



# HEATH HERALD

## Heath's First Newspaper

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#### Cover:

The words appearing on our cover are from a song that the Heath School staff sings each year at graduation, adapted from the song *Care and Joy* by Chip Wood.

(Pippi, Alexis, Haley, Elliana, Freddie, Madison, Shya and Miss Cumming weren't able to be with us when the photo was taken—CLS)

#### 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.

#### Payment Questions

If you have questions regarding payment, please contact Robert McGahan at [mcgahan@alum.mit.edu](mailto:mcgahan@alum.mit.edu) or call 413-337-4078.

#### Correspondence

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

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

#### Submission Deadlines

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

#### Submission Format

Please use Times New Roman font, 11 pt for text. Use only one space after a period.

#### Photo Credits

If you would like a photo credited, please identify the source when you send the photo to the Gmail account.

#### Free Classified Ads

Send your free classified ads for sale, trade, or barter to our email address, [TheHeathHerald@gmail.com](mailto:TheHeathHerald@gmail.com), with "Classified" in the subject line.

#### Image Guidelines

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

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

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#### Subscriptions

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

#### Color Sponsorship

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

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## **The Heath Herald is Going Away Final Issue is August/September 2017**

Dear Readers,

Despite repeated requests, we have been unable to find volunteers to fill our upcoming Herald staff vacancies. So, we have reluctantly come to the conclusion that we will no longer be able to produce the paper. The August/September issue will be the last. We will refund any outstanding subscriptions, color sponsorships and ad revenues as part of the close down process.

BUT, if you would like to see this wonderful paper continue, help us fill our openings. The programs and procedures we use aren't difficult to learn, and each position could be shared among any number of people. And, best of all, it is a lot of fun!

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Email [nancythane@yahoo.com](mailto:nancythane@yahoo.com) or call 337-5580

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## The History of the Heath Fair as it Turns 100

This year the Heath Fair turns 100 years old. That's 100 years as an agricultural fixture in the calendar of Hilltown summer fairs and festivals that preserve rural New England's historic traditions and sustain our community spirit.

Anyone coming to the Heath Fair for the first time this year might think of it as the country fair that time forgot. Here on the high hilltop in Heath you will find what was once a pasture now decked out in festive white-peaked tents and old farm structures. There are cattle barns, show pavilions, a grandstand, and an exhibit hall; even an old silo, moved to the fair grounds from Ken and Grace Crowningshield's farm; the Solomon Temple Barn, a farm museum owned by the Heath Historical Society, donated by Richard and Dorothy Gary. Spread out across the field are all the entertainments and exhibitions of an old-time fair: the cattle and sheep judging, the goat show, the poultry and rabbit barn, the horse draws and ox pulls, the square dance and kids games, exhibit hall and food booth with local farm fare, and of course, the fireworks and the fair parade. But for folks with longer memories, the Heath Fair has seen a lot of changes over the years.

According to Esther Dickenson, who wrote a history of the fair for the town's bicentennial back in 1985, the first fair, also known as "the Gathering" was held on the Heath town common in 1916. This date has been called into question by a more recent discovery of a Heath Fair poster dating from 1871. We do know, however, that the 1916 fair was the first in a series of fairs held every year since, with the exception of 1942. In that year Franklin D. Roosevelt prohibited all such gatherings because of the polio epidemic. After its first year, the fair moved to the Dickenson's oak grove on South Road where it remained until 1962 when it moved to its present location.

There are still folks who remember the shady one-day fair whose competitions then were open only to Heath residents. Farmers who drove their herds from near-by farms for judging tied them to long poles among the trees on the southern edge of the grove. Then, as now, there was an exhibit hall where handiwork and produce and canning were judged, but back then it was a tent. Then, as now, there was a food booth that offered hot dogs, hamburgs, ice cream and homemade pie. Back then, as now, the food booth and the entire fair were organized and staffed entirely by volunteers. Many of those volunteering today are of the same families who volunteered two, three, four, even five generations ago.

Heath was a farming town, so the fair has always been agricultural in nature. In addition to being a farm community, Heath has also long been a place of

"summer people," academics, judges, businessmen and theologians, among others, who participated in the fair with the same dedication and enthusiasm as the year 'round Heathans. Folks still remember such fair speakers as Supreme Court Justice Felix Frankfurter who had a place in the Dell, and Reinhold Niebuhr who lived in the Stone Cottage just outside Heath Center. Today the Speaker's Tent invites talks on the present and future of farming as well as on the arts of brewing, and preserving meat and produce. (A talk on brewing would not have been welcome back when Heath was a "dry" town, which it remained until the early 1970s!)

In 1962 the fair moved from the oak grove to its present site next to the beautifully preserved and tended Center Cemetery, where many a beloved organizer of past fairs has been laid to rest. People pitched in to build the exhibit hall and food booth and over the years other buildings were added. Soon after the move, in order to attract state support, the one-day fair became a three-day fair and welcomed exhibitors from the surrounding towns.



From the beginning there was music at the fair. The Shelburne Falls Military Band has been a fixture since the 1930s and still plays today. There is still square dancing on Friday night in the open-sided cattle barn. Nowadays, Heath Fair music has become one of the fair's main attractions. A music tent has been added with a music festival line up of local performers, some with national followings; bands like Trailer Park, Rani Arbo and daisy mayhem, The Lonesome Brothers, and The Sweetback Sisters.

There has always been a parade with floats and decorated bicycles, fire trucks and antique cars. This writer remembers one year when the parade was so short we ran it around the fairgrounds twice, but that hasn't been necessary in recent years. I remember also in 1965 being a Blue Coat in a prize winning youth group float about the Civil War.



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Lucia Fink, who went on to a career in nursing, was a Civil War nurse and my sister still complains of missing the whole thing because she, being a “fallen soldier,” spent the whole parade under a blanket. The Heath Hysterical Society float, by Don Conlon and Co. was always lively and memorable if a little irreverent. To this day the parade, which runs at 1:00 on Sunday, remains a highlight of the fair, even if floats are pulled by tractors now, not horses.

Folks who make the scenic drive up from the valley past historic Heath Center with its pristine white clapboard church and town buildings, up past the old creamery and Center cemetery, have long been rewarded with the family friendly, (and wallet friendly) festivities of an old-time country fair are never disappointed. Organized by the Heath Agricultural Society and run by generations of devoted volunteers, the Heath Fair has been a hill town tradition for at least 100 years now and is still going strong.

—Pam Porter

### Good Neighbors Food Pantry

Good Neighbors Food Pantry continues regular food distributions on the third Tuesday of each month, as well as emergency distributions as needed. Based at Charlemont Federated Church, the pantry is supported by neighbors from Heath, Hawley, Charlemont, Rowe and beyond.

Some of the ways you can get involved include baking bread, planting an extra row in your garden to supply fresh produce, making a donation or coming to help on distribution day. Next distribution dates are below. Call Sheila and Budge Litchfield with any questions at 413-337-4957.



#### Good Neighbors Food Distribution dates remaining in 2017

May 18	September 19
June 20	October 17
July 18	November 21
August 15	December 19

## Congratulations! 2017 High School Graduates

### Autumn Smith

Autumn Smith is graduating from Mohawk Trail Regional High School. She will be attending UMASS Amherst as a pre-medical student with a business major. For her 11th and 12th grade years she was a fulltime student at GCC rather than taking the traditional route. Through GCC she obtained a substantial number of credits that will be transferred to UMASS. She received her EMT license her senior year and recently began working for an ambulance service in Southern Vermont. Autumn intends to further her career in medicine by progressing into medical school to become a physician.



### Christopher Graves

Hey everyone! I'm Chris Graves and I've been living in Heath since I was born and I've enjoyed my time growing up here. I attended Heath Elementary from Kindergarten all the way through sixth grade and performed in some of Jon Diamond's productions through the years. I played baseball for Heath while I was there. Since moving on from Heath Elementary I've attended Mohawk Trail Regional. I was part of student council and was a 2-sport athlete almost every year, primarily playing baseball every year. This August I'll be joining the United States Air Force to pursue a career in Intelligence work

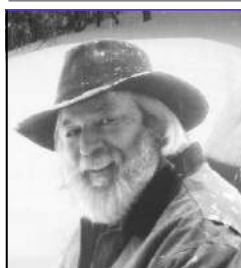


### Logan Thane

Logan Thane, son of James Thane and Diane Tatro, is graduating from Mohawk Trail Regional High School. Logan plans to pursue a career in agriculture. He is currently gaining experience working for Canepari's Landscaping.







## Wild Ramblings

—Bill Lattrell

### All Her Beauty

Spring is finally making its mark by painting a blush of pale green over every hillside that I can see in the distance from this mountain top. The color is so subtle and yet so revealing. Like much of life, spring does not really burst over the landscape but rather is a slow, deliberate awakening; sort of a sleepy beginning while the last of the cool weather burns away and warmer weather spreads north. And on this day, that pale green is accented by a background of blue, blue skies and gigantic billowing white clouds. Moderate winds out of the northwest help the clouds cover the sun frequently and shadows drift across the deep valley below. There really are no words for this. It is simply overwhelming watching this annual rebirth. *Miraculous* comes to mind.



Only two days ago I stood in a place of complete contrast. Surrounded by 300,000 people that poured into Washington, DC, for the People's Climate March, this country bumpkin felt a little out of place in the midst of such a large crowd assembled to make our government more aware of and accountable for the climate change issue. The atmosphere was determined, festive, even a little comfortably chaotic. The marchers held signs, chanted, and marched along Pennsylvania Avenue between the Capitol Building and the White House. If you've never seen what more than a quarter of a million people look like in one group, I must tell you that it is staggering. So staggering, in fact, that there were thousands of non-marchers lined up on the sidewalks cheering on those who chose to participate.

While marching, if you can really call a walk at one mile per hour marching, I chatted with dozens of people from all parts of the country. Although there were people of every age marching in the 92-degree heat (my good friend and I estimated we were in the oldest one per cent of that crowd), I was most impressed that about half of the great mass of marchers were under 30 years of age. I was moved by the sincere commitment to the planet by this young adult generation. For the first time in a long time I felt a true sense of hope. I was also impressed with the large numbers of minorities marching; native Americans, Latinos, African Americans, people from the

mid-east, and Asians were all there in large numbers. And more than half of this huge gathering appeared to be women. It feels right that mothers and daughters might lead this effort to heal our planet.

At one point, about half-way through the procession, I looked around the edges of Pennsylvania Avenue. Huge buildings, many made of stone, concrete as far as the eye could see down each alley, traffic signals, and monuments commemorating our national history covered the urban landscape. I reflected on the fact that a very large percentage of our nation's residents live in urban environments. And I'm pretty sure that many, if not most, who attended the march were from urban environments. I was struck by the thought that urban people cared just as much about our planet and our natural environment as those of us from rural, even wild, environments who live among trees, fields, and prairies. This was, indeed, a watershed moment for me. Humans are linked inextricably to the planet if only we open our eyes and open our hearts to our connection to this wonderful, irreplaceable planet on which we live!



One might think that the heat, the never-ending concrete, and the crowds would have made this a maddening experience for someone like myself, who spends much of his time alone in the woods. The fact was that I was so inspired by those around me: their dedication, their passion, their joy, and their love for the Earth. What would have normally been a negative for me was nothing but pure positive energy. Every moment, every step, every good word was absolutely glorious.

My friend and I left quickly at the end of the march. We had miles to go and we wanted to get a slight head start on the mass exit. On our six hour drive back to the Finger Lakes Region where my friend lives, we talked about the whole experience and agreed that although we

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may have both been out our element, it cemented our commitment to advocating for our planet. We were content in knowing that our involvement was but one single pebble in a river bed full of stones.

And now I sit facing southeast on the top of this mountain. Spring fills the air. I take in deep breaths of pure clean air. I look at the miles and miles of unadulterated forest in front of me. I listen to the music of birds in nearby trees and feel a soft breeze that cools my face. I gaze in wonder at the meandering Deerfield River in the broad green valley below me. I think of all those who are standing ready to protect our planet.

My heart swells with love.

Love for the Earth and those that will stand side-by-side to protect all of her elegance, all of her perfections and imperfections, and all the life that she holds.



### Massachusetts Emergency Management Agency (MEMA)

MEMA reminds us that the impact of hurricanes on inland locations can cause major inland flooding which can be a serious issue.

As we in the hill towns of Western Massachusetts know all too well, as MEMA tells us: "Hurricanes and tropical storms are not just coastal events. As we saw in 2011 with Tropical Storm Irene, the strong winds and torrential rainfall that often are associated with hurricanes and tropical storms can cause widespread damage well inland and across the entire state. A storm's strong winds can destroy buildings, down trees and power lines, and result in widespread power outages across the entire state. Additionally, large amounts of rain, particularly over a short period of time, can trigger destructive inland flooding."

"The sometimes forgotten threat associated with hurricanes and tropical storms, particularly in our inland communities, is flooding," stated Massachusetts Emergency Management Agency Director Kurt Schwartz. "Torrential rainfall often occurs far inland, particularly along the west, or left side of the track of a hurricane or tropical storm as it crosses, or passes by Massachusetts."

### Safety Tips:

- Have a Family Emergency Kit.
- Develop a Family Communication Plan.
- Educate yourself about your community's Emergency Management Plan, including emergency warning systems, potential evacuation routes, and locations of public shelters by contacting your local emergency management director, Tim Lively. Learn your area's vulnerability to flooding, as well.
- In highly flood-prone areas, keep materials on hand like sandbags, plywood, plastic sheeting, plastic garbage bags, lumber, shovels, work boots, and gloves.
- Be aware of streams, drainage channels, and areas known to flood, so you or your evacuation routes are not cut off.
- As a storm approaches, continually monitor the event on local media. Also, download the Massachusetts Alerts app for your Smartphone from NOAA and MEMA. (N.B. This is a problem in areas where cell service doesn't exist.)
- If advised to evacuate by Public Safety officials, do so immediately.
- Avoid driving into water of unknown depth; as little as 6" of water may cause you to lose control of your vehicle.
- Avoid downed power lines. Assume a downed wire is a live wire.
- Have flood insurance. Flood damage is not usually covered by homeowners insurance. Do not make assumptions. Check your policy. The National Flood Insurance Program (NFIP) is a pre-disaster flood mitigation and insurance protection program. The National Flood Insurance Program makes federally backed flood insurance available to residents and business owners.

For additional safety tips and information on how to prepare for floods, see MEMA's Floods webpage.

Also, remember that when approaching water on a roadway, "Turn Around, Don't Drown"!

—Notice provided by Heath Board of Health

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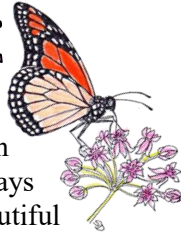
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**Nature Note:****The Milkweed Patch**

Common milkweed, so abundant in our fields and roadsides, is not always appreciated for the interesting and beautiful wildflower it is.

Milkweed is recognized for the role it plays in the life cycle of Monarch butterflies as it is the only plant that these butterflies will lay their eggs on. The caterpillars, upon hatching, feed voraciously on the leaves until large enough to form their chrysalis. In about two weeks, an adult butterfly emerges. With a life cycle of about a month, this is easy to witness in a backyard patch of milkweed.

Milkweed plants contain cardiac glycosides that are toxic to vertebrate animals if ingested, but insects like Monarchs utilize the toxicity as a defense. The glycosides contained in their system make them distasteful to predators, and they use warning colors—red and black or orange and black—to signal their unpalatability. There is another orange-and-black-striped butterfly called a Viceroy that takes advantage of this trait. Its caterpillars don't feed on milkweed so it is not actually distasteful but looking like a Monarch fools predators into leaving it alone.

*Milkweed Beetle*

It is not only Monarch butterflies that depend on milkweed. There is an entire community of insects that benefits from the presence of milkweed. Take a close look at milkweed flowers (and smell the sweet fragrance while you are there) and you will notice a wide array of pollinators—bees, flies, butterflies, moths, and the occasional hummingbird—that are attracted to the nectar of the clusters of pink and purple flowers. You may also find insects feeding on leaves and stems, like aphids, Monarch caterpillars, and a couple of black-and-red insects—milkweed bugs and milkweed beetles.

Monarchs have not been a common sight in our fields as of late and it seems that their numbers are declining due to the effects of habitat loss and pesticide use. To find out how to establish plantings, including milkweed, to help Monarchs, visit *MonarchWatch.org*. If you have a thriving patch of milkweed, you can donate seeds to their "Bring Back the Monarchs" campaign for others to plant.

*Large Milkweed Bug*

—Susan Draxler

**Green Thoughts**

—Pat Leuchtman

**Planting Trees and Shrubs**

It is planting season. This year I will be digging holes to plant pollinator-attracting shrubs at Greenfield's Energy Park. So I have been dreaming of a book, first published in 1952, that I often read to my young children, *A Hole Is to Dig* by Ruth Krauss and illustrated by a young Maurice Sendak.

Sendak's lively children are shown digging, energetically planting a garden, and jumping and sliding in the mud while yelling "doodleedoodleedoo." Last spring when I was digging and energetically planting, and sliding around in the mud, I was apt to say things less joyous than "oodleedoodleedoo."

The lesson I keep teaching myself is to plant my shrubs properly and attentively, getting them deep enough so they will be better able to survive our winters, which while seeming milder, are less predictable. There is actually a rule for digging a planting hole for shrubs and trees. We've all heard that we should dig a five-dollar hole for a fifty-cent plant. That means we should dig a hole that is generously sized. It should be twice as wide as our plant's rootball. The top of the root ball should rest evenly with the soil level. However, if your soil is heavy clay, as it is in my new garden, I dig more deeply and loosen the soil. I have also been mixing in a modest amount of good compost to my planting hole. Adding compost to the planting hole of a tree or shrub is not a standard recommendation, the idea being that you don't want the plant roots to be so happy in their rich hole that they won't spend the energy to spread out into the less rich environs. In my case I don't want my new shrub to suffocate before it has a chance to establish itself.

I am also a believer in greensand as a fertilizer that can be added at any time. Greensand looks exactly as you might expect, a fine greenish sand. Any commercial fertilizer lists its N-P-K ratio. N is for nitrogen, P for phosphorous, and K for potassium; the three major elements needed for plant health. Greensand supplies potassium and releases it slowly. It also supplies about 30 trace elements, those elements like boron, calcium, iron, sulphur, magnesium, etc. We don't think much about trace elements but they are vital to the health of our

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plants. I use a quarter to half cup of greensand whenever I am preparing a big planting hole.

Having prepared the planting hole and slightly enriched the soil, I then prepare the plant. How many times have you pulled a shrub out of its pot to find substantial roots curling round and round the pot? Sometimes the plant is so root-bound that you cannot untangle the roots. Then it is time to take a sharp knife and cut the roots all around, slicing from top to bottom four or five times, and cutting into the bottom. This may loosen the soil a little, and it will encourage the plant to send out new roots.

We all know to set the plant into its hole, fill halfway with soil, water well, then fill with the rest of the soil, tamp it down and water again. An inch (possibly two inches) of mulch can then be spread around the shrub or tree.



When planting trees, resist the temptation to pile up a nice neat mound of red mulch around the tree, a little mulch volcano. The term “mulch volcano” describes the way some well-intentioned gardeners, and even landscapers, pile mulch around and up the trunk of a newly planted tree or renew it from year to year because it looks so neat and well cared for. Deep mulch around a tree trunk has the same effect as planting a tree too deeply. In addition, mulch rising several inches up the tree trunk will only encourage the growth of fine roots that do the tree no good, and will encourage mold, insect infestation, and rodents. Mulch volcanoes can eventually kill a tree. Two or three inches of mulch is all you need to spread around a tree to conserve water, moderate temperature, and protect it from mowers and string trimmers. Don’t forget to leave a little breathing space around the tree. Mulch should not touch the tree at all.

As I have been planting my shrubs and trees, I’ve heard horror stories from others. Some people planting a larger tree than any I have, thought the burlap covering would break down in the soil. Well, it will. Eventually. But probably not before the roots have become overcrowded inside the burlap and strangled themselves.

I even talked to someone who had a landscaper plant several large trees that two years later were all dead. A different landscaper was called in to discover and assess the problem. It turned out the original landscaper had put the trees in the ground without removing heavy wire frame or burlap. A lesson to us all, that even when we hire help it is wise to watch what they are doing, and perhaps question their methods.

A final caveat is actually the first consideration. A

tree or shrub needs to be planted where it will be happy. Almost all the plants and shrubs we have planted in our new, wet garden are water tolerant, if not water loving. We have river birches, dogwood shrubs, winterberries, a dappled willow, elderberries, and a button bush which can even grow with its toes in the water. Always check the need for soil, sun, and water before planting anything.

There is great joy in watching a tree or shrub grow and thrive over the years. That joy is earned by care in the planting.

—Pat Leuchtman



### **Photography by Howard Dickinson: “Eye of the Beholder”**

Howard Dickinson, aged 92, has lived his entire life in Heath. Not unlike his famous Amherst cousin, Emily Dickinson, his connection with a world outside this rural community was through art—in his case, through the images he produced with his Rolleiflex camera purchased half a century ago. Through the lens of his camera, he has taken in the landscape, the structural details, and the people of this town.

Howard Dickinson has entrusted his black and white print and negative collection to his neighbor Suzanne Hannay for a solo exhibition. From July 29 through August 5, thirty-two images from Howard Dickinson’s collected works will be on display in the Heath Community Hall, thanks to the help of a generous grant from Heath Cultural Council and the Massachusetts Cultural Council. There will be an opening reception at the Community Hall on Sunday, July 30 from 2 to 4 p.m. Everyone is encouraged to attend and to meet the photographer himself.

Subsequently, selected images will again be on display in the Solomon Temple Barn at the 100th Heath Fair, thanks to the support of the Heath Historical Society and Ned Wolf.

See the calendar on page 23 for more detail on dates and times.





Thank you to all of the many members, families, and townsfolk for their time, knowledge, and care to make our elementary school unique not because of State/Federal mandates but because of our local community. The school came instead from the children who have been well schooled in life both in the design of its curriculum and the importance of respecting one another and giving back.

A special thank you goes out to Tim and Michelle Howe, who have been major players in our school's descriptions.

Thank you Tim for cleaning the pathways clear of ice and snow, making them beautiful. Thank you Kathy for coming to keep the school running smoothly amidst a busy day to train several teachers. Michelle for all the loving care you have given to our children.

Best of all, the three of you who have ever come through the door, adding to the well-being and friendliness of our school.





any wonderful and devoted staff  
olk who have generously given  
o our school. The Heath Elemen-  
of a fancy textbook company, or  
s and standardized tests, nor, for  
Mohawk District. The success of  
community of Heath itself. Our  
in all the elements of community  
ulum, and in the everyday culture  
rned the power of collaboration,  
another, and the significance of



to Tim Lively, Kathy Sprague,  
en with the school from the start.  
chool, going far beyond your job



up the messes, for keeping our  
, and for keeping our school so  
crossing every t and dotting every i  
ly and for finding the time in the  
n different principals. Thank you  
ou gave to our youngest children.  
new every child and family that  
ng greatly to the overall sense of  
chool was known for.







## LIBRARY LINES

—Donald Purington

**Build a Better World** is the theme of the children's Summer Reading Program. We will have sign-up sheets in the library by mid-June with an activities schedule available at that time. The last Preschool Story Hour of this season will be on Friday, June 9, at 10:30 am. Story Hour resumes in September, dates to be announced.

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

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

**Fiction Books for Adults:** *The Thirst* by Jo Nesbo, *The Shadow Land* by Elizabeth Kostova, *Beartown* by Fredrik Backman

**Non-fiction Books for Adults:** *Will Bonsall's Essential Guide to Radical, Self-Reliant Gardening: Innovative Techniques for Growing Vegetables, Grains, and Perennial Food Crops* by Will Bonsall, *Earth Ponds Sourcebook* by Tim Matson

**Audio Books on CD:** *The Black Book* by James Patterson, *Anything is Possible* by Elizabeth Strout

**Books for Young/Teen Readers:** *The Lottery Plus One* by Emma Donoghue, *The Upside of Unrequited Love* by Becky Albertalli

**Children's Picture Books/Boardbooks:** *Happy Dreamer* by Peter H. Reynolds, *Animal Ark: Celebrating our Wild World in Poetry and Pictures* by Kwame Alexander

## Heath Fire Department Celebrates Seventy-Five Years of Service



In celebration of the seventy-fifth anniversary of the Heath Fire Department, Earl Gleason shares a history of early fire equipment and alarm systems used in Heath, beginning in the 1930s:

### **Fire extinguishing equipment:**

Soda and acid fire extinguishers held two and a half gallons of water with a pound of baking soda added. At the top was a basket with a bottle containing sulfuric

acid. To activate, the extinguisher was tipped over, mixing the acid in the soda, causing a pressurized ejection of water. The town purchased several of these extinguishers and placed them in various homes in town, with the provision that they be brought to fires. I have been told that every home in Heath Center was saved by the use of one of these extinguishers. Transporting these extinguishers to a fire was a bit tricky, though, as they must be held upright. Only a little tilt and the acid mixes with the soda, causing the entire contents to be pumped out. Indeed, a few cars ended up with acid-stained upholstery as a result. This type of extinguisher was phased out about 1980.



### **Fire alarm systems:**

Early on the town and the Heath Telephone Company came up with a system to alert the townspeople of a fire emergency. The person reporting the fire was to call the operator at the Heath Telephone office. The operator had means to tie all the lines together and ring the alarm. The operator used three long rings followed by two short rings repeated three times, and then relayed the message giving type and location of the fire. This made it so that every phone in town received the message. This type of alarm system was used until 1956.

### **Fitzhenry-Guptill Portable pump:**

In the 30s, the state was urging towns to do more about forestry fire control. An article passed at the annual town meeting to borrow \$350 to purchase a portable pump. A Fitzhenry-Guptill pump was purchased. This was a three-cylinder piston pump powered by a one-lung gasoline engine. It had a two-inch suction port and a one-and-a-half-inch discharge. The discharge was adapted to take a one-and-a-half-inch Massachusetts forestry thread. This thread was unique to Massachusetts. At this time many states and municipalities had their own special thread. This pump continued in service in Heath until the late 70s. Thanks to Gary Singley, this pump put on a demonstration at the Heath Fair in 2016.

—Earl Gleason



Photos by Art Schwenger



## Selectboard Report

### Heath Annual Town Meeting, May 6, 2017

Annual Town meeting is one of those spring rituals that brings the community together, where young people and those familiar and unfamiliar with how town government works get to participate in an important democratic process that shapes who we are as a community. This year's meeting was no exception, despite the challenging questions we had to grapple with.

Typically our Heath meetings are respectful and based upon a belief that together we will discern what is best for all, even if that may not conform to one's personal opinion, and also that our elected and appointed officials are doing the best they can with limited resources. In Heath, we have found that for the most part, we can walk away from a town meeting as friends and neighbors who feel that our concerns were heard, even if we don't agree with the outcome.

After calling the meeting to order, Moderator Eric Sumner invited representatives of the Heath Elementary School Student Council to the microphone. The confident and clear voices of sixth grade students Kaylin Sumner and Umi Burnes informed us about another Heath ritual, "Neighbors Helping Neighbors," where residents who could use assistance with spring yard pick up and raking can call the school and make arrangements for a student helper, focusing the endless energy of school children on their property. Knowing that later in the meeting we'd be discussing closing Heath School, I'm sure the poignancy of this moment hit several in the audience. We will have to make sure that "Neighbors Helping Neighbors" as well as the participation of Heath elementary students at Annual Town Meeting continues regardless of the school our students attend.

Town Clerk Hilma Sumner announced the election results, indicating that 211 of the 526 registered voters had cast ballots on the preceding day, electing incumbent Brian DeVriese to his sixth term on the Select Board, Bob Gruen to the School Committee, Kathy Inman to the Finance Committee, Heather Hathwell to the Board of Assessors, Eric Sumner as Moderator, Emily Cross as Library Trustee, Bill Gran to the Planning Board, and Bob Bourke and Steve Thane as Constables.

The fiscal year 2018 budget, which was Article 3 on the warrant, represented a 2.19% decrease over the previous year in spite of increases in health insurance, FRC-OG assessment, Fire Department vehicle maintenance, as well as enabling a 2% cost-of-living adjustment to town personnel salaries. Article 3 was approved. A handout offered explanation for most of the line items.

In other warrant articles, Heath voters approved assessment increases for both the MTRSD and FCTS

school assessments, and an article that will enable Rowe to join the MTRSD at the high school level. After a presentation by members of the Heath Education Initiative Task Force, and questions from the audience, Article 7, the three-part article proposing changes to the MTRSD regional agreement that would close Heath Elementary School and send Heath elementary students to Hawlemont, was approved with 94 "yes" votes and 10 "no" votes. The task force was acknowledged for the many hours they spent studying the problem of declining enrollment and increased costs, which resulted in bringing this final recommendation to Town Meeting. All eight towns with elementary students in the MTRSD must approve this article before it becomes effective.

Voters also approved the acquisition of a new highway truck to replace a 2009 truck that has been problematic and costly due to continued repair needs. The creative proposal to reduce the tax burden associated with this purchase is to use a combination of "Free Cash," transfers from another Highway account and from the proceeds of sale of Bray Road property to reduce the amount we'll need to borrow for this truck to \$39,366.24.

Our Fire Chief and E911 Coordinator Ken Gilbert, along with Town Clerk Hilma Sumner, offered a warrant article to amend the Town Bylaw list of town roads by clarifying proper names of roads to enable accurate GIS directions to premises for emergency responders.

An article proposed by the Planning Board to amend a camper/trailer regulation in the zoning bylaws was withdrawn. The Planning Board plans to hold a public hearing on the subject and bring the article to a future Special Town Meeting.

The first of two articles submitted by citizen petition encouraged rescinding the borrowing authorization intended to build a new fire/Highway/EMS building. The article which easily passed, was supported by the Select Board, Finance Committee, and Safety Complex Committee given the withdrawal of state funding for the project.

A second petition article encouraged the declaration of Heath as a welcoming and compassionate community "whose residents respect the rights, dignity and integrity of its citizens and visitors." While everyone supported the sentiment in the article, there were concerns that it may render Heath ineligible for certain grants as a "sanctuary" community. Town Counsel eased this concern and the sentiment in the article prevailed and the article passed.

In the 40 years that I've been attending Heath Town Meetings, quite frequently we've ended the meeting after passing an article such as this one that expresses sentiments relevant to a current national crisis. This year, the opportunity to discuss the declaration of our town as a

*(Continued on page 16)*



## Town Nurse

—Claire Rabbitt, RN

### Opioid Addiction

Opioid addiction has become a major public health problem in our country and many others throughout the world. The frequency of overdose deaths has increased to the point that law enforcement officers, as well as other first responders, carry naloxone (Narcan), a synthetic opioid antagonist (antidote) to save lives and get people into treatment. Sometimes family members of addicts are given prescriptions for Narcan and the training for using it in an emergency. I recently attended a talk by a nurse with years of experience working in a methadone clinic in Springfield and would like to share some information on opioid addiction and treatment.

The basic reason for people to use drugs is because the drugs make them feel better. For some it may begin with taking a prescribed opiate after an injury or surgery. For others it may be in a social setting that encourages experimentation on a recreational level. At this stage a regular pattern of use is not established, but some nervous system changes may occur and preferences develop. The next stage is when using becomes habitual, but still has little impact on daily life. When use continues despite negative consequences and behavioral changes, it is considered abuse; and addiction is the stage of loss of control, compulsive, more frequent use of the drug, and symptoms of withdrawal if not continued.

Addiction affects the individual in 3 ways:

- Physical: As use progresses, the chemistry of the brain is impacted and changed. The whole body is impacted on a cellular level.
- Mental: As use continues and brain chemistry is changed, the individual's thinking is also changed.
- Denial, blame, rationalization, and minimization become part of a person's thinking and behavior.
- Will: As addiction advances, the individual's spirit becomes impacted, self-esteem is damaged, and values change.

Elderly brains are more susceptible to addictions. Interesting statistics as regards the elderly are that 17% of those over 65 have addiction problems and 30% of those over 65 are prescribed a medication with addiction potential. Some triggers for use include retirement, loss of a loved one, changes in financial status, relocation, trouble sleeping, family conflict, and mental or physical deterioration. The elderly have decreased ability to metabo-

lize drugs or alcohol, and increased brain sensitivity to effects of drugs or alcohol. Some signs of addiction are unexplained bruising, irritability, sadness, and unexplained chronic pain, in addition to changes in eating habits, pulling away from family and friends, and poor hygiene.

Opioids cause respiratory suppression. Overdose death results when respirations no longer provide enough oxygen for life. Although Narcan will reverse the effects, there may still be enough of the opioid in the body to require a second dose of Narcan. The individual may awaken suddenly and be quite angry that the effects of the drug have been reversed. Getting people into treatment programs is crucial, along with family and spiritual support. From the time opioid use is stopped it is months before the individual feels good again. As with other illnesses, an ounce of prevention is worth a pound of cure.

Resources:

#### Recover Project

68 Federal Street, Greenfield, MA 01301  
413-774 5489 <http://recoverproject.org>

#### Learn to Cope

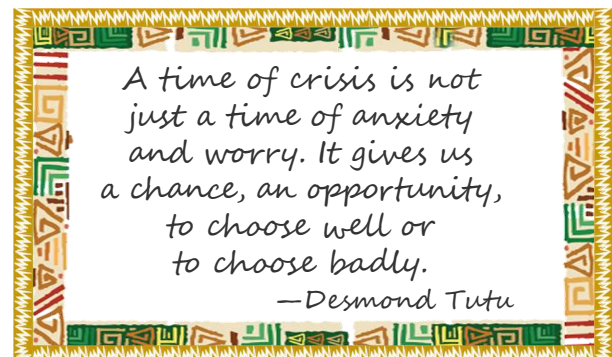
Peer-led support network for families & Narcan training.  
[www.learn2cope.org](http://www.learn2cope.org)

Marcy Julian, Western MA Manager  
508-404-3539 [mjulian@learn2cope.org](mailto:mjulian@learn2cope.org)

#### Selectboard Report, Annual Town Meeting (Continued from page 15)

welcoming community, gave us that needed nudge to say what this community means to us. We left the meeting proud that we completed the necessary town business together and proved again that we are more than the sum of our parts. That by participating through dialog, hearing different opinions, expressing emotion, by learning new facts and absorbing information, all while we grapple with difficult questions, we reaffirm what it is to be a member of the Heath Community.

—Sheila Litchfield  
Heath Selectboard



## House numbers

### Is Your Number Clearly Visible from the Street?



#### Seconds Count in an Emergency

- Protect your family and your property by having large visible house numbers.
- Firefighters, police officers, and paramedics will find you faster when your home is properly marked.
- A visitor, child or injured person may be unable to give clear directions.
- Emergency personnel from a neighboring community may be unfamiliar with your area.

#### Use Large Visible Numbers

- Numbers need to be at least 4-inches in height and facing the street.
- Put the numbers under lighting, and use numbers with a contrasting background, so they will be visible at night.
- Be sure to use the E-911 address for the property.
- If your driveway is long, post your house number on both sides of a mailbox or sign pole at the end of the driveway near the road.
- Be sure to keep the numbers visible by trimming trees and bushes.

#### It's the law

Massachusetts General Laws C. 148, S. 59.

#### FireFACTORS

Office of the State Fire Marshal  
Commonwealth of Massachusetts  
P.O. Box 1025 State Road • Stow, Massachusetts  
01775 978-567-3300, [www.mass.gov/dfs](http://www.mass.gov/dfs)

#### Heath Fire Department

Approved street number signs can be ordered by signing up at the Heath Post Office. The cost is \$10. You will be notified when it comes in.

## Preventing Mosquito Bites

West Nile Virus (WNV) and Eastern Equine Encephalitis (EEE or "Triple E") are warm-weather threats in Massachusetts. These viruses, which are spread to people through the bite of an infected mosquito, can cause illness ranging from a mild fever to more serious disease like encephalitis or meningitis. While these illnesses are not common, preventing mosquito bites in the first place is the best defense. Steps that "fight the bite" include:



Applying insect repellent when outdoors: Repellents with DEET, permethrin, picaridin, oil of lemon eucalyptus or IR3535 are effective. Be sure to use these according to the instructions on the product label and note precautions for use on infants and children.

Avoiding outdoor activities during peak mosquito hours: The hours from dusk to dawn are peak biting times for many mosquitoes.

Wearing long-sleeves, long pants, and socks when outdoors: Covering up helps keep mosquitoes away from your skin.

Draining standing water where mosquitoes lay their eggs: Empty any unused flowerpots and wading pools, and change water in birdbaths frequently.

Installing or repairing screens: Keep mosquitoes outside by having screens on all of your windows and doors.

Protecting your animals: Flush water troughs at least once a week and keep horses in indoor stalls at night with lights off to reduce their exposure to mosquitoes.

Zika virus, Dengue fever, and Chikungunya are other mosquito-borne diseases you can get when traveling abroad. At this time, only people traveling to places with ongoing Zika virus outbreaks or engaging in sexual activity with someone who has traveled to these places are at risk for getting these infections. For up-to-date information about where Zika virus is occurring:

<http://wwwnc.cdc.gov/travel/notices>.

For more information on WNV, EEE, repellent use and other mosquito-borne illness prevention, visit [www.mass.gov/dph/mosquito](http://www.mass.gov/dph/mosquito) or contact Lisa White, Regional Public Health Nurse at 413-665-1400 x114.

—Notice provided by Heath Board of Health



## The Way We Love to Eat

### Cinnamon Buns from Gail's Kitchen

Many of us remember paper and school paste as being the overwhelming smells of our grade school days, but in the early days of the Heath School, if you happened by in the morning, you would have been met with the most wonderful aromas coming from Gail's kitchen.

Gail Hall was our first cook at the school. She followed the children from the Rowe School, where older children from Heath remembered her lunches with great fondness. Gail was a master at combining local and government surplus foods to create delicious lunches for our children.

Gail took pride in her work, enjoyed knowing all of the children personally, and played a central role on the Heath School staff. Home-baked bread or pizza, Shepard's Pie, meatloaf, fresh salads, lemon bars, and chocolate chip cookies were regular fare; but the most memorable were her cinnamon buns.

It seems only fitting to feature her recipe in this edition of the *Heath Herald*. Whether you attended the Rowe School, or the Heath School, or just stopped by for a visit you were sure to appreciate the extra effort Gail put in to produce these delectable treats.



#### Start with making a sweet dough recipe:

- 1 cup lukewarm milk
- ½ cup sugar
- 1 tsp. salt
- 2 packets of dry yeast
- 2 eggs
- ½ cup shortening
- 4 ½ to 5 cups flour



Heat milk to between 120-130 degrees. Add a little of the sugar (that's what the yeast feeds on), then dissolve the yeast in the mixture. Give the yeast a few minutes to bloom. It should be foamy and bubbly.

Stir in the rest of the sugar, salt, eggs, and shortening.

Mix first with spoon and then by hand the sifted flour in two additions to make it easy to handle.

Knead dough until smooth and elastic, then place in a greased bowl and let rise until double in bulk.

When doubled, roll half of the dough at a time into a 9 x 18 inch oblong. Spread 2 tbsp. of softened butter and sprinkle with ½ cup of sugar and 2 tsp. of cinnamon.

Roll up tightly beginning at the wide side, sealing well by pinching the roll together.

Cut roll into 1 inch slices. Place each bun a little apart in a greased 9 x 13 inch pan. Cover and let rise until double in bulk.

Bake at 375 degrees for 25 to 30 minutes

Yields 3 dozen buns

**For a less rich sweet dough,** these cinnamon buns can also be made using:

- 2 cups of milk
- ½ cup sugar
- 2 tsp. salt
- 2 packets of dry yeast
- 2 eggs
- ½ cup shortening
- 7 to 7 ½ cups flour

Follow the same instructions.

Yields 4 dozen buns

According to Gail both recipes are delicious!

### Did You Know?

**Lost Art? Measurers of Wood and Bark** are to measure any cord wood (and the bark attached to said wood), to determine accuracy of the measurement that is offered for sale within the town prior to the purchase availability.

—Gleaned by Hilma Summer

### Heath's Monthly Precipitation

Observed by Heath School Staff and Students

	Rain	Snow
March	½"	16"
April	3½"	5"

March came in like a lion and that lion stayed through the last day of March. The first two weekends of March gave us some of the coldest air of the winter season with temperatures around zero and wind chills below that. This caused some frozen pipes around town. One big snow storm named Stella dumped a solid 16 inches of snow in most parts of the town, causing the town to declare a State of Emergency for the afternoon of March 14.

On March 27, while most in the valley got a cold rain, we got a long period of freezing rain in Heath. Thankfully it did not last but a few hours. March ended (and April started) with a sleet/snow mixture giving us about 5 inches of a heavy-to-move mess. This caused school to be cancelled as well as the annual Heath school drama play that night. With all said and done, we ended the winter season with 111 inches of snow.

—Tim Lively

## Heath Fairgrounds Events

### June 24/25

#### Franklin County 4-H Fair, June 24, 2017

The Heath Fairgrounds will once again be the host site for the Franklin County 4-H Fair. The fair will be held on Saturday June 24 this year, beginning at 10 a.m. The Franklin County 4-H Fair showcases the continued achievements and skills that our 4-H and other youth have learned throughout the year. 4-H projects as well as projects from Boy Scouts, Girl Scouts, school, and other youth organizations are welcome.



The Franklin County 4-H Fair is open to any youth who meets the age eligibility listed in the general rules. Youth under 8 years old as-of 1/1/16 should check specific department rules published in the fair information book that can be downloaded at:

<https://ag.umass.edu/mass4h/upcoming-events>.

Goals of the Franklin County 4-H Fair are to:

- Encourage teens and adults to become 4-H volunteers
- Highlight the county 4-H program
- Familiarize the public with 4-H philosophy
- Provide an opportunity for the public to participate in enjoyable and educational family-oriented 4-H events

This is a great family event and an opportunity to learn all about 4-H. The exhibit hall and food booth will be open. Hope to see you there. For questions call Sheila Litchfield at 337-4957.

#### Tractor Tour June 24

Dave Freeman is once again organizing the community-wide tractor ride on behalf of the Franklin County Farm Bureau. This year the ride will be held on Saturday June 24. The ride will benefit Franklin County Farm Bureau, Franklin County 4-H, Colrain VFD, and the Heath Agriculture Society.

Tractors will leave the fairgrounds at 9:30 a.m., stop for a break and snack at the Colrain firehouse, and return to the fairgrounds about 1 p.m. Lunch sponsored by Franklin County 4-H members will be available at the fairgrounds food booth. Specific requirements for the tractor ride are that the tractor must be able to maintain 12 mph, no passengers permitted, no trailers, must have working brakes, and valid driver's license required.

Prizes will be awarded for oldest tractor, oldest driver, youngest driver, and farthest traveled. Preregistration is \$20. To preregister, email Regina Grover at [grover.regina@gmail.com](mailto:grover.regina@gmail.com) or call her at 802-258-1050.

#### Ox Draw June 24

#### Horse Draw June 25

The Heath Fairgrounds will be the site for an Ox Draw on June 24 and a Horse Draw on June 25.

This historic sport of pulling began as a friendly competition between farmers to determine which of their teams could pull more weight and thus be more productive on the farm. The Ox Draw on Saturday starts at 9 a.m. Refreshments will be available throughout the day on at the upper and lower food booths.

The Horse Draw on Sunday starts at 10 a.m. and 1 p.m. for two weight classes. The lower food booth is open from weigh-in at 8 a.m. until the end of the horse draw. Admission is \$7.



#### Music Performances at the Heath Union Church

Feast your Ears: Indian, Western Classical, and Jazz all in one Night, Saturday June 17, 4 to 6 p.m. Featuring Peter Row (sitar, rudra vina), Ajay Sinha (tabla), and Sarah Atwood (violin), with John Clark (French horn).

On Sunday, July 9, 3 to 5 p.m. the Da Camera Singers of Amherst MA (including our own Don Freeman) will perform at Heath Union Church under the direction of Sheila Heffernon.



# MATT'S TRUCKING

## SCREENED LOAM A SPECIALTY

Excavating  
Loam - Sand - Fill

## MATT LIVELY

## 337-4331

## Heath Rural Connections...

... is a growing group of friends and neighbors who love Heath and are working together on ways to bring creative local economic growth, build community, and celebrate our rural way of life. We've been meeting monthly and always welcome new faces. Feel free to stop in and check us out. We are planning some fun events including movie nights, a community visioning session for Heath, skill-building workshops, and other get-togethers. Look for next meeting notice in the town hall.

To date, Heath Rural Connections (HRC) has cooperated on crafting a new composting flyer and would like to set up a shared system for bringing compost to the municipal facility in Greenfield to reduce waste and save money for residents. The importance of this service is that the facility takes items not compostable at home.

As we are facing shifts in population, climate, and energy sources, we have a chance to draw on both traditional rural skills and knowledge while integrating advances in technologies which promote local food security and ecological diversity.

We hope to add support to current town committee efforts as well as respond to your new ideas and directions. Here is a list of the ideas folks expressed that the group might promote and facilitate:

- Tool and equipment sharing
- Bartering and time-banking; ride-sharing
- Facilitating rural skills workshops and Swap-Repair-and-Share get-togethers
- Innovating and growing our economy
- Supporting elders and youth
- Seeking grant funding for community initiatives
- Developing recreational, cultural, and educational events; promoting our artisans
- Facilitating the creation of an Internet café and community blog
- Supporting community gardening and edible landscaping; promoting permaculture and agroecology

We are looking forward to seeing what unfolds and welcome your thoughts, ideas, and questions. Help us build on the spirit of resourcefulness, determination, and resilience the hilltown people have always had:

Call Lorena Loubsky at 413-624-3842

Find us on Facebook at

<https://www.facebook.com/groups/267683310342676/>

Send an email to the group

[heathconnects@googlegroups.com](mailto:heathconnects@googlegroups.com)

Our community-priorities survey is available in print at the town hall or online at:

<https://www.surveymonkey.com/r/RJG6VZJ>.

## Pay Per Throw is Coming *Don't have a compost pile or garden?*

### Free Compost Recycling at Greenfield Transfer Station Sponsored by FCSWMD

Residents of any town may bring food and paper waste to the special compost dumpster for free during open hours. If you bring anything else to dispose of, such as trash, bulky waste, or scrap metal, they will charge you a \$5 host fee.

This is commercial composting, which accepts ALL types of food (except liquids), certain paper and plastic not normally recyclable, and certain wooden items used in cooking or eating.

#### List of Items Allowed:

Meat, poultry, fish, bones  
Cheese, dairy (no liquids)  
Eggs, eggshells  
Fruits, vegetables  
Bread, rice, pasta, cereal  
Tea bags, coffee grounds & paper filters  
Paper towels (no chemicals)  
Paper napkins  
Paper plates (Chinet preferred)  
Paper cups (no plastic lids /straws!)  
Soiled or waxed cardboard  
Soiled pizza boxes (clean go in paper recycling)  
Soiled or waxed paper (no plastic)  
Paper egg cartons, clamshells  
Paper bags, flour/sugar bags  
Wooden chopsticks, utensils, skewers, stirrers, toothpicks (no frills)  
"Compostable plastic" clear cups  
"Bio Bag" brand compostable bags

#### Greenfield Transfer Station

86 Cumberland Rd

Hours:

Tuesday and Wednesday 12:30 to 2:30 p.m.

Thursday and Friday 11 a.m. to 2:30 p.m.

Saturday: 7:30 a.m. to 2 p.m.





# 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

We celebrated Easter Day with two services, beginning with a sunrise service and breakfast at the church. Our regular morning worship opened with a stirring rendition of *The Old Rugged Cross* by Dan Ainsworth on trumpet and was further enhanced by anthems by our choir.

We have had many special events in the past few months, including a well-informed and entertaining travelogue by Susan and Bob Gruen about their Christmas Holiday trip to Cuba with their son Colin in February. In March an entirely different scenario was presented by Nancy and Steve Thane about their river cruise on the Rhine, traveling from Amsterdam to Basel, Switzerland. Look for an upcoming date when Sheryl Cabral from Deerfield Academy will report on the students' trip to aid the people of the Dominican Republic.

April 8 began our music series for this year with an uplifting sing-a-long with Karen Brooks and Melissa Ortquist. On Sunday May 28 John Clark (French horn) and Paul Undreiner (Organ) gave a concert, Explorations in Jazz, with Peter Row on sitar and Ajay Sinha on tabla, joining John Clark for a raga-jazz fusion piece.

### Upcoming:

Indian, Western Classical, and Jazzall in one Night,  
Saturday June 17 from 4 to 6 p.m.

Da Camera Singers of Amherst MA (including our own Don Freeman), Sunday, July 9 from 3 to 5 p.m.

Other events are in the works. Keep informed.

—Ruth Johnson

### PAY PER THROW

Beginning July 1, all residents will need a transfer station permit (cost \$15) for use of the transfer station, and trash bag stickers (\$1.50 each) for discarding trash. Please recycle what you can. Purchase trash stickers and permits at the Heath Post Office during normal business hours beginning in June.

### 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)

### Franklin County Solid Waste Management District


Contact FCSWMD at: 413-772-2438, MA Relay for the hearing impaired: 711 or 1-800-439-2370 (TTY/TDD).  
[info@franklincountywastedistrict.org](mailto:info@franklincountywastedistrict.org) [www.franklincountywastedistrict.org](http://www.franklincountywastedistrict.org)

NEEDHAM TOWN  
P.O. BOX 1973189

HEATH HERALD (1 YEAR + XTRA DONATION)

Mystery envelope in the *Heath Herald* box.  
Please let us know who you are so we can record your payment. Thank you.

**COMMUNITY CALENDAR****ONGOING**

- Jun 3 DINING WITH HISTORY**  
*One, Two, and Three-Room Schoolhouses of Heath*, Saturday, 5:30 to 7:30 p.m. upstairs in the Community Hall.
- Jun 6 A SPECIAL HAPPY BIRTHDAY!**  
 Pegge Howland 
- Jun 17 MUSIC PERFORMANCE**  
 Indian, Western Classical, and Jazz all in one Night, Saturday from 4 to 6 p.m. at the Heath Union Church
- Jun 24 HEATH FAIRGROUNDS EVENTS**  
**4-H FAIR**, 10 a.m. to 3 p.m.  
 Upper food booth concession is open to all and run by the 4-H.  
**OX DRAW**, pulling starts at 9 a.m.  
 Oxen weigh-in at 7 a.m.  
**TRACTOR TOUR**, leaves the fairgrounds at 9:30 a.m. Come and see them off.
- Jun 25 HORSE DRAW**  
 Pulling starts at 10 a.m. and 1 p.m.  
 Horse weigh-in is at 8 a.m.  
 The lower food booth is open from 8 a.m. to when the draw ends.  
 Admission is \$7
- Jul 9 MUSIC PERFORMANCE**  
 Da Camera Singers of Amherst MA (including our own Don Freeman), Sunday from 3 to 5 p.m. at the Heath Union Church
- Jul 29 to Aug 5 PHOTOGRAPHY EXHIBITION**  
*"The Eye of the Beholder,"* photography by Howard Dickinson, Heath Community Hall  
 Open weekdays from 4 to 6 p.m.  
 Opening Reception  
 Sunday, July 30 from 2 to 4 p.m.  
 Open Saturday July 29 and Saturday August 5 from 10 a.m. to noon;  
 Sunday July 30 from 2 p.m. until 6 p.m.

**CELEBRATE YOU!**

Monday, 11 a.m. in the Senior Center, downstairs in the Community Hall.

A gentle exercise class done with DVD instruction. All ages and all ability levels welcome. Contact Eileen McVay-Lively at 337-4742 for more information.

**SENIOR OPEN ART**

Monday, 2 to 5 p.m. in the Senior Center, downstairs in the Community Hall. 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, downstairs in the Community Hall.

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, downstairs in the Community Hall.

**HEALTHY BONES AND BALANCE**

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

**HEALTHY LIFESTYLE**

Thursday, 11 a.m. to noon in the Senior Center, downstairs in the Community Hall

Weight loss through developing a healthier lifestyle.

**SENIOR LUNCHEON**

Third Thursday of each month, 11:45 a.m. in the Senior Center, downstairs in the Community Hall.

A count is required by the Monday before the scheduled meal. Please sign up at the Senior Center, downstairs in the Community Hall or call Margo Newton at 337-8580.

**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.

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

**Heath Fair Mosaic Project**

Come and help out with the mosaic project—a 3 x 5 foot glass mosaic to be hung on the Exhibit Hall at the Heath Fairgrounds. Mosaic work bees are Wednesdays from 3 to 5 p.m. in the Senior Center, downstairs in the Community Hall.

Check the bulletin board in the town hall for dates.

—Eileen McVay-Lively, 337-4742

**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](mailto:TheHeathHerald@gmail.com). Include the event name, date and time, and location.



## 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 3:30 to 5 p.m. or call for appointment,  
413-337-4845

### **Accountant, Tracey Baronas**

[accountant@townofheath.org](mailto:accountant@townofheath.org)  
Monday 9 a.m. to 2:30 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 3:30 p.m. (varies) or  
email to [knartowicz@gmail.com](mailto:knartowicz@gmail.com)

## BOARDS AND COMMITTEES

### **Board of Assessors**

Wednesday 9 a.m. to 3 p.m.  
Alice Wozniak, Assistant Assessor, 413-337-4949  
Robyn Provost-Carlson, 413-337-5316  
Heather Hathwell, 413-339-4359  
Heidi Griswold, 413-337-4079

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

Betsy Kovacs, Chair, 413-337-5346  
Margo Newton, Clerk  
Susan Gruen  
Tucker Jenkins  
Armand Clavette, 413-337-4065

### **Finance Committee**

Ned Wolf, Secretary, 413-337-4476  
Jeff Simmons, 413-337-4994  
Gloria Fisher, 413-337-6626  
Jan Carr, 413-337-5747  
Kathy Inman

### **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, [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 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 Rocke, 413-337-5753

#### **Franklin County Technical School Representative**

Art Schwenger, 413-625-2526

### **Town Nurse, Claire Rabbitt, RN**

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

### **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 to 8 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. **June 5 to October 30**

### **Volunteer Fire Department**

Ken Gilbert, Chief, 413-337-4461







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**REMINDER FROM HEATH POLICE CHIEF**

For an urgent need, please contact  
Dispatch at 911 for emergencies,  
or for non-emergencies, please call  
their business number at 413-625-8200.



Thank you, Melinda Herzig



**massculturalcouncil.org**

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