



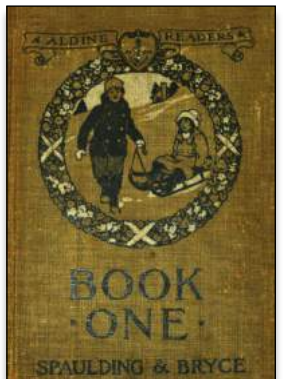
# HEATH HERALD

## Heath's First Newspaper

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 March 5 for inclusion in April/May issue  
 May 5 for inclusion in June/July issue  
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 November 5 for inclusion in December/January issue

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## Sitting Across the Table from Howard Dickinson

An Interview by Suzanne Hannay

This January morning is crisp and clear; the wind is blowing from the west and the ice is making my walk exciting. The journey up South Road isn't far, but on this special occasion I hope to travel back a good forty, sixty, or even eighty years. The welcoming "Yeaass . . ." is always the same when I arrive at Howard Dickinson's kitchen door. I enter and find the pellet stove churning out heat and the tea kettle warming on the stove. Today I'm joined by Art Schwenger and soon the two of us are listening to Howard reminisce.

Howard Dickinson has been asked before about his memories of the Heath Fair, both by curious friends and by the professionals who are producing the *Heath Fair at 100 Years* video. So is there anything left to say? He assures me that his sister Esther's essay "Heath Fair 1916-1984" in the bicentennial *Book of Heath* contains everything anyone could hope to know. But at ninety-three, he is my eyes and ears on the Fair. His voice is gravelly but lively and energetic. He is given to easy laughter and chuckling—often at his own wry observations—as he quietly reflects on my questions.

SH: *The earliest Heath Fairs—the ones in the fields just above his house on South Road—what did it look and sound like?*

HD: There were two tents on the edge of the field . . . one belonged to Heath and the other came from Rowe and they were just the same as the Exhibition Hall. There was a corral on the south side of the field. It held all the cattle. Parking for cars took up much of the field.

On the day of the Fair, the Burringtons and the Hamiltons (and others), they'd bring their cattle up and hitch them up for the day. They'd bring them right up South Road in a parade. Whoever brought the most cattle would win the prize . . . so the Hamiltons went over to their summer pasture to get more cattle to hitch up to the railings. That way, they'd win the prize for the biggest herd.

[He passes no judgment but chuckles.]

My family rented the land where the Fair was held—but they bought it later . . .

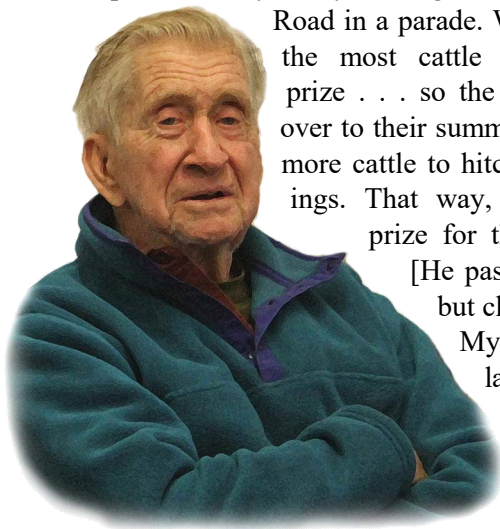


Photo courtesy of L. Sampson

At some point, I plowed the field next to the road . . . Oh boy did that stir things up . . . Cleon Peter's father Leon was fussin about it— "They plowed it up . . . No place to park!" I almost said "Are you going to close Peter's Store for the Fair?" but I didn't. [He laughs broadly at this.]

SH: *What's the picture you have of Fair Day on South Road?*

He remembers that South Road seems to have been an all-day parade route, between the cattle being driven the old-fashioned way up the hill, and then cages with hens and rabbits and later the prize-winning cattle were in the real parade along with the Ladies Aid, kids on bicycles, and kids with floats.

HD: The one I enjoyed the most—the horse float—I don't remember if they were hitched to a buggy but . . . it was Ted Burrington (Fred Burrington's grandfather) and Clyde Varney . . . they had more trouble . . . they made a frame and covered it with burlap with doorknobs for eyes. Ted was the head and Clyde was the tail-end man. They had more trouble. Getting up and getting down. Terrible time. [He laughs.]

I sold ice cream [for] 10 maybe 15 cents . . . cones were bigger then. So were the scoops. Bakers Pharmacy hand-made it down there with real cream, and brought it up here . . . there was ice on the outside . . . then more cranking up here. Pretty awful good! Cream came from Bakers in Shelburne. Two or three flavors . . . [of ice] cream. [The word 'cream' hangs in the heated air of his kitchen.]

SH: *Best Prizes?*

HD: Oh my . . . my mother and Clyde Varney each had short tables for vegetables, milk, butter, bread, and maple syrup. If you got first table, you got first prize. They'd take the prize back and forth [over the years]. In the early days, you had to be a Heathan to exhibit . . . but they [Massachusetts State Rules] changed that all around.

SH: *Can you remember any time when everything went wrong?*

(Continued on page 4)

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(Continued from page 3)

HD: Yeah . . . Oh . . . when it was up here in the field . . . Oh . . . Four or five inches of rain came. No way could you have a Fair in that rain—Oh, oh . . . Ted Herzig sold Bond Bread. He'd bought enough bread for the whole Fair—and this was one of the few times the Fair was postponed. What would he do with all the bread? Well, this must have set precedent for at least one day of rain annually—usually on the parade—at the Fair . . . Unless it was snowing . . . and we had that too.”

—Suzanne Hannay

Ed. Note: “The Rest of the Story . . .” coming from Suzanne and Howard in the next issue of the *Heath Herald* as we move closer to the Heath Fair 100th this August.

## First Saturdays Together

First Saturdays Together, a new community group in Heath, had its inaugural meeting this past Saturday with attendees talking about different issues important to our community.

This group is focused on sustainability in Heath, building community and supporting Heath culture, making efforts to bring about positive change locally, and for some, globally. Topics we touched on included visioning for the future of Heath (solar energy, the education of our children, internet access, barter and ride-share possibilities, the future of farming here in Heath, and more . . . ) and promoting the community of Heath (having community workshops on a range of topics, more social events and participating in dialogue to build connection across diverse viewpoints).

If any of this sounds interesting and you didn't make the first meeting, please come to our February 4 gathering. All are welcome. Information about time and location is coming soon. For more information, please email Lorena at [wildlor@gmail.com](mailto:wildlor@gmail.com), check the bulletin board in the town hall, or call 768-7714.

Thanks and stay tuned!

—Lorena Loubsky





## *Wild Ramblings*

—Bill Lattrell

### **Ice On!**

The sun found its way above the southeastern horizon about an hour ago. The pale sunlight hasn't been able to budge the thermometer yet. Although not bitterly cold the ten degree temperatures seem even more frigid with the ten-mile-per-hour breeze. My surroundings are wide open. I am surrounded by white. And, save the trees on the shoreline some 200 yards away, there is nothing to keep a frosty gust of wind from slapping me right in the face.

Anyone who knows me will tell you that I am a cold-weather guy. And although my advancing years have softened me a bit, I like to think I can still hold my own with the best of them in cold temperatures. I will say in all honesty that my love for frigid conditions has been aided by technology. Gone are the days of me hanging out in zero degrees in a thick woolen shirt, down vest, stocking cap, mittens, and hiking boots. These days I have to approach winter a little differently. The causes are many, the most dramatic of which is a botched back surgery that cut a couple of nerves along my spine and left me with neuropathy in both feet. I'm not complaining because I know that it could have been a lot worse. Still, the result is my lower extremities are cold sensitive, have a constant fuzzy feeling, and are sensitive to pain. I have the best wife on the planet and she proved it when she added to my winter wardrobe by buying a pair of pac boots that are supposed to keep my feet warm to negative one hundred and fifty-three degrees. Yup, you've read that right, 153 degrees less than the number zero on the thermometer. Now I've not yet tested them to this temperature but they do work pretty well. I will admit that when it is twenty below I also use a nifty pair of heated inner soles that have the battery built right into the sole insert. They can be turned on and off and from low to high with a tiny remote control unit that is about the size of a silver dollar. Given that my feet are directly on the ice for eight hours or more when I'm ice angling I'm not taking any chances.

My extreme boots aren't the only improvement in the ice fishing wardrobe department! My youngest son has adorned me with some cold-weather Carhartt duds: a pair of ice fishing overalls and a cold-weather vest. My daughter-in-law has gotten into the act by buying me a

Carhartt cold-weather hooded jacket. Add to that my L.L. Bean 100% virgin wool watch cap, my insulated rubber gloves to be worn when handling wet equipment, and my triple-knitted virgin wool mittens that would have kept Captain Cook's hands from freezing when he tried to find the North Pole. Considering all this cold-weather gear I would say I'm in pretty good shape when it comes to weathering the cold circumstances of ice fishing. Oh! Did I mention my handy-dandy high technology long underwear? Supposedly it was invented for the astronauts for work in the depths of outer space but somehow ended up covering my butt while I'm out pursuing cold-water fish during the winter.



The problem is that when I wear all this gear I resemble a Goodyear Blimp version of the Michelin man. My pac boots, so well insulated that they are larger than most people's snowshoes, do provide for a steady platform and make me relatively light on a pound-per-square-inch basis even though I'm wearing an extra 30 pounds of clothes over an already large 260 pound human frame. One can get pretty sweated up in this gear when setting up all of the tip-ups. My solution is to go out on the ice with a moderate clothing layer and add more as I get less busy. When I see a flag raised on a tip-up indicating a fish is on the line I don't have to run over to the action because I can simply roll over, which is significantly faster.

For years and years I carefully drilled each ice hole with a hand auger. The old-age stuff started setting in and so now I use a nifty gasoline-driven auger. While it is about five times faster than auguring by hand, the noise produced by the machine shatters the quiet perfection of a frozen lake. It's not so bad, however, because the drilling is over quickly and I've likely saved myself from a full-blown heart attack.

I still use traditional tip-ups or occasionally a jigging rod. On some days I spend my time running from tip-up to tip-up pulling in fish, resetting the lines, and starting all over again. On other days I quietly sit in a lawn chair on the ice while the flags on the tip-ups stay put in a

*(Continued on page 7)*

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*(Continued from page 5)*

limp state indicating that the fish have no interest in what I am offering. While I often fish alone it is not unusual for me to be seen with one or both of my sons, and/or a couple of hearty friends who are as cold-weather friendly as I am. My sister used to go ice fishing with me when she came to visit from the D.C. area. She is now ice fishing on the great frozen pond in the heavens with some of our indigenous ancestors.

Fishing alone is more of a pensive experience. On a slow day, after an hour or so of setting up, there is much time to enjoy watching the sun skate across the southern horizon. I often can also catch a glimpse of a raven or two, simply watch the clouds roll by, or stare at the patterns in the ice. On a busy day there is not enough time between pulling fish in to think about much of anything, except for maybe when a break from the action might occur.

At the beginning of each season the setting up work is short. It is a whole lot quicker boring through six inches of ice and cleaning the slush out of the hole than towards the end of a cold year when you are cutting through four feet of ice and dredging slush out of the hole for about ten minutes for each auger hole. In fact, two winters ago when it was so darned cold, my deepest holes were about fifty-four inches deep on a remote Vermont lake.



The sun is now higher in the sky and the temperature has risen to perhaps 26 degrees. My arctic clothes, save for my gigantic pac boots, are sitting in a pile in the lawn chair I have brought with me. My ice fishing sled sitting in front of me is packed with a bucket of bait, a cooler, an Adirondack black ash basket full of tip-ups and a jigging rod, an old ice chisel that I never use, and some emergency equipment. I'm about to start boring holes and realize I've forgotten to put gas in the gasoline-driven ice auger. I stand on the ice and ponder my situation. At first I'm slightly irritated. Here I am, with a ton of gear that I've dragged a half a mile over the ice to a great fishing spot, and no gasoline. But then I realize it's pretty nice just feeling the cool wind blow across my face. After all, how much more lucky could I be? I'm alive, outside, and enjoying the gift of nature.

In only a few minutes I remember the seldom-used ice auger. It hasn't been sharpened but I know I can cut a nice hole right through the frozen lake. And so I do. One smashing cut at a time. When I've cut through the ice and cleaned the slush out I retrieve a jigging rod. I put a minnow on a hook, drop the line through the hole, and pull up the lawn chair in front of my fishing location. If I don't like this spot I can move on and chip out a new hole. The hardest part will be moving all of the gear I brought with me.

As I move the tip of the short rod up and down jigging the minnow in the cold water, I look across the ice. There are blue, blue skies, white frothy clouds, ever-green white pines along the shoreline, beautiful ice covered with white snow, and I have the entire lake in its peaceful solitude to myself.

And I think to myself, "What could be better?"

*In memory of my wonderful sister Cheryl who loved to be out on the ice with me and who I miss every single day.*

—Bill Lattrell

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## *Green Thoughts*

—Pat Leuchtman

### **Paths for Pleasure**

The road into a New Year never gives a view of what lies ahead. This January we were all craning our necks to try and see what would lie beyond the 20th of the month, but this year, like every new year, reveals itself slowly. This is frustrating because we all want to know right now how changes will affect us personally.

When we stroll into a garden, however, there is delight in having a path that does not reveal the sights all at once. When we moved into our new house, the one thing I knew I wanted was a series of meandering paths in the backyard that would contain a few surprises as we walked through.

I've been thinking about our paths in Heath, which cannot be copied now that we are in a small urban lot in Greenfield. One of the things that made me love our house at the end of the road, even before we bought it, was the bit of discontinued road that went behind the house and up into the woods where we hiked alone or with grandchildren. I called it the Lane. Henry managed to mow it once a year or so, making it easy for walkers, and there were a few years when the wagon train came up our road, onto the Lane into the woods. Then I think they went onto the Lively's property. We enjoyed sharing the Lane.

Henry tried to keep the field next to the house mown, but there were always reasons why it didn't get done. One year there was a lot of talk about the dwindling populations of field birds like bobolinks and ruffed grouse. That gave us an excuse for not mowing all summer long, but it made walking with children difficult. The answer was a mown path from the house to an apple tree that had seen better days but made a grand structure for climbing and hiding in the leaves. The path then continued up the field to another ancient apple tree with an expansive view of our landscape.

The tiniest path we had led from the road down to the frog pond. This path was very narrow, curving around and between trees. We had to walk down single file, like Indians, with the grandchildren. And the grandchildren played their part at the beginning of the summer when we walked down the path armed with loppers and clip-

pers to clear away new growth and debris. We also considered ourselves the thistle patrol and cut down any thistle plants we saw.

The most floriferous path was the Rose Walk, designed to allow two to walk abreast, sharing conversation and the view of the roses on either side. The end of the Rose Walk was the entry to the orchard, even though by the time we left, only two of the apple trees we planted had survived. It also led to the fenced vegetable garden which included a raspberry patch.

Our paths were not elegant, but we did have destinations. We were fortunate to have pathways that led us through several kinds of landscapes: the cultivated Rose Walk, the Indian file path to the frog pond, the woodland stroll, and the trek across a rough field.

Our Greenfield garden was inspired by a garden nearby that I visited a few years ago on the Greenfield Garden Club tour. This garden was no larger than the space I have available and yet it seemed much bigger. There are many paths—all curve and prevent a long view. Small trees and large shrubs hide or reveal what comes next. There is even a garden shed, a tiny summer house, and a small pergola for outdoor meals at the edges of the garden for visits with friends who come to enjoy the company and the garden.

As you consider the paths that take you from place to place in your garden, think about whether the path should be narrow, or broad enough for companionship. Allow the path to meander, and provide landings, those spaces that can be provided with seating for a rest, or enough room that will indicate a welcome and a view.

The journey through the duties of the day and through the pleasures of the garden should be as pleasant as we can make them. A gentle path adds steps to the pleasure.





# LIBRARY LINES

—Donald Purington

The *Hérons of Heath*, photographs by Henry Josephson, are on display in the library through the second week in February. The photos were taken last summer while floating in an inner tube in a leech-infested beaver pond on Swamp Road, and include beautiful close-ups of the of the heron chicks at age two weeks and six weeks.



Winter is a great time to get out and enjoy a museum. Our **MASS MoCA** family pass admits up to two adults age 16 and up and two children younger than 16. The **Clark Art Institute** pass admits one adult.

### 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:** *I Was Trying to Describe What it Feels Like: New and Selected Stories* by Noy Holland, *Everything You Want Me to Be* by Mindy Mejia, *The Old Man* by Thomas Perry, *Difficult Women* by Roxanne Gay

**Non-fiction Books for Adults:** *Being a Dog: Following the Dog's Nose into a World of Smell* by Alexandra Horowitz, *The Glass Universe* by Dava Sobel, *How to Build Dry-Stacked Stonewalls* by John Shaw-Rimington, *New England Pie: History Under a Crust* by Robert S. Cox, *Hillbilly Elegy* by J. D. Vance

**Books for Young/Teen Readers:** *Upside-Down Magic* by Sarah Mlynowski, *Word of Mouse* by James Patterson, *Black Panther* (graphic novel) by Ta-Nehisi Coates

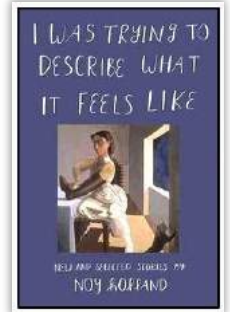
**Children's Picture Books/Boardbooks:** *Plenty of Love to Go Around* by Emma Clark, *Eating the Rainbow* by Rena Grossman

**Audio Books on CD:** *Swing Time* by Zady Smith

## NPR Book Review of Heath Author

*I Was Trying to Describe What It Feels Like: New and Selected Stories* by Heath author Noy Holland.

“For a lot of writers, crafting fiction can feel like an exercise in trying to describe something—a concept, a sensation, an emotion—that really doesn't want to be described. It's a problem that can be solved by sticking to obvious themes and well-worn story arcs, but the best writers would rather put down their pens forever before surrendering to cliché.



Noy Holland, author of *I Was Trying to Describe What It Feels Like: New and Selected Stories*, is one of those writers. None of the stories in the collection are formulaic, and none of them are easy. Rather, they're sneaky, enigmatic, revealing themselves to the reader at unexpected times, sometimes long after the last word has been read.”

Excerpt from NPR Book Review by Michael Schaub, January 10, 1917, [www.npr.org](http://www.npr.org), link to online article: <http://n.pr/2jSvx1Y> (shortened web address).

### Congratulations Margo!

On January 14, 2017, a multitude of grateful townspeople gathered to wish retiring Police Chief, Margo Newton well and to thank her for 26 years of service. As Sheila Litchfield put it, “Margo exemplifies what community policing is all about.”

Look for more on Margo in our next issue.

—Deb Porter



Photos by Art Schwenger





## Town Nurse

—Claire Rabbitt, RN

### Hypertension

High blood pressure is an ongoing health problem in our society, affecting one in three Americans, according to the October 2016 Mayo Clinic Health Letter. We should be concerned about high blood pressure because, left untreated, it can damage your blood vessels as well as organs in your body, increasing the risk of stroke, heart disease, aneurysm, vision loss, dementia, and kidney disease. These risks are even greater if you have diabetes, high cholesterol, or smoke, and the older we get the greater the risks, according to the American Heart Association<sup>1</sup> and the National Institutes of Health. Some other risk factors are heredity, obesity, inactivity, obstructive sleep apnea, alcohol abuse, and a high-sodium diet.

Your blood pressure is a measure of the force of your blood flow against your artery walls as your heart contracts and relaxes. Blood pressure is expressed as two numbers, separated by a forward slash. The first number, called systolic, is the force during contraction and the

second number, called diastolic, is the force during relaxation. When blood pressure is elevated, the heart must work harder to pump the blood. Over time, the extra pressure in your arteries can cause rough areas that may trap cholesterol circulating in the blood, causing fatty plaque buildup, as well as decreased elasticity of the vessels. Isolated systolic hypertension, when diastolic pressure is normal but systolic pressure is high, is a common type of high blood pressure among people older than 60.<sup>2</sup>



According to the American Heart Association there are multiple dietary factors that can help lower blood pressure, including reducing salt intake, losing weight, and moderating alcohol consumption. In a study of three diets, the most effective in lowering blood pressure is the DASH (Dietary Approaches to Stop Hypertension) diet. The DASH diet includes a high intake of fruits and vegetables, whole grains, poultry, fish, and nuts; is low in fatty dairy products; and includes a reduction in sodium, fats, red meat, sweets, and beverages containing sugar. Studies have shown that vegetarians have lower blood pressure than non-vegetarians, including a study of strict

vegetarians living in Massachusetts, who had some of the lowest blood pressures in the industrialized nations. The article indicates that the lower blood pressures could also be related to reduced weight, increased potassium intake (from fruits and vegetables), and physically active lifestyles.

The DASH diet is much like that recommended for preventing and controlling heart disease, diabetes, and obesity, as well as lowering blood pressure. Certainly, if you have high blood pressure, you should see your health care provider. If you have “pre” high blood pressure you may be able to lower it to the normal range through diet and exercise. However, consult your doctor before discontinuing any medication.

CLASSIFICATION OF BLOOD PRESSURE <sup>3</sup> FOR ADULTS 18 YEARS & OLDER (in mm/Hg)		
Category	Systolic	Diastolic
Normal Blood Pressure	Less than 120	Less than 80
“Pre” High Blood Pressure	120-139	80-89
Moderate High Blood Pressure (Stage 1)	140-159	90-99
Severe High Blood Pressure (Stage 2)	160 or higher	100 or higher

1. <http://hyper.ahajournals.org/cgi/content/full/47/2/296>, 3/13/2009
2. Mayo Clinic Health Letter, October 2016, pg. 3
3. *Cardiac Directions, Patient Education Guide*, 2008, The Dialogue Company, Inc, 106 Straube Center Blvd., Pennington, NJ 08534.

**CONTACT  
INFORMATION  
FOR THE  
TOWN  
NURSE  
CAN BE FOUND  
ON PAGE 23.**

## From 1492 until Today Welcome to Standing Rock

Traveling to Standing Rock was an eye-opening experience for me on many levels. Cat and I traveled with a group from Kroka Expeditions wilderness school and farm, where both of us had spent significant time in the past. During the forty-eight hour travel we read parts of several books about the history of the Dakota Sioux along with a letter from camp leadership about how to conduct ourselves in camp.

As a white person I will never truly understand what it is like to be an indigenous person, and so I am unable to truly represent the depth of native culture and spirituality that I witnessed there or the history, from 1492 until today, of repression and genocide that my government, forefathers, and white culture have inflicted upon Native Americans. In writing this short article all I can hope to do is share the information that was shared with me in as truthful and unaltered a way as possible. I wish to begin by sharing part of the letter that I read shortly before entering camp.

“Welcome to Standing Rock. Thank you for coming to be part of this powerful moment in history. The fight to stop the pipeline is part of our global struggle for liberation to protect our planet from extractive capitalism, and to heal the devastation of oppression on all our lives. We are winning and we still have a long way to go. We need everybody. That includes you. This is an indigenous led struggle, on indigenous lands, rooted in centuries of resistance and the specific cultural strength of the native peoples gathered here. This means it will look and feel different from non-native activism.”

Much of the letter that followed described the need for respect of indigenous leadership and culture and of the profoundly non-violent and spiritual nature of the camp. When entering camp we attended an orientation that also focused on many of the things that non-natives brought to camp, which was an eye-opening description of many of the settler-colonial tendencies embedded in white consciousness. These were points that we were urged to bring home and share as an effort to uproot settler behavior and bring about healing for all impacted by it, settlers included, and establish balance.

They told of whites who, upon entering camp, pushed their own ideas about how to resist the pipeline, champi-

oning their own organizational skills, and totally disrespecting native leadership that had been working for months to implement thoughtful and culturally appropriate systems. This way of thinking—destroying to replace—is a fundamental part of settler-colonialism, and, among many others, deserves our reflection and acknowledgement.

The letter we were given is in a sense a very thorough guide to decolonization with a deep healing capacity. [For more about this contact Cat Hannigan at, [cathannigan@gmail.com](mailto:cathannigan@gmail.com).]

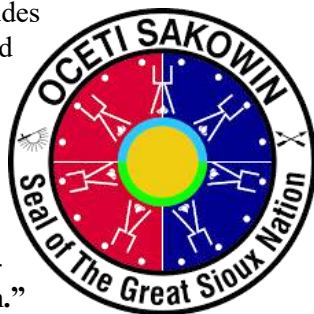
The way in which the media describes the camp is another example of behavior that “invisibilizes” the genuine nature of the prayers that manifest as the Oceti Sakowin Camp—a spiritual exercise like that of the original native people—to live with and love this land, while being responsible for the peaceful and prayerful power that is flooding this movement.

It is felt that the media antagonizes the situation by calling it a protest and questioning the reality of the burial sites in the pipeline’s path. They focus on the economic, environmental, racial, and human rights aspects, but they have neglected to recognize the Native struggle for cultural respect and autonomy.

Native American culture and spirituality have in no way disappeared. Native Americans are still here, loving their homes and waking us up to the need to care for the source of all life. Despite this important role they are playing, Native People are still experiencing forms of genocide across the country, from proximity to toxic operations and contaminants to the lack of healthcare (despite their heightened risk). This is a very devastating form of violence. The struggle against the “Black Snake” [pipeline] is an important moment in Sioux history and has brought together more indigenous tribes than ever historically recorded.

While there were signs of disrespect and embedded settler attitudes from some white individuals, as a whole, the non-native community was welcomed into a peaceful and prayerful camp of solidarity. It was an honor to be one of ten thousand people who came to respect and support the Native struggle during the stretch that we were there. While I cannot represent any aspect of the Native struggle, I intend to stand with Native American people in their movement for respect, justice, and autonomy. I am grateful for their invitation to non-natives to come and help, and to join in solidarity wherever they may be, and stand up for the water that is essential for everyone.

*(Continued on page 14)*





## Patterns of Life:

### New Coloring Book Honors Heath's Past

The Heath Historical Society has recently produced a new coloring book, entitled *Patterns of Life*. Each page in this adult coloring book features an object, or an element of an object, that is part of the Society's collection—objects that open a door into the everyday lives of the people of Heath's past.

Curator Chris Luis-Schultz, who saw a similar book produced by Kathie Gow for the Hatfield Historical Museum, thought it would be a worthwhile fund-raising effort for Heath. "One of the things I liked best about the idea," says Luis-Schultz, "is how well it expresses the mission of the Society: to preserve and record the artifacts of Heath's past, and to share them with our community."

Objects featured in the book include a black-powder flask bearing the image of an American eagle; an *Aldine Reader*, a circa 1900 book used in Heath schools; and a "hair bouquet" constructed of wire, beads, and the hair of "over 100 Heathans."



The Heath Historical Society was established in 1900 to collect and ". . . keep safe any and all articles of historical interest connected with the town of Heath." The Society maintains three museums: The Old Town House on the town common; the one-room Center Schoolhouse, built in 1867; and the 18th-century Solomon Temple Barn, donated by the Reverend and Mrs.

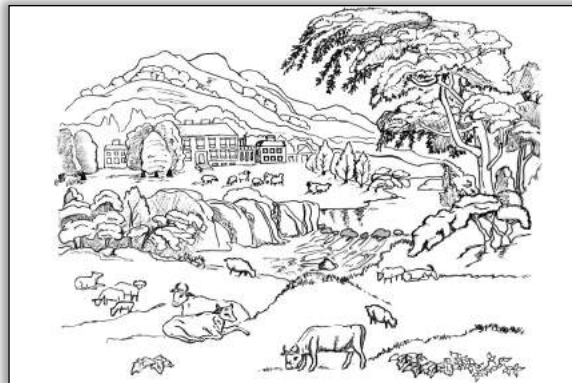
Richard Gary, then moved from Avery Brook Road and reassembled at the Heath Fairgrounds in 1994-5. The Society also maintains a plot of land on Hosmer Road that was the site of Fort Shirley, one of the so-called "Line of Forts," constructed in 1744.

The twenty-page *Patterns of Life* coloring book is printed on 70-pound paper, which works well with a variety of media, including gel pens and colored pencils. Price is \$12.00 per book, and it can be ordered by emailing the Society at [publications.hhs1785@gmail.com](mailto:publications.hhs1785@gmail.com), by contacting Society President Ned Wolf at 413- 625-8376 or by mail at the following address (please include \$1.00 for shipping and handling for mail orders).

The Heath Historical Society  
P.O. Box 698, Heath, MA 01346.

The coloring book, along with other Heath-related publications, will also be available for purchase at the Solomon Temple Barn during the annual Heath Fair, and at other Historical Society events.

All proceeds from sales of *Patterns of Life* benefit the Heath Historical Society, an all-volunteer, 501(c)(3) nonprofit organization. Membership in the Heath Historical Society is open to any and all individuals interested in supporting the mission and objectives of the Society.



*Pattern from 19th century Riley's Semi China platter  
Probably manufactured in Stoke-on-Trent, England.*

### FROM OUR READERS

I was at the library/post office yesterday and a number of people mentioned how much they liked the issue so I wanted to pass along the praise to the crew. Jean Gran said that you guys are doing a lot of interesting things and liked the theme idea. The centerfold turned out really nice.

—Sue Draxler

What a beautiful issue!

—Pat Leuchtman

### TO OUR READERS

Due to delivery delays when using bulk mail, we switched to first class mail three issues ago and it is working out well. First class mail is more expensive, but it ensures more timely delivery of your paper.

In order to help defray the increased cost of First Class delivery, we hope that some of our local recipients will switch to "reserved self-pick-up." as an alternative to mail delivery.

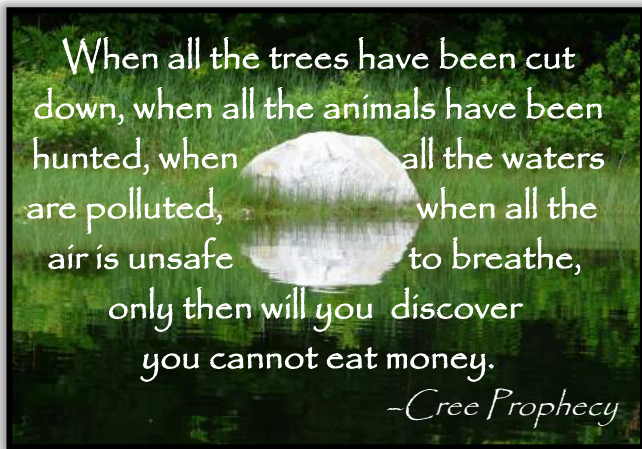
The process is simple: Instead of receiving your paper through the mail you will find it clearly marked with your name on it in the *Heath Herald* direct sales box in Sawyer Hall, just to the right of the Police Chief's office. If you would like to try this new system, or have any questions, please contact us at [theheathherald@gmail.com](mailto:theheathherald@gmail.com), put a note in the *Heath Herald* black box in the vestibule, or call Pat McGahan at 337-4078.

(Continued from page 12)

There are many ways to support indigenous survival and the water itself. Visit the Oceti Sakowin Camp website for a list of the Water Protectors' needs. They need our help to continue their stand. Email [cathannigan@gmail.com](mailto:cathannigan@gmail.com) for more information about ways to protect the water and first peoples, including a list of banks to divest from because they are lending to DAPL. Locally, as settlers of Mohawk land, we may ask if the Mohawk people would welcome allied support in efforts they are making or would like to make. Blessings.

—Andrew Row and Cat Hannigan

Ed. note: Andrew Row and Cat Hannigan are eager new farmers here in Heath.



**The Town of Heath needs you...**

Positions open include:

- Member of the Zoning Board of Appeals (ZBA)
- A representative to the MTRSD School Committee
- E-911 Coordinator

Contact Town Coordinator or a Selectboard member for details. [Contact information on page 23.]

**Nomination Papers Available**

Nomination papers are now available for elected town offices that will be on the ballot for this May's Annual Election. Papers must be taken out from the Town Clerk's office by March 15.

Seats are available for the following offices: Selectman, Moderator, Finance Committee, Planning Board, Library Trustee, Assessor, School Committee, and Constable.



**Nature Note**

**WINTER WARMTH, AVIAN STYLE**

Birds may not have wool sweaters or fleece vests but they do have down jackets of a sort, and some other adaptations to keep them warm.

**Feathers**—Birds are able to control the position of their thousands of feathers and by fluffing them up, they increase the air space between feathers, and thus their insulating value. Birds warm their feet by tucking a foot into their feathers while standing or covering both feet with breast feathers while crouching.

**Sleep habits**—Birds can lower their metabolism in a short-term hibernation called torpor in order to save energy overnight. They find sheltered areas such as hollow logs, nest boxes, and evergreens. Some species, like bluebirds and chickadees, may sleep huddled together in small flocks for extra warmth. Grouse engage in "snow roosting"—burrowing down into fluffy snow for extra insulation and to escape the wind.

**Extremities**—Bird feet and legs are just skin, bone, ligaments, and blood vessels, and as such are maintained at temperatures cooler than their bodies. Their tough, scaly skin keeps some warmth in, but it is their circulatory system, called *Rete mirabile*, that keeps the heat that escapes through their feet from cooling their body. It works as follows: Their veins and arteries are intertwined in a heat exchange system so that the cold blood returning from the feet is warmed by the outgoing blood in the arteries in order to keep up the warmth in their core. The outgoing blood is thereby a bit cooler but still warm enough to keep their feet from freezing.

**Feeding strategies**—Many bird species forage in flocks during the winter. Cedar waxwing and goldfinch flocks are common now. The chickadees, titmice, and nuthatches that we see at feeders stay in these mixed flocks as they travel through the woods. More eyes make it easier to find food (and spot predators). Blue jays and nuthatches cache food if they find enough to save some for later.

**Sunbathing**—Birds utilize solar energy to warm up and will seek out a sunny spot in which to sit, with feathers fluffed out, and bathe.

—Susan Draxler  
Photo by Alec Draxler



## Pulling the Paper Together

How does this paper get put together anyway? With a bit of thinking, a bit of nagging, some scratching of the head, some repair of English grammar, puzzle making, artistry, and a rush to print and delivery, meaning:

### Umm - How about . . . ?

Each month, not long after the paper hits the mailboxes, the production team (Nancy Thane, Deb Porter, Chris Luis-Schultz, and Pat McGahan) gets together at Nancy's house to start thinking, trying to figure out what goes into the next issue. Of course we have our wonderful regular columnists and contributors that we rely on, but what do we add to make this issue special and unique?

Ideas fly around, get discussed, discarded, and sometimes resurrected. The minimum result is that we leave the gathering full of tea and with some idea for the cover image(s) and our page three story (and we refer to it as that). The goal for page three is human interest in nature; old-time stories, something or someone uniquely Heathan. Our hope is to end up with a "theme" (e.g. the beauty of stone-walls and stone structures, night sky in winter, town meeting, a celebration of our Heath graduates, and Heath Fair).

### Could you please? Soliciting

This is when Deb goes to work making calls and encouraging folks to write stories, recipes, and articles. Articles start flying into the Gmail account from newly solicited contributors, our good columnists, and some folks who have something new to share.

### Processing

We have a Google Group account and use Gmail for all information processing and communication. Pat performs the administrative function of receiving all Gmail and sending submissions through a series of online folders, moving the paper through editing, layout, graphics, and production.

### Say, what? First look, macro editing

Nancy enjoys getting to read your submissions first, reading thoroughly, doing content editing by reviewing each submission for clarity, readability, and length, She may even write you a note, "What was the name of that . . . Anyway? We love your ideas and news.

### Puzzle making, layout.

Pat completes the layout of the paper in MS Publisher by putting all the pieces together, considering the type of submission, the size, and subject, to determine best placement.

### Did you forget that comma? Copy editing

Our copy editors, Jack Estes, Suzanne Hannay, and Lynn Perry, divide amongst themselves the job of copy

editing all text before graphics are added—grammar, punctuation, usage, that kind of "stuff."

### Picture this . . .

Next, Chris procures and adds graphics and images to complement text, correcting formatting and adjusting layout as needed. She creates the ads and communicates with advertisers about ad changes and updates. She also does the covers, coordinating with the theme of the paper. Finally, she creates the final version paper in a format that can be emailed and read online (PDF).

### Last-minute, printing and delivery

Pat emails the PDF version of the paper to our very accommodating printer, Highland Press, in Athol. We then retrieve the papers, label, stamp, and mail. Lastly, you receive the *Herald*, sit back, and enjoy!

### Behind the scenes

Of course, we wouldn't be in business at all without the Operations and Support Staff: Advertising, Rebecca Dorr Sampson; Business Manager, Robert McGahan; Renewals/Subscriptions, Barbara Travers; Treasurer, Jessica Van Steensburg; and Milestones, Lyra Fuller-Johnson.

### Why do we tell you all of this?

Because, as happened four years ago, when the previous *Herald* staff announced that they were resigning after ten years of dedicated service, we have a need again for new blood. Pat, our administrative computer technologist, and layout designer; Chris, our graphics designer; Rebecca Sampson, our advertising contact person; and Robert McGahan our business manager, have announced that they are ready to move on, and will be leaving the *Herald* staff as-of the distribution of the current staff's four-year anniversary issue, the 2017 Heath Fair issue.

**Therefore, we need people with knowledge of, or an interest in learning about these administrative, layout, and graphics tasks and the software used ASAP in order to take advantage of some on-the-job training. Don't be daunted! The programs we use aren't difficult to learn, and each position can be shared among more than the number of people who currently fill these roles.**

We promise that we have a lot of fun and don't consider it work, unless you think of it as a labor of love. It is just so satisfying to share the news of our Heathan community with better than 200 subscribers and readers every-other month!

For more information, contact Nancy Thane, Managing Editor, [nancythane@yahoo.com](mailto:nancythane@yahoo.com), 413-337-5580.

## The Way We Love to Eat Local Recipes by Local Folks

### Crock Pot Corned Beef and Cabbage

My grandmother and my mom both made wonderful corned beef in their old-fashioned cast-iron pots. The smells and tastes are branded in my memory. When I started my own cooking journey, both Susan and I were working and I found it VERY helpful to break out the crockpot. I could toss in the ingredients before heading off to teach and then walk in to a warm house filled with the aromas of what my Nanna called Irish Boiled Dinner. The tastes and smells matched the old pot method, but it was so much easier.

So here's the recipe I've copied from the Gruen-Reilly cookbook and modified for the modern-day crockpot chef:

- ✿ 3 carrots, cut in 1 inch pieces (or for additional ease, a small bag of tiny carrots)
- ✿ 1 3-pound corned beef brisket (flat or point cut, your preference!)
- ✿ 2 onions, quartered
- ✿ 2 whole cloves
- ✿ 2 sprigs of parsley
- ✿ 1 small head of cabbage, cut in wedges

Place all the ingredients except the cabbage in the crockpot in the order listed. Add 2 cups of hot water (or my personal choice, a can of beer!) Cover and cook on Low for 10 to 12 hours. Remove 1 cup of broth from the crockpot during the last ½ hour of cooking. Pour over the cabbage wedges in a skillet and add a good pinch of caraway seeds. Cover and cook slowly for 20 minutes or so. Serve brisket and pot vegetables with the cabbage. Makes 4 servings.

I have a large crockpot, so I often double the recipe with a point cut AND a flat cut, or two of either one. The cooking time doesn't change and you have leftovers for a corned beef on rye the next day!

I would also be remiss if I didn't add that there is another family tradition that walks this St. Patrick's Day road in the Gruen household: GREEN mashed potatoes AND green beer!!!!!! Green food coloring is SO handy!

May the road rise before you and the wind always be at your back!

Now if you'll excuse me, I have to go put my Clancy Brothers albums on! Happy St. Pat's!



—Bob O'Gruen

## The School Community

### School News

In December, the Kindergarten through sixth grade students took a long trip down to Hartford to visit the Connecticut Science Center. The children experienced a variety of interactive exhibits including Leonardo da Vinci: Machines in Motion, Forces in Motion, Exploring Space, and River of Life.

It was wonderful to see students from all the classes engaging in science learning through the exhibits, asking questions and enjoying themselves.



While our older students were away, the youngest children stayed at school and took advantage of having the whole building to themselves, exploring the school through a gingerbread scavenger hunt.

—Jesse Porter-Henry  
Heath School Principal

**A wise woman wishes  
to be no one's enemy;  
a wise woman refuses  
to be anyone's victim.**

—*Maya Angelou*





# WONDERLAND WRITINGS

## Captured in a Snow Globe

### GRADE 2/3



Have you ever been in a snow globe? One day a giant put me in a snow globe. It was freezing. All I did was punch the glass. Finally I punched the glass and it broke. I escaped. That's what being in a snow globe is like.



—Enzo McNay

Batman and I got trapped in a snow globe one day. Batman and I were practicing superhero skills. Mr. Freeze drove up in his car and from his window, he shrank me and Batman with his upgraded freeze-ray and put us in there. I felt happy because we could practice escaping but also disappointed because we got beaten by Mr. Freeze and Superman was laughing at us. It was squished inside the snow globe. Batman and I were trying to kick the glass and make it pop. Finally, Batman threw a bat-a-

-ring and it shattered the glass. We ran and went onto Mr. Freeze's blaster-ray and switched it to normal size. Then we got to normal size and Batman and I captured Mr. Freeze. We took him to the police. That's what happened the day Batman and I got trapped in a snow globe.

—Peter Healy



It is magic how I get in the snow globe. I wished to be in here.

The snowflakes feel nice and soft but it is super, super cold!

I don't like it when somebody shakes the snow globe when I am inside. I wish somebody were in with me so I could play with somebody. That would be fun!

I wanted to get out because I wanted food. I started jumping to make the snow globe move, hoping it would break. I tried to get out. It was easy. The snow globe moved enough, and then it fell. The glass broke.

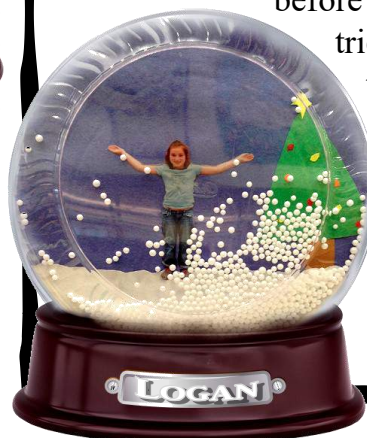


—Sebastian Van Rosenvinge



I once got caught in a snow globe. All of a sudden, I shrank and realized I was in the globe. It was very cold and there was not much room. It was night and I had to get out before the globe got shook. I tried to get out. I pushed the glass hard and it fell off the shelf and broke. I escaped and turned back to normal size. I was glad I got out.

—Logan Weigand



## School Status

The town of Heath has a very important and difficult decision to make this year. At present, there are approximately 55 children in town, with only 27 students attending the Heath School, and the rest choosing to go elsewhere. Additionally, due both to the dire financial situation of the Mohawk Regional School District and a general decline in student populations throughout the region, the once-thriving choice population that enabled us to operate in the past has dwindled to only four children. This has resulted in a situation that is very costly for the Mohawk District. Currently our per-pupil cost is the highest in the district. At the same time it limits our ability to create the kind of educational opportunities that address both the social and academic needs of our children; critical to any well-rounded educational experience.

The Heath Educational Initiative Task Force met weekly over the past year to study what we as a town can do to remedy this situation. We have come to the conclusion that in order to provide a quality and sustainable education for our children, it is time to seriously consider sending them to school in a neighboring town.

In light of this reality, the Task Force has been exploring the options Heath might have for educating its children elsewhere. In our search, we used the following measures to guide our thinking:

- Distance
- Compatibility with our current school philosophy
- Willingness to accommodate all Heath students now and in the future
- Affordability
- Having a voice in the education program of our children
- Stability

We originally considered two options:

1. Staying in the Mohawk District by sending our children to either the Colrain Center School or the Buckland/Shelburne School.
2. Leaving the Mohawk District by either tuitioning to or joining another local School District, such as Hawlemont or Rowe.

We concluded that the first option of sending our children to Buckland/Shelburne School did not seem feasible due to the distance our young students would have to travel. Additionally it would require families with preschoolers to drive a long distance because preschool children do not qualify for bus transportation. The same issues applied when considering the Colrain School.

Regarding the second option, the Mohawk District's attorney advised us that leaving one district to join another would be a complex and lengthy process. Additionally, we were mindful of the fact that simply tuitioning our children to another school without being part of a district would make the town of Heath vulnerable once again to any future plans or changes by another town.

That is why, in November of 2016, with the blessing of the State Department of Education, we recommended to the Select Board that we explore yet another possibility which is to remain in the Mohawk District but tuition our children to a neighboring district; i.e. either Rowe or Hawlemont schools. This type of district-to-district tuition agreement would be to our benefit because the Mohawk District would still be obligated to ensure a place for our children should a tuition agreement not work out, as was our experience in the past. It would be to Mohawk's benefit because they could realize some of the savings that they desperately need, and it would be to the benefit of the receiving school by assuring a viable student population with increased revenue that would not be dependent on student choice. The Select Board and Finance Committee unanimously supported the Task Force's recommendation.

By the time this article is printed, exploring this option will already be underway. We encourage everyone to stay informed, to ask questions, and to give input. Our children need all of us to be thoughtful and involved.

It is important to note that what we propose to do has never been done before and will consequentially be a fairly complex process to work through. It will need to include community conversations, careful negotiations, contingency plans for the use of the Heath School, detailed plans for implementation, and in the end would require a positive vote from each of the eight member towns in the Mohawk District. However, before Heath realizes any savings from a closure of the school, decisions regarding future use of the building will be necessary.

It is also important to remember that the current circumstance we find ourselves in does not negate what we have accomplished in our small, wonderful school. Through our commitment to education, with a dedicated staff and a school full of wonderful children, the Heath School has been a model in the district for its dedication to the social, emotional, and academic success of all students.

—*Deb Porter*





## Community Conversations: About the Future of the Heath School

Come and join us for Community Conversations about the Future of The Heath School. Topics will include:

- Where we have been
- Where we are now
- How can we shape our future

Our first “Conversations” gathering took place on January 29 at the Heath School. Additional dates for Community Conversations are:

February 8, 6:30 to 8:30 p.m. at the Heath Union Church

February 12, 3 to 5 p.m. at the Town Library

February 15, 6:30 to 8:30 p.m. at the Heath School

These gatherings are being hosted by Deb Porter, Mary Sumner, and Becky Johnston (members of the Heath Education Task Force) and the Heath School L.E.C. (Local Education Council). We hope that you can join us for one or more of these gatherings.

Child care will be available at the February 15 meeting. All are welcome!

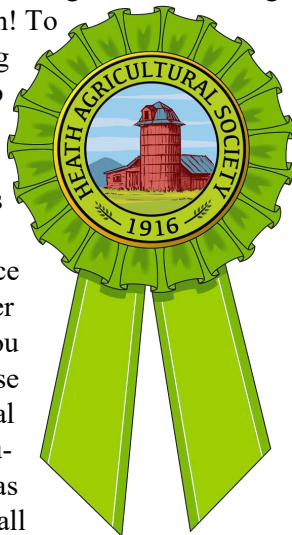
## Heath Fair 100th: Farming, Friends, Fun, Old-Time Fair

Preparations for Heath Fair 100th are gearing up!

The Heath Fair 100th Committee, with input from many residents, has a long list of exciting ideas for making this year’s fair a grand celebration! To see the list, copy the following abbreviated link into your web browser, [goo.gl/9B20CN](http://goo.gl/9B20CN). [It looks funny but it works.]

There are many terrific ideas waiting for someone to take the lead on or to provide assistance with. Please let Art Schwenger and/or Betsy Kovacs know if you would like to lead any of these projects and if you have additional suggestions for making this a super fair. We will keep the lists as up to date as possible so we can all stay coordinated and support each other’s work.

Videographers, under the leadership of Larry Sampson, began a Heath Fair documentary film at the last fair. They returned to Heath in November to interview and film a number of additional people who remember the earlier fairs. Among those were Ruth Johnson, Alli and Steven Thane, and Howard Dickinson.



They also visited Theresa Peters and filmed the making of one of her fabulous apple pies that were sold for so many years at the Heath Fair.



The next step will be for the film group working with Larry to view the footage and start the editing process. Though the editing, itself, will reduce the hours and hours of filming and interviewing to a 20-minute short, the material not used or left on the cutting-room floor will be saved and given to the Heath Historical Society.

—Art Schwenger, [artschwenger@gmail.com](mailto:artschwenger@gmail.com)

—Betsy Kovacs, [betsy@bkovacs.net](mailto:betsy@bkovacs.net)

## Heath Fair 100th Mosaic A Work-in-Progress

The mosaic project for the Heath Fair 100th and beyond, led by Eileen Lively, is making great progress. Volunteers and Heath School students have helped to bring the canvas to life. When this project is complete the mosaic will be a composite of elements evocative of past and present Heath Fairs—oxen, silo, cornerstone, and more. The mosaic is built on a 3' x 5' canvas grid by adhering small glass tiles onto a canvas template, filling in with grout, and treating with a sealant. The mosaic will then be permanently mounted on the east wall of the Exhibit Hall for all to enjoy.

The project is being supported solely by private donations, but Eileen has applied for grants as well. If you wish to donate to the effort send your tax-deductible check to Heath Agricultural Society, PO Box 54, Heath MA, 01346. Be sure to write Heath Fair Mosaic Project on your check.

Call Eileen Lively at 337-4742 if you want to be a part of this fun activity.





## Obituaries

### Marianna (Hanson) Erho (1940 - 2016)

#### Joseph A. Erho (1941 - 2017)

Marianna Erho, 76, of Brownington, Vermont, passed away on November 3, 2016 in Newport, Vermont. She was born in Hartford, Connecticut to Clarence and Sarah Jane (Adams) Hanson.

Joseph A. Erho, 75, of Brownington, Vermont, died on January 10, 2017 at Baystate Franklin Medical Center in Greenfield, Massachusetts. Born in Hartford, Connecticut, he was the son of James Erho and Julia Parylak.

Marianna and Joseph were married on May 21, 1960. They are survived by their children: Sarah Joanne McTeague of Turners Falls, Mass. Kenneth Joseph Erho and his partner Michelle Howe of Heath, and Julie Ann Duff of Greenfield. They are also survived by their grandchildren: Jess, Jeremy, Ashley, and Jared Erho, Morgan Duff, Monica Fecto, Melinda Duff, and Richard Duff and by eight great grandchildren.

Marianna was a nature enthusiast and enjoyed her beloved pets and birds.

Joseph was a road construction supervisor. His hobbies included fly-fishing, hunting and painting.

Donations may be made to the Heath Fire Department, 123 Branch Hill Road, Heath MA 01346 or the Pope Memorial Frontier Animal Society, 502 Strawberry Acres, Newport, VT, 05855.



### Carol Rodgers Malone (1930—2016)

Carol (Rodgers) Malone Norem, was born in Waukegan Illinois in 1930 and died in Sonoita, Arizona on November 26, 2016.

After her father died when she was three, Carol; her sister, Marcia; and mother, Jean lived with her grandparents in Mansfield, Ohio, until her mother married Sherman Johnson, an Episcopal priest, who taught at a seminary in Nashota, Wisconsin. It was here that Carol fell in love with farms. When she was ten the family moved to Cambridge, Mass., but Carol hated the city. Happily, they bought a summer place in the Dell, Heath (now Budge and Sheila Litchfield's home). Carol bought and kept her first horse in Heath and worked summers for Dana Malone, a local dairy farmer.

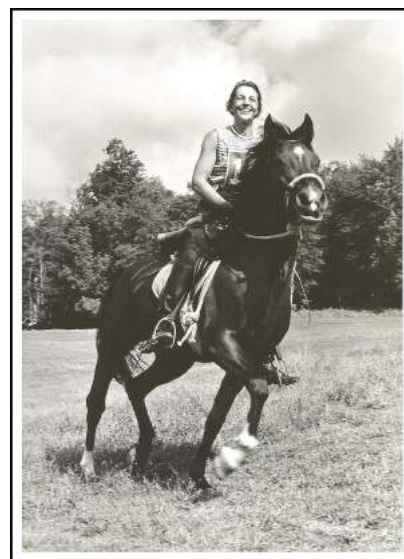
Carol attended Iowa State University, then Cornell University, majoring in Agriculture. It was in college that she fell in love with Arabian horses.

At nineteen, she married Dana Malone, and farmed with him full-time, while raising their family (Roger, Jeff, Polly, and Penny). Carol was a member of the Heath Board of Selectmen, taught swimming lessons, and skied during the winter. While Dana attended law school, Carol, with Edith and Andy Royer's help with the kids, maintained the farm. When his Shelburne Falls law practice was established, they sold the cattle, but Carol continued to breed, raise, and sell Arabian horses. She, Polly, and Penny would compete in 100-mile endurance rides all up and down the east coast.

In 1975, Carol sold the Heath farm and moved, with the horses, to Tucson, where she worked as a lab tech at IBM until she retired in 1987 to the small mountain town of Sonoita, Arizona. Here she rode her horses, bred Rottweilers and sheep, and married Bill Norem. When Bill died two years later, Carol traveled extensively in her motor home.

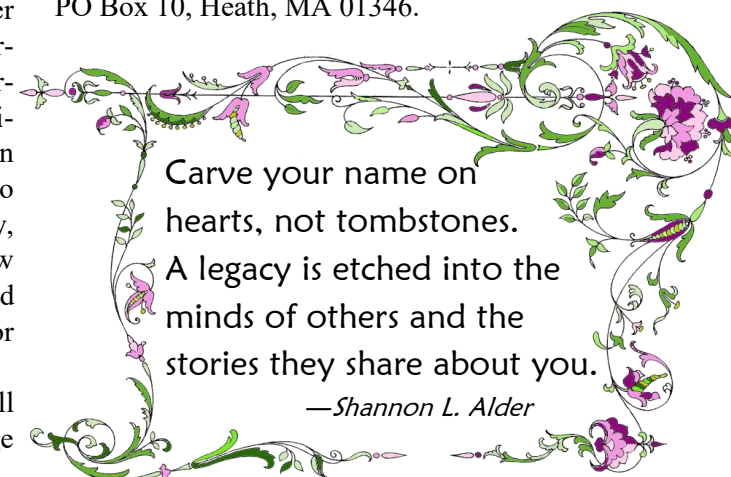
Carol's memory started to go about ten or twelve years ago, but with help from family, she was able to stay on her farm. Carol set an example of strength and determination for many young women throughout her varied careers and endeavors.

A brief memorial will take place during the Heath Fair in August at the Center Cemetery. Donations in Carol's memory may be made to the Heath Agricultural Society, PO Box 10, Heath, MA 01346.



Carve your name on  
hearts, not tombstones.  
A legacy is etched into the  
minds of others and the  
stories they share about you.

—Shannon L. Alder







**MATT'S TRUCKING**  
**SCREENED LOAM A SPECIALTY**  
 Excavating  
 Loam - Sand - Fill  
**MATT LIVELY**  
**337-4331**

**Heath Online**

Take some time to visit the town's website at [www.townofheath.org](http://www.townofheath.org) for meeting minutes, school information, and more. You may contact the Selectboard as a whole or an individual via this email address: [BOS@townofheath.org](mailto:BOS@townofheath.org)

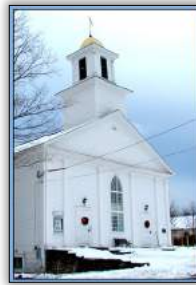
**Heath's Monthly Precipitation**

Observed by Heath School Staff and Students

	Rain	Snow
November	2 ½"	6"
December	½"	8"

Overall the month of November was fairly normal with a few rainy days, a pre-Thanksgiving snowstorm, and near normal temps. December was much more active with several snowy spells. During the period between the 16th and 20th, a storm system named "Decima" brought a low temp of minus 7 and a wind-chill of 22 below, then 24 hours later, 7-8 inches of snow followed by a day with moderate rain. The very next morning Decima gave us a temperature of 6 above zero and finally, on her departure the next morning, left us with temperatures between minus 1 and minus 5. Christmas day we saw temperatures around 40 degrees. Winter storm Fortis came on the 29th and ended the year on a snowy note, dumping 8 inches here in Heath.

—Tim Lively



**Heath Union Evangelical Church**

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

**All are welcome**

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

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

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

- Hilma Sumner, Chair ...337-4845
- Ruth Johnson .....337-4367
- Walter Gleason .....337-4479

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**

The Christmas season was celebrated with a well-attended inspirational candlelight service on Christmas Eve and a worship service of scripture and song on Christmas morning. We look forward to many motivational messages by Reverend Koyama in the New Year, as well as special music by the choir, led by Heather Row. Anyone who wants to join us in worship or would like to join the choir is most welcome.

On January 4 we had a very informative talk by Andrew Row and Catherine Hannigan about their experience attending and participating with the Native American community in their effort to stop the pipeline at Standing Rock, North Dakota. It was most revealing to hear the way that people are reacting to this situation that is in strong contrast to the "conflict" oriented stories we hear in the media.

New committees are busy planning concerts and other events. We hope to have a series of talks by community members who have traveled far and wide, as well. Everyone is most welcome at all activities at the church. Look for advertisements for our events at various locations in town.

Ed. note: Andrew and Cat wrote an extensive article for the *Herald* about their time in Standing Rock, located on pp 12, 14.

**COMMUNITY CALENDAR**

- Now **NOMINATION PAPERS AVAILABLE**  
for town offices up to March 15
- Feb 3 **PRESCHOOL STORY HOUR**  
10:30 to 11:30 a.m. at the Heath Library
- Feb 5 **FIRST SATURDAYS**  
Please join a new community group.  
Call Lorena Loubsky at 768-7714 for time  
and location. See page 4 for more information.
- Feb 8 **COMMUNITY CONVERSATIONS—**  
**THE FUTURE OF THE HEATH SCHOOL**  
6:30 to 8:30 p.m. at the Heath Union Church
- Feb 12 **COMMUNITY CONVERSATIONS—**  
**THE FUTURE OF THE HEATH SCHOOL**  
3 to 5 p.m. at the Heath Library
- Feb 15 **DOG LICENSES AVAILABLE**  
Up to March 30 at the town hall  
**COMMUNITY CONVERSATIONS—**  
**THE FUTURE OF THE HEATH SCHOOL**  
6:30 to 8:30 p.m. at the Heath School
- Feb 17 **PRESCHOOL STORY HOUR**  
10:30 to 11:30 a.m. at the Heath Library
- Mar 6 **HEATH UNION CHURCH POTLUCK**  
Potluck lunch after the morning service at  
10 a.m. in the church basement.
- Mar 15 **LAST DAY TO FILE**  
Nomination papers for town offices
- Mar 18 **PANCAKE BREAKFAST**  
7:30 to 10 a.m. in the Heath School cafeteria.
- Mar 25 **DOG AND CAT VACCINATION CLINIC**  
10 a.m. to noon, see details below.

**Dog Licensing and Rabies Clinic**

Licensing of dogs for 2017 will be available beginning February 15 in the Town Clerk’s office. Fees remain the same as in previous years: \$10 for any intact dog and \$5 for a dog that is either spayed or neutered. The deadline for licensing is March 30 and after that date a late fee of \$25 may be assessed. In order to obtain a license the owner must show proof of current rabies vaccination for the dog.

A vaccination and licensing clinic will be held on March 25, 10 a.m. to noon, downstairs at the Senior Center. This clinic is for all small domestic animals. Available vaccines and costs are as follows:

- Lyme for dogs \$40    • Distemper for dogs \$30
- Cat Leukemia \$30    • Cat Distemper \$25
- Rabies \$20

—Hilma Sumner, Town Clerk

**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.

**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  
3 to 5 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**

Monday, 2 to 5 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.  
**Please note:** No senior luncheon scheduled for February.

**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.

*Please note:*

**Scheduled activities will not take place on holidays or days with school weather closures/delays.**

## HEATH TOWN OFFICES

1 East Main St, Heath MA 01346  
Phone: 413-337-4934 Fax: 413-337-8542  
[www.townofheath.org](http://www.townofheath.org)

### Town Coordinator, Kara Leistyna

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

### Selectboard, [bos@townofheath.org](mailto: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](mailto:townclerk@townofheath.org)  
Tuesday and Thursday 8:30 to 11 a.m.  
Monday 3 to 5 p.m. or call for appointment,  
413-337-4845

### Accountant, Tracey Baronas

[accountant@townofheath.org](mailto: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](mailto: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](mailto: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, 413-337-4934

Betsy Kovacs, Chair, 413-337-5346  
Henry Godek  
Susan Gruen  
Tucker Jenkins  
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  
Jan Carr, 413-337-5747

### Planning Board

Calvin Carr, Chair, [calvincarr@verizon.net](mailto:calvincarr@verizon.net)  
Douglas Mason, Sec, [dougmason@hughes.net](mailto:dougmason@hughes.net)  
Robert Viarengo, [viarengo932@crocker.com](mailto:viarengo932@crocker.com)  
Jo Travis, [jtravis156@verizon.net](mailto:jtravis156@verizon.net)  
Bill Gran, [whgran@gmail.com](mailto: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](http://www.heathlibrary.org), [heath.library@gmail.com](mailto: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 Roche, 413-337-5753

#### Franklin County Technical School Representative

Art Schwenger, 413-625-2526

### Town Nurse, Claire Rabbitt, RN

Office hours, Senior Center, 413-337-4847  
Tuesday 12:15 to 1:15 p.m.  
Thursday 11 a.m. to 1 p.m.  
Voice mailbox: 413-337-4934, ext. 109  
Home phone: 413-337-830

### Senior Center/Community Hall, 413-337-4847

Eileen Lively, Senior Coordinator, 413-337-4742

## PUBLIC WORKS AND SAFETY

### Animal Control Officer: Ed Grinnell

413-834-2951 or 911 for an emergency

### Highway Department, Mike Shattuck,

Transportation Supervisor, 413-337-4462

### Police Department, Melinda Herzig, 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



**OUR LIVES BEGIN TO END  
 THE DAY WE BECOME SILENT  
 ABOUT THINGS THAT MATTER.**

—MARTIN LUTHER KING, JR.



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**MCC**

[massculturalcouncil.org](http://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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