



HEATH HERALD

Heath's First Newspaper

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"The Bridge"

Robert Strong Woodward—1927



"Stone is the consummate material of mass. When it is used to define a space, that space takes on significance by association as though solidified by the contrast between the weightiness of stone and the lightness of air."

Dan Snow- "In the Company of Stone"

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Cover: This chalk and pastel composition was completed by Robert Strong Woodard in 1927. At that time, he was driving in a buggy up to Heath to make his paintings and chalk drawings.

Heath Fair photos courtesy of Art Schwenger.

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The Heath Herald

PO Box 54, Heath, MA 01346

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Surrounded by Stones

“Humans have been drawn to flat, level stone surfaces from our very beginnings. Flat stones are like reference points in an ever-changing world, a place to gather around that remains steady.”

Dan Stone, from his book In the Company of Stone 2001

Throughout Heath, there are old stone structures that give testimony to the ingenious ways people have used the abundance of stone in our landscape throughout time. These structures, both beautiful and functional, have remained “steady” for centuries. They have inspired farmers, artists, writers, storytellers, not to mention generations of amateur history buffs who see the beauty in them and are inspired to imagine how life used to be. The following are two of the more obscure of these stone treasures. To find them one has to go off the beaten paths of our time and follow some of the forgotten roadways of the past.

road. Steve Kinsman refers to this road as the Stage Road and has said that it was one of Carroll Stowe’s favorite places to hike. Carroll used to tell of using the road for logging with horses. He was particularly taken by the simple yet durable design of the culvert.



INDIAN CHIMNEY



Photos by J. Henry

The first is what is commonly referred to as the “Indian Chimney,” though who or why it was built is unknown. Very little in fact is known about the structure, but some have speculated that it was originally built to make charcoal. Others have thought that it could have been part of a still, or used for sugaring. Whatever the use, the chimney is a well-built structure that, despite being exposed for decades of harsh weather, remains completely intact. Its age is unknown but it is certainly over 80 years since Fred Lively (Veronica Smead and Tim Lively’s dad) talked of going there throughout his lifetime. The chimney is located deep in the woods behind the Newman’s home on Number Nine Road—so deep into the woods, in fact, that it is probably over the town line in Rowe.

The second is a stone culvert that is a testimony to the engineering expertise of early road builders. It has withstood many hurricanes, the most recent being Irene that washed out the area all around the culvert but left the culvert itself intact. It is located on an old abandoned road that connects Hosmer Road to Colrain. The road appears on the map of 1830 according to the book *Heath Massachusetts, a History and Guide Book*, by Edward Calver. One would guess that the culvert is as old as the



STONE CULVERT



Photos by A. Schwenger

Getting to either of these locations requires someone who knows how to locate them. In the case of the culvert, Art Schwenger and I recently tried relying on our memories of a walk we took with Carroll Stowe many years ago. We ended up bushwhacking through blackberry briars, taking several wrong turns. We were about to give up when we finally came upon it. We were very excited that our memory did eventually lead to the culvert and even more pleased about the memories of Carroll Stowe that hiking together brought back. Later Art learned, however, that Steve Kinsman could have easily directed us there!

As far as the Indian Chimney, there is only one person I know who could lead you there, and that is Marty Newman. Marty knows the woods well and loves to walk them. He has many wonderful stories to tell of playing in them as a child as well as a wealth of knowledge about the woods itself. Marty is happy to take people up to the chimney and would love to hear from anyone who might have any knowledge of it. Give him a call. His number is 337-4301.

When considering stones for our new Veterans Memorial, it is good to remember that we are continuing this fine tradition of building with stone in Heath.

—Deb Porter


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A Tale of Two Bishops

As the story goes, the Reverends Charles K. Gilbert and Angus Dun, both bishops in the Episcopal Church, enjoyed outdoor pursuits, including working as novice stonemasons during their summer vacations here in Heath. As it happens, Pondside, Bishop Gilbert’s summer home in the Dell (now owned by Nancy and Steve Thane), needed a stone retaining wall next to what would become a long driveway. This would have been in the late 1930s, as best we can figure. One man starting on one end and the other on the opposite, the two clergymen built the four-foot-high wall, moving toward the middle in a friendly sort of competition. While we do not know who “won” nor do we know who preferred which method of stone-wall construction, there is a decided difference in style from one end to the other. Most notable is the fact that

there are many very large stones (almost boulders) in one section with mostly small-to-medium sized stones in the other. While we have no sure verification of this story, nor do we recall when or by whom it was first passed along, we always enjoy sharing it as a bit of Dell folklore.

—Nancy Thane



Photo courtesy of N. Thane

A Letter to Enzo

The following is an excerpt from a letter Bob Viarengo wrote to his grandson, while awaiting his birth. It was originally published as part of a project sponsored by the Council on Aging.

March 1988

Dear Enzo,

In the fourth month of your mother’s pregnancy, I started rebuilding the stone wall bounding our home on the east. It turned out that this was the place that the farmers who cleared this land over two hundred years ago had dumped much of the stone they had wrested from the soil. Over the years, it had sunken beneath the surface, but slowly I exposed it again. So I’ve had a very fine selection of raw material for my project. This is important, as most of the stone is very irregular. I may try eight or nine pieces in order to find one that will nestle into the curves of its neighbor. Bulges and sloped edges must be hidden within, and only straight faces allowed visibility to the elements. The smooth, rectangular shape the eye beholds, like the banter passing between casual friends, masks the complexity of its interior.

Snowdrifts, which covered the wall on the day of your birth, are gone now; only traces of dirty white nestles in the shade of the stones. By noon, sunlight melts the night’s frost. Spring comes late—and grudgingly—in Heath, but it has now arrived. I’ve brought out my pry bars, gloves, and kneepads and have resumed work. The wall is not really straight, and it’s wider in some places than others, as I leave some of the larger stones in the beds they have chosen over the decades. But it’s solid and should withstand the forces of nature for generations to come.

Soon we will stand here together, under the shade of the old sugar maples, and survey this wall, and the bond of love between us. Perhaps someday you’ll stand here, an old man, with your grandson. You’ll bring him here in the late afternoon on a day when the sky is blue. The sunlight will be warm, bathing the different hued stone in delicate colors. In spring there will be a background of flowers, in winter sparkling snow. In the fall, he will see the orange and red leaves of the maples towering over my wall and carpeting it with color as they drop to the ground.

Tell him that this wall was my gift to you, conceived and created as you were being formed. Tell him that he is loved as I love you. Tell him about my prediction about you, and whether it came true. Enzo, we welcome you to the world.

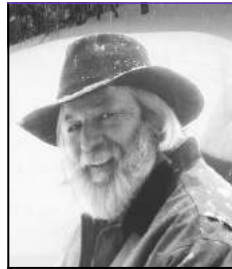
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Photo courtesy of D. Porter



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—Bill Lattrell

Jay and Me

When you live in a town famous for its wild lowbush blueberry crop, raising the highbush variety can raise an eyebrow or two. Back in the 1980s I once mentioned that I had a small blueberry orchard at a party where one of the attendees was a local blueberry farmer. When he learned that I had highbush blueberries he remarked, “Well, they really aren't that bad considering they all originated in a swamp!” I laughed at the time, and of course he was right. Our modern cultivar highbush blueberries all hail from ancestors that love wetlands. I know. I spent much of my childhood crawling around ancient kettle ponds formed originally by glacial ice blocks. These ponds were surrounded some 15,000 years ago by gravel and sand left by retreating glaciers, then morphed into isolated wetland swamps known as kettle swamps. And they were all chock-full of highbush blueberries.

Our blueberry orchard, roughly 30 shrubs ranging from 5 to 30 years old, is what one would call, with all certainty, a hobby orchard. Not big enough to be commercial, but the 40-80 pounds it yields will certainly keep this berry picker busy during late summer evenings. I learned to pick berries as a kid in those kettle swamps—one-berry-at-a-time. Unlike lowbush berries that can be picked with a scoop because most ripen at about the same time, highbush blueberry bushes can yield berries for up to 6 weeks on a single plant. The one-berry-at-a-time routine takes patience. And it takes time. Lots and lots of time spread out over half of the summer.

Highbush blueberry pickers are a different sort. You have to love the process. Getting each berry nearing its peak of ripeness takes practice, skill, and a willingness to pass up a berry to be picked the next day. The problem is that this waiting can yield losses to marauding birds, especially the pesky cedar waxwing. Why not cover them? Well, that's a good question. To make a long story short, the bottom-line is that I've been there and done that. The reality is these birds prize the blueberry and will spend inordinate amounts of time and energy to defeat any obstacle. Nets are a cinch. They rip them and they find ways under them. They even sneak in while you pull the netting aside to harvest the ripe berries yourself! Worse, building



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net structures or taking nets off and putting them back on takes time—precious time that should be spent picking each blueberry while examining it on all sides to be sure that it is perfect.

I've thought long and hard about how to deal with the bird problem. Robins and blue jays aren't so bad. They'll eat quite a few berries, one at a time, but they don't come in huge flocks. Cedar waxwings nest and raise their young in the late summer. They are late-summer nesters because they are primarily berry eaters. It makes sense for them to have peak harvests when their young are hatched and in the nest. Hence, the late summer nesting habit. Worse, they send out scout birds. I've seen them lurking on nearby branches just waiting to swoop down and sample the treasure. And when they discover that there are a large number of ripe blueberries, they go back to some sort of clandestine waxwing meeting and tell the entire flock. A flock can kill an entire picking in less than ten minutes. And they'll do it over and over again as the berries ripen. I know, it has happened to me. Trying to stay ahead of them requires one to pick early and often. The perfect berry can't be harvested in such a manner!

Last summer I made a discovery. There was an aggressive blue jay that used to pester me while I was picking berries. I respected his antics, but one day when he flew right into my face I chucked a small two quart plastic bucket in his direction. The blueberries in the bucket went everywhere. The bucket missed the bird by at least a yard. The result, however, was that the blue jay just sat about 20 feet away in a blueberry bush and squawked at me incessantly. He was really upset. I felt guilty and let him be. During that entire pick the blue jay let me know that he did not approve. I had it coming, so I let him carry on. The next day I was walking by the orchard and I saw the same jay squawking at a couple of cedar waxwings. When the squawking didn't work, he flew right into them, just as he'd done with me, and chased them away. I assumed they were scouts and I was amazed at how intimidated they were by the blue jay. He was downright nasty to them. I praised the blue jay from a distance. He wasn't at all impressed with the singsong tone I used during my moment of praise. After all, the day before I had chucked a bucket at him.

The next day while I was picking, he arrived and was ranting and raving with his squawking, letting me know that these were, in his opinion, his berries. I ignored him and didn't even react when he took a couple of the ripe berries only a few yards away. This went on for a few more days, us tolerating each other, and soon enough, on

most days, he'd simply go about his business while I went about mine. Then one day, the cedar waxwing scouts showed up while I was picking. I was looking around my feet for something to threaten them with. The jay took action and gave them hell. He wasn't about to let some renegade birds horn in on his territory. It was bad enough that he had to share it with me! When he returned from the chase, he went back to work. I whistled a tune while picking. The blue jay stopped harvesting his supper and listened for a minute. I could tell he saw no value in my whistling—after all he is a bird—but I could also tell he was tolerating me. That's when I named him Jay. Jay and I had a strategy. We each went about our business. He'd chase away cedar waxwings, robins, catbirds—you name it. And I wouldn't disturb him while he was picking.



Soon enough the berry picking season was over. I saw Jay around occasionally. He is quite large and very easy to recognize. For the most part, we saw very little of each other.

This season, early on in July, I was inspecting to see when the berry season might begin. I looked up and Jay was doing his inspection of berries, too, a few bushes away. We both knew the dance. He'd do his job chasing other birds away, especially the predatory cedar waxwing. I'd leave him alone to pick the berries he needed for sustenance. The world would be nearly perfect. The harvest this year was outstanding. I could tell Jay was doing well, too, because he looked a little on the rotund side despite the daily exercise of providing blueberry security and chasing wayward birds.

We were now, officially, a team—and both living in a town full of lowbush blueberries and preferring the ones right in front of us. Oh, the eyebrows may still get raised, but now there are two of us! Jay and me. Two peas-in-a-pod. Berry-picking fools!

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Green Thoughts

—Pat Leuchtman

Gift Books

Long before I was a gardener, I was a reader. One of the delightful things about gardening is that the world of garden books takes me down many unexpected and fascinating garden paths. As the New England gardening season comes to a close and gift-giving season approaches, I begin to think more about gift books.

I like to think about which books I might choose far enough ahead of time so that I can read, or at least browse through, those gifts before I get out the wrapping paper. This year I came across several books that I thought would make especially good gifts. As we packed and unpacked all our household goods after our move to Greenfield this past year, I also held a few books in my hands that had not been used recently. Not all the books I will mention are brand new, but none of them has lost their charm or usefulness for me.

I met Pam Penick at a gathering of garden bloggers a couple of years ago, and again this past summer. If anyone knows about the trials of living through a drought, it is Pam. She lives in Austin, Texas where it is always dry. She has turned her experiences in dry gardening into a comprehensive book, *The Water-Saving Garden: How to Grow a Gorgeous Garden with a Lot Less Water*. The book makes good on her promise by coming at the problem from several different angles. Pam goes way beyond suggesting drought-tolerant plants and efficient irrigation systems. She shows us that using hardscaping, including sculptures and other art, and shade-making arbors or pavilions are other ways to save water in the garden. One unique idea was to create plantings that imaginatively mimic water. Vines can create shade on an arbor, or they can imply a waterfall cascading on a fence. Long blooming perennials like salvias and catmint can simulate a meandering stream. In this case you are also calling into action the power of a mass planting.

Drought isn't usually such a problem for us in our part of the world, but weather seems much less predictable these days. I can imagine a garden area that is designed to be especially drought tolerant, where one could sit amid an intrepid loveliness while the rest of the garden palely endures until another season.

One of my favorite books frequently referred to is Dr. Douglas Tallamy's *Bringing Nature Home: How You Can Support Wildlife with Native Plants*. Tallamy has also teamed up with Rick Darke, designer and photographer, to write *The Living Landscape: Designing for Beauty and Biodiversity in the Home Garden*.

I used to think that since I lived on 60 Heath acres I didn't need to worry about supporting pollinators and birds. Then we took a walk through our property with an Audubon expert and learned more about the trials that birds and other wildlife face as land is developed and the corridors that they had been able to use for food and shelter as they travelled have been fragmented. After that session, I realized we all have responsibilities, wherever we live, to support pollinators and wildlife.

Tallamy and Darke stress the value of planting natives. Native plants evolved along with native living creatures that support each other by providing food and reciprocal services. Trees and other plants may have bugs that eat their foliage but do not do fatal damage because even seed-eating birds are collecting those insects to feed their babies. When land is taken over by invasive non-natives (and not all non-natives are invasive), the native plants are out-performed. The insects that used to make moderate meals from the natives cannot digest the non-natives; therefore, birds no longer have the insect meals they require. Quite a negative chain of consequences.

The Living Landscape makes it clear that a garden that contains many natives does not have to look like a wild, untended mess. The beautiful photographs illustrate many of the how-to elements of this book as well as the results. There is also a substantive appendix, listing native plants by geographic area, and the landscape and ecological functions of the plants mentioned. *The Living Landscape* also emphasizes the importance of plant layers, just as the Audubon expert did. Trees are the tallest layer, then come shrubs, and then perennials and groundcovers.

The Layered Garden: Design Lessons for Year-Round Beauty from Brandywine Cottage is the well-illustrated story of how gardener and designer David L. Culp created the gardens around the house he bought in 1990. I was in total agreement with him when he said that his new garden was not created in a year or two. He knew dreams did not come true instantly, and he also knew that reality intrudes and dreams change. Gardens must unfold. I feel this as I work in my much-smaller-than-Culp's garden. I continue to learn about our in-town lot, and it is certainly much smaller than his Pennsylvania garden. After living in Heath with lots of land, I know that a garden never ceases its unfolding—and that is the joy. Heavily and beautifully illustrated as it is by photographer

Rob Cardillo, the book might look like a glamorous coffee table book, but it includes plenty of botanical information and how-tos.

The Cabaret of Plants: Forty Thousand Years of Plant Life and the Human Imagination by Richard Mabey takes us down the varied garden paths of botanical history, science, medicine, and art. He touches on the relationships between plants and such notables as DaVinci and Darwin, and the histories of plants as diverse as cotton and oxlips. Just a few of the 30 chapter titles will give you a sense of the tone and scope of the book: "Wooden Manikins: The Cults of Trees," "The Panacea: Ginseng," "The Challenge of Carnivorous Plants: The Tipitiwitchet," "On Being Pollinated: Keat's Forget-Me-Not," and "Plant Intelligence: Mimosa."

Mabey is a great storyteller, "delightful and casually learned," just as one imagines all British writers and gardeners are. While reading the *Cabaret of Plants* I can almost feel "casually learned" myself.

The Elmer and Mary Sherman Conservation Area, Judd Road

John and Martha McDonough donated a 20-acre woodlot on Judd Road to the Franklin Land Trust in 2015, permanently conserving a healthy sugar maple stand and well-maintained woods roads. The property, called the Elmer and Mary Sherman Conservation Area, is open to the public for hiking, hunting, and wildlife viewing, and will be managed for forestry and wildlife.



The Elmer and Mary Sherman Conservation Area is named for Martha McDonough's parents, who moved to Heath in the 1950s and supported the family by living off the land. Martha's father hunted and cut wood for heat, building, and sale. Martha's mother had a large vegetable garden that she tended while raising three children. Each spring, the family made over 200 gallons of maple syrup. The McDonough's decision to conserve this property honors the legacy and stewardship ethic of Elmer and Mary Sherman.

The Franklin Land Trust works with people to conserve the farms, forests, and other natural resources significant to the environmental quality, economy, and rural character of our region.



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Town Nurse

—Claire Rabbitt, RN

Posture

I would like to pass on excerpts from the May 2016 Mayo Clinic Health Letter Special Report on how practicing good posture can improve health and wellbeing.

Posture is defined as “how you hold your body, whether you’re standing, sitting, or lying down.” The ideal or neutral posture “is when your body is aligned and balanced in such a way that your body structures are properly supported and protected.” Maintaining good posture prevents strain on joints, muscles, and spine, reducing risk of injury as well as improving appearance, confidence and mood. “People who practiced power poses before a mock interview projected higher levels of confidence and were considered to be more desirable candidates compared with people who were asked to practice low-power postures before the interviews.”

In order to improve posture, you need to first assess your posture. Start by looking in a mirror or at a recent photo, or try the “wall test”:

“Stand so that the back of your head, your shoulder blades and your buttocks touch the wall, and your heels are 2 to 4 inches from the wall.”

“Put a flat hand behind the small of your back. You should be able to just barely slide your hand between your lower back and the wall for a correct lower back curve.”

“If there is too much space behind your lower back, draw your bellybutton toward the spine. This flattens the curve in your back and gently brings your lower back closer to the wall.”

“If there is too little space behind your lower back, arch your back just enough so that you can slide your hand behind you.”

“Walk away from the wall while keeping a correct posture. Then return to the wall to check whether you kept a correct posture.”

Tips for standing posture:

“Reach the top of your head upward while looking straight ahead. Imagine you’re a puppet with a string coming out of your head and someone is pulling on the string, but don’t tip your chin up or extend your neck. Typically, first performing a gentle chin tuck, as though you were going to make a double chin, is helpful in finding the ideal neck position.”

“Keep your shoulders back, relaxed and level. If you find them raised or hunched forward, imagine that you’re trying to tuck your shoulder blades into your back pockets.”

“Engage your core muscles by drawing your bellybutton toward your spine. This will help prevent you from overarching your back.”

“Your legs should be straight and your knees neutral, not bent or locked, and you should feel your body weight over the middle of your feet, not over your toes or heels.”

“Keep breathing normally as you find your neutral posture.”

Tips for sitting posture:

“Use a firm upright chair.”

“Sit with your back pressed against the chair. You can use a small pillow or a rolled towel in the curve of your back if you need more support.”

“Face forward with your chin slightly tucked, your shoulders relaxed and your bellybutton gently pulled in. Center your weight over your sitting bones.”

“Ensure that your hips and knees are at a 90-degree angle and that your feet are resting flat on the floor.”

Tips for sleeping posture:

“Sleeping on your back: Placing one or two pillows under your legs can reduce stress on your spine by half, and help maintain the natural curve of your lower back.”

“Sleeping on your side: Lightly bend your knees, but don’t draw them too tightly to your chest. Place a pillow between your legs to reduce pressure on your back and spine. Keep your head positioned as if you’re looking straight ahead to maintain proper alignment.”

“Sleeping on your stomach: Sleeping on your stomach can strain your back, neck and temporomandibular joint. If this is the only way you can fall asleep, place a pillow under your pelvis and lower abdomen to reduce the strain. Try sleeping without a pillow under your head if the pillow places too much strain on your back.”

A word of caution: If you sleep well and wake up pain and discomfort free, I advise not trying the above sleeping adjustments without consulting your health care provider. “If it’s not broke don’t fix it.”

Overall, I think practicing good posture is good for our health and wellbeing, and just developing an awareness of it is the first step.



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

Joe Canali

Four Emmys and Counting . . .

So I have to admit—I never thought I would wind up where I have at this point. Growing up in Heath in the late 70s and 80s, I never considered working in television as a career choice. This was before the age of DirecTV and cable. Living in the Dell, we were lucky to get one channel over the air and sometimes we didn't even have that. My first exposure to professional media was through my father, who worked at several radio stations in the area while I was in high school. It always seemed like fun, and from what I understood about working for a living, this didn't look like a bad option. But I really had no idea how make it happen. That changed at Greenfield Community College (GCC) where, as a liberal arts major, I began taking video production classes as some of my electives. It's hard to explain but it just clicked. GCC led to Springfield Technical Community College then to Emerson College in Boston.

Every step of the way felt right—like it wasn't even a choice, but a path that I needed to travel. Leaving Western Massachusetts for Boston was a tremendous culture shock for me. I had to leave all of my friends behind and start a new life. It doesn't seem like much now, but for a 21-year-old kid from Heath, finding myself essentially alone in the city really was a huge transition. Of course, as soon as I started classes, I began meeting people who were on the same path as I was...I learned to see television as more than local news, and embraced it as an art form. This attitude landed me my first internship at a company in Watertown, MA, that had been founded by two of the original producers of the documentary series *Nova*. I still fall back on the experience I got there. The Chedd/Angier Production Company served as sort of a grad school for me, and I ended up spending a little over four years there. I quickly found myself working with the likes of Alan Alda, and contributing to the show *Scientific American Frontiers*. However, I began to realize that my role there was always going to be limited. As amazing as everyone was, it was going to be very hard for me to advance within the company, so I decided to look for other opportunities.

I took a leap of faith and moved to Florida with the hopes of landing a job with the NBA franchise, *The Orlan-*

do Magic. A freelancer at first, I ended up with a full time gig that lasted six more years there. It was the perfect job for me. I loved television and was an absolute sports junkie. I was able to shoot, produce and edit halftime features, pre-game teases, jumbotron elements, and everything else you can imagine would be needed to support a sports broadcast. Trips back home to Heath would make my wife and me homesick, though, so I knew it was time for a change. I started talking with everyone I knew who had any connection with ESPN and in 2006, I was able to land a job with ESPN in Bristol, Connecticut. Seven years later I moved to Bluefoot Entertainment in West Hartford, still working with ESPN a great majority of the time, but in a smaller, more informal environment.

My time at ESPN took my skills to the next level.



When you get to a place like that, they require you to focus on a single skillset, and editing was where I always excelled. For the first time in my career I was able to edit everyday. I was working on the shows I grew up watching, and sitting in the edit room with producers I had admired from a distance for years. It was an absolute dream come true. The talent level at ESPN is second-to-none in the sports television industry, so the expectations you put on yourself begin to rise. When you start to operate at a higher level, you become attractive to your peers, and

projects that warrant recognition start to come your way.

I'll never forget getting the invitation to attend the *2008 Sports Emmy Awards* in New York City. I honestly didn't even care if we won. I was just so thrilled to be asked into the room. When our category came up and they called our names, it was beyond surreal. I still have a hard time believing we won, but we certainly did. I realized at that moment, as I looked at all of the people that I worked with on that particular project, that it takes an amazing team to reach that level. I've been fortunate enough at this point to be part of three other *Emmys*, (two of the four with ESPN and the other two with Bluefoot Entertainment) but to me, it's honestly all about the work that is put in everyday, and the conversations that take place in the edit room. I love sitting down with endless hours of material, crafting it into a crisp watchable piece. There are endless possibilities for how anything can be cut together...I still can't believe they allow me to make some of those choices.

—Joe Canali

NATURE NOTE: What Gorgeous Pigments!

The brilliant autumn foliage that we are now experiencing is the result of the comings and goings of three types of pigments. Chlorophyll is the pigment found in all green plants. Carotenoids are the pigments that produce the orange and yellow colors found in carrots, bananas, and egg yolks. Anthocyanins give flowers and fruits such as blueberries and grapes their red, purple, and blue colors.



The carotenoids are actually present in leaves all summer long but it's not until the end of the growing season when trees stop making chlorophyll that those yellows and oranges are unmasked as the green color disappears. Anthocyanins are not produced until this time as they are the production of the break-down of sugars in preparation for winter. Each species of tree has different percentages of these pigments resulting in a different autumn color. You can think of that color as the unique mixture of the colors on its pigment palette!



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—Susan Draxler



The Friends of Robert Strong Woodward
present
**Robert Strong Woodward
Farmers' Castles**
September 3 – October 30, 2016



*Robert Strong Woodward (1885 – 1957),
Farmer's Castle*

“New England barns are another of Mr. Woodward’s loves,” observed a reviewer in 1928. “He does them time and time again, from different angles and in different lights ... Sometime he hopes to have a show of nothing but barns, if only he can collect enough pictures.”

“Mr. Woodward might not have become the ardent lover of his Buckland pastures, barns and bridges, if he had had a wider world to range,” continued the same reviewer. “But that condition once accepted, it gave his work a deeper and more intimate touch than the more cosmopolitan artist possibly might show. Every stone in every crumbled wall, every tree in every pasture, ... every wide weathered pine plank in every faded red barn – one feels that a knowledge as close and keen as this is Mr. Woodward’s. He has become the poet in paint of his own locale.”

**Memorial Hall Museum
Pocumtuck Valley Memorial Association
8 Memorial Street, Deerfield, MA**

Museum Hours: 11 a.m. to 4:30 p.m.
Tuesday through Sunday (closed Mondays)
Admission: Adults – \$6, Ages 6 to 12 – \$3
(Admission grants access to both the exhibition and the museum’s collections)



Thank you to all
the volunteers that
made the
HEATH FAIR
so successful.
See you all
at the 100th!
*Heath Agricultural
Society*



HEATH FAIR MEMORIES

August 18, 19, 20, 2017 Heath Fair will be the Centennial Year Heath Fair! And, as we all know, the Hundredth Year of the Heath Fair is something to get excited about. Therefore, the *Heath Herald* would like to celebrate all year long, with your help. We hope to publish select pictures and memories in each edition of the *Herald* throughout this upcoming year. Please join us as we celebrate the past 100 years in anticipation of the Centennial Fair weekend. Send us pictures (digital much preferred) of people, events, and even those you have taken of your blue ribbon prizes over the years. Label with names and year, if possible.

Also, please share some special memories. They don't have to be long; even one sentence will do. If you don't like writing, send a few notes, or give me a call and we can write them up for you. We want to hear from everyone; young, middle-aged, old, Heathan or out-of-towner. We know that everyone who has ever attended the Heath Fair has a good memory or two. Let us print yours for all to enjoy. We anticipate that we won't be able to accommodate all submissions in our regular issues, but be confident that the more we have, the bigger a final spread we will be able to publish next summer.

—Nancy Thane, *Managing Editor*
413-337-5580
theheathherald@gmail.com



HEATH FAIR 100TH-AUGUST 18, 19, 20, 2017!

Save The Date!

Join the Heath Fair 100th Committee of the Heath Agricultural Society which is already hard at work planning special activities to celebrate the 100th Fair! There is a long list of great ideas which need leaders in order to make them happen. If you have any ideas and/or want to participate in the group, please contact Art Schwenger at artschwenger@gmail.com, 413-337-4077 or Betsy Kovacs at betsy@bkovacs.net, 413-337-5346.

The Way We Love To Eat Local Recipes by Local Folks

The recipes in this issue are a salute to young bakers in our community. The recipes come straight from the 2016 Heath Fair, and are all prizewinners. It is impressive to note that both Silas Freeman and Pippin Paulsen were not content to just pick any old recipe: they both altered their recipes to get just the taste they wanted. The judges were impressed!

Caylin Sumner won the cake decorating class, which needs no recipe and speaks for itself.



Charlotte Freeman's Chocolate Chip Cookies

- 1 cup softened butter
- 3 cups flour
- 1 cup white sugar
- 1 tsp. baking soda
- 1 cup brown sugar
- 2 tsp. hot water
- 2 eggs
- ½ tsp. salt
- 2 tsp. vanilla
- 2 cups chocolate chips



- Preheat oven to 350 degrees.
- Cream butter and both sugars.
- Beat in eggs, and then add vanilla.
- Dissolve baking soda in water, and add to batter with salt.
- Stir in flour and chocolate chips.
- Drop by large spoonfuls onto an ungreased pan.
- Bake for about 10 minutes or until edges are browned
- Makes about 2 ½ dozen

Pippin Paulsen's Crazy Chocolate Cake!!!



Cake

- | | |
|--------------------|-----------------------|
| 1 ½ cups flour | 1 cup water |
| 1 cup sugar | ½ cup vegetable oil |
| 1 tsp. baking soda | 1 tsp. vinegar |
| 1 tsp. salt | 1 cup chocolate chips |
| ½ cup cocoa powder | |

Blend dry ingredients, then add the rest of the ingredients until thoroughly blended. Put into heavily greased pan and drop in chocolate chips. Bake at 350 degrees until firm to the touch. Let cool on stone.

Frosting

- 1½ cups butter
- ½ cup milk
- 1 cup cocoa
- 2 tsp. vanilla
- 5 cups confectioners sugar

Stir together dry ingredients. Whip in wet ingredients until thoroughly mixed. Place into icing bag.

Filling/Drizzle

- 2 cups chocolate chips
- 3 dashes heavy cream

Melt chocolate chips, add cream and stir thoroughly.

ASSEMBLY: Cut cake in half horizontally. Put icing around rim like a wall, fill with drizzle and add extra chocolate chips. Stack cakes & add crumb coat of icing. Put in fridge for hour until icing is strong to touch. Then put base coat of icing down, and smooth out. Put back in fridge and let set. Then take drizzle and spoon it out on top and let it drip over sides, or push over sides with a spoon. Add sprinkles in the middle and spray them out. Add chocolate chips around the rim for additional decoration.

This is just one of Pippin's original recipes. See our next issue for more on Pippin's baking business.

Silas Freeman's Maple Syrup Brownies



4 oz. unsweetened chocolate
 3 eggs
 $\frac{3}{4}$ cup butter
 1 tsp. vanilla
 1 cup sugar
 $\frac{1}{4}$ cup milk
 $\frac{3}{4}$ cup maple syrup
 1 $\frac{1}{2}$ cup flour
 $\frac{1}{8}$ tsp baking soda

- Melt chocolate and butter together, stir until smooth.
- Stir in sugar and maple syrup.
- Beat eggs. Add milk and vanilla.
- Add flour and baking soda. Mix well.

Silas used a pan that makes mini-brownies, but a 9 x 12 pan would work as well. Spray the pan with Pam.

Bake at 350 degrees for 30 min. (9 x 12 pan). Mini-brownie pan bakes in 15 – 20 min.

Hazel Wilmeth's Northfield Cookies



1 cup maple syrup
 1 tsp. soda
 2 $\frac{1}{4}$ cups flour
 1 tsp. salt
 1 $\frac{3}{4}$ tsp. baking powder
 1 $\frac{1}{2}$ tsp. maple flavoring

- Bring syrup to boil. Remove from heat. Add soda and butter.
- Blend remaining ingredients except the maple flavoring and stir well.
- Chill slightly and add flavoring. Preheat oven to 350 degrees.
- Roll out paper-thin dough using scant flour on the board. Cut as desired (Hazel used a maple leaf cutter, of course.)
- Bake on a lightly greased pan for 6 minutes. Do not bake too long!

—Photos by C. Freeman and D. Porter

Broadband Update


The Heath Broadband Committee (BBC) had its first meeting on July 19, 2016. Members include Al Canali, Jan Carr, Erich Holan, Kara Leistyna, Sheila Litchfield (Chair), Jansen McNay, David Muenkle and Art Schwenger. The charge of the BBC is to provide the best sustainable broadband services to all residents who want it.

The BBC is following a process working with the state's Massachusetts Broadband Institute (MBI) required to access the allocated state funds for this project. The committee is also exploring other possible options for broadband. For the MBI process, Todd Corcoran is our project engineer and Bill Ennen is our liaison



to the governor. Each official has come to Heath and met with the selectmen and broadband committee members.

The committee's completion of a lengthy Heath-specific sustainability worksheet in the Town Readiness Submission Form is a significant step in the make-ready process. When Heath has completed all requirements, MBI will release funding of \$444,000 for professional design services for Heath. In addition, the town has applied for and received a \$5,000 broadband planning assistance grant from the state which can be used to defray some of the expenses incurred in the planning and preparation for this project.

The BBC has been meeting and sharing information with broadband committees from Charlemont and Rowe. This regional collaboration  is ongoing and interest amongst other towns is growing. Furthermore, news from WiredWest can be accessed from their link: www.wiredwest.net. The WiredWest directors are still actively working toward providing a cooperative municipal broadband system.

Stay tuned. By now, you will have received a town survey to gather specific information about your current telecommunications costs and a public informational meeting will be held at a later date. We are in the process of setting up a link about broadband news on the town website to keep everyone up to speed. www.townofheath.org

—Jan Carr



LIBRARY LINES

—Donald Purington

Thousands of Heath Fair Photos: The Heath Library has eight years of Heath Fair pictures on CDs from local photographers for you to borrow and view on your computer. Art Schwenger donated three discs in 2009 and has contributed over a thousand photos each year since then. This year, Art provided us with two discs containing about 1300 photos. Other photographers who have contributed over the years are Doug Mason (recent years have included aerial shots from his drone-mounted camera), Bob Viarengo, and Ron & Tiger Waterman.

Bake Sale: The Friends of the Library will hold their annual Columbus Day weekend bake sale on Saturday, October 8 from 10 a.m. to noon on the front porch of Sawyer Hall. Come and treat yourself to some of the yummiest baked goods around!



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: *A Great Reckoning* by Louise Penny, *Bullseye* by James Patterson, *Family Tree* by Susan Wiggs

Non-fiction Books for Adults: *Little Labors* by Rivka Galchen, *A Rage for Order* by Robert Worth

Books for Young/Teen Readers: *Eleven and Holding* by Mary Penney, *Treasure Hunters* by Jimmy Patterson

Children's Picture Books/Boardbooks: *Frank and Lucky Get Schooled* by Lynn Rae Perkins, *Little Kids First Big Book of Space* by National Geographic

Audio Books on CD: *A Great Reckoning* by Louise Penny, *To the Bright Edge of the World* by Eowyn Ivey

DVDs: *Jungle Book* (2015 Disney version), *Batman v Superman: Dawn of Justice*, *The Dresser*, *The Dark Horse*

Volunteer Firefighters Are ...

Seeking your support for a replacement rescue truck for the Heath Fire Department.



Our rescue truck is currently inoperable and must be replaced. We feel it has come to a point that it is a waste of our tax dollars to keep putting repairs/ Band-Aids on it. The truck was purchased by the Firefighters Association at no cost to the town 28 years ago.

Over the past ten years, the Heath Firefighters have been raising money to purchase a reliable rescue vehicle. These fundraising proceeds come from chicken BBQs, pancake breakfasts, donations from chimney cleaning and through altruistic donations. You, the residents of Heath, have supported these activities held by the Heath Firefighters Association. Thanks to your support, we are nearly able to procure a critically-needed rescue vehicle.

The rescue vehicle is the most used vehicle in the Fire Department. It is used to respond to every medical call (which comprises the majority of our 911 calls), automobile accident, HAZMAT call, fire, and is also used during trainings. Though we understand that the vehicle is for the residents of the town and the money would normally come from taxes, we also understand how much is on the table for our tax dollars. That is why we are first trying to buy a new vehicle through our fund-raising efforts and your generous donations.

If you wish to help us in this endeavor, please send your contribution ear-marked for the Rescue Truck, to: Heath Firefighters Association, P.O. Box 45, Heath, MA 01346. The Association is a 501c3 organization which makes you eligible to deduct your contribution to the extent permitted by law.

Thank you from
the Heath Firefighters Association.

Twenty-Five Local Artists on Display

Twenty-five local artists responded to Harry Hallman’s call to participate in a Labor Day Week arts exhibition in the Community Hall. When we consider that the total adult population of Heath is 511, the response was impressive.



Sandy Clavette, Marty Newman, Scott Prior, and Del Viarengo contributed oil paintings on a variety of surfaces, including wood, canvas, and paper. Henry Leuchtman was grandfathered into the exhibit because of his long former residency in Heath. He, along with fellow Greenfield Community College Art Department classmates Harry Hallman and Suzanne Hannay, brought large oil paintings to the walls of the exhibit.

Eileen Lively, Del Viarengo, and Jessica Van Steensburg contributed works in pastel.

Don Dekker, Susan Draxler, Eileen Lively, Judy Schotland, Juliet Seaver, and Nancy Thane all produced watercolor paintings.

Bob Dane and Tucker Litchfield each contributed stunning glass objects.

Photography was a large part of the exhibit and included works by Howard Dickinson, Henry Godek, Jean Gran, Eileen Lively, Doug Mason, Art Schwenger, Judy Schotland, and Bob Viarengo.

Liz Canali’s studies in felted wool took the form of cloche hats and shoulder bags. Eileen Lively contributed free-form stitching and beading to Liz’s felted-wool wall hanging. Liz also contributed felted wool cushion upholstery to Jeff Peck’s hardwood bench.



While Lynn Perry brought a number of small animals in felted wool, her showstopper was the monumental horse done in birch bark on canvas measuring 5 feet high by 6 feet wide.

Townsppeople who helped included Tim Lively, who, with the Heath Elementary School, provided display panels; Russ Donelson, who designed footings; Julianne Hallman who painted; and Bruce Philips who provided cartage for the panels.

Patricia Raviele’s performance on the harp gave a musical background for the reception on Sunday afternoon.



When asked if these and other Heath artists can expect an exhibit in 2017, Hallman smiled and gave a resounding “yes.”

—Suzanne Hannay
—Photos by Art Schwenger

This exhibit was sponsored by a grant from the Heath Cultural Council, a local agency that is supported by the Massachusetts Cultural Council, a state agency.

Introducing Recently Elected ...

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



Robyn Provost-Carlson, Selectboard

I have lived in Heath since December of 1999 and work in Greenfield as a partner in my family-run general contracting business, Mowry & Schmidt, Inc. Since moving to Heath I have become increasingly aware of my want to use the skills

that I possess to help others in my town.

After serving on the Board of Assessors I will continue to work to become a knowledgeable member of the board, one who uses good business savvy while making decisions, along with fairness and a positive attitude. I hope to be able to offer new ideas and approaches that may assist our town as it moves forward.



Emily Cross, Library Trustee

I came to Heath in 2001 to teach at Heath Elementary, and am now a teacher at the Center School in Greenfield. I have always loved libraries (My mother and grandmother were both librarians.) From my first days in town the library became a favorite place to visit.

Charlene and then Don and Lyra would get me any books I needed for my classroom. It is now one of my daughter's favorite places to visit. She is always eager to get new books and participate in events. I am honored to serve as library trustee in support of such an important piece of our community.



Eric Sumner, Town Moderator

I live on Sumner-Stetson Road in the old Sumner homestead featured on the cover of this Herald edition. Though we don't farm the land in quite the same way, my family and I still enjoy raising animals and growing vegetables. I have lived in Heath my whole life and have attended

many town meetings. To me, town meeting is the purest form of democracy. Granted, it is not always efficient,

but it is always effective in giving a voice to every citizen who wants to be part of making the decisions of our local government and in insuring that every issue gets a full airing before we vote on it. The Town Moderator is a key player in assuring that we can have open honest debates that are respectful and in which each citizen gets a turn to speak. I look forward to supporting our democracy in this role.

Re-elected

- Calvin Carr- Planning Board
- Janis Carr-Library Trustee
- Kenneth Rock- School Committee
- Steven Thane and Robert Bourke - Constable

General Election—November 8
Polls open 7 a.m. to 8 p.m.
Community Hall Senior Center

Early Voting

This year the state legislature has enacted laws to allow early voting to take place in biennial state elections. In many ways, early voting is similar to absentee voting but there are some differences.

Early voting is open to all registered voters whereas eligibility for absentee voting is only for those who are absent from town on Election Day, or have a physical disability or religious belief that prevents them from voting at the polling place. Either type of voting may be done by mail. Early voting can be done during the two weeks prior to the election when the Town Clerk's office is open. Voting to be done by mail requires a completed application submitted. During early voting no application is required if voters cast their ballots in person. All ballots are sealed in envelopes and saved for poll workers to cast at the polling place on Election Day.

Early Voting in Heath: Town Clerk's Office, Sawyer Hall, 2nd floor.

Oct. 25, 27	9 a.m. to noon
Oct. 29	9 a.m. to 1 p.m.
Oct. 31	4 to 6 p.m.
Nov. 1, 3	9 a.m. to noon



Obituaries

Eileen A. (Gingras) Tougas



HEATH - Eileen A. (Gingras) Tougas, 74, of 16 Swamp Road, Heath, died Sunday, July 10, at Baystate Franklin Medical Center in Greenfield.

Eileen was born in Holyoke on September 18, 1941, the daughter of Rouville F. and Agnes D (Girard) Gingras.

Prior to retirement in the early 90s, Eileen was employed as a customer service representative for Vanguard Bank in Holyoke.

Eileen and her husband, the late George H. Tougas, moved to Heath from South Hadley in 1989. Eileen was preceded in death by George in 1998.

Eileen was a very active member in the Heath community right up to the time of her death. She had been a member of the Heath Board of Selectman and was a former editor of the *Heath Herald*. She was involved in many roles in the Mohawk Estates Property Owners Association, and was very active in the Town of Heath Council on Aging. Eileen was a communicant and choir member of St. Joseph Catholic Church in Shelburne Falls.

Survivors include her son Daniel L. (Christine) Tougas of Springfield, her daughter Sandra Y. (Paul) Baker of Kentucky, her sister Sonia Hillios of Florida, a granddaughter, grandson, niece and several nephews.

Whatever the problem, Eileen persevered . . .

Eileen enriched all Heathans' lives over the years by her extensive involvement in our community: on the Selectboard, in the Community Hall and Senior Center, on the staff of the *Herald*—and simply with her mere presence.

Eileen had incredible talent as a *Herald* editor in gathering the articles and ads and somehow not only making it all fit, but fit with panache. In addition, Eileen took the content photographs, created the ads and designed the covers—the December/January issue was always her favorite. Her layout capabilities then expanded over to the manual job of printing two hundred-plus papers on a cranky (to say the least) printer. Summer heat was challenging when the temperature in her office demanded printing in the coolness of night. And toner cartridges were often lost in the mail or, the absolute worst, exploding in the printer (huge mess)!

Whatever the problem, Eileen persevered, as was her way. Much as she lived her life, the task at hand was always accomplished with pride, humor and an incredible smile, emitting that infectious laugh.

—Jan Carr

Eternal gratitude . . .

Eternal gratitude for the incredible teamwork putting out the *Herald* all those years. And for the gift of laughter, no matter what befell us.

—Jane deLeeuw

Warm and friendly

Eileen was one of the warm and friendly 'new' people I discovered when I moved back home twenty-five years ago. Accepting of everyone she met, she quickly began our friendship that grew over the years.

Having an optimistic outlook made Eileen an enthusiastic and dedicated worker in whatever job she set her mind to. Although she served in many positions with the Mohawk Estates Association, in her church, and as an editor of the *Heath Herald*, it was through our municipal work together where I most learned to love and appreciate this dear woman.

For three years she and I served together on the Selectboard. During the last year of her term, Eileen also nursed her husband, George, through his battle with terminal cancer. Despite her personal circumstances, she remained dedicated to service for her fellow townspeople. To observe her at work meant seeing a gracious person who remained calm and reasonable even during interactions filled with contention and animosity. Her many thoughts and ideas were both creative and practical, revealing much about her inner qualities. Her goal was always to help make Heath a better place to live for all its residents.

When I assumed the town clerk position, Eileen was already in the role of election worker. She and Val Kaempfer were the checkout 'girls' who cranked the handle to deposit ballots into the box. Eileen took the late afternoon and evening shift. Voters were each treated to a warm smile and a "You're all set; have a good day," as they walked out.

On a slow election day with low voter turnout, we were all treated to Eileen's wit and sense of humor. As I got to know her better, I would notice how her eyes would light up and get a sparkle in them—the sign of a humorous comment about to erupt. Then the corners of her mouth would curve up preceding the words that

(Continued on page 22)

would spill out. Her sense of humor never carried intent to belittle another but rather to include us all in her special circle of friends.

Not enough praise and thanks can be uttered for the loving and dedicated nature of Eileen Tougas. She was one of Heath's greatest residents whom I consider to have been both a mentor and a dear friend.

—*Hilma Sumner*



Justin R. Beebe

February 1, 1990–August 13, 2016

Justin R. Beebe, 26, of Bellows Falls, Vermont, passed away Saturday, August 13, 2016, while fighting the Strawberry Fire at Great Basin National Park in Nevada.

Justin was a member of the Lolo Hotshots, an elite U.S. Forest Service team based in Missoula, Montana. He was born in Springfield, VT on February 1, 1990, the son of Sheldon and Betsy (Burrington) Beebe. (Betsy, daughter of Paul and Nan Burrington, is a native of Heath.) Justin was a 2008 graduate of Bellows Falls Union High School and attended a post-graduate year at Vermont Academy in Saxtons River, VT. From fly-fishing to hunting to hiking and more, he was an avid outdoorsman. Justin was an intense and talented athlete who excelled in ice hockey, soccer, baseball, and snowboarding. His favorite pastime was planting apple and oak trees at his family's Vermont camp, meticulously caring for them each year. He truly was living his dream thanks to the Lolo Hotshots.

Justin was honored by a 50-piece public safety brigade accompanying his casket along Route 91 to a service attended by thousands at the Bellows Falls High School auditorium and gymnasium on August 31.

Justin is survived by his parents Sheldon and Betsy Beebe, his sister Jessica, and his fiancé, Jennifer Zaso.



Bette L. (Archibald) Decker (1942 - 2016)

HEATH - Bette L. (Archibald) Decker, 73, of 124 Jacksonville Stage Rd., Heath, died peacefully with her three daughters present on Sunday, Aug. 28, at Charlene Manor Extended Care Facility in Greenfield. She had been a resident of the nursing home for five years. Bette was born in Gardner, MA, November 30, 1942, the daughter of Ernest and Catherine (Hendrickson) Archibald. She was the widow of Edwin H. Decker Sr., who predeceased her on December 18, 1991.

Prior to retirement Bette was employed at Neighbors Convenience Store in Buckland. While living in Heath, Bette attended the Heath Union Church. Bette especially enjoyed her grandchildren as well as gardening, working on word search puzzles, bird watching and her beloved cat, Smokey.

Survivors include her daughters Charlotte W. (David) Creque of Turners Falls, Rebecca L. (Thomas) Hatch of Northfield, Amy L. Hill (partner Wilson Gates) of Berlin, NY; her sister Mary Smith of Jaffrey, NH; 8 grandchildren; 3 great-grandchildren, and her best friend Gloria Decker.



Frank Rocchi

Francis Michael Rocchi, born April 19, 1945, in Boston, passed away peacefully surrounded by those who loved him on August 10, 2016. Frank lived a spectacular 71 years, enjoying fantastic health and high spirits until the very, very end.



Frank's friends and family will dearly miss his long-winded expression of radical ideas, his passionate dinner table debates, his sneaky sense of humor, and, of course, his groovy dance moves. Frank had no intentions of ever growing old. He leaves behind the love of his life, his wife of 32 years, Ann (Snow) of Heath, daughters, Amelia and Alice of Boston, son Fran and wife Lisa; and grandchildren, Nolan and Damon, of Plymouth. Frank also leaves behind his older brother, Michael Rocchi, and wife, Glenda, of Plymouth, along with numerous other relatives and friends.

Frank grew up in Bourne, MA, and graduated from Bishop Stang High School in North Dartmouth, MA. He attended classes at Southeastern Massachusetts University. Frank lived a life of service first as Chief Warrant Officer II, Helicopter Pilot, Aircraft Commander, and Instructor Pilot for the Army during the Vietnam War. He then began a career as a Social Worker for the Department of Transitional Assistance and served as Steward and Vice President of the Western region for Local Union 509, SEIU.

Frank's retirement after 33 years with the State was short-lived. He spent his final years as a Quality Assurance Worker for the U.S. Census Bureau and with the United States Postal Service, where he loved sporting wild ties and greeting townfolk at the Shelburne Falls Post Office.

Frank was happiest at his home in the countryside of Heath. He was former Chair of the Heath Finance Committee, member of the local education committee, community volunteer, and co-creator of a league of girls' softball and basketball teams for West County, coaching the Heath teams. While Frank was known to family and friends as a peaceful soul, he was also a proud Democratic Socialist and stubborn Anarchist who fiercely fought for justice, and the underdog.

Greatness of soul . . .

As a young couple moving to Heath—specifically the Dell—our early adventures here seemed to come with an ever-present sense of support. This was due to the presence of wonderfully helpful, non-judgmental and wise neighbors. Frank was a shining example.

Often we would meet up with Frank coming and going from the mailboxes on 8A with his dog, Sparky. Frank in his tie and slacks on break from the post office, us in our car. He would plant his feet and put his hands behind his back like an orator and the conversation would begin. We would turn off the car and spend the next ten minutes talking about national politics or the Red Sox and Yankees. Frank was passionate about many topics. The conversations went back and forth with many details or quotes on topics of humanity and the unfortunate presence of inhumanity.

Frank's positive and humble approach to all things human—from defining a living wage for all to dealing with all aspects of harsh Heath winters—is something we found very comforting. Sharing ideas and observations with a wise person is most certainly comforting as well as inspiring. The inspiration which comes from such a person is as unique and powerful as nature itself. We're reminded of the dictum: "Minds are captured not by arms, but by greatness of soul." Frank's greatness of soul will always be with us just as the Mill Brook continues to flow through the Dell.

—Jeff Peck and Jenna Day



Editor's Note

The correct spelling of Ada Duffy's middle name is May, not Mae, as printed in her obituary in the previous issue of the Herald.

**Heath Union
Evangelical Church**



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

Church News

On July 30, in conjunction with the Heath Historical Society, the church hosted "Dining With History," led by Mick and Linda Comstock. The program, "Being Kids in the Heath Union Church in the late 1960s and early 70s, was greatly enjoyed by all. Along with shared reflections, the "youth" (now in their late 50s and early to mid-60s) did a run-through of one of the plays originally produced for the entire community by this group of young people during that time period. Rev. Comstock and some of the "youth" assisted Rev. Koyama with the morning worship the following day.



Front Row, L to R: Lisa Cromack Davenport, Debra Cromack Washer, Hilma Churchill Sumner, Rev. Allen "Mick" Comstock, Nancy Litchfield Thane, Linda Comstock
Back Row, L to R: Betsy Burrington Beebe, Fred Burrington, Rev. James Koyama, Ned Wolf

(Continued on page 24)

(Continued from page 23)

The Sunday worship service at the Heath Fair was well attended, with a wonderful choir anthem, accompanied by some livestock, adding a special blessing to our worship. In addition, our Ham and Bean Supper the Friday of the fair was a wonderful success. Thank you to all who came to enjoy the meal.

Our next community meal is coming up sometime in October or early November. Look for posters around town for information.



Photos by A. Schwenger

August 28, *Karen Brooks and Friends* performed a “Tribute to Pete Seeger” in our sanctuary. Many of us in attendance enjoyed singing along to familiar tunes with the talented musicians. Look for information about upcoming musical events, including a piano concert by our talented organist and pianist, Dennis Ainsworth. We are in conversation with other groups as well. All donations to this music series go to the Church Organ Maintenance Fund.

And, looking ahead, remember our Thanksgiving Eve Service at 7 p.m. on Nov. 23.

Veterans Memorial News

The stonemason is asking for relatively flat stones, about the size of a large pizza, ones that can be carried with two hands. He is also willing to have volunteer help, and will instruct those wanting to learn the art of stone wall building.

There will be a specific marked area to drop off stones. This is a great opportunity to contribute to a historic town structure, one which should last for many generations.

Regards,
 Bob Bourke,
 Co-Chair Veterans Memorial Committee

Heath’s Monthly Precipitation

Observed by Heath School staff and students

In this reporting period:	Rain
July	3¼”
August	7 ”

July started out with hot and humid weather on the sixth, seventh and eighth, and for the rest of the month it was hot and dry, putting us in a moderate-to-severe drought status, according to the Northeast drought monitor. As usual, there were a few “summer storms,” but a good portion went around us. The period between July 31 and August 2 gave us 2 to 3 inches of steady rain over the two days, but the trend ended with the rest of August following the lead of July with hit-or-miss thunderstorms. So while the numbers seem like a lot, overall the summer was very dry and hot, which was good news for the Heath Fair, at least. But as with any heavy thunderstorm, a lot of the rain ran off before soaking in very much.

—Tim Lively

On Our Cover

Robert Strong Woodward was born in Northampton, Massachusetts in 1885. After an accidental gunshot injury at age 21 left him permanently paralyzed from the waist down, he became determined to make his living as an artist, studying at the Boston Museum of Fine Arts School. He settled in Buckland, and maintained a studio on Burnt Hill in Heath for many years. A highly regarded artist, his work was purchased by such notables as George Burns, Jack Benny, Oliver Wendell Holmes and Robert Frost.

The picture on this edition’s cover is of a structure that used to be at Eric and Mary Sumner’s house on Sumner-Stetson Road, built by Levi Sumner as a “bridge” to his barn. It was designed so that a wagonload of hay could be brought to the top floor of a three-story barn and then pitched down to the lower levels.

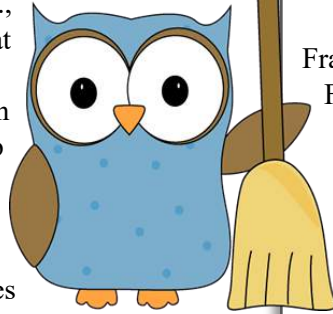


According to Eric Sumner, it worked very well until you had to back up the horses, at which point, it became a little tricky. Although the bridge itself is no longer there, the stone foundation still stands.

Fall "Clean Sweep" Bulky Waste Recycling Day

The 2016 fall "Clean Sweep" Bulky Waste Recycling Day is Saturday, October 22, from 9 a.m. to noon. The three drop-off sites are: the Buckland Recreation Facility at 66 Ashfield Rd. (Rt. 112 South), the Northfield Highway Garage at 49 Caldwell Rd., and the Whately Transfer Station at 73 Christian Lane.

Residents from any District town may bring tires, appliances, scrap metal, mattresses, construction debris, computers, televisions, propane gas tanks, and other large items. Clean and dry (bagged) textiles and books accepted free for reuse or



recycling. Bring bulky rigid plastics (less than 4 ft.) for special recycling program (\$5 per load: for acceptable items, see website or call). Materials will be recycled whenever possible. Disposal fees listed below.

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).

Bulky Waste Price List

Item.....Price/ Unit		
<p><u>BULKY RIGID PLASTIC RECYCLING</u> Examples: Lawn furniture, laundry baskets, trash containers, plastic toys, 5-gallon pails, recycle bins, plant pots & trays (but NO crinkly 6-packs!) Items may not be longer than 4 feet in any direction. \$5/load</p> <p><u>TIRES</u> Passenger/Light truck/Motorcycle (up to 19")\$5 Truck, Semi-trailer\$15 Tractor, Loader.....\$75</p> <p><u>SCRAP METAL/APPLIANCES</u> (Gasoline MUST be drained from all small engines!)</p> <p>Air conditioner, dehumidifier . \$15 Bicycle\$5 Dishwasher.....\$10 Fire extinguisher\$10 Furnace (residential)\$15 Helium tank, oxygen tank\$10 Lawnmower, push (drain gasoline)\$10 Lawnmower, riding (drain gasoline)\$15 LP gas tank, 1 lb.....\$1 LP gas 20 lb. BBQ tank\$5 LP tank, large (up to 100 lb.) ..\$10 Microwave oven.....\$5</p>	<p>Miscellaneous metal items, small \$5 Miscellaneous metal items (BBQ grill and larger) \$10 Refrigerator, freezer (doors must be removed, but can be brought along) \$15 Snow blower, rototiller, etc. (drain gasoline) \$10 Stove\$10 Trash compactor\$5 Washer, Dryer.....\$10 Water heater (residential) \$15</p> <p><u>FURNITURE AND CARPETING</u> Bookcase, end table \$5 Bureau.....\$10 Carpet or area rug up to 10x10\$10 Carpet (larger) up to 12x20..... \$20 Carpet pad.....\$5 Couch.....\$20 Futon or waterbed mattress.... \$15 Kitchen/dining table \$5 Loveseat.....\$15 Mattress or box spring (any size)..... \$25 Recliner chair.....\$15 Sink.....\$15 Sleeper sofa.....\$35 Toilet.....\$15 Upholstered chair.....\$10 Vacuum Cleaner\$3 Wooden chair.....\$5</p>	<p><u>CONSTRUCTION DEBRIS</u> Doors, clapboards, sheetrock, windows, wood, plaster, shingles, siding,etc. \$25/cu.yd Asphalt, bricks, cement, mortar \$30/cu.yd Hot tubs/spas \$30/cu.yd</p> <p><u>ELECTRONICS, COMPUTERS, TVs</u> Cell phone FREE Computer (Laptop)..... \$5 Computer monitor, CRT \$15 Computer monitor, flat screen \$10 Copy machine..... \$30 CPU (computer processing unit) \$5 Printer, scanner, fax machine . \$5 Satellite dish - large..... \$20 Satellite dish - small \$10 TV\$20 TV, console or large projection \$40 VCR, DVD player..... \$5 Video game systems (small) .. \$5</p> <p><u>TEXTILES</u> Textiles : CLEAN, DRY & bagged. It's OK if they are torn, stained, have missing buttons or broken zips! FREE</p> <p><u>BOOKS</u> Books - paperback or hardcover FREE</p>

COMMUNITY CALENDAR

- Oct 8 FRIENDS OF THE LIBRARY BAKE SALE, 8 to 10 a.m. at Sawyer Hall
- Oct 22 BULKY WASTE DAY
You need to have pre-registered.
See page 25.
- Nov 8 GENERAL ELECTION
Polls open 7 a.m. to 8 p.m.
Community Hall Senior Center
- Nov 23 THANKSGIVING EVE SERVICE
7 p.m. Heath Union Church

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.

CRAFTY LADIES

First and third Thursday of the month
4 to 6 p.m. in the Senior Center
Open to all.
Come work on your own sewing or craft project, or participate in the creation of another quilt as a benefit for the Heath Historical Society.
Contact Kara at 337-4934 ext. 0 to be added to the email list.

SENIOR OPEN ART

Every Monday
Noon to 3 p.m. in the Senior Center - Open to all.
Contact Eileen McVay-Lively at 337-4742 with questions.

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.

EARLY VOTING IN HEATH

Town Clerk's Office, 2nd floor, Sawyer Hall

- Oct 25, 27..... 9 a.m. to noon
- Oct 29 9 a.m. to 1 p.m.
- Oct 31 4 to 6 p.m.
- Nov 1, 3 9 a.m. to noon



Expansion of the Heath Foot Clinic

Thanks to special funding, the Heath Foot Clinic is expanding its services to include Heath residents who are not Seniors (age 60 and older), but who meet the following criteria:

- First priority: any individual with Diabetes
- Second Priority: any individual with foot-health issues in need of special attention.
- Third Priority: individuals who, due to other health issues, cannot reach their feet to ensure proper foot health.

Contact Eileen McVay-Lively at 337-4742 to set up an appointment and arrange transportation if needed.



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.

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.

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, Assistant Assessor, 413-337-4949
Heather Hathwell, 413-339-4359
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
Emily Cross, 413-337-4816
Janis Carr, 413-337-5747

Planning Board

Calvin Carr, Chair, calvinccarr@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, 413-339-4904
Doug Mason, 413-339-4756
Nina Marshall, 413-339-4756
Sean Neill, 413-339-4820

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 Roche, 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

Animal Control Officer: Ed Grinnell

413-834-2951 or 911 for an emergency

Highway Department, Mike Shattuck,

Transportation Supervisor, 413-337-4462

Police Department, Margo Newton, Chief

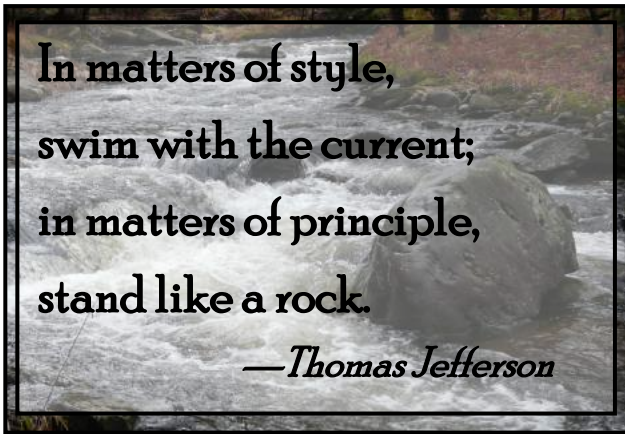
Office hours: Tuesday 6:30 to 8:30 p.m.
413-337-4934, ext. 108

Transfer Station, Ken Erho, Attendant

Wednesday, noon to 4 p.m. **all year**
Saturday, 8 a.m. to 4 p.m. **all year**
Monday, 9 a.m. to 1 p.m. **May 30 to October 31**

Volunteer Fire Department

Ken Gilbert, Chief, 413-337-4461



**Color Sponsors
for This Edition**

The color in this edition is brought to you in part by

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MARTHA McDONOUGH

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