



HEATH HERALD

Heath's First Newspaper

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Heath Herald

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Heath Union Church News

The family night in June featured an enjoyable travelogue by Michael and Crystal Smith and Autumn and Eli who spoke well, describing their slides and showing us some memorabilia. Then Crystal and Mike broadened our knowledge of the Mexican Mayan culture and local island history.

The second concert of our series held on June 21 was a marvelous afternoon of organ music by the Reverend Carleen Gerber of Lime, CT (Richard Gallup's cousin). She promised a return performance when our Johnson organ is restored.

Members of the Church will be receiving letters soon concerning the Church Bylaws amendments.

The annual Church picnic was held at the Smith's on July 12.

Our next potluck will be on September 6 following the morning worship service.

Remember the August 23rd worship service will be at the Fairgrounds, as always.

Adult Sunday School: 9:00 a.m., to resume in September

Sunday Worship: 10:00 a.m.

Bible Study: Thursday, 6:00 p.m.

Pastor's hours: Thursday, 4:00-5:45 p.m.

Church Telephone: 337-4019, Pastor: 413-648-9077

Deacons: Richard Gallup, 337-5367

Tracey Brooks, 337-4008

Ruth Johnson, 337-4367

Walt Gleason, 337-4479

~ The Deacons

The Heath Herald is a nonprofit newspaper staffed by volunteers and published six times a year. Donations are tax deductible and are greatly appreciated.

THE HERALD DEADLINE FOR THE Oct./Nov. 2009 issue is Sept. 10, 2009. All articles are the property of the Heath Herald unless accompanied by a self-addressed, stamped envelope. Call (413) 337-8594 or E-mail Jane at jdeleeu@crocker.com.

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Heath Cultural Council

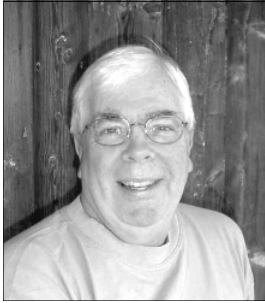
The Heath Cultural Council is looking for intrepid art & culture lovers - we have an opening on the Council which meets two to three times a year and works together to allocate the funding received from the Massachusetts Cultural Council. Last year we distributed \$4000 to a variety of wonderful performers, artists, and educators. Your input and participation is always welcome! Please contact Lorena Lonergan at 624-3842 or lloubskylonergan@netzero.com if you are interested in being a member.

Michael Wilmeth, who has served on the Council for a number of years, is retiring due to term limits. Thank you, Michael for your excellent service and commitment to Heath arts!

We are required to have enough members to constitute a quorum to give away this wonderful funding and exist as a council so please consider volunteering for this post! Projects we've funded in the last year include Heath's own exceptional drama production of *Lost Boys*; Hilltown Theater; Riverfest; Heath Rural Strings program, and other worthy works. For artists and performers in town, the fall grant deadline is October 15 if you are interested in submitting a project or event for consideration.

Sincere regards and thanks,
Lorena Lonergan

A Conversation with Bob Gruen, One Happy Man



One day recently I had the privilege of sitting with Bob Gruen on his front porch to hear the story of his 40 years of teaching from which he retired in June. His was a true calling, an avocation, to which he devoted, unfailingly, love and respect for his students and enormous creative energy. If the teacher's mandate is to open windows and doors into the wider world and to encourage new ways

of seeing and being, then Bob Gruen fulfilled this mandate to the nth degree...

A native New Yorker, a former seminary student, his first teaching post was at PS 61 in the South Bronx. (note: for those who have never ventured into that area, it would be for rural New Englanders like a trip to a strange land). At this 3rd, 4th, and 5th grade elementary school, Bob began as a full-time substitute and then was given a class of his own which he was eager to have. In this heavily-tracked school, he was assigned the allegedly least academically able. He taught fractions using pies and opened limited horizons with trips around the town including ones to the Statue of Liberty and the Bronx Zoo, accompanied by fiancée Susan.

At the end of this fateful year in the lives of both Bob and his students, Bob and Susan married, and his kids raised their reading level a full year.

"Kids are kids. If you give them attention and love, they will follow."

From PS 61, he moved to St. Stephen's Catholic High School in Brooklyn to teach 10th and 12th grade English for the first year and thereafter all the grades. He was also the bowling coach, he admitted wryly. He and Susan lived in the school neighborhood of small shop owners. He confesses to loving living there where he was honored and rewarded by his students' parents. When their daughter Heather was born, he says, the supply of babysitters was endless.

After five years, deciding they wanted more space in which to bring up children, they moved to Heath, the week before the country's Bicentennial. He admits the transition from New York City to rural Heath was not easy, saying he did not have any "home-owner skills." To ease the move into the community, he joined the Volunteer Fire Department and got involved in the issues of the day. He soon discovered that Rowe School was advertising for a classroom aide and, needing a job, he became an aide and also held a second job at the Strathmore Paper Mill.

He spent five years at Rowe, during which son Colin was born. After serving as an aide, he was given the 6th grade class after its teacher became the school's principal. Talking about his time at Rowe, his love for the experience is evident. He says, "Working with Ruth Johnson and the other staff members was the greatest! We had a colossal amount of fun."

Then, upon realizing that the following year he would be having his daughter in his class, something he did not want, he resigned.

In the meantime, Susan had been accepted at the Albany Medical School to become a nurse practitioner. She was gone all week, and Bob became principal caretaker with the help of Ruth Fournier, "the greatest babysitter." After her year, Susan told Bob that she "owed him a year."

While teaching in the South Bronx, Bob had gone to NYU where he earned a master's degree in Theater with a concentration in acting. So, taking Susan's offer, he went to the City to be an actor. While there he went to auditions, acted in student films, and in commercials, but did not make enough to support himself, so he returned to Massachusetts to look for another teaching job. (It is often said that acting ability is a big plus for classroom teachers.)

According to Bob, it was another "no-hiring down year" in the Massachusetts education field. Through the good offices of neighbor Chuck Mackie, he got a job as manager and bartender at Herm's, Greenfield, which required nights and weekends, not a good schedule for a family man, so Chuck hired him to work with his fire systems business. Bob confesses he is not "a natural mechanic" and, oh, did he miss teaching! He missed especially "making a difference in the interior lives of his students, in their hearts and minds."

When positions became available at both Hawlemont and Orange, he applied and was offered both. He took the job in Orange where at last he safely landed and taught 6th grade for the next 24 years. Among many innovations, he started the school's Immigration Program. This involved taking students to the Statue of Liberty and to Ellis Island after they had experienced a simulation of the immigrant experience at the school, learning how hard it was for people to leave their homelands and come to an unknown land without knowing the language.

In addition to teaching, Bob served as assistant principal, president of the Teachers' Union, and on both the Orange and Mohawk Regional School District school committees.

He is still in touch with many of his former students from all the places in which he taught.

After forty rich and fulfilling years of teaching, he knew it was time to end this part of his life.

Bob considers himself "a lucky guy" and feels strongly that, "If you have a calling, you should follow it and you will find your way."

Inveterate travelers and seekers of new experiences, Bob and Susan intend to travel and who knows what possibilities they will find out there.

We congratulate and thank this model teacher for his devotion to what – in our view, in addition to family, is the greatest calling, working for us all and the future of the country.

***What nobler employment or more valuable
to the state than that of the man who
instructs the rising generation.***

Marcus Tullius Cicero

~ Jane deLeeuw

***Wild Ramblings*****Dawn to Dusk****By Bill Lattrell**

As I stood in the small boat on Lake Wetetnagami I was amazed at what I saw on the hillside in front of me. During this early evening in June I was witnessing the recovery of a forest that had been completely annihilated by a fire that burned hundreds of square miles in 1995. Before me stood the skeletal remains of tens of thousands of evergreen trees, weathered gray erect trunks and spindly branches, each with a charcoal-colored root crown -evidence of a bad fire many years ago. This cemetery of a forest was not gaunt in that it was, incredulously, full of new life. Between all of the skeletal remains was the beginning of a new forest; thousands and thousands of evergreen trees that were four- to eight-feet tall. The striking contrast between life and death was awe inspiring. I was witnessing the birth of a new area of boreal forest.



A skeletal boreal forest in Quebec recovers from a devastating forest fire fourteen years ago. *Photo by Bill Lattrell.*

Of course, many humans, particularly those involved with the logging industry would disagree severely about the effects of large forest fires. There is little doubt that there are very large economic considerations.

As I approached the shore in my small watercraft, expertly piloted by Steve Smith (a real life character in many of my stories, often referred to as the Marine), I could see that there was a lush understory that was primarily comprised of herbaceous and woody-stem ground covers. Peat moss, yellow clintonia, bunchberry, small cranberry, swamp red currant, Labrador tea, and raspberry form a solid mat of low-growing vegetation wherever it is not heavily shaded by the recovering conifers. All of these plants either tolerate acidic soils or are acid soil-loving plants. On this day the Labrador tea, clintonia, and bunchberry were flowering. The white and yellow flowers of these plants dashed the landscape, contrasting beautifully with the green herbaceous cover. The most striking feature was, without a doubt, the thick mat of peat moss that was crawling up the slope away from the edge of the lake. Had this mat of sphagnum gone largely unaffected by the fire 14 years ago, or did it recover that quickly, spreading across the landscape in the thin wet soil?

The boreal forest is a harsh eco-zone. Cold temperatures, short growing seasons, thin, sandy soils that rest on the bedrock, and limited soil nutrients all act as an impediment to new and old plant growth. This results in a very slow recovery and somewhat stunted plant size, particularly where the bedrock is exposed on the landscape. Despite these handicaps, before me was clear evidence that these plants were not only adapted for this climate, but they were suited particularly well for this harsh environment.

From the other end of the boat Steve observed how green everything was in the new growth under the remnants of a once mature forest. He described all the green looking like "piles and piles of emeralds" from a distance. And that it was, green and full of life. As I stood witnessing this rebirth, I was struck by this forest's will to survive. During the winter it must endure

Lake Wetetnagami is located north and west of Level sur Quevillon, about an hour or two to the north of Senneterre. This remote boreal forest region is mostly wilderness, true wilderness, the kind you absolutely do not want to get lost in. I came here to do a little fishing and to see the beauty of the Quebec wilds. I did not expect to witness this rebirth, a miracle in its own right.

It is unclear how this forest fire started, but many start in these wilderness areas by lightning strikes. The locals call the boreal forest the "bush," and when the bush gets to burning there is little other than the will of nature and God that can stop it. Most ecologists will tell you that in the big picture, as far as nature goes, fire can be a good thing. It is certainly devastating, but it sort of resets the ecological start button and a fresh, new forest reappears, over a great deal of time, of course. The most distinct improvement that fires create is new habitat for animals. Low browse is absolutely wonderful for many of the boreal species including snowshoe hare, beaver, moose, and even bear. Predators like wolves, wolverines, martens, and lynx benefit from the increased herbivore populations. New life can be found, with time, throughout the charred region.

("Dawn to Dusk" continued on page 5)

Heath Elementary School Parent-Teacher Partnership (PTP) News

First off, a big "Thank You" to all townsfolk who save Campbell Soup labels and General Mills Box Tops for Education for our ongoing School Fund-raisers. If you've not already heard, we're placed two jars outside the Library/P.O. in the hallway at Town Hall for collection of these items. They really do add up and enable us to buy needed athletic equipment and other necessities not in the School's budget.

A reminder regarding other easy ways to help out your PTP:

- ♦ Big Y - Register at the Courtesy Desk to have your Big Y card earn points for our school;
- ♦ Amazon - Whenever you place an order use this code and our school will receive credits towards our purchases At Amazon (available on school Web site www.heath.mtrsd.k12.ma.us).
- ♦ Magazines - www.magfundraising.com/HeathElementarySchool. Shop at this online magazine store for any of your magazine subscriptions at 85% savings to you and PTP receives 40%.

The PTP is holding several Work Bees this summer at the School to attend to needed maintenance and improvements to grounds and facilities not ordinarily budgeted for by the District. We are beginning with weeding, window washing, and repairing and restoring the Loren Gowdy Bridge. There is much else to do, especially for those with some carpentry and landscaping/garden design skills. If you can lend a hand this summer or fall, give a call to the School at 337-5307. We appreciate your support!

Come join us at the Fair! We are busily preparing for our Fair activities – some old, some new. As always, we will have a strong presence on the midway including our ever-popular arcade-style games with something for all ages – everyone gets a prize! New this year for the PTP will be Cotton Candy Vending – this at the request of our many young constituents! Should be lots of fun.

The Dunking Booth is back! Yes, you can look forward to dousing your favorite town official, firefighter, or neighbor. This event was hugely successful last year. If you'd like to help us out, we're still looking for some brave dunk-ees!

Finally, we will have our handsome Heath School "Hoodie" sweatshirts and T-shirts available for sale throughout the weekend. These are high-quality, beautifully designed garments, emblazoned with our school motto – which speaks to our Heath Community as well:

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed it's the only thing that ever has."

Margaret Mead

See you at the Fair!

~ Dana Blackburn, Co-Chair
School-Community Relations

PTP Officers Elected for School Year '09-'10:

Valerie Lively, Treasurer
Lorena Loubsky, Secretary
Dawn Holden, Chair, Fund-raising
Carin Burnes & Emily Gopen, Chairs, Enrichment
Camille Freeman, Chair, Special Events
Dana Blackburn, Chair, School-Community Relations

("Dawn to Dusk" continued from page 4)

extreme cold, very harsh weather, and almost no sunlight. Summers are exceedingly short, although the days can be very long due to the northern latitude. The soils are acidic and do not have abundant nutrients, and yet still the forest endures all of this and a fire that burned to the ground the entire mature forest over hundreds of square miles. To characterize this forest in human terms, one might refer to it as rugged and determined.

While we were taking all this in a snowshoe hare could be seen foraging amongst the herbaceous plants above the sandy beach and exposed areas of gray bedrock. Moose tracks could be observed in the white sand along the edge of the bush. Early in the morning we were fortunate to see both a cow moose and a black bear while fishing for walleye. It is clear that the wildlife is abundant, and it is likely directly as the result of the changes brought by this great fire about 14 years ago.

Steve and I let the boat drift along the rocky shoreline, paralleling it as the wind came out of the north. We lazily fished off the bottom with jigs in hopes of a meal of walleye. The fish were not "turned on" this day, but we continued fishing anyway. The scenery captured our thoughts, few words were spoken. Two woodsmen overwhelmed by nature.

The light in the sky dwindled. The sun was close to disappearing below the horizon. Tangerine, light pink, and purple skies now captured our attention. As the blackness worked its way over the sky from the east I thought about the end of that day and how nighttime would yield to the first light in the east once again. That is the way of life, darkness begets a new dawn. There is always hope.

Visit me online at www.wildramblings.com

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Heath Historical Society

The Annual Meeting of the Heath Historical Society will be held on Saturday, August 29, at the Community Hall. A buffet Chicken and Biscuit Dinner will precede the meeting at 5:00 p.m. in the Senior Center on the lower level of the Hall. We have to guarantee the number of persons attending so **reservations are an absolute must and should be made by Monday, August 24**, by calling Lois Buchiane at 339-8557, by sending her an e-mail at reverend-mother@crocker.com, or by signing up during the Fair in the Solomon Temple Barn. You may pay at the door, \$10:00 for adults, \$4:00 for children, 12 years and under, **but you must make a reservation!**, . The public is invited.

The business meeting following the dinner will include election of officers after which Joe Judd of Shelburne, a noted columnist and "naturalist," will speak on *Changes in the Landscape: A Look at Wildlife and Habitat in the Pioneer Valley since 1850*. He will discuss the farming and the woodland landscape, and will focus on how land use and changes in habitat lead to fluctuations in wildlife populations. His talk will emphasize the wild turkey, an area of expertise for Joe, but will also include references to many key species present in the area such as bear, moose, coyote, and deer.

Joe, a seasoned lecturer and writer on the outdoors, is the author of the column "On the Ridge" that appears regularly in the *Shelburne Falls Independent*. He provides counseling services to a variety of nature and outdoors organizations and serves on the Board of Directors of the National Wild Turkey Foundation.

The Society will sponsor a raffle again this year. Tickets may be purchased during the Fair at the Barn or at the Annual Meeting before the drawing. You do not need to be present to win but we do look forward to seeing you at the drawing. (for further raffle information, see the article on the Solomon Temple Barn Museum fair hours on the Heath Fair News page.)

Please join us on Saturday, August 29, for a delicious supper and to learn about how our landscape affects our wildlife!

Open House opportunities at the Old Town House and the Center Schoolhouse will be on the third Saturdays for the next few months from 10:00 a.m. to 1:00 p.m. - August 15, September 19, and October 17. Members of the Society will be on hand at both sites.



Old Town House

Center Schoolhouse





MASSACHUSETTS CULTURAL COUNCIL

"This publication is supported in part by a grant from the Heath Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency."

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Green Thoughts**Daylilies**

By Pat Leuchtman

Summer is here. I can tell because even after the cold wet season we have had so far daylilies are starting to bloom.

The scientific name for daylilies is the Greek word *hemerocallis* which means beautiful for a day. A clump of daylilies will bloom over a period of weeks, but each blossom will only bloom for a day. This means that even the most beautiful daylily is not suitable for a dinner party arrangement because the flower will close up long before the guests have finished their entrée.

Though its scientific name is Greek, daylilies originated in Asia. Species were discovered in Nepal and Siberia, and in Japan. They were believed to have medicinal properties, and their flowers and tuberous roots were used as a food. Fancy restaurants today are known to serve up stuffed daylily blossoms.

The plant traveled slowly into Europe and England, thence to the New World. It would be difficult to find a hardier plant. Over the years it has been hybridized so that the gardener can choose from varieties in many forms, single, double, and ruffled, in colors undreamed of in colonial days, and some that bloom for an extended season.

I have two friends who each have a number of daylilies. One especially loves *Hyperion* and the other *Happy Returns*. They are both beautiful shades of sunny yellow, and both have a subtle fragrance, but *Hyperion* has been a favorite for more than fifty years. It is a tall 40 inches and makes heavy large clumps. It blooms prolifically in mid to late summer.

Happy Returns is a much newer variety and claims the long-blooming and much shorter *Stella D'oro* as a relative. *Happy Returns* is a petite daylily, only about 18 inches tall, but it is extremely floriferous. It is unusual in that a bloom opens at dusk and stays open all night and all the following day, before shriveling. It begins blooming in June, will take a short rest, and then bloom again until fall. Because of its name, *Happy Returns*, I thought it appropriate to plant a clump in the Buckland Library garden when I was librarian there.

Most of us are familiar with daylilies in shades of yellow, gold, and orange, like the daylilies that grow on so many New England roadsides. However, a visit to a nursery or a perusal of the catalogs will show that you can now purchase daylilies in shades nearly white, pink, peach, red, purple, and nearly black.

Cedar Waxwing is pink with an orange eye and darker crimped edges, *Dominic* is a nearly black red. *Island Sand Dollar* is a pale melon color with a yellow throat, and *Joan Senior* is creamy, nearly white, with ruffles and a lime throat.

The hardest part of growing daylilies is actually choosing among them. This is even harder when you are trying to decide based on catalog descriptions. One of the loveliest afternoons I have ever spent was at Olallie Daylily Gardens in South New-

fane, where Chris Darrow displays and sells 2500 varieties of daylily. Chris is the grandson of the famous hybridizer George Darrow, a man who devoted his working life to small fruits (the Darrow blackberry and strawberry are named in his honor) then took to hybridizing daylilies when he retired. George Darrow was one of the pioneers in developing the dramatic tetraploid daylily.

The Olallie Daylily Gardens are beautiful, and offer more than daylilies. There is a garden shop, pick-your-own-blueberries, and many other perennials. Everything is grown organically. Their excellent Web site, www.daylilygarden.com, gives full information including directions.

The orange daylilies growing by the edge of the road give you an idea of how very hardy and easy to grow daylilies are. Mine grow in full sun, in a spot that has turned out to be wet well into the spring. This year with all the rain, the daylily bed is still wet, and yet the daylilies grow and thrive. Ideally they should be divided every three or four years. If they are in a mixed border with other perennials, this will be obvious and absolutely necessary. I confess I don't follow this routine, but when I divide daylilies I do it in the fall, because then I don't lose any spring bloom. However, you can divide them anytime you have the time without doing the plants any harm.

I cut off the strappy foliage, dig up the clump, and divide it into three or four pieces. Then I look for friends who want a daylily, prepare some for a plant sale, or look for a new location.

I'm sure many of you have seen illustrated directions for how to divide a perennial clump. It looks so easy, just slicing through with a good spade or pulling apart sections with a nice spading fork. When I am faced with a large clump of daylilies I use the word *divide* as a polite way of saying that I hack, cut, and pull the clump apart in any way I can, calling on my husband when I need more brute strength. This manhandling does not seem to hurt the plant at all.

I put compost in the planting hole, and top-dress with compost in the spring, or fall. Daylilies do not require precision of care, yet they give us beauty and pleasure every day.

Visit me at www.commonweeder.com.

Plant a Row For the Hungry

The summer harvest is beginning. Or at least it is supposed to. I have to say my own harvest has been minimal so far. If your summer harvest is getting out of hand, and you have extra produce of any sort or amount, please consider donating it to one of the local food pantries. The Franklin County Hunger Task Force is participating in the national Plant a Row for the Hungry (PAR) program which encourages gardeners to plant extra, or to donate any extra as the harvest season progresses.

The Task Force has a helpful Web site www.plantarowmass.blogspot.com listing participating agencies and the hours they can accept food. The Greenfield Salvation Army is open for donations weekdays from 8:00 a.m. to 7:00 p.m., and the Center for Self Reliance on Osgood Street is open 11:00 a.m. to 5:00 p.m. every weekday but Wednesday.

I haven't had many veggies yet, but I've been passing on my surplus eggs. Every bit helps. You can help too.

Alternative Energy in Heath



Herein the third and fourth articles by town citizens experimenting with both conservation and production of alternative energy. Others who may want to tell their stories should contact the Agricultural Commission and/or Leighton McCutchen at mucutchen@ccocker.com

Harvesting Sun and Wind Energy at the Manse.

Our goal is simple, to become 100% energy independent and carbon neutral. There are some obvious places to reduce and supplement energy inputs in the home, namely, heat, electricity and food, so those were our starting point. We'll soon move on to transportation and cooking.

Systems

Food:

The average vegetable travels 1500 miles to reach the table. We started with a large garden and last summer reduced the average vegetable-to-table distance to 150 feet. The average American eats 350 gallons of embodied oil per year; that's what is used to grow and transport it. We still need to expand our production, add bees, chickens, cows, and maybe pigs, and learn preservation methods such as canning and smoking. We cook on propane now and will someday switch over to methane, wood, or electricity.

Heating:

During our first winter here we burnt 3000 gallons of fuel, and the house was not very warm. This winter that could cost us \$15,000. Our design plan was to renovate and super-insulate the "Ell," the series of rooms off the back of our house. We live in these rooms in the coldest months, much as, in the 1700s the homes original occupants must have hunkered down, using only the downstairs rooms in the winter. After removing everything but the beautiful chestnut beams, including the massive pile of rocks that you see by the barn, we poured 20 yards of concrete to create a "passive solar slab," an 8-inch thick slab (floor) that is actually floating in a bowl of insulation. There are two inches of insulation below the slab and four inches of foam separating it from the foundation and walls. Sunlight coming in the windows in the winter heats up this slab each day. That heat is released back into the room at night. The overall fluctuation is about 8 degrees, starting at about 68 in the morning and heating up to 76 in the afternoon. We get about 35 "Heating Degree Days" of solar gain on a sunny day. So, if it's 35 outside, it's 70 inside.

When it gets down to about 25 outside, we start a fire in the external wood stove which heats the house and two rooms in the barn. Burning wood releases the same amount of CO₂ as rotting wood, so it is really a carbon neutral process. We do not need to cut live trees for firewood as any good dead dry wood burns well in the stove. People even drop off pine that they would have burned just to get rid of it. We do have an oil burner which kicks on if the stove goes out and we are away.

We used 200 gallons of oil over each of the last two winters, having been away for six weeks during coldest months. In the future we will add some active solar hot water to eliminate the use of the oil burner and possibly the woodstove all together.

Electricity:

We started by cutting our electric use in half by replacing bulbs with compact fluorescent ones, replacing old appliances, putting power strips on anything with a "Ghost load" and not using the clothes dryer except in cases of dire emergency. There is a small device called the "Kill-A-watt" when you plug into any outlet, then plug anything into it, which will keep track of the devices electrical draw over time. It showed me that our TV uses about the same amount of electricity when in the off position that it does in the on position! You can get one at Amazon.com for about \$25.

Next we installed the Eoltec wind machine; it has an 18-foot wingspan and is mounted on a tiltup, 106-foot tower. The five bases are 6' x 6' and are 8 feet deep, using a total of 40 yards of concrete to hold the tower in place. It was installed by PV Squared of Greenfield (413-772-8787) at a cost of \$36,000. The same windmill costs a bit more now as we worked on this as a joint learning adventure and much of the actual work of assembly and design is not reflected in this price. We also received a \$12,000 grant from the "Massachusetts Technology Collaborative." You can learn more about them at <http://www.masstech.org>.

We have generated 3300 kilowatt-hours since September, mostly in the winter months. One kilo watt(KW) is one thousand watts, so one KW-hour is the equivalent of 10, 100 watt bulbs burning for one hour. There is very little maintenance required; we expect to lower the wind generator once every two years to check on it. This takes about an hour. Its life expectancy is 30 years. Due to the quality of the wind, meaning the fact that it is not a steady velocity and directions like it would be at the beach, or up higher, the windmill is producing about 60% of the energy that we estimated from wind maps (average, 11mph). At the current cost of power, the windmill should pay for itself in about 18 years, but we are fairly confident that prices will rise dramatically, reducing the payback time.

The Eoltec has proven to be the most efficient of the new wind machines as it has a variable pitch prop which makes it spin at a constant velocity and expands the range of wind speeds at which it makes power. It starts spinning at 3 Meters per Second (7MPH?), reaches full output at 12 MPS (18MPH) and continues to make power at any higher wind speed. A traditional fixed-blade wind generator needs 14 MPH to start and has to shut down at 35 MPH and higher winds. Be sure to check the actual statistics of the wind machine you plan to buy as some have been generating 2% of what they were supposed to.

The electronics that connect the power to our house and the grid consist of a wind interface, which is a bank of capacitors that store and convert the "Wild AC" to usable DC current. The "Power One" inverter converts the steady DC to Alternating Current that matches that of the power grid. This keeps the power in sync with our system so there are no fluctuations. It also

("Alternative Energy in Heath" continued on page 10)

(*"Alternative Energy in Heath"* continued from page 9)

must shut down the power in the event of the grid going down so that people working on the power lines are not electrocuted from the "dead" end of the electric lines. The power goes through a standard power meter like the one on most people's homes to keep track of the power created. I report our production every month, along with maintenance statistics and you can compare systems at the MTC site. The meter feeds into a sub panel on our electrical system in the barn.

On the house, where our old meter was, there is a "Net Meter" which reads the energy to and from the grid, so if we are making more power than we are using, our meter spins backwards, giving us a credit on our account. The advantage of having a "Grid tied" system is that all of the power that the windmill generates is used, sending the power out to our neighbors if we are not using the power. In a battery-powered or independent system, once the batteries are charged, the power from the windmill is wasted. This Eoltec has already saved many tons of CO2 from being created. Our electric bills are now down to about 25 dollars a month. At some point soon we will install some photovoltaic panels on the barn roof to augment our power production, especially for the summer months when the wind dies down. With about 3 KWs of photovoltaic panels we should be able to charge up an electric car and use some electric heat.

Transportation:

Our latest experiments in fuel for transportation are Bio-diesel from sunflowers or waste oil [see Hilltown Farmers Biodiesel Co-op]. We hope to be driving with only fuel grown on the farm or collected from local restaurants in the next three years. There are other options here, like the electric car, which still needs to arrive on the scene, with enough batteries to get to Greenfield and back.

On to the Town.

Next, we'll have to transform Heath. With taxes and state and federal incentives for alternative energy on the rise, we'll tackle energy independence for the town of Heath. Why stop there? Maybe Massachusetts is next...

~ Doug Mason

Hilltown Farmers Bio-diesel Coop

Last summer, three area farmers began discussing the feasibility of cutting fuel costs significantly by making bio-diesel from oil seed crops we could grow on our farms. We also valued the environmental benefits of bio-diesel. It is a renewable energy source that is non-toxic, biodegradable, and will not pollute water or soil. If a small farm uses 2500 – 3000 gallons of diesel each year, at last year's price of \$5 a gallon, producing on-farm bio-diesel is not only ecologically sound, but economically sensible.

As the organizer, this Heath farmer eventually contacted a farm support agency called Field to Table. With their guidance, we developed the outline of a farmer Co-op. The main purpose of the cooperative is to enable local farmers to produce their own bio-diesel fuel economically. All bio-diesel produced will

be for off-road farm use by the Co-op farmers only; it will not be available for sale. Another financial advantage to on-farm production of bio-diesel is that a by-product of the process is a high quality meal for livestock feed; therefore, participating farmers could reduce feed costs as well as fuel costs.

In August 2008, Field to Table submitted a Massachusetts Agricultural Innovation Center Grant Application to the Massachusetts Department of Agricultural Resources to purchase a seed press and a mobile bio-diesel processor. The processor will convert the plant oil into bio-diesel for use in tractors, trucks and other farm machinery. After months of apprehension and anticipation the proposal was funded as a 50-50 matching funds grant. The Co-op now has five members: the White Farm in Charlemont (Tedd and Lisa); Balawender Farm in Cheshire (Mike and Fred); Historic Susan B. Anthony Farm (Gary and Sharyn Alibozek) in Adams; the Manse Farm (Doug and Nina) and the Freeman Farm (David and Christine) in Heath. Each farm will select, plant, and harvest its own fields of seed crops. Farmers will be responsible for the purchase of: planting, harvesting, and storage equipment. Coop members will share the use of the seed press and bio-diesel processing equipment.

So, if you are traveling along South Road or Bassett Road and see a field of sunflowers or canola or crambe, it is Dave Freeman or Doug Mason doing our part to reduce air pollution, cut down on greenhouse gases, and promote sustainable agriculture. If all goes as planned, our mobile seed press and mobile bio-diesel processor will be on display at the Heath Fair.

**BUY LOCAL, EAT FRESH,
SUPPORT LOCAL AGRICULTURE.**

~ David Freeman



Support Heath Agriculture



Benson Place



* Orders for fresh picked **Sustainably Grown Lowbush Blueberries** may be placed after June 1. The starting date for picking your own fruit will be known in July.

* **Wonderfully Wild Blueberry Spread** is made from our own berries and organic Massachusetts cranberries. It is lightly sweetened with honey from Apex Orchards in Shelburne. Find it at our farm, Peters' Store, Avery's Store, Shelburne Falls Market, McCusker's Market, Davenport's Service Station, Rte 91 Visitors' Center, Green Fields Market, and other area outlets (see website for those locations).

* **8th Annual Wild Blueberry Jubilee**, Saturday, August 1 2-8PM! Rain or shine. Great food and music, farm education, family activities, super views.

* Contact us to **Walk this Beautiful Land** and to see how you can assist in the **Community Effort to Preserve this Farm**.

* Box 89, 182 Flagg Hill Road, Heath. 413-337-5340,
www.bensonplace.org, benplace@gis.net



Berkshire Sweet Gold Maple Farm Heath, MA

Single-Batch, Single-Crop maple syrups in Italian glass from our family farm. Our small-batch methods produce varied and distinctive maple flavors in every bottle. Come taste something new drawn from maple's long history. Our recipe brochure includes meat, fish, vegetable, and salad dishes. Available at our farm stand on Route 8A, by order, and at fine arts & crafts shows. Farm visits are welcome.

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Available late July to mid-August

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Blueberry Hotline: **413-337-4454**

118 Flagg Hill Rd, Heath, MA



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p.m. for Friday pickup at:

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Colrain, MA 01340

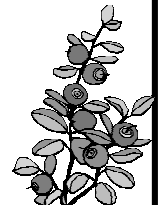
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picked, cleaned freezer ready
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413-337-4964



This section is free to Heath Farmers, and is made possible by the sales of Carroll Stowe's compilation "The Way it is in the Country." Agricultural producers should submit their information to *The Heath Herald*, P.O. Box 54, Heath, MA 01346.

Heath Fair News

Adopt a Planter

The Heath Agricultural Society is sponsoring an Adopt-A-Planter competition at the Heath Fair for container gardens and will supply a container for you and your family to plant. Get a planter, fill it, and bring it to the Fairgrounds on Thursday, August 20, between 4:00 and 8:00 p.m.

Ribbons will be awarded for the most creative, best color harmony, best use of plant material, and most original.

To get your planter, call Gloria Fisher, 337-6626, or come to the Fairgrounds any Wednesday between 6:00-8:00 p.m.

Look for the 2009 Heath Fair T-shirts with a farmer and his oxen on sale in the Exhibition Hall.

The Family Tent returns this year to the Heath Fair to provide a quiet place to change your baby, a comfy spot for nursing moms, and toys to play with. Many thanks to Bay-state-Franklin Medical Center for funding the tent.

~ Lyra Johnson

During the Heath Fair, the **Heath Historical Society's Solomon Temple Barn Museum** will be open, as usual, on Friday, August 21, from 5:00 to 9:00 p.m.; on Saturday, August 22, from 10:00 a.m. to 9:00 p.m., and on Sunday, August 23, from 10:00 a.m. to 5:00 p.m.

In addition to the Society's publications, tickets for the Society's Annual Raffle will be on sale, one for \$1.00, 7 for \$5.00, for the following prizes:

- ♦ **First:** a gorgeous 100% wool, white with green trim, queen-size blanket. This luxuriously soft blanket will be on display in the Barn.
- ♦ **Second:** A beautiful, handmade, purple and green quilted wall hanging or table cover in the exquisite "Elegant Star" pattern by Marcia Tiernan.
- ♦ **Third:** The winner's choice of any two books on the Society's Publication List.

The Friends of the Heath Public Library, Inc. Book Sale

The Book Tent will be open Friday, August 21, from 6:00 to 10:00 p.m., Saturday, August 22, from 10:00 a.m. to 10:00 p.m., and Sunday, August 23, from 10:00 a.m. to 6:00 p.m.

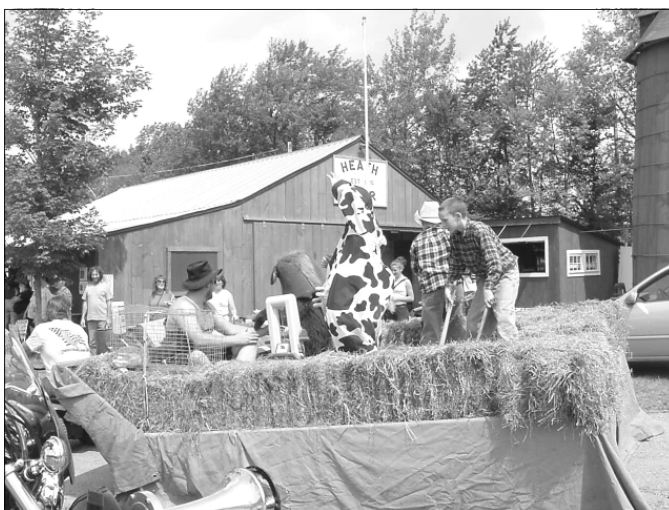
The Friends of the Heath Free Public Library, Inc.

At their recent Annual Meeting, the Friends elected the following officers: Pat Leuchtman, president; Dianne Grinnell, vice president; Jan Carr, secretary; Jane deLeeuw, treasurer, and Maureen O'Malley, member-at-large.

Plans were firmed for the annual Book Sale at the Heath Fair. There will be a wide selection of books for all ages and, as usual, a raffle of items generously donated by local crafters and merchants.

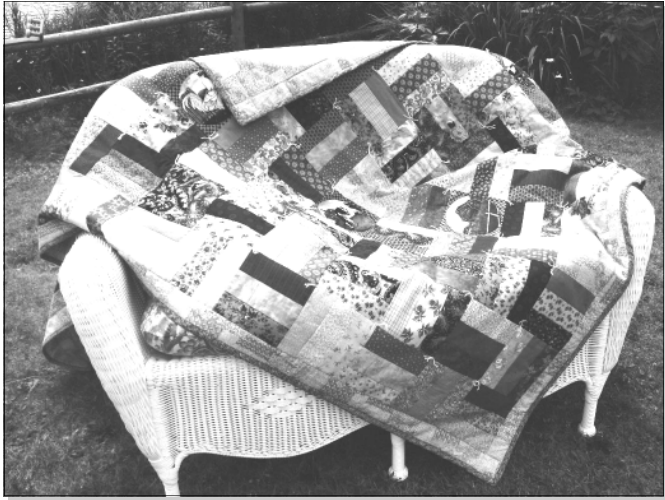
A sign-up sheet for Book Sale clerks will be in the Library.

The Heath Herald will be on sale during the Fair at the Friends of the Heath Library Book Sale tent.



A Parade Float ~ 2002

Ladies Aid Raffle



The raffle drawing for the 2009 Ladies Aid quilt (Pastoral Heath) will be held at the Heath Fair on Sunday, August 23, at 3:30 p.m. Until then, tickets, 1 for \$1.00 or 6 for \$5.00, will be available from Ladies Aid members and at the Fair.

Proceeds from the raffle and from the two yearly sales are used for scholarships and donations to local organizations.

Members: Carolyn Booth, Ruth Corey, Catherine Cro-mack, Grace Crowningshield, Jane deLeeuw, Esther Gallup, Beverley Gleason, Ruth Johnson, Ann O'Brien, Theresa Peters, Alli Thane-Stetson, and Le-Ellen Weis.



Food Booth

If you come into the Heath School in the next several weeks, you might catch a whiff of the delicious smell of freshly baked pies, as those of us who plan the food for Heath Fair begin our yearly preparations. Featuring some of the great food of our area has been a goal of the Agricultural Society's food booth, and over the past few years we have done our best to stock locally grown or prepared foods. Baking pies at the school is just one of the many ways that we begin to get ready for the Fair.

We will also be serving hamburgers made for us by Foster's Supermarket, who also supplies fresh vegetables and Vermont-made Cabot cheese for the veggie wraps. The hotdogs come from the Massachusetts family owned business, the Kayem Company, and on Sunday morning we will have pancakes made from scratch, with eggs from Doug Stetson, Benson Farm blueberries, and topped with Mike Girard's maple syrup. All the pies are made from local fruit, strawberries from the Valley, raspberries and

rhubarb from some local family patches, blueberries from the Burnt Hill Farm, and apples from Pine Hill Orchards. Of course, all slices of pie can be had with Snow's vanilla ice cream, viewed by many Heathans as the best ice cream in the area. There will be plenty of freshly brewed Shelburne Falls Coffee Roaster's coffee topped with Our Family Farm's milk, and old-fashioned doughnuts from Greenfield's Adam's Doughnut shop. All of this will be served by the many dedicated folks who volunteer year after year to work in the booth.

Another great thing about the food booth is that every time you buy something delicious to eat you also support another important local operation and that is the Fair itself. All the proceeds of the booth (the green building that is now red) go directly to the running of the Fair itself. So while you're at the Fair, come on over to the booth, enjoy some great local food, and support our very own homegrown event, the Heath Fair.

~ Deb Porter



Wagon Ride ~ 2006



Heath Police make rounds ~ 2008

Friday, August 21
beginning at 7:30 pm



**The Academy
Freightshakers,
The Great Danes,
and The Feel**

*Mixing it up with Bluegrass, Country,
Rockabilly and Alternative Indie Poprock*

August 21, 22 & 23, 2009

at the
**HEATH
FAIR**

www.heathfair.org

Saturday, August 22



Karen Brooks • 11:00 am

Acoustic Folk

Karen returns to the fair with her clear, rich and powerful voice and a wide range of songs from old blues to Dylan to her own.



The Nields • 1:00 pm

"Roots Music" with a difference

Long-time Pioneer Valley favorites and "two of Western Massachusetts' brightest voices", Nerissa and Katryna Nields bring their tight and soulful harmonies to their folk music roots as they "re-tool, assimilate and flat out burgle the music they grew up with to create something new".



Katie Clarke and the Green River Band • 4:00 pm

Old Time Country and Bluegrass

Katie Clarke (vocal, guitar, banjo) began performing her own tunes in early 2004. Katie and her cohorts, the Green River Band, perform a crowd-pleasing repertoire of tunes spanning the bluegrass, folk, country, gospel and old time music genres. Her music appeals to many audiences from young hipster 20-somethings to older folks who grew up with Patsy Cline, the Louvin Brothers, Johnny Cash and Hank Williams.



Girl Howdy • 7:00 pm

*Classic infectious honky tonk
and vintage twang*

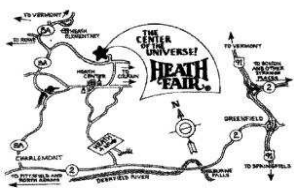
with a repertoire from the likes of Hank Williams, Kitty Wells, Buck Owens, Loretta Lynn, Ray Price, and Webb Pierce, as well as honky tonk-inspired originals. Betsy-Dawn (BeeDee) Williams on guitar, Rose Sinclair on steel, Paula Bradley on piano, Billy Nadeau on drums and Brian Rost on upright bass.

Square Dance

Saturday, August 22
7:30

**Country
Friendship Band**
with Doug Wilkins Calling

**Adults \$7
Seniors \$4
Children under 12
Free**
NO DOGS PLEASE



Sunday, August 23

Last Night's Fun *Traditional Irish Music* • 10:30 am

Shelburne Falls Military Band • 12:00 noon

Rani Arbo and daisy mayhem

• 2:00 pm

An unusually gleeful band!

Rani Arbo, Scott Kessel, Andrew Kinsey and Anand Nayak return to the fair with their irresistible stage chemistry, wicked grooves, sublime lead singing, great harmonies, sparkling original songs, and a deep repertoire that spans years of American music. A band as hard to classify as it is to praise highly enough!



Weis Acres**Thrift**

About as deep-seated among the older natives in our mountains as the spirit of independence, is the art of practicing thriftiness! This holds true for shrewd business dealings that I find fascinating when I hear a good story. I thought this was ingenious!

A farmer went into a bank and asked if he could borrow some money. When asked how much, he indicated "bout a dolla." The banker expressed some surprise at the smallness of the amount and explained that of course the bank would need some security. The farmer said he had a \$1000 government bond. The banker agreed that it would be adequate coverage for such a loan. As for interest, six percent would be the charge. The farmer said he would like to pay in advance, so he put the bond and six cents down and took his dollar and went on his way.

The farmer did this for two years more renewing his loan when the banker said, "It's very peculiar that you, with a \$1000 bond, keep renewing this loan." "Well," said the farmer, "it's damn peculiar that you being a banker an all haven't figured this one out yet. I was paying \$5.00 a year for a lockbox to keep my bond safe and now I figured a way to do it for six cents!"

Ya gotta love it! (That's a N.Y. expression I picked up)

***Here's a scenario I KNOW
we have all heard before.***

Town meeting. Selectman admits the town has plenty of sand and salt for the winter roads. Citizens complaining about said roads not being sanded/salted enough. Selectman says can't do more. Citizens ask WHY NOT? Selectman says again, can't. Other Selectman nods his grizzled head and says "Just can't, sometime we're bound to be needing 'em."

Now that's a hoot and a half! (I like that expression, though what it means, I don't know).

Cell Phone Tower Anyone?

Once I got lost driving around the back roads of a wooded area in Heath. ONCE.

That will never happen again! The directions I got from a farmer (and that was like pulling teeth) went something like this...first right after the next two crossroads, left at the cemetery, but not the one with a brook to the right of it, go top of the next rise you'll see a leaning silo, head that way.

My family didn't see me till the next day.

Can anyone tell me why we don't have a cell tower in Heath?

Of course, I only feel that way when something like this

happens to me and for some reason stuff always happens to me! No. Really. I do love our little cell tower-free town!

Dad would have hung his head in shame. He never got lost. He just found new places for new adventures.

~ Le-Ellen Pettengill- Weis

**Franklin County Solid Waste
Management District Collection Days**

ANNUAL HAZARDOUS WASTE COLLECTION

The District is holding its annual hazardous waste collection on **Saturday, September 26**, locations TBA. The collection is free to Heath residents. Businesses must submit an inventory of their wastes and will be charged for disposal.

This annual collection provides residents an opportunity to dispose of hazardous items such as leftover oil-based paints, stains, thinners, household cleaners, pesticides, pool chemicals, motor oil, antifreeze, fluorescent lamps, automobile batteries, and other household chemicals. For a complete list of acceptable items, residents should refer the District's Web site: www.franklincountywastedistrict.org/hazwasteday.html.

To participate, residents must preregister by September 18.
Registration forms will be available in local newspapers, at town offices, at town transfer stations, and at:

www.franklincountywastedistrict.org.

BULKY WASTE COLLECTION

The District is holding its "Clean Sweep" bulky waste collection on **Saturday, October 17**, from 9:00 a.m. to noon at the Buckland Recreation Facility on Rt. 112. District residents may bring a wide range of items such as tires, appliances, scrap metal, furniture, mattresses, carpeting, construction debris, computers, monitors, televisions, propane gas tanks, and other bulky items. Materials will be recycled whenever possible.

Residents do not need to preregister for this collection. However, there are charges for disposal. Disposal fees, in cash only, will be collected at each site. A complete list of prices for the most common items will be available at town halls, town transfer stations, the District office at 50 Miles Street in Greenfield, and online at:

www.franklincountywastedistrict.org.

Businesses may participate.

For more information, contact the District office at (413) 772-2438, visit: www.franklincountywastedistrict.org, or email: info@franklincountywastedistrict.org. *MA Relay for the hearing impaired: 711 or 1-800-439-2370 (TTY/TDD). The District is an equal opportunity provider.*

Letter to the Editors

It is a pleasure to renew my subscription to the *Heath Herald*. Each issue brings me up-to-date with happenings "on the hill" but also serves as a reminder of my very happy childhood.

For example, Ruth Johnson's *Ice Cutting* article reminded me of that very exciting event.

The only thing missing was the hot chocolate that seemed to always be present. I know now that ice harvesting was very serious business but at the time it was just another fun thing to keep a (very) young man occupied.

Thanks again for keeping great memories very much alive.

Bruce Patterson
Wilmington, NC

Johnson Organ Restoration Committee

Dear Friends:

We are almost there!

Members of the Johnson Organ Restoration Fund are grateful to all who have contributed money, talent, and time toward the preservation of Opus 16, the oldest Johnson organ in continuous use today. The estimated cost for the complete restoration of this historic instrument is \$150,000. As you may be aware, we received a challenge grant of \$50,000, provided we are able to raise the additional \$100,000 by this year's Heath Fair (August 21).

So far we have raised over \$87,000. We have less than \$13,000 to go! However, time is running out on the challenge grant.

Please consider making a contribution at this time to meet the challenge grant and secure the funding needed to keep this historical and musical heirloom intact and functioning for future generations to enjoy in its beautiful Heath setting.

Contributions may be sent to:

Johnson Organ Restoration Fund
P.O. Box 87
Heath, MA 01346

Sincerely,

The Johnson Organ Restoration Committee

Ruth Johnson, Chairperson
Carolyn Holstein
Pam Porter
Jack Cable
Don Conlan, honorary

Alli Thane-Stetson
Ned Wolf
Richard Gallup
Eric Sumner

Johnson Organ Restoration Committee



We are proud to announce that the Johnson Organ Opus 16 now is registered as an historical instrument. At the June concert Scot Huntington, President of the Organ Historical Society, presented a citation to the Church

and the Heath Historical Society. This is truly a great honor as it is the 46th organ to be so honored in Massachusetts and only 19 other William A. Johnson and Johnson and Son organs have received this citation.

Our organ concert with the Reverend Carleen Gerber was a wonderful success, and she promised to return for another performance when the organ has been restored. Thanks to Richard Gallup for inviting his cousin from Connecticut with her great talent.

Sunday August 9, Rollo Kinsman will perform a program of well-loved art songs, love songs from Broadway and opera from Broadway. Rollo is well-known to Heath audiences. He grew up on a family farm here in Heath where he will tell you his first audience was the family dairy herd. With their encouragement he went to study voice with Ralph Oatley at Deerfield Academy and later with Cecile Jacobson at Carnegie Hall Studios in New York City. He attended Hart College of Music in Hartford, Connecticut. Rollo pursued a career in entertainment with the United States Army. In addition to an active performing career in the Washington D.C. area and New England, he has performed in Viet Nam, Thailand, Okinawa, Korea, and Hawaii.

Sunday September 6, John Clark, horn player, arranger and composer, will perform with friends the final concert in the series. Clark is a jazz and freelance musician in New York City and is a part-time resident of Heath. He has performed and recorded with a wide variety of musicians such as McCoy Tyner, Gil Evans, Jazz at Lincoln Center, LL Kool J, and Frank Sinatra. Television and film work include NBC's "Today Show," "Late Night with David Letterman" on CBS, several PBS specials, "Fargo," "A Time to Kill," and "Shaft." He is the recipient of many professional awards, has written *Jazz Exercises for French Horn*, and has recorded four solo albums. The International Horn Society recently commissioned John's composition "Fakes and Snakes," which was premiered by the Sabine Chamber Players in New York City this spring.

~ The Johnson Organ Restoration Committee

Heath Business Directory

Bald Mountain Pottery
625-8110

The Benson Place
Wild Blueberries & Blueberry Spread
337-5340

Fred Burrington
Artist
337-4302

Dave Cote Builders
Branch Hill Road
337-4705

Robert Delisle
Electrician
337-5716

Russell E. Donelson
Design/Construction/Cabinetry
337-4460

Jerry Ferguson
Home Improvement
Lic. Electrician
337-4317

Earl M. Gleason
Fire Equipment
337-4948

Heath Brook Studio
Glass and Baskets
337-5736

Maple Ledge Goldens
AKC Registered Golden Retrievers
337-4705

John Mooney
Custom Remodeling
337-8344

Wanda Mooney
Realtor
337-8344

Tripp's Blueberries
Taylor Brook Road
337-4964

Paul Turnbull
Janice Boudreau
Commercial/Wedding Photographers
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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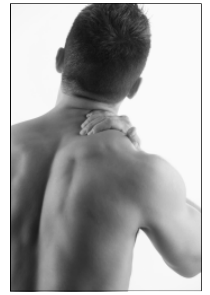
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Town Nurse News

Preventing Back Injury



By Claire Rabbitt, RN

Among the causes of back pain, a herniated intervertebral disk can result from trauma, stress, deterioration with age, obesity, sedentary lifestyle, arthritis, and osteoporosis. "Lifting incorrectly and or sudden twisting is a common cause."

Here are some suggestions for lifting techniques to prevent back injury as listed in *Nursing Magazine*¹:

- ◆ Plan ahead. Know what you're lifting and how far you need to carry it. Clear clutter from the area and get help if the object is too heavy or awkward to move by yourself. Tell all helpers the plan for moving the object.
- ◆ Hold the object close to your body, at umbilical level. This makes you stronger and more stable while lifting.
- ◆ Place your feet apart at shoulder width and keep your feet and hips in line with your shoulders to create a solid base of support and balance.
- ◆ Bend at the knees, keeping your back straight. Get a firm grip on the object.
- ◆ Tighten abdominal muscles to prevent excessive force on the spine and keep the spine aligned.
- ◆ Lift by straightening your legs, which are stronger than your back. Don't lean forward or twist your back as you rise.
- ◆ If necessary, move your feet to change direction. Take small steps to maintain balance.
- ◆ Set down the object carefully by bending your knees and keeping your back straight. If others are helping, make sure they know when to set down the object.

Keeping physically fit, maintaining good body mechanics, and good posture help in lowering the risk of back injury. If you suffer from back pain, there are many options in treatment starting with rest, NSAIDs, and physical therapy. Surgery is a last resort.

I continue to have office hours on Tuesdays from 12:15 to 1:15 p.m. and Thursdays from 11:00 a.m. to 1:00 p.m.. You may also call me at home at 337-8309 if you have a question or would like to see me at a different time in my office or your home. The office number is 337-4847. Thanks to a grant from The Council on Aging, I now have an INR monitor and can do a finger stick blood test for anyone taking Coumadin.

¹ *NURSING*2009, "Managing Debilitating Back Pain," Suzanne M. Bonner, July, vol.39, no.7, p.36.

Senator Ben Downing Visits Heath

On Friday, July 17, State Senator Ben Downing paid a visit to the Heath Senior Center for "Coffee and Conversation." Sen. Downing hosts these public forums in rotating communities across the Berkshire, Hampshire, and Franklin Senate District ten months of the year. The Senator provided free coffee and doughnuts as well as open conversation on a variety of topics.

Nearly 20 Heath citizens were present to discuss issues such as the need for high-speed internet service, the plight of elder services due to the recent budget cuts, Federal stimulus money, cuts in local aid, and cuts to Chapter 70 money and to school transportation and SPED programs as well as the Governor's support of more charter schools. After the Senator left to return to Boston, his aide, Annie Kirkpatrick, stayed to fur-

ther discuss the issues and what the Senator is doing to help his constituents. The event was sponsored by the Heath Senior Center.

~ Gloria Fisher, Town Coordinator



Photographed by Gloria Fisher

Selectboard's Report

Summer Meeting Schedule

The Board will meet every other Monday evening at 7:00 p.m. in Sawyer Hall unless posted otherwise. Tentative meeting dates are 8/10, 8/31, 9/8 & 9/21.

Animal Inspector

The Selectboard has appointed Bob Tanner as Animal Inspector. The position has been vacant for a long time and the Board appreciates his willingness to take on this responsibility. Bob also holds the position of Dog Officer.

Board of Health

Kris Burnes, Jenna Day, and Jeff Peck have recently resigned from the BOH. The demands of work and family were cited as reasons. The Selectboard accepted the resignations with regrets and thanked them for their hard work and dedication over the past few years. Rebecca Allen, John Doherty, and Karen Brooks have been appointed to the Board to fill out the remaining terms. The other member is Elizabeth Nichols. There is still one vacancy to fill. Anyone interested in being a member of the Board of Health can contact Town Coordinator Gloria Fisher for more information.

Senator Ben Downing



Senator Ben Downing visited the Town on Friday, July 17, for "coffee and conversation." The turnout for the event was very good for a weekday mid-morning. Senator Downing fielded questions on taxes, revenues, unfunded mandates, education, elder affairs, telecommunications, and broadband access.

Brush Chipping

The Highway Department is nearly finished with chipping brush along the roads in Town. The disposal of any remaining material will become the responsibility of the property owner. We are grateful for the assistance from MEMA and FEMA for providing emergency funds to help the Town clean up from the ice storm last December. As a result the Highway Department was able to hire additional temporary personnel to clear the roadside debris. They have done a great job.

Free Wood Chips

Wood chips generated from chipping debris left over from the December ice storm are being stockpiled at the Town property on Bray Road. Any Town resident who needs wood chips is welcome to take them for their personal use. There is also a pile of logs that is available to any town resident for their personal use.

Heath Online

Take some time to visit the Town's Web site at www.townofheath.org. You'll find Selectboard meeting minutes, school information, and much more. You may contact the Board at BOS@townofheath.org. Send messages

to any board or individual via the e-mail address, or visit the Heath Web site.

~ Heath Selectboard
Thomas Lively, Chair
Brian De Vriese, Sheila Litchfield

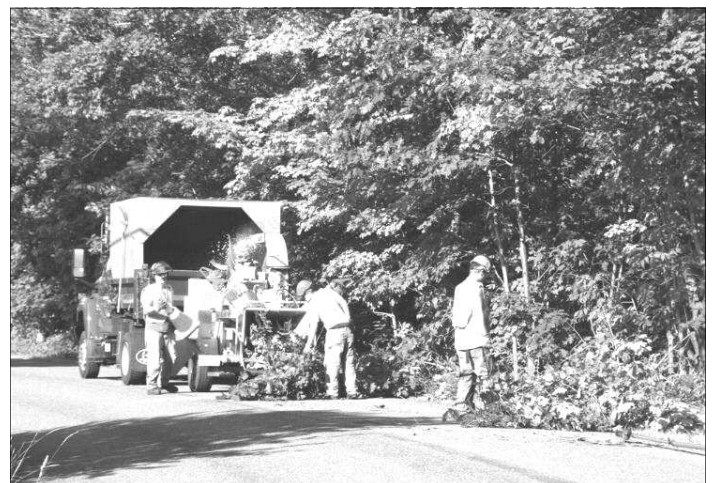
Beaver Dam Let Loose



Photographed by Henry Leuchtman

On the night of July 2, between 8:00 and 8:30 p.m., the beaver dam on Dell Road let loose. The broken dam sent water, debris, and whole trees floating down and around Dell Road. The Heath Fire and Highway Departments arrived to find water running down both sides of the road as well as right down the middle. Parts of the road were washed out, boulders were displaced, and guard rails were left hanging in the air as the soil in which they were anchored was washed away. Thanks to the good work of the Highway Department, the road is now in good shape.

~ Gloria Fisher, Town Coordinator



Cleaning up from last winter's ice storm.

Photographed by Art Schwenger



Library Lines

Museum Pass Available



By Donald Purington

We are pleased to have a museum pass available for loan. The Massachusetts Museum of Contemporary Art (MASS MoCA) in North Adams is the largest contemporary visual and performing arts center in the country, but is only a 45 minute car ride from Heath. The pass provides free admission for two adults and two children (age 6 – 16; age 5 and under are free). Please come to the library to borrow the pass or reserve a date. The pass was purchased for the library by the Friends of the Heath Free Public Library. More information about MASS MoCA may be found online at www.massmoca.org.

A Few of the New Items at the Library:

Adult Fiction Books: *Jericho's Fall* by Stephen L. Carter, *Best Friends Forever* by Jennifer Weiner, *206 Bones* by Kathy Reichs, *That Old Cape Magic* by Richard Russo, *Swimsuit* by James Patterson, *Medusa* by Clive Cussler, *Black Water Rising* by Attica Locke, *Lacemakers of Glenmara* by Heather Barbieri, and *The Girl Who Played With Fire* by Stieg Larsson.

Adult Nonfiction Books: *The Everything Canning and Preserving Book* by Patricia Telesco, *Ball Complete Book of Home Preserving* edited by Judi Kingry & Lauren Devine, *The Family Kitchen Garden* by Karen Liebreich, *Small-Scale Grain Raising* by Gene Logsdon, *Boston With Kids* by Fodor Family Guides, *Shop Class as Soulcraft: an Inquiry into the Value of Work* by Matthew B. Crawford, *The Complete Book of Baby Names* by Lesley Bolton, and *Field Guide to Wildflowers: Eastern Region* by the National Audubon Society.

Audio Books on CD: *Stone's Fall* by Iain Pears, *Shanghai Girls* by Lisa See, *Under the Radar* by Fern Michaels, *Black Water Rising* by Attica Locke, and *Horse Soldiers* (nonfiction) by Doug Stanton.

Young Adult Fiction Books: Four books in the *Sluggers* series by Loren Long & Phil Bidner. Set in 1899, these great summer reads for our local ball players are a mix of old-fashioned baseball, adventure, and a little magic. *Along For the Ride* by Sarah Dessen, *Oracles of Delphi Keep* by Victoria Laurie, *A Voice of Her Own: Becoming Emily Dickinson* by Barbara Dana.

Young Adult Fiction Books: *The Encyclopedia of Immaturity* (fun for young and old), *Very Washington DC: A Celebration of the History and Culture of America's Capital City* by Diana Hollingsworth Gessler, and *Camp Out! The Ultimate Kid's Guide from the Backyard to the Backwoods* by Lynn Brunelle.

Children's Books: *Llama Llama Misses Mama* by Anna Dewdney, *Eleanor Quiet No More* - a picture book biography of Eleanor Roosevelt by Doreen Rappaport, and *Animals Up Close* - close-up photographs of some of the world's most amazing animals by Igor Siwanowicz.

DVDs: *Gran Torino* directed by and starring Clint Eastwood, *Quantum of Solace* - the most recent James Bond thriller starring Daniel Craig, and *He's Just Not That Into You* - a romantic comedy starring Ben Affleck and Jennifer Aniston.

Music CDs: *Kindred Spirits: A Tribute to the Songs of Johnny Cash* by various artists.

Two Major Children's Book Authors to Sign their Books At The Eric Carle Museum of Picture Book Art in August

Tomie de Paola on August 15 at 1:00 p.m. & **Eric Carle** on August 23 at noon

For further information (some restrictions apply), call the Museum at (413) 658-1139 or check the Web site marketing@picturebookart.ccsend.com which also shows the many activities the Museum offers.

The Museum is located on the Hampshire College campus at 125 West Bay Road, Amherst, MA 01002. If you haven't yet visited, you are in for a TREAT!

Milestones

Mildred Justinia Hayes Decker of Heath died on July 31, 2009. Born in Norwich, CT, on November 5, 1917, she was the daughter of Joseph and Mary Hall Hayes.

She was a 1934 graduate of Holy Trinity School in Greenfield. Prior to her marriage to Leroy Edwin Decker in 1940, she was employed by Wilson's Department Store in Greenfield. Her husband died on November 22, 1985.

Survivors include two sons, Douglas Decker of Hawley and Wayne Decker; a daughter, **Donna Tanner** of Heath; 18 grandchildren; 40 great-grandchildren, and three great-great-grandchildren, and several nieces and nephews.

In addition to her husband, she was predeceased by her daughter, Diane M. Decker, in 1943, and her son, Edwin H. Decker, in 1991.

Funeral services will be held on Saturday, August 8, at 2:00 p.m. at the Smith-Kelleher Funeral Home in Shelburne Falls, Pastor Phill Grant of the Heath Union Church officiating, with interment in the North Heath Cemetery. There will be a calling hour from 1:00 to 2:00 p.m.

Memorial gifts may be made to Overlook VNA, 91 Main Street, Greenfield, MA 01301, or to Hospice of Franklin County, 329 Conway Street, Greenfield, MA 01301.

John Nelson Purington of Heath died on May 30, 2009. Born in Montague on September 22, 1967, he was the son of Roger and Roberta Herzig Purington.

He grew up in Colrain before moving to Heath in 1988 and graduated from the Franklin County Technical School Carpentry shop in 1986. Since the age of 15, he was employed by A.R. Sandri, Inc.

Survivors in addition to his parents of Heath include three sisters, Darlene Corbeil of Shelburne Falls, Barbara Dyer of Buckland, and Connie Sherman of Rowe; two brothers, Roger of Colrain, and Kevin Sr. of Charlemont, and many nieces and nephews.

Burial was in the West Branch Cemetery in Colrain.

Memorial donations may be made to the John N. Purington Scholarship Fund in care of Franklin County Technical School, 82 Industrial Blvd., Turners Falls, MA 01376, or to Hospice of Franklin County, 329 Chapman Street, Greenfield, MA 01301.

Requiescat in pace

, son of **Jansen and Kerrie McNay** of Heath, was born on July 2, 2009. He is the grandson of Mary Lou and Tom Colantonio Jr. of Johnston, RI, and Pauline and Dana McNay of Buckland.

Heath People in the News

Congratulations to 2009 Greenfield Community College graduates from Heath: **Alice Gear, Joseph Lemelin, Cory J. Rothwell, Judy L. Thrasher, and Jeffrey M. Vilbon.**

Alice Gear has been awarded a Community College Academic Honors Scholarship by the University of Massachusetts

Amherst. These scholarships "reward and recognize graduates of Massachusetts community colleges for meritorious academic achievement." One award is typically given to a student from each of the 15 community colleges. Alice received an associate's degree with honors from Greenfield Community College in June and will be attending the University's Commonwealth Honors College in the fall, majoring in English. She is the daughter of Jane McHale and the late Robert Gear.

Liam Lattrell, son of Maureen O'Malley and Bill Lattrell of Heath, and a 2008 graduate of the University of Massachusetts, Amherst, has been accepted as a graduate student in the Socio-Legal Studies Department at York University in Toronto, Ontario, Canada. This program accepts only one international student per year.

The following scholarships were awarded to Mohawk Trail Regional High School graduates of Heath: **Catherine Lemelin**, Mohawk District Education Association, Arms Academy Scholarship, Heath Ladies Aid, the Edith Royer Memorial Scholarship, Carl N. Nilman and the Fred Wells Scholarships; **Leah Poslumbis**, Walter and Anna Halberg Award, the Heath Ladies Aid Scholarship, and the Fred Wells Scholarship.; **Anne Muenkel**, Heath Ladies Aid Scholarship.

Judy Thrasher is currently enrolled at the Massachusetts College of Liberal Arts in North Adams, in the Interdisciplinary Studies program, with a major in Education and a minor in Mathematics. She hopes upon attaining her bachelor's degree to teach algebra. This past semester she was on the MCLA Dean's List.

Grilled Cheese lover, **Kate Bailey** took first place in the amateur division of the Brattleboro Strolling of the Heifers Grilled Cheese Cooking Contest in early June. Besides winning an electric panini press, she took home \$100.00, all of which she plans on spending at the library bake sale.

Recipe:

Maple syrup Caramelized onions

Thin slices of apple

Really sharp cheddar cheese (I used Grafton 4-star)

Place all the ingredients between two slices bread (I used white sourdough) and grill on both sides with butter in a heavy pan.

Thank you Jane

**On behalf of all us who drive through the center of town, we would like to acknowledge the many hours Jane deLeeuw spent weeding and cleaning up the flower beds on the town common.* Thank you, Jane; it looks beautiful.*

Heath Ladies Aid

The Heath Ladies Aid would like to thank all those who baked for and bought at their July Summer Sale. All proceeds from this sale as well as from their November sale and the 2009 Quilt Raffle will go to support the group's scholarship program as well as a number of local organizations.

**Welcome Back, Heath School
Staff and Students and
Best Wishes for a banner year!**

Teachers who inspire
realize there will
always be rocks
in the road ahead of us.
They will be
stumbling blocks
or stepping stones.
It all depends on
how we use them.

Anonymous

**Heath's Monthly Precipitation
(inches)**
(Observed by Heath School Staff and Students)

	<u>Rain</u>	<u>Snow</u>
From May 11, 2009	3 ¼"	
June	8 ¾"	
To July 10	4 ½"	

In this reporting period:

Several Heath residents took the Skywarn's weather spotter class in Rowe on the 14th of May. This will be a big help in reporting severe weather to the National Weather service, which will help them in getting severe weather bulletins out to the public.

As can be seen in the numbers above, we have had quite a wet spell. Enough so that any beaver not maintaining their dam could lose it, as was evidenced in what happened on the evening of July 2 on Dell road.

~ Tim Lively



Community Calendar

August 2009

- August 06** - Senior Luncheon, Community Hall-Senior Center, 11:45 a.m.
August 09 - Rollo Kinsman Concert, Heath Church, 4:00 p.m.
August 20 - Senior Luncheon, Community Hall-Senior center, 11:45 a.m.
 Fair Exhibits accepted at Exhibit Hall, 4:00 to 8:00 p.m.
August 21, 22, 23 - **92nd HEATH FAIR**
August 29 - Heath Historical Society Annual Supper, Senior Center, 5:00 p.m.
 Heath Historical Society Annual Meeting, Community Hall, 6:30 p.m. followed by speaker Joe Judd
August 31 - **SCHOOL BEGINS,**
Heath School Early release, 12:45 p.m., no Kindergarten

September 2009

- September 01** - Heath School, Half Day, 12:45 P.M. dismissal, no Kindergarten
September 02 - Heath School, Full Day, Kindergarten, Half Day
September 03 - Senior Luncheon, Community Hall-Senior Center, 11:45 a.m.
September 04 - Heath School, Full Day, All Students
September 06 - John Clark Concert, Heath Church, 4:00 p.m.
September 07 - **LABOR DAY – NO SCHOOL**
September 17 - Senior Luncheon, Community Hall-Senior Center, 11:45 a.m.
September 18 - Preschool Story Hour, Heath Library, 10:30 to 11:30 a.m.
September 22 - **AUTUMNAL EQUINOX**
September 24 - Heath School Open House



*"We learn from our gardens to deal
with the most urgent question of the time:
How much is enough?"*

Wendell Berry
(1934 -)

*Farmer, Essayist, Conservationist,
Novelist, Teacher, Poet*

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- ◆ Beer, wine, liquor
- ◆ All food essentials



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