



# HEATH HERALD

## Heath's First Newspaper

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**On the Cover**

Photograph of squirrel in snow by Art Schwenger.  
 Message of joy this holiday season from the staff of the *Heath Herald*.

**The Heath Herald Logo**

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

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

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## Home for the Holidays Celebrating in a Changing World

We asked our readers to suggest ways they will be celebrating the upcoming holiday season this year while the world is in the midst of the COVID-19 pandemic. What follows are some very thoughtful replies. We hope you will be inspired to carry on, adapting your own traditions and perhaps adopting a few new ones, as well.

### Missing Those We Love

How do we celebrate safely? You'd think that would mean to wear your seatbelt or don't drink and drive, not 'stay away from dear friends and family for an unforeseen amount of time.' How do we find celebration in that? Isn't that what holidays are about? Gathering together, sharing excitement of the season, and feeling the love of those we care so deeply for?



My sweet little girl is just over a year old and has only met her grandfather once. She is missing out on so much this year and my family is missing her. It hurts my heart beyond belief to have to cancel a flight home to Heath. A flight I would rather sacrifice now and spare that time to celebrate a visit when it's safer for us all. The

time we miss will hopefully become better days to enjoy together, without fear of spreading what we can't see.

Each day can be a constant reminder to be safe if we just stop and look around. There is still love and beauty in each day. I choose to value those I love more than the fact that I miss them terribly. I value their safety and health more than the thought of never seeing them again. I wear a mask. I stay home as much as I can. I keep my family protected. The emotional void in missing people, gathering and laughing is the thing that actually keeps me going. It gives me hope our next encounters will be twice as joyous.

I miss Heath and my family every day; that hurt is not new. I moved away a few years ago for love and so far, although a tough decision, it has worked out well for my heart. Missing those we love makes holidays bitter-sweet, but it doesn't mean there is no hope.

—Megan Clark

Currently in Wisconsin but always from Heath

"Hope" is the thing with feathers –  
That perches in the soul –  
And sings the tune without the words –  
And never stops – at all –  
And sweetest – in the Gale – is heard –  
And sore must be the storm –  
That could abash the little Bird  
That kept so many warm –  
I've heard it in the chilliest land –  
And on the strangest Sea –  
Yet – never – in Extremity,  
It asked a crumb – of me. —Emily Dickinson

### Brighten Your Winter Festivities

In Heath, we are accustomed to bundling up and making the best of winter. But this year, more of our activities and socializing will take place outside. Here are a couple of ideas to take advantage of freezing temperatures and give your outdoor surroundings a festive look.



To make ice ornaments, you can repurpose plastic containers from your recycling bin. For instance, I used a mushroom tray for the rectangular ornament shown. Gather things like leaves, berries, cones, evergreen needles, and place them in the bottom of the container. Fill with enough water to cover them. Make a loop of ribbon or twine and slide one end into the water. Place them outside to freeze and then remove from the container, hang up, and enjoy!

For an ice lantern, you need two containers. One should fit inside the other with at least ½ inch of space around it. I used a soup can inside a quart yogurt container. Put some of your berries, evergreen needles, and leaves in the space between the two,



and then fill that space with water. You will have to weigh down the inner container (I put some rocks in the can) to keep it from floating up in the water. Place it outside to freeze. When it's time to remove the lantern from the containers, you might need to run some warm water on the outside and in the inner container to loosen the ice. Put the lantern on a saucer and place a votive candle inside.

Our holidays will be celebrated quite differently this year, but with some creativity we will still get to celebrate and make it a year to remember!

—Susan Draxler



*Home for the Holidays, continued from page 3*

### Celtic Creche



Here is a ritual of gathering and hope. It was taught to me many years ago by Maureen O'Malley when our boys were young. She got it from a Celtic Cookbook. In this year, when we show our love for one another by not gathering, it will be a reminder that our separation is only temporary. The day will certainly come when we will be able to gather again.

This is an Advent tradition. Advent is a season some churches observe during the four weeks before Christmas. It's based on the biblical notion of the Kingdom of God which is manifest when the hungry are fed, prisoners are freed, the stranger is welcomed, justice is established, enmity is forgiven, no one is outcast, and all creation is restored. The Kingdom of God is both now and yet to come, and so we both celebrate it and long for the day of its coming.

First, we clear a space. We put out four candles and a placemat or cloth to mark the place of waiting.

On the first Sunday in Advent we arrange stones in the place of waiting. They are gathered from our travels and from our yard. We put out stones because the mineral world rejoices at the coming of the Kingdom, and we light one candle.

On the Second Sunday in Advent, we add plants gathered from the woods, or around the house, or small ones bought from the supermarket. We put out plants because the plant world rejoices at the coming of the Kingdom. We light two candles.

On the Third Sunday in Advent we bring animal figures from all over the house. When the kids were little, there were small stuffies, plastic dinosaurs, and Fisher Price farm animals along with the traditional sheep and stable animals. Since then we've added elephants, cats, hippos, monkeys, birds, bears, wolves, porcupines, and more. We put out animals because the animal world

rejoices at the coming of the Kingdom. We light three candles.

On the Fourth Sunday in Advent we put out people, again gathered from all over the house. There might be Lego space men and women, G.I. Joes, and homemade clay figures, along with Mary and Joseph. There might be photographs of loved ones. At our house we bring carvings of people from all over the world. We put out people because the human world rejoices at the coming of the Kingdom. We light four candles.

On Christmas Eve we add the baby, Jesus, the Human One, the nobody from Nazareth, who, according to Christian tradition, came to embody and proclaim the coming of the Kingdom in real time, a time not only to yet come, but now and near us, on our lips, in our hearts and hands.

Through the twelve days of Christmas, the wild creche remains until January 6 when the three kings finally arrive. After that the stones, the plants, the animals and the people are dispersed, returned to their usual places all around the house. From there they will wait, as all of us do, for the day when at last we can gather again. May it be soon!

—Pam Porter

### Festival of Lights



The truth is that Hanukkah will be relatively easy for us to celebrate during this pandemic for a few reasons. As people may know, the really big Jewish holidays occur during the spring and fall, and so we already have quite a bit of experience adapting and finding meaning, despite the challenges of social and physical distancing. Many of the ways we celebrate Hanukkah are luckily still very possible this year: singing songs, eating our favorite fried foods, and lighting candles to bridge the darkest nights of the year are all easy things to do from the safety of our homes with our

immediate families. One of the traditional ways to celebrate is to publicize the miracle by displaying the lit menorah where others can see it, and in the social media era that already often included sharing pictures online each night. This year, those photos will take on extra significance as they become our main way of sharing the light with each other. It's true that we won't be hosting a big party like we have in years past, but instead, we're thinking about lighting candles each night via video conference along with friends who live far away, and whom we otherwise wouldn't be able to spend the holiday with.

Since we know many of our neighbors might be facing their first big holiday celebration of the year, we thought we'd offer a little of what we've learned after several rounds of major holidays during COVID. To feel connected across long distances and through the internet, it helps to have a shared structure and ritual that everyone is participating in together, so telling people in advance what they might want to have on hand really helps a virtual gathering feel more connected. For holidays with special foods, it's great to share recipes, tips, and tricks in advance and then talk about and share together what everyone made. For Passover, which is usually celebrated with a very big meal, we did this by making a Facebook group with the friends and family whom we would ordinarily invite over. For Hanukkah we were asked to film a cooking video for Temple Israel in Greenfield, so we'll be showing people how to make one of our favorite Hanukkah treats, *bimuelos*—sweet fried dough balls dipped in honey syrup. (See page 15 for the recipe for this delightful treat.) It can be hard to feel celebratory without our big traditional gatherings, but we've found that it's also a really great opportunity to explore what aspects of a holiday might be personally meaningful and find creative ways to highlight and stay true to that.

—Justin Sundell-Thomas and Ryan O'Donnell



### Winter Solstice Spiral

Sometimes it feels that the darkness of winter will last forever, and a Winter Solstice Candle-Lighting Spiral can serve as an antidote to that feeling. It's a lovely moment to reflect on the darkness of winter and celebrate the return of the light as the days begin to lengthen. The winter solstice falls around December 21 and is the day with the shortest amount of sunlight in



the year. The past couple of years at dusk on the winter solstice, my family and I have enjoyed creating spiral

walks. Make a spiral path of pine boughs, strewn with unlit candles in whatever safe way you can manage, that leads walkers into a central candle that is lit, perhaps on some kind of pedestal. Participants carry their own unlit candle into the center of the spiral, light their own flame from the central flame, and then walk the spiral out again, lighting one of the randomly placed candles along the path.

It is a moment of both solitary reflection and congregation with family peers. Each person walks the spiral alone—but together, by the end, the group lights up the entire spiral, creating a beautiful moment of reverence to the returning sun. On the way in, think about the preceding year that is ending; on the way out, set intentions for your new year of light. The spiral needn't be big, or use real candles, if those are logistically difficult, especially with children. Make a small spiral outside your back door, and light it with LED candles, and let the "lighting" on the way in and the way out be mostly symbolic. You could even do it in your living room! There are many variations on the tradition. Before you start, have your kids repeat these words after you, which come from Reg Down's *The Festival of Stones* (or choose some other ones that resonate more with you):

*Bless this candle  
Burning bright,  
Bless its shining  
In the night.*

*Bless the boughs  
Upon the ground,  
Bless the path  
That spirals round.*

*Bless our step,  
So strong and stout,  
Bless our winding  
In and out.*

And remember that every day after your candle-lighting ceremony, the days will be growing longer.

—Rebecca Dorr Sampson

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## Town Nurse

—Claire Rabbit, RN

### Holidays in Time of Pandemic

As I am writing this in early November, I hope and pray that the second wave of the COVID-19 pandemic will be waning by the holidays. It is up to all of us to persevere in using the precautions recommended by the CDC and to follow the guidelines given by Governor Baker. Yes, it is disappointing to refrain from holiday gatherings with other than those in our households, but we can still have video or phone gatherings depending on the technology in our homes, rather than put ourselves or loved ones at risk. I think many of us have had holidays when we could not be with family. The first two Christmases after I was married, Tom was stationed at the Marine Corps Base in Twentynine Palms, CA, where we lived in Base Housing, so communicated with our family by telephone and letters. There was one Christmas in the early 90s when a big snowstorm prevented our planned family gathering. As a nurse, I have worked many Christmases and I want to be supportive of all servicemen and women, first responders, and hospital workers, especially those in high COVID areas who will be working through the holidays.

Currently, in early November, the Governor's orders restrict indoor gatherings in private residences to ten people. Individuals must maintain six feet of physical distance from others except for members of the same household. There must be enough space for all participants to maintain the six-foot rule or, the number of people allowed must be decreased accordingly.

Consider some reasons for the increase in COVID cases this fall. An infected person without symptoms may infect family members, coworkers having lunch or break together, at church services, sporting events, and in general when there is a failure to wear masks and follow the six-foot rule. Continue to maintain scrupulous hand hygiene and frequent cleaning and disinfecting of surfaces and try to avoid touching your face unless you have just washed your hands. May your holidays be safe and healthy!

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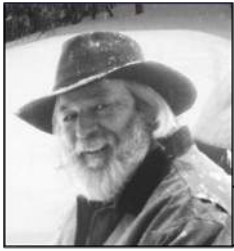
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## Wild Ramblings

—Bill Lattrell

### A Holiday Message

Standing over a deep ravine, a forested area bordered by steep schist rock ledges on both sides, I am looking down on treetops and standing in the shadow of the trees growing above me on these ledges. The view is breathtaking. The terrain and trees within the ravine are lightly covered with snow. Looking northeast up the ravine leads to a bright view of a nearby valley in the distance. The valley is dotted with a few farmhouses and barns, the sky is bright blue, and the mood that it evokes is pure wonder. It is as if I am looking through time and space simultaneously.

Winter is knocking at the door in our area as it often does during the holiday season. It is a time to reflect, understand, and rejoice. It is a time to consider, reconsider, and make choices. It is a time to be thankful for what we have and do not have. It is a time to love, be humble, and be kind. And no matter how hard a year we all went through, there is still room for us who live in these rural environs to understand that because of where we are, luck is by our side.

Here in the hill towns, we live in a world surrounded by nature. Our forests are deep and our rivers are wild and clean. Our fields stand in beautiful contrast to the forests they border. Our hillsides are steep and our air is pure. Breathing the fresh air fills us with hope. Change is inevitable in nature, and how wonderful it is that we can take it all in, learn from these transformations, and let the changes teach us about the necessity for an ever-evolving environment.

We live in an area where people are few and wildlife and forests are abundant. We live in an area where our views are uncluttered with human influence and our earth is fertile. We live within the heart of nature because that is what we want and it is where we want to be.

As I ponder all of this, I sit on an outcrop of ledge. The solid gray rock is uneven, covered with light green lichen, and has small crevices filled with brown oak leaves cast off by the surrounding red oaks some weeks ago. I can see the billows of my breath. I can feel my heart, beating like it never wants to stop. I can feel a cold

breeze on my face. It is refreshing, and puts life into my brain. The stillness of this winter forest holds me within its grasp. I feel filled with joy and tranquility. I am alive.

One of the reasons I chose to settle in this area four and a half decades ago was because of the beautiful and challenging landscape. It seems to be in my DNA. I am caught by its history, my ancestors who once lived here, and by those who inhabit it now.

The Abenaki people believe that all of nature is related. Humans, wild animals, plant communities, and all other living and non-living entities that inhabit an area are related. That relationship, akin to family, keeps us honest. We understand that we all are part of the cycle of life and ask permission from our Creator before we take anything from our world. That we should be careful, considerate, and appreciative when we engage in the use of our resources, is implicit in our way of thinking. And understanding that in turn, eventually, those resources with time will consume us. Balance is beautiful and sustains us. The key is to remember that the balance is delicate and that the delicate elements of our environment can be destroyed without notice.

For those of us who are spiritual, please ask our Creator to allow us to be humble. Ask our Creator to guide us each and every day. Ask that we may be blessed to help others and treat our planet with the respect it deserves. Ask that we be allowed to remain at peace and revel in the beauty that we call nature.

Ask for Peace on Earth and for all of us to find common ground with each other and renew our relationship with our planet.

Ask that we be covered with love, and in turn that we love all that is around us.

May our Creator bless you all.



*"Ask for Peace on  
Earth for all of us to  
find common ground  
with each other and  
renew our relationship  
with our planet."*



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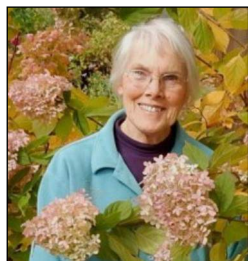
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## Green Thoughts

—Pat Leuchtman

### Farewell, Pat!

#### After 40 years Pat writes her final Between the Rows column for the *Greenfield Recorder*

As I write this morning (Saturday, October 17), I am in my so-called office enjoying the view of my garden from the western window, with the lush asparagus fern hanging in the sunny southern window. In this part of the week I am usually trying to make sense of any notes I have written, or finding a whole new topic. Time is



running out and I have a deadline.

However, today I have a topic but am having trouble imagining how I will express it. Today I am writing my Farewell column. In May I wrote

a column, actually three columns, giving some form to the 40 years I had been writing for the *Recorder*. Even as I celebrated my 40th anniversary, I was thinking that it was getting more difficult to find a topic and get it written before the weekly deadline. Even so, it was spring and there was so much to do in my garden, so many people who invited me to their gardens, so many pleasures to enjoy that I put the idea of retirement away.

Now it is fall. Gardens are being put to sleep. Trees are getting tired and leaves are falling, more energetically every day. It is time for me to retire from this column, but I want to say few words of thank you—and tell you what comes next for me.

Although I may complain about what will I write next, the truth is that many suggestions fly right into my lap. I thank all the readers who have sent me happy notes and made suggestions for new columns. I thank the readers who stopped me on the street to say they enjoyed my latest column, asked questions and made suggestions. I thank all those who have invited me to their gardens and shared their ideas, their mistakes, and their innovations. There are a lot of mistakes in the garden, which means there is also a lot of laughter in the garden.

My *Between the Rows* column gave me a way to continue doing something I enjoyed, made me pay attention to grammar, spelling, form, and allowed me to be myself. It also gave me a persona. Sometimes people would be talking to me and then they would ask, “Are you the person who writes that garden column?” What pleasure!

Newspapers are important. We need the news, and the thoughts and insights that others give us. Columns are important. They keep us up on what is new and what needs to be attended to. It is an honor to have been a part of the columnist tradition, but it is time to retire. However, I have been invited to continue at the *Recorder* as a freelancer. I am looking forward to this position which will allow me to write articles from time to time when I have an interesting topic. Watch for me.

In the meantime, I invite you to visit my garden blog, [commonweeder.com](http://commonweeder.com). It contains more than ten years of *Recorder* columns and other adventures in the garden.

From *The Greenfield Recorder*, *Between the Rows*;

October 27, 2020

Content for *Green Thoughts* now comes from Pat’s *Commonweeder* blog.

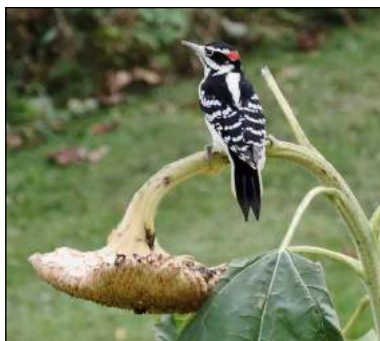


Congratulations on your retirement, Pat!  
Best wishes on your next chapter.

## Spotted Around Town



A big new red sign in Heath Center announcing a matching grant from the Massachusetts Preservation Projects Fund for the preservation of the Old Town House.



Hairy woodpecker perched on a sunflower stalk.

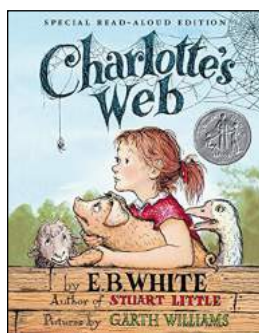
—Julianne Hallman



## Library Lines

—Donald Purington

Reading aloud with children (or adults) can be hours of fun on a cold winter day. Need help finding a good book to enjoy? There are lots of suggestions in Jim Trelease's *Read-Aloud Handbook*, available at our library. One of my favorites from my childhood and reading to my children was *Charlotte's Web* by E. B. White. Check it out —like Wilbur, it's TERRIFIC!



The library takeout window at the front of Sawyer Hall is open Monday 2 to 7 p.m., Wednesday 2 to 5 p.m., Thursday 2 to 6 p.m., and Saturday 2 to 5 p.m.. Request materials by calling 337-4934, extension 7 or emailing [heath.library@gmail.com](mailto:heath.library@gmail.com), or come to the window and we will help you find something. Please wear a mask when you come to the window.

### A Few of the New Items at the Library

Use the New Titles link on the Library website ([heathlibrary.org](http://heathlibrary.org)) to see all the new items added to our collection in the previous two weeks.

**Fiction Books for Adults:** *Daylight* by David Baldacci, *Fortune and Glory* by Janet Evanovich, *The Law of Innocence* by Michael Connelly

**Non-fiction Books for Adults:** *A Promised Land* by Barack Obama, *Quick & Simple* by Jacques Pépin, *The Book on Pie* by Erin McDowell, *Keep Moving: Notes on Loss, Creativity, and Change* by Maggie Smith

**Books for Young/Teen Readers:** *Sky Gazing: A Guide to the Moon, Sun, Planets, Stars, Eclipses, and Constellations* by Meg Thacher, *Primer: a Superhero Graphic Novel* by Jennifer Muro, *Skunk and Badger* by Amy Timberlake

**Children's Picture Books/Boardbooks:** *How Do Dinosaurs Show Good Manners?* by Jane Yolan, *Every Little Letter* by Deborah Underwood

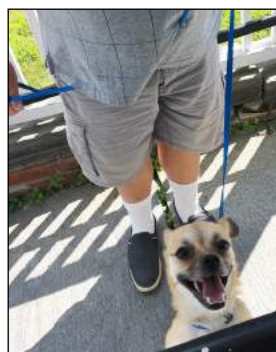
**Audiobooks on CD:** *A Promised Land* by Barack Obama, *Hidden in Plain Sight* by Jeffrey Archer

### Heath Public Library Virtual Story Hour Dates:

December 4 and 18 at 10:30 a.m.

January 8 and 22 at 10:30 a.m.

Please contact Lyra at the library to receive via email the Zoom invitations for story hour.



This is Joie, Dino Schnell's 14 month-old Pug-Chihuahua mix. A plus-side of window service during the pandemic is that our library patrons now include furry friends!



## Presidential Election, 2020

Heath voters came out in high number for this year's Presidential Election on November 3. Of the 563 registered voters, a total of 470 cast ballots. 265 participated in the Early Voting process, while 205 voted in person on Election Day. In all, 294 voted for former Vice-President Joe Biden, and 158 voted for President Donald Trump. We should be proud that so many Heathans take the responsibility to vote in elections this seriously.



Town Coordinator, Hilma Sumner, organizing early-voting ballot envelopes.





## Nature Note

—Susan Draxler

### Appreciating Ice Crystals

Getting outdoors and appreciating the little things in life will help us get through this unusual winter. One of those little things that we will most likely see a lot of is an ice crystal—otherwise known as a snowflake.

There are many different kinds of snowflakes, and their particular shape depends on the conditions of temperature and humidity present when they form and that they encounter as they travel through the atmosphere. Each snowflake travels its own path, and that is why no two are alike. Snowflakes are not frozen raindrops, but rather condensed water vapor that freezes around a speck of dust, going directly from a gas to a solid. Ice crystals are a hexagonal shape because of the way the hydrogen and oxygen molecules line up. These crystals grow in size as more water vapor freezes to them. The growth is added evenly to each of the six sides of the hexagon which is why snowflakes are six-sided.

There is a field guide to snowflakes (by physicist and snow scientist Ken Libbrecht) which I couldn't resist adding to my library. It is filled with beautiful close-up photos of snowflakes that are categorized into groups with descriptive names such as Crossed Needles, Bullet Rosettes, Columns on Plates, and Stellar Plates (which are the ones that give sparkle to snow). Each group has a detailed description of how it was formed. One of my favorites is the Fernlike Stellar Dendrite which is very common and can grow to be very large (0.4"). They form at temperatures around five degrees F when the humidity is very high. High humidity means fast growth that can get chaotic, and results in a slightly asymmetrical crystal with many branches.

Using a magnifying glass and watching a snowflake as it falls on a dark sheet of paper can help with observing these different types of snowflakes. But you can also appreciate their beauty and complexity by simply watching them fall on your jacket sleeve or mitten while giving yourself a well-deserved break from shoveling!



Bullet Rosette



Fernlike Stellar Dendrite



Stellar Plate

## Simple Ideas for Long-Distance or Single-Family Celebrations



There are many things that can be done on Zoom, FaceTime, etc., or over the phone, in addition to chatting. Try playing games like *Scattergories* household to household, reading stories aloud to children, even watching a sporting event simultaneously. Nancy and Steve Thane's son watched a Yankees game "with" them one night over the summer just by chance. They had a wonderful time commenting back and forth play-by-play for a few innings.

There are also many things you can make or do that are traditionally done together. Take pictures or shoot a video to share with family and friends. Compile a special photo album as a memento from this very different year. Make crafts to share as gifts or stocking stuffers. Of course, there is always food. What is your favorite dish from the holidays? Who usually makes it? Get the recipe from that person, make it yourself, and send a photograph of it to everyone who usually enjoys the feast. Be sure to tell them how wonderful it was, or how much better theirs always is, or how you really blew it when you tried to make it.

Take a long drive to look at people's holiday lights and outdoor decorations. Be sure to do your own decorating for others to enjoy, as well. Maybe even coordinate an outdoor decorating celebration with neighbors and friends.

### Holiday gatherings increase the risk of COVID-19 spread.

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# Local Holiday Shopping Guide

## Provisions

### Cheese

Dell Farm  
Sheila Litchfield  
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(To be redeemed when it is safe to gather indoors in a small group)  
89 Route 8A • 337-4957  
*See ad on page 6*



### Eggs

Birch Brook Farm  
Molly and Sam Lane  
Chicken and Duck Eggs  
337-5576 • [mchapin10@yahoo.com](mailto:mchapin10@yahoo.com)



Maple Lane Farm  
Craig Gerry and Julie Sidon  
612 Route 8A  
337-4310 • [jsidon@verizon.net](mailto:jsidon@verizon.net)

### Blueberries

Burnt Hill Blueberry Farm  
Native low bush blueberries  
118 Flagg Hill Road • 337-4454  
[burnthillfarm.com](http://burnthillfarm.com) • [carly@burnthillfarm.com](mailto:carly@burnthillfarm.com)



The Benson Place  
Certified organic low-bush blueberries  
182 Flagg Hill Road • 337-5340  
[bensonplace.org](http://bensonplace.org) • [info@bensonplace.org](mailto:info@bensonplace.org)

### Honey

Local Wildflower Honey  
Cathy and Doug Wilkins  
Raw wildflower honey from Heath bees  
Pound: \$8; 2 pounds: \$15, plus \$2 jar deposit  
7 Underwood Hill Road  
337-5717 • [cathy@cwilkins.org](mailto:cathy@cwilkins.org)



### Maple Syrup

Berkshire Sweet Gold  
Janis Steele and Brooks McCutchen  
Artisan, small batch  
Profits support conservation and food security for communities, farmers, and harvesters internationally  
337-8301 • [farm@bershiresweetgold.com](mailto:farm@bershiresweetgold.com)

Branch View Farm  
12 West Branch Road  
522-2453  
[branchviewfarm.com](http://branchviewfarm.com) • [griswold92@msn.com](mailto:griswold92@msn.com)  
*See ad on page 13*

Russ Donelson  
337-4460 • [donelson@crocker.com](mailto:donelson@crocker.com)

Freeman Farm  
522-5565  
[info@freeman.biz](mailto:info@freeman.biz) [freemanfarm.biz](http://freemanfarm.biz)



Maple Ledge Farm  
Luke and Amanda Inman  
Gallons: \$45; 1/2-gallons: \$25; quarts: \$15; pints: \$9  
107 Branch Hill Road  
337-4313 • [ainman927@gmail.com](mailto:ainman927@gmail.com)

Austin Sumner  
337-5330 • [msumner13@verizon.net](mailto:msumner13@verizon.net)

The Benson Place  
10- and 20-ounce certified organic wild blueberry syrup sweetened with maple syrup from Sunrise Farm and infused with lavender flowers. Comes in a beautiful cobalt blue bottle  
182 Flagg Hill Road  
337-5340  
[bensonplace.org](http://bensonplace.org) • [info@bensonplace.org](mailto:info@bensonplace.org)

### Meat & Poultry

Birch Brook Farm  
Molly and Sam Lane  
Pigs raised to full size, young piglets to raise  
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337-5576 • [mchapin10@yahoo.com](mailto:mchapin10@yahoo.com)



Karen Brooks  
Half legs of lamb, shanks, ribs, ground, and sausage  
Lamb liver treats for dogs and cats, dehydrated with no added ingredients—like jerky  
25 Long Hill Road  
337-6614 (land) • 413-774-1999 (cell/text)  
<https://heathlocalmarket.company.site/>

Freeman Farm  
Meat CSA—Pasteurized Beef, Pork, Chicken, Lamb  
522-5565  
[info@freemanfarm.biz](mailto:info@freemanfarm.biz) • [freemanfarm.biz](http://freemanfarm.biz)

The Benson Place  
Organically raised, pastured chicken—whole birds and parts  
182 Flagg Hill Road • 337-5340  
[bensonplace.org](http://bensonplace.org) • [info@bensonplace.org](mailto:info@bensonplace.org)

### Pesto

Karen Brooks  
25 Long Hill Road  
337-6614 (land) • 413-774-1999 (cell/text)  
<https://heathlocalmarket.company.site/>



## Holiday Decorations

Branch View Farm  
Christmas Trees, wreaths, tree skirts, and more  
12 West Branch Road  
522-2453  
[branchviewfarm.com](http://branchviewfarm.com) • [griswold92@msn.com](mailto:griswold92@msn.com)  
*See ad on this page*

Timothy Lively  
Balsam Wreaths—plain and decorated  
273 Number Nine Road  
337-4742 • [livelytim53@gmail.com](mailto:livelytim53@gmail.com)



## Gifts and Crafts

Branch View Farm  
Handmade crafts, cutting boards, wooden spoons, candles, wax melts, country crafts, and much more  
12 West Branch Road  
522-2453  
[branchviewfarm.com](http://branchviewfarm.com) • [griswold92@msn.com](mailto:griswold92@msn.com)  
*See ad on this page*

Karen Brooks  
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25 Long Hill Road  
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Fred Burrington  
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Bob and Jayne Dane  
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337-5736 • [robt dane@verizon.net](mailto:robt dane@verizon.net) • [robertdane.com](mailto:robertdane.com)  
*See Holiday Sale ad on this page*

Heath Agricultural Society  
Commemorative Heath Fair t-shirts, masks, and more  
Buy online at <https://cart.silverscreendesign.com/heathfair/shop/home>

Tucker Litchfield  
Hand blown glass ornaments, cups, vases, bowls, and more  
91 Rt. 8A • 337-5799 • [tucker@litchfieldglass.com](mailto:tucker@litchfieldglass.com)  
*See ad on page 6*

Eileen Lively  
Recycled grain/birdseed shopping bags—large and small  
273 Number Nine Road • 337-4742

## Services

### Hay

Russ Donelson  
First and second cut hay  
337-4460 • [donelson@crocker.com](mailto:donelson@crocker.com)



## Carpentry

Russ Donelson  
Fine carpentry  
337-4460 • [donelson@crocker.com](mailto:donelson@crocker.com)  
*See ad on page 16*

Sam Lane  
337-55876 • [slanebuilder87@gmail.com](mailto:slanebuilder87@gmail.com)

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December 12 & 13  
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[robt dane@verizon.net](mailto:robt dane@verizon.net)

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## Heath Agricultural Society News (HAS)

The December/January issue of the *Heath Herald* provides a time for thinking back and dreaming forward.

At the HAS annual meeting, held November 9, we welcomed renewed commitments from members of the Board of Directors, with those renewing 3-year terms, including myself serving as President and Justin Lively serving as Vice President, and those renewing 1-year terms, including At-Large members Conrad Halberg, Bob Delisle, and Devon Clark. Thank you for serving! We also enjoyed a fun game of Heath Fair Bingo, and we recognized the many things that we had accomplished together despite the challenges that faced our community, and indeed our nation.

Over the past year, the members of the HAS:

- Stayed connected to each other, meeting remotely each month, and made the ultimate decision that for the safety of our community, we would cancel all events including our beloved Fair.
- Engaged in deep discussion about the racial reckoning in our country, discussing the roots and linkages between Black, Indigenous, People of Color (BIPOC) and agriculture. We voted to include #BLM in our 2020 artwork in addition to "Canceled due to Covid" commemorating the times we are living in. We voted to contribute part of our sales proceeds to a BIPOC-led, agri-focused organization, and we formed a Diversity, Equity and Inclusion Committee.
- Set up a store through Silver Screen Designs so people could purchase t-shirts and masks from the safety of their own homes, and we launched a virtual Exhibit Hall.
- Made improvements to our cow wash station, installed solar on our pulling pit roof, and discussed infrastructure projects, narrowing our focus on the re-siding of the Exhibit Hall to better fit with the look and feel of the fairgrounds.
- Welcomed new members, and kept the grounds well maintained.
- Lent our picnic tables to our community at 18 Jacobs Rd. and at the Town Center so that residents could enjoy being outdoors, working and going to school with internet access and a comfortable place to visit and learn.

Thank you to everyone who made these accomplishments possible. We still have work to do, including infrastructure projects and committee work to set goals and plan for next year, which will surely be another year of unknowns. We are hopeful for a year in which we can hold the 103rd Heath Fair, and we are even more hopeful that you, our community, will participate in making that possible.

Did you get your commemorative Heath Fair T-shirt yet? Please visit [heathfair.org](https://heathfair.org) for more information, to access the online store where you can purchase t-shirts, masks, and more for your holiday gift-giving needs, and to check out the virtual Exhibit Hall.

Please be safe this holiday season. While we may not be able to be together, we hold each other in our hearts as we navigate uncertainty and steer in the direction of hope! We look forward to working together next year to help celebrate our agricultural roots here at home, and address community needs on the ground.

Warmly,

—Jessica O'Neill, President



Give the gifts of commemorative Heath Fair tee-shirts, masks, and other items this holiday season to help support the Heath Agricultural Society. All items are available online through Silver Screen Design. Visit: <https://cart.silverscreendesign.com/heathfair/shop/home> to place your order!







## The Way We Love to Eat

—Deb Porter

Special foods have always been part of how we celebrate a holiday, whether it's hot dogs and hamburgers on the Fourth of July, or turkey at Thanksgiving—even a pandemic can't take that from us. I imagine that though we cannot gather together this year, Heath kitchens will be busy as people create some of their holiday favorites. The recipe below is the one noted in the holiday piece on page 5 by Justin Sundell-Thomas and Ryan O'Donnell, who live in the Dell.

### Bimuelos

These crispy sweet little doughnut puffs are a classic Hanukkah treat in Sephardic homes.

- 1 tablespoon instant yeast
- ¼ cup sugar
- 2 ½ cups lukewarm water
- 3 ½ cups unbleached all purpose flour
- 2 eggs
- 1 teaspoon salt
- Neutral flavored oil for deep frying
- ¾ cup water
- 1 cup sugar
- ½ cup honey
- 1 large cinnamon stick, broken in half
- ½ cup coarsely chopped walnuts or pistachios

1. Combine the yeast, ¼ cup sugar, and lukewarm water in a large mixing bowl and let stand for 10 minutes until foamy.

2. Add the flour, eggs, and salt and whisk to a smooth, sticky dough. Cover with plastic wrap or a wet towel, and let stand for about an hour, until doubled in size.

3. Meanwhile, combine the remaining water, sugar, honey, and cinnamon in a small saucepan, and bring to a boil. Reduce heat and simmer for 5 minutes, stirring frequently. Let cool.

4. Heat oil for deep frying in a large wide saucepan with high edges.

5. Pour a little additional oil into a small bowl. Dip a tablespoon into the oil, take a spoonful of the dough, and slide it into the hot oil. Fry in batches, without crowding the puffs, 2 to 3 minutes per side. Using a slotted spoon, remove to a paper towel-lined plate or tray to absorb excess oil.

6. Arrange warm puffs on a plate, drizzle with the syrup, and sprinkle with the nuts. Serve immediately.

Variations: Replace the eggs with ⅓ to ½ cup ricotta cheese. Instead of using syrup, toss puffs in powdered sugar or cinnamon sugar before serving.



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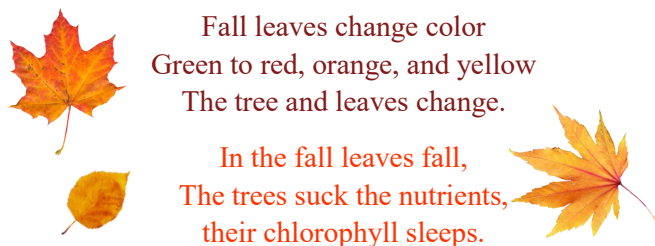
**(413) 625-6527****1147 Mohawk Trail, Shelburne MA**



## Hawlemont Elementary School

—Lindsay Rodriguez, Principal

The start of our school year has looked a little different at Hawlemont this year due to the pandemic, but our students and staff have been actively engaged in learning and making connections. Hawlemont students have been accessing their curriculum remotely, with the exception of our high-needs students who require in-person instruction. Pre-K to sixth grade students participate in live, interactive class meetings each morning with their teachers and instructors; followed by “asynchronous” learning in the afternoon where they practice skills learned that morning, on their own. Students also continue to participate in their “specials” classes such as HAY, art, music, and physical education. One activity that the second graders did in HAY class was writing haikus as a group after they studied leaves. Here are the haikus that the groups A and B, respectively, came up with:



Our morning meetings are a great way for our students to connect with one another each day to share activities, what they have been doing on the weekends, and much more. Additionally, our students continue their work with our new math program, *Bridges*. They are working with a special number calendar that highlights different math topics, as well as the lesson that is teaching a skill for that day. Along the way, the students practice talking about numbers and what we call ‘math talk.’ Students also continue to build on their literacy skills, which gives them the tools they will need to progress to middle school.

While COVID-19 has provided us with numerous challenges over the past several months, we’ve learned a lot of valuable lessons along the way. I’m proud of our students, staff, and families for all that we’ve accomplished during our remote-learning experience. Our students and staff are working hard to make learning valuable, supportive of students’ needs, and fun.

## Heath Learning Hub

The Learning Hub at the former elementary school at 18 Jacobs Road is open Monday through Friday from 7:45 a.m. to 3:00 p.m. It is available for any Heath student engaged in remote learning who is not able to access the internet at home. Currently eight Hawlemont students are signed up along with three Mohawk students, two Tech students, two Mohawk teachers, and a GCC student. Children under thirteen must be accompanied by a parent, or someone the parent designates. Students thirteen and up may use the hub independently. Most students use the hub for only a portion of the day, and some do not come every day. Ten volunteers cover morning or afternoon supervisory shifts weekly. All have undergone background checks.

The Learning Hub is following the same safety protocols as are in place in the Mohawk District, in order to minimize the chance of exposure to COVID-19. Anyone entering the Hub must wear a mask. Each household has a regular, assigned workspace or “pod” for their use, only. Sign-in and -out sheets are used to facilitate contact tracing should someone at the Hub test positive for COVID. The volunteers sanitize common areas twice daily, while Tim Lively, the Building Manager, sanitizes the bathrooms before the beginning of each day.

Mechanical ventilation is required by the Department of Education for school children sharing public spaces. The gym has a fully operational system that has passed an inspection by the same HVAC company as used by the Mohawk schools. The ventilation system in the classrooms needs repairs that will be covered by funding from the CARES Act. Until then, only one household is allowed in each classroom.

Heath volunteers bring lunches up from Hawlemont on Monday, Wednesday, and Friday for all students who have signed up. Any students, 18 and under, are eligible to sign up whether or not they are using the Hub.

Additional pods are still available in the gym. Families interested in using the Hub should contact the Town Coordinator at 337-5525.

—Pam Porter





## Select Board Report

During the COVID-19 crisis, the Select Board continues to meet via Zoom teleconference. The public may join these meetings by internet or telephone. For access information go to [townofheath.org](http://townofheath.org) and click on the *Select Board Agenda*.

### New Town Treasurer

Kristi Nartowicz has resigned after many years of serving the Town as Treasurer. The Select Board has expressed its appreciation for her dedication and good work. The Board interviewed and hired Melanie Medon of North Adams as the new treasurer. They look forward to working with her.

### Municipal Light Plant Manager

The Municipal Light Board (MLB) voted to offer the position of MLP manager to Sheila Litchfield. She will serve as MLP manager for the soon-to-arrive fiber-optic broadband system in Heath. We look forward to continuing to work with her on the completion of the network construction, and in getting it operational. The Select Board has extended its thanks to Bob Bourke for his work as construction liaison during the engineering and make-ready period of the project. Bob resigned when the MLP manager was hired.

### Heath Building Use Committee

The Select Board voted to establish the Heath Building Use Committee, a combination of the School Building Use Committee and Community Hall Committees. This new committee's purpose is to assist the Select Board in the promotion, management, and marketing of both buildings and any other property the Select Board may designate as available. The committee will manage short-term rental or use requests, agreements and fees. This ten-member committee will also monitor user compliance with building use policies. There will be a six-month review by the Select Board to assess the successful functioning of the committee.

### Heath Town Facilities Committee

The Select Board also voted to establish the Heath Town Facilities Committee in response to a recommendation by the Facilities Task Force report. The committee will be responsible for assisting the Select Board in monitoring the condition and maintenance needs of all town buildings, prioritizing repairs, and helping to identify funding sources. Five members have been appointed to the new committee, with the Highway Superintendent, Buildings Coordinator, and Town Coordinator serving as

nonvoting ex-officio members.

### Green Communities Grant

The Town has received approval from the MA Department of Energy Resources (DOER) to hire RISE Engineering to conduct an energy analysis on conversion to an electric heat pump system in the Community Hall. This is required prior to approval of the system installation by DOER. Approval for insulating the Community Hall walls has also been received. The 2020 Supplemental Energy Reduction Plan has been reviewed and approved by the Select Board and has been submitted to DOER for their review and approval. This revision allows for the inclusion of the former school building in the Town's energy baseline and makes the building eligible to receive funding for energy conservation projects such as LED lighting, additional insulation, air sealing, and HVAC upgrades.

### Reopening Town Buildings

Sawyer Hall will remain closed to the public except by appointment with essential workers in the building. Access to the Post Office will continue as in the past weeks. Patrons and all visitors are to wear masks and observe social distancing.

The Community Hall remains closed except by appointment with the Town Nurse. The Select Board had approved opening it for a learning hub during mild weather when windows could be open, but a review by the Fire Chief and State Fire Marshall found code violations that delayed the opening. Most of the violations have now been remedied but internet access has been a problem. Northeast IT is looking into solutions to restoring and improving internet access to the building. The Select Board is in the process of considering reopening the Community Hall for internet access by adults, and possibly for some meetings. Significant restrictions for occupancy and use will apply to the building, however, because of the lack of mechanical ventilation. The Community Hall does not meet the ventilation requirements set by either the Department of Elementary and Secondary Education (DESE) or Mohawk Trail Regional School District and is therefore not suitable as a learning hub for students.

The Select Board is also considering reopening 18 Jacobs Road to residents for non-educational use, including internet access for adults and some meetings. The former school building has mechanical ventilation that is fully operational in the gym and cafeteria making them the town's safest large indoor spaces. Repairs to the classroom wing ventilation systems are needed, however,

and are slated to be funded through the CARES Act.

Because it meets the ventilation requirements for student use, the former school building has been operating since late September as a learning hub for remote learning by students without internet access at home. Additional space is available. Contact the Town Coordinator for more information.

18 Jacobs Road has been an essential asset during the COVID-19 pandemic. In addition to the learning hub, since last March it has offered safe space for socially distanced Town board and emergency planning meetings, a flu clinic, a foot clinic, and for Emergency Dispensing Site storage. Town elections, the State primary election, and the 2020 National Election have been safely held there. The grounds at the former school have allowed us to safely hold two Town Meetings, as well. The Hilltown Recovery Theater, which serves Franklin County youth, rented the grounds, gym, and cafeteria for its summer workshop. The playground and outdoor public internet access have been used regularly by residents throughout the summer. The Fire Department continues to use space in the building for their offices and meeting space, and Triwire, the fiber-line construction company that is stringing the wire for our broadband, is using space in the parking area for parking their vehicles and for storing materials. As of November 16 they have been renting space in the building for daily staff meetings and additional storage of equipment.

### Heath Online

Take some time to visit the Town's NEW website at [www.townofheath.org](http://www.townofheath.org). You'll find Select Board meeting minutes, committee information, school information, and important announcements. The Town website is also a good place to check for updates on the current status of COVID-19 developments in Town. We are grateful to Eric Holan, Hilma Sumner, and Montague Web Works for their diligence and creativity in getting the website transitioned and up and running. Please have a look and let us know what you think. You may contact the Board at [BOS@townofheath.org](mailto:BOS@townofheath.org).

**Thank you Kristi Nartowicz for your many years of service as Heath Town Treasurer.**



**Don't miss out on Heath Broadband's drop credit.  
Deadline for sign-up is February 28, 2021**

## Heath Broadband Update

Want high speed broadband internet service to your Heath home? The sign-up period is underway now for ALL Heath customers, regardless of when your fiber service will be activated. Take advantage of the Drop Installation Credit by signing up now during the initial network build. There will be no drop credit available after the initial construction of our network. Go to [www.wiredwestfiber.com/heath](http://www.wiredwestfiber.com/heath) and sign up NOW!

### Eligibility for a Drop (from Heath Drop Policy)

- The premises has electric service; service to off-grid dwellings will be negotiated separately outside of this policy. Electric service cannot be provided by extension cord from another property owners' premises.
- The premises has a structure acceptable for network equipment to be installed and protected from the elements.
- The premises has the posted E-911 street address.

### Drop Installation Credit

In order to maximize the incentive for townspeople to take service during the construction/startup period, the Heath MLP will provide a drop installation credit of up to \$3,000 toward the drop installation costs for subscribers with an eligible premises, when certain criteria have been met, as described in detail in the Drop Service Installation Policy (on Broadband page of the Town website). This means that during the initial construction period, over 95% of homeowners will not have to pay for a standard broadband installation; drop installation costs that exceed \$3,000 are the home-owner's responsibility. All installation costs done after the initial construction period has concluded will be the home-owner's responsibility.

### Rates and Fees

- Standard 1 Gigabit internet service—\$75 per month
- Economy 25 Megabits internet service—\$59 per month
- Phone with internet service—\$19.99 per month plus fees and taxes
- Phone only—no internet service—\$49 plus fees, taxes
- One-time start-up activation fee—\$99

Want part-time broadband service? The policy on suspending and reconnecting service may interest you. Want broadband to your home to increase your property value but not ready to subscribe to active fiber service? A "Cold Drop" is what you want. For details, or to sign up for full drop service, visit [www.wiredwestfiber.com/heath](http://www.wiredwestfiber.com/heath).

—Sheila Litchfield

## Obituary

### Luis Pazmino



Luis Enrique Pazmino of 68 Sumner Stetson Road, Heath, passed peacefully at home on Wednesday, October 6, 2020.

Luis was born on March 11, 1924 in Quito, Ecuador. Orphaned at a young age, he never received formal schooling, working instead in various homes or on the streets.

In the early 1940s he met Eva Unger who had emigrated to Ecuador with her parents to escape Nazi Germany. Luis went to work for Eva and her parents on their property in the jungle, swinging his machete to clear land for a new highway being built between Quito and Guayaquil.

In 1946 they again emigrated, this time to the United States where they later became citizens.

Luis and Eva married and worked on a farm in Wilmington, VT, until they were able to buy their own dairy farm in Heath. There they raised their six children. Luis and Eva were successful as farmers, but only through the hard work and struggle it takes to run a farm. In addition to milking the cows, Luis had a large vegetable garden, raised chickens, and had an orchard with peaches, plums, and apples, in addition to growing other fruits like raspberries and currants. In the spring there was sugaring, and always haying in summer. The barn, the animals, and the garden were spotless.

The fact that he never had the benefit of a formal education does not by any means mean that Luis had no education. He perfectly fits the definition of a self-made man: resourceful, independent, and self-taught. After moving to Heath, and through the kindness of Mrs. Sears, the first-grade teacher at Branch School, Luis was finally able to learn how to read and write. He had already learned English by simply listening and speaking it. Luis was a self-taught mechanic and carpenter, as well, and could fix anything. He built a garage where he both fixed the farm machines, and built furniture, all by "Ocho" (by eye), as he would say.

In addition to the hard work on the farm, Luis drove a school bus for the Mohawk district for over thirty years and several more years for the Academy at Charlemont before "retiring" in his late seventies.

To this day, many local "kids" who rode his bus

remember the fun they had with him and his unique driving style. Luis also worked on the road crew for the Town of Heath.

In 1972 Luis and Eva sold the farm and he built his house across the street, where he lived with always a cat (or two or three or more) for the rest of his life. He worked in his large garden and lawn, and used his much-loved tractor plowing gardens, mowing, raking and baling hay for neighbors and friends.



Luis had a ready smile for everyone, a unique sense of humor, and a kind and generous heart, always lending a helping hand to anyone that needed it.

A devout Catholic, Luis was a communicant of St. Joseph's Church. He is lovingly remembered by his six children: Sue Ploof of Orange, Fred (Susan) Pazmino of Leyden, Lizz (Bruce) Davin of Wilmington, VT, Marianne (Frank) Gerry of Sugar Grove, IL, Carmen (Russell) Donelson of Heath, and Martha (Dale) Ward of Buckland. He also leaves 15 grandchildren and 20 great grandchildren. Luis was predeceased by a granddaughter, Tanja Davin in 2006 and by his ex-wife and friend Eva Pazmino in 2010.

He was also loved and will be missed by his wonderful caregivers, LeEllen Weiss, Marty Newman, Kathy Jurentkuff, and Cheryl Woodard.

To the folks in town who knew him, Luis Pazmino will be remembered as a friend who was extraordinarily good natured, as well as someone who knew how to work hard. It was said of him that when the local farmers got together to share the cutting of silage, Luis could work circles around everyone, and all done with a machete. He was generous with his time and equipment, and had a great sense of humor. As Walt Gleason put it, "There's probably a hundred things I could say about Luis. He was one of the nicest guys I have known."

Ed Brennan remembers working for Luis and Eva in 1951 at the age of 12 while living in Heath as a "State Child." Luis hired Ed to help gather sap at twenty-five cents/hour. The next summer they hired him back to help hay, giving him a one hundred percent raise, so he knew they valued his labor. Ed has fond memories of his time working on the Pazmino farm. To him, Luis was a mentor who always treated him well. Ed regarded the whole family as remarkable. He remembers, after a long day of working hard, Luis taking him along with his own children to the drive-in movies in Shelburne Falls.



## Start or Improve Home Compost Bins

Autumn, with its abundance of fallen leaves, decaying pumpkins, and garden waste, is a great time to start composting, or to improve your home compost system. Fall leaves are a helpful addition to home compost bins, as they add the carbon necessary for effective composting.



Composting is easy, and it can be even easier with effective, low-cost compost bins. Franklin County Solid Waste District sells “Earth Machine” home compost bins (left). This features a door in the bottom that can be opened to shovel out finished compost. District residents can purchase an Earth Machine from the Solid Waste District for \$50. The Solid Waste District also sells “Sure-Close” kitchen compost collection pails for \$5 each. This 2-gallon pail sits on the countertop or under the sink to collect compostables before taking them out to the home compost bin or municipal compost collection. The pinholes in the tightly locking lid allow moisture to evaporate, which reduces odor.

For more information, or to purchase, visit [franklincountywastedistrict.org](http://franklincountywastedistrict.org) or contact Franklin County Solid Waste Management District at 413-772-2438 or email [info@franklincountywastedistrict.org](mailto:info@franklincountywastedistrict.org).

### How to Compost at Home

In the kitchen, collect fruit and vegetable scraps and peels, eggshells, coffee grounds and paper filters, stale bread and leftover grains. It is not recommended to put the following materials in home compost bins or piles: pet wastes, meat, bones, poultry, fish, dairy, and oily foods such as peanut butter and salad dressing.

When adding kitchen scraps to outdoor compost bins, cover the scraps with leaves, finished compost, or other carbon-rich materials. This reduces insects and odor and speeds up the composting process.

Ideally, the materials in a home compost bin should be comprised of about 75% “brown” carbon-rich materials such as fall leaves, brown yard waste, straw, used paper towels, ripped up egg cartons, paper bags, or newspaper and only 25% “green” nitrogen-rich materials such as food waste, coffee grounds, and grass clippings.

Mix or “turn” the pile every few weeks with a shovel or pitchfork, add a few shovelfuls of garden soil or finished compost, and water occasionally to make the contents as damp as a wrung-out sponge. Compost is ready to use when it looks like crumbly, dark brown, sweet smelling soil.

## Heath Union Church



Dennis Ainsworth, Organist  
Sunday Morning Worship at 10 a.m.

### All Are Welcome

Church phone to leave a message: 413-337-4019  
For further information, contact a member of the Board of Deacons.

### Board of Deacons

Hilma Sumner, Chair, 337-4845 • Claudia Ainsworth, 624-8952 • Dana Blackburn, 413-221-0961 • Victoria Burrington, 337-4425 • Walt Gleason, 337-4479

Hi Folks,

Some six years ago when I first turned off of Route 2 and wound my way up the hill into town, I was a different person than I am now. I've changed in part because many of you have become the companions of my heart, speaking to it by your example. That is also true of quite a few Heathans who have since left us to join the saints in heaven. I have come to realize in a deeper way that salvation isn't really a solitary matter. It is something that happens to us as we give ourselves over to “covenanted” community and share in each other's joys and burdens.

I'm sharing this with you because year six is my last as the Minister at Heath. I am now in the process of transitioning to a new position as the Minister at the Montague Center Congregational Church. I know that a piece of me will always regret taking down my shingle here. I will miss not having gotten to know some of you better. And I will always love the feisty, fun-loving and faithful members of the Heath Church, who picked me up when I was down. The church is a tremendous asset to the town. And I believe that it has an essential role to play in healing the wounds of our divided nation. Don't take it for granted. Thank you for everything and, since I won't be far away, I hope to check in now and again.

With gratitude,  
—Reverend Koyama

## Important Notice:

**Due to COVID-19, many events usually listed on Ongoing Calendar have been postponed. For updates, check notices around town—the outer room of the Town Hall, the Transfer Station—or the town website at [townofheath.org](http://townofheath.org)**

### Community Calendar

**Dec 4  
18 Virtual Preschool Story Hour**  
10:30 to 11:30 a.m. Contact library to sign up to receive Zoom invite, 413-337-4934, ext. 7.

**Jan 8  
22 Virtual Preschool Story Hour**  
10:30 to 11:30 a.m. Contact library to sign up to receive Zoom invite, 413-337-4934, ext. 7.

### Ongoing Calendar

#### Community Yoga

Online classes are happening now!

Contact Kate at [kate@highlandyoga.studio](mailto:kate@highlandyoga.studio)

Check out the website: [www.highlandyoga.studio](http://www.highlandyoga.studio)



#### High-speed Internet Access

Town Center and at 18 Jacobs Road, the former Heath school building.



#### ATTENTION HEATH RESIDENTS

Don't miss out on Heath Broadband's drop credit. The deadline for sign-up is February 28, 2021. Visit [wiredwestfiber.com/heath](http://wiredwestfiber.com/heath) to sign-up today!

Contact Sheila Litchfield at 337-4957 for more information.

#### HEATH LEARNING HUB

Adult use of high-speed internet is currently only available outside of Heath town buildings.

For information on children's internet access to Heath's Learning Hub, please see page 17.

For updates on Hub availability, visit [townofheath.org](http://townofheath.org)



#### Don't Neglect Your Feet

The Heath Foot Clinic is available to all residents age 60 and older, and those with foot-related health problems.

For information and appointments, contact Eileen Lively at 337-4742.

**Places of Worship**  
Stay tuned for plans for Christmas services

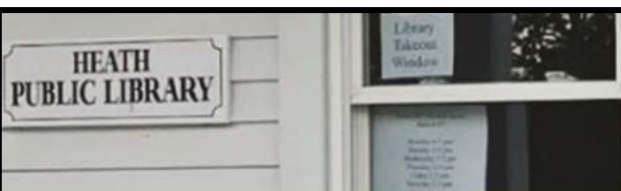
#### Charlemont Federated Church

413-339-4294 • [charlemontfederatedchurch.org](http://charlemontfederatedchurch.org)

#### Heath Union Church

Contact Hilma Sumner, 337-4845 or Victoria Burrington, 337-4425 • Heath Union Church on Facebook

Please contact other houses of worship directly.



#### Reading is the Window to the World

#### Heath Library Window Hours:

Monday: 2 to 7 p.m.

Wednesday: 2 to 5 p.m.

Thursday: 2 to 6 p.m.

Saturday: 2 to 5 p.m.

A world of books, audiobooks, movies, and so much more awaits.

**Check us out:** 1 E. Main St. • 337-4934, ext. 7  
[heathlibrary.org](http://heathlibrary.org) • [heathlibrary@gmail.com](mailto:heathlibrary@gmail.com)

## 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, Hilma Sumner

[bos@townofheath.org](mailto:bos@townofheath.org)  
Mon./Wed. 10 a.m. to 2 p.m., Tues./Thurs.  
9 a.m. to 2 p.m., Fri. 9 a.m. to 1 p.m.

### Select Board, [bos@townofheath.org](mailto:bos@townofheath.org)

Tuesday 7 p.m., Sawyer Hall  
Brian DeVriese, 413-337-5525  
Robyn Provost-Carlson, 413-337-5316  
Gloria Fisher, 413-337-6626

### Town Clerk, Hilma Sumner

[townclerk@townofheath.org](mailto:townclerk@townofheath.org)  
Tuesday and Thursday 9 a.m. to noon  
Or call for appointment 413-337-4845

### Accountant, Dave Fierro

[accountant@townofheath.org](mailto:accountant@townofheath.org)  
No regular hours  
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, Melanie Medon

Monday 4 p.m. or by appointment  
[treasurer@townofheath.org](mailto:treasurer@townofheath.org)

## Boards and Committees

### Board of Assessors

Wednesday 9:30 a.m. to 4 p.m. 413-337-4934, x3  
[assessors@townofheath.org](mailto:assessors@townofheath.org)  
Alice Wozniak, Assistant Assessor  
Robyn Provost-Carlson  
Heather Hathwell, Heidi Griswold

### Board of Health, 413-337-4934

Betsy Kovacs, Chair, 413-337-5346  
Mary Sumner, Clerk  
Armand Clavette, Henry Godek, Susan Gruen,  
John Palmer, Gene Garland (ex-officio)

### Finance Committee

Ned Wolf, Secretary, 413-337-4476  
Ken Gilbert, 413-337-4461  
Jan Carr, Alice Wozniak, Will Emmet

### Library Board of Trustees

Deborah Porter, Chair, 413-337-4715  
Emily Cross, 413-337-4816  
Maureen O'Malley

### Planning Board

Calvin Carr, Chair, [calvinccarr@verizon.net](mailto:calvinccarr@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 O'Neill, 413-339-4820  
Doug Mason, 413-339-4756  
Nina Marshall, 413-339-4756

Sean O'Neill, 413-339-4820

Haynes Turkle

### 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  
Bernard "Buck" den Ouden, 413-337-4002  
Jessica O'Neill, 413-339-4820

### Historical Commission

Heather Hathwell and Jayne Dane, co-chairs  
Susan Gruen, Nina Marshall

## 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)  
See page 22 for Window Hours; 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

### Schools

#### MTRSD School Committee Representative

Budge Litchfield, 413-337-4957  
Barbara Rode, [brode@mtrsd.org](mailto:brode@mtrsd.org), 413-337-5352

#### Franklin County Technical School Representative

Art Schwenger, 413-337-4077

#### Hawlemont Elementary School

Lindsay Rodriguez, Principal, 413-339-8316

### Town Nurse, Claire Rabbitt, RN

Office hours, Senior Center, 413-337-4847  
Tuesday 12:15 to 1:15 p.m. and Thursday 11 a.m. to 1 p.m.; Voicemail: 413-337-4934, ext. 109  
Home phone: 413-337-8309

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

Eileen Lively, Senior Coordinator, 413-337-4742

## Public Works and Safety

### Animal Control Officer, Kyle Dragon, 413-768-0983,

or if not available, call Shelburne Dispatch  
413-625-8200. All emergencies, dial 911

### Highway Department, Jeffrey Johnston, Road

Superintendent; 413-337-4462; cell, 413-406-4516

### Police Department, John McDonough, Police Chief

Office hours: Tuesday 6 to 8 p.m. 413-337-4934, ext. 108, or call Shelburne Dispatch at 413-625-8200 to have paged. All emergencies, dial 911

### Transfer Station, Ken Erho, Attendant

Wednesday, 9 a.m. to 5 p.m.  
Saturday, 8 a.m. to 4 p.m.

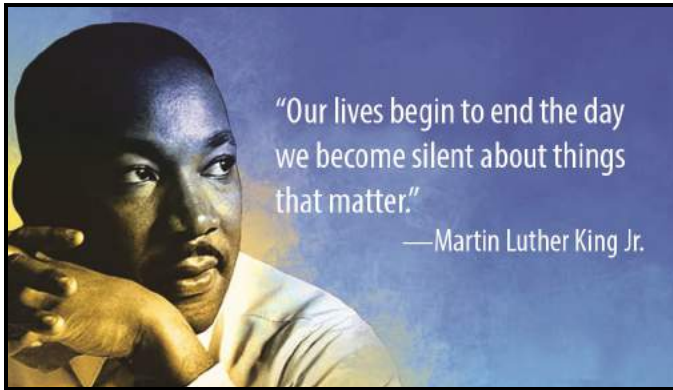
### Volunteer Fire Department

Nick Anzuoni, Fire Chief, 413-337-4461, or 911 for an emergency

### Emergency Management Team, EMT

Tim Lively, Sheila Litchfield, BOH, Select Board





## HEAR YE VOLUNTEER YE!

The *Heath Herald* is seeking an enthusiastic volunteer to join our staff and provide simple bookkeeping for the newspaper. No formal bookkeeping experience is needed. Training will be provided.

This is an opportunity to work with a great group of people, to laugh a lot, and to contribute to a valued community resource.

Contact Nancy Thane, Managing Editor, at 337-5580 or email [nancythane@yahoo.com](mailto:nancythane@yahoo.com).



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