



HEATH HERALD

Heath's First Newspaper

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Heath Herald

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The *Heath Herald* proudly features a reproduction of the original *Heath Herald* logo design by Harriet Reed for the *Heath Herald's* first edition in April 1979.

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There are three ways to submit your letters to the editor, articles and/or subscription forms:

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 The *Heath Herald*
 PO Box 54, Heath, MA 01346
- Drop off at our Town Hall box:
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Submission Deadlines

- January 10 for inclusion in February/March issue
- March 10 for inclusion in April/May issue
- May 10 for inclusion in June/July issue
- July 10 for inclusion in August/September issue
- September 10 for inclusion in October/November issue
- November 10 for inclusion in December/January issue**

Call for Contributions

The *Heath Herald's* goal is to inform our readership about our community—important and interesting events, experiences, people, places and information. We wish to be as inclusive of the entire Heath community as possible and we welcome your submission of articles, Letters to the Editor, human interest stories, photographs and artwork of local interest. While we cannot promise to publish all articles or artwork, all submissions will be carefully reviewed. In order to include as much variety as possible, submissions may also be edited for length. We always welcome suggestions for topics of interest to our readership.

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Logging

What little I know about logging I learned from Fred Lively, Carroll Stowe, Pete Brown and most recently, Jack Roberts. Heath, like many hill towns of New England, is blessed with a great variety of trees. Heath has, to cite a few: softwoods such as spruce, hemlock, pine, and balsam; and hardwoods including hard and soft maple; yellow, black and white birch; ash; cherry; beech; and oak.

Working together, Fred Lively and I logged out the wood for the house that my wife Beverly, my father Ted denOuden, and I, with John Wolfenden working part time, built. For the structure we used spruce and hemlock. For flooring we used rock maple, cherry and oak. I trimmed the interior with cherry, yellow birch, and pine. We have cabinets and raised paneling made of yellow birch and cherry.



Photo courtesy of Buck denOuden

Carroll Stowe and I collected logs that were donated for the rebuilding of the Solomon Temple Barn on the Heath Fairgrounds and delivered them to the sawmill. We also cut some logs on land where folks donated the trees. We logged out the material for the large beams and posts that one can readily observe in the basement of the Solomon Temple Barn. I also helped Carroll pull off one of his incredible feats of dropping two huge maples simultaneously. The location was right on the corner where the King's Highway Road begins at the dam in the center of Rowe. The two maples were chained together as high as I could climb with a chain and ladder. We notched and sawed at the same time, with Carroll dictating the timing. The trees fell precisely as he had planned.



Photo courtesy of Buck denOuden

Pete Brown helped me drop some of the most beautiful cherry that I have ever brought to the mill. I am happy to ask for help and pay appropriately when I am concerned about preserving the maximum footage of a very valuable tree such as this cherry. Likewise, Jack Roberts has helped me fell some gorgeous ash. These trees split easily as you cut them, and can shatter when they hit the ground. Jack felled three trees perfectly and we hauled what measured out as 1,000 feet to his mill.

Fred, Carroll, Pete and Jack have all evinced considerable intelligence in their work, demonstrating more concern with stewardship of the natural environment than with maximizing profit. What is even more impressive than their incredible skills is the respect and indeed reverence that Fred, Pete, Carroll, and Jack have and have had for the woods. I respect them as mentors and have enjoyed them as friends.

I have had the honor of working the lovely slice of New England forest that is Mrs. Carey's for 40 years, myself. Jack, upon first entering Mrs. Carey's woods with me, commented on how well cared for the forest was. When I take Anne Carey on a tour of her domain in a 4WD vehicle, she smiles almost meditatively. The woods are for her, as indeed for me, a place of solace but also a sustainable source of lumber and firewood. Some worship in churches. I prefer the woods as a sanctuary for many life forms including myself, my responsible friends and anyone who shares these values. We as humans can contribute to the beauty and complexity of nature by how we care for the land and the abundance of natural phenomena of which we are a humble part.

—Buck denOuden

Lunch Hour

Yesterday, on my lunch hour,
I saw a beaver.

It sat for a moment in the shallows of the canal
Near enough the bike path where I walk
I could hear the click and scrape of its teeth
on white shoots it brought up from the mud.

It was round and brown,
Its head big
in proportion to its body.

It did not appear to see me at all,
just swam about its business,
plying the river bottom for food,
then pulled into a slow curl
and sprang for the depths
without a splash.

There was a trail of bubbles.
A clay colored plume
bloomed in the mud.

I stood still as I could, watching
in the cool mist of a day
I never imagined would include a beaver

December, 2012

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Tuesday, November 11, 2014

Veterans Day was originally proclaimed Armistice Day by President Woodrow Wilson after World War I, in commemoration of the secession of hostilities between Allied nations and Germany on the eleventh hour of the eleventh day of the eleventh month. The timing was related to the temporary truce for peace on November 11, 1918, which held and became known as the end of “the war to end all wars.”

In the beginning Veterans Day was not a national holiday; rather, it was to commemorate Armistice Day with parades, public meetings and a brief suspension of business starting at 11:00 a.m. On May 13, 1938 Congress made it a legal holiday dedicated to the cause of world peace and to honor veterans of World War I. The change from Armistice Day to Veterans Day in honor of all veterans occurred after World War II on June 1, 1954, by President Dwight D. Eisenhower when it became obvious that World War I was no longer a war to end all wars.

After a brief effort in the 1970s to provide three-day weekends for all national holidays Veterans Day was made an exception and henceforth Veterans Day occurs on November 11 no matter what day of the week it falls on.

The Heath Veterans Memorial Committee members (Bob Bourke, Jerry Gilbert, Peter Smith, Dennis Peters and I) thought it appropriate to pay tribute to our Veterans this coming November 11 by publishing a poem written by the Reverend B. B. Cutler of Heath for the Heath Centennial Celebration held on August 19, 1885 in Heath’s Congregational Church. Reverend Cutler was the minister of the church at that time and quite possibly he read it to the gathering as the prayer he was scheduled to offer. It memorializes Revolutionary War veterans of Charlemont Hill/South Heath and the cause of freedom they fought for.

—David F. Howland

Heath Centennial August 19, 1885

While here we sit beneath this shadow,
On the hill where the fathers were lain,
Let a tribute to them now be paid,
Nor let their memory ever fade.

The fathers toiled their farms to make,
The mothers suffered for their sake,
Children many both small and great,
Required their care early and late.

But when Sabbath dawn appeared,
They rested, because the Lord they feared,
They sought the church without a bell,
That together his love might tell.

The forest shook beneath their shoes,
They gave the soul but slight repose,
And when their freedom was assailed,
Their love of country never failed.

On Lexington and Bunker Hill,
Their valor is remembered still,
In Valley Forge and Monmouth field,
And Yorktown was the victory sealed.

So when rebellion raised its head,
The love of freedom was not dead.
Lincoln's call was not in vain,
Freedom's champions rose again.

Nor was Heath left in the cold,
Their country they resolved to hold,
Scores left all that’s dear on Earth,
To vindicate the right went forth.

Near half their number bled and died,
The fearful contest to decide.
The remains of some lay up there,
Some, Lord alone knows where.
Some returned with health impaired,
For further labor they are spared.
A debt to them the country owes,
Since in their toil it must repose.

Let us, in this Centennial heart,
A grateful tribute pay.
To those who live, and them who fell,
Their valor to the children tell.

Looking from these beautiful hills,
Strong admiration our spirit fills.
Let us praise our maker’s name,
And tell the wonders of his fame.

Our fathers praised him so may we,
That with him we may ever be.
Gathering with those gone before,
His wisdom, power and grace adore.

Composed and written by The Reverend B.B. Cutler,
Heath, 1885



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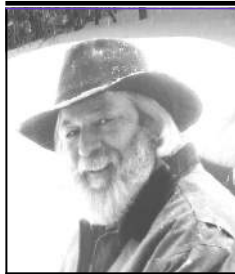
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Wild Ramblings

—Bill Lattrell

Clearly a Hero Amongst Plants

Within dark and damp forests that hold rich organic soils lives a plant, oft unnoticed, that is changing the face of forest evolution. No, we are not talking about an old or new invasive exotic plant that ravishes the natural landscape, but rather a new hero amongst plants; the first known species to co-evolve with an invasive exotic plant in such a way that it flourishes in the midst of an enemy. In an age when poisons are the only known way of battling invasive exotic plants, poisons so toxic that they threaten the very environment that some are trying to protect, this is a very hopeful and wonderful development.

Clearweed (*Pilea pumila*) is a common understory plant that, for some reason or another, lives without much human attention, unless, of course, it invades a shaded garden. It is common, easy to identify, and has a host of cousins throughout North America, particularly in northern zones. But despite its ubiquitous nature, few people can name it when asked. Perhaps its low profile, the fact that it is a ground cover that is often trod upon, keeps it from being noticed. Despite its ability to hide from human observation even when it is clearly in view, Clearweed is a very easy plant to identify. This ground cover plant often grows in dense mats, has opposite leaves that are deeply toothed, and holds a translucent stem; hence its name, Clearweed. Clearweed can grow taller in lightly shaded gardens but in the dark cover of the forest it often hugs the ground. The plant bears very small white flowers that yield a tiny green fruit with purple markings, both found at the joint between the upper side of the leaf stem and main stalk. The plant turns a glorious bright yellow in the autumn, hardly a camouflage as its beauty might be considered head turning. Clearweed can be confused with a cousin, stinging nettle (*Urtica dioica*), which has similar leaves but grows much taller and has hairs along the stem with oils that can cause a severe and painful rash on human skin.

Clearweed is a succulent plant that is a favorite food of the white-tailed deer. On many occasions I have found areas of Clearweed where deer have bedded in dense mats of this soft ground cover and munched away at the leaves. The caterpillars of several butterflies use leaves for nourishment. The most common of these is the Comma Butterfly caterpillar. Several species of aphids also enjoy the juicy stems of Clearweed and one leafhopper uses Clearweed as a primary host. It is truly a valuable forage plant amongst flora in our rich New England forests.

Clearweed was also used by Native Americans. They used this plant to alleviate itching, as a remedy for hunger, and to clear blocked sinus passages.

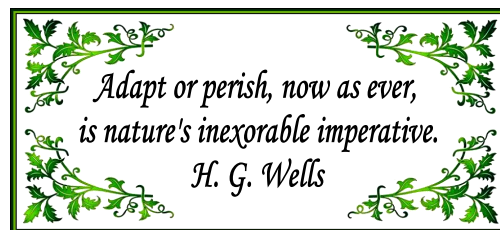
What distinguishes this common plant from all others in the forest, and perhaps from all other plants in North America, is that it is the first and only plant to have evolved to survive the onslaught of one of the most predatory invasive exotic plants. Clearweed has learned to coexist with Garlic Mustard (*Alliaria petiolata*). This noxious plant is one of the most in-

vasive plants found in the forests of North America. Originally introduced as a garden plant in New York, and later Chicago, it takes over the understory plant community in forests, particularly those with rich soils. It is so effective that it is known to completely eliminate every other understory plant species. Garlic Mustard produces a chemical known as sinigrin. When Garlic Mustard comes in contact with competing understory plant species it conducts chemical warfare by emitting gross amounts of this chemical into the soil. Sinigrin kills the mycorrhizal fungi in the soil that are used by most understory plants in a symbiotic relationship where the fungi's hyphae breaks down nutrients to easily used forms for the plant while using the plant's root structure as a host. The loss of this soil fungi starves plants that are dependent upon the mycorrhizal fungi-to-plant symbiotic relationship. It is a deadly and very effective strategy that Garlic Mustard employs without abandon whenever necessary.

This strategy of Garlic Mustard has proven to be nearly invincible when it comes to the survival of other forest understory plants, until recently. Enter our plant hero, Clearweed, which has rapidly evolved to resist the effects of sinigrin and has learned to coexist with the invasive plant. The mechanism that has allowed Clearweed to coexist with Garlic Mustard is a bit unclear. One potential clue to unraveling this mystery is that the Clearweed that has made this evolutionary adaptation does not do well when transplanted to areas that do not contain Garlic Mustard. It seems to only do well in areas infested with this noxious plant. Nevertheless, Clearweed may provide ecologists with enough clues so that we can better understand how other plants might evolve to live with this particular invasive exotic plant. The key to a healthy forest is diversified plant species in every stratum (plant layer) in the forest, from the herbaceous layer through the shrub/sapling layer to the upper canopy where trees dominate the botanical community.

Once again, Mother Nature has provided a lesson for the human species. By paying attention to evolutionary adaptation, we can understand the processes by which plants change to continue living in a new environment. It seems that at least some may be capable of changing and adapting without the intervention of legions of humans with harmful chemicals.

A lesson worth paying attention to, wouldn't you say?



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Green Thoughts

—Pat Leuchtman

A Bouquet of Weeds

Recently, I was talking to Cara Hochhalter, the minister at the Charlemont Federated Church, about some plants she was going to mention during the Sunday Service. Some of those plants were weeds. Inspired, I brought a bouquet of weeds gathered from my roadside to serve as altar flowers. It was a generously sized bouquet, and was much admired. When I explained that it was all “weeds” everyone politely exclaimed that it was beautifully arranged. Flower arranging has never been my forte, but I am getting better at trusting the flowers. They are so beautiful in and of themselves, you cannot go too far wrong. Even when they are “just weeds”.



My bouquet was heavy on the goldenrod that fills my fields. There are cultivated types of *Solidago* that you can buy for your gardens, but I do so well with the wild variety that I have not bothered to investigate any of these. There are even numerous “wild” goldenrods, but it takes patience, a good weed/wildflower book and good eyes to definitely identify each one. I think we have elm tree goldenrod, named for the graceful vase shape of the flower clusters.

Two of the roadside weeds I included in my bouquet were asters. I found a tall, many-branched aster with delicate white flowers, and a shorter lavender aster, with equally fine blossoms. I am not sure I can identify either one of them, but wild asters have certainly been crossed and re-crossed to create the colorful hybrid asters that are such an important part of our autumnal gardens.

I do have a bit of achillea, or yarrow, still blooming in my garden, but the wild white yarrow that grows along the roadside seems to have disappeared. Since I promised that I would include no cultivated flowers in this bouquet, I did not use them. When I am not under such a restriction I would use them in any autumnal bouquet. Coronation Gold achillea is particularly popular because of its usefulness as a dramatic dried flower. Recently, I came across a note about yarrow that said the French call yarrow Carpenter’s weed or *herbe de Saint Joseph* because of the legend that the young Christ Child brought his injured father a sprig of yarrow to heal his cut. When I looked in my book, *Using Plants for Healing*, by Nelson Coon, I learned that others have called it Soldier’s wound-wort because its mild astringent quality was thought to stanch bleeding on the battlefield.

One of my favorite weeds is the blue chicory that blooms on sandy roadsides where it is sunny and dry in midsummer. Unfortunately, I have not seen it in my neighborhood lately; otherwise, I would definitely have used it in my weed bouquet. I love the flowers’ reflection of the blue late-summer sky. That is reason enough for its existence as far as I’m concerned, but Thomas Jefferson thought chicory leaves a suitable salad.

Indeed, *Cichorium intybus* is also called wild endive. The French used roasted and ground chicory root as a favored drink long before they ever knew of coffee, and some still prefer that tropical bean.

Daisies are a summer weed growing in my fields and roadside that end up in kitchen bouquets. No daisies at this time of the year, and I didn’t think I had any Black-eyed Susans that I have seen along other roadsides. As I was looking for other weeds for my mainly yellow and white arrangement I did see a small clump of these golden flowers and took them all to use in the lower levels of the bouquet.

When putting together any flower arrangement, the arranger has to keep in mind where it will be set. An altar arrangement will only be seen from one side, but the congregation will be looking slightly upward, so attractive foliage or flowers need to cover the upright stems and form a bit of a collar at the neck of the vase.

It is always instructive to look at the flower arrangements at the Heath Fair to see the way that flowers are arranged for different settings. Dinner table flowers are kept low so that the diners can smile and speak to each other during the meal without peering through a forest of bloom and foliage. Bedside arrangements are small and sweet. I wonder if sometimes soporific flowers are included. I have a hop vine and could include some little green lantern-like hop flowers for a sleep-inducing arrangement.

Another flower I missed for my weed bouquet was Queen Anne’s lace. It is usually abundant, but alas, there was none in sight when I went foraging for beautiful weeds. I hope no one thought I eliminated this flower because I don’t like it.

When I look at the plentiful array of weeds in and around my garden, I consider the conundrum: What is a weed, really? Many of them are very pretty. They certainly grow vigorously without care. Many even have medicinal uses. Some of them have relatives that I pay good money for and plant in my garden.

Whatever they are, I spend as much time enjoying weeds and the stroll they take me through myth and history as I do trying my ineffectual best to rout them out.



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Introducing...

We are indebted to those who volunteer their services in an elected capacity each year. These members of various Boards were elected or re-elected at our Town Meeting in May. Thank you for your dedication.

Kate Bailey, Library Trustee

I have been a library trustee for eight years, but my love of libraries began when I was growing up in Beverly, MA. The Beverly Public Library is a magnificent building of marble stairs, soaring ceilings, and floors of stacks that look out on a large central space. Standing at the edge of the stacks, looking into this area, I could see my friends doing the same thing one, two, three or four floors up or down. For me, running around the stacks chasing friends was a rite of passage, akin to being allowed to run around the fair with friends in Heath. Despite all the grand architecture, the library was not a place that felt sacred and intimidating but instead vibrant and fun. I think this is a note that is also struck at our little library and I hope that as a trustee I help maintain that atmosphere.



Bob Bourke, Constable

I moved here from Whately in 2009. I felt the best way to get to know people in town was to get involved with town activities. Heath is an extremely welcoming community. Maybe too welcoming, since it feels everyone wants you on their committee. So far I am involved in the Fire Department, as well as the Safety Complex, Veterans Memorial, and Parks and Recreation committees; as Heath Fair secretary, Graveyard Guild participant, past Board of Health member, and most importantly, Constable, taking over for Bob Tanner. This last position is a bit disappointing, as I have yet to receive any bribes (smile), but I have faith in my fellow Heathans.



Your faithful servant, Bob Bourke

Brian De Vriese, Selectman

My family and I have lived in Heath since 1987. Beginning in 1989 I served for ten years on the Conservation Commission. In 1999 I was elected to the Selectboard and have served continuously, since. It has been an enjoyable experience because of the great people we have had on the board and the many dedicated and talented people we work with in other positions and departments of the town. The boards I have served on have never let personal or political differences stand in the way of doing the town's business. All in all it has been a rewarding experience, which is why I ran for a sixth term.



Don Freeman, Finance Committee

Margaret and I moved to Heath in 2002 after we retired from our jobs as college professors in Los Angeles. I ran for Finance Committee in 2008 and have served as chair ever since. I've sought to keep Heath's budget and taxes at reasonable levels while maintaining transparency and seeing that all Finance Committee members have a say in our recommendations.



Ken Rocke, School Committee

Creating and maintaining good schools for all of our children is a critical and challenging job. It takes everyone working together, in a spirit of collaboration and trust. Teachers and paraprofessionals, administrators and school committee members, parents and community members – everyone must keep the welfare of our children in mind.



Having spent the last 30 years of my professional life as an educator, working in a variety of roles and a variety of settings, I want to see if I can now contribute something as a school committee member.

Steve Thane, Constable

I moved back to Heath after spending 35 years in Central New York, 25 of them spent working as a Senior Analyst in administrative computing for Cornell University. I miss New York, but am happy to be back in this busy Heath community. I have been parking cars at Heath Fair for years, and now that we are here full time I decided to become involved in other ways. I am enjoying the "back to my childhood on the farm" feeling of being the town roadside mower, and filled in for Mike Smith as Acting Highway Superintendent for a few weeks earlier this summer. Serving as one of the town Constables is a bit underwhelming (nice badge, but not a lot of action thus far). I am thankful for my excellent mentor, Bob Bourke.



Jo Travis, Planning Board

I live on Burnt Hill with my husband Henry Gopek. I am a retired anesthesiologist. I am interested in serving on the Heath Planning Board because I would like to help with future planning in Heath that is in keeping with the rural nature of the town.



Doug Wilkins, Moderator



This year, I was elected once again to Town Moderator, a position that I have held for over 30 years. I am happy to serve the town by facilitating open and fair town meetings where everyone gets a chance to speak. I live on Underwood Hill Road where my wife Cathy and I have raised our three children, Kirt, Caitlin and Chris.

Alice Wozniak, Assessor

I ran for Assessor because this is presently my career; I am a Massachusetts Accredited Assessor. I'm the Assistant Assessor for Colrain, do some consulting work in other MA communities and am secretary for the Franklin County Assessors Association. I feel that my education and years of experience in assessing bring a new strength to the Assessors' Office. I have been on the board since 2008.



Editor's Note: As far we are aware, Doug Wilkins has held his position longer than anyone in town.

A Note of Thanks

October 5 marks the 15-year anniversary of my service as Town Clerk in Heath. As I look back over these years, I am amazed at how much I have learned about being a “facilitator of democracy” (Galvin, 2000). With each passing year my appreciation increases for the support personnel I have.

I would like to take this opportunity to offer thanks to the many townspeople who have lent a hand over the years to make certain that the democratic process of elections and town meetings carries on in Heath. First, I have been very fortunate to have very dedicated poll workers who have remained faithful to the task at each and every election or town meeting. There has also been a variety of constables ready to squelch the crowd’s behavior should an election riot break out. Finally, I am very grateful to have a large pool of volunteers to call on who will come out on an election evening, even in the cold and dark, to help count ballot votes.

To each and every one of you who have assisted me over the past 15 years, I extend to you my sincere appreciation and thanks from the bottom of my heart.

—*Hilma Sumner*

Heath Cultural Council Seeks Funding Proposals



The **Heath Cultural Council** has set an **October 15** post-mark deadline for organizations, schools and individuals to apply for grants that support cultural activities in the community. These grants can support a variety of artistic projects and activities in and around the Town of Heath—including exhibits, festivals, field trips, short-term artist residencies or performances in schools, workshops and lectures.

This year, the **Heath Cultural Council** will distribute about **\$4,300.00** in grants. Previously funded projects include Heath Fair music, a variety of school-based programs, and the summer craft and literacy program through the Heath Free Public Library

For specific guidelines and complete information on the **Heath Cultural Council**, contact **Kara Leistyna** at **413-337-4934, ext. 0** or email **bos@townofheath.org**. Application forms and more information about the Local Cultural Council Program are available online at <http://www.mass-culture.org/Heath> or at the Town Hall, 1 East Main Street, Heath, MA 01346.



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Heath Agricultural Society, Inc. From the President

I would like to extend my sincerest gratitude to the many volunteers who helped to make this year's Heath Fair a great success. In spite of the cool temperatures, the turnout was great and there was a lot of positive feedback regarding what the Fair offered. Special thanks to the Clarks, Tanners, Halbergs, and Tombs. These families have been involved in the Fair for many years and their enthusiasm, support, expertise, and commitment are invaluable. Gratitude and appreciation should also be extended to the many Heath Agricultural Society members and volunteers whose commitment, availability, and support made the Fair possible and maintained the grounds in the terrific condition they have been in—special thanks to the McGahans, Draxlers, and Freemans for their work on the grounds and much more. Finally, thank you to all who volunteered during the Fair, and to all who attended the Fair. The success and the viability of the Fair and the Agricultural Society depend upon your commitment, interest, and support.

*With appreciation,
Justin Lively, President*

President's note: we have been notified that the Heath Agricultural Society achieved non-profit status as of February, 2013.





LIBRARY LINES

—Donald Purington

Tables full of books under the tent, great raffle prizes, and mostly dry but fall-like weather combined for a successful book sale at the Heath Fair for the Friends of the Library. Thank you to all the Friends who put so much time and effort into this fun event! Next up for the Friends is their Fall Bake Sale on Saturday, October 11, from 10 to noon on the porch of Sawyer Hall. Come for the delicious baked goods, stay for conversations with your neighbors while sipping a cup of hot coffee.



If you admired Deb Porter's Lincoln Rocker on display at the Heath Fair you now have an opportunity to sit in it at the library. This antique rocking chair was reupholstered by Hilma Sumner, whose exhibit of the process won a Blue Ribbon at the Fair. The chair will be in the library until Columbus Day weekend – please stop by and sit a spell.

A Few of the New Items at the Library:

See all the new items added to our collection in the previous two weeks on the Library website. Look for the **New Titles** link on the left side of the page.

Fiction Books for Adults: *The Narrow Road to the Deep North* by Richard Flannigan, *Personal* by Lee Child, *The Bone Clocks* by David Mitchell, *An Event in Autumn* by Henning Mankel

Non-fiction Books for Adults: *Descriptive Catalog of the Books and Periodicals in the Heath Historical Society Collection* by Margaret E. C. Howland (donated by the Heath Historical Society), *Heath Herald Volumes 31-35 (2009-2014)* (donated by the *Heath Herald*), *Still Foolin' 'Em* by Billy Crystal

Books for Young/Teen Readers: *Dog vs. Cat* by Chris Gall, *The Fourteenth Goldfish* by Jennifer Holm

Children's Picture Books/Boardbooks: *Chu's First Day of School* by Neil Gaiman, *Tops and Bottoms* by Janet Stevens

DVDs: *The Grand Budapest Hotel*, *Heaven is for Real*, *The Lego Movie*, *Still Life: The Three Pines Mystery*

Audio Books on CD: *Husband's Secret* by Liane Moriarty, *The Cuckoo's Calling* by Robert Galbraith, *Still Foolin' 'Em* by Billy Crystal

Summer Fun

An enthusiastic group of children and their families gathered at the Heath fairgrounds this summer for four Wednesday evenings of science experimentation. On the first evening we hunted for dino eggs that a dinosaur mother must have left behind at the fair, made invisible ink and slime. For the second session we created our own perfume and bug spray with flower petals and essential oils, and we learned that oil and water don't mix when we made lava lamps! On our third science date we tried some elephant toothpaste which is a chemical reaction between yeast, hydrogen peroxide, and dish soap. The kids were thrilled to watch it grow out of the soda bottle, and Enso McNay created *rainbow* elephant toothpaste! We found that too much baking soda in our DIY fizzy lemonade didn't taste so great! The last session was spent blowing giant bubbles near the sheep and cattle barns, discovering that glycerin was the key to success. A special thank you to the parents who helped make science so much fun!



*Pictured are Enzo & Winter Garofalo
and Austin & Kaylin Sumner, all of Heath*



*All Summer Readers can now
bring in your reading logs to the
library to receive prizes!*

—Lyra Johnson-Fuller

**Books are a uniquely
portable magic.
—Stephen King**



TOWN NURSE

—Claire Rabbitt

Healthful Hints

As cold and flu season approaches, remember to use good hand hygiene--wash hands for 30 seconds before preparing foods and eating, and avoid touching your face, eyes, nose and mouth. Cough or sneeze into your elbow, not your hand, and wash after using a tissue or handkerchief to protect yourself and others. Teach children to do the same.

I have noticed some habits for good health are not being followed as well as they were during the H1N1 scare a couple years ago. It is important to get adequate sleep and eat a healthy diet to keep your immune system at its best, as even with good hygiene we do not live in a sterile environment. Flu vaccine is recommended for everyone, and especially for children aged 6 months to 18 years old, pregnant women, the elderly, and for people with compromised immune systems from conditions such as diabetes and heart disease. Those who live with or care for any of those above named should also be vaccinated, so as not to expose them to flu. This means just about everyone should receive the vaccine unless allergic to one of the components. I plan to have at least one flu vaccine clinic in Heath in October and there will be a West County one in Charlemont in November. Notices will be posted.

Even though fall is here, continue to be vigilant to prevent tick bites. Mosquitoes will be gone after a killing frost, but not ticks.

The Osteoporosis exercise class continues on Tuesdays, 11 a.m. to noon and Thursdays, 10 to 11 a.m. This class is for anyone over age 55. We do exercises to improve balance as well as help the bones and muscles, with the goal of preventing falls and fractures. We have fun and it's FREE!

My office hours are on Tuesday noon to 1:30 p.m. and Thursday 11 a.m. to 1 p.m., or by appointment. If needed, I do home visits. Office phone: 337-4847, home phone: 337-8309. Please leave a message.

The Town Nurse now has a voice mail box at the town office. To leave a message only, dial the town number: 337-4934 and dial ext. 109.

—Claire Rabbitt, RN

Lyme Disease

There's been lots of talk about Lyme disease lately, in particular tick-testing for free available to town residents until Dec 31 (more info available at the Town Hall—see Charlene or Kara for a pamphlet). Recently, I attended a meeting of Board of Health members from other towns and learned some new information that has recently surfaced about the effects of Lyme disease. Lyme affects children and adults of all ages.

The International Lyme and Associated Diseases Society (ILADS), which uses grant money to study Lyme and train physicians all over the country, is asking physicians to query their patients more closely on symptoms rather than merely relying on a blood test to diagnose Lyme. Because 35% of the tests currently done for Lyme disease are inaccurate, and over 50% of people infected don't remember a tick bite and don't get the tell-tale bulls-eye, many problems have been misdiagnosed and the Lyme disease has remained untreated.

ILADS cites a study of psychiatric inpatients and found that "about a third showed signs of past infection with the Lyme spirochete. Symptoms include memory loss, slowed processing, depression, OCD, mood-swings, anxiety, ADD-like syndrome, irritability and violent behavior," just to mention a few. ILADS suggests that many of these symptoms were due to the untreated Lyme disease.

ILADS is suggesting that doctors begin to ask pertinent questions about lifestyle (are you outside a lot, do you have a dog that is outside, etc.) and to begin to take notice when their clients complain about tiredness and sore joints. As many as 40% of people infected with late-stage Lyme have no idea they have it, and suffer from neurological symptoms that could be prevented.

ILADS has a list of five questions psychiatrists should ask:

- Is there a family history of psychiatric or neurological issues?
- Did the problem/s come on without a new stressor?
- Are there symptoms of joint pain, light sensitivity, tremors, headaches, myalgias, memory loss, shooting pains, word-finding difficulty, sleep disorders, migrating pain, progressive dementia, ADHD-like symptoms, difficulties processing, etc.?
- Is the disorder atypical such as panic attacks lasting longer than normal?
- Is there a poor response to medicine that is supposed to be helpful?

Most or all of these symptoms can improve with the proper antibiotic treatment if caused by the Lyme spirochete. Doxycycline is still the drug of choice. ILADS suggests continuing treatment for one month **beyond** the ending of symptoms. School-age children with learning disabilities or unexplained psychiatric changes should also be reviewed.

ILADS also recommends blood-testing be done at labs that specialize in Lyme disease such as <http://www.mdlab.com> in New Jersey. They also say that blood tests should not be used to rule out Lyme disease if there is a strong clinical presentation, meaning that the symptoms are present. See <http://www.mentalhealthandillness.com> for a questionnaire that can be used to help diagnose. Lyme disease is one of the fastest-growing diseases in the country but it can be treated. Left untreated, the outcome is serious—permanent nerve and brain damage similar to MS or Parkinson's, etc.

So, get your ticks tested, tuck your pants in your socks when you walk in the fields and woods, and check yourself for TINY ticks (and have a friend check you in the places the "sun don't shine").

http://www.ilads.org/lyme/Psychiatric_Brochure_08_08.pdf
<http://www.ilads.org/lyme/primary-care-physician-brochure.pdf>

—Karen Brooks, Chair
Board of Health

School News

The 2014-2015 school year is underway. We have a few new student faces and several new staff around our building. I'd like to take this time to introduce our new staff to you and welcome them to our community.

Mr. Scott Sarich is our new Middles teacher (grades 3 and 4). Mr. Sarich lives in Colrain with his family and is excited to be working in Heath. We are glad to have him here! Mrs. Mary Johansmeyer is returning to Heath as our Physical Education teacher. Mrs. Johansmeyer worked in Heath previously, and we're happy to have her back in the building teaching our kids. Mrs. Gina Glover is our new music teacher. She'll be teaching general music, instrumental music and chorus. We are thrilled about adding chorus to the Heath School and thank Mrs. Glover for sharing her passion for singing with us. Ms. Judy Thrasher, a Heath resident, will be co-teaching in the Uppers classroom (grades 5 and 6) with Mrs. Robin Jenkins, also from Heath. They will be co-teaching during Mrs. Jaime Jackman's maternity leave which is scheduled to begin in mid-September. Ms. Karen Lovett is our lunch assistant and serves our students lunch each day.



Mr. Scott Sarich

Ms. Karen Lovett

We have a new lunch model this year, and we thank Ms. Lovett for working so hard each day to make it work! We will be hiring a breakfast assistant to serve breakfast each day, but that person has not yet been hired. We will also be hiring a preschool paraprofessional to work in our preschool. We have a very large preschool this year and all the students are from Heath which is VERY exciting. It's my intention to have the breakfast assistant and the preschool paraprofessional hired by early to mid-September.

Overall, we are off to a great start! Students and staff are happy to be back, although as I write this it's 85 degrees with 70% humidity! We are looking forward to more fall-like temperatures! Please contact me at the school if you have questions or concerns.

Thank you, Eric M. Glazier
Principal



Editor's Note: Since this article was written, Ryan Eastman, of Heath, was hired to be the new preschool paraprofessional. Ryan has two sons at Heath School.

New Assistant Principal at Mohawk Jesse Porter-Henry, "Mr. P.H."



I recently had the pleasure of interviewing Mr. Jesse Porter-Henry who has just accepted the position of Assistant Principal at Mohawk Trail Regional High School. Mr. P.H., as his students call him, being an "alum" and having grown up in Heath, explains that he is drawn back to Mohawk because of his strong connection to the local towns and people of Franklin County.

As a student at Mohawk High School, Mr. P.H. was always interested in science as well as athletics and, most of all, being outdoors. Mr. P.H. continued on to study geology throughout college in Colorado, and then worked as a paraprofessional planning geology trips. Mr. P.H. always knew he wanted to be a teacher and first taught geology and math in Lake Placid, NY. Afterward, he began leading trips with groups of students internationally to Costa Rica where they built houses, worked in national parks, and contributed in many other ways to the communities they lived in. Following his trips, Mr. P.H. proceeded to teach at The Academy at Charlemont for five years, and then Hampshire Regional High School for two. Mr. P.H. says he is thrilled with how welcoming Mohawk has been, and is excited to reconnect with families and be back in the school community.

—Julian Diamond

Heath resident and 11th grader at Mohawk

Take a Closer Look: Seed Search

Take a walk in a field or along the edges of your backyard or garden and look for all the seeds you can find. To find even more, wear a pair of old fuzzy socks on the outside of your shoes and see what they pick up! Seeds are designed to travel and spread to new places to sprout.

Can you find some of these seeds on the pages of this issue? Seeds that are:

- Spread by animals after having been eaten, like seeds in a blackberry
- Spread by animals after getting stuck on them, like burdock
- Blown on the wind with a parachute or wings, like milkweed
- Shot out of an exploding seedpod, like jewelweed
- Dropped from the plant, like an oak acorn

—Susan Draxler

A Fun Field Trip

The old school house in the center of Heath, Massachusetts was a very interesting place to visit. It is neat that this piece of history is right in my hometown. Along with my family, I was able to see and learn about historical artifacts from the 1800's. We were given a special tour of the schoolhouse by Howard Dickinson, a former student, and Nancy Thane, a board member of the Heath Historical Society.

Howard Dickinson is a 90-year-old farmer who attended this school over 70 years ago. I was able to ask him questions about what school was like back then. I learned from him that even though there was a woodstove to heat the school, the students had to wear almost all of their winter attire to keep warm. He said that school days started at 9:00 a.m. and ended at 3:00 p.m. They had two recesses and went home for lunch. The students mostly walked or rode their bicycles to school, even though at the time, there were horse and buggies and some cars. He also talked about the teachers and how teachers were both men and women. The women, however, could not be married and be a school teacher at the same time.

The Heath Center School was built in the 1800's and was closed down around the year 1950. It has since been turned into a museum filled with artifacts from many years ago. Some interesting things we saw were old utensils, swords, guns and paintings. We saw the desks and slates the children had used. We also saw the teachers' rulers, books, and school bell. There was a detailed map of the world made by hand from a girl not much older than me. My favorite artifact in the school was a bouquet of flowers made out of human hair which was donated from over one hundred people! In the school house there also was a model of Fort Shirley from the French and Indian War. After leaving the museum, we were able to visit the actual site of Fort Shirley on Hosmer Road, located right here in Heath, Massachusetts.

This field trip was very fun as well as educational. My favorite part was walking into the museum for the very first time. It felt like a whole new world just opened up for me! If this report was not necessary, I might not have taken the time to look into this historical place. I had so much fun on this field trip that my family and I have already decided on my next one. We are going to be visiting the waterfalls which used to run the mills in Heath. Along the way, I have realized that history is both fun and exciting!



Judea Eve Sonntag
Grade 5, age 10
Home School

Heath Historical Society

This summer the Heath Historical Society hosted two events in addition to Open Houses at the Center School House and the Old Town House, plus an Open House at the Solomon Temple Barn during Heath Fair. We held a very well attended "Dining with History" summer themed event in July, and hosted Marianne Curling, Curator of the Amherst Historical Society, at the Annual Meeting of the Society on August 23. Marianne spoke about Dr. Emerson and family who lived in Heath in the early to mid-19th Century, moving to Amherst in 1846. An exhibit of this fascinating family's connection between Heath and Amherst continues at the Amherst Historical Society/Strong House at 67Amity Street until the beginning of November. More information can be found in the June-July issue of the *Heath Herald*.

We look forward to the next event in our "Dining with History" series; a virtual tour of Heath's three cemeteries, just in time for Halloween, taking place on October 26 in the Community Hall from 5 to 7 p.m. A potluck supper is included. Come early, as we ran out of seats at our last of these popular events.

—Nancy Thane



Post Offices of the Past

Charlene Reynolds in the Post Office is gathering old pictures of the Heath Post Offices. This includes the current Post Office and any of the discontinued Post Offices from around town. If you have any pictures, please bring them, or a copy of them, down to add to her growing display.



DCR Launches New Foresters for the Birds Program

As part of its Working Forest Initiative, the Massachusetts Department of Conservation and Recreation (DCR), in partnership with the Massachusetts Woodlands Institute and Mass Audubon, is pleased to announce the launch of a new program for landowners called Foresters for the Birds. Modeled on a successful program in Vermont, Foresters for the Birds will provide landowners with information about bird habitat on their land, and recommendations about how to enhance it in conjunction with other forest management goals.

“We’re excited about this program because we know many landowners want to manage their land to benefit wildlife, and a Bird Habitat Assessment is a great first step in reaching that goal”, said Jennifer Fish, Director of the Service Forestry Program for DCR.

The program provides funding assistance for a trained private forester to evaluate the existing and potential habitat for 12 focus birds which rely on the forests of western Massachusetts for much of their breeding habitat. The birds, called the Massachusetts Birders Dozen, were selected by Mass Audubon as conservation priorities, and cover a range of forest types, from the Chestnut-sided warbler which relies on early successional forests to the Wood thrush and Eastern wood pewee which need mature forests to feed and breed in. The focus bird species are also relatively easy to identify by sight and sound.

Foresters will determine the type of habitat present on land, and which bird species is likely utilizing the habitat. The forester will also provide forest management recommendations to improve or **create new bird habitat, which** must be incorporated into an existing or new Forest Stewardship Plan.

Private landowners with ten or more wooded acres are eligible to receive funding assistance for the development of a Bird Habitat Assessment. In the first year of the program, funding is limited to landowners in the Northern Hardwood Focus Area, which includes the towns of Ashfield, Buckland, Charlemont, Colrain, Conway, Hawley, **Heath**, Monroe, Rowe, and Shelburne in Franklin County; Chesterfield, Cummington, Goshen, Plainfield, Williamsburg, and Worthington in Hampshire County; and Adams, Clarksburg, Florida, Hinsdale, North Adams, Peru, Savoy, Williamstown, and Windsor in Berkshire County.

For an application or to find out more about the program, contact Alison Wright-Hunter, DCR Service Forester at alison.wright@state.ma.us or 413-262-2370, or do a Google search for Foresters for the Birds in Massachusetts.



Weeds are for the Birds



If like me, you didn’t quite get to all those weeds in the vegetable garden or flower bed, don’t despair. You may be rewarded with seeing a flock of snow buntings in your yard this winter.

Many of what we call weeds (plants that are growing where they are not wanted) are an important source of food for birds that migrate through our area in the fall or stay for the winter. Some of the most aggressive weeds, such as crabgrass, ragweed, and foxtail grass, produce thousands of seeds per plant—which is why they are so successful at infesting our gardens. But it is exactly this abundance of seeds which persist through the winter on stalks above the snow that makes these plants valuable to birds. Doves, cardinals, sparrows, and finches—as well as flocks of “snowbirds” that migrate here from up north like redpolls, juncos, and snow buntings—all appreciate weedy patches in fields and gardens, and along roadsides and fencerows.

Ragweed is high on the list of weeds eaten by birds. Its seeds have a high fat content and have been found to make up nearly half of the diet of birds such as white-throated sparrows. As impressive as that is, I am still determined to rid my garden of every ragweed plant I find. But if I miss any, I will feel better knowing that the birds will reap the benefit.

—Susan Draxler

The Friends of the Heath School Library
in partnership with the World Eye Bookshop
announces the 13th Annual

HOLIDAY BOOK FAIR

THURSDAY, NOVEMBER 20
8:30 A.M. — 4:30 P.M.
HEATH ELEMENTARY SCHOOL

Proceeds will be used for the purchase of
books for the Heath School Musacchio Library
& to support student literacy events at Heath School

Selectboard Report

Meeting Schedule

The Board continues its summer meeting schedule of every other Tuesday evening at 7:00 p.m. until the budget-planning season begins in October. Meetings have been in Sawyer Hall lately, but check postings for location.

STRAP Grant

The Town has made another application for the Small Town Road Assistance Program (STRAP) through Mass-Works Infrastructure Program for resurfacing improvements to Route 8A from the Charlemont town line to the Vermont state line. Grant writer Terry Walker, Highway Superintendent Mike Smith, and Town Coordinator Kara Leistyna, collaborated on this year's submission. If the application is successful, Heath will receive just under a million dollars to pay for cold-in-place recycling and resurfacing of Route 8A from the Charlemont town line to the Vermont state line—approximately 5.1 miles in town. A similar process (hot-in-place recycling) was used to resurface portions of Number Nine Road with use of Chapter 90 funds.

Community Hall Painting

The painting of the cupola has been completed by Mike Platek. The other areas of exterior painting were completed last summer by the crew from the Franklin County Sheriff's Department. The cupola was beyond the ability of the crew to attempt due to the need for specialized lift equipment.

Municipal Complex Building Committee

The Municipal Complex Building Committee has been in conversation with Representative Paul Mark to determine what state resources or assistance may be available to the Town for financing of the future Municipal Complex. The committee met with Rep. Mark, who outlined possible grants and programs that might be available and promised to help put the Town in touch with the appropriate state officials. The Committee will be contacting Sen. Ben Downing for his assistance, as well.

The Municipal Complex Building Committee is composed of Chair Bob Bourke, Secretary Bob Viarengo, and members Ken Gilbert, Jeff Simmons, Mike Smith, and Brian De Vriese.

Transfer Station Compactor Project

The aging compactor at the transfer station will soon be replaced. The Town is working with the Solid Waste District to reconfigure the site for the installation of a new grade-level compactor. The new machine will not require an excavated pit like the current one. The project was approved at the Annual Town Meeting in May and is funded mainly from Heath's share of proceeds received from the sale of materials to recycling operations through the Solid Waste District.

Weatherbug by Earth Networks Weather Station

National Grid has been modeling storm response on data collected from area Weather Stations on the Earth Networks system. There are a number of pockets in the Western portion of Massachusetts that have very light radar coverage, so National Grid has made the decision to purchase additional Weather Stations with Heath chosen as one location. The Weather Station will be a donation to the Town and will become the property of the Town, to be located on top of Sawyer Hall. National Grid has agreed to pay for any basic maintenance

that is needed to support the operation of the Weather Station, but Heath will be responsible for minor "housekeeping" such as emptying the rain catch, clearing leaves, etc. The Highway Department, as well as the entire community, will be able to view the data through the Internet. The school may also use the data as a learning opportunity. Each Weather Station has an LCD display that anyone can view to see current weather conditions. You can also arrange an online Weather Center web link that is based on data from Heath's Weather Station to gain access to current weather conditions. Installation is to take place Sept. 24, 2014. More information will be posted on the town's website.

FY15 Appointments

Board and Committee appointments have been made for FY15. Each appointee was sent an appointment letter. If you have not returned this letter with your preference to accept or decline the appointment, please do so as soon as you can. If you accept your appointment, please see Hilma Sumner, Town Clerk to be sworn in and to receive documents pertaining to Open Meeting and Conflict of Interest Laws. Thank you to all—the Board of Selectmen appreciates your service to the Town of Heath. For current openings on Boards or Committees, please see Town Coordinator.

Heath Online

Please take some time to visit the Town's web site www.townofheath.org. You'll find Selectboard meeting minutes, other Board meeting minutes, school information, various announcements and much more. You may contact the Board at BOS@townofheath.org. Send messages to any board or individual via the e-mail address, or visit the Heath web site.

Heath Selectboard

Sheila Litchfield, Chair

Bill Lattrell

Brian De Vriese

GCC SENIOR SYMPOSIA

The GCC Senior Symposia is a collaborative effort between Greenfield Community College's Office of Community Education and area senior citizens. An admission fee of \$10.00 is charged, pre-registering is advised. Bring a guest, free for these first-time attendees. 270 Main Street, Greenfield.

To request a brochure call 775-1681.

- The Celestials: Chinese Laborers in North Adams, Karen Shepherd, October 2, 2 to 4 p.m.
- The Archguitar and a Lifetime in Music, Peter Blanchette, October 8, 2 to 4 p.m., *289 Main Street
- Play Ball! The Business of Baseball, Andrew Zimbalist, October 14, 2 to 4 p.m.
- "Seeing New Englandly," Susan Snively, Ernest Urvater and Terry Allen, October 21, 2 to 4 p.m.
- Post Cold-War Nuclear Risk, Ira Helfand, October 28, 2 to 4 p.m.
- Art and Appetite, Judith Barter, November 4, 2 to 4 p.m.
- Under One Roof: The Golden Age of Department Stores, Jan Whitaker, November 20, 2 to 4 p.m.

—Jan Carr



Heath Union Evangelical Church

We are a Community Church,
and sincerely invite all to join
us on a Sunday. For Pastoral
Care, contact one of the Deacons.

Sunday Worship 10 a.m.

Deacons

- Richard Gallup..... 337-5367
- Ruth Johnson 337-4367
- Walt Gleason 337-4379
- Mike Smith 337-4429
- Alli Thane-Stetson 337-4852

Find us on Facebook @ Heath Union Evangelical Church

We are without a permanent pastor at this time, but our Sunday services continue as usual, with excellent guest preachers. We are looking forward to having Hilma Sumner back for the entire season of Advent, beginning November 30. Meanwhile, we have a search committee at work hunting for a new pastor. Pray for their success.

—Alli Thane-Stetson

Obituary

Phyllis B. Ohanian

Phyllis Jane (Brown) Ohanian, mother of Donald C. Freeman of Heath, died Sept. 10 in Newton, MA. She was 101 years of age.

Phyllis was born in Long Beach, CA March 26, 1913 and grew up in the San Joaquin Valley town of Ripon, CA. Phyllis later moved with her family to Santa Monica, where she attended UCLA, and years later completed her B.A. at the University of Bridgeport, CT in 1959.

Phyllis was a piano teacher, accompanist and church organist, most notably at the Saugatuck Congregational Church, Westport, CT. She later worked as a teacher and school librarian in the Westport public schools. She also wrote several books of children’s songs, of which the best known is “God’s Wonderful World” (1954).

At the time of her death she resided in an assisted-living facility, The Falls at Cordingly Dam, in Newton Lower Falls, MA.

Phyllis is survived by three sons, Donald Cary Freeman of Heath (by her first marriage), John David Ohanian of Newton, and Philip Andrew Ohanian of Bath, ME; five grandchildren, and three great-grandchildren.

Plans for a memorial service are in progress.

—Don Freeman

The Way We Love to Eat Harvest Time

A chill in the air, a hint of autumn and memories of corn harvesting and the smell of ensilage were so vivid as I walked home from the Branch School! It was time to cut the tall corn, complete with ears and tassels and get it into the silo. Many of the local farmers could not afford an ensilage cutter, so they shared that piece of equipment with one who did.



On a pre-arranged day, two or more farmers arrived at our farm where my dad had hitched up the team of horses and had pulled the wagon to the cornfield, where he cut down the tall stalks with a machete-like blade and loaded them into the wagon. Meanwhile, other farmers arrived to share the harvesting, including the farmer who had the ensilage cutter, which was brought close to the silo and hooked up to a gasoline-fired engine with the conveyor belt poised to carry the cuttings through the pipe into the silo. This was ensilage, which enhanced the diet of hay for the cows all winter.



At noon-time, all work was halted as the harvesters came in for a New England boiled dinner which my mother and grandmother had been preparing all morning. At least once this time of year, I try to replicate that hearty meal.

New England Boiled Dinner

Use 3 to 4 pounds of corned beef brisket. Bring to a boil starting with cold water to cover, lower the heat to simmer and cook 2 to 3 hours, then bring to a boil, again. Add prepared vegetables: beets, boiling onions, carrots, turnips, and potatoes; enough to feed 6 to 8 people. When the vegetables are getting soft, add wedges of cabbage and continue to boil until tender. Remove the beef, cut into serving slices on a large platter. Add the cooked vegetables and feed the hungry harvesters!

Note: If there were any leftovers, they were all put through a grinder next day for a delicious "red-flannel" hash.

—Lois Buchaine

Editor’s Note: When asked for a picture of this corn cutter or ensilage cutter, Howard Dickenson told me, “I don’t have any pictures, I was out in the field, working!” Do any of our readers have pictures of the ensilage cutter described in this article? Let us know, and we will print one in our next issue.

*Correction: The Nora Gallipos’ Bread and Butter
pickle recipe yields five pints, not five quarts.*

Heath's Monthly Precipitation

Observed by Heath School staff and students

In this reporting period:

	Rain
From July 10	4½"
August	2½"
To September 10	1¼"

The summer of 2014 overall was not a hot one. The only hot, hazy and humid days were the first couple of days in July and then again the first week of September (when school began, of course). The Friday night of the Heath Fair was clear but cold. To this date the hurricane season has been very quiet, thankfully, compared with the last couple of years.

—Tim Lively and Heath School Students

Senior Center News

The Heath Senior Center's Open Sewing and Open Art programs continue into October, November, and early December. Open Sewing takes place 11 a.m. to 2 p.m. on Wednesdays; October 1, 15, and 29 and November 12 and 26. Bring a project, questions, your sewing supplies and lunch for some fun and stitching. Some materials and reference books are supplied. Open Art is from noon to 3 p.m., Wednesdays; October 8, 22, November 5, 19, and December 3. The Senior Center provides materials and still-life for your drawing and painting pleasure!



I am excited to report that the foot care clinic is coming to Heath seniors, funded by a Title III Grant through FCHCC. Foot care nurse, Kip Moeller, will come to the Senior Center to help seniors care for and maintain good foot health. Watch for more details at the Senior Center, Town Hall and Heath town website.



—Eileen McVay-Lively

PLEASURE BOAT STUDIO A LITERARY PRESS

is honored and pleased to announce the publication of new works by two local area authors

Return to a Place Like Seeing: Poems

By John Palmer of Heath \$17.00



Sugar Mountain: A Novel

By Alfred Alcorn of Colrain \$18.45



See our website for further information on these and other PBS offerings. Available through our website or your favorite bookstore.

Pleasure Boat Studio: A Literary Press (PBS)

Jack Estes, Publisher, Heath, MA

pleasboat@nyc.rr.com www.pleasureboatstudio.com

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Babysitting!

A local American Red Cross Certified Babysitter is available for YOU to take a night off! Call Hjördis (your-dis) at 339-4904!



The Parks and Recreation Committee invites you to join us for Yoga in Heath

Join us in the Community Hall for a traditional Hatha yoga class designed for beginners and advanced beginners alike. Instructor Andrea Chesnes will lead you through gentle breathing exercises and traditional poses, finishing with a guided meditation.

Mats supplied if you don't have one. Drop in anytime!
Suggested donation is \$12 to drop in, \$70 for 6 classes.

Mondays 6 to 7:30 p.m.

October 6, 13, 20, 27, November 3, 10, 17, 24

For further information, contact Betsy Kovacs Estes at 337-5346 Betsy@bkovacs.net or Andrea Chesnes at 413-824-7100; Achesnes@gmail.com

LIVELY CARETAKING

Tom Lively
Phone 413-337-4061
Cell: 413-325-1065
Email: ThomasLively01@gmail.com

Carpentry – Repairs – Remodeling
Mowing – Fields and Lawns – Painting



PO Box 55
Heath, MA 01346







FRANKLIN COMMUNITY CO-OP

The co-op is committed to having healthy food within everyone's reach--- check out our new **Food For All** program where SNAP & WIC recipients can receive 10% off their purchases. Stop in for an application.




Two co-op store locations, everyone welcome, every day.

Green Fields Market 144 Main St, Greenfield Mon-Sat 8-8 Sun 9-6 (413) 773-9567	McCusker's Market 3 State St, Shelburne Falls Open Daily 7 a.m. to 7 p.m. (413) 625-9411
--	--

www.franklincommunity.coop

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Town Contacts and Hours

Heath Town Offices

1 East Main St Heath, MA 01346
Phone: 413-337-4934 / Fax: 413-337-8542

Town Coordinator Office

Kara Leistyna, bos@townofheath.org
Monday-Friday 9:30 a.m. to 3:30 p.m.
Exceptions posted in Sawyer Hall

Town Clerk

Hilma Sumner, townclerk@townofheath.org
Monday 4 to 6 p.m.
Tuesday and Thursday 9 a.m. to noon
or call for appointment 413-337-4845

Select Board

Sheila Litchfield, Chair, bos@townofheath.org
Phone: 413-337-4957
Tuesday 7 p.m.

Tax Collector

taxcollector@townofheath.org
Monday 4 to 6 p.m.
or call for appointment 413-337-6665
Phone: 413-337-4934 / Fax: 413-337-8542

Accountant

Tracey Baronas, accountant@townofheath.org
Monday 9:30 a.m. to 2 p.m. (varies)
Phone: 413-337-4934, ext. 5

Assessors

Margo Newton, Chair
Mondays 9 a.m. to 3 p.m.

Treasurer

Tuesday 2 to 4 p.m. (varies) or
email to knartowicz@gmail.com

Heath Public Library

Don Purington, Library Director
Lyra Johnson-Fuller, Library Assistant
www.heathlibrary.org
heath.library@gmail.com
Monday 3 to 7 p.m., Wednesday noon to 7 p.m.
Saturday 9:30 a.m. to 1:30 p.m.
Phone: 413-337-4934, ext. 7

Heath Elementary School

Phone: 413-337-5307, 413-337-5308

Police Department

Margo Newton, Chief
Office Hours: Tuesday 6:30 to 8:30 p.m.
Phone: 413-337-4934, ext. 10

Town Nurse

Claire Rabbit, RN
Office Hours at the Senior Center/Community Hall
Tuesday noon to 1:15 p.m., Thursday 11 a.m. to noon
During senior exercise class (see page 23)
Phone: 413-337-4847 office, 413-337-8309 home
To leave a message for the nurse: 413-337-4934, ext. 109

Highway Department

Phone: 413-337-4462

Transfer Station

Tom Flynn, Attendant
Wednesday 1 to 5 p.m., Saturday 8 a.m. to 4 p.m.
Phone: 413-337-6640

Community Calendar

October 2014

- 1 OPEN SEW, Senior Center, 11 a.m. to 2 p.m.
- 2 SENIOR BROWN BAG, dessert & games, Senior Center, 11:45 a.m.
- 3 PRE-SCHOOL STORY HOUR, Library, 10:30 to 11:30 a.m.
- 4 COMMUNITY DAY at the Memorial Hall Museum in Old Deerfield 11 a.m. to 4:30 p.m., free admission to museum and Robert Strong Woodward exhibit. Lecture on Woodward at 4:30 p.m. by Peter Trippi.
- 6 YOGA, Community Hall, 6 to 7:30 p.m.
- 9 CRAFTY LADIES, Senior Center, 4 to 6 p.m.
- 11 FRIENDS OF THE LIBRARY BAKE SALE, 10 a.m. to noon
- 13 **COLUMBUS DAY**
YOGA, Community Hall, 6 to 7:30 p.m.
- 15 OPEN SEW, Senior Center, 11 a.m. to 2 p.m.
Deadline to apply for Heath Cultural Council grant
- 16 SENIOR LUNCHEON*, Senior Center, 11:45 a.m.
*RSVP on 10/13, 337-5728, 9 to 11 a.m.
- 17 PRE-SCHOOL STORY HOUR, Library, 10:30 to 11:30 a.m.
- 20 YOGA, Community Hall, 6 to 7:30 p.m.
- 23 CRAFTY LADIES, Senior Center, 4 to 6 p.m.
- 25 HHS “DINING WITH HISTORY”, Community Hall, potluck supper and program: “A Virtual Tour of Heath’s Cemeteries,” 5 to 7 p.m.
HHS Museums open 3 to 5 p.m.
- 26 Charlemont Federated Church OPEN HOUSE to celebrate the return of fully restored stained glass windows in the sanctuary. Community and friends invited: 3:30 to 5 p.m.
- 27 YOGA, Community Hall, 6 to 7:30 p.m.
- 29 OPEN SEW, Senior Center, 11 a.m. to 2 p.m.
- 31 PRE-SCHOOL MINI HALLOWEEN PARTY, Library, 10:30 to 11:30 a.m.

HALLOWEEN TRICK OR TREAT at Community Hall (time to be announced) or at participating homes. Call Kate Bailey at 339-5748 to be put on the map of homes welcoming trick-or-treaters.


November 2014

- 1 Free Community-wide FLU CLINIC, Hawlemont Regional School, 9 a.m. to noon, see notice below.
- 2 **DAYLIGHT SAVING TIME ENDS**
- 3 YOGA, Community Hall, 6 to 7:30 p.m.
- 4 **ELECTION DAY: DON’T FORGET TO VOTE** 7 a.m. to 8 p.m.
- 5 OPEN SEW, Senior Center, 11 a.m. to 2 p.m.
Heath Agricultural Society ANNUAL MEETING, Community Hall
- 6 SENIOR BROWN BAG, dessert & games, Senior Center, 11:45 a.m.
- 7 PRE-SCHOOL STORY HOUR, Library, 10:30 to 11:30
- 8 HOLIDAY VILLAGE BAZAAR, Charlemont Federated Church, 9:00 a.m. to 3:00 p.m.
- 10 YOGA, Community Hall, 6 to 7:30 p.m.
- 11 **VETERANS DAY**
- 13 CRAFTY LADIES, Senior Center, 4 to 6 p.m.
- 17 YOGA, Community Hall, 6 to 7:30 p.m.
- 19 OPEN SEW, Senior Center, 11 a.m. to 2 p.m.
- 20 THE FRIENDS OF THE SCHOOL LIBRARY BOOK FAIR
Heath Elementary School

SENIOR LUNCHEON*, Senior Center, 11:45 a.m.
*RSVP on 11/17, 337-5728, 9 to 11 a.m.
- 21 PRE-SCHOOL STORY HOUR, Library, 10:30 to 11:30 a.m.
- 24 YOGA, Community Hall, 6 to 7:30 p.m.
- 27 **HAPPY THANKSGIVING**
- TBD** 6th Grade SPAGHETTI SUPPER—check at school or Town Hall for updates.

*Check Town Hall notice board or
www.townofheath.org for further information*

Crafty Ladies is a loosely formed group of women who like to chat while working on their own sewing and crafting projects. All are welcome; creativity optional!

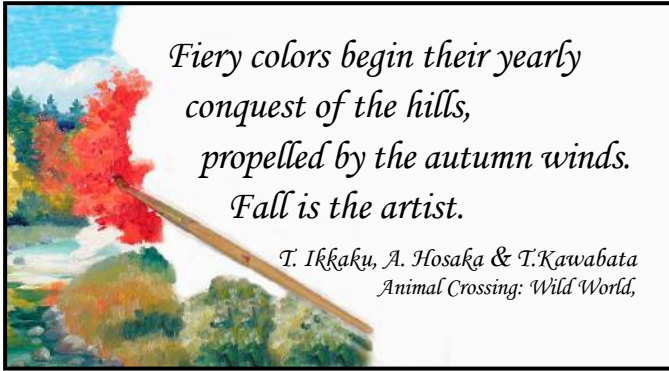


Senior Exercise Class

Held every Tuesday, 11 a.m. to noon, and every Thursday, 10 to 11 a.m. at the Senior Center.
This class for osteoporosis prevention is for people 55 years and older and is free.

Free Community-wide Flu Clinic

All ages
Saturday November 1, 9 a.m. to noon
Hawlemont Regional School
Main St., Charlemont
Bring your health insurance cards with you .



*Fiery colors begin their yearly
conquest of the hills,
propelled by the autumn winds.
Fall is the artist.*

*T. Ikkaku, A. Hosaka & T. Kawabata
Animal Crossing: Wild World,*

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