



# 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:

- Send to our email address:  
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The *Heath Herald*  
PO Box 54, Heath, MA 01346
- Drop off at our Town Hall box:  
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 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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The many color photographs and images in each issue of the *Heath Herald* are funded in part by you, our readers. Through the sponsorship of generous individuals we are able to showcase the vibrancy of life here in Heath in such a way as would not otherwise be possible. Consider becoming a \$25 Color Sponsor for an upcoming edition of the *Heath Herald*. We strive to have a minimum of three Color Sponsors each edition. Should you wish to add your support, be sure to note “Color Sponsor” on your check so that we can acknowledge your contribution in a future edition. Thank you.

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## From the Archives

*Many of our readers have spoken fondly of the articles Carroll Stowe wrote for the Herald. As we come into the winter season, we thought people would enjoy rereading this gem.*

### A Night in the Storm

By Carroll Stowe

As a young fellow on our farm in Colrain, I had a tremendous desire to be out at night plowing snow. I surely thought to be out with a truck and plow and wings helping people to have a passable road would be just the ultimate in things to do.

I got my first shot at it the winter of 1962. I had started working for the town of Heath in the early fall of that year. I could hardly wait till the snow started to fall to try to out this thrilling type of employment.

Our crew consisted of five regular men, Francis Galipo, Gerard Galipo, Victor Vreeland, Edward Joy, and myself. Victor never drove a truck but did feed the old tailgate sand spreaders, as automatic sanders were unheard of in this town. We were able to take care of the early storms that season without calling in the spare drivers.

As the season neared the first of the year, the snow banks got higher and it was more difficult to get rid of the snow.

The town's fleet of snow fighting equipment consisted of two dump trucks, a 1961 70-Series Chevrolet and a 1961 F-800 Ford. This particular evening started out with no great problems. Francis, Gerald, and Edwin were off for the evening and Bob Law and Paul Burrington were driving the Chevy truck and were trying to keep 8A and the north end passable, while Howard Thompson and I with the big Ford were at the task of clearing the drifts in South Heath. Both of these trucks had single small gas tanks and they used about 10 gallons of gas per hour. Consequently, you could have the drifts open and, when you went to get more gas, a section of the road can be plugged when you came back to check the next time. Our problem areas were by the old fair grounds, up toward Doug Stetson's Burrington Road and beyond near the Galipo house, Schoolhouse Hill, over toward Rainville's and down where Walt Gleason is plus around by the South Cemetery. By the end of the new fairgrounds we encountered some trouble but we could cope with it so far.

Bob and Paul were having their troubles up on 8A above the Sessions Farm and wanted us to try to give a hand up there. Hard packed snow with one-way snowplows creates a problem when the plow can't discharge. If great care isn't used, the snow will crowd the truck sideways and your right rear will still be in the right snow bank. We were of little help up 8A, so when we got back to the garage to fuel up, we had lost that road.

While we were absent from the south part of town we lost more of that area and in coming back for gas one time earlier we had lost the road up by Rainville's. The four of us had a conference at the garage and decided to get Bob Law home, so he could be there to milk. There were four of us in the cab of the big Ford and we set out for South Heath. It'd been nearly 2 hours since Howard and I were by the fairgrounds and that road was plugged.

This was my first year at the controls of a plow truck and my limited experience did not stand me very well and I soon was impossibly stuck. This was a bad situation made worse by the gale force winds and below 0° temperatures. We had an-

other conference in the cab of the stuck truck and concluded we would have to walk back to Thompson's and reconnoiter. I surely hated to leave that truck in the snow bank, truly a monument to my inexperience.

We started walking in the bitter cold and made many comments about the situation. It was a very clear night and the wind was blowing straight from Mount Greylock with nothing to stop it. When we reach Thompson's we were told the wind chill factor was 60° below zero. We had made the trip almost without mishap except that Howard, wearing two wool pullover hats – one over the other – froze his left year.

Paul and Bob walked to the town shed and were able to drive down to Charlemont. They were able to walk up Harris Mountain to the Law farm and were there for milking. With the wind at their backs it was less severe than out in the open.

I slept fitfully on Thompson's couch with their dog, Sandy. In the morning we got a call from Francis and I had to tell him where the Ford was and all about the plugged roads. Francis was able to get to Heath Center where the crawler tractor was kept. Fortunately he had a mechanic come several days before who got the tractor ready to plow snow. With its better traction and the V- plow, Francis was able to get to the town shed. He nearly ran into the stuck truck as very little of it could be seen.

Francis plowed snow all day with the tractor and Howard and I did what we could with the Chevy truck. Late in the day we went up to the fairgrounds, took the plow off stuck big Ford truck, and pulled it out with the tractor, slid it around in the road and pulled it back to the shed, and pulled it inside. It was two days before we could start it. Hindsight works very well after the fact, but had we gone and got the truck and pulled it out before it got drifted in so badly, it could've been in service sooner.

I will always be proud to have been associated with those three other fellows on that winter's night many years ago. For a number of years after, I'd call Howard and ask him if he'd like to walk back from the fairgrounds again. He always felt that once was enough! Until the road was resurfaced past the fairgrounds, those tire chain tracks were still in the tarred surface. This town was indeed fortunate to have dedicated servants like Mr. Galipo. He did a tremendous job with what he had to work with.

As printed in: *The Way it is in the Country; Selections from 25 years of the Heath Herald*



Photo Courtesy of Art Schwenger

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**The *Heath Herald* is proud to support Local Agriculture!**

The *Heath Herald* offers free advertising space and design assistance for Heath farmers as content permits.

Questions?  
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## Broadband When Is It Coming?

Broadband via fiber optic cable is available in populated areas where service providers believe they will be able to sign up a sufficient number of subscribers to cover their costs of installation and operations. Low population/low density areas are of no interest to the cable companies, and as such Heath and 43 other towns are considered “underserved.” These towns together have formed Wired West, a telecom cooperative ([www.wiredwest.net](http://www.wiredwest.net)), in an effort to build a fiber optic network ourselves. With more and more communications, such as online form submission, school-related research, and business, being conducted through the internet, access to quality high speed internet is essential to residents, students and town employees.

**Heath became a Wired West Community, as approved by voters at Annual Town Meeting in May 2011.** Once the network is built, Wired West will own and operate it, and member towns will share in any profits. Wired West will be the internet service provider (ISP). Wired West has done surveys and completed assessments, and has the critical data that the network constructor will need to build the system.

The Massachusetts Broadband Initiative (MBI) was created by the Patrick-Murray Administration back in 2008 to “close the digital divide.” MBI is the organization that will manage the construction of the network, and is the recipient of money appropriated by the state for this purpose. MBI has the infrastructure to build the “last mile” of network that will bring service to each subscribed home in the underserved towns. MBI will contract with various companies to build aspects of the network, so you may see different company vehicles, such as Axia and others, doing a variety of the work.

During October and November 2014, MBI and Wired West have been holding large group meetings with town officials to update us on the project status and to help towns prepare for the next steps. One significant step is that towns will be asked to consider approving a general obligation bond at their 2015 Town Meetings to match the over \$40 million appropriated by the state for the “last mile.” The specific amount applicable to fiber-optic build-out in Heath is yet to be determined, and will be based upon the number of dwellings, including part-time residences and dwellings in Mohawk Estates. The current estimate for Heath is between \$900,000 and \$1.3 million.

Unfortunately for towns with potentially few subscribers, the implementation of the project will be staggered, with towns that are expected to be more profitable (based on the number of residents who subscribe), getting service first. It was also disheartening to learn that the current implementation schedule indicates that homes won’t be wired until somewhere between 2017 and 2019. Having said that, the partnership of MBI and Wired West remain our best opportunity to get a fiber optic line into our homes.

Unlike the DSL lines that some homes in Heath have, we understand that the larger fiber optic cable is “state of the art” today and will remain so well into the future, because it offers “speed of light” service.

So, what’s next and what can we do?

MBI and Wired West will be scheduling meetings this December for Finance Committee members to learn more about the financing of the fiber-optic build-out in each town.

**As a resident, plan to attend informational meetings that will be scheduled in Heath so you can learn more about what this means for you.**

**As a resident, your vote is essential to approve the bond bill question at Annual Town Meeting on May 9, 2015.** A two-thirds vote is required.

**As a resident, you will be asked to indicate what type of service you would like to subscribe to: internet and/or phone and/or TV.** The current estimated service price begins at \$50 per month and increases depending on the extent of service that you select. The bottom line is that it will be cheaper than paying separate providers for a land-line phone, a cell phone, internet and TV.

Early commitments for subscriptions might help demonstrate Heath’s readiness to move fast to “go live.” A goal is to achieve at least 65% of residents subscribing to broadband, because at that rate we will be able to pay off bonds and generate a profit through the fees for services. **When the time comes, get your neighbors (full or part-time) to subscribe to Wired West services.**

Heath is a Wired West community, and the Wired West Board is acting on our behalf in working with MBI. Wired West will continue to make sure this project moves along as fast as possible in spite of a myriad of challenges. **As a resident you should pay attention to any actions Wired West may ask of us toward full implementation of the project.** Wired West represents an effective cooperative of towns working together toward the future. This is a much stronger position than going it alone. In spite of the unknowns associated with this project, it is clear that broadband is an investment in Heath’s future and in the future of her residents.

—Sheila Litchfield, Heath Selectboard,  
—Kara Leistyna, Town Coordinator,  
Fact checking by Al Canali  
Heath Wired West Representative

### VALLEY GIVES DAY

Support your community on **Valley Gives Day**, a region-wide day of philanthropy, **December 10, 2014**. Several organizations in Heath will be raising money on Valley Gives Day to support their work.

Please consider a tax-deductible donation to these important causes:

- ♥ Friends of the Heath Public Library Inc.
- ♥ Heath Agricultural Society Inc.
- ♥ Heath Historical Society Inc.
- ♥ Heath PTO
- ♥ Heath School Extended Day Inc.



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—Jessica Van Steensburg

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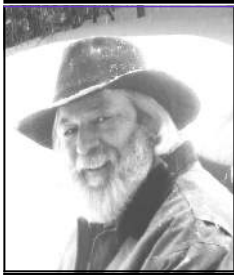


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## Wild Ramblings

—Bill Lattrell



### Apple of My Eye

High atop a local mountain sits an open area of hardwoods. American beech, red oak, red maple and small striped maples dominate the forest. Other tree species include a few sugar maples, yellow birch, black cherry and wild apples. On this chilly November day it is the apple trees that catch my eye.

The schist bedrock is close to the surface at this elevation. On the southern side it is completely exposed, nearly vertical, and poses significant restrictions as travel terrain for humans. It is this shallow soil and depth to bedrock that has kept the forest community small in stature. In general the trees are relatively short, but well branched. The trunks of the trees are generally crooked. There is an adequate diversity of trees with a good display of saplings and shrubs in the understory. In the center of this mountain-top forest are two apple trees. Both have relatively vertical trunks to a height of about twelve feet, and then the branches spread out, evidence that they worked hard to get sunlight from which to produce their own food with photosynthesis.

I am struck by the ample amount of apples that still adorn the branches. It is clear that there are two different varieties. And given the distance from any human habitation I must assume that they are located on this precipice quite by accident. It is the two different varieties of the apple tree that help to produce the heavy fruit crop. Cross-pollination between different apple varieties produces better yields. I stand here wondering about the origin of both trees.

One tree looks about ten to twenty years older than the other. It likely grew from a translocated seed brought to this site in deer scat about fifty years ago. The second tree, a yellow fruit variety, most likely had the same origin. I am amazed how accidents like these yield great benefits. For a minute I ponder how accidents in nature have changed the course of evolution of nearly all plant and animal species. How marvelous it is to realize the intricacies of these happenings and the beauty of our planet. And whether you believe that these accidents are purely happenstance, or are somehow directed by an all-knowing energy, it is both magical and awe inspiring. This is the type of inspiration that keeps me wandering wild landscapes.

The apple tree originates from Kazakhstan. As best as we can determine the original species, *Malus sieversii*, was hybridized over a very long period of time with *Malus sylvestris* (from which today's crab apple is derived) to form today's apple, *Malus domestica*. The modern apple first migrated from Kazakhstan throughout Turkey and eventually into the rest of Europe, where both the early Greeks and later the Romans also contributed to its colonization throughout the old world. When the first colonists came to North America, the only native apple they encountered was the crab apple. All of our large apples on this continent were introduced by the first European settlers who brought with them cuttings and seeds of their favorite European apple varieties.

Most people are surprised to find out that the apple tree is a member of the rose family. Not only is it directly related to our domestic and wild roses, but also to blackberries and strawberries, as well as plums and pears. On a gastronomic level this makes a great deal of sense to me given that there is no better fruit salad than one comprised of strawberries, blackberries, raspberries, apples and pears. The mere thought of this combination summons memories of my childhood, a quiet picnic along a lazy stream, and exploring the beauty of nature under bright blue skies on a chilly autumn day.

Although certainly not ubiquitous, wild apple trees dot our forested New England landscape, especially in wooded areas along the edge of old fields. They are a great source of sustenance for a variety of birds and mammals. From wild turkeys to white-tailed deer, from gray squirrels to blue jays, from wild voles to the black-capped chickadee, this wondrous source of nutrition provides the necessary calories to help a variety of wildlife survive the coldest and harshest months that nature can muster.

On this day I sit at the base of the larger of the two apple trees. I pick up an apple that has dropped to the ground. It is blemished, as are all wild apples. It is a mottled red and green color with rusty looking scabs that adhere to the surface of the thin skin. It is cool to the touch. I take a bite. It is sweet. It is tart. It is crisp and absolutely refreshing.

I hold it up in the air. Its red color and white flesh contrast against the blue, blue sky on this cold autumn day. I feel as if I am tasting history. I feel as if I am holding a miracle in my hand. And in a rush of thought and overwhelming emotion, I feel as if I can see the apple's exact place in our natural world.

At this moment this wild apple brings me sustenance, both physically and spiritually. It is glorious. It is wondrous.

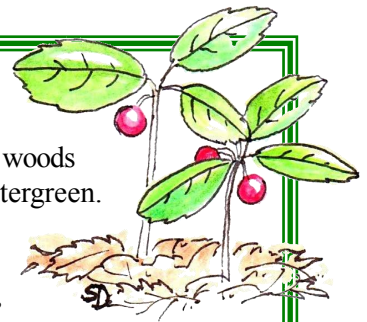
It is the apple of my eye.



### NATURE NOTE

While walking in the woods this winter, look for wintergreen. Only two to five inches high with oval glossy leaves and red berries, wintergreen often grows as a ground cover on the forest floor. If you think you have found some, smell a crushed leaf and you will be sure of your identification. Known also as teaberry, wintergreen has been used to flavor mints, chewing gum and toothpaste; although it is mostly synthetic flavoring that is now used. Along with cranberry and blueberry, it is in the Heath family of plants.

—Susan Draxler



**Richard C. Bishop**  
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## Green Thoughts

—Pat Leuchtman

### Reading about Gardens

The holiday season, gift buying season, is almost here which means I am going to be spending a lot of time in the bookstore. My friends, along with my grandchildren, all know what I will be giving them for Christmas, but they don't know which. I give books on all gift-giving occasions. Others know better than I what toy or trendy clothing will please my grandchildren, but rarely does anyone else think to buy them a book. Of course, everyone knows there will be a least one book for each under the tree.

Adults are more frequently given gift books. There are few things that are so inexpensive and yet give such long-lasting pleasure. If you have a gardener on your list I'd like to suggest a handful of books I have especially enjoyed this year.

The first is *Seeing Flowers: Discover the Hidden Life of Flowers* (Timber Press) by Teri Dun Chace with photographs by Robert Llewellyn. This big gorgeous book is even suitable for non-gardeners. Chace describes 28 flower families from Amaryllis to Viola and takes us into a garden of fascinating facts, botanical history and medicinal uses. She catalogs the amazing variety of flowers that belong to one family. Easy to understand that sunflowers are a member of the Daisy (Asteraceae or Compositae) family, but surprising to learn that achillea, spirea and perennial cornflower are too. Llewellyn uses a unique photographic process that gives us a close-up view of the flowers that we could never see with our unaided eyes. Stunning and fascinating. This is a good companion to Llewellyn's earlier book, *Seeing Trees*.

While *Seeing Flowers* makes a good gift for anyone, *Five Plant Gardens: 52 Ways to Grow a Perennial Garden with Just Five Plants* (Storey Publishing) by Nancy Ondra is perfect for a novice flower gardener, or a gardener who is always struggling to decide what flowers go with which flowers. The world of garden plants is so large it can be overwhelming to the new gardener. Ondra stated her reason for writing this book, which includes lovely drawings; "Five plants are... enough variety to give you a good mix of flowers and foliage, heights and shapes, and seasons of interest, but not so much that the collection looks like a jumbled mess. It's also a manageable number of new plants to learn about at one time, as well as a limited amount of money to spend."

Ondra provides 25 plans for sunny gardens and 25 plans for shady gardens. She also shows how each plan can work as a building block to be repeated in different configurations. She also knows that no one likes to be absolutely limited and gives additional flowers or options for each group.

Many of us in Heath have vegetable gardens. They may get bigger or smaller over the years resulting from changes in our lives and energies, but as every flower garden is unique, so is every vegetable garden. Niki Jabbar's *Groundbreaking Food Gardens: 73 Plans That Will Change the Way You Grow Your Garden* (Storey Publishing) includes garden plans from many

gardeners who share their passions for Italian foods, ingredients for cocktails, an extended growing season, canning and more. My garden is not beautiful, except in the sense that every productive food garden is beautiful, but I have to say I have always longed for a really beautiful design for my food garden. I have only gotten as far as naming my big garden, The Potager, and justifying the name by including herbs, flowers and berries.

If you have a vegetable garden you must cook! In *Vegetable Literacy: Cooking and Gardening with Twelve Families from the Edible Plant Kingdom, with over 300 Deliciously Simple Recipes* (Ten Speed Press) Deborah Madison, one of our country's most famous vegetarian cooks, takes us along on her journey from the kitchen into the vegetable garden, the study of botany and back into the kitchen.



While Madison tells us about her understanding of plant families she explains that if we look at vegetables in a single plant family we can see how they can be substituted for each other. She also shows us that parts of a vegetable we don't ordinarily eat, are edible and can be used as part of a dish. Her book is organized around twelve families beginning with the Carrot family, which is huge. It is comprised of a host of Umbelliferae like angelica, anise, asafetida, caraway, carrots, celery, celery root, chervil, cilantro and coriander, cumin, dill, fennel, hemlock, lovage, parsley, parsley root, parsnips and Queen Anne's Lace.

Finally, although I suspect I have mentioned it before, I want to recommend *Bring Nature Home: How Native Plants Sustain Wildlife in our Gardens* by Dr. Douglas Tallamy. We have all become aware of the value of native plants, but Tallamy explains that not all native plants are equal. Some plants support many more species of wildlife than others. This was an eye-opener for me. I have been talking about the benefits of native plants for a long time, but this idea never occurred to me. As you might expect, trees are the most productive in having what it takes to support many insects and birds. Trees are big. But even here, some trees are more productive than others. On his website, [www.bringingnaturehome.net](http://www.bringingnaturehome.net), and in his book, Tallamy lists 22 of the best woody plants, beginning with oaks that support 534 species, down to the chestnut which supports 125 species. Black cherries, maples and willows are also highly productive.

If we don't have the room to plant an oak or two, we might be able to fit in a crabapple or some blueberries. We can plant asters, morning glories and lupines in our ornamental gardens. We can not only marvel at and admire the lupine meadows that some people in our area have cultivated, we can thank them for supporting 33 species of wildlife.

Whoever is on your gift list this season and whatever their interests, I hope they will find a good book under the tree.




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**Solomon Temple Barn  
 Now Woodchuck Free**



Jim Baker and Andrew Slowinski, of Slowinski Concrete of Colrain, put the finishing touches to the new concrete floor on the ground floor of the Solomon Temple Barn Museum at the Heath Fair Grounds this fall. Lively Caretaking of Heath prepared the dirt floor for the pouring of concrete and moved all the equipment to the adjacent cow barns. After the floor cured for a week to ten days, Tom Lively moved it back in nicely.

Looks beautiful and no way are woodchucks a further threat to undermining it! Funds from the Dickinson Family Fund, the People's United Bank, and donations from members of the Heath Historical Society provided the support for the project.



Photos Courtesy of David Howland

Buck DenOuden, Nina Marshall, Skip Churchill, and Pegge and Dave Howland spent a morning doing some final rearranging of the equipment. The Heath Historical Society appreciates the cooperation of the Heath Agricultural Society in housing the equipment during this project. All are invited to view this major improvement of the Barn at the Fair next August.

—David Howland

**The Heath Egg Shed Challenge**



I am interested in self-resiliency, which often begins in one's backyard. Here in Heath we can grow our own produce and fruit, raise our own meat, and make value-added products like soap, cider and cheese. We each have our own passions, skills and interests. I believe that a well-networked agricultural community can become more self-resilient if given the opportunity to pool resources, share skills and work together toward

common goals. I imagine we all understand the concept that if we support our local economy, we will all benefit.

Many residents in Heath drive a fair distance to meet their daily needs. In my family for example, we make sure the shopping is complete in Greenfield on Fridays before heading up the hill to Heath where we choose to stay for the remainder of the weekend on our family farm. Even though we are able to produce some of our own food on our property, gaps still exist which force us to spend our food dollars outside of Heath. I ask myself what other products/services exist in Heath that I could buy, barter or trade for, that would mean fewer trips to Greenfield?

Blueberries from the Benson Place, corn for my pigs from Colonel Maxwell Farm, cider from Bourke Shire Farm, wood from the Clarks, beef from the Freemans, syrup from Berkshire Gold, lamb from Longhill Farm, and mushrooms from the Masons: I could go on. I imagine a Heath where, storefront aside, my main staple shopping is completed within my own community. That is a lofty vision, a hefty challenge and a lengthy process, but we have to start somewhere. A place to begin could be eggs. I hereby challenge our community to The Heath Egg Shed challenge.

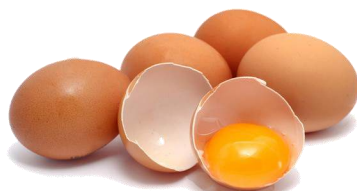
Many folks know what a watershed is, but the concept of an egg shed has somehow escaped us. An egg shed is defined by Pat Foreman at [www.chickensandyou.com](http://www.chickensandyou.com) as follows: "... the number of eggs a group or community, consumes that are produced within a specific distance, within a period of time—usually a year."

Heath is a small community and I believe it is an achievable goal that we provide all the eggs we need for all of our residents right here in our own community. The goal: eggs that are laid in Heath stay in Heath. Eggs offer one of the most economical forms of protein available and relatively speaking eggs are easy to produce. Let's break it down.

The average American eats 250 eggs a year. We can assume we will need two chickens per person to supply the number of eggs needed. This number was derived by taking into consideration the variability of egg laying throughout the year. This takes into account the drop in egg production associated with molting, brooding, age, weather, and similar factors, by dual-purpose birds that will be used for their meat once their egg laying days are over.

I believe that the community here in Heath could, with some effort, produce enough eggs to keep our community members fed from local chickens, reducing our food miles, reducing our egg miles and bringing our community together around a topic that unites us all: food. The first step in the Egg Shed Challenge is to gather data. Data points to gather are how many hens we already have in Heath and how many more hens are required to fulfill our egg shed needs. **Let's get started.**

We are fortunate to live in a small town that is agriculturally rich and community minded. As we explore more ways to increase resiliency in our backyards, on our farms and in our town, I encourage us to think out loud, share skills, and consider shifts in thinking that push our boundaries and comfort zones. What does a self-resilient, agriculturally-networked town look like to you?



## How Many Hens Will We Need to Meet the Egg Shed Challenge?

Below are the basic residential and household numbers for Heath.

**250 households** (estimated from Town Hall sources)

**706 residents** (from the 2010 Census; for our purposes, we'll round up to 710)

710 residents x 2 hens each = **1,420 hens**

We can assume farms/robust homestead-style households can raise more chickens than general residences and we know everyone will not be able/willing to raise hens in their back yards so lets take some percentages and see where that leaves us.

### Sample Egg Shed for Heath:

Lets assume we have 25 active farms/robust homestead-style households in Heath.

- If 55% of the active farms (14) committed to raise **50 hens** we would have **700 layers**.
- Plus if 26% of households (52) committed to raise **10 hens** we would have another **520 layers**.
- Plus if 20 % more households (40) committed to raise **5 hens** we would have another **200 layers**.

This scenario would engage over 40 % of our households and would meet our egg shed needs with at least 1,420 hens in Heath producing enough eggs to keep our community members fed from local chickens.

## How Many Hens in Heath? My questions for readers who reside in Heath:

1. Do you have laying hens?
2. If so, how many?
3. Do you consume all of your eggs or do you also sell?
4. If you sell eggs, do you sell in Heath, outside of Heath, or both?
5. Would you be willing to raise more hens to assist with the Egg Shed Challenge?

Please email your answers and/or any questions you may have to [wecanfarminheath@gmail.com](mailto:wecanfarminheath@gmail.com) or send them to Jessica Van Steensburg, WeCanFarm, PO Box 719, Heath, MA 01346. I will report back on findings and next steps in the upcoming issue of the Heath Herald. Stay tuned...

—Jessica Van Steensburg



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## Holiday Traditions in Heath



### *A Family's Memories and Traditions of Chanukah*

We in Heath have traditions that help us prepare for the coming winter months. We stack wood, bed down gardens, rake leaves—lots of them. And we look forward to the winter holidays that nourish and sustain us.

#### *Dana*

During this time of “the close and holy darkness,” our family is fortunate to draw from several traditions, including Chanukah, the Festival of Light. Our youngest son, Oliver, put it best (and he was just four years-old at the time) as one evening at the dining table he proclaimed: “JuJu, Daddy, and Ollie are Jewish and Mommy is a Christmas!”

Chanukah (or Hanukkah) is a holiday on the Jewish calendar that celebrates religious freedom. We observe Chanukah with joyous feasting and festivities for eight nights beginning any time from late November to late December on the Gregorian calendar. This year Chanukah begins the evening of Tuesday, December 16 and ends in the evening of Wednesday, December 24.

The story of Chanukah begins in 175 B.C.E. when King Antiochus IV, who ruled over the region now encompassing Syria, Egypt and Palestine, began to severely oppress the Jews, prohibiting religious practice and desecrating their Temple. A small group of rebels, now called the Maccabees, revolted, and after three years succeeded in driving out the King’s army and restoring religious freedoms. However, when the Maccabees arrived to clean and re-dedicate the Temple, they discovered there was only enough oil to burn the menorah (candelabra) for one day. Miraculously, the oil lasted eight days and nights, allowing time to prepare a fresh supply for the re-consecration of the Temple.

We now celebrate this miracle of light by lighting our own menorahs each Chanukah night, by reading stories, singing songs and playing games like Dreidel. And, of course, we eat lots of good food—made with oil—which reminds us of the Chanukah miracle.

One of these special foods is latkes or potato pancakes. They’re easy to make and delicious to eat! When our sons Julian and Oliver were little, I loved making latkes for their classmates at the Heath School. I’d be up to my elbows in the potato-flour-egg mixture the night before, building up my biceps grating all those potatoes before I relented and began to use the food processor. Although I still think the old-fashioned grater renders a better texture, along with a few bloody knuckles. This is one of my fondest holiday memories: carrying in trays loaded with latkes, applesauce, jam and sour cream for the children and staff of our beloved Heath School.

A recipe for potato latkes, if you’d like to try them at home this season, can be found at: *Jewish Holidays All Year Round* by Ilene Cooper, published 2002 by Harry N. Abrams, New York. Latkes are great served with roast chicken or brisket/pot roast during the holidays, or anytime.

#### *Jonathan*

Jonathan fondly recalls his many trips to the Heath School to tell the story of Chanukah as the students enjoyed their latkes. At several “All-Schools” he and Deb Porter read and acted out the Chanukah classic, *Hershel and the Hanukkah Goblins* (1994, Holiday House), with help from student volunteers. This wonderful Jewish folktale by Eric A. Kimmel is a Caldecott Honor Book, celebrating its 25<sup>th</sup> year in publication. Beautifully told, with gorgeous illustrations, it recounts the victory of Hershel of Ostropol outwitting the goblins that haunt his village and deprive its inhabitants of Chanukah fun. It is a great read-a-loud book, and the kids sat in rapt attention as Jonathan and Deb mimicked the voices of the goblins and told how Hershel banishes the darkness and re-kindles the light, restoring Chanukah festivities to the villagers.

#### *Oliver*

Oliver remembers playing Dreidel each year and teaching neighbors this popular Chanukah game. The dreidel is a spinning top with a Hebrew letter on each of its four sides. The game is usually played with chocolate coins called Chanukah gelt. (Inexpensive dreidels and chocolate coins can be found in this area at World Eye Books in Greenfield.) Dreidel is a good game for a party, because any number of people can play. Directions for how to play this game can be found at *My Jewish Learning* website, by Noam Zion.



#### *Julian*

Julian’s favorite Chanukah memory is lighting the menorah—the center of any Chanukah celebration. The menorah is a special candleholder with nine branches, one for each night of the holiday, and one for the *shamash* or servant candle, which is used to light all the others. The menorah commemorates the miracle of the oil, which burned for eight days and nights in the Temple. Each night one candle is added to the menorah, and as each candle is lit by the *shamash*, a Chanukah blessing is sung. From the time Julian was very young, with his Dad holding his hand steady, he would light the candles and lead the singing. Each year we would call Julian and Ollie’s grandmother who lived at a distance, and light the candles, singing the blessing over the phone with her (this was before Skype!). We will remember her this year as we light the Chanukah candles, and continue to celebrate this Festival of Light with friends of all traditions in the years to come.

—Dana Blackburn (mother), Jonathan Diamond (father)  
Oliver (15) and Julian (17) Diamond



## Three Generations of Christmas Memories and Traditions

### Richard Sumner

A lot of my memories of Christmas as a child are of the Branch School. Each year we would have a live Christmas tree in the school. Each of the three classrooms prepared a Christmas skit for an evening show for parents and the community. We drew names for a gift exchange after the pageant. Each child brought one present and received one present. That evening every child also received an orange. Fresh fruit was a treat, as during the winter months dried apricots were about the only fruit we had at school, there being no temperature-controlled trucks for transportation.



At home we also had a Christmas tree. It wasn't always a spruce tree; sometimes it was a hemlock. We would decorate the tree with paper garland, strings of popcorn, paper chains and lights that sometimes worked and sometimes didn't. We often sang Christmas carols around the piano. On Christmas morning we would each have a couple of gifts under the tree which were usually new clothes.

Mid-day we would go to the Burrington's for Christmas dinner, which was usually farm-raised beef, pork or turkey. After dinner we usually went skating on the pond behind their house. Later in the winter, when there was more snow, we would all pile on the double rip sled and head down Burrington Hill Road. We never made it all the way to the bottom, as the curve just above the town dump used to be a lot sharper, and we would fly off into the pucker brush somewhere. As the sun began to disappear on Christmas day we would head back home to do the evening chores.

### Eric Sumner

I haven't thought about the Montgomery Ward or Sears catalogs in years, but now I remember how exciting it was when the Christmas editions arrived and my brother and sister and I could pore over the toy sections page by page, circling items that had convinced us that they should be on our wish list for Santa.



We would anticipate the evenings when the Christmas specials would be on TV: Frosty the Snowman, Rudolph, Peanuts. These dates were of great importance, for if you missed them you were out of luck, as the shows would not be broadcast again for another year!

My Christmas traditions expanded when I became old enough to join the youth group. Each year we went caroling around town, ending with hot chocolate and cookies at the Community Hall. I recall many a cold night riding in the back of an open pickup truck driven by Bob Smith, Carroll Stowe or Jake Tripp, as we bundled under quilts and blankets and giggled our way from one stop to the next.

At weekly meetings between Thanksgiving and Christmas the youth group would work under the direction of Evelyn Hillman, making miniature decorations from recycled materials. Smead Hillman would dig and pot tiny spruce or balsams, which were decorated with our handiwork. After church on the Sunday before Christmas, these miniature Christmas trees were delivered to "shut-ins" in town along with a fruit basket or some baked goods.

### Austin Sumner

For December 1 my family makes a paper chain with 24 links. On each link of the chain we write an activity to do with Christmas, like "make a gingerbread house," "decorate the house" or "bake cookies." Each day we take one link off the chain and do that activity.



On Christmas Eve we go to the candlelight service at church, hear the Christmas story and sing carols by candlelight. After the service we try to keep our candles lit all the way home in the car and into the house (It is hard to do).

We are not allowed to go downstairs until 6 a.m. on Christmas morning. On the Christmas morning of 2013, I woke up at 1:30 a.m. and lay in bed until 2:30 a.m. checking the clock every few minutes. I finally fell asleep and woke up again at 5:30, and started checking the clock again. The time passed slowly and finally it was 5:58 and I went downstairs.

After everyone wakes up and comes downstairs we open the things in our stockings. Then we take turns reading the Christmas story from the Bible and then open our presents. The rest of the day we amuse ourselves with our new gifts.

### Kaylin Sumner

A few days before Christmas we go up into our Christmas tree patch out back. Everyone goes out together. Mommy & Daddy share a big tree with all of us. Me, Austin and Lilly also get our own trees. I like to find a tree that is about as tall as me. We use sleds to drag them back. I put my tree up in our living room, next to the big tree. I decorate it with my green garland, green lights, my boxes of ornaments and my new Christmas angel I got last year. Then we decorate the big tree. We put on boxes of ornaments, popcorn strings, garlands, lights and an angel on top. We take turns putting ornaments on.



Photo Courtesy of Mary Sumner

Every year for Christmas morning breakfast we have cinnamon buns. Mommy makes them on Christmas Eve and bakes them on Christmas morning. They taste delicious. They are very cinnamon-y and Mom makes a special sugar sauce to put on top of them. After we do our stockings we eat our sticky buns. They are my favorite!

After breakfast Mom & Dad hide a pickle ornament for each kid on the tree. There are three pickles, so we look for them all at the same time. Whoever is the first to find a pickle opens the first Christmas present. Whoever finds the second pickle opens a present second, and whoever finds the last pickle opens the third present. I love all these traditions and many more!

—Richard Sumner (grandfather), Eric Sumner (father),  
Austin (11) and Kaylin (8) Sumner

# School News

## All School Hike From the Students



Our annual All-School Hike took place on a beautiful day in early October. This year we went to the Mohawk Trail State Forest in Charlemont. One of the highlights was seeing the Jake Swamp Pine, the tallest white pine in New England. It's almost 170 feet tall. There are about 40 "old growth" white pines in the forest that have been measured at over 150 feet tall.

We had a snack by a beautiful field of goldenrod and had lunch on the edge of the Deerfield River. Everyone collected leaves and each class came up with a way to display their collection. There were four types of maple leaves, two types of oaks and beech, and others.

Towards the end of the day we had our quiet walk, where people walk one at a time down a stretch of path and meet up at the end. The walk was through the Red Pine Plantation that was planted in the 1930s. After that we came to the old Wheeler homestead next to the river. We thought that it would be a cool place to live.

We hiked a loop, so we ended up passing the Trees of Peace where we had seen the Jake Swamp Pine earlier. It was a beautiful day for the hike and everybody enjoyed it.

—Will Draxler with Muiris Loubksy-Lonergan,  
Austin Sumner, Alec Draxler, and Ms. Marilyn O'Brien

## From the Principal



Every autumn the Heath School participates in a long-standing tradition. Early in the school year the Heath staff chooses a location for our all-school hike. We take all students from kindergarten through grade six on this educational hike/walk. Our students, joined by many parents, gathered at Heath School at 8:45 a.m. and carpoled to the park entrance. From there we ventured into the park, making many stops along the way.

Ted Watt, a naturalist from the Hitchcock Center, walked with us. Ted has so much knowledge of the local landscape to share with our students. We stopped in the Peace Grove, where students participated in a scavenger hunt to find the Jake Swamp Tree, the tallest white pine tree in all of New England. Our trip continued into a beautiful open meadow where we stopped for a snack at the base of Todd Mountain. Later in the day we walked along the Mohican-Mohawk Trail and ate lunch beside the Deerfield River.

After lunch we continued our walk, following the river downstream, where Ted Watt shared the geological history of the river basin. Our trip concluded back at the visitor's center. We estimated that we walked about four miles in all. The tradition of the all-school hike goes back to the founding of the Heath School (1996) and we look forward to many more all-school hikes in the future!

—Eric Glazier, Principal  
Heath Elementary School  
(Photos courtesy of Eric Glazier)



Photo Courtesy of James Smith

## Summer Theater Camp

Last summer at the Academy at Charlemont, I participated in Jonathan Diamond's theater camp production of *King Arthur*. The play was an outdoor spectacle, complete with dragon, troll and manticore puppets; a flying trapeze and aerial fabrics. Everyone who wanted to go to try out going on the trapeze and the fabrics (which are also known as "silks").

We used the trapeze in the first scene in a competition of the *knights of the round table*, which was 'interrupted' by the fact that "the king's child has been stolen." Arthur and his knights then go on a quest to save Arthur's son Morgrid from the evil sorceress Morgana.

I was one of the "Ladies of the Lake," who were siren/mermaid/nymphs who charmed King Arthur and his knights with their enchanting singing. We gave the sword "Excalibur" to Arthur during their quest.

Every scene was in a different location outside, quite like the productions that Double Edge Theater puts on every summer. We went as a company to see their play, *Scheherazade*. It rained, but the play was still spectacular. Each summer we have gotten to train with the actors from Double Edge. That really helped our performance.

All in all, putting on the play, *King Arthur* was a very fun experience, and by the end, as in all of Jon's plays that I've been in (which is almost all), we have ended up feeling like a family.

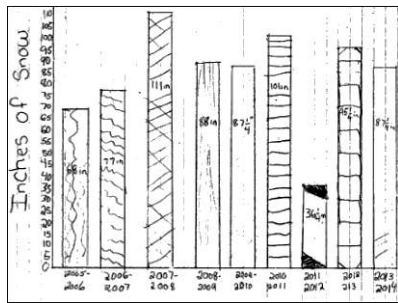
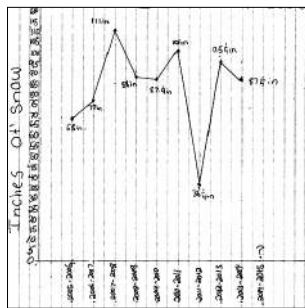
—Vega Johnson-Bouchard

## Snowy Winters in Heath

Tim Lively provided snow depth data from the winters of 2005-2006 through 2013-2014 to create these graphs. Heath student Maggie Charlton worked to represent this data in both line and bar graph forms. Line graphs show a change in data, in this case snow depth, over time. Bar graphs depict this same data through the height of bars for each year's snow depth. Once a reasonable scale to show the inches on the vertical axis was determined, the years were listed on the horizontal axis. Then the data was entered on each graph. The snow depth during these years ranges from a low of just  $36 \frac{1}{4}$  inches to an amazing 111 inches. What do you think is in store for us in the hills this year? Call or email your estimate to the Heath School or the Herald. In the spring, we'll see how close our guesses were.

—Marilyn Obrien

Yearly snow Depths  
In Heath 2005-2014



Maggie  
charlton

## Winter Trails

Winter is just around the corner. Some may be dreading it, but many Heathans welcome the outdoor activities available to us—skiing, hiking, snowshoeing, winter camping and snowmobiling. My personal favorite is snowmobiling. Snowmobiling allows for a wider range of travel than the other options and is a great family sport. Another perk of snowmobiling is being part of a club. It's a chance to meet new people and be involved with club events.

The local club here is the Indian Head Snowmobile Club, which includes the Towns of Charlemont, Hawley, Heath and Rowe. The club was organized in 1969 by our friends Jim Rice, Cleon Peters, Romeo Polleti and Howard Crowning-shield, to name a few. They were the ones who carved out many of the trails that are still in use today.



The club's primary responsibility is the trails. Many of the trails are on private property and the law requires that permission be obtained from the property owners to operate motorized vehicles on their land. Hikers, skiers and snowshoers are not required to ask permission to access private land for recreational use, unless the land is posted. The club contacts the landowners requesting their permission to maintain a trail across their property. The law is crafted so that snowmobilers, who can then show proof of joining a club and the Snowmobile Association of Massachusetts, are recognized as having land-owner permission. There is also a state law that protects landowners from any liability should a recreationalist have an accident and or be injured during their use of the land.

The club also maintains the trails, organizing work bees to clear the trails of brush and debris, building bridges as needed, putting up signage for safety and direction, and grooming the trails on a weekly basis. In addition the club plans social activities like a ride-in event, or dinner and dancing.

—Continued on page 17

## Annual Children's Shopping Spree

As a fundraiser at the Heath School for the Nature's Classroom trip and an experience in real life math, the sixth grade will be offering a holiday shopping experience shortly before the December break. Students will transform the Art Room into a bustling store on **Tuesday and Wednesday, December 16 & 17**. Items for sale will range in price from only \$.50 to \$3.00. For a few dollars, kids will be able to purchase gifts for anybody for any occasion. Imagine the look on your child's face when you open the gift selected for you without your help!

In order to have enough items for the children to purchase, we need your donations. The money we raise from the sale will go directly into the class trip fund.

### Ideal items include (but not limited to)...

- ✧ Costume jewelry
- ✧ Craft items
- ✧ Collectibles
- ✧ Home decorations
- ✧ Kitchen aids (magnets, cookie cutters, etc.)
- ✧ Seasonal items (ornaments, decorations, etc.)
- ✧ Small keepsakes like vases, statues, knickknacks
- ✧ Accessory items (scarves, belts, wallets, ties, etc.)
- ✧ Small and complete toys, games, puzzles, washed stuffed animals.



Drop off all items at the school, or send them with your child prior to the day of the sale. Please label your boxes of donations, "Children's Shopping Spree".

**SHOPPING SPREE**  
**DECEMBER 16 & 17**



## LIBRARY LINES

—Donald Purington

### A Few of the New Items at the Library:

To see all the new items added to our collection in the previous two weeks refer to the [New Titles](#) link on the Library website.

**Fiction Books for Adults:** *Gray Mountain* by John Gresham, *Bones Never Lie* by Kathy Reichs, *The Lewis Man* by Peter May, *Gutenberg's Apprentice* by Alix Christie

**Non-fiction Books for Adults:** *Apples of New England* by Russell Powell, *The Knowledgeable Knitter* by Margaret Radcliffe, *The Short and Tragic Life of Robert Peace* by Jeff Hobbs, *Why Can't I Get Better: Solving the Mystery of Lyme and Chronic Disease* by Richard Horowitz

**Books for Young/Teen Readers:** *Skink - No Surrender* by Carl Hiaasen, *Belzhar* by Meg Wolitzer, *Jackaby* by William Ritter

**Children's Picture Books/Boardbooks:** *100 Things That Make Me Happy* by Amy Schwartz, *The Bunny Rabbit Show* by Sandra Boynton, *Julia's House for Lost Creatures* by Ben Hatke

**DVDs:** *The Roosevelts: an Intimate History* (by Ken Burns), *Father Brown Season 1*, *Divergent*, *X-Men: Days of Future Past*

**Audio Books on CD:** *The Odyssey* by Homer, *Being Mortal: Medicine and What Matters at the End* by Atul Gawande



## People in the News

### Brendan Lattrell

*Grapevine Logic*, whose founder and CEO is Heath native Brendan Lattrell, was one of the Gold Award winners for the 2014 MassChallenge. The winners were announced at a large ceremony in Boston, MA on November 5, 2014.

MassChallenge is the largest-ever startup accelerator and competition, and the first to support high-impact, early-stage entrepreneurs with no strings attached.

This international competition began with over 1,200 entries from hopeful entrepreneurs. Last spring MassChallenge announced 128 semi-finalists, with this number further reduced to 26 this autumn.

Grapevine Logic was one of the final winners and received a \$50K prize. The company specializes in highly effective internet advertising using an advocate marketing platform that utilizes relevant YouTube advocates to market client products.

—Bill Lattrell

### Chira Gabriell Sonntag

Angela and Joey Sonntag of Heath welcomed baby girl Chiara Gabrielle on October 25 at 3:33 a.m. At birth she weighed 7 pounds, 4 ounces, and measured 19 inches long. Grandparents are Joseph Almeida of Heath and Ray Sonntag of Shelburne Falls. Chiara's proud siblings are Judea, Xavier, Solomon, Marius and Lourdes.

—Lyra Johnston

## Mary Vilbon

Mary Vilbon of Heath recently received a Massachusetts Office of Travel & Tourism award for Excellence in Tourism Leadership. She was honored at the October Governor's Conference on Travel & Tourism in Boston. She was recognized for her success in leveraging tourism, the arts, and film production to benefit the hilltown communities that are part of the Greater Shelburne Falls Area Business Association. She has been executive director of the business association for at least seven years, and had served as the Mohawk Trail Regional School District's representative to the business association for many years before she became the executive director.

In serving as film liaison for the Massachusetts Film Office during the shooting of "Labor Day" in 2012 and "The Judge" last summer, Vilbon was recognized for "creating a film-friendly community and efforts surrounding film tourism" statewide.

*Excerpted from an article written by Diane Broncaccio for The Recorder October 28th, 2014.*

## Michael Smith

### Congratulations Master Roads Scholar

Baystate Roads Program has recently recognized Michael Smith as a Master Roads Scholar. Mike attended a minimum of 22 training seminars presented by the Baystate Roads Program. He demonstrated his continued interest in improving operations in Heath by participating in a variety of intensive training workshops. Baystate Roads Program is the Local Technical Assistance Program (LTAP) for the Commonwealth of Massachusetts, designed to improve access to highway, road and street technology, and technical assistance to rural and local governments.

Mike has been our highway superintendent since 1997. During his tenure he has devoted time to higher education through the Baystate Roads Program. This program gave him the tools needed to make improvements in the way things were done. Two major improvements Mike has made are the elimination of winter road sand on paved roads and completely overhauling our gravel roads maintenance program. Thank you Mike and congratulations.

—Kara M. Leistyna

On behalf of the Board of Selectman



## "Tuff" Talk

My parents, Patrick and Diane Potter-Morrissey, are really great; they rescued me, brought me back to health and now I am quite the handsome guy! They give me everything I want, however, I still like to visit our neighbor, Jan Boudreau, across the street. In this photograph, I am checking to see if she has anything for me under the tree this year as I'm never naughty, always nice.



—Tuffy and Janice Boudreau  
Photo Courtesy of Janice Boudreau





## Town Nurse

—Claire Rabbitt

### TRIAD

TRIAD, the crime prevention and wellness initiative designed to protect the safety and welfare of senior citizens. It is good to remember how helpful the TRIAD officer was to our senior citizens in the aftermath of the 2008 ice storm, by checking on them and bringing them food. As winter approaches with the risk of storms, severe cold weather and power outages, we should think about how we can prepare and what services may be available in emergencies.

TRIAD is a program of the Franklin County Sheriff's office in partnership with senior citizens, law enforcement and protective services, with the primary goal to "reduce the criminal victimization of older citizens and enhance the delivery of law enforcement services to this population." Originating in Louisiana, Triad is in its twenty-second year of reducing criminal victimization of older persons; improving quality of life for older adults; educating and involving the community in implementing solutions; and enhancing delivery of law enforcement services to the elderly.

The Franklin County TRIAD program began under Sheriff Fred Macdonald, with funding through a COPS grant with technical assistance from the National Sheriff's Association. When this grant expired, Sheriff Donelan found resources to continue the program, but with decreased hours. Franklin County currently has four part-time retired officers who are academy-trained with law enforcement background and have full police powers. Drew Powell is the TRIAD supervisor and Deputy Joe LaChance is the officer covering Heath and other West County Towns. TRIAD's number is 413 774-4726.

Although the main focus of TRIAD is law enforcement with the capacity to investigate suspected criminal activity in partnership with local and state law enforcement, TRIAD also provides resources for public safety and wellness, such as:

- *File of Life* to keep on your refrigerator with your list of medications and emergency contacts,
- CO2 and smoke detectors,
- 911 *Flash-Lites*, and *Emergency Beacon Flashing Devices* that can be installed in an outside light which will flash when activated in an emergency to help police, fire, or ambulance locate your home easily.
- Used medical equipment; hospital beds, power chairs and scooters, commodes, walkers, canes, wheelchairs, and shower chairs that can be loaned as needed. They take donations of medical equipment on a space-available basis.

Anyone 60 years of age or older, regardless of income or health status, may sign up for TRIAD home visits and wellness checks. TRIAD's number is 413 774-4726.

Note: Flu vaccine is still available.

See page 22 for office hours and contact information.

—Claire Rabbitt

### Winter Trails, continued from page 15

We have a nice loop trail that goes into Colrain through the Cook State Forest and comes back into town through the Mohawk Estates area. There are trails off of that trail that take you to lunch spots such as Pine Hill, Hager's and the Mohawk Diner. We also have trails to Mohawk Park and the Warfield House, in Charlemont, as well as trails that go into Rowe, Hawley and Vermont. One of my favorite rides is to the top of Old Smoky, a popular hike as well. The view of the Deerfield River on one side and Berkshire East Ski area on the other is a wonderful sight.

The club has been quite fortunate in acquiring State and Federal grants that have allowed the club to purchase better grooming equipment to maintain the trails. With such a large area within the four towns, we need several groomers to keep the trails in good condition.



Photo by Art Schwenger

I know many of the readers are not snowmobilers but enjoy the opportunity of the other winter recreational activities. Snowmobilers frequently meet hikers, skiers and snowshoers on the trails. Safety is always a concern and we put up signs to remind the snowmobilers that there may be others on the trails. However, snowmobilers cannot hear skiers and visibility can be limited in the woods. If you're using the trails and hear sleds (slang for snowmobiles) coming, keep to the right side of the trail. If you have a dog with you hold on to it. When operators spot you, they will slow down and move to their right of the trail.

For more information, or to join the club, visit our web site, [IndianHeadSnowmobile.com](http://IndianHeadSnowmobile.com), or call 413-337-5566.

Well, what will the weather bring this winter? Lots of snow? New England winter snowfall is, as always, unpredictable. The Old Farmer's Almanac predicts the coming winter as "colder than average with above average snowfall," while NOAA (National Oceanic and Atmospheric Administration) predicts a "warmer and wetter than average winter." It's bound to be one or the other. I'll wait until spring to find out which one it was. In the meantime —"Happy Trails."

—Tom Lively

Board of Directors

Indian Head Snowmobile Club

### Indoor Winter Fun

And for those days when you are looking for an indoor activity or for something fun to do after a day outside on the trails, concerts at the Vermont Jazz Center in Brattleboro are a great idea. This is a nonprofit, award winning organization that provides great concerts with renowned performers throughout the winter and spring months. Information on these concerts can be found on the Vermont Jazz website at [www.vtjazz.org](http://www.vtjazz.org)

—Deb Porter

## The Way We Love to Eat Pie Crusts

If you had the pleasure of going to the library on Columbus Day weekend, you would have been met with a wonderful array of pies that were among the baked goods being sold at the Friends of the Library Bake Sale. There were apple, blueberry, rhubarb and pineapple pies, to name just a few. It was hard to choose one, which in my book is a beautiful dilemma to grapple with on a fall Saturday morning. Supporting the Library couldn't have been sweeter.

Heath has a long tradition of pie baking and it is hard to remember any town event that involved food that hasn't included an impressive number of beautiful pies. Of course one of the secrets to a good pie is the crust and there are a surprising variety of methods available. Below are three different versions of a crust, all equally delicious and all provided by Heath women known for their pie-making skills.

The first is a very traditional country recipe that comes from Theresa Peters who is famous in Heath for her deliciously flakey crust. The next one is a somewhat traditional recipe, born of the fifties when Crisco became popular, and in the hands of Jan Carr is a melt-in-your mouth sort of crust. The last is from Sue Lively who is famous, at least on Number Nine Road, for her desserts of any kind but most especially for pies. Her crust is less traditional, but if you are somewhat nervous about making a crust this is the crust for you. As Sue says, "It's as easy as pie."

For all recipes, a few tips: measure carefully since too much flour can make the crust tough, and work quickly to keep everything cold, chilling the dough before rolling it out can also help with the first two recipes. Too much liquid can also spoil the crust so add a little at a time.

### Theresa Peters' Crust

2  $\frac{3}{4}$  cp of flour  
1  $\frac{1}{2}$  tsp of salt  
 $\frac{1}{2}$  lb of lard

Cut all ingredients together with a pastry blender until mixture is the size of peas. Then add cold water a little at a time to hold the dough together. Theresa starts with  $\frac{1}{2}$  cup but the amount depends on the weather. Damp days require less water. Theresa also says that with lard you don't have to worry about handling the dough too much so don't be afraid.

When the dough holds together, roll out on a lightly floured board and use according to the directions of the pie recipe that you are making.

### Jan Carr's Crust

2 cp flour  
1 tsp salt  
 $\frac{2}{3}$  cp Crisco  
ice water

Whisk flour and salt. Cut in chilled Crisco, blending until it is pea-sized. Add ice water, stirring with fork, until dough starts to come together. Form into ball with hands, wrap in plastic and refrigerate for at least 15 minutes. Flour your workspace and roll out. Makes 2 crusts.

### Sue Lively's Crust

2 cp of flour  
1 tsp of salt  
 $\frac{1}{2}$  cp of oil  
5 tbsp cold water or milk

Whisk together flour and salt with a fork, and then blend in the oil. Stir in the cold liquid until it is incorporated into the flour mixture.

Roll out between wax paper, or simply press it into the pie pan directly, then use it like you would for any pie recipe.

Just a note: None of these recipes originate with these bakers, but they have been using them long enough to make them their own.

—Deb Porter



## Dining with History Whistling Through the Graveyard

I love Heath during the Halloween Season. Most people have seen enough of those scary movies where cemeteries are the scene of multiple attacks by crazed murderers, disgusting zombies and hungry aliens. Only in Heath do friends gather at the Haunting Holiday to tiptoe, by means of stories, pictures and readings, through our town's multiple cemeteries!

On Saturday, October 25, a fine crowd of Heathans and guests from near and far came together to break bread, sip cider and down desserts. The Historical Society had planned a pot luck supper that had the added benefit of dispensing information both spooky and enlightening. Of course, people were invited to eat first. After all, you really can't shiver and shake effectively on an empty stomach.

The crowd settled in as Heathans present told of Heathans past. Each of the town's cemeteries had its moment in the sun or rather, the dark. Photos of gravestones, some so old they could barely be read, flashed on the screen as guest speakers shared letters, news articles and obituaries about the inhabitants of those very plots. The long departed came alive again. We met their families, learned how they had earned a living, and began to understand why so many people had loved and missed them. In between many of these moving histories, other speakers added to the seasonal spookiness with recipes about how to rid your house of ghosts, mysterious gravestones in basements and visits from those long gone from their earthly bodies.

As we all moved from cemetery to cemetery, people could fill up with desserts! What could be better than that? It's no wonder that this "Dining with History" event had as big a crowd as it did. The Historical Society deserves a big Thank You for another job well done. Be on the lookout for their next big event!

—Bob Gruen



## Selectboard Report

### Meeting Schedule

The Board has resumed its regular meeting schedule of every Tuesday evening at 7:00 p.m. in the Sawyer Hall unless posted otherwise.

### STRAP Grant

The Town has been notified that it will be receiving a STRAP grant in the amount of \$983,102. The application for the Small Town Road Assistance Program (STRAP) for resurfacing improvements to Route 8A was written by grant writer Terry Walker, Highway Superintendent Mike Smith, and Town Coordinator Kara Leistyna. The grant will be used for cold-in-place recycling and resurfacing of just over four miles of 8A to complete the section from where the earlier project stopped to the Vermont State line. Portions of 8A South where the road was repaved in an earlier project will be addressed by other means. A similar process (hot-in place recycling) was used to resurface portions of Number Nine Road this fall.

### Municipal Aggregation Program for Electricity

The Selectboard has agreed to sign on to an application sponsored by the Hampshire Council of Governments that will allow us to take the next steps toward municipal aggregation for the purchase of electrical power at the lowest available price. This price will be available to all residential electrical customers in towns participating in the program. Additional details of the program will become available later in the year as the application process moves forward.

### Ambulance Service in Heath

Jeff Simmons is heading up an effort to improve ambulance response service in Heath. The Board has met with the Colrain Volunteer Ambulance Service to discuss improved or more efficient service to parts of the town where they may be in a better position to respond than Charlemont. Jeff is working on a revised EMS Service Zone Plan for Heath. Charlemont Ambulance will continue to provide service in Heath and will be part of the future Service Zone Plan. Discussions are ongoing and include representatives of the EMTs and the first responders in Town.

### Broadband Meeting in Charlemont

The Franklin regional Council of Governments (FRCOG), Massachusetts Broadband Institute (MBI) and Wired West hosted a forum at Berkshire East Resort to discuss the status of the "Last Mile" for providing high-speed broadband service to underserved towns in western Massachusetts. See the broadband article in this issue of the Herald for more detail.

### Heath Online

Take some time to visit the Town's Web site at [www.townofheath.org](http://www.townofheath.org). You'll find Selectboard meeting minutes, school information and much more. You may contact the Board at [BOS@townofheath.org](mailto:BOS@townofheath.org). Send messages to any board or individual via this email address, or visit the Heath Web site. Please have a look and let us know what you think.

—Heath Selectboard  
Sheila Litchfield, Chair  
Bill Lattrell  
Brian De Vriese

## Editorial

### Heath Residents Take Their Civic Responsibility to Vote Seriously

According to the 2010 U.S. Census the number of full-time residents of Heath is 706. Of these, 511 are registered voters. Of those registered voters, 313 (61%) voted on November 4, 2014.

We differed from the majority of state voters for choice of Governor:

- Charlie Baker received 114 votes, while Martha Coakley received 165.
- We differed from the majority of voters statewide on Propositions 1 and 3, agreeing on Propositions 2 and 4, as noted below:
- Prop 1: Elimination of the Gas Tax Indexing *was* approved statewide (Heath voters 'Yes' 121 and 'No' 183)
- Prop 2: Expansion of the Bottle Bill *was not* approved statewide (Heath voters 'Yes' 144 and 'No' 183)
- Prop 3: Reversal of the law currently allowing licensing of certain Gaming Establishments *was not* approved. (Heath voters 'Yes' 180 and 'No' 124)
- Prop 4: Establishment of the right to Earned Sick Time for employees in most employment situations *was* approved. (Heath voters 'Yes' 193 and 'No' 101)

And, importantly for the future of our democracy, we had 15-20 underage children at the polls with their parents, learning about our democratic process first hand.

—Nancy Thane  
Managing Editor

## Feedback from Readers


### From a recent chat this fall at Katywil Farm:

Loved the tributes to Paul Burrington and Paul Turnbull in the April/May issue. They were wonderful and I felt like I knew both of them from reading the articles .....*Nancy Turkle*

### Notes from subscribers on renewing this fall:

- Love the paper! ..... *Peter Brown*
- How I enjoy your wonderful publication. Keep up the great work.....*Judith Pierce*
- The Herald is a great newspaper .....*Ned Wolf*

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## Remembering Rollo Kinsman

### Obituary

Francis Rollo Kinsman, 81, of 207 Colrain Stage Rd., Heath, died Tuesday, Oct. 14. Born in Heath, Nov. 15, 1932, Rollo was the son of Francis S. and Anna R. (LeClaire) Kinsman. Rollo was the sixth generation to reside on the family farm. He attended local schools, including Arms Academy, and subsequently studied voice at Deerfield Academy. Rollo attended Hartt College of Music in Hartford, Connecticut on full scholarship until drafted into the US Army in 1958. Initially stationed in New York City, Rollo had the opportunity to study at Carnegie Hall. Rollo was soon assigned to the Entertainment Division of Army Special Services and was stationed in Seoul, Korea, where the work he did was deemed to be so effective and important to soldier morale that he was asked to stay involved upon his discharge from the service. He accepted the civilian position of Director of Commercial Entertainment for the Eighth US Army, directing and touring with the First All-Army Soldier Show to perform in Vietnam, Thailand and Okinawa.

Rollo served as Chief of the Entertainment Program at Fort Polk, Louisiana, then as Deputy Director of the Army's Theatre and Music Program in Washington D.C. He later became Chief of the Recreation Division in the Army's Community and Family Support Center. He also maintained an active performance schedule. In recognition of his contributions to the performing arts, a seat at the National Theater is dedicated in his name.

Rollo and the former Alice Jackson met in Washington and were married in November of 1968. They spent their summers at the Kinsman family home in Heath, returning upon retirement as full time residents in June 1994. Alice predeceased him on September 8, 2000, a great loss for her family.

Rollo was involved in designing and installing playground equipment for local elementary schools and continued singing in church and community programs. Until recently, he was a member of TAP (Tenant Assisted Program), performing for the last six years in assisted living facilities throughout New England. Rollo was a member of the Colrain Baptist Church as well as the Buckland Men's Choir.

He was very close to his family and enjoyed hosting many summer gatherings. He is survived by daughters Elizabeth Kinsman-Finn (Patrick) of Buckland, Nancy Tate-Chassang (Martin) of Paris, France; four grandchildren, a niece, nephews, great-grand nieces and great-grand nephews. He was predeceased by his brothers, Russell Kinsman and Bob Fisher and by a sister, Eleanor Gooley.

—Adapted from the Greenfield Recorder

### A True Gentleman

My father, Rollo Kinsman, loved sharing stories from his childhood in Heath. He often recounted times spent with friends; the Varney boys, the Giard kids and Bill Ryan. He also spoke of 4H gatherings at the Dickinson's, square dances, annual Christmas parties, Wednesday night Grange meetings and, of course, the Heath Fair.

My dad and his brother Russell were the best of friends and constant companions. He told stories about attending the



Center Schoolhouse, like the time Johnny Churchill played a trick on the teacher by putting firecrackers in the classroom wood stove. Or about the horse and sleigh ride to school during winter months. His father would drive the team up to the top of the Colrain Stage Road at Bray Road and then my dad and his brother would sled all the way down to school.

My father described his childhood in Heath as idyllic and magical. He said life was simpler then, but that did not mean it was boring! They took time to appreciate each and every moment, every holiday, event and gathering.

Later in life, my father was someone who always took the time to help those in need, whether he knew them or not. I remember one winter morning he was driving me to school when we saw a homeless veteran sitting by his makeshift camp under an overpass. My dad pulled over, stuffed several bills into the pocket of his new winter jacket, a Christmas present from my mother, and walked through traffic on the two lane highway to give the veteran his jacket. I couldn't hear their conversation but several minutes later the man hugged my father for what seemed like a very long time, and when my dad came back to the car, he had tears in his eyes and said we should always be thankful and appreciative of what we have. I tried pressing him on the details of their conversation but he refused to discuss it further, saying that a man's struggles and failures were his to share and his alone.

Rollo was not pretentious, arrogant or judgmental, but someone who made everyone feel welcome and comfortable. He was a true gentleman.

—Elizabeth Kinsman Finn



### A Good Friend to All

Rollo Kinsman and I can claim to be true natives of Heath. We both grew up and attended the "grammar" schools in town and became friends at school and community activities. I have fond memories of being chosen to dance with Rollo at the square dances in the Community Hall. He did a mean polka.

My special memories, however, are of his wonderful singing ability. At one time we were both members of the Heath Church choir, doing Easter and Christmas cantatas. I recall the camaraderie of those male members in the back row—often interrupting our rehearsals with subdued laughter about something I'm sure was not printed in the music. Rollo also blessed our church with concerts as part of our fundraising to restore the Johnson organ. He could enthrall any audience with a stirring rendition of *The Man from La Mancha*, and also bring smiles when singing *The Cat Came Back the Very Next Day*. Such talent is priceless and we here in Heath certainly were honored to have Rollo sing for and with us.

Speaking for myself, and all who knew Rollo, we will all miss a very good friend and great entertainer.

—Ruth Landstrum Johnson

**Heath's Monthly Precipitation**  
**Observed by Heath School staff and students**

	<b>Rain</b>
From September 10	1½"
October	5 "
To November 10	¼"

**In this reporting period:**

This reporting period was fairly dry even though there were a lot of cloudy days. The first light frost for some came on September 19 (32°). Our first hard freeze for most came on October 6 with a low of 29 degrees. There were a few wet snowflakes mixed in the rain on the first of November. Thankfully, the hurricane season (which ends on November 30) has been very quiet this year.

—Tim Lively and Heath School Students

**Second Annual Cellars and Cave Tour**

The Heath Agricultural Society invites you to the *Cellars & Cave Tour of Heath*, taking place on Saturday, March 28, 2015. If you have an interest in learning more about do-it-yourself skills like making cider, cheese or beer, or preserving food in a root cellar, here is your chance to see it for yourself and learn from your neighbors. New on the tour this year will be the Colrain Extension, including the Stoneman Brewery and Katywil Farm Community. Returning this year will be Bourke Shire Farm, Colonel Maxwell Farm, Benson Place Blueberry Farm and the Mason's Cider Cellar.

Enjoy the tour followed by lunch in the Community Hall (food provided). After the meal stick around for one of the re-skilling workshops. You can anticipate soap, cheese, cider and beer making workshops. The tour has a suggested donation of \$5 per person with lunch included. Re-skilling workshops are an additional fee. So come on the tour and get inspired to be more self-resilient this year. See you there. Contact organizer, Jessica Van Steensburg, for details at wecanfarminheath@gmail.com, or 413-339-4904.



—Jessica Van Steensburg

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**Sugar Mountain: A Novel**

By Alfred Alcom of Colrain \$18.45



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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](mailto: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](mailto: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](mailto:bos@townofheath.org)  
Phone: 413-337-4957  
Tuesday 7 p.m.

### Tax Collector

[taxcollector@townofheath.org](mailto: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](mailto: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](mailto:knartowicz@gmail.com)

### Heath Public Library

Don Purington, Library Director  
Lyra Johnson-Fuller, Library Assistant  
[www.heathlibrary.org](http://www.heathlibrary.org), [heath.library@gmail.com](mailto: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

### Highway Department

Mike Smith, Superintendent  
413-337-4462

### 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 1 p.m.  
Phone during office hours: 413-337-4847  
Voice mailbox is accessed through the town number:  
417-337-4934 ext. 109  
Home phone: 413-337-8309

### Transfer Station

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

## Heath Agricultural Society

With winter and the holidays close at hand, the Heath Agricultural Society reflects upon the previous year's busy-ness, considers the coming year and then rests until the new year.

In the past year the Heath Agricultural Society organized a new event: The Cellars and Cave Tour of Heath. We continued our relationship with the local 4H chapter and hosted their event at the Fairgrounds; continued our annual June Draw event; celebrated our 97th Annual Heath Fair; and were granted our Non-Profit, 501c3 status. These events and achievements were made possible by the efforts of our brilliant Heath Agricultural Society members and by the hundreds of volunteers who come forward to participate and help with events such as the Heath Fair.

The Heath Agricultural Society begins preparations for the coming year with the Annual Meeting which this year resulted in the re-election of many of our officers: Shirley Tombs, Tom Lively, Sue Draxler, Conrad Halberg and I were all re-elected to our respective positions as officers. Jessica Van Steensburg joins Conrad as a Member at Large. One position was not filled, that of Premium Secretary. If you are interested in exploring the responsibilities of the Premium Secretary please contact me at [justin@thelivelyheathan.com](mailto:justin@thelivelyheathan.com) immediately. Your participation would be greatly appreciated.

The Heath Agricultural Society will forego further meetings until after the start of the new year. In the meantime we will concentrate on the upcoming Cellars and Cave Tour; explore new fundraising strategies such as the upcoming Valley Gives event being held on December 10 (please make a donation!!); and celebrate our respective holidays!

The Heath Agricultural Society thanks the community of Heath for its support of the Heath Fair and the other events we endeavor to create. We wish you all a happy, peaceful and warm holiday season. Thank you!

—Justin Lively, President

## New Wood Pellet Bag Recycling Program

The Franklin County Solid Waste District has coordinated a new program for residents to recycle empty wood pellet bags.

Heath residents may bring empty, dry pellet bags to the Greenfield Transfer Station. There is no fee.

This is a pilot program and can only accept pellet bags—no other plastic products. It's very important for participants to follow the guidelines so that all material can be recycled and not rejected by the end market.

For more information contact the Solid Waste District at 413-772-2438 (Mass Relay for the hearing impaired: 711), or email [info@franklincountywastedistrict.org](mailto:info@franklincountywastedistrict.org), or visit [www.franklincountywastedistrict.org](http://www.franklincountywastedistrict.org).

—Amy Donovan  
Program Director, FCSWMD

## Babysitting!

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



## Community Calendar

*Season's Greetings and Happy New Year!*



### Ongoing

**HATHA YOGA**

Monday, 6 to 7:30 p.m., in the Community Hall

**SENIOR BROWN BAG LUNCH**

First Thursday of each month, dessert & games,  
11:45 a.m. at the Senior Center

**SENIOR LUNCHEON\***

Third Thursday of the month at the Senior Center  
11:45 a.m. at the Senior Center  
\*RSVP at 337-5728, 9 to 11 a.m.

**FOOT CLINIC FOR SENIORS** with Kip Moeller

Third Monday of each month at the Senior Center  
Call Eileen McVay-Lively at 337-4742 to set up an appointment and/or transportation.

**SENIOR EXERCISE CLASS**

Every Tuesday, 11 a.m. to noon, and every Thursday, 10 to 11 a.m. at the Senior Center.  
For prevention of osteoporosis for 55 years plus

**CRAFTY LADIES**

Second and Fourth Thursday of each month.  
Community Hall, 4 to 6 p.m., open to all  
To be added to the email list, call Kara at 337-4934 ext. 0

### December 2014

- 3 **OPEN SEW**, 11 a.m. to 2 p.m. , Senior Center
- 5 **PRE-SCHOOL STORY HOUR**  
10:30 to 11:30 a.m. , Library
- 11 **STUDENTS and SENIORS HOLIDAY MEAL**,  
noon at the Heath School  
Sign-up sheets are at the Town Offices and Senior Center or call Eileen at 337-4742 for a reservation
- 10 **VALLEY GIVES**  
Please consider an online donation.  
See insert on page 5
- 16-17 **STUDENTS' SHOPPING SPREE**, Heath School  
See announcement on page 17
- 19 **PRE-SCHOOL STORY HOUR**  
10:30 to 11:30 a.m. at the Library  
Holiday Stories and Crafts  
**Student Council COOKIE SWAP and MOVIE NIGHT**, 3:30 p.m., Heath School

### January 2015

Please check for activities under the "Ongoing" section of the calendar.

January Pre-School Story Hour TBA



## Heath Union Evangelical Church

We are a Community Church, and sincerely invite all to join us on a Sunday.

**Sunday Worship 10 a.m.**

For Pastoral Care, contact one of the 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

### Church News

The church has supported our missionary, Neal Stetson, in Haiti for the first three quarters of the year. The Mission giving for the remainder of the year will be to Good Neighbors food pantry.

The pastoral search committee is now in the process of soliciting candidates for a new pastor. We are pleased with their progress.

Please join us for our Advent services to be led by Hilma Sumner. Happy holidays.

—Alli Thane-Stetson



**Jenkins Landscaping**  
**"For all odd jobs"**  
 Winter is here! Contact us for snow removal, snow blowing, shoveling, and roof clearing  
 413-522-4746 ~ Jenkinslandscaping413@gmail.com

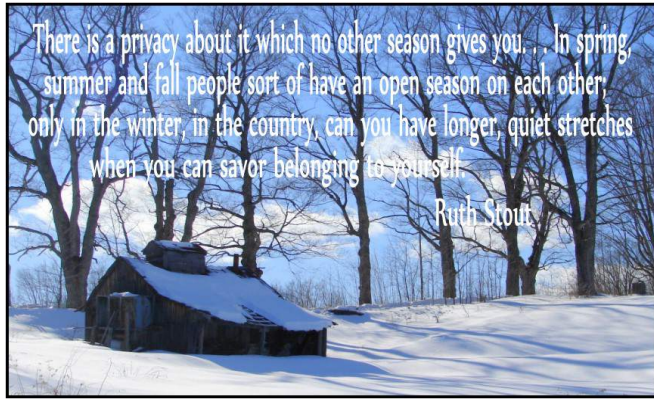


**OPEN STUDIO AND SALE**



**December 13 & 14 • December 20 & 21**  
**10AM-4PM**  
**GLASS BLOWING DEMONSTRATIONS**

**BOB AND JAYNE DANE**  
 Heath Brook Studio  
 20 West Main Street, Heath, MA 01346  
 Studio: 413.337.4038 • Home: 413.337.5736  
[www.robtdane@verizon.net](http://www.robtdane@verizon.net)



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