

Leyden Life

Leyden, Massachusetts

April 2018

Selectboard Office Hours:
Monday—Thursday 8:00 AM - 3:30 PM
Tax Collector:
Monday and Wednesday 5:30 - 8:00 PM
Assessors Office:
Wednesday 12:00 - 6:00 PM

Select Board Office

SELECT BOARD MEETINGS

The Select Board will meet on Mondays, April 2nd, 9th, 16th, and 23rd at 7:00 PM upstairs in the meeting hall. To be added to the agenda email selectboard@townofleyden.com at least 72 hours prior to the meeting. Anyone not on the posted agenda is welcome to address the Select Board at the end of the meeting during the "Citizens' concerns not anticipated in advance of the meeting" agenda item time slot.

APRIL MEETINGS

Mon, Apr 2	7:00 PM	Select Board
Wed, Apr 4	4:30 PM	Board of Assessors
Thu, Apr 5	4:30 PM	Council on Aging
No April Meeting		Board of Health (at the Police Station)
Mon, Apr 9	7:00 PM	Select Board
Wed, Apr 11	7:00 PM	Planning Board
Mon, Apr 16	7:00 PM	Select Board
Mon, Apr 16	7:30 PM	Conservation Commission
Tue, Apr 17	7:00 PM	Historical Commission (Downstairs at the church)
Wed, Apr 18	4:30 PM	Board of Assessors
Mon, Apr 23	7:00 PM	Select Board

Any changes to these meeting dates or times will be posted separately. Meetings *not* held monthly will also be posted separately. *Note:* Monthly meetings are now posted on the town web site at www.townofleyden.com. —Select Board

Town Clerk

VITAL STATISTICS

Marriages, Births, or Deaths: None reported

DOG LICENSES

Dog licenses for 2018 are now available. 2017 dog licenses do not expire until March 31, 2018, but 2018 licenses are available for purchase now. Fees are as follows: Neutered and spayed - \$10.00; Not altered- \$15.00; Kennel, 1-4 - \$30.00; Kennel, 5-10 - \$40.00; Kennel, more than 10 - \$50.00. Only checks or money orders are accepted.

—Thank you, Nicole Glabach, Town Clerk

Town Clerk Office Hours are Mondays and Wednesdays,
5:30 to 7:00 PM, or by appointment.
Telephone 774-4111, Ext. 3, or Cell/Text at 413-362-9378
Email: townclerk@townofleyden.com

Select Board

Leyden seems to be having a run of misfortune. First with Bob Hardesty's injury, then the fire house and fire truck, the police cruiser accident on River Road, and the one-ton Highway Department Ford truck that burned up while sanding on Frizzell Hill (see pictures on Page 5). Bob has returned to work after being out for about six weeks following surgery on his leg. He thanks all those who stepped in during his absence, and especially Tracey Baronas and Lance Fritz. For those who haven't heard, the fire truck side swiped the station garage door while pulling out, which damaged the truck and building. The building has been repaired, but the minor damage to the truck remains to be repaired. The police cruiser took off while the driver was exiting the vehicle and struck a tree.

The Meeting with the Select Boards of the PVRSD member towns was canceled due to the snow storm, and it may not be rescheduled. The advertised purpose was to discuss the closure of PRES, but this was somewhat misleading. The discussion would have been about what questions we, as towns, should ask at our next ATMs.

Town Tax Collector, Roxanne Zimmerman, has come to us stating that she is required by State law to charge interest on late tax payments. The date the payment is received at Town Hall is the official date of receipt; not the postmark date, and not the date filled in on the check. It is the date of receipt at Town Hall. All mail received at Town Hall is date-stamped at the time of receipt, so there is no question about the date of receipt for tax purposes. *Checks received after the due date are late*, even if the date on the check is the due date. State law says Roxanne cannot forgive interest under any circumstances, so please get tax payments in by the due date. —Lance Fritz, Chair

Sugar on Snow Supper

Saturday, April 7th

Sittings at 5:00 and 6:15 PM

See page 4 for more details



Be part of the solution!

Earth Day 2018

Sunday, April 22, 9:00 AM
to 12:00 NOON

Meet at the Leyden Café; wear some comfortable boots, gloves and if you have it a bright vest or jacket!

We will fan out from there to walk our beautiful country roads and mark and bag roadside trash for pickup!

**Lunch at 12:00 NOON at Town Hall sponsored
by the Leyden Police Department!**

Looking for a few good people with pick-up trucks, and lots of good people to take a route and clean it up!

Trash bags and supplies donated by Leyden Rifle Club

Please Email me @ jarlneipp@verizon.net if you are ready to be part of the solution! Thank you.

Robertson Memorial Library

Library Hours: Monday and Wednesday 1:00 – 6:00 PM, and Saturday 10:00 AM to 12:00 NOON
Phone 773-9334 (Leave a message any time.)

March, the month of the lion's departure! As I write, we're preparing for our third snowstorm in two weeks! Library hours have been somewhat chaotic, but patrons know we'll be open on Tuesdays and Thursdays if the storms hit on a Monday or Wednesday. A big thank you to Trueman Robbins who drove over and shoveled the entrance, often twice in one day, first to remove plowed snow packed against the steps and again when the snow slid off the roof to block the entrance. Thank you, Trueman!

Our fundraiser continues. If you visit the library, you'll be able to view Pat Little's piece of art and purchase some raffle tickets—one for \$5 or three for \$12. All money will go to the library. Please help out!

From our annual report comes the following: Circulation of materials has been good. Throughout the year children borrowed 943 books or DVDs, young adults borrowed 611 pieces, and adults signed out 1,834 books, DVDs or CDs. Considering our limited hours (12 per week), 2,336 patron visits speaks well of the library's popularity.

The availability of interlibrary loan is extremely beneficial to the library's success. A total of 514 pieces came here from other libraries (as far away as Florida or Washington state) to fill patrons' requests for materials that we do not own.

Housed on our bookshelves are a total of 4,229 books, 7 magazine subscriptions, 352 CDs and 713 DVDs. As director I continually weed out those materials that have not been read in five years and replace them with the new and the popular.

I hope you will consider becoming a patron or the RML. It's free!
Rejoice! Its spring!

—Chris Johnston

Leyden Life Lowdown

EASY SUBMISSION

Submit an e-mail to Cornelia Reid at cr43wr41@gmail.com, Carolyn Asbury at carolyn.asbury@gmail.com, and Bob Taylor at bobxtwo@verizon.net. (Yes, please send it to *all three* of us.)

Either attach a Word document or include the information in the body of the e-mail. If e-mail is not possible for you, hard copies of items for *Leyden Life* can be left in the book drop outside the Library. The deadline for inputs is the **15th of the month**.

If you would like to receive the **electronic version of *Leyden Life*** in PDF format, please email the same three addresses listed above.

THANKS

Thanks to Katherine Anderson, Angels' Rest, and Spirit Fire for contributions and to Michele Higgins, Barbara Wallace and Lois Feldman, for collating help. Thanks to deliverers Barbara Wallace, Marie Bartlett, Marie Lovley, Pat Little and the Cafferys. (We apologize if we missed anyone.)

Keep Leyden

Beautiful

Please don't litter!

Take empty cans home with you.

DISCLAIMER

Leyden Life is not an official publication of the town, nor an official source of town business. We do our best to print accurately and distribute promptly the announcements and information we receive. Please check with the town to verify information regarding town business or activities.

Leyden Life

Published monthly in Leyden, Massachusetts by a non-profit group of volunteers.

Editors: Cornelia Reid 774-5146,
Carolyn Asbury 774-2840

Layout and Design: Bob Taylor 624-8965

Items for the next issue are due to Cornelia at cr43wr41@gmail.com, Carolyn at carolyn.asbury@gmail.com, and Bob at bobxtwo@verizon.net by 5:00 PM on

Sunday, April 15th.

If you cannot e-mail your submission, please leave it in the drop box at the back of Town Hall.

Donations are always welcome! Send to:
Leyden Life c/o Reid
30 West Leyden Road
Leyden, MA 01337



Library Raffle Picture by Pat Little

Council on Aging (COA)



APRIL CALENDAR

WEDNESDAY APRIL 4th ~ Light Lunch of soup, salad & sandwich at NOON followed by a Spring Wild Edible & Medicinal Herb Talk & Walk with Karen Loomis

WEDNESDAY APRIL 11th ~ Coffee Morning with baked goodies from 8:30 ~ 10:00 am

WEDNESDAY APRIL 18th ~ Main Lunch of Shepherd's Pie, salad & dessert at NOON followed by a one hour Vernal Pool presentation by Leo Kenney

Please call Sue Howarth for reservations for lunch @774-3118

FRIDAY APRIL 20th ~ Movie Night~ "Victoria and Abdul" 7:00 ~ 9:00 pm at Town Hall

WEDNESDAY APRIL 25th ~ Coffee Morning with baked goodies from 8:30 ~ 10:00 am

Neighbors Helping Neighbors

The Leyden COA is compiling a list of people of all ages willing to help out occasionally with either indoor or outdoor chores for seniors or disabled persons. Indoor chores might be helping out with cleaning or minor indoor repairs. Outdoor chores might be snow shoveling or yard help. This can be on a volunteer basis or fee for service. Our goal is to help seniors and people with disabilities on limited incomes to be able to age in place and stay in their homes. Advocates to drive and go to medical appointments and help people without family nearby are also needed. Call Amy at 774-6907.

Leyden Knitting Circle

We'll be knitting in April. Please join us!

Every Tuesday, 1:00 - 3:00, Town Hall, contact Michele Higgins at 772-1924. Home knitting times have not yet been set. Contact Laura at 773-8325 or Peggy at 774-5764 for dates.

All ages and all experience levels are welcome! =

—Laura Timmerman, 773-8325

Facebook Group: "Leyden Knitting Circle." Members sometimes post pictures of their projects here, or interesting knitting-related links.



2018 Leyden Telephone Directory

The Leyden Telephone Directory 2018 will be available in late April at Robertson Memorial Library and at Town Hall.



Also, we are asking for donations to help start a fund for seniors in town who need occasional help to maintain a home but have limited resources.

—Amy St. Clair

Leyden List

DIRECTORY OF SERVICES

We would like to start a list of people and service providers that you have had good experiences with, similar to Angie's List but just for Leyden. This list would include electricians, plumbers, plowing, yard work, housecleaning, carpentry and contractors, handymen etc.

If you have had a good person do a good job, please let us know and we will put them on the list and we will recommend them to other people who are looking for someone. Amy at 774-6907 or amy.woodsprite@gmail.com.



Leyden Café

The Leyden Café is open Sunday mornings, 9:30 to 12:00, downstairs at Town Hall.

Meet your friends and neighbors and enjoy Karyn's delicious baked goodies and Pierce Bros coffee. We look forward to seeing you there!

—Amy St. Clair

Do you have a skill you would like to share with the Leyden community? This coming year the Leyden Café would like to showcase Leyden residents and their talents and interests. We are looking for musicians, artists, crafters, hobbyists and travelers who would be willing to share with friends and neighbors at the Café. Please contact Amy at 774-6907.

Recreation Committee

SAVE THESE DATES!

The Leyden Recreation Committee has planned several exciting events for the upcoming spring and summer. Put these dates in your calendar and join us at the Pavilion with your family and friends for some community fun!

Pavilion Spring Clean-up Day, Saturday, April 14th from 9:30 - 11:30 AM (rain date, Saturday, April 21st).

Bring your favorite cleaning solutions and garden tools (gloves, too). Coffee and treats will be served to keep everyone's strength up!

Leyden Olympics, Saturday, May 12th, 10:00 AM to 12:30 PM. (rain date, Saturday, June 2nd).

Olympic events such as the 50-Yard Dash, Standing Broad Jump, Relay Race and others will take place for our younger friends (5-10+) and their fun-loving adults. The morning will conclude with lunch for everyone!

Town Employee Appreciation Day, Sunday, August 19th, from 4:00 to 7:00 PM. (rain date, Sunday, August 26th).

The Recreation Department will host a cookout for our Town Employees to honor their hard work and dedication. Residents will be asked to bring favorite side dishes to share. This will be a great opportunity to say "Thank you!" to the people who keep Leyden running so smoothly.

More information will be included in future issues of "Leyden Life."
—Sue Howarth

LUMC Easter Services

Lenten and Easter Services & Events

March 25th - Palm Sunday 9:00 AM
 March 31st - Easter Egg Hunt 11:00 AM
 April 1st - Easter Sunrise Service
 Potluck Breakfast 6:30 AM
 Easter Service 9AM

And on April 7th

Sugar on Snow Supper 5:00 & 6:15 PM

Pastor: Nami Yu
joynami@gmail.com
 (413) 774-6441

Facebook: Leyden United Methodist Church
 15 West Leyden Rd. Leyden Ma 01337

Leyden United Methodist Church



Annual Easter Egg Hunt on Saturday, March 31st at 11:00 AM. Please meet at the Church for some fun activities while the Easter Bunny is busy hiding the Easter Eggs over on the Town Common. We ask that each family or child, please, bring six or so Easter Eggs so that the Easter Bunny can make sure that there will be plenty of eggs for everyone who shows up.

The Easter Bunny will also be passing out gifts to each child there. The Leyden Rifle Club has graciously volunteered to help out again this year with a generous donation to assist the Easter Bunny. We're looking forward to seeing all the children again this year. Last year was just fabulous, and we sure hope we can do it again. If you have any questions, please give Mary Lou Barton a call at 773-3548. God bless you all.

—Mary Lou Barton

New England Sugar On Snow Supper

Hosted by the Leyden United Methodist Church

Saturday, April 7th

Sittings at 5:00 and 6:15 PM

Leyden Town Hall

16 West Leyden Road, Leyden MA, 01337

Maple Glazed Pork

Potato, Maple Glazed Carrots

Salad W/ Maple Vinaigrette, Bread and Butter

Sugar on Snow, Donuts and Pickles

Adults \$12, Children 12 and Under \$6

50/50 Drawing

Please Call To Reserve

To-Go Orders Available

Emily Herron-Clark, Call/Text 413-336-6248

Police Department

Summary of calls for February, 2018:

Motor Vehicle Accidents, 2; Medicals, 4; Burglar Alarm, 1; Disabled Motor Vehicle, 1; 911 Calls, 1; Welfare Check, 1; Trees Down on Wires, 1; Non-emergency calls, 11.

Office Hours April 10th and 24th 7:00-8:30 PM

413-772-2369 – Leyden Station; 413-625-8200 – Shelburne Control Dispatch

FYI: Massachusetts General Law, Chapter 89, Section 7A says:

You must immediately pull to the right and stop when approached by an emergency vehicle that is responding to an emergency. You cannot continue until the emergency vehicle has passed. No driver may follow within 300 feet of an emergency vehicle, responding with lights or siren activated. Police vehicles have video cameras and they will be in use when responding to emergencies. Violators who are caught will be mailed a citation for Civil Motor Vehicle Infraction, with a fine of \$105.00.

—Gilda Galvis

Unclassified Ads

Unclassified Ads Policy Statement

We welcome unclassified ads from Town residents, and will run them free of charge (though a small donation of \$1 or so is always appreciated). We will normally run an ad for one issue only, unless requested to extend it.

Free Pianos: Elwin and Mary Lou Barton have two pianos at their house and they would really like to find some new homes for them. We are giving them away for free because each one needs some minor work done on them plus they also need to be tuned. Please call 773-3548 for details.

Free Firewood: Pine; cut, split, dry and covered. I can help you load. Good for outdoor boiler, campfires or sugaring. Call Bill Maguire at 774-5330.

Glenbrook Structures: Need a chicken coop or a dog kennel at a reasonable price? Various sizes and designs are available. Call Michelle Barton or Chris Kemp at 774-4545 to place an order. We're also on Facebook and Craigslist.

Stall Clean-outs: We are looking for manure, bedding, and other compostable materials such as old hay, leaves, etc. Call Robin or Laura at 773-8325.

Boer Goat Meat is available at Frizzell Hill Farm. Goat is quite tasty, low in fat and cholesterol, and high in protein and iron. Give it a try! Visit frizzellhillfarm.com for information and a price list. Thanks for supporting local Leyden farms!

Bill Maguire Painting: Serving the Leyden area's paint and staining needs since 1978. Interior, exterior, deck refinishing, window sash work, power washing, dirt and mildew removal. Call 413-774-5330.

Erik's Handyman Service: Let me help you with your "to do" list. Property maintenance, brush control, lawn mowing, rototilling, odd jobs, and miscellaneous projects. If you could use some help, give me a call at 413-774-9948 and ask for Erik, or e-mail to erikshandy1@yahoo.com. Reasonable rates. Insured.

Ed's Sugar Shack has fresh local maple syrup for sale. Available in gallons, half gallons, quarts and pints. Call 773-7619, Ed and Carol Johnson, 72 South County Road, Leyden. Member of Massachusetts Maple Producers Association

Natural Lamb is available again from the Petersons at Orchard Valley Farm. No growth-enhancing hormones or antibiotics. Usual cuts generally available. Special orders on request. Call 624-5562 or email ovfarm@verizon.net. Like us on Facebook at Orchard Valley Farm.

2018 FARM SHARES

Shares are on sale! It's time to reserve your share of Leyden-grown, organic vegetables, fruits, and flowers. Shares include 20 weeks of a wide variety of vegetables, and flowers, plus pick-your-own pole beans, snap peas, and cherry tomatoes. This year we are offering a pickup time for larger shares in Greenfield. Our farm is not certified but we are completely committed to organic and sustainable practices.

2018 Prices: Mini Share \$120, Mini Share with Pick-Your-Own privileges \$140, Big Share \$400 - \$500 (sliding scale), Big Share delivered to Greenfield \$550.

FOR MORE INFO: Call or email Robin and Laura at the farm, or check out our blog, or Facebook page, or stop by the Leyden library to pick up a brochure. We invite you to become part of our little farm.

EGGS: We sell organically-grown pasture-raised chicken eggs and pork year round. Call or email for availability or to be placed on our News & Extras email list. We currently have spinach, eggs, and pork available. No need to wait for your garden to eat some Leyden-grown fresh greens!

WHOLE & HALF HOGS: This year we are offering pre-orders on whole and half hogs. It's a great way to get some organic, pasture-raised, delicious pork at a reduced price. Get in touch for details.

—Robin Creamer and Laura Timmerman
Sweet Morning Farm—413-773-8325

sweetmorningfarm@gmail.com

<https://www.facebook.com/SweetMorningFarm>

<http://sweet-morning-farm.blogspot.com/>

Angels' Rest

April 6-8: Osteoporosis Yoga Retreat with Cindy Brown; Join Cindy Brown for a pampering weekend of Osteoporosis yoga, education, support, meditation, relaxation, walking, laughter yoga, chanting, and eating foods for bone health. Visit her website for registration and more details at osteoporosisyoga.com

April 20-23; Tao Basics Meditation and Chi Kung Practice Weekend Retreat with Senior Universal Tao Instructors Marie Favorito & Sharon Smith. Please visit their website for registration and more details at <http://www.newenglanduniversalhealingtaoretreats.com/april-2018-retreat>

Did you know Angels' Rest is on Facebook and Instagram? You can find us at Angels Rest Retreat Center.



Say goodbye

...to the Town's "Old Reliable" Ford F150 truck.

It caught fire on March 14th as David Brooks was using it to sand Frizzell Hill Road. The fire burned very hot and completely destroyed the truck. Check out the picture of what's left of the interior! Seats burned, the dash burned, and even the steering wheel burned. Thankfully, Dave was not injured.

Leyden Life Addendum

Leyden, Massachusetts

April 2018

Council on Aging (COA)

March has brought us several mini mud seasons to contend with but spring is finally here and we have some activities in April that you won't want to miss. In addition to the wonderful meals and coffee mornings on Wednesdays, please join us for a Spring Wild Edible & Medicinal Herb Talk & Walk with Karen Loomis on Wednesday, April 4th. Please remember to call Sue Howarth to reserve your place for the main monthly luncheon on Wednesday, April 18th, with Shepherd's Pie, salad and dessert and let her know if you have any food allergies.

On Wednesday, April 18th, Leo Kenney, expert and co-author of "*A Field Guide to the Animals of Vernal Pools*", will give a presentation on vernal pools. In case you are wondering, vernal pools are critical habitats that support unique and valuable wildlife communities. They are ephemeral wetlands which fill annually from precipitation, runoff, and rising groundwater, and are productive hatcheries for terrestrial amphibians. This is a wonderful opportunity to learn more about our land and what steps we can take to preserve these valuable wetlands. Please call Karen at 624-3902 to sign up.

The Spring Bulb Show at the Botanic Garden of Smith College was greatly enjoyed by all attendees, especially after the series of snowstorms we had. We hope to go back for the Fall Chrysanthemum Show in November.

Exercise class is on hold until we get the survey results. Please fill one out and drop it off in the COA Survey box downstairs at Town Hall. Don't worry, we *will* be offering some form of exercise in the near future, as well as CPR if we have enough interest. Stay tuned.

The Foot clinic was well received and we hope to be able to offer it in the future as well.

Movie Night Continues on Friday, April 20th from 7:00 to 9:00 PM upstairs at Town Hall, with "Victoria and Abdul." Judi Dench plays the aging Queen Victoria, who strikes up an unlikely friendship with a young Indian clerk named Abdul Karim (Ali Fazal), who has arrived in England to participate in the Queen's Golden Jubilee celebration. The two forge an unlikely and devoted alliance that her household and inner circle try to destroy. The film is based on a true story brought to light by the discovery of Abdul's diary, which had been preserved by generations of his descendants. Rated PG-13

Coming up in May we will be offering a Coloring Cafe with Artist Alicia Hunsicker on Thursday afternoons. Coloring is a great way to relax, de-stress and be creative! The American Art Therapy Association endorses the use of coloring books for all ages in self-care regimens. This will be for participants with varying levels of art experience to express themselves, have fun, and discover the rewards of playing with color and pattern in a peaceful, safe environment. Alicia will cover many simple techniques to improve your coloring pages and demonstrate how to use a variety of art materials that participants can choose from, including colored pencils, markers and even Crayola crayons for any traditionalist! This will be a relaxed workshop with the intention of *joy!* Expect a lot of extra surprises and giveaways! There is a \$10 fee for materials. See you there!

—Karen Loomis

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 erniejohnson3@gmail.com
 413-522-8260



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 Leyden, MA 01337

650-300-7100 cell
 johnstarnard@yahoo.com

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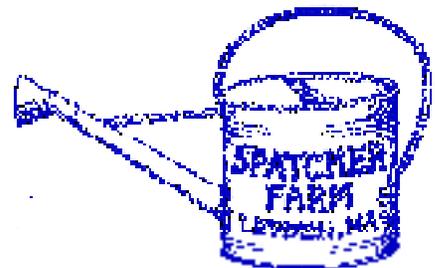


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- ◆ Group classes in Greenfield
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Sifu (teacher) J. R. Roy, 8th degree Black Belt

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Franklin County Beekeepers
 Association
 1000 Main Street
 Greenfield, MA 01302
 413-774-9948
 www.franklincountybeekeepers.org

New England Sugar On Snow Supper

Hosted by the Leyden United Methodist Church

Saturday, April 7th

Sittings at 5:00 and 6:15 PM

Leyden Town Hall

16 West Leyden Road, Leyden MA, 01337

Maple Glazed Pork

Potato, Maple Glazed Carrots

Salad W/ Maple Vinaigrette, Bread and Butter

Sugar on Snow, Donuts and Pickles

Adults \$12, Children 12 and Under \$6

50/50 Drawing

Please Call To Reserve

To-Go Orders Available

Emily Herron-Clark, Call/Text 413-336-6248

**The Pearl Rhodes Elementary School
PTO will host a**

Glow in the Dark Dance Party

on Saturday, April 28th

from 6:00 to 8:00 PM at Town Hall

Pizza, snacks, and drinks will be provided

This is a free event open to the community

**Donations to the PTO will be accepted
to help fund our all-school field trip
and other events**

**We'll have a DJ providing music and a
lot of glow sticks!**

Everyone is welcome

**Please come support our school
and have a lot of fun while doing it**

Be Part of the Solution!

EARTH DAY 2018
LEYDEN TOWN CLEAN UP
SUNDAY APRIL 22, 9:00 AM – 12:00 NOON



Meet at the Leyden Café; wear some comfortable boots, gloves and if you have it a bright vest or jacket!
We will fan out from there to walk our beautiful country roads and mark and bag roadside trash for pickup!

Lunch at 12:00 Noon at Town Hall sponsored by the Leyden Police Department!

Looking for a few good people with pick-up trucks, and lots of good people to take a route and clean it up!

Trash bags and supplies donated by Leyden Rifle Club

Please Email me @ jarlneipp@verizon.net if you are ready to be part of the solution! Thank you.

Sincerely, Robin Neipp



**The Town's F150 Ford Truck
burned up on March 14th.
Dave Brooks was sanding
Frizzell Hill when fire broke
out in the engine.**



Osteoporosis Retreat

with Cindy Brown

April 6-8th, 2018

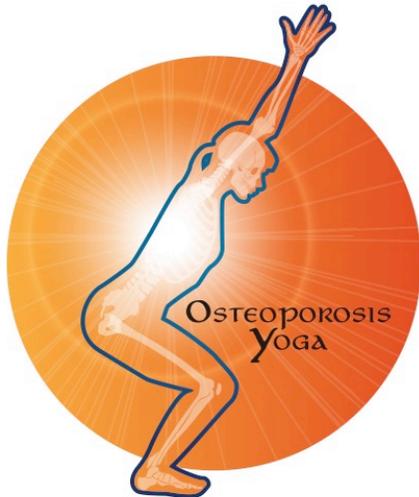
at

The Angels' Rest Retreat Center
Leyden, MA

Education

Support

Yoga for Osteoporosis



Join Cindy Brown for a pampering weekend of Osteoporosis yoga, education, support, meditation, relaxation, walking, laughter yoga, chanting, and healthy food for bone health, all in a most beautiful setting overlooking the Green Mountains.

Cindy Brown is a psychotherapist, yoga teacher, and a certified osteoporosis yoga teacher. She has a great passion for sharing her knowledge, training and personal experience dealing with Osteoporosis.

For further details and to register visit:

www.osteoporosisyoga.com

Email Cindy at: yogaatthebarn@yahoo.com

CPR CLASS SURVEY

Name _____ Email or phone# _____

Would you be interested in attending an evening CPR class at Town Hall:

Yes No

If yes, please indicate which evenings you would be able to attend. The class would most likely be from 6:30 – 8:30 and is open to all.

Monday Tuesday Wednesday Thursday Friday

You never know when you might be called upon to possibly save a life!

Thanks for completing this survey! Please place completed survey in the COA folder on the table downstairs or upstairs at Town Hall.

EXERCISE CLASS SURVEY

Name _____ Email or phone# _____

Would you be interested in attending a weekly class with Linda Allis in:

Gentle Stretching Yes No
Chair Yoga Yes No

Please check the days and times you would be able to attend:

<input type="checkbox"/> Monday	Mornings <input type="checkbox"/>	Afternoons <input type="checkbox"/>
<input type="checkbox"/> Tuesday	Mornings <input type="checkbox"/>	Afternoons <input type="checkbox"/>
<input type="checkbox"/> Wednesday	Mornings <input type="checkbox"/>	Afternoons <input type="checkbox"/>
<input type="checkbox"/> Thursday	Mornings <input type="checkbox"/>	Afternoons <input type="checkbox"/>
<input type="checkbox"/> Friday	Mornings <input type="checkbox"/>	Afternoons <input type="checkbox"/>

Thank you for completing this survey! Please place in COA file folder on the table downstairs or upstairs at Town Hall.



Samples of the flowers that people enjoyed when the COA visited the Bulb Show at Smith College in Northampton on March 14th

What's the Problem With Pet Waste?

Pet waste left in our yards and communities can have many adverse effects on the environment, as it is full of harmful bacteria and excess nutrients. Besides the fact pet waste is a neighborhood nuisance, it can make people sick, especially children who are more likely to come into contact with it while playing. Pet waste left on lawns can also kill or damage grass and other plants.

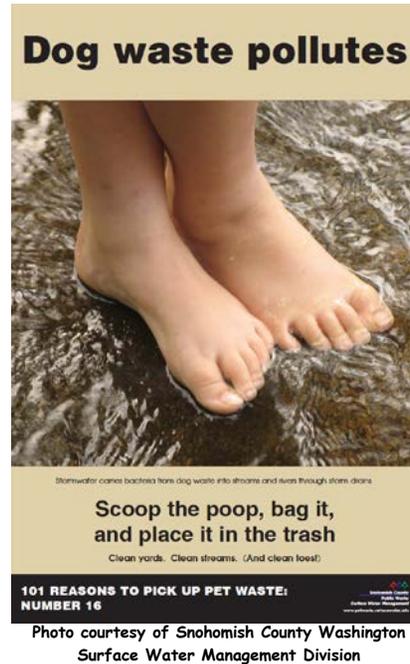


When pet waste is washed into lakes or streams, the waste decays, uses up oxygen and sometimes releases ammonia. This can kill fish.

It also contains nutrients that encourage weed and algae growth.

Water with too many nutrients becomes cloudy and green...imagine this in your backyard pond or stream!

Managing pet waste properly is something easy that everyone can do to make a difference in the quality of our surface waters.



Individual actions can result in a significant water quality improvement when carried out by a majority of people. Unlike some forms of storm water pollutants, individuals in our watershed can easily and economically manage pet waste and help to keep waters safe and aesthetically pleasing.

CONNECTICUT RIVER WATERSHED

Mass Department of Conservation and Recreation
251 Causeway St., Suite 900
Boston, MA. 02114

www.mass.gov/dcr



DOG WASTE AND SURFACE WATER QUALITY

Every dog produces about $\frac{3}{4}$ lbs. of solid waste per day...and about 7.8 billion fecal coliform bacteria.

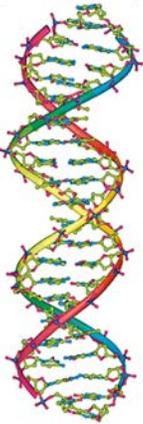


See DWSP's Public Service Announcement video at www.youtube.com/watch?v=I2_FksK6l-s.

When pet waste is left on the ground, rain or snowmelt carries the bacteria into our surface water supplies, either directly or through the storm drain system.

Microbial Source Tracking (MST)

Microbial Source Tracking is a set of techniques used to determine sources of fecal indicator bacteria in the environment. MST tests attempt to determine whether fecal bacteria are being introduced into water bodies through human, wildlife or domestic animal sources.



DCR Division of Water Supply Protection has had MST tests performed on several streams. Initial results indicate that dogs are a major contributor of bacteria to these waters. **We need your help** to eliminate bacteria by picking up after your pet in your yards and while on walks.

Rainfall and snow melt in the Connecticut Watershed goes directly into our streams, rivers and lakes untreated through the storm drain system. Along its way it picks up contaminants in its path. That's why it is important to make sure that pollutants such as pet waste do not end up in our storm drains.

WHY AREN'T DOGS ALLOWED ON DCR WATERSHED LANDS?

DCR's Watershed lands serve as protection for a sensitive drinking water supply for 2.2 million Massachusetts residents.

Bacteria and other parasites, such as Giardia and Cryptosporidium found in pet waste can survive for long periods when left on the ground. During the next rainfall, these can get washed into the drinking water supply, compromising water quality which is regulated by state and federal laws.

Please pick up after your pet and DO NOT throw bagged waste into the woods!

How you can help



- BRING IT- Always bring a plastic bag when you walk your dog.
- BAG IT-Use the bag as a glove to pick up the pet waste. Scoop up the waste and turn the bag inside out around the waste.
- DISPOSE IT- Properly dispose the waste by placing it in a trash can or flushing it unbagged down the toilet. **NEVER THROW WASTE DOWN A STORM DRAIN!**
- WASH YOUR HANDS
- Pick up after your pet in your yard.
- Only bring your dog where dogs are allowed.