



HEATH HERALD

Heath's First Newspaper

\$2.00

Volume 37, Number 6

February 2016/March 2016

Friends of the Library
 Board of Assessors
Senior Center
 Historical Society
Selectboard
Giving
 Park Committee
 Cemetery Commission
Heath Fair Committee
 Good Neighbors
 Arts Council
 Agricultural Commission
 Historical Commission
 Council on Aging
Firefighters Association
 Town Moderator
Town Government
 School Committee
 Friends of the Heath School Library
 Conservation Commission
 Veteran's Memorial Committee
 Ladies Aid
Civic
 Planning Board
 Parent / Teacher Partnership
Community
Service
 Volunteer Fire Department
Volunteers
 Election Officials
Finance Committee
 Zoning Board
 Board of Health
Heath's Unsung Heroes

Heath Herald Volunteers

Editorial Team

Managing EditorNancy Thane
 Content.....Deb Porter
 Graphics.....Christine Luis-Schultz

Staff

Advertising Rebecca Dorr Sampson
 Advisor Jan Carr
 Copy EditorsJack Estes, Suzanne Hannay
 Layout, Website, Gmail Contact..... Pat McGahan
 Renewals/Subscriptions Robert McGahan
 TreasurerJessica Van Steensburg

Contributors

Bill Lattrell, Claire Rabbitt, Don Purington, Eric Glazier, Lyra Johnson-Fuller, Pat Leuchtman, Susan Draxler, Tim Lively, Valerie Lively, Art Schwenger

Cover

This issue's cover acknowledges the service and dedication of the volunteers that keep Heath "humming along." To these individuals and organizations, who use their time and skill to contribute to the welfare of our community, we give our thanks for their enthusiasm, hard work and generosity.

The Heath Herald Logo

The *Heath Herald* proudly features a reproduction of the original *Heath Herald* logo design by Harriet Reed for the *Heath Herald's* first edition in April 1979.

Correspondence

There are three ways to submit your letters to the editor, articles and/or subscription forms:

- Send to our email address:
TheHeathHerald@gmail.com
- Send to our PO Box:
The Heath Herald
 PO Box 54, Heath, MA 01346
- Drop off at our Town Hall box:
 Local residents can drop a letter or subscription form into the black box on the wall to the left of the post office boxes in the vestibule (no postage needed).

Submission Deadlines—please note change to the 5th

January 5 for inclusion in February/March issue
March 5 for inclusion in April/May issue
 May 5 for inclusion in June/July issue
 July 5 for inclusion in August/September issue
 September 5 for inclusion in October/November issue
 November 5 for inclusion in December/January issue

Extra Copies of the Paper

If you would like a significant number of extra copies of the current issue, we will facilitate this with the printer. Call Pat McGahan at 413-337-4078 or email *pmcgahan@comcast.net*.

The views expressed within the Heath Herald are solely those of the authors and may not reflect those of the Heath Herald staff or advertisers.

Image Guidelines

If you are sending a document with embedded images, please include separate image files as well to facilitate editing.

Digital image resolution of 300 ppi or greater is preferred (images taken at 3.5 megapixel or greater will usually be sufficient). Please include information about the image, including the names of people shown if such information is not included in an accompanying article. Please send us email with questions or to receive more detailed photo submission guidelines.

Display Ads

\$5 per vertical column inch* for black & white
 \$6 per vertical column inch* for color

Please note with your ad:

Black and white, or color
 1, 2 or 3 vertical inches

* *One column width by one inch height = vertical column inch*

Our staff will be happy to work with you to create your ad at no additional cost. Advertisers receive a free PDF subscription to the *Heath Herald*. Ads can be placed by sending your information with payment to our PO Box, or by contacting Rebecca Dorr Sampson at *rsampson@verizon.net*.

Free Classified Ads

Send your free classified ads for sale, trade or barter to our email address, *TheHeathHerald@gmail.com*, with "Classified" in the subject line.

Subscriptions

The annual subscription rate for six issues is \$12 at time of renewal. Subscription forms may be found near the *Heath Herald* Direct Sales box on top of the bookshelf in the lower floor hallway of the Town Hall and on the back page of every issue. Mail this form with accompanying payment to our mailing address or leave in the black *Heath Herald* box to the left of the Post Office boxes in the Town Hall vestibule.

Color Sponsorship

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

Staff Contact Information

Christine Luis-Schultz, *capama 98@gmail.com*
 Nancy Thane, *nancythane@yahoo.com* 413-337-5580
 Pat McGahan, *pmcgahan@comcast.net* 413-337-4078
 Jessica Van Steensburg,
wecanfarminheath@gmail.com 413-339-4904

The quality printing of the *Heath Herald* is done by Highland Press in Athol, MA.

Rugged Heathans

In the December 2015/January 2016 issue of the *Herald's* feature article, "Rugged Heathans?", Art Schwenger posited:

"What do we do when the snow is 3 feet deep, coming down hard, and the electric wires are down?"

From a 2015 perspective, he continued on by suggesting:

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

But concluding, instead:

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

The following is a continuation of that feature, with Ruth Landstrom Johnson's story of winters in the early to mid-part of the previous century.

Ruth Landstrom Johnson, born in Heath in 1929

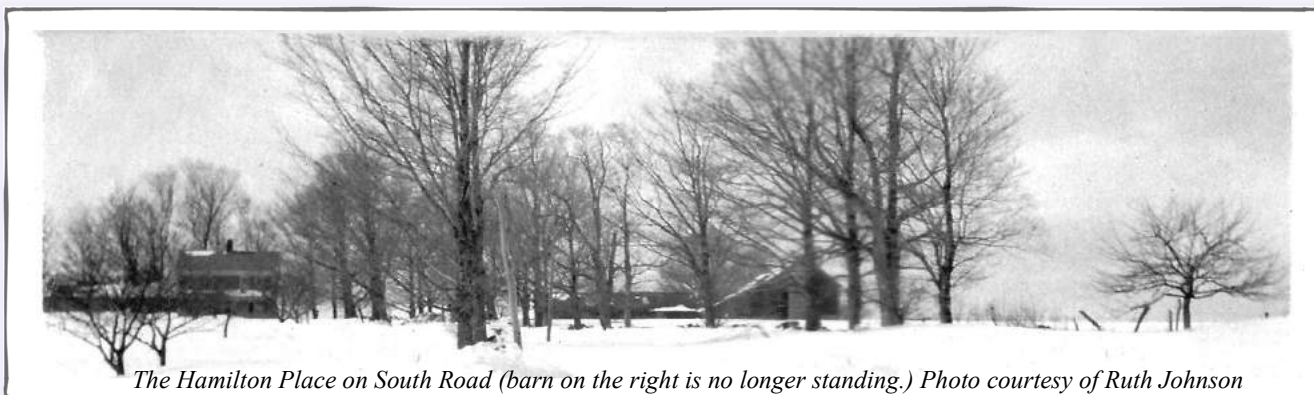
We had a lot of bad storms. A terrible ice storm took down branches and trees, power lines. Back when Dad [Oscar Landstrom, Town Farm Road] was farming, if we lost the lights, we would hook up the John Deere tractor for the pump to get the compression going for the milkers, and before that, of course, we milked by hand, so it didn't make any difference. We probably milked maybe 10 at a time out of the 20 stantions we had. We had kerosene lamps. We were fortunate because our house was hitched right to the barn so we didn't have to go outside and we could go right down through the grain room and down the stairs to the stable without going outdoors. We lost power more in the summertime—constantly—until they put a better ground out here. No need to flush toilets when you have an outhouse. The two-holer was in the barn which was attached to the house, so I didn't even have to go outside. It's still there although it's used for storage now.

The thing that I remember as a kid was that all we had in town was a crawler with a plow with blades and wings that went way out and so that was very slow at clearing out. It would take so long—it was just a caterpillar tractor. So if we had a bad storm and it drifted, we might be without a road for a couple of weeks. But we always had horses and would use sleds and go out in the field around the roads. If the milk truck couldn't get here to pick up the milk (which was lots of times in the mud season), we would put the 40-quart milk cans in the sled and have the horses take them out to Burrington Hill to meet the milk truck. Of course that was before bulk tanks. When I was little, my dad and a hired man milked by hand.

As kids growing up, we didn't figure winter was a hardship 'cuz we might help Dad with the chores and then we were going out sliding or skiing or building tunnels in the drifts. We'd just enjoy that. My sister Aida used to go to the Heath Center School. My dad made a small sled on skis and would hitch up the horse and take her to Jenny Duncan's [now Nichols on South Road] where they had a sleigh. That sleigh was the school bus to take them up to school. I remember once she was trying to get through a drift and the sleigh tipped over. They had to get out, right the sleigh, and then go on. I was always at the South School at the Four Corners, and we walked [to school].

From the edge of the woods at the corner of South and Town Farm Roads over to the Hamilton Place [now Crane's, on South Road], the wind would just take your breath away. And then afterward the crawler would come through and the drifts were so high—it was wild. We remember walking along the top of the drifts and touching the telephone wires.

If we got snowed in, we'd just stay right here. We kept the fires going. We had a wood furnace with a single register and an old black Glenwood cooking stove. We always had our provisions because mother canned vegetables and we had meat, so we didn't have to go to the store or anything. I remember mother canning in the



The Hamilton Place on South Road (barn on the right is no longer standing.) Photo courtesy of Ruth Johnson

(Continued on page 4)

(Continued from page 3)

summertime and you wouldn't want to be in here because you had to have a good fire to keep the canner going. It was hot! We had flour that we usually got at Avery's Store. My dad had a room that had wire around it to keep the rats out and we kept potatoes, apples and things. If we were in short supply of something we went without, but that was seldom.

Water came by gravity from the stone wall way up by Gleason's [on Bassett Road] into a tank in the attic. Where we knew we had to fix leaks in the pipes we would mark nearby trees. I remember hauling water in a truck from Whittemore Spring on South Road if the water froze or stopped running. Once, they dug up the line and found a root growing in the pipe about two feet long, so big it plugged it up.

When we were in grammar school, it once went down to 30 degrees below zero, and I remember that the water did freeze at the Hamilton Farm, and all the neighbors went to help them get water. They wouldn't let us go outside for long because it stayed very cold for a while. That was probably the winter that a lot of the apple trees died. Dad had a Mac orchard down here and a lot of them were damaged so he started cutting them down.

I don't remember any storms that were traumatic. We just accepted them, got everything shoveled out, made sure the animals were taken care of, and if it wasn't too severe, we'd go out sliding. They plowed the roads but never sanded them, so we did our sliding right on the road. That was the one thing about South Schoolhouse being at the corner, 'cuz you could get a wonderful slide down from School House Road to the bottom and up almost to Chief's house [now Hyytinen's].

I remember we were all the time back and forth from my aunt's [Hannah Landstrom Burrington] house on Burrington Hill Road [where Ferrettis now live] and taking our sleds part way down Burrington Hill from there, but then going into the bank part way down because we didn't think we wanted to go much farther where it got steeper. We weren't supposed to go down Burrington Hill, but my cousin Hop [Larry Burrington] was adventurous.

I did come down Trask Hill on a double rip with Howard steering. The double rip that Ralph Dickinson made was two sleds hitched together with a 12-foot spruce plank in between that six or seven could sit on. The front sled turned on a single pin so you could steer with it and a fixed sled came behind. I remember one storm where you could walk on a crust on the top of the snow. Howard brought over the double rip (which still hangs in our barn since that last time we used it) and we went the whole length of the field, but when you came to

the bottom you had to tip over in order to stop, we were going so fast. And the next day at school Pat said, "I had a wonderful time, but I'm black and blue all over." I remember once, only once, when I was a kid where the crust was so hard you could skate on it with ice skates. We went all over the field, but when you got down to the orchard, you had to lie on your back and push yourself back up with the back of the skates in order to get home.



Avery Road: Ralph Dickinson on a double runner sled built between 1947-1950, by his (and Howard's) father, Horatio "Ray" Dickinson. Sled is pulled by horses Molly (white horse on right) and Chuck. Burnt Hill is visible in the background.

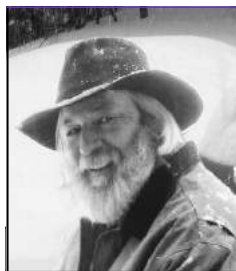
Photo by Howard Dickinson, courtesy of Art Schwenger

But that was it. We just enjoyed the winters, and if it was too miserable to go out, we stayed in and played board games. And if you got cold and wet, you would just open the oven door of the Glenwood stove, put your feet up in front, and dry out your socks. You know we used to just wear buckle overshoes over our shoes and sometimes a lot of snow would get down inside. But oh, it would feel so good to put your feet up in front of the oven!

In the winters when we went to school at Arms Academy in Shelburne Falls, whoever was driving, Rachel Burrington or Howard Dickinson or someone, you'd put chains on the car and go down Avery Brook Road. When you got to Route 2, you took off the chains. And, then when you came back, you had to put the chains back on again to get home. We were all good at putting on chains.

I remember once Howard was driving us home from going to the doctor with Mom and Pearl after a trip to Shelburne Falls, and the slippery snow was such that we took Avery Brook Road rather than Burrington Hill. You know how quick Howard is with remarks. We got part way up near the Gary's, and all of a sudden we just slid completely around facing the other way. Howard just turned to my mother and said, "Grace, did you forget something in Shelburne Falls?"

—Interview by Art Schwenger



Wild Ramblings

—Bill Lattrell

Dog Years on an Icy Mountain

After nearly a month of record warmth during the month of December, it is incredibly refreshing to be slipping on top of ice-covered snow at the beginning of this New Year. The steep wooded slopes require that ice grippers be attached to my boots. The standard Yaktrax made of coiled wire just won't do the trick, so on this day I'm wearing heavy duty Stabilicers that resemble the studs that one might put on a snow tire. My boot grips with conviction for every step as I climb the slippery hill. The mountain is so slippery that I might have been able to go downhill skating if I'd brought the old pair of hockey skates that I haven't worn in 20 years.

The sun is still rising on the eastern horizon. Small clam-shell-shaped layers of clouds that overlap much like fish scales are glowing in pink and yellow colors. From one vantage point I can see Northfield Mountain clear on the other side of the Connecticut River some 25 miles to the east. The mountain in the distance is mostly forested, save an old agricultural field or two. In one field, even at this distance, I can see a very large white structure with huge windows that face west. I wonder if someone at this very moment is looking at the hill on which I am standing, thinking about what might be going on in these parts.

My dog pal, James Fenimore Cooper, is by my side. Adia, our female bloodhound, started out on this walk but pulled on her leash all the way back to the house because the slippery slopes made her uncomfortable. She now is likely lying on the hearthrug and is cozy by the warm wood stove. The icy hillside has been hard on Cooper's 10-year-old body. He can only navigate the 45-degree "ice rink" because of the length and strength of his toenails. If you've never owned a bloodhound, you can't even imagine what their claws look like. They are nature's crampons for dogs akin to serious ice-climbing gear saved for those who choose to hang off ice cliffs



Photo by Bill Lattrell

with ice axes on a Sunday afternoon. On this day, Cooper is glad that his claws are capable of pulling him up the hill, but his aging body is telling this very large dog that he's just had a solid work-out. If you believe in this sort of thing, Cooper is 70 years old in dog years, while I'm a mere 64 in human years. For a moment I feel very young.

Cooper leans against me as I take in the view to the east. Clouds of billowing steam exit both his nostrils and mine. We likely look like two old locomotives that have just climbed the train tracks on an icy hill. Our trails of steaming breath blow off to the southeast on the tail of a northwest wind. Cooper can't see that well—he's got the vision of Mr. Magoo—but he lifts his nose straight up into the air and takes in all of the scents. Bloodhounds can easily smell out to distances of up to (and beyond) ten miles. I wonder what that's like his world of scent. He can probably smell the colors that he can't see. I like this image, and we move to the southwest where we will follow a dry rock gorge that will lead us straight downhill.

The downhill slopes are harder to navigate. I fall at least half a dozen times and slide a distance before I can grab a small sapling to stop me. Cooper at one point slides right by me, his claws carving up the hillside ice while he slides feet first down the hill. His eyes are so wide open that I can see the white part that surrounds the pupil. Given that bloodhounds have enormously droopy eyes, it occurs to me this might be the first time I've ever seen the whites of his eyes without prying them open to administer eye medicine. Cooper slams into a tree and comes to a halt. He looks back like he's been keeping score. This is his first collision, while I've had more than a few. I tell him that dogs are more athletically gifted than people and I can tell he's happy to hear that. Then I fall over backwards as the result of another slippery spot, and slide 20 feet down the hill where I slide into a huge patch of Japanese barberries wonderfully adorned with long thorns that just love to get stuck in your eyes.

I must admit that I resort to a few bad words—words that shouldn't be repeated. If one were to try guessing what came out of my mouth, they would likely be wrong. It is way, way, worse than what anyone might surmise.

Anyway, Cooper thought it was pretty funny. Yes, he actually smiles and uses an odd howl for a laugh. He likes it when I'm funny—even when I don't mean to be. I laugh at him laughing at me!

With the trail flattening out, we know the rest of the way back to the homestead will be a breeze. About three or four hundred yards from the house, Cooper runs off at

(Continued on page 7)

Please Support Our Advertisers



Rowe
Camp & Conference Center
PO Box 273 Rowe, MA 01367
413-339-4954
www.rowecenter.org

A magical place to explore new horizons, heal, make new friends, have fun, be a part of community or find your place in the world. We offer weekend retreats on a wide variety of topics as well as space for private retreats.

Retreat ○ Relax ○ Reflect ○ Relate ○ Revitalize

RUSSELL E. DONELSON
61 Sumner Stetson Rd
Heath, MA


Design/Construction/Cabinetry
To New and Existing Buildings

413-337-4460 Licensed/Insured



Hager's Farm Market
Open for Breakfast & Lunch Everyday!
Espresso Drinks - Maple Syrup - Local Products
Homemade Pies, Breads & Baked Goods

MON.-THUR. 6:30AM-6PM ♦ FRI. 6:30AM-6:30 ♦ SAT. & SUN. 7:30AM-6:30PM
www.hagersfarmmarket.com
1232 Mohawk Trail, Shelburne, MA (413) 625-6323



Maple House

The house on the hill with the view of yesteryear
Reward your friends and relatives with a restful night's sleep high in the hills of Rowe. They'll awake to a hearty homegrown breakfast in a 200-year old inn and family farm. See the stars, breathe clear fresh air, relax in the quiet beauty of spectacular views of the Berkshire Hills.

Lodging and Breakfast from \$60. Call for Reservations.
Middletown Hill Road (413)339-0107 Rowe, MA 01367

WPD CONTRACTORS
serving your needs since 1979


JACK GOUGEON
owner 413-530-8583
223 Number Nine Road
Rowe, MA 01367
mrdudot@verizon.net
building, handyman, repairs




The Baker Pharmacy


Tel: 625-6324
WeekDays 8:30AM - 8PM
Saturdays 8:30AM - 5PM
Holidays 9AM - 12 Noon


52 Bridge Street Shelburne Falls



Mooney & Roberts
the power of 

Wanda Mooney **Cathy Roberts**
Home Office: (413) 337-8344 Cell: (413) 522-3023
Wanda@MooneyandRoberts.com Cathy@MooneyandRoberts.com

 Visit our website a MooneyandRoberts.com

Shelburne Falls - So. Deerfield - Florence - Amherst
7 Bridge Street, Shelburne Falls
Independently Owned & Operated 

UPTON-MASSAMONT REALTORS®

"Where People Go To Get Things Done"

Office Space Desks
Work Stations Kitchen
Private Offices Shower
Business Class Internet Conference Room



Hot Spot Memberships \$105/3 months
Commerical Quality Networked Printer/Copier/Scanner
3-month leases starting at \$85/month

5 State Street, Shelburne Falls
www.bridgeofflowersbusinesscenter.com
413-834-3477

(Continued from page 5)

full speed. He evidently has caught the scent of my wife who is doing something around the homestead. I lag behind and amble along slowly, still being cautious on the snow's icy surface.

When I get to the homestead, Cooper is kissing Maureen over and over again, like he hasn't seen her in a quarter of a century. He's full of energy and raring to go for a walk with her, which she will gladly do. Soon they'll both be off for a 3- or 4-mile jaunt. I'm happy just to be thinking about making a cup of coffee so that I can stay awake for another couple of hours, while I rest my bruised and battered body.

So much for the dog years thing.

Doug Wilkins

When He Leads, Everyone Gets a Turn



Photo by Art Schwenger

In many ways our last special town meeting on December 1, 2015 was much like all of our town meetings. Per usual, we were faced with a difficult decision, this time it was whether or not to purchase land for a safety complex. There were many strong opinions and differing views on the subject, which was also usual. And as always, thanks to the skill of our town moderator, Doug Wilkins, we were able to have a civil discussion with an equal airing of all sides. What made this town meeting distinctive though was that toward the end of it, Doug announced that he would soon be stepping down as moderator.

Doug Wilkins has been our town moderator for over 30 years and has led the town expertly through many difficult and critical discussions and decisions. Doug has a great respect for the format of town meetings. As friend Eric Sumner noted, he has often heard Doug promote town meetings as democracy in its purest form.

Doug also has an incredible understanding of *Robert's Rules of Order*. He distinguishes himself as a moderator by carefully explaining upfront the objectives and rules of the meeting. This, according to Art Schwenger, a

former Selectman, allowed our town to have open and honest discussions about all of the hard issues a small town such as ours is faced with. Doug led the discussions about the many zoning law changes, the building of Heath Elementary School, the closing of the landfill, and the purchase of a new fire truck, to name just a few. Although he recently described his style in the *Greenfield Recorder* as "pretty relaxed," Doug ran a tight and efficient meeting that held us all to the notion that the best decisions are made when we take the time to hear each other out. For this reason, he was careful not to end a discussion too soon, and as another former Selectman, Tom Lively, stated, he was "very fair" in calling on folks to speak.

Doug described town meetings as democracy in action. We, as a town, have been fortunate to have someone like Doug safeguarding our way of governance. Luckily, we will all still be able to enjoy Doug's leadership at the Heath Fair, where he has called square dances for even longer than he has been a moderator. In a way, he calls the dances the same way he leads a meeting: everyone gets a turn.

—Deb Porter

Protect Your Pet!
Saturday March 26—Rowe Town Hall
10 a.m. to Noon
 Rabies Vaccine - \$20

Also offering...

- Distemper for Dogs - \$30
- Distemper for Cats - \$25
- Leukemia for Cats - \$30
- Lyme for Dogs - \$40


For more information,
 contact Hilma Sumner,
 Town Clerk, at 337-4934 or 337-4845.





BLOWN GLASS BY ROBERT DANE
 20 WEST MAIN STREET, HEATH, MA 01346
 413.337.5736
WWW.ROBERTDANE.COM

Artisanal Cheesemaking Workshops
 Learn the basics of making artisanal cheese at home
Custom-designed classes



Sheila Litchfield Dell Farm, Heath, MA (413) 337-4957

Jerry Ferguson 

Insured - Honest - Reliable - Fully Licensed
"Spark your imagination"

**ELECTRICIAN &
 HOME IMPROVEMENT CONTRACTOR**

Phone: 413-337-4317 Fax: 413-339-4839
 MA Lic. #21493E MA Reg. #142164 MA Lic. Const. #96880

Osterman 
 Propane

**339 Amherst Road
 Sunderland, MA 01375**

800-287-2492
www.ostermangas.com

Blackmer
 INSURANCE AGENCY, INC
 SINCE 1934

Protection • Selection
 Great Service • Competitive Pricing

(413) 625-6527
1147 Mohawk Trail, Shelburne MA

 **Richard A. Sumner**
 Journeyman Electrician
 Mass. License #E22622
 20 Eight A South, Charlemont, MA 01339
(413) 337-4845


413-625-6623

HAIR BY HANA

102 Bridge Street - Shelburne Falls, MA 01370

A.L. Avery & Son
 GENERAL STORE
 Charlemont • 339-4915

A College Preparatory Day School for
 Grades 7-12 and Post Graduate



FIND YOUR VOICE. SPEAK YOUR MIND.

1359 Mohawk Trail Charlemont, MA 01339
 413.339.4912 www.charlemont.org

COMFORT YOU CAN COUNT ON!

Sandri 
 Trusted Local Energy Experts for 80 Years

Professional Heating & Cooling Installations
 Heating Fuels • Wood Pellets • Propane • Pellet Stoves
 Solar Hot Water
24-7 EMERGENCY SERVICE & DELIVERY

Happily Serving West County!

400 Chapman Street • Greenfield, MA
 413-772-2121 www.sandri.com 800-628-1900

Please Support Our Advertisers



Green Thoughts

—Pat Leuchtman

A Shakespeare Garden

Early in the fall I attended a garden writer's conference in Pasadena, California, organized by the Garden Writers Association. These conferences have many goals: to provide information about the media world, information about the tech world, and lots of information about plants and growing plants. And of course, we writers get to compare notes with each other, renew friendships, and have a great time together.

Since we writers are always looking for inspiration and ideas for our next column, article or book, field trips are also planned. Our first field trip was to the Los Angeles County Arboretum and Botanic Garden. We got to see dry landscapes, tropical landscapes, rose gardens and perennial gardens, among others. Naturally I visited the rose garden, even though the late California summer climate is not ideal for rose bloom.

However, the Rose Garden was right next to the Herb Garden which was beautifully laid out in quadrants with wide stone walks and with excellent signs naming the generous clumps of herbs. Part of the Herb Garden was a Shakespeare Garden where the signs not only named the herbs, but added a line from Shakespeare, with a citation. For example, some of us may remember that Ophelia said "There's rosemary, that's for remembrance, pray you remember," in her grief...However, how many of us would cite *The Winter's Tale* when faced with "Reverend sirs, / For you there is rosemary and rue; these keep / Seeming and savor the whole winter long /" or that it is the shepherdess Dorcas speaking to Polixenes and Camillo, whoever they might be?

Fortunately, there are such legible and informative signs throughout this section of the herb garden. I always have herbs in my garden, even if not all of them are intended for the kitchen. I have also always loved Shakespeare's plays, especially the comedies. When I was a fairly obnoxious 13-year-old visiting my younger Vermont cousins for a few weeks, I insisted on naming them after the characters in *Midsummer Night's Dream*. Peggy

and Bobby, the twins, were the lovers Demetrius and Helena; Walt and I were Lysander and Hermia; and my two youngest cousins, beautiful petite blonds, were the king and queen of the fairies, Oberon and Titania. To this day, the cousins are apt to look at me fiercely and charge me with making them change their names that summer.

I was apt to throw out a line or two from time to time: "I know a bank where the wild thyme blows, / Where oxlips and the nodding violet grows / Quite over canopied with luscious woodbine..."

Or "I must go and seek some dewdrops here, / And hang a pearl in every cowslips ear." Of course I had very little understanding of any of this. Nor was my uncle's Vermont farm anything like the Duke of Athens court, yet the fields and woods and summer nights provided the perfect setting for my romantic and dramatic fantasies.

The idea of a Shakespeare garden has always held great appeal, and this California garden provides a perfect model. By citing the act and scene of the play as well as the character that spoke the lines I can more clearly imagine the scene and the story. It

would be great fun for anyone to design a Shakespeare garden that would include signs like those at the L.A. Botanic Garden, and the research would be a really enjoyable way to refresh one's acquaintance with the Bard.

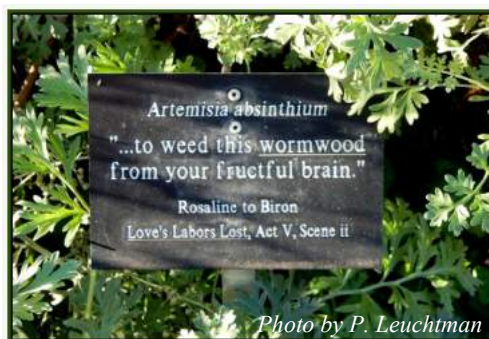
A bit of botanical research would also be necessary because most of us today could not identify the

cowslip as a primula, or know that the woodbine and the honeysuckle are different parts, vine and flower, of the same plant. King Henry V, while wooing Princess Katherine, calls her "my fair flower-de-luce," which is to say his fleur de lis, his flower of light, his iris.

Such a project might require a close re-reading of all the plays to capture every mention of an herb garden plant. I have a small book, *An Illustrated Introduction of Shakespeare's Flowers* by Dr. Levi Fox which provides photographs and quotes about flowers from 12 major plays.

I also acquired a much more scholarly book entitled *Shakespearean Plant Names: Identifications and Interpretations* by Mats Ryden of Sweden. This book goes beyond identifying the plants so that we might know them by their modern names into questions of context of what point is being made by the use of a particular plant.

The plans for our new garden are still in flux, but with a firm commitment to the most ecological design we can conceive. However, I have never been a purist. I do need herbs in my garden, and maybe there is the possibility of a small Shakespeare bed. With signage.





Town Nurse

—Claire Rabbitt, RN


Healthy Lifestyle

By the time this issue of the *Heath Herald* is out, I plan to have begun a support group at the Senior Center/Community Hall to help with weight loss through developing a healthier lifestyle. As with other things, it is a long way to travel to Shelburne Falls or Greenfield for weight loss/exercise programs, so the Board of Health has given their approval for me to do this as Town Nurse. This program is planned to take place on Thursdays at 11 a.m., right after the Bones and Balance exercise program, so anyone attending the exercise won't need to make an extra trip. One does not need to be in the exercise program to attend the support group. If another time is preferred, we can discuss a change. I will have a scale so people can weigh in each week if they choose to do so, and I will provide notebooks for everyone to keep track of their progress.

We will discuss how both diet and exercise are important to achieve and maintain a healthy weight. We will look at food portions, and share recipes and ideas about what works. Individuals can set their own goals for what they want to achieve. In early January there was an article in *The Recorder* about a woman who began an exercise program and made diet changes and was able to get her blood sugars down to the point that she no longer needed to take insulin. Years ago my mother was diagnosed with type-2 diabetes. She attended a class given by a dietician and, after losing 20 pounds, had normal blood sugars and no longer required medication, controlling her condition with diet alone.

While participation in this program does not guarantee the same results, the emphasis is on living a healthier lifestyle so as to prevent or delay debilitating disease, especially diabetes and heart disease. I think having the support group will help to keep people motivated in the long term.

This program is free and has no age requirements.



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

New Food Prep and Sale Policy

If Heath residents want to prepare and sell non-hazardous foods such as baked goods, jams, and high-acid foods in Heath, they no longer need to have a residential kitchen permit or ServSafe and Allergen certificate. Please complete a one-time application to the Heath Board of Health.

Foods for sale must continue to be individually wrapped and labeled with ingredients and allergen warning, and with contact information for the preparer. For those with a certified kitchen, there is no need to complete the application.

Ask at the Town Hall for a complete text of the policy and an application form, or visit www.townofheath.org/wp-content/uploads/local-food-policy.pdf.

—Heath Board of Health

People in the News



Photo by A. McCraney Richard

Emily and Josephine Cross became a forever family on December 7, 2015. They would like to thank the entire Heath community for its support as they went through this process. It is a community they hope to contribute to and return the many kindnesses passed on to them forever.

Need A Few Volunteers

I am looking for a few volunteers to provide companionship to a gentleman with Alzheimer's disease for one hour a week, at our home near Heath Center.



The need is simply to spend time, perhaps talking about football;



or to go for a ride, just to get out. If you have a much appreciated hour to give, please call Bette at 337-4975.

Heath:

“More a Concept than a Reality.”

Fred Burrington, born and raised in Heath, put this idea on tee-shirts in 1993. It is an aphorism that captures some of the whimsical and intangible feeling that people who live here experience as a part of their identity with this community. That feeling is mirrored in part in the humor and ambiguity of this seemingly simple phrase.

What is it about Heath that allows us to feel so proud of our home yet mock and humble it at the same time? I think the answer is in part due to the frequent, and in a way customary, reaction by the community to our neighbors’ needs. When there is a fire, a death, an ice storm, a flood, or some other event beyond our control, friends and neighbors suddenly appear without request to provide assistance to those most affected. This reaction in Heath has been shown again and again to extend way beyond immediate needs to ongoing support.

When Hurricane Irene left most of the roads in town with wash-outs, people who were not stranded came out to help those who were.



When the ice storm in 2008 made it impossible to get around and shut down the electricity for up to a week in parts of town, those neighbors who could shared their food, heat, running water and hot showers with those who were in cold, dark and dismal situations. An emergency center was quickly set up in the Community Hall to provide water, warm shelter, cooked food and other supports. Although this was provided under the official supervision of the town government, it was staffed primarily by volunteers and the food was prepared and donated by neighbors who could.

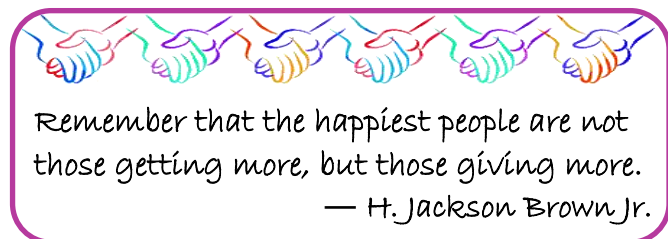
A serious house fire occurred in our home on Burrington Road in 1996 while we were away for Thanksgiving in Maryland. We shall never forget the care and support that came from our community. It started with the Volunteer Fire Department that not only saved the house, but with the help of neighbors, also found and saved many irreplaceable things, including all of our hundreds of photographs which were cleaned and set out

to dry on tables and floors all over town. Friends took the three of us into their home for a couple of weeks. A neighbor contractor appeared and covered what was left of the roof with tarps to keep the snow and weather out. Neighbors provided a temporarily vacant house for the rest of the winter and another in early summer. We received two weeks of complete prepared gourmet meals organized by neighbors while we were trying to deal with our new reality. A cord of dry wood appeared from another neighbor. Many people gave hours of time helping to sort through the smelly smoked ruins in the cold and wet. None of these incredibly important supports were asked for—they just happened. We felt loved and cared for.

In Heath, we know each other, we need each other, we may not particularly all like each other, but if you have a chimney fire or lose your water, or have other needs, we try to help. When disaster strikes, it’s clear we all know we’re in it together. There is something bonding about knowing that we Heathans live far enough out that fire trucks and ambulances sometimes take longer to get here, utilities aren’t always reliable, we’re never really prepared completely for every emergency, and the roads do become impassable occasionally. Oh yes, many consider themselves to be independent and self-sufficient, but even in the “old days,” successful self-sufficiency relied on occasional help from neighbors. In Heath, that is still true today.

And, when thanked for their help and generosity, most Heathans will answer, “Glad to have been able to help.” I suspect most know that should they have a dire need, this community will be there for them, too.

—Art Schwenger



Volunteers Keeping The Community Vibrant and Alive!

Samuel Johnson’s Dictionary, 1755:

volunteer n.s. (*voluntaire*, Fr.)
A soldier who enters the service of his own accord.

Miriam-Webster, 2015

noun, vol-un-teeer \,vā-lən-'tir\
A person who voluntarily undertakes or expresses a willingness to undertake a service
One who enters into military service voluntarily
synonyms: freewill, self-imposed, un-coerced, unenforced, volitional, willing

More to the point, a volunteer is:

A resident of the Town of Heath who works with little or no remuneration to help maintain the exceptional quality of life that has come to be expected by all residents of the town. The individuals who fill out the organizations and roles listed on the front of this very edition of the Herald are some of the best volunteers you will ever know. Where would we be without this large number of valiant “soldiers” that carry on so that the town can function in such a superior manner? We would like to celebrate and honor our many heroes: the volunteers of Heath! Thank you!

No other organization exemplifies the heroism of volunteerism more than the fire department. Firefighters devote countless hours attending trainings, maintaining equipment and fire ponds, teaching and promoting fire safety. Amazingly, as members of the Association, they also fund raise to obtain necessary equipment in order to best serve us, the residents of Heath.

Because firefighters are part of our community, they are, collectively, in a unique position to understand our individual needs during an emergency. They are us!

Firefighters are special and unique volunteers; they drop everything they are doing to go on a call, often putting their lives on the line to ensure **our** safety. In addition to responding to fires, the Fire Department helps clear downed lines, responds to car and other accidents and medical emergencies, and participates in rescue operations. They have been commended for their special care in offering explanations for specific processes needed, and in providing caring reassurance during frightening emergencies. How wonderful they are!

So next time you enjoy your Heath Fair chicken barbeque, remember it was cooked to perfection by the many volunteers who will be on the ready to respond to our next emergency. Thank you, Heath Firefighters!



Fire Department

- | | |
|-----------------------------|---------------|
| Ken Gilbert | Gary Singley |
| Jeff Simmons | Tim Lively |
| Donald Wilson | Steve Bigelow |
| Tom Carlson | Bob Bourke |
| Eli Smith | Jack Gougeon |
| Doug Mason | Betsy Kovacs |
| Erich Holan | Tracy Schott |
| Chandler Platek (Junior FF) | |

Retired in 2015

- | | |
|------------|------------------|
| Mike Smith | Budge Litchfield |
|------------|------------------|



The Heath Fire Department responded to seven fire-related incidents and ten medical-related incidents from November 1-December 31, 2015.

Firefighter Training

Training is held monthly and is crucial to our own 911 calls as well as mutual aid calls from other towns.



—Photos courtesy of the Heath Fire Department

30 Years of Service

A special thank you to two of our firefighters, Budge Litchfield and Tim Lively, both **30+ year veterans** of the force, featured here.

Budge Litchfield **The Man with Many Hats**

You would think that retiring after **more than 30 years** on the force as firefighter, including many as lieutenant, Budge would be sitting back, feet up, playing with his granddaughter and enjoying his gardens. After years of going to work as a teacher in Rowe and at Sanderson Academy and later as principal at Sanderson, attending evening meetings, often town-related, *then* spending “free time” putting out a fire, he surely deserves and wants a rest, right?



Budge has always been a steady, reliable, and calm presence in emergency situations. He has also been instrumental with the fundraising work of the Firefighters Association, being present at every event held, according to Sandy Gilbert. He could be called “Mr. Barbeque” for all of his efforts in charge of the annual Heath Fair Firefighters Association chicken barbeque, the association’s major fundraiser.

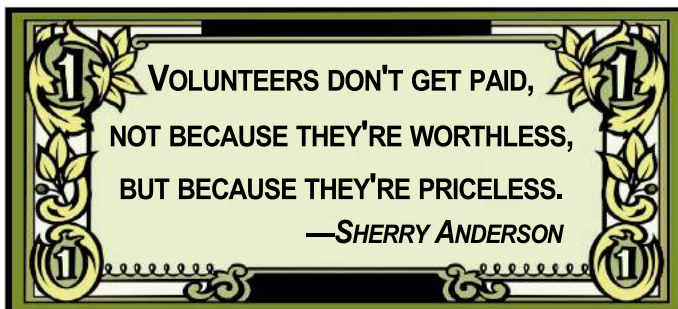
Not only a member of the fire department and association, Budge has served the town in many other vital capacities, sitting on numerous committees and boards over the years. Employing his excellent leadership skills, he served on and chaired the Heath School Committee and Long Range Planning Committee as the community struggled with the decision to build the Heath Elementary School. His level-headed approach helped calm the nerves of anxious townspeople during that process. Countless more hours were spent in dedication to the critical needs of the children of Heath as he continued in the capacity of Heath School Building committee member, vice-chairman for four years.

Budge’s dedication to giving to the community has also extended to the larger community of our hilltowns through his work with the Good Neighbors Emergency Food Pantry, serving as program co-director for over twenty years. He is also very active at the Charlemont Federated Church, serving on several boards and committees over the years.

Back to the idea of sitting back and enjoying retirement: Budge is sincere in saying that he was raised with

an example of giving back to your community, making it clear that he is just not done yet. He is one of the town’s Mohawk Trail Regional School Representatives and the E-911 Coordinator. He is also continuing his support of Good Neighbors, and will still be cooking those chickens at Heath Fair. But he does plan to take the responsibility of being a doting grandfather seriously. Next summer, when you pick up that tasty chicken dinner at Heath Fair, be sure to ask how Maeven is doing!

—Nancy Thane



Tim Lively **“He just loves this town”**

Many years ago, I was substitute teaching at the Rowe Elementary School at a time when all Heath children attended the school. Like many new teachers, I chose to do a project that turned out to be much messier than anticipated. Just when it was time to clean up, the recess bell rang and the kids clamored out, leaving the mess for me to deal with. As I was surveying the damage, a small voice behind me piped up, “I’ll stay in and help; I like to clean.” That willing volunteer turned out to be Tim Lively. Little did I know that years later, when I had to be rescued from the woods having had a bad accident, that same ready volunteer would come to the rescue again. As one of his EMT associates put it, “Tim is always there when you need him.”

Tim Lively has served the town of Heath as an EMT for **over thirty years**. Although he himself would try to



tell you that what he does is not a big deal, if you ever have needed medical help, you know that what he does is enormous. In fact, in an emergency, he is often the first face you will see, when his calm and efficient manner lets you know you are in good hands.

During the 2008 ice storm, Tim was at Command Central as Heath’s emergency manager. In this role Tim



LM Cleaning
"personalized cleaning to suit your needs"

Lisa Maynard
owner/operator

(413) 695-2444
(413) 337-4305
misslisa3@verizon.net
serving customers for over 10 yrs.

223 Number 9 Rd.
Rowe, Ma 01367


MATT'S TRUCKING



SCREENED LOAM A SPECIALTY

Excavating
Loam - Sand - Fill

MATT LIVELY
337-4331

Tucker Litchfield

Functional and Sculptural Glass Art

tucker@litchfieldglass.com
413-337-5799 / 413-475-0521 (mobile)
Mail: 218 Rt. 8A
Heath, MA 01339



BOURKE SHIRE FARM
BED & BREAKFAST

In Heath's Historic Center District

Colonial Charm, Simplicity & Solace
info@bourkeshirefarm.com ~ 413-339-4015
www.bourkeshirefarm.com

was in charge of coordinating all the diverse efforts being made to get our lives back to normal. Although we have not had another "ice storm" type event, he has continued in this role to ensure we are ready if we do. He writes grants, participates in planning with other towns, coordinates training for the fire department, attends trainings himself, keeps the emergency shelter supplied and monitors public drinking water. Tim is also at every fire monitoring the health of the firefighters and attending to any medical needs.

Tim would never draw attention to himself; his focus is instead on doing what is needed in response to a given emergency. In fact, we will never know all that he does because his work by nature requires total confidentiality, something to which he is 100% committed. It is certainly our good fortune that Tim's love for Heath has led him to be dedicated to the well-being of us all. Thank you, Tim!

—Deb Porter

Burning Permit Information

Burning permit season begins January 15 and ends May 1, 2016
Permits can be obtained by going online to
www.fcburnpermits.com,
or by calling Shelburne Control at 413-625-8200



The Red Show Jan. 27–Feb. 22
Wall Art in Red ♥ Valentine's Day show including elegant jewelry for your Valentine



Earthly Delights Feb. 24–Mar. 28
featuring paintings, fiber, jewelry, pottery, wood and photography by member artists



Open Sun-Thurs 11-5; Fri & Sat 11-7; Closed Tuesdays
www.ShelburneArtsCoop.com
26 Bridge Street, Shelburne Falls • 413-625-9324
Bring in this ad to enter a \$25 Gift Certificate drawing

Heath Veterans Memorial Committee Report



Photos by Art Schwenger



At the end of the Special Town Meeting held in the Community Hall on December 1, 2015, the Heath Veterans Memorial Committee made a presentation of its proposed Veterans Memorial. A brief history of the committee’s work going back a little over three years included gathering 211 names of veterans (as of this report) starting with veterans of the Revolutionary War, visiting war memorials in other communities, engaging the Conway School of Landscape Design about the setting of the Memorial on the Town’s Green, and contacting stone masons, bronze plaque printers and memorial stone businesses who do etching of names. In the end we prepared a budget of \$10,000. A sketch drawn by Larry Sampson of Heath showed the Memorial to consist of five stones in a crescent shape around the back of the flag pole.

A large quartz stone now located next to the Solomon Temple Barn Museum on the Fair Grounds has been donated by the Heath Agricultural Society to be the centerpiece with two lesser-sized stones on each side. One of the latter will be the current World War I and II stone. Bronze plaques with names of the rest of the veterans will be placed on other stones. We also hope to be able to install a new flag pole. We have placed two notebooks in the Town Hall for anyone to review the complete report; one is in the Selectmen’s Office and the other in the Library.

The budget includes trucking of stones we hope to have donated, and site work and masonry work of the stone benches planned for between the five large stones. So far we have had offers from volunteers, but the costs of the bronze plaques and masonry work are significant. We decided against names etched in stone slabs in favor of bronze plaques embedded in local stones because of cost.

Larry Sampson also drew the soldiers in an Iwo Jima style format that appear on the Fund-Raising Display now in place across the road from Sawyer Hall. Bob Bourke constructed the display with a flag that can be “raised” to represent dollar amounts as donations are received. We expect to start construction of the Memorial this coming spring. As a town committee we have a modest budget of \$500 that we have not used to date. We are

planning on raising all the needed funds from donations and any other sources available and will be working on that part of the project shortly.

Committee Members are Co-Chairs Dave Howland and Bob Bourke; Jerry Gilbert, who is secretary and did the surveying of the site on the Green; Peter Smith, who has worked diligently on name-gathering and Dennis Peters, who is the Veterans Graves Officer and Representative for the Town of Heath.

—Dave Howland

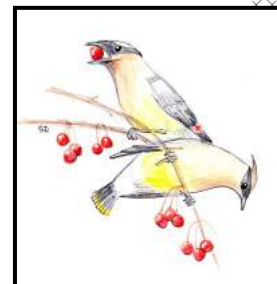
Tax deductible contributions to support the work of the committee can be sent to:

HEATH VETERANS MEMORIAL FUND (OR HVMF)
C/O KRIS NARTOWICZ, TREASURER
TOWN OF HEATH, 1 MAIN STREET
HEATH, MA 01346

Please send check or money order only, and include your name, date, address and phone number with the donation.

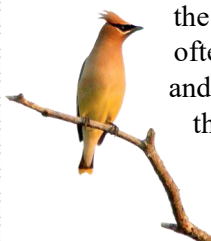
Thank you so much

Nature Note Waxwings



Cedar waxwings are not birds that you will see at your feeder this winter, but if you have a crabapple or red cedar tree or a winterberry holly, there is a good chance that you will get a visit from them. Waxwings are fruit eaters and in the winter they travel in flocks to look for food. About mid-February, a flock usually finds our crabapple tree and by the end of the second day every last apple has been eaten and they have moved on to a neighbor’s tree. It is quite a sight to watch them gulp down apple after apple while balancing on the end of a twig, and sometimes they will even pass a fruit to the next bird on the branch. In summer they are often competing with us for fruits and berries but they make up for that by being extremely efficient predators of many insects that are agricultural pests.

—Susan Draxler





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 space 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. Rosemary Walthos, Library Building Specialist for the Massachusetts Board of Library Commissioners, visited in October, and she had ideas of ways to inexpensively rearrange what we have, especially to open space up for more seating by reducing the number of books in our collection and removing some shelving. Please add your thoughts to the discussion as we consider some options.

Museum Pass Reminder:

Winter is a great time to get out and visit a nearby museum. We have three passes available:

1. MASS MoCA in North Adams (*purchased by the Friends of the Library*)
2. Clark Art Institute in Williamstown (*donated by the museum*)
3. Brattleboro Museum & Art Center in Brattleboro (*donated by the museum*)

A Few of the New Items at the Library:

Visit the library or 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: *Bird* by Noy Holland, *Numero Zero* by Umberto Eco, *The Guilty* by David Baldacci, *My Name Is Lucy Barton* by Elizabeth Strout, *The Past* by Tessa Hadley

Non-fiction Books for Adults: *What I've Seen: Animal, Nature, and Ranger Tales* by Kathleen O'Rourke, *The Seed Garden: The Art and Practice of Seed Saving* edited by Lee Buttala, *The New Small House* by Katie Hutchinson, *Felicity: Poems* by Mary Oliver

Books for Young/Teen Readers: *Magnus Chase and the Gods of Asgard* by Rick Riordan, *The 13-Story Treehouse* by Andy Griffiths

Children's Picture Books/Boardbooks: *Bailey Gets a New Home* by Mel Janes, *Touch and Feel Farm*, *Zen Socks* by Jon Moth

Audio Books on CD: *Welcome to Night Vale* by Joseph Fink, *A Dangerous Place* by Jacqueline Winspear, *The Magic Strings of Frankie Presto* by Mitch Albom

Music CD: 25 by Adele

Technical School Superintendent Visits Heath



New Franklin County Technical School Superintendent Rick Martin visited Heath on December 11, 2015. With long-time School Committee representative from Heath, Art Schwenger, Supt. Martin made stops at Howard Dickinson's, Sawyer Hall to visit with Kara Leistyna and Brian De Vriese, the Fire and Highway Departments and the Transfer Station. Tech School students have been lined up to help in the renovations planned for the Heath Transfer Station.



The superintendent is visiting each of the 19 towns in the FCTS District to get a better sense of the communities from which his students come.

LIVELY CARETAKING

Tom Lively

Phone 413-337-4061

Cell: 413-325-1065

Email: ThomasLively01@gmail.com



PO Box 55
Heath, MA 01346



Carpentry — Repairs — Remodeling
Mowing — Fields and Lawns — Painting

We Way We Love to “Eat” Local Fare from Local Folks

Hard Cider: a New England Tradition

Everyone knows what cider is: that sweet apple beverage sold at farm stands in the fall. Cider is juice from ground apples squeezed in a press and can be either sweet or hard. Sweet cider is served as it comes from the press before it has had a chance to ferment. Hard cider has had its sugars converted to CO₂ and alcohol by the action of yeast. An average sweet cider will ferment out to about 5% alcohol, around the strength of beer.

Hard cider has been around since ancient Rome and has seen wide enjoyment in France and Great Britain since the 1300s. In colonial America, cider was the drink of the common man. In many areas cider was safer to drink than the water, and apples not suitable for eating or storing were perfect for cider. Households put up barrels of hard cider in the fall for winter consumption. Children were sometimes allowed to have hard cider, and temperance supporters didn't always consider hard cider an alcoholic beverage. Many a tee-totaling New Englander had barrels of hard cider in his basement.

Traditionally, all farms had apple trees not only in orchards but also volunteer trees (pippins) in waste areas and along stone walls where nothing else could survive. Those pippins often made good cider. The Cary Cider Mill in the Foundry Village section of Colrain pressed apples for farmers from miles around producing hard cider and vinegar. Special and sometimes secret ingredients were added to barrels to make potent and tasty ciders. Some brewers became legendary for their ciders; Colrain brothers Al and Sam Hager's cider is still spoken of with reverence.



Any apple can be made into cider, but there are some qualities that make an apple more suited for hard cider. Most orchard-grown apples today are considered dessert apples, sweet and nice looking with a strong apple aroma; but the cider they make is bland. There are also dual-purpose apples, but cider apples tend to have qualities such as high acids or tannins which can make the apple nearly inedible out of hand, but can turn a cider into a drink akin to a fine wine. Cider apples may also have an appearance somewhat less than appealing, often being heavily russeted or knobby with thick skins and uneven coloring. I should mention that everything I say about

apple cider holds true for pear cider, or perry. Perry is almost unknown in the states but is a popular drink around the world.

No discussion of hard cider would be complete without mentioning other cider-related products such as apple wine (cider with sugar added to increase the alcohol level), ice cider (a sweet, highly flavored wine made from cider that has been frozen and had much of the water removed before fermentation), apple brandy (hard cider distilled to increase the alcohol content), cider syrup or cider molasses (cider boiled down to the consistency of syrup), Apple Jack (hard cider frozen and the alcohol distilled), and of course cider vinegar (even your mistakes can be useful).

Hard cider is easy to make; just acquire some untreated sweet cider and place it in a container with some extra head-space to allow for foaming fermentation, and let it sit with the cap loosened for a couple of weeks. The wild yeasts in the cider will ferment the sugars. There you have it: hard cider. Loosening the cap is important, as the container may explode from pressure build-up if sealed too tightly. Methods and equipment used for making beer or wine, as well as blends of apples, yeasts, additions of sugars, fruits, controlled fermenting temperatures, and sanitizing your equipment can all improve your results. There are many books and articles available on-line that explain the brewing process. Like most hobbies, it can be as simple or as complex as you want to make it.

Cider-making is experiencing a comeback in the United States, and Franklin County is leading the way. West County Cider is one of the premier cider makers in the U.S. Every November for the last 25 years, Franklin County Cider Days has helped to spread the word about cider. There are tastings of ciders from all around the world, as well as internationally known speakers, workshops on cooking with apples, a home-brewers cider competition judged by accredited judges, workshops on making ciders, special blends of cider for brewing, a cider-themed meal, and lots more. Heath also has a Cellars and Cave Tour in March that shows how local folks make and store beer, cider and cheeses. Both the Heath Fair and Franklin County Fair award ribbons for ciders each year.

Cider-making is an ancient art and an important part of our New England heritage. It is also big in Great Britain and Europe. Local and international ciders are available at your neighborhood package store, so next time you are in the mood for something different, why not give cider a try?

—Bob Delisle

The School Community

From the Principal

One of our School Improvement Goals is to invite Heath citizens into the building more often. Just before the Christmas break we hosted a holiday meal for 30 Heath residents. We were so excited by the turnout and the positive response that we are planning another holiday meal with our Heath friends in February [see calendar on page 25]. After the meal, our students entertained our guests with a few holiday songs that they had been practicing in music class.

We continue to offer a wide variety of extra-curricular activities at the Heath School. We offer a ski club, drama club, basketball, and strings. Our strings program begins again on January 26 with a new teacher from Colrain. I'm also happy to report that our work with the Southern Vermont Natural History Museum will begin in January. Our partnership is made possible through a Massachusetts Cultural Council STARS Residency Grant. Our SCA (AmeriCorps) teachers are back this winter and will be facilitating a nature club on the early-release Wednesdays.

I'd also like to acknowledge the new Heath School sign on the corner of Route 8A and Jacob's Road. Please take a moment to drive by if you can; it's a beautiful sign and we are very proud of it. Jason Clark, from Clark Custom Painting, made the sign. The frame and roof were built by Eric Dean of Charlemont. Eric is a Mohawk District facilities employee and an amazing carpenter.



Prime Blue (PK/K)

Highlights

We have continued to work on counting items with 1:1 correspondence, as well as matching the quantity with the numeral. We are practicing identifying numbers versus letters, and identifying shapes. We have also done some work with measuring. We are learning about identifying our own feelings and strategies for calming down strong feelings. We have also done some art projects involving color related to our science unit. Our drama center is set up like a restaurant for students to practice ordering food and handling money. We added a train set to the block area and there are 5 Senses related materials in the tub table. We have added the Keyboard Play station and are starting to learn beginning computer skills.



PRIME BLUE WRITINGS

THE WOODS

One day I was walking in the woods with my sister and my mommy. Daddy was way ahead of us. It got dark and an owl came out and we heard the owl. A few seconds later the owl flew away. When we got home I could hear the owl still. I could also talk to the owl. Daddy was already home.

Logan

SWIMMING LESSONS

I kicked, I swam on my back, and I had fun. I wear 3 bubbles when I go swimming. At the end we have free time. I have fun. I swam across the pool!

Enzo

THE FOOTBALL GAME

I like football. I go to football games with my family. We like the Patriots. I like when they kick the field goal.

Sebastian

Prime Red (Grade 1/2)

Highlights

We have been learning about maps in our first/second grade classroom. We created a rewrite of a popular mapping book, *Me on the Map*, written by Joan Sweeney. The students drew a map of the classroom and made little self-portraits to place on maps. They studied and colored maps of the classroom, the school, the town road to school, the state, the country, and the world. They included a compass rose as the back cover of their individual books. This mapping project incorporated many of the first and second grade state standards in relation to mapping skills.

Artwork

Grade 1/2 students studied the use of line, shapes, and three-star coloring to create their own Starry Night puzzle! The artists created their own pieces.



Middles (Grade 3/4)

Highlights

We are beginning a unit on Informative/Explanatory writing. This is a great lead-in unit to the MCAS tests that they'll be taking for the first time this spring. Just prior to the break we completed our writing unit on Personal Narratives. The students have learned good paragraph structure, how to write with detail and good grammar, and also how to use temporal words to show transitions of time. The students are also incorporating dialogue into their writing. Their literature is really coming alive!

Middles Writing Samplings

The following are just some of the writings the Heath Herald received for this edition. Next issue will contain additional writings from Maya, Jenna, Jaxon and Aiden.

Ole

It was the summer solstice. We had about one hundred people at our party. First, my friends and I played World Cup. My country was Brazil. Suddenly I got tripped and fell over, but they did not stop the play. At that very moment, one of my friends ran me over. It hurt a lot! I ran up the hill to my dad.

When I got there I hugged him and told him that I tripped and got run over. He said, "You will be ok." I wiped away my tears and got on the swing. I scootched back, but I scootched back too far! I fell off and hit my head on the hard gravel ground. I cried and cried. My dad picked me up, and he took me to my mom.

We went inside. I felt the back of my head. There was a huge bump like an egg. My mom asked me, "Would a glass of cold water make you feel better?" "Maybe," I said. She got up and got me an ice pack and water. Meanwhile, I sat on the couch and rubbed my head. When my mom came back I took a sip of water and put the ice pack on for 15 minutes. Finally I got up and walked to the barn.

Now I know, never scootch back too far on a swing.

Hazel

I remember the time we were visiting my cousins in New York City. I told my mom I wanted to go to the Natural History Museum. She asked my aunt. My aunt said, "Of course we can go!" We all went into the taxi.

When we got inside we went to the aquarium. There were huge tanks full of fish! "How about going into another room?" I said. We walked into another room. In this room there was a huge tree made out of origami. There were tons of little origami animals hanging from the branches. "This is amazing," I said. "How could anyone make this?" my cousin said. We walked into another room. This room showed how people dressed a long time ago. The cave people were hairy and wore rags. There were also stuffed animals that were like real. "Wow... those look so cool," I said.

Next we went into where you could do interactive things. There was a scavenger hunt. I got the paper and started looking. When me and my cousins finished, we decided to go back to their apartment. "This was super-fun!!" I said and my cousins agreed.

(Continued on page 20)

(Continued from page 19)

Raia

I went to Maine during summer vacation. It was nighttime when we got there. It took my family six hours to get to our vacation house.

There was a pool in the neighborhood. The day we got there I stepped in the pool. I said, "Yes the water is warm!"

As the week went on I learned to do back flips and somersaults in the water. On the side of the pool there were lights that changed color under the water at night. There were big rectangular rocks that represented a diving board. I thought they looked really cool because it was not the same old thing.

Almost every day my family spent at least a half-an-hour in the pool. My mom knew a trick and my sisters tried to do it. It did not work! The name of the trick is called the "washer machine." This is how you do the trick. One person dives while holding on to the other person's ankles while the other person does the same thing. We had some really fun times in the pool

Silas

One day me, Ole, and Jaxon, and Aiden, and Christian were walking in the woods. We got hungry and then we stopped at the top of the mountain.

We almost fell off the mountain. We tripped over a root. Then we called for help. Suddenly we saw someone come to us. It was before we fell off. We were happy!!

Uppers (Grade 5/6)

Highlights

I have chosen *Poppy*, by Avi, as the next reading book in the Uppers Classroom. Students in younger grades have typically been exposed to the following types of fantasy stories: fairy tales, fables, folktales, and fantasy stories that incorporate talking animals. As students advance, fantasy stories typically become more complex as elements of epic fantasy are introduced. *Poppy* incorporates both elements of fantasy, making it a perfect transition book. In this unit, students will learn that when reading fantasy, it is important to focus on the main character in order to learn the author's message. The main character will go on a journey and throughout that journey will reveal qualities of a hero.



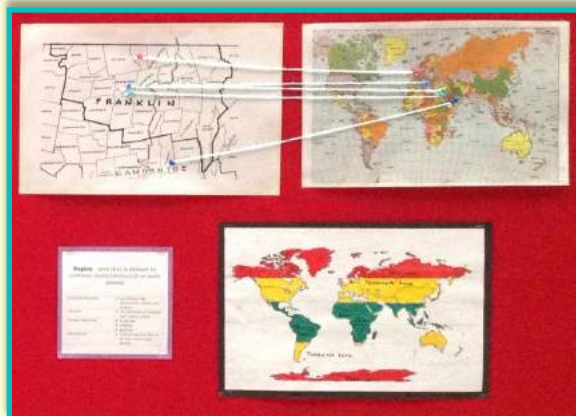
Art by Brian Floca

Geography Studies

Grade 5/6 has been learning about geography, which is the study of the earth and the ways people interact with it. They will use this information to explore other countries and ask:

How does where we live affect how we live?

How does climate affect our world?

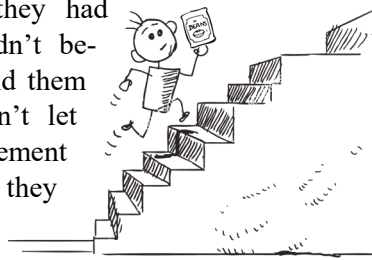


Uppers Collaborative Writing Project:

Uninvited Guest

John started down the stairs to the cellar to get a can of beans for dinner. He gazed at the door that he was told never to open. As he got closer to the bottom step, he glanced at the door. His heart was pounding. He was sure that he had seen the doorknob turn. The door rattled, but it did not budge. He heard footsteps backing up and then running forward at a great pace. A horrifying slam shook the door and a small crack ran down the middle. Who or what was on the other side of that door? Why was he told to never open it? His parents called down to him, "What's going on down there?"

John grabbed the beans and ran up the stairs. He told his parents that he had tripped on the stairs, and that was the loud noise they had heard. His parents didn't believe him, but if he told them the truth, they wouldn't let him go into the basement again. He wondered if they knew what or who was behind the door.



His parents didn't want to tell him about the creature behind the door, and wondered if it was growing more powerful. They were afraid that they'd never be able to tell John the truth. After dinner, while John was in his room, his parents went down to the basement. They checked the door. They didn't notice the small crack. They were afraid John was lying, and did know, so they moved a shelf in front of the door, blocking it.

John waited until his parents fell asleep, then he snuck downstairs, careful not to wake them. Shining his flashlight where the door was, he noticed a shelf in front of the door. He didn't understand how the shelf got there. He tried his hardest to move it, but it wouldn't budge. Suddenly, he heard a noise. He froze. The noise got louder. It was footsteps. Crash. Something rammed the door again, sending the shelf forward, slamming down on John's foot. He screamed in pain.

Hearing the scream, his parents woke up and came running to the basement door. John paced around painfully, looking for a place to hide. He scrambled under the stairs as far as he could go. He tried his best to make no sound. He heard his parents open the door and yell his name. He didn't answer, though he was in a lot of pain. His parents shut the basement door and searched for John through the rest of the house calling, "John... John?" When there was no answer, they went back to the basement.

As they walked down the stairs, shining their flickering flashlight, his parents spotted the shelf on the floor. In a panic, they looked toward the door. They saw a glimpse of a giant green eye through the crack in the door. They were stunned. So, it was true, the creature was growing bigger and stronger. They slowly backed up in fear. Suddenly, the mother tripped over a hatchet that was lying on the basement floor. The creature started to ram the door again. John's mother picked up the hatchet and threw it at the door. John watched in amazement as the hatchet accurately sailed through the crack and embedded itself in the creature's giant, glowing, green eye. The creature howled and retreated



into the darkness.

John sat there in shock. He had forgotten about his wounded foot, but he must have been breathing hard because his parents turned around and saw him under the stairs. They ran to him and asked him if he was all right. He nodded and apologized for sneaking down to the basement. His dad asked why he went down there. John said he was looking for something. "Looking for trouble," his dad said. "You go back up to bed. We will clean up this mess."

Behind the nearly destroyed door the creature tried to regain its strength as it yanked the hatchet out of its eye.

Looking down at the bloody hatchet he realized it was time...

Uppers Music Class



The uppers students in grades 4-6 have been working on creating their own compositions. We began by reviewing notes and rhythm, and how to properly notate them on a staff. Students then used instruments such as xylophones to practice and then to perform their melodies for the class. The next step was to take this to the computer lab where the class worked with the "Musescore" composition program.

Students created a composition in groups of 2, and then created individual compositions. Since each student in grades 4-6 is currently taking instrumental lessons, each student was given the task to "write for their instrument." The next steps are to learn their compositions on their instrument, and eventually perform them. In addition, students will be working together to create duets, or small group pieces.

Did You Know?

Did you know that the job of the volunteer firefighter began with Augustus of Ancient Rome?

The *Vigiles* or more properly the *Vigiles Urbani* ("watchmen of the City") or *Cohortes Vigilum* ("cohorts of the watchmen") were the firefighters and police of Ancient Rome.

...in the interest of keeping himself and Rome safe, Augustus instituted a new public firefighting force called the *Vigiles*. Augustus modeled the new firefighters after the fire brigade of Alexandria, Egypt. The *Vigiles* were also known by their nickname *Spartoli* or "little bucket fellows" which was given to them because of the buckets they carried water in, which were made of rope sealed with pitch.

Wikipedia, 2015

Selectboard Report -1/9/16

Winter Meeting Schedule

The Board will meet every other Tuesday evening at 7 p.m. in the Sawyer Hall unless posted otherwise.

Special Town Meeting

A Special Town Meeting was held on December 1 at the Heath Community Hall. The purpose of the meeting was to transfer funds from various accounts to cover shortfalls in other accounts and to appropriate funds for the purchase of property for the proposed Public Safety Building. All transfers passed unanimously. One transfer was for the purchase and outfitting of a vehicle for the Fire Chief. The voters approved the purchase of the property for the future Public Safety Building on Bray Road by exactly the 2/3 majority required by law and authorized the Selectboard to sell the other Town owned property on Bray Road. Voters were also asked for authorization to acquire easements necessary for the replacement of Bridges on Route 8A and Sadoga Roads. These passed as well.

Public Safety Building Project

The Building Committee has persisted in its attempts to get the state's share of the funding restored. Bob Viarengo and Brian De Vriese met with Ryan Chamberland, the governor's Western Mass representative, in his Springfield office. Mr. Chamberland was receptive to our problem and offered to investigate the chain of events that led to the cancellation of the contract. He offered to visit Heath and view the existing facilities but was unable to commit to a specific date and time. All documentation including emails, application forms and the signed contract were submitted to Mr. Chamberland for his investigation. The Committee continues working with our legislators to assist in restoring the necessary funding.

Jack Gougeon was appointed to the committee. He is a licensed building contractor and member of the Fire Department.

Heath Elementary School— New Task Force appointed

On January 5, 2016 the Selectboard appointed the Heath Education Initiative Task Force comprised of both school committee representatives, Ken Rocke and Budge Litchfield, Gloria Fisher (Finance Committee), Bill Lattrell (Selectboard) and Deborah Porter (educator and Heath resident). The task force is in response to changes proposed by the Mohawk Trail Regional School District (MTRSD) Superintendent that would have a significant impact on the Heath Elementary School. The challenges

faced are related to the costs of education and declining enrollment. The objectives for the task force are to identify and evaluate options for educating Heath preschool through grade six students against Heath-specific goals, and to report findings and recommendations to the Heath Select Board, Heath residents and MTRSD School Committee at strategic times. The Task Force held their first meeting later the same week and will be exploring short-term options as well as longer-term options, and bring recommendations to the public for discussion.

Heath parents and interested residents are encouraged to attend MTRSD School Committee meetings to become informed regarding the budget process and to have their concerns heard.

WiredWest & MBI

On December 1, 2015, as the January deadline for signing the contract with WiredWest was nearing MBI (Massachusetts Broadband Institute) made a public declaration that they would not release the State's portion of the money to WiredWest due to what they considered loss of control and unacceptable financial risk to the Towns. MBI had other technical concerns with WiredWest's financial model. A public informational meeting was held by MBI in Greenfield on December 14 to present their arguments. MBI allowed WiredWest representative to present a rebuttal of the points made by MBI. The public was allowed some time to comment. The posted capacity of the room was 100 occupants which meant that only about half were able to attend the event.

The refusal of MBI to release funds so that the project can begin is a serious setback for the proposed schedule for bringing high speed broadband to the Wired West member towns. Twenty four towns have approved bond authorizations for the project and most have achieved the minimum number of subscribers. A considerable amount of pushback was directed at MBI and as a result Wired West has appointed negotiating teams to resolve the differences between the two organizations.

Information on the status of the project as well as a rebuttal of MBI's assertions is available online at www.wiredwest.net. You may also contact our WiredWest representatives Al Canali, Art Schwenger or the Selectboard.

Heath Online

You'll find Selectboard meeting minutes, other board meeting minutes, school information, various announcements and more at www.townofheath.org. You may contact the Selectboard at BOS@townofheath.org or see contact information on page 27.

Obituaries



The Reverend Richard Ellis Gary

The Reverend Richard (Dick) Ellis Gary, 91, passed away tenderly on November 11, 2015 in the Heath house he loved and restored. Dick Gary was born January 15, 1924 in Wichita, Kansas, sharing a birthday with Dr. Martin Luther King Jr., a man he admired, and with whom he shared political and social beliefs.

Dick had a long, storied career as an Episcopal priest, having graduated with a B.D. degree from Yale Divinity School in New Haven, Connecticut in 1951. He served as a chaplain at the University of Nebraska, and also served at Trinity Episcopal Church in Washington, D.C. He was the first Priest-in-Charge at St. Mary's Manhattanville Episcopal Church in the west Harlem community of New York. He later became the Planning Officer for the Episcopal Diocese of New York, then the National Mission Officer of the Executive Council of the Episcopal Church.



Dorothy Burwell Boykin Gary

Dorothy (Dot) Burwell Boykin Gary, 83, matriarch of a loving family that surrounded her at the end, passed away Friday, January 8, 2016, as a result of complications from a stroke.

Her death came just two months after the passing of the Rev. Richard Ellis Gary, her beloved husband of 61 years.

Born in 1932 in Mobile, Alabama, Dorothy Gary brought a southern sensibility of "family first" to their home in New York City, and then to Heath. She led her family with a combination of intelligence, curiosity, and unabashed devotion to her husband, children and grandchildren.



Dorothy attended Auburn University in Alabama, then served as secretary for J. Edgar Hoover in Washington, D.C. She also worked at the National Cathedral

as a secretary for Clarence Allen, to whom the *Peterson Guide Book of Birds* was dedicated, who taught her a love of bird watching.

Dorothy and Richard together were committed to civil rights and social justice. Dorothy was equally passionate about education, especially equitable funding for public schools in poor New York City neighborhoods, advocating with fortitude and grace for the children of these schools.



Dick and Dot in Heath

Dick and Dorothy Gary first came to Heath one summer in the 1950s when they were asked to look after good friends Murray and Janice Newman's house on Number Nine Road. Both Dick and Dorothy fell in love with the town that summer, purchasing a house on Cyrus Stage Road in Rowe (just a stone's throw from Heath) where they summered for nearly 20 years before buying a then summer house on Avery Brook Road, Heath, in 1975.

Dick and Dorothy retired and moved full-time to their Avery Brook Road house in 1988. Dick ran a "gentleman's farm", growing a prodigious amount of vegetables while cultivating wide-ranging friendships. He served on the town's Cemetery Commission and was a member of a regional school committee whose work led to the building of the Heath Elementary School. A love of farming, history and Heath led Dick and Dorothy to donate their 18th century barn to the Heath Historical Society. The barn was moved from their property board-by-board and reassembled at the Heath Fairgrounds and renamed the Solomon Temple Barn.

Dorothy was passionate about antiques, food and family. She loved to wander shops in the West Village, N.Y. and the former Calvin Calls Antique Shop on the Mohawk Trail for hidden treasures and "junk". To Dorothy, cooking a meal was most enjoyed as a social experience. She loved the whirl of communal cooking and she cooked an incredible meal.

Together, Richard and Dorothy leave three children, John Gary of Brighton, Mass., Virginia Gary and her fiancé Craig Brown of Rowe, and Janet Gary and her husband Greg Kerstetter of Northampton, Mass., two loving grandchildren, and adoring nieces and nephews.

A memorial service for Dorothy will be held on February 13, 2016 at 11 a.m. at St. James Episcopal Church in Greenfield, Mass. In lieu of flowers, The family asks that donations be made in the names of Richard and Dorothy Gary to the Memorial Fund of St. James Episcopal Church, Greenfield, or to Franklin County (Greenfield) Hospice.

Obituary

Robert Douglas Law

Robert Douglas Law, formerly of Heath, died December 1, 2015, after a brief period of failing health. While living in Heath, Bob, along with his former wife, Ruth E. Landstrom (Johnson) ran her family dairy farm until the



mid-sixties. Bob served the Town of Heath as a Selectman and Chief of Police for many years and was the Welfare Director for the Town of Buckland. He was also one of the founders of the Mohawk Valley Medical Center and served as the president of the Board

of Directors for several years. Bob moved from the area in the early eighties and most recently lived in Arizona.

He leaves behind four children: Andrew and wife Tricia of Tucson, Fred and wife Heather of Arizona and Florida, Peter and wife Gretchen of South Deerfield, and Robin Jenkins and husband Tom of Heath; grandchildren Nathan, Robert, Aja, Alec, Alexis, Dylan, Tyler and Tucker; great-grandchildren Haedyn, Xerxes, Xyriel and Kolton. He also leaves his wife Marilyn, stepdaughter Rebecca and three step-grandchildren, along with his beloved dog, Tango. Bob was predeceased by his sister, Betsey; daughter-in-law, Mary, and grandson, Matthew.

In his retirement years, Bob continued to enjoy car racing, fishing, wood-working and working with the Greyhound Rescue League, where he adopted several wonderful companions over the years. The family has asked anyone wishing to honor his memory to donate to the Southern Arizona Greyhound Adoption Agency.



Wanted

Do you want to get involved in the life of Heath, but don't want to go to endless meetings? Do you like to write spreadsheets better than the news? Do you enjoy working on your own, but with the option of having a great group of people to work with? Do you like to have your responsibilities carefully spelled out and self-contained?

If you answered "Yes" to some or all of these questions, the Heath Herald has the job for you! Join the Herald staff and become our subscriptions manager!

Contact Nancy Thane 337-5580 for more information, but be sure to hurry! This popular position won't stay open long!

Compost Pails and Bins

Available at Low Cost

Composting is easy, and it can be even easier with effective composting equipment. Attractive, durable "Earth Machine" compost bins are available for purchase at several locations within the Franklin County Solid Waste Management District, and "Sure-Close" kitchen compost collection pails are available at the District Office at 50 Miles St., Greenfield.

Composting reduces waste, saves money, slows climate change, and greatly improves soil structure and water retention. Residents can save money by using homemade compost on their gardens and lawns instead of purchasing bagged fertilizers and topsoil. In addition, residents of towns that require "Pay As You Throw" trash bags or stickers can save money by composting rather than filling up town bags with compostable waste, which comprises up to 25% of a household's waste, according to MassDEP.

Heath was provided with composting pails, available for \$5, as part of MassDEP's Sustainable Materials Recovery Program (SMRP) small-scale initiatives grant. This 1.9-gallon pail is meant to sit on the countertop or under the sink to collect compostables before taking them out to the backyard compost bin or municipal compost collection.

Municipal compost of food and paper waste collections is different than backyard composting in that a wider range of materials is acceptable, including meat, bones, cheese, peanut butter, oily foods; and paper towels, napkins, paper plates and compostable cups. Animal products and oily foods should never be put in *home* compost systems.

The Earth Machine compost bin, which the Solid Waste District sells "at cost" for \$45, is made of a tough recycled polyethylene plastic and has a twist-on locking lid. The bin stakes to the ground and is easy to assemble, is rodent resistant, and features a door in the bottom that can be lifted up to shovel out finished compost. The Earth Machine is available at the Colrain Transfer Station, open Saturdays 8 a.m. to 4 p.m., and the District office, 50 Miles Street, Greenfield (hours vary; call 413-772-2438).

For more information, contact the Franklin County Solid Waste District: 413-772-2438, send email to info@franklincountywastedistrict.org, or check the website, www.franklincountywastedistrict.org. *MA Relay for the hearing impaired: 711 or 1-800-439-2370 (TTY/TDD).* *The District is an equal opportunity provider*

—Amy Donovan, Program Director

COMMUNITY CALENDAR.

- Feb 11** **STUDENT LUNCH WITH SENIORS**
All senior citizens welcome.
Noon at the Heath School
- Feb 26/27** **JAMES AND THE GIANT PEACH**
6:30 p.m. at the Heath School,
matinee time TBA
- Mar 26** **CELLARS AND CAVE TOUR**
Watch town hall notice board for postings
- Mar 31** **FRED W. WELLS SCHOLARSHIP**
application deadline

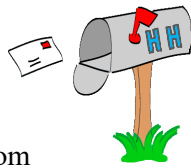
Letters, We Get Letters

Great Memories

My thanks to all *Heath Herald* contributors and staff. Well Done!

My thanks also to Ruth Landstrom Johnson for those great pictures. I think I can even remember that snowbank and I certainly remember her dad's Pontiac.

Great memories of some of the best years of my life.
Bruce Patterson
Wilmington, NC



January 3, 2016

To: Nancy Thane and All the Volunteers of the *Heath Herald*

Re: "People in the News" article about my birthday

Thank you so much for making my 90th birthday a celebration of my life with cleverly done excerpts from my memoir "A Snippet from the Greatest Generation." I feel a bit embarrassed with so such attention, but do appreciate it. It certainly made my Day!



Photo by A. Schwenger

Also, you are to be congratulated on the overall quality of the *Heath Herald* publication. It shows a lot of planning and caring. It is most impressive.

My best wishes,
Dave Howland

Something Magical

Something very lovely and magical took place at the Viarengo home on the evening of December 12. Suddenly, we heard a host of beautiful voices of all ages singing carols at our kitchen door.

How sweet and touching was this surprise. We will not forget this gift, and we feel fortunate that we live in Heath. Thank you from our hearts.

Peace,
Del and Bob Viarengo

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

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

FOOT CLINIC FOR SENIORS

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

HATHA YOGA

Tuesday, 5:45 to 7 p.m. in the Community Hall

OPEN ART

Monday, noon to 3 p.m. in the Senior Center
Restarting in March, all are welcome.
Contact Eileen McVay-Lively at 337-4742 for more information

OPEN SEW

Monday, noon to 3 p.m. in the Senior Center
Restarting in March, all are welcome.
Contact Eileen McVay-Lively at 337-4742 for more information

PRE-SCHOOL STORY HOUR

Every other Friday 10:30 to 11:30 a.m. in the library
Feb 5 and Feb 19, March is TBA, Check at the library for updated information

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 at 11:45 a.m. in the Senior Center
*RSVP to Eileen Tougas at 337-8558 between 9 and 11 a.m. the Monday before the scheduled meal

HEATH UNION EVANGELICAL CHURCH

The Reverend James Koyma, Minister
Dennis Ainsworth, Organist
Sunday morning worship is at 10 a.m.
All are welcome

Church News

Our Christmas Eve candlelight service was well attended, with special music by Victoria Echianis, Mark Koyama and a small choral group.

The sanctuary was filled with wonderful organ music and joyous singing as we celebrated Christmas Sunday, December 27. We held a lovely Service of Lessons and Carols with Dennis Ainsworth at the organ. Three of the readers, The Reverends Mick Comstock and Pam Porter, and Hilma Sumner are all former ministers of our church.

We are most pleased to announce that Dennis Ainsworth has agreed to be our permanent organist. He makes our Johnson organ fill the sanctuary with vibrant songs of praise.

We held our every-other month potluck lunch after the morning service January 3 and invite all to the next one, March 6. Come join us for the sermon by Rev. Koyama with Dennis at the organ. Bring a dish to share and enjoy the fellowship with all. We celebrate communion the first Sunday of every month, followed by coffee hour.

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.

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



For information, contact a member of the Board of Deacons:
Hilma Sumner, Chair337-4845
Ruth Johnson337-4367
Walter Gleason337-4479

Church phone: 337-4019
to leave a message

Find us on Facebook
@ Heath Union Evangelical Church

Heath's Monthly Precipitation

In this reporting period:	Rain	Snow
December	1½"	Light Dusting
January	2¾ - 3"	Sleet/Ice

November as a whole was mild and dry with our first dusting of snow on December 14 followed by high temperatures in the low to mid sixties on Christmas Eve and Christmas day. On December 29 a sleet/ice storm (part of Winter Storm Goliath) hit us with a mixture of 3 inches of sleet and freezing rain putting an end to the very mild weather.

—Tim Lively and Heath School Students

People in the News

Girard Sugarhouse of Heath took first place for their Grade -A Golden pure maple syrup at the North American Maple Syrup Council's annual meeting and competition held this year in Seven Springs, Pennsylvania. The contest received over 120 entries from twelve U.S. states and Canadian Provinces. Syrup entries were judged based on flavor, color, clarity and density. Michael Girard and his son Mike have been sugaring in Heath since 1977 when Michael bought his sugarhouse on Number Nine Road from Paul Lively.



According to Michael, a sugar maker since 1966, this past year was one of their best since coming to Heath. Mike, who manages the operation at this point set over 1,000 taps and made 320 gallons of syrup. The prize-winning syrup was made on the same day as the syrup that won first place at the Heath Fair! A photograph taken by Mike, of the sugarhouse, built in 1887, was selected by the Massachusetts Department of Agriculture for its March calendar photo. Congratulations!

—Deb Porter





HEATH TOWN OFFICES

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

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

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

Town Clerk, Hilma Sumner
townclerk@townofheath.org
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

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 Eric Glazier, 413-337-5307
MTRHS Committee Representatives
Budge Litchfield
Kenneth Rocke

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

PUBLIC WORKS AND SAFETY

Police Department, Margo Newton, Chief
Office hours: Tuesday 6:30 to 8:30 p.m.
413-337-4934, ext. 108

Transfer Station, Ken Erho, Attendant
Saturdays 8 a.m. to 4 p.m.
Wednesday 9 a.m. to 1 p.m.

Volunteer Fire Department, Ken Gilbert, Chief
413-337-4461

BOARDS AND COMMITTEES

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

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

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

Library Board of Trustees
Deborah Porter, Chair
Kate Bailey, Secretary
Janis Carr

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, 339-4904
Nina Marshall, 339-4756
Walter Gleason, 337-4479

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


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

Historical Commission
Margaret Freeman, Chair, 337-4854

FEBRUARY—BLACK HISTORY MONTH

Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.

-Harriet Tubman



MARCH—WOMEN'S HISTORY MONTH

HEATH HERALD
 Box 54
 Heath, MA 01346-0054
 RETURN SERVICE
 REQUESTED

PRST STD
 U.S. Postage PAID
 Permit No. 183
 Greenfield, MA



**Color Sponsors
 for This Edition**

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

ELIZABETH BEHL
 SANDRA & STEVE KINSMAN
 DAVID TRAVERS
 NED WOLF

Please consider becoming a sponsor!

Send your check for \$25 made out to *Heath Herald* and be sure to note "Color Sponsor" on your check.

Thank you to all our Color Sponsors!



MCC

massculturalcouncil.org

This program is supported in part by a grant from the Heath Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

SUBSCRIBE TODAY!

For only \$2 an issue the *Heath Herald* will be delivered to your home.
 Please remit \$12 for our next 6 issues.

Name: _____

Address: _____

Address: _____

Email: _____

(Your email address will mean a cost savings for the *Heath Herald* by allowing us to do future billings by email.)

Which option do you prefer? Printed _____ PDF _____

Please make checks payable to the *Heath Herald*, P.O. Box 54, Heath, MA 01346