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Courtesy of the Heath Agricultural Society.
 Artwork by Sue Draxler

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- Send to our PO Box:
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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*. 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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A Magical Place

Heath has meant many different things to me over the years. It's been a touchstone in my life since I was very young. Each summer it has seemed vitally important to get back, even if only for a week or so, to renew my ties with friends, family, the town, and my past.

I remember hearing of Heath for the first time when I was around four years old in St Paul, Minnesota. My parents often talked about this wonderful place on the top of a hill called Heath. All we had in Heath at that point was land [on Ledges Road] and so I simply referred to Heath as "The Land." The important point to me however was blueberries. The land, as I pictured it, was entirely covered with blueberries. At the time, I wasn't sure what blueberries were, but I knew that they were a force for good. Heath seemed a magical place even then and it began to occupy a place in my mind side by side with Heaven. I had not seen it yet; it was beautiful and it was someplace you went "later."

My first view of Heath was disillusioning in the extreme. We arrived at the top of the hill, got out of the car and pushed our way onto the land. I couldn't see a thing. The blueberries (by this time I imagined them to be the size of pineapples) had been replaced in the period of ten years by hardhack: enormous bushes towering over me. All I could see was hardhack and sky. Where were these blueberries? It took a bit of digging, but it was soon established that they were still there. We just needed to clean things up a bit.

Very shortly thereafter, my brother Mark and I saw three boys around our own age coming up the hill: Ned, John, and Steven Wolf. Meeting them was a turning point in our lives. We grew up together; we were together each summer for three months, and we were together every day. They were our best friends. Ned has become a family member, and our memories of John and Steve are cherished.



Photo by Peter T. Brown

Growing up, a few things seemed important each summer: fishing, baseball, hiking and camping out, swimming, building things, and the Heath Fair.

Fishing for a while became a religion. I have a friend here in Texas who refers to an acquaintance of his as a "bass zealot." From the ages of around eight to fourteen we were "trout zealots," but we didn't confine our zealotry to that particular fish. Anything would do, from suckers to salmon. We would fish for bluegills at the Eldridge's pond—with an occasional bass thrown in as a bonus—and for trout in the Branch Brook and for a while at the Bailey's pond. We would fish for pickerel—particularly exciting because they had real teeth—at Rowe Pond and for bass, suckers, rock bass, and supposedly land-locked salmon of some sort at Harriman Reservoir. And we would fish for whatever we could pull out of the Deerfield River.

Trout, however, were King, and before the beavers got to it, the Bailey's pond was as exciting a trout pond as I have ever fished. It was an ideal place to learn to fly cast. Day after day we would wade out into the water, false casting our gray hackle yellows, pretending we were in the North Woods in the midst of a *Field and Stream* or *Outdoor Life* article. I doubt that fishing was any better in

Alberta, Canada. The trout were brook trout from six to eleven inches. And they were not so smart that young boys could not hook them. They were beautiful, they were easy to clean, and they were delicious. One of my favorite memories is of looking down through clear Heath water and seeing a brook trout fanning quietly on the sandy bottom. There was an electricity to the sight that was stunning.

We saved money for tackle: flies, Jitterbugs, Mirrolures, Hula Poppers, plastic worms, jigs, and bobbers. For a while I had a worm ranch. The tackle sections of Peters' Store, Aubuchon's, and Sears were our haunts. Apart from the fish, however, a lot of the enjoyment came

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from the land. Walking over it. Working with it, fishing around it, getting to know it well. It was a resource that seemed beautiful, powerful yet fragile, and certainly well worth protecting. At the age of eleven, I seriously considered becoming a taxidermist—they wouldn't let me take the correspondence course because I was too young. And then at sixteen a forest ranger, and in college an environmental lawyer—all because of Heath. The fact that I am a photographer has a lot to do with lessons learned first in Heath.

Heath has shaped and formed me as much as any place I have lived. It's home in the best sense: a place that inspires, a community that nourishes, and an atmosphere that includes the past and is protective of the future. The people I have met in Heath are as much family as my family itself. It's a place that I love, that I carry with me and that I will return to for as long as I live.

This is an excerpt from a piece I wrote and sent to Esther Dickinson in 1983 for a collection of Heath memories. It was written for the town's Bicentennial. If you'd like to see the full version feel free to get in touch with me at peter@peterbrown.com

—Peter T. Brown

Going First Class

Dear Readers,

The staff of the *Heath Herald* wishes to apologize for the lateness (up to 9 days in some areas of the country) of our previous two issues. We have always used bulk mail, understanding that the USPS nationwide service standard on periodicals is 1 to 7 days, so we plan accordingly. We are most particular when there are articles that really should be read on or before the first of the month.

We have now been informed that routing patterns in our region have changed for the worse. Therefore, we are, as you see, trying First Class mail. In order to help defray the increased cost of First Class delivery, we hope that some of our P.O. Box recipients will switch to "reserved self-pick-up" instead of USPS delivery. The process is simple: instead of receiving your paper in your P.O. Box you will find it clearly marked with your name on it in the *Heath Herald* box in the Sawyer Hall hallway, the same location as our direct-purchase papers. If you would like to try this new system, or have any questions, please contact us at theheathherald@gmail.com. Thank you in advance for understanding.

—Nancy Thane
Managing Editor



LIBRARY LINES

—Donald Purington

Library Renovation Ruminations: The Library Trustees and I have been discussing how we can renovate and rearrange within the existing library in Sawyer Hall to achieve two main goals: 1) ADA accessibility, and 2) making better use of the existing space to meet the needs of our community. We have a preliminary floor plan on display in the library. There will be a community potluck hosted by the Friends of the Library at Jan and Cal Carr's barn (35 Hosmer Rd.) on Sunday, August 14 (time tbd) to talk and share ideas about the project. Please come add your thoughts to the discussion.

Art in the Library: Thank you to the five Heath artists that displayed their paintings on the library walls in July. The works were created in the Monday painting group at the Heath Senior Center, facilitated by Eileen McVay-Lively. We hope to have artwork by Heath School students on display after the Heath Fair.

A Few of the New Items at the Library:

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

Fiction Books for Adults: *Barkskins* by Annie Proulx, *The Story of the Lost Child* by Elena Ferrante, *Charcoal Joe* by Walter Mosely

Non-fiction Books for Adults: *100 Recipes* by America's Test Kitchen, *The Hour of the Land: A Personal Topography of America's National Parks* by Terry Williams

Books for Young/Teen Readers: *When Friendship Followed Me Home* by Paul Griffin, *Harry Potter and the Cursed Child* by J. K. Rowling

Children's Picture Books/Boardbooks: *What to Do with a Box* by Jane Yolen, *The Whisper* by Pamela Zagarenski, *Good Morning Yoga* by Miriam Gates


Audio Books on CD: *Barkskins* by Annie Proulx, *The English Spy* by Daniel Silva, *Miller's Valley* by Anna Quindlan

DVDs: *Hail, Caesar!*, *Far From the Madding Crowd*, *Suffragette*, *Zootopia*, *The Princess and the Frog*

Music CDs: *Stranger to Stranger* by Paul Simon, *The Essential Bessie Smith* by Bessie Smith



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*Wild
 Ramblings*

—Bill Lattrell

**The Last Goodbye:
 A Rhythm of Earth**

Our Earth is enveloped in rhythms: the constant beating of ocean waves against the shore, pulsating winds rushing through the leaves on trees, the syncopated sound of a woodpecker that resonates through the forest as its beak rapidly meets dead wood, the rushing sound of water in a narrow brook as it splashes off smooth rocks after a storm. Our aboriginal people were in touch with these rhythms and used their energy to understand the human place on this planet.

The sudden death of my sister Cheryl at the beginning of last October interrupted my life's rhythm and has haunted me for the last 9 months. Like any unexpected death of a loved one, the first part of getting through this was to somehow understand her passing. I spent many a day in the forest wandering, sometimes alone and sometimes with hounds, looking for an explanation. Of course, I never found any reasonable answer to my query.



During this period of questioning many old memories flooded my consciousness: remembrances of playing together, laughing together, periods where the three-and-a-half year difference in our ages separated us, and long stretches of time where our difficult childhood family life separated us. I never fully reconciled our traumatic childhood, nor have I ever wanted to. But remembering and understanding the role that my sister played in helping me through that stressful period has helped me heal. At least in part.

While peregrinating the deep woods in search of answers and solitude, I would often be caught off guard by signs in nature. These signs in my Abenaki and Cherokee belief system are critical in processing deep emotional thought. Immediately after Cheryl's passing, I kept experiencing the presence of owls. They'd fly, seemingly out of nowhere, and land on a branch in front of me. Or I'd be trekking in an evening forest and an unusual number of barred owls would be calling back and forth

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as if there were an escort or guide watching my whereabouts. Beyond barred owls over the first few months, I would experience screech owls, snowy owls, and even a great gray owl. Part of me would try to explain these phenomena by thinking I might be looking for answers where none existed, but deep down in my spiritual self, I believed that these were messages from beyond, either from my sister or one of our ancestors.

With support from my immediate family, especially my wife Maureen, I was able to run the course of emotions. Yet still, I was not spiritually ready to move on. My personal rhythm was still disconnected. I talked with my brother-in-law regularly, knowing he was suffering much more than I. I tried to stay in touch with my sister's two daughters who were also captured by grief. In time, when it was still late winter, we understood that we had to put both my sister and our grief in perspective and to rest. We planned to bury her ashes on our land in Heath in June 2016. It was time to bring a discernable rhythm back to our lives.

At moments over the next several months, time stood still. Occasionally minutes seemed like months, and weeks could act like years. The stretching of time is a strange concept. It seems to lengthen our consciousness and allow us to seek answers in unusual places. In only a moment an item long locked-up in some odd recess of our mind can be revealed. For me sometimes the revelation was fractured and sometimes it was whole. Information that seemed irrelevant, tangential at best, would somehow morph into a useful part of my psychological anatomy. I decided to embrace this and tried to use the phenomenon as part of my healing process. I decided that the irregular beat of my life was, in fact, meant to be. During the winter, a year when deep snows failed to materialize, I was still able to navigate the steep terrain of the deep forest without snowshoes while mulling this all over. The owl connection seemed to fade. Instead I was now seeing ravens. Ravens in my Native American spiritual beliefs are one of the most powerful and revered birds of our natural world. They are the great communicators, capable of spanning dimensions. They act as messengers from other places. At times it seemed as if there was a single raven that would follow me. It would nearly al-



ways find me as I ambled about, whether it was beyond the ledges south of our homestead or on top of the highest peak to the southwest of the most southern corner of our land. I often wondered if it was the same raven. It was very large and very black and, like all ravens, had an amazingly dark and thick beak. On one early March morning, while only 200 yards from my house, I was sitting on the trunk of a fallen tree when the raven landed on a branch not 30 feet in front of me. There it perched silently watching me watch it. After about a minute it flew directly towards me and then veered off about 10

feet from my face. It flew off making a variety of raven noises, deep guttural squawks that resonated deep and with a steady beat into the winter forest. After that day I never saw the raven again at close range.

Through the spring I was unusually appreciative of each beautiful moment that I experienced in the natural world. I am lucky in that much of my work is outdoors and I primarily recreate in the wilds as well. The budding leaves seemed greener than ever before. Fresh, cloud-free skies were never so blue. The cool spring air filled my lungs and brought me pleasure that

I had never before recognized. And despite the pain I lived with, each day seemed like a testimony to healing. I never knew that our lives had so many dimensions, so much beauty, and such connection to every item in our midst—family, friends, and the Earth. And I sometimes wondered if all of this was a distraction from grief. The beat of life being restored.

It took about a month to plan the ceremony for my sister. I planned to do an Abenaki send-off. There would be drumming and Abenaki chanting that would invite and welcome our relatives and ancestors from the “other side.” Drumming is huge in aboriginal cultures particularly here in North America. It is thought to mimic the rhythms of our planet and put us in tune with all that is right. There would also be a testimonial to my sister—a time when everyone present could speak about Cheryl and share memories of her many wonderful qualities. It would all happen in a place, yet to be chosen, that would also eventually be where my wife and I will be buried.

During the late spring I spent much time in the woods on our land trying to find just the right location. I looked

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specifically at areas that I felt were sacred. For one reason or another, none seemed exactly right. Then one day while walking home along a stone wall that runs directly south to north along our western property line, I saw a flat area where a beam of sunlight fell on the forest floor. I knew immediately that this was the spot.

My good friend Ramon helped me move a large quartz boulder to the site. Quartz has special relationships with energy and is thought to be both powerful and healing. After loading the 500-pound white rock into my bucket loader, we scrubbed it with wire brushes and a strong soap. The end result was a beautiful, brilliantly white boulder. We dug a hole behind the carefully relocated rock where my sister's ashes would be placed with a flowering dogwood tree planted on top of the ashes. We prepared the site by clearing away some brush. We prepared a trail where the procession could traverse the lengthy, forested walk to reach the site. The toil was cleansing. It somehow gave me a feeling of worth.

On the day of the ceremony we had three drummers. My son Liam led the procession to the beat of his ceremonial drum. Fifteen friends and relatives from British Columbia, Colorado, North and South Carolina as well as New England climbed up the hill to the ash burial site. I stood at the burial site, drumming and singing a chant welcoming my sister's ashes, the procession of loved ones, and our ancestors. Once the procession had gathered at the site, we all sang a chant while Ramon led the ancestors in from the east to the beat of a third drum. Ramon later told us that, while he waited to lead the ancestors, a white tail deer joined him, absent of any fear, and stood there until he marched away, beating his drum, leading our ancestors toward my sister's final resting place.

There were many tears. There were a few laughs. And there was much healing in putting Cheryl's ashes to rest. Each participant had a feather that carried a personal wish, prayer, or thought, which was placed with my sister's ashes. Cheryl's husband placed his wedding band with Cheryl's ashes as well. This was a particularly poignant moment.



I had been nervous about the ceremony. My concerns, about this being the first Abenaki burial service for almost everyone at the event, proved to be unfounded. The ceremony held up within its own beauty and energy. It was very well received and brought some sense of relief to each person there.

The next day, after most of our visitors had begun their long journeys home, I put a five-gallon pail of water in the bucket of my tractor. I wanted to water the dogwood tree that had been planted over my sister's ashes. Cheryl's husband, Rick, was still here, as was her oldest daughter, Jess. They walked behind the tractor as I drove

up a woods road to the burial site. They wanted to visit Cheryl's resting place one last time before they went back to Colorado. The drone of the diesel tractor motor fractured the silence of the woods. At the time it almost seemed irreverent. As we approached Cheryl's burial site, I fantasized that I would get one last sign...perhaps a glimpse of the deer that had been visiting with Ramon the day before, at the interring ceremony. Recollecting the noise of the tractor dashed any thoughts I had that this was in any way possible.

And what I am about to say will sound like legend or myth, but it is true. As I rounded a sharp corner and navigated around a tree with the tractor to approach Cheryl's final resting place, there, perched on the large

quartz monument was a fully mature and very large great horned owl. The raptor turned its head and looked directly at me. Rick and Jess were about 25 feet behind the tractor, and I was afraid they wouldn't see it. The owl flew onto a branch of an oak tree. I turned off the tractor motor. And just as Rick and Jess came to the side of the tractor, the great horned owl turned, flew towards us for a brief moment, and then flew off in a northerly direction.

Perhaps one last gift. Perhaps her last goodbye. Perhaps helping us all to find the best rhythm again.

—Bill Lattrell

Photos by C. Luis-Schultz

100 YEARS OF THE HEATH FAIR

Heath Fair Centennial

Next year we will be celebrating the 100th Heath Fair, to be held August 18, 19 and 20, 2017. A subcommittee has been formed by the Heath Agricultural Society (HAS) to plan for this historic event. This subcommittee was formed as a result of a 100th brainstorming session in June, led by President Justin Lively.

Several activities to celebrate this once-in-a-lifetime event are already in the planning stages. Among others, these include an historical photo slideshow that will capture images of fairs gone by, a video documentary, memorabilia and interviews with people familiar with the history of the fair, and a mosaic of Heath scenes to be permanently mounted on the side of the Exhibit Hall

Art Schwenger and Betsy Kovacs volunteered to help the HAS coordinate and communicate the listing and development of the many suggestions and project ideas that have been and will be offered. They will keep track of who is involved and who will lead each of the ideas.

Everyone is encouraged to offer suggestions or ideas for making the Heath Fair Centennial an especially memorable and successful event. Please contact Art at 413-337-4077, artschwenger@gmail.com, or Betsy at 413-337-5346, betsy@kovaks.com to help us keep track of the implementation of your suggestions.

Promotional Art Contest

We are soliciting innovative ideas for use on our website, on our T-shirt design, and in our promotional materials for the 100th Heath Fair. The opportunity to submit an entry for the art contest begins at the 2016 Heath Fair and will continue until March 2017. To start people thinking we are offering a special premium at the upcoming 2016 fair. Premiums will be given for first, second and third place in all age groups. Premium winners will automatically be included in the promotional contest which will conclude in March, 2017. The ultimate winner will receive \$100 at the 100th Heath Fair. More detail will be available in the Exhibit Hall during the fair.

Mosaic Murals

A community art project to be done by the citizens of Heath is in the planning stages and will be completed in time for the 100th Annual Heath Fair. The project involves the creation of large mosaic murals depicting historic scenes of Heath, scenes from past Heath Fairs,

and other community art. The finished mosaics will be weather-proof and permanently mounted on the east side of the Exhibition Hall at the Heath Fairgrounds.

This exciting project is doable, but your help is needed to make it a reality. Please consider a donation of time and/or money for materials to help this project come alive. The process used to make the mural is one that school-age children and adults alike will enjoy. No previous mosaic art experience required!

Tax-deductible donations may be made to the Heath Agricultural Society, at P.O. Box 10, Heath, MA 01346.

If you are interested in helping, or just have questions, call Eileen Lively at 337-4742, or stop by and see her at the farmers market most Saturday mornings.

A Face of the Fair

It would not be an overstatement to say that no one loved the Heath Fair more than Grace Crowningshield. Fittingly, the silo, which has become the symbol of the fair and its agricultural roots, was donated by Grace. Over the years, Grace and her husband, Ken, worked tirelessly on almost every aspect of the fair. It is in great part because of their devotion to the fair in past years and Grace's care in more recent times that we have a 100th Heath Fair to celebrate.

Heath resident and fair volunteer John Henry commented, "When I think of Gracie at the Fair, it is of watching her walking up and down the midway, her folder in hand, organizing the vendors she had lined up, but I can also see her dancing together with her sister Jimmie in the big tent—I think it was a rock band."



Sheila Litchfield, chairperson of the ADGA Goat Show, commented, "I remember fondly how Gracie and her sister Jimmie would visit the silo several times each day during the fair. They were so proud of the fair and the silo and found themselves reminiscing with anyone stopping by to visit about past fairs while inside the silo."

And everyone can agree with Kathy Halberg, a seasoned fair volunteer, in saying, "Grace was always friendly!" and if ever it can be said of someone that they were aptly named, that person was Grace.

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Heath Veterans Memorial Update

Not surprisingly, through the generosity of our fellow Heathans and others, we have exceeded our fundraising goal of \$10,000 and currently have \$13,800. With this money we hope not only to finish the memorial this fall but also to install a new flagpole.

As for the construction of the memorial, we are asking town residents to bring to the site stones that are to be used in the construction of benches. We are looking for relatively flat stones that can be carried with two hands, about the size of a large pizza. The construction phase on the town green is planned to begin late July. The ground will be cleared, and a stone drop-off area will be designated at that time for donations.

We are also presenting in this article the list of names to be cast on the plaques. Please review the names and contact a committee member if you see any errors or have questions, as we will be soon preparing a final list for submission to the plaque company.

The committee wishes to thank all for their generosity and continued support.

- Dave Howland (337-4980) Bob Bourke (339-4015)
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- JOEL DAVIDSON ★ JOSIAH DAVIDSON ★
- VALENTINE HARRIS ★ PARLEY HUNT ★
- BENJAMIN MAXWELL ★ HUGH MAXWELL ★
- REUBEN RUGG ★ EDWARD SKINNER ★
- SALMON TEMPLE ★ SETH TEMPLE ★
- SOLOMON TEMPLE ★ ASAHEL THAYER ★
- DEPENDENCE THAYER ★ JONAH THAYER ★
- JONATHAN THAYER ★ SILAS THAYER ★
- SILAS THOMPSON ★ JOSIAH WARFIELD ★
- ASAPH WHITE ★ BENJAMIN WHITE ★
- LUKE WHITE

WAR OF 1812 1812-1815

- AMOS BROOKS ★ ABIJAH GLEASON ★ ELI GOULD ★
- CLEMENT PORTER ★ DAVID SNOW ★
- BENJAMIN TEMPLE ★ JOHN TEMPLE ★
- SOLOMON TEMPLE

CIVIL WAR 1861-1865

HENRY D. BARBER ★ LEMUEL BOLTON ★
 WILLIAM H. BOLTON ★ MARTIN O. BROWN ★
 FREDERICK N. BURTON ★ AARON CADY ★
 NATHAN CHAFFIN ★ PATRICK CONLEY ★
 LYSANDER D. ESTEE ★ EDWIN FAIRBANKS ★
 LUZERN FAIRBANKS ★ ADONIRAM J. GLEASON
 ★ EDWARD H. GLEASON ★ SAMUEL K.
 GLEASON ★ THOMAS S. GLEASON ★ SAMUEL
 S. GOULD ★ ARTHUR W. HALL ★ CHARLES
 HAMILTON ★ THOMAS F. HARRINGTON ★
 TIMOTHY M. HARRINGTON ★ JOHN L. HARRIS
 ★ ALMON HAWKES ★ WESLEY HAWKES ★
 JOHN L. HAWKS ★ HENRY B. KINSMAN ★
 MOSES LANCASTER ★ ALGERNON MANDELL
 ★ JOHN PALMER ★ ELISHA PORTER ★
 CHARLES F. POWERS ★ RICHARD POWERS ★
 CHARLES H. ROBBINS ★ HENRY RUSHMORE ★
 WILLIAM N. SESSIONS ★ ELMER W. SPENCER ★
 HERMAN A. SPOONER ★ EDWIN SUMNER ★
 ABRAHAM TANNER ★ AMOS TEMPLE ★
 HENRY M. TEMPLE ★ WILLIAM H. TEMPLE ★
 AARON TRASK ★ HORACE A. TYRRELL ★
 JOHN H. UNDERWOOD ★ SANFORD UNDERWOOD
 ★ FLAVIL WOODWARD

SPANISH AMERICAN WAR 1898

ALONZO CASWELL ★ MICHAEL SMITH
 ★ WALTER TOLE ★ FRED PEON

WORLD WAR I 1917-1918 *

LOUIS LIVELY ★ HENRY LIVELY ★ GEORGE
 W. NEWTON ★ ANDREAS E. ROYER

WORLD WAR II 1941-1945 *

DAVID P. BEIGHLEY ★ FRANK S. BROWN
 ★ ALTON W. CHURCHILL ★ HAROLD R.
 CHURCHILL ★ ROBERT F. COATES ★
 KENNETH W. CROWNSHIELD ★ LEONARD J.
 DECOTA ★ DAVID A. GIARD ★ EMILE T. GIARD
 ★ JOSEPH L. GIARD ★ JAMES J. HALFPENNY ★
 PATRICK J. HALFPENNY ★ HENRY M. JENKINS
 ★ AUSTIN A. LIESE ★ JOHN J. LIESE ★
 ARMAND R. LIVELY ★ BERNARD R. LIVELY ★
 DOUGLAS M. PACKARD ★ CLEON J. PETERS ★
 ERNEST H. ROYER ★ LOUIS F. RUNDO ★
 FREDERICH A. SMITH ★ MARSHALL E. SMITH
 ★ RICHARD H. TANNER ★ RICHARD E. THOMPSON
 ★ VICTOR VREELAND ★ FRANK D. WINTERS

WORLD WAR II 1941-1945

(Additional Names)

HARLOW CHURCHILL ★ BEATRICE NADA COREY
 ★ WILLIAM GREEN ★ ADA MAE LANDSTROM ★
 ALBERT E. PATTERSON ★ ALTON DEWITT RYAN

KOREAN WAR 1950-1953

PAUL BEGLEY ★ CRAIG CHATTIN ★
 DONALD H. CROWNSHIELD ★ RICHARD
 CROWNSHIELD ★ DAVID J. GIARD ★
 JAMES R. GIARD ★ JOHN GIARD ★ RUSSELL
 HILLMAN ★ FRANCIS H. JARRABECK ★
 EDWIN LIVELY ★ MAURICE J. LIVELY ★
 JOHN MACDONALD ★ BRUCE PATTERSON ★
 FREDERICK RUSSELL ★ THOMAS SHERIDAN ★
 GEORGE A. STETSON ★ HERBERT S. STETSON
 ★ GILBERT WILSON

VIETNAM WAR 1964-1973

WENDELL T. BROWN ★ RALPH E. CHURCHILL ★
 ARTHUR W. CROWNSHIELD ★ WILLIAM E.
 CROWNSHIELD ★ RICHARD E. CUTTER ★
 EDWIN H. DECKER ★ RICHARD R. GIARD ★
 RAYMOND J. GALIPO ★ ALVIN M. HILLMAN ★
 ROLLO KINSMAN ★ HORMIDAS A. LIVELY ★
 MICHAEL T. LIVELY ★ KRIS MATYAS ★ FRED
 H. PAZMINO ★ MICHAEL W. RAINVILLE ★
 RAYMOND F. RICE ★ DAVID F. RICHARDSON
 ★ LELAND SHERMAN ★ PETER G. SMITH ★
 ROY C. SMITH ★ CHARLES STETSON ★ NEIL
 STETSON ★ ROBERT TANNER

CONFLICTS SINCE VIETNAM

PANAMA 1989-1990 ★ DESERT STORM 1991
 BOSNIA 1992-1995 ★ AFGHANISTAN 2001-2014
 DANIEL BOURKE ★ IAN GALLUP ★ FRED LAW
 ★ COREY LOPES ★ SEAN RABBIT ★ ANDREW
 SAUNDERS ★ KEITH SHERMAN ★ MICHAEL
 SMITH ★ JOSEPH E. THANE ★ LARA R. THANE

OTHER U.S. ARMED FORCES VETERANS

RENE M. BOUDREAU ★ EARLE CROWNSHIELD
 ★ FRANCIS W. CROWNSHIELD ★ ALEXANDER
 M. LIVELY ★ FELIX E. LIVELY ★ LEVI LIVELY
 ★ MALVIN LIVELY

** Names already appear on the current memorial plaque:
 they will not be duplicated on the new memorial plaque.*



Welcome to the 99th Annual Heath Fair



Ladies and Gentlemen, the Heath Agricultural Society's 99th Annual Heath Fair is unmistakably upon us! On Friday, the 19th of August, at 5 p.m. the sounds and smells of a good agricultural fair will fill the air at our Heath Fairgrounds. It is not to be missed!

This year's fair will feature all of the sounds and smells of the fair you've come to love: a sensory collision of fried dough, diesel fuel, burgers, homemade pies, the occasional rooster call, terrific music, cattle on parade, kids running about, the din of tractors, and the light scent of earth from the faint layer of dust raised by the feet of hundreds of people who you forgot you knew and who you didn't remember you might see.

Most of you will have a memory of fairs gone by that included lovely days, made all the more lovely and memorable when the occasional rain storm is celebrated, and cool evenings. August weather can be so magical, and we are fortunate to enjoy it at our Annual Heath Fair.

Come to the 99th Annual Heath Fair and see the herd dog demo, head down to the square dance and learn just how much fun that can be, watch the oxen and horse teams demonstrate their skills and witness the drivers' kinship with these powerful animals, learn the ins-and-outs of beekeeping, see cattle, goats, sheep, chickens, and rabbits, have a wagon ride, enjoy the delicious food, listen to *Appalachian Still* and others perform under the big tent, race into the exhibit hall to see if your entry won a prize—or simply to see all of the beautiful things that people in the area have created—visit with old friends and when you finally need a break, lie down upon a grassy patch and soak up the sounds and smells of the fair as you doze peacefully in some corner of the grounds.

By attending the Heath Fair, you are supporting the Heath Agricultural Society (HAS) while celebrating our individual, family, and community cultural and historical relationships with agriculture. The HAS is proud to actively

engage the community in this and other experiences that cultivate the ongoing relationships between land, animal, and human. These relationships are old, unique, practiced, and of tremendous value.

The Heath Agricultural Society plans to continue to celebrate and cultivate this relationship in years to come by continuing the tradition of the Heath Fair and through other initiatives held throughout the year. These initiatives include the annual June Draw, pursuing our developing relationship with the local 4H chapter, and offering the opportunity for a modest micro-grant program directed toward small farms. All of these events are exciting and all rely upon volunteerism. Please consider participating in the HAS and experience the value of supporting our community's agricultural heritage. You may email me, Justin Lively, at justinofheath@gmail.com with any questions.

In the meantime, you may also find ways to volunteer at this year's 99th Heath Fair: sell tickets at the front gate, direct cars to their parking places, or assist in making or selling food in the food booth. You may contact me if you, your friends, your children, your children's friends, your children's friend's aunts and uncles, your own aunts and uncles, or anyone else you might know is interested in helping. Participating in the Heath Fair at this level is always a great way for kids to have greater ownership of their experience at the Fair while deepening the value of this experience for them...and for us...

For 99 years folks have been coming together to organize and enjoy this event. There are many fairs older than ours, and many that are younger, but there is only one Heath Fair. Come to this year's fair. Consider becoming a part of it. But most of all, just enjoy it! Thank you.

—Justin Lively, President
Heath Agricultural Society, Inc.



2016 HEATH FAIR SCHEDULE

Friday, August 19 *Fairgrounds open 5:00 to 11:00 p.m. Concessions, Rides, Crafts*

- | | |
|--|---|
| 5-8 PM..... Exhibit Hall
5-10 PM..... Upper Food Booth
5-11 PM..... Lower Food Booth
5:30 PM..... Ham and Bean Supper
5:30 PM..... Antique Tractor Parade
6:00 PM..... Antique Tractor Pull
6:30 PM..... Bingo | 7 PM Heather Wernimont, Real Pickles
<i>Small Batch Vegetable Fermentation</i>
7:30 PM..... Twisted Pine
7:30-11 PM. Square Dance: Fall Town String Band
Doug Wilkins, caller
8:15 PM..... Drawing for Bicycles
Nightfall Fireworks |
|--|---|



Saturday, August 20 *Fairgrounds open 8:00 a.m. to 10:00 p.m. Concessions, Rides, Crafts*

- | | |
|---|---|
| 7 AM-11 PM Lower Food Booth
9 AM..... Rabbit Show
9 AM-10 PM Upper Food Booth
10 AM..... Herd Dog Demo (Horse Ring)
<i>Winterberry Farm</i>
10 AM..... Kids Garden Tractor Pull
10 AM-8 PM Exhibit Hall
10:30 AM..... ADGA Sanctioned Goat Show
11 AM..... Adult Sheep Show
11 AM..... Adult Cattle Show
11 AM..... Horse Draw
11 AM..... Moonshine Holler
11 AM-5 PM Western Mass Master Gardeners
Association Answer Booth
Noon..... Chicken Barbecue | Noon Kevin Ford Sheep Shearing
Noon-4 PM..... Wagon Rides
1 PM..... Appalachian Still
1 PM..... Laurie Benoit & George Stephan
<i>Good Bugs/Bad Bugs</i>
1-3 PM..... Kids Games
2 PM..... Herd Dog Demo (Horse Ring)
<i>Winterberry Farm</i>
3 PM..... CR Lawn, Founder, FEDCO Seeds (1978)
<i>Intro to Seed Saving</i>
4 PM..... Fancy Trash
5 PM..... Charles Olchowski and Aiden Belanger
<i>Beekeeping</i>
5 to 10 PM Truck Pull
7 PM The Lonesome Brothers |
|---|---|

Sunday, August 21 *Fairgrounds open 8:00 a.m. to 5:00 p.m. Concessions, Rides, Crafts*

- | | |
|---|--|
| 7 AM-Closing Lower Food Booth
9 AM..... Church Service
9 AM..... Ox Draw
9-10:30 AM Upper Food Booth
<i>Blueberry Pancake Breakfast Only</i>
10 AM..... Youth Sheep Show
10 AM..... Poultry Judging
10 AM-4 PM Exhibit Hall
10:30 AM..... Classic Car Cruise Registration
10:30 AM-5 PM Upper Food Booth
<i>Regular Menu</i>
11 AM..... Youth Cattle Show
11:30 AM State Rep. Paul Mark & Friends
<i>Initiatives on Climate Change</i> | 11:30 AM.. Shelburne Falls Military Band
Noon Chicken Barbecue
Noon Line up for the Parade
1 PM..... Parade: Farm Friends
<i>(Prizes for floats, best kid decorated bicycles)</i>
1:30 PM The Lonely Heartstring Band
2:30 PM USDA NRCS
<i>Protecting Your Lands' Natural Resources</i>
2-3 PM Kids Games
2-5 PM Wagon Rides
3:30 PM Tom Ricardi (Music Tent)
<i>Birds of Prey</i> |
|---|--|



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Nature Note: SPORE PRINTS

This is a time when there is an abundance of fungi in our woods of all shapes, colors, and textures. The ones that we usually consider “mushrooms” are the gill fungi. They have a stalk topped by a cap, under which are the gills that radiate out from the stalk. Spores are the fungal equivalent of seeds and are produced on the surface of the gills. They are microscopic, but there are so many of them that when released they look like fine powder. You can get to see them by making a spore print: break the cap off of a stalk and place it gill-side down on paper and cover it with a glass or cup. Leave it overnight, and when you lift off the cap you will see the spore print on the paper. Spores are different colors depending on the species, so try using both dark and light-colored paper to make your prints.



—Susan Draxler

Alarming Rate of Bee Deaths Threatens Summer Picnics

Strawberries, watermelon, and juicy tomatoes are among the summer picnic staples at risk if bee colonies continue to collapse at unprecedented rates, report Representative Carolyn Dykema, Senator Jamie Eldridge, local beekeeper Itzi Garcia, and the Environment Massachusetts organization.

Bees pollinate most of the world’s most common crops, including seasonal favorites such as peaches, asparagus, and cherries. But the U.S. is losing about a third of its bee colonies each year, alarming beekeepers, farmers and chefs along with environmental advocates.

Environment Massachusetts staged two picnics at the Boston Common recently to illustrate the impact bee die-offs could have on a popular summer pastime: one replete with produce-filled pasta salad, fresh fruit, and a range of salads, the other with only plain pasta.

“One of the best things about summer is the abundance of fresh fruits and vegetables,” said Colin Campbell, canvasser and campaign event coordinator with Environment

Massachusetts. “But what fun is summer without watermelon? That’s why we need action to save the bees.”

“It’s important to remember that pollinators are responsible for about one of every three bites of food we eat,” Senator Jamie Eldridge stated at the picnic.

“The great thing about the picnic without bees is that it makes all of us aware that this is an issue that effects each and every one of us, not just today but well into the future,” said State Representative Carolyn Dykema while speaking about her work on protecting the bees and other pollinators.

Scientists point to the increased use of and exposure to a class of pesticides known as neonics as a major cause of the recent increase in bee deaths, which have brought the U.S. population of the pollinators to historic lows.

Major garden retailers such as Lowes and Home Depot are phasing out sales of the chemicals, and the U.S. Environmental Protection Agency (EPA) is currently evaluating the impact of four types of neonics on pollinators.

Environmental advocates are urging the EPA to suspend use of the dangerous pesticides now and speed up the timing of the impact study, currently not scheduled for completion until as late as 2018. Sen. Eldridge spoke out about his support for a federal level ban by the EPA of neonics and cited the fact that the European Union banned the use of these pesticides in 2013. “Sadly the United States is behind the EU and other countries.”

Joining with a broad range of groups in D.C. recently for a rally and celebration of “pollinator week,” representatives from Environment Massachusetts delivered petitions to the EPA asking for a ban on neonics.

“Given the facts we have at hand about the links between neonics and bee die-offs, EPA should move boldly and swiftly to stop any and all uses of these dangerous chemicals,” said Colin Campbell. “For the sake of the bees and our favorite summer foods, there’s no time to waste.”

Environment Massachusetts is a citizen-funded advocacy organization working for a cleaner, greener, healthier future. www.EnvironmentMassachusetts.org

—Emily Rogers

Environment Massachusetts



Photo by C. Luis-Schultz



Town Nurse

—*Claire Rabbitt, RN*

Low Back Pain Basics

Low back pain not caused by trauma is a common reason for visits to doctors and emergency rooms, with an estimated 50% of people with an episode of low back pain having another bout within a year.

Here are some suggestions for preventing and treating low back pain from the June 2016 Mayo Clinic Health Letter.

Studies have shown that exercises that strengthen back-supporting muscles as well as education on back health, spine anatomy, proper lifting techniques, and good posture reduced future back pain episodes 25 to 40 percent. It was found that simply increasing daily walking is as effective as professional exercise programs, is easiest and costs the least. Another study found that for emergency room treatment of back pain not caused by trauma or pinched nerves, naproxen (Aleve) was most effective.

Some simple back pain fundamentals include:

Stay as active as possible without causing increased pain through activities such as walking, swimming, bicycling, and gentle stretching, with a goal of improved fitness. Try to avoid long periods of inactivity. At the onset of pain, a day or two of rest may be helpful, but extended bed rest may actually make the pain even worse.

Keep pain medications as simple as possible at the lowest effective dose, and apply a cold pack, or heating pad to the low back for 15 minutes three or four times a day.

Reduce stress to the low back by maintaining a healthy weight and using good body mechanics.

For citizens of Heath, there are opportunities to improve fitness such as the Healthy Bones and Balance class on Tuesdays and Thursdays and the Gentle Yoga on Mondays, or just get out and enjoy a walk. See calendar on page 22 for details.



**Contact information for
the Town Nurse can
be found on page 27.**

The School Community

New Teachers for 2016/2017

Preschool: Angelina Read

Angelina lives in Shelburne with her husband and three children. She coaches kindergarten/first grade soccer through West County Soccer. Angelina has also taught Uechi Ryu Karate for nearly two decades in Hatfield, Mass., where she fell in love with teaching. Angelina loves owls, arts/crafts, hiking, playing at the beach with her children, and children's picture books. She received a Master's of Education from Westfield State University in 2013. Angelina has worked in public schools at the preschool through second grade level.

Second and Third Grade:

There will be a new teacher for this classroom, but that candidate was not selected at time of publication.

Fourth, Fifth and Sixth Grade: Jenay Haskins

Jenay Haskins grew up just over the mountain in Williamstown, Mass., attending Williams College. She moved to the Valley in 2014 and received her Master of Arts in Teaching at Smith College. Most recently, Jenay taught fourth grade at Buckland-Shelburne Elementary, where she fell in love with the Mohawk community and its surrounding environment. When she is not at school, Jenay enjoys skiing, bowling, baking—she has an apron collection—and hiking with her two Shelties from her home in Buckland.

Principal and Math Interventionist:

Jesse Porter-Henry

Jesse grew up in Heath and is the son of past Heath Elementary teacher, Deb Porter. Jesse now lives in Chesterfield with his wife Amy and children, Hazel and Elliot. For the past few years, Jesse has been an Assistant Principal at both Mohawk Trail Regional School and Hampshire Regional Middle and High School in Westhampton. He has experience teaching math and science, and coaching a variety of sports. When not at school, Jesse can be found skiing at Berkshire East, biking, or swimming with his family. Jesse is very excited to return to his hometown and to be joining the Heath Elementary School community.

—*Jesse Porter-Henry, Principal*
Heath Elementary School

Heath Educational Initiative Task Force Update

Since it was appointed in January, the Heath Educational Initiative Task Force has been meeting weekly, studying the problem of low enrollment at the Heath School and considering possible solutions to this problem.

Because this issue poses a threat to the future of our school both educationally and financially, the Task Force has come to the conclusion that it would be in the town's best interest to begin exploring the possibility of consolidating with a neighboring town. While the passing of the Mohawk Regional District budget assures that we will maintain the status quo for this next year, we need to be ready for changes in the future.

The Task Force is therefore exploring some possible options over the summer, using the measure identified at the onset of this work: providing quality education at an affordable price, where we have a voice in the governance of the school, and that keeps Heath children together.

In reading the following options, there are two important things to keep in mind. First, we are not a decision-making committee. Any changes to Heath School will require a town meeting vote. Second, all options recommend keeping the lower grades (PreK-3) at the Heath Elementary School while the older grades continue to be educated at the Mohawk Trail Regional High School (7-12).

The options being explored are the following:

Option #1

Heath stays in the Mohawk Regional District (Pre-K-12), the lower grades (PreK-3) remain at the Heath School and the Upper grades (4-6) attend either Buckland-Shelburne School or Colrain Center School.

Option #2

Heath withdraws from the Mohawk Regional District (PreK-6) and either forms a three-town regional with Hawley and Charlemont, with upper grades attending Hawlemont Elementary, or a two-town regional with Rowe, with the upper grades attending Rowe Elementary. In these two scenarios Heath would remain in the Mohawk District for grades 7-12.

Option #3

Heath remains in the Mohawk District (Pre-K-12) and tuitions the older children to either Rowe or Hawlemont. This option could either be a bridge to a more permanent solution, or be in-and-of itself a long-term solution.

While it is true that none of these possibilities come without difficulties, it is equally true that as we begin to

talk to our neighbors about educating our children together, new opportunities may present themselves.

On July 7, the Task Force had a preliminary meeting with representatives from the Hawlemont community, including selectmen and school committee members from both Charlemont and Hawley. We were encouraged by their enthusiastic response.

That being said, it will be important to explore all options and to carefully consider what we most value in terms of educating our children before making any final decisions. This will take time. As the Task Force explores these options, we encourage everyone to have conversations with other townsfolk around what it is about our school that we most value and want to safeguard.

Once we have more information, we will be planning smaller kitchen-type meetings to share what we have found out, and to continue the conversation about what we, as a community, value in the education of our children. Whatever we choose in the end will be the decision of our town.

The Task Force encourages you to stay open to all possibilities and be patient in the process.

—Deborah Porter, Chair

Heath Educational Initiative Task Force

Quilt Raffle

The Heath Historical Society is happy to again offer for raffle a quilt made by a group of lady Heathans led by Eileen Lively. In keeping with a historic theme, we chose an old pattern, Town Square, and used vintage-inspired cloth. Tickets will be sold at the Heath Fair in the Solomon Temple Barn with the drawing Sunday, August 21, following the parade.



Selectboard Report -7/10/16

Special Town Meeting

A Special Town Meeting was held at the Community Hall on Tuesday, June 28. The purpose of the meeting was to transfer funds to some accounts that had run deficits and to consider a change to the Mohawk Trail Regional School District agreement that would allow the Town of Rowe to join the district as a member of the middle and high school district. Rowe has its own independent elementary school and contracts its superintendent services with another district. The implications, both benefits and liabilities, were outlined by Heath MTRS School Committee members Budge Litchfield and Ken Rocke. After a brief discussion the article passed unanimously. The budget transfers also passed.

The Special Town Meeting was followed immediately by a report from the Heath Educational Initiative Task Force. Deb Porter and Mary Sumner gave a presentation on the status of the Heath Elementary School, projections about declining enrollment trends, and a few options the town might consider to meet the challenge. More details are provided in a separate report in this edition of the *Heath Herald*.

Broadband in Heath

Bill Ennen of Shelburne Falls has been appointed to serve as the Housing and Economic Development (HED) Last Mile Implementation liaison to assist towns in determining the way forward in pursuing broadband service. The Selectboard and others met with him to begin the conversation. Currently, the Baker Administration is encouraging towns to determine what type of broadband service they want and to pursue implementation of their specific project outside of any consortium such as WiredWest. There are many questions to be answered such as how WiredWest fits into future discussions, timing, finances, relationships with other towns, and the type of infrastructure, service to be provided, and whether any cost recovery can still be anticipated. The Selectboard will be determining if it will be necessary to rescind and revise town meeting votes already taken on this subject. The Selectboard is appointing a broadband committee to provide more help in guiding the effort.

Public Safety Building Project

Selectboard Chair, Sheila Litchfield, and Town Coordinator, Kara Leistyna, met in Boston with representatives from the Baker Administration's Executive Office for Administration and Finance to learn more details about why the grant between the Commonwealth and the Town of Heath was terminated for the safety building project, and to learn what steps the town needs to take to ensure funding for the project in the near future. The

Municipal Complex Building Committee will also work with administration and legislators to get funding restored. More information will be shared as it becomes available.

Community Compact IT Grant

Kara Leistyna, Town Coordinator, submitted an application for \$80,000 in February, 2016 for funds through the Community Compact Cabinet's (CCC) Information Technology grant program. In June, Heath was awarded \$55,000 from a new IT Grant Program for Communities offering funding for one-time capital needs such as technology infrastructure, upgrades and/or purchases of equipment or software.

Over 100 eligible municipalities applied for projects totaling over \$16 million. There was \$2 million of available funding. Heath's goal is to update our Assessing Property Tax Mapping and to be able to implement a Geographic Information System (GIS). Part of the funding will also pay for new tax collecting software to create a more integrated Assessing/Collecting process.

Updated mapping will enable the town to meet all objectives set forth by the Dept. of Revenue for recertification. Another benefit will be to make all Emergency Management Services GIS systems compatible with our maps—a very positive feature for towns providing mutual aid to the town of Heath, particularly fire and ambulance services. Accurate, updated, and accessible information is essential and will create efficiency and provide convenience and reduce the necessity of office visits – sometimes difficult in our rural area.

Heath is very appreciative that our application was chosen from more than 100 eligible municipalities. This funding allows Heath to make upgrades that help to resolve some long-standing issues and bring departments to current standards with other similar towns.

Heath Educational Initiative Task Force

The Task Force continues to meet every Thursday evening at 7 p.m. in Sawyer Hall to explore options and opportunities for the education of Heath's school age children. All are welcome to attend these meetings.

Heath Online

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

The Way We Love to Eat

Blueberry Boy Bait

In the 1970s, Heath's Burnt Hill blueberry farm offered prime summer employment for the town's teenagers. Young locals and "summer folk" alike could be found picking and sorting blueberries each July and August, and it was there that Nancy Litchfield and Steve Thane first met.

Spending the hot summer days working together meant there were plenty of opportunities for the two to show their budding interest in one another. Nancy was often given the passenger's seat, instead of a spot in the back of the truck, as Steve drove the crew out to the fields in the morning, and she found herself carrying fewer and fewer berry boxes as the summer went on. And Steve discovered that lunch breaks were becoming perfect mini-dates.

Nancy's mother, Carolyn Litchfield, saw their blossoming relationship and wanted to nudge things along before the summer came to an end. One evening, she gave this recipe for Blueberry Boy Bait to her daughter with a wink. Nancy laughed at the idea but baked the cake to bring to work the next day.

The cake was such a success that Steve crowned her the Blueberry Queen—complete with a trophy made from a blue croquet ball that his mother, Alli Thane-Stetson, is still missing from her croquet set—and their new romance continued into the fall.

The summers that followed were spent hand-in-hand in the blueberry fields until, finally, the two were married on August 15, 1976. Forty years, two children, two children-in-law, and four grandchildren later, Blueberry Boy Bait seems to be a proven winning recipe.

Happy 40th anniversary to the Blueberry King and Queen!

—Kristen Thane Clark



Recipe: Blueberry Boy Bait

Servings: 12
Prep: 20 mins.
Cook: 50 mins.

Ingredients

Cake:

2 cups + 1 teaspoon all-purpose flour
1 tablespoon baking powder
1 teaspoon salt
2 sticks unsalted butter, softened
1/2 cup packed light brown sugar
1/4 cup granulated sugar
3 large eggs
1 cup milk
1/2 cup blueberries, fresh or frozen (see note)

Topping:

1/2 cup blueberries, fresh or frozen (see note)
1/4 cup granulated sugar
1 teaspoon ground cinnamon

Directions

Adjust an oven rack to the middle position, and heat the oven to 350°F. Grease and flour a 13 x 9" baking pan.

For the cake:

Whisk 2 cups flour, baking powder, and salt in a medium bowl. With an electric mixer on medium-high speed, beat the butter and sugars until fluffy, about two minutes. Add the eggs, one at a time, beating until just incorporated. Reduce the speed to medium, and beat in the flour mixture and the milk alternately in two batches until incorporated. Toss the blueberries with the remaining 1 teaspoon flour. Using a rubber spatula, gently fold in the blueberries. Scrape the batter into the prepared pan.

For the topping:

Scatter the blueberries over the top of the batter. Stir the sugar and cinnamon together in a small bowl and sprinkle over the batter.

Bake until a toothpick inserted in the center of the cake comes out clean, 45-50 minutes. Cool the cake in the pan for 20 minutes, then turn out and place on serving platter (topping side up).

Note: if using frozen blueberries, do not let them thaw, as they will turn the batter a blue-green color.

America's Best Lost Recipes, by the editors of *Cook's Country* magazine, 2007.

Heath Union Evangelical Church



The Reverend James Koyama, Minister
Dennis Ainsworth, Organist

Sunday morning worship 10 a.m.
All are welcome

Please join us for Bible Study every Thursday at 6 p.m., held at the home of Dennis Ainsworth, 215 Ed Clark Road, Colrain. Anyone interested in carpooling should meet at the church at 5:30 p.m.

Rev. Koyama is in town on Thursdays, with office hours at the church in the afternoon. You can also contact him on his cell phone anytime: 808-282-6711.

For information call Rev. Koyama
or a member of the Board of Deacons:

Hilma Sumner, Chair ...337-4845

Ruth Johnson337-4367

Walter Gleason337-4479

Church phone: 337-4019 to leave a message

Find us on Facebook

@ Heath Union Evangelical Church

Church News

We are enjoying the offering of our newly formed choir which sings most Sundays. We welcome anyone who would like to join.

At the Saturday Heath Farmers Market, you might find a church member serving coffee as part of the community activities.

Our first concert to benefit the church organ maintenance fund was July 10, with John Clark on French horn, Peter Row on sitar and Ajay Sinha with tabla. Over fifty attendees enjoyed this unique musical experience. Plan to come enjoy *Karen Brooks and Friends* in a Pete Seeger tribute on August 28 at 4 p.m., also here in our sanctuary. And watch for posters of other upcoming events.

As anticipated at the time of this writing, on July 30 the Heath Historical Society presented a *Dining with History* program featuring the stories of the "church youth of the 1960s and 70s," with Mick Comstock, when he was our minister.

If you enjoy good homemade food, come to the Ham and Bean Supper at the Heath Fair on Friday, August 19, 5:30 p.m. until gone. Then Sunday, August 21 at 9 a.m., we will hold our worship service under the tent at the fairgrounds. All are welcome.

The next potluck meal following morning worship will be September 4. Come enjoy good fellowship as well as good food.

Our building facilities are available for private events. Call Esther Gallup for details: 337-5367.



Obituary

Joanna Chastney, 95, passed away on Mother's Day, May 8, 2016, at the Quabbin Nursing Home. Funeral services were held at St. Francis Church, Athol, Massachusetts on May 14, 2016.



Joanna was the mother of Cecelia Sherman, James Chastney, Genevieve Ryder, Rosemary Chastney, and Phyllis Kory. Joanna was proud of her Lithuanian heritage, and one of her greatest joys was to visit Lithuania, the birthplace of her parents. She was always known for her Lithuanian kielbasa and sauerkraut. Joanna will be missed by her family and friends.



Death Notice

Eileen A. (Gingras) Tougas, 74, of 16 Swamp Road, died Monday, July 11, 2016, at Baystate Franklin Medical Center in Greenfield. A memorial Mass was held at St. Joseph Catholic Church in Shelburne Falls, with burial in Arlington National Cemetery. Further information and kind thoughts will be shared in the next (Oct./Nov.) edition of the *Heath Herald*.



Heath's Monthly Precipitation

Observed by Heath school staff and students

In this reporting period:	Rain
May	1 3/4"
June	3 1/2"

The last two months had a lot of beautiful weather, but a lack of rain. The only "uncommon" events were some snow showers on the 16th of May and a full moon on the summer solstice.

—Tim Lively

OBITUARY

GREENFIELD, MA. Grace Alice (Akley) Crowningshield, 91, of Route 8A in North Heath died May 16, 2016. Grace was born in Marlboro, Vermont on February 8, 1924, the oldest of five daughters of Bertram and Marion (Pool) Akley. Grace's sister Bertha (Jimmy) was born on Grace's third birthday in 1927.



Grace was raised and educated in Marlboro, Vermont, graduating from Wilmington High School in 1942. Growing up, Grace lived on the 200-acre farm that had been in the family since the late 1800s. Grace and her mother raised several pairs of oxen that grew up to help the family in the fields for haying, in the woods for logging and for sugaring. Grace used to drive the oxen doing haying and sugaring with her father. She also used to cut logs with a crosscut saw with her father.

Grace was proud of the fact that she was the first waitress hired by Richard and Joyce Hamilton at the Skyline Restaurant on Hogback Mountain in Marlboro, Vermont, where she worked for about five years.



Skyline Restaurant, 1939

On November 4, 1951, Grace married Kenneth Crowningshield of Heath. They moved to a farm in West Moreland, New Hampshire, which they farmed for several years. In 1962 they purchased the farm on 8A in North Heath that they named KenGra. Ken passed away in 1982. Grace lived on there until just a few months before her death.

Marcia Hamilton
Marlboro, Vermont



Gracie, you have left such a hole in my life. We did so many things together. We collected dozens of sap buckets, lifted tons of hay bales, chased loose cows, mended broken fence and nursed sick little calves and rabbits back to health. But in between we picked wildflowers and buckets of berries, went to the woods for balsam branches to make wreathes for Christmas, and sewed and crocheted together.

Yes, you are gone, but I must thank you for the wonderful memories you have left me with.

Love, Alli Thane

Favorite Memory

One of my favorite memories of Grace, in fact one of my favorite memories period, is of waitressing at the Community Hall suppers. The Community Hall had been outfitted with a kitchen and dining room downstairs. Upstairs, there were square dances every Saturday night. The suppers were fundraisers to help pay for the kitchen or to raise money for the Ladies Aid or youth group. There was a time when the suppers happened once a month. Volunteers were always needed--that's something that never seems to change about Heath--and we summer girls loved to get the call asking us to help out.

There were ham and bean suppers with Boston brown bread and pie, and once a summer the dessert was sugar on snow. Snow was made and brought in from the ski resort at Mount Snow, and while men and boys packed it in bread pans, girls and women waited tables. Of all the waitresses, the two I remember most are Carol Malone and Grace Crowningshield. Grace moved around the room with quick efficiency, filling coffee cups from the big aluminum pitchers or bringing the Melmac serving dishes heaped with food. She weaved in and out among the crowded tables with utter, well, grace, like a square dancer weaving round that ring.

Grace loved square dancing. After the farm work, after the waitressing, after all she did for the fair and the town, Grace "rested" by square dancing. I don't think I ever saw her miss a step.

—Pam Porter



People in the News

Congratulations to Fred and Victoria Burrington (formerly Victoria Echanis), married on Friday, July 1, 2016 in Heath, Massachusetts.

Calendar Items

If you would like an item listed, please drop a note in the black box in the town hall vestibule or send an email to TheHeathHerald@gmail.com. Include the event name, date and time, and location.

COMMUNITY CALENDAR

- July 30 DINING WITH HISTORY
Church Youth of the 1960s and 70s
5:30 p.m. Potluck, Heath Union Church
- Aug 6 SENIOR CENTER MOVIE
4 p.m., "An all-star movie set during the latter years of Hollywood's Golden Age"
- Aug 14 FRIENDS OF THE LIBRARY
Potluck, 6:30 p.m. Carr's Barn, 35 Hosmer Rd
- Aug 19 HAM AND BEAN SUPPER
Put on by the Heath Union Church
5:30 p.m. until gone, Heath Fairgrounds
- Aug 19, 20, 21 HEATH FAIR
- Aug 28 KAREN BROOKS AND FRIENDS
Tribute to Pete Seeger, 4 p.m., Heath Union Church
- Sep 3-10 HEATH ARTS EXHIBITION
Hours are TBA, Reception 2-4 p.m. on Sep 4, Community Hall
- Sep 4 HEATH UNION CHURCH POTLUCK
Following Sunday Service, All welcome
- Oct 1 HAZARDOUS WASTE DAY
See article below for details

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 more information.

SENIOR OPEN ART

Every Monday
Noon to 3 p.m. in the Senior Center - Open to all.

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.

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.

HEALTHY LIFESTYLE

Thursday, 11 a.m. to noon in the Senior Center
Weight loss through developing a healthier lifestyle

SENIOR LUNCHEON

Third Thursday of each month 11:45 a.m. in the Senior Center
A count is required by the Monday before the scheduled meal. Please sign up at the Senior Center.

Hazardous Waste Collection Event

The Franklin County Solid Waste District is holding its annual household hazardous waste collection on Saturday, October 1 at the Greenfield Community College CC Main Campus and Orange Transfer Station, **free** for all residents in the district.

Residents and businesses must pre-register between **August 25 and September 26**. Paper registration forms will be available at participating town offices and transfer stations. Registration forms may also be completed online at that time at:

www.franklincountywastedistrict.org.

Participants will be assigned an appointment time to bring wastes to the collection; appointment time will be provided by mail after registration is processed.

This collection provides an opportunity to dispose of hazardous items such as leftover oil-based paints, stains, thinners, household cleaners, pesticides, herbicides, pool chemicals, motor oil, antifreeze, fluorescent lamps, automobile batteries, and other household chemicals. See the **What to Bring** list provided.

—Amy Donovan

Program Director, FCSWMD

Contact information for the FCSWMD is on Page 24.

<p>What to Bring Any substance labeled: <i>Caustic, Toxic, Corrosive, Poison, Flammable, Warning, Danger, Caution</i> Antifreeze Arts & Crafts Supplies Asphalt Sealer Automobile Batteries Batteries: Button or Rechargeable Brake Fluid Carburetor Cleaner Chemistry Kits Creosote Degreasers Drain Cleaners Engine Degreaser Flea Powder Fluorescent Lights Fungicides Furniture Polish Gasoline</p>	<p>Gas Treatments Herbicides Insect Sprays Kerosene Lighter Fluid Mercury Thermometers Mothballs Muriatic Acid No-Pest Strips Oven Cleaners Paint: Oil-Based or Lead Only (No Latex) Paint Thinners Pesticides Photo Chemicals Pool Chemicals Radiator Flusher Rodent Killers Roofing Tar Root Killers Rust Proofers Sealants Solvents Spot Remover</p>	<p>Stain Toilet Cleaners Transmission Fluid Upholstery Cleaner Used Motor Oil Varnish Wood Strippers Wood Preservatives</p> <p>What Not to Bring ✗ Latex Paint ✗ Asbestos ✗ Gas Cylinders ✗ Radioactive Material ✗ Empty Containers from Hazardous Products ✗ Explosives Including Ammunition and Fireworks</p>
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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, 413-337-4957
Brian DeVriese, 413-337-5525
Robyn Provost-Carlson, 413-337-5316

Town Clerk, Hilma Sumner
townclerk@townofheath.org
Tuesday and Thursday 9 a.m. to noon
Monday 4 to 5 p.m. 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

BOARDS AND COMMITTEES

Board of Assessors
Monday 10 a.m. to 5 p.m.
Robyn Provost-Carlson, 413-337-5316
Alice Wozniak, 413-337-4949
Heidi Griswold, 413-337-4079

Board of Health
Karen Brooks, Chair, 413-337-6614
Charlie Cornish, 413-339-8309
Betsy Kovacs, 413-337-5346
Mike Freeman, 413-339-4239
Armand Clavette, 413-337-4065

Finance Committee
Don Freeman, Chair, 413-337-4854
Ned Wolf, Secretary, 413-337-4476
Jeff Simmons, 413-337-4994
Gloria Fisher, 413-337-6626
Jan Carr, 413-337-5747

Library Board of Trustees
Deborah Porter, Chair, 413-337-4715
Kate Bailey, Secretary
Janis Carr, 413-337-5747

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

Agricultural Commission
Jessica Van Steensburg, 413-339-4904
Nina Marshall, 413-339-4756
Walter Gleason, 413-337-4479

Cemetery Commission
Jerry Gilbert, Central Cemetery, 413-337-4355
Claire Rabbitt, North Cemetery, 413-337-8309
Eric Sumner, South Cemetery, 413-337-5330
Matthew Lively, Sexton, 413-337-4331
Hilma Sumner, Burial Agent, 413-337-4845

Conservation Commission
Brian DeVriese, Chair, 413-337-5525
Dennis Peters, 413-337-4014
Ellen Jenkins, 413-337-5353
Bernard "Buck" den Ouden, 413-337-4002
Jessica Van Steensburg, 413-339-4904

Historical Commission
Margaret Freeman, Chair, 413-337-4854

COMMUNITY

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

School

Heath Principal

Jesse Porter-Henry, 413-337-5307

MTRSD School Committee Representatives

Budge Litchfield, 413-337-4957

Kenneth Rocke, 413-337-5753

Franklin County Technical School Representative

Art Schwenger, 413-625-2526

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: 413-337-830

Senior Center/Community Hall, 413-337-4847

Eileen Lively, Senior Coordinator, 413-337-4742

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

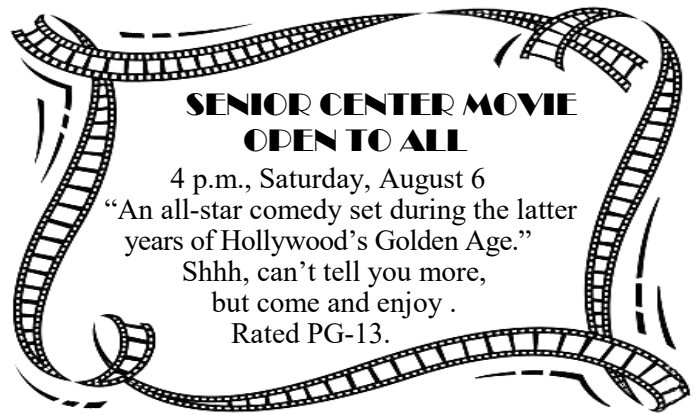
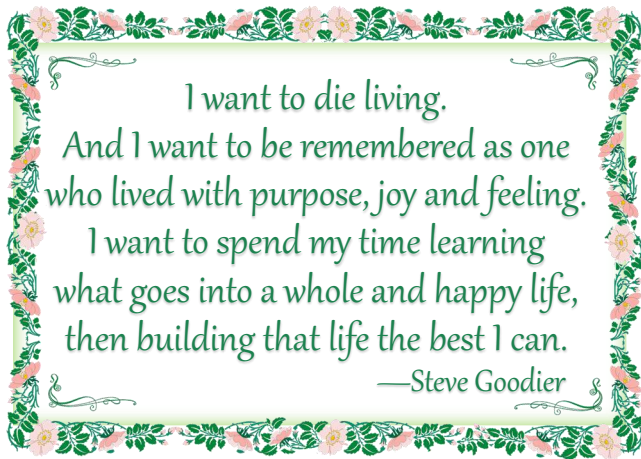
Wednesday, noon to 4 p.m. all year

Saturday, 8 am to 4 p.m. all year

Monday, 9 a.m. to 1 p.m. **June through September**

Volunteer Fire Department

Ken Gilbert, Chief, 413-337-4461



FCSWMD
 Franklin County Solid Waste Management District
 For more information on any programs or events,
 contact the FCSWMD at: 413-772-2438,
info@franklincountywastedistrict.org,
www.franklincountywastedistrict.org.
 MA Relay for the hearing impaired:
 711 or 1-800-439-2370 (TTY/TDD).

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