

Local yokel

West Stockbridge
March
2017

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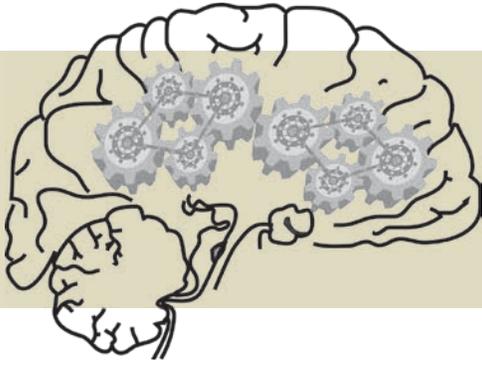


Senior Moments ... **Town Meeting Results** ... On the Home Front
... all inside

View east from Woodruff Road. Photo by John Parker.

“Senior Moment” or Chronic Cognitive Impairment?

By Cory Lenherr, M.D.



“The word is on the tip of my tongue” . . .

“I know her name, but I just can’t think of it right now” . . .

“My mind is fuzzy today; I must have the flu!”

In mid-January I caught a mild cold. It was the usual: fatigue, congestion, runny, drippy nose, and occasional cough. For a cold, it wasn’t too bad, but on the third day, I noticed my brain had gone AWOL. I had trouble organizing my activities, my mental processing was slower, I felt like I couldn’t think. My brain was foggy, and I couldn’t shake it no matter how much coffee I drank—classic brain fog!

Although these changes might have been worrisome, I knew they were the temporary effect of cytokines: infection-fighting chemicals produced by my immune system in response to the cold virus. Essentially, I had an inflamed brain. We hear about inflammation all the time: it occurs with arthritis, infections, sprained ankles, and heart disease. When it happens in the brain, it’s called neuroinflammation. Mediators of inflammation cause the tissue to become swollen, or “waterlogged,” and cellular functions slow down or stop entirely. Common causes include:

- ↔ Nutrient-poor diet/Food sensitivities
- ↔ Toxins, medications, heavy metals
- ↔ Hormone imbalances
- ↔ Infections
- ↔ Lack of exercise
- ↔ Chronic stress
- ↔ Sleep deprivation including sleep apnea
- ↔ Head injury or concussion

When the insult is temporary, such as a night or two of poor sleep, the swelling subsides and we recover easily. In my case, once the infection waned, my immune system settled down and I regained my normal brain power. However, the experience made me more aware of how easy it is to tip the balance between a brain that functions well and one that doesn’t.

When the insults are chronic, our brain has less chance of full recovery and, over time (usually years), more permanent brain changes creep in. At some point, we realize

we simply don’t think as well as we used to. This decline of our mental sharpness, known as cognitive impairment, is characterized by:

Forgetfulness: Misplacing keys or important papers, returning from the grocery store without the item you went for, not remembering conversations, books, films

Decreased processing speed and accuracy: Trouble learning new technology, needing more prep time for travel and social events, increased spelling or check-book errors

Anxiety/Irritability: The tendency to be more worried or angry than is usual for you

Lack of mental clarity: Foggy thinking, trouble understanding directions, product instructions, or making sense of multiple pieces of information

Loss of concentration: Reduced ability to read a book/newspaper or finish a project

Easily fatigued: More tired after a long drive, conversation, or a workday

When we start having memory problems, we tend to write them off as “senior moments” no matter our age. At first they may seem insignificant, but more frequent memory lapses are frustrating or even scary. Conventional wisdom holds that this is normal aging and there’s nothing to do for it. *Really? Nothing?*

Actually, there’s a lot we can do to slow, and potentially reverse, cognitive decline by identifying physiologic imbalances and correcting them. For example, following a nutrient-dense/nonallergenic diet, getting good quality sleep, exercising daily, and keeping stress to a minimum provide the foundation for a healthy brain and body. Just as critical is identifying infections, sleep disorders, toxicities such as mold and heavy metals, medication side effects, and hormone deficiencies because these can derail the benefits of even the healthiest lifestyle habits. Uncovering these

...continued on page 4

Board of Selectmen Meeting Summaries

By Doane Perry

Note: Copies of official board minutes are available at the West Stockbridge Public Library. Video recordings of town meetings are broadcast on Charter Cable channel 190 and on the Internet at <http://vimeo.com/channels/weststockbridge>. Residents can be notified by e-mail of town events and meeting agendas by subscribing at <http://weststockbridgema.virtualltownhall.net/subscriber>.

Open Meeting: February 6, 2017

Executive Session

The selectmen met first in executive session “to investigate charges of criminal misconduct” and then returned to convene the regular open meeting.

Special Town Meeting Agenda

Curt Wilton announced that the February 27 special town meeting agenda will include:

1. The school financing reorganization
2. Zoning changes by the Planning Board
3. A procedural vote on MassDOT paying the town a payment in lieu of taxes (PILOT) for the land used by the solar array on Route 102
4. Williams River erosion repair



Retaining wall collapse near Shaker Mill Dam.
Photo by Doane Perry.

The selectmen voted to add the Williams River erosion repair to the special town meeting agenda. The drainage pipe that carries water down Lenox Road to the river by the Shaker Dam coffeehouse undermined the river wall, which then fell into the river. Curt Wilton asked Maxymillian for an estimate because they are in West Stockbridge working on the turnpike bridges. The worst case estimate is \$19,000 and five days of work. The probable rate is \$3,500 per day for labor and equipment plus \$80 per hour for an engineer over 3 to 4 days. Peter Skorput commented that it’s “got to be done.”

Fire Department Studies

Curt introduced the selectmen’s discussion of the two studies prepared by the Municipal Resources Institute (MRI) by saying that the selectmen were not there to fire Chief Skorput but to move the Fire Department forward to meet future demands. Curt said the board has begun to work with Peter on taking attainable steps, noting that some of the report’s recommendations would *not* be beneficial to the town.

Earl Moffatt described the management review report as follows:

1. Part 1 addressed complaints about administrative faults that could cause personnel to be injured.
2. Part 2 described steps the Fire Department should take to verify personnel and their coverage by town insurance, and to improve dispatch procedures where participation is limited and response by surrounding towns is inadequate.

Peter said the department needs help with staffing and addressing the average age of personnel, which is 50. Peter said it is hard to get staff into available training: the training takes 600 hours, and the department did not have enough personnel to fill its allotment in the most recent training session. The department has one man and one woman who have taken Firefighter One training. Most of

...continued on page 5

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imbalances is likely to require work with a functional or integrative medical doctor.

While it may be tempting to label change in memory and cognitive function as an annoyance and try to ignore it, I encourage you to think again. Subjective cognitive impairment can lead to mild or moderate cognitive impairment and eventually dementia. Although it may take years, waiting until a dementia diagnosis is made could be too late.

Reversing cognitive impairment is possible when addressed early. A groundbreaking study published in September 2014 by Dale Bredesen, M.D., showed reversal of cognitive impairment in 9 of 10 participants using a functional medicine protocol addressing multiple systemic imbalances. While his research continues, Bredesen asserts that it is clear the earlier we address cognitive changes the better.

What about you? Are you having memory troubles or other signs of cognitive impairment? Are you ready to take action? Here are a few suggestions to get you started:

- **Read a book:** *Grain Brain* and *Brain Maker* by David Perlmutter, M.D., and *Magnificent Mind at Any Age* by Daniel Amen, M.D., are excellent books on brain health and reversing neurodegenerative conditions. They emphasize low-glycemic diets; removal of problematic foods, alcohol, and drugs; and the importance of regular exercise and sleep.
- **Access online education:** Sharp Again Naturally (sharpagain.org) is a nonprofit organization committed to educating the public and medical community about

preventing and reversing multiple causes of memory loss, dementia, and Alzheimer's disease. The Alzheimer's Association (alz.org) has excellent resources for people with advanced dementia and their families. Apo E4 (apoe4.info) is an Alzheimer's gene information source for those with the Apo E4 gene. Lectures given by Bredesen are also available on YouTube.

- **Attend a workshop:** With Sharp Again Naturally, I will be giving a one-day workshop on memory loss on Sunday, April 2, in White Plains, New York. We will cover the 10 reversible causes of dementia and strategies you can put to use immediately (see sharpagain.org for more information or to register).
- **See a functional medicine doctor:** If you already have a healthy lifestyle yet your mental functioning is not up to par, I suggest consulting with a functional or integrative physician who is able to consider and address multiple systemic imbalances. Improving memory and reversing cognitive impairment involves much more than the single-drug approach used in conventional medicine!

Alzheimer's and other dementias are on the rise especially as our population ages. There are ways to reverse cognitive changes, and the key thing to remember is to take action now before it's too late!

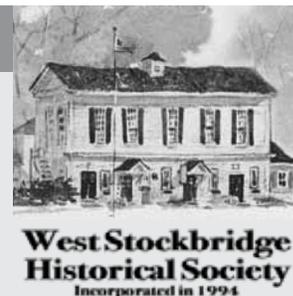
Cornelia (Cory) Lenherr, M.D., is a resident of West Stockbridge and practices functional medicine in Chatham, NY, specializing in mood, mind, and autoimmune disorders. She can be reached at drcory@healthymd.org or (518) 392-5180. □

March History Quiz Question:

Early Berkshire County was settled by farmers and Congregationalist missionaries from Connecticut and back east. The church was a major social, economic, and religious factor in early life to the extent that establishing its own church spawned the creation of the town of West Stockbridge. The Congregational Church was the state-funded and sponsored religion until 1833.

After the Revolutionary War, West Stockbridge also had a growing immigrant population, and by the early 1800s, the census shows many workers from French Canada, primarily as charcoal workers for the iron mines. By the 1850s, Irish immigrants also populated the town, working as farmers, quarrymen, and servants. All through the 19th century, West Stockbridge was a town of immigrants with a sizable Catholic population, not Congregational. Yet St. Patrick's Church was not completed until 1872. Where did our Catholic population worship before that?

(Find the answer somewhere in this issue!)



the towns in the area also lack sufficient personnel. A department incident report dated November 7, 2016, lists 10 people on the roster: Pete Skorput, Larry Morse, Les Losaw, George Allen, Billy Cooper, Matt McMahon, Matt Rider, Sara Avery, Katie Cardillo, and Josh Ellis.

Peter agreed to keep a roster and insurance file in both the Town Offices and the Fire Station. Curt wondered if the Fire Department could incorporate the Police Department's procedures in handling applications and in maintaining a paper trail. Earl and Peter discussed the "spotty records" of the Fire Department Association. Peter said a record book recently disappeared. The Fire Department and the association are two different organizations and groups of people.

Former Fire Department lieutenant Jim Hallock, who first raised concerns about department management, said he has been asking for the roster for a year. Curt said that inadequate record keeping is an admitted flaw in department management. Alan Thiel commented that shared record-keeping services should be a topic for discussion by towns seeking to lower costs and provide better solutions. Jim said there is an emergency responder reply system called "IamResponding." The cost of the software and service is \$300 per year for less than 100 incidents and \$800 for more than 100 incidents. Police use it to generate event e-mails to their headquarters and to insurance companies.

Peter said he will perform record-keeping procedures every Monday. Evie Kerswell asked if the Fire Department has a procedural manual. The selectmen said that Mass. General Law Number 48 outlines the fire chief's responsibilities. Grievance reporting follows chain-of-command structure and is done through the Fire Department Association. The Board of Selectmen deal with the chief, who is appointed by them.

Regarding the report's conclusion that the department's response time is slow, the selectmen discussed whether an automatic alarm to other towns for mutual aid when there is a fire call would improve coverage. Curt said Peter is always there first to assess the need for assistance. Peter said too many calls for assistance are like "crying wolf" and will wear out the other towns.

The mutual aid system requires a certified building fire and not just an alarm. Peter said he thinks the current system, where the first responder makes an assessment of what resources are needed, is the best. Curt agreed.

Susan Fisher suggested the discussion address how to enable the department to grow. Jim Hallock commented that the answer is to make the department functional. There is no training, and record keeping needs improvement. Jim said the selectmen have not been enforcing functionality.

Asked about the cost of the MRI reports, Curt said the cost was \$10,000 to \$11,000, paid out of a combination of town meeting, Board of Selectmen, and Fire Department funds.

Asked how many hydrants don't work, Peter responded there is one at Flat Brook, adding the department worked on a Main Street hydrant and improved its flow to 50 gallons per minute. The department back-flushes the hydrant in front of Jim's house every three months. A member of the Fire Department commented in Peter's defense that he has dug out the Main Street hydrant and cannot get water, and back-flushing takes hours.

One member of the department commented that the town has dedicated people but is not treating them well. Mike Skorput suggested increasing the stipend.

The selectmen agreed to discuss the roster, training, and recruitment at the next meeting. □



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Message from Fire Chief Peter Skorput



Burning season is January 15 to April 30. Permits are available at Baldwin Hardware and the Public Market for \$2 and are good for two days. If you have brush to burn, please do it when there is snow cover or the ground is wet to reduce the risk of an out-of-control brush fire.

Also: the Fire Department is looking for new members. If you want to help, please call me or stop at the fire station any Monday night.

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Special Town Meeting: February 27, 2017

By Doane Perry

About 60 voters approved all four articles concerning capital funding for the regional school district, the town's zoning bylaws, collection of taxes from the Mass Turnpike solar array, and funds to pay for repairs to the banks of the Williams River.

Article One sought voter approval of amendments made to the Berkshire Hills Regional School District agreement that was approved by Great Barrington and will soon be put to a vote in Stockbridge. In West Stockbridge 43 people voted by secret ballot yes to approve; 10 voted no.

Before the vote, Superintendent Peter Dillon explained the context of the proposed changes to the agreement that was last revised in 1990. The share that each town pays for operations remains the same, whereas the funding for future capital projects will be apportioned based on the three towns' equalized assessed valuation—resulting in an increase of costs for Stockbridge, a decrease for Great Barrington, and no change for West Stockbridge.

The new approach is based on the model used at Mount Greylock and became attractive to Berkshire Hills because it opens the door to getting a new high school. Dillon said the towns will have the opportunity to review any new capital plan before it goes forward. The superintendent said he has lots of work to do before Stockbridge votes. He hopes the town will approve the plan for the greater good because if the plan fails, the school system will revert to its currently unacceptable situation.

Article Two sought to improve zoning in downtown West Stockbridge so the current dense combination of mixed residential and nonresidential use is allowed, regulated, and encouraged because it embodies the charm of the village. The article defines mixed use as residential and nonresidential uses on a single lot or one or more nonresidential uses on a single lot. It also specifies the overlay districts mapped over other districts that modify and supersede them if there is an inconsistency.

The article asked voters to amend the zoning bylaws by creating a village core overlay district, by creating dimensional and setback requirements, and by creating off-street parking requirements as well as conditions for reduction in minimum parking requirements such as shared use of a parking facility. Another change provides zoning regulations for larger scale developments.

Planning Board member Dana Bixby described minor changes to the language in the proposal. Asked about regulation of handicapped parking spaces, Dana said developers are required to follow federal and state regulations and are not covered by zoning. Curt Wilton said the spaces on Main Street are regulated by state law.

Responding to a comment that the lot on Main Street will be needed for parking, the selectmen explained that the lot is privately owned. After discussion, there was a voice vote in which all present were in favor.

Article Three was also approved unanimously. It enables the Selectmen to negotiate and enter into a payment in lieu of taxes (PILOT) agreement with the photovoltaic solar facility located adjacent to the Mass Pike interchange. The array is on state-owned property, leased to a developer that the town of West Stockbridge can bill for taxes—about \$10,000 per year for 20 years.

Asked if the Planning Board could issue zoning bylaws that would oblige the array operator to improve the landscaping at the array, Mark Webber commented that the best strategy is to call Representative Smitty Pignatelli.

Article Four, which also passed unanimously, was to appropriate from certified free cash the sum of \$20,000 for the purpose of conducting emergency repairs to the retaining wall adjacent to the Shaker Mill Dam spillway.

A section of the wall washed out in recent storms and needs to be repaired to prevent further loss. The proposed repairs have received an Emergency Order of Approval from the Conservation Commission, and project quotes have been obtained. The remaining balance in certified free cash is \$443,644.

The selectmen said the town owns the river wall and predicted it will get worse if nothing is done. Moderator Gene Dellea commented that the spillway and dam have an interesting history in which the electric company operating the electric turbine created a fund to repair the walls.



Superintendent Peter Dillon speaks to the Special Town Meeting. Photo by Doane Perry.



The *Local Yokel* is published monthly. Please send submissions to: the *Local Yokel*, P.O. Box 238, West Stockbridge, MA 01266 or info@thelocalyokel.org. Copy deadline is the 15th of the month prior to the publication. Editors: John Parker, 298-1052, john.parker49@verizon.net; Vicki Grayson, 232-6131, vicki.grayson@rocketmail.com; Susan Fisher, 232-4443, suefish12@gmail.com; Anne Lesser, 232-8577, anne@annelessercommunications.com. Contributor: Doane Perry, 617-547-1413, doaneperry@yahoo.com; Design: Kim Bradway, kim@bloominarts.com.

The *Local Yokel* is supported in part by a grant from the West Stockbridge Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

This Space Could Have *Your* Byline!

Yes, the *Local Yokel* is looking for local content. We invite residents, businesspeople, and creative folks of all ages to submit material of interest to our readers for consideration. Submissions can include articles, columns, profiles, photos, artwork, poems—you name it! You don't have to be a pro, just have something to share. Our editors will help you prepare your content for publication.



“Spring Is Coming” Photo Contest

As a special incentive, we invite you to submit photos on the theme of “Spring Is Coming.” As judged by our editors, the best photos will be published in upcoming issues of the *Local Yokel*, and we are offering a **grand prize of \$25 for any photo selected for the cover!** Photos may be in color or black and white, must be submitted as a digital file, and must be taken in West Stockbridge (we'll need you to tell us the date and location the photo was taken). The contest will run from now until May 15. Depending on how many are submitted, photos may be published in the April, May, or June issues. Deadline for each issue is the 15th of the preceding month.

For more information and submissions, please contact *Local Yokel* editor John Parker at john.parker49@verizon.net or by phone at (413) 298-1052.



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March Art Calendar

Art Demonstration and Business Meeting: Wed., March 1, 4–6:45 p.m. 4:00: How to Take Better Photos with Your iPhone. 4:30: Ron Ronan: Demonstration on Fresco Process. 5:30: Business meeting. 5:45–6:45: Small groups plan next events. Community Room, Town Offices, West Stockbridge, 21 Stateline Rd. RSVP

Meet the Artist: Joy Cameron, Stone Sculptor: Fri., March 3, 12:15–1:30 p.m., Six Depot, WS. RSVP

First Fridays Artswalk: Fri., March 3, 5–8 p.m., Pittsfield, North and South Streets. www.firstfridaysartwalk.com

Narrative Figure Painting: Sat., March 5, 11, 18, 25, 10 a.m.–1:30 p.m. \$20. Pittsfield. RSVP: ach022050@gmail.com

First Sunday at Clark Museum: March 5. The first Sundays of the month are free from October to December. Carpool available.

Life Painting/Drawing Sessions: Tues., March 7, 21, 10 a.m.–1 p.m. For beginners to experts with a live model. \$15. RSVP: wgpolk@aol.com

Demonstration and Practice: Painting on Your iPad with Anne Auberjonois: Wed., March 8 and 22, 10 a.m.–1 p.m., Stockbridge

Meet the Artist: David Edgecomb, Photographer: Thurs., March 9, 1–2:30 p.m., Stanmeyer Gallery, WS. RSVP

Positive Critique: Thurs., March 9, 4–6 p.m. Bring 2–3 pieces of your art. Community Room, Town Offices, 21 Stateline Rd., WS.

Artist-to-Artist Open Studio: Wed., March 15, 6–9 p.m., Town Offices, 21 Stateline Rd., WS. Work, chat, experiment. Host: Aly Benton

Studio Tour: Shawn Fields, Painter: Thurs., March 16, 11:00–1:30 p.m., Mill River. Carpool from Six Depot, WS, 10:30 a.m.

Tea with the Masters: Thurs., March 23, 12–2 p.m., Stanmeyer Gallery, WS

Meet the Artist: Adrian Holmes, Painter: Thurs., March 30, 12:15–1:30 p.m., Six Depot, WS

Art Book Gathering: Fri., March 31, 3–5 p.m., Shaker Mill Books, WS

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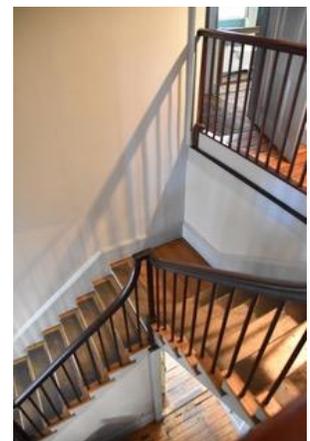
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The Top 12 Things You Should Know About the U.S. Postal Service

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- 11.** The Postal Service has the country's largest retail network—larger than McDonald's, Starbucks, and Wal-Mart combined, domestically.
- 10.** Through the Carrier Alert Program, Postal Service letter carriers help monitor the well-being of elderly and disabled customers. If carriers notice an accumulation of mail that might indicate an accident or illness, they notify emergency personnel. In addition, each year postal employees go beyond the call of duty, some even risking their own safety to save the lives of the customers they serve. In 2015, the Postal Service recognized 318 employee heroes for going above and beyond.
- 9.** The Postal Service processes and delivers nearly half of the world's mail—47%.
- 8.** The Postal Service embraces the heroic service of the U.S. armed forces. More than 113,000 veterans are employed with the organization, and more than 140 stamps have been issued that reflect the nation's military history, including the current Medal of Honor series (as of January 2015).
- 7.** The Postal Service is the only organization in the country that has the resources, network infrastructure, and logistical capability to deliver regularly to every residential and business address in the nation.
- 6.** The Postal Service has more than 200,000 vehicles, one of the largest civilian fleets in the world. Part of this fleet is currently in the process of being replaced with next-generation vehicles to incorporate the automotive industry's advances in ergonomics, safety features, fuel efficiency, low emissions, and design flexibility.
- 5.** The Postal Service can and does compete with the private sector—and it collaborates with it, too. UPS and FedEx pay the Postal Service to deliver hundreds of millions of their ground packages to residences, taking advantage of the Postal Service's expansive delivery network. The Postal Service pays UPS and FedEx for air transportation, taking advantage of their comprehensive air networks.
- 4.** Mail is a great communication tool. It's personal. You can keep letters and cards forever. There are no monthly plans. No signal outages. No roaming charges. Regardless of geographic location, anyone can send a letter for just 47¢ to anywhere in the United States, its territories, and U.S. military and diplomatic installations worldwide.
- 3.** Mail is reliable, trusted, and secure—more than 200 federal laws protect the sanctity of the U.S. mail. These laws are enforced by the U.S. Postal Inspection Service, one of the oldest law enforcement agencies in the country. U.S. postal inspectors are federal agents, mandated to safeguard the nation's mail—including the people who move it and the customers who use it.
- 2.** The U.S. Postal Service is the core of the \$1.4 trillion mailing industry in this country that employs more than 7.5 million people. And most importantly . . .
- 1.** The Postal Service receives *no* tax dollars for operating expenses and relies on the sale of postage, products, and services to fund its operations.

*For more information, contact Colleen A. Wich, Postmaster,
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Community News & Events

Stockbridge Grange Dinner

On Sunday, March 12, the Stockbridge Grange will hold a corned beef and cabbage dinner in the Grange Hall at 51 Church Street from 1 to 2 p.m. Cost for adults is \$12; \$6 for children under 12. Takeout is available; call (413) 298-3185. In case of stormy weather, please call first to see if it has been canceled.

Council on Aging Luncheon

The Council on Aging will hold its potluck luncheon at noon on Tuesday, March 14, in the Community Room at the Town Offices. Hope you can all participate—see you there!

Send your notices for Community News & Events to the Local Yokel, P.O. Box 238, West Stockbridge, MA 01266, or by e-mail to info@thelocalyokel.org.

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We are happy to include them in the next issue.

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Would you enjoy being part of the team that produces this free monthly newsletter serving our community, now in its 10th year of publication?

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Parks & Recreation

By Ginna Dudney

The current news at P&R is mixed. On a very happy note, the committee has been assured that the weeds in Card Pond will be treated in May, just in time for the opening of the new season.

Middle-of-the-road news is that permission for the erection of a fence between the parking lot and the basketball court at the Town Offices is still pending. Hopes were that the cost of that fence could be combined with those of the finally-to-be-completed-this-spring tennis court fence for an overall better price.

And, sadly, we just learned that West Stockbridge did not make the cut for the grant we applied for last year to build a new playground. We can and will reapply in 2017, but, in the meantime, the playground continues to be a source of great concern. Plans are still in the works to finalize the design of a new playground that encompasses something for every child as well as ideas on how to raise the money necessary to finance it. If there are any creative fundraisers in the village, please get in touch!

Finally, as winter slips away, plans are also underway to build a pop-up ice skating rink next year. Location and size are to be determined, but it promises to be a fun addition to the town's winter activity possibilities.

No one has time for meetings—the committee gets that—but if you want to continue to:

- Have the tennis and basketball courts maintained
- Enjoy an Opening Day party at Card Pond
- Offer a safe playground that has something to offer every child
- Celebrate the Spooktacular and the glories of autumn
- Gather around the holiday tree while on a holiday stroll in December
- And more . . .

Please sign up to contribute what time and creativity you can spare. Pick an activity or a season. Your involvement will make all the difference! Contact (917) 209-0926.

Lifeguards are needed at Card Pond this summer. Anyone interested, call (917) 209-0926.

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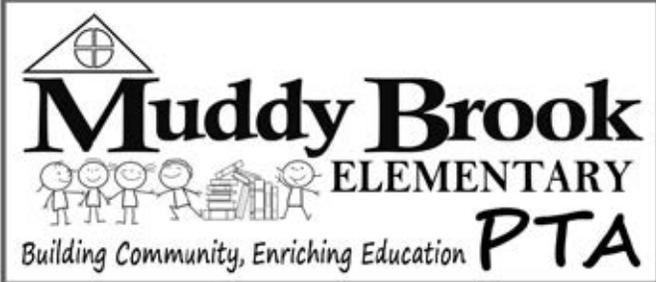
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Mud Day News! Mud Day will take place on Saturday, May 20, from 12 to 4 p.m., and the theme this year is conservation. We are asking for local organizations to participate. Does your business have a creative way to teach children about conservation? The activity should be an educational and *fun* outdoor activity. Mud Day is open to the public, not just Muddy Brook families. This will be our seventh annual Mud Day, and in past years around 400 people have attended. We expect this year to be even bigger. Please contact Randi Craft, randicraft1711@gmail.com, if you would like to participate.

Rewards for Muddy Brook: Clip and save Box Tops Coupons from more than 330 participating products including Avery, Cheerios, Cascadian Farms, Betty Crocker, Juicy Juice, Hefty, Kleenex, Ziploc, and more. Each coupon is worth 10 cents when redeemed. Mail Box Tops to Muddy Brook Regional Elementary School PTA, 318 Monument Valley Road, Great Barrington, MA 01230.

Show Your School Spirit! March's theme is HATS. Do you have a fun or crazy hat that you can wear to school to show your school spirit? Every Friday in March is Hat Day.

Visit our website, www.muddybrook.com, for more information on upcoming events, and remember to like us on Facebook!

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SESSION 1: 4:30-5:15 PM
SESSION 2: 5:30-6:15 PM

SESSION 1: 9:45-10:30 AM
SESSION 2: 10:45-11:30 AM

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New Happenings on the Green



Get ready to rock! Music man Bob Thibeault has lined up a spectacular group of solidly established and up-and-coming artists to lend an upbeat feel to the weekly markets.

A special carnival is planned for Opening Day on May 18, one you won't want to miss.

June will bring a Health and Fitness Market with visits and services offered by some of the area's most prestigious providers.

July will have a special Kids' Day with fun and learning events directed at all ages.

Other special markets will abound, and special guests will be invited every week.

And what would summer be without the ever-popular Everything Apple Market and the very famous Spooktacular?

Lots of other things are being lined up—information and attractions for all ages. Got any ideas? Get in touch! There'll be something for everyone every week. So plan on a visit, and, since it's the Year of the Rooster, be ready to crow!

Don't miss it!

Please Join Us For the West Stockbridge Farmers Market Annual Appreciation Party!

Thursday, March 16, 6 to 9 p.m., 31 Stockbridge Road, West Stockbridge

Please RSVP so we'll be sure to have enough goodies on hand.

E-mail wsfarmmarket@gmail.com or call (917) 209-0926.

We look forward to seeing you all!

The West Stockbridge Farmers Market Committee is recruiting face painters, lasso experts, rope trick pros, and ponies for pony rides. Any ideas? Spread the word! Contact: (917) 209-0926.

Donor Roll Call ~ March

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West Stockbridge History Quiz Answer:

Although Berkshire County was primarily Congregationalist with a sprinkling of Baptists, by the 1830s, Roman Catholic missionaries had traveled west from Worcester to celebrate mass in the larger populated areas like Pittsfield and Great Barrington. West Stockbridge supposedly had mass said as early as 1832. By the 1840s, the county was serviced regularly out of Chicopee.

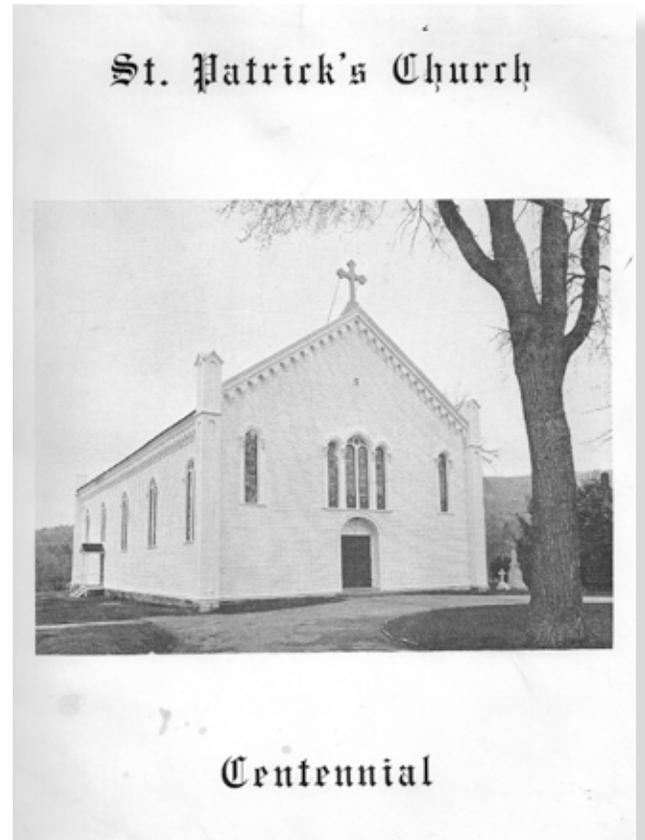
The first regular mass was celebrated in 1848 in a home in the Leete Ore Bed area (intersection of West Center Road and Route 102). This area had many Irish and French Canadian immigrants working in the Leete and Hudson Ore Bed mines, extracting iron ore for the Richmond Furnace. Prior to that, Catholics would travel to other towns on occasion for services. According to an apocryphal story, some of the faithful walked to Albany to attend mass. This seems unlikely given the distance and other churches closer by; however, with the railroad in the 1840s, it is possible some could afford to travel to Albany or Hudson for a holiday service.

By 1849 priests from Pittsfield would travel to adjacent towns and say mass in private homes. Two homes used were in the Leete Ore Bed area (Stanton) and on Lenox Road (Powers). By 1860 mass was regularly celebrated on the second floor of the 1854 Town Hall. Pittsfield erected St. Joseph's in 1849; Stockbridge built St. Joseph's in 1860.

By 1869 West Stockbridge had started building a church. Because most of the parishioners were mineworkers, and travel was inconvenient and sometimes difficult, location was an issue. Land was donated on Lenox Road but rejected as too far away. Finally the lot on Route 41 was agreed on, and by 1872, St. Patrick's had opened its doors.

However, that opening date is in question. A 1924 article by Mike Troy cites the groundbreaking in 1869 and dedication in 1870, but the parish centennial was celebrated in 1972. In any case, by the 1870s, our local Catholic parishioners no longer had to travel long distances to attend mass.

When friends, neighbors, or relatives move, downsize, or just clean house, *please* ask them to think of the West Stockbridge Historical Society before they discard any old books, pictures, postcards, letters, or memorabilia of the Town of West Stockbridge. E-mail info@weststockbridgehistory.org or call 232-4270.



*St. Patrick's Centennial cover.
Courtesy of Bob Salerno.*

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Birthdays & Anniversaries

3/5 Rocco Pietrafesa

3/25 Jan Bedini Lanz

3/26 Rita Mikolajczyk

Did we miss your birthday or anniversary? To be sure your listing gets in the *Local Yokel*, please send it in by the 15th of the month before the desired issue each year.

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West Stockbridge, Massachusetts



Every issue costs us about \$1,000 to print and distribute! Please help us keep the Local Yokel coming!

With increased printing and postage costs, we need your help more than ever. To get the latest town news, please contribute to the *Local Yokel*. For your donation of at least \$25.00 per year we will mail each issue to you (unless you prefer otherwise). The *Local Yokel* will continue to be available free at selected locations as long as possible, but we hope you will contribute anything you can. The West Stockbridge Local Yokel, Inc. is a 501(c)(3) organization, and all contributions are tax deductible to the full extent of the law. Please check with your employer, or former employer if retired, for matching gift programs.

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Assessors Office	<i>Mary Stodden</i>	232-0300	ext. 303	Tues. 1–5 p.m.; Thurs. 9 a.m.–1 p.m.
Board of Health	<i>John Olander</i>	232-0300	ext. 314	Fri. 9 a.m.–4 p.m., or by appt.
Board of Selectmen	<i>Earl B. Moffatt, Peter Skorput, Curt G. Wilton</i>			
Administrative Assistant	<i>Mark Webber</i>	232-0300	ext. 319	Mon., Wed., Thurs., Fri. 8:30 a.m.–4:30 p.m.
Building Inspector	<i>Brian Duval</i>	232-0300	ext. 313	Sat. 10 a.m.–1 p.m.
Conservation Commission	<i>Jennifer Kujawski, Lori Rose</i>	232-0300	ext. 338	Leave Message for Inquiries
Council on Aging	<i>John Zick</i>	232-0300	ext. 340	Leave Message for Inquiries
Emergency Management	<i>Louis Oggiani</i>	528-2175		
Fire Department	<i>Peter Skorput</i>	232-4200 (non-emergency)		Mon. 6:30–9 p.m.
Highway Department	<i>Curt G. Wilton</i>	232-0305		Leave Message for Inquiries
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Seasonal Lifeguard		232-0315		
Sewer & Water Commission	<i>Michael Buffoni</i>	232-0309		
Town Accountant	<i>Elaine Markham</i>	232-0300	ext. 317	Leave Message for Inquiries
Town Clerk	<i>Ronni Barrett</i>	232-0300	ext. 300	Tues. & Thurs. 1:30–4 p.m.
Town Collector	<i>June A. Biggs</i>	232-0300	ext. 302	Wed. 3–6 p.m.; Thurs. and Fri. 10 a.m.–2 p.m.; Sat. 10 a.m.–1 p.m.
Town Historian	<i>Robert Salerno</i>	232-4465		
Town Treasurer	<i>Karen Williams</i>	232-0300	ext. 316	Thurs. 9 a.m.–4 p.m.
Transfer Station	<i>Edward McGrath</i>	232-0307		Tues. & Thurs. 10 a.m.–6 p.m. and Sat. 8 a.m.–6 p.m.
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Zoning Board of Appeals	<i>C. Randolph Thunfors</i>	232-0300	ext. 300	

Official Town Government Website: weststockbridge-ma.gov • Community and Business Website: weststockbridgetown.com



Flag flying on Berkshire Bank. Photo by John Parker.

Join us!

Artist to Artist Open Studio

Artist-to-Artist

Open Studio

Wednesdays, March 15 and April 12, 6-9 p.m., Community Room, West Stockbridge

21 Stateline Road, Rte. 102 West Stockbridge, MA

RSVP:
<http://www.signupgenius.com/go/4090544a5a72ca7fa7-artist>
 Or if necessary:
kcarmean@gmail.com

Richmond-West Stockbridge Artists' Guild
www.rwsag.org and Facebook



Photos by Myron Schiffer

Looking for a chance to start a new painting or finish one that's been waiting for you to complete? Looking to take or review photos with others? Looking to:

- work on pieces with other artists?
- chat about art?
- watch others work and join in?
- experiment with a new media like the iPad painting above?

This is your chance to encourage your creativity. These sessions are free and open to the public. Bring your own art supplies including drop cloths. Bring photos or still-lives to inspire!

Mark your calendars! Please RSVP to save your place. Each session will be open to the first 20 people, free of charge. Stay for an hour or all three. The sessions are inspired by an idea that Alexandra Benton proposed last year and Karen Farkas heard about in another area with lots of artists. If they are successful we will continue to have them on the second or third Wednesday evenings from 6 to 9 p.m. Painting is limited to the area with the linoleum flooring with drop cloths. Some artists draw or paint portraits of each other.

Come join the fun! RSVP to save a spot:

<http://www.signupgenius.com/go/4090544a5a72ca7fa7-artist>

Meet the Artist 2017

David Edgecomb

David Edgecomb,

Photographer

"A full-time student of life"

"Collaborates with local artists to assist with their vision"

"Break down the complicated into simpler terms"

"Empowers others to follow their passion"

Thurs., March 9, 1:00-2:30 p.m.

Shaker Dam Coffeehouse, 2 Main Street, West Stockbridge

RSVP:
<http://www.signupgenius.com/go/4090544a5a72ca7fa7-meet>
 or kcarmean@gmail.com

Richmond-West Stockbridge Artists' Guild
www.rwsag.org and Facebook



Join David Edgecomb on Thurs., March 9, at Shaker Dam Coffeehouse, 2 Main Street, West Stockbridge, from 1:00 to 2:30 p.m. for an informal discussion over coffee, tea, and/or your lunch. You will be able to ask him questions. RSVP: <http://www.signupgenius.com/go/4090544a5a72ca7fa7-meet> or if necessary kcarmean@gmail.com.

David Edgecomb is a photographer and IT professional in West Stockbridge. He enjoys telecommuting from the beautiful and relaxing Berkshires where he is able to bridge the gap between a highly global, technical, and digital world and the basic natural rhythms of the cosmos. During the work week he designs and programs Internet applications that enable users to work more efficiently, using his skill to break down the complicated into simpler terms. With the rest of his time, he enjoys all aspects of photography including family gatherings, weddings, celebrations, and also for pure enjoyment.

David collaborates with local artists to assist with their vision and to help promote their efforts. He loves to share his knowledge to empower and encourage others to follow their passion. As a full-time student of life, he engages in learning more to build and create that which did not exist yesterday. He is the founder and facilitator of the Berkshire Photo Gathering that meets monthly at the Shaker Dam Coffeehouse in West Stockbridge (www.berkshirephotogathering.com) and an active member of the Berkshire Museum Camera Club in Pittsfield (www.berkshirecameraclub.com).

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Seminar in Stockbridge
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Join Anne Auberjonois on Wednesdays, March 8, 22, April 12, 26, 10-1 p.m., for digital painting demonstration and support on trying the iPad yourself. The paintings shown here were done at our seminar in August. Clockwise from top left: Doane Perry, Anne Wickham Smith, Nina Polk Lipkowitz, first-time users of this program, and the fourth done previously by Anne Auberjonois. Please download the "Art Set Pro" program on your iPad before arrival. Your second time, download "Tayasui Sketches Pro." RSVP: www.SignUpGenius.com/go/4090544A5A72CA7FA7-ipad or if necessary: kcarmean@gmail.com.

"I studied at the Art Students League with Jose de Creff, Will Barnet, Marshall Glaser, and Frank Mason. I also took plein air classes with Frank Mason in Vermont for several years. I love the Berkshire landscapes. Nature draws me visually as do the simple objects around me that make up my life. Right now I would say I am searching for my voice. And in my search, I've found the community of artists and creative people here to be wonderfully supportive and exciting. So far on this journey, I have been exploring digital painting on my iPad and doing some work in oils. My inspiration is easy: it is all around me.

"My demonstration will include work from a photograph, a description of my tools, "brush," iPad, and applications. You will get to try these out. Bring your own iPad, borrow a friend's, or use one at the seminar. We gather twice a month to paint together, brush up on our skills, exchange strategies, and plan how to share this new method of painting with others."

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Local Yokel
 P.O. Box 238
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

March 2017 Calendar of Events

3/1	Ash Wednesday		
3/1	Knitters & More	2-4 p.m.	Town Offices Community Room
3/2	Board of Health	6:30 p.m.	Town Offices
3/6	Board of Selectmen meeting	7 p.m.	Town Offices
3/8	Knitters & More	2-4 p.m.	Town Offices Community Room
3/11	Purim (begins at sundown)		
3/12	Grange Dinner	1-2 p.m.	Grange Hall, 51 Church St., Stockbridge
3/12	Daylight Savings Time begins (set clocks ahead one hour)		
3/13	Board of Selectmen meeting	7 p.m.	Town Offices
3/14	COA Potluck Luncheon	12 noon	Town Offices Community Room
3/14	Parks & Recreation Committee meeting	5:30 p.m.	Town Offices Board Work Room
3/14	American Legion	7 p.m.	Town Offices
3/15	*** Deadline for the next Local Yokel ***		send to info@thelocalyokel.org
3/15	Knitters & More	2-4 p.m.	Town Offices Community Room
3/16	WS Farmers Market Annual Appreciation Party	6-9 p.m.	31 Stockbridge Road, West Stockbridge
3/17	St. Patrick's Day		
3/20	First Day of Spring		
3/20	Board of Selectmen meeting	7 p.m.	Town Offices
3/20	Planning Board meeting	7 p.m.	Town Offices
3/21	Library Trustees meeting	4:30 p.m.	Town Offices Community Room
3/22	Knitters & More	2-4 p.m.	Town Offices Community Room
3/27	Board of Selectmen meeting	7 p.m.	Town Offices
3/27	Town Caucus	7 p.m.	Town Offices
3/29	Knitters & More	2-4 p.m.	Town Offices Community Room