In addition birds may use other clues such as strong scent clues, ambient sounds along the way or even taking clues from other species with similar needs.

There are many threats along the way and it is estimated that 60 percent of some species never complete a full round-trip migration.

Migration is a dangerous but necessary journey for many birds. Fortunately they are well equipped to survive the task and bring winged enjoyment back to birders' yards every year.

Reminder: Keep hummingbird feeders up and full with fresh nectar until you have not seen them for 2-3 weeks. Wild birds migrate when it is time and having feeders full will not keep them from migrating.

Happy September!

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- **Spray Tanning**
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Call 413-478-6253 or Stop in and Bring your smile.
Ask for Irene.
413-478-6253 • 415-642-8002

MHS kicks off Fall with great trips and events

Historical Happenings

Welcome back from the Mountain Breeze's summer hiatus – hope all of our Montgomery neighbors and friends have enjoyed the roller-coaster summer weather and spent some quality time outdoors. It's certainly a pleasure to finally see some cooler temperatures!

To kick off the Montgomery Historical Society's new season, we're hosting a **"Mystery Field Trip"** to one of our town's historical sites… but you'll need to call us to see where our mystery tour will be headed. Save the date: **Saturday, September 14, meeting at 9:30 a.m. at the Town House** (Historical Building) at Montgomery Center. We will drive to our destination(s) and learn some history about our "best little Hilltown" while we're there. Please dress for some moderate walking, and bring bug spray plus water to keep you hydrated. **(Call Laura at 862-8095 for the details.) Saturday, September 21,** the Town House (historical museum) will have **Open House from 9:30 a.m. to 12:30 p.m.** for townspeople to view the Historical Society's exhibits of artifacts and historical photographs. We will also have a digital scanner available, and ask if you have any historically significant documents from or related to Montgomery, please consider bringing them to the Open House so they may be scanned for preservation in our archives. We encourage you to bring along your young children or grandchildren to introduce them to what life was like in the "old days."

We are planning our annual **Chicken Pie Supper for Saturday, October 19, with dinner at 6:30 p.m**. and program approximately 7:30 p.m. The supper will include chicken pie, mashed potato, gravy, vegetable, cranberry sauce, dessert, and beverage. We will also have a 50/25/25 raffle.

Please save the date – **October 19** – for a scrumptious meal and interesting program. More details will be announced in the next edition of the Mountain Breeze. Reservations can be made at any time by **calling Laura at 862-8095.**

The Historical Society's display case in the Grace Hall Memorial Library at the town center is used to showcase historical items/collections and newer collectibles loaned by townspeople, friends and members of the Historical Society. The current display, "Artifacts & Miscellany," was installed in the display case in early August for everyone's enjoyment. Please remember: if you have some items or collections you'd like to share with your neighbors and friends, contact Laura (862-8095) to arrange for a time to do so. And if you are a patron of the Montgomery library or are just interested in seeing what's on display, please stop in during library hours for take a look. We hope everyone is enjoying the various exhibits we've presented in the past, and you can help keep it interesting by loaning your materials!

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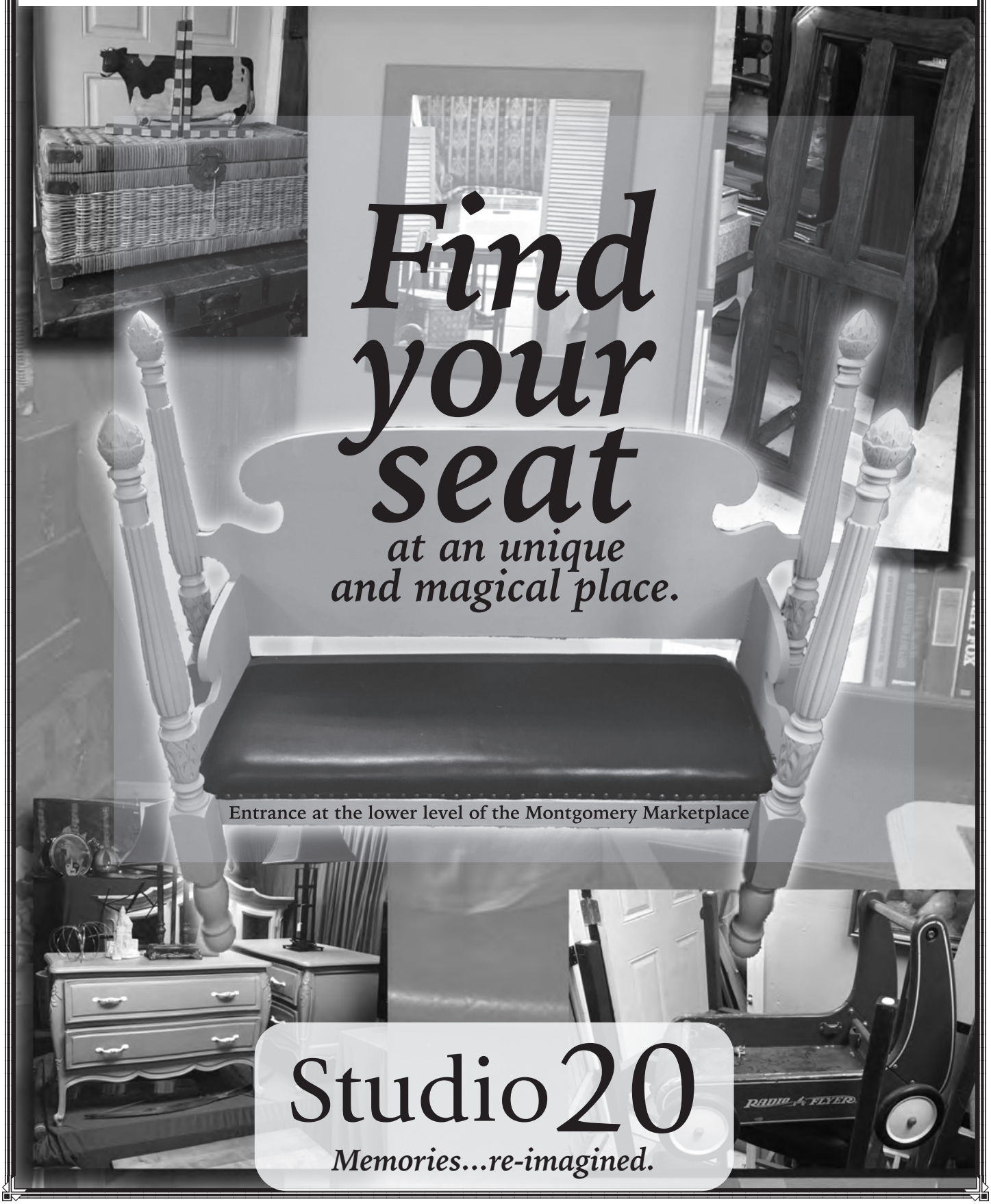

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Recycling News – Montgomery bulk drop-off requirements

SATURDAY, OCTOBER 5, 2019
8:00 AM TO 1:00 PM

MONTGOMERY TOWN CENTER
BEHIND HISTORICAL BUILDING
AND CHURCH

Available to Montgomery town residents – proof of residency, such as a license, may be requested. No trailer loads, please. Each household is allowed to bring up to five items – space permitting. (A few small items may equal one item.)

Lists of restricted and banned items are attached. Please refer to this list before bringing items to the drop – off.

This is a volunteer effort. If you appreciate this service, please come to help for an hour or two. The organizers cannot carry the items into the dumpsters and are always looking for help. If you would like to help, or have any questions, **please call Kate Griffen @ 862-0296 or Chris Brown @ 862-4591**. Thank you for your cooperation.

***** Please Note – Appliances WITHOUT freon are ALLOWED *****

RESTRICTED ITEMS NOT TO BE PLACED IN YOUR CONTAINER

In order to ensure compliance with State and Federal Environmental Regulations, we are not permitted to accept the following items. Under no circumstances should they be placed in a container as trash.

- TIRES OF ANY KIND
- MATTRESSES/BOX SPRINGS
- COMPUTERS/MONITORS OR TELEVISION SETS
- ITEMS WHICH CONTAIN FREON (refrigerators, freezers, A/C, dehumidifiers)
- NO YARD WASTE
- NO APPLIANCES OF ANY KIND
- NO LIQUID OF ANY KIND
- NO HAZARDOUS WASTE
- NO ASBESTOS MATERIALS
- NO BATTERIES

These items are banned and cannot be disposed of as general trash. If they are found to be in the container, a handling fee will be charges to remove and properly dispose of the item(s). The fee varies according to the item is set by the disposal site.

Should you have any questions on how to properly dispose of any waste, please contact our office @ (413) 557-6700. Thank You.

Condolences

to Mary and Paul Senatore on the loss of Mary's brother, Mark R. Donovan of Huntington, who passed away on August 9.

SEPTEMBER BIRTHDAYS

Tanner Bush
Jeff Cinelli
Donna Hughes
Rich Little
Sheri Little Bucko
Fern Monat
Montgomery Moses
Lynn Moulton
Dinty Spencer
Gerry Spencer, Jr.
Matt Stevens

SEPTEMBER ANNIVERSARIES

Kathy & Jeff Cinelli
Andrea & Nick Moses
Marlene & Dale Stanisewski
Carol & Jim Stevens

Paula L. Chapman

Administrative Chief of Police for the Town of Montgomery

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

September 5, 2019
October 3, 2019
October 31, 2019
November 14, 2019
September 19, 2019
October 17, 2019

Office of Rep. Sabadosa lists visits

Someone from the Office of Representative Sabadosa will be at the Town Hall on Thursday, September 26th from 10-11am.

Office of Representative Lind**say Sabadosa** | **1st Hampshire**
76 Gothic Street, Northampton MA 01060 | **413-270-1166**
State House - Room 443, 24 Beacon St, Boston MA 02133 | **617-722-2460**

Library News

facebook.com/gracehallmemorial

September 2019

A man who has never gone to school may steal from a freight car; but if he has a university education, he may steal the whole railroad. ~Theodore Roosevelt

Greetings and Holiday Cards with Ms Mann

Be ready for the HOLIDAYS! Oct. 26 from 10 am to 12pm. In this "Make & take" workshop you can create Christmas Cards, Thanksgiving or Birthday cards. Please sign up at the library by Oct. 20. Limited seats available, for Adults and Young adults (13 and up).

Learn to Knit with Robin Knowlton TBA during Sept & Oct.

Learn the basics of knitting a Dish cloth. Supplies needed are 1 skein of 100% cotton and Size 8 needles (wood preferred). Drop ins welcome and advance knitters who just want o finish their own projects too!

Yoga Wednesday nights at 6:30pm $10 Please contact Chris Brown at 862-4591

Book Sale

Fall Annual Book & Bake sale

Will be on *Oct. 5 from 9 am to 2 pm* at the Little Red School House. We will take book donations from Sept. 15 to Oct. 3 at the library or by appointment at the Little Red School House. Please bring bake goods to the sale the morning of. Volunteers are need to help prep the week before and work during the sale. Please stop by the library to sign up.

Trustees Meeting Sept. 26 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: 12-8 ***NEW HOURS***
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
September 2019

Calendar

Tue – Sep 10 Coffee Hour – 10 a.m.

Tue – Sep 24 Coffee Hour – 10 a.m.

Tai Chi
Town Hall – Wednesday – 9:30 a.m.

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

Birthdays

Eunice Spencer
Carol Thibault
Edwin Larrabee
Fern Monat
Dorothy Gore
Gerald Spencer
Patrick Dineen

Osteoporosis Exercise classes will restart on **Friday, September 13th**. This class is free (donations accepted) and open to all. New members are always welcome.

Eunice (Dinty) Spencer will celebrate her **101th** birthday on **September 9th**. Cards and well wishes can be sent to Dinty at:

St. Joseph's Residence
1365 Enfield Street
Enfield, CT 06082

National Grandparents Day – September 8th
The purpose of this holiday is "to honor **grandparents**, to give **grandparents** an opportunity to show love for their children's children, and to help children become aware of the strength, information, and guidance older people can offer."

Would You Like to Take Tai Chi?

Tai Chi classes will resume on **Wednesday, September 11th at 9:30am**. 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** with a fee of $5.00 per class.

The COA is pleased to announce that the new 911 signs have been received for the seniors 75 and older. We will be working with the Fire Department on installing the signs in the next couple of months. If you do not wish your 911 sign please call 862-3257.

Elder Abuse – (800) 922-2275

Shine Counselor – Buliah Thomas – 667-2203

Veteran's Agent – Daniel Flechsig – 862-8095

Outreach – Ginger Cruickshank – 862-4932

Zodiac Sign – Virgo/Libra Flower – Aster Birthstone – Sapphire

Falls Prevention Awareness Day
September 23rd

Falls Free®
National Council on Aging

The annual Falls Prevention Awareness Day (FPAD) will be observed on September 23, 2019 the first day of fall. The event seeks to raise awareness about how to prevent fall-related injuries among older adults.

Osteoporosis, Falls, and Broken Bones

Falls Prevention Awareness Day is a great time to learn about the link between fall-related injuries and osteoporosis. The good news is it is never too late to identify and treat osteoporosis or prevent falls to avoid broken bones. Speak to your healthcare provider about how to reduce your risks for osteoporosis and falls, about getting a bone density test, and about medications, if necessary, to treat osteoporosis.

How are falls and osteoporosis linked?

- 1 out of 5 falls among older adults causes serious injury such as a broken bone. If we can prevent falls, we can prevent broken bones of the hip, spine and wrist.
- Vitamin D deficiency is a risk factor for both falls and broken bones. Daily vitamin D and calcium supplements are associated with reduced falls and fewer broken bones in older adults. Speak with your health care provider about how much vitamin D and calcium is right for you.
- Regular physical activity and exercises that combine weight, muscle strengthening and balance helps reduce the risk of falls and improves the health of your bones.

Take action to prevent osteoporosis and falls

- ✓ Eat a balanced diet rich in calcium
- ✓ Take vitamin D supplements
- ✓ Get regular physical activity
- ✓ Don't smoke
- ✓ Limit your alcohol
- ✓ Check your home for safety
- ✓ Talk with your doctor about a screening test.

NCOA – National Council on Aging
To learn more, visit **ncoa.org/Falls Prevention**

This newsletter is partially funded by a grant of the Executive Office of Elder Affairs
Outreach Worker: Ginger Cruickshank 862-4932
Council Members are: Anne-Marie Buikus 862-3257, Jane Thielen 862-4482, Sandy Haas 862-3829
Jean Bush 862-3645, Geraldine Larrabee 862-3884, Darlene Brewster 862-3347
Email: coa@montgomeryma.gov