

PUBLISHED BY THE MOUNTAIN BREEZE STAFF



## SPRING AHEAD!

Sunday, March 8, 2026, at 2:00 a.m.  
Daylight savings time is the best time to replace  
smoke and Co detectors batteries.

## TOWN CLERK News

**NOMINATION PAPERS ARE DUE BACK MONDAY,  
MARCH 16, 2026 @ 5:00PM**

Please contact me if you are interested in obtaining nomination papers.

**Our Annual Town Election is  
Monday, May 4, 2026, 12:00PM - 7:00PM**

I'm always looking for poll workers. Please feel free to contact me if you are interested in working at the polls.

You can drop off nomination papers anytime before Monday, March 16th in the mailbox on my door, or the front door of the town hall. My office will be open Monday, March 16th from 4:00-5:00pm, to check all mailboxes and to verify any last minute drop-offs.

### Positions available are:

MODERATOR, SELECTMAN, TAX COLLECTOR, TREASURER, LIBRARY TRUSTEE, TRUSTEE OF THE A.P. PETTIS FUND, CONSTABLE (all three-year terms), TREE WARDEN (one-year term). Due to the resignation of one member of the Board of Selectman, the remaining Selectmen must vote to include this position on the ballot. If the Selectboard votes to include this position on the ballot, there will be an additional Selectman position for the remainder of the term (1 year). The Board is scheduled to vote at the next meeting.

\*Nomination papers can only be obtained by the person choosing to run for a position. If you are sending someone else to obtain nomination papers on your behalf, they must have a note with your signature requesting the form and what position you are choosing. If you have any questions, do not hesitate to contact me.

**“Spring is when you feel  
like whistling, even with a  
shoe full of slush.”**

— Doug Larson

## Cultural Council lists projects funded with allocated grants

The Massachusetts Cultural Council is a state agency that advocates for and invests in the arts, humanities, and sciences to foster a vibrant cultural life across the Commonwealth. They fund and manage a network of 329 local cultural councils that provide grants to community-based projects in their respective cities and towns.



This year Montgomery has been awarded \$5,700 and has received grant requests equaling \$11,900.

The Montgomery Council compiled prioritizing criteria which was developed using data from the survey of Montgomery residents which was published in the Mountain Breeze last year.

Your local committee used the following guidelines to assess the grant applications we received.

- 1.) Professional development of local artists
- 2.) Nature, Science, environmental education
- 3.) Arts education in schools
- 4.) Restoration or preservation
- 5.) Communitywide gatherings

(Please turn to page 8)

## COLLECTOR/TREASURER News

Collector/Treasurer office will be closed March 16th-20th. I will not have access to email or permit eyes. You can email [townhall@montgomeryma.gov](mailto:townhall@montgomeryma.gov) with any urgent questions.

### To pay any tax bills:

You can view and pay any tax bills using the town's website...[montgomeryma.com](http://montgomeryma.com).

Drop payments off in secure lock box located on front door.

Drop payments off in my mailbox located on my door.

Any permits in permit eyes will not be approval until I'm back. Sorry for any inconvenience.

Thank you,  
Renee Carnevale  
413-642-8139  
[rcarnevale@montgomeryma.gov](mailto:rcarnevale@montgomeryma.gov)

# 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  
Listen to the following extensions of each office.  
townhall@montgomeryma.gov  
Administrative Secretary Hours, Tuesdays & Thursdays from 8 a.m. to 2 p.m.

FIRE DEPT: 862-4505  
FIRE CHIEF - CHRIS GALIPEAU  
862-4599; firechief@montgomeryma.gov

TOWN CLERK - CHERYL MASCIADRELLI 413-642-6927  
OFFICE HOURS - BY APPOINTMENT  
Email: clerk@montgomeryma.gov

POLICE DEPT:  
ADMINISTRATIVE ASSISTANT -  
PAULA CHAPMAN Home 862-4949  
Office 862-3386, x5

RUSSELL-MONTGOMERY POLICE DEPT: 862-6209  
(Call 911 for emergencies)

TREASURER/COLLECTOR - RENEE CARNEVALE  
OFFICE HOURS: Tues and Thurs 8 am to 2 pm.  
862-3386, x1 or direct line 642-8139

ANIMAL CONTROL OFFICER:  
NATHAN SPERRY 413-221-0139.

PLANNING BOARD:  
PHIL CAMP, Chairman 862-4976  
Held on 3rd Monday of the month

SELECT BOARD:  
MIKE MORRISSEY, Chairman 862 3386 x1  
DONALD WASHBURN 862-3301  
JACOB CHAPMAN 862-4949  
Meetings are held every other Thursday at 7pm

SCHOOL COMMITTEE:  
PETER DEGREGORIO pdegregorio@grsd.org

LIBRARY:  
LIBRARIAN - PAULA LONG 862-3894  
montgomerylibrary3894@gmail.com

HOURS:  
Tuesday 10:00 a.m. - 5:30 p.m.  
Thursday 11:00 a.m. - 8:00 p.m.  
Saturday 9:30 a.m. - 12:30 p.m.

BOARD OF ASSESSORS:  
NEW: Office hours of the Board of Assessors will be held on the 2nd Thursday from 7:30 pm to 8:30 pm of each month. Assessors Clerk will hold hours from 11 am to 2 pm on the 2nd Thursday of the month. Meetings will be scheduled and posted when deemed necessary and can be reached at 413-862-3386 ext 2 or assessor@montgomeryma.gov.

CONSERVATION COMMISSION - conservation@montgomeryma.gov  
L.J. GAMELLI, Chairman,  
MICHAEL CHELMINSKI  
DEBRA WRIGHT,  
Meetings are held the second Monday of each month, when needed.

COUNCIL ON AGING: 862-3386, x6 or 642-8143  
COA@Montgomeryma.gov

STATE SENATOR JOHN VELIS (413) 572-3920  
Office address: 94 North Elm St., Suite 301-P, Westfield, 01085

STATE REP., 3RD HAMPDEN Nicholas A. Boldyga  
454 College Highway, Southwick, MA 01077, (413) 569-3137, Ext 103

montgomerymtbreeze@gmail.com

# March Calendar

Mar. 4 6:00 pm – Yoga – Town Hall  
Mar. 5 3:00 pm – Music in Montgomery – Town Hall  
Mar. 11 6:00 pm – Yoga – Town Hall  
Mar. 12 3:00 pm – Music in Montgomery – Town Hall  
Mar. 16 10:00 am - CoA Coffee Hour - Backwoods BBQ  
Mar. 17 St. Patrick's Day  
Mar. 18 6:00 pm – Yoga – Town Hall  
Mar. 19 3:00 pm – Music in Montgomery – Town Hall  
Mar. 25 6:00 pm – Yoga – Town Hall  
Mar. 26 3:00 pm – Music in Montgomery – Town

Scheduled events and times are fluid at this time and subject to change.

## Paula L. Chapman

MONTGOMERY'S ADMINISTRATIVE ASSISTANT

The office is in the basement of the Town Hall.  
Hours will be posted in the Town Hall.

Subject to change if necessary

|          |          |
|----------|----------|
| March 12 | March 26 |
| April 9  | April 23 |
| May 7    | May 21   |
| June 4   | June 18  |

## WANTED: Carrier for the MT Breeze

Carrier needed for Main road - from the fire station to the Huntington line, a total of 18 houses. If a new carrier doesn't come forward this month, residents there can get a paper online, at the rack at the Town Hall or in the Library. Please contact Laurie Flechsig at 862-8095 if interested in delivering this route. Thanks for your consideration! Tom Lak, editor

### 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.

**Ads:** email (preferably pdf file) to [montgomerymtbreeze@gmail.com](mailto: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 **send checks directly to Laurie Flechsig, 1699 Russell Rd, Montgomery, 01085.**

### MOUNTAIN BREEZE STAFF

Editor: T.Lak 413-237-2818;

[i2mtlak@gmail.com](mailto:i2mtlak@gmail.com)

Chris Brown \* Laurie Flechsig \* Paula Long  
\* Julie Pike \* Lori Conley

[montgomerymtbreeze@gmail.com](mailto:montgomerymtbreeze@gmail.com)

March 2026

# Gray Catbird Pottery & Art Studio

22 East Main Street, Huntington, MA

## Pottery and Art Lessons Offered:

*Whether a beginner or experienced, explore your own creative potential.*

## Celebrate the seasons with these Bird Bowls



### The Bird Bowls

Winter, Spring, Summer (created 1/2026)

Distinctive Pottery by Dale for Sale at the Gray Catbird Studio ~

\* Drop in, or by appointment. See below for email or text.

## 2026 Upcoming Workshops:

- **Watercolor & Cardmaking with Sandie Mann**, \$45, March 7, 2:30 - 4:30 (a few seats left)
- **Community Herbalism**, Thomas Garran, \$269, series of 5 classes ~  
FULL Time: 2:30 - 4:30pm  
**Dates:** Sundays, March 15 & 29;  
Saturdays, April 11, 18 & May 9
- **Glass-fusing with Denise Beaulieu**, \$65, March 21, 2:30 - 4:30pm (3 seats left)
- **Basketry I with Linda Briggs**, \$100, Mar 28 & Apr 4, 2:30-4:30pm FULL
- **Basketry I with Linda Briggs**, \$100, Apr 25 & May 2 (1 seat left)
- **POTTERY CLASSES** (Series of 6 classes meeting weekly, \$275 - sign up for wait list)
- **Tues., 5:30 - 8pm:** Hand-building & wheel-throwing with Dale
- **Wed., 10:30 am - 1 pm:** Wheel-throwing with Linda
- **Wed., 4 - 6:30 pm:** Hand-building & wheel-throwing with Dale
- **Fri., 10:30 am - 1 pm:** Hand-building with Dale
- **Fri., 5 - 7:30 pm:** Hand-building & wheel-throwing with Dale
- **Sat., 10:30 - 1 pm:** Wheel-throwing with Linda



Gray Catbird  
Pottery Studio



**TO SIGN UP FOR  
CLASSES or WAIT LIST:**  
Dale Rogers  
graycatbirdpottery@gmail.com  
413.875.5205 (text)  
Gray Catbird Studio  
22 East Main St.,  
Huntington, MA 01050

# Master Gardeners workshops bring Spring closer

We want to think Spring after this cold winter. And Spring might be a long time coming. But one way to think Spring is to attend some Gardening

Workshops that the Western Mass Master Gardeners are sponsoring. There are three to choose from: Sat. March 21st from 9 to 2:15 at Frontier Regional High School in So. Deerfield, MA "Gardening as a Community" is the theme; Sat. March 28th from 9 to 1 at Westfield Middle School. "Lets Get Growing"; Sat. April 11 from 9 to 12:15. "Gardening for Today and Tomorrow".

To get more details and to register, go to [wmmga.org](http://wmmga.org) for more information.

## GardenNews

by Chris Brown



March is the month to:

- Improve drainage of heavy garden soil by adding large amounts of organic matter.
- Remove suckers from trees; the rootstock may be a different species or cultivar.
- In the beginning of March, start tuberous begonias indoors.
- Mid March, start lettuce, broccoli, and Swiss chard indoors for transplanting in April.
- Spring snow will not hurt early, hardy spring flowers. At the end of March, plant peas as soon as can be worked.
- At the end of March, sow eggplant and peppers indoors.

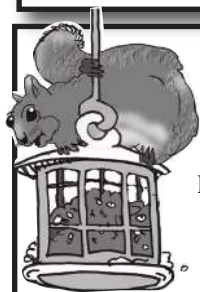
## BARLEY AND LENTIL RECIPE WITH SWISS CHARD

Thank you again, Jeanne Aras for this latest recipe.

- |                                 |  |
|---------------------------------|--|
| 1 Tbsp olive oil                | 1 ½ cups chopped onion                 |
| 1 ½ cups chopped peeled carrots | 3 lg. garlic cloves, minced            |
| 2 ½ tsp. cumin                  | 10 cups chicken broth                  |
| 2/3 cup pearl barley            | 1 – 14 oz. can diced tomatoes in juice |
| 2/3 cups dried lentils          | 4 cups coarsely chopped Swiss chard    |
| 2 Tbsp. fresh chopped dill      |  |

Heat oil in a lg pot, over medium heat. Add onions, carrots and saute until carrots and onions have some color (golden brown), about 10 minutes. Add garlic and stir. Add cumin and stir again. Add chicken broth and bring to a boil. Reduce heat, partially cover and simmer for 25 minutes. Stir in tomatoes and juice. Add lentils and barley. Cook about 30 minutes, until barley is done. Add Swiss chard until its tender. Stir in dill. Season with salt & pepper.

MARCH RECIPES



## Outside the bird feeder with Lori Gero

### ROBINS RETURNING OR NEVER LEFT?

As with many birds, the wintering range of American Robins is affected by weather and natural food supply, but as long as food is available, these

birds are able to do well for themselves by staying up north.

One reason why they seem to disappear every winter is that their behavior changes. In winter robins form nomadic flocks, which can consist of hundreds to thousands of birds. Usually these flocks appear where there are plentiful fruits on trees and shrubs, such as crabapples, hawthorns, holly, juniper, and others. When spring rolls around, these flocks split up. Suddenly we start seeing American

Robins yanking worms out of our yards again, and it's easy to assume they've "returned" from migration. But what we're seeing is the switch from being nonterritorial in the winter time to aggressively defending a territory in ad-

vance of courting and raising chicks. This behavioral switch is quite common in birds.

You can report your robin sightings (and any other birds you see) at eBird. Read more about American Robins in All About Birds Species guide.

*From Cornell Lab of Ornithology/All About Birds*



# Penny Social returns, more information to follow

Happy St. Patrick's Day to all our Irish friends and neighbors in town! (Even if you're not Irish, you might just like to celebrate the day with your friends.) Then, a few days after that, we will gladly celebrate the arrival of Spring! (Can't wait – this snow has been brutal of late!)

Your Montgomery Historical Society is planning to bring back its tradition of hosting a Penny Social this year, to raise funds for the scholarship(s) we award each year to a Montgomery student who is graduating from high school and furthering his or her education. We don't have the date secured yet, but it will be a Saturday in April (after Easter). In the past, our attendees have said it is a great way for people of all ages to enjoy an evening with some fun activity!

If you aren't familiar with a Penny Social, here's how it goes: On arrival at the Town Hall that evening, you will purchase as many cards of penny tickets as you wish to use that evening. You will separate the penny tickets and place them in a paper bag or container to have them ready when the bidding begins. When an item (or group of items) is brought up for "bidding," a large bucket will be passed around and you will place penny tickets into the bucket: the more you wish to "win" an item, the more tickets you will put in. A number will be drawn from all the tickets collected during that bid, and the item(s) will be brought to the "winner." This will continue throughout the Social until all items have been awarded. Note: each card of penny tickets also includes a ticket for door prizes to be drawn and awarded during the

## Historical Happenings



evening.

There will also be some raffle prizes awarded. Tickets for the raffle (for items of greater value) are sold separately. We will also have a 50/50 raffle (another, separate raffle ticket), where one-half of

the income from that raffle will be awarded to the person who holds the number of the ticket drawn for that purpose. The remaining half of the income will be added to the Historical Society's scholarship fund.

That brings us to ask if you can help us make this fundraiser successful so that we can assist our students with some of their educational expenses. Do you have a new, or gently-used, item or two that you would be willing to donate for this event? Among items that we've offered in the past are kitchen equipment/appliances, extra dinnerware no longer used, vases and cruets, goody bags or baskets containing ingredients for a meal (spaghetti, sauce, bread, wine, etc.; or breakfast items such as pancake mix, maple syrup, coffee and/or tea, and juice). Another suggestion: gardening items – tools, seeds, potting soil, etc. **Be creative and see what you can come up with!** Please call Laurie (862-8095) or Julie (862-4539) and we will arrange to pick up your items, or they can be

### REMINDER TO ALL GRADUATING HIGH SCHOOL SENIORS:

The A.P. Pettis Fund & Montgomery Historical Scholarships are available again this year. Applications must be received by May 1st. We use the "common application" available from Gateway guidance office or an application may be requested from [menehunes\\_mom@yahoo.com](mailto:menehunes_mom@yahoo.com).

brought to the Town Hall between 12:30 and 3:00 p.m. on the day of the Penny Social.

We will post the date for the Penny Social in the April issue of the Mountain Breeze... Stay tuned – and please consider contributing to the success of this event by donating some items... Your help is most appreciated!!!



*The Grace Hall Memorial Library in Montgomery has a display case "curated" by your Montgomery Historical Society. Early in February, the exhibit was updated and is now featuring a collection of "Elephants on Parade," all sizes and types, loaned to us by Historical Society member Cindy (Dupelle) Church. As a child, Cindy always admired her grandmother's collection of elephants, later beginning to collect them herself.*

*When visiting the Town Library for books and other media, you are invited to enjoy viewing Cindy's collection, which will remain until the end of March. Exhibits in the display case are loans from either the society's collection of historical and archival materials or from Montgomery neighbors and friends like you. If you or someone you know has items or collections of interest to the public, please be sure to call Laurie at 862-8095 with your suggestions for future displays. Thanks!!!*

## Applications now being taken for the Fire Chief Stephen P. Frye Memorial Scholarship

**Open To:** Graduating Montgomery High School Students Eligibility requirements: Must be a resident of Montgomery (non-Gateway students may request an application from Montgomery Fire Department) (Contact Dan Flechsig – 862-8095 or email [83.mfd.association@gmail.com](mailto:83.mfd.association@gmail.com))

**Criteria:** Community Service, Academic Accomplishment, Financial Need Award amount: \$250.00

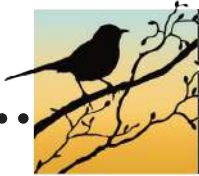
**Application deadline:** May 1st

**Application requirements:** Gateway common application, transcript **Completed application to:**

Montgomery Fire Department Attn: Scholarship Committee 154 Main Road Montgomery, Mass. 01085

You must provide official documentation of 2nd semester enrollment in educational institution.





When: Every Thursday @ 3pm  
 Where: Montgomery Town Hall,  
 161 Main Road, Montgomery, MA 01085



# Music in Montgomery

*“The frozen mountain  
 dreams of April’s melting  
 streams. How crystal clear it  
 seems, you must believe in  
 spring!” -*

- Barbara Streisand



- Mar. 5 Kara & Jerry Noble
- Mar. 12 Helen Arbour, Ursula Elmes, & Joe Nerney
- Mar. 19 Caleb Harris & The Rolling Scones
- Mar. 26 Bob Cipolli - more Montgomery Talent!

- Apr. 2 Barry Searle & Ravenwood
- Apr. 9 Jerry & Kara Noble
- Apr. 16 Doug Pi & the Harmonics
- Apr. 23 Larry Southard
- Apr. 30 Eva Cappelli & Friends

**“All are welcome!”**  
 Music in Montgomery is sponsored by Gray Catbird Pottery Studio, Montgomery Town Library, and the Montgomery Council on Aging.

We encourage donations of baked goods. Money donations for refreshments will be split between two worthy local causes: Montgomery’s Volunteer Firemen’s Association and our Town Library. We have a tip can for thanking our fabulous musicians as well.

# Memorial Day observation and parade info listed

**When:** Monday, May 25, 2026 at NOON – Rain or Shine  
**Where:** Town Center

Memorial Day is the day we pay tribute to the men and women who have served or are serving in the Army, Navy, Air Force, Marines, and Coast Guard. Everyone is invited!! Bring your parents, children, neighbors and friends and come to the observance and parade. You can decorate your bike, horse, car or wagon with red, white and blue and walk or ride in the parade to the cemetery. The fire trucks will be there. The more people who participate – the better.

As usual I am looking for VOLUNTEERS to do readings of In Flanders Field, America's Response and the Gettysburg Address. I will also welcome any other readings that are relevant to the day. PARENTS – please ask your children to participate – otherwise I have to call the school and hope they can “find” willing readers.

This year we also have the Gateway Band coming to participate. As usual – donations will be collected to feed these young students who start their day at 8 AM with Huntington's parade. When they are done with the services here in Town – they will be fed Big Y grinders, chips, drinks and dessert before they go off to spend their day with their families. There will be a donation jar in the Library.

It isn't just a “Monday holiday” – almost everyone knows someone who served or is serving in our armed forces. Please take an hour out of your day to honor our Veterans.

I can be reached by calling 413-862-4949. Thank you.

## MFD reminds residents open burning season closes May 1st

The Town of Montgomery allows open burning between 10:00 am and 4:00 pm January 15 to May 1.

Only brush and forestry debris is allowed to be burned.

Permits must be obtained by calling 413-862-4505 at least 48 hours prior to when the debris will be burned.

Leave address, contact name and phone# and date at least 48 hours before the burn will occur on the answering service.

The burn permit can be revoked at any time due to dry conditions and or air quality so please get your cleanup done soon.

Burn area also must be at least 75' from any dwelling and a means of extinguishing the fire must be accessible.

If you want to join our Volunteer Department please contact us. Trainings are 1st and 3rd Tuesdays nights at 7 pm or leave a message on our voicemail. We also have a junior Firefighter training program. Applicants must 16 years of age with parental consent. We have several members on our team that started as juniors and several have even gone on to career departments and ambulance services as their full time career.

*Thank you for your support!!  
Montgomery Fire Department*

### MARCH BIRTHDAYS

Colleen Bean  
Steven Brzoska  
Peyton Bucko  
Alex Chapman  
Jacob Chapman  
Bob Dowd  
Justin Fernengel  
Makayla Fernengel  
George Galipeau  
Lynn Gebo  
Bob Hyjek  
Linda Hyjek

Sandie Mann  
Andrea Moses  
Jason Stomski  
Kathleen Stomski  
Rachel Ward

### MARCH ANNIVERSARIES None

**Is your birthday included in our monthly listings? If you would like to share that information, please forward your details to [montgomerymtbreeze@gmail.com](mailto:montgomerymtbreeze@gmail.com)**

## • Grants allocated (Continued from page 1)

- 5.) Communitywide gatherings
- 6.) Field trips for students
- 7.) Projects celebrating local history, cultural diversity

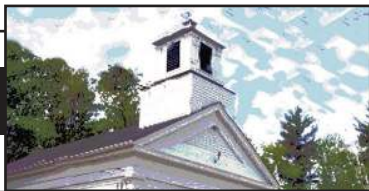
After thoughtful review and consideration our local council has agreed to allocate funds to the following projects:

- 1.) Steve Cormier – free public program about the history of the trolley system in Massachusetts
- 2.) Mass MOCA Gateway – art student field trip
- 3.) Guest Musicians Gateway – Performing Artist Series Middle and High School
- 4.) Hilltown Community STEM – free program involves science activities for children ages 3-8 through Worcester EcoTarium
- 5.) Hilltown Village Dance – free creative movement program for children 0-5 years
- 6.) Greg Maichack – free pastel workshop Vincent Van Gogh's “The Iris”
- 7.) Jay Mankita – free hands-on learning event making Rube Goldberg “Machines”
- 8.) North Hall – free live music, spoken word, theater, and visual arts
- 9.) Rita Parisi – Gothic Victorian Tales by Candlelight, theatrical adaptation of 3 strange and unsettling stories
- 10.) Sevenars – six programs of classical music and jazz played by renowned artists
- 11.) Littleville Fair – the fair showcases our musical, visual arts, and agricultural talents from surrounding communities

The committee would be delighted to welcome new members to help us enhance the cultural life in Montgomery and the Hilltowns. If interested, please contact Dale Rogers at [graycatbirdpottery@gmail.com](mailto:graycatbirdpottery@gmail.com)

## Condolences to...

Barbara Quenneville and the extended Quenneville-Tinney family on the passing of Barbara's husband Keith Tinney on February 13.



# MONTGOMERY

neighbors helping neighbors



## Winter Snowmageddon - Help!

Many people, especially seniors, can underestimate the time, strength and stamina it takes to shovel snow. Moving hundreds of pounds of snow can put a big strain on the heart. Pushing a heavy snow blower also can cause injury. The cold weather can increase heart rate and blood pressure. This is true even in healthy people. Here in Montgomery, seniors and others who may have physical challenges can find help removing snow from sidewalks, driveways and entryways by contacting Debbie Koundry at (203) 558-2372.

The CoA would like to thank the volunteers who helped our senior neighbors after the big January snow-storm - Peter Wilcox, Jason Harris, and Gateway National Honor Society students Lily Pelouquin and Theodore DeAngelis-Page.

## Cup of Coffee Anyone?

According to recent research, coffee has remarkable benefits for seniors. Coffee is a powerful source of antioxidants, with compounds that curb age-related oxidative stress. People who drink a standard cup daily have a consistently lower risk of several chronic diseases. Coffee proves to be much more than just a morning ritual. Coffee drinkers who consume moderate amounts show 16.6% lower levels of inflammatory markers, which supports their overall health and well-being. Yet another reason to come to Coffee Hour.

**Join us at Backwoods Breakfast & BBQ** on Monday, March 16th at 10:00 AM for our monthly Coffee Hour. It's good for you!

*"Pull up a chair. Take a taste. Come join us. Life is so endlessly delicious."* - Ruth Reichl

Mark your calendar for our "Cooking for One or Two" workshop on Thursday, April 30th. More details to come in the April Mt. Breeze.

## Are You Puzzled?

A little bored during these past snowy days? Sometimes a puzzle is all you need to brighten the day and get your mind out of the doldrums. A fun online source of puzzles and word games is Seasoned Times (<https://seasonedtimes.com>) They also provide articles covering topics such as health and well-being, entertainment and travel, lifestyle and aging, family and relationships. Another great online resource for games and other information is AARP (<https://www.aarp.org/games/>) Have fun!

## Community Health Fair

Friday, April 17th from 9:00 AM - 1:00 PM  
Southwick Town Hall Auditorium,  
454 College Highway, Southwick, MA  
Vendors will be providing information on MA State 911 program, health insurance, food insecurity, fuel assistance, home health, independent/assisted living, pro-

grams available for older adults, massage therapy, and many other topics. Provided through the Southwick Board of Health and Western Hampden County Public Health District ([whcphd.com](http://whcphd.com))

## Hilltown Easy Ride Van Service

Available to Residents Age 60 & Over of Blandford, Chester, Chesterfield, Cummington, Goshen, Huntington, Middlefield, Montgomery, Plainfield, Russell & Worthington

Available Monday through Friday for Medical and Other Appointments, Shopping, and Errands Call Hilltown CDC at 413-296-4232 at least 24 hours in advance (not counting weekends or holidays) to schedule a ride.

Prior to being transported, an application for service needs to be completed and approved by the FRTA office. You may obtain a copy of the application by conhome health, independenttacting the FRTA (413)774-2262 or download it from the FRTA website at [www.fрта.org](http://www.fрта.org).

Once approved, an Easy Ride information packet will be forwarded to you related to this service.

## Hilltown Memory Cafe

Every Wednesday 2:00 - 3:00

## Art, Nutritional, and Educational Activities

Caregiver Support Group held every week at the same time and location.

Open to residents from any community with or without memory issues. 26 Russell Road, Huntington, MA.

The Huntington Council on Aging also offers outreach services that support elders and their caregivers with information and resources. This includes assisting with identifying benefit programs and making home visits. **Please contact Caregiver Support Coordinator/Facilitator and Outreach Coordinator Crystal Wright-Partyka at 413-685-5283 or email [caregiveroutreach@huntingtonma.us](mailto:caregiveroutreach@huntingtonma.us) for more information or to sign up for either**

## program.

These programs are made possible in part by a grant from Highland Valley Elder Services through funding under the Federal Older Americans Act and by a grant from the Huntington Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.



## Phone Numbers for Senior Services

|                                     |                                     |
|-------------------------------------|-------------------------------------|
| Montgomery Fire Department          | 862-4505 (Call 911 for emergencies) |
| Elder Abuse (24/7)                  | 800-922-2275                        |
| MA Senior Legal Helpline            | 800-342-5297                        |
| Hilltown Community Ambulance Assoc. | 413-667-3277                        |
|                                     | (Call 911 for emergencies)          |
| Highland Valley Elder Services      | 800-322-0551                        |



# NEW ENGLAND GHOSTS

## AN ADULT PROGRAM OF SUPERNATURAL STORY AND MAGIC

- A LEGEND FROM EACH NEW ENGLAND STATE
- TRUE STORIES
- HOW TO VISIT THE SITES
- SUPERNATURAL EFFECTS
- BY AWARD-WINNING WRITER/PERFORMER

JONAH KNIGHT

RATED PG-13: TRUE STORIES OF  
DEMISE AND SIGHTINGS

GRACE HALL MEMORIAL LIBRARY

SATURDAY MARCH, 21

3:00 PM START

[www.JONAHKNIGHT.COM](http://www.JONAHKNIGHT.COM)



# March Library News

Facebook.com/  
gracehallmemorial

413-862-3894  
Montgomery.cwmars.org

## Library Events

**Yoga Class:** join us for yoga every Wednesday at 6 pm. To reserve your spot, please contact Chris Brown at [chrisbro40@yahoo.com](mailto:chrisbro40@yahoo.com)

**Cookbook Club** cordially invites you to High Tea on March 19 at 6:30 pm. We will be serving tea and invite you to bring your favorite Tea recipe, whether it be sweet or savory. Come share and learn new dishes with us. A list of up coming Cookbook club themes will be posted at the library and on the Library's Facebook.

**Jonah Knight** will present New England Ghost on March 21 at 1 pm.

**Blind date with a Book** will continue through March 31. Help yourself to one of our Blind Date books that are all rated 3.5 of higher on Goodreads. New releases and hot topics available.

### Coming in April

April 4 at 11 am, **Greg Maichack pastel workshop "Vincent Van Gogh the Iris"** m 11:00am to 1:00pm. This is a pastel painting workshop designed for both sheer beginners to advanced participants. Please call the library to pre register.

This all-new "Vincent van Gogh the Iris: How to Pastel Paint," all draw an iris and can use a template that Maichack provides, and also the template for the petals. This is fun, and having instruction in expressive pastel strokes, blending, slurring, and layering. I will bring pastel pencils for detail use. All keep their 12 X 18 pastel painting of their personalized vivid iris. Photo references of various irises are supplied for ideas. Maichack's own pastel painted irises will unveil the process. All will be entertained by lively anecdotes on Vincent van Gogh.

### Inclement weather closings will be posted

Hours:  
Tuesdays 10-5:30  
Thursdays 11- 8  
Saturdays 9:30- 12:30

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Springfield Quad

More coming this spring!