

HEATH HERALD

Heath's First Newspaper

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Our Valentines



Bob and Del Viarengo

There are numerous reasons to admire and respect the Viarengos, individually and together as a couple; the list is long. What stands out to me is they live life to the fullest and express love openly and deeply to each other, family, friends and Heath. Many are the beneficiaries of their generous spirit.

—Janice Boudreau

In 2001, while considering retiring from the coveted position of Field Driver to fill an unexpired term on the Planning Board, I first met Bob Viarengo. He was chair of that Committee with an easy way of encouraging thought-provoking conversation around issues of Heath's future. His business-wise outlook and commitment to Heath as an active member of the Planning Board have resulted in development of the "Scenic Roads Bylaws," the "Open Space and Recreation Plan," a "Non-Criminal Disposition" ticketing system, several improvements to the zoning bylaws, and most recently a wind-energy bylaw. Bob's dedication to preserving what is fine and good about Heath is palpable and most appreciated!

Under Del Viarengo's guidance as chair, the Heath Historical Commission organized itself with a mission to preserve and protect the historic resources of Heath culminating in the National Historic District designation for Heath Center. Documenting historic landmarks is a process requiring patience and persistence, with an appreciation for detail and accuracy. There's a fair amount of frustrating bureaucracy involved too, which Del handles very gracefully. Del's love for Heath is evident in the care and thought she brings to the work of ensuring that future generations will see and know something about our beloved town, long after we are gone.

Something else about Del many may not know – she is a great cook and one of those great skiers who seem to float effortlessly down the steepest slopes!

—Sheila Litchfield

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Whether you write an article or share your photos or tell your story, you are all contributors. You are the paper.

This month's cover design by Jan Carr.

Milestones

If you wish us to include any important family or friend announcements please send the information via email to the HeathHerald@gmail.com with a cc to lyrajohnson@yahoo.com or speak with Lyra in person at the library in Sawyer Hall.

Logo

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



Contributor Information

Articles must be submitted in a file in .txt, .doc or .odt format by **March 10, 2014** to be included in the April-May issue. Please send submissions as attachments even if they are just a few lines of text. It saves us a step as we rush to deadline.

All submissions and images must be sent to our email address, TheHeathHerald@gmail.com. If sending a document with embedded images, please include separate image files as well to facilitate editing.

Image Guidelines

Digital image resolution of 300 ppi or greater is preferred (images taken at 3.5 megapixel or greater will usually be sufficient). Please include information about the image, including the names of people shown if such information is not included in an accompanying article.

Send us email with questions, or to receive more detailed photo submission guidelines.

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Town Election News

I have compiled a list of town offices that are to be filled via the Town Election to be held on May 9, 2014. The center column lists the current officials that hold each position. The third column is the length of term for each respective office.

Nomination papers are available now and may be picked up from me at the Town Office or by contacting me at home. The last day that papers may be taken out is March 19. Completed nomination papers with at least 25 signatures of registered voters must be submitted on or before March 21 in order for the name to be printed on the ballot.

Position	Current Official	Term Length
Selectman	Brian De Vriese	3 years
Assessor	Alice Wozniak	3 years
Moderator	Douglas Wilkins	3 years
Finance Committee	Donald Freeman	3 years
Planning Board	Jo Travis	5 years
Library Trustee	Kate Bailey	3 years
School Committee	Robert Gruen	2 years
Constable	Robert Bourke	1 year
Constable	Jeffrey Simmons	1 year

When soliciting signatures please keep in mind that State law prohibits candidates from "... enlisting the service of municipal employees in political election campaigns which includes soliciting signatures (G.L.ch. 56:36). The one exception is an employee who is seeking an office and may solicit only for him, or her, self."

If you would like to run for an office, please take out papers. It makes the election workers' jobs much easier if they don't have to count lots of different write-in names because no one came forward to run for an office. Ω

—Hilma Sumner, Town Clerk

People in the News

Jack Cable of Chester, VT, formerly of Burnt Hill, Heath, received two citations in 2013. One was for being a 60-year member of The Grange in Winchester, CT and the other for being a Master Mason for 50 years. Jack is a member of the Seneca Lodge in Torrington, CT. Ω

—Nancy Thane

Surprise!

"I'm having a surprise birthday party!" is how he put it. On Dec. 10 (Howard Dickinson's real birthday, despite what the government thinks – see the December/January issue of the *Heath Herald* to read the fascinating story of Howard's two birthdays), friends and neighbors gathered at the Heath Union Church for Howard's 90th birthday. The social room was packed with well-wishers who came to pay tribute to a great Heathan and friend. Howard himself was in true form, greeting everyone warmly with that wonderful mixture of affection and humor that he is so known for.

Toasts were made, stories told, and an impressive potluck dinner was laid out. Jan Carr provided two birthday cakes and Suzanne Hannay provided a third (I guess at 90 you get three cakes) and of course we all sang "Happy Birthday." At one point in the evening, Austin Sumner asked if there was anyone in the room who was older than 90. To everyone's surprise, it was pointed out that Frances Rice was 93. I think it is safe to say that neither Howard nor Frances act their age!

Thank you, Ruth Johnson and Lisa Merrill, for pulling off such a wonderful event, even without the element of surprise! Ω

—Deb Porter



Photos by Art Schwenger

Job Opening

Senior Center Coordinator (stipend position). Submit application as soon as possible. Applications available from the Town Coordinator, Town Hall, 1 East Main St., Heath, to whom completed applications should be returned. Ω

—Kara Leistyna, bos@townofheath.org

Our Valentines continued from page 1

Once upon a time there was this fastidious, sophisticated couple from the big city. He being Italian and involved in finance, it was not long before the FBI took notice. After they uncovered “irregularities,” the man “Bob” cut a deal, which meant he needed to go far away from the isle of his birth, lest Rocco and Vinnie find him.

With his beautiful, innocent, southern belle in tow, he was moved far from the city to a place the FBI knew he would never be found; the center of the universe amongst Heathans.

“Bob and Del” soon realized they had to fit in with the backwoods locals or fit in with Jimmy Hoffa. So they immersed themselves in local politics; “Del” learned to paint and “Bob” learned to ski. Most locals somewhat tolerated them, since being a Heathan meant accepting many odd types of people.

As the years progressed, “Bob” realized he was on borrowed time, and being fastidious, did not want his final resting place to be in an unkempt graveyard. So he organized what came to be known as the “Graveyard Guild.” It consisted of himself, “Del,” some locals, and, unbeknownst to “Bob,” others in the W.P.P. They toiled under “Bob’s” unrelenting stare, straightening stones and tidying the center cemetery to his exacting standards.

Though some may question the veracity of this tale, I respond that if it isn’t true, then it ought to be.

—*Hugs and kisses from a Guild mate, “Bob” [Bourke]*

Years ago, when I was on the Planning Board, it was reported that a helicopter had been landing at Plover Hill. It was rumored that a CEO had bought the place, and we quickly checked the Zoning Bylaws to see if helicopter pads were a permitted use. It turned out that the helicopter was owned by the tennis-court people, and Jayne and I quickly became tennis buddies with the Viarengos. I subsequently induced him to join the Planning Board, where he has served admirably for many years. He has since become my close friend, and also my mentor regarding business, wine and skiing. Both he and Del have contributed so much to the community of Heath, and we are so glad they have chosen Heath as their home. Happy Valentine’s Day, Bob and Del. We love you!

—*Bob Dane*

Five years ago Bob and Del called for volunteers to do something about the alarming number of fallen or markedly leaning gravestones in the Center Cemetery. Bob invited Fred Oakley of Hadley to give us a lesson on maintaining cemetery stones. The Highway Department delivered sand and gravel. The “Cemetery Guild” includes Bob and Del; Ken Gilbert, who built a steel tripod with chain pulley for lifting stones; Dave Howland and Bob Bourke who maneuver their tractors in tight quarters; and several others. Del’s research touches on the lives of those whose stones we see as well as those whose stones she uncovers with brush cutters. Thank you Bob and Del for such great work!

—*Ned Wolf*

Bob and Del are the sweetest couple, always giving to others, and volunteering for the projects that beautify our town. They were instrumental in establishing and keeping the work bees going at the Center Cemetery, giving endless hours restoring stonewalls and headstones. For several years they organized, along with the Howlands, the Heath Invitational Tennis Tournament.

—*Ken and Sandy Gilbert*

Bob and Del are such special people. Eric and I have been friends of theirs for a number of years, having met at various dinner parties and Heath town events. Our friendship was cemented and grew stronger as we traveled with them in Cambodia and Laos where they were truly boon companions. Later, when Eric was so sick, they would visit often, always bringing something—a plant, flowers, soup. And faithful and supportive friends they remain, so often calling, visiting, and keeping in touch.

—*Dianne Grinnell*

Bob and Del are always there with a smile, a good story, words of wisdom and warmth. Always ready and able to provide help or advice, and ever enthusiastic to make Heath a better place. Everything Del touches becomes beautiful—from the tiniest bouquet to her tasty lentil salads. Bob’s knowledge and perceptions of the world are a gift for all of us. We love you!

—*Nina, Doug, Sofia and Joseph*

After a life defined by more work than play, we must find a way to reverse the focus, to play more than work! And making some form of play central, of exploring what can be done rather than what must be done, takes energy [I almost said “work”]. The Viarengos take the challenge on with zest. We watch them to see how another couple does it differently, and are encouraged! We will gladly be “valentines” with them!

—*Martha and Leighton McCutchen*

Del, you are an inspiration in so many ways. Through your generous involvement and kindness you have made a difference and touched so many in our little town. Thank you for all of the work you did to help preserve our historic center, but most of all, for being such a dear friend. You are a true “Angel of Heath”! You and Bob are true Valentines!

—*Love, Jayne (Dane)*

Bob and Del are thoughtful, terrific neighbors and friends, and everyone is crazy about them. My husband, Ray, says that after serious thought on the subject, he has come to the conclusion that Bob is a genius. The reason: he managed to marry Del. That is an opinion easy to agree with.

—*Anne (Hanson)*

We first met the Viarengos when they purchased Plover Hill next door to us back in 1991. They not only brought their graciousness and friendliness to Heath, but knowledge and experience that they put to work in various local endeavors. Del led the Heath Historical Commission for several years, culminating in the Town's qualifying for Historic District status. That took a lot of patience and perseverance! Bob continues to serve on the Town's Planning Board and other committees where his business experience and judgment have proven invaluable in dealing with changing times and difficult situations.

More importantly, however, we have become good friends and neighbors ready to help each other when needed as can happen during times of bad weather, illness, etc. We wish Bob and Del the very best on this upcoming Valentine's Day.

—Dave and Pegge Howland

Who could forget that icy night some 20 years ago when we were invited to dinner with Dot and Dick Gary to meet a new couple now living in Heath. This couple has brought much happiness and commitment to our community. Whether personal phone calls, visits, or dinners, when you could dance to live music, Bob and Del Viarengo brought Heathans together for a good time. You have captured our hearts.

—Hazel Porter

Do we write about Del and Bob separately or as a couple? The more we ponder this, the more we come to see their independent dependence.

Del is kind and giving, gracious to the max—she thanks people for thanking her! Bob is kind in another way—he takes care of people and things.

Both are artists: Del memorizing a twilight sky, Bob photographing it. Both are smart, generous and devoted to Heath, its community and its beauty.

Together they founded the Heath Land Preservation.

Either would come to the rescue if called upon.

We love them dearly, not only as friends, but also as guides in this process of aging, which they do so well, with love, vitality, humor and grace.

—Jan and Calvin Carr

The quintessential couple. They are our role models for coupleness. Devoted to each other and full of the joy of life, embracing their family and friends, generous and loving. Curious and creative.

We treasure their friendship and all they teach us about our Heath, about nurturing family, about loving and supporting each other. And about bocce, corn toss, photography, literature, wine, food . . . life.

—Betsy Kovacs and Jack Estes



Bob and Del are a big part of what makes this community special and certainly Heath is in their hearts! Always concerned about keeping the best parts of our town special and committed to maintaining our rural character, while facing the changes that all small communities are challenged by, whether it was working with the Land Trust, zoning and by-laws, the Historical Commission or the farmers and land-owners of Heath.

—Dino Schnelle

Bob and Del are a lovely pair

Try to find kinder people to you I dare!

They invite people over for lots of fun,

Bocce, books and food by the ton!

Their gardens bloom and glow

I go there so this I know!

—Veronica Smead

Continued on page 24

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Heath Agricultural Society News

Citizens of Heath, the Heath Agricultural Society wishes you a very Happy New Year! By the time you read this the cold snap that we experienced in January should scarcely be a memory. It was during that cold snap that the Heath Agricultural Society reunited at our first monthly meeting following a break for the holiday season.

As may be expected, we began the year with a review of our goals and of what projects we would like to address. The meeting that we had this January holds a greater significance, though. That difference is the beginning of our exploration of other events: other ways in which the Heath Agricultural Society may engage the community and the public in our support of agriculture. Jessica Van Steensburg, founder of We Can Farm on Royer Road in Heath, is spearheading our exploration with several ideas for events that are both educational and practical in their nature. Please look at her article describing the event scheduled for March.

The Heath Agricultural Society is very excited to explore the viability of other events. We make these considerations with excitement and care. Planning the upcoming 97th Annual Heath Fair is of utmost importance to us. Please consider contacting us to discuss how you could be helpful to the Agricultural Society both in planning the Heath Fair and in exploring and executing other events. We would be very excited to learn of your interest.

Please contact me, Justin Lively, with questions and interest: justin@thelivelyheathan.com.

Thank you.

—Justin Lively, President



Cellars and Cave Tour of Heath

Come tour the root and cider cellars of Heath. Visit a cheese cave too. If you have thought about putting food away and want to see first-hand what a variety of cellars look like, this is the tour for you. Also visit Heath's only cheese cave and learn a bit about what it takes to age and store cheese. You will learn about what has worked and what hasn't from local Heathans. Come get your questions answered or simply satisfy your curiosity. The tour will conclude with a potluck lunch (provided by Heath Agricultural Society members) where attendees can share thoughts and ideas as well as ask questions of the individual tour hosts.

When: Saturday, March 8, 9:30 a.m.-2 p.m.

Cost: Suggested donation of \$5/person, \$10/family. No one turned away. All proceeds go to support the Heath Agricultural Society.

RSVP: to Jessica Van Steensburg: 339-4904 or wecanfarminheath@gmail.com

Tour Schedule:

- 9:30 a.m. Meet at the Town Center.
Agricultural Society members will be offering shuttle service to all tour sites. Attendees can also choose to follow in their own vehicles.
- 9:45 a.m. Cider Cellar, Bourkshire Farm
- 10:30 a.m. Root Cellar, Andy/Sue Draxler
- 11:15 a.m. Cider Cellar, Doug Mason/Nina Marshall
- 12 noon Cheese Cave, Sheila/Budge Litchfield
- 12:45 p.m. Meet back at Community Hall for a potluck lunch
- 2:00 p.m. Adjourn

—Jessica Van Steensburg

Both the *Heath Herald* and Christine Luis-Schultz wouldn't mind being back on the sunny beaches of the Big Island in Hawaii after this cold winter! ALOHA! Ω





Green Thoughts

—Pat Leuchtman

Winter Reading for the Gardener

As I write this we have been enjoying some frigid below-zero temperatures, and the Polar Vortex. As far as I am concerned there is nothing to do but sit by the woodstove and read. Here are some books I have enjoyed recently.

While I was battling this year's dry August and September weather, rationing watering in the garden, I was happy to find a whole book devoted to *Waterwise Plants for Sustainable Gardens: 200 Drought-Tolerant Choices for all Climates* by Lauren Springer Ogden and Scott Ogden. In my garden only the vegetables can be sure of adequate water. This book is an excellent reference for the ornamental garden. It is divided into sections for trees, shrubs, perennials, groundcovers, succulents, vines and more.

Each plant is given a page with a clear photo and a physical description, height and spread and its zone range. Special attributes, like its appeal to pollinators, are listed along with design ideas. Many of these are native plants. You will find no invasive varieties. How nice to know that cotinus (smoke bush), kolkwitzia (beautybush), yarrow, gaillardia, sea holly, oriental poppies and coral honeysuckle vine are all drought-resistant.

Sometimes you want to sit down with a book just because it is beautiful. *Seeing Flowers: Discover the Hidden Life of Flowers* with stunning photography by Robert Llewellyn and written by Teri Dunn Chace, is a companion volume to *Seeing Trees*, both published by Timber Press. Llewellyn uses an amazing technique that actually incorporates several images into a single image that contains meticulous detail. This is a gorgeous book.

This book is divided into plant families from amaryllidaceae to lily to viola. Along with the amazing photographs, the reader will enjoy some botanical information, poems, songs and quotations from literature and famous gardeners.

I always find it great fun to learn how flowers got their names, or at least their proper botanical name. For example, who could imagine that it was a Scottish botanist, James Drummond, who would find a lovely annual phlox in Texas in 1835. He endured the usual Texas heat and fought off grizzly bears in order to bring seeds back to Scotland where they germinated and proved hardy. That phlox was then named *Phlox Drummondii*.

Another charming book I read this year was Beatrix Potter's *Gardening Life: The plants and places that inspired the classic children's tales* by Marta McDowell. We all know about Peter Rabbit and Squirrel Nutkin, but we might not have realized that Potter's pastel flower and plant illustrations are botanically correct. Certainly most of us have not known that she was an expert on mushrooms, and that her mycological drawings are still important today.

Beatrix Potter was also a conservationist. After *Peter Rabbit* became a financial success, she bought her first farm in the Lake District of England. When she died in 1943, she left fifteen working farms and over 4,000 acres of land to the British National Trust.

One book I enjoyed tremendously was *The Founding Gardeners: The Revolutionary Generation, Nature and the Shaping of the American Nation* by Andrea Wulf. Washington, Jefferson, Adams and Madison were not only our first four presidents; they were all gardeners. Even during tense moments in our early history they fretted about their gardens and farms. In her engaging style, Wulf tells any number of stories about the attitudes of these four towards governing and gardening.

The Founding Gardeners is a fascinating book that gives a unique perspective on the personalities of our early presidents and changing attitudes towards nature in those early years.

One story describes a trip to John Bartram's famous Philadelphia botanical garden and nursery. There, delegates of the 1787 Constitutional Convention "could see how the manifold flora of each state thrived together, their branches intertwined in a flourishing horticultural union." This was a perfect metaphor for what they were trying to do.

I was amazed to learn that James Madison gave a speech in 1818 that shows him to be an environmentalist and conservationist. "... but Madison was the first to weave together a myriad of theories from different areas, combining political ideology, soil chemistry, ecology and plant physiology into one comprehensive idea."

Andrea Wulf's earlier book, *The Brother Gardeners: Botany, Empire & the Birth of an Obsession*, follows the lives of six men, including Philadelphian John Bartram, who created the first botanical garden in the colonies and learned



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how to send seeds and cuttings of native American plants to England where they were seen as exotics and became very popular. Whole forests planted with American trees were created. Passions and controversies abound. Here is a treat for the historian who loves plants and nature.

Besides reading informational and beautiful gardening books, this is the time of year to be reading garden catalogs. One of the newest, biggest, brightest catalogs is the "Baker Creek Heirloom Seed" catalog (www.rareseeds.com), which surely has one of the largest collections of amazing heirloom vegetables and flowers, with 1600 varieties from 75 countries. All of their seed is non-hybrid, non-GMO, non-treated and non-patented.

A catalog known for its literary dash as well as its collection of beautiful and unusual plants is the "Plant Delights Nursery" (www.plantdelights.com). Although there are good garden centers and nurseries in our area, they are relatively small, and sometimes we need to branch out a bit into specialty catalogs. Ever since I visited the new Monk's Garden at the Isabella Stewart Gardner Museum in Boston, I recommend it to everyone. I am determined to add hellebores to the garden, and "Plant Delights" is the place to shop. Epimediums, too.

Happy reading, learning, and planning. Ω

—Pat Leuchtman



Dorris Byrd: A Fable

This is an interpretation of what might have happened in the great woods behind WeCanFarm on Royer Road in Heath, inspired by a hen that went away for 13 days and returned on the 14th.

Where once there were 25 chickens, now there were only 24. One hen had gone missing. The only evidence left behind was a foot and a few feathers. The chickens, who wanted to discover who had taken their friend, needed a plan and decided to gather in the barnyard that evening. Dominique, one of two roosters, called the meeting to order, asking who among them would be brave enough to stand forward and venture into the great woods to avenge their hen friend.

Cocoa, a large buff rooster, bolstered himself, pushed out his chest and walked forward. "I will go," he said. Clucking

noises filled the air in agreement, but then, quietly and persistently, the voice of Dorris Byrd (a traditionally quiet hen), rose above the crowd. "Excuse me, ahem, excuse me? What about another way? Um, excuse me, may I make a suggestion?" the hen pleaded.

Dominique quieted the flock, "Let her speak." The barnyard went quiet. The hen continued.

"I think we should talk to the beast who took the life of our hen friend, for if we are simply to avenge her death by taking another, we are beasts ourselves. I will go forth into the great woods, find the beast and come to agreeable terms for the sake of peace." More clucking ensued as the flock mulled this approach over. Could it work? Was it possible to strike a peace treaty with the beasts of the great woods? It was decided to let the hen try and so she left that very night in search of the beast, in search of peace.

Many moons had passed across the night sky since Dorris Byrd had left the barnyard, and the flock grew nervous. Had they lost another? Would they only be 23? The chickens gathered once more and this time, Pig, a slender hen known for spending time (too much time according to some) with the pigs on the farm, offered a few suggestions. They could send Cocoa in search of justice or perhaps they would have strength in numbers and should all go or maybe, just maybe, it was best to wait just a little bit longer. As the moon rose above the trees once more, they decided that in the spirit of peace, they would wait and they would trust.



On the 14th day as the sun peaked over the trees, Dorris Byrd returned to the barnyard, having many a tale to share of her journey into the great woods. Her story would be told for centuries to come by barnyard animals near and far. Stories including how the beast was located, the conversation struck, the living arrangements afforded, the food provided, the terms and conditions negotiated and finally the peace treaty that was reached: a treaty that would for all of time allow for a peaceful coexistence between the woodland and the barnyard animals. Ω

—Jessica Van Steensburg

—Illustrations by Erika Van Steensburg

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A Minute of Heath History

From the incorporation of Heath in 1785 the town records contain what is called a “List of men liable to military duty.” The particular criteria for an individual were not recorded but, near the beginning of each year, the assessors submitted such a list which was duly recorded by the town clerk. This occurred annually until 1939 when President Franklin Roosevelt signed the Selective Training and Service Act of 1940, establishing selection for military service as an independent federal agency. The “draft,” as it was commonly known, continued until 1973. Since that point men are no longer drafted to fill positions in the armed forces but do have to register when they turn 18:

(<http://usmilitary.about.com/od/deploymentsconflicts/1/bldrafthistory.htm>).

There were 39 names on the last list of 1938, including:

Ralph Dickinson (older brother of Howard)

Oscar Landstrom (father of Ruth Johnson)

Gilbert Smith (grandfather of Mike)

Ralph Sumner (father of Richard Sumner & Ruth Corey, grandfather of Eric Sumner). Ω

—gleaned by Hilma Sumner



The Dower House

Over the years, many of the houses in Heath acquired names. Reinhold Niebuhr’s “The Stone Cottage”; Howard Chandler Robbins’ “Robbinswood,” “Far away,” and “Farthest Away”; and Bishop Charles H. Gilbert’s “Pondside,” to name just a few. So it is not unusual that the so-called “little red house with a swimming pool” situated across the road from Robbinswood would also be named. How it earned its name is the story.

In the late 1940s a blooming relationship was forming between a California summer resident, Carol Johnson, and long-time Heath resident Dana Malone. Ultimately they were married, in 1949 at the Heath Union Church. As many residents might remember, Carol loved horses. As the Malone farm had no place for stabling horses, this presented a problem. Carol and Dana’s new home would need to resolve this issue.

In true Heath fashion, a solution was in the offing. “The Creamery,” owned by Bishop Angus Dun, had the space for stables and pasture. Bishop Dun, who suffered from the effects of polio, could benefit from a pool for daily exercise. Louise and Howard Robbins had the little red house with a swimming pool. As Louise wanted to give the newlyweds a suitable wedding present, a deal was made. Mrs. Robbins would trade the little red house for The Creamery and give Dana and Carol The Creamery as a wedding gift.

The Bishop’s wife, Kitty, loved to provide nicknames for everything, so it was easy for her to conclude that this land swap and gift was a “dowry” transaction. Therefore, the little red house should forevermore be called the “Dower House.” Thus it remained until the property was sold to John Dauer and the “Dower House” became the “Dauer House.” Ω

—Angus Dun

Editors’ Note: The addresses for the homes mentioned in this article are as follows:

Stone Cottage: (27) West Main Street

Robbinswood: (28) West Main Street

Far Away and Farthest Away: West Oxbow Road

Pondside in the Dell: (219 Route 8A South)

The Creamery: Ledges Road

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Glass Artist: Tucker Litchfield

When is a goblet a goblet, and when is it a piece of art, perhaps even understood as a metaphor for life? Spend an hour or so with Heath's Tucker Litchfield, glass artist, and you might just get a feel for the difference between functional and sculptural glass art. Then if you really pay attention, you will hopefully understand the perspective of the artist, who, in Tucker's case, takes many of his



subjects from nature, reflects on how nature and science inform each other and then looks to interpret this element of nature in glass form, with metaphoric elements included.

"Art happens in the head," Tucker tells me. "The response is art. One needs to be open to the response and the artist's intentionality in taking you to interesting places; there is a narrative to the art form."

Feeling the need of a visual aid, I asked Tucker to take me through the potential layers of understanding of a specific piece until I came to the "Aha" moment he strives for. The tulip (see photos) from his "Pollination Series" (the allusion is to Michael Pollan, author of the bestselling series of books about healthy eating—and pollen from plant science) is a marvelous example. First you see a beautiful goblet, clearly complex to blow and form. Next you might notice a droplet of water at the end of the perfectly formed leaf. Then, if you take the time to observe even further you will be rewarded by finding a tiny ladybug on the inner side of this leaf. Enter science. Among other elements, the plant needs water. The ladybug needs shelter, food and water. Shelter and a source of water are in visual evidence here. However, we are not done yet. What do ladybugs eat? Aphids. Aphids eat plants, like this tulip. Not to worry, this thankful ladybug gobbles these aphids right up! Also, what, among other things, helps with pollination? Wandering bugs, in this case, ladybugs. More nature at work. "Aha": goblets are vessels for enjoying wine, commonly used metaphors for fertility and life. "Aha" again if you now take this further and see a metaphor for physical and relational dependency in all life forms, human personal relationships not withstanding.

To reach this level of sophistication, Tucker followed a varied and comprehensive educational path of discovery and scholarship. Tucker tells me that his fascination with glass began during his childhood, when his mother, Sheila Litchfield, took up the hobby of working with stained glass. He also recalls a fascination with some stained glass work that his grandparents owned at one time.

Tucker worked for Bob Dane, local glass artist, for 10 years or so, beginning during his high-school years. During this time he was fortunate to have the opportunity to assist Bob with the creation of the glass-block wall in the newly built Heath Elementary School. Tucker earned a Bachelor

Degree with Independent Concentration in 2001 from the University of Massachusetts Amherst. This self-developed degree, "Art in Cross-Cultural Perspective," included upper-level coursework from the art history, architecture, anthropology, science and applied arts disciplines. He also completed a semester abroad in Italy, studying glass art and art history. Tucker has been learning from the artists he has helped over the last 15 years, by taking classes from internationally recognized glass artists, as well as performing personal research, and using practical investigation and application to round out his professional dossier.

Selling his own glass is not yet his "bread and butter," Tucker readily acknowledges, which is why he was excited and pleased to be accepted as a participant in a juried buyers' market, "The American Made Show," held in Philadelphia in mid-January 2014. He hopes to sell some of his current pieces such as bowls, glasses and vases that incorporate his own Venetian cane work, the Spirographic Overlay, through retailers nationwide.



Working for area glass artists part-time and teaching at the Snow Farm in Williamsburg keep Tucker busy and excited about glass. He sells blown-glass items such as bowls, vases, glasses, goblets and ornaments, as well as sandcast and recycled glass objects through local and regional retailers and galleries such as the Shelburne Artisans Co-op. Tucker also participates in a few craft shows and venues, such as the Heath Fair. ☺

—Nancy Thane

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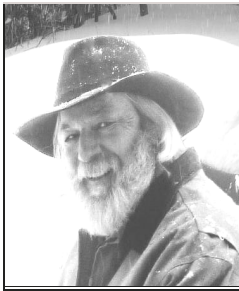
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Wild Ramblings

—Bill Lattrell

Digging in Snow

Digging through crusty snow with gloved hands underneath a massive American beech tree I search for beech-nuts. This year's crop was modest. In areas where beech stands are prevalent the nut crop was about average. In areas where there are few beech trees, or those areas where a beech tree stands alone, the fertile beechnut crop was negligible.

Beech trees can, and often do, produce a husk without a fertile nut inside. Years ago it was assumed that all of these empty husks were void because the nuts were consumed by the larvae of insects. We now know that beech-tree pollen is tremendously heavy and does not blow very far in the wind. American beech trees that are found within modest to large groups of other beech trees have a good chance of being pollinated, but only when the conditions are just right. Weather, especially temperature, as well as wind direction and speed, have a lot to do with successful pollination. A beech tree's hormonal activity—some believe this to be an effective communication technique used by trees—also likely plays a significant role in a good beechnut production year. Trees that are not pollinated sometimes produce husks without fertile nuts inside. The exact mechanism by which this occurs remains something of a mystery.

Beeches reproduce primarily by root suckers, better known as stump sprouts. This type of reproduction is effective in maintaining populations but is not very good for genetic diversity. The problem with root sucker reproduction is that each new tree is an exact DNA replica of the parent tree. And although these trees can reproduce sexually, meaning with pollen carrying the male gamete and a receptive female pistil, there is no introduction of new genetic material. It is genetic diversity that allows plants and animals to adapt to changing environments, and without this a plant, in this case an American beech tree, can be at risk. With this in mind the importance of sexual reproduction becomes more important. Successful sexual reproduction is critically important to the long-term health and success of any particular species.

So here I am searching for beechnuts. I am looking in an area where a hemlock forest has grown up around an old beech grove. The hemlocks are generally in the 80- to 100-year-old category. The surviving beech trees are much older. Some of them are likely 150 years old and some are even older. I am particularly interested in these trees because they are surviving in a difficult environment. They are surrounded by a tree that shades the forest floor heavily. Generally American beech trees like light. Many of the trees have beech-bark disease. Some of the trees are heavily infested with this

complicated disease and the trees are nearing death. But a few of the trees show only minor impacts by this serious condition. And a couple of trees reveal that they may not have the fatal disease at all.

I'm curious to see if these beech trees, under a great deal of stress (diseased, heavily shaded, impending death), will produce a good number of fertile nuts. Keep in mind that the trees are not close together. There are about a dozen large beech trees in a couple of acres of woods now dominated by hemlock.

I suspect that the fertile pollen can't travel far. The dense hemlock forest both inhibits wind and interferes with the movement of pollen because of the thick hemlock foliage. I'm wondering if stress can overcome these environmental conditions. Does the tree have a survival mechanism that can overcome these circumstances? Certainly my short-sighted investigation will prove nothing. But I may get enough information to form a hypothesis that I can research in the future.

The 10 inches of snow is hard on top but remains somewhat loose and granular near the forest floor duff. I break off the crust and then rummage through the material on the ground. At first I don't find any beechnuts and I wonder if they were all consumed by wildlife earlier in the autumn. I move about 20 feet, break up the crust on the snow by walking around on it, and renew my search for beechnuts by running my hands through the leaf litter on the ground's surface. After some time I stand up and begin kicking at the detritus on the ground with my boots in an effort at covering a larger area in a shorter amount of time. This proves successful as I expose a number of beechnuts. I return to my hands and knees and with a hand lens I begin to inspect the beechnuts. The first few are open husks. These likely had fertile nuts that were consumed by wildlife. I roll my hands through the decomposed leaves, needles, and twigs on the ground. I'm surprised to find a half a dozen nuts that have not been opened.

Prying at each husk with my pen knife I find the first one to be empty. I pry another one open. It is also empty. A third? The same thing. In fact, all six unopened husks contained no fertile nut.



Continued on page 25

An Unusual Valentine

We usually give Valentines to a person who is (or who we hope may become) special to us. This Valentine is a little different. This Valentine is not to a person, it's to a place.

I grew up in central California, in a small town that was named—you can't make this stuff up—Manteca. If you happen to speak Spanish—or as is more likely in that area, Portuguese—you might know already that “Manteca” generally means “lard” (manteca de cerdo). A misprinted Central Pacific train schedule in 1873 performed a most unfortunate alchemy whereby the intended name of my hometown (“butter”) became this far less charming appellation. I don't know the details of how this transpired, but in Portuguese “manteiga” means butter, so it may just have been a matter of phonetics and/or poor hearing.

In any event, it was a great place to grow up, my oddly misnamed hometown. It was the scene of many an exciting game of flashlight tag and of long Saturday bike rides out in the countryside, sometimes all the way out to my grandmother's dairy in nearby Ripon. With the area's extensive farming, natural vegetation consisted mainly of weeds and shrub brush, but the landscape was nonetheless filled with growing things—pumpkins, asparagus and my uncles' almond trees among them. Unlike my cousins, I lived “in town,” but for many years a herd of Holsteins was my neighbor across the street. Agriculture was a major economic force, and Manteca had a distinctly rural flavor. . . in character not so very unlike Heath today. Even by the 1920s, however, Manteca was a larger town in terms of population, almost three times as large as Heath at that point. Since then, California in general, and my hometown in particular, have experienced a rapid increase in population; Manteca now has a population almost 100 times larger than that of Heath.

Along with this growth in population came change, change and more change. The reality is that the town of my youth no longer exists. Large tracts of fertile farmland, once home to grape vines, almond orchards and dairy farms, have been transformed into tract housing as Manteca increasingly becomes a bedroom community for the San Francisco Bay area. It remains a place I love to visit, spending time with family and old friends. But the bottom line is that in this case the cliché is certainly true: I cannot go home again, because the essential character of the town—what made “Manteca” the town it was when I lived there—is gone.

To my eye, this is what makes Heath so special. The lifestyle I wistfully remember is pure nostalgia, the longing for what is no more. But in Heath, the things that make up the town's basic character live on—changed perhaps, but continuing to reflect a fundamental connection to the land and to each other that, at least in our small sampling at a recent Dining with History event, clearly does still exist here.

Last October the Heath Historical Society held a Dining with History event that shared stories of local legends of ghosts, hauntings and other spooky happenings in Heath. That night, attendees were asked what words they would use to describe the things that make Heath a special place to live. In

addition to many comments both whimsical and insightful, we soon found certain themes reoccurring in many of the responses. Core concepts such as the importance of agriculture (“fun to farm,” “farming,” “rais[ing] animals”), community (“everybody knows your name,” “warmth . . . even in winter”) and the land surrounding us (“God's Country,” “beautiful,” “bucolic”) were cited over and over again as essential components of Heath's character.



You may be familiar with the sort of image that appears above, sometimes called a “tag” or “word cloud.” A word cloud is basically a visual representation of text data, using font size or color to represent each word's importance. In the example above, the size of the word indicates the frequency with which it was included in people's responses.

The Twilight Zone

Strangely enough, when pondering what I think makes Heath special the thing that first came to mind was . . . The Twilight Zone.

A Stop at Willoughby was the 30th episode of The Twilight Zone's inaugural season in 1960 (purportedly writer and producer Rod Serling's favorite episode of that first broadcast year). In this episode, stressed-out ad exec Gart Williams falls asleep on a commuter train and dreams of a better life in a peaceful 1880s town. In reality, he is commuting back and forth between his dissatisfied boss in the city (who thinks that to succeed in business, Gart must learn to “push, push, push”) and his dissatisfied wife at home (who feels marrying Gart was a “miserable tragic error”).

It struck me that the real Heath is very much like Gart's dream of living in the peaceful past in Willoughby. Heath, of course, is not stuck in the 1880s. We do experience change because in the real world, change is, like it or not, an inevitable part of life. A comment from Lois Buchiane at the Dining with History event reflects on the unstoppable march of time and illustrates how looking into the past can be a bittersweet experience: “Even though some of the ‘old’ families still live here,” Lois observed, “the ‘human’ landscape has drastically changed, and with it the memories.”

Yet even today Heath represents a way of life that exists in few places and is quickly becoming a thing of the past, if only by dint of increasing population density in our country and on the planet as a whole. For now, the description of the imaginary town of Willoughby, which in the Twilight Zone just might be one man's version of heaven, could be applied as

readily to our own town. In his dream, the train conductor tells Gart that Willoughby is a “peaceful, restful place, where a man can slow down to a walk and live his life full measure.” That sounds familiar, doesn’t it? World-weary and seeking contentment and peace, Gart has plenty of reasons to long for the warmth and connectedness Willoughby represents. By the end of the episode he does finally find his way to “a place people don’t travel to without a reason,” which is exactly how one anonymous contributor aptly described Heath.

No doubt Heath today is different in many ways from the Heath that lives in the memories of long time residents. The sentiments Lois expressed are felt by many, perhaps never more so than when celebrating the stories of times past. Nevertheless, Heath seems to me a town where many of the best qualities of life in the past *do* still exist. If one part of that bittersweet love of a place both as it was and as it is was captured by Lois, it was also reflected in the words of a relative newcomer:

“Heath offers the opportunity to experience community in a way that has passed by for so many other places,” wrote Jessica Van Steensburg. “Heath is community.”

Heath remains a rare and special place. It is neither fantasy nor memory—it is the town we are living in right now. Perhaps Jessica’s comments resonated especially deeply with me because they carry an echo of Willoughby, a special haven continuing to exist somehow, magically, despite the rush of time.

Heath, you really are special. In other words . . . will you be my valentine? Ω

—Christine Luis-Schultz



Editors’ Note: We spoke with Lois Buchiane regarding her comments at the October Dining With History event. Her reply is well worth sharing! “I think of events like the original Heath Fair at the Dickinson property, blueberry picking along the high-tension area above Heath Center, the youth activities at the church – Friday night parties and Sunday afternoon hikes, all-day Town Meetings at Town Hall with dinner prepared by the women and teenagers serving because it was a day when all town schools were closed so that the students could experience democracy in action. These are but a few of the memories.” Thank you, Lois!

he held my heart; a love story

by Hazel Porter-Maitland

*Could I be the hollow in your sculptured self
and you be the stillness in my dance?*

This is our story, Alastair and Hazel.

We were two opposite characters

Drawn together.

Thus begins this compilation of short stories, reflections, poetry, drawings and photographs—the story of 25 years of a marriage well lived. How does one capture the selves of the couple along with the magic of that marriage of selves into one? Hazel Porter-Maitland, in her recently published book, *he held my heart; a love story*, does so in this poignant and at times quite frank look into their story of magic, sorrow and joy, as told during and after the final few years of Alastair’s life.

Having been a summertime Heathan since childhood, I knew of Alastair, who lived in the beautiful red house just a mile and a half north from our own red house in the Dell. It was not until we moved to Heath full time a year and a half ago that I got to know Hazel in her position of retired widow, full of energy, cheer and good will.

Glad and in awe I was, therefore, to read this very personal collection of a dance slowed and altered by time; two hearts beating to the tempo of Alastair’s looming death, yet ever so full in measure until the very end. This is a story of joy, celebration, grief, despair, acceptance, reflection and remembrance of a life well lived, and a love story that must be heard.

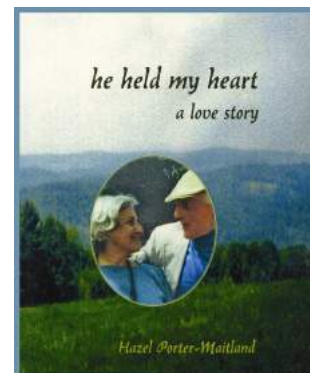
*Good memories flow over me like
the waves of the ocean.*

I feel your presence, not grief.

— as will you. Here is a must read for any who knew or wish that they had known Alastair George Maitland, those who already know, or really should know, Hazel, his devoted wife, and for all of us who value a love story told from the heart.

he held my heart; a love story is available at Boswell’s Books (10 Bridge St., Shelburne Falls) or through the author herself. Ω

—Nancy Thane





Heath School

—Eric Glazier, Principal

It's been a busy winter here at Heath Elementary School...

Before the holiday break we held two all-school events that are long-standing traditions for our school. In early December during Hanukkah we did a dramatic reading of Hershel and the Hanukkah Goblins. A few students and staff acted out the story for the whole school and some parent visitors enjoyed watching, too. We also invited The GRINCH to read to our students in December. Dot Lyman, a retired district employee, has been going to schools for many years reading Dr. Seuss's *The Grinch Who Stole Christmas* to the children while dressed as the Grinch in green face paint and full costume. The students love both of these traditions and I'm thrilled to see them continue.

The Friends of the Heath School Library graciously supported a local author, Brendan Flannelly-King, to join our classrooms for a full day. Brendan is the illustrator of *Good News Nelson*. The story is about kids helping neighbors and friends in their community. Brendan spent about an hour in each classroom. He showed the students storyboards and discussed how to create a character, illustrate a story and develop plots and storylines. Thank you Friends of the Heath Library for this amazing experience!

I am very pleased to announce that we have received the Massachusetts Cultural Council STARS residency grant for the 2013-2014 school year. The grant will support our continued work with local naturalist Ted Watt. For many years, Ted has joined the Heath School working on many nature based educational themes. The theme of this year's work is "The World We Share." We will work to educate students on the importance of the conservation of and sustainability of our local ecosystem. Our plan is to partner with local museums, the town library, local farmers, business owners, town elders and environmental experts to learn about how the community has sustained itself over time, and how we can be a part of the process in the future. We held a community conversation in December and many local residents and community leaders attended. We hope to hold more conversations this winter and spring. Please consider calling or emailing the school if you think you can add to our environmental theme; we would love to hear from you!

I am also going to be hosting a fly-tying enrichment session after school for a few students this winter. I have been an active fly-fisherman and have been tying my own flies for years. I received a small grant from the Mary Lyon Foundation this winter and purchased a few fly-tying kits. If you fly-fish and/or tie your own flies and would like to participate in the enrichment as a volunteer please call or email me. If you have any fly-tying supplies that you would consider donating to the school that would be amazing! Ω

Heath School Student Council News

The Heath Elementary School Student Council wanted to spread some holiday cheer, so they decided to bring cookies to the senior citizens in Heath. They knew that driving house to house would not be that easy to do, so plans were made to visit the December Senior Meal held at the Community Hall.

The Student Council held their annual cookie swap the day before and asked participants to bake an extra dozen for our outreach project. We had a wonderful turnout for the cookie swap, and lots of cookie donations. Student Council members made up individual bags of assorted cookies to hand out the following day at the luncheon.

Our Student Council President Jaden LeBreux and Vice-president Austin Sumner went to the Senior Meal with Miss Gary. It was a great experience. "We saw a lot of people we know, and got to say hello to a lot of people we didn't know," remembers Austin. "Everyone seemed to love the cookies and wished us a Merry Christmas. It seemed to brighten up their day." Jaden commented that she "really liked the way we got to help our school by raising money (we made \$100 at the cookie swap) and got to connect with the seniors of Heath."

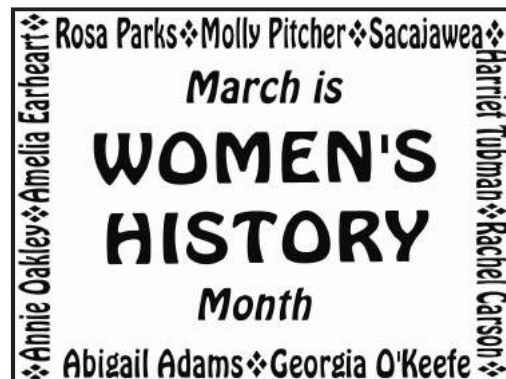
The Student Council is hoping to do more community outreach activities in the future. Ideas include a Computer Buddy afternoon, and a lunch together at our school. We also hope to make the holiday cookie gifting an annual event, maybe even adding music next year.

A fun time was had by all! It was a great success and really energized us to organize more events like this! Ω

—Mary Sumner



Photo by Mary Sumner



Students Honored

Vega Johnson-Bouchard

Vega Johnson-Bouchard, an eighth-grade student at Mohawk Trail Regional Middle School, has been chosen as a Project 351 Ambassador representing Heath. The class of 2014 was scheduled to meet Jan. 18 in Boston to participate in a Launch Day Unity Project. This year they will be focusing on fighting hunger in the Commonwealth. Vega is the daughter of Lyra Johnson-Fuller of Heath. Ω

Josh Rode

On Dec. 4, Senior Josh Rode was honored with the Mohawk Superintendent's Award at a ceremony at the Franklin County Technical School. Josh is actively involved in the Tech School community as a leader, athlete, scholar and volunteer. Josh is an Advanced Placement (AP) scholar who scored 5 (the highest score possible) on both AP Calculus and AP U.S. History exams. Josh serves as a class officer and officer of the National Honor Society, Student Council and Key Club. An accomplished student-athlete, he attained All-League status in Indoor Track and was named to the Springfield *Republican* newspaper's Second Team. Josh had a lead role as John Proctor in a school production of "The Crucible."

Josh's many community service contributions include serving at the Bridge Dinner with the Mohawk Athletic Association, work at Kiwanis Dinners with the Key Club, service as a Reading Buddy visiting elementary schools through Varsity M, participation in recycling at the Franklin County Fair, and, with his family and other community members, participation in a Hurricane Sandy relief effort bringing resources to communities on Long Island affected by the storm.

Josh invited his teacher, Michelle MacInnes, as his special guest to the awards banquet this past week. Ms. MacInnes described how Josh has pursued his interest in film through an independent study project with her last year, and this year she is teaching a Film Studies course that evolved from that collaboration. Ω

—compiled by Lyra Johnson-Fuller



The Day the Owl Came

I lay in bed sick. I felt as if I couldn't move. I knew that there was no chance of my going to school that day. Suddenly, I heard my dad yell up the stairs, "There's an owl on the snowshoes!" Immediately I was wide awake and looking out my window onto the field.

"Where?" I asked myself. I didn't remember leaving any snowshoes anywhere other than right next to the house, and an owl wouldn't land there, would it? I looked out on the snowshoes, and to my surprise, there sat a foot-tall barred owl not eight feet from the house. "I see it!" I yelled.

I grabbed my camera and took a few quick, blurry pictures, which gave me a big sense of relief that even if the owl flew away I would have gotten some pictures. I noticed that the owl was looking around. He was making sharp head turns towards the field and towards the kitchen windows and my window. Oh no, I thought, the owl either heard or saw me and is about to fly away! But after a few minutes of sitting very still, I changed my mind and ran downstairs to take more pictures. It didn't seem to be bothering the owl. After about 15 minutes, the owl suddenly took off, flew about 10 feet, and landed on the clothesline post. He stayed there just long enough for a few more good shots, then moved to the almost-dead chestnut tree that we keep as a bird perch, and after one or two minutes more, flew out of sight. Soon it was time to go to school, but only Alec, my brother, went because I was sick.

In the late afternoon, I was lying in bed when my mom called upstairs; "The owl's back!" I grabbed my camera and quickly began taking pictures again. But I started wondering, why did the owl come back? Why did he come in the first place? I noticed that he kept looking under the nearby snow blower. I went to a different window and saw that under the snow blower lay a dead rabbit. And then I understood. Before we had spotted the owl, he had killed that rabbit. The owl then dove under the snow blower. Moments later he reappeared, slowly pulling the rabbit into the open with his beak where he started to eat it. I took pictures of the owl eating the rabbit until it got dark.

When Alec got home, he turned on the outside light but the owl was gone. I figured that the owl had either eaten all of the rabbit or carried away what was left, because all that remained were a few clumps of fur. It was the best sick day I've ever had. Ω

—Will Draxler
Grade 5



Photos by Will Draxler

The Way We Eat

Recipes using local foods, by local folks, gathered from far and wide

With subzero temperatures, and winter stretching out before us, it is a perfect time to enjoy a bit of comfort food. This recipe comes from Kenny Erho's grandmother. Although galumkis is a traditional Polish dish served on Christmas and at weddings, it is also very much a comfort dish. I had the pleasure of having my first taste of galumkis from some that Kenny made for me several years ago. They were hot, filling and absolutely delicious!

When I asked Kenny for his recipe, he told me that it wasn't written down. He said that he remembers as a child watching his grandmother make galumkis but never saw her consult a recipe. Kenny knows the recipe by heart as well but was kind enough to write it down for the paper. Here is his grandmother's version of galumkis, which as you can see, can be as simple or as complicated as you want to make it. All versions, including just the basic sauce with salt and pepper, are wonderful and full of comfort on a cold night.

Grandma Erho's Stuffed Cabbage

Also Known As "Galumkis"

Ingredients:

- 1 pound ground beef /veal/venison/pork/lamb, or a mixture of several
- 1 medium head of cabbage
- 4 cups cooked white rice
- 2 cups V-8 juice
- 1 14.5-ounce can of diced tomatoes

Optional additions to the sauce: onion, garlic, hot peppers, salt, pepper, parsley, sugar and vinegar

First, brown the meat and drain. Add to the rice and season to taste with salt and pepper. If you are looking for more spice, add some crushed red pepper or even hot Thai peppers. Set aside.

Then steam or boil the cabbage until the leaves can be separated without tearing. Cool, then lay them out curl side up, cutting off the bottom thick part. Fill each leaf with about a half cup of the meat mixture. Roll up the leaves burrito-style, folding the sides in first and then rolling up from the ends.

In a large saucepan, place the V-8 juice with the tomatoes, and then get creative. Kenny says the sauce can be whatever you enjoy. Suggestions include; some sauteed onion and garlic, parsley, salt and pepper, sugar and vinegar for a sweet and sour taste; anything to your liking. Once you are done playing with the sauce, place the cabbage rolls in it and simmer on the stovetop at medium-low heat for a couple of hours. Some folks like to do them in a slow cooker and that works well too. For extra spicy galumkis, use Spicy V-8.

And now for comfort food of a completely different sort: chocolate cake.

This cake, called Wacky Cake, was the first cake all of us Porter girls were allowed to make on our own. We always frosted it with a disgusting frosting made with Karo syrup that tasted like marshmallows. We loved it! It is unique in that there are no eggs, milk or butter in the cake. Baking soda and vinegar work together to make it rise in the oven and the moistness comes from oil and water. Although it sounds odd, the result is great.

My sister Rachel uses Wacky Cake for all of the fabulous chocolate cakes she makes for special occasions. She forgoes the marshmallow frosting and uses ganache and raspberries instead. The result is a layer cake that is a far cry from any cake that any of us made when we were kids. It is hands down my favorite cake for any occasion!

Wacky Cake

Sift together:

- 3 cups of flour
- 3 cups of sugar
- 6 tbsp. of unsweetened cocoa
- 1 tsp. salt
- 1 tsp. baking soda

Make three holes in the dry mix. In the holes put:

- 2 tsp. vanilla
- 2 tsp. vinegar
- 8 tbsp. oil



Pour 2 cups of water over the top and mix until smooth.

Bake in two greased and floured pans at 350 until done.

Simple Ganache

(From *Gourmet* magazine's book on dessert, published by Condé Nast Publications, 1998)

Ingredients:

- 1 pound bittersweet or semisweet chocolate
- 1¼ cups heavy cream
- 2 tbsp. unsalted butter
- 2 tbsp. light corn syrup

Directions:

Coarsely chop chocolate. In a saucepan bring cream, butter, and corn syrup to a boil over moderate heat, then remove the pan from the heat. Add the chocolate, swirling the pan to submerge the chocolate in the hot mixture, and let it stand for 3 minutes. Whisk ganache until smooth and transfer to a bowl. Chill for at least 2 hours and up to 3 days.

Frost the cake with a layer of raspberries, then ganache between the two layers and ganache on top. Decorate with raspberries. Great with vanilla ice cream. Ω

—Deborah Porter



Library Notes

Website: www.HeathLibrary.org
413-337-4934 extension 7

Donald Purington, Director

Library Hours

Monday 3 p.m. - 7 p.m.
Wednesday 12 p.m. - 7 p.m.
Saturday 9:30 a.m. - 1:30 p.m.

Lyra Johnson-Fuller, Library Assistant

The library recently received a generous donation from the just-retired staff of the *Heath Herald*: three hardcover bound editions of the *Heath Herald*. Another set was donated to the *Heath Herald* for their archives. The books include Volumes 16-20 (1994-1999), Volumes 21-25 (1999-2004), and Volumes 26-30 (2004-2009.)

These books are an important addition to our collection of local history books and will be kept in our Reference section for use in the library. The library also owns three books containing the earlier volumes of the *Heath Herald*: Volumes 1-5 (1979-1984), Volumes 6-10 (1984-1989), and Volumes 11-15 (1989-1994).



A Few of the New Items at the Library:

See all the new items added to our collection in the previous two weeks on the Library website. Look for the New Titles link on the left side of the page.

Fiction Books for Adults: *The Invention of Wings* by Sue Monk Kidd, *Mercy Snow* by Tiffany Baker, *Still Life with Bread Crumbs* by Anna Quindlen, *King and Maxwell* by David Baldacci

Non-fiction Books for Adults: *Decoding Your Dog* by Debra Horitz, *Chickens in the Road: An Adventure in Ordinary Splendor* by Suzanne McMinn, *I am Malala* by Malala Yousafzai

Books for Young/Teen Readers: *Secrets According to Humphrey* by Betty G. Birney, *Unhooking the Moon* by Gregory Hughes, *Rooftoppers* by Katherine Rundell

Children's Picture Books/Boardbooks: *Frog Trouble* by Sandra Boynton, *Poem-Mobiles: Crazy Car Poems* by Patrick Lewis, *Rosie Revere, Engineer* by Andrea Beatty

DVDs: "Downton Abbey: Season 4"; "Sherlock: Season 3"; "Blandings: Series 1"; a 3-part documentary series about Emily Dickinson donated by Pat Leuchtman: "1. The Poet in Her Bedroom, 2. Seeing New Englandly, and 3. My Business is to Sing"

Audio Books on CD: "The Good Lord Bird" by James McBride

Music CDs: "Very Best of the Grateful Dead" by the Grateful Dead, "Moondance" by Van Morrison, "Speak Now" by Taylor Swift Ω

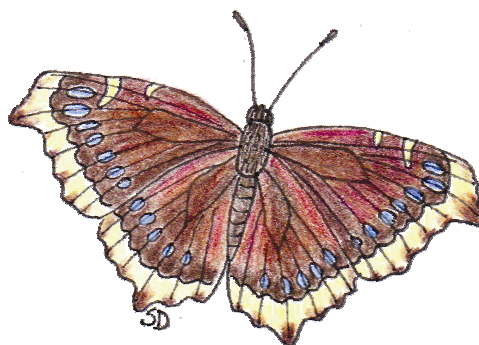
It's Sap Season!

Many folks in Heath may have started sugaring, but you may also notice some non-human activity around maple trees. The most obvious are squirrels that climb out onto maple branches to break twigs and buds in order to get a drink, an activity that may have inspired Native Americans to try harvesting sap.

Not as obvious is a unique and beautiful insect, the mourning cloak butterfly, which prefers to live in a woodland habitat, where its main food sources are sap and rotting fruit. The adult butterfly hibernates in tree cavities and under loose bark, emerging in late winter or early spring just as sap is rising. Often becoming active during winter warm spells, mourning cloaks have been sighted in Massachusetts in every month of the year! When you are walking on a warm winter day, keep an eye out for these butterflies. If you see what looks like a brown leaf fluttering to the ground, look again. It may be a mourning cloak settling on a sunny log.

You may also have noticed the evidence of another sap collector—the yellow-bellied sapsucker—which drills rows of holes into the trunks of trees. The resulting sap wells become a "café" for species attracted to the sap, including other birds, insects, and birds that feed on insects. Mourning cloaks use the sap wells, as do hummingbirds, which depend on this food source when they arrive in our area in the spring before flower nectar and insects may be widely available. Biologists have found that hummingbirds spend time following sapsuckers, nesting near them, and even fiercely defending their sap wells from other birds! Ω

—Sue Draxler





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Finance Committee Report

As the Finance Committee buckled down in the late fall to serious work with the Selectboard on the Fiscal Year 2015 Town budget, we received two pieces of good news. One is that the state Department of Revenue (DOR) certified the Town's Free Cash balance for the current fiscal year (2014) at \$185,621. This figure is \$151,395.76 higher than the balance that appeared in the budget analysis we presented to the May 2013 Annual Town Meeting.

In addition, the DOR certified the Town's 2014 tax rate at \$19.12 per thousand, four cents below our Town Meeting estimate of \$19.16, and 92¢, or 4.6%, below the FY 2013 state-certified rate of \$20.04. The average single-family property tax bill in FY 2014 will decrease by \$168 compared with the FY 2013 tax bill. The tax on a property assessed at \$150,000 will be \$2,868 (down \$136); on a property assessed at \$300,000, the tax will be \$5,736 (down \$276).

The tax rate is always hard for us to estimate accurately because the state does its analysis later than we do, and with better numbers, but for the last two years we've been pretty close. The increase in Free Cash is due in part to Town departments having watched their budgets carefully, underspending several accounts. The 2012-13 winter was fairly light, which helped.

We also had increased revenues, due in considerable part to higher tax title income, which resulted partly from additional funds that the voters appropriated for legal expenses. Part of the increase reflects reimbursements from the state and federal governments for storm damage for which we still have outstanding bills. We expect to receive further payments in this area, and it is difficult to estimate at this point how things will balance out.

We haven't yet decided what to recommend to the voters about the larger Free Cash balance. If we use \$50,000 to reduce taxes as we have in the past, we will still have a balance of \$136,396 (rounded). We could put most of this balance into Stabilization, as we did in FY 2013, while we await a final accounting of how much we will still have to pay for the damage from Tropical Storm Irene. Our Stabilization balance is now \$193,688.27. Or we could use a larger portion of the increase to reduce taxes further. We will be discussing these options with the Selectboard during the budget process.

The other issue we have been discussing in recent months is the number and amounts of stipends paid by the Town to some officers, committees, and appointees. These discussions will continue, probably after we've completed the bulk of the work on the FY 2015 Town budget.

—Don Freeman

The Heath Finance Committee
Gloria Fisher
Kathryn Inman
Jeff Simmons
Ned Wolf, Secretary
Don Freeman, Chair

Multi-year Planning for Building Maintenance at Heath Elementary School

On a brisk late afternoon in mid-December, a dozen Heath townspeople, including many officials, joined the Mohawk District Building Subcommittee and District administrators to review recommended repairs to the Heath Elementary School.

The Mohawk District had commissioned a comprehensive review of all buildings to identify and estimate costs for maintenance and capital needs for 15 years.

This Heath Elementary School walk-through was the last for the Subcommittee and administrators in an autumn filled with tramping through snow, skulking around basements, dodging basketballs, and roasting in furnace rooms to inspect every issue. At each of the five district school buildings, the Condition List was reviewed item-by-item, discussed, pared, added to, and revised. There are pumps to rebuild, floor tiles to replace, window caulking to be renewed, and so on. All the lists are long. For the Heath Elementary School, the first phase over five years will likely cover items such as new carpeting in some class rooms, curb and sidewalk repair, and addressing the insulated wall coverings on the north side of the building.

In the next weeks, more formal cost estimates will be obtained for larger repairs and the District School Committee will forward proposed five-year capital plans to the towns for their consideration in FY15 Capital Budgets. Maintenance repairs will continue on an annual basis as now, but within a plan laid out for the next 15 years.

The Building Condition Assessment Reports from Potomac Capital may be viewed at:

http://mohawkschools.org/co_announcements_archive.php.

—Andrew Draxler and Bob Gruen

Transfer Station Bottle Pick-Up

Recently I visited the Heath Transfer Station and joked with Tom about always hosting a party, since I noticed empty beer bottles and the like right outside his "office" door.

It turns out that every week Gerry Gilbert picks up beverage containers that can be redeemed for the deposit. He then donates money collected to cancer research. It sounds like an endeavor worthy of our support!

—Janice Boudreau



Selectboard Report

Meeting Schedule

The Board meets Tuesday evening at 7 p.m. in the Community Hall unless posted otherwise. This schedule will be maintained throughout the winter and spring months.

All Boards Meeting

The Selectboard will be hosting an All Boards Meeting on Feb. 11. This is a chance for all boards and committees to report on their activities over the past year. All are encouraged to share the successes and challenges in performing their duties. An exchange of information and ideas is encouraged. Refreshments will be provided.

Budget Hearings

The Finance Committee and Selectboard have begun hearing budget requests from Town departments. Written requests were to be submitted by Jan. 7. This process is one step in developing the warrant for the FY 2015 Annual Town Meeting in May.

School Maintenance Program

The Mohawk Trail Regional School District (MTRSD) hired a consultant to do an assessment of the condition of each school in the district. Needed maintenance and repairs were listed for each school and prioritized according to present condition and expected years of service remaining. A program of maintenance is scheduled to be undertaken after the approval of a warrant article at the Annual Town Meeting. A meeting was held at the Heath Elementary School in December with MTRSD staff to review the findings of the study and review the proposed implementation schedule. The Selectboard, Finance Committee and other interested residents were in attendance. The Board will be working with the district to finalize the priorities for the first phase of the maintenance program.

Municipal Complex Committee

The Municipal Complex Building Committee has recommended hiring the Franklin Regional Council of Governments (FRCOG) to write and manage the process of a Request for Qualifications (RFQ) for obtaining professional design services for a study of our highway and emergency facilities. A scope of work was developed by the committee to assess existing and future needs for highway, fire, police and emergency management facilities. Recommendations for meeting current and future needs will be proposed. A design consultant will be selected soon and we expect the study to be completed this spring. The voters allocated \$20,000 for this study at last May's Annual Town Meeting.

The committee is composed of Bob Bourke, Chair; Bob Viarengo, Secretary; Ken Gilbert, Jeff Simmons, Mike Smith and Brian De Vriese.

Updates:

- We were not successful in getting the STRAP grant for repairs to Route 8A; however, we are exploring re-applying for the grant for September 2014.
- The State has agreed to pay for replacement of two bridges in town—one on Route 8A in Dell and the other on 8A across West Branch Brook. Both bridges will be placed on the replacement schedule for future years; more information will be forthcoming.
- We continue to work with the Massachusetts Department of Environmental Protection to seek reduction in the sampling and monitoring requirements for the decommissioned landfill on Burrington Hill Road.
- We continue to implement several recommendations stemming from the 2013 financial management audit. To this effect we have implemented a fraud policy, a cash payment handling policy and a petty cash policy.
- Performance reviews are ongoing throughout the year, scheduled around the employee's anniversary date of hire.
- We continue to discuss transfer-station issues such as permits, recycling rates and pay-as-you-throw.
- Heath is the lead town with Charlemont, Hawley and Ashfield in applying for funding through a Community Development Block Grant (CDBG). A public informational session was held on Oct. 15. The meeting, a requirement of the Department of Housing and Community Development (DHCD), was an opportunity to discuss and solicit public input to the Town of Heath's FY14 Massachusetts CDBG application. M. J. Adams from the Franklin County Housing and Redevelopment Authority (HRA) has been assisting Heath with the application which is due in February 2014. M. J. outlined the application process, including a list of eligible activities that must benefit low/moderate income people or eliminate blights/slums. Important goals for the Town of Heath were identified and reviewed as to whether we are eligible for CDBG funding. These were added to the application.

Heath Online

Please take some time to visit the Town's Web site at www.townofheath.org. You'll find Selectboard meeting minutes, other Board meeting minutes, school information, various announcements 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. Ω

—Heath Selectboard

Sheila Litchfield, Chair

Bill Lattrell

Brian De Vriese



Town Nurse

Office Hours
Tuesday from 12 to 1 p.m.
Thursday from 11 a.m. to 1 p.m.
or by arrangement if needed

—Claire Rabbitt, RN

Mindfulness

The October 2013 Special Report, Supplement to the Mayo Clinic Health Letter on Mindfulness explains how focusing on the present moment can help reduce stress and bring more joy and happiness to life. It defines mindfulness as “a conscious effort to be completely present—to set aside worries, expectations, and other thoughts and emotions and be fully aware of the current moment. Studies have shown that mindfulness-based stress reduction (MSBR) programs have helped to decrease various types of chronic pain, helped people cope with cancer, and helped prevent depression relapse.

The article listed four steps a person could follow to begin their own mindfulness practice:

Paying attention—Focusing on the space you are in at the moment and noticing the details with all of your senses. Spend a few minutes doing this at various times of the day. Practice giving your full attention to what a person is saying to you in conversation, not letting your mind wander.

Removing judgment—Try to look at yourself and others with appreciation and curiosity rather than criticism.

Breathing—Focusing on your breathing, paying attention to how each breath feels, and how it may change with emotion or exertion helps bring you back to the present moment. “By giving your mind just one thing to keep track of—your breath—you increase your powers of concentration, which can bring about deep calm and awareness.”

Meditating—“Set aside a few minutes each day to practice being mindful of yourself and your own mind.” Sitting quietly and focusing on your breathing, or walking or yoga can also be a form of meditating.

“The more you learn to experience, accept and appreciate each moment in your life for what it is—without longing for something else or something better—the deeper your calm,

and the more peaceful and joyful you will feel.” Practicing mindfulness is one more way to take care of your heart health. February is American Heart Month and Feb. 7 is Wear Red Day. Ω



Take a Moment

I was working at the computer in our office all morning and my husband Paul drove over to say goodbye and wish me a nice day before he left home. A short time passed and something compelled me to get up and walk over to the door. I looked out to find two perfect hearts left by Paul's tire tracks. Unintentional as they were, I was struck by how small, seemingly inconsequential moments occur each day, and how miraculous they can be if we take a moment to look and take them in. Ω

—Janice Boudreau



Photo by Janice Boudreau

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Our Valentines continued from page 5

Simply being in the same room with Bob and Del Viarengo is an effective antidote to the gloom and doom that ordinary, worldly life seems to barrage us with.

It's easy to see the care and efforts they expend to benefit the community. A bit less public but just as important are the attention and actions they engage in for the welfare of others.

For me though, what makes Bob and Del true "sweethearts" is their capacity to share love with others by listening quietly while another speaks; by smiling and laughing so freely that it "catches"; by being quick to praise (and reluctant to be critical without solid reason); by showing genuine interest in what's important to another.

And too, after even a short time near them one can see how they continuously encourage and support each other through their exchange of mutual respect, admiration and affection. That in turn provides much needed positive energy for all of us that have contact with them.

—Paul Turnbull

Our Special Valentines

While this is supposed to be a Valentine to the Viarengos—it seems fitting to think about the "living life" love story that we've witnessed since we discovered Bob and Del in the first year of our time in Heath..

From the start, we knew that they had an extraordinary love of travel to near and far/plain and exotic corners of the earth. Those journeys fed their imaginations and gave shape to their own artistic geographies. We have enjoyed the wealth of Del's paintings—many wonderfully soft impressions of the Italian countryside and others contrasting with vibrant abstractions that challenge the imagination. Bob's photography is legendary but made all the warmer and more intimate in his books of personal reflection and his calendars celebrating the diversity of panoramas and people. At the same time, these gifted people have been so gracious in supporting others in their efforts at writing, painting, photography, and music.

And they have been generous in sharing the people who have played a role in their lives. The Viarengos have gathered together members of their family and legions of their friends, many of whom we have stayed in touch with over the years. They have a remarkable appreciation of what it means to be part of a family—both ancient and ever new.

Why shouldn't everyone enjoy and love life the way these two do?? They are role models for love of life. Happy Valentine's Day, Bob and Del!

—Suzanne Hannay and John Palmer

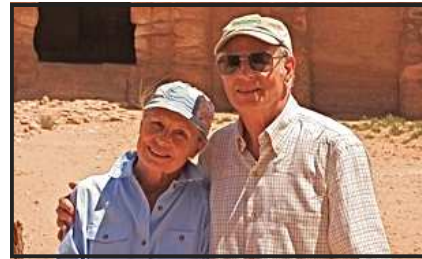
Del and Bob Viarengo have been Heath residents for more than twenty years and are active community members. Del served as Chair of the Historic Commission when Heath was designated an Historic District; Bob is on the Planning Board and assists the Treasurer every year at the Heath Fair. They also volunteer to keep the tombstones straight in the Center Cemetery where their family members are buried {across from the Fairground}.

Del and Bob are artists. He is a fine photographer and has written and illustrated books about his travels and experiences; Del is a wonderful landscape painter who works in oils and

watercolors. She has a studio next to their home.

Bob and Del are opera-lovers, as was Eric Grinnell. When I visited Eric in the hospital, opera records were playing in his room-- a thoughtful loan from the Viarengos. Ω

—Lisa Dyer Merrill



Editors' Note: The response to our call for your "valentines" to the Viarengos was so overwhelming that we were not able to print all responses in their entirety. We are presenting the Viarengos with a keepsake booklet that will include all valentines as submitted.

The Same Place For Two

If beginning
Is slow and white and if
Beginning is slow and adheres to the will
Like ice on ice, if beginning
Wishes the sun to shape its heart
To your eyes, your eyes to the news
A crooked arm's length away,
If beginning waits or, worse, stares
Like a man with his own hands to blame
(a sweet man, a sad man, a false,
impersonal man, cat at the window), stares
as the only comfortable room fills
with flame, the excess of song, grim
extent of doubt and unrecoverable
color of stars, as time flows over
his hands, your hands, if
beginning means the same place for two--
this, you, on a corporate shore --
at the limit of change, waiting
for change, change if it could
smile back, the weight of two
the result of beginning, "love,"
and the word turns
like a hand the key in the lock.

—John Palmer

Reprinted by permission from

"Return to a Place like Seeing"

published 2013 by Pleasure Boat Studio Ω

Wild Ramblings continued from page 13

I stand up with all of the opened husks in my hand. The frozen snow crunches underneath my feet. So far I've experienced beechnuts that were opened by hungry wildlife and empty beechnut husks that were left behind. It occurs to me that at least some of the animals that consume these beechnuts can tell they have no nut within the husk. That makes sense for those with a keen sense of smell, but wild turkeys, for instance, do not have a well developed sense of smell. In fact their sense of smell is known to be negligible. Perhaps they open the husks, see nothing is there, and simply move on to the next nut. It's clear I'm not going to unravel this part of the puzzle now and file it in my mind under the "to be looked into in the future" category.

I move uphill in the dense hemlock grove to an area that holds a few more mature American beeches. There is an old yellow birch up there that peeled out of the ground, roots and all, in the ice storm of 2008. The trunk now lays on the earth's surface and it supplies a fabulous place to sit. This will be a good place for me to rest and take in the surroundings.

As I approach the fallen birch I notice tiny mounds of snow here and there. The loose snow from the bottom is piled up in miniature stacks on top of the snow. The crusty snow reveals no tracks. It is too hard to break under the weight of smaller animals although it easily gives to my 250-pound frame. I walk up to the birch lying prone on the ground and find a good place to sit between two branches. I scrape the frozen snow off of the tree trunk to create a sitting spot that will be less likely to get wet under my warm body. I lean my back against one of the branches as I sit down. I am looking downhill. Shafts of light filter between the thick hemlock overstory and create dancing images on the frozen snow as a light breeze flows across the landscape.

Just as I'm finding total relaxation and settling into this fairy-tale environment, a gray squirrel, acting a little nervously, hops across the snow under the shadows of conifer branches above. It stops at a random location and starts digging through the snow. It then finds a beechnut cache, a place where beechnuts were stored earlier in the autumn, and opens each husk one at a time. Although it is hard to tell from my distant point of view it appears that all of the beechnuts are fertile. The squirrel consumes about a dozen nuts, some of them, perhaps stored in its cheeks and taken back to a nest. The squirrel saunters off, completely unaware of my presence. I watch the squirrel as it disappears into the hardwood forest nearby. My curiosity gets the best of me and I get off of my birch seat and wander over to the opened snowy cache. There are no nuts left behind. The hole is clean. The squirrel seems to have made a clean getaway with a bounty that will help sustain it in this cold and challenging season.

Standing over the cleaned cache I wonder if the squirrel located the spot by memory or smell. Certainly some academic graduate student has studied this. It will be a good topic to research one evening when it pops back into my memory.

For some reason this seems like the perfect ending for a good morning in the winter forest. I start back down the mountain. Each step in the crunchy snow sends a jarring

crunching noise into the quiet forest. My presence will be obvious to wildlife far and wide.

And for just a moment I wish that I was as light as a squirrel. Ω

—Bill Lattrell

Good Neighbors Food Pantry


The Good Neighbors Food Pantry operates an emergency food pantry providing nutritious supplemental food for neighbors in Heath, Hawley, Charlemont, Rowe, Monroe and other area towns. Good Neighbors is a mission of the Charlemont Federated Church and is dedicated to serving all who qualify. Good Neighbors receives most of the food distributed from the Food Bank of Western Massachusetts as well as canned goods collected during local food drives and fresh home-baked bread prepared by local bakers for the monthly food distributions.

Volunteers can help by participating in food distributions held at the Charlemont Federated Church in the evening of the third Tuesday of each month. Good Neighbors offers food by the client-choice process where customers select foods they know they will be able to use. The food distributions also feature taste-testing of simple-to-prepare nutritious recipes that encourage use of items commonly distributed.

During the summer months when school is not in session, Good Neighbors also offers a free lunch program for children and families that are eligible for free or reduced meals through school. Good Neighbors also offers holiday gifts for children at the December distribution, as well as warm hats, mittens, gloves and scarves, many of which are hand-made. Good Neighbors is supported by donations from neighbors, area businesses, St. Joseph's and St. Christopher's churches, the Heath Ladies Aid and grants. Because Good Neighbors is an all-volunteer organization, 100% of contributions go directly to food and the items we distribute to families in need.

Contact Budge and Sheila Litchfield for more information:
413-337-4957. Ω

—Sheila Litchfield



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Milestones

Birth



Twin boys were born Dec. 14, 2013 to Jacob and Amber Daniels of Boiceville, NY. Jacob is the son of Alden and Celeste Daniels of Heath. The proud grandparents joyfully welcome Alex and Luke into the family!

Ω

Helen Hay Rawson, 1907-2013

Helen Milton Chalmers Shepherd Hay Rawson, the mother of Margaret Helen Freeman of Heath, died Nov. 30, 2013 in Oakham, Rutland, England. She was 105 years old.

Helen was born in Aberdeen, Scotland on Dec. 10, 1907, one of the 10 children of David Robertson Paterson Kinloch Hay and Isabella Chalmers Hay. Two of her brothers were killed in World War I, and Helen left school at 13 to help care for the family. She moved to England in the 1920s and married William Ernest Rawson, who died in 1981.

In addition to Margaret Freeman, Helen Rawson is survived by two daughters, Ann Kanter of Wardley, Rutland, England, and Jane Hooker of Teddington, Middlesex, England, seven grandchildren and six great-grandchildren. A memorial service was held Dec. 12, 2013 in Peterborough, England.



A Remembrance

I'm the only guy I know who brags about his mother-in-law. Helen Rawson had enough brains, energy and guts for 10 people. She raised three daughters, starting during World War II when her husband Ernest had gone off to war; all of them strongly resemble her physically and spiritually.



In 1940s and 50s Britain there were basically two careers open to young women from families teetering between middle-class and working-class: teaching and nursing. Yet all three of Helen's daughters went to college or university and held significant professional positions during their working lives. Her grandchildren include a major in the British Army, a reporter for the *International New York Times* in Brussels and a professor at the University of California, Davis. All of her grandchildren have repeatedly spoken of Helen's strong influence on them throughout their lives.

Helen's essence, though, is best captured in the family's many stories about her. Before moving to England, she frequently took a ship from Aberdeen to London with her girlfriends, returning to Aberdeen on the famous Flying Scotsman train. One time Helen inveigled the conductor into letting her enter the (steam) engine compartment, where she

shoveled coal into the firebox and ever thereafter boasted that she had fired the Flying Scotsman.

Margaret and I once had dinner at the home of Margaret's sister and brother-in-law, Jane and Christopher Hooker, in Teddington, with a guest list that included our son and daughter-in-law, Roger and Mi-Sun Freeman, and Helen. At the age of 92, Helen's repartee kept us all in stitches throughout the meal. She was wont to refer to King George VI as "the wee German lairdie" and to George's successor as "the greedy Queen." Helen was, needless to say, Scottish to the bone.

Helen Rawson lived a long and meaningful life. She was resilient, tough-minded, generous of spirit. Our only regret is that by the time we moved to Heath, Helen was too frail to come visit us. Myrifiel was the only one of our homes she never got to see. I think Helen would have loved Heath. I know that Heath would have loved her. Ω

—Don Freeman

Heath Union Church

We are a community church, and sincerely invite all to join us on a Sunday.

Church Phone:..... 337-5367

Pastor Phill Grant:..... 413-648-9077

The Pastor is always available to the public. Just call.

Adult Sunday School..... 9 a.m.

Sunday Worship..... 10 a.m.

Pastor's Hours..... Thursdays, 4 to 6 p.m.

Deacons

Richard Gallup..... 337-5367

Ruth Johnson..... 337-4367

Walt Gleason..... 337-4379

Mike Smith..... 337-4429

Alli Thane-Stetson..... 337-1852

Did You Know?

The Friends of the Heath Library sponsor a free pass for two adults and two children to the Massachusetts Museum of Contemporary Art (Mass MOCA) that can be checked out at the Library (a \$40 value). The passes are available through July 2014.

LIVELY CARETAKING

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Heath, MA 01346



Community Calendar

February 2014

BLACK HISTORY MONTH

- 2 **Heath School Ski Club**
Berkshire East, 9 a.m.–4 p.m.
- 6 **Senior Brown Bag**, dessert & games
Senior Center, 11:45 a.m.
- 11 **All-Boards Meeting**, 7 p.m., Community Hall
for all board members and those interested.
- 12 **Arms Library Fundraiser** featuring Ken Burns,
director of “The Roosevelts: An Intimate History”
Reception, 6 p.m., \$100.
Presentation, 7 p.m. \$25.
Memorial Hall, Shelburne Falls
For more information call the library, 625-0306.
- 14 **Valentine’s Day Party** (Preschool Story Hour)
Heath Library, 10:30–11:30 a.m.
- 17–21 **School Winter Vacation**
- 20 **Senior Luncheon**, Senior Center, 11:45 a.m.
RSVP to 337-5728 by Feb. 17, 9 a.m.
- 21 – 22 **Looney Tunes Cartoon Festival**
Pothole Pictures, Shelburne Falls, 7:30 p.m.
- 28 **Preschool Story Hour**, Heath Library, 10:30–11:30 a.m.

March 2014

WOMEN’S HISTORY MONTH

- 5 **LAST DAY** to submit articles for Town Warrant.
- 6 **Senior Brown Bag**, dessert & games
Senior Center, 11:45 a.m.
- 8 **Agricultural Society Tour** – Cellars and Caves
of Heath.
- 9 **Daylight Savings Time Begins**
- 17 **Saint Patrick’s Day**
- 19 **LAST DAY** to obtain nomination papers
from Town Offices.
- 20 **Senior Luncheon**, Senior Center, 11:45 a.m.
RSVP to 337-5728 by March 17, 9–11 a.m.
Wells Trust Application due.
Vernal Equinox–Welcome Spring!
- 21 **LAST DAY** to file nomination papers with Town Clerk.

Senior Exercise Class held every Tuesday, 11 a.m.–noon and every Thursday, 10 a.m.–11 a.m. at the Senior Center. This class is for osteoporosis prevention. It is for people 55 years and older and is **FREE**.

Visit www.townofheath.org for updated Town events.

Babysitting!

A local American Red Cross Certified Babysitter
is available for YOU to take a night off!
Call Hjördis (your-dis) at 339-4904!

Heath’s Monthly Precipitation (inches)

Observed by Heath school staff and students

	Rain	Snow/sleet
From Nov. 10	1¾"	1¼"
December	¾"	26"
To Jan. 10	0"	11"

In this reporting period:

Happy New Year. We received our “first” snowfall on Nov. 12 with a quarter inch of snow. During Thanksgiving week we started a trend of cold (5 above zero on Nov. 25) and warm spells that continues as of this writing. Everyone thought that we would have a white Christmas because we had our first big snowstorm of 10-12 inches on Dec. 14, but alas the following “warm-up” did away with about 90 percent of the snow cover within a couple of days before Christmas. The New Year started out very cold with temperatures at times in the single digits to below zero and wind chills on the Jan. 3 at minus 15-17. Even though it was cold, it still snowed with 10 inches on Jan. 3. As of Jan. 10, the outlook for the next few days is in the 40s.

—Tim Lively and Heath School Students

WINTER HOURS FOR TRANSFER STATION

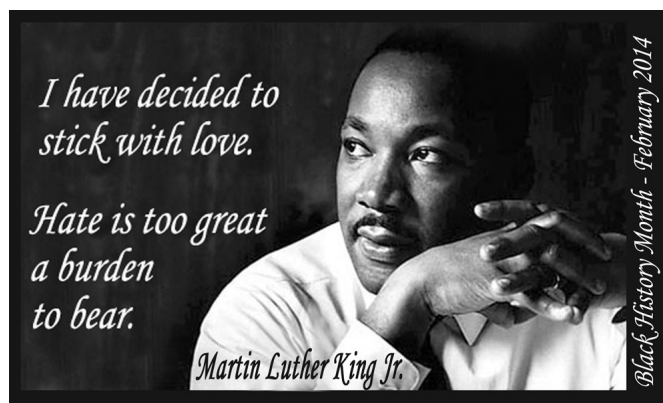
Wednesdays 9 a.m. to 1 p.m.
Saturdays 8 a.m. to 4 p.m.



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Heath Herald and be sure to note "Color Sponsor" on your check.

Ken Burns, the noted filmmaker, will preview his forthcoming documentary, "*The Roosevelts: An Intimate History*," at 7 p.m. Feb. 12 in Memorial Hall, Shelburne Falls. **Tickets are \$25** for the preview and **\$100 for the reception** and are available from the Arms Library Association at www.armslibrary.org or by calling 413-625-0306. This event is a fundraiser for the restoration of the historic **Pratt Memorial Library Building**, home of the Arms Library.

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