



**FREE
EVENT***

Moving Meditation Series Reconnect with Self & Nature



Presented by Intrinsic Movement

SATURDAY MAY 6 & 27 2023
10:00 -10:45 a.m.
Washington Town Park

Allow yourself to be present and reconnect with self and nature as the facilitator, guides felt sense experiences and easy movement in nature.

The connection between our human experience and nature is ancient yet, often silenced by the white noises of our American lifestyles. By creating pause, increasing our movement vocabulary and body awareness it is possible to regain our own inherent connections.

This series is designed as an introduction to authentic movement and ecopsychology, the interdisciplinary field of study which focus' on the emotional bond between man and nature.

About the Facilitator

Laurel Lenski, a Berkshire native, has more than ten years of experience facilitating fitness programming. She holds a BS in Expressive Art Therapy and an AA in Dance. Her passion to share the therapeutic powers of movement is present in her approach to facilitating groups and engaging each participant.



Pre-registration

*Pre-registration is required.
Scan the QR code or email
intrinsicmovementexperience@gmail.com.
Space is limited. Rain date: June 3, 2023

This program is supported by a grant from the
Washington Cultural Council, which is supported by the
Mass Cultural Council, a state agency.



A reminder for high school seniors: May 1 is the deadline for submitting your application for the Washington Scholarship. Applications may be found on the town website <https://www.washington-ma.gov>. Should you have questions, please contact Linda Levernoch 413-623-8398.

2022 Dog Licenses Have Expired

The **2022 dog licenses expired on March 31, 2023**. The Town of Washington offers a very generous grace period of two months before imposing late fees. If you have not applied for a 2023 license for your dog(s) please do so before May 31, 2023. After that date you will be assessed a \$25 late fee for each dog, plus the cost of the dog license.

To receive your 2023 license(s) please see the Town Clerk on Monday evenings with the following information or send it in the mail (Attn: Town Clerk, 8 Summit Hill Road, Washington):

- Current rabies certificate
- Proof that your dog is spayed or neutered, if applicable
- Appropriate fee. \$4 if dog is spayed or neutered, \$10 if not
- Mail the above to the Town Clerk, 8 Summit Hill Road, Washington, MA 01223 and a license and tag will be mailed to you.
- If you received a late fee invoice for 2022, you will have to pay that first before you can renew your dog license for 2023.

Any questions please contact the Town Clerk 413-207-7526 or washington.ma.townclerk@gmail.com.

2023 Breakfast and Dinner for the Yoked Parish of Becket

Friday, Apr 7: Free Pasta Dinner / Becket Federated Church / 5-7pm
Sunday, Apr 9: Free Easter Dinner / Becket Federated Church / 1:30-3:30pm
Saturday, Apr 29: Breakfast / Becket Federated Church / 8-10:30am / \$8
Friday, May 5: Free Pasta Dinner / Becket Federated Church / 5-7pm
Saturday, May 27: Breakfast / Becket Federated Church / 8-10:30am / \$8
Friday, Jun 2: Free Pasta Dinner / Becket Federated Church / 5-7pm
Saturday, Jun 24: Breakfast / Becket Federated Church / 8-10:30am / \$8
Friday, Jul 7: Free Pasta Dinner / Becket Federated Church / 5-7pm
Saturday, Jul 29: Breakfast / Becket Federated Church / 8-10:30am / \$8
Friday, Aug 4: Free Pasta Dinner / Becket Federated Church / 5-7pm
Saturday, Aug 26: Breakfast / Becket Federated Church / 8-10:30am / \$8
Friday, Sep 1: Free Pasta Dinner / Becket Federated Church / 5-7pm
Saturday, Sep 30: Breakfast / Becket Federated Church / 8-10:30am / \$8
Friday, Oct 6: Free Pasta Dinner / Becket Federated Church / 5-7pm
Saturday, Oct 28: Breakfast / Becket Federated Church / 8-10:30am / \$8
Friday, Nov 3: Free Pasta Dinner / Becket Federated Church / 5-7pm
Thursday, Nov 23: Free Thanksgiving Dinner / Becket Federated Church / 1:30-3:30pm
Saturday, Nov 25: Breakfast / Becket Federated Church / 8-10:30am / \$8
Friday, Dec 1: Free Pasta Dinner / Becket Federated Church / 5-7pm
Monday, Dec 25: Free Christmas Dinner / Becket Federated Church / 1:30-3:30pm
Saturday, Dec 30: Breakfast / Becket Federated Church / 8-10:30am / \$8

Additional information for the Easter, Thanksgiving, and Christmas dinners:

"Please call 413-464-6169 to leave the # of people attending in your party. No names needed. Call for rides or meal delivery for shut-ins (Becket/Washington).

The Old Town Hall Cemetery

By Carol Lew

On a beautiful late September morning in 2021, a small group of Washington residents arrived at the Old Town Hall Cemetery ready to work. The project? Restoring the historic tombstones under the auspice of Washington's Historical Commission. Some were broken, most were leaning and covered with mold and fungus.

There were two goals that day. One was to right some markers that were leaning the most, and the second was to clean stones. I brought D2, the recommended cleaning solution, and scrub brushes. Others people brought shovels. Linda Levernoch brought muffins, so we were well prepared for the day. Over the next weeks, we gained momentum on the project so that heading into winter, some of the stones most at risk for breaking were straight and safe, and many stones were clean and readable.

The Old Town Hall Cemetery is a spot in Washington that holds a lot of our town's history. The folks buried there lived their lives on the very place we're living our lives. They worked, raised their families, interfaced with their neighbors, volunteered for the town, and were as engaged in life as we are now. It's a hobby of mine to study our town's history, but most of the people buried in the cemetery are unknown to me. I think about them a lot when I'm working on restoring their gravestones. Each person there has a story. They were remembered by those who loved them, and then a generation or two later, most were forgotten.

In the east corner of the cemetery, there are several fragments of stones. It's impossible to see how they all fit together. None of the pieces had a name on it, but one fragment reads "We miss thee at home". A family missed someone at home. We don't know who they were, but certainly we can imagine how they felt.

In 2022, it was our goal to get someone here who could mend some of the stones that were broken using a budget that had, over years, accumulated some funds just for this kind of project. I found the perfect person— Rich Atwood, owner of A&A Memorials. So in the spring, the growing group of us continued meeting at the cemetery to prepare stones for mending. Rich's circumstances changed, and he was unable to work on our stones, but he kindly took the time to teach me. So in the fall, our team got together to mend and reinstall stones.

If all of this stone moving sounds easy, it's not. Some are small and manageable, but others are very heavy. John McElwain and I experimented with setting up scaffolding over a large stone and hoisting it up to maneuver it into position. This was also not easy, especially because the burial ground is on a hill. We settled on the difficult but simpler method of digging, shimmying, and setting in place. It takes at least 2 people for the big stones, and we're grateful that Scott Hayward brings his "persuader", an impressive heavy metal bar that helps us move rocks out of our way and nudge markers into place.

We have a map of grave locations that was created in the 1970s. It's not completely accurate though; there are graves in the cemetery that are not on that map, and when they created the map 50 years ago, there were stones that could not be read. They remain nameless still.

One day I noticed a rock near 2 disintegrating unreadable gravestones. It looked like a rock, anyway, but I decided to see if it might be a gravestone fragment. It was. The front was face forward in the ground, and nearby, I found the bottom piece buried next to the nearby gravestones. This is the gravestone of Elizabeth Chapel, daughter of Patience and Joseph Chapel. She died in 1784 when she was one year old. Her marker is standing and clean now.

The stones are like a jumping off point of the telling of Washington's history and the story of our country, so it seems befitting to write about the first two people buried in this graveyard; Doctor Joseph Chaplin and Robert McKnight. They both died in 1776.

At the time they died, Washington's church, which was almost certainly on the spot where the Old Town Hall now sits, had been built just 2 years before. Washington was called Hartwood at that time. It was only 13 years before this that the first people settled in Hartwood, and they were still busy clearing land, building homes, creating roads, and establishing the town. The population was around 750 (as compared to our current population of under 500).

The 13 colonies had formed a new Continental Congress, and began asserting independence from England. George Washington was appointed as Commander-in-Chief of the Continental Army just a year before, and Hartwood men had been gathering nearby (at the corner of Washington Mountain Road and West Branch Road) to train for battle. Hartwood was well represented in the fight for independence, sending minutemen to battles in Lexington, Concord, and Bunker Hill.

The predominant sentiment of the town must have been favorable for autonomy from England since just one year later, the town was officially incorporated and named after General George Washington. The same month Chaplin died, Thomas Jefferson presented the Declaration of Independence to Congress.

These stormy events must have fallen into the background for Sarah Chaplin who lost her 49 year-old husband of 20 years and was caring for their five children who ranged from ages 1 to 14. Robert McKnight, who was born in Ireland in 1699, left a grieving widow, Maryann.

This is the kind of history our hilltop cemetery holds. There's more work to be done there, and our restoration team will continue in warmer weather. There's always room for more hands; righting stones is great exercise, and cleaning stones is an easy task that yields gratifying results.

This article is posted on Washington's website, and it includes photos of gravestones and the restoration project.

Dear Washington Friends & Neighbors:

April 2023

Last month's Nor'easter was a winter storm like we haven't seen in quite a few years. Most residents in town lost power for 18 hours or more. In at least one case, it took two and a half days to restore. The Highway Garage and Transfer Station were among the last to come back online. Tom reported an unofficial snow total of 34 inches for the Town on top of the Highway fuel tanks.

Eversource has begun extensive tree work in town. They plan to trim back this year around the two major distribution backbones serving our Town. Their contractor Enviro Arbor Solutions is currently working along Frost Rd and will continue on Lovers Lane Rd, Stonehouse Rd, and North Washington State Rd into Hinsdale. Work along South Washington State Rd from the Becket side is planned for later this summer. A map of the projects will be posted on the town website.

In the Bucksteep case, our tax title attorney has heard from lawyers for the owner and a prospective buyer. They expect to have a provisional purchase & sale agreement completed soon. The hearing before Land Court has been postponed again to give more time for the buyer to come before the Planning Board to pursue a special permit. The plans for the property remain unknown at this time, but we expect information to become public in the coming month.

For decades, the Town has been running out of cemetery space. The Select Board has begun reviewing options in earnest, which include various town lands, like the acreage finally acquired from the Pittsfield Watershed or part of the Town Common, as well as possibly expanding an existing cemetery. Once proposals can be developed and costs estimated, the Board will be holding a public forum later this spring or summer to present options to residents for input and feedback.

Thanks to everyone who attended the public hearing about proposed bylaws regarding Accessory Dwelling Units and Short-term Rentals. The hearing had to be postponed due to the snowstorm, but there was a good turnout anyway. Good questions were asked and valid concerns were voiced. The Planning Board will continue their work to accommodate the input received.

Thanks also to everyone who came to the Special Town Meeting in support of our efforts to attract and hire a qualified shared Town Administrator. Middlefield's voters also passed a similar article at their meeting the following Saturday. Now the two Boards will readvertise the position and hope to attract more and better candidates to interview.

With the worst of winter hopefully behind us, thoughts turn to the season ahead. This year's annual roadside litter cleanup will coincide with Earth Day on Saturday, April 22. See elsewhere in Tracks or on the website for more information on how to pitch in. Happy Spring, everyone!

Kent Lew
Select Board chair

David Ellis
Select Board

John Fish
Select Board clerk

Becket Athenaeum

- Saturdays, April 1, 8, 22, 29, 10:30-11:30am
Library Storytime (2nd Saturday of the month, the craft project is replaced by creative movement.)
- Saturday, April 1, 6:30-9:30pm, movie starts at 7pm
- Movie Night for Adults: Women Talking
- Tuesday, April 4, 1:30pm
- Book Club: Once There Were Wolves by Charlotte McConaghy
- Monday, April 10, 6pm
- Cookbook Club: Mamushka by Olia Hercules
- Thursday, April 13, 6pm
- Take a Closer Look at the Flag with David Detmold
- Saturday, April 15, 11am-12pm
- Henry the Juggler Performance & Juggling Workshop
- Saturday, April 15, 2pm
- Poetry Readings with David Giannini & Moira Linehan
- Wednesday, April 19, 6-7:30pm
- Spark Joy® Tidying Program on Zoom
- Thursday, April 27, 6-8pm
- Game Night
- Weekdays, 2:55-5:30pm
- Kids Club After-School Care at BWS. Contact Jon Yetto at the Dalton CRA 413-684-0260 jyetto@daltoncra.org for information and to sign up.



April

Becket Arts Center Events

Theater

Saturday, April 1, 7pm - "Gone Before, Cont'd" - Michael Hammond w/ David Remedios present an audio memoir. \$20 suggested donation at the door.

Class

Sunday, April 2, 2pm - Building The Personal Narrative Workshop class with Michael Hammond. Free.

Art

Mondays, April 3, 10, 17, 24, 1-3pm - Sean McCusker, BAC Artist In Residence, leads free art demonstrations

Yoga

Thursdays, April 6, 13, 20, 27, 9:30am - Rima Sala leads yoga for all abilities. Donations \$5-\$10.

Talk

Sunday, April 16, 4pm - Speaker Series presents: Jane Winn, executive director of BEAT.

Dance

Saturday, April 22, 7pm - Celebrate Earth Day and dance to your favorite tunes from the '70's & '80's \$10 at the door.

Craft

Saturday, April 29, 11am - Decoupage with Marsha Edell. Make your own unique coaster or tile. \$10.



Learn More

becketartscenter.org/events



Free seated yoga class

Starting on Tuesday 4/18/23 at 11:00AM weekly for 4 weeks.

Peru Town Hall (lower level) Community Room 3 East Main Road taught by Rima Sala

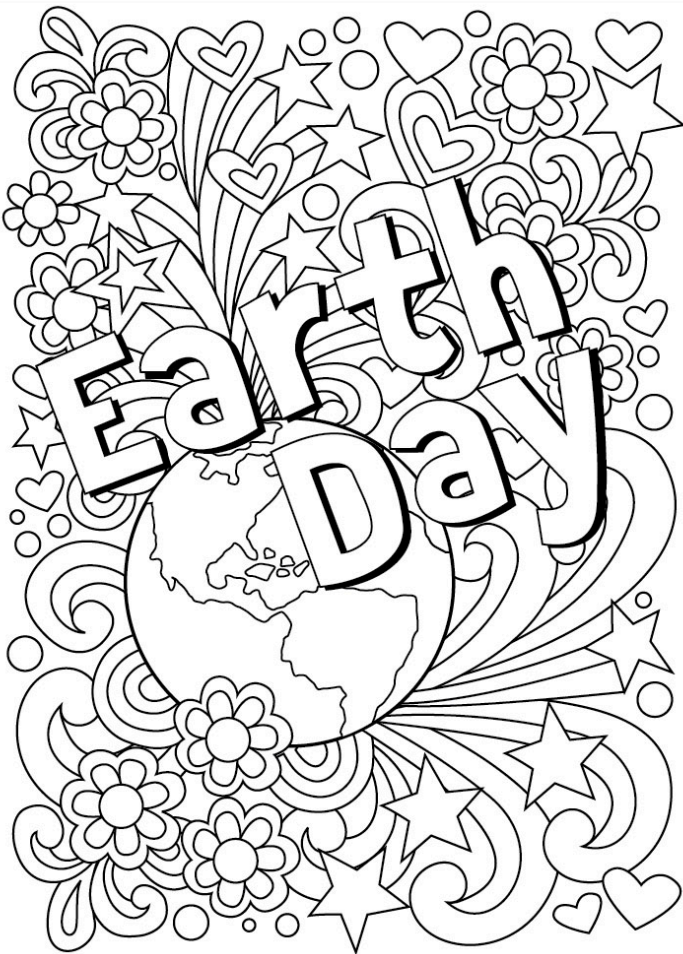
Chair yoga is a gentle practice that offers the same benefits of traditional yoga, of building strength and flexibility, and cultivating body-mind balance. Each 45 minute session begins with exercises to open and deepen the breath, followed by modified stretching and strengthening yoga movements for all parts of the body. The goal is to safely explore natural range of motion and to generate energy and strength, all while being seated. This is a totally non-judgmental, stress-free practice.

Bring your curiosity and a desire to increase mobility! No experience required!

Register at the class. Please bring a yoga mat if you have one and some mats will be available. This class is designed to be performed seated and standing using a chair for support. The mat is used to keep the chair and you from slipping.

This class is being made possible through funds from the rural health equity grant. For questions feel free to call Peggy White 413-655-2020 or email pwhiteperuboh@aol.com

kids corner



Rainy Day

rain	splash	thunder
cloud	jump	drop
puddle	play	boots



r	m	r	o	e	y	g	f	h	t
a	n	t	h	u	n	d	e	r	h
i	z	r	a	e	j	f	s	c	h
n	l	a	a	p	u	d	d	l	e
b	b	o	o	r	m	i	r	o	t
k	y	d	d	j	p	u	o	u	p
c	a	q	c	l	e	c	p	d	u
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s	p	l	a	s	h	p	g	z	t

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Call or email for pricing.

Email your TRACKS info by the **25th of the month** to get in to next month's
issue to Lisa at: mrsabeski@mac.com
Please put TRACKS in the subject line.