



LEEDS LETTER

MARCH-APRIL 2020

UPCOMING 2020 EVENTS

SATURDAY, APRIL 18

8:30-12:30 a.m.

Leeds Spring Litter Pick-Up
Start at Leeds P.O. 8:00-9:30 a.m.

TUESDAY, APRIL 14

7:00 P.M.

LCA Monthly Meeting
Leeds School Teacher's Lounge
Everyone is welcome!

SUNDAY, MAY 2

1:00PM

Memorial Day Event
Veterans Memorial Park across from
Leeds School.

DPW WASTE REDUCTION EVENTS

APRIL 4

Spring Recycle & Reuse Rally

APRIL 11

ReCenter Swap Shop Opens

MAY 9

Garden Pot Collection & Swap

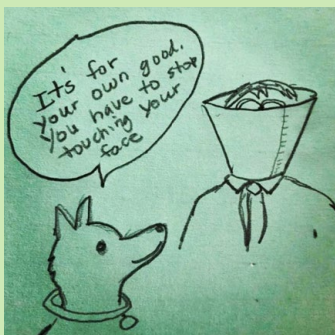
MAY 16

Hazardous Household Waste
Collection (For Hamp residents,
preregistration required)

JUNE 13

Community RePair

Details will be posted at least two
weeks before each event at www.northamptonma.gov/1823.



LEEDS CIVIC ASSOCIATION

P.O. Box 114, Leeds, MA 01053

LeedsCivicAssoc@gmail.com

LeedsCivic.org

anti-stress - social distance activity!



Saturday, April 18 (Rain Date 4/25) 8:00-11:30 a.m.

Come to the Post Office between 8:00 - 9:30 a.m. to get trash bags and sign up for a street. Garden/work gloves are required.

Now it's time to get out and pick-up LITTER!

These last few months we have been worrying too much and stuck in our houses too much. Please spend a couple of hours and help clean up our village. Be part of the hardy group of LCA members who put on their gloves and chip in each year. Filled bags will be picked up on routes and brought to a DPW provided dumpster and your stress will evaporate into the fresh air!

The Census is Coming! - Karyn Nelson*

In the coming weeks, every household will receive an invitation in the mail to complete the 2020 census. Completing the census ensures that our community receives the resources it needs including how much federal dollars we'll receive over the next ten years. Census data is used by many local, state and federal programs, so it is important that everyone is counted. Additionally, the census impacts political representation as congressional and state legislative districts are redrawn based on the census count and determines the number of seats our commonwealth gets in Congress. Your response to the census is confidential and protected by federal law. Your answers can only be used for statistics and are not accessible to any other government agency. If you, or someone you know, needs assistance with filling out the census, please contact the LCA. *Karyn Nelson represents the LCA on Northampton's Complete Count Committee

The Kitchen Pitch-In

The Kitchen Pitch-In is a personal chef service that prepares fresh, healthy, meals customized to each client's likes and needs in their own home. As the owner and chef of The Kitchen Pitch-In, Marc Freedman of Leeds does it all; creates a tailored menu, shops for the freshest ingredients, prepares, cooks, packages, and labels your meals. More information about Kitchen Pitch-In can be found at www.thekitchenpitchin.com, or Tel/Text: 508-964-0626.

Community and the Gift of Resilience - Cat Thompson

Let's take a moment to recognize how fortunate we are to live in this community. We are, of course, living in especially uncertain times. Even in January, before Covid-19 became a direct threat, the absence of winter left me feeling unsettled. One thing I knew for sure was that the ticks were really enjoying the warmer weather and gearing up for a productive year. And, yes, they're out!

I've observed over the seasons that the connector from Chestnut Avenue Extension to the bike path is a hotbed of tick activity, likely due to the rock walls (where small host mammals live), shade, and damp leaf litter—ideal tick habitat.

The past three years, I've thought about organizing a neighborhood work party to help clear out the leaves to widen the path and reduce our risk of exposure to Lyme disease and other tick-borne diseases. But I never managed to find the time...or I should say, make it a priority. Not to mention, I'm kind of an introvert, so organizing social engagements does not come naturally to me!

Fast forward to the bizarre world of Covid-19. All of a sudden, everything familiar feels out of place. Every aspect of our lives and our routines is being reshuffled. This is at once frightening, perplexing, and liberating. I, myself, have discovered more time in my day, and I've identified what is truly important to me and made it a priority.

In my house, we were overwhelmed by the idea of everyone at home for the foreseeable future. And I know my neighbors—especially those with small children—were dealing with similar challenges.

How do we protect ourselves from the negative consequences of isolation? How do we not feel victimized by this experience? Here's how: We rediscover old-fashioned ways of connecting. We help each other. We share our gratitude and good fortune.

This realization prompted me to push through my reclusive tendencies and finally arrange that work party I'd been imagining all these years. And, guess what—it was a success! That day, parents and children spent quality time outdoors in the fresh air and sunshine. We modeled cooperation and community for our kids and gave them opportunities to socialize. We talked about starting a community garden and butterfly habitat. And we reduced our chances of getting bitten by ticks!

I've seen many other examples of new and beneficial neighborhood connections being made. We're participating in group emails in which we describe who we are and how we're doing. We're sharing grocery items that are out of stock. We're looking out for one another and reassuring each other that no one is alone in all of this. If that's not resilience in the face of uncertainty, I don't know what is! Thank you, my Leeds neighbors. I'm so grateful to live here with you.

Soup delivery - Heidi Stevens

It can be very unsettling coming down with a fevered flu, as it was for me three weeks ago. I had barely an appetite for days. My husband, made me delicious smoothies and light fare and kept his distance. On the fourth day a pot of hot, delicious soup was on my doorstep, prepared by my neighbor, Deb Dietrich. The soup tasted delicious and I believe it helped me turn the corner. Here's Deb's simple recipe for Orzo-Egg Drop soup:

Dice 1 yellow onion, saute in soup pot. Add 1 quart of Kitchen's Basic Chicken Broth. Bring to a boil. Strain out onions (or not). Return to a boil. Add 1 cup of orzo. Cook until orzo is tender (about 10 mins). Whip 2-3 eggs in a bowl. While stirring hot broth, pour whipped eggs into pot and continue stirring as they form small ribbons. Add salt or pepper and serve!

Yankee Hill Neighborhood Listserv

This is a listserv for the neighborhood behind Leeds Elementary School, Yankee Hill. Neighbors in direct proximity to one another on Leonard St., Upland Rd., Front St., Chestnut Ave., Chestnut Ave. Extension, Grove Ave, Villone Avenue, and Evergreen Rd. They use it for micro-interaction, e.g. lost cats, noise from the woods, to find garbage cans that have blown away, and the like. And in the pandemic: mutual aid. If you need support, a roll of toilet paper, a buddy for a walk in the woods, you can offer it here. Here's what people need to do to subscribe: Here's the webpage for the Yankee Hill listserv: <https://groups.yahoo.com/neo/groups/yankeehillneighbors/info>. To subscribe, send an email to:

yankeehillneighbors-subscribe@yahoo.com.

Neighbors Taking Care of Neighbors! - Penny Geis

Let your neighbors know you're available to help. And let them know when you need help. If your immediate neighborhood doesn't already have an email list, or each other's phone numbers, now is a good time to start. You might tuck a note into your neighbors' doors. You could explain that you'd like to be able to contact each other to offer and ask for help. Add your own email and phone so they can give you theirs. And then use this list to build a neighborhood list. In gmail, this means creating a new "group" in your contacts, then adding people to that group. To send an email to everyone in that group, type the name of the group into the email address and everyone in the group gets the email. And if they "respond all" everyone in the group gets that email.

Another tool is Next Door, which has a group called Yankee Hill that is open to everyone in Leeds, 01053. Send an email requesting an "invitation" to pgeis@comcast.net, and I will send you an "invitation" to join the NextDoor Yankee Hill group.

A Few Suggestions to Reduce Stress - Heidi Stevens

- **Walk in Leeds** - Explore Leeds conservation areas; Roberts Hill, and Beaver Brook Greenway (Haydenville Road). At the intersection of Kennedy Road and Sylvester on the bridge side there is a path that leads up to the remains of the dam and a grist mill. The City of Northampton will be finalizing the purchase of the property (over 40 acres) between the bike path and the cemetery on Route 9 to expand the Beaver Brook Conservation area. There are great trails to explore. Northampton conservation area maps are available at: <http://northamptonma.gov/1427/Conservation-Maps>.
- **Discover new trails just a short drive away** - Ashley Reservoir in Holyoke has flat and gravelled trails. Causeways traverse the reservoir so there is water on both sides of you. Three miles, bicycle and kid friendly!
- **Connect** - Hand write letters to your elderly loved ones, near and far. Letters can be read anywhere, over and over, bringing a repeat caring effect. If you have a smart phone and like to play Scrabble, try playing "Words With Friends" with your friends.
- **Transport yourself to a more innocent time** - *Watch The Andy Griffith Show!* Available on Netflix and Prime.
- **Get creative, stay productive** - Doodle, color, start a "meaningful moments" journal, clean out drawers, rearrange your furniture, organize photos, plan your garden, find safe ways to volunteer.
- **Keep it simple - Get lazy, take a nap, get cozy** - Put your feet up and allow yourself the time and space to relax. Read a good book!
- **Limit your exposure to news** - Simply stay informed so you can make smart choices for yourself and your family.
- **Find online exercise, yoga or dance classes** - Your whole family can get into the action!