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Cover

The snow was deep circa 1937 near the intersection of Town Farm Road and South Road. Although not certain, it is thought the people from left to right are Pearl (Landstrom) Churchill, Ruth (Landstrom) Johnson, Lawrence (Hop) Burrington (on snowbank), Grace Landstrom and Aida (Landstrom) Duffy.

Photo courtesy of Ruth Landstrom Johnson.

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March 5 for inclusion in April/May issue
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Rugged Heathans?

What do we do when the snow is three feet deep, coming down hard and the electric wires are down?

Many of us remember the beautiful yet terrible ice storm of 2008 that left people without power for up to seven days and more. Suddenly we learned (or were reminded) that it takes a lot of water to flush even a low-flow toilet by pouring water in it. Freezers didn't keep food frozen for more than a couple of days. If you wanted water for cooking or drinking, it meant a trip to Heath's emergency shelter in the Community Hall. Trying to stay warm when the oil furnace was cold. No TV. And, taking a shower meant travelling to a friend's house in Charlemont or Shelburne Falls where they had no idea there was ice anywhere since down where they lived, things were just wet. We also learned that getting around in a vehicle after the storm meant either not going anywhere or traveling with a chain saw to get by the branches and trees in the road. Lots of homes were dark and cold. Immediately, daily dependencies became obvious and self-sufficiency difficult.

So, we imagine that in the 1920s and 30s (not to mention times before that), winter must have been tough on the people of Heath who had many fewer conveniences, much more difficult unpaved roads, and a primitive phone system to stay in touch.

Surprise! Winters and storms were certainly cold and snowy, but they were no big problem as they are today. In fact, for the young at least, they were fun. So, when you get told that your grandmother had to walk two miles to church and back in the snow, don't be too quick to think that was really a hardship.



Sometimes the Town used a homemade horse-drawn wood-shod sled with a land plow and mold boards strapped to it. Horses would use it to plow a path so it was easier going. The picture shows two men breaking trail for the horses and plow sled on Town Farm Road near the intersection with South Road.

Howard Edwin Dickinson, born in Heath in 1923

“Big storms were no big deal. We had our provisions put up and wood for cooking and heating. Didn't really need electricity. `Course we had sugar and flour that we bought. The flour came in 98 lb. [based on the previous weight of a barrel of flour] high-quality cotton bags that said Sarasota Flour on the side. Mother made clothes out of the bags.

About 1930 when the electric line came through, my dad bought a gas generator. Whenever the power failed, he'd start it up and we had lights. I remember that he told us the only thing is you have to turn off the lights when you are done. We learned that one quick. Now, when I drive through Heath Center and see all the lights on everywhere, it still bothers me.

The town used to have a crawler with v-plow to move snow. It was kept in North Heath, and it was slow. It would clear a path to the center and by the time it came back, the wind had blown drifts back into the road. We never sanded or rolled the roads. Ashfield did, but when it came to spring and the snow built up and the roads started to melt, it was a real impassable mess.

So, we travelled by double gang sled with two bobs with runners. Going from Ruth [Johnson's, Town Farm Road] to church, we would go across the old Hamilton Place [now Crane's] and through their mowing onto the Sherman Place [now Charow's] and crossing Royer Road [the woods were mostly not there] over to Fred Coates' [now Draxler's] and then up Trask Hill on South Road to our place [Dickinson's]. Then north through the old fairgrounds and what is now the lap pool and to Doherty's to the Community Hall and over to the horse sheds between the store and the church. Most of the trip was open and the wind kept the snow from drifting too deep. We didn't go by the roads much because they were all drifted in. The horses would pull the sled—they were chest deep in snow—and the sled would ride on top of the snow.”

Lois Stetson Buchiane, born in Heath in 1925

“When the power failed in winter, we had kerosene lamps. It was not a big problem. And in those days it was hand-milking the cows. We didn't have electricity in the barn for all those early years. I don't remember really bad winters, but we had a porch that ran along the side of the house and I remember not being able to see out of the house because the snow was so high on the porch. Those were interesting days.

If school was closed due to a big storm, we found out about it from the telephone. My great uncle Isaac Stetson helped start the Heath Telephone Company. There was

one central office there in the center of town. My Aunt Bertha Stetson opened up all of the lines and announced that school would be closed. Then I had three brothers and we'd have fun. Our favorite game in the winter was in the open field across from the Branch School where we would create a circle in the snow and play fox and geese.

We walked to the Branch School—all uphill. The kids from Number Nine Road would come in to school by horse and wagon and in the winter by horse-drawn sled with a canvas top like a covered wagon.



“Ponty” belonging to Ruth Lanstrom’s father.

We were very self-sufficient. We had our own milk and eggs, of course. And we had meat from the cows and pigs. There was a fish merchant, Si Annear, who lived in Charlemont. He peddled fish once a week. In the root cellar we had carrots, beets, and potatoes. We had shelves of canned goods. We canned string beans, peas, and we had apples (mostly cider apples). We took most of our apples down to the Foundry Village cider mill in Colrain. We brought home cider in barrels which eventually turned to vinegar. Mom used to make baked apples for breakfast many mornings. We had Pound Sweets, Gravestone's and Wolf River Apples.

Usually, I had to walk to church [about two miles] unless my neighbors were going. My mother didn't drive and my father and brothers were involved in the farm chores. I'd walk from North Heath up past Thane's on the old road across the Branch, past where the Town Garage is now and onto Ledges Road to the Center. I don't remember that ever being a problem.”

—Introduction by Art Schwenger

Interviews on behalf of the Heath Historical Commission

NATURE NOTE

GOLDENROD GALLS

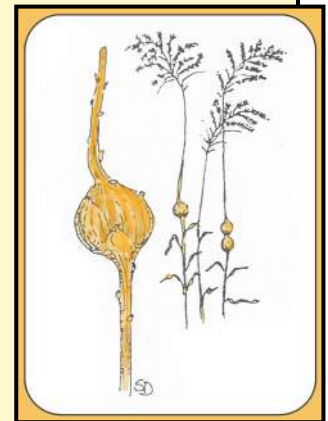
Galls are a fun thing to look for on the bare stems of plants in winter. The most noticeable ones are common in old fields—the goldenrod ball galls.

Galls are formed when a small fly lays its egg in the goldenrod stem. The presence of the egg (and later the larvae) irritates the surrounding tissue, stimulating rapid growth and swelling, thus creating a shelter for the developing insect. There are over 1500 species of gall-making insects in North America and each produces a particular shape of gall, usually on a specific part of a particular species of plant.

Galls are actually quite interesting and useful. Since ancient times, they have been used in preparing dyes and medicines. A permanent dye used for writing important govern-

ment documents was obtained from galls. Because they are an example of tumorous growth, galls are studied in cancer research. They provide food for small mammals and birds such as woodpeckers which extract the insect inside. Ice fishermen know of galls as a source of grubs—one of the few natural baits to be found in the winter.

—Susan Draxler





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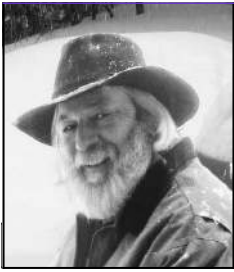
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Wild Ramblings

—Bill Lattrell

Precious

Each day is precious. This old and tired expression might be considered trite by some. I view it as much more than a figure of speech. I have recently found it to be a way of life.

Long ago, spiritually, I aligned my way of thinking to that which was most similar to those of my distant Native American ancestors. I revere the earth that I walk on. In my view it is best to tread lightly on our planet. It is both a responsibility and a privilege to have experienced this life in our world. I am blessed and I understand that the past, the present, and the future is now. And even though I recognize how insignificant one life can be in this vast universe, I also know that one drop of rain creates ripples in a pond that can spread across the surface of the water for great distances.

On this early morning mid-autumn day, I am walking in the deeply-forested hills that surround our homestead. The air is crisp. The morning sunlight is bright. Each ray



brightens the copper and bronze leaves that remain on the red oaks and beechnut trees. The forest floor, littered with the foliage of maples and birches, is brightened with yellow, red and orange colors. I am within the wonderful tapestry of an autumn New England forest and I am overwhelmed with the brilliant beauty that surrounds me.

I came here for solace. I lost my sister four weeks ago. Even though my older sister Cheryl and I lived our adult lives hundreds of miles apart, we were, in many ways, attached at the hip. We had an unusual common bond. We both survived a very challenging childhood. In those days when times were tough, she made me laugh. When I was scared, she held my hand. And when I needed to be comforted, she stood beside me as if daring anyone or anything to break our bond.

We both exited our younger years and became strong adults. Cheryl bore emotional scars that were never as much a part of my life. The scars, in part, were a symbolic badge-of-honor. The kind of badge you get when you have saved someone. That someone was me.

Her passing was sudden and completely unanticipated but no preparation on my part could have made this any easier. Her loss feels like losing a body part. Nothing more and nothing less. In my view, the passing from this life to our next journey is an honor. Those left behind are burdened for a time. That is part of the beauty of life. There is balance in this universe. We all feel great joy and great pain. Without one, the other would be meaningless.

On this day, for the first time, I can feel the burden lifting. I sit on the trunk of a fallen oak tree. I am facing southeast. The warm sun finds slivers of open space between the branches and lands on my face. I can feel its energy and feel how it is capable of restoring our souls.

A raven flies into view and lands on a tree limb above my head. It is unusually quiet and does not squawk at me as they sometimes do. It stares at me and makes a plinking sound. The rhythmic noise is pleasing, even comforting. The black bird tilts its head to one side as if it is pondering my presence; it croaks and flies off toward the next ridge line in a due north direction. I've always set my moral and spiritual compass to due north. The symbolism is overwhelming.

A northwest breeze rolls up over the hill behind me. It carries away sad thoughts. I no longer feel intensely overwhelmed. I know that my sister is well and with our ancestors. I know that she is part of the great beyond. I will remember and treasure our happy times. I will lovingly laugh at all our funny moments. She will forever remain in my heart. But most important, I know that it is my responsibility to return my thoughts to the present where I can feel the love of my wife and my family. Goodness knows, I treasure them like nothing else.

And right now I know it is time to appreciate the clean crisp air, witness the bright blue sky, feel the strength of the forest, and welcome the sunlight that fuels the Earth.

Each day is precious. I am thankful for this life.




Photos by C. Luis-Schultz

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“Something is afoot in Heath!”

“Then through a mass of impressions one fastened itself tenaciously upon my mind and held my imagination in a grip that has never lessened. That on which I was looking—half hidden in the mist—was a forest morgue. Each tree; nude, stark, pointed with gaunt fingers. A giant oak towered over the others—leader of an army smitten in its ranks. I tried to shake the illusion from me; but the white trunks challenged me. There was something more than death incarnated there. That gigantic oak—gnarled, bulging—had writhed and twisted in a stupendous effort to bear itself erect. To what end had it arisen leading that forest van? Was there some hidden malevolence in matter that explains the abandon hamlet and the death-stricken forest?”

Bloodroots in the Wake of Circumstance (p. 39)

Flora White (1942)

Co-founder of the Heath Historical Society (1902)

The most recent offering of *Dining With History*, the Heath Historical Society’s popular potluck dinner and archival interpretive readings program, took place on November 1. We took advantage of the time of Halloween by offering a production that was both spooky and entertaining. The above selection was just a small part of Heath’s own Flora White’s book, read by the Society’s new curator, Christine Luis-Schultz. Also featured were little poems, a short play performed by Kaylin and Austin Sumner, and even a table game, all from a small booklet entitled *Tip-Top Halloween*. The cover of this booklet bears the signature of a young Anna Burrington, who was related to many people in town, including being Kaylin and Austin’s great-great grandmother. Play performances regularly took place in the Community Hall many years preceding and following the early 1940s, when items from this booklet would have been featured.

—Nancy Thane

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Photos by Doug Mason

The Way We Love to Eat . . . Forest Grown” Shiitake Mushrooms



Photo By Doug Mason

Long a symbol of longevity in Asia because of their health-promoting properties, shiitake mushrooms have been used medicinally by the Chinese for more than 6,000 years. *

Mushroom cultivation began at the Manse on Bassett Road in 2008, and efforts centered on one of the world’s most iconic fungi—the shiitake mushroom. Native to Japan, the shiitake (*Lentinula edodes*) is both nutritious and delicious. Half of a cup (72.50 grams) of cooked shiitake provides the following daily allowance: copper 72%, pantothenic acid 52%, selenium 33%, vitamin B2 9%, zinc 9%, manganese 8%, vitamin B6 7%, vitamin B3 7%, choline 6%, fiber 6%, vitamin D 5%, and folate 4%. Mushrooms also contain “Beta Glucans,” complex sugar compounds intelligent enough to enhance our immune system when needed and suppress it when it is not. Other reported benefits are cardiovascular health and cancer-fighting properties. Paul Stamets in *Mycelium Running* writes “Medicinal extracts from shiitake mushrooms have well-documented effects on a variety of micro-organisms, including bacteria, fungi, and viruses (including human immunodeficiency virus-1, or HIV-1).” †

While the medicinal benefits are well-known, the shiitake is also top-of-the-charts in the culinary realm. Its nutty, complex flavor stands up in any soup, pasta, risotto or casserole, and it is an essential ingredient in our Sunday morning omelets. If only the children liked them!

* The Worlds Healthiest Foods at www.whfoods.com/genpage.php?dbid=122&tname=foodspice

† <https://decroissons.files.wordpress.com/2014/04/paul-stamets-mycelium-running-how-mushrooms-can-help-save-the-world.pdf>

Cultivation of the shiitake mushroom is not difficult, but it does require attention and maintenance throughout the year. Shiitake grow best on oak and maple logs, but black birch, hop hornbeam and a few other hardwoods also make a fine home for shiitake mycelium, the magical entity whose fruiting body is the mushroom. Mushrooms are cultivated on fresh green logs, about five feet long, cut in the early spring when the trees are still dormant. To prepare the log for cultivation, I drill a hole a half-inch wide and one inch deep every six inches, turn the log about two inches and repeat. The result is about 60 holes in a diamond pattern the length of the log. The holes are then filled with mycelium (purchased on-line) which is growing in sawdust, and then covered with cheese wax. The logs sit out in the woods in a rick (stack) of about 100 logs for a year, and during this time the mycelium runs through the log, effectively consuming it. After the first year the mycelium can be seen on the ends of the log, and then they are ready to be positioned in a tepee or along a horizontal pole or cable. This allows the mushrooms to fruit on all sides, so they are nicely formed and easy to pick

Shiitake mushrooms naturally fruit in the spring and fall, but they can be forced to fruit in the summer by soaking them for a couple of days in a stream or tank of cool water, mimicking the cooler seasons. Once removed from the tank, the logs fruit in four or five days. Mushrooms are the fruiting body of the mycelium, and they eject spores into the atmosphere with enough force to send them into the upper atmosphere. In fact, millions of tons of fungal spores are dispersed in the atmosphere every year. These living cells, along with plant spores and pollen grains, may act as nuclei for condensation of water in clouds. Basidiospores released by mushrooms form a significant proportion of these aerosols, particularly above tropical forests, and they may stimulate the formation of large water drops in clouds.

Some people wonder what the difference is between the shiitake mushrooms produced locally, outdoors, in the woods, and the ones widely available at supermarkets. It’s all about the substrate and the environment. Shiitake that are grown indoors, in a controlled industrial setting, on sawdust do not contain the same health benefits that natural forest-grown mushrooms do. Know your source! If you don’t know where your mushrooms come from, you don’t know what substrate they were grown on, or what environmental factors might be at play (water or air quality). What could be more idyllic than the clean air, clean water and healthy forests of Heath?

Continued on page 9

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In the spring and fall, and sometimes during cool spells in the summer, we have enough shiitake to sell. The new Heath Farmers Market is a great place to get them, both fresh and dried, but we also sell from the farm. When re-constituted, dried mushrooms are the same size and texture as fresh mushrooms. Simply put the dried mushrooms in a pan and cover with water, bring to a boil and remove from heat. In ten minutes you will have some fine mushrooms to use as you would fresh and a cup or so of vegetable stock. The best part of growing shiitake is, of course, eating them! We have fresh mushrooms now, and are not sure how long they will last, but we have plenty of dried mushrooms if you would like them through the winter. Call Doug or Nina at 339-4756. We have several favorite recipes, but we think this one is the best. It is adapted from Mark Bittman's *How to Cook Everything Vegetarian*.



Photo By Doug Mason

—Douglas Mason and Nina Marshall

Mushroom Risotto

Ingredients

- ½ cup dried mushrooms
- ½ pound of fresh mushrooms or more. (I like more.)
- 4 to 5 cups vegetable stock
- 4 to 6 tablespoons butter or olive oil
- 1 medium onion, diced
- 1 ½ cups Arborio rice
- Salt and pepper
- ½ cup dry white wine or water (wine is much better)
- 1 cup freshly grated parmesan cheese

1. Rinse the dried mushrooms once or twice and soak them in hot water, to cover. Put the stock in a medium saucepan over low heat. Heat 2 tablespoons of butter or oil in a large, deep, non-stick skillet over medium heat. Allow the remaining butter to soften while you cook. When the butter is melted or the oil is hot, add the onion and cook, stirring occasionally until it softens, 3-5 minutes.
2. Add the rice and cook, stirring occasionally, until it is glossy and covered with butter, 2-3 minutes. Add a little salt and pepper, then the white wine. Stir and

let the liquid bubble away. Drain the dried mushrooms (keep the liquid) and chop them up. Then stir them in, along with about half of their soaking liquid.

3. Use a ladle to begin to add the stock, one half cup at a time, stirring after each addition and every minute or so. When the stock is just about evaporated, add a little bit more. The mixture should be neither soupy nor dry. Keep the heat on medium to medium-high and stir frequently.
4. Next, chop the fresh mushrooms, taking care to remove the stems because these are tough and woody. You can dry them and keep them for future use in a vegetable stock. Put the remaining butter or oil (more will make it a creamier risotto) in a small skillet over medium-high heat. When the butter is melted or the oil is hot, add the fresh mushrooms, stirring occasionally until browned or almost crisp – about 15 minutes.
5. Begin tasting the rice 20 minutes after you add it: you want it to be tender but still with a tiny hint of crunch. It could take as long as 30 minutes to reach this stage. When it does, stir in the cooked mushrooms with their butter and one cup of grated parmesan. Taste, adjust seasoning, and serve immediately. Garnish with parmesan at the table if you like.

Heath History Minute

November, 1903, North Heath

“Fred Churchill reports that sales of his premium cider are flourishing this year. He attributes the exceptional quality of the beverage to the excellent summer growing season and the recent warm autumn nights which enhance aging of the beverage.”

Bottles of this year's cider are available for sale at the Churchill home in North Heath. Fred advises that customers make their purchases before Friday when the workers from Davis Mine get their pay. He says the miners remain his most regular customers.”

Greenfield Gazette and Courier

If not for the date, the name Fred Churchill (long deceased) and reference to Davis Mine workers, this article could have been written this year. Isn't it wonderful when nature does give repeat performances in such a good way? What a glorious year for apples we had.

—Nancy Thane

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Town Nurse

—Claire Rabbitt

Healthy Bones and Balance

The name of the exercise class at the Community Hall has been changed from Osteoporosis Prevention to Healthy Bones and Balance to be more descriptive of the purpose of the class. This is a free, federally-funded exercise program for people 55 and older, geared to assist in strengthening bones and muscles and to improve balance in order to prevent falls and fractures. After age 55, people are considered at greater risk for falling and breaking bones because bone mass and muscle mass decrease as we age, as does flexibility.

In this class, free-hand and ankle weights are used with exercises which have been shown in studies to have a positive effect on bone health and muscle mass. We also use small and large balls for strengthening grip and finger flexibility. Participants have noticed improvements in strength and flexibility, making activities of daily living easier. They also enjoy the camaraderie with others in the class. These classes are given in 25 different locations in Hampshire and Franklin counties with leaders trained by the Master Trainer who attends three leader meetings a year. New participants are always welcome.

In the September issue of the *Nutrition Action Health-letter*, an article on osteoarthritis of the knee comparing women's risks to men's, states that, "Women with knee arthritis have much greater muscle weakness and walking limitations compared to men." Men have testosterone, which builds stronger muscles. The quadriceps muscles on the front of the thigh help to absorb the impact of walking and are protective of the knee joint, so weak quad muscles are a risk for arthritis of the knee. There are specific exercises we do in the Healthy Bones and Balance class that target the quads and I have noticed improvement myself in that area since doing these exercises at least twice a week. The article suggests that what we do in our 50s and 60s can improve our outlook for mobility in advanced age. The article also says, "The best thing you can do for your knees, is to keep from gaining weight." If someone develops arthritis and gets knee pain, they move less, then often gain more weight, making the arthritis worse. See the community calendar on page 22 for class schedule.

Volunteers Giving to Our Schools in a Fun Way!

A heartfelt thank-you from our local school nurses to the ladies who volunteered time, talents and materials to make pillow cases for the schools. Many thanks to Eileen McVay Lively who spearheaded the sewing project, and *The Textile Company* in Greenfield along with some of the ladies who donated fabric for the project. Together, we successfully made 16 fun-patterned pillowcases for schools.

The pillowcases, which are for the school nurses to put on pillows used by sick children who need to lie down in their offices, are just one of many items that local school teachers and staff wish for in the Mary Lyon Foundations *Annual Wish List Catalog*.*

In addition, another Heath resident who wishes to remain anonymous, deserves a special thank-you for purchasing items listed in the wish list catalog for the Heath School.

The Heath Library has a copy of the *Mary Lyon Wish List Catalog* for anyone interested in making a donation. Your gifts will benefit both teachers and the students in their classrooms.

Again, many thanks to all who donated.

—Sandy Gilbert

Mary Lyon Foundation volunteer

*The Mary Lyon Foundation is inspired by and takes its name from western Massachusetts native, Mary Lyon—a 19th-century pioneer in women's education and advocate for opportunity and quality education for all. The Mary Lyon Foundation's goal is to provide educational programs, events and services to the hilltown communities. The *Wish List Catalog* provides an avenue for the community to contribute items based on a wish list of needs that are outside the school budget. In addition to the Heath library a copy of the catalog can be found at <http://marylyonfoundation.org>.



Photo Courtesy of Eileen Lively

The School Community

From the Heath School Principal

What happened to autumn? It feels like we skipped right over the fall season! The month of September was beautiful and warm and then, all of a sudden, it was cold! Oh well, that hasn't stopped us from having a great start to the school year. Our current enrollment as of October 28th is 50 students. We have a slightly different classroom structure this year as compared to previous years. Our classroom configurations and sizes are as follows:

Preschool/Kindergarten, Ms. Sarah Forbes, 20 students;
Grade 1 and Grade 2, Ms. Virginia Gary, 12 students;
Grade 3, Mr. Scott Sarich, 7 students;
Grade 4, 5 and 6, Mrs. Jennifer Lagoy, 11 students.

The size of our preschool and kindergarten is encouraging and we hope to see a steady increase in student population here at Heath School. We are so fortunate to have such a beautiful school facility. I hope our student numbers continue to increase over time.

I would like to mention that our Heath School has suffered a significant loss this fall. In October, our violin teacher of ten-plus years, David Tasgal, passed away in a terrible accident. David had been a strings teacher for many years and had taught countless students in his time with us. The loss of our friend David hit our students, staff and parents hard, but we are optimistic and hopeful that our strings program can continue in David's honor. It will not be easy finding a teacher as dedicated, thoughtful, and talented as David, but we will do everything we can to continue this wonderful program at the Heath School!

Prime Blue (Preschool and Kindergarten)

We opened our school year with a study of the Monarch butterfly life cycle. We started with 14 caterpillars in our tank. Unfortunately, after most caterpillars formed chrysalises, they died from a virus known as "black death." We dissected one dead chrysalis magnified under the document camera so the kids could see. It had transformed into a butterfly inside before it died. We had two healthy butterflies emerge from their chrysalises—one boy and one girl. A parent volunteer came and tagged the boy butterfly, so maybe we'll find out how far it gets on its journey to Mexico.

Prime Red (Grade 1 and Grade 2)

We have had a very successful growing year. We began our spring using grants from the Mary Lyon Foundation and the Greenfield Garden Club, totaling \$550 for

our garden program. We spent money on some very rich compost from local compost producer Bear Path Farms. We also spent some of our grant money on a solar fence (which we did not hook up this year) and some goat fencing, which kept the critters away! We moved some of the raised beds to consolidate our garden space and then put the compost in each one. The students planted carrots, onions, potatoes, squash, and beets. We had so many butternut squash, we donated many to the Good Neighbors Food Pantry. Our cafeteria manager Karen Lovett is excited about using the fresh vegetables in her school meals. The surplus garden produce was also offered to staff and families to take home and enjoy.

Students from several classrooms worked to harvest this fall's vegetables.



Photos by Eric Glazier

Joseph Mason, Peter Healy and Enso McNay getting their hands dirty in our school garden.



Middles (Grade 3)

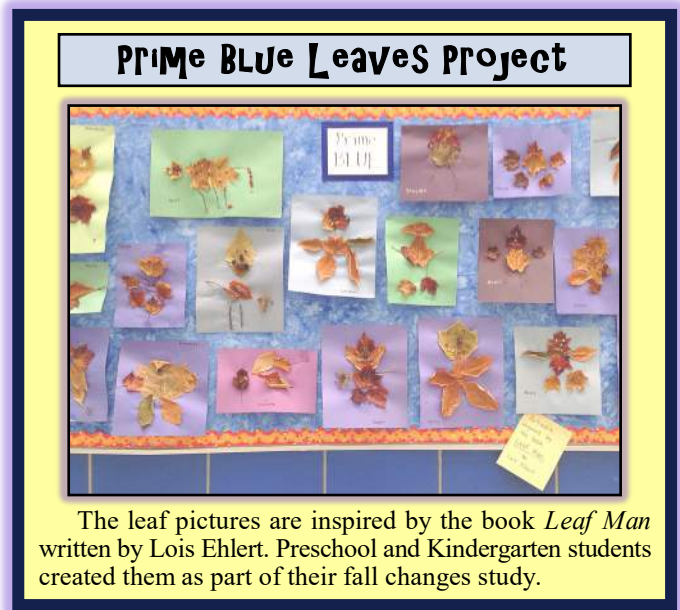
In the 3rd-grade classroom we just completed a unit in science about the Solar System. The students participated in many hands-on activities, such as creating their own Solar System in the field behind the school. Each student represented a planet and as they walked (orbited), we timed the orbits of each planet around the sun and noted that those planets closest to the Sun had the shortest orbits, and the ones farthest away had the longest orbits.

For our most recent project, we created Solar System "dream catchers" using natural materials such as maple tree branches, twine, shells, acorns, and pine cones. Each has the unique stamp of our creative and talented students and they hang proudly in our classroom.

We are currently studying the phases of the moon and we have a field trip planned to the Springfield Planetarium. We also plan on inviting our families to an evening star-gazing event using telescopes and binoculars.

Uppers (Grade 4, 5 and 6)

We are off to a fun and exciting start in the Uppers' Classroom. We have been reading *Holes*, by Louis Sachar, which is one of my all-time favorite books. This book allows students to explore the realistic fiction genre. Students learn that when reading realistic fiction it is important to focus on the main character in order to determine the author's message. I intentionally chose *Holes* as our first read aloud because of its complex story structure. Throughout the book, Louis Sachar weaves together five separate plots. We have been working to analyze connections across the various plots. The students are learning that a parallel plot is one that is completely separate from, but informs another plot.



HOPES AND DREAMS—K AND PRE-K STUDENTS

Hopes and Dreams

- 1) Building and making stuff to help in learning (hands-on projects)
- 2) Free choice time to play educational games, write, draw, etc.
- 3) Connect nature to classroom through woods time, nature activities, the appreciation of plants and animals, and through classroom pets, etc.
- 4) Seasonal projects connected to curriculum
- 5) Read, read, read, listen alouds, read alouds, Readers Theatre then read some more ☺

I want to learn more about science
(I want to shrink my brother.)

Brody

I want to read better.

Nina

I want to get better at crossing the monkey bars.

Sofia

I would like to do science experiments.

Ben



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**Volunteer Fire Department
Fire Safety Week**



Highlights of the Fire Safety Educational Program included a tour of a fire truck with volunteer firefighter Eli Smith explaining the equipment on the apparatus and activating the siren for curious students.

Fire Chief Ken Gilbert and Eli visited classrooms to teach fire safety, explaining to students the importance of having an emergency home evacuation plan in place. The department also left new batteries for parents to replace in their home smoke and carbon monoxide detectors. The educational program allows students to see firefighters in a calm environment.

911 Calls

The Heath Fire Department responded to three fire related incidents and ten medical calls between September 1 and November 1, 2015.

—Heath Fire Department





LIBRARY LINES

—Donald Purington

A Few of the New Items at the Library:

See all the new items added to our collection in the previous two weeks by using the *New Titles* link on the Library website.

Fiction Books for Adults: *The Gangster We Are All Looking For* by Le Thi Diem Thuy, *See Me* by Nicholas Sparks, *Rogue Lawyer* by John Grisham, *The Woman Who Walked in Sunshine (Ladies Detective Agency)* by Alexander McCall Smith

Non-fiction Books for Adults: *Cooking Close to Home* by Diane Imrie, *The Sugarmaker's Companion* by Michael Farrell, *Builders of the Hoosac Tunnel* by Cliff Schexnayder

Books for Young/Teen Readers: *The Seventh Most Important Thing* by Shelley Pearsall, *Carry On* by Rainbow Rowell

Children's Picture Books/Boardbooks: *Creaturepedia* by Adrienne Barman, *Hey, Seymour!* by Walter Wick

Audio Books on CD: *The Witches: Salem 1692* by Stacy Schiff, *The Art of Memoir* by Mary Karr, *The Zig Zag Girl* by Elly Griffiths, *Autumnal Tints* by Henry David Thoreau

DVDs: *James and the Giant Peach* (Heath School Drama will perform their version of this Roald Dahl novel next spring), *Edge of Darkness* (filmed in Northampton and Boston and on top of Mt. Sugarloaf), two Masterpiece Theater productions: *Home Fires & Indian Summers*, and an animated movie for all ages: *Inside Out*

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People in the News

Dave Howland Turns 90 Nine Fun Facts for Nine Full Decades

David Howland was born December 16, 1925, in Oneonta, New York. Did you know that:

- Preschooler Dave used to entertain his mother's friends by singing such ditties as "The Farmer in the Dell".
- Dave's first "job" during grammar school was dumping ashes from Minnie Hickey's woodstove. He earned five cents every time.
- To say that Dave's career interests were eclectic is understatement, at best. He considered;
 - ◇ philosophy with an emphasis on social and religious studies; focused on issues involving "man's inhumanity to man"
 - ◇ teaching or the ministry
 - ◇ international relations and foreign trade
- Finally, his career became finance and personnel management, heralding a more practical period in Dave's life.
 - ◇ Of note, however, is the fact that Monsanto, a Fortune 500 Company, found him to be "too creative" for their tastes.



• Dave's propensity to keep and maintain older vehicles was established early in life. In 1950 he and Pegge traded in their 1936 Plymouth for a 1941 Oldsmobile 88. Then they sold it in 1942 when Pegge inherited her grandfather's 1936 Plymouth! In 1953 it was a 1950 Black Nash Ambassador four-door sedan. In 1954 it was a Nash Metropolitan hardtop convertible. Many other used cars followed, 50,000 miles being considered "new"; several Plymouths, a '55 Chevrolet, a couple of De Soto's and then larger station wagons – Chrysler Town cars and Mercury Colony Parks. Finally, only after moving to Heath full-time did



1936 Pontiac

Dave begin purchasing new cars! One larger for Pegge and one smaller, gas-efficient model for Dave. Until 1975, Dave even did much of the maintenance work on his vehicles! Always looking for new deals, in 1996 when in Florida, Dave purchased a Buick estate wagon with 6000 miles on it. That one he kept until 2008. Pegge purchased a new white Cadillac de Ville with a blue hardtop in 2002; which in 2007 was replaced by a top-of-the-line Buick Lucerne with only 7000

Continued on page 16

Continued from page 15

miles on it. Dave's 1989 Buick Century wagon was bought at an estate auction with 30,000 original miles... You get the idea!

- Heath Houses

- ◊ Dave and Pegge purchased their farmhouse on East Main St.; the "Center House" in April, 1963. The Center House needed some improvements when purchased but was livable as a vacation home. They purchased Myrifield on Avery Brook Road in September 1977, which needed a serious repair and restoration effort. This even included removing, re-glazing and painting 50 windows! Myrifield was sold to Margaret and Don Freeman in 2002, leaving Pegge and Dave to move mid-renovation to the Center House, where they live, today.



- Dave joined the Heath Historical Society in August 1963. In 1985, Heath's Bicentennial year, Dave and Pegge took a trip to Heath, England to meet the town-fathers of that community, and report back to our community! Dave is proud of his work on behalf of the Society with the Solomon Temple barn and as Treasurer for many years.
- Dave was one of first members of the Heath Finance Committee in 1979. He also served on the Board of Selectmen.
- Dave helped found and create the bimonthly newspaper entitled the Heath Herald in 1979!



Photo by Art Schwenger

Bonus Fact: Dave became a teacher of tennis at the age of 70. He was an associate instructor with the US Professional Tennis Registry and helped initiate the Heath Invitational Tennis Tournament in the fall of 1996.

Facts and photos from: *A Snippet from the Greatest Generation* by David F. Howland, 2010

—Nancy Thane

Heath Agricultural Society

While Mother Nature patiently considers how and when she will deliver winter this year, the Heath Agricultural Society concluded its business with November's Annual Meeting. At the Annual Meeting we elected officers for the coming year; we considered the purpose and infrastructure of the Society; and most importantly, we enjoyed fine food and one another's company.

Currently the Heath Agricultural Society has approximately 30 individuals who are mainly from Heath, Charlemont, Shelburne, and Ashfield. The work that we do throughout the year is distributed among the membership: printing advertising materials, sending out solicitations for donations, managing the fairgrounds, designing artwork, and many, many other responsibilities. There are also committees: Long Range Planning; Attractions, Publicity and more. I would ask that any of you reading this consider becoming involved in the Heath Agricultural Society. Simply attend a meeting and see what we are about.

Yes: you may be asked to help in some way...

No: you don't need to agree to anything...

No: You needn't feel an ounce of shame at saying, "No."

Yes: There will be moments in which the group will silently await someone to step forward to accept responsibility for a task.

Yes: Sometimes no one steps forward...

Yes: Sometimes you'll find your self agreeing to something verbally and shaking your head, 'no,' simultaneously...

Such is life—and all of the membership, and all of our volunteers understand that balancing family, work, personal life, and innumerable other things makes the idea of accepting additional responsibility daunting.

There will be many things that you won't be able to make time for, but even if there is one thing that fits into your life, then it would be hugely helpful to us. You need not be a member, though you'll find it is very easy to become one. So please consider it. We typically meet around 7 p.m. on the first Wednesday of the month.

Heath Agricultural Society will rest from its work during the holiday season. When we reconvene in January, one of our objectives will be to build motivation and support for the 100th Anniversary of the Heath Fair, which will take place in August of 2017. The Heath Agricultural Society would like to hold a public meeting in conjunction with the Heath Historical Society for the purpose of brainstorming ideas for the Anniversary and to generate support for that event. This meeting will be held in mid-February. Please stay tuned for specifics regarding a date, time, and place.

It is impossible to reflect upon the end of this year without a keen awareness of the tragic loss of Jeff Aho. Jeff was a marvelous individual and he brought a great intellect and professionalism to the Agricultural Society. His absence is apparent in each step we make. Our sincerest condolences to his children and his partner, Jessica Van Steensburg.

—Justin Lively, President



Obituary: Robert Jeffrey "Jeff" Aho

Born on 3/24/1970. He was set free on 10/3/2015.



Beloved partner, father, brother, son, uncle and friend. Jeff was born in Prince Rupert, B.C., Canada and raised in Spokane, WA. He came to the Northeast on a full scholarship to Williams College and studied political science. Jeff's search for knowledge was insatiable; his retention immeasurable. A lifelong learner and researcher, he was an educator of all things to all people. Sharing his love and wisdom selflessly, connecting to people on a level that was without question genuine. A man of great ethic and moral code, he lived his life honestly, without hypocrisy and with great truth and trust. Competency and intelligence knew no boundary in Jeff and so he lived many lives; no challenge an obstacle. He loved food; raising it, growing it, preparing it, cooking it, eating it, and sharing it.

A dedicated father who took the greatest pride in his children. A father first, a friend second; teaching his children to learn and thus instilling in them the ability to succeed and to seek happiness above all else.

Jeff was loved by so many from all walks of life, ever challenging us to question the status quo, to back up our beliefs and to live by our principles. A partner like no other, dedicated to Jesse's happiness and loving her completely without reservation or doubt. Together with their kids, they farmed at their home in Heath: "WeCanFarm": both a name and a concept, always striving for resilience and self-sufficiency and living their beliefs together side by side.

Jeff is survived by his life partner Jessica (Jesse) Van Steensburg, his children Kieron, Hjordis and Tove, his mother Frances Aho, his brother Gregg Aho, and his nephew and three nieces. He is predeceased by his father Robert M. Aho. Jeff lived with intention and with great meaning, loving in circles, forever and always, hand in hand, heart in heart. The lessons Jeff has shared and the impact he has made will forever be with us. Thank you Jeff for all that you are. We love you.

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A Reflection

Get a New Job and Make Pickles

Years ago a union began between two marvelous, and independent people, Jeff Aho and Jessica Van Steensburg.

Jessica with her infectious positivity and inward beauty sitting proudly upon her sleeve.

Jeff carrying a purse...and upon his sleeve an undeniable charm, soulful warmth, and sharp intellect.

Not to be trifled with, each thoroughly valued truth—delivered confidently, purposefully, gracefully.

...

Jeff was not shy about exhibiting his strength or perspective. His truths were unguarded, unapologetic, and often colorful...

The potential abrasiveness of his truth was undone by his quick wit and humor; the unmistakable love and warmth he offered others; and his focused interest in understanding and exploring the truth of anyone he was engaged with. He was caring, practical, exceedingly thoughtful, and perfectly genuine.

Jessica and Jeff quickly became a part of the rich fabric of this community. When Jess and Jeff moved to Heath, I was excited to introduce them to the town. However, it was only a matter of weeks before the role I had hoped to play was reversed: Jessica and Jeff began introducing Heath to me. And correspondingly, my Heath Community was asking me if I'd met these two wonderful people who'd just moved to town.

I close with something that I find to be both funny and deeply moving.

I was told that while Jeff was in the hospital, a list was found in his pocket. A list of things to do.

On this list:

- Get a new job.
- Exercise more.
- Make pickles.

I love imagining Jeff taking a second to hastily write a list for review and consideration later.

Jeff was a man who placed pickles in the same category as life-change. He recognized the simplicity of our larger goals and the great significance of the smaller goals.

So quickly now make a small note to yourself—mental or written—in remembrance of Jeff.

Tuck the note near your heart.

May we all have the courage to be our truest selves, as Jeff did.

—Justin Lively

Abridged from the Celebration of Life for Jeff Aho



Obituary: Nancy T. Burrington

Nancy T. (Chattin) Burrington, 78, of 98 Main Street, Charlemont, formerly a longtime resident of Heath, died Thursday, Sept. 24 at Buckley Healthcare Facility in Greenfield.

She was born in Mountainside, NJ, November 28, 1936, the daughter of Malcolm P. and Julia (Morrow) Chattin.

At the age of ten she moved with her family to Heath where she attended Heath Branch School, a three-room schoolhouse. Her high school years were spent at Arms Academy in Shelburne Falls.

She was the devoted wife of Paul F. Burrington who predeceased her on February 12, 2014. They had been married 59 years prior to his death.

Nancy was an active member of the Heath Church especially involved in the young adult group. She was also an avid reader.

Survivors include her son Frederick E. Burrington of Shelburne Falls, her daughters Neena Burrington of Shelburne Falls, Betsey Beebe of Westminster, VT, Sue Croteau also of Shelburne Falls; four grandchildren and three great-grand-children.

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Remembrances

In and about 1946 my grandfather, Malcolm Chattin, moved his family to the farm on 8A. My mother, Nancy Trent (Chattin) Burrington was six years old. What she seemed to remember most about that era was the first ride to school. It was in Rachel Sumner's sedan which was packed with South Heath kids. She ended up having to sit on Walt Gleason's lap. Walt's best friend teased him about it. That kid's name was Paul Burrington. Who knew?



Mom grew up loving the farm, and mostly loving the farming. However, I heard tell that as a teen, when Mom wanted to go to the movies, that night the cows didn't move out of pasture very well. She swore they did it on purpose.

Nan was a shy, quiet girl with a bit of spunk. As she grew up and fell in love, she developed her spunk and her sense of humor. Both of these attributes came in handy as a mother of four.

My folks bought the Chattin Farm on 8A and together they transformed it into a showplace. My mom had a wonderful knack as a decorator. I guess this knack carried

over into clothing because our neighbors seemed to think we were better off financially than we ever were.

I never remember having money. We were always strapped. It never seemed to matter how hard my dad worked. But they made the best of it.

During these times they would listen to their music in the evenings. Merle Haggard was big with them and my siblings and I still joke about the song, *If We Make It Through December*. Personally, I still think that is a most depressing song.

Mom had quite a few jobs herself. She was good with numbers and worked "the books" at Shelburne Falls Chevrolet, J M Blasberg and others. She enjoyed her time at Blasberg working dispatch as well as doing their books. The drivers became fond of her and she of them.

One time, my dad was working with a developer up in Vermont that had fallen into trouble with the IRS. Dad's construction business was audited because of this guy. My folks were called in to show the IRS folks their books. Although there were a few tense moments at that meeting, the agent there said Mom's books were excellent. Literally every penny accounted for. Mom was pretty proud of those books afterward.

Later in life, Mom withdrew as her health suffered. In 2003, my folks moved from Heath, with mixed feelings. They grew old together and in 2014, Dad died. Mom passed away at Buckley Nursing Home. From 1946 to 2015, Nan always loved Heath and that place on 8A.

Thank you friends, for your well wishes.

Fred Burrington



Obituary: Sarah Jane (Clark) Sessions

Sarah Jane (Clark) Sessions, 51, died on Friday (10-2-15) at Baystate Franklin Medical Center in Greenfield as the result of a motor vehicle accident in Shelburne. Born on August 12, 1964 in Montague, she was the daughter of Darwin and Juanita (Gray) Clark, Jr. She was a graduate of Mohawk Trail Regional High School, Class of 1983.



Sarah was married to Robert Sessions on July 28, 1984. She was employed at Bete Fog Nozzle of Greenfield for 25 years. Sarah was a wonderful mother and grandmother, and a second mother to many. She liked all kinds of crafts and animals, enjoyed gardening, riding horses and spending time around and in the barn doing chores. She loved her family and spending time with them.

Sarah is survived by her husband Robert; two daughters: Heather Sessions and Christine Sessions; and her granddaughter Leah Carey, all of Heath; her mother Juanita Clark of Hawley; two sisters: Angela Clark of Hawley and Pamela Clark of Heath; three brothers: Wayne, Kevin and Ralph Clark all of Hawley, as well as many nieces, nephews and great nieces. She was predeceased by her father Darwin Clark, Jr., her paternal grandparents Dorothy (Taylor) and Darwin Clark, Sr.; her maternal grandparents Marjorie (Tanner) and Ralph Gray; her aunt Doreen (Clark) Gagner; and niece Andrea Belval.

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Memories

Sarah Clark Sessions was a wonderful mom, wife and grandmother. She was a wonderful person that never complained about anything. Sarah was a quiet person that more or less kept to herself. She worked hard and kept the family together.

Nieces, nephews and friends of her daughter would hang out there, and some would stay over, but Sarah wouldn't mind. Sarah had more patience than most people I know. She liked doing gardening and chores. She is with the angels, her father, and niece, now.

Love,

Mom (Juanita Clark), and family



Selectboard Report 11/8/15

Budget Planning Meeting Schedule

The Board meets every Tuesday evening at 7 p.m. in Sawyer Hall unless posted otherwise.

Special Town Meeting

A Special Town Meeting is scheduled for 7 p.m. on December 1 at the Heath Community Hall. The purpose of the meeting is to transfer funds from various accounts to cover shortfalls in other accounts. The most significant expense is one for purchasing a used vehicle for the Fire Chief. Other items to be considered by the voters are the purchase of the property for the future Public Safety Building, authorization to sell the town-owned property on Bray Road and authorization to acquire easements necessary for the replacement of bridges on Route 8A and Sadoga Roads.

Highway Department

The Board interviewed several candidates to fill the position vacated by Michael Shattuck's appointment to Highway Superintendent. We are pleased to announce the hiring of Jeffrey Johnston, a resident of Heath. Jeff brings many technical skills to the department having worked most of his career in the tool industry.

Public Safety Building Project

The Building Committee continues to work for restoration of state funds that were withdrawn from the project. A public relations consultant has been retained by the Town to help improve the visibility of the project in the Baker administration and to communicate the urgent need to provide assistance so that the town is able to address grave deficiencies in the town facilities. Our legislators have indicated that there is likely to be support for restoring the funds in future budget measures; however the governor must allow it to be implemented.

Bob Bourke has resigned as Chair of the Building Committee. Bob deserves many thanks for his unceasing efforts over the past four years to bring this project to fruition. Mike Smith has resigned from the committee as well. The new Fire Chief Ken Gilbert is on the committee. A new member or two will likely be appointed to fill the vacancies.

Vacancies

Anyone willing to serve in any vacant positions should contact Kara Leistyna at the Town offices: 337-4934 or online bos@townofheath.org

Heath Online

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

—Heath Selectboard

Flu Shots Available

As we approach the holiday season there is greater risk for colds and flu, so get a flu shot and continue good nutrition, rest, and hand hygiene to help you stay healthy for the winter season. As of this writing, flu vaccine is still available from the Town Nurse during her regular office hours as listed on page 23. If you can't make it in during these hours, please call 337-4934, ext. 109 for an appointment.

Heath Union Evangelical Church

Reverend James Koyama
808-292-6711

Board of Deacons:

Ruth Johnson 337-4367
Walter Gleason 337-4479
Janice Barton 648-5243
Hilma Sumner..... 337-4845

Sunday morning worship is at 10 a.m.

Find us on Facebook

@ Heath Union Evangelical Church



News from the Heath Union Church

We are happy to let you know about all that the Heath Church has been doing;

We enjoyed the special music of Carl Kaempfer on October 11, and welcome anyone who would like to share musical talents with us at any time.

As has been our tradition, we held a Thanksgiving Eve service enjoying refreshments and fellowship, afterwards.

We are now in the season of Advent, anticipating Christmas. Special candle lighting is part of each Advent service. Our Christmas Eve candle light service will be at 7 p.m. All are welcome to attend this joyous service.

The Missions Committee has again initiated the Samaritan's Purse shoebox gift program for needy children. [*"Samaritan's Purse is a nondenominational evangelical Christian organization providing spiritual and physical aid to hurting people around the world."*]* Small gifts are packed in shoeboxes by members of the congregation then distributed to children in need by the Samaritan's Purse organization. *"Their shoebox is the first gift many children have ever received! The treasures and personal letters inside communicate that someone cares for them..."*

In addition, our local out-reach mission is the Good Neighbors Food Pantry, based in the Charlemont Federated Church.

Please note that we have installed an answering machine at the church for everyone's convenience in contacting Reverend Koyama or Deacon Hilma Sumner: 337-4019. Rev. Koyama is in town on Thursdays, with office hours in the afternoon, at the church. You can also contact him on his cell phone, anytime: 808-282-6711.

Once more, we remind you of the availability of our building facilities for private events, by calling Esther Gallup 337-5367.

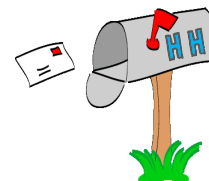
—Ruth Johnson

* <http://www.samaritanspurse.org>

Letters, We Get Letters . . .

Dear Herald Readers,

I want to thank those of you whom I have met for the warmth and openness with which I have been welcomed into this intriguing and special community. As the minister of the Heath Union Evangelical Church, I would like to return the favor by inviting you to come on a Sunday at 10 a.m. to join with us in our community worship.



We live in a society that contains so many forces that fragment our communities, and tempt us to eye each other with suspicion. And we sincerely want the church to be a greater part of the antidote, to work arm in arm with all who desire to bring greater wholeness to the community.

But I'd like to take this opportunity to dispel a common understanding that may keep many of you away; the idea that attending church means you must agree with everything that is preached, sung or recited. This is not the case at all. The reality is that all who come to church bring with them some conflicting views and a partial understanding. These differences remind us that the "grand design," if I may call it that, is greater than anything we have yet grasped. So consider this an open invitation. Everyone is welcome!

Thanks again,
Rev. James Koyama

Dear Sir/Madam:

I would like to thank the people of the town of Heath for being so welcoming to me during my visit to Heath in August, a few days before the Heath Fair. I was on vacation and was driving through Heath to possibly visit the ruins of Burnt Hill. I had lost my way and found myself just east of Heath when a young lady pulled up next to me and asked me if I was lost. I showed her my map but she had never heard of Burnt Hill. She offered to go to a friend's home who knew the area more extensively. She left, and returned shortly to give me directions from the short bridge where the detour begins.

I never got her name but I was so stunned by her hospitality and eagerness to be of assistance, something that rarely occurs in Queens, NY, where I am from. I followed her directions and found the Burnt Hill farm, but was made aware that I ought not pester the owners by the many No Trespassing signs. I would never trespass on anyone's property out of common respect, and I had a feeling the family has experienced interested parties in

the past, since Burnt Hill is a prehistoric site. I soon found myself at the Benson Place Blueberry Trail, just one farm away from Burnt Hill. Once there, the Kurowski family allowed me to walk among their gardens and informed me that the family that resides on Burnt Hill no longer allows visitors. Just to be near the site was enough for me. It was an exhilarating trip, and if the people who I met along the way are the way folks are in Heath, well then it's clear to see that you all have a gem of a community.

I want to thank the people of Heath, the young lady who was so helpful to me, and the Kurowski family at the Benson Blueberry Farm.

Sincerely,
Kevin Mullany



Acts of Kindness Needed!

A spontaneous act of kindness can bring a smile from a total stranger and touch your heart. These acts of giving are something that anyone can do, almost anywhere. All you need is to feel the desire within to reach out and offer a little assistance to those in need. The rewards are usually instant and quite gratifying by just knowing you've done something that made a difference for others.

As the busy holiday season approaches, volunteering time and the giving of simple but meaningful presents may be the best gifts we can give and receive.

Spontaneous gifts often happen by chance by observing what's going on around us. However, for those who need ideas, here are a few to get you inspired:

- ♥ Bring an aging neighbor's mail or paper in, especially on snowy days.
- ♥ Call someone in town who doesn't get out and offer picking up a few grocery items for them when you shop. And on your way in and out of the store, help someone to or from the store who may need assistance.
- ♥ Drive the child of busy parents to a sports practice or a school activity.
- ♥ Mentor or tutor a child.
- ♥ Help someone write out and mail holiday cards, or wrap their gifts for them.

- ♥ Arrange a time to help out a new mom, perhaps late in the day when the siblings are getting home from school or at dinnertime.
- ♥ Donate blood: 12/19/2015 Baystate Health's unit will be parked at B.J.'s in Greenfield.
- ♥ Buy a subscription to the Heath Herald for someone; it's a year-long gift of community news.

Volunteering may not be for everyone but for those who have a little extra time or talent, 'tis the season of need, and your volunteering and giving will make a difference to others. Celebrate the season and make it your New Year's resolution to help others.

—Sandy Gilbert

Heath's Monthly Precipitation

In this reporting period:	Rain	Snow
October	8 ½"	-
November	3 ¼"	Dusting

The start of September and the school year provided us with more hot, humid weather. At the end of September we were lucky to dodge the path of Hurricane Joaquin which was a possibility to hit New England, but turned out to sea. During this same period (September 30) strong lows did develop and dumped between 4-5 inches of rain on us.

We had our first HARD freeze on the weekend of October 17 & 18. The temperatures got down to 17 degrees in a lot of areas, this came along with our first snow showers. Overall, the month of October was dry, with the bulk of rain coming (2+") from a low pressure system enhanced by the tropical moisture of Mexico's hurricane Patricia on October 29.

—Tim Lively and Heath School Students

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.

A Word about Billing

Heath Herald subscribers are billed in one of two ways: by US Mail, or, if you have provided an email address, by email. Allowing us to bill by email saves us a considerable amount of money each year. We have over 200 subscribers, which would amount to \$98 per year in postage alone, not to mention the cost of envelopes, printer paper and ink.

Please try to pay your annual subscription in a timely manner. A \$12 amount may seem insignificant, and is easy to overlook, but it is important to us. Late payments place a strain on our cash flow. There is also a cost in time. We are a completely volunteer organization, and having to prompt subscribers repeatedly to pay places an unnecessary strain on the staff.

Every renewal letter we send out costs over \$.50. If someone doesn't pay their bill we must send a reminder, at an additional cost. Therefore we try to bill by email whenever possible. However, if repeated emails do not elicit a response we must resort to sending a reminder by US Mail, again incurring an expense.

If you have provided an email address please be aware that we will attempt to bill you by email, but this is the only time we will use your email address. Please check your spam folder or your junk email folder, and add us to your list of allowed senders if necessary.

Finally, please know that we greatly appreciate those of you who have kindly opted to contribute to us over and above your annual subscription fee.

—Robert McGahan

COMMUNITY CALENDAR.

DECEMBER 2015

- 1 **SPECIAL TOWN MEETING**
7 p.m. in the Community Hall
- 10 **MOHAWK MUSIC WINTER CONCERT**
6:30 p.m. in the Mohawk Trail
Regional School auditorium
- 10 **LUNCH with SENIORS**
11:45 a.m. at the Heath School Cafeteria
- 11, 12 **ARSENIC AND OLD LACE**
7 p.m. in the Mohawk Trail
Regional School auditorium

ONGOING

CELEBRATE YOU!

Monday, 10 a.m. upstairs in the Community Hall
A gentle exercise class done with DVD instruction
All ages and all ability levels welcome.
Contact Eileen McVay-Lively at 337-4742
for further information.

CRAFTY LADIES

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

FOOT CLINIC FOR SENIORS

Third Tuesday of each month in the Senior Center
Contact Eileen McVay-Lively at 337-4742 to set up
An appointment and/or arrange transportation.

HATHA YOGA

Monday, 5:30 to 7 p.m. in the Community Hall

OPEN ART

Monday, noon to 3 p.m. in the Senior Center
All are welcome.

PRE-SCHOOL STORY HOUR

Every other Friday 10:30 to 11:30 a.m. in the library

SENIOR BROWN BAG LUNCH

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

HEALTHY BONES AND BALANCE

Tuesday, 11 a.m. to noon and Thursday, 10 to 11 a.m.
in the Senior Center
Helps prevent falls & osteoporosis, for ages 55 and over.

SENIOR LUNCHEON*

Third Thursday of each month at 11:45 a.m.
in the Senior Center
*RSVP at 337-8558 between 9 and 11 a.m. the
Monday before the scheduled meal



HEATH BROOK
STUDIO

OPEN STUDIO AND SALE



December 12 & 13 ~ December 19 & 20
10 a.m. to 4 p.m.

BOB & JAYNE DANE
Heath Brook Studio
20 West Main Street, Heath, MA 01346
Studio: 413.337.4038 ♦ Home: 413.337.5736
robtdane@verizon.net



Heath Town Offices

1 East Main St
 Heath MA 01346
 Phone: 413-337-4934
 Fax: 413-337-8542
www.townofheath.org

Town Coordinator, Kara Leistyna

bos@townofheath.org
 Monday-Friday 9:30 a.m. to 3:30 p.m. with
 exceptions posted in Sawyer Hall

Selectboard, bos@townofheath.org

Tuesday 7 p.m., Sawyer Hall
 Sheila Litchfield, Chair, 337-4957
 Brian DeVriese, 337-5525
 Bill Lattrell, 337-5792

Town Clerk, Hilma Sumner

townclerk@townofheath.org
 Monday 1 to 4 p.m., Thursday 9 a.m. to noon
 or call for appointment, 413-337-4845

Accountant, Tracey Baronas

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

Tax Collector, Elizabeth Nichols

taxcollector@townofheath.org
 Monday 4 to 6 p.m.
 or call for appointment 413-337-6665
 413-337-4934, ext. 2 / Fax: 413-337-8542

Treasurer, Kristi Narktowicz

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

Community

Elementary School, Eric Glazier, Principal

413-337-5307

Public Library, Don Purington, Director

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

Post Office Manager, Charlene Reynolds

Monday to Saturday, 9:30 a.m. to 1:30 p.m.
 413-337-4934, ext. 4

Town Nurse, Claire Rabbitt, RN

Office hours, Senior Center, 413-337-4847
 Tuesday 12:15 to 1:15 p.m., Thursday 11 a.m. to 1 p.m.
 Voice mailbox: 413-337-4934, ext. 109
 Home phone: 413-337-8309

Public Works and Safety

Police Department, Margo Newton, Chief

Office hours: Tuesday 6:30 to 8:30 p.m.
 413-337-4934, ext. 108

Transfer Station, Ken Erho, Attendant

Saturdays 8 a.m. to 4 p.m.
 Wednesday 9 a.m. to 1 p.m.

Volunteer Fire Department, Ken Gilbert, Chief

413-337-4461

Boards and Committees

Board of Assessors

Monday 10 a.m. to 5 p.m.
 Robyn Provost-Carlson, 337-5316
 Alice Wozniak
 Heidi Griswold

Board of Health

Karen Brooks, Chair, 337-6614
 Charlie Cornish, 339-8309
 Betsy Kovacs, 337-5346
 Mike Freeman, 339-4239
 Armand Clavette, 337-4065

Finance Committee

Don Freeman, Chair, 337-4854
 Ned Wolf, Secretary, 337-4476
 Jeff Simmons, 337-4994
 Gloria Fisher, 337-6626
 Jan Carr, 337-5747

Planning Board

Calvin Carr, Chair, calvincarr@verizon.net
 Douglas Mason, Sec, dougmason@hughes.net
 Robert Viarengo, viarengo932@crocker.com
 Jo Travis, jtravis156@verizon.net
 Bill Gran, whgran@gmail.com

Agricultural Commission

Jessica Van Steensburg, 3394904
 Nina Marshall, 339-4756
 Walter Gleason, 337-4479

Cemetery Commission

Jerry Gilbert, Central Cemetery, 337-4355
 Claire Rabbitt, North Cemetery, 337-8309
 Eric Sumner, South Cemetery, 337-5330
 Matthew Lively, Sexton, 337-4331
 Hilma Sumner, Burial Agent, 337-4845

Conservation Commission

Brian DeVriese, Chair, 337-5525
 Dennis Peters, 337-4014
 Ellen Jenkins, 337-5353
 Bernard "Buck" den Ouden, 337-4002
 Jessica Van Steensburg, 339-4904

Historical Commission

Margaret Freeman, Chair, 337-4854



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