

PUBLISHED BY THE MOUNTAIN BREEZE STAFF

## TOWN CLERK News

### ANNUAL TOWN ELECTION

Monday, May 4, 2026  
12:00pm - 7:00pm

Poll workers are always needed!

### ANNUAL TOWN MEETING Correction \*

Monday, May 18, 2026  
7:00pm

\*This date is a correction from the April Breeze.

Please be sure and return your Census Street Listing Forms. You can drop them in the mailbox on the front door of the Town Hall. If you did not receive a form, you can obtain one on the website [www.montgomeryma.gov](http://www.montgomeryma.gov) under Departments, Town Clerk. **Dog Licenses are now available.**

Dog Licenses are now available (see page 4). The license application is on the website as well. You are required to provide a copy of the current rabies certificate in order for the license to be issued. **You have from April 1 - June 30 to obtain the license for 2026.** A late fee of \$25 per dog is assessed after June 30th. Please be sure and include a self-addressed stamped envelope if you want the license mailed back to you. The license is also available for pickup during office hours on Thursday evenings 4:30 - 6:30pm.

Thank you,  
Cheryl Masciadrelli  
Town Clerk • 413-642-6927

## Open burning season closed as of May 1st

A reminder regarding address/house numbers. Medical calls are the most common 911 calls the Montgomery Fire Department responds to. When you or a someone at your property has a medical emergency seconds count.

Please look at your house/address numbers and also the attached document from the MA State Fire Marshal office and see if your house is easily recognized. Remember, many times we are responding to your medical or property emergency in the dark, can we see your house number from the street? Help us help you.

A big "THANK YOU" to MASS SIGNS who has donated to the Montgomery Fire Dept labor to install the decals and signage for our newly acquired Brush 3 Wildland firefighting unit. This donated labor Has saved the Town several hundred dollars.

Check out our Facebook page for information regarding the MFD.

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 be 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!!  
The Montgomery Fire Department*



## Town Hall invasive garden 'visitor' treated to tarp and mulch coverage

If you are a frequent visitor to the Town Hall, you may have noticed the tarp and mulch on one of the gardens. The garden contains a very invasive weed and the tarp and mulch have been placed to try to kill it, it is better than digging up the whole garden and replanting. This process will also kill some of the plants that were in the garden - we have saved some of them, and will have to replace the others. We plan to leave the tarp down until next Spring.

We have also done some work across the road at the Memorial Stone and Service Medallion Stone in order to prepare for our Memorial Day Service.

If you want to help with weeding or maintaining the gardens - please send your name, email address and/or phone number to me - paulachapman1962@gmail.com.

You can thank **Kathy Stomski and Mindy Kingsley** for most of the work - they are fantastic workers. The mulch came from a resident who is a local landscaper.

**“The bad news is time flies. The good news is you’re the pilot.”**

**— Marianne van Hirtum**

# 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)

**EMERGENCY MANAGEMENT DIRECTOR:**  
**DAN FLECHSIG** 862-8095

**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 Tuesday 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 x7  
 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

# May Calendar

**May 6 10 am -11am - Tai Chi – Town Hall**  
**May 6 6:00 pm - Yoga – Town Hall**  
**May 7 3:00 pm - Music in Montgomery – Town Hall**  
**May 12 10 am - 11am - Triad Program Information Session – Town Hall**  
**May 18 10 am - CoA Coffee Hour – Backwoods BBQ**  
**May 12 10:00 am - 11am - Tai Chi – Town Hall**  
**May 13 6:00 pm - Yoga – Town Hall**  
**May 14 3:00 pm - Music in Montgomery – Town Hall**  
**May 18 10:00 am - CoA Coffee Hour – Backwoods BBQ**  
**May 20 10 am -11am - Tai Chi – Town Hall**  
**May 20 6:00 pm - Yoga – Town Hall**  
**May 21 3:00 pm - Music in Montgomery – Town Hall**  
**May 27 6:00 pm - Yoga – Town Hall**  
**May 28 3:00 pm - Music in Montgomery – Town Hall**  
**May 25 Noon - Memorial Day Observance**  
**May 30 - 31 - Town wide Tag Sale**

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

May 7                      May 21  
 June 4                     June 18

## MONTGOMERY TOWN WIDE TAG SALE

**MAY 30 & MAY 31**



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

## Pottery and Art Lessons Offered:

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

GRAY CATBIRD'S MAY WORKSHOPS are currently full. Participants will learn pineneedle basket making, tour the Herb Whisperer Organic Farm in Huntington to learn more about herbalism, and/or create a sparkling glass-fused project with Denise Beaulieu.

**The Gray Catbird  
Student Pottery Show  
will be held Friday,  
May 22, 4:30 - 6pm.  
All are welcome!**

## NEW WORKSHOPS COMING IN JUNE

**YOGURT & KEFIR: Learn to Make It Yourself!** Saturday, June 6, 2:30 - 4:30.  
\$20 covers your supplies; instruction is free.

### What You'll Learn

How to Make kefir (fermented milk) at home, maintain and care for your culture, and turn kefir into: • thicker yogurt-style kefir • Greek-style yogurt • sour cream. You will also learn how to use whey to ferment vegetables, fruits, and simple drinks.

For Yogurt lovers (who buy yogurt regularly), People interested in fermentation or making food from scratch, Those into gut health and looking for practical approaches.

Your instructor **Holly Wu** is a fermentation practitioner and health/life coach, and also co-runs Herb Whisperer Organic Farm and East West School of Herbalism with Thomas Garran. She focuses on practical, everyday ways to support health through food and mindfulness.

**FLOWER ARRANGING**  
with Mary Cantler & Lydia King  
June 27, Sat. 2:30 - 4:30 \$60

Mary and Lydia bring buckets of gorgeous flowers (grown at their 'Gardens at Old House Road') and teach you the basics of flower arranging and how to create a big beautiful hand-tied bouquet that you can take home!



Floral workshop participant  
Karan Miller, from Montgomery.

### 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



**Gray Catbird Pottery & Art Studio**  
22 East Main Street, Huntington, MA

# Prune, plant, space, be aware and start those taters

May is the month to plant potatoes at the beginning of the month.

- Prune out brown tips and branches on junipers.
- Be aware of bright red leaf beetles laying eggs on the undersides of lily leaves.
- Wild geranium is a pollen source for bees.
- Sweet potatoes need 90 to 150 frost-free days to yield a crop.
- Chamomile is an annual that readily self-seeds.
- The official state flower of MA is the mayflower, Trailing Arbutus.

## GardenNews

by Chris Brown



- Do not overcrowd mixed container planting; allow room for plants to grow.
- At the end of the month, plant dahlia tubers in a sunny spot with well drained soil.

### BOOK SALE!

Don't forget, the Library Friends will hold a Book/Plant sale on Sat June 6 at the Little Red School House on Pitcher Street. If you have any plants to share with your neighbors, contact Chris Brown at 413 364 1510 or [chrisbro40@yahoo.com](mailto:chrisbro40@yahoo.com).

## SAUTEED GREEN BEANS & POMEGRANATES

Again, thank you, Jeanne Aras. If you have a recipe to share, send it to Chris Brown at [chrisbro40@yahoo.com](mailto:chrisbro40@yahoo.com)

- |  |                                     |
|--|-------------------------------------|
| 1 1/2 tsp. Kosher salt                 | 2 #'s green beans trimmed           |
| 1 cup pure pomegranate juice           | 1 Tbsp. butter                      |
| 3 Tbsp. olive oil                      | 3 shallots, finely & thinly sliced  |
| 1 Tbsp. grated ginger                  | 1/2 cup of pomegranate arils        |
| 1/2 cup roasted pistachios             | 2 Tbsp. fresh dill, roughly chopped |
| 1/4 cup fresh parsley, roughly chopped |                                     |

Cook green beans, until tender crisp, about 5 minutes. Then, put into an ice bath to stop cooking. Drain and pat dry. In a small saucepan, bring pomegranate juice to a boil and cook until syrupy. Stir in butter until smooth and glossy. Set aside and keep warm. Heat olive oil over medium heat. Add shallots and cook until softened, 4-5 minutes. Add the ginger and stir to combine. Add green beans and salt, and toss to coat in oil and shallots. Cover and cook until heated through, about 3 minutes. Uncover, sprinkle with 1/2 of the seeds, 1/2 pistachios, 1/2 parsley & dill, and toss. Transfer to a platter. Drizzle with pomegranate syrup and sprinkle with remaining seeds, pistachios, parsley and dill. Serves 8 -10.

MAY RECIPES

TOWN OF MONTGOMERY

LICENSE # \_\_\_\_\_

DOG LICENSE APPLICATION 2026

EXPIRATION DATE: 03/31/2027

OWNER NAME/ADDRESS: \_\_\_\_\_

PHONE #: \_\_\_\_\_ OWNERS SIGNATURE: \_\_\_\_\_

DOG INFORMATION

NAME: \_\_\_\_\_ BREED: \_\_\_\_\_ SEX: \_\_\_\_\_ SPAYED/NEUTERED (y/n): \_\_\_\_\_ AGE: \_\_\_\_\_

COLOR: \_\_\_\_\_ OTHER DETAILS: \_\_\_\_\_

RABIES CERTIFICATE #: \_\_\_\_\_ DATE OF VACCINATION: \_\_\_\_\_ EXPIRATION DATE: \_\_\_\_\_ VET: \_\_\_\_\_

In reliance on the above certificate for payment fee of \_\_\_\_\_, the animal described above is licensed for the period of April 1, 2026 – March 31, 2027.

Dated: \_\_\_\_\_, \_\_\_\_\_, Town Clerk.

FEES: \$6.00 SPAYED/NEUTERED  
\$10.00 NOT SPAYED/NEUTERED

KENNEL FEES AND DOG BY-LAWS ARE AVAILABLE  
ON OUR WEBSITE [www.montgomeryma.gov](http://www.montgomeryma.gov)

# HEAR YE, HEAR YE!!! MHS Penny Social event May 9th

Your Montgomery Historical Society is excited to invite you to its **Penny Social on Saturday, May 9** at the Town Hall for a fun evening of bidding, and winning, a variety of choice items donated for the Penny Social. Proceeds of the evening will benefit the Historical Society's Scholarship Fund, which annually awards at least one scholarship (often additional ones) to a graduating Montgomery high school student pursuing further education, no matter what high school they attend. It is our hope that our townspeople will come out to support this event.

**Doors will open at 6:00 p.m.** for those who wish to view the items available, and to give attendees an opportunity to purchase their tickets and separate them so they can be ready when the fun begins at 6:30 p.m. **Drawings for door prizes** will be held throughout the evening, using the door prize stub attached to the ticket cards you purchase. Items of greater value will be in a separate drawing for which you will purchase different tickets, if desired.

In addition, we will have a 50/50 raffle (separate ticket) which awards one-half of that raffle's income to one lucky winner, with the remainder going to the Historical Society's Scholarship Fund.

**Please note: refreshments will be available throughout the evening, a further benefit for Scholarships.** (Please

## Historical Happenings



refer to the March Historical Happenings for further information.)

We are still seeking donations of new or gently-used item(s) to be offered that evening. If your children have toys or games (in good condition) that they have outgrown, the children present will enjoy bidding for such items in a separate drawing. If you have a Christmas gift that you cannot use or do not want, we will gladly accept it for the Social. If you are doing some "spring cleaning" and find some new-ish, usable items, you might consider donating those; or perhaps the ingredients for a spaghetti dinner or pancake breakfast, gardening items for the gardeners in town, etc. Be creative with your donations, all of which will benefit the Scholarship Fund once again.

Your donations can be brought to the Town Hall between 12:30 and 3:00 p.m. on Saturday, May 9 (the day of the Penny Social), or we can pick up your donations. Call Laurie (862-8095) or Julie (862-4539) and we will arrange to pick up your items prior to May 9.

Please consider helping with the success of this event, including coming out for an enjoyable, family-friendly

evening.

Your participation will benefit our graduating seniors' future, and your help and donations are most appreciated!!!

### 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).

*The display case in the Grace Hall Memorial Library, Montgomery Center, currently features two contrasting collections of Carnival Glass. These iridescent glass items are of varying patterns and exhibit both orange and blue varieties. They have been loaned by two of our Historical Society members for your viewing pleasure.*

*These iridescent glass products were originally known as "Iridill," and began appearing in the early 1900's from such art glass makers as Steuben and Tiffany. The later Carnival Glass products were not as well accepted so were highly discounted, eventually being used as carnival prizes which then became very profitable for the Fenton Art Glass Company which produced them.*

*Be sure to visit the Montgomery Library and view the latest exhibit while you are browsing the books and other media. This exhibit will be in place until the end of May. Items in the display case are loans from people like you or from the Historical Society's collection. If you or someone you know has collections or items of interest to the public, we would like to feature those in the display case. Please call Laurie at 862-8095 with any suggestions for future displays. Thank you!*

## 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

We roamed the fields and river sides,  
 When we were young and gay;  
 We chased the bees and plucked the flowers,  
 In the merry, merry month of May.

...  
*The skies were bright,  
 Our hearts were light,  
 In the merry, merry month of May.*

Our voices echo'd through the glen,  
 With blithe and joyful ring;  
 We built our huts of mossy stones,  
 And we dabbled in the hillside spring.  
 ~ Stephen Foster



May 7 Ed Bentley & Friends  
 May 14 Kara & Jerry Noble  
 May 21 Helen Arbour & Joe Nerney  
 May 28 Larry Southard

June 4 Jerry & Kara Noble  
 June 11 Barry Searle - We Three  
 June 18 Ed Bentley & Friends  
 June 25 Doug Pi & the Harmonics

July 2 Jerry & Kara Noble  
 July 9 Larry Southard  
 July 16 Ed Bentley & Friends  
 July 23 Barry and Ravenwood  
 July 30 Bob Cipolli

**"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.

# ***ELECT - MAY 4***

# **DAVID MILLER**

# **SELECTMAN**



- Montgomery resident since 2010
- Finance Committee member for 14 years. Chair since 2020
- Broadband Committee member
- Master's Degree Business Administration

My wife and I moved to Montgomery in 2010 seeking a quieter place, removed from the busy lifestyle of larger communities. Montgomery is that place. After attending my first town meeting, I found that being involved in town government is both a privilege and a responsibility. I am committed to improving the town's finances and long-term stability. As a selectman, I can help to improve transparency in town government, road conditions and general town health.

**Come to a coffee hour, Sat April 18 at 2:30PM, Backwoods Breakfast & BBQ to discuss issues and any questions you may have.**

Thank you for your consideration

David Miller

6 Campus View Road

*Ad paid for by David Miller*



## Outside the bird feeder with Lori Gero

### MAY IS PEAK BIRDING SEASON

May is peak birding season for spring migration, offering incredible opportunities to see warblers, orioles, and thrushes returning north. Prime locations include coastal hotspots like Cape May, NJ, for migrating raptors and shorebirds, and inland forests for neo-tropical migrants.

Key events include the Global Big Day on May 9, 2026, and various early-month migration festivals.

### Top May Birding Locations & Species

**Cape May, New Jersey:** Considered a top North American birding destination in May, with hotspots like Higbee Beach Wildlife Management Area and the South Cape May Meadows Preserve attracting thousands of migrants.

**Hawk Mountain Sanctuary, Pennsylvania:** Early May is excellent for migrating raptors, including Broad-winged Hawks and Osprey.

**Mass Audubon Sanctuaries:** Locations such as Broad Meadow Brook (New England's largest urban sanctuary) are prime for spotting warblers, orioles, and vireos.

**Cape Cod, Massachusetts:** Mid-May is ideal for viewing migrating breeders, including Rose-breasted Grosbeaks and Baltimore Orioles.

### Tips for May Birding

**Migration Timing:** The highest diversity of species, particularly warblers, usually occurs during the middle of the month.

**Best Weather:** Days with north winds are ideal for viewing spring migrants.

**Key Species to Spot:** Look for warblers (many species), Scarlet Tanagers, Baltimore Orioles, Rose-breasted Grosbeaks, and various flycatchers.

**Tools:** Utilize tools like eBird to track real-time sightings and report your findings on Global Big Day.

The primary birth month bird for May is the Hummingbird, which symbolizes joy, hope, peace, and the ability to find beauty in life. Other sources, particularly in regional contexts, associate May with the Nightingale for its songs or the Baltimore Oriole for its return during spring migration.



## Pay tribute to our armed forces

**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.

**Come one – come all** – this is an open invitation!! The fire trucks will be coming!! The more people who participate – the better.

Adults – I am looking for young adults to participate. It is completely VOLUNTARY, but I need courageous, young adults to do readings of "In Flanders Field", "America's Response" and the "Gettysburg Address". I will also take any suggestions for other readings that are appropriate to the day.

We also have the band this year. I will collecting cash donations and/or grocery store gift cards to purchase Big Y grinders, individual bags of chips/pretzels and sports drinks and water. I will also not refuse any desert donations the day of the parade.

**Please remember - it isn't just a "Monday holiday"** – almost everyone knows someone who served or is serving in our armed forces and that number seems to be growing by the week. Please take an hour out of your day to honor our service members & Veterans.

**Any questions,** I can be reached by calling 413-862-4949 or emailing me at paulachapman1962@gmail.com.

*Thank you.  
Paula Chapman*

## Condolences to...

Tim Tatro and family on the loss of his wife, Judy (Pease) Tatro who passed away April 10.

### MAY BIRTHDAYS

Jeff Brown  
Derek Flechsig  
Christina Harris  
Jillianne Jacques  
Cheryl Masciadrelli  
Linda Smith  
Garrett Spencer-Bartlett  
Carol Stevens  
Matthew Warren

### MAY ANNIVERSARIES

Judy & Bob Dowd

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



Contact: [coa@montgomeryma.gov](mailto:coa@montgomeryma.gov) or (413)862-3386 ext 7

## Here's how neighbors are helping neighbors

### Tai Chi - meditation / medication in motion

Eleven Montgomery residents joined Lenny Burlingame in April as he introduced them to the practice of Tai Chi, an ancient time-tested exercise program for health, mental awareness, and meditation. Starting **Wednesday, May 6th this FREE class is being held at Town Hall every other Wednesday from 10 - 11AM.**



The class is open to all residents at no charge. The many benefits of Tai Chi include reducing blood pressure, boosting brain health, and preventing falls in older adults. Lenny Burlingame has been studying, training, and teaching the arts of Tai Chi Chuan for over 40 years and is the founder of Whip City Tai Chi. (Visit [whipcitytaichi.com](http://whipcitytaichi.com))

Join us at **Backwoods Breakfast & BBQ on Monday, May 18th at 10:00 AM** for our monthly Coffee Hour. See you there!



### For your Safety, Security, and Peace of Mind

Join Officer Elizabeth Rodriguez of the Hampden County Sheriff's Office on Tuesday, May 12th, from 10 - 11AM at Montgomery Town Hall as she shares information about the Hampden County Triad Program. This safety initiative focuses on empowering, educating, and improving the lives, safety, security, and peace of mind of the senior community of Western Massachusetts.

While the overall goal of the Triad Program for Seniors is to assist in the upkeep of a safe and healthy life for the seniors of Hampden County, there are many other individual goals of the program as well, including reducing criminal activity that targets the senior community; providing education and services that will build confidence and improve the quality of life; and enhancing trust and safety with law enforcement by ensuring access to services and alleviating fear of victimization among seniors.

### Triad projects include:

- **Project Lifesaver** – A tracking system for individuals with cognitive conditions who are at risk of wandering. Eligibility includes caring for a loved one of any age with a cognitive condition that can lead to wandering.
- **Hampden County Life Files** – A magnetic sleeve with an information card listing all medications a person uses and any special health conditions they may have, which is posted on the refrigerator for first responders in an emergency.
- **"Are You Ok?"** – A daily telephone reassurance pro-

*"The longer I live the more beautiful life becomes."*

~ Frank Lloyd Wright

gram to check on the well-being of seniors who live alone in Hampden County.

• **Is Your Number Up?** – A house number visibility initiative that assists Police, Fire and EMS in their efforts to respond quickly to 9-1-1 calls.

• **Speaker Series** – Trained Triad deputies meet with senior groups to discuss issues such as identity theft, domestic violence & scams targeting seniors.

• **Senior Home Safety Inspection** – Certified inspector completes 240-point safety and accessibility assessment in and around home.

• **Sand for Seniors** – A seasonal effort to get buckets of sand to our senior community to limit the chances of a fall during the cold, often icy winter months in New England.

All of Triad's services are provided free of charge. All services can be accessed by calling the HCSO Triad Division at (413) 858-0060. <https://hcsoma.org/triad/>

### Spring Cleaning Never Ends

Help is on its way! We have three Gateway National Honor Student volunteers who can help with yard work, garden prepping, organizing and cleaning out area, and other tasks. Contact Debbie Koundry (203)558-2372.

### Let's get our hands dirty!

Nothing dresses up your front porch, deck or patio more than having a container of beautiful flowering plants. Senior community members join us on Tuesday, June 9th from 2 - 4PM for a container workshop. The session is FREE! We will provide the container, potting soil and some plants and you'll be ready to go!



So if you're ready to get your hands dirty and fill some pots with flowers to enjoy at home, **reserve your spot by May 20th by calling the Montgomery CoA at 862-3386 ext 7.** Please leave your contact information.

### Phone Numbers for Senior Services

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





est. 1881  
Grace Hall Memorial Library  
Montgomery, Massachusetts



# LIBRARY NEWS

facebook.com/  
gracehallmemorial

**May 2026**

- **Yoga Classes:** Join us for yoga every Wednesday night at 6 pm. To reserve your spot, please contact Chris Brown at [chrisbro40@yahoo.com](mailto:chrisbro40@yahoo.com).
- **Music in Montgomery:** every Thursday at 3 pm
- **Cookbook Book Club** May 21 at 6:30pm is *Charcutier Boards* So come in find some interesting recipes to try and check them out.

## BOOK & PLANT Sale

**NEW date of June 6**

**Stop by to our annual spring sale of Books & plants at the Little Red School house. We will be taking book donations by appointment only till May 20 and Plant donations the morning of the sale. If the date of the sale changes it will be posted outside the library and on our Facebook page.**

### Hours

**Tues: 10– 5:30**

**Thurs: 11-8**

**Sat: 9:30-12:30**

**Ebooks on Libby**

**NEW MUSEUM  
PASSES**

**Zoo at Forest Park**

**Magic Wings**

**Springfield Muse-  
ums**

**MASS MoCA**

### Contact

#### Mail

161 Main Road, Montgom-  
ery, MA 01085

#### Phone

413-862-3894

#### email

montgomeryl-  
ibrary3894@gmail.co  
m

#### Website

wghl.masscat.org  
facebook.com/  
gracehallmemorial

commonwealthcata-  
log.org

Don't forget to check  
out Wowbrary and Libby  
our online services.