



HEATH HERALD

Heath's First Newspaper

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Isis Moon



Hunter Wozniak



Gabriel Bird



James Freeman



Logan Platak



Cedar Noonan



Heath Elementary School
Sixth Grade



Class of 2014



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Correspondence

There are three ways to deliver your letters to the editor, your articles and subscription forms:

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Local residents can drop a letter or subscription form into the black box on the wall to the left of the post office boxes in the vestibule (no postage needed) .

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 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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Those of you that would like to continue saving postage by picking up the paper in the Town Hall, please fill out a subscription form and note "Pick Up" on the form. Each month your *Herald* will be placed in an envelope addressed to you in the subscription box in the Town Hall.

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Four Rivers Charter School

Ben Michel



I plan to go to college at Middlebury to study either architecture or environmental science. I also plan to travel in Mexico and Europe. I like soccer, baseball, basketball, surfing, snowboarding and skating, but I love surfing above any of the others.

My parents are Noy Holland and Sam Michel.

Franklin County Technical School

Corbin James Thane

Corbin is a graduating senior at Franklin County Technical School. Corbin plans to enter the workforce full time after graduation, and hopes to pursue a career as a diesel mechanic in the near future. Corbin says that he enjoyed learning new skills at the Tech School, and that he will miss his good friends and teachers.



Corbin's parents are James Thane and Dianne Tatro.



Tyler Joseph Sheridan

Tyler is graduating from Franklin County Technical School this spring. Tyler says he is going to miss seeing his friends the most, but is looking forward to continuing to work in his field as a welder in Turners Falls, and to using his acquired skills in the Heath community.

Tyler's parents are Daniel and Jennifer Sheridan.

Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are. —John Wooden

Mohawk Trail Regional High School

Abigail Yeziarski

High school was a six-year journey of hard work in the class and on the field: new friendships, opportunities and memories I will never forget. In the six years I was at Mohawk I participated in various clubs including Key Club, National Honor Society and Varsity M, volunteering at different events within the community and our school. I enjoyed running track and cross-country, where I qualified for the state meets and received All-league awards including winning first place at the Division 2 track meet in the pole vault.



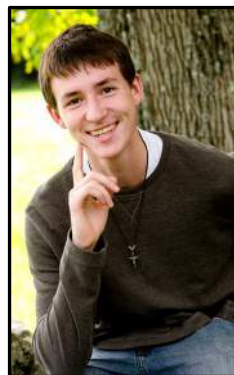
This fall I will be heading up to New Hampshire to Colby-Sawyer College and will major in nursing. I will also run cross-country and track.

Leaving high school is a big step forward, but I feel like I am well prepared for college and am excited to see where I end up.

My parents are Nicole and Gregory Yeziarski.

Josh Rode

After graduation, I will be attending the Commonwealth Honors College at UMass Amherst. As of right now, I am looking at majoring in both computer science and film. Hopefully my degree will provide me with a gateway into the animation field of the film industry.




While in high school, my favorite subjects were English, history and French. Outside of the classroom, I had a great time taking part in activities such as Student Council, Varsity M and track and field. Most of my friends are from these groups and I'm definitely going to miss them when I go to college.

All in all, there's a lot I'm going to miss about Mohawk. I don't think it could have ended any better.

My parents are Barbara and Gregory Rode.

Graduates continued on page 5



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Heath Historical Society

Summer is upon us, and we are happy to announce opportunities for the community to visit our museums, the Old Town House, the Center School House and the Solomon Temple barn.

Our first Open House will take place on Saturday, June 21 from 11 a.m. to 1 p.m. in Heath Center. To celebrate the beginning of summer, ice cream and lemonade will be served on the lawn in front of the Old Town House Museum. The Solomon Temple barn at the fairgrounds will be open during Heath Fair, Aug. 15-18. The Old Town House and Center School House will again be open on Aug. 23 from 4 to 5 p.m. immediately before the Society's Annual Meeting. You do not need to be a member of the Historical Society to enjoy our Open Houses. All are encouraged to come and see our new exhibits.

Our Dining with History series will continue on July 26 from 5 to 7:30 p.m. in the Community Hall. The event, aptly titled "Summer Fun," will include dinner and interpretive readings. Come enjoy a potluck supper and learn how Heath summers were spent "long ago." The Old Town House and Center School House Museums will be open from 3 to 5 p.m., immediately before the dinner. All are welcome to join the fun.

—Nancy Thane



Save the Date!

Saturday, July 26

Museums open 3 to 5 p.m.

Dining with History 5 to 7:30 p.m.



Heath Connections

The Emerson Family moves from Heath to Amherst

The Heath Historical Society is pleased to announce that the Amherst Historical Society has developed an exhibit, *Heath Connections*, examining who the Emerson family of Heath and Amherst were and what connections were maintained when they moved from Heath to Amherst in 1846. The family lived in the Simeon Strong House in Amherst for 70 years and willed the property to be home to the Amherst Historical Society and Museum. The last family member, Felicia Emerson Welch, died in Amherst in 1916 and was buried with the family in the southwest corner of the Center Cemetery in Heath.

The Emersons have most often been portrayed as a household of widows and spinsters who maintained their precarious finances by teaching and taking in student boarders. The expand-

ed story presented in the *Heath Connections* exhibit includes profiles of each family member and features anecdotes and objects that present a more nuanced understanding of what it meant to leave their home in Heath and move to cosmopolitan Amherst.

Dr. Joseph Emerson and his wife Sally Cheney married in Heath in 1824. As the town doctor since 1806, Joseph Emerson was well respected and an integral part of the community. At one point, they lived in the house now owned by Ned Wolf, which is set back from the main road and technically on the discontinued Ledges Road that starts at Sawyer Hall and goes north up the hill. Dr. Emerson would likely have ridden his horse to Heath Center on Ledges Road. This drive to Heath Center is now done using Branch Hill Road, Colrain Stage Road, and Bray Road. The actual address is 41 Branch Hill Road.

Dr. Emerson, his wife, and five surviving children were part of the fabric of Heath when he died suddenly in 1842. Sally held the family unit together while emphasizing their core values of religion, music and education. When they departed Heath for Amherst, the primary reason seems to be the oldest child and only son John Milton Emerson's attendance at Amherst College.

The Heath Historical Society has lent a number of Emerson family objects including a group portrait painted c.1837 by an itinerant artist now attributed to Augustus Fuller of Deerfield. The exhibit also features the large painting "High Heath" by Robert Strong Woodward, lent by Ned Wolf.

The Amherst Historical Society museum is open Friday-Sunday from noon to 4 p.m. The Emerson Family exhibit is scheduled to run into the fall. You can visit this joint venture at:

Heath Connections

Amherst Historical Society and Museum

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www.amhersthistory.org

—Nancy Thane

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MRHS graduates continued from page 3

Mohawk Trail Regional High School



Kesheal Henderson

Graduation cannot come quickly enough! With only three weeks left of school, I am growing anxious to further my education and my sports career! I feel as though these four years filled with hard work and struggles are finally paying off. I am content because school has prepared me for the next steps.

Although I am prepared to start a life and a career for myself, I won't forget the life-long friends that I have made and the memories that we have made together in our four years. Being a part of the field hockey and the track teams made me realize that family has various definitions. In my years at Mohawk I was part of many clubs, Varsity M being one. Helping in that department made me realize how important it is to lend a helping hand to your community and your school.

I will be moving on to Rider University in Lawrenceville, NJ. Not only am I excited to be a part of the field hockey team, but also to have available to me opportunities to better my education. I am excited for college to prepare me for my future career in business.

My parents are Tara and Nate Henderson.

Lilly Boyd

After graduation, I'm going to spend the summer working at Adams Farm in Wilmington, VT. In August I'll leave for Cazenovia College in New York, where I'll be getting a B.S. in Equine Business Management. After college I hope to find a job in the horse industry. Riding and training horses professionally is my ultimate goal.

Academically, I've always loved Spanish, chemistry, and history, which is funny because none of them relate to the degree I'm getting in the slightest bit. Throughout high school, and my entire life really, I've devoted most of my time to horses. I've been working at the Adams Farm in Wilmington for about a year now, and I love it. I also try to do community service, such as helping with the Heath Fair each year.



I will both remember and miss the students and teachers in some of my favorite classes, especially those in my AP chemistry and AP world history classes. I'm sad to leave the wonderful small town that I've grown up in, and the people who have helped me along the way.

My parents are Mary and Eric Sumner of Heath and Glenn Boyd of Stenford, VT.

Tucker Jenkins

I plan to attend Greenfield Community College in the fall to get all of my basic classes done as well as start courses in criminal justice and social work. After this has been completed I plan to transfer to Massachusetts College of Liberal Arts to get my B.A. in social work. I plan to continue doing landscaping throughout these years as well as coaching baseball.

I will miss certain friendships and relationships made with teachers and staff. I'll also miss the sense of community in the

classroom and on the sports field. My favorite class was probably my personal finance class because I believe it benefited me greatly. I also enjoyed playing soccer and baseball while in high school. Sports will always play a huge role in my life. In my junior year I won the Student Athlete Citizenship award through the National Guard, Sports in Society and the Massachusetts Interscholastic Athletics Association. I was a member of the student council and ran a few events. I also won the Peace Maker award through the Trap Rock Center.



My parents are Tom and Robin Jenkins.

Tyler Osman

My experiences at Mohawk were some of the greatest in my life, from the varsity sports I played — football and track and field — to the amazing friends I made. These things helped mold me into the young man I am today. My next step is attending Massachusetts College of Pharmacy and Health Sciences in Boston in pursuit of a career in the pharmaceutical industry as a pharmacist. I will miss all of my hometown friends and hope to be able to maintain contact moving forward.



My parents are Shawna Osman of Heath and David Osman of Westfield.

Follow your passion, stay true to yourself, never follow someone else's path...unless you're in the woods and you're lost and you see a path, then by all means you should follow that."

—Ellen Degeneres

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Graduation Essay by Andrew Row Academy at Charlemont

I moved to Heath in the spring of 2009 and have attended the Academy at Charlemont for the last four years. My family and I moved to Heath from Amherst partly because of its location close to my school, but also because we wanted to live in a small town. I love Heath. I can bike, run, hike and cross country ski all within a five minute walk from my house—I love the quiet mornings and the beautiful stars, undiluted by city lights. We live up on a ridge and right from my first summer here I have enjoyed opening the windows and letting a cool breeze blow through the house. I have also loved going to the Academy and being part of the greater Hill Town area. I have been skiing at Berkshire East since I was 10 years old and I still love to ski there. I have also enjoyed kayaking and rafting with Zoar Outdoor and have competed in the pentathlon twice. In addition to these outdoor sports I have also had the opportunity to work with neighbors on a variety of quintessential Heath activities like maplesugaring, sheepshearing and woodworking. I have enjoyed the closeknit feel of the town and have gotten to meet many wonderful people who live in Heath.

The Academy at Charlemont has also been an important factor in shaping who I am and I am very grateful for the education and community I have been a part of there. I have enjoyed playing ultimate Frisbee and cross country along with exposure to a full range of academic classes. However, one of my favorite aspects of the Academy is its music program. While I have always loved making music, the Academy music program has opened the door to a variety of new types of music along with a constructive ensemble environment that I might not have experienced if I had attended a different school. I have



played in blues, jazz, funk, country, rock, roots and Klezmer bands at the academy and love working with the talented and personable music teachers.

Next year I am heading to New England Conservatory of Music in Boston and I am excited to experience this new rigorous and creative musical environment. However, I plan to return to Heath whenever possible. Even though I was not born here, so much of my life is connected to this place and I hope to continue to spend time here for years to come.

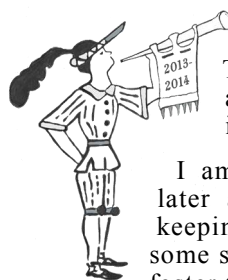
My parents are Heather and Peter Row.

Heath Herald: A Year In Review

More than a year ago I received a call from Jan Carr asking about getting involved in a group who might be interested in keeping the *Heath Herald* alive following the decision of the staff to end the newspaper altogether. Jan had been one of the former staff consisting of herself, Eileen Tougas, Jane DeLeeuw and Diane Cerone. Had I known at that moment how much time and effort it would take to continue on, I might have declined the offer. Naiveté can sometimes be a good thing and eight others and myself agreed to meet and begin work to see that the paper lived on.

The current members of the *Heath Herald* staff have often remarked to one another, with admiration and respect towards our four predecessors, that it now takes nine to do the task they did in addition to the ‘hands-on’ of printing, folding and mailing. We, on the other hand, have chosen to outsource that arduous task. We talked about publishing online and improving the blog and a possible website. Ultimately, however, we saw that people still want the physical paper, as do we, so it remains a printed piece.

At times, just the task of scheduling nine busy people to be at the same place at the same time seems insurmountable. Nancy Thane hosts the meetings at the beautiful ‘Pondside’ in the Dell. In this ‘first’ year we’ve learned how to work together, having discovered each individual’s unique talents and skills along with trust and respect for one another.



In a year’s time many changes have occurred in the lives of staff members. Through these experiences of happiness and loss I have come to recognize the importance of community and connection.

I am grateful to write this letter a year later and recognize that we succeeded in keeping another important tradition alive. In some small way our efforts contribute to and foster this sense of community.

—Janice Boudreau

Heath Agricultural Society

Spring has finally sprung and the Heath Agricultural Society has begun to firmly set its sights on preparations for our upcoming events.

The Heath Fairgrounds will host the 4H Fair on June 21. Pay a visit and support youth involvement in agriculture! For more information regarding this event please visit the 4H website at www.mass4h.org/news.


The June Draw, a weekend of Horse and Ox Pulls, will be held at the Fairgrounds June 28 and 29. This event would not be possible without the dedication of the Clark family of Heath, who have been organizing and managing the draws at the Heath Fair Grounds for years. The same must be said of the Tanners, who run the lower food booth. Please show your support for the artistic and skillful display of pulling by attending this event. Your admission directly supports the participants in the pull by funding the premiums that are awarded.

The 97th Annual Heath Fair will be held Aug. 15, 16 and 17. The Agricultural Society’s website, www.heathfair.org, will be updated repeatedly in the coming months with information such as the music line-up, the Speakers Tent schedule, attractions and events, and other information such as the Premium Book which can be downloaded.

One of the most important parts of our Annual Heath Fair is the involvement of community members who showcase their interests, crafts and skills for viewing and judging. Contributions to the Exhibition Hall are most welcome and the Agricultural Society invites you to participate! Try something new such as canning some beans and enter it in the Exhibition Hall; encourage your kids to participate and be inspired by their creative expression(s) in drawing, photography, baking,

Continued on page 20

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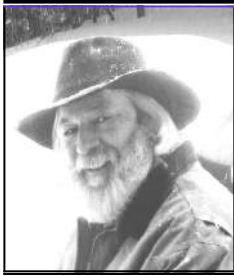
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Wild Ramblings

—Bill Lattrell

Vernal Visions

It seems as if I've spent the last three weeks slogging about in chest-high waders amongst murky waters in search of egg clusters, fairy shrimp and chorusing wood frogs. The vernal pool season is short. The critters that utilize these mostly temporary ponds do so with little notice. And if we hope to witness this annual miracle but are not on our toes, we just may miss one of the high points of the ecologic year.

This vernal pool year was like none other I've seen before in western New England. Our first rainy night without mountains of snow was on April 10. This is a near-average starting date for these parts. The drizzly night had temps in the low 40s. Both male mole salamanders (mostly spotted salamanders) and wood frogs began their march to their breeding habitat. The males generally leave a little earlier than the females to deposit spermatophores. These little pearls will be picked up by the female mole salamanders and internalized where their eggs will be fertilized. But something went wrong that first rainy night. The females stayed put. For some reason they had no real urge to move. After the males had started their journey the temperature began to plunge. And plunge it did, all the way from the mid-40s to the mid-20s in just a few hours. While it's pure speculation, I suspect the females decided to hold off for better traveling conditions. Of course it then stayed cold, mostly at or below freezing, and did not rain at night for more than a week.

Whatever the reason, my inspection of many random local vernal pools over an area of several hundred square miles revealed lots of spermatophores immediately after that first rainy evening. But a week later almost all of the spermatophores were still there. It appeared at the time as if the females had simply not used them in the vernal pools that I investigated throughout the western Franklin County region.



Immediately after that first rainy night there were chorusing wood frogs. Each individual melody sounds more like a miniature bark than a song but in any event the power of the chorus lies in sheer numbers. At every vernal pool there were hundreds of wood frogs celebrating the breeding season. Their song, a little rough around the edges and certainly not nearly as sweet as spring peepers, was loud, clear and a little overwhelming. And sure enough, a few days later submerged logs and vegetation were shrouded with wood frog eggs. It was by any measurement a good season for wood frogs!

But the breeding success of the mole salamander was a different story. Ten days after, the first rainy night revealed that there were still large numbers of spermatophores dotting the wet detritus at the bottom of the vernal pools, many in obvious states of decomposition. And while I did find occasional mole salamander eggs, obviously suspended and appearing as a solid gelatinous mass that resembles clear Jello that holds black spots within the jelly mass, there were very few. This became critically clear at one vernal pool where typically hundreds of egg masses can usually be located. After slogging around within its several-acre wet perimeter for an hour I managed to locate only five. This pattern held up in nearly all the vernal pools I visited. So it appeared that this would almost certainly be an unsuccessful mole salamander breeding season for much of the region.

But like much of nature, vernal pools are remarkably resilient. Mole salamanders can live for a couple of decades; the notion of one not very successful breeding season would likely put a dent in one year of an age class rather than the entire population. Like many issues in the natural world, failure is as expected as success. Perhaps something we humans should understand and take into account when it comes to our own endeavors.

Life-cycle stories involving vernal pools seem to abound from the mysterious to the glorious. Vernal pools are unique habitats that hold success for a handful of creatures. Without them the natural world would be both less diverse and less interesting. Perhaps my favorite story about vernal pool creatures involves the wood frog.

Unlike many creatures that are dependent upon weather and climate for body temperature (what used to be commonly referred to as "cold-blooded"), wood frogs do not dig themselves below the frost line in the soil as winter approaches. These critters have a unique and miraculous ability to survive temperatures many degrees below zero (Fahrenheit) through some pretty interesting body chemistry adaptations. When winter approaches the wood frog simply bury their bodies underneath a thin layer of leafy material. As the cold weather approaches wood frogs use an interesting combination of chemical conversions that allows their bodies to freeze without fatal results.

Like many other reptiles, amphibians, and birds, wood frogs excrete their waste in the form of uric acid. Uric acid does not dissolve in water. As the air temperatures fall below freezing, the wood frog begins to accumulate and concentrate uric acid in its tissues. At the same time this tiny frog starts the process of changing sugars (glycogen) to glycol, basically an anti-freeze, and distributing this throughout their body. The glycol and uric acid serve to keep ice from forming inside the cells of the frog's body. As the cold weather gets serious and these little guys begin to freeze, water goes from the inside of

Continued on next page.

the frog's cells into its inner body cavity. The water surrounds the major organs, and the uric acid and glycol prevent the small amount of water that remains inside the cells of the frog's organs from freezing. However, the water that now engulfs the organs freezes solid.

To the best of my knowledge no other amphibian, reptile, mammal or bird can freeze solid and remain alive. These wood frogs can stay frozen for months and when the right time comes begin thawing from the inside out and upon complete thawing come back to life. During this frozen state the frog does not breathe, the heart does not beat and there is no known brain activity. This is so effective that the wood frog is the only amphibian or reptile to be found north of the Arctic Circle.

This process sounds like something in a science fiction book but is very real. By the way, although humans have a fundamental idea how this process works, we have not been able to replicate it. The exact mechanisms that employ the chemical conversions are not fully understood. The possibilities for utilizing this wonderful adaptation are as varied as the human imagination. Imagine how suspended animation would aid space travel!

Another miracle of vernal pools involves an interesting symbiotic relationship between the eggs of the spotted salamander and a particular species of green algae. Spotted salamander eggs are surrounded by a thick gelatinous mass. This dense jelly mass provides wonderful protection for the eggs as they develop into larvae. It is so dense, however, that it keeps oxygen from penetrating the mass. The larvae need to breathe oxygen through their gills to survive. Fortunately, there is a species of green algae that uses the jelly mass for structure, essentially a secure home where it can go about its algae-like business. The green algae use photosynthesis to convert sunlight into sugars for food. Of course one of the primary by-products is oxygen. This "gas of life" is available in this wet environment for the larvae to breathe through their gills. And there you have it, when least expected, a perfect relationship between a tiny green plant and a salamander larvae. How wonderful is that?



And what about the relationship between such strange bedfellows as vernal pools and bobcats? Many years ago I discovered quite by mistake that bobcats frequent vernal pool sites during their late February and early March breeding activities. It seems that they like the open spaces among the thick cover of trees created by the vernal pools. This is so reliable that I have encouraged organizations I work with to set up trail cams along the edges of vernal pools in hopes of getting some good bobcat photos. During late February while working with

The Trustees of Reservations (TTOR) we were doing some winter tracking. A set of bobcat tracks led us to a vernal pool where the tracks met up with another set of tracks. We could see that the cats were rolling around, an unusual behavior for the normally solitary cat. The TTOR staff set up trail cams and within a month retrieved the video cards only to find some amazing photos of bobcat mating behavior!

Bears also use vernal pools in early spring. When bears wake up from their winter torpor (hibernation) they seek out vernal pools. Bears are enormously hungry after having not eaten for the entire winter. This naturally makes food the primary object on their still-awakening minds. Vernal pools are among the first areas to produce green plants. And, even more interesting, black bears are not averse to eating salamander and frog eggs either!

As this vernal pool season winds down, I am not disappointed that it was not that productive for the mole salamanders. This type of occasional quirk makes me focus on the wonderful lessons that vernal pools offer all of us in understanding nature.

Think survival. Think resiliency. Think imperfections that are somehow perfect. Think about how we humans can learn by observing what surrounds us.

Now think about how we humans can make our natural world a better place. Paying attention to the miracles of nature would be a wonderful place to start.

—Bill Lattrell

BooBoo, Come Home

This morning in bed I announced to Cal that Margo (Newton) would find Boo today. An hour later, the phone rang and guess what? There had been two sightings over the last 10 days, one a week ago by a hunter at the intersection of Swamp and Taylor Brook Roads, and then three days ago by Margo, on Swamp Road. He was crossing the road and her car spooked him. Talk about frustration!



Margo had put up a pup tent near Swamp Road with his blanket and kibble - no luck. So this morning she decided to simmer bacon on the grill out on her deck. She was in the kitchen when she heard a thump at the door and the rest is history, quite literally, but one which we'll never really know other than 10 days of burrs and hunger. My lasting image is out of cartoons, where Yogi Bear follows the visible plume of aroma wafting from the pie on the window-sill. BooBoo, however, prefers bacon. Hooray for a happy ending!

Addendum: Newton's Universal Theory of Baconivity Strikes Again. The McCutchens' new rescue dog, Tipper, got out of the house in April after spending only one night there. After frantically searching all day, Martha cooked up a pound of bacon, opened all doors and windows and sure enough, in walked Tipper to be reunited with her new family. She was rumored to say, "Mmm, mmm, good, there's no place like home!"

—Jan Carr

Green Burials Now Permitted in Heath Cemeteries

By unanimous consent, “green burials” may now take place in Heath cemeteries. By request of town residents who are choosing cremation, and those who are concerned with the environmental costs of traditional burial, the Cemetery Commission and Board of Health vetted with Town Counsel proposed changes to the current burial rules and regulations. All changes were approved at Town Meeting on May 10.

Traditional burials use toxic chemicals for embalming the wood and copper and bronze for caskets, and concrete and steel for vaults. All this is a substantial use of resources that many consider to be unnecessary. Information about the environmental costs of traditional burials, and cremations are easily found on the Internet. One useful site is <http://ced.berkeley.edu/bpj/2012/09/landscapes-of-the-dead-an-argument-for-conservation-burial>.

For those who are choosing cremation there is no need for a casket-sized burial plot. The new rules address changes necessary for those who wish to avoid a casket burial. All new rules are in compliance with state burial regulations.

Changes and Additions to Current Regulations (Section 11, Town Bylaws)

Interments changes to 11.8.4: One traditional burial and up to three cremation burials or up to six cremation burials with no traditional burial are the maximum allowed in any single grave. No interment of two or more traditional burials in one grave, except in the case of parent and child or two infants buried in one casket.

Interments additions to 11.8.13: Green burials, which are understood to be burials without embalming (the use of preservatives such as formaldehyde or other chemicals), and burial without a vault will be allowed in Town cemeteries. If no vault is used, a leakproof shroud or casket that will collapse when grade is filled will be required to maintain a level soil surface and prevent accidental punctures of graves.

Interments additions to 11.8.14: The burial agent must be informed of green burial plans when the request of interment is made.

Interments additions to 11.8.15: For a green burial, the depth of the grave should be five feet to the bottom.

—Pat Leuchtman and Don Freeman



**Work Bees have started at the
Heath Fairgrounds every
Wednesday at 6 p.m.
Everyone is welcome.
Come when you can & lend a hand.**

People in the News

Ruth B McDowell Honored

Ruth B McDowell, the designer of the wonderful pieced rooster on last year's Heath Fair poster, is the 45th honoree to be inducted into the Quilters Hall of Fame. Ruth, a Colrain resident, has created 520 quilts to date and is the author of several quilting books.



McDowell's 1982 work, “Twelve Dancing Princesses (Or The Shoes That Danced Themselves To Pieces),” and 1988 piece, “The Yellow Maple,” were included in “The 20th Century's Best American Quilts.”

Visit her website to see other quilts using pieced barnyard friends at www.ruthbmcowell.com.

—Pat McGahan

Congratulations on Graduation

Ruth Ayers, daughter of Hilma Sumner, graduated with an Associate of Science degree from Stockbridge School of Agriculture, University of Massachusetts, on May 10. Ruth, who graduated with Academic Distinction, was the student speaker for the Sustainable Horticulture program. She is enrolled in the Stockbridge Bachelor of Science program in Sustainable Food and Farming, beginning in the fall.

—Nancy Thane

Classic Spirit Award

Jack Cable, formerly of Heath, was awarded the Classic Car Club of America's “Classic Spirit Award” at a ceremony at the Farm Table restaurant in Bernardston on February 23. The “Classic Spirit Award” is given to the member who demonstrates sincere enthusiasm and is considered a true goodwill ambassador for the Club.

—Nancy Thane

Nature Note:

Ever noticed patterns in the flashing of fireflies?

Each species has their own display ranging from a single flash to four or more flashes in a row and either long flashes or short ones. Most glow yellowish green but one species gives off an amber glow. Males flash



as they fly but females light up from a perch near the ground. How many different kinds can you find in your backyard?

—Susan Draxler

Richard C. Bishop

Elder Law Attorney

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Green Thoughts

—Pat Leuchtman

Annual Rose Viewing

If the first Annual Rose Viewing was in 1984, and it might have been, this year we *might* be celebrating the 30th anniversary of the Rose Viewing. This first Rose Viewing, whether 1984 or not, was never intended as an annual event. I planted roses our first spring in Heath in 1980. In the months before our move from New York City I was obsessed with roses. I had read Katherine White's book *Onward and Upward in the Garden* with its delicate painting of a rose on the cover. One chapter was all about rose catalogs with their lush descriptions of this most romantic of flowers. Many of these were fragrant old roses including the pink alba, Passionate Nymph's Thigh. I knew I had to grow this rose—even though I had never before grown a rose of any sort.

I planted the Passionate Nymph right by the front door, which no one ever uses. It is also right under the roof drip-line. It loves the water from all the spring rains because roses are thirsty plants, but the long daggers of icicles that fall and crash on the rose all winter take their toll. Still, a Passionate Nymph must have stamina, so my pale pink Nymph still flourishes and perfumes the summer air.

I also planted a hardy Griffith Buck hybrid, Applejack, at the head of our driveway (actually a town road) to greet visitors. It, too, has thrived and is the first rose visitors see when they visit.

In 1982 I planted more roses and without thinking much about it I planted them in the middle of the lawn. This looked a bit silly so I realized the only answer was more roses arranged in a Rose Walk. Those additional roses were planted in 1983 and 1984; Celestial, Madame Hardy, Comtesse de Murinais, Rosa glauca and de la Grifferai. A very short Rose Walk was a reality.

It seemed to me that if you have a rose garden you must have a garden party so I invited a few friends over on a late June Sunday afternoon for tea and cakes and a two-minute stroll down the Rose Walk—

the first Rose Viewing. While eating her second piece of cake,

my friend said, "You ought to do this every year." On such slim threads as these are traditions born. Roses have been added every year since then; now there is a Rose Walk, a Rose Bank and a Shed Bed. The last Sunday in June has become the traditional date—and it has never rained on the Rose Viewing. Once the Rose Viewing raised money for the new Heath School, and once it joined other lovely gardens in town to raise money for the Franklin Land Trust, but usually the Rose Viewing is just a garden party; Garden Open Today.

The advantage of having a garden party is that one works very hard to make everything look its best for the event. The advantage of having a garden party in June to which all your friends, and the general public are invited, and everyone thoroughly views all the roses, is that you can take the rest of summer off—garden wise. Most of the roses finish blooming early in July, and there is nothing else notable in the garden, so no more showing off is possible.

The advantage to friends and the public of an annual Rose Viewing is that it is an educational display. It shows timid rose-growers that you need not be a slave to the roses; that you need not be a rose doctor or a rose pharmacist to keep the roses healthy and looking pretty. I get to lecture about hardy roses, and disease-free roses. I mention Earth Kind roses, so designated by Texas A&M, and Kordes roses. Traditional rose poisons and nostrums were outlawed in Germany over 20 years ago, giving the German hybridizer an incentive to develop disease resistant roses. An easy place to see a long list of disease resistant roses is on the Peggy Rockefeller Rose Garden section of the New York Botanical Garden website. That garden is now possibly the largest (nearly) organic rose garden in the United States.

As the Cellars and Cave Tour proved so emphatically earlier this year, everyone enjoys a chance to show neighbors their projects, and everyone enjoys visiting neighbors and seeing what they are doing. A perfect equation.

I love my 70-plus roses, and I love sharing my pleasure in them with others. This year, on June 29, the last Sunday in June, Henry and I will again welcome rose-lovers and gardeners to the Annual Rose Viewing from 1 to 4 p.m. Cookies and lemonade in the Cottage Ornee. I hope to see you there.

—Pat Leuchtman



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LIBRARY LINES

—Donald Purington

Summer at the Library

It's time to gear up for a summer of reading. *Fizz! Boom! Read!* is this year's Summer Reading theme. Children ages 5-12 are invited to sign up for the Summer Reading and Crafts Program at the library. Stop by and pick up a reading log to keep track of the books you and your family read together. Later in August, turn in your log to receive a gift certificate to World Eye Bookstore and other prizes!

Also, we will be meeting at the Fairgrounds Wednesdays from 6 to 7 p.m. to do some fun science experiments! Join us July 16, 23, 30, Aug. 6 and 13. Come *Fizz! Boom! Read!* with us. Both programs are free and sponsored by the Friends of Heath Library, the Massachusetts Library System, the Boston Bruins, and the Massachusetts Board of Library Commissioners. Please call the library for more information.

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:

Children of the Revolution by Peter Robinson
The Last Kind Words Saloon by Larry McMurtry
Vertigo 42 by Martha Grimes
'Til the Well Runs Dry by Lauren Francis-Sharma

Non-fiction Books for Adults:

From the Ground Up: a Food Grower's Education in Life, Love, and the Movement that's Changing the World
 by Jeanne Nolan
Seeds of Hope by Jane Goodall

Books for Young/Teen Readers:

Dangerous by Shannon Hale
The Secret Box by Whitaker Ringwald

Children's Picture Books/Boardbooks:

The Pigeon Needs a Bath by Mo Willems
Have You Seen My Dragon? by Steve Light

DVDs:

The Paradise - Season 1, Orange is the New Black
Labor Day (filmed in Shelburne Falls)
Last Vegas

Audio Books on CD:

Orange is the New Black by Piper Kerman

—Donald Purington & Lyra Johnson-Fuller

My Name Is Skye

My name is Skye, as in "Isle of." I am a Border collie, bred to herd sheep. However, in the absence of sheep, I can also herd people and supervise their daily lives. I have taken up this role at Myrifiel, Margaret and Don Freeman's home at 23 Avery Brook Rd., succeeding the late and much-beloved Moss, who died a year ago. I was born April 15, 2013 on a farm near Culpeper, VA and am descended from working dogs in England, Wales, Scotland and Ireland. I am fond of long walks, having my tummy tickled and chasing birds. I'd be happy to earn my keep herding geese off airport runways if any *Heath Herald* readers have need of this service. Maybe I'll learn to play Frisbee. Or not.

—Don Freeman



Library Staff

Donald Purington, Director
 Lyra Johnson-Fuller, Library Assistant

Hours

Monday 3 to 7 p.m.
 Wednesday noon to 7 p.m.
 Saturday 9:30 a.m. to 1:30 p.m.

For More Information

Call 413-337-4934 ext 7 or visit
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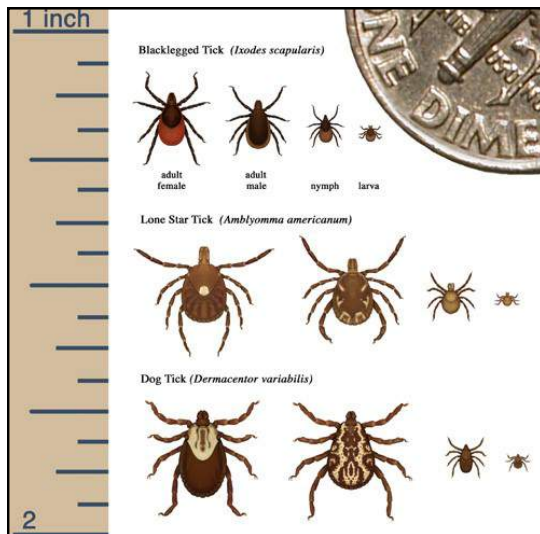


TOWN NURSE

—Claire Rabbitt

Tick Season

With the long-awaited delights of spring also comes the challenge of insect pests, one being ticks. A recent insert in the *Recorder* from Baystate Health gave some updates on dealing with ticks in our area, stating that the adult deer ticks become active in March and April, and nymphs (those that come from the previous year's eggs) become active in May through the summer, molt to adults in the fall and become active in October and November. This means the risk of tick bites continues from March into November.



About 25% of deer ticks are believed to be infected with Lyme disease, so it is important to protect yourself by using insect repellent with DEET or Permethrin, by wearing long pants tucked into your socks and wearing shirts with long sleeves when going into long grass or brushy wooded areas. If you have been in areas where ticks are likely, it's a good idea to shower and have someone check areas you can't see yourself, such as behind your ears, your hair line and back of your knees. Nymphs are as small as sesame seeds, and so not easy to see. Examining your children and pets that have been outside should be a daily routine. Check with your pediatrician to find an insect repellent that is safe for young children.

Tick removal is best done by grasping the tick with fine point tweezers close to where it has penetrated the skin and pulling straight out. It is best not to apply anything like Vaseline, soap or butter before pulling it out. The Baystate Health article stated that even if tick mouth parts break off and stay in the skin it won't cause disease. It stated that a tick would have to be "attached for 36 hours to transmit Lyme disease." Certainly check with your healthcare provider to verify this and avoid unnecessary use of antibiotics.

This tick season the FRCOG has been awarded a grant to provide free tick-testing to residents of partner towns, including Heath for up to 100 ticks per community. Submitted

ticks will be tested for Lyme disease, babesiosis caused by a microscopic parasite, and anaplasmosis caused by a bacteria, the three most common diseases transmitted by the deer tick in Massachusetts. Other ticks found in Massachusetts, the Lone Star Tick and the Common Dog Tick will also be tested to see if they are carrying other infectious organisms. These may be ticks removed from a person or pet or found on your property. The results will show if the tick was carrying a disease, but will not diagnose a disease in the person to whom it was attached.

The purpose of the program is to inform residents if the ticks found carry an infectious disease and to give information to a statewide database of pathogen prevalence in ticks. Brochures are available at the Town Hall with instructions for submitting a tick for testing, or you may call me for more information on the process, or symptoms of the diseases. I had an article in the August/September 2011 *Heath Herald* on Lyme disease. Also visit the websites: www.Tickdiseases.org; www.tickcounter.org; and www.mass.gov/dph/tick.

I continue to have office hours on Tuesdays from noon to 1:15 p.m. and Thursdays from 11 a.m. to 1 p.m., and am at the Senior Center/Community Hall for the Osteoporosis Prevention Exercise class on Tuesdays from 11 a.m. to noon and Thursdays from 10 to 11 a.m. Call me at 337-4847, office, or at home, 337-8309.


—Claire Rabbitt, RN

Tick Test Available

Have you been bitten by a tick?

Do you live in Buckland, Conway, Deerfield, Charlemont, Gill, Hawley, Heath, Leyden, Shelburne or Monroe? If so, your tick can be tested for the presence of Lyme disease and other tick-borne illnesses **FOR FREE!** Thanks to the Heath Board of Health and a grant from the Patrick Administration's Community Innovation Challenge (CIC) grant program in cooperation with the Laboratory of Medical Zoology at UMass Amherst, each of the 10 towns that make up the Franklin County Cooperative Public Health Service will be granted 100 free tick tests. To have your tick tested today, please visit www.townofheath.org, click on the link for YTickReport.com and follow the simple instructions under "test a tick."

—Kara M. Leistyna





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School News

Invasive Species Project by Heath School Students

Japanese knotweed

Where it lives

Have you ever seen a Japanese knotweed plant? Japanese knotweed (*Fallopia japonica*) is an herbaceous plant that came from eastern Asia. It was introduced to the U.S. in the late 1800s as a decorative plant. Japanese knotweed thrives in wetlands and unmaintained areas and is now a global invasive species. It grows rapidly, up to 15 feet tall, and may cause danger near roadways as it can grow on guardrails.

How do you identify it?

Japanese knotweed has thick, hollow stems. Greenish white flowers bloom from summer to fall and produce small triangular fruit. The heart-shaped leaves are about six inches long and three to four inches wide with pointed tips — but don't worry, they won't hurt you!



How does it spread?

Japanese knotweed spreads primarily by way of its long, stout rhizomes. It forms dense thickets that exclude native vegetation and greatly alter natural ecosystems. Japanese knotweed can even grow through tarmac and concrete.

The best way to control it

Japanese knotweed can be controlled by digging or cutting, as long as you cut it four times per season. Juvenile plants can be pulled by hand. It will sprout from discarded cuttings or pulled plants so it should be put in a plastic bag for disposal. Avoid the use of pesticides that could harm other plants.

By 5th- and 6th-graders Hunter Wozniak, Sienna Boyle, Austin Sumner, Jaden LeBreux, Logan Platek, and Will Draxler

Japanese barberry (*Fallopia japonica*)

Have you heard of an invasive shrub called Japanese barberry? The Japanese barberry's preferred habitats are wetlands, flat surfaces, trenches on sides of roads, pastures, open forest and yards. The seeds fall off and they get picked up by the wind. Seeds are also spread by birds, small mammals, underground roots and water.

The thorny Japanese barberry has small green leaves typically, but the leaf color ranges from blue green to dark reddish

purple with pale white flowers and ½-inch long red berries. The flowers have pollen in and on them. The flowers have a stem that is attached to the thorny shrub. The shrub is 2 to 6 feet tall, and the leaves are 1.2 to 3.8 cm long. Ways to control this shrub are to burn it, pull it out by its roots, or by using an herbicide for large amounts of the barberry. Pulling smaller plants by hand is an effective way to be rid of Japanese barberry.



Japanese barberry negatively affects native plants, humans and other animals by taking up living space and outcompeting other native plants. Some native plants that grow in Japanese barberry's habitat are grasses, skunk cabbage and lily species. It has thorns that hurt humans and animals when touched. It prefers full sun to partial shade. This species must be controlled. We are the only ones who can get rid of it, so please help us control this invasive species!

By 5th- and 6th-graders Keeman Ramirez, Isis Moon, Patrick Waldron, James Freeman, Cassidy Weber, Haley Sheridan, and Muiris Loubsky-Lonergan.

Norway maple (*Acer Platanoides*)

Where is this invasive species from and what is its preferred habitat?

The Norway maple is originally from Europe and western Asia. It is now found in 23 states in the United States. Its habitat is forest edges, woodlots and damp, fragmented forests. Some native plants that share the same habitat are sugar maple (*Acer saccharum*) and the red maple (*Acer rubrum*).

How could you identify the Norway maple?

The Norway maple is a tree and can grow to be 50-90 feet in height. It has a milky sap on its leaf stem. Its bark is smooth when young but turns black and rough. Its green spikey leaves are similar to the sugar maple's leaves.

How does the Norway maple spread?

Like many species in the maple family, the Norway maple spreads by seeds. The seeds are like mini-propellers that spin in the wind and fly away to new locations and sprout there.



Does the Norway maple have any effect on people?

The Norway maple affects humans and other species by taking the light, water, and nutrients that allow it to outcompete other species like American beech (*Fagus grandifolia*) and sugar maple.

If you want to keep putting maple syrup on your pancakes and waffles DON'T PLANT A NORWAY MAPLE!

By 5th and 6th-graders Gabe Bird, Maggie Charlton, Magrady Crossman, Alec Draxler, Cedar Noonan, and Alexis Williams

All information written in this article was researched by 5th and 6th graders at Heath Elementary using these online and print resources:

-Massachusetts Prohibited Plants List
<http://www.mass.gov/eea/agencies/agr/farm-products/plants/massachusetts-prohibited-plant-list.html>

-USDA National Invasive Species Information Center
<http://www.invasivespeciesinfo.gov/plants/main.shtml>

-Grow Native Massachusetts
<http://www.grownativemass.org/>

-Invasive Plant Atlas of New England (IPANE)
http://www.eddmaps.org/ipane/ipanespecies/current_inv.htm

-Invasive Plants-Natural Heritage and Endangered Species, Land Protection and Management
<http://www.mass.gov/eea/agencies/dfg/dfw/natural-heritage/land-protection-and-management/invasive-species/invasive-plants.html>

-USDA PLANTS database—Introduced, Invasive and Noxious Plants
<http://plants.usda.gov/java/noxiousDriver>

A Guide to Invasive Plants in Massachusetts. 2006. P. Somers, R. Kramer, K. Lombard, B. Brumback.

Japanese Barberry-Invasive Plant Information Sheet. 1996. H. Brunelle and B. Lapin. The Nature Conservancy and Connecticut Department of Environmental Protection.

Japanese Knotweed-Invasive Plant Information Sheet. 1996. H. Brunelle and B. Lapin. The Nature Conservancy and Connecticut Department of Environmental Protection.

Special thanks to Sue Draxler, Cindy Stetson, Veronica Smead, Robin Jenkins, and Ted Watt of the Hitchcock Center in Amherst and Americorps./SCA team members Nora Randolph and Bridget Likely.

Questions about
Heath Elementary School?
 Contact: **Eric Glazier, Principal**
eglazier@mohawkschools.org 413-337-5307


Heath Herald Newspaper Scavenger Hunt

Created for kids & grown-ups who enjoy a fun way of staying connected to what's happening in Heath.


☑ ...find it...read about it...check it off! ☑

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 What will you be doing when schools out? Need Ideas? Visit the **Heath Public Library**!


Can you find a **"Nature Note"**?



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Can you find a **recipe** in this issue?



Can you find a photo of an animal? How many animal photos can you find? _____


Find **"Wild Ramblings"** written by Bill Lattrell.



Who writes the **"Green Thoughts"** column?

Can you find **6 sponsors** or **advertisers** in this issue?

Bonus!
 Can you write a short story for the next issue of the *Heath Herald*?



"Scavenger Hunt" concept & questions by Sandy Gilbert

The Way We Love to Eat

*Recipes using local foods, by local folks,
gathered from far and wide*

Asparagus officinalis

We have a passion for asparagus! Not only because it is a harbinger of spring, piercing through the soil and announcing the end to winter, but also because one bite of the earthy green, crunchy yet tender stalk brings a smile to our face and gladdens our heart!

An herbaceous perennial, dormant in winter, asparagus has been grown and enjoyed for more than 2,000 years. It is prized not only in the kitchen but also has medicinal properties. Low in calories, it is packed with nutrition. It is an excellent source of Vitamins A, C, E, B1 and B2, folate, copper and selenium. Asparagus offers us a very good supply of fiber, manganese, phosphorus, Vitamin B3, potassium, choline, Vitamin A, zinc, iron, protein, B6, and pantothenic acid, and provides a good supply of magnesium and calcium.



Many different species of asparagus exist but some common choices to cultivate in our area are Jersey Knight (large, tender spears with purple touches, adaptable to a variety of climates), Purple Passion (sweet, mild, nutty flavor and cold-tolerant), Jersey Giant (huge green spears show off purple highlights that are the perfect culinary treat), or try the fall planting of “Guelph Millennium”—a Canadian breed that is well suited to cold climates.

To begin your very own bed, dig at least one foot deep and plant shoots (preferably male because they are more productive) in well-drained soil that has been supplemented with plenty of aged manure and compost. Shoots will sprout in the spring. Let them grow into leafy ferns up to six feet tall the first year. Let the ferns die down in autumn, trim off dead stalks and cover well with more compost. Asparagus craves phosphorus, so feed them well with fertile, rotting compost/manure! They also like alkaline soil, so an application of wood ash in the winter will help. A healthy crop will emerge the following year. Well prepared beds maintained with care will produce sweet, slender stalks for up to 15 years!

When it's time to harvest (preferably after two to three years so they have established deep roots), cut spears with a sharp knife or snap them off an inch or so above ground level with your fingers—the stalk will naturally break at the correct spot ensuring tenderness throughout. Don't overharvest. You will want to leave some spears to mature so the plant is nourished. When the stalks emerge thinner than a pencil, stop harvesting. It is recommended to fertilize with fish meal after harvest. Wait until spring to cut down plants as they will offer a snow cover.

Now you've got a bunch of tender, freshly cut asparagus. What to do? Well, the choices are endless. Some cooks peel asparagus before cooking. If it's tender, no need. The simple

approach can be to steam till just tender and serve with salt, pepper and a touch of butter. Popular accompaniments include hollandaise sauce, lemon butter or vinaigrette. You may broil or roast spears with a cooking spray and sea salt and top with grated Parmigiano-Reggiano cheese. There are oodles of recipes for asparagus from soup, quiche, crepes, frittatas, risotto, over pasta, or as simple as alongside a nice grilled steak or piece of fresh, wild caught salmon. Steamed asparagus atop a salad or chopped and added to a breakfast omelet is a tasty option. Whatever you desire, know that you are not only feeding your appetite, you are nourishing your soul and enjoying a culinary treasure that has delighted humans for millennia!

Asparagus with lemon-yogurt dressing serves 4-6

1½ lb. asparagus, trimmed
½ c. yogurt
1 lemon, juiced
1 tbsp. chopped dill
1 tsp. honey
Salt and pepper

Steam asparagus until just tender (2-3 minutes). Rinse in cold water and chill in fridge. Stir together honey, yogurt, dill and lemon. Place asparagus on platter; drizzle dressing over and season to taste with salt and pepper.

Grilled asparagus*

1 lb. fresh asparagus
Minced garlic (2-3 cloves) or 1 tsp. garlic powder
(we prefer fresh)
2-3 tbsp. extra virgin olive oil (EVOO)
Salt to taste

Trim ends of asparagus and peel if needed. Arrange asparagus in a single layer on a baking sheet or shallow pan. Mix EVOO, salt, and garlic in a small bowl. Brush or spoon mixture over stalks and roll them about to coat. Let sit for 5-10 minutes. Lightly brush hot grill with EVOO (use a grill brush or soaked paper towel). Carefully place stalks perpendicular on grill and turn as needed until crisp-tender (4-6 minutes). Remove from heat—they will continue to cook off heat. Serve as is or with your favorite condiment.

*For a smoky-spicy flavor, combine 1 tbsp. EVOO, ½ tsp. Chipotle chile powder, ¼ tsp. salt, ⅛ tsp. crushed red pepper and 1 garlic clove, minced. Mix and coat asparagus before grilling.

Continued on next page

Babysitting!

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

Continued from previous page

Asparagus Risotto

½ tsp. salt for cooking water
 1 lb. uncooked asparagus, trimmed and cut into bite-size pieces
 Cooking spray
 1 tbsp. unsalted butter
 3 small shallots, minced
 1 c. uncooked Arborio rice
 1 tbsp. fresh lemon juice
 4 c. chicken broth
 ⅓ c. grated Parmesan cheese, such as Parmigiano-Reggiano
 Salt and pepper to taste

Bring a large pot of salted water to a boil. Fill a large bowl with ice water. Add asparagus to pot; blanch for 2 minutes. Immediately remove asparagus from pot and place them into ice water (to stop them from cooking and help retain their bright green color); set aside.

Coat a medium pot with cooking spray and set over medium heat; melt butter. Add shallots; cook, stirring frequently, until translucent, about 5-7 minutes. Add rice and toss to coat; cook for 2 minutes. Add lemon juice; cook until all lemon juice has been absorbed, stirring continuously so rice does not stick to sides of pot, about 1 minute.

Meanwhile, bring broth to a simmer; keep warm. Add ½ cup of hot broth at a time to pot, stir until absorbed. Repeat with remaining broth, making sure each addition of broth is absorbed before adding more. This process takes about 20 minutes.

When rice turns creamy and just done (should be slightly chewy and not mushy), remove pot from heat; add cheese and stir well. Stir in asparagus; season with salt and pepper.

—Kara Leistyna and Bob Bourke
 Bourke Shire Farm

Ridge to Reef Project

For much of the year, Gavin Steele-McCutchen lives in Heath and attends the Heath Elementary School. Gavin's parents, Janis Steele and Brooks McCutchen own and operate Berkshire Gold Maple Farm on Rowe Road where they also reside with their three boys. Each year, when the sugar season is finished, they head out to sea on the "reef to ridge" research sailing vessel, the Llyr. Gavin is writing from the boat where he is traveling with his brothers and parents for the rest of the spring and summer researching the effects of global warming on coral reefs. See more at <http://blogs.umass.edu/rvlllyr/>

—Deb Porter

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My Sailing Log

This year our family is sailing from Fiji to Vanuatu in the Western Pacific, where we will be working with local communities on conservation projects. This story is about the launch of Llyr back into the water after sitting out the cyclone season at a marina in Fiji, and being back at sea.

Yesterday, as Llyr was put back in the water, I realized that it was a little powerful as our third voyage had commenced and I felt zingy all over my body. Every time I'm in Heath, the world seems small and cozy, but out of our small town, halfway across the world, I always realize that the world is giant and I feel like a small sardine all alone in the bigness of the blue.

The thing I love most about sailing is going out in the middle of the ocean, sitting in the cockpit, and realizing how lucky I am, what a privilege it is to see the ocean this way and see all the life that is in it. The main thing I look forward to seeing out in the ocean are whales. Last voyage we ran into a migration of Bryde's whales. We saw twenty of these beautiful giants and they greeted us, not with fear but with curiosity.


Now we are ready to leave Fiji. Today we motored for three hours or 12 miles through calm water to Musket Cove, a small Fijian island. As soon as we left the marina, we saw a turtle. I felt it was a greeting from the ocean for our journey, a sign of good luck for our trip to Vanuatu. As we left, I was bursting at the seams with joy and excitement for our trip.

—Gavin Steele-McCutchen

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Finance Committee Report

At the May 10 Heath Annual Town Meeting (ATM), voters adopted a Fiscal Year 2015 budget with a tax levy of \$1,713,282 and an estimated tax rate of \$18.92 per \$1,000 of assessed valuation.

Passed as the Finance Committee and the Selectboard recommended, the budget set aside money for two new Stabilization Funds, one of \$70,000 for large equipment and vehicle replacement and another of \$30,000 for school and Town buildings capital improvements. The Funds were created by transfers from the Town's Free Cash balance of \$185,621. As a result of the voters' actions, the Town's total reserves now stand at \$329,821: \$35,621 in Free Cash, and a total of \$294,200 in the Town's three Stabilization Funds. The voters also used \$50,000 from Free Cash to reduce the FY 2015 tax rate.

Other FY 2015 budget highlights include the transfer of \$9,959 from the Overlay Surplus account to fund the Compactor Replacement Project, with other funding for the project's estimated \$19,000 cost coming from the revolving fund for the operation of the Town's solid waste and recycling programs, also established by voters at the ATM. Voters also supported the transfer of \$10,000 from the Assessors Overlay Surplus account for the purchase of a highway crew service vehicle and a highway superintendent's vehicle. In addition, voters decided to purchase a new police cruiser at a cost of \$35,805, with the cost to be borrowed. The Town's operating budget, Article 3 on the meeting warrant, was \$1,171,720, down 2% from FY 2014. The Town's debt service payments will drop by 19% in FY 2015. The new tax rate also reflects a 2% rise in the Town's total property valuation as determined by the Assessors.

Voters approved the following education budget proposals: \$776,172 for the Mohawk Trail Regional School District (MTRSD) Operating Assessment; \$8,675 for the MTRSD Capital Assessment; \$41,533 for the Franklin County Technical School Operating Assessment; and \$88,500 (to be borrowed) for repair work to Heath Elementary School. The ATM passed over the \$542,778 borrowing proposal from MTRSD for repairs to the Regional Middle and High School because unanimous approval across all MTRSD towns was required, and the proposal already had been voted down by two other District towns.

The ATM also approved the establishment of revolving funds for the Senior Center, the Conservation Commission, the Recycling Program, the Animal Control Officer, the Board of Health, the Council on Aging and the Board of Health vaccine program. Transfer of \$814.09 from the FY 2014 Animal Control Officer Revolving Fund to the Heath Free Public Library was also approved. Proposals from the Board of Assessors for appointment of a part-time assistant and from the Board of Health for appointment of a clerk met with voter approval as well.

The FY 2015 estimated tax rate of \$18.92 is 20¢ less than the FY 2014 certified rate of \$19.12. The lower rate reflects months of budget hearings and work by the Finance Committee; the Selectboard; Kara Leistyna, the Town Coordinator; and Tracey Baronas, the Town Accountant. The Finance Committee, with the support of the Selectboard, focused on locating unexpended funds in the already appropriated FY 2014 budget and other funds like the recycling revolving account

and the Assessors Overlay Surplus, and then completing those projects in FY 2014 instead of including them in the proposed FY 2015 budget request. This process enabled the Town to fund, for example, the Compactor Replacement Project and two used highway department vehicles from already existing FY 2014 funds, saving 32¢ on the FY 2015 tax rate.

In addition, the Finance Committee sought to institute fiscal practices that should help stabilize the Town's tax rate for future years. Instead of leaving a high balance in Free Cash, which results from an accounting mechanism, does not carry over into future budget years and is subject to the state's overall certification of our budget and tax rate, the Finance Committee recommended, and the voters approved, the establishment of the two new targeted Stabilization Funds.

This action means that predictable large expenditures like highway vehicles and school capital outlay will not have as great a "yo-yo" effect on the Town tax rate as we have experienced previously. The bulk of the Town's financial reserves, which now total \$329,821, will carry over from year to year, will earn interest for the Town (unlike the Free Cash balance) and will be under the control of Heath's voters and not the state.

—Don Freeman

Heath Finance Committee

Gloria Fisher

Kathryn Inman

Jeff Simmons

Ned Wolf, Secretary

Don Freeman, Chair



Heath Agricultural Society continued from page 7

knitting, collectible displays and many other categories; encourage your neighbors and friends to participate by designing scarecrows for display in front of the silo—become a part of the celebration of our greater community's immense range of skills. We have improved and expanded upon the online registration software to make your entry easier. Please send your feedback! For more information regarding entry please see the Heath Agricultural Society's 2014 Premium Book which will be available for download on our website very soon!

The Heath Agricultural Society is always interested in expanding its membership. We meet year-round and are exploring other avenues to celebrate and support agriculture. The Cellar and Cave Tour held a few months ago was such an exploration. We also wish to bring in new energy to support and improve our Annual Heath Fair. If you are interested in participating in this interesting and growing organization whose participants are fun, generous, and dedicated, please contact me, Justin Lively, at: justin@thelivelyheathan.com.

Thank you!

Justin Lively, President HAS

Letters to the Editors

This is a terrific paper-less newsletter. It is really handsome. Congratulations, and thanks for letting me be part of it.



Don Robinson
 Retired Professor of Governmental Studies
 Smith College

Editor’s note: Professor Robinson wrote “Democracy in New England” for the April/May 2014 issue.

Dear Heath Friends,

What stunning Valentine Day tributes so many of you graciously provided in the February issue of the *Heath Herald*. We were completely surprised, in fact abashed and moved by your kind words.

We thank you most sincerely. It again reinforces our good fortune in settling in this community where we have found so many good friends and caring neighbors.

Warmly,
 Del and Bob Viarengo

Dear *Heath Herald*,

Thank you for all the great work you do. We very much enjoy receiving each issue. These help us keep connected with the town and its wonderful folks.

Christian Dauer

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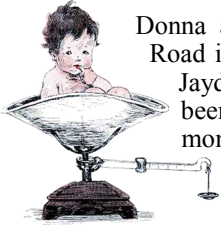
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Transfer Station Summer Hours
 Tom Flynn, Attendant
Summer hours in effect as of May 28
 Mondays 9 a.m. to 1 p.m. ☉ Wednesdays 1 to 5 p.m.
 Saturdays 8 a.m. to 4 p.m.

Milestones

An Adoption



Donna and Duane Weber of Taylor Brook Road in Heath welcomed through adoption, Jayden, age 2½, on March 19. Jayden has been with the Webers since he was five months old.

A Birth

Carin Duda and Michael Freeman of Heath welcomed a girl, Althea Rose, born at home on April 27 at 10:04 p.m.

Althea weighed 7 lbs 10 oz. and was 20 inches long. Grandparents are David Freeman and Christine O'Brien of Heath, Annette Marino of Connecticut, Debra Dobias and John Duda of Greenfield. Althea's proud siblings are Corinne, Oshen, Keemen, James, Charlotte, Umi and Silas.

A Wedding



Donna and Benoit Cloutier of Taylor Brook Road, Heath, were married on April 25 at St. Joseph's Church in Shelburne Falls. Joined by friends and family, they had a reception dinner at the Whately Inn.



Obituary

Rosamond L. Dauer

Poet, writer and long time summer resident

Rosamond Louise Dauer died on April 23, 2014 in Wilkesboro, NC, passing away in peace and in the presence of family. She was 79 years old.

Rosamond earned a B.A. in English from Middlebury College and an M.A. from Columbia University, and was twice accepted for participation in the Bread Loaf Writers Conference. She taught at Colby Junior College for Women, worked as an Editor at Grolier (Encyclopedia Americana), and was Curator of Education at the Staten Island Institute of Arts & Sciences.

Her poetry appeared in numerous publications including "Poetry," the Hanging Loose Press, *Yankee* magazine, and "Glassworks." She was the author of six books for children, including *Bullfrog Grows Up*, *Bullfrog Builds a House*, *Bullfrog and Gertrude Go Camping*, *Mrs. Piggery Snout*, *My Friend Jasper Jones* and *The 300 Pound Cat*, all of which can be found at the Heath Library.

Rosamond had been a devoted summer resident of Heath since 1972. She appreciated good books, good humor, lively conversation and games of cards with family and friends. She had a great passion for cooking and was an avid collector of American antiques and art.

A celebration of her life by family and friends will be held in summer 2014. In lieu of flowers, family requests that donations be made in memory of Rosamond L. Dauer to The Friends of the Heath Free Public Library, P.O. Box 38, Heath, MA 01346.

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
Adult Sunday School resumes in the fall**

Church News

We are sorry to say that our Pastor, Phill Grant, is moving on and has left our church. We wished him well at a reception on his last day, April 27. He will be missed.

On Palm Sunday, Crystal Smith and Janelle Crowsing-shield provided us with a successful breakfast prior to the service. Thank you for all of your work.

Our summer plans include some concerts featuring our organ. Details will be posted around town and on our Facebook page as they become available.

—Alli Thane-Stetson



New Opportunities at the Senior Center!

Open Sew/Quilt Time began April 30, and continues every other Wednesday from 11 a.m. to 2 p.m. through July 16. Bring your machine or hand sewing/quilting project and join this informal sewing group. Eileen McVay-Lively is available for help with questions/ideas, etc.

Open Art began May 7, and continues through July 23 (alternate Wednesdays with **Open Sew**) also from 11 a.m. to 2 p.m. Art supplies are made available. No prior skills required; just come and be creative.

Bring a bagged lunch/beverage. No charge for either event, but donations are always welcome (supports the Community Hall).

Contact Eileen McVay-Lively, Senior Center Coordinator, at 337-4742 for more information.

—Eileen McVay-Lively

Annual Transfer Station Permits



Due for Renewal

July 1, 2014

Cost per permit = \$75

Raffle!

This year, when you renew, you may opt to take part in a raffle. Prizes will be either an Earth Machine Compost Bin or a Sure-Close Kitchen Compost Collection Pail!

The raffle drawing will be held **August 1, 2014** so renew as soon as you can to ensure your chance to WIN.

Your permit number will be your raffle number.

Only one entry per permit.

Raffle Prizes

Earth Machine Compost Bin: (retail cost \$45) Height 33" Width 32" – Back-yard composting with easy assembly, rodent-resistant, ten-year warranty, stakes to the ground, access door slides up for removal of finished compost, and made in Canada with a minimum of 50% recycled plastic

Sure-Close Kitchen Compost Collection Pail: Made of 35% recycled content (may cause slight inconsistencies in color), lid designed to stay open at 90 degrees on your countertop enabling the scraping of plates or the easy “no touch” depositing of food waste while cooking, the lid has pinholes, which allow for moisture to evaporate, therefore reducing odor in the bin (no filter to have to replace), pails may be washed in the dishwasher on no heat dry setting, pails may be lined with newspaper or “bio-Bags” for easier clean-up.

Permit and Transfer Station pamphlet are available at the Post Office.

—Kara Leistyna

Heath’s Monthly Precipitation

Observed by Heath School staff and students

	Rain	Snow/sleet
From March 10	2½"	3"
April	5.0 "	2"
To May 10	¾"	0"

In this reporting period:

We had **87 ¼"** inches of snow this past winter season as well as **32** days with morning temperatures starting in the single digits or lower. The first big warm-up happened on Mothers’ Day weekend.

—Tim Lively and Heath School Students

Community Calendar

June 2014

- 1 MTRHS Graduation, 1 p.m.
- 2 Heath School Strings Concert, 10 a.m.
- 4 Open Art, Senior Center, 11 a.m. to 2 p.m.
- 5 Senior Brown Bag, Dessert & Games Senior Center, noon
Heath School Volunteer Celebration, 5:30 to 6 p.m.
Heath School Museum Night and Art Show, 6 to 7 p.m.
- 6 Preschool Story Hour, Heath Library, 10:30 to 11:30 a.m.
- 11 Open Sew/Quilt Time, Senior Center, 11 a.m. to 2 p.m.
- 18 Open Art, Senior Center, 11 a.m. to 2 p.m.
Heath School Graduation, 6:30 p.m.
- 19 Senior Luncheon, Senior Center, noon
- 21 Franklin County 4H Fair at Fairgrounds 9 a.m. to 3 p.m.
HHS Museums, Heath Center, open 11 a.m. to 1 p.m.,
ice cream and lemonade
- 25 Open Sew/Quilt Time, Senior Center, 11 a.m. to 2 p.m.
- 28 MA Ox Teamsters Annual Spring Pull, Fairgrounds, 9 a.m.
- 29 Annual Horse Draw, Fairgrounds, 11 a.m.
Annual Rose Viewing, End of Road (Leuchtman's),
43 Knott Road off Rowe Road 1 to 4 p.m.

July 2014

- 3 Senior Brown Bag, Dessert & Games, Senior Center, noon
- 8 Open Art, Senior Center, 11 a.m. to 2 p.m.
- 16 Open Sew/Quilt Time, Senior Center, 11 a.m. to 2 p.m.
Library Summer Crafts Program, Fairgrounds, 6 p.m.
- 17 Senior Luncheon, Senior Center, noon
- 23 Open Art, Senior Center, 11 a.m. to 2 p.m.
Library Summer Crafts Program, Fairgrounds, 6 p.m.
- 26 HHS Museums, Heath Center, open 3 to 5 p.m.,
HHS Dining with History, 5 to 7:30 p.m.,
Community Hall
- 30 Library Summer Crafts Program, Fairgrounds, 6 p.m.

Senior Luncheons

RSVP to 337-5728 between 9 and 11a.m. by the Monday before the luncheon date.

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 to seniors.



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