September 2018
Printed 8/29/18 Circulation 375

MONTGOMERY MT. Breeze

PUBLISHED BY THE MOUNTAIN BREEZE STAFF

Town of Medway donates fire truck on loan

The Fire Dept has recently received a donated fire truck on loan, from the Town of Medway, MA. The 1990 FMC Pem Fab fire truck is needed because our 1987 Tank 1 is beyond repair. The Truck will be in service hopefully by press time of this MT Breeze issue. The dept is currently upfitting and doing necessary training on the loaner. The Dept and the Town is very grateful for Medway's donation.

We hope to have this used unit in service until the Dept and Town can get a new permanent truck designed and built.

On Sept 11, 2018, some members of the Fire Dept, along with the Frye family, and many other Depts and Families will be travelling to Boston to honor our Fallen Chief Stephen Frye and other Firefighters who have given the biggest sacrifice during line of duty. This is a free ceremony and if you would like more details please visit the MA Fallen Firefighters memorial website.

154 Main Road
Montgomery, MA

Office: (413) 862-4505
Fax: (413) 862-4505
wsservice@nutmegtrucks.com

Marijuana Zoning Bylaw Meeting

The Planning Board will be holding a Hearing on September 17th at 7:30 to present a new Zoning Bylaw regarding licensing of marijuana-related businesses in Montgomery. The proposed bylaw is as follows:

Marijuana Not Medically Prescribed
Consistent with MGL Ch. 94G, Section 3, all types of marijuana establishments as defined in MHL Ch. 94G, Section 1(j), to include all marijuana cultivators, marijuana testing facilities, marijuana product manufacturers, marijuana retailers or any other types of licensed marijuana-related businesses, shall be prohibited within the Town of Montgomery.

There is currently a temporary moratorium in place for such activities, which expires December 31, 2018.

The hearing will be to receive input from Townspeople on the matter. A Special Town Meeting will be required to vote on the proposed by-law, as will a special election to present the matter as a ballot question. Look for more information on these votes in your mail box.

"We must free ourselves of the hope that the sea will ever rest. We must learn to sail in high winds."

Aristotle Onassis

Remembering Steven Fry

On December 5, 2017 the small town of Montgomery, Massachusetts suffered a huge loss when our Fire Chief, Stephen P. Frye, answered his last call, passing away fighting a house fire in town. Steve was more than just the Fire Chief. He was a friend, mentor and coach to every member of the fire department and many other people in town.

The Montgomery Fire Department and town of 776 people would like to raise $25,000 to erect a memorial to honor Chief Frye and establish a scholarship in his name that will be awarded to a graduating senior from town who has exhibited the same spirit of volunteerism and love for our community that Chief Frye had.

If you would like to help us honor our hero and preserve his memory, we would appreciate any donation you are willing to make. Please look for the Fire Chief Stephen P. Frye Memorial fund at https://www.gofundme.com/donate-online/ which will be launched shortly.

Thank you.

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
WAYNE MORSE	862-4023
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 hours1st & 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 Peter V. Kocot:
Rep.PeterKocot@hou.state.ma.us
(413) 582-6111

September Calendar

Sept. 4 Recycling day
Sept. 5 **6:30 pm –** Yoga – Town Hall
Sept. 6 **7:30 pm** – Selectboard Meeting – Town Hall
Sept. 12 **6:30 pm –** Yoga – Town Hall
Sept. 12 **7:30 pm –** GRSD School Committee Meeting – GRSD Middle School Rm 112/114
Sept. 14 **9:30 –11:00 am –** Osteoporosis Exercise – Town Hall
Sept. 14 **Noon** – COA Picnic – Town Hall
Sept. 15 **9:30 am** – Hancock Shaker Village visit – HS Buildingl
Sept. 17 **7:30 pm –** Planning Board Hearing & Meeting – Town Hall
Sept. 18 Recycling day
Sept. 19 **6:30 pm –** Yoga – Town Hall
Sept. 20 **7:00 pm** – Selectboard Meeting – Town Hall
Sept. 21 **9:30 –11:00 am –** Osteoporosis Exercise – Town Hall
Sept. 25 **10:00 am –** COA Coffee Hour – Town Hall
Sept. 26 **7:00 pm –** GRSD School Committee Meeting – GRSD Middle School Rm 112/114
Sept. 26 **9:30 –11:00 am –** Osteoporosis Exercise – Town Hall
Sept. 26 **6:30 pm –** Yoga – Town Hall
Sept. 29 **9:30 am –12:30 pm** – Historical Society Open House – HS Building

Paula L. Chapman

Administrative Chief of Police for the Town of Montgomery

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

September 13, 2018		**September 27, 2018**
October 4, 2018		**October 18, 2018**
November 8, 2018	**November 15, 2018**	**November 29, 2018**
December 13, 2018		**December 27, 2018**

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

Montgomery Grille NEWS
AT THE MONTGOMERY MARKETPLACE
The Grille is *the place* to meet your neighbors!

Town wide tag sale in Montgomery

On Saturday October there will be a town wide tag sale in Montgomery. In addition to this tag sale there will be a fundraising tag sale on the picnic tables in front of the grille. If you have some good stuff that you would like to donate please contact me (Scott) at the Grille. All proceeds will go to the Montgomery Fire station.

Anything left over will either go to bulk pick that is on the same day. Or will be donated to Salvation Army.

For more info, please see the full page ad on page 4.

NOTICE

The Montgomery Grille will be closed September 12th through the 16th. I will be attending a family gathering during that time.

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

THE Weather Forecast

"It has been a hot humid summer with a lot of rain. So I would like to assure you that the nice weather is upon us and it is going to be a beautiful Fall with 50 degree nights and 65 degree sunny days. I know this is true because I am always right sometimes."

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

MONTGOMERY COMMUNITY

TAG SALE

Sat Oct 6

8 - 4

Rain date Oct 13
Call 862-3663 on Oct 6
to confirm rain date
called

Multiple *Outside* Locations

❶ Montgomery Market Place (10'x10' sites)

❷ Little Red School House (10'x10' & 20'x20' sites)

❸ Town Center (10'x10' & 20'x20' sites)

Plus Various residences

Contact Karan at 579-4896

- To have your home address listed
- To reserve space at one of the outside locations
- For additional information

Crafters Welcome! Sites are Free!

Free Parking! Free Admission!

SEPTEMBER BIRTHDAYS

Tanner Bush
Jeff Cinelli
Seth Cruickshank
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

Condolences

to the family of Charles "Chuck" Gardner of Huntington, Montgomery native, who passed away August 3. His mother, Elaine, was the first woman elected to Montgomery's Selectboard.

CEMETERY LOTS AVAILABLE

Anyone wishing to purchase a cemetery lot/plot, please contact Joanne Hebert at 862-4586, Patty Little at 862-3830, or Scott Darling at 862-3378. The price per plot is $200. Sales are limited to town residents or those born in Montgomery.

Thank you to Gene Washburn and Ed Healy for all their years of service.

Divide Day Lilies in late summer or early fall

GardenNews
by Chris Brown

Divide day lilies every three to five years. Split and lift clumps with a garden fork in early spring after the soil has warmed or after flowers fade in August through early October. Pull the clumps apart by hand or divide with a sharp, sterile knife. Establish clumps of three to five fans and trim off any broken roots.

When dividing plants in fall, trim fans back to 4 inches. Make small mounds of dirt in each hole and spread roots over these mounds, keeping the crown -- the white fleshy base of the plant -- within 1 inch of the surface as you fill the hole. Water well and spread a 2- to 3-inch layer of mulch to conserve moisture.

PEACH, BASIL, MOZZARELLA FLATBREAD

SEPTEMBER RECIPES

Thank you Kate Griffen for this great recipe.

This Peach, Basil, Mozzarella Flatbread is made with fresh ingredients, drizzled with a honey balsamic reduction, and baked in the oven. This is just one combination of ingredients, so many possibilities. Enjoy!

Servings: 4 **Calories:** 196 kcal

Ingredients

- 2 large flatbread, such as Naan bread
- 1 - 2 fresh peaches or nectarines, ripe
- 1/3 cup fresh basil leaves, chopped (about 6 - 8 leaves)
- 1 Tablespoon honey
- 1 - 2 Tablespoons olive oil
- 4 ounces fresh mozzarella cheese, sliced
- 1/4 cup balsamic vinegar

Instructions

1. Pour balsamic vinegar and honey into a deep skillet over medium heat.
2. Cook and simmer until reduced to slightly under a 2 Tablespoons, about 15 minutes, stirring occasionally.
3. Preheat oven to 500 degrees F.
4. Brush flatbreads with olive oil. Layer with thinly sliced mozzarella cheese and thinly sliced peaches.
5. Bake for 4 - 8 minutes or until cheese is melted and bubbly.
6. Remove from oven. Sprinkle with chopped basil and drizzle with balsamic reduction.

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Historical Society kicks off fall season with Hancock Shaker visit

Hope all our friends and neighbors have had a good summer. Are you looking forward to the beauty of autumn?

Your Montgomery Historical Society is kicking off the fall season on **Saturday, September 15**, with a field trip to **Hancock Shaker Village** on the outskirts of Pittsfield. All are welcome to attend! **Please plan to meet** at Montgomery's Historical Building/Town House, center of town, **by 9:30 a.m.** to travel by caravan to the Village (or carpool with others if you prefer). You will visit the several buildings on a self-guided tour. If desired, you may bring a picnic lunch, or we'll purchase lunch near the village. **Please call Laurie (862-8095)** with any questions and/or to let us know that you'll be joining us that day.

Open House at the historical building (Town House – former Town Hall) will take place again on **Saturday, September 29 from 9:30 a.m. to 12:30 p.m.**

We invite all to stop in for a visit to see our exhibits of artifacts and historic town photos. If you have documents or photos relating to the history of the town or our area, you are encouraged to bring them with you so that we may scan them and preserve them for future generations as part of the Historical Society's collection. (You retain the "original.") All are welcome – bring your younger generation for a peek into the past!

Coming on **Saturday, October 20** – We'll host our annual **Chicken Pie Supper at the Town Hall** starting at **6:30 p.m.** Please be sure to put the date on your calendar for an evening out including a "home-cooked" meal for just $10.00!

The Montgomery Historical Society shares exhibits of local interest – antiques, collections, etc. – in a display case at the Grace Hall Memorial Library. The collection currently on display is titled "A visit to the Orient" and includes items from Japan and Korea brought home from travels with the U.S. Air Force. Hope you'll stop at the library for some reading or viewing material, and take in the display while you're there! And…if you have items or a collection you'd like to display at the library, please call Laurie (862-8095) to make arrangements – we'd love to include your treasures in an exhibit there!

Recycling News – Montgomery bulk drop-off requirements

SATURDAY, OCTOBER 8, 2017
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.

Library News

facebook.com/
gracehallmemorial

September 2018

I like a teacher who gives you something to take home to think about besides homework. ~Lily Tomlin as "Edith Ann"

TIME TO SAY CONGRATULATIONS & GOODBYE TO SUE BROWN

The Library is happy to announce that Library Assistant Sue Brown has received a promotion at the Hadley Library. Fortunate for them , because Sue is a fantastic librarian , and unfortunate for us because she will be stepping down as the Library Assistant here. Sue joined us almost ten years ago and has aided with the growth of the library, worked Summer Reading Programs and Adult events. Her warm presents and helpful reading guidance will be missed by myself and patrons alike. Sue will stay with us till September 8, so please stop by on a Saturday and wish her well.

Book & Bake Sale

Oct. 6 , 9-2 pm at the Little Red School House

This annual event will need some extra hands and bake goods. If you are interested please sign up at the library or email us. Bake goods can be brought to the School house on the morning of the sale, book donations collection will start on Sept. 15 till Oct. 2. Please no text books, Readers Digest, Encyclopedias or damaged items. If possible please have items in a box.

Trustees Meeting

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

Library Assistant for the Grace Hall Memorial Library

Public Library Assistant / Staff Clerk

Duties will include:

-Assisting patrons (checking materials in and out; assisting with patrons' requests for materials, helping them on the public computers and to use general office equipment like the fax and copier machines; helping to register patrons for new library accounts, sign up for programs, etc.

-Shelving materials, shelf reading

-Helping with publicity of programs, meetings, announcements

-Assisting with programs, decorating for programs

-Maintaining Library efficiency and order

-Attending necessary workshops

-Other reasonable job-related duties as requested by the Director

Qualifications

Minimum qualifications include: a love of READING, excellent communication skills; experience with computers/internet; detail oriented with an ability to use alpha-numeric organizational schemes, ability to provide quality customer service and an appreciation of the purposes and functions of the public library; adaptability and ability to work well with public and other staff members; ability to bend, sit, stand for prolonged periods of time, lift and carry up to 40 pounds; ambition and willingness to attend workshops on own time and work towards sub-professional library certification.

Preferred qualifications: Minimum Associates degree or 2 years of College; or any equivalent combination of experience and/or training that provides the required knowledge, skills and abilities upon approval by the Library Director. Ability to deal tactfully and courteously with the public, to maintain confidentiality with records and information; Ability to make minor decisions in accordance with library policies and procedures; Experience with common office equipment; Ability to work with limited supervision.

The position is 7 to 12 hours per month to start: Saturdays 9:30 -12:30, some Tuesdays & Thursdays

Flexibility required to occasionally cover staff shortages at other times during the week. Application and Job Description available by emailing the Director at Montgomery library@yahoo.com. No resumés accepted without the official application.

COUNCIL ON AGING

Serving the Citizens of Montgomery
September 2018

Calendar

Fri – Sep 14 **Picnic - noon**

Tue – Sep 25 **Coffee Hour – 10 a.m.**

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

Birthdays

Eunice Spencer
Edwin Larrabee
Gerald Spencer
Carol Thibault
Fern Monat

Osteoporosis Exercise classes will restart on Friday, Sept 14th. This class is free (donations accepted) and open to all. New members are always welcome.

New Medicare Cards

Massachusetts residents on Medicare are now receiving their new cards. Elder Services advises those on Medicare to watch their mailboxes for a plain white envelope with a return address from the Department of Health and Human Service.

Elder Services say they expect it will take until the end of September for all residents to get their cards. If you haven't received your card by October 1, then you should call 1-800-Medicare.

Medicare will accept your old number through December 31, 2018, but once you get your new Medicare card, destroy your old one.

Eunice "Dinty" Spencer turns 100

Dinty will celebrate her 100th birthday on September 9th. She was born in Montgomery at the "Hall Place", now 1600 Russell Road.

She married Gerald Spencer, Sr. and they became the parents of Gerald, Jr. and Sandy, both of whom still reside in Montgomery. She now has four grand-children, six great-grandchildren and two great-great-grandchildren with another on the way.

The family will be having a private party to celebrate this stupendous occasion. Cards and well wishes can be sent to Dinty at:

St. Joseph's Residence
1365 Enfield Street Room 313
Enfield, CT 06082

Annual Picnic

Our annual picnic will be held on **Friday, September 14th** at noon in the Town Hall. Call 862-3257 by **Monday, September 10th** if you are planning to attend. Donations will be accepted. **All seniors are welcome**.

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

Falls Prevention Awareness Day
September 22nd

Falls Free®
National Council on Aging

The annual Falls Prevention Awareness Day (FPAD) will be observed on September 22, 2018 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
Jeanne Aras 862-4497, Jean Bush 862-3645, Geraldine Larrabee 862-3884
Email: COA-Montgomeryma@hotmail.com