



# HEATH HERALD

## Heath's First Newspaper

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*The Apple Orchard, Heath View.* Photograph by Mark Brown.

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

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 March 5 for inclusion in April/May issue  
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## A Boy's View of the 1938 Hurricane

I was a boy of almost six years old, in the first grade at the South School in Heath at the time of the 1938 hurricane. I lived on Bassett Road in Heath (now Walt Gleason's). Many of the events I am relating are my own, and some are those I was told.

The hurricane started in the early afternoon. I know I was at home, because first-graders didn't attend the afternoon session. My dad (Frank Gleason) was working with my Uncle Oscar (Oscar Landstrom) and the crew threshing oats at Mrs. Moore's barn (now Doug Mason's on Bassett Road.). Late in the afternoon the threshing crew went home, but my dad, who was the caretaker of Mrs. Moore's house, stayed and gathered the various pieces of porch furniture that had blown all over the place, and put them in a shed. By the time he got everything secure, he was soaked to the skin all the way through his heavy overalls and barn jacket. He checked with Mrs. Storer, who was staying at the house, to see if they needed anything. She said to my dad "Isn't it nice you have that rubber suit." Soaked as he was, I don't think dad thought it was real nice.

Supertime in the afternoon we lost our electricity. As I remember, it only meant using kerosene lamps, instead. Most houses still had good lamps as many had not had electric power for much over a few years. We were still using ice to cool the milk at the barn and we still had an icebox instead of a refrigerator. We cooked by woodstove and our water was a gravity system with the tank in the attic, fed by a spring.



*Photo: explorewmass.blogspot.com*

One of my memories of the storm was watching a cat come from the barn when a gust of wind blew the cat into a woven wire fence that ran from the house to the barn. The cat was pinned against the fence; its legs were going but it wasn't walking and making any progress. Finally, the wind let up a bit and the cat finished his trip to the house.

A large maple limb was broken off a maple tree in the Landstrom's yard (Ruth Johnson's on Town Farm Road), and hit the house that day. Uncle Oscar and a hired man (Arthur Harris) did the chores at the barn and when they had finished, the family, Uncle Oscar and Aunt Grace and the three girls, Ada, Pearl, and Ruth, plus Pearl Gleason, and Arthur started for our house. I believe in a car, but they had to abandon it because of trees across the road. They walked along the road until they reached the brook at the foot of the hill going to the South School. The brook was running over the road, so the men carried at least some of the ladies over. They then proceeded to walk to our house. I don't remember what provisions were made for spending the night.

Most of the roads were damaged, but a crew from the road personnel and volunteers managed to get a road out of town. One of the big projects was to truck a lot of gravel to fill in the road at Avery Brook where the brook had gone around the bridge. In a couple of days a passable road was open from Heath Center. It was down South Road to the South School and followed Schoolhouse Road to Burrington Road to Avery Brook Road. For several weeks this road was the only road out for parts of Southern Vermont.

The bridge near the Branch School was washed away. I've been told that a group of men in North Heath quickly built a crimped-log bridge across the brook near where the washed away mill dam was. I remember later crossing that bridge going to our farm in North Heath.



*Photo: Bettman Archive*

A few weeks after, some members of the Landstrom and Gleason families made a tour of some of the road damage. One site that made an impression on me was the road south of the Dell, (Route 8A) which was just a brook. Later, in reconstruction, the brook bed was dredged and the road was returned to its original route. The material removed from the brook was used for the base of the reconstructed road.

*(Continued on page 5)*



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*A Boy's View of the 1938 Hurricane**Continued from page 3*

The damage to the corn crop was considerable. Not only were the corn plants broken and flattened, but in some cases, entangled. The normal procedure for cutting corn in those times was for a crew with corn knives to cut two rows and lay them in small bunches. Another crew came with a pair of horses, picked up the bundles, and laid them crossways in the wagon. The bundles were then taken to a corn chopper powered by a belt to a tractor where it was chopped fine and blown into the silo. These tasks still had to be done, but it was much more difficult to cut flattened and broken stalks, pick up bundles that were not rigid, and feed the chopper with these bundles.

My mother's folks lived in North Adams. I remember going through Zoar and up the mountain at Hoosac tunnel to reach Route 2 to North Adams. There had been a landslide that had derailed a train. You could see a tremendous gash in the hillside and there were still freight cars over the banks of the Deerfield River.



*Photo: National Oceanic and Atmospheric Administration*

The South School won some type of contest related to the hurricane sponsored by the Red Cross. The prize was that they furnished us, at the end of school session, a picnic at State Auto Park on Route 2 in Charlemont. Route 2 had been repaired that far, but they were still drawing material for fill beyond the park with a machine called a donkey. The donkey was a form of pickup truck with an open cab. Going loaded, the driver would be sitting behind the dump body, and by some means the driving controls would revolve so that the truck body was behind him, thus making it so the machine never had to turn around. That was very fascinating for a six-year old boy. In all the years since, I've never again seen one of these rigs.

—Earl Gleason

**Eclipse Watch, August 21, 2017****In Search of Totality**

On the morning of the eclipse, the forecast for the location we chose was for 50-70% cloud cover. Not to be discouraged, we headed north from our hotel toward a patch of clear sky and away from dark, threatening clouds moving in from the west. By the time we got to Ravenna, Nebraska, a small town on the center line of totality, the sky was surprisingly clear and we began passing parking areas and front lawns filled with eclipse watchers. (A town of about 1400, it hosted an estimated 8000 visitors on this day.) Wanting to be a bit off the beaten path, we drove into the campground of a state recreation area. We set up our cameras and while we waited, met our neighbors to find out where they were from and hear about their eclipse watching experiences.

A cheer and applause sounded when the moon started taking a bite out of the sun. Along with taking periodic photos of the movement of the moon, we spent some time looking at shadows. Just as the sunlight coming through a pinhole camera (or anything with a hole in it) projects a crescent shaped image during an eclipse, the sunlight filtering through the leaves of trees results in the same effect. It was mesmerizing to see the rippling of hundreds of crescents projected onto the road as the breeze moved the branches of a tall cottonwood tree nearby.

Wondering when it would start getting dark, we were surprised to see that even when the sun was about 90% covered it was still bright, but we noticed that the intense heat of the summer day was gone, and it felt cooler and more comfortable. Once the moon completely covered the sun, the sky looked like it does when the sun has just set, but the glow at the horizon was in every direction—a 360 degree sunset.

*Continued on page 6*



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### Eclipse Watch

*Continued from page 5*

It was dark enough overhead to see Venus high in the sky. The sight of the sun's corona was beautiful and elicited exclamations, cheers, and laughter from the exhilarated watchers. There was also the sound of distant fireworks, a dog barking, and a cow mooing, which resulted in more laughter from crowd. Fish were coming to the surface of the pond next to us, and a few jumped. A fisherman near us said he could see insects getting active as they would at dawn or dusk.

Totality lasted about 2 ½ minutes and was over all too soon—not enough time to fully enjoy the view of the sun's corona and take in all the sights and sounds around



*Totality.*

us. Most of the crowd started packing up and leaving, but the photographers and serious watchers among us stayed until the sun was finally free of the shadow of the moon. During that time, much of the talk was of making plans to get to the next eclipse!

—Susan, Will, and Alec Draxler

### Heath Ladies Aid Society News

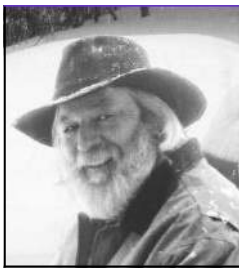
The winner of our homemade quilt raffle was Diana Perricotti of Heath and Connecticut, who was celebrating a birthday that day. We thank all who purchased chances for the raffle. Profits that we make from raffles and our annual sales go to fund our scholarship program for high school graduates who live in Heath.

The Ladies Aid organization was started in 1924, aiding the community in a number of ways. But none of us go back that far! Current participating

members total eight, and we always welcome new members.

Our Annual Holiday Sale will be November 4.





## *Wild Ramblings*

—Bill Lattrell

### **When a Tree Falls ...**

Life sometimes seems to have no rhyme or reason. It is unpredictable. Good things happen. Not so good things happen. Trying to dissect the course of events often yields little results. It is human to wonder why. It is our curiosity that makes us humans interesting.

About a year and a half ago on a cold March night as my wife and I were about to enter into a deep slumber, we heard a thunderous crash in the woods. The impact sent shock waves through the forest. I knew from the long groaning noise that came before the loud crash that a tree of huge proportions had met the end of its days. It sounded like death. As I lay there huddled under the blankets, I wondered which tree it was. I have a close relationship with our forest and am familiar with many of the individual trees that inhabit our land. You might say I have a personal connection with some of the older trees in the forest. I have sat under their long branches while thinking about everything under the sun. I have climbed into their boughs and made temporary tree stands while scouting and hunting. I have stood by their mighty trunks that support thousands and thousands of pounds of weight and admired their strength. And yes, in the presence of these masters of the forest, I have marveled at their wisdom. Trees are wise in the most sentient way. They are symbiotically and intricately involved with both bacteria and mycorrhizal fungi that create very real and effective communication networks that are used directly and indirectly by forest community members, both flora and fauna.

The next day I went off through a shallow, crunchy snow in search of the fallen tree. Every step resounded through the forest. There was no stealth in my walking. Any animal that was within earshot knew I was moving about in these cold woods. About 500 feet from our house and about 50 feet off a main trail, I could see that a very large sugar maple was laying on the forest floor. It was about 3.5 feet in diameter towards the base and had a very large and well-branched crown. What was unusual was that this large tree had snapped off about 6 feet off the ground—an area of trunk where a tree is usually strong. Upon closer inspection I could see that the heartwood was decayed, nearly rotten, and it was clear that without its backbone the tree was toppled by its own weight.

On this planet all living entities have life term limits. A bristle cone pine can live for 5000 years. A gastrotrich (a tiny marine animal) only lives 3 days. All living organisms on this planet have a purpose. Some are obvious and some are very difficult to discern. Trees, in general, are among the planet's longest living organisms. This sugar maple was about 200 years old. Some live close to 300 years. Nevertheless, this woodland giant had a long and useful life. In a moment its life was over. It died without any fanfare, with the exception of a few forest lovers like myself. No one will ever know its exact history but we can comment with some accuracy about its value to the forest ecosystem. This great maple provided forage for nearly countless forest birds and rodents. It provided sugary sweet sap for sapsuckers, squirrels, and maybe humans. The massive tree structure with its intricate branches was likely used by many birds, and the cavities may have been nested in by flying squirrels, gray squirrels, and forest birds. The root system provided stability for forest soils helping to prevent soil erosion as well as structure and sugar for bacteria and mycorrhizal fungi. In turn the fungi and bacteria breaks down soil minerals into more usable forms which the sugar maple can use as essential nutrients. The sugar maple, along with the other surrounding mature trees (red oaks, American beech, yellow, black, and white birch and stately white pines), are essential elements of this healthy forest, each contributing what it can to the overall ecosystem within its term limits.

Like all that is alive, trees reproduce. Most reproduce by making a seed but some like poplar and American beech can recreate exact genetic replicas of the parent through root cloning—certainly one of nature's most creative miracles.



*Sugar maple bark.*

Natural law dictates that death begets life. Hordes of different kinds of fungi, microorganisms, bacteria, and other living forms participate and begin to populate and work in concert as part of the tree's decomposition process.

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## Cary Cider Mill History

The year was 1860 and William Whiting Cary moved down from Catamount Hill, married and opened his Cider Mill on Foundry Brook in Colrain.

Two things that flourished in the stony hills of Franklin County were apple trees and the hardy men and women who farmed here. At that time, Western Massachusetts was the premier apple-growing region in our young nation.

Every farm had apple trees, not growing in straight rows as they do now for the convenience of the spray rigs, but dotted around the farm. Farmers from Heath and the surrounding towns brought their apples to the Cary Cider Mill to be pressed into sweet cider and fermented into apple cider vinegar.

Apple cider vinegar was a staple in the home. Prior to refrigeration, vinegar was necessary to preserve food.

At the same time that the big mills of Lowell and Lawrence were booming with the advent of the Industrial Revolution, the can-do farmers of Franklin County opened little mills along falling water (for power sources) in rural areas.

WW Cary sold cider vinegar and bee hives. Vinegar was Cary's business but bees were his passion. Cary formed a friendship with Pastor Lorenzo Langstroth of the Second Congregation Church in Greenfield. Reverend Langstroth had developed a special removable frame hive and Cary was an early adopter; he both used and sold the hives.

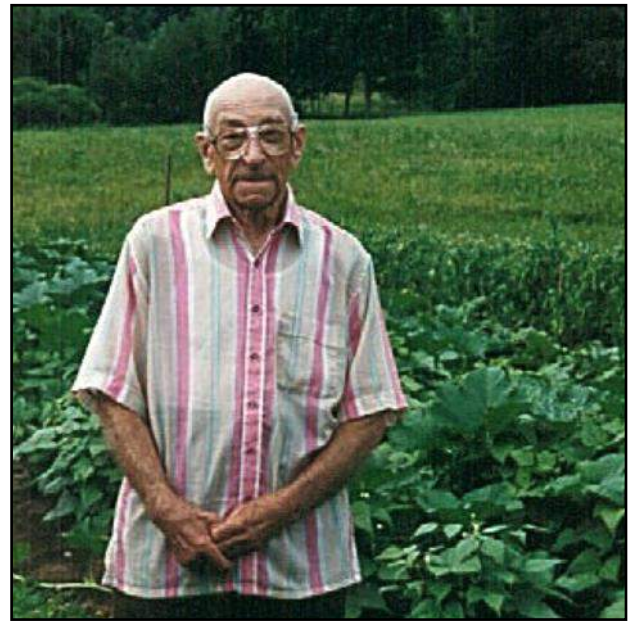
The men and women of our hilltowns have long memories. I began to gather oral histories and stories from the mill in 1998. Many of the 18 men and women that I interviewed are no longer alive today.

The men and women that I spoke to worked at the Cary Cider Mill in the late 1940s and early 1950s earning about 25 cents an hour. There were usually about 10 to 12 workers during the harvest and pressing season. They worked hard and everyone did everything. The Cary Cider Mill also sold hard cider and there was always sweet cider on tap for the children of Foundry Village School.

Heath farmers supplied apples to the Cider Mill and willing hands to work the vinegar-making process. Of those I interviewed, three exceptional men were from Heath. They were Louis Smith, Carroll Stowe, and Rollo Kinsman.

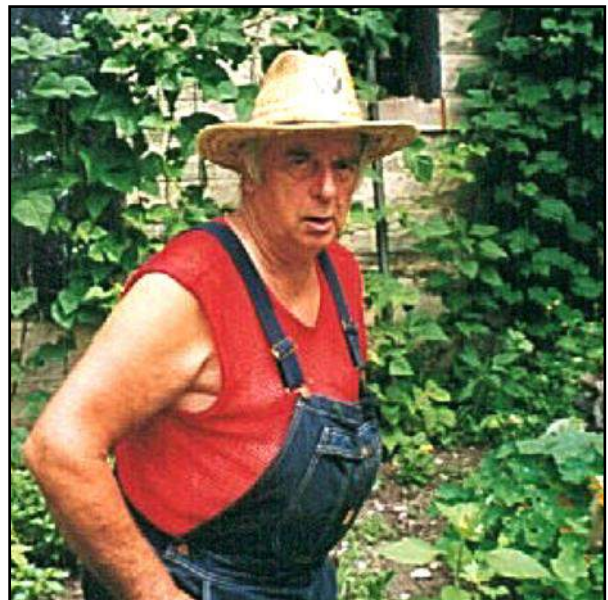
Louis Smith remembered the day of November 11, 1918, at age seven, when his dad returned from delivering apples to the Cary Cider Mill where he had learned the news that World War 1 had ended.

Mr. Smith was able to name 38 ancient cider apple varieties:



*The late Louis Smith of Heath.*

Yellow Transparent, Duchess, Pippin, Red Astracan, Wealthy, August Sweet, Snowapples, Bottle Greening, Rhode Island Greening, Red Spy, Northern Spy, Pound Sweet, Tolman Sweet, Blue Parmane, Steel Red, Baldwin, Jonathan, Ben Davis, Roxbury Russet, Wolf, Kings, Gillflower, Belle Flower, Strawberry Apple, Puppy Nose, Cortland, Delicious, Gravenstein, Grimes Golden, Lodi, Newtown Pippin, Sheepnose, Rome, Paula Red, Winesap, Spencer, Empire, Porter Apple.



*The late Carroll Stowe of Heath.*

Carroll Stowe told the story of delivering apples from the family farm to the Cider Mill by horse and wagon

*(Continued on page 9)*

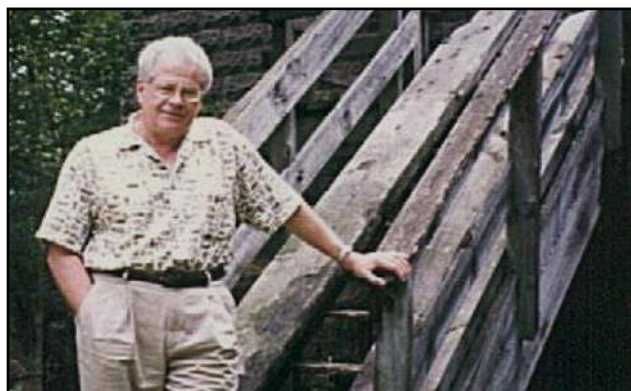


(Continued from page 8)



and later with farm trucks. He remembered how one fall the apples filled the Cary storage sheds and were piled four feet high on the ground. He told how the glass gallon bottles of vinegar went out on the trolley to Shelburne Falls and then to the railhead in the Falls for distribution all over the county.

Rollo Kinsman told stories of bringing apples down



*The late Rollo Kinsman of Heath.*

from his family farm in Heath to the Cary Cider Mill in the fall of the year by horse and wagon. During the time he was farming, before he went into the military, Mr. Kinsman worked as foreman in the press-room where the apples were being pressed into sweet cider.

The Cary Cider Mill operated under the direction of four generations of the Cary family from 1860 until it closed in 1954. In the 1950s, industry was being centralized in cities and along major highways for distribution purposes, so small rural mills began to shut down or relocate.

The Cary Cider Mill was abandoned and derelict when my husband Jonathan bought it in 1972. In 1991, he built a home for us inside the Number 2 Bottling Plant, a large sturdy wooden mill building where we now make our home.

For more information about the Cary Cider Mill and the men and women involved in vinegar production, contact Judith Roberts at 413-624-5534.

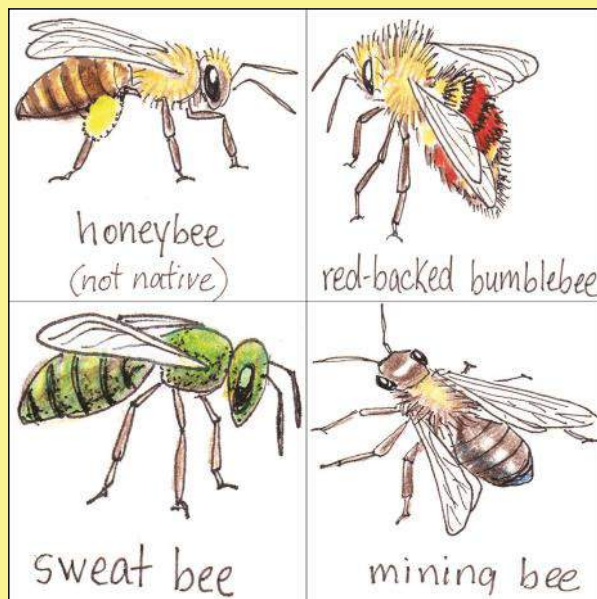
—Judith Roberts  
Colrain, MA 8/29/17

## Nature Note: The Natives

When you bite into an apple this fall, thank a pollinator. Honeybees, widely used by commercial fruit growers for pollination, have been in decline due to Colony Collapse Disorder so growers are relying more on our native bees. New England has about 200 species of native bees, also referred to as pollen bees, and some of them have been found to be even more efficient pollinators than honeybees. A few of the commonly seen species are shown below. Look for them this fall on roadside wild-flowers like goldenrod and on garden flowers like the ones in the new pollinator garden in Heath center in front of the Community Hall. You may find other pollinators such as wasps (wasps differ from bees by having narrow “waists” between their thorax and abdomen) and flies including some species that are bee mimics (flies have one pair of wings but a bee has two pairs).

Our native bees, like honeybees, are threatened by disease, habitat destruction, and pesticide use. Besides planting pollinator gardens, we can help them by refraining from pesticide use and not buying potted plants and potting soil that have been treated with neonicotinoids—a group of pesticides that has been found to be a cause of declining bee populations. Many nurseries and stores are now only selling neonic-free soil and plants.

—Susan Draxler



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*Wild Ramblings, continued from page 7*

A maple tree trunk of this size will take years, perhaps decades, to completely decompose all the while serving its neighbors by providing nesting sites, forage sites, escape habitat, and a moist environment enjoyed by moisture-loving creatures like salamanders. It is a virtual microhabitat where multitudes of creatures unknowingly celebrate the life of the mighty maple. Perhaps a proper and relevant tribute to a maple that stood over this landscape for more than 200 years.

We chose to use much of the crown for firewood. It provided about a third of a winter's wood supply. Sugar maple is choice firewood. It burns hot and leaves coals that last for hours. The time spent cutting and gathering the wood at the site gave me time to think about the personal significance of this wonderful tree. I remembered sitting under the tree about 20 years ago while scouting white tailed deer before deer season. A young buck hopped over a stonewall in the distance and followed a deer trail that brought the deer to within 20 feet of me. The buck saw me when I blinked, stood there for a moment, and then turned around and ambled back in the direction from where it came. I also remembered watching gray squirrels chase each other around the massive trunk. Despite strenuous pursuit, neither one of the young squirrels ever caught up to the other. No doubt this tree was an excellent training site for young squirrels developing moves that may sometime help them to elude a predator.

“The time spent cutting and gathering the wood at the site gave me time to think about the personal significance of this wonderful tree.”

There are no words to adequately memorialize a once-great tree. It stood in one place for more than two centuries. It let the world come to it. And what it did for all that were graced by its majesty cannot be summed up into an essay or a book. Only those who experienced the wonder of this tree will truly understand.

And although this great maple tree is no longer a living organism, it still participates in the cycle of life and will for sometime into the future. A fit and proper last hurrah for this vestige of local forest history.

The memory of this maple tree will echo throughout the forest ecosystem for years and years to come.

—Bill Lattrell

## E911 House Numbers

### Just a reminder . . .

House numbers must be clearly visible from the street. It's the law:

Massachusetts General Laws C. 148, S. 59.

### Seconds Count in an Emergency

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

### Use Large Visible Numbers

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

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

### Heath Fire Department Notice

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

Be aware that due to 911 requirements, some addresses in town are changing.



## Message from Justin Lively President, Heath Agricultural Society



### Thank you all ... Heath Fair Attendees and Volunteers

The Heath Agricultural Society would like to extend its deepest gratitude to the innumerable individuals and families whose energy, vision, strength, investment, and generosity made the

100th Anniversary of the Heath Fair an enormous success. Thank you all—Attendees and Volunteers alike!

This success is not measured by money. The success of this Fair resembles the success of our community. It is measured by an experience of celebration and reunion with the individuals and families whose lives are intertwined with ours; it is measured by the attendance of our local farmers and agriculturalists whose skill is on display; and, frankly, it is measured by the grace of Mother Nature who blessed us with fine weather (thank you...).

This has been my last year as President of the Heath Agricultural Society. When I stepped into the Presidency I committed to seeing the Fair through its Centennial celebration. That commitment began five years ago—more than that if you count the years that I stood alongside Pam Porter learning the ins-and-outs of this role. My experience of the Presidency has been fulfilling and I am grateful for the education that I've received with the generous nurturing support of our small community of Heath Ag Members who meet year round.

My presidency began with the Society with a firm foundation built through the commitment of those who had invested their time and energy for more than five years prior. Throughout my presidency I have made efforts to further solidify this foundation by updating the way our organization is structured. We redrafted the bylaws to better reflect our process and values, attained non-profit status so that our organization may have more access to opportunities, and restructured our planning system to make our processes more fluid. These, and other efforts, have been successful because WE, the members of Heath Agricultural Society, are a group of individuals who trust and respect one another. WE are a group of individuals, each of whom brings an important skill, or perspective to the table. And, WE work well together. It has been a privilege to be a part of this fine group of Heathans.

I will make no prognostications regarding my future availability to the Heath Agricultural Society. I know that for now it is important that I relinquish my leadership role. And so the question looms: Who will step up? I have often made the case that we cannot wait for the 11th hour to begin showing support to the Heath Agricultural Society. And I cannot threaten that this is the 11th hour for that is not clear to me. Furthermore, I cannot pretend that there aren't innumerable institutions out there that also need support. It is difficult to make a commitment (or another commitment) in a world that is so profoundly complex and challenging. It is difficult because our energy is limited and the world asks for all of it, all of the time. However, participating in an organization—one such as the Heath Agricultural Society—is valuable to both our community and to our selves. It is, at times, a hardship. And it does, at times, feel utterly thankless. And then there are small moments that come to define the deepest experiences of fulfillment: laughter at an otherwise serious meeting; a sense that everything has unraveled only to discover that what was unraveled was then used to spin something new; and hearing unexpected acknowledgment from a stranger, “Thank you, for what you are doing.”

So I conclude by encouraging anyone to participate in the Heath Agricultural Society. Our influence in this world begins within our selves and within our community. The Heath Agricultural Society is at once an expression of the values of this community and a place in which we can perpetuate those values through events like the Heath Fair. Please consider participating in this great organization.

It has been an honor to celebrate my Heathan-ness through the Heath Agricultural Society.

Best wishes,  
Justin Lively

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“Our influence in this world  
begins within ourselves and within  
our community.”

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*Heath Fair photographs by Art Schwenger*









## Library Lines

—Donald Purington

Join us at the Puzzle Shelf for a relaxing session of jigsaw puzzling with your neighbors any time the library is open. Seventeen puzzles have been completed since early last winter. Finishing the Teacup Puppies has been more of a challenge than we thought it would be, but soon it will be done and we'll move on to the VW Bus, or perhaps the Heirloom Seed Packets.

**Preschool Story Hour** schedule for early Fall: September 15 & 29, October 13 & 27, from 10:30 to 11:30 a.m. in the library. For ages birth to five, older siblings welcome! Sponsored by the Friends of the Heath Library.



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

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

**Fiction Books for Adults:** *Glass Houses* by Louise Penny, *Y is for Yesterday* by Sue Grafton, *A Casualty of War* by Charles Todd, *Trace* by Archer Mayor

**Non-fiction Books for Adults:** *Lagom: The Swedish Art of Living a Balanced, Happy Life* by Niki Branymark, *The Origin of Others* by Toni Morrison, *The River of Consciousness* by Oliver Sacks

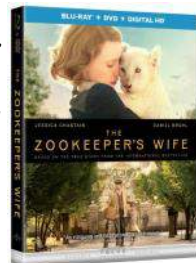
**Audio Books on CD:** *House of Spies* by Daniel Silva, *Sourdough* by Robin Sloan, *Glass Houses* by Louise Penny

**Books for Young/Teen Readers:** *The Losers Club* by Andrew Clement, *Wishtree* by Katherine Applegate, *Life* by Cynthia Rylant

**Children's Picture Books/Boardbooks:** *Have You Seen My Lunchbox?* by Steve Light, *Lovely* by Jess Hong, *Little Excavator* by Anna Dewdney

**DVDs:** *Wonder Woman*, *Guardians of the Galaxy II*, *Prime Suspect: Tennison*, *To Walk the Invisible: the Bronte Sisters*, *The Zookeeper's Wife*, *Daniel Tiger Visits the Farm*

**Music CDs:** *1989* by Taylor Swift, *Divide* by Ed Sheeran, *Sgt. Peppers Lonely Hearts Club Band* by the Beatles



## Town Nurse

—Claire Rabbitt, RN

### Staying Positive with Age

There are many challenges in the aging process. I'd like to share some insights from the August 2017 Special Report to the Mayo Clinic Health Letter on this topic.

While aging is inevitable, the quality of life as we age is dependent on factors such as heredity and general health. Research shows that the greatest gains in mental and physical health and life span can be had by following these tips:

**Maintain a healthy weight.** Type-2 diabetes, high blood pressure, heart disease, stroke, some types of cancer, sleep apnea, and osteoarthritis are linked with being overweight.

**Get regular physical activity.** Research suggests that people who get regular exercise live longer and better, even when it's not associated with weight loss.

**Eat a healthy diet.** Besides maintaining a healthy weight, a diet including minimally processed plant foods and lean protein sources such as low-fat dairy and unprocessed chicken and fish, decreases risk of age-related problems and some diseases.

**Be tobacco free.** There are benefits to stopping tobacco use no matter your age or how long you've smoked.

**Drink alcohol in moderation.** If you drink alcohol, limit it to up to one drink a day for women of all ages and men older than 65.

**Seek regular health care.** This will help ensure that you're getting the screening tests and preventive care that you need.

Research shows a daily practice of gratitude can boost your energy, improve your mood, increase optimism enhance well-being, and help you accept things you can't change. To make gratitude a habit, start your day with a feeling of gratitude even before

you get out of bed by thinking about five people you're grateful to have in your life. Start a gratitude journal and write down at least one thing you are grateful for at the end of the day. Collect gratitude sayings and post them in places to help redirect your mind when you're having a bad day. Be grateful to those you help and look for positives in negatives.

This is a  
wonderful day.  
I've never seen  
it before.

Maya Angelou



## Heath Historical Society News

The Heath Historical Society had a real presence at the 100th Anniversary of the Heath Fair. From new displays in the Solomon Temple Barn to an organizational exhibit about Heath Grange in the exhibit hall, to a parade float entitled "... with Liberty and Justice For All," a reenactment of a "one-room schoolhouse," Society members were busy leading up to and all throughout the Fair. The Grange was chosen as our topic for this year's Organizational Exhibit because of its direct connection to agriculture here in Heath, and the "Liberty and Justice for All" float was indicative of the way that farm children spent their days during the school year. This was the first time the Society has entered a float in decades!

Our annual raffle was quite successful, as well. Chris Rabbitt won the handmade quilt, Brian DeVriese won a gallon of Heath maple syrup, and someone named Scott from Taylor Brook Road won the hand woven cloth, done by Susan Gruen.

—Nancy Thane



*School was in session at the Heath Fair. Above, Nancy Thane and Hilma Sumner with granddaughters Mady & Alli Thane and Daria & Carys Ayers, respectively.*



*Heath Grange Exhibit at the Fair.*

## A Job Well Done Thank you, Justin!

Having grown up attending fairs, I never thought as I was petting a cow, marveling at a chicken, watching the tractor-pull, or gobbling down fried dough how it all took place. But now, as a member of the Heath Agricultural Society (HAS), I know first-hand what it takes to pull off a fair. By all accounts, the 100th Heath Fair was one to remember and it would not have been possible without the leadership of Justin Lively. As Justin prepares to step down from his role as president of HAS after five years, I wish to honor him with appreciation and admiration for a job well done.

When he became president, Justin promised to support the Fair and see the HAS through the 100th; he pledged to shepherd the development of HAS to become an organization that hosted additional events that honored, upheld and showcased our rich farming heritage, and he hoped, through a min-grant program, to offer something additional to farmers young and old, who still spend their days enriching the soil, growing our food, and protecting our farmland. Like all presidents, the list of hopes is long and the time to accomplish them short, but Justin realized many of his goals. We held additional events such as the Cellars and Cave Tour, we increased our support base, we welcomed new members and honored volunteerism, and under his leadership, we pulled off the best attended fair in Heath's history, August 18, 19 and 20, 2017!

Buck den Ouden once said, "Agriculture needs a future," and Justin offers a great example of what it takes to participate in the creation of that future. Justin is as busy a person as any, and yet during his tenure he demonstrated leadership, showed genuine affection for the members and volunteers, performed tasks no one else could do, and in turn appreciated our own hard work. Justin, thank you for all you have done for the Heath Agricultural Society, and for all you do for Heath.

—Jessica Van Steensburg



*Justin "horsing around" with fair-goer.*



## Green Thoughts

—Pat Leuchtman

### The Second Planting Season

Autumn provides us with the year's second planting season. Many garden centers and nurseries will be putting potted plants on sale. Many friends will realize they have to move plants or will have divisions to pass along. Each gardener may have her divisions to share or to move to a new location in the garden. We gardeners are lucky. We get a second chance every fall to act on second thoughts, correcting decisions that didn't work out as we had expected or acting on new ideas we saw over the summer in the gardens we visited. It's time to dig again.

In my own garden I have worked over the past three summers to cover the ground. My goal is a garden that needs less maintenance. For me a low-maintenance garden, to a large extent, translates into large shrubs and groundcovers. It has not been easy, but I have worked hard to plant my shrubs far enough apart to allow for growth. When I do this, of course, I end up with lots of empty space between. I filled those spaces by planting perennial flowers and low ground covers closely together knowing that they would grow and spread and soon need dividing.

I could tell you that at this point my garden is lush. Or you could look at it and try not to comment too strongly on how crowded it is. Either way, I am looking at the plantings and thinking about what now seems less than lovely and deciding how to make them more lovely next year.

To start, I have begun cutting back bee balm and Siberian irises. I know people who want divisions of these plants. One friend put an addition on her house and the bee balm collection was sacrificed. Fortunately, I can easily and happily give her divisions of *monarda fistulosa*, the native bee balm, as well as Colrain Red, a wine-colored bee balm.

I am thinking about how and where I can dig up some of the now-too-big plants and carry them over into the spring when I can donate them to the Bridge of Flowers and Greenfield Garden Club plant sales. These two sales help fund new plants and school garden grants, worthy projects.

I look at the crowded area between our weeping cherry and the clethra. Between the two I planted an

ornamental raspberry, *Rhus odorata*, a plant you have likely seen along the roadsides in Heath. I always appreciated the plant's vigor and the rosy purple blossoms, but while it is great on the roadsides, the vigor is too much for my garden, so it is coming out. The raspberries weren't good to eat, and the Japanese beetles were altogether too fond of the foliage.

I brought a few little Woods Blue aster divisions down from the Heath garden and planted them in our South Border. They grow low, bloom late, and spread energetically to cover the ground nicely behind and around a viburnum. I will move some of these back to our hugel, the raised area at the back of our yard, where I will be very glad to have them continue to spread and cover the bare ground around the newly planted rhododendrons.

I also have perennial ageratums, *Conoclinium coelestinum*, growing between the clethra and the yellowtwig dogwood. These vigorous spreaders are also called blue mistflowers and bloom through late autumn. A friend gave me a few for my new garden two years ago. They thrived in last year's drought and in this year's rains. I will have to thin them out again.

I don't know about you, but I have a few mystery ground covers in the South Border. The most problematic is a very handsome 'groundcover' with small blue flowers in the spring. It is definitely a veronica, but did I plant it on purpose, or did it come in on some other plant? Oh well. I will continue to let it go. For now.

I am not really in the market for new plants this fall, but I remind you that there are bargains at garden centers. Sale plants may look a little tired, and when un-potted they may be quite root-bound, but they have plenty of life. I use my garden claw to pull those roots apart. Tearing or breaking them a bit will encourage them to make new roots so don't feel you have to be very gentle. Then give them a good soaking before you put them in their new planting hole, along with some compost, and then water again. I am also mulching all my new plantings. Take advantage of garden center sales!



Of course, fall is the one and only season for planting garlic. If you have never grown garlic before, it is not hard to prepare a bed that will be ready for October planting. If you order garlic bulbs online from an excellent company like Filaree Garlic Farm, you will also get good planting instructions. Or you can always check with Rol Hesselbart, Heath's own Garlic Guru.

No matter where your new plants come from, a friend or a sale, you'll be ahead of the game in the spring!



## The Way We Love to Eat

### Zucchini—Too Much of a Good Thing?

The families of Heath could probably write the book on a hundred ways to use zucchini. It is one of the easiest garden vegetables to grow and, though seasoned gardeners learn to plant sparingly, there always seem to be enough zucchinis to go around. It is not unusual to find a bag marked “free zukes” on the steps of Sawyer Hall. I have even heard of a desperate gardener leaving them in unlocked cars down in the valley. Every summer new ideas for using up zucchini surface. This summer, one of the more creative ones turned up at the Heath Fair. Children, young and old, were challenged to create a zucchini car to compete on a raceway created just for the event. It was unclear if any cars actually won the race but lots of fun was had and in the process a few more zucchinis were used up.

There are recipes galore that use zucchini (a Google search brought up 28,000,000 results in 65 seconds, faster than some of the “zuke” racers at the fair), but whether you enjoy zucchini in chocolate cake, summer squash casserole, spaghetti sauce, fritters, or bread, it is always good to get a few new recipes just for variety. Recently I talked to Mary Sumner and Cathy Tallen who spoke of recipes that they really liked. It seemed worth passing them on even though the season is passed and they might have to be saved for next year.

### Zucchini Relish

**Yield:** Makes 7 half-pint. jars

**Ingredients:**

- 1 medium onion, roughly chopped
- 1 medium red bell pepper, roughly chopped
- 1 tablespoon vegetable oil
- 1 teaspoon dry mustard
- 1 ½ teaspoons turmeric
- ¼ teaspoon pepper
- 2 teaspoons cumin seeds
- ¼ cup sugar
- ⅔ cup distilled white vinegar
- 2 pounds zucchini, coarsely shredded
- 1 teaspoon kosher salt



**Preparation**

1. Put onion in food processor and pulse until finely chopped. Transfer to a bowl. Wipe food processor clean, add bell pepper, and pulse until coarsely chopped.

2. Heat oil over medium heat in a wide 8-quart. pot. Add spices and cook, stirring frequently, until toasted and aromatic, about 3 minutes. Add onion and bell pepper, stirring to combine. Stir in sugar, vinegar, zucchini, salt, and ½ cup water, and cook, covered, stirring often, until zucchini has softened and flavors have melded, about 20 minutes.

3. Fill 7 half-pint. jars and put lids on to seal. Relish keeps, chilled airtight, at least 2 weeks.

### Bread-and-Butter Zucchini Pickles

**Ingredients:**

- 6 pounds medium-sized zucchini
- 1 ½ cups sliced white onions
- 2 large cloves garlic
- ⅓ cup salt
- 2 quarts (2 trays) ice cubes
- 4 cups sugar
- 1 ½ teaspoons turmeric
- 1 ½ teaspoons celery seed
- 2 tablespoons mustard seed
- 3 cups distilled white vinegar

**Preparation:**

Wash zucchini, trim ends. Slice into ¼-inch thick slices/chunks. Place in a large bowl. Add onions and garlic. Add salt and mix thoroughly; cover with ice and let stand 3 hours. Drain thoroughly; remove garlic cloves.

In a large pot, combine sugar, spices and vinegar; heat just to boiling. Add drained zucchini and onion slices and heat 5 minutes. Pack hot pickles loosely into clean, hot pint jars leaving ½-inch head space. Seal and process in a boiling water bath for 5 minutes. Makes 6 to 8 pints.\*

\*If you are new to home canning, it is important to learn about safe methods. My go-to reference is the book, *Putting Food By* by Ruth Hertzberg, Beatrice Vaughan, and Janet Greene, but there are many others on-line and at the library.

—Deb Porter



## Births

### Auber Allen Jalbert

Maya and Eric Jalbert, of Heath, are proud to announce the birth of their son, Auber Allen, born on May 16, 2017. Auber was born at Baystate Franklin Medical Center, weighing 8 pounds, 2 ounces, and measuring 21 inches. Auber is also welcomed by his older sister, Verva Corinne, his maternal grandfather, Ken Rocke, of Heath; and his paternal grandmother, Roberta Jabert, of Madison, Virginia.

### Benjamin Marcel Sampson

Benjamin Marcel Sampson was welcomed by parents Rebecca and Larry Sampson, and big sister Julia Grace on July 31, 1:11 a.m. He was born at home, in Heath. Benjamin weighed 6 lbs. 6 oz., and measured 17" long. His proud grandparents are Carol and Gib Dorr, and Victoria Sampson, all of Watertown, Massachusetts.



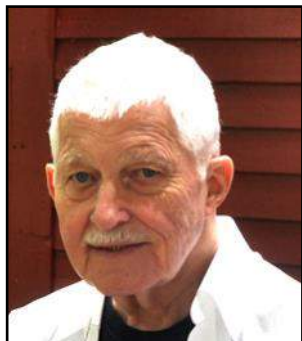
## First Day of School at Hawlemont Elementary





## Obituaries

### John Arthur Dauer Jr.



John Arthur Dauer Jr., 84, leather salesman, antique dealer, died August 13 in North Wilkesboro, NC, in presence of family.

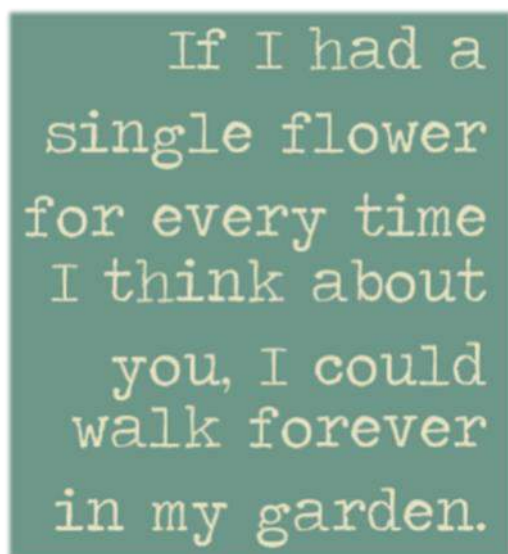
Born on Staten Island, NY, John earned a bachelor's degree from Columbia College. He then joined his father as 2nd-generation owner of the John A. Dauer Leather Company.

John also directed the restoration and preservation of numerous historic houses, including houses in Heath, Plainfield, Hatfield, and Florence, MA, and was a dealer and collector of antiques. John was preceded in death by his parents, Olga M. C. Holtermann Dauer, John A. Dauer, Sr., and former wife Rosamond Dauer, and survived by sons Matthew, Christian, daughters-in-law Kristen, Catherine, and grandsons Alexander, Ryan, and Avery.

A celebration of John's life is planned next summer (2018) in Heath (red house with pool, west of the town center).

In lieu of flowers the family requests that donations be made in memory of John A. Dauer Jr. to:

The Heath Agricultural Society, 9 Hosmer Road, PO Box 10, Heath, MA 01346, <http://www.heathfair.org>



*Gandhi*

### Beverly J. Gleason

Beverly J. (Beck) Gleason, 81, of Bassett Road, Heath, died Monday, September 4, 2017, at the North Adams Commons Nursing and Rehabilitation Center.

Beverly was born in Winchester, NH on June 6, 1936 the daughter of Lancelot Madliene E. (Minor) Beck. She was a graduate of Turners Falls High School.

Beverly had different jobs over the years, from truck driver to home healthcare provider with her biggest desire to help other people. Beverly was a member of the Heath Union Church.

Survivors include her husband Walter Gleason, a son Richard Woodley, a daughter Madeleine Crouse of Shelburne Falls, a brother Robert Beck of Lake Pleasant, a sister Mary Glazier of Athol, grandchildren Tiffany, Rodney and Anthony as well as nieces and nephews.

Beverly was predeceased by four sons, Mark Gagnon, Herbert Reil, Frank Woodley, and George Wrisley.



### Thomas D. Jenkins

Thomas D. Jenkins, 69, of 32 Town Farm Road died Sunday, September 10 peacefully at home. We learned the news of Tom Jenkins' death close to press time. More will follow in the next issue of the Herald.



### Francis A. Rice

Francis A. Rice, 97, of Heath, passed away on September 12, 2017. This sad news came to us close to press time, so we will share more about Fran in the next issue of the Heath Herald.



## New to Board of Assessors



*Heather Hathwell*

A native of California, Heather Hathwell's background is in music law, where her expertise includes publishing administration and rights recapture for authors and estates. She got her start at Manatt, Phelps, Rothenberg & Tunney as a "wannabe" secretary in the 1980s, eventually advancing to paralegal after graduation. While there, she got to witness JFK Jr.'s summer

clerkship and the bustle of the 1992 Clinton campaign, before spending nearly 11 years at another firm working primarily with artists, record labels, and digital service startups. On the flip side, over time, the grind of city life and its incumbent stressors gradually changed the dream and plans of "One day," to a stark realization that there might never be a "One day."

In 2012, Heather and now-husband, Scott, took their dogs and moved to the Pioneer Valley, trying various hilltowns before settling in Heath. Here they have found a very special, warm community. Initially working at Curtiss, Carey, Gates & Goodridge in Greenfield, Heather now works from home, mostly in entertainment law. She spends her newfound spare time slowly learning homesteading skills and considering how to be a lobbyist for children's issues. In the meantime, Heather is serving on Heath's Board of Assessors and Historic Commission, arising out of her passion for real estate (eventually she will transition to that field as a buyer's agent), her love of colonial history, and a desire to serve her new town.

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## Recently Re-elected to town office were:

**Brian DeVriese**, re-elected Selectman

**Eric Sumner**, re-elected Moderator

**Calvin Carr**, re-elected to the Planning Board

**Emily Cross**, Library Trustee, elected this May, although appointed last year

**Robert Bourke & Steven Thane**, Constables, both re-elected

## Heath Union Evangelical Church

The Rev. James Koyama, Minister  
Dennis Ainsworth, Organist  
Sunday morning worship 10 a.m.

### All are welcome

Please join us for Bible Study every Thursday at 6 p.m., held at the home of Dennis Ainsworth, 215 Ed Clark Road, Colrain. Anyone interested in carpooling should meet at the church at 5:30 p.m.

Rev. Koyama is in town on Thursdays, with office hours at the church in the afternoon. You can also contact him on his cell phone anytime: 808-282-6711.

For information call Rev. Koyama  
or a member of the Board of Deacons:

Hilma Sumner, Chair ...337-4845

Ruth Johnson .....337-4367

Walter Gleason .....337-4479

Church phone: 337-4019 to leave a message  
Find us on Facebook @ Heath Union Evangelical Church

Church building facilities are available  
for private events.

Call Victoria Burrington for details: 337-4425

### Church News

In September we wrapped up summer activities with our annual outdoor worship service and picnic at Richard and Hilma Sumner's home and with a concert featuring the 4Ds&1G men's gospel quartet.

Looking forward to autumn, we will be holding a community supper at the church on October 14 beginning at 5:30 p.m. The menu will include baked ham, home-baked beans, several side dishes, and dessert. Reserve your seat by contacting Richard Gallup at 337-5367. Take-out meals may also be ordered and picked up while the meal is being served.

Thanksgiving Eve service will be held on Nov. 22 at 7 p.m. It will be a time of music, readings and grateful reflection for all we have been blessed with. Following the time of worship will be our social hour with locally pressed cider and donuts. Come and join in a time of quiet reprieve from the busy preparations for the holiday.

Our worship services continue to begin at 10 a.m. each Sunday morning. Join us in a time of music, readings, and listening to an inspirational message.





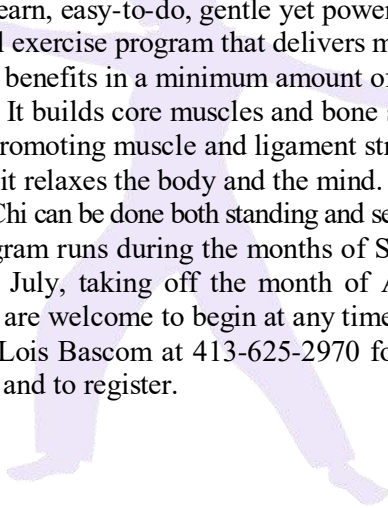
## Tai Chi Offered in Heath

One Heart Tai Chi for Health and Fall Prevention, taught by Lois Bascom, Board Certified Instructor, is now being offered on Mondays at 10 a.m. for one hour, in the Heath Community Hall; upstairs. This program is sponsored by the Heath Senior Center, but you do not need to be a senior to attend. Suggested donation is \$5.

This class follows Dr. Lam's Tai Chi for Arthritis program, which is recommended by the Centers for Disease Control and Prevention as an evidence-based program. This Sun style form of Tai Chi is an easy-to-learn, easy-to-do, gentle yet powerful meditational exercise program that delivers maximum health benefits in a minimum amount of movements. It builds core muscles and bone strength while also promoting muscle and ligament strength. In addition, it relaxes the body and the mind. This style of Tai Chi can be done both standing and seated.

The program runs during the months of September through July, taking off the month of August. Newcomers are welcome to begin at any time.

Contact Lois Bascom at 413-625-2970 for more information and to register.



## Heath Online

Take some time to visit the town's website at [www.townofheath.org](http://www.townofheath.org) for meeting minutes, school information, and more. You may contact the Selectboard as a whole or an individual via this email address: [BOS@townofheath.org](mailto:BOS@townofheath.org)

## PAY PER THROW

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



## Fall "Clean Sweep" Bulky Waste Recycling Day

Franklin County Solid Waste District's "Clean Sweep" Bulky Waste Recycling Day is Saturday, October 21, from 9 a.m. to noon, at 3 locations: the Buckland Recreation Facility at 66 Ashfield Rd. (Rt. 112 South), the Northfield Highway Garage at 49 Caldwell Rd., and the Whately Transfer Station at 73 Christian Lane.

Residents from any District town may bring bulky items such as tires, appliances, scrap metal, furniture, mattresses, carpeting, construction debris, computers, televisions, propane gas tanks, and other large items. Materials will be recycled whenever possible; disposal fees apply for most items. Clean and dry (bagged) textiles and books accepted free for reuse or recycling.

Residents and businesses do not need to pre-register for the collection. However, there are charges for most items. Disposal fees, cash only, will be collected during check-in at each site. A complete list of prices for the most common items is online at [www.franklincountywastedistrict.org/cleansweep.html](http://www.franklincountywastedistrict.org/cleansweep.html), and will be made available to participating town halls, town transfer stations, and the District office at 50 Miles Street in Greenfield.

Did you know? *Staples* accepts computer equipment (no TVs) free of charge: Call store for details. Various charities and non-profits accept donations of working electronics, including local Salvation Army and Goodwill stores. Always call ahead to ask if they can accept your item.

For more information, contact the District office at (413) 772-2438;

email: [info@franklincountywastedistrict.org](mailto:info@franklincountywastedistrict.org);

or visit: [www.franklincountywastedistrict.org](http://www.franklincountywastedistrict.org).

MA Relay for the hearing impaired: 711 or 1-800-439-2370 (TTY/TDD).

The District is an equal opportunity provider.

Reduce trash by composting: "Earth Machine" compost bins (\$45) and "Sure-Close" compost pails (\$5) are available at the Solid Waste District office in Greenfield. Call for hours. Cash or checks only.

**COMMUNITY CALENDAR**

- Oct 13 **PRESCHOOL STORY HOUR**  
10:30 to 11:30 a.m. at the Heath Library
- Oct 14 **COMMUNITY SUPPER**  
5:30 p.m. at the Heath Union Church
- Oct 21 **CLEAN SWEEP BULKY WASTE RECYCLING DAY**  
9 a.m. to noon  
*See details page 21*
- Oct 27 **PRESCHOOL STORY HOUR**  
10:30 to 11:30 a.m. at the Heath Library
- Nov 4 **LADIES AID ANNUAL HOLIDAY FAIR**  
Heath Union Church
- Nov 18 **HOLIDAY BAZAAR**  
9 a.m. to 3 p.m. at the Charlemont Federated Church
- Nov 22 **THANKSGIVING EVE SERVICE**  
7 p.m. at the Heath Union Church

**Calendar Items**

If you would like an item listed, please drop a note in the black box in the town hall vestibule or send an email to [TheHeathHerald@gmail.com](mailto:TheHeathHerald@gmail.com). Include the event name, date and time, and location.

**ONGOING****CRAFTY LADIES**

First and third Thursdays from 3 to 5 p.m. in the Senior Center, downstairs in the Community Hall. Come join fellow sewers, knitters, and crafters and work on your own projects while enjoying each other's company. A \$1.00 donation is encouraged to defray the cost of using the building. Contact Susan Gruen at 337-4235 for more information.

**FOOT CLINIC FOR SENIORS**

Third Tuesday of each month in the Senior Center, downstairs in the Community Hall. Contact Eileen McVay-Lively at 337-4742 to set up an appointment and/or arrange transportation.

**HEALTHY BONES AND BALANCE**

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

**SENIOR BROWN BAG LUNCH**

First Thursday of each month, dessert & games. 11:45 a.m. in the Senior Center, downstairs in the Community Hall.

**SENIOR LUNCHEON**

Third Thursday of each month, 11:45 a.m. in the Senior Center, downstairs in the Community Hall. A count is required by the Monday before the scheduled meal. Please sign up at the Senior Center, downstairs in the Community Hall or call Margo Newton at 337-8580.

**SENIOR OPEN ART**

Monday, 1 to 4 p.m. in the Senior Center, downstairs in the Community Hall. Open to all. Contact Eileen McVay-Lively at 337-4742 with questions.

**TAI CHI**

Monday, 10 to 11 a.m. upstairs in the Community Hall.

**YOGA**

Wednesday 6 to 7 p.m. upstairs in the Community Hall, led by Kate Peppard.

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



## HEATH TOWN OFFICES

1 East Main St, Heath MA 01346  
Phone: 413-337-4934 Fax: 413-337-8542  
[www.townofheath.org](http://www.townofheath.org)

### Town Coordinator, Kara Leistyna

[bos@townofheath.org](mailto:bos@townofheath.org)  
Monday-Friday 9:30 a.m. to 3:30 p.m. with  
exceptions posted in Sawyer Hall

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

Tuesday 7 p.m., Sawyer Hall  
Sheila Litchfield, Chair, 413-337-4957  
Brian DeVriese, 413-337-5525  
Robyn Provost-Carlson, 413-337-5316

### Town Clerk, Hilma Sumner

[townclerk@townofheath.org](mailto:townclerk@townofheath.org)  
Tuesday and Thursday 8:30 to 11 a.m.  
Monday 3:30 to 5 p.m. or call for appointment,  
413-337-4845

### Accountant, Tracey Baronas

[accountant@townofheath.org](mailto:accountant@townofheath.org)  
Monday 9 a.m. to 2:30 p.m. (varies)  
413-337-4934, ext. 5

### Tax Collector, Elizabeth Nichols

[taxcollector@townofheath.org](mailto:taxcollector@townofheath.org)  
Monday 4 to 6 p.m.  
or call for appointment 413-337-6665  
413-337-4934, ext. 2 / Fax: 413-337-8542

### Treasurer, Kristi Narktowicz

Monday 3:30 p.m. (varies) or  
email to [knarktowicz@gmail.com](mailto:knarktowicz@gmail.com)

## BOARDS AND COMMITTEES

### Board of Assessors

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

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

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

### Finance Committee

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

### Library Board of Trustees

Deborah Porter, Chair, 413-337-4715  
Emily Cross, 413-337-4816  
Jan Carr, 413-337-5747

### Planning Board

Calvin Carr, Chair, [calvinccarr@verizon.net](mailto:calvinccarr@verizon.net)  
Douglas Mason, Sec, [dougmason@hughes.net](mailto:dougmason@hughes.net)  
Robert Viarengo, [viarengo932@crocker.com](mailto:viarengo932@crocker.com)  
Jo Travis, [jtravis156@verizon.net](mailto:jtravis156@verizon.net)  
Bill Gran, [whgran@gmail.com](mailto:whgran@gmail.com)

### Agricultural Commission

Jessica Van Steensburg, 413-339-4904  
Doug Mason, 413-339-4756  
Nina Marshall, 413-339-4756  
Sean Neill, 413-339-4820

### Cemetery Commission

Jerry Gilbert, Central Cemetery, 413-337-4355  
Claire Rabbitt, North Cemetery, 413-337-8309  
Eric Sumner, South Cemetery, 413-337-5330  
Matthew Lively, Sexton, 413-337-4331  
Hilma Sumner, Burial Agent, 413-337-4845

### Conservation Commission

Brian DeVriese, Chair, 413-337-5525  
Dennis Peters, 413-337-4014  
Ellen Jenkins, 413-337-5353  
Bernard "Buck" den Ouden, 413-337-4002  
Jessica Van Steensburg, 413-339-4904

### Historical Commission

Margaret Freeman, Chair, 413-337-4854

## COMMUNITY

### Public Library, Don Purington, Director

Lyra Johnson-Fuller, Library Assistant  
[www.heathlibrary.org](http://www.heathlibrary.org), [heath.library@gmail.com](mailto:heath.library@gmail.com)  
Monday 3 to 7 p.m., Wednesday noon to 7 p.m.,  
Saturday 9:30 a.m. to 1:30 p.m.  
413-337-4934, ext. 7

### Post Office Manager, Charlene Reynolds

Monday to Saturday, 9:30 a.m. to 1:30 p.m.  
413-337-4934, ext. 4

### School

#### MTRSD School Committee Representatives

Budge Litchfield, 413-337-4957  
Kenneth Rocke, 413-337-5753

#### Franklin County Technical School Representative

Art Schwenger, 413-625-2526

#### Hawlemont Elementary School

Samantha Rutz, Principal, 413-339-8316

### Town Nurse, Claire Rabbitt, RN

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

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

Eileen Lively, Senior Coordinator, 413-337-4742

## PUBLIC WORKS AND SAFETY

### Animal Control Officer: Ed Grinnell

413-834-2951 or 911 for an emergency

### Highway Department, Mike Shattuck,

Transportation Supervisor, 413-337-4462

### Police Department, Melinda Herzig, Chief

Office hours: Tuesday 6 to 8 p.m.  
413-337-4934, ext. 108

### Transfer Station, Ken Erho, Attendant

Wednesday, noon to 4 p.m. **all year**  
Saturday, 8 a.m. to 4 p.m. **all year**

Monday, 9 a.m. to 1 p.m. **June 5 to October 30**

### Volunteer Fire Department

Ken Gilbert, Chief, 413-337-4461



"What pleasure exceeds that of the farmer?  
He picks his apples; he gathers his corn; he digs his  
potatoes; and dances around the cider mill  
with a delight that kings and emperors cannot  
enjoy with all their pompous parade  
and tinsel splendor."

—2018 Old Farmer's Almanac

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Contact us at [theheathherald@gmail.com](mailto:theheathherald@gmail.com) or drop us a note at P.O. Box 54, Heath 01346 if you are interested.

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



Thank you, Melinda Herzig



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