

MONTGOMERY
MT

Breeze



PUBLISHED BY THE MOUNTAIN BREEZE STAFF

HAPPY NEW YEAR!



This image taken in Montgomery on the shortest day of the year, December 20, 2016. Courtesy of Bill Curran.

The MT Breeze would like to give thanks to all those folks who make this publication possible. From our dedicated staff of writers and carriers who deliver to your door; to our advertisers who contribute additional funds to keep us going during the year. Many thanks to Collective Copies in Florence, MA for their continued excellence in producing our issues. To all, best wishes in the coming year!

T.Lak, editor

“Year’s end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us.”

Hal Borland

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
 FIRE DEPT 862-4505
 FIRE CHIEF - STEVE FRYE 862-3670
 TOWN CLERK - JUDY MURPHY 862-4478
 POLICE DEPT 862-4545
 POLICE CHIEF - JIM STEVENS 862-3642
 TAX COLLECTOR - JANE THIELEN 862-3386
 ANIMAL CONTROL OFFICER - PHIL CAMP 862-4976

SELECT BOARD:
 DAN JACQUES 862-9001
 WAYNE MORSE 862-4023
 RANDY AUSTIN 862-4004
 Meetings for the Select Board are held at 7:00 p.m. every other Friday.

SCHOOL COMMITTEE:
 ANNE-MARIE BUIKUS 862-3257
 buikus@verizon.net
 MADELYN AUSTIN 862-4004
 mrrrr@verizon.net

LIBRARY:
 LIBRARIAN - PAULA LONG 862-3894
 montgomerylibrary@yahoo.com
 HOURS: Tuesday 10:00 a.m.-5:30 p.m. •
 Thursday 4:00 p.m.-8:00 p.m. * Saturday 9:30 a.m.-12:30 p.m.

BOARD OF ASSESSORS:
 Meetings of the Board of Assessors are held on the 1st & 3rd Wednesday of each month from 8:00 p.m.-9:30 p.m. Please call 862-3386 for an appointment. Assessors' Clerk hours 1st & 3rd Wednesdays of each month from Noon - 4 PM

State Senator Don Humason:
 64 Noble St., Westfield, MA 01085
 (413) 568-1366
 Donald.Humason@masenate.gov

State Representative Peter V. Kocot:
 Rep.PeterKocot@hou.state.ma.us
 (413) 582-6111

MOUNTAIN BREEZE STAFF

Editor: T.Lak 413-237-2818
 Helen Allyn * Chris Brown * Laurie Flechsig * Beulah Kidrick * Paula Long * Julie Pike * Jane Thielen *
 montgomerymtbreeze@gmail.com

montgomerymtbreeze@gmail.com

January Calendar

Jan. 1 **New Years Day**
 Jan. 4 6:30 pm – Yoga – Town Hall
 Jan. 5 6:30 – Library Trustee Meeting – Town Library
 Jan. 6 9:30–11:00 am – Osteoporosis Exercise – Town Hall
 Jan. 6 7:00 pm – Selectboard Meeting –Town Hall
 Jan. 10 Noon – COA Coffee Hour – Town Hall
 Jan. 10 Recycling day
 Jan. 11 6:30 pm – Yoga – Town Hall
 Jan. 13 9:30–11:00 am – Osteoporosis Exercise – Town Hall
 Jan. 18 6:30 pm – Yoga – Town Hall
 Jan. 19 7:00 – Adult Coloring – Town Library
 Jan. 24 Recycling day
 Jan. 24 Noon – COA Coffee Hour – Town Hall
 Jan. 25 6:30 pm – Yoga – Town Hall
 Jan. 27 9:30–11:00 am – Osteoporosis Exercise – Town Hall

JANUARY BIRTHDAYS:

Arlene Bodurtha	Peggy Goralczyk
Rebecca Bodurtha	Sue Hall
Noah Bogoff	Patti Little
John Bucko	Steve Monkiewicz
Deborah Clark	Bob Pike
Jessica Cruickshank	Bob Wall
Charles Darling	James Wall
Bertine Galipeau	Karen Wassung
Krystyna Galipeau	Dakota Whitaker

Condolences

to the family of Hazel Whalen who passed away December 14.

to Jerry (Jr.) and Kara Noble and family on the loss of Jerry's father, Clifton J. Noble, Sr., who passed away December 16 in Westfield.

to Timothy and Lynn Coffey and family on the loss of Tim's father, David Coffey of Springfield, who passed away December 24.

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.

Political ads: \$15.00 for ½ page and \$30.00 for a full page. (Political ads must include the name of the payer.)

Ads: email (preferably pdf file) to montgomerymtbreeze@gmail.com, put in the MB box at the Library, or mail to: **Montgomery Mountain Breeze, c/o Grace Hall Memorial Library, 161 Main Road, Montgomery, MA 01085-9525.** Include your name and phone number. Payment must be received by deadline date (usually on the 16th of the month) or ad will not be run. No cash, please; make check payable to Montgomery Mountain Breeze and put in the MB box at the Library, or mail to above address.

The Grille is *the place* to meet your neighbors!

HAPPY NEW YEAR!

(the chefs are cooking up something special this year!)



Montgomery Grille
NEW HOURS:

Wednesday, Thursday, Friday:
5:30 am to 2:30 pm

Saturday and Sunday:
6:00 am to 2:30 pm
Lunch starts 11:00 am

Montgomery
Grille

AT THE MONTGOMERY MARKETPLACE

Stop in early!

Hot breakfast sandwich for
a flat **THREE BUCKS.**

And a coffee to go
for new low price of
**ONE AMERICAN
DOLLAR.**

Coming soon!
Extra seating in the
store dining room.

**Still the best
restaurant in town!**

46 Main Rd, Montgomery, MA
862-(FOOD) 3663

NEW HOURS: 6:00 a.m. to 2:30 p.m.

Closed Mondays & Tuesdays

Start the new year right with these planting tips

Start your "wish list" of plants for your garden in the spring. Place your order for seeds early to get the varieties you want.

Turn your houseplants every few days to keep them from leaning toward the light.

Scatter ashes from the fireplace or woodstove uniformly over garden areas, even over snow, but don't apply too much to one area, because wood ash increases pH. Wood ash contains potassium, a nutrient that is especially useful to root crops such as carrots, turnips, radishes and onions.

GardenNews
by Chris Brown



At the end of January, sow pansy and geranium seeds.

Another winter time indoor garden activity is to propagate additional plants from your existing house plants. Leaf cuttings are a cheap and easy way to

propagate African violets and rex begonias.

Place a leaf in a porous growing medium such as sand, perlite or a one to one combination of sand and perlite. Make sure the growing medium does not dry out. Keep the soil moist but not sodden. Cover the container with a clear jar or a tent of clear plastic. A new plant will form at the base of the leaf cutting.

EASY HEALTHY HOMEMADE GRANOLA

This recipe appeared in the Southwood's Magazine and thanks to Marge Anderson for sharing it with us.

2 cups raw, whole rolled oats (aka old fashioned oats)	2-3 tbsp. maple syrup or honey or combination
1/2 cup chopped nuts	1 large pinch salt
1/4 cup seeds (sunflower, pumpkin, sesame etc.)	1/2 tsp. vanilla
1/2 cup dried fruit (raisins, craisins, chopped apricots etc.)	
2 tbsp. coconut oil (liquid or solid) or other healthy cooking oil	

Combine all ingredients and mix with clean hands to coat everything well. Mixture will be very sticky. If you are using solid coconut oil, make sure it is thoroughly mixed in with no lumps - the warmth of your hands will melt it. Spread in a thin layer on a baking sheet and bake @ 300 degrees for 10 minutes until lightly toasted. Cool before storing. Will keep in a cool, dry place for up to 2 weeks.

JANUARY RECIPE



Outside the bird feeder with Lori Conley

PILEATED WOODPECKER

Many have seen and heard the Pileated Woodpecker in our area here. They are among the biggest and most striking forest birds on the continent. Nearly the size of a crow, black with bold white stripes down the neck and a flaming-red crest that sweeps off the back of the head - males have a red stripe on the cheek.

Look (and listen) for Pileated Woodpeckers whacking at dead trees and fallen logs in search of their main prey, carpenter ants, and other insects, leaving unique rectangular holes in the wood. (These drilled holes can sometimes be so broad and deep they can cause the tree to break!) They also eat wild fruits and nuts, including greenbrier, hackberry, sassafras, blackberries, sumac berries, poison ivy, holly, dogwood, persimmon and elderberry. In some diet studies, ants made up 40% of the diet, and up to 97% in some individuals. Occasionally, Pileateds will visit backyard feeders for suet and seeds. The birds also use their long, barbed tongues to extract wood boring beetle larvae, or termites lying deep in the wood. When hammering into the wood, Pileateds use their long neck to pull far back, and then make powerful strikes with their heavy bills, pulling with their feet to increase the strength of the blow.

Pileateds Woodpeckers require large, standing dead trees and downed wood. Forests can be evergreen, decidu-

ous, or mixed and are often old, particularly in the West. In the East they live in young forests as well and may even be seen in partially wooded suburbs and backyards. They prefer large trees for nesting. In young forests, it will use any large trees remaining from before the forest was cut. Because these trees are larger than the rest of the forest, they present a lightning hazard to nesting birds. The male will begin excavating the nest cavity and does most of the work, but the female contributes, especially as the hole nears completion. The entrance hole is oblong instead of circular like most woodpecker holes. For the 'finishing touches', the bird climbs all the way into the hole and chips away at it from the inside. They will only line their nest with leftover wood chips from the excavation. Nest construction takes 3-6 weeks, and are rarely re-used. Cavity depth can range from 10-24 inches. The nest holes these birds make offer crucial shelter to many species including swifts, owls, ducks, bats and pine martens, when they are finished with it.

Pileateds are monogamous (mate for life) and hold large territories. It is rare to see more than 2 together at one time. When one member of a pair dies, the other often gains a new mate and this is one of the ways that new individuals get a chance to breed and hold a territory.

The oldest known Pileated Woodpecker was a male, at least 12 years, 11 months old when he was recaptured and rereleased during banding operations in Maryland.

“Why pay more for less,
our customers deserve
the very best”



BEFORE AND AFTER



I would like to introduce myself, I am Doug Menard a long time Montgomery resident and owner, operator of Menard Garage Doors. I am reaching out to my neighbors and surrounding towns to offer my services of garage door sales, installation and repairs at a **10% discount**.

I sell and install quality products: Raynor, Haas, and Safeway Garage Doors. I also sell Lift-Master, Chamberlin, and Raynor Garage Door Openers. We offer free consultations and estimates. Our “design a door” software allows each customer to explore a variety of affordable door options. We have something for every budget.

I have serviced and installed garage doors in most towns in Western Massachusetts.

I appreciate your support.
Let me know how I can help.



Visit our web site: www.menardgaragedoors.com Or call: 413-626-1978

10% Off Coupon!

On all services, garage door sales,
installation and repairs.

\$10 Off \$75 Winter tune up!!!

Call 413-626-1978 for more information.

Certified, Licensed and Insured



- Free Estimates
- Sales
- Installation
- Repair/Service

New Year's Eve: fun facts about our favorite holiday

New Year's Eve is one of the favorite celebration days for many people. Parties aside, the impending New Year typically brings hope for a more prosperous and happy 365 days. There are also some fun facts and trivia associated with the celebration. Check them out below, courtesy of the Examiner and Patch.

The first New Year was celebrated 4,000 years by the ancient Babylonians. It's tradition to ring in New Year's with family and friends because the first people you see will either give you good luck or bad luck. So make sure to keep friends close and foes very far away

More vehicles are stolen on New Year's Day than any other holiday, statistics from the National Insurance Crime Bureau revealed.

The top three places to celebrate New Year's Eve are Las Vegas, Disney World and of course, New York City. Internationally, one of the biggest celebrations is in Sydney, Australia. More than 80,000 fireworks are set off from Sydney Harbour Bridge.

Time Square New Year's Eve Ball was first dropped in 1907 after there was a fireworks ban. Back then, a 700-pound ball embellished with 25-watt bulbs made of iron and wood was dropped. Now, however, it weighs 11,875 pounds, is 12 feet in diameter and is adorned with 2,668 Waterford crystals.

The tradition has continued in Times Square, except for in 1942 and 1943. The ball was not lowered because of wartime restrictions.

In Italy, people wear red underwear on New Year's Day to bring good luck all year long.

In Colombia, Cuba and Puerto Rico, some families stuff a large doll,

which is called Mr. Old Year, with memories from the past year. They also dress him in clothes from the outgoing year. At midnight, he is set ablaze, thus burning away the bad memories.

It's good luck to eat foods like black eyed peas, ham and cabbage

because it is thought they bring prosperity. But if you want to have a happy new year, don't eat lobster or chicken. Lobsters can move backward and chickens can scratch in reverse, so it is thought these foods could bring a reversal of fortune.

Chinese New Year is celebrated the second full moon after the winter solstice.

Jewish New Year is called Rosh Hashanah. Apples and honey are traditionally eaten.

In ancient Rome the new year began on March 1. The traditional New Year's song, "Auld Lang Syne," means, "times gone by."

The top 10 resolutions are usually to lose weight, eat more healthily, exercise more, stop smoking, stick to a budget, save money, get more organized, be more patient, find a better job and to just be a better person over all.

Using a baby to signify the New Year began in ancient Greece around 600 B.C.

Many thanks to www.ibtimes.com



Not too late to pick up the Taste Book

The 2017 Taste Coupon Book – \$25.00 ea

AMVETS Post 96, Russell, MA

Proceeds will provide Christmas gifts & holiday meals to several local families in need

Included inside are coupons for local & "chain" restaurants in:

Agawam, Chicopee, Easthampton, Hadley, Holyoke, Ludlow, Northampton, Southhampton, Southwick, Springfield, West Springfield, Westfield & many other towns in Western Mass – including our "own" Montgomery Grill.

Restaurants Include: Burger King, McDonalds, Dunkin Donuts, TGI Fridays, Sonic, Opa-Opa, Hu Ke Lau, Munich House, Glendale Grill, Red Robin, Arby's, Uno Chicago Grill, and MANY more.

Also included are coupons for:

Amelia Park, Old Sturbridge Village, Springfield Symphony, Eric Carle Museum, Fenway Golf, Volleyball Hall of Fame, Taylor Rental, Berkshire East, & many others

If interested, call Dan Flechsig 862-8095

Historical Society invites all to become new members

HAPPY NEW YEAR from your friends of the Montgomery Historical Society! Are you a newcomer to town or maybe haven't yet participated in one of the Historical Society events or activities? Why not make this your year to attend any of our functions planned with our fellow townspeople and/or neighbors in mind? We'd love to have you join us!

Our annual post-Christmas Holiday Dinner occurs just into the New Year – on Wednesday, January 4, 2017 (with a snow date of January 5). We'll get together at 6:30 p.m. for dinner and fellowship at Bernie's Dining Depot (749 James Street, Chicopee, near Westover Air Base). We will be ordering from the menu. Please phone Laurie at 862-8095 as soon as possible to make your reservation(s). If desired,

Historical Happenings



carpooling will be available to get you there, too. Come along for a fun-filled evening of fine food and fellowship.

As always, events and activities hosted by your Montgomery Historical Society are open to all and planned to

provide our neighbors and friends with entertainment, and often, historical knowledge. Your participation is welcome – a great way to meet and socialize with our local residents and neighbors from surrounding communities!

The steering committee of the Montgomery Historical Society will be meeting about mid-January to plan the 2017 calendar of events. If you have any suggestions for "field trips," or for guest speakers at one of our dinners, we'd love to have your input before then. Please call Laurie at the above number with your ideas. Thanks!

The current exhibit in the Historical Society's display case at the Grace Hall Memorial Library features a holiday-inspired showcase of "Crinkle Clauses" popular a number of years ago – cute and "quirky" variations of the traditional Santa Claus and Father Christmas, suggesting many different cultures and countries from around the world. They will be displayed until about the middle of January.

Be sure to stop at the Library, borrow a good book, and take a peek at the display! The next exhibit change will occur about mid-January, and if you have something you'd like to loan us for display, please give Laurie a call at 862-8095. We welcome your ideas and materials!



Weekly/ Biweekly
Curb-Side Residential Pick-up
Area's Best Prices
Free Wheeled
Trash Cart

P.O. Box 1903
Westfield, MA 01086

Celebrating 25 years In Business

1990 **MJC** 2015
RUBBISH REMOVAL

Serving Western Mass

Residential & Commercial

Permanent Dumpsters

413-562-1973

www.mjcrubbishremoval.com

-SPECIAL-
NEW CUSTOMER INTRODUCTORY OFFER
8 WEEKS FREE SERVICE
Residential and Business Curbside and Dumpster Service
Get Your Best Price and Call Us Last
LOWEST RATES GUARANTEED!!!



est. 1893
Grace Hall Memorial Library
Montgomery, Massachusetts

JANUARY Library News

facebook.com/
gracehallmemorial

January 2017

Be at War with your Vices, at Peace with your Neighbours, and let every New-Year find you a better Man. ~Quoted in Benjamin Franklin's 1755 *Poor Richard's Almanack*

Library Community Survey

Your input is important to us!

Thank you all who have filled out and returned the survey. The information that we gather will be used in our direction of the library with in the next five years. The survey will be open till Jan. 31 with results posted by Feb. 28. At the moment with 25 survey's returned, the request for more hours is very prevalent. So for the months of February and March the library will be open Tuesdays 10 to 6:30 and Saturday 9:30 till 1:30, as a test run.

If you haven't filled out a survey yet, they are available in the library.

EVENTS in FEBRUARY

Feb. 11 at 10 -12 Greg Maichack pastel workshop

Feb 18 at 1 PM

WINGMASTER's Birds of Prey

Enjoy these Bookmarks to color

And pick up a great read at the library!

Trustees Meeting Jan. 5 at 6:30 PM

Museum Passes

Old Sturbridge Village

Springfield Quad

Norman Rockwell

Mystic Aquarium

Deerfield Historical Mu-

USS Constitution

DCR State Park Pass

MassMoCa

Hours

Tues: 10- 5:30

Thurs: 4-8

Sat: 9:30-12:30

Contact

Mail

161 Main Road, Montgomery, MA 01085

Phone

413-862-3894

email

Montgomerylibrary@yahoo.com

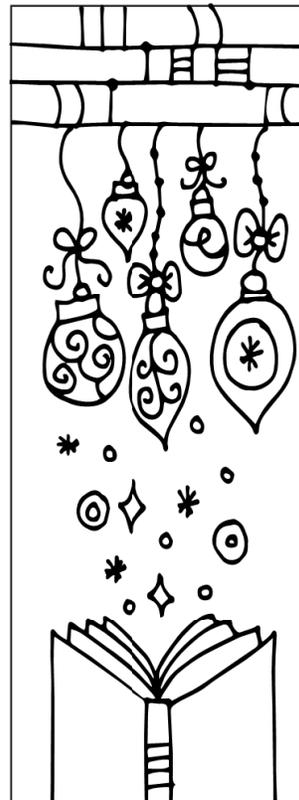
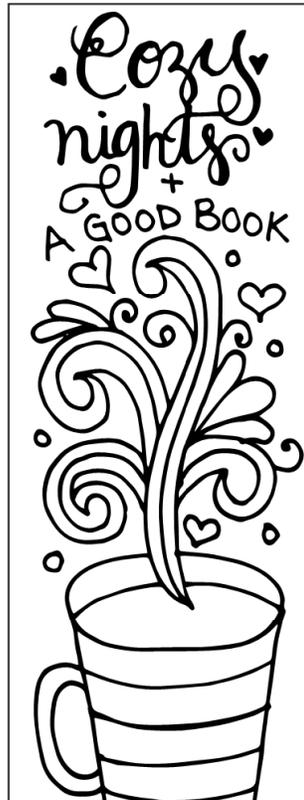
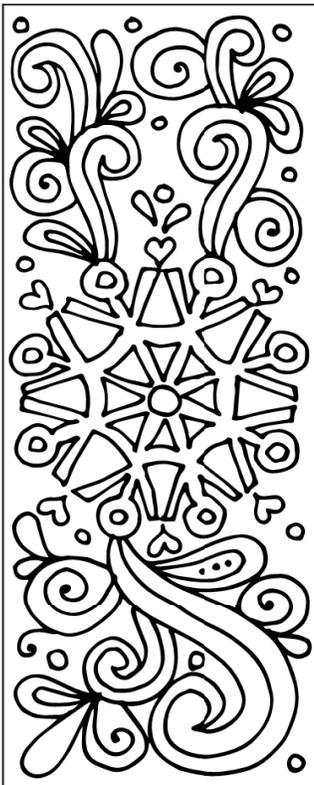
Website

montgomeryma.gov

wghl.masscat.org

facebook.com/gracehallmemorial

What HOT BOOKS are you looking forward to this Winter?



COUNCIL ON AGING

Serving the Citizens of Montgomery

January 2017

Calendar

Tue – Jan 10 Coffee Hour – 10 a.m.

Tue – Jan 24 Coffee Hour – 10 a.m.

Osteoporosis Exercise Class

Town Hall – Friday – 9:30 – 11am

January Birthdays

Arlene Bodurtha Ruth McKay
Charles Darling Linda Levite
Robert Pike

Were you in the “DONUT HOLE” last year?

If so - chances are you could reach it again!

If you have a Medicare Part D or Medicare Advantage plan and do **not** get Extra Help, you will reach that coverage gap when the total retail cost of your prescription drugs reaches \$3700. This is where **Prescription Advantage** can help.

Prescription Advantage, the Massachusetts prescription drug assistance program, can help pay for your prescription drugs when you reach the “donut hole.” To find out how to lower your drug costs, call Prescription Advantage at:

1-800-243-4636

TTY at 1-877-610-0241

for the deaf and hard of hearing

You can also visit their web-site:

www.prescriptionadvantagem.org

The money you save can be your own!

We hope everyone had a very Merry Christmas and will enjoy a healthy Happy New Year.

Our best wishes go out to all that we have been able to serve during the year, either at one of our coffee hours or at an event we hosted.

Our Christmas Brunch was a great success and we thank all who attended. In spite of the bitter cold weather, we were able to serve twenty-four of our seniors.

Please join us at our next coffee hour on January 10th.



In 2016 we noted the passing of many of our seniors, most of them long time residents of Montgomery.

Dave Berndt, local lawyer, who served several years as Selectman died in July. In December we learned of the passing of Clifton “Jerry” Noble local author, storyteller and musician.

We would also like to note the passing of Ruth Soderquist, Dave Bean, Leonard Matulewski, Linda Stipek-LaFond, Eleanor Willig, Phyllis Young, Ethel Birdsall and Hazel Whalen. They will all be dearly missed by family and friends.

MEMA ISSUES WINTER POWER OUTAGE SAFETY TIPS

- Check flashlights and portable radios to ensure that they are working, and you have extra batteries as part of your Winter Emergency Kit. A radio is an important source of weather and emergency information during a storm.
- If the power is out, use flashlights or other battery-powered lights if possible, instead of candles.
- If a storm is coming that may bring power outages, fully charge your cell phone, laptop, and any other devices in advance of a power outage.
- Purchase a car phone charger because you can charge your phone if you lose power at your home.
- If your water supply could be affected by a power outage fill your bathtub and spare containers with water.
- Set your refrigerator and freezer to their coldest settings. During an outage, do not open the refrigerator or freezer door. Food can stay cold in a full refrigerator for up to 24 hour, and in a well-packed freezer for 48 hours (24 hours if it is half-packed).
- Throw away any food that has been exposed to temperatures 40° F (4° C) for 2 hours or more or that has an unusual odor, color or texture. When in doubt, throw it out!
- Have sufficient heating fuel, as regular sources may be cut off. Have emergency heating equipment and fuel so you can keep at least one room livable. Be sure the room is well ventilated.
- To keep pipes from freezing, wrap them in insulation or layers of newspapers, covering the newspapers with plastic to keep out moisture. Let faucets drip a little to avoid freezing.
- Keep your car tank at least half full because gas stations rely on electricity to power their pumps.
- Know where the manual release lever of your electric garage door opener is located and how to operate it. Garage doors can be heavy, so know that you may need help to lift it.
- If utilizing an emergency generator, read, understand and follow the manufacturer's instructions. Always operate emergency generators outdoors and away from any open window.
- Ensure that your Smoke and Carbon Monoxide (CO) detectors are working correctly and have fresh batteries. Check your outside fuel exhaust vents, making sure that they are not obstructed by snow or ice. Never use cooking equipment intended for outside use indoors as a heat source or cooking device.
- In order to protect against possible voltage irregularities that can occur when power is restored, you should unplug all sensitive electronic equipment, including TVs, stereo, VCR, microwave oven, computer, cordless telephone, answering machine and garage door opener.
- Leave on one light which will indicate when your power returns.
- If you lose your heat, seal off unused rooms by stuffing towels in the cracks under the doors. At night, cover windows with extra blankets or sheets.
- Food provides the body with energy for producing its own heat.
- Do not call 9-1-1 to report your power outage or to ask for information, use 9-1-1 only for emergencies. Call your utility company to report the outage and get restoration information. Call 2-1-1 with other winter-related issues.
- Check in on friends, family, and neighbors, particularly those most susceptible to extreme temperatures and power outages such as seniors and those with access and functional needs.
- Make sure you always have a well-stocked Winter Home Emergency Supply Kit that includes flashlights, portable radio, extra batteries, a first aid kit, bottled water, non-perishable food and a manual can opener.

This newsletter is partially funded by a grant of the Executive Office of Elder Affairs
Outreach Worker: Ginger Cruickshank 862-4932
Board Members are: Anne-Marie Buikus 862-3257, Jane Thielen 862-4482, Sandy Haas 862-3829
Jeanne Aras 862-4497, Jean Bush 862-3645, Geraldine Larrabee 862-3884
Email: COA-Montgomeryma@hotmail.com