



THE Cheshire Chatter

Cheshire Council on Aging
PO Box 507 • Cheshire, MA 01225

March / April • 2023



*Davis Bates
Singer/Story Teller*

Presenting Davis Bates with A Celtic Celebration

The Cheshire Council on Aging will celebrate St Patrick's Day and the impending arrival of spring by presenting a performance by Parents' Choice Award winning performer Davis Bates. Entitled *A Celtic Celebration*, the program will involve the audi-

ence in a variety of cultural traditions. It will include traditional songs and tales from Ireland, Scotland & Wales, sea songs & chanteys, ghost stories and family tales. There will also be plenty of sing-alongs, a short lesson in how to play music with spoons from a kitchen drawer, and an appearance by an Irish dancing wooden dog named Bingo.

Pete and Toshi Seeger called Davis "thoughtful, creative, human, and a fantastic storyteller." Davis' traditional and participatory performance style empowers and encourages audiences of all ages to join in the fun, and to take the songs and stories home with them to share with others. He also encourages listeners to remember and share stories and songs from their own family and cultural traditions.

Davis Bates has been telling stories for over forty-four years, in schools, libraries, colleges and community settings around New England and across the country. His recording of Family Stories won a Parent's Choice Gold Award and was named one of the year's best Audio Recordings by Booklist Magazine. Davis has also served as director and consultant for several local and regional oral history and folk arts projects. Davis lives in the village of

Shelburne Falls, MA, and when he isn't collecting or learning stories, he spends his time working with the Hampshire College Alumni Advisory Group and gardening and working on pollinator plantings on the Hampshire campus and at home.

The performance will take place at the Cheshire Senior Center on Friday, March 17th at 7:00 pm, following a corned beef dinner that begins at 6:00 pm. Admission to the performance is included in the cost of dinner: \$20 for members of the Friends of Cheshire COA; \$25 otherwise. For more information and dinner reservations please call (413) 743-9719.

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Brenda's Thoughts

Wow, time is just zipping by! Hard to believe it is time for another printing of the Chatter.

There has been a lot happening, from a creative painting class and a card-making session, plus all the regular activities that include exercise, bingo, health checks, and much more.

A new event was the Paint and Sip where a large group gathered and each painted their own version of a snowman. It was a lot of fun and I think some budding artists have been discovered. This is definitely something we want to do again!

Now about these "crafting events" like painting, card making, wreath for floral creations, etc., these are not events just for female participants. Gentlemen who are interested in touching base with their creative sides are also welcome to attend. We have had some join in the fun and welcome/encourage the guys to come

participate. Oh, and did I mention, there isn't an age limit for such events. In other words, you don't have to be classified as a senior citizen to come



enjoy the fun. But, you do need to pre-register, as seating is limited.

Those of us at the center are looking forward to the special events that include, but not limited to, the Davis Bates presentation and the Community Tag Sale & Bazaar. Read about them in this issue.

Pretty soon the bikes will be available again to take out for a spin. The snow will be gone, the temps will start an upward trend; beckoning everyone to get out into the fresh air and sunshine. Although, it's hard to complain about the weather Cheshire had in February! More warm days? YES PLEASE!! Outdoor fun and games can commence. Yes, I admit to having a bit of cabin fever.

Here is a question: Did anyone participate in the annual Great Backyard Bird Count (hosted by Cornell University) in February? If so, let us know if you saw or took pictures of any new birds, unusual birds or bird activity, early return of birds, etc.

Spring is nearly here! Look for the Robins!

COA Board Members

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Mal Gwozdz	413.743.9356
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Peter Traub	413.743.3496

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Val Tyska	413.743.3802

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Car transport (Adams COA).....	413.743.8333
Medical appointments	

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Plans Made For Community Tag Sale & Bazaar

By Jenny Gadbois

Settled between mountain ridges, we find ourselves held by the cold embrace of winter. Rest assured spring will return and liberate us once again. And when it does, many of us will be more than ready to clear our homes of clutter. What better way to relieve the burden of too many things than a community Tag Sale and Bazaar? And what better location than our beloved Elementary School, where many people can come together to form a great Tag Sale and Bazaar?

The idea behind this event is to gather as a community in one location and turn perfectly good but unwanted material possessions, tools, kitchenware and such into a profit. The event is not limited to households. We would love to include local craftpersons or artisans, bakers or honey makers, hence the title "Community Tag Sale & Bazaar".

Speaking from personal experience, I find the process of preparing for and having a Tag Sale a big effort that produces modest returns. Even when you know you have worthwhile things to sell, you may live on a road that does not get much traffic. Or maybe you have a few items to sell but not enough to draw a crowd. The Cheshire Tag Sale & Bazaar will bring everyone and everything together under one roof. The combination of various types of items - from household goods, kitchen and garden tools to art, honey or baked goods - ensures that shoppers will be sure to find something satisfying and unique.

To participate in this community-wide event, complete the registration form and submit the registration fee of \$5, which includes one table to use for display and folding chairs. Additional tables may be reserved at \$5 each. Residents who want to participate but are unable to transport goods to the school are welcome to have their tag sale at home. On the day of the event we will provide a map with addresses for off-site Cheshire Tag Sale & Bazaar participants. To get on that list you must complete the registration form and pay the \$5 registration fee. All proceeds benefit the Cheshire Community Association to support future community events, such as the Trash Clean Up Day and the Summer Festival. The event will be marketed and publicized widely through Berkshire County.

The Cheshire Community Tag Sale & Bazaar will be held Saturday, May 6th from 9AM until 2PM. We hope to see you there!

Contact Jenny Gadbois for more information and to get a registration form: (413) 841-0844, jlgadbois@icloud.com

Become a Friend of the Cheshire Council on Aging

The Friends of the Cheshire Council on Aging provide financial and other support serving the needs of the senior population of Cheshire. By become a "Friend" and paying a ten-dollar annual membership fee, you will be supporting the activities of our seniors.

All non-profits are receiving less money from the government so the need to provide financial support from other sources has become critical. The "Friends" support activities that the Town is unable to finance. Here is a partial list of activities the "Friends" have helped financially support this past year:

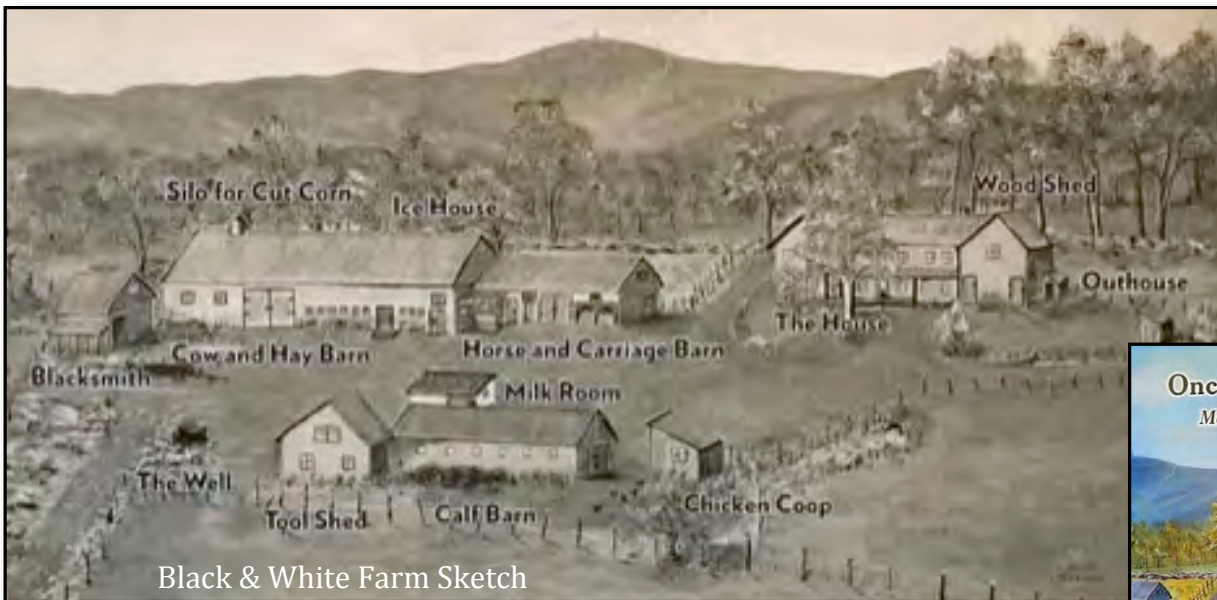
- A presentations by local authors, speakers and entertainers.
- The annual nonagenarian birthday party.
- The monthly birthday lunches.
- The Cheshire Food Pantry.
- Cultural events such as plays at local theatres and trips to area museums.
- The purchase of ice cream certificates in support of the annual flag ceremony.

As a "Friend," any monetary support provided is most appreciated. For further information, please contact Ed or Pam St. John in one of the following ways:

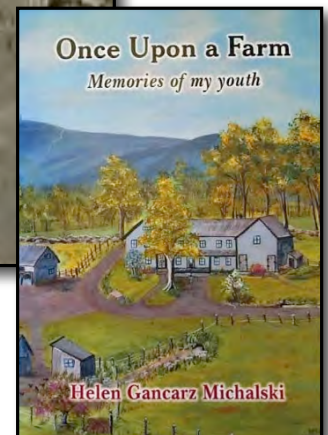
Mail: 4 Edmunds Street, Unit N101,
Adams, MA 01220

Phone: 413.743.5603

E-mail: estjohn1@roadrunner.com



Helen drew the illustration of the farm on her book's cover from memory. The colorful front cover is shown below.



Once Upon a Farm

by Patricia Gebarowski

Just before Christmas 2021, we received a small package with a card sent by my husband's aunt, Helen Gancarz Michalski, titled "Once Upon a Farm ~ Memories of My Youth" (shown at right).

It's a small 20 page volume recalling her life growing up on a farm, the child of Polish immigrants. She details how her family worked together under the guidance of her mother, to survive and even flourish, independent and proud.

Helen was born in December of 1931, the youngest child of Augustyn and Julia Gowlak Gancarz.

Married in 1913, Julia was Augustyn's second wife. His first wife had died less than a year earlier and left four children, the youngest only nine months old.

Julia took on the four motherless siblings and went on to have seven children with Augustyn. Six were girls and one son, Alfred Henry. The family settled on a farm in "Little Egypt," a section of Adams, near Bowen's Corners. They kept a herd of 65 cows, growing the hay and corn necessary to keep them, then selling the milk they produced to Crystal

Creamery in Adams. Corn, fruit, and produce were raised to pay the taxes, bills, household expenses, and everyday needs.

They walked to the one room schoolhouse at Bowens Corner a mile away.

Each child got a new pair of shoes every year in the fall.

Dresses, sheets, towels and pillowcases were made from patterned cotton sacks that grain feed came in.

Helen (from her book):

The only entertainment was a radio with a large "green eye" that was attached to the old car battery. Dad listened to the news for 10 minutes and then, off it went. However, Saturday nights "The Grand Ole Opry" came on and we sat around like the Waltons, listening.

Sleds, toboggans and jack jumpers were homemade for winter sledding. Toys were

from found materials, sticks to play "nipsy" and as Helen recalls in the book, playing with dried



Helen & Frank Michalski
Wedding picture

milkweed pods, pretending they were birds.

The rambling farmhouse had 27 rooms; only 2 rooms, the living room and the kitchen were heated by wood. There were many outbuildings, and a large barn. Helen drew the illustration of the farm on her book's cover from memory.

Helen speaks of the rhythms of life as spring comes to the farm. Many chores had to be done, planting the garden, and mending fences among them. After the winter, the fencing around the 125 acres of pasture was inspected and repaired.

Helen:

"You carried an axe, a metal bar, heavy wire wound in a circle, U-shaped staples and a carpenter's hammer.

The rows of crops had to be cultivated. One person led the horse, holding his bridle as another person steadied the cultivator behind so as not to cover the young plants.

The gardens were huge and the most dreaded chore was weeding, all



*Augustyn & Julia Garcarz
wedding picture*

done by hand. Everyone was needed to pitch in and weed. Mother always said, "When there's work, we all work."

From the end of June until September, we picked wild mushrooms in the woods. We loved the wild chanterelles. If there were too many, we parboiled, then ground them and made the first "veggie burger" hamburgers. They tasted just like meat! We filled gallons of jars of dried mushrooms and used them for making Polish Barszcz (Borscht), a mushroom soup, for the rest of the year.

Mother canned veal for when unexpected company came to visit, it tasted like chicken and she had to process them in a canner for a long time. Now that I think about it, we ate a mostly vegetarian diet."

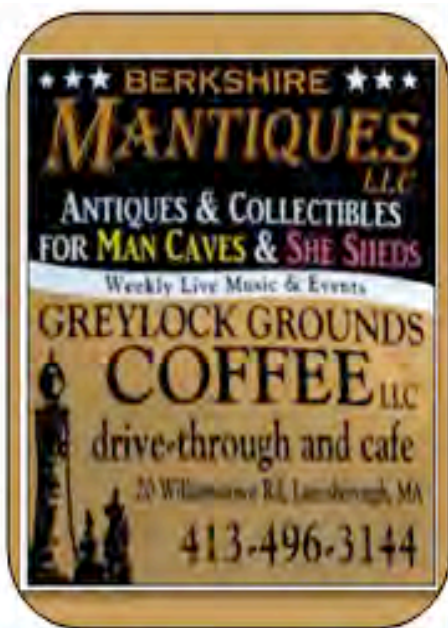
Meat was a chicken on Sunday and that was the day siblings came home from their jobs in town to visit, the married ones with their children.

Helen:

Trees were cut down to sell for winter. The brush was piled to burn. We would wash potatoes and bake them in the hot coals for about 20 minutes. Yes the outer skin was charred but the inside was so delicious.

Fall was harvest time. The haying was done, the garden vegetables, cabbage, carrots and potatoes stored in bins in the cellar. On the shelf Mother had about 250 jars. She canned carrots, string beans, tomatoes, swiss chard, jams and fruit. Pigs were butchered and salt pork was put into large stone crocks. Kielbasa was made and smoked to sell. After smoking, they were brought in the house and strung across the backs of chairs to cool. My sister Celia loved kielbasa. One time she got on her back under the kielbasa and took a bite out of the biggest ones. She didn't get in trouble because we hid her from

Continued on page 6



Once Upon A Farm

Continued from page 5

Father, and he blamed the cats. We were happy that we got to keep some of the kielbasa that she had nibbled on for ourselves.

Next came picking winter keepers of pears and apples. Barrels of fruit were stored in the cellar for winter.

The corn cutter cut one-inch pieces of corn, which was then blown up a pipe into the silo. We all had to go up the ladder into the silo and walk around to pack the corn down. Apples that weren't preserved in the cold cellar or dried in the oven were brought to the cider mill across town and pressed into cider and brought home in barrels to ferment into hard cider. One small barrel was allowed to freeze after fermenting, the liquid in the center was siphoned off and then raisins, prunes and fruits were added to make a "fruity toddy brandy" for colds and guests.

In the winter ice was cut from the frog pond and hauled up by horse to fill the icehouse. The slabs would be packed in sawdust and lasted all year to keep the icebox cold."

Life was hard on the farm; self-sufficiency required every one to do their job to the best of their ability. Even Helen, the youngest, was expected to work, carrying water during haying to the older siblings, weeding the garden, even milking the cows. At first she was given one cow to milk and as her hands got stronger more were added.

Holidays were for getting together with friends and family. The Polish Christmas Eve celebration called Wigilia meant eating a meal of traditional Polish foods like borscht, babka (bread) kapusta (cabbage), pierogi, kiel-basa and chrust (pastry) for dessert.

Helen:

Gathering of the clan was so comforting. We caught up on the lives of our siblings who are out working or married, and on their own. We got to see their little ones; they were so cute. Gifts weren't a big thing back then, visiting was.

Sister Cecelia recalled, "One year, when my oldest sister, Rose was working in town, she brought dolls for us little ones for Christmas, it was our first concept of Christmas gifts."

Eventually, only Helen was left at home. Still in high school at 16, she left school to help Julia on the farm.

After seven years, Helen married Frank Michalski, a Cheshire boy. Julia could no longer manage the farm and it was sold about a year later and she moved in with Helen and Frank to the home they built together on Sandmill Road.

Julia left the farm, but insisted on bringing one cow with her to look after. She lived with Helen and Frank and their two daughters for the last 10 years of her life.

Helen finished her high school GED, then trained as a hairdresser and operated her own beauty salon out of her home for many years. Helen was accomplished in many other ways. She played the accordion. She was an artist, a crafter, a gardener. She and Frank loved to travel, visiting Poland and locally following the Polka circuit so they could enjoy dancing and their favorite polka bands.

Frank passed away in 2011, Helen followed him in December 2022 at age 91.

Helen's memoir of growing up gives an intimate glimpse of hard-working people who were determined to survive by their talents and the resources available to them. Proud and strong, Julia provided for her family, her children growing up with a deep love for the land and each other, never feeling deprived.

Julia also helped others when she could. Elderly Adams people, with tears in their eyes, would tell this writer that Julia had sponsored them as immigrants, guaranteeing a place to stay and a job here so that they could come to this country and start a new life after the war decimated their beloved Poland.

So too, her legacy lives on in her grandchildren, the next generations and the hearts and lives of so many she touched.



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Celebrating 90+ Years!

Let's face it, most everyone likes having a good birthday party; but, there seems to be something extra special about those that hit 90+.

Family and friends gathered at the Cheshire Senior Center to help Evelyn Reynolds (97) *shown at right*, George Beckwith (93) and Anna Farnam (95) celebrate their collectively special birthdays.

Imagine what they have seen in their lifetimes!

Lots of memories were made with good food, great friends and delicious cupcakes. May they enjoy many, many more!



Annual Town Election Information

- Nomination papers will be available at the Town Clerk's Office beginning February 1st, by appointment, please call (413-743-1690 ext. 22) to schedule an appointment to pick up papers.
- Deadline to obtain nomination papers is Thursday, March 9th by 5:00 pm.
- Deadline to file nomination papers is Monday, March 13th by 5:00 pm.
- Deadline to withdraw nomination papers is Wednesday, March 29th by 5:00 pm. Withdrawal must be in writing.
- Deadline to register to vote in Annual Town Election is Friday, April 21st by 5:00pm

Offices for 2023 Annual Town Election

- One Selectmen for the term of three years
- One Board of Assessors Member - three years
- One Board of Assessors Member - one year
- One Board of Health Member - three years
- One Cemetery Commissioner - three years
- One Cemetery Commissioner - one year.
- One Water Commissioner - three years
- One Planning Board Member - five years
- One Hoosac Valley Regional School Committee Member from Cheshire - three years
- Two Hoosac Valley Regional School Committee Member from Adams - three years each

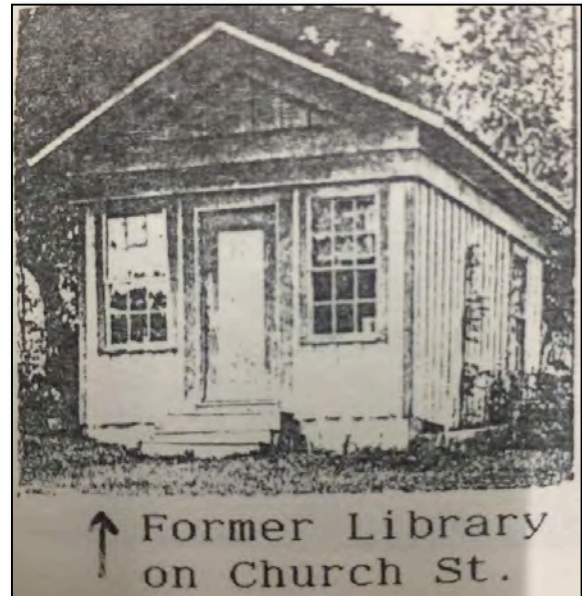
A Bit of History About The Cheshire Library and The Cheshire Library Association

From: History of the Town of Cheshire by Mrs. Ellen M. Raynor, Mrs. Emma Petittclerc, Judge James M. Baker (Introductory Chapter), 1885.



Photos: The Universalist Church was across from former Rod and Gun on Church Street and now a private home. Walt Zarek lived there and the first library is the building next to it. The library can be seen to the right (viewer's left) of the church.

"In 1866 another institution was organized, of which it is a pleasure to speak. This is the public library. A village library is nothing new under the sun. This village has been blessed with one before, but a library as successful in all points as this one has been, is somewhat rare. In the district library's history may be read that of the large majority. A few hundred books are purchased, so few that they do not require one especially to care for them, therefore, on the counter of some store they find room with an arrangement by some clerk will look after and give them out once a week either gratuitously or for a nominal sum. An arrangement that runs well for a little time then the interest of the public dies away, the attention of the clerk gives place to inattention, and the books one by one are neglected, misplaced and forgotten. So it had fared with the books belonging to the original first library. In this day of books, when every family is provided with many, a public library must of necessity have a considerable variety and number of volumes on its



shelves, even at the very outset; must be of sufficient value to make all feel the importance of caring for it. And of making additions to it. Something like this was the start of this library in 1866.

A stock company was formed, each member to pay \$5 a share, subject to \$1 per year tax. This did not give a fabulous sum to purchase books with in the offset. However, the books were obtained, selected with great care; A building erected especially for them and a librarian procured, who made the care of books secondary to nothing.

For a short time the library was kept in the store of J. B. Dean, Mr. William Martin, librarian. It was then removed to the building now used, but which stood then upon the present site of the Catholic church, Miss Kate Richmond, librarian. When the building was purchased for the library it was removed to its present lot. Mr. Martin took charge of it again, after which it fell to that care of Miss Richmond until she left town. Miss Jennie Foster and Miss Eva Cummings were librarians at different times. Miss Mary Martin succeeded and held the post until the fall of 1883; she was succeeded by her sister, Miss Emma Martin. What would have been the ultimate fate of this library had it not have had

as the most interested of workers in its behalf our whole souled philanthropic townsman, E. D. Foster, Esq., cannot be predicted. Throwing his whole heart into the work, he has talked and planned and begged for the Cheshire Library. Situated as but few are he could command the attention of some of the leading men of the state, poets, writers and historians. He used the fluent language ever ready upon his lips to its utmost possibility, and the books came pouring in from all directions. Authors donated to Mr. Foster their works. People who were in position to command duplicate copies of desirable works handed them to Foster for his pet project, the Cheshire Library. Talented men who prepared a lecture in the fall to deliver through the winter, upon some occasions gave their lecture for the benefit of the library. General Foster had many strings in his bow and he managed them admirably.

A reading club is carried on successfully in the village, having been in existence for a number of years meeting on every Friday evening during the

winter months.

The Public Library has increased in strength until in the present decade its future outlook is very bright. Funds have been raised in a variety of ways with which to purchase new books. Many volumes have been given by different individuals. E. D. Foster has never lost his interest or relaxed his vigilance, and hundreds of books are on the shelves that could never have been obtained without his assistance and personal gifts. John C. Wolcott has also presented many volumes to the library. Some sets comprising the complete works of an author. The little building is full now to overflowing. Every case and shelf and place that ingenuity can devise has been piled high with books. A fund is in reserve as a nucleus, around which the library board and friends of the institution hope to gather sufficient to erect a suitable building. When this is done and a room pleasantly furnished with appropriate surroundings of tables and desks, with book cases convenient and suitable for the preservation of their contents, it will be the crowning jewel of this Berkshire village. It contains now 2,370 volumes, with Miss Emma Martin as their custodian."

The library organized in 1866 through the efforts of E. D. Foster was known as the Cheshire Library Association (from Cheshire Library Association Treasurer's Report, December 1, 1947 - December 1, 1948).

Photos submitted by Barry Emery, Cheshire Historical Society.

Next Issue: The history continues...



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413.743.9719

~ Community Notes ~

Town Clerk- The 2023 Cheshire Dog Licenses are available at the Town Clerk's Office beginning March 7th and due beginning April 1st. Dogs not licensed by June 1st will have a Late Fee of \$15 added to the cost of the licenses.

Cheshire Pantry in collaboration with the Cheshire Fire Department - now located in the kitchen of the former Cheshire Elementary School. It is open to any Cheshire resident of any age on the first Saturday of every month from 11 am to 12 noon. Pick up occurs in the circle in front of the school. Delivery is available to anyone without transportation. Emergency food is also available by calling 743-5028. Monetary donations and nonperishable food may still be left at the Senior Community Center for later pick up by pantry personnel.

Cheshire Library - Story Hour is every Tuesday from 11:00 am to 12:00pm, stories and a craft each week. Library hours: Monday 9:30 to 2:30; Tuesday 12:00 to 7:00 and Wednesday 11:00 to 3:00.

We will be continuing STEM/STEAM nights for our younger patrons to come and take advantage of our STEM library or participate in an event challenge

- Cheshire Library will be celebrating 125 years of serving the people of Cheshire. An extensive list of events that will be spread out throughout 2023 will be announced after the new year. This is a BIG anniversary for us and we want to celebrate with the community all of 2023
- find specific dates/times of all our Cheshire Library sponsored Events on our Facebook page.

Cheshire Ladies' Reading Club - The Ladies Reading Club of Cheshire is the oldest continually meeting reading club in the US. We are carrying on a tradition first inspired by Emma Petittclerc in 1879. We meet every 2 weeks on Thursdays via Google Meet.

The most recent meeting was on February 9. For the winter we are meeting remotely to ensure that our members stay safe and avoid the circulating viruses as much as possible. To participate in a Google Meeting, you only need an email and to be available from 4-6 pm every other Thursday. We are a reading club, not a book club so we read together at meetings. If you would like to drop in on a meeting and see if it's for you, call Pat Gebarowski, President, at 413-743-2177.

Police Department - There are a couple of points I'd like to remind everyone about.

- **Scam Calls** ~ There has been an increase of scam calls to our senior population. Can we please remind them to never provide any personal information to anyone over the phone unless they are sure they know the calling party. If they receive a scam call please inform the police Department so they can be tracked.
- **Unwanted Medication Box** ~ The Police Department has a secured container for unwanted medications of any types. They can be dropped off or we will pick them up at your residence.
- **See Something / Say Something** ~ It important to report any suspicion activity. But it is important to remember that the on-duty officer is not always at the station to answer the office phone. The cruiser phone is available but if the officer is busy he will not be able to answer it. Please call 911 with anything that needs to be addressed immediately and the 911 dispatcher will get you help as quickly as possible.

Office Hours ~ for LTC's (License to Carry) or to talk with the Chief about any issues are every Tuesday night 4:00pm - 8:00pm. You can always email the department questions or concerns to cpd@cheshire-ma.gov

Michael J. Alibozek

Chief of Police

Cheshire Police Department

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~ Community Notes ~

Historical Commission - The Cheshire Historical Commission is again accepting donations of items or documents relating to our town's history. Please call 743-5423 for details.

Cheshire Recreation Committee -

Festival of Trees Thank You and Winners of the 1st Annual Festival of Trees

Thank you to the following businesses and town departments for participating in the 1st Annual Festival of Trees at the Former Cheshire Elementary School:

Adams Ambulance, Adams Community Bank, All Seasons Real Estate, Balawender Farm, Bedard Brothers, Cheshire Community Association, Cheshire Glassworks, Cheshire Rod & Gun Club, Cheshire Town Hall, Cheshire Police Association, Cheshire Fire Department/Hoosac Hose Company, Cheshire Board of Health, Cheshire Library, Cheshire Fishing Club, Cheshire Council on Aging, Cheshire Facilities Manager/Flag Keeper, Cheshire Historical Commission, Cheshire Lions Club, Delmolino's, EL Martin Farm, Harry's Auto, Hoosac Valley Regional School District, Northern Berkshire Pediatrics, Pilates of Cheshire, Sheds & Stuff, St Mary's of Assumption, The Tarjick Family/Kimber Tree, Jim Tworig/JCB Lawn Care, Waterman Construction, Whitney's Farm Stand, Youth Center Inc.

Special Thank You to:

Bob and Dale Balawender for providing music at the Tree Lighting event

Tim and CJ Garner for decorating all Town Buildings and for the holiday village and workshop at the school
Balawender Farm for providing hayrides at the Tree Lighting event

Wayne and Charlene Ouimet for the holiday decorations

Cheshire Council on Aging for the cocoa and cookies at the tree lighting event

Cheshire Highway Department and Facilities Manager for your support and vision

CONGRATUATIONS TO THE WINNERS

1st Place will receive a free tree for the 2nd Annual Festival of Trees


Fan Favorite - Keeper of the Flags (52), Tarjick Family/Kimber Tree (39), Council on Aging (32), Cheshire Glassworks (32)

Best Lit - Keeper of the Flags (33), Cheshire Glassworks (25), Cheshire Community Association (25)

Best Topper - Delmolinos (50), Cheshire Rod & Gun Club (40), Cheshire Highway Dept.(36)

Most Creative - Cheshire Fire Department (52), Cheshire Rod & Gun Club (24), Tarjick Family/Kimber Tree (21)

Funniest - Cheshire Police Department (65), Cheshire Board of Health (41), Cheshire Fire Department (35)



Dynegy Energy Services is a competitive energy supplier for the Town of Cheshire. For more information or to sign up Cheshire residents may do so by calling this number: 1.866.220.5696



Cheshire Lions Club -

The Cheshire Lions Club remains an active contributor to our community during these

trying times. We are always looking for new members. Among our contributions, we support ongoing eye research efforts. We have also supported numerous local organizations such as the Youth Center, the Friends of the Cheshire Council on Aging, the Cheshire Fire Department and various charitable organizations and athletic teams. We donate annual scholarships to Cheshire graduates from Hoosac Valley High School, McCann Technical School and BART. Every year, during the Christmas season, we conduct our Give A Gift program to provide those in need, local families and seniors, with Christmas gifts. Our club also installs and cares for the American flags located throughout the town. If you are interested in joining or would like more information or have any questions, please contact Jennifer Waterman at jen@watermanexcavating.com.

Cheshire Senior Club Explores Local Diners / Restaurants

The Cheshire Senior Club meets every Wednesday at 12:30 after lunch at the Senior Center. Please feel free to drop in and join us.

The group goes out to lunch once a month, usually on the third Thursday of the month, to different area restaurants. They also sprinkle in a few side trips during the year including apple picking, farm tours and shopping trips.

Planned luncheons in the coming months include the Old Man Jeffs, Zucco's, Ozzies and the Golden Eagle restaurants.

We are just a bunch of friends that enjoy hanging out and doing fun things. If this sounds interesting to you, call Gene at 743-2177 for more information.



Cheshire Senior Club at the Miss Adams Diner, January 2023



The Cheshire Senior Club's February outing at Old Man Jeff's Barbecue Company with hosts Jeff and Lorna stranding in the background.



2023 Census Notice

The 2023 Cheshire Annual Census has been mailed.

The Census is mandated by Massachusetts General Law and is valuable to have a current and correct residential count. The population count is important to the Town to apply for state and federal aid and grants. The count is also valuable to Hoosac Valley Regional and Northern Berkshire Vocational School Districts.

Residents are asked to review, correct if necessary, sign and return to the Town Clerk's office in the provided envelope. Please make sure all who reside at the address who are not listed on the form are added with all pertinent information, this would include dependent children.

This form cannot be used to register to vote or change party enrollment.

Census forms returns may be mailed through the Post Office or put in the "drop-box" at the Church Street Entrance to Town Hall.

Any resident who does not receive a form or has questions concerning the form should call the Town Clerk at 413-743-1690 ext. 22 or email townclerk@cheshire-ma.gov.

Cheshire COA Center for Active Living

CHP Mobile Health Van - The CHP medical van is tentative scheduled for Thursday, March 16th and Thursday, April 17th. Please follow our Facebook page for dates and times. If you need any non-emergency medical attention or have medical questions stop by and ask the CHP Mobile Health Unit staff. No appointments needed and open to anyone. You may also call Brenda with any questions at the COA office @ 413-743-9719



Cheshire COA Van -The COA Cheshire Center for Active Living van is available Mondays, Tuesdays, and Wednesdays. Please call 24 hours before to schedule a ride. A \$3.00 donation is appreciated. Call: (413) 446-2559.

The Café at 119 School Street, Cheshire - Hot Lunch for Seniors - The Elder Services lunches will be served Mondays, Tuesdays, and Wednesdays inside at 11:30am with the Grab n Go meals to continue five days a week if there is a need. To reserve your meal, call 743-9719 at least 24 hours in advance. Suggested Meal Donation of \$3.00 for those 60 and over.

Brown Bag - Free paper bag of food available on Friday, March 24th and Friday, April 28th between 11:30am and 12:30pm. Contact Brenda to sign up 743-9719. Pick up at Senior Center, 109 School Street.

Morning Exercise - 9am -10am Mondays, Wednesdays, and Fridays

Chair Yoga - 10 - 11am Fridays, led by Maryanne Kuffs

Blood Pressure readings - Blood pressure readings with Mal and Carol offered Mon., Wed., Fri. from 10-11 am each week.

Foot Clinic - The Foot Clinic is held inside the Center once every two months. Sorry, no walk-ins - appointments only. Call Brenda @ 413-743-9719 to schedule an appointment and for protocol. There is a fee of \$35 for this clinic.



Bingo - Every Tuesday at 12:30, \$1 per card

Quilting - Quilting with Betty is on the 2nd and 4th Thursday of the month, 1pm-3:30pm (\$5 suggested donation to benefit the Cheshire pantry).

Community Book Club - The Community Book Club met on Thursday, January 12 to discuss Dinners with Ruth by Nina Totenberg. We continue to meet at the Community Center every second Thursday of the month at 6:30 PM. February's book (February 9) was: Verity by Colleen Hoover. We have selected American Dirt by Jeanine Cummins for the March 9 meeting. If you enjoy discussing books you've read or just enjoy listening to discussions about books in the current orbit of attention, please join us. Bring a friend.

Special Events



At right: Davis Bates, Singer/Storyteller

Friday March 17th @ 6pm– Corned Beef and Cabbage Dinner followed by Davis Bates Celtic Entertainment at 7pm; cost is \$25 nonmembers and \$20 for Cheshire Friends Members. Advance registration is suggested as space is limited. Call 413-743-9719.



Monday March 20th @ 12:30– Easter Sock Gnome Event. Come join in the fun of making these adorable little characters... especially if you have a knome fetish. Call 743-9197 if you want to participate. Supplies are provided. Cost is \$5.

Spring Flower Planter Making- Monday April 17th @ 12:30 All supplies, soil and flower seeds included. Spruce up your stoop or porch with brightly colored pots hand-painted and planted by you. Cost is just \$5!



Smart Shoppin'

Presented by

Elder Services

of Berkshire County, Inc.

Sheri Iodice,

Registered Dietitian Nutritionist

She will be speaking during a 30-minute presentation about how to get the most with your grocery dollars.

The Agenda will include:

- Shopping Tips
- A Fresh Look At Food Labels
- Keeping Your Pantry Stocked
- Questions/Answers Period

At the **Cheshire Senior Center**

109 School Street

Wednesday March 8, 2023 • Noon

Ready to hit the road? The following bus trips have been scheduled:

March 14 - Adams Senior Center bus trip to Delany House, Holyoke for St. Patrick show with Sarah the Fidler and buffet, \$98, call 743-8333 for more information.

- 10:00 Leave Adams, Allendale pick up
- 11:30 Arrive for hors d'oeuvres
- 12:00 Lunch
- 3:00 Leave for home

April 15 - Adams Senior Center bus trip to MGM includes Buddy Holly Show and buffet, \$110, call 743-8333 for more information.

- 8:00 Leave Adams
- 8:20 Pick-up Allendale, Pittsfield
- 9:30 Arrive MGM (Play 'til noon)
- 12:00 Luncheon @ MGM
- 1:30 Board bus to go to Majestic Theatre for Buddy Holly Show
- Concession stand coupon @ Majestic
- 3:00 Head Home for approximate arrival of 5:00pm

March

Cheshire COA Calendar of Events

2023

*Photo by: Gene Gebarowski,
Hockey on Cheshire Lake*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Exercise 9-10 Coffee Hour 10-11 Lunch 11:30 Senior club 12:30	2 Grab-n-Go 10-12	3 Exercise 9-10 Chair Yoga 10-11 Grab-n-Go 10-12	4 Cheshire Pantry 11-12 Elementary School
5	6 Exercise 9-10 Lunch 11:30	7 Exercise 9-10 Lunch 11:30 Bingo 12:30	8 Exercise 9-10 Coffee Hour 10-11 Lunch 11:30 Smart Shopping Presentation, 12:00 Senior club 12:30	9 Grab-n-Go 10-12 Quilting 1-3:30	10 Exercise 9-10 Chair Yoga 10-11 Grab-n-Go 10-12	11
12	13 Exercise 9-10 Lunch 11:30	14 Exercise 9-10 St. Patrick's Bus Trip, leaves Adams @ 10am Lunch 11:30 Bingo 12:30	15 Exercise 9-10 Coffee Hour 10-11 Lunch 11:30 Senior club 12:30	16 Grab-n-Go 10-12 CHP Van 10-12 Foot Clinic	17 Exercise 9-10 Chair Yoga 10-11 Grab-n-Go 10-12 St. Patty's Dinner & Show 6pm	18
19	20 Exercise 9-10 Lunch 11:30 Easter Craft 12:30	21 Exercise 9-10 Lunch 11:30 Bingo 12:30	22 Exercise 9-10 Coffee Hour 10-11 Lunch 11:30 Senior club 12:30	23 Grab-n-Go 10-12 Quilting 1-3:30	24 Exercise 9-10 Chair Yoga 10-11 Grab-n-Go 10-12 Brown Bag 11:30	25
26	27 Exercise 9-10 Lunch 11:30	28 Exercise 9-10 Lunch 11:30 Bingo 12:30	29 Exercise 9-10 Coffee Hour 10-11 Lunch 11:30 Senior club 12:30	30 Grab-n-Go 10-12	31 Exercise 9-10 Chair Yoga 10-11 Grab-n-Go 10-12	

April

Cheshire COA Calendar of Events

2023



*Photo by: T.F. Williamson
Signs of Spring*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Cheshire Pantry 11-12 Elementary School
2	3 Exercise 9-10 Lunch 11:30	4 Exercise 9-10 Lunch 11:30 Bingo 12:30	5 Exercise 9-10 Coffee Hour 10-11 Lunch 11:30 Senior club 12:30	6 Grab-n-Go 10-12	7 Grab-n-Go 10-12 Exercise 9-10 Chair Yoga 10-11	8
9	10 Exercise 9-10 Lunch 11:30	11 Exercise 9-10 Lunch 11:30 Bingo 12:30	12 Exercise 9-10 Coffee Hour 10-11 Lunch 11:30 Senior club 12:30	13 Grab-n-Go 10-12 Quilting 1-3:30	14 Grab-n-Go 10-12 Exercise 9-10 Chair Yoga 10-11	15 MGM Bus Trip, Leaves Adams @ 8am
16	17 Exercise 9-10 Lunch 11:30 Spring Flower Pot Craft 12:30	18 Exercise 9-10 Lunch 11:30 Bingo 12:30	19 Exercise 9-10 Coffee Hour 10-11 Lunch 11:30 Senior club 12:30	20 CHP Van 10-12 Grab-n-Go 10-12 Foot Clinic	21 Grab-n-Go 10-12 Exercise 9-10 Chair Yoga 10-11	22
23	24 Exercise 9-10 Lunch 11:30	25 Exercise 9-10 Lunch 11:30 Bingo 12:30	26 Exercise 9-10 Coffee Hour 10-11 Lunch 11:30 Senior club 12:30	27 Grab-n-Go 10-12 Quilting 1-3:30	28 Grab-n-Go 10-12 Exercise 9-10 Chair Yoga 10-11 Brown Bag 11:30	29
30						