

Shelburne Town E-Newsletter – February 2023



Greetings! I've got some good news to report about changes to our Shelburne e-newsletter. Tricia Yacavone-Biagi has agreed to step forward as our first Guest Editor! Many thanks Tricia. You will see her work in the March issue.

Second – to facilitate the shift to a Guest Editor model, the Select Board has agreed to create a town email address for the newsletter. Starting now, send your news items and new subscriber info to Tricia at:

E-Newsletter@townofshelburnema.gov

Deadline for March news items is Friday, February 24.

Here is the news for February 2023. As always, forward this newsletter to a few friends and encourage them to subscribe.

All the best,

Andrew Baker - Interim Newsletter Editor & Shelburne Select Board member

Transfer Station will be closed Saturday, Feb. 4

Due to very cold weather predicted, the Shelburne transfer station will be closed on Saturday, Feb. 4. We value our attendant and want to keep town employees and residents safe. Bundle up if you go outside and take precautions for frostbite to face and extremities.

Survey on the Accessibility of Town Facilities, Programs, and Services – Your Input is Needed!

We need your help! The Town of Shelburne is in the process of developing a Self-Evaluation and Transition Plan to ensure residents and visitors have access to all Town facilities, programs, and services. The Town has engaged the Edward J. Collins Center for Public Management to assist with the plan, which is required by the Americans with Disabilities Act (ADA). An important part of this planning process is providing opportunities for the public to offer input and voice concerns.

This survey is intended to gather preliminary data to assist the planning team in identifying any barriers to access for individuals with disabilities at Town facilities or within the programs and services it currently offers. Once the initial study is completed, the Town will solicit additional input on how to best address any deficiencies that are found. Please take a few minutes to complete this important accessibility survey at the following link:

<https://www.surveymonkey.com/r/TownofShelburneADA>

If you need assistance in completing this survey or would like to request an alternative format, please contact Marcia Birmingham at marcia.birmingham@umb.edu We sincerely appreciate your time and effort in helping to ensure Shelburne remains a great place to live for ALL of our residents.

Updates from the Town Treasurer/Collector

Here is my February newsletter news. It can still be found on my page of the website:

<https://townofshelburne.com/p/24/Tax-Collector-and-Treasurer>

Shelburne is getting LED Streetlights – Check out the Test Pilot wattage

Eversource has offered Shelburne the opportunity to participate in its energy efficiency program to replace town streetlights with energy efficient LEDs. Our 99 Town streetlights are currently mostly 70 watt high pressure sodium bulbs – with most located in the Village and some at rural intersections. The shift to LEDs, which Eversource will continue to own and maintain, will save Shelburne approximately \$5,000 per year in electricity costs.

The Eversource offer is not a custom lighting design program. But they have agreed to allow the town to test a few different wattage levels. Last month, the Town tried out 51 watt bulbs on Main Street and 36 watt bulbs on Church Street. Both the Police Chief and the Energy Committee agreed that the 36 watt bulbs provide sufficient light and have a lesser glare factor than the 51 watt bulbs.

In February, the town will be testing four 36 watt bulbs on Church Street between Main and Maple. Five even lower level 28 watt bulbs will be tested on Main Street starting at Church Street (Post Office corner) and going north. **If you would like to offer your input on Town LED lighting levels, take a walk, Bike or drive through the village at night.** You can also compare the light at those test sites to the LEDs that Buckland selected over on State Street, and to the LEDs that have been in the crook-neck lower lamp posts on Bridge Street for years (they are behind frosted glass bulbs).

Buckland, by contrast, opted to purchase its own LED street lamps, using \$50,000 in ARPA grant funds, and hired a consultant to propose custom lighting options. They will need to maintain and replace their LEDs going forward, as they own them.

Send your input to our Town Administrator by email to: townadmin@townofshelburnema.gov or by mail to Town of Shelburne, 51 Bridget Street, Shelburne, MA 01370

Rural Downtown District Project Grant will engage the Shelburne Falls Village Taskforce in Planning for a new Downtown Business/community Organization

The Franklin Regional Council of Governments (FRCOG) was awarded a \$171,000 MA Efficiency and Regionalization grant to support downtown revitalization and evaluate potential organizational structures to implement and sustain initiatives over the long term in downtown Greenfield, Turners Falls and Shelburne Falls. Over the next 18 months, FRCOG will work with stakeholders from Buckland, Greenfield, Montague and Shelburne, as well as regional and state partners on this pilot project. Grant funds will be used to hire consultants who will engage community stakeholders, identify critical economic issues, and assess potential organizational structures for downtown district management. The consultants will recommend the organizational structure(s) that best suit these rural communities individually or in cooperation with each other. The lessons learned from this pilot project may help other rural communities seeking to enhance their commercial downtowns.

More Information: Jessica Atwood at jatwood@frcog.org or ext. 123.

Heat Pump Hoopla a big Success!



The Shelburne Energy Committee's workshop on energy-efficient electric Heat Pumps for heating and cooling drew a large crowd of 85 people on Sunday, Jan. 29 to learn from HVAC expert Mike Simons. If you missed it and want to learn more about making your home more energy efficient, contact Cynthia Boettner at the Shelburne Energy Committee at Cynthia.boettner1@gmail.com or 413-325- 5564.

Senior Center News for February

We are starting to get the Spring urge to get out and do more! Looking forward to Guided hikes, and Adventurer Club starting in the Spring, as well as doing a presentation of our Social History Project at the Historical Society. Sledding down mountains, bus tours, and new card tournaments are on the close Spring horizon.

As we finish the winter months, please check out what is available to you this February:

Tuedays

“Ask the Nurse” 10:30am-12noon on the 4th Tuesday of the month. Pre-register by calling The Senior Center at 413-625-2502. Located at 7 Main Street in Shelburne Falls

Senior Learning Network- Tues., Feb 7, 2 pm “Polynesian Wayfinders: Mystic Seaport Museum” and Tues., Feb. 28, 2 pm “New River Gorge National Park, W VA.

Movie: Tues., Feb. 21. 1:00 “Knives Out-2: The Glass Onion”

Wednesdays

8:30 am, **Yoga** with instructor (\$20 a month), 10am **Healthy Bones & Balance;** 2nd Wednesday of the month (February 8th) - **A Novel Idea Book Club** 2:30-4pm at the Senior Center and the third Wednesday of the month. We are very excited to add a new A Novel Idea Book Club in Ashfield, to be held at the Belding Memorial Library. Feb. 16, 2:00 pm (every third Wednesday).

ALSO on the 2nd Wednesday of the month: **Men’s Night Meetings:** Feb. 8, 5 pm – trip to Hager’s Market for a roast beef dinner. Ladies invited this week. Cost: \$20/person All at The Senior Center, 7 Main Street in Shelburne Falls. Call The Senior Center to pre-register for all programs 413-625-2502

Thursdays

9am - **Tai Chi for Arthritis.** 10am - **Knitting Group.** 11:30-12:15pm **LifePath Meal** (register for the meals by 3:30pm the Tuesday before) 12:30pm **Bingo**, all at The Senior Center, 7 Main Street in Shelburne Falls. Call 413-625-2502 for more information.

Fridays

Internet Cafe

Fridays 10:00 a.m. – Noon, Free Wi-Fi

DROP IN bringing your own tech devices (laptops, tablets, smartphones) or pop in to use the Center’s Chromebooks.

Transportation Shopping Trips for West County Seniors

Greenfield Big Y Plaza every Tuesday and Thursday; Downtown Shelburne Falls every Wednesday. Hadley Walmart 3rd Friday of the month. Rides to medical appointments given daily Monday-Friday. Call The Senior Center at 413-625-2502 to register 48 hours in advance.

Juli Moreno, Director *The Senior Center, 7 Main Street, Shelburne Falls, MA 01370 413-625-2502*

Make Your Home More Comfortable and Save Money!

Tues. February 7, 1:00 - 2:30 pm at the Shelburne Senior Center

Are you worried about the rising cost of your home heating oil or propane? Feeling that winter draft? House too hot in the summer? Do you wish there could be some way you could personally make a difference about climate change?

Come attend a presentation by the Shelburne Energy Committee to learn how a no-cost home energy assessment can help you save on heating and cooling costs AND help the environment. There are many no-cost or low-cost incentives and rebates on energy efficient measures that could be appropriate for your home. These include sealing air leaks, installing insulation to the attic or house walls, adding heat pumps (mini-splits), and replacing old appliances with energy efficient ones, just to name a few.

Presented by Cynthia Boettner, the Shelburne Energy Efficiency Advocate. 7 Main St., Shelburne Falls. Limited to 20 attendees to adequately distance. Masks required. Call 413-625-2502 to register. No Cost.

From your Emergency Management Director.... Mitigation & Power Outages

Greetings. Recent crazy winter weather with heavy snows knocking down entire trees and utility poles, and in turn leading to power outages, has created some severe hardships for some communities. During one of the worse of the frequent snowstorms, I was working in my study with the radio on listening to Shelburne Control. The dispatch operators were constantly sending out calls to emergency crews in various surrounding communities to deal with road blockages and downed power lines. Luckily Shelburne and Buckland were spared of any major issues, although luckily may not be the right word in this case. The lack of significant power outages in our area could very well be attributed to the substantial amount of recent tree trimming work along the power lines. Eversource and other electric companies have invested extensive resources to maintain their power lines and prevent Mother Nature from impacting their ability to deliver electricity to our homes and businesses.

In the Emergency Management profession this is a good example of what is called mitigation, one of the five mission areas of emergency management. (The other four are protection, prevention, response and recovery.) Mitigation is defined as those efforts taken to eliminate or limit the effects of the hazards presented in disasters and emergencies. In this instance those trees in close proximity to the power lines were either cut down or trimmed back to lessen the chances of them knocking out the electricity when overburdened with snow.

Mitigating the effects of different hazards that come with hurricanes, blizzards, extreme heat, chemical spills and many more is one of the prime responsibilities of your Emergency Management Committee. This year the committee will be updating emergency operation plans currently on file and developing new ones to fill any gaps in our coverage. However, we can't do it alone. Emergency management is a shared responsibility of the whole community. Included in the planning process is not only town government officials but also local businesses, community institutions and individual citizens. With a cooperative effort we will be able to prepare for, withstand and rapidly recover from any disruptions to our everyday life that come from Mother Nature or man-made mishaps. Please stay tuned for more to come on this topic.

As always feel free to contact me with any questions, comments or issues. You can reach me at 413- 824-2518 or at EMD@townofshelburnema.gov Tom Williams -Emergency Management Director

Open Space Committee - Exploring in Winter:

We hope folks can get outside in late winter to see all the wonders of the season; either from our wooded trails or our back roads, where many sightings of plants and animals abound in the landscape. The lack of foliage also makes for wonderful vistas in our hills and provides views of our many ledges of rocky outcrops.

When you venture out; if there is snow, look for snow fleas that hatch on warm days, as they leave the leaf litter below, and climb to the surface of the snow. The naturalist Mary Holland describes them as "a sprinkling of pepper." She says they are able to leap a distance 20 times their body length.

Snow also provides evidence of birds and mammals who have recently traveled there. Check out a guide to tracks and look for turkey, crow, rabbit, fox and others. <https://www.mass.gov/doc/identify-animal-tracks/download> Check sunny slopes for the hardy, thick, leathery green leaves of our state flower, Trailing Arbutus, or May Flower, that might bloom in those sun exposed areas as early as mid- March.

Look for any broken branches of our trees to see if the sap has started to ooze from the opening. On warm days when the temperature dips at night, the sap can freeze to form interesting shapes. Consider organizing a scavenger hunt for kids or adults; see how many hardy green plants or animal tracks you can identify in late winter.

Where to Look: Our Wooded Loop Trails off of South Shelburne Road and the Mass Audubon's High Ledges trails off the Patten Road are great woodland areas for identifying plant life and animal signs.

Landowners, consider signing up for the February and March Landowner Webinar Series: "Protecting Your Legacy: Moving from Planning to Action" <https://masswoods.org/webinars>

Legislative Update from State Rep. Natalie Blais

The beginning of each two-year legislative session is a whirlwind of activity between reflecting on the last session, being sworn in, and introducing legislation for this session.

After being sworn in, we have 16 days to file "timely filed legislation." The 38 bills I introduced this session are the direct result of conversations I have had with you. Below please find a summary of the bills that you may be particularly interested in as a municipal official. You can find a summary of all 38 bills I introduced on my website at <https://www.repblais.org/sponsored>

In the next few weeks, we will learn what committees we have been assigned to and I look forward to sharing that news with you. Every bill introduced gets a hearing and committee assignments are the beginning of this diligent work.

I remain grateful for the opportunity to serve you as your State Representative and am thankful for your partnership and support. As always, please do not hesitate to reach out at any time if you have questions, comments or concerns.

Natalie M. Blais - State Representative

Proudly Representing the 19 Communities of the 1st Franklin District

Email: Natalie.blais@mahouse.gov Phone: 413-362-9453 Web: repblais.com Twitter and Facebook: @repblais

From the FRCOG Public Health Team: February is for Heart Health

The American Heart Association has dubbed February as Heart Health Month. Due to recent news of professional athletes and heart attack, heart health—and also heart disease—may be at the top of our minds. Heart disease is the leading cause of death for men and women, according to the CDC, killing about 1 in about every 4 people it affects. Our individual risk for heart disease comes from both our family history and our lifestyle.

Luckily, even small lifestyle changes made over time can lead to big improvements in heart health. Steps to improve heart health include: continuing with routine medical care, exercising regularly, choosing healthy foods, limiting salt intake, and reducing or quitting smoking. Does some of this information sound similar? Our bodies are interconnected—so what's good for the heart can also be good for the lungs, brain, and other organs!

One resource for heart-healthy recipes is the National Heart, Lung and Blood Institute's website:

<https://healthyeating.nhlbi.nih.gov>

Heart attack is serious and can be deadly. If you see signs of heart attack, call 9-1-1 immediately. A heart attack may not be the dramatic movie scene of someone grabbing their chest. Here are some symptoms of heart attack:

- chest pain
- feeling weak/lightheaded or faint
- Pain in the jaw, neck or back
- Pain or discomfort in one or both arms or shoulders
- Shortness of breath

Signs can look different in men and women. Breaking out into a cold sweat, feeling like a rope is squeezing the chest, upper back pressure, and dizziness and fainting may be important-to-identify symptoms in women.

More information can be found on the American Heart Association website, heart.org

Arms Library – Winter Reading List!

The Friends of the Arms Library have created a special collection of literary fiction for the community's Wintertime reading pleasure. All have been on a Best Book of the Year list. Here are the titles:

Checkout 19—Claire-Louise Bennett
Demon Copperhead—Barbara Kingsolver
The Furrows—Namwali Serpell
Trust—Hernan Diaz
Dinosaurs—Lydia Millet

This Time Tomorrow—Emma Straub
Haven—Emma Donahue
Lucy by the Sea—Elizabeth Strout
Afterlives—Abdulrazak Gurnah
How not to Drown in a Glass of Water—Angie Cruz

Arms Library – Free COVID Test Kits Available!

The Arms now has hundreds of COVID test kits. Please share with people that they are available here. (And of course free.) They are also not ones with upcoming expiration dates.

News from the Smurf! Four New Videos from Recycling Facility Advisory Board

The Springfield Materials Recycling Facility (SMRF) Advisory Board has released four short videos about household recycling to help viewers understand what happens to the materials they recycle. The videos are an antidote to misinterpretations recently shared by media outlets.

The new videos are available at springfieldmrf.org and on YouTube www.youtube.com/@springfieldmrf4175

The videos focus on four different topics: Container Recycling, Paper and Cardboard Recycling, What Happens to Recycled Materials, and Recycling's Most Unwanted. Produced by Reelife Productions, the videos include interviews with recycling industry experts, footage of recyclables being sorted and baled, and information on the industries that purchase local recyclables for reuse.

These videos will be useful in classrooms, for community sustainability groups, family discussions, social media pages, and other applications. Director and Owner of Reelife Productions, Tom Adams, notes "It's a good feeling to know we are helping to increase the efficiency and efficacy of the recycling program in Massachusetts."

The SMRF annually processes and sells over 18,300 tons (95%) of the material collected by its 65 western Massachusetts member communities. Major news outlets have reported that "only a small percentage of plastic is recycled," but that statistic refers to the recycling rate of all plastic manufactured, including durable items not intended or designed for recycling. This figure does not refer solely to the items that residents put in their bins.

This new video series clarifies that the items western Massachusetts residents are instructed to recycle have value to processors and manufacturers who turn the materials into new products and packaging. In fiscal year 2022, through the sales of recyclables to commodity markets, the Springfield MRF paid its 65 member communities a combined revenue share of \$375,500.

This new series, along with the already popular Me and My Bin that was released earlier this year, gives western Mass residents a behind-the-scenes look at the environmental and economic values of recycling. The series sends a clear and simple message: Recycling is important, and we each have a role to play.

Village Pocket Park is adding a Pavilion – Check out the Design on Feb. 27



Shelburne's new "pocket park" at the corner of Bridge Street & Deerfield Ave. will have a new Pavilion to provide sun and rain shelter for diners at the 4 new picnic benches that have been placed there on a new gravel pad. Shelburne is working with the Franklin County Tech School's carpentry program, which will construct the pavilion as an educational project for their 10th graders. FCTS Carpentry Instructor, Mike Nobrega, is working with the town to develop a design. The image you see to the left is **NOT** the actual design, just an example of a similar pavilion.

If you would like to see the actual proposed design and offer input, come to the Shelburne Select Board meeting on Monday, February 27 at 6:00 pm: <https://us02web.zoom.us/j/3590583442> Meeting ID: 359 058 3442

Volunteer Opportunities in Shelburne:

Looking for volunteers? Post your volunteer opportunity here! Want to Volunteer? Contact these folks:

Memorial Hall Association: Want to help renovate the Town's historic 400 seat Memorial Hall Theater, located on the 2nd floor of Town Hall? MHA is looking for board members eager to help launch a capital campaign. For more information, contact Jessica Murrow at murrjessica404@gmail.com

Shelburne Falls Porch Fest: Did you enjoy the 3rd annual Shelburne Falls Porch Festival last month? Want to help organize the 4th annual? Contact Paul Bennett at 4paulbennett@gmail.com

Shelburne Falls Women's Club is looking for new members. Contact Penny Spearance at 625-9639

Village Information Center: The center is open to visitors from 10am to 4pm Thursdays through Mondays from May through October and is fully operated by volunteers. The center hosts visitors who come from around the world, and more locally, who learn about what to see and do in western Franklin County and beyond. Many more volunteers are needed. Interested community members can drop in whenever the center is open, or leave a message of interest at 413-625-2544. Those who volunteer receive an orientation, learn about what the area has to offer, and get to greet and meet some of our interesting tourists.

Shelburne Finance Committee: Want to help shape and oversee the town budget? There are still two open seats on the Shelburne Finance Committee. Send your nomination to Town Administrator, Terry Narkewicz at townadmin@townofshelburne.gov Appointments to the FC are made by Town Moderator, Roland Giguere.

Other SF web sites and social media:

Find more news about Shelburne here:

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

<https://shelburnefalls.com/>

<https://the-senior-center.org/>

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

<https://www.armslibrary.org/>

That's all we wrote. Send me news for March 2023 by Friday February 24