



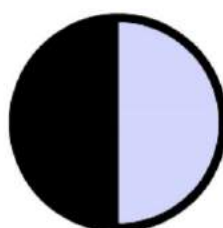
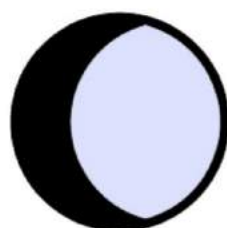
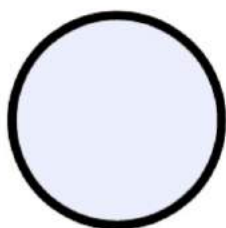
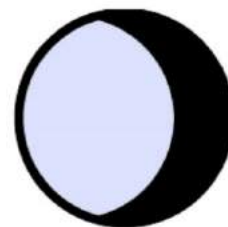
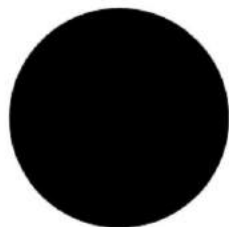
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 September 5 for inclusion in October/November issue
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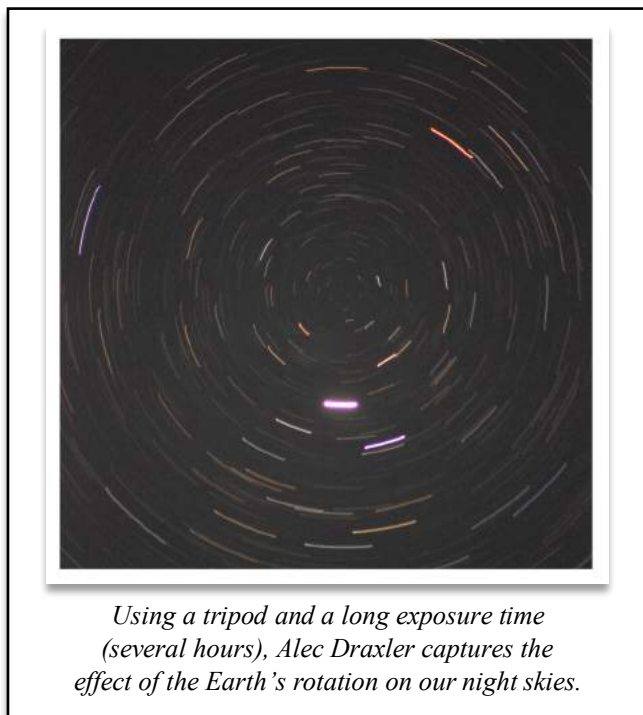
A philosopher once asked, "Are we human because we gaze at the stars, or do we gaze at them because we are human?" Pointless, really . . . Do the stars gaze back? Now, that's a question.

—Neil Gaiman, *Stardust*

NIGHT SKY



Having lived most of my life in a metropolitan area with light pollution from street, parking lot, and porch lights, I remember the delight of being able to walk out my own back door and see a truly dark starry night when we first moved to Heath. It was so breathtaking that it often was our evening entertainment. We bundled up in coats, mittens and hats, grabbed our sleeping bags and squeezed in together on a blanket on a hill behind our house. Sometimes with star charts to identify constellations or sometimes just to stare at the milky way and hope to catch a meteor trail, we would lie there until we were shivering too hard and then run for the warmth of the house.



Using a tripod and a long exposure time (several hours), Alec Draxler captures the effect of the Earth's rotation on our night skies.

Andy was especially thrilled with the opportunity to use his telescope right in our backyard and enjoyed searching for Messier objects like the Andromeda Galaxy or the Dumbbell Nebula. If there was an interesting alignment of planets, we would be able to see four or more in one night and he would focus on the rings of Saturn and the

searched for a comet and tracked the space shuttle as it traversed overhead. More recently our night sky watching has included Will and Alec setting up their cameras on tripods. The photograph included here is the result of Alec focusing on the north star and leaving his camera shutter open for several hours thus showing the rotation of the earth around the pole.

—Susan Draxler

—Photo by Alec Draxler

DARK SKIES



My dad, Clark, would always say he loved the dark skies of Heath for star-gazing. Back in 1997, I'll never forget comet Hale-Bopp making its way across the sky over several nights when we lived on South Road. My dad was very excited and got some wonderful photos of the brilliant comet sailing above our house.

In the last ten years, I've been lucky enough to see a few spectacular meteor showers. One dazzling show was in December right before Christmas, with countless huge meteors that left long trails of magical "star dust". This past summer was highlighted by various delightful configurations of planets, with a particularly gorgeous scene above the Heath Fair in August. There are so many more memories, but I'll end



*Hale-Bopp and Andromeda.
Image: A. Dimai, R. Volcan,
A. Zardini (NASA.gov)*

with a favorite quote by Oscar Wilde: "We are all in the gutter, but some of us are looking at the stars."

—Lyra Johnson-Fuller




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Wild Ramblings

—Bill Lattrell

Ode to an Autumn Moon

A giant moon hangs on the horizon. From this rocky ledge deep in the woods the eastern twilight is dashed by the huge white orb that rises in the sky. Barred owls call back and forth to each other, seemingly celebrating the full moon. On a distant ridge I can hear the wails of a pack of Eastern coyotes. A porcupine, likely not joining any lunar celebrations, ambles on a narrow bedrock trail that parallels the steep cliff below. I came here just to watch the moon rise, a simple meditation on my place in the universe. I confirm that the importance of my presence is significantly less than minimal.

It is a still night. Sounds travel effortlessly. A v-shaped flock of honking geese overhead fly south. I hope that they find a path in front of the large white moon; a post card type of scene that I've always wanted to witness, but in my 65 years never have. The geese seem intent on flying throughout the night, which is something they often do until they find a place to rest at dawn. I am reminded that all of the habitual patterns of nature have a reason. Eons have a way of making all just about perfect.

If I look straight up into the sky it is very dark. A few hazy stars are witnessed as the blinking lights of a plane fly toward the Atlantic Ocean. I wonder where the plane is going. I wonder what the people on the plane are thinking. I wonder if they, too, can see the glory of the full moon to the east. I certainly hope they can.

I remember reading *Goodnight Moon* to my boys when they were young children. I read that book over, and over, and over again. They often fell asleep while I read verses they had heard a hundred times before. Those days will stay within my heart forever.

The moon gets smaller as it ascends. In only 20 minutes it appears to be half of its original size when it peaked through the boundary of the horizon. Its piercing white light is no less intense. It is a marvel to watch from these woods.

It is these simple moments when I understand our place on this vast planet. If we take the time to behold the magnificence, we will be more likely to take care of the Earth. This is all we have. There is no other option. It is ours to respect, enjoy, and behold.

Without the Earth we are nothing.

MONA LISA SMILE

You brighten the night with your Mona Lisa smile
dawdling through the heavens from east to west
In an ocean of twinkling darkness you appear as an isle
A brilliant reflection of light massaged and caressed.

Your image repeated on dark lakes and ponds
Late night loons giggle at your wavy image
Wolves howling mournfully both near and beyond
from lakeside shores and distant high ridge

Draped in white light the forest's mood serene
Perhaps the quiet side of rapture revealed
The purpose of which can hardly be foreseen
The mystery of night always and forever concealed

Basking in your glory it is ours to understand
the size of the universe, the vastness of it all
the distance of nothing, the emptiness spanned
ancient memories lost without any trace or recall

Gracefully without warning you slip into dawn
your memory left behind but beautiful hopes remain
Your end is without fanfare; as mute as a swan
For another lap of the earth we await your refrain

Goodbye, Mona Lisa with your quiet smile
So long to sweet dreams blinded by inky night
Adios brilliant moon we'll see you in a while
Sayonara eventide illumination until the next lunar light.

—Bill Latrell



Photo by C. Luis-Schultz




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HEATH NIGHT SKY

The Big Dipper could be seen on a clear night in the Washington, D.C. suburb where I grew up. A few other bright stars could be made out, but only if they were high above the horizon. One of the wonderful things I remember as a kid was camping in the mountains where there was little man-made light to interfere, and seeing so many stars. I also remember going to the planetarium in New York City once and thinking how artificial it seemed to see stars all the way around completely down to the fake horizon inside.

Then I moved to Heath. I remember reacting to the spectacular night sky with so many stars and planets. What really struck me dumb was seeing stars right down to the tree line on the horizon. It was hard to pick out the constellations from all the stars around them which seemed in some cases just as bright. It was much more impressive than the planetarium or even the Appalachians (where there was still some light pollution).



I was in love with it. But I guess every person has their own imaginings. We once had visitors who still lived in Brooklyn where they had grown up. They were supposed to stay from Friday to Sunday, but on Saturday morning they got back in their car and drove home to the city. They hadn't slept a wink the first night in Heath. They said it was too dark and too quiet.

These days, some 42 years later, I'm still enthralled with the Heath sky. It's inconceivable that most of the stars one can see are thousands and millions of light years away where the light started in our direction long before the Earth was formed. If you want to get routinely awed, check out the NASA daily images:

www.nasa.gov/multimedia/imagegallery/index.html

—Art Schwenger



Green Thoughts

—Pat Leuchtman

Blooming shrubs

As we have been making our new garden in Greenfield we have been choosing many spreading ornamental shrubs that will take up substantial planting space, will feed the pollinators, and will make us happy by demanding less work.

Our Greenfield garden area has historically been very wet and has terrible clay soil. We planted all our new shrubs and flowers with the addition of a lot of compost from Martin's Farm, and then topped the beds with compo-mulch, a mixture of compost and bark mulch, also from Martin's Farm. I was so happy that the Litchfields told me about compo-mulch which makes me feel that everything I do is improving my soil. Heath had the advantage of more rain than Greenfield this year so we had to do a fair amount of strategic watering, concentrating on new plantings. So much for worrying about drowning our new plants.

We have planted three dogwood shrubs, a yellow twig, a red twig, and one *mystery*. The yellow twig was planted last year before we even moved into the house. It has now come through two summers and has grown beautifully to a height of almost five feet, with a five or six foot spread, which is probably close to its mature size. I especially wanted the yellow twig variety after seeing the striking spring color in the Lemelin garden. The other two were already quite large, over five feet tall when we planted them this spring. They have also done very well. These dogwood shrubs do not have notable flowers, but pollinators don't seem to care about their beauty, only about their pollen.

Hydrangeas are a very fashionable shrub right now, but I have heard many stories about people's unhappiness with their hydrangeas. I think this is because there are different families of hydrangeas and some gardeners are not paying

attention to what they are buying. I am not going into all of that, but suggest that if you are interested in planting hydrangeas, or can't figure out why the ones you have aren't behaving as you expected and wished, go to a wonderful website; www.hydrangeashydrangeas.com.

We planted three paniculata hydrangeas as an important part of the 'friendly fence' between us and our neighbor's driveway. We chose Angel Blush, a pale pink Limelight with a pale green tinge, and Firelight, that turns a deeper pink all season. Limelight and Firelight will grow to six feet or a little more, but Angel Blush is billed as reaching 8 to 12 feet with an equal spread. I am reminding myself that hydrangeas can be controlled by pruning!

Fothergilla is a smaller bush that produces what some people call bottle-brush blooms. I planted it because the blooms are so unusual. A fothergilla lives on the Bridge of Flowers and it gets a lot of attention in the spring.

Calycanthus floridus is a shrub that is quite new to me. I first saw it in Ruah Donnelly's Ashfield garden in 2015. It was growing in her shady grove, but I have seen it growing in full sun as well. It has a fairly open structure with deep red fragrant flowers that account for its common names such

as sweetshrub and Carolina allspice. *Calycanthus floridus* will grow eight to ten feet tall with a six to eight foot spread. It is hardy in Zone 5, so I might have tried it even in Heath. There is no doubt that our climate is changing.

While I was in Ruah's garden I was quite taken with the fragrant chionan-

thus, or fringe tree, that she had. *Chionanthus virginicus* is another native tree with creamy white panicles of flowers that blooms in May. It will grow to ten or twelve feet with an equal spread. In the fall there are small fruits that attract the birds.

(Continued on page 8)



Images above

The Buttonbush (white flowers) was chosen for the value to pollinators

Purple Rain is a low growing rose that produces blooms all season long. It is a disease resistant Kordes Vigorosa rose.

(Continued from page 7)

Though fothergilla is a shrub that grows to a height of six to eight feet and has graceful spreading branches. I confused it with chionanthus for years. I don't know why. The only thing they have in common is airy white flowers. Chionanthus blossoms are graceful panicles in the spring. The foliage is colorful and showy in the fall. It's on my list, if I can find a place for it.

In the wettest part of our garden I planted a button bush, *Cephalanthus occidentalis*. We did have standing water in the garden early in the spring, but button bush has been known to thrive at the very edge and into streams or rivers. The blossoms are small spiky ball shaped flowers. It will reach a height between 5 to 12 feet with a spread of four to eight feet.

Surrounding the button bush I planted Japanese primroses that have been given to me by friends. They are also thriving in this wet spot, and after blooming are forming a nice ground cover.

While they don't produce noticeable flowers, I have planted four winterberry bushes. Two of them produce wonderfully colorful red berries during the winter, the third produces golden berries, and the fourth plant is the necessary male.

This is not a full catalog of the blooming shrubs in our garden, many of which are billed as being happy in wet sites, but I do have some roses as well.

I only brought one rose with me from Heath, the Purinton Pink from Woodslawn Farm in Colrain. I also had the Thomas Affleck, Fantin Latour and Fairy roses planted in Greenfield because I liked them so much in Heath. However, I also planted some Kordes disease resistant, long blooming roses that I had feared would be too tender in Heath. These roses are still settling in, but I was able to bring a few white Polar Express and Lion's Fairy Tale roses into the house. The complete list includes Zaide, Purple Rain, Folksinger, Alchymist, and two small everblooming roses, Oso Easy Paprika and Peach Drift, which have outdone themselves. Thank heaven for compost farms!

After two summers I think I can say the garden may be half done, at least in the sense of being half laid out. We are looking forward to planting the Hugel with rhododendrons in the spring and figuring out what to do with the space between the well-planted beds and the low stonewall that demarks the edge of the Hugel. More developments will follow in the spring.

—Pat Leuchtman



Town Nurse

—Claire Rabbitt, RN

Preventing Injuries from Falling

A couple of years ago I was reading about fall-risk, and was surprised to think that I was in the age group, over 55, at increased risk for falls. Then I slipped and fell on ice on my way to the barn that winter, but fortunately wasn't hurt. It taught me to be more cautious.

According to the Home Safety Council, 60 percent of falls occur at home due to slippery or wet surfaces, poor lighting, loose or slippery footwear, and clutter on the floor, however, a recent article in Nursing Magazine states, "More than 21,000 older adults are treated in EDs each year for injuries from falls associated with their dogs and cats, according to a CDC report."

Here are some ideas for fall prevention:

- Exercise to increase strength and flexibility and improve balance. We have Healthy Bones and Balance class every Tuesday 11 to 12, and every Thursday 10 to 11 at the Community Hall, free for anyone 55 and over!
- Install grab bars in your bathroom. It is unsafe to use towel bars for this purpose.
- Remove throw rugs and runners or apply double-faced adhesive carpet tape to the backs of these rugs to prevent slipping.
- Make sure stairways are well-lit and have handrails extending the full length on both sides.
- Wear thin, non-slip soled shoes.
- Review your medications with your pharmacist to see if anything you take might affect your balance.
- Discourage pets from lying next to beds or in front of chairs.
- Consider dog obedience training, so your dog will walk calmly on a leash and not jump on visitors.
- In winter, avoid walking outside until walkways are shoveled and sanded.

I wish you all a safe and happy holiday season.



Heathan on the Appalachian Trail

Walking the American East

When my two companions, John and Christopher Geyster, and I set out on the first morning of our 2,198 mile hike, an employee at the Appalachian Trail Conservancy headquarters in West Virginia told us, “Whatever you've done to prepare for this, understand no one can know what it's like to hike two thousand miles until they've hiked two thousand miles. The same goes for sleeping in a tent for six months.” It was not our first long distance hike, and we expected an experience of prolonged periods of isolation with nature, long days over steep terrain carrying at least twenty pounds on our backs, quiet nights, sublime vistas, and a rare jaunt in and out of town to resupply at a grocery store and get a shower and a real meal, nearly all of our time being spent in undisturbed wilderness.

This would turn out to be true, but walking in the woods and camping out at night is far from the total of the Appalachian Trail (AT) “through-hiking” experience, as the warning we received in Harper's Ferry was meant to indicate. We followed a non-traditional “end-to-end” route, beginning at the trail's mid-point and hiking to the trail's southern terminus at Springer Mountain in Georgia, and then returning by train to our start point in Harper's Ferry to hike north to Mount Katahdin in Maine.

We passed through fourteen states and found in each one that the AT is a trail of varying calibers. Erosion from weather and foot traffic take a rapid toll and trails become more difficult over time, particularly in the steep mountains. However, in many places the trail is supported by simple but enduring stone causeways, built by the Civilian Conservation Corps in the 1930s, which turn steep ascents in Shenandoah National Park into leisurely switchbacks and civilize the knife's-edge ridges of the Smoky Mountains. By contrast, the more rudimentary sections of trail through southern Maine or the boulder fields of Pennsylvania challenge both willpower and stamina, but always the landscape is changing.

The trail follows forests of Rhododendron tunnels in Virginia, rolling cow pastures in Tennessee, and areas of the south scoured by forest fires earlier this spring, which are eerily silent at midday with the canopy completely burnt away. In many such places, the trail itself had served as a fire break; if we looked to the right as we

walked we saw a world entirely devoid of color and purged of life, while to the left a lush and leafy undergrowth stretched happily into the trail, without any sign of the devastation on the other side. The Pennsylvania and New Jersey sections of the trail also pass through ruined foundations of coal towns long lost, and towns that never were, where over-grown roads and driveways lead to homes that were never built. In Maryland and West Virginia it crosses Civil War battle sites marked with numerous monuments. On moonless nights in early September we tented in cedar groves along lake shores in Maine's Hundred Mile Wilderness and listened to loons calling over the lapping waters.

All of these things are there for any visitor to the AT to experience, but the Appalachian Trail is not only a trail, but also a community of hikers, hostel owners, shuttle drivers and “trail angels.” Its a community which forms and reforms effortlessly each new hiking season when thousands of hikers begin the trail in Georgia in March and April. It was not uncommon to pass fifty people a day. People unfamiliar with back country hiking often asked how we could feel safe hiking alone in the woods or sleeping in wilderness shelters next to total strangers. In fact, trust, civility and helpfulness come naturally in situations such as

a long-distance journey, especially among travelers who find they have a similar pace or destination, or hopes for their journey, or are experiencing the same fatigues and surprises. Though we knew each other only by “trail names,” whether cramming into tiny shelters on rainy nights in the woods or tenting on the green in Unionville, New York, we were all of us out of our element and exploring the country together.

—Alice Gear



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Saving Energy at Home

Energy in our homes can be saved by both conservation and efficiency. Energy conservation means using less energy, while energy efficiency means using energy better.

There are many practical ways to use less energy in our homes, including but not limited to:

- Turning off lights when they are not needed
- Turning thermostats down in winter, and up in summer
- Unplugging appliances when not in use
- Using a crockpot, toaster oven, or microwave rather than the electric oven
- Using cold water rather than hot or warm when washing clothes
- Experimenting with your electric dryer by adding 15 minutes at a time to see how much time you really need to get a typical light or heavy load dry
- Eliminating the use of the heat-dry and sani-wash functions with your dishwasher

Also, there are many ways to use energy better:

- Purchasing “Energy Star” appliances
- Using CFL or LED lighting
- Insulating attics, basements, and walls
- Plugging air leaks, especially around doors and windows
- Using appliances such as dish washers, clothes washers, and dryers during off-peak hours.

Some of these only require changes in behavior (for example turning off lights and changing thermostat settings), which is free. Others require only relatively small expenditures, such as weather stripping or caulking around doors and windows, and insulating electrical outlets on exterior walls.

In addition to what you can do yourself, there are many significant local energy program services available. The Mass Save Home Energy Services Program provides free home energy audits. You can apply online at <http://www.masssave.com> or by calling 866-527-7283. An energy auditor will check for air leaks, insulation levels, heating system performance, duct-work leaks, and more. It will provide:

- A custom home energy report outlining recommended energy efficiency improvements with prioritized projects
- No-cost ENERGY STAR® LED light bulbs
- No-cost faucet aerators
- No-cost low-flow showerheads
- No-cost advanced power strips
- No-cost seven-day programmable thermostats or discounted wireless thermostats
- Access to additional Mass Save offers, rebates, and incentives.

Based on your assessment, you may be eligible for:

- 75% toward the installation of approved insulation improvements, up to \$2,000
- No-cost targeted air sealing of leaks in your home’s walls, windows, and doors
- Generous rebates on qualifying energy-efficient heating, cooling, and water heating equipment
- The opportunity to apply for 0% financing for eligible upgrades through the Mass Save HEAT Loan Program.

You can learn more about your potential energy cost savings by filling out the easy-to-use online home assessment at Masssave.com

Community Action Energy Programs operate several significant federal and utility-based services. If you are eligible for the Federal Fuel Assistance Program that helps pay for a portion of your heating bills, you are also eligible for the following free energy services:

- Full building insulation and air infiltration improvements
- Heating system repair or replacement
- Electric efficiency program

A full description of these programs is available on the Community Action website: www.communityaction.us/home-energy-assistance or by calling 1-413-774-2310 or 1-800-370-0940.

You could also qualify for a loan up to \$25,000 with terms up to seven years for the following Heat Loan Program Eligible Services <http://www.masssave.com/> or by calling 866-527-7283:

- Heating system replacement
- Domestic hot water and solar hot water heaters
- Central air-conditioning and heat pumps
- Insulation and replacement windows

For a limited time only, you can take advantage of the following Expanded HEAT Loan Offerings funded by the Massachusetts Department of Energy Resources:

- High efficiency wood pellet boilers
- Deeper energy savings
- Expanded two-to-four family loans
- Grants to remove asbestos and vermiculite, and upgrade knob and tube wiring

All these energy-efficiency improvements to your home can provide multiple benefits, both short-term and long-term, such as:

- Reduce energy consumption
- Add value to your home
- Shrink carbon footprint
- Improve comfort
- Save money



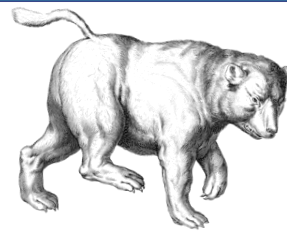
—Bill Gran and John Henry

The constellations illustrated are some of the brighter and easier to spot constellations of our winter sky. They are shown as would be seen looking toward the north.



Ursa Major—the Great Bear, the Big Dipper

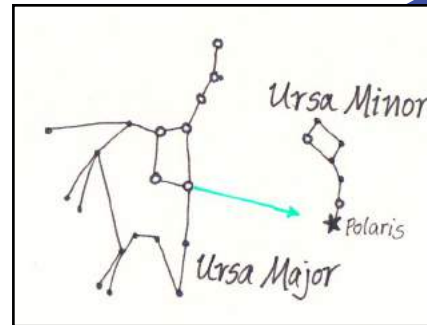
Like Orion, the Big Dipper has been recognized as a constellation by many cultures throughout the world. It appears low in the sky to the north during the winter. Use the line containing the two outer stars of the dipper to find the North Star.



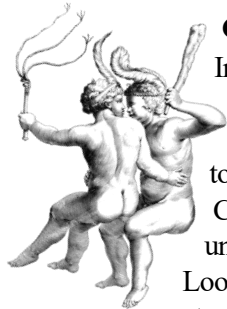
The Wi

Ursa Minor—the Little Bear, the Little Dipper

The last star in the dipper handle is the North Star or Polaris. All of the other stars appear to rotate around Polaris during the course of the night due to the Earth’s rotation. This is the location of the Ursids meteor shower that peaks December 18-25.

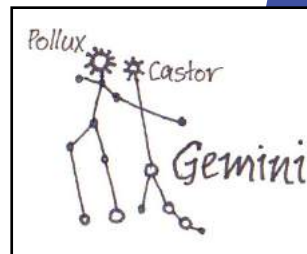


Gemini – the Twins



In Greek mythology, Castor and Pollux were not twins but half-brothers with Pollux being the son of Zeus. When Castor died, Pollux asked his father to give Castor immortality. Zeus agreed and reunited them in their location in the sky.

Look for the Geminid meteor shower in this part of the sky on the night of December 13.



Canis Minor—the Little Dog

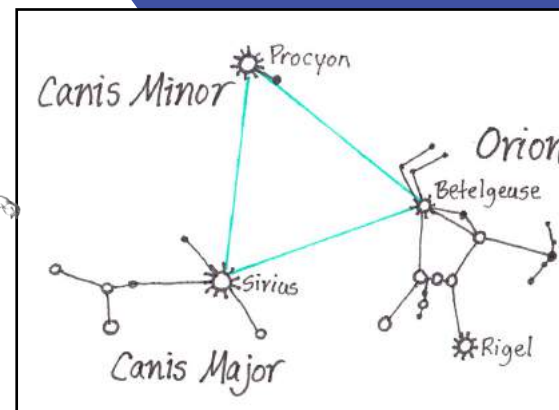
The second of Orion’s hunting dogs, it contains the bright yellow-white star Procyon. Betelgeuse, Sirius, and Procyon form the Winter Triangle.



Taurus—the Bull. The v-shaped face of the bull is easy to find next to Orion. Aldebaran is a reddish star that is his left eye. The “v” is actually a cluster of stars called the Hyades which is one of two clusters in Taurus. The other is the Pleiades, also known as the Seven Sisters, which is the closest and most easily seen of all the star clusters. In Japan it is known as Subaru which means “to unite” and is used as the logo for the car company.

Canis Major—the Big Dog

One of Orion’s hunting dogs, it contains Sirius, “the dog star”, which is the brightest star in the northern hemisphere.



Orion—the Hunter

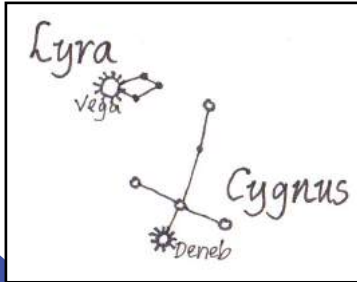
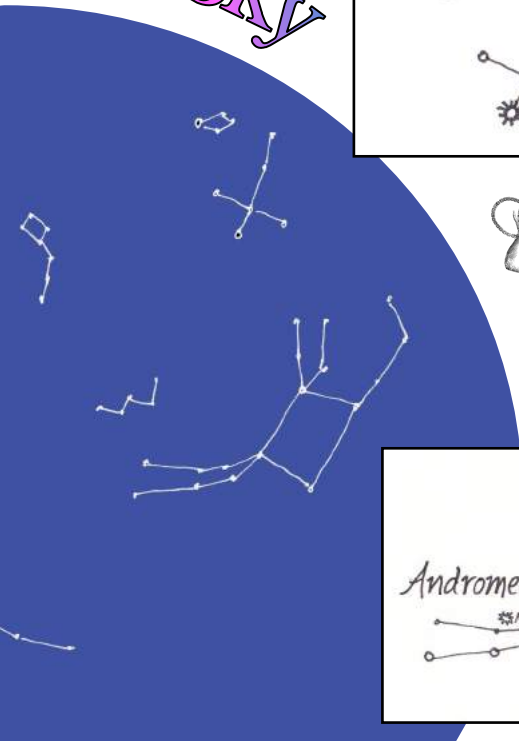
One of the most recognizable constellations, this arrangement of stars has been noted from prehistoric times by many cultures throughout the world. It contains two very bright stars—Betelgeuse (pronounced beetle juice) and Rigel. The middle of the three stars in the sword which hangs from his belt is not actually a star—it is the Orion Nebula—a cloud of gas, dust, and young stars that is best viewed with binoculars but is visible with the naked eye, appearing as a fuzzy star.



VE AND MORE RICHLY COLORED THAN THE DAY.
T VAN GOGH



Winter Sky



Lyra—the Lyre

Lyra is named for the lyre that was used by Orpheus to make music that overpowered the call of the Sirens who were seducing the Argonauts. Vega, one of the four visible stars in the constellation, is the fifth brightest star in the sky and the most studied. It was the first star (other than the sun) to be photographed, back in 1850. Lyra appears low in the sky during the winter and will occasionally dip below the horizon.

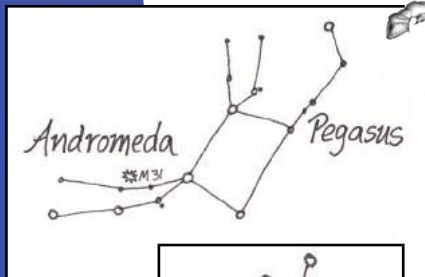
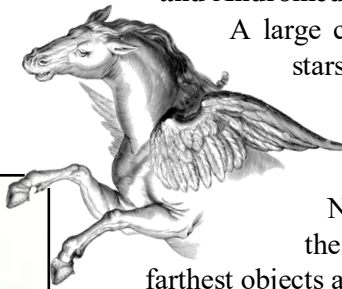
Cygnus—the Swan

Also known as the Northern Cross, Cygnus contains the bright star Deneb which along with Vega and Altair form the Summer Triangle.



Pegasus—the Winged Horse and Andromeda

A large constellation, Pegasus contains four stars that form the Great Square. Andromeda shares one of those stars and contains the Andromeda Galaxy also known as the Great Spiral Nebula or M 31. It is a galaxy twice the size of our own and is one of the farthest objects able to be seen by the naked eye.



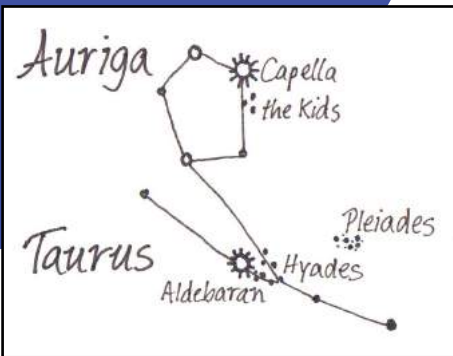
Cassiopeia

High in the north sky, this constellation depicts the throne that, in Greek mythology, Queen Cassiopeia was sent to sit on as punishment for boasting of her beauty. It is easily found as it resembles an “M” or “W” depending on your perspective.



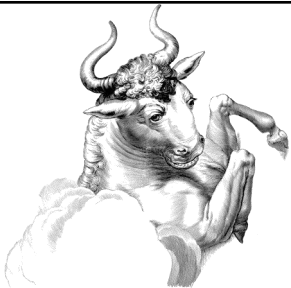
Auriga—the Charioteer

Shaped as a pentagon, Auriga contains the bright star Capella also known as “the goat star” and a group of fainter stars known as “the kids”.



Tips for observing:

- ★ Choose a clear night without a moon so that the sky is completely dark.
- ★ Give your eyes 15 minutes to adjust to the dark. Place red cellophane over a flashlight, if you need one, to protect your night vision.
- ★ Use a star chart to find the exact location of constellations for the date and time you will be observing.
- ★ Start with the easy-to-find Orion or Big Dipper and use them as reference points to find other constellations.



The International Dark Sky Association has lots of great info about light pollution and tips for outdoor lighting solutions at www.darksky.org

—Drawings by Sue Draxler

The School Community

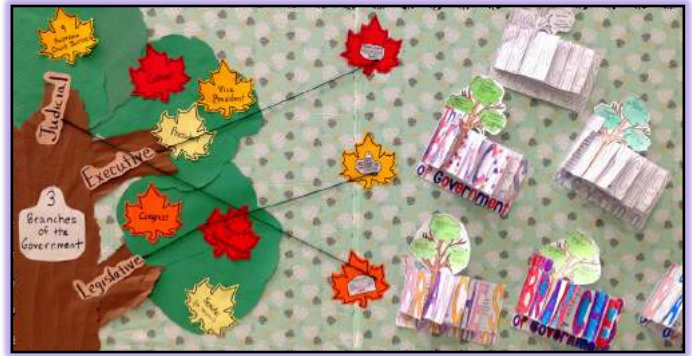
The Best Year Ever

At the onset of the school year Heath School principal Jesse Porter-Henry stated, “Our job is to have the best year possible,” and that is just what the staff and students at the school appear to be doing; singing together, playing games, hiking, conducting experiments, taking field trips, and of course working hard at all of the three “Rs”.

In September a trapeze was installed on the playground and students had the wonderful opportunity to join an after-school program for trapeze lessons. It is an impressive sight to watch as children literally fly through the air with the greatest of ease (tied in for safety of course).



In October the whole school enjoyed a beautiful fall day hiking the Oxbow (Hosmer Rd.). Ned Wolf from the Historical Society was on hand to talk about Fort Shirley and other historical sites along the way. One of the reasons the Oxbow was chosen for this year’s hike was to get the kids thinking about and excited for the upcoming 100th Heath Fair.



What would this fall be without using the election for a few civic lessons? For the Pre-school this has meant learning about community helpers, hosting Fire Chief Ken Gilbert, firefighter Eli Smith, and Officer Lee Live-ly. The second and third graders are learning about civic participation by writing opinion papers on something they feel needs improvement in the school community. More outdoor time is definitely high on their list and they have good data to back up why this is important. Meanwhile, the Uppers (grades four, five, and six) are learning about the three branches of government and how they function together to share power and responsibility in a democracy.

And of course what would a school year be without an earthquake or two especially when the earth is a pan of Jell-O and the buildings in danger are made of toothpicks and marshmallows? The Uppers read a fictional book about an earthquake and are using the story to learn more about real ones. They conducted an experiment by creating several structural designs and then testing which ones would withstand a quake. At the time of this writing the jury was still out.

These are but a few examples of the type of experiences and learning our children have each day this fall. If you have a chance to visit the school you will see for yourself “the best year possible” in action.

— Heath Herald Staff





The Way We Love To Eat Local Recipes by Local Folks

One of the great things about being a teacher in a small town is that you get the pleasure of watching children grow up. This was on my mind when I recently sat in the kitchen of Pippin Paulson, who, as a middle school student, began her own baking business called *Chocolate Therapy*. Although she bakes many other things besides chocolate, she named her business for one of her favorite foods, chocolate.



Pippin is the daughter of Tim Paulson and Deb McCutchen, and the granddaughter of Leighton and Martha McCutchen. Her business started as a childhood lemonade stand and grew from there into a thriving oper-

ation featuring foods such as jam-filled cookies, chocolate cake, and candy, a particular favorite because she likes the challenge of making it. Besides her youth, one of the things that makes Pippin’s food stand so unique is that she creates many of her own recipes. She told me of a jam filling she makes with plums from her family’s plum tree. The tree was planted as a peach tree but turned out to bear plums instead. She said the plums were very sour but with a little sugar and lime juice, they turned into a lovely yellow jam filling.

One of Pippin’s favorite creations is a pie that she calls Bloody Good Pie, made with a combination of raspberries, maraschino cherries, strawberries, lime juice, brown sugar, and a dash of honey. According to Pippin, it comes out as a beautiful red pie that tastes delicious. The recipe below is her banana bread recipe that Pippin chose to submit to the *Herald* because she says that banana bread is easy to play around with and to have fun with!

For those of you who would rather just purchase your treats, next summer you will find Pippin at the Shelburne Falls Farmers Market or at the Arms Library on Saturday mornings.

—Deb Porter

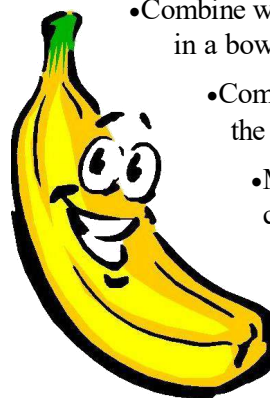
BANANA BREAD

Preheat oven to 350°, grease one loaf pan

Ingredients:

- 3 ripe bananas
- 1/3 cup of butter
- 1 cup of sugar
- 1 egg
- 1 teaspoon of baking soda
- A pinch of salt
- 1 ½ cups of flour

- Combine wet ingredients (except bananas) in a bowl.
- Combine dry ingredients and add to the wet ingredients.
- Mash the bananas and slowly combine them with the other ingredients.



- Pour batter in loaf pan and bake until golden brown, about 60 minutes.



LIBRARY LINES

—Donald Purington

A Few of the New Items at the Library:

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

Fiction Books for Adults: *The Blind Astronomer's Daughter* by John Pipkin, *Faithful* by Alice Hoffman, *This Was a Man* by Jeffrey Archer, *Into the Beautiful North* by Luis Alberto Urrea (the Mary Lyon Foundation "Big Reads" book)

Non-fiction Books for Adults: *The Total Skywatcher's Manual* by the Astronomical Society of the Northwest, *Nightwatch: a Practical Guide to Watching the Night Sky* by Terrance Dickinson, *Secret Medicines from Your Garden* by Ellen Evert Hopman, *Upstream: Selected Essays* by Mary Oliver



Books for Young/Teen Readers: *Wonder Women: 25 Innovators, Inventors, and Trailblazers Who Changed History* by Sam Maggs, *The Way Things Work Now* by David Macaulay, *Holding Up the Universe* by Jennifer Niven

Children's Picture Books/Boardbooks: *Child's Introduction to the Night Sky* by Michael Driscoll, *The Marzipan Pig* by Russell Hoban

Audio Books on CD: *This Was a Man* by Jeffrey Archer, *Into the Beautiful North* by Luis Alberto Urrea

NORTHERN LIGHTS

It was on a spring night back in the mid-1990s, very early in the conversations that led ultimately to the building of the Heath Elementary School, that David Newell, finance officer for the then 7-12 Mohawk Trail Regional School District, began to convene preliminary planning meetings between Heath and Rowe to discuss the Commonwealth's prediction of a rising school population. The goal was to begin to consider how the District might meet the ensuing challenge. There was a hope at that time that Heath and Rowe might form an elementary school district, separate from the other towns.

We were presented with grim charts about population increases and rising costs. Even these preliminary meetings were somewhat awkward and tense, with undercurrents of competing agendas. Whether it was after we adjourned or as an interruption to our difficult deliberations, at some point, someone urged us to stop and look up at the night sky. Suddenly, we were all standing together in the Rowe School parking lot, united in awe at the dazzling show of the Northern Lights. Sheer magnificence!

—Pam Porter

Heath, a Little Bit of Heaven

I turn off of Route 2 onto Avery Brook Road and suddenly the green becomes Heath. My heart is so sure this is home. Heath, from day one, with our family sleeping in a green tent, has felt so secure and yet so full of surprises. The first night we settled in around ten and were promptly awakened by a loud sound. It was none other than the midnight flight from Boston to Albany.

Each summer from 1969 until 1977, we slept in tents, first an 8' x 10' camping tent, then a 20' x 40' Boy Scout tent.

In 1977, we moved into our dream house. Mr. Crowningshield had apologized for having raised the roofline eight feet from those in the plans because of the snowy winters here in Heath. The height of the apex of the house meant we had a cathedral ceiling that made a great living space. This vaulted ceiling and many large windows made us feel at one with the birds in the trees; a little bit of heaven.

—Hazel Porter

*We'd like to wish Hazel a Happy Birthday.
She turns 90 on December 14.*



Community Yoga



Wednesdays 6 to 7 p.m. in the Heath Community Hall. Bring a mat and join your friends and neighbors as we ease into the second half of the week with an hour of gentle flow and stretching. Classes are by donation (\$7 suggested donation).



For more info contact
Kate Peppard at
kbpeppard@gmail.com.



What's an EDS?

Not just another acronym, an EDS (Emergency Dispensing Site) is where you would receive emergency medical countermeasures, such as vaccine or antidote, in the event of a public health emergency or biological threat to residents in our area. While it might be a low probability that we'd see a biological threat here in our beautiful hills, a greater risk could come from highly contagious exposures brought home by returning travelers. In either event, if the U.S. Centers for Disease and Control (CDC) became aware of a potential threat to public health, emergency medical countermeasures would be released from the Strategic National Stockpile and sent to each State's Department of Public Health. Within Massachusetts, local Boards of Health have banded together to form EDSs to address public health emergencies by combining the strengths each town brings to the EDS. Through the EDS we form a stronger, more resilient network to provide emergency public health to residents.

Our local EDS, the "Hawlemont EDS", is organized by Boards of Health and Emergency Management personnel from Charlemont, Heath, Hawley, Rowe, and Monroe. The EDS is supported by local volunteers including nurses, police and fire departments, Medical Reserve Corps, Community Emergency Response Team (CERT) members and other volunteers. Within the five-town area we prepare to dispense vaccine or other emergency medicine to the estimated 2,900 residents, plus seasonal and recreational visitors.

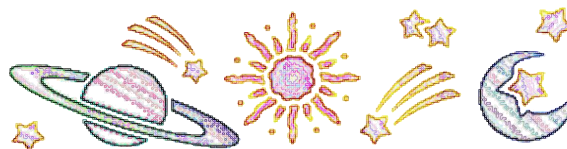
On Saturday October 29, the Hawlemont EDS held a drill in conjunction with a flu clinic and a rabies vaccine clinic at the Hawlemont School. The drill scenario postulated that a biological terrorist attack involving an intentional release of small pox vaccine had occurred in Europe, and several U.S. travelers who were unwittingly exposed had just returned to the States. Per the drill scenario, the CDC notified Massachusetts Department of Public Health (DPH) that some of these travelers were from our towns; DPH contacted Hawlemont EDS management personnel who subsequently activated the EDS in accordance with our written plan. We were evaluated on our ability to prepare in a timely manner for the receipt and dispensing of the life-saving vaccine.

As with any town emergency that warrants activation of an Emergency Operations Center, we are told to be prepared to take care of ourselves and our neighbors for at least 72 hours before outside help, such as the National Guard or Red Cross, might be able to respond. It is possible that the EDS would need to be open around the clock or on several scheduled shifts to ensure everyone

in our five-town area is served. This is where you come in, because we can always use the help of additional volunteers. Let your town's Emergency Management Director or Board of Health know if you are interested in getting involved in becoming a trained volunteer responder.

—Sheila Litchfield RN

Hawlemont EDS Medical and Operations Section Chief



STAR WATCHING AT THE BENSON PLACE

Tonight's the night! We finally got a clear night when we wanted one! John Remus is coming up and we're going to look at stars and constellations and planets and more. The blueberry fields give a wide-open view of the expansive sky. And, although we can see the twinkling lights down at the University in Amherst, the sky up here is really dark. Light pollution from Northampton is on the southern horizon, but it doesn't dim the magnificence up here on the hilltop!

John arrives and we bundle up with sweaters and blankets and sleeping bags and head out. We gather at a wide, grassy spot in one of the blueberry roads and everyone snuggles in. John begins pointing out the brightest stars in the huge expanse above us. I concentrate on absorbing the strange names and trying to remember which is which. The planets are easier. There aren't as many of them and some are really bright! The fall constellations are fascinating. I remember in fifth grade, when we studied Greek mythology, how the stars embodied some of the characters! It is always challenging to find the human and animal figures in the shimmering points of the stars, but it's fun to try; and imagination adds some fantasy to the mix. As John continues to spout amazing, almost incomprehensible facts about the Milky Way and other galaxies, I find tiredness pulling at me. Lying down in the dark tells my body just one thing: it's time to sleep. I drift a little as the cold continues relentlessly seeping through the layers.

Suddenly everyone is up and moving and I realize I actually did fall asleep. I hope I didn't snore! I want to do this more—the star watching, not the sleeping! The humbling sense of smallness in the hugeness of the sky is exciting and a bit unnerving. It definitely changes my perspective about everything I thought I had to do tomorrow.

—Ted Watt

Selectboard Report -11/07/16

Meeting Schedule

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

Special Town Meeting

A Special Town Meeting to consider five articles was held at the Community Hall on Tuesday October 25.

The first article requested a transfer of \$3,000 from the equipment/vehicle stabilization account to cover repairs to the brakes on a fire engine.

The second article asked to transfer \$32,000 from the equipment/vehicle stabilization account to cover unanticipated repairs to the transmission on the grader.

Article three asked to appropriate \$50,000 for the town to purchase a new rescue vehicle, to be funded by a transfer of \$25,000 (transfer request reduced to \$1,000) from the equipment/vehicle stabilization account, and through the acceptance of a gift from the Firefighters Association for the balance of the cost. By the time of this meeting, the gift from the Association combined with private donations was sufficient to cover the entire cost of the vehicle.

A fourth article was a request to transfer \$1,500 from the Assistant Animal Control Officer stipend account to the Animal Control Officer stipend account in an effort to combine accounts because we currently do not have an Assistant Animal Control Officer.

The fifth article was a transfer of \$1,500 from Fire Department Supply/Training to the Emergency Vehicle Maintenance account. The maintenance account is almost depleted, according to Chief Gilbert. All five articles passed.

All Boards Meeting

The annual "All Boards Meeting" is scheduled for 7 p.m. Tuesday November 29 at the Community Hall. At this time, the Selectboard will remind committees and boards about important dates in the town budget process and share information about how to run effective meetings. Erich Holan will give a brief presentation on the new Town of Heath website. Each board will have a chance to update the group about their activities and concerns. Refreshments will be served.

Broadband in Heath

The Broadband Committee continues to work with both MBI and WiredWest as we negotiate the path and new state requirements to remain eligible for some state monies for broadband services in Heath. The committee is also exploring a wireless option in this effort to bring broadband to residents. Members of the committee have

submitted readiness assessment documents to MBI, sent edits to the pole survey agreement, and are currently in the process of tallying a broadband survey sent to residents in recent weeks.

Firefighters Receive Grants

The Heath Fire Department has been awarded two grants recently. One, in the amount of \$88,343, is from the FY15 Assistance to Firefighters Grant Program, through Department of Homeland Security.

The fire department will purchase personal protective equipment, air bottles, masks, etc. The second grant, in the amount of \$11,939, was from the 2016 Commonwealth Security Trust Fund Grant Program. The fire department will purchase 25 pagers with these funds. Thank you to Ken Gilbert and Betsy Kovacs for your work on these applications.



Public Safety Complex

Committee members met with Senator Stan Rosenberg and Representative Paul Mark at Senator Rosenberg's office in Northampton to present the project to the Senate President in the hope that he would have some ideas about where the town could find funding, either in a previously approved budget or in upcoming budgets. Also discussed were various agencies and offices in the administration that might be able to provide help to the town.

Committee members also met with U.S. Representative Richard Neal and staff members on October 3 when he came to award the grant for the firefighters SCBA (breathing apparatus) equipment upgrade. Rep. Neal was treated to a tour of the fire station and emergency operation center. Neal said he would speak to officials at the USDA Rural Development Program and to Governor Baker on our behalf. The committee continues its efforts to seek restoration of the promised grant along with alternative sources of funding. In the meantime, the town has closed on the purchase of the property on Bray Road designated for the new Public Safety Complex, and has sold the other town-owned parcel of land on Bray Road.

Heath Education Task Force

The Task Force continues to meet every Thursday evening at 7 p.m. in Sawyer Hall to explore options and opportunities for the education of Heath's school age children. The Task Force is finalizing a recommendation to the Selectboard that will be discussed in various community gatherings in the near future.

New Heath Rescue Truck

Contributions and Grants provide new equipment for the Heath Fire Department

Thanks to all contributors and residents for your generous support of the Heath Firefighters Association. With your contributions and the last ten years of pancake breakfasts and BBQ's, the Association is providing the funds for purchasing a new rescue truck for about \$50,000. Two of the donations were made in memory of Heath residents, Jeremy Schriber and Howard Thompson.

In the last issue of the *Heath Herald* the Association announced it was contributing half the cost of a new rescue truck. The town residents were asked to vote on a warrant presented at a Special Town Meeting on October 25 to authorize up to \$25,000 for the remainder of the funds needed to purchase the truck. However, leading up to the town meeting, sufficient donations were received to meet the expense for a new rescue vehicle! This means that the town needs to provide only \$1,000 for possible additional expenses towards the purchase.

The rescue truck will replace the 30-year old truck that is inoperable and out of service. This often-used fire vehicle responds to every medical call (the majority of our 911 calls), automobile accidents, HAZMAT calls, fires, and is also used for training.

Two Grants Awarded for

Personal Protective Equipment and Pagers

The Fire Department was awarded a FEMA Assistance to Firefighters Grant for \$88,343 with the town matching \$4,417 for the purchase of a dozen SCBA's (self-contained breathing apparatus known also as oxygen tanks) with masks, and half a dozen gloves and helmets to replace outdated equipment. On October 3, Congressman Richie Neal came to Heath to congratulate the fire department on being awarded this grant.

The fire department also was just awarded a \$11,939 grant from the Commonwealth Security Trust Fund to purchase 16 new pagers and two days of training in communications, ICS and NIMS, all of which are required for firefighters.

Fire Chief Ken Gilbert said, "We're so pleased to be able to better ensure the safety of our volunteer firefighters with the latest protective equipment. We're also glad we can keep the demands on our budget down by applying for and being awarded grants to cover these expenses for much needed equipment."

Typical—NOT!

A not-typical day and night for the Heath Fire Department—October 27, 2016. The first snow of the year had been falling all day with increasing strength, creating wet and slippery roads. At about 2:30 that afternoon our volunteer firefighters were "toned out" (called by Shelburne Control which receives 911 calls and relays them to the appropriate fire department) to respond to a car crash on Route 8A in North Heath. Fortunately no one was injured. However, the State Police took one and a half hours to get to the scene due to slippery road conditions, especially up Route 8A. Because of the early and unexpected snow, the police hadn't yet had snow tires put on their cars. Rules require that a vehicle cannot be towed until the police are on the scene, so the Fire Chief and tow truck had to wait until the State Police arrived.

Later that evening, at about 9 p.m., just as our volunteers were on their way to bed, another tone went out. This time, the Heath Fire Department was called to cover the Fire Station in Colrain as the Colrain Fire Department was responding to a structure fire in their town. An engine company of four qualified firefighters from Heath rapidly responded to cover the Colrain station with an engine, leaving one firefighter at the Heath station to manage any additional calls for Heath.

Just as the Heath engine arrived at the Colrain station, they were toned out again, this time for electric and telephone wires down in Shattuckville. So off they went to respond to that call.

Securing the Shattuckville situation, the Heath engine and firefighters returned to cover the Colrain station while Colrain firefighters were still fighting the structure fire. After a brief five minutes they were toned out for a fourth time! This time they were called to Wilson Hill where electric wires had been knocked down due to the heavy snow and were arcing and burning on the ground.

Finally, at three o'clock *in the morning*, the Heath firefighters rolled the engine back home to the Heath Fire Station and got to their homes and, at last, to bed.

—Betsy Kovacs



Veterans Memorial Is Underway

Work has started on the memorial with excavation, and the collecting and delivering of large stones.

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

—Veterans Memorial Committee



Photo by Art Schwenger

Editorial

I attended a Heath Educational Task Force meeting at the Heath Elementary School on November 17 to hear a presentation of possibilities for educating Heath’s dwindling Pre-K through grade six children. This dedicated Task Force, representing a variety of constituencies, has met weekly since January. They have done their homework, and have come to the devastating conclusion that pre-K through grade six education at Heath Elementary is no longer educationally or fiscally sustainable. Our Task Force and Selectboard are being proactive and indicate that they will only recommend an arrangement that is good for our children, families, and the taxpayers. Details about alternatives currently under consideration are available from the Task Force or Selectboard. However, the decision to close our school and create an alternate arrangement for the education of our children does not fall to any committee, board, task force or administrator. According to our regional agreement, no part of this or any plan can be implemented without the consent of all District towns at public Town Meetings. Task Force members, Deb Porter-Henry, Gloria Fisher, Mary Sumner, Becky Johnston, Budge Litchfield, Ken Rocke, Robyn Provost-Carlson (and Brian DeVriese, alternate Selectman) urge you to attend the weekly meetings, Thursdays from 7 to 8:30 p.m. at Sawyer Hall or to contact them individually with questions, ideas and concerns.

At the end of the meeting we were treated to a brief presentation by school principal Jesse Porter-Henry and some of his faculty, describing some of their creative and innovative ways of educating our small school in a very big way. Read the School News on page _ in this issue to learn more.

I left the meeting feeling that our children are in good hands, both now and into the future, for which I am very grateful.

Concurrently, the Mohawk School District has a committee, Building Education Sustainability and Trust (BEST), charged with establishing long-range recommendations for all member schools. However, no part of that plan can be implemented without the consent of all District towns at public Town Meetings. The BEST Committee is holding informational meetings regarding these recommendations, the first of which will be on December 12 at 7:00 p.m. in the Mohawk Junior/Senior High School Auditorium.

—Nancy Thane

Heath’s Monthly Precipitation

Observed by Heath School staff and students
In this reporting period:

	Rain	Snow
September	1¾"	
October	2"	6"

September started out with a potential tropical system, “Hermine”, heading our way on the Labor Day weekend, but to the dismay of the drought issue, she had her own path chosen which only sent us some high clouds and a couple of drizzle showers. The season’s first frost came on the weekend of September 24 and 25. While at first Hurricane Matthew looked to be heading this way, thankfully for us damage wise, he turned out to sea with the only effects being some enhanced showers on October 9.

The fall foliage surprisingly was very colorful despite the ongoing drought conditions. Our first snowfall of the season came on October 27, giving a solid 6 inches of the white stuff along with ¼" of rain. A couple of days later almost all was melted.

—Tim Lively



Heath Fair Corn Poll Results
Courtesy of the Agricultural Tent
at the Heath Fair

The Fair is over and the voters have spoken. The Corn Poll went off without a hitch. No problems with voter identification, no broken voting machines, no trouble finding the polling place, no long lines, no complaints at all. Turns out that you can trust people to do what’s right. We had a total of 180 kernels (votes) cast and the results were:

Hillary Clinton, Democrat	80	44%
Jill Stein, Green Party	60	33%
Gary Johnson, Libertarian	26	14%
Donald Trump, Republican	14	8%

Thanks to all who voted. Perhaps the Heath Fair will become the go-to predictor for results of presidential elections. Just think, Fox News, CNN, MSNBC, and all the other major news outlets could have correspondents at the fair waiting to report Corn Poll results to the world!

—Bob DeLise

The Rest of the Story

As it turns out, the Heath electorate had a few differences of opinion with Corn Poll voters come November. 459 of those 529 (87%) registered in Heath voted as follows:

Hillary Clinton	244	53%
Donald Trump	165	36%
Gary Johnson	24	5%
Jill Stein	12	3%
Blank and others	14	3%

And, as we all know, Donald Trump has been named President-Elect.

It is heartening that 25 children and youth observed democracy in action by coming to the polling place with their parents.

—Nancy Thane

Data provided by Hilma Sumner

Heath Union
Evangelical Church



The Rev. James Koyama, Minister
 Dennis Ainsworth, Organist
 Sunday morning worship 10 a.m.

All are welcome

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

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

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

- Hilma Sumner, Chair ...337-4845
- Ruth Johnson337-4367
- Walter Gleason337-4479

Church phone: 337-4019 to leave a message
 Find us on Facebook @ Heath Union Evangelical Church
 Our building facilities are available for private events.
 Call Esther Gallup for details: 337-5367.

Church News

Our concert series was quite successful this fall. A well-attended concert by *Small Change* took place on Oct. 9. Many thanks to Al Canali for his help putting this event together. Then on Nov. 5 all in attendance enjoyed a lively concert by Dennis Ainsworth. He certainly can make that piano “rock the rafters!” More concerts are in the planning stages.

In addition, our Sunday morning music offerings are expanding, thanks to Heather Row and the chorus. All are welcome to join us.

We are continuing our Wednesday afternoon (4 to 5:30 p.m.) “Sings” led by Annie Hassett through Dec. 14. Come and join this informal gathering of singers of all types, ability levels, and ages. Refreshments are served.

We held a Thanksgiving Eve service on Nov. 23, and Advent services began on Nov. 27. Christmas events include a candlelight service at 7 p.m. on Dec. 24 with a regular service on Sunday the 25th, Christmas Day. Please join us during this special Christmas season.



Calendar Items

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

*Come and join us at the
Heath Elementary School
for an old fashioned*



**SQUARE
DANCE**

Friday, December 2, 2016 6-8 pm

with caller Doug Wilkins

*Bring the whole family, no experience needed!
Admission is free or bring a non-perishable
food item for Good Neighbor's food pantry.*

Refreshments will be for sale!

**The Friends of the Heath School Library
In partnership with World Eye Book Shop
are delighted to announce the**

**15TH ANNUAL
HOLIDAY BOOK FAIR**

**Friday, December 2nd, 2016
Heath Elementary School, 1-7pm
Books for all ages, 2017 calendars.**

All proceeds benefit Heath School for purchase of books for School Library and student literacy events.

Heath Online

Take some time to visit the town's website at
www.townofheath.org

For meeting minutes, school information, and more.

You may contact the Selectboard at
BOS@townofheath.org

You may email the board as a whole or
an individual via this email address

COMMUNITY CALENDAR

Dec 2	OLD FASHIONED SQUARE DANCE 6 to 8 p.m., Heath School with Doug Wilkins
Dec 2	HOLIDAY BOOK FAIR 1 to 7 p.m. at the Heath school

ONGOING

CELEBRATE YOU!

Monday, 11 a.m. downstairs in the Senior Center
A gentle exercise class done with DVD instruction
All ages and all ability levels welcome. Contact
Eileen McVay-Lively at 337-4742 for more information.

CRAFTY LADIES

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

SENIOR OPEN ART

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

FOOT CLINIC FOR SENIORS

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

SENIOR BROWN BAG LUNCH

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

HEALTHY BONES AND BALANCE

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

HEALTHY LIFESTYLE

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

SENIOR LUNCHEON

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

TAI CHI

Monday, 10 to 11 a.m. upstairs in the Community Hall

YOGA

Wednesday 6 to 7 p.m. upstairs in the Community Hall, led by Kate Peppard.

HEATH TOWN OFFICES

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

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

Selectboard, bos@townofheath.org
Tuesday 7 p.m., Sawyer Hall
Sheila Litchfield, Chair, 413-337-4957
Brian DeVriese, 413-337-5525
Robyn Provost-Carlson, 413-337-5316

Town Clerk, Hilma Sumner
townclerk@townofheath.org
Tuesday and Thursday 9 a.m. to noon
Monday 4 to 5 p.m. or call for appointment,
413-337-4845

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

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

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

BOARDS AND COMMITTEES

Board of Assessors
Monday 10 a.m. to 5 p.m.
Robyn Provost-Carlson, 413-337-5316
Alice Wozniak, Assistant Assessor, 413-337-4949
Heather Hathwell, 413-339-4359
Heidi Griswold, 413-337-4079

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

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

Library Board of Trustees
Deborah Porter, Chair, 413-337-4715
Emily Cross, 413-337-4816
Janis Carr, 413-337-5747

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

Agricultural Commission

Jessica Van Steensburg, 413-339-4904
Doug Mason, 413-339-4756
Nina Marshall, 413-339-4756
Sean Neill, 413-339-4820

Cemetery Commission

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

Conservation Commission

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

Historical Commission

Margaret Freeman, Chair, 413-337-4854

COMMUNITY

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

Post Office Manager, Charlene Reynolds
Monday to Saturday, 9:30 a.m. to 1:30 p.m.
413-337-4934, ext. 4

School

Heath Elementary School Principal

Jesse Porter-Henry, 413-337-5307

MTRSD School Committee Representatives

Budge Litchfield, 413-337-4957

Kenneth Rocke, 413-337-5753

Franklin County Technical School Representative

Art Schwenger, 413-625-2526

Town Nurse, Claire Rabbitt, RN

Office hours, Senior Center, 413-337-4847

Tuesday 12:15 to 1:15 p.m.

Thursday 11 a.m. to 1 p.m.

Voice mailbox: 413-337-4934, ext. 109

Home phone: 413-337-830

Senior Center/Community Hall, 413-337-4847

Eileen Lively, Senior Coordinator, 413-337-4742

PUBLIC WORKS AND SAFETY

Animal Control Officer: Ed Grinnell

413-834-2951 or 911 for an emergency

Highway Department, Mike Shattuck,

Transportation Supervisor, 413-337-4462

Police Department, Margo Newton, Chief

Office hours: Tuesday 6:30 to 8:30 p.m.

413-337-4934, ext. 108

Transfer Station, Ken Erho, Attendant

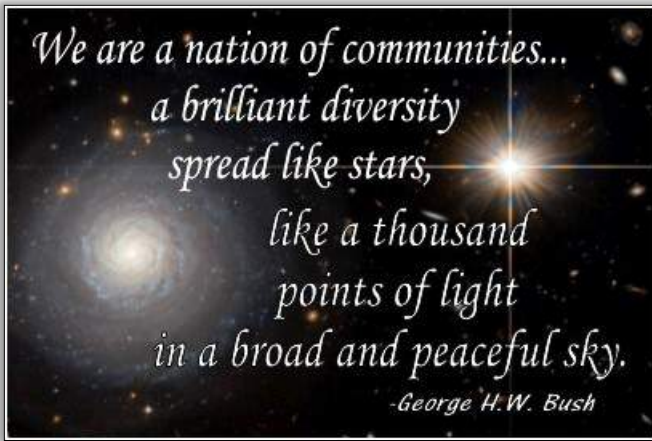
Wednesday, noon to 4 p.m. **all year**

Saturday, 8 a.m. to 4 p.m. **all year**

Monday, 9 a.m. to 1 p.m. **May 30 to October 31**

Volunteer Fire Department

Ken Gilbert, Chief, 413-337-4461



**Color Sponsors
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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.

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