

From: Buzby, Maureen <mbuzby@cityofmelrose.org>

Sent: Sep 24, 2025 21:29:26.000000000 UTC

Subject: RE: Connecting at Momma's Grocery today at 1pm - looking forward!

To: Barbara Best <barbarabest73@gmail.com>

I envy you. I got back to Melrose, answered emails, caught up, got a quick bite to eat, and went to Wakefield for a 6:30 Board of Health meeting that lasted until 9:02 PM.

Long day – glad I got to break it up meeting you, visiting Raspberry Beret, and Momma's, all in one stop.

The long meeting was worth it though. Three Boards met together so I got to do a tobacco program update for all three. And it's good to keep a connection with Board members.

I'll be jumping on a Lee/Lennox/Stockbridge BOH zoom meeting tonight at 6:00. This one may be a bit of a downer. NFG is on the agenda so we will sit there watching and waiting but it might not make primetime. It may get tabled. They have a very heavy agenda. We'll see.

Tomorrow night I'll drive down to Stoughton to help out with a presentation to the BOH. Another Commonwealth Heroines connection. Happy to have a chance to meet in person as I find that much more effective.

All this to say, busy week. Meetings every night. So really important that I got to take time out to meet with you and soak up some self-care with a new, very special friend. Feeling immensely fortunate.

I owe you a couple of photos. Stay tuned.

BTW, I feel pretty invigorated in spite of the long days. It's worth it!

Warmest wishes for a wonderful evening.

Maureen

From: Barbara Best <barbarabest73@gmail.com>

Sent: Wednesday, September 24, 2025 4:42 PM

To: Buzby, Maureen <mbuzby@cityofmelrose.org>

Subject: Re: Connecting at Momma's Grocery today at 1pm - looking forward!

Maureen!

What a joy to receive your wonderful message! I'm still savoring the glow of our beyond beautiful connection yesterday!

My heart was so full that I went to the Harvard Art Museum after our meeting to look at paintings and continue the flow of joy and beauty!

I also didn't look at email yesterday evening to savor the glow! I too feel so fortunate to have met you and love how our connection flowed so organically. Thank you so much for sharing the joy spotting opportunities in the area and for your wonderful note to Jess and Erica.

I'm so very thankful to be connected with you and look forward to more conversations and sharing quality time together!

Barbara

P.S. I deeply admire your courage and resourcefulness in championing tobacco prevention. I think of your fierce advocacy and smile: "The industry picked the wrong person!" You are so awesome and I so appreciate your standing up for our young people and what is right and just. Rock on, Maureen!! I am so proud and honored to have you as my new friend and sister Commonwealth Heroine!!!!

On Tue, Sep 23, 2025 at 4:20 PM Buzby, Maureen <mbuzby@cityofmelrose.org> wrote:

I feel so fortunate to have met you. I learned so much today! Several take-aways.

I love how we sat down on the chairs in front of Momma's and just started talking. And really connecting. We don't need a fancy setting. Just sit right there on the sidewalk on Mass Ave. in Cambridge.

I'm looking forward to meeting up again - - Forty Steps in Nahant, Piers Park in East Boston. There are so many wonderful, beautiful, soothing spots around here. By the way, if our schedules don't allow us to make a date before colder weather, please go to these two spots anyway. You will love them.

And if you are ever back in Reading let me know. I am always up for a walk in the woods.

I'm refueled and ready for tonight's regional BOH meeting.

Have a great evening!

Maureen

From: Barbara Best <barbarabest73@gmail.com>

Sent: Tuesday, September 23, 2025 11:17 AM

To: Buzby, Maureen <mbuzby@cityofmelrose.org>

Subject: Re: Connecting at Momma's Grocery today at 1pm - looking forward!



Barbara Best reacted via [Gmail](#)

On Tue, Sep 23, 2025 at 11:14 AM Buzby, Maureen <mbuzby@cityofmelrose.org> wrote:

Good to know.

And my cell is 781-307-1411. See you soon!

From: Barbara Best <barbarabest73@gmail.com>

Sent: Tuesday, September 23, 2025 10:27 AM

To: Buzby, Maureen <mbuzby@cityofmelrose.org>

Subject: Connecting at Momma's Grocery today at 1pm - looking forward!

Greetings Maureen!

Very much looking forward to our connection today,
Tuesday, September 23 at 1pm at Momma's Grocery
Store near Porter Square.

My cell phone is 617-716-9275 if anything comes up.

See you soon!

Warmly,

Barbara

On Thu, Sep 11, 2025 at 2:09 PM Barbara Best <barbarabest73@gmail.com>
wrote:

Greetings Maureen!

I'd love to meet at Momma's Grocery in the Porter
Square area. I've never been and this sounds so
interesting! We love Vermont and have enjoyed visits
since we moved to Cambridge from Texas 15 years
ago. Such a beautiful place, and the majesty of nature's
beauty fills me with a deep sense of peace and
possibility. I love that Momma's carries chocolate milk
produced by a family-owned farm in the community
where you grew up. That's so special!

Let's definitely check this out!

It looks like the address is:

2304 Massachusetts Ave
Cambridge, MA 02140

And this is the website...

<https://www.mommasgrocery.com/>

Generally, afternoons during the weekdays work well for me. Perhaps we could meet at Momma's and go from there.

I could meet on any of the following days/times:

--Wednesday, 9/17, 1pm - 5pm
--Thursday, 9/18, 1pm - 5pm
--Monday, 9/22, 2pm - 5pm
--Tuesday, 9/23, 1pm - 4pm

Might one of those days work for you? I can also look at the week of 9/29 if that's helpful.

Very much look forward to connecting with you. A wonderful way to move into a new season and celebrate the power of collaborative action and Commonwealth Heroines!

With appreciation,

Barbara

On Wed, Sep 10, 2025 at 4:55 PM Buzby, Maureen
<mbuzby@cityofmelrose.org> wrote:

Let's. There's a place I've been meaning to check out. I think it's "Mooma's" in the Porter Square area. I believe it's basically a liquor store but they carry chocolate milk produced by a family-owned farm in Vernon, Vermont where I grew up. Maybe there is a coffee shop or café nearby. Doesn't have to be that area but it popped into my head. I pended you for late September. Look forward to connecting.
Maureen
Cell: 781-307-1411

From: Barbara Best <barbarabest73@gmail.com>
Sent: Wednesday, September 10, 2025 4:24 PM
To: Buzby, Maureen <mbuzby@cityofmelrose.org>
Subject: Re: Gratitude, Joy + Commonwealth Heroines: Would love to stay connected!

Thank you, Maureen - Great to hear from you!
Appreciate your sharing information on the
campaign in Cambridge.

Would love to meet in person at some point -
maybe later in September or at some point this
fall? Happy to connect when you are in
Cambridge.

Thank you again for reaching out. Grateful to be
connected with you!

Warmly,

Barbara

On Tue, Sep 9, 2025 at 6:01 PM Buzby, Maureen
<mbuzby@cityofmelrose.org> wrote:

Thank you so much for your response. I remember you
now!!

My friend Bonny Carroll is the Tobacco Program
Director for
Somerville/Cambridge/Chelsea/Everett/Revere/Winthro
p.

Somerville adopted NFG this past spring. I understand
from Bonny that the Cambridge Assistant City Solicitor
is looking at trying to change the Tobacco sales regs
from a city ordinance to a BOH regulation. That would
potentially smooth the way for adoption of NFG.

Cambridge is generally a leader in public health
innovation. Hope to see them come on board. That
would be a huge add.

We currently have 500,000 residents in 17 communities
covered by NFG. Need to reach critical mass in order
for there to be a good chance that the Legislature
would pass a State-wide bill. Fingers crossed.

Let me know if you have any interest in joining our
grassroots group.

But whether or not you do I would love to meet for
coffee some time to keep up the connections to our MA
Heroines Class of 2025. So many interesting and
accomplished women I would not have met except for

this powerful event. (I'm already thinking of potential candidates for my State Senator and my State Rep to consider nominating next year.)

Let's meet in person. Melrose is not far from Cambridge. I love Cambridge. I go there for protests!

Best,

Maureen

From: Barbara Best <barbarabest73@gmail.com>

Sent: Tuesday, September 9, 2025 10:23 AM

To: Buzby, Maureen <mbuzby@cityofmelrose.org>

Subject: Gratitude, Joy + Commonwealth Heroines: Would love to stay connected!

Dear Maureen,

I am so happy that you reached out about the Commonwealth Heroine recognition and our amazing community of leaders!

I had the honor of sitting next to you at the wonderful awards ceremony.

Deeply appreciate your leadership, innovation, and tenacity in mobilizing communities to enact tobacco prevention policies.

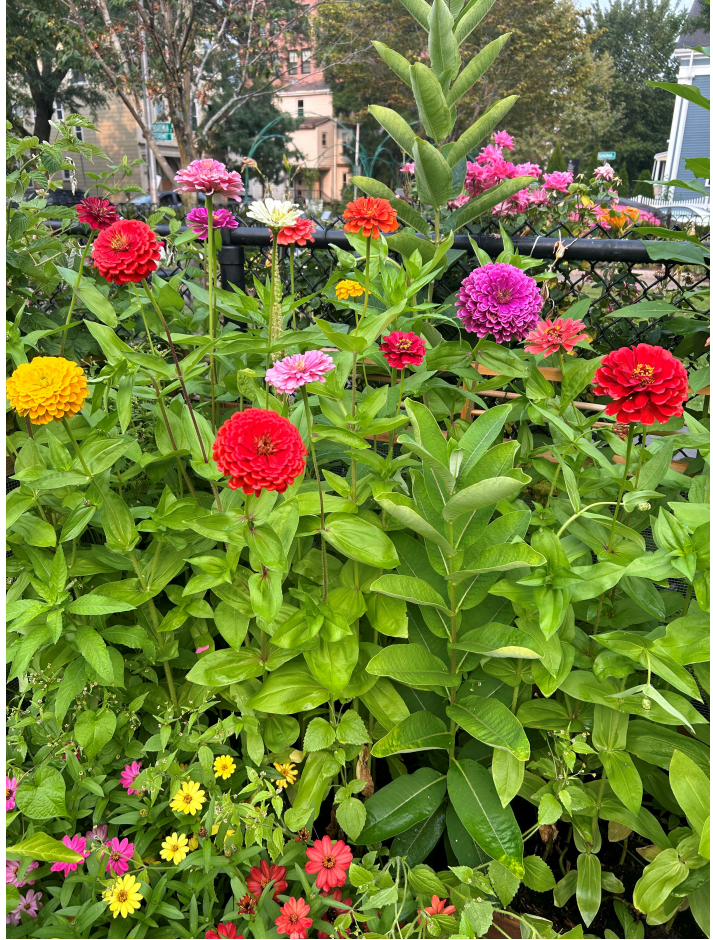
I am so happy to be connected with you!

Hope you had a wonderful summer and wishing you peace, joy, and abundance as we move into a new season.

In gratitude,

Barbara

P.S. Sharing this picture of our amazing zinnias in our community garden this summer. I'm amazed by the growth in the flowers, planted from seed, over just a few months. Thank you for all that you do to work towards flourishing for our communities!



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Barbara Best
Executive Director, Convu – where listening
happens, <https://www.convu.com/>
Doctor of Education Leadership (Ed.L.D.)
Harvard Graduate School of Education
617.716.9275 (cell), barbarabest73@gmail.com
Pronouns: she/her/hers ([what's this?](#))

Cultivating joy, purpose, and connection for mutual flourishing

"There exist a thousand unbreakable links between each of us and everything else, and our dignity and our chances are one. The farthest star and the mud at our feet are a family; and there is no decency or sense in honoring one thing, or a few things, and then closing the list. The pine tree, the leopard, the Platte River, and ourselves – we are at risk together, or we are on our way to a sustainable world together. We are each other's destiny."

--Mary Oliver

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