

## Town of Charlemont February 2025 Newsletter



### Reminder From the Town Clerk



#### **Dog Licenses are due by March 31, 2025**

Licenses can be obtained by stopping in the town clerk's office or by mailing in the license forms, certificate of rabies vaccination, fee and a self-addressed stamped envelope to the Town Clerk PO Box 605, Charlemont MA 01339.

### **NOTICE FROM ASSESSOR'S OFFICE**

#### **FISCAL YEAR 2026 CERTIFICATION**

The state of Massachusetts requires that every five years the Assessors submit their property values to the Department of Revenue for certification. Charlemont will be undergoing certification in Fiscal Year 2026 and has begun the process of mailing out information requests, such as income and expense requests, forms of list and second home property questionnaires. Additionally, all property within the community is required to be inspected within a ten-year cycle. Inspections of properties will be conducted throughout the next three or four months, with Jim King again assisting the Assessors with these inspections. Jim will carry identification and a letter of introduction from the Assessor's office.

The collection and maintenance of current and accurate property inventory data is a critical element in the development of uniform and equitable market values, so the Assessor's office greatly appreciates your cooperation and time in filling out and returning the forms to us in a timely manner, as well as allowing the property inspections.

After the statistical analyses are performed and DOR has given preliminary approval of our values, we will enter the public disclosure phase of the certification. The proposed values will be available for public review for a period of time, whereby staff will be available to answer any questions property owners may have regarding their proposed values.

If you have questions about the certification process, please contact the Assessor's office at 413-339-4335 or email [assessor@charlemont-ma.us](mailto:assessor@charlemont-ma.us).

### **From the FRCOG Public Health Team**

#### **February is for Heart Health**

The American Heart Association has dubbed February as Heart Health Month. **Heart disease** is the leading cause of death for men and women, according to the CDC, killing about 1 in about every 4 people it affects. Our individual risk for heart disease comes from both our family history and our lifestyle.

Small lifestyle changes made over time can lead to big improvements in heart health. Steps to improve heart health include: continuing with routine medical care, exercising regularly, choosing healthy foods, limiting salt intake, and reducing or quitting smoking.

One resource for heart-healthy recipes is the National Heart, Lung and Blood Institute's website: <https://healthyeating.nhlbi.nih.gov>.

**Heart attacks are** serious and can be deadly. If you see signs of heart attack, call 9-1-1 immediately. A heart attack may not be the dramatic movie scene of someone grabbing their chest. Here are some symptoms of heart attack:

- chest pain
- feeling weak/lightheaded or faint
- Pain in the jaw, neck or back
- Pain or discomfort in one or both arms or shoulders
- Shortness of breath

Signs can look different in men and women. Breaking out into a cold sweat, feeling like a rope is squeezing the chest, upper back pressure, and dizziness and fainting may be important-to-identify symptoms in women.

More information can be found on the American Heart Association website, [heart.org](http://heart.org).

### **SCHOOL DISTRICTS SEEK FEEDBACK ON SUSTAINABILITY STUDY**

The Mohawk Trail and Hawlemont Regional School Districts are seeking feedback on a Sustainability Study to address the trends of declining enrollment, rising operational costs, relatively flat state aid, and increasing needs of students. The 2Districts8Towns review has looked at five options for community consideration, ranging from no change to consolidation in a single campus.

Six community meetings are planned, starting on February 25. The meetings will include a session at Hawlemont Regional School on Wednesday, March 19, at 6:30pm (in person with [Zoom option](#)); and at Mohawk Trail Regional School on

Thursday, March 20, also at 6:30pm (in person with [Zoom option](#)). An all virtual meeting will be held on Thursday, March 6, at 6:30pm ([Zoom link](#)). For more information, including on meetings at Buckland-Shelburne Elementary School, Sanderson Academy and Colrain Central School, see <https://www.2districts8towns.org/>.

### **PLAY GROUP at Hawlemont Regional School**

Saturday February 1 and Saturday February 15 from 9:30 - 11 in the school gymnasium– for children age birth to 6 with their parents and/or caretakers (and continues the first and third Saturday of each month).

# *Valentine's Crafting*

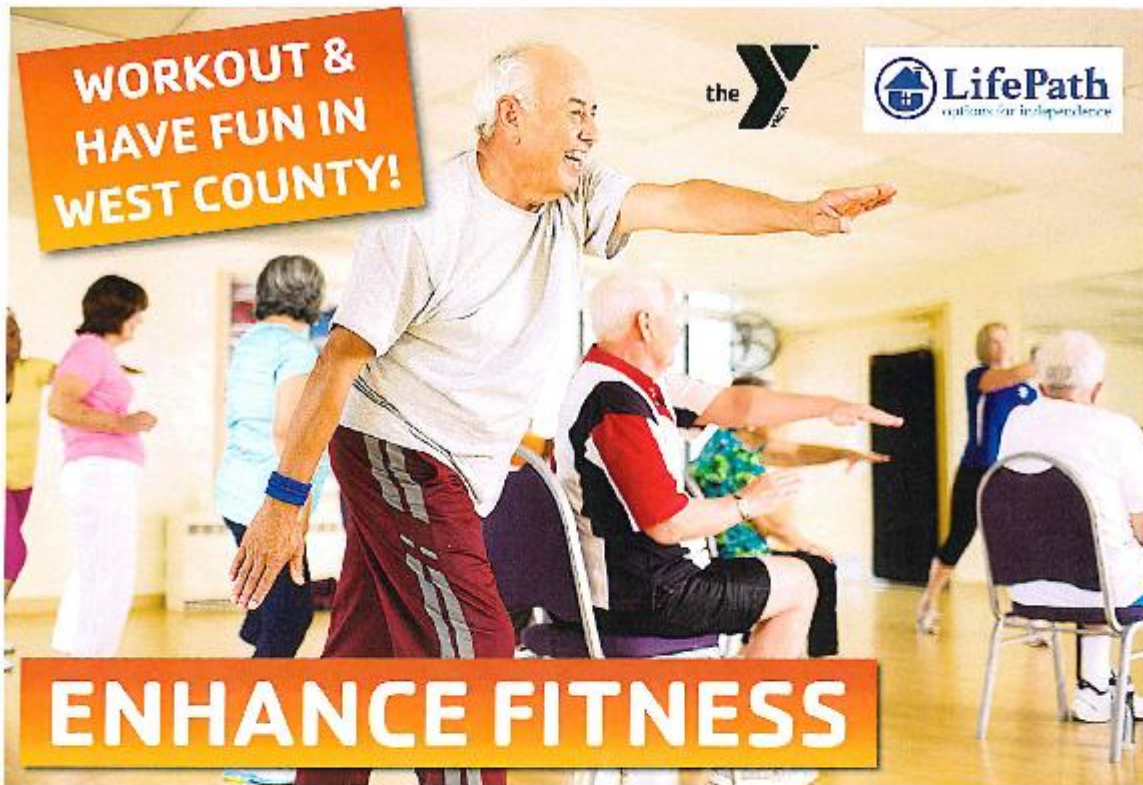
Make a Love Bug and  
Valentine's Cards with  
Mary Ann  
All materials provided!

**Saturday  
February 8  
12:30 p.m.**

**Tyler Memorial Library  
157 Main Street  
Charlemont, MA 01339  
[charlemontlibrary.org](http://charlemontlibrary.org)**







## ENHANCE FITNESS

Franklin County's YMCA is excited to be able to bring fitness classes back to West County!

EnhanceFitness is an evidence-based group exercise program that uses simple, easy-to-learn movements that motivate older adults to stay active.

All abilities and levels are accommodated. Exercises focus on cardiovascular endurance, strength, flexibility, and balance, which can help reduce the severity of arthritis symptoms and prevent falls.

### CLASS MEETS WEEKLY

**Mondays, Wednesdays, and Fridays**  
**February 3 through May 16 at 10 am**  
**Mohawk Trail Regional High School**

Register on Feb 3 at 9:30 am and bring a photo ID or license.  
 Please note there will be **NO CLASS** on days when the school is closed. Including Snow Days, Feb 17-21 and Apr 21-25.



Scan code with your phone or contact Jayne at [jtrosin@your-y.org](mailto:jtrosin@your-y.org) or 773-3646 x448

Thank you to Mohawk Trail Regional Schools for use of their facility and to LifePath for funding this program.