

# Shelburne Town E-Newsletter – September, 2022

Hello friends in Shelburne and beyond:



My late blooming Hostas always signal the end of summer even in the heat of August, but the first purple buds of Lupine announce the fall. Summer has flown by – hope yours was a good one!

Here is September’s news for Shelburne – a welcome to our new Senior Center Director, a guided hike to the Ledges, lots of activities at the Arms Library and more. Send me your news items for October by September 25.

Will you help get more of our Shelburne neighbors connected to our town events and activities? Forward this newsletter to a few friends and encourage them to subscribe. Subscribers can join by sending me their name and email address to [andrewbaker1959@gmail.com](mailto:andrewbaker1959@gmail.com) You don’t have to live in town to subscribe, but let me know what town you do live in Enjoy this great Fall air!

Andrew Baker - Interim Newsletter Editor & Shelburne Select Board member

## Open Space Committee: Guided Hike to the High Ledges

at Mass Audubon’s High Ledges Wildlife Sanctuary – **Saturday, September 10, 9:00 AM**  
Meet at the Arm’s Library in Shelburne Falls.



The Shelburne Open Space Committee, Arms Library, and Deerfield River Watershed Association have partnered to lead a scenic and educational hike to the High Ledge at Mass Audubon’s High Ledges Wildlife Sanctuary <https://www.massaudubon.org/get-outdoors/wildlife-sanctuaries/high-ledges/about/trails>

What to Bring: Hikers should wear good walking sneakers or hiking boots and bring water to drink, a snack, sunscreen, and tick repellent or treatment. (The best tick treatment is to pretreat your clothing with Permethrin!) If you do not treat your clothing with Permethrin, we recommend wearing light colored clothes, long pants and long sleeves, with pant legs tucked into tops of socks and check for ticks during and after each hike.

What to Know: This very popular 1.4-mile round trip hike is rated slightly moderate and its goal is a cliff ledge with amazing views of the Deerfield River Valley to the West. We will discuss the history of the area and wildlife. We will also point out an easier, alternative trail to the Shelburne Fire Tower from Audubon property and a brand-new Audubon trail through land they have recently acquired. There will be plenty of discussion stops along the way. The drive and hike will most likely take about 2 1/2 hours. Where to Meet: Meet at the Arm's Library in Shelburne Falls. We can then drive or carpool the 6.4 miles (12 minutes) to the trailhead from there. Carpoolers will need to wear COVID masks. Or, you can meet us at Audubon's first trailhead parking lot off Patten Road. If you have any questions, or would like to pre-register so that you will be notified in case of a need to reschedule, **contact Jim at: [drwa@deerfieldriver.org](mailto:drwa@deerfieldriver.org)**  
See you there!

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## Welcome to Our New Senior Center Director, Juli Moreno

Written by Laurie Wheeler



There is a bright new light in Shelburne Falls. Julianne, "Juli" Moreno is bringing her passion, as well as years of dedication to, and love of, human services, to the Senior Center in Shelburne Falls. The Senior Center is a consortium of the towns of Ashfield, Buckland and Shelburne. When you meet Juli, you immediately notice her twinkling eyes, and ready, warm smile. After talking with her a bit you understand that her many years of experience in human resources,

and sheer love of helping seniors to have better lives, have put her in the right place at the right times. From the sounds of her plans, being worked on with senior center staff and the three towns, it's going to be exciting, but still comfortable and welcoming. Several fine pieces were written about Juli when she first came to the Senior Center. Check out the May-June Senior Wise Newsletter at: <https://the-senior-center.org>. Virginia Ray also wrote an article about Juli in the April 15, 2022 Recorder.

Here is a bit more about Juli the person...

Juli has returned to her local roots and lives in Northfield, MA with her husband; their household includes a mixed breed rescue, Quinn (dog); and Juli's Maine Coon "monster cat" Bomba, "who thinks he's a dog." All of her family lives in this area. She considers herself "very lucky," coming from "a very tight family." This, with good friends, gives her a solid base, she says. Some of her favorite pastimes are: "family and extended family activities." When asked about her "superhero powers," which all of us do have, she answered "observing human dynamics, and being able to be stubborn" as needed.

Juli grew up in Greenfield, Mass., and graduated from Greenfield High School. She attended Greenfield Community College and worked under the guidance of George Soulos in music; she then transferred with scholarship to Texas Women's University, where she received her BS in Music Therapy and double major with Psychology. She later earned her Masters of Arts in Organizational Management from the University of Phoenix, AZ.

When she takes downtime to rejuvenate, it is of course "about water, whether an ocean or lake..."

Her hobbies include music, reading, kayaking, and, she is a history buff. Music calls to Juli. She is a flutist, and loves all music. She has taken a master class with Jean-Pierre Rampal, an internationally acclaimed flutist from Marseilles. And, she plays every instrument but the strings.

Juli has traveled across the U.S. and in Mexico; and someday she'd like to visit Greece (Corfu), and Mayan ruins. One of the things she would like to do is to write a book, "How to Successfully Manage a Non-Profit".

In response to "What are you reading right now?" Juli said that every summer she picks up one of the classics. One of those favorites is Anna Karenina. Some lighter, more modern favorites are Sue Grafton and Janet Evanovich.

About Juli and our Senior Center...

Juli is working with what has been successful at the senior center, and is building on what has been created before her. She will be finding different ways to create programs that will bring people in. All the while she will be "getting the pulse

of where we're at," learning more about the communities of Ashfield, Buckland and Shelburne that make up our consortium. She readily admits she is on the "learning curve" working with a cast of many from these three towns.

She brings with her decades of experience working in human services, and particularly, elder care. Juli has been a therapist in a number of health and residential organizations, has run a residential mental health program, worked in a Houston prison, was Director at the Center for Human Development in Springfield for twenty years, and, most recently, was Director of Adult Services for three years at The United Arc. Juli is with us for the long haul, planning to stay here until she retires.

Several things stood out during our conversation. One, is her commitment to, and understanding of, our area's senior population's age diversity. She sees this as a potential for growth: the area has "people aged 60-100, which is a huge population. How do we appeal to them all?"

She also spoke of one of "the biggest challenges being changing the perception of the senior center." Often, people are not quite ready to admit they can go the senior center, or, they feel that it is "not for them." She wants to "produce ownership in the senior center" creating connection with our seniors and the broader community, and address these four decades of people. Senior Center activities and services run the gamut of needs and interests, all developed in response to enriching seniors' lives; it can be about mobility, fitness and health, access to resources, providing social gatherings, as well as a wide range of entertainment.

Juli, and her staff work diligently, connecting people with the resources to which the Senior Center has access. Much of what they do, at its very base, is help create a safe and healthy environment for seniors in our three communities, helping people stay in their homes longer as they age. She noted that not all have equal access or ability to fulfill basic needs, like food, or utilities. Juli's excitement about our senior center is contagious. Thank you for joining us, Juli!

To keep up with Senior Center activities and developments check out their website: <https://the-senior-center.org>

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## **Finance Committee: Looking for a Few Good Men & Women!**

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

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## **Shelburne Cultural Council**

Mass Cultural Council's Online FY2023 Grant Cycle is now open. [The deadline to apply is October 17, 2022.](#)

Please note: as of this grant cycle, all grantees will be awarded their money via the Direct Funding method. For all information regarding the application process and to apply, visit:

<https://massculturalcouncil.org/communities/local-cultural-council-program/>

Last year the SCC funded: Pioneer Valley Symphony, Piti Theater Company, Art Garden, Arms Library, Senior Center and local school programs, Buckland Historical Society, Hilltown Youth Performing Arts, Ohketeau Cultural Center, Silverthorne Theater Company, Charlemont Forum, Hilltown Families—to name a few.

We warmly welcome individuals and organizations (new and repeat applicants) working in the arts, humanities and natural sciences. To be eligible, programs must provide a public benefit to, be inclusive of, and be accessible to all Shelburne residents. Local cultural councils, whose members are volunteers, work hard to provide support to those who enrich our communities with their creative projects and programs. Our funding allocations from MCC are somewhat limited; we urge applicants to apply to more than one LCC if their project benefits residents in neighboring towns, especially if a project budget is somewhat substantial. We wish you luck and look forward to hearing from you:

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

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## Arms Library Calendar for September

**Saturday, Sept. 10 at 9 a.m.** Guided hike to High Ledges at Mass Audubon's High Ledges Wildlife Sanctuary. Meet at the Arms Library at 9 a.m. The Shelburne Open Space Committee, Arms Library, and Deerfield River Watershed have partnered to lead this scenic and educational hike. Led by Jim Perry. For more details about this hike please read the Open Space Committee article in this issue.

**Sept 16, 7 p.m.** Third Friday Open Prose and Poetry is held every third Friday. Call the library the week of, to find out if it will be held in-person or via Zoom. 413-625-0306.

**Tuesday, Sept 20 at 7 p.m.** Help Our Community-Learn to Reverse an Overdose: A Free Event and Narcan Training with Better Life Partners. At the Arms Library, 60 Bridge St, Shelburne Falls. This is open to all community members in our West County hilltowns. Learn about: Misuse of prescriptions & opioid use disorder; How to recognize an overdose & what to do; Receive free Narcan; Community resources & how you can help. Sponsored by FRCOG, Griswold Memorial Library, and Arms Library. RSVP BY EMAIL, OR SIMPLY JOIN US: [ARMSLIBRARY@GMAIL.COM](mailto:ARMSLIBRARY@GMAIL.COM)  
[GRISWOLDMEMORIALLIBRARY@GMAIL.COM](mailto:GRISWOLDMEMORIALLIBRARY@GMAIL.COM)

**Saturday, Sept. 24th, 1:30 - 3:00 p.m.** ALL IN! ~ EVERYONE is invited...Join us for a creative, engaging, interactive, and inclusive COMMUNITY PLAY DAY! In back of The Arms Library in Shelburne Falls. This afternoon event is designed for everyone, all ages and differ/abilities, across the lifespan - EVERYONE CAN LEARN AND PLAY these easy, interactive, pro-social, non-competitive games and activities....the emphasis is on THE PLAYERS, and NOT on the "rules"!! We'd love to see the full and total demographic of Shelburne Falls turn out for this special, free, open, COMMUNITY-WIDE event. Facilitated by Daniel Cantor Yalowitz, Ed.D, Chief Creative Catalyst for PROJECT PLAY! INC. Daniel is also the executive director/principal for DCY Consulting of Greenfield, Mass., and the Chair of the Greenfield Human Rights Commission.(Rain date is Saturday, Oct. 1st, 11:00 a.m. - 12:30 p.m.)

**Every Saturday in the Children's Room.** Story Hour with Mr. Dave is held at 10 a.m. Ages 0-5 with parent or guardian. Songs, stories and movement.

**Every Wednesday, 5-7 p.m.** Arms Weekly Knitting Group The weekly knitting group at the Arms Library meets in the downstairs meeting room off of the Children's Room. Crocheters and cross-stitchers are also welcome. Masks are optional in the meeting room. Bring your projects from home, relax, and enjoy the company of others.

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## Town Treasurer/Collector News:

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

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## Highway Department News

Little Mohawk Road – almost **finished!** Kudos to the Highway crew for helping to complete the 4-mile long repaving of Little Mohawk Road, funded by a \$1 million MassWorks grant. Final paving scheduled for 2<sup>nd</sup> week of September.

Bridge Street Phase II – **delayed**. The 2<sup>nd</sup> phase of Bridge Street reconstruction will not be taking place as scheduled due to supply chain problems ordering the cast iron water pipes that were scheduled for installation this Fall. The upside – fewer construction-related disruptions to the business district. Look for an updated schedule, likely to begin in Spring.

Iron Bridge repaving & repair – **coming this Fall**. Mass. Dept of Transportation has requested input on its schedule for repaving the Iron Bridge deck. The project will take approximately one week and will close the bridge to traffic. The Shelburne Falls Village Taskforce & Select Board recommended doing the work in late October or early November, when the tourism season winds down and before the asphalt plants close. Repair of the sidewalk has not yet been scheduled.

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## Shelburne Energy Committee:

### Make Your Home More Comfortable and Save Money!

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 assessments offered by Mass Save sponsors can help. Learn what an assessment entails and how it can lead to a positive impact on your comfort and your wallet! 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. You already pay for this program through a small monthly "energy efficiency" fee on your electric bill, so you are entitled to reap these rewards. **Tuesday, October 4, 2022 from 5:00- 6:30 pm.** Taught by Cynthia Boettner, the Shelburne Energy Efficiency Advocate. We will meet in the large room at the Senior Center. Limited to 20 attendees to adequately distance. Masks required.

Want to learn what's next for the proposed solar installation on the Mohawk Trail Regional High School roofs? Attend a special meeting of the School Committee on Wednesday, September 7 at 6:30 pm (online):

<https://meet.google.com/vwn-gfks-mkh> Dial-in: (US) +1 727-498-4352 PIN: 172 206 941#

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## Senior Cooling Center- Where the Hot go to Chill

Here at the Senior Center, seniors can stay hydrated and cool while waiting out the hottest part of the day. During 90 plus degree heat waves, Seniors are welcome Monday through Thursday 8:30am-4pm and Fridays 9am-3pm. We ask, if possible, to call 413-625-2502 to check on availability and reserve a cool spot.

Heat is now the deadliest [weather-related risk](#) in the U.S., according to the Centers for Disease Control and Prevention. It's more hazardous than freezing cold or tornadoes. Air conditioning is the best defense against heat-related illness. Fans alone may not do you much good once the temperature reaches the high 90s. As we get older or have other medical issues, our bodies cannot adjust to the heat as well. Whether it be medication related, or just from getting older, we do not respond as well to the high heat. We want to make sure you stay safe!

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

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## Mary Lyon Foundation News:

The Mary Lyon Foundation was honored to provide funding to six ambitious Mohawk Trail Regional High School students' last spring. Tamara Brown, the Health teacher at provided the opportunity for Mohawk students to become Mohawk Trail Regional School District Community and Enrichment Programs are actively working with local fire increase the number of volunteer firefighters. This program and First Aid Certification. In July, five additional students funding from the Mary Lyon Foundation to complete CPR Certification, helping to increase volunteer awareness and qualified candidates ready to serve our community. The Foundation prides itself on its collaborative efforts with our ensure that our students have access to the resources needed to learn, succeed and thrive.



Mohawk, CPR certified! Engagement chiefs to includes CPR received and First Aid the number of Mary Lyon community to

For more information about the Mary Lyon Foundation, please visit us at [www.marylyonfoundation.org](http://www.marylyonfoundation.org) or call (413) 625-2555.

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## From the FRCOG Public Health Team:

September is National Recovery Month, dedicated to celebrating the gains made by those in recovery from substance use and mental health improvements. It also celebrates support given by families, friends and service providers who make recovery possible in all its forms. Recovery is an active process of change, as individuals improve their health, live a self-directed life, and strive to reach their full potential. For those with opioid use disorder, being in recovery may look like abstaining from using illicit drugs and non-prescribed medications while aligning their life with their goals. If recovery is not possible right now, harm reduction techniques can reduce risks of substance use. For example: never using alone, starting with a small dose, and always carrying Narcan, a medication that can reverse an opioid overdose. Narcan is available for anyone to purchase at most pharmacies in the state and is available for free with some insurances, including MassHealth. Local resources, like crisis services, peer recovery, treatment, and prevention/education organizations are listed at [look4help.org](http://look4help.org).

There are free trainings for the public on how to identify an overdose, what to do and how to stay safe while waiting for emergency responders to arrive. They also cover the Good Samaritan Law, a way to protect the person who overdosed and the people who help. Virtual Narcan trainings are regularly posted on the Opioid Task Force and Tapestry Health websites. In West County, an in-person event covering these topics will take place on **Tuesday, September 20th at 7pm** at Arms Library. Free Narcan will be given to attendees. RSVP through Arms Library, walk-ins welcome.

Fall is for flu vaccines: Flu vaccines are available at many pharmacies and community sites around the county. Larger clinics offering COVID and flu vaccines will be posted on the FRCOG website as they are scheduled. FRCOG public health nurses can assist residents to access vaccinations, call 413-774-3167 ext. 156. The nurses will carry flu vaccine during Walk-in Wellness hours, which take place in Shelburne Falls the 4th Tuesday from 10:30-12pm at the Senior Center.

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## From Your Emergency Management Director: HURRICANE SEASON (Part 2)

Once again I'd like to talk about hurricane safety. The National Oceanic and Atmospheric Administration is predicting a 65% chance of above-normal hurricane activity this season. Last month I mentioned a detailed list that the Massachusetts Emergency Management Agency (MEMA) calls "Hurricane Preparedness Tips". Here is that list right from their website.

1. Know your zone. Learn if you live in a hurricane evacuation zone that may flood during a hurricane and evacuate if you are told to do so.
2. Prepare for power loss. Have a plan and supplies for extended power outages.
3. Prepare for medical needs. If you or a family member has special medical needs, equipment, or treatment, include these in your plan and talk to your care provider for additional advice or assistance.
4. Make a Family Emergency Plan on what to do and how to stay in touch in a storm. Create a plan to evacuate, including where you will go, and what you should bring.
5. Prepare your home. Take steps to prevent damage from wind and flooding. Make sure you have working smoke and carbon monoxide detectors.
6. Build a kit. Include supplies that your family would need for 3-5 days:
  - a. Bottled water & food that doesn't need to be refrigerated
  - b. Flashlights
  - c. Radio, & extra batteries
  - d. Phone chargers
  - e. First aid kit with medications
  - f. Spare eyeglasses
  - g. Special medical equipment if needed
  - h. Personal care items
  - i. Copies of important documents

As always please feel free to contact me with any questions, comments and/or suggestions. You can reach by email at [EMD@townofshelburnema.gov](mailto:EMD@townofshelburnema.gov) or by cell phone at 413-824-2518. Remember: Failure to plan is planning to fail. Stay Safe Everyone! Tom Williams, Emergency Management Director

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## Volunteer Opportunities in Shelburne:

Looking for volunteers? Post your volunteer opportunity here!

**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](mailto:4paulbennett@gmail.com)

**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.

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## 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/>

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## October Preview

Shared Police Services .... Look for news next month on the community engagement project regarding the possibility of creating shared police services for Shelburne & Buckland. A calendar of outreach and information sharing events and activities is being developed.

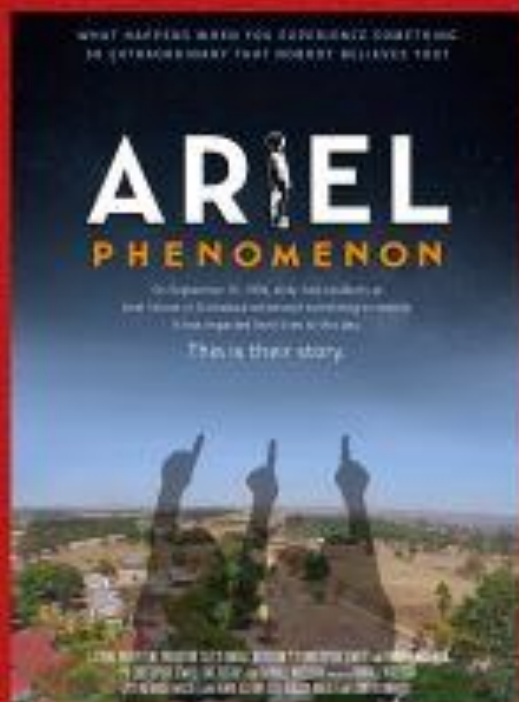
Pocket park .... Negotiations on a lease of the former Singley Furniture lot are nearly complete. Look for news on next steps for a town "pocket park"

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That's all we wrote! (Except for the Ashfield Film Fest! See next page.) Send me news for October.

# ASHFIELD FILMFEST

Western Massachusetts Inspired Short Film Competition and Feature Film Showcase



## Friday, September 16th 7PM

Friday we will have the honor of a friends and family sneak peak of local filmmaker Randall Nickerson's feature documentary, *Ariel Phenomenon*. *Ariel Phenomenon* explores an African extraterrestrial encounter witnessed by over sixty schoolchildren in 1994. As a Harvard Psychiatrist/professor, a BBC war reporter, and past students investigate the amazing incident, they struggle to answer the question: *What happens when you experience something so extraordinary that nobody believes you?*

Join us for a post screening discussion with the filmmakers Randal Nickerson and Christopher Seward (Ashfield resident).

*"The most effective story told on the subject I have ever seen."*  
Douglas Trumbull - director/special effects supervisor (2001: A space  
Odyssey, Close Encounters of the Third Kind, Blade Runner, Tree of Life)



## Saturday, September 17th 7PM

After a 2-year hiatus, the premiere community event of the fall is back baby! Our traditional night of short films featuring local themes and filmmakers with awards following, including the coveted audience choice award.

The Ashfield Community Band starts the festivities at 5:45.