

HEATH HERALD

Heath's First Newspaper

75¢

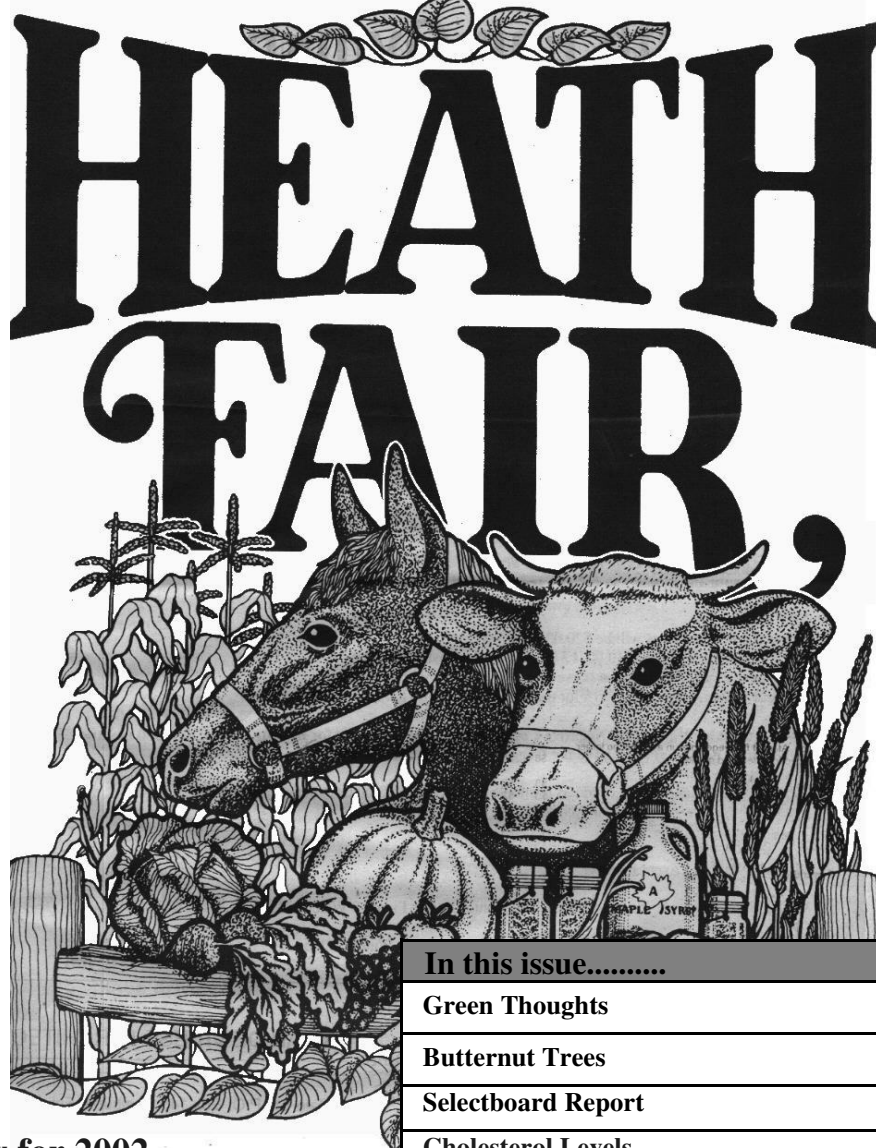
Volume 24, Number 3

August/September 2002

August 16
Lonesome Brothers
Fireworks

August 17
Wright Brothers
Fireworks

August 18
Gymkahana
Henry the Juggler



New for 2002

- Carroll Stowe Look-Alike Contest
- Strange Squash Contest
- Local Vegetable Garden

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From the Editor

Hilltown Rambles

It's that time of year again. During these dog days of summer, I'm amazed at how fast the season evaporates. It seemed like we just finished with strawberries and here we are right in the middle of blueberry picking! It's still warm enough, at this writing, to wish for a cool river after work, to barbecue and eat outdoors, go for a dip in the neighbor's pond, take long, slow walks, to garden, to collect minnows, play softball, just about anything as long as it's done outdoors. Al fresco dining, outside concerts, the easygoing chase of fireflies in the country, open-air markets in town, the melodious peep of tree frogs – all symbolize summer to me. I absolutely savor this time – the zest and the life that it affords are somehow easier and the days are somewhat effortless, if we only let them. We don't have to remind ourselves to breathe and to slow down quite as often!

The annual, time-honored Heath Fair signifies summer to most all of us. Anticipations abound! The Heath Fire Department's chicken barbecue; preparation for the Exhibit Hall and everyone's guess who will win blue ribbons; boisterous fireworks on Friday night; crosscut saw demos; the awesome ox draw; the entertaining square dance in the cattle barn; the youth cattle and sheep show; and the first-ever Carroll Stowe Look-Alike Contest! I could go on and on. But I won't spoil it for you and hope that you find your own favorites and your own memories.

Don Dekker takes us on a stroll around his land to see his butternut trees as we continue our *Great Trees* series. Elsa Bakalar in *Green Thoughts* gives us sage advice on how to make our annuals and perennials look prettier and last longer. Jane deLeeuw gives us three delicious-sounding recipes in *Hilltown Tastes*. Becky Jurek gives us optimism for the Community Hall, and about the \$1 million in state aid to hopefully help the town in capping the closed three-town landfill as well as other informative community news in *From the Desk of the Town Coordinator*. So we don't get too carried away with this year's fair offerings of french fries, fried dough with maple cream, hot dogs and hamburgers, we'll take heed of the *Town Nurse Notes*. Joanne Fortune gives us a very opportune, detailed account of cholesterol levels.

We will have copies of the Heath Herald available in the Exhibit Hall at the fair this year. Have a wonderful, safe, and exciting time. (I'm really looking forward to that maple cream!) I hope to see you there.

Until we meet again,

~ Lea Banks Bohrer

Heath Herald

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Green Thoughts

by

ELSA BAKALAR

In a gardener's dream border the annuals bloom all summer and perennials live forever. Far from the truth, of course, but there are certain measures you can take to keep the flower garden looking lively for longer.

Everyone knows that annuals will keep going if you remove flowers as they fade. But make sure you remove everything, not just the petals. If seeds develop in the little seed box below the flower, the plant calls it quits. (We tend to think that plants bloom for our pleasure and edification, but the main drive is the perpetuation of their kind).

If, despite your faithful ministrations, some annuals begin to look tired and woody, then it's time to shear them drastically. This technique works well with fast-growing "mound" plants such as alyssum and candytuft, less well with the taller coreopsis or tickseed. My admired first garden mentor, the redoubtable Fred McGourty, when asked about this, recommended shearing severely and immediately going on vacation for two or three weeks. He has a point; it can look dreadful for a while.

While we're on the subject of shearing, a word or two about hearts-ease, Johnny-jump-ups, and all the lovely range of pansies so fresh and lovely in spring and now so woody and sprawling. You'll get fresh shoots where you cut them back and some flowers surprisingly late in the year. I've had them right through October and into early November.

Perennials, too, can be persuaded to give a later, second flush of bloom. Cut back faded flowers and foliage, but leave promising new greenery at the base. Water, fertilize (optional), and enjoy a repeat performance. They won't be as tall and spectacular as the earlier show, but will be doubly welcome later in the year. In my Heath and Ashfield gardens this works well with achillea, phlox paniculata, Shasta daisy, and delphinium.

It's hard to keep up with garden chores once really hot weather arrives. Remember what Rudyard Kipling wrote:

"All England is a garden
But gardens are not made
By saying 'Oh how beautiful!'
And sitting in the shade."

Of course he was in England, and chances are he didn't have to cope with many 90 degree days!

If you don't have Kipling's stiff-upper-lip approach to gardening there are alternatives. Sling a hammock or put a chair in the shade; read a book or magazine about someone else's garden; better still, go and look at the real thing. Take a garden tour!

Butternut Trees

By Don Dekker

One of the trees around my place I like is the butternut tree, and I have two of them! They must have been planted around the time my summer camp was built about 80 years ago. The butternuts have grown into a beautiful umbrella shape and occasionally produce nuts.

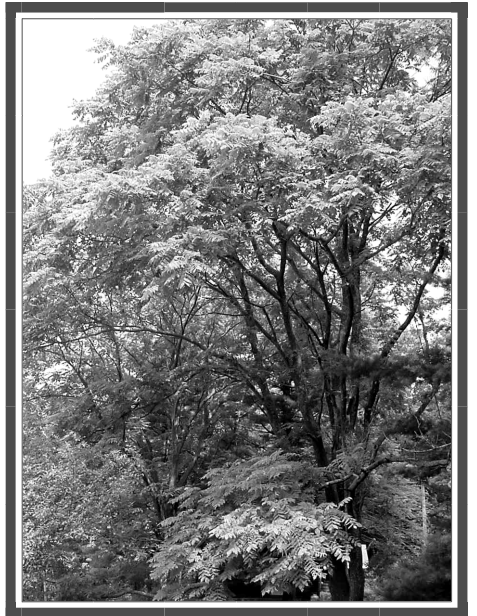
The trees have some nuts just about every year, but usually only a few here and there. I believe that the flowering and germination necessary to produce nuts are very sensitive to cold. New England springs, as the last one, often are cold with freezes and snow. I doubt that there will be nuts this year!

Some years there are quite a few. The nuts are high up in the tree and mostly the squirrels get them. I get a few that drop. Once in awhile there is a bumper crop. Then the squirrels call and growl to try and stake out the trees for themselves. It never works. Others sneak in and get the nuts anyway.

Many nuts fall to the ground in those generous years. I collect them in paper bags and try to use them. Getting to the nutmeats is hard work. First you must remove a hard husk, then crack a hard shell and pry out the nutmeats with a pick. All during the process, your hands and clothes get covered in a dye from the nuts, which is very hard to get off. In fact, early settlers in the northeast used the husks and shells to color the fabrics they wove from flax and wool. They used a "mordant" to "fix" the color, a yellowish brown of many possible shades, dependent on the strength of the nuts and mordant. This color blended in very well in the forest and helped camouflaged the fighters in various local wars.

The nutmeats themselves are rather oily. They don't taste the best when eaten alone but are good in baking and cooking, i.e. butternut fudge. The American Indians used the oil for ceremonial purposes and honored the butternut tree. I have heard that the wood is used in fine furniture and cabinetry.

As long as I am here, the trees shall remain, and I will enjoy their graceful shape and shade and the occasional nut.



From the Desk of the Town Coordinator

A member of the community entering Sawyer Hall recently stated, "It's not supposed to get hot in Heath." What a week we had. No matter what the temperature, the haying must go on. Hope everyone enjoyed the 4th of July and the relief from the heat with the cooler temps we've been afforded.

Your town officials have been busy since my last writing in January, and I'd like to bring you up-to-date on what's been 'heating up' in Heath. All on positive notes, I might add.

At Town Meeting in May, voters approved the purchase of a new truck for the Highway Department. Bids came in \$3,000 lower than what was appropriated and were awarded to the New York firms of Delurey Sales & Service for the cab and chassis, and to Zwack, Inc. for the equipment for the truck.

In an effort to move forward with reopening of Community Hall, voters recently approved transferring funds from free cash, and, along with funds set aside for special projects, insurance claim funds, and mortgage fees due to the Town, adequate monies have been earmarked for the repair of the trusses at the hall. Due to the efforts of the financial team in place, no additional tax dollars had to be raised in order to get the repairs made. An award was made to On The House Builders for the repair work which is slated to begin this month. I am very anxious to see this building reopened.

Requests for proposals are also being sought for the Sawyer Hall barrier removal project (installation of elevator at town hall). Awards are slated to be made in August. Again, this project has been funded through a community development block grant awarded to us in mid-winter in the amount of \$461,488. A portion of these funds (\$90,000) is also available to provide assistance for micro-enterprises within the town. Please contact me if you wish to find out more about what might be available for your small business.

We are also re-submitting for grant funds for the Heath Senior Center in the amount of \$200,000, as well as an additional \$15,000 for micro-enterprise assistance, and, along with eight other towns, are seeking housing rehabilitation grant monies totaling \$912,000. The entire grant application totals \$1.6 million. Grant monies for this project will not be awarded until January 2003. Voters have already established funds for the portion of funds the town would need to provide - so again, no new taxes to be raised in order to fund this project.

For those of you who haven't seen the headlines in area media there is the possibility of receiving \$1 million from the state to aid in capping the closed three-town landfill located in Heath through the efforts put forth within the last six months by area legislators, Representative John Merrigan, Representative Shaun Kelly, and Representative Daniel Bosley (Rep. Merrigan's replacement), Senator Andrea Nuciforo; the Heath Selectboard and Finance Committee, the Department of Environmental Protection, and the Department of Housing Community Development staff, and myself. We hope this aid will have a tremendous impact on the closing costs we are facing. We are anticipating the Environmental Bond bill (totaling \$643 million), which includes this \$1 million amendment will have reached acting-Governor Jane Swift before the end of session in July.

I am confident that with the solid team that has been put together by the Selectboard, things will continue to improve for the taxpayers of this community. Rest assured, I am striving to help town officials provide a budget that is affordable. Things don't happen overnight... but then again, \$1 million may be coming our way. It's great to be a part of it.

~ Rebecca Jurek

Council on Aging Free Bus

A free bus is available to take Heath residents over the age of 60 to Greenfield and/or Shelburne Falls to shop. It will arrive in Heath at 9:30 a.m. on the second and fourth Friday of each month. If you are interested, please call Dot Sessions at 337-4879 to reserve.

This service is made possible by a grant from the Council on Aging.



"Steep thyself in a bowl of summertime."

Virgil (70-19 B.C.)



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SELECTBOARD'S REPORT

Town Business

The Selectboard meets every Tuesday night at 7:00 p.m. in Sawyer Hall.

Summer Schedule

The Selectboard will be meeting every other week during the summer months. Scheduled meeting dates are: 8/13, 8/27, and 9/10. The regular weekly meeting schedule will resume with the 9/10 meeting.

Special Town Meeting

A Special Town Meeting was convened at the Heath Elementary School on July 2 at 7:00 p.m. to clean up the FY02 budget by transferring funds from overfunded accounts to those with deficits so that the books may be closed on FY2002. There were a total of 18 articles on the warrant. All articles passed unanimously.

Community Hall and Sawyer Hall

A new CDBG grant application to establish a Senior Center in the Community Hall is underway. Bruce Hunter of the Franklin County Regional Housing and Redevelopment Authority is working with the Board and Town Coordinator in the rewriting of the former application with the modifications suggested by the State Department of Housing and Community Development.

In the meantime, On the House Builders has been awarded a contract for repairing the roof trusses to allow for the building to be reopened for public use. The repair project is expected to be completed this summer or early fall.

A Request for Proposals was issued for the Sawyer Hall elevator and accessibility project for architectural services. The Selectboard has appointed a building committee composed of Becky Jurek, Val Kaempfer, Mike Smith, Margo Newton, Brian De Vries, and David Cote. The duties of the committee will be to review the responses to the RFP, rank and select the architect, advise the architect during design process, and meet with the contractor and architect during the construction phase of the project. The first meeting was scheduled for July 24, 2002.

Three-Town Landfill

The Selectboards from Heath and Hawley attended a meeting at the Statehouse with Representatives John Merrigan and Dan Bosley, representatives from Representative Sean Kelly's office and Senator Andrea Nuciforo's office, officials from the Department of Environmental Protection, and officials from the Department of Housing and Community Development. The meeting was called to try to find potential sources of funding from state or federal agencies to help alleviate the financial burden of the landfill capping project on the three towns. No source of funding was imme-

diately identified as a likely possibility. The prospects for a solution seemed very slim.

Later, notification was received from Representative John Merrigan's office that Representatives Bosley, Merrigan, and Kelly had sponsored an amendment to the Environmental Bond bill to set aside a million dollars for the landfill capping project to be administered by the Department of Environmental Protection. The House passed the bill. We are still awaiting the results of the Senate version of the bill and the Governor's action. We wish to express our gratitude to Representatives Merrigan, Bosley, and Kelly for their efforts on behalf of the three towns.

Heath On-line

Take some time to visit the Town's home page www.townofheath.org. You'll find Selectboard meeting minutes, school information, and much more. The home page is a work in progress. Thanks to the computer committee for getting this project up and running. Contact the board at BOS@townofheath.org. Send messages to any board or individual via the E-mail address, or visit the Heath home page.

*~ Heath Selectboard
Thomas Lively - Chair
Brian De Vries
Hilma Sumner*

Top Ten Reasons to Join the Heath Fire Department

1. Your mother always said you looked good in black and yellow.
2. Get to drive a big heavy truck real fast on snow and ice.
3. Rubber boots are great for collecting leaky roof drips.
4. Sometimes get to boss the cops around.
5. "I know mouth-to-mouth" is a great pickup line.
6. Can say "10-4" without people thinking you're a jerk.
7. Spend a lot of time in a red light district.
8. Wear a cool beeper - people will think you're somebody.
9. Free chicken at the Heath Fair.
10. New this year - Enron stock options to all new firefighters.



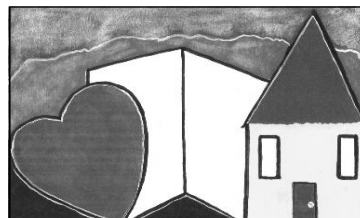
Heath School Community Partnership

The Heath School Community Partnership went through some major restructuring in June. The following are the new officers:

Co-Chairs	Robin Jenkins & Anne Kaplan
Secretary	Elizabeth LaPointe
Treasurer	Amy Wales
Co-parent Liaisons	Karen Blom & Jaimye Ingraham
Fund-raising	Lisa Muenkel

Stepping down as chair is Lisa Muenkel, who for the last year has sustained the work of the partnership and has worked closely with the Local Education Council. Lisa deserves great credit for her endless hours and her dedication to the partnership. We are glad to see her staying on as fund-raising coordinator.

The committee welcomes all who would like to attend our meetings and help continue the work of the partnership. For meeting dates and times, please contact the school. Please remember to stop by our booth at the Heath Fair. We will be selling raffle tickets for a variety of items, providing miniature golf, and selling refreshments. We will be having our annual back to school picnic in late August. Keep your eye out for further information in *The Greenfield Recorder* and in flyers around town.



Friends of the Heath School Library

At the Fair this year, the Friends of the Heath School Library will have a raffle table under the school tent with some very special items on which to take chances. Our FHSL pins will be on sale and the forms for "Celebration Books" (books to be donated in honor of birthdays, graduations, holidays, etc.) will be available. And - we will also have a book guessing game!

Stop by our table and support the Heath School Library!

Please note: If you have purchased a "Friends of the Heath School Library" pin and it has come unglued, please contact Helen Mackie at 337- 4824 for repair or replacement.

The Heath Fire Department is looking for a few good men and women!



Not too long ago, there were about 300 people in town and over 30 of them were active in the Fire Department. Today, Heath is home to over 800 souls, and the Fire Department has about a dozen hard-core members. Something is wrong with that math!

Most of us have been on the Department so long that the average age of a Heath firefighter is 42, and that's including our two junior members.

The Fire Department gets very little financial support from the town budget. Through donations, and a lot of barbecued chicken at the Heath Fair, the members themselves raise a good deal of the money that's used to buy gear and equipment.

Many of us work out of town these days and there have been times when we have been woefully short of manpower to respond to an incident. Think about it-what if YOU had a fire or medical emergency and nobody came? More members increase the chance that enough of us will be around when that time comes.

Not everyone has to run into burning buildings or climb tall ladders. There are plenty of firefighting jobs for all ages and abilities. New members will have to take some mandatory training, and there are always ongoing drills and classes that are required, but the time you'll have to spend learning these skills is probably less in a year than the time you spend in front of the TV each week.

And the rewards are great. It's a good feeling knowing that you're giving something back to your neighbors and to the community; that you might be saving someone's treasured possessions, their home, or even their lives.

We've got a great bunch of people on the Department. Men, women, and any children over the age of 14 are welcome. We meet at the fire station on Branch Hill Road at 7 p.m. on the first and third Thursday of every month.

Think it over, and then give it a try. It's an experience you won't regret, and think how good it'll look on your resume when you hit the Pearly Gates!

Hope to see a lot more of you on a regular basis.

~ Your Heath Firefighters

PLEASE BE AWARE OF THE SEPT. 10TH DEADLINE FOR SUBMISSIONS.

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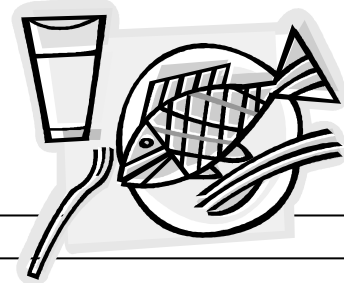
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Cholesterol Levels



By Joanne Fortune, RN

Foods That Raise Your Cholesterol

Foods high in saturated fats raise your blood cholesterol level more than anything else. The best way to reduce your cholesterol level is to cut back on these products. They include animal products such as butter, cheese, whole milk, ice cream, cream, egg yolks, lard, fatty meats, organ meats, and the oils that contain saturated fat, such as coconut, palm, and palm kernel oils. Choose cuts of meat with the fat trimmed and eat no more than six ounces of meat a day. Six ounces is the size of two decks of playing cards.

Foods That Lower Your Cholesterol

Some vegetable oils, canola, corn, olive, safflower, soybean, and sunflower contain mostly monounsaturated fats that tend to lower blood cholesterol levels. Salmon, tuna, and mackerel contain omega-3 fatty acids that help to decrease LDL cholesterol, the bad cholesterol. Haddock, flounder, and sole contain only a small amount of omega-3. Fish oil supplements generally do not reduce blood cholesterol levels. Pumpkin and sunflower seeds, walnuts and almonds help to lower cholesterol levels while preserving HDL, the good cholesterol. Soluble fiber helps to lower both total cholesterol and LDL levels by binding to the acids in the intestine which contain cholesterol and excreting them before they can release the cholesterol. These foods include: whole wheat bread, whole grain rye, barley, and oat bread, popcorn (no butter!), brown rice, whole grain breakfast cereals, oatmeal, wheat germ, whole grain pasta, bran, whole wheat pancakes, kasha, couscous, and bulgur.

Some fruits and vegetables guard against fat oxidation, a bodily process that causes fats to break down. These are apricots, mangoes, yellow squash, sweet potatoes, kidney beans, chickpeas, and green beans.

Your blood cholesterol level should begin to decrease a few weeks after you start on a cholesterol-lowering diet. The amount you drop depends on the amount of saturated fat and cholesterol you used to eat, how high your blood cholesterol is, whether or not you are overweight, and how active you are.

In conclusion, to lower your cholesterol level, choose foods low in saturated fat, low in total fat and cholesterol, and high in fiber. Becoming more physically active helps you to lose weight if you are overweight, helps to lower LDL and stimulates the health of your heart and blood vessels.

I am holding an office hour once a week during the summer at the Heath School in the Nurse's Office on Tuesdays from 12:30 - 1:30 p.m. No appointment is necessary. I also will continue to see people in their homes. The fourth week in August, I will be on vacation. My home telephone number is 337-5716.

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337-4964

**Paul Turnbull
Janice Boudreau**
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337-4033

Bonnie Wodin
Custom Gardens & Landscapes
337-5529

Support Your Local Businesses

If you would like more information about the Heath Enterprise Council, please call Alicia Tripp at 337-4964

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Milestones

Born July 12, 2002, a daughter, **Katelyn Ann**, daughter of James and Vicki Pratt Woodard of Heath, granddaughter of Steven and Nancy Taylor of Ashfield and Emmalee Woodard of Littleton, CO; great-granddaughter of Floyd and Anne Taylor of Hawley and Gordon and Esther Pratt of Charlemont.

Anemone Guenther of Charlemont, daughter of Prudence Grand of Charlemont and John Guenther of Cambridge and stepdaughter of Melody Tifton of Cambridge, and **Lark Miller** of Heath, son of Lynn Perry of Heath and the late Charles Miller, and stepson of Rol Hesselbart of Heath, announce their engagement. An August 30, 2003, wedding in Colrain is planned.



Ann F. Lovell of Heath died June 23, 2002. Born September 24, 1945, in Milo, ME, she was the daughter of Earl W. and Thelma Clark Lovell.

A 1963 graduate of Coventry High School, Coventry, CT, she was a resident of Heath for the past fifteen years. She was an accomplished artist and a world traveler.

She worked for several restaurants in the area including Bricker's, the Riverside Cafe, and the Country Cupboard as well as for the Bittersweet Herb Farm and Renovator's Supply.

Survivors include her father of Stafford Springs, CT, and two nieces, Samantha Hall of Goose Creek, SC, and Deanna Wilhelm of Chesapeake, VA.

Bernice Remillard Poirier of Greenfield died July 1, 2002. Born July 7, 1925, in Gill, she was the daughter of Augustus and Amelia Bergeron Remillard.

A 1943 graduate of Greenfield High School, she had been a resident of Greenfield most of her married life. She was the owner of the Harber Yarn Shop from 1973 to the present.

Survivors include her husband of 58 years, Joseph J. Poirier; a son, Robert A. of Rifle, CO; three daughters, **Diane L. Cote** of Heath, Paula J. of Bernardston, and Charlene M. of Northfield; four brothers, Paul N. Remillard of Gill, Earl D. Remillard of Spokane, WA, A. Kenneth Remillard of Bernardston, and Robert G. Remillard of Northfield; two sisters, Harriet A. Smith of Quinlan, TX, and Ramona L. Willis of Dallas, TX, six grandchildren, and three great-grandchildren.

Memorial contributions may be made to the Holy Trinity Church, 133 Main St., Greenfield, MA 01301, or to Hospice of Western New England, 164 High St., Greenfield, MA 01301.

Eleanor Dun Wolf of Heath and Shelburne Falls died June 25, 2002. Born in Rye, NY, August 16, 1922, she was the daughter of Henry W. and Marie deNervaud Dun.

She attended the Baldwin School in Bryn Mawr, PA, and

Barnard College, and, in 1944, enlisted in the WAVES and was stationed in Washington, DC. She and her husband, the Rev. William J. Wolf, distinguished author and member of the faculty of the Episcopal Theological School in Cambridge, MA, were married in 1946. They bought a house in Heath in 1945 in which they spent many summers.

Two sons predeceased her, Steven in 1981 and John in 1986. Her husband died in 1990. Survivors include her son, Ned of Heath, a cousin, Angus "Terry" Dun of Shelburne, and two granddaughters.

A memorial service took place on July 13 at Trinity Church, Shelburne Falls with the Revs. David Neil and Pam Porter officiating.

Memorial contributions may be made to either the Mohawk Manor Rest Home, Water Street, Shelburne Falls, MA 01370, or the Anchorage Nursing Home, 904 Mohawk Trail, Shelburne, MA 01370.

Heath Deed Transfers

Virginia J. Bauch of Chicopee, to Henry K. Godek and Jo M. Travis, of Greenville, MS, Flag Hill Road. \$1.

Margery Bednarski of Enfield, CT, to Thomas and Karen Gregoire of Chicopee, Mohawk Estates, Lots 63 & 64. \$5,000.

Karen Jean Brooks and Christopher Q. Burke of Charlemont, to Karen Jean Brooks, Long Hill and Dell Roads, 39 acres. No consideration.

Karen Jean Brooks and Christopher Q. Burke of Charlemont, to Karen Jean Brooks, 25 Long Hill Road. No consideration.

Jenny L. Burt of Troy, NH, Natasha E. Gulyban of West Haven, CT, and Christine A. Gulyban of West Haven, CT, to David L. Freeman, 36 Number Nine Road. \$40,830.

Chittenden Trust Co. Inc. of Vermont, to Jason M. and Alice M. Wozniak of Shelburne Falls, 77 Sadoga Road. \$117,000.

Joseph and Sharon DiBlasi of New York, to Donald and Linda Gritzner of Charlemont, Branch Hill and Ben Roads. \$40,000.

Richard J. and Lillian M. Fitzgerald of Medford, to Susan Bennett and Elizabeth E. Kapitulik of Greenfield, 11 Rowe Road. \$15,000.

Ann E. and John E. Geer of Burlington, VT, to Ann M. and John M. Ziergiebel of Gloucester, 7 Colrain Mountain Road. \$35,000.

Pauline J. Gingras of Johnson City, TN, to Kenneth L. Gould and Rickey Osmond of Boston, Mohawk Estates, Lot 12. \$3,500.

Robert H. Goldrick Sr. to Ronald L. Sr. and Pearl C. Stetson of Florida, 7 Wigwam Drive, Mohawk Estates. \$5,500.

Hortense M. Green of Suffield, CT, to Mohawk Estates Property Owners Association, Inc., Mohawk Estates, Lot 30. \$1.00.

Edward W. Gulyban II Estate of West Haven, CT, by guardian, Christine A. Gulyban, to David L. Freeman, 36 Number Nine Road. \$8,170.

David F. and Margaret E.C. Howland to Dorothy Hanni Hulbert of Brooklyn, NY, Avery Brook and Taylor Brook Roads. \$1.

("Heath Deed Transfers" continued on page 13)



The Way It Is In The Country

"If it's old, works well and has a purpose in life, don't change it."

A Local Sawmill

By Carroll Stowe

Here in Heath on part of the old Thompson place resides a much-used and important tool to any and all that might need the services of Bill Clark's time and extreme talent. Turner Sawmill has been helping folks for 17-plus years to provide useful building materials for a wide range of projects.

I often saw this mill from a distance traveling through East Hawley. It sat on its deteriorating supports for a long time. Many had tried to give it a different home to no avail. Bill was able to make a deal with the owner and brought this iron and decayed wood to Heath. He and his two sons, Kyle and Nathan, rebuilt the carriage and the saw box. It truly amazed me at how rapidly the Clarks were able to get this long unused machinery up and running. In no more than two months time it was turning out good lumber. In a short span of time this mill had done more people more good than ever it had on its original foundation.

Sawmills, like people and sugarhouses, have a personality and character that can be felt and enjoyed. The mingled aromas of the sawdust, bark, and muddy dirt that is all a part of the sawmill's home make for the personality of this very unique operation.

Howard Thompson knew that when Bill Clark came, Bill would someday have a mill to create useful lumber. Howard would have been completely supportive of such an undertaking. The Clark mill was a great help when the Solomon Temple barn was recreated on the fairgrounds sometime back.

A very feisty six cylinder Chrysler power unit powers this mill. In all its years with nothing but stars and clouds for a roof, it is surprising that it hadn't stuck. This power unit does a great job powering this old mill.

If the winds are right we can sometimes hear it from our area. This mill and its operator have provided a great service for this community and the surrounding towns. As my byline reads, "If it's old, works well, and has a purpose in life, don't change it." Keep old sawmills running and serving.

The Heath Fair

From "Preparing for the Heath Fair" by Pat Leuchtman
Heath Herald, Vol 3, #3. August/September 1981



"Fair time is that happy time of year when all the effort, knowledge, and skill that go into every aspect of life in Heath are recognized and applauded. The real wealth of the town is on display. A wealth not measured in dollars alone, but in the goods produced in the fields and in the home whether hay, maple syrup, hooked rugs, or cotton aprons. Animals, fruits, and vegetables are raised on a land that is beautiful and productive, then brought into the house to be preserved and to glow softly on the pantry shelves like jewels in Ali Baba's cave against the dark days of winter.

The Heath Fair is a harvest celebration, but as we give thanks for the harvest, we also celebrate the intelligence, energy, and skill of those who brought it in successfully, even if we can't all win blue ribbons."

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The Heath Historical Society Annual Supper & Meeting

Saturday, September 28, 2002

Heath Elementary School

Buffet Supper - 6:00 p.m.

\$6.50 adults - \$3.00 children 12 and under

Followed by the

Annual Meeting at 7:00 p.m.

Speaker: Elisabeth Sifton

Topic - "The Serenity Prayer - Revisited"

*Mrs. Sifton is a published author and esteemed
historian and the daughter of Reinhold Niebuhr.*

For Reservations, call 337-4896

About Our Speaker

Elisabeth Sifton is Senior Vice President of Farrar Straus and Giroux. Born in New York City the daughter of the American theologian and author Reinhold Niebuhr, she is a magna cum laude graduate of Radcliffe College. She began her career in publishing at Frederick A. Praeger in 1962. Subsequent positions included editor in chief at the Viking Press; publisher of Elisabeth Sifton Books which won her The Carey-Thomas Award for Creative Publishing; and executive vice president of Alfred A. Knopf. She has been at Farrar Straus since 1993. The mother of three sons, Mrs. Sifton is married to the historian Fritz Stern and lives in New York City.

In 2000 Mrs. Sifton contributed an essay to the Yale Review entitled "The Serenity Prayer" in which she says (paraphrased) "My father composed the prayer in a place and context I knew well and remember vividly. For almost twenty years we spent our long holidays - Memorial Day to Labor Day - in a village in northwestern Massachusetts with an unusual summer colony." That village was Heath. We look forward to Mrs. Sifton's insightful remarks about her father, the prayer, and, of course, Heath.

~ Pegge Howland

("Heath Deed Transfers" continued from page 11)

David F. and Margaret E.C. Howland to Donald Cary and Margaret Helen Freeman of Topanga, CA, 23 Avery Brook Road. \$426,000.

Dorothy Hanni Hulbert of New York, to David F. and Margaret E.C. Howland, East Main Street. \$1.

Theodore G. Jr. and Pamela B. Lord of Enfield, CT, to Mohawk Estates Property Owners Association, Inc., Mohawk Estates, Lot 10. \$1.

Mohawk Estates Property Owners Association, Inc., to Peter Bechard of East Longmeadow, Cascade Drive, Lot 42. \$2,400.

Mohawk Estates Property Owners Association, Inc., to Johanna Feliton of Chicopee, Cheyenne Street, Lot 30. \$2,400.

Anne E. Nicholas of Neponsit, NY, to Kenneth D. Thane, 118 Brunelle Road. \$60,000.

Robert C. and Alicia A. Tripp to Eric M. Krusz of Charlemont, 601 Flagg Hill Road. \$22,000.

Mary J. Vigiard of Adams, to Floyd and Elizabeth Trombley of Hinsdale, NH, 8 Shawnee Drive. \$2,500.

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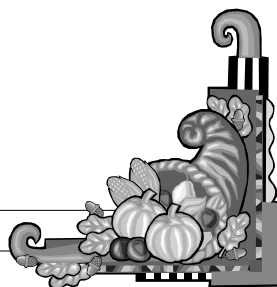


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A Garden's Bounty

By Jane de Leeuw



"Summer's lease hath all too short a date"* but the good gardeners of Heath make the most of the time creating magnificent vegetable gardens which give forth a bounty of beautiful and health-giving produce, some of which we always look forward to seeing at the Heath Fair.

We all have our favorite recipes, of course, for each vegetable or combinations thereof, but, if you are like me, you are ever seeking new ones. Herein a vegetable curry, a zucchini pudding, and a pan of roasted vegetables which can be eaten as a main dish or with grilled meats.

* Shakespeare, Sonnet 18

Vegetable Curry

2 tablespoons olive oil
1 cup chopped onion
2 tablespoons minced garlic
2 tablespoons of curry powder or paste to taste
2 each medium-sized zucchini and yellow summer squash cut into ½ inch pieces
1 ½ pounds small red new potatoes, quartered
6 medium-sized carrots, peeled, halved lengthwise, and cut into 1-inch pieces
4 cups vegetable broth
2 tablespoons honey
1 cinnamon stick
2 cups seeded and diced ripe plum tomatoes
1 cup corn kernels
Cooked rice or couscous for serving

Heat the oil in a large pot over medium heat. Add the onion and cook until wilted, 8 to 10 minutes, stirring occasionally. Add the garlic and cook, stirring 2 to 3 minutes more. Sprinkle with curry powder (or stir in paste) and cook over medium heat, stirring constantly. Add the zucchini, yellow squash, potatoes, carrots, broth, honey, and cinnamon stick. Bring to a boil, reduce to a simmer, and cook, partially covered, until the vegetables are tender, about 20 minutes. Stir in tomatoes and corn; cook 5 minutes more. Serve atop rice or couscous. Serves 8.

Zucchini-Ricotta Pudding

Butter (for the dish)
2 cups grated zucchini
Salt, to taste
1 pound of ricotta
4 eggs
2 tablespoons grated onion
1 clove garlic, finely chopped
½ cup grated fontina cheese
½ cup freshly grated Parmesan cheese
1 ½ cups fresh bread crumbs
Pinch nutmeg
Black pepper to taste

Preheat oven to 400 degrees. Butter a deep ten-inch baking dish. Set a strainer over a deep bowl. Layer the zucchini with salt in the strainer and set aside for 20 minutes. Using your hands, squeeze the moisture from the zucchini and set aside. In a large bowl, beat the ricotta to soften it. Add the eggs, one by one, then the onion, garlic, the cheeses, bread crumbs, nutmeg, pepper, and the zucchini. Transfer the pudding to the buttered dish, and set in hot oven. Bake for 45 to 50 minutes or until set. Remove from oven, cut into 8 pieces and serve at once.

Mixed Roasted Vegetables

5 plum tomatoes, cored
2 large Russet potatoes cut into thick spears
2 zucchini, cut into rounds
1 large eggplant, peeled and cut into 1 -inch pieces
1 large Spanish onion, cut into thick slices
2 red peppers, cored, seeded, and cut into 1-inch pieces
3 cloves garlic, crushed
½ cup water
½ cup white wine
1 teaspoon dried oregano
1 tablespoon chopped fresh basil
¼ cup chopped fresh parsley
Salt and pepper to taste
½ cup olive oil

Preheat oven to 350 degrees. Bring a large saucepan of water to a boil. Drop in tomatoes, and leave them for 10 seconds. Transfer to cold water. Peel the tomatoes and chop coarsely. Put into 13-by-11 inch baking dish. Add potatoes, zucchini, eggplant, onion, peppers, and garlic. Pour the water and wine over top. Add the oregano, basil, parsley, salt, and pepper. Gently mix the vegetables and drizzle them with the olive oil and mix again. Put dish into hot oven and roast for 1 ½ hours or until vegetables are tender, stirring occasionally. Remove from oven; serve with grilled meats or as a main course.

Defibrillator Donated



First Row: Pictured accepting the new defibrillator are Fire Chief Mike Smith and Timothy Lively, EMT. **Second Row:** Council on Aging members: Marilyn Klockers, Dorothy Sessions, Alli Thane-Stetson, Joanne Fortune.

Grange Fair

Take a walk on the "country side" of Shelburne Falls and visit the Shelburne Grange Fair on August 24 at Little Mohawk Road in Shelburne Center. From 8:30 a.m. to 4:30 p.m., Shelburne Center's Fellowship Hall is the site of family fun. There's a little something for everyone, with a chock-full Agricultural Exhibit Hall and activities throughout the day. Music, dance, local farm and service exhibits, local craftspeople, magic to mystify, face painting, children's games, birds of prey, butterflies, and adventures in the outdoors are among the day's events.

For information contact Barbara Giguere at 625-9938 or Laurie Wheeler Burrington at 337-4302, or, via E-mail at labhrice1@yahoo.com.

A poster and premium list will be available at the Heath Free Public Library after the first week of August.

FREE CLASSIFIEDS...

To place your free ad, please send it to PO Box 54, Heath MA 01346, or E-mail to saleda@crocker.com.

The Friends of the Heath Library

The Friends of the Heath Library held their annual meeting and a potluck supper on July 25 at the home of Pat and Henry Leuchtman on Knott Road.

Last year's officers were re-nominated and elected to serve for the coming year, Don Dekker, president; Pat Leuchtman, vice-president; Joanne Fortune, secretary, and Jane deLeeuw, treasurer.

The mission of the Friends of the Heath Library is to support the library. Two fund-raising events are held annually, the Memorial Day Saturday Bake Sale held on the porch of Sawyer Hall and the Used Book Sale at the Heath Fair for which donations of used books are appreciated. In addition, monetary donations and volunteer help in the library are always welcomed.

We know all Heathans are Friends at heart. We hope to see more of you at next year's meeting!

Heath Emergency Services News

The following calls were answered since the last issue of the Herald:

5/25/02 - Taylor Brook Rd. - Accident
6/04/02 - Number Nine Rd. - Medical
6/06/02 - Navajo Lane - Medical
6/23/02 - Branch Hill Rd. - Accident
6/23/02 - Shawnee Drive - Medical
6/26/02 - Town Farm Rd. - Medical
7/06/02 - Colrain Stage Rd. - Accident
7/09/02 - Flagg Hill Branch - Medical

The Department hopes everyone has a fun and safe time at the Heath Fair.

~ Timothy Lively-EMT

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