



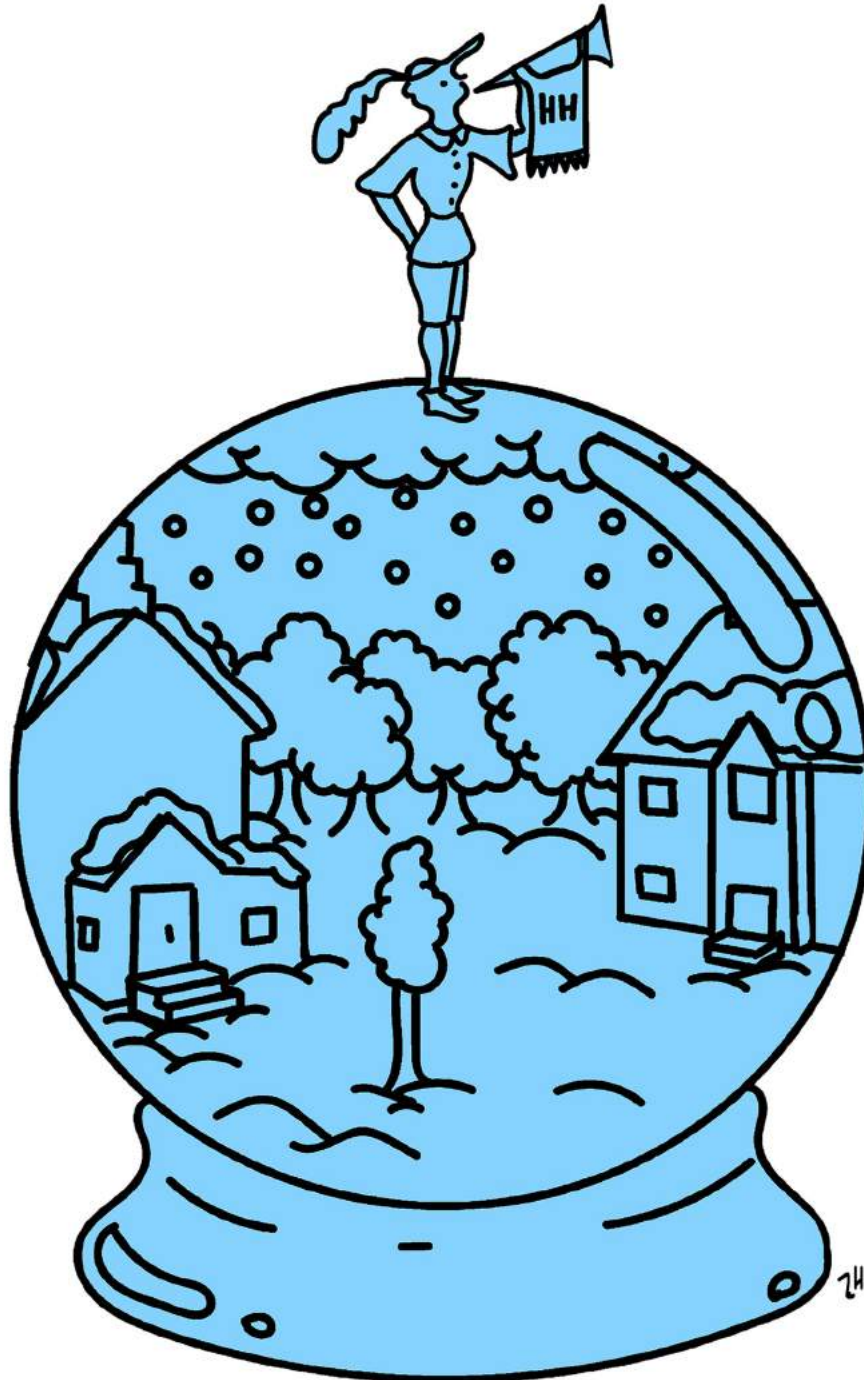
HEATH HERALD

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Peace on Earth

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On the Cover

A message of peace this holiday season from the staff of the *Heath Herald*. Illustration by Zack Handler.

The Heath Herald Logo

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

Payment Questions

If you have questions regarding payment, please contact Mary Sumner. Contact information above.

Correspondence

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- Send to our email address:
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- Send to our PO Box:
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- Drop off at our Town Hall box:
Local residents can drop a letter or subscription form into the black box on the wall to the left of the post office boxes in the vestibule (no postage needed).

Submission Deadlines

January 5 for inclusion in February/March issue
March 5 for inclusion in April/May issue
May 5 for inclusion in June/July issue
July 5 for inclusion in August/September issue
September 5 for inclusion in October/November issue
November 5 for inclusion in December/January issue

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Celebrations

The Staff of the *Heath Herald* went back to our archives to find some gems to share with you this holiday season. We hope that you enjoy them as much as we did.

1916

Santa had promised me a doll carriage and I wanted to see it before my folks woke up in the morning. So I decided to stay awake. I kept very quiet but missed Santa. Then, when the daylight began to dawn, I heard carol singers approaching. They had spent the night walking and singing and were on their way home. I was thrilled because they stopped outside my bedroom window and I thought they were singing especially for me. Incidentally, I still have the wonderful old doll carriage.

—Edith Gleason

December 1979/January 1980



Christmas in Heath, 1913

There was no lack of communication in our one-room school in Heath Center—we all knew what was going on. After Thanksgiving, our teacher, Marion Clark, who later became Mrs. George Peon, announced that we would give a play for Christmas, Bird's "Christmas Carol." We were all excited. We found our costumes in the attics at home, and we rehearsed and enjoyed it all.

The day arrived and so did all of our parents, sisters, brothers, and friends.

We had the curtain up, the stove going full blast, so it was hot, but we did not mind. We knew our parts, and I suppose we did Marion Clark credit. Anyway, it was a school project, and all the children and families were interested. Small homemade gifts were distributed.

As I look back, I marvel at the teachers' ability. Classes went on as usual, but somehow they worked things in together. There were no teachers' aides or helpers. Miss Clark did these things alone, but she had the cooperation of all the pupils and families.

—Hannah Burrington

December 1980/January 1981

Christmas Traditions

Clyde Churchill remembers some wonderful Christmas customs from his boyhood. The Churchill homestead, where he and his family now live, was bought by his grandfather from his uncle in 1869 (for the sum of \$1,150!). Clyde's father left in 1907 when he married Avis Taylor and moved to Charlemont. With so many children in both the Taylor and Churchill families, it was no wonder that there were grand festivities when they all got together. Clyde recalls coming to Heath for Christmas by horse and sled with all the children on a special rack filled with hay for the cold ride up the mountain. His Aunt Bertha would have made popcorn balls with molasses, and there was a double row of homemade pies of every description on the broad shelf in the pantry. Clyde's mother always wanted to surprise her relatives on their arrival, but the element of surprise was thwarted when the Canedy family, who lived near Ralph Sessions' home, would call Grandma Churchill as they passed by their house and tell them their company was on the way.

Clyde recalls they used to have quite a Christmas party each year, but before they left for home, names were placed in a hat and each person drew a name for next year's Christmas present. The toys were simple and often homemade. They must've been treasured and very well taken care of, as Clyde still has a wheelbarrow, a sled, and a doll's chair made by his uncle for some of the Churchill children.

—Susan Sylvester

December 1984/January 1985



An adorable Hilma (Churchill) Sumner with her father's wheelbarrow, which she still has and treasures.

(Continued on next page)

(Continued from page 3)

More Celebrations From the Archives

During these days of traditional celebrations, and at a point when we as a country often feel so divided, here are some closing thoughts this holiday season.

On the Meaning of Life, 1988

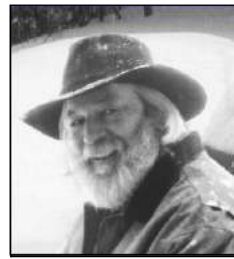
Theologian Robert McAfee Brown, of Heath and Palo Alto, was one of some 40 “wise men and women” who contributed their thoughts on the meaning of life in an article in the current issue of *Life* magazine. Bob's thoughts relating to life-long Heathen Ralph Sumner are well expressed in the following paragraphs:

“Ralph Sumner died the other day, full of years (80+) and wisdom (dairy farmer, cabinet-maker, churchgoer, member of the road crew, dowser). When we laid him in the ground there were some tears, but there was also a lot of gratitude for the joy he had spread around folk of Heath. Ralph's death made me think about my life.

“I believe we are placed here to be companions. We are here to share bread with one another so that everyone has enough, no one has too much and our social order achieves this goal with maximum freedom and minimal coercion. There are many names for such sharing: Utopia, the beloved community, the Kingdom of God, the communion of saints. And while the goal is too vast to be realized solely on this planet, it is still our task to create foretastes of it on this planet—living glimpses of what life is *meant* to be, which includes art and music and poetry and shared laughter and picnics and politics and moral outrage and special privileges for children only and wonder and humor and endless love, to counter-balance the otherwise immobilizing realities of tyrants, starving children, death camps, and just plain greed.

“But I expect Ralph Sumner now sees it more clearly than I do.”

—Robert McAfee Brown
December 1988/January 1989



Wild Ramblings

—Bill Lattrell

On the Back Side of a Hill

On the back side of the high, 1,750-foot hill south of my house there is a series of ledges. Four sets of ledges in some areas, three in others. The ledges are steep, near vertical in places, with treacherous drop-offs as high as 60 feet. On the second ledge down from the top there is a narrow, level bedrock trail, perhaps four feet wide in some spots and two feet wide in others, that multitudes of animals have used as a local migratory route for thousands and thousands of years. Between the ledge outcrops there are relatively wide and level areas that hold significant stands of red oak and American beech trees. On this autumn day I find myself walking the ledge trail, a trip that could not safely be accomplished in icy weather, looking for signs of wildlife left behind on the rocky precipice. Newly fallen autumn leaves cover some of the scat sign, and so I find myself moving the leaf litter aside in search for evidence. It is an activity that I do at least once or twice a year.

Getting over the top of the hill and down to the ledges was challenging. I am moving slowly, but deliberately, these days. I am reminded of my Dad's old oak hull 28-foot Pinson boat. The boat was 35 years old when I was just a kid. The 5.5 ton boat was powered by an old 40-horsepower Model A motor. Forty horsepower sounds like it is not nearly enough to move a heavy boat of this size, but the gearing and large prop kept the old craft on top of the water and riding over the waves of the Atlantic Ocean. Like that boat, I am large and heavy. But also like the boat, I am built of something akin to oak. My motor has always pushed me forward with strong will and a steady beat. It has always been dependable. And as the pilot of my life, I have depended on that engine to get me through thick and thin. From the wilderness of Quebec, the deep forests of the Allagash and the Adirondacks, the Rockies of the great American West, to the steep Appalachian mountains of Tennessee, I have successfully navigated life and adventure. From the thousands of acres of rough terrain behind my house in Heath, Massachusetts where I lived spring,

summer, autumn, and winter for two-and-a-half years in a tipi with my hounds, and later with my wonderful wife, built our house from trees cut by us and turned into lumber, I have depended on this engine, this heart, for full function and power well into my latter years.

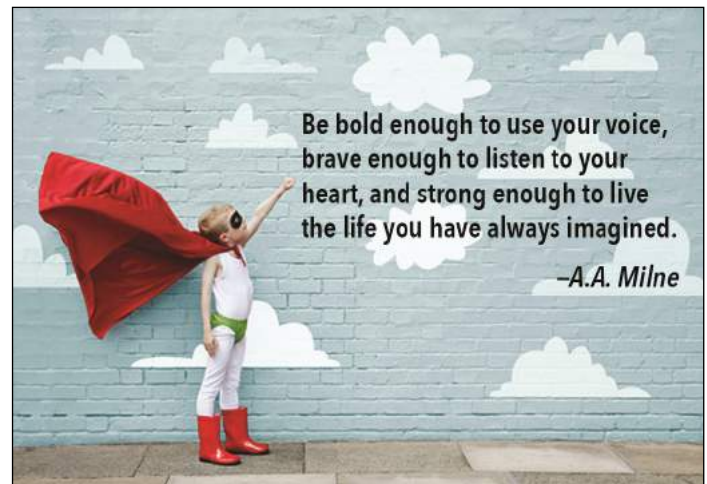
A no-holds-barred, rough-and-ready, pedal-to-the-metal attitude has been the mark of my adult life. I, alone, have piloted my life and adventures through rough-and-tumble country, accidents caused by throwing caution to the wind, and a zest for the different and the “wild” in life. The risks were calculated, the efforts my best shot, and the wild and woolly were always on purpose. Never a regret, I have always pushed forward. And as the pilot of this life I expected there to be times when I was grounded. But never did I expect to give up the helm to a different one at the controls.

This is not a statement of defeat or retreat but rather an observation of reality. Sometimes we have to yield in order to move on. Sometimes we must recognize that life can change and we have to change with it. Sometimes we have to adapt and be willing to approach our own existence from a different perspective. And so it is that my perspective and approach have changed. Perhaps not permanently, but at least until I can get the necessary repairs that may put my life back on track.

Aging has some funny twists. For most it is a gradual process. There is a long slow ebbing of the tides that allows us to accept the inevitable. Those that work with the tide as it recedes are better equipped to find happiness in what they have, not sorrow in what they once had. Aging came somewhat suddenly for me. Just a few years ago I was pushing hundreds of pounds around at the gym, trekking northern Quebec, and pushing myself up each hill as if my life depended on it. Yes, I knew that change was inevitable, but I ignored the possibility as if the very idea was a barrier that I could simply walk around. Broken legs and gimpy knees aside, I fought each ever-growing wave. My ship had not yet sailed its last voyage. I was at the helm and in command. I also ignored the dizziness and pains in my chest that I had put up with for months. There was one more hill to climb. One more wave to ride over. Why slow down now?

Of course, predictably, one day the pain and the dizziness overwhelmed me. I stopped suddenly because my engine sputtered to the point where I realized that it needed repair. And so I drove myself to the doctor and then the hospital (that's another story), and there I spent a few days. I have heart disease. Chronic, never stopping,

atrial fibrillation, and enlarged left and right atriums. Planned surgery might be able to repair the atrial fibrillation. I am lucky that this part of my situation has a potential fix. I look forward to the operational procedure. The enlarged atrium appears to be moderate, not severe. Ridding myself of the crazy heartbeat may stop further advancement and problems caused by the atrium enlargement issue. I am hopeful that I can put this behind me, at least for the foreseeable future.



And so, I am here in this mighty forest on a narrow ledge perched above the oak forest below me. Exiting the ledge and walking up hill, I move slowly. Perhaps a tad unsteady, I keep pushing forward. The heart is now in control, allowing me to do only what I can do. I listen to its every command and slow down when I need to, rest when I need to, and take my time because time is now the most important asset in the world to me.

Time will tell if I will be able to put myself at the helm of wild adventure again. But moving forward, keeping my eye on my life in the distance, everything will be different. I no longer will be the adventure. The adventure will be me. But right now I have a hill to climb and then descend to get home.

All good, one step at a time. A journey of one sort or another lies ahead.

—Bill Lattrell

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Heath Fire Department Report for October

The Heath Fire Department responded to three calls in the month of October 2018. There were two medical calls and one for an illegal burn. Please remember to replace the batteries in all smoke and carbon monoxide detectors.

—Nick Anzuoni
Heath Fire Chief



What Are They?



Can you guess what these antique tools were used for?

Answer on page 19

Nature Note: Will there be an irruption?

As I write this in November, a flock of pine siskins is joining the goldfinches at our feeders to fill up on thistle seeds. Siskins have the same size, shape, and sharp pointed beak as the goldfinches, but are streaked with brown and have a slight wash of yellow color on their wings. Pine siskins live in the boreal forests of Canada and the northern U.S., where they feed on the seeds of coniferous trees. Like the oaks and beeches of our forests, coniferous trees have “mast” years where more energy is put into the production of seeds and nuts. As a result, in successive years, production may be low. In these lean years, birds dependent on this food source such as siskins, redpolls, and crossbills, are forced to travel farther in search of food, and end up migrating into areas south (or sometimes east or west) of their usual range in what is known as an “irruption.”

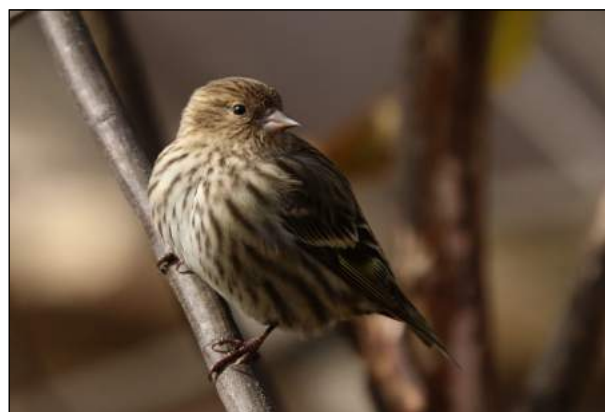



Photo of Pine Siskin by Alec Draxler

Scientists are studying how our changing climate will affect bird ranges, spring and fall migrations, and irruptions (mast years are usually the result of a hot and/or dry year), with much of the data for these studies collected by citizen scientists who submit observations made in their backyards. Will there be an irruption of northern species this winter? By the time you read this, we may know! If you would like to report the birds you see, whether they are common like chickadees or unusual like pine siskins, and add to this valuable database, join the Cornell University Laboratory of Ornithology’s *Project FeederWatch* program at feederwatch.org.

—Susan Draxler




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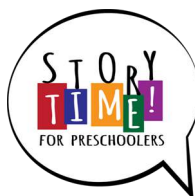
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Library Lines

—Donald Purington



Please join us for Preschool Story Hour with the young children in your life on Friday, December 14 and 28, and January 11 and 25, at 10:30 a.m.

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: *Look Alive Twenty-Five* by Janet Evanovich, *Kingdom of the Blind* by Louise Penny, *An Elderly Lady is Up to No Good* by Helene Tursten, *The Colours of All the Cattle* by Alexander McCall Smith

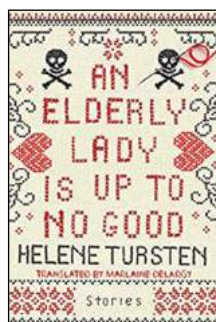
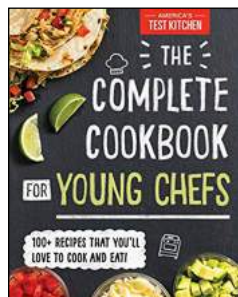
Non-fiction Books for Adults: *Becoming* by Michelle Obama, *The Noma Guide to Fermentation* by Rene Redzepi, *How to Make a Watercolor Paint Itself* by Nita Engle

Books for Young/Teen Readers: *A Winter's Promise* by Christelle Dabos, *Blended* by Sharon Draper, *The Complete Cookbook for Young Chefs* by America's Test Kitchen

Children's Picture Books/Boardbooks: *Quiet* by Tomie dePaola, *Winter is Here* by Kevin Henkes

DVDs: *The Crown* Season 2, *Sharp Objects*, *Mission: Impossible-Fallout*, *Poldark* Season 4, *Incredibles 2*

Photos on CD: *1,272 photos of the 2018 Heath Fair* by Art Schwenger



Town Nurse

—Claire Rabbitt, RN

Balance and Aging

With aging come changes in our ability to maintain balance, thus increasing the risk of falling. Vision may be less clear, with reduced depth perception and poor night vision. Reduced muscle mass and strength, and longer reaction time decrease the ability to negotiate uneven surfaces or to recover from a stumble. Health conditions, some medications, poor posture, and joint problems also affect balance.

There are exercises that can improve balance and strength as we age. According to an article in the April 2015 *Mayo Clinic Health Letter*, "When combined with strength training, balance exercises can help you build muscles around your joints, making them more stable and your balance more sure." "People who do balance exercises also have greater mobility." Walking is still one of the best ways to build muscle and improve balance. Wear well-fitting shoes with good support.

Some exercises that studies have shown to improve balance and strength include:

- While holding on to a sturdy chair, shift your weight from one foot to the other, then stand on one foot for several seconds. Rise up on your toes and hold for eight seconds, repeating eight times.
- Walk heel-to-toe or walk lifting your leg forward and holding it for a second as you walk in a straight line.
- Strengthen your lower body by doing back and side leg raises while holding on to a chair. Added ankle weights increase the challenge.

These are some of the exercises we do in *Healthy Bones and Balance* class in the Senior Center every Tuesday from 11 a.m. to noon, and every Thursday from 10 to 11 a.m., which is free for anyone over the age of 55.

There are also *Tai Chi* classes at the Community Hall. See calendar listing on page 22.

If you have issues with walking or balance or have other medical conditions, talk with your health care provider before beginning these or any other exercises.

Best wishes for a safe and happy holiday season!



Green Thoughts

—Pat Leuchtman

Madame Queen and Noble Bees The Leuchtman's Honeybee Project Part I: Preparing for the bees

An ancient tradition stipulates that honeybees in a hive must be told when their beekeeper dies, else chaos and disaster will strike the hive. This practice is called "telling the bees." It has always seemed logical to me that it would be beneficial to tell the bees about other important events affecting their well-being. That is why in the spring of 1992 when, I got an 8 a.m. phone call from the Post Office saying that my bees had arrived, I drove down immediately to introduce myself, make my obeisance to Madame Queen and Noble Bees, and explain that I was taking them to their new palace. I wanted them to be calm and understand that I was ready to serve them as their devoted servant.

The bee farm had called me earlier to say that my three-pound package of bees, with queen, was on its way. Henry and I had prepared. All of the materials to build said palace were gathered. Henry and I assembled the hive bodies, and daughters Betsy and Kate and I put the frames together. Then, Henry and I spent an evening trying to put sheets of beeswax foundation in the frames, so that the bees could have a little head start and not have to spend so much time building honeycomb.

None of the equipment came with directions, but we felt we were doing well—until we got to the foundation. These sheets of beeswax were reinforced with fine wire and they *nearly* fit into the frames—but not quite. I thought the wax foundation was poorly made, improperly sized. Henry insisted that the frames should have had a slit in the bottom strip of wood; it was just impossible to get the foundation to fit and lie flat.

Precision has never been my strong suit, and I waved aside the problem of someone else's seeming lack of precision. I convinced Henry that all we needed to do was cut off the too-long wires and press the foundation in the frames firmly. We were ready.

By the time I picked the bees up at the Post Office,

the temperatures were soaring. It felt more like August than late May. We let the bees rest in the cool house for 24 hours because the weather was so hot, and my work schedule kept me from installing the bees in their hive immediately. Naturally, I explained the schedule to the bees. "Madame Queen and Noble Bees, rest in the cool house and soon I'll move you to your new palace."



Package delivery of bees with queen

The next afternoon, our friend, Dick Bonney, who was writing a book for beginning beekeepers, joined me to take pictures of the instal-

lation. I was delighted to have him there because I couldn't remember the whole procedure and was glad of his expert presence. Dick thought the bees looked good and he was impressed with the new hive sitting in the big window in the loft of our shed. He looked askance at the ladder leading to the loft, however. "How are you going to get those bees up there?" Again, I was ready. "I'll just pop the package in my big canvas carryall."

I had the bag in one hand and the package of bees in the other—but the bees didn't quite fit into the bag. I was giving myself a quiet moment to consider what my next move might be when Dick started up the ladder, shaking his head, then asked me to hand the bees up to him. Dick put the package on the floor of the loft and opened the hive to see if it had been properly put together. "Take away this queen excluder. You don't need it now and you'll never need it." Clearly he had new techniques to teach us. "You won't need the bee entrance reducer either." Then Dick pulled out the frames with the foundation. He gave me a disgruntled look as he examined the modifications I had made. "Well, they didn't fit right," I said defensively. "I think it was a bad run of foundation. The sheets weren't the right size."

Dick rolled his eyes. It turned out that Henry was right. The bottom frame strips should have had a slit, but since they didn't come that way the bee supply seller was supposed to tell me that we needed to take our saw and make that slit. I probably boasted about having kept bees before so she may have assumed I knew what I was doing. Clearly a mistake on everyone's part.

Dick continued examining the frames and I could almost see him counting the nails we had used to put them together. "Henry said he thought we should use more nails, but Betsy and I were having a hard time and we didn't see any necessity, so we only used one nail at each joint." Dick sighed. "Well, you can't use the frames as they are. Once the bees start building their own comb and spreading propolis around, you'll never be able to pull out the frames to inspect them or harvest them without having them pull apart-and then you'll have a terrible mess in the hive."

I could see his point and I visibly sagged, but he just told me to get hammers and the extra nails and we'd make sure each one was assembled properly.

We found hammers and set to work. After a few more



Installing beeswax in the frames

false steps, during which I could tell that Dick did not think much of my clumsy hammering technique, or the number and type of nails I tried to use, the

moment of truth had arrived. It was time to open the bee cage and put the bees into the hive. Don't miss the next installment of the Leuchtman's beekeeping adventures in the February/March 2019 issue of the *Heath Herald*.

—Pat Leuchtman



Visit Pat's blog at www.commonweeder.com

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Solid Waste Management District**

Holiday Recycling Guidelines

Yes, please recycle these:

- Gift wrap, tissue paper (no foil, metallic inks, or glitter). Tape is okay
- Paper gift bags and shopping bags
- Envelopes (plastic windows are okay)
- Catalogs, calendars
- Cardboard: corrugated, paperboard

No, please DO NOT recycle these:

- Ribbons, bows, tinsel (reuse or trash)
- Holiday light strings (acceptable in scrap metal recycling)
- Christmas tree netting
- Bubble wrap, packing peanuts, polystyrene/Styrofoam (clean packing materials accepted for reuse at Greenfield UPS Store)
- Plastic bags (clean bags marked #2 and #4 accepted in retail stores)
- Plastic blister pack packaging (i.e. from toys and electronics)
- Photographs

TOWN OF HEATH **ROADSIDE TRASH**
 ONE STICKER MUST BE ATTACHED TO EACH BAG. REFUSE ONLY.
 NO Recyclable Materials, Metals or Yard Waste
 PLEASE DO NOT LITTER — KEEP HEATH BEAUTIFUL
 For stickers, call 337-4934, Ext. 0

Littering

Like other towns in our region, Heath's roadsides are strewn with litter, and in the eyes of some residents, it's gotten worse. Not only is roadside litter unsightly, it can also negatively impact the environment. We are grateful to citizens who have raised and begun to help to address the issue and we look forward to working together to keep our roadsides and waterways clean and clear.

Littering is illegal in the Commonwealth and may be punished by fines up to \$5,500 for the first conviction and up to \$15,000 for subsequent convictions. The court may also require that the violator remove the litter at his/her own expense. If a motor vehicle is used in committing such an offense, the registrar may suspend for up to seven days the driver's license or permit of any person who litters, or who knowingly permits occupants of his/her vehicle to litter. Those caught littering may be ticketed by town and state police, and required to go before the clerk of the court within 21 days.

Here's how you can help:

- Teach your children not to litter.
- Properly secure your loads in trucks and trailers to ensure debris doesn't fly out.
- Take responsibility for your pets and their actions.
- Buy and use a transfer station permit annually and trash bag stickers from the Heath Post Office.

Thanks to residents who are helping to pick up roadside litter. Special free green trash bag stickers are available from the town coordinator to help with the cost of disposal. Separate recyclables and please wear gloves.

Sharps: Sharps are primarily needles, scalpel blades, or broken ampoules. If used, they may be contaminated with infectious material. To dispose, wear gloves, do not put them in regular trash bags, put them in an impervious container like a fabric softener bottle, and take them to the town nurse in the Community Hall/Senior Center for proper disposal.

Report Dumping: If you find large items like water heaters, appliances, or bags of trash that have been dumped, report it to the town coordinator in person or call 413-337-4934, ext. 0, or call the Police Department at 413-337-4934, ext. 108 (non-emergency number).

—Selectboard

Local Holiday Shopping Guide

Provisions

Cheese

Artisinal Cheese Making Workshops
Sheila Litchfield
337-4957
See ad on page 8



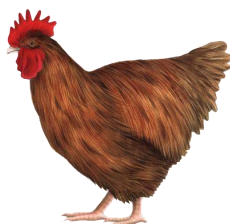
Eggs

Chicken and Duck Eggs
Birch Brook Farm (Molly and Sam Lane)
337-5576 • mchapin10@yahoo.com

Craig Gerry and Julie Sidon
337-4310 • jsi-
don@verizon.net

Nathan and Cindy Clark
337-6697

Rita and Matt Lively
337-4331



Sweet Morning Farm (Ruth Ayers)
sweetmorningfarm@gmail.com
Sweet-morning-farm.blogspot.com

Jessica O'Neill
339-4820

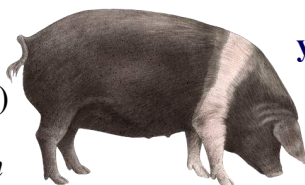
Amber Tullock
Hawlemont School Farmer's Market
Thursdays, 2:30 to 3:15 p.m.
339-8316

Meats and Poultry

Meat CSA—Pasteurized Beef, Pork, Chicken
Freeman Farm
info@freeman.biz • freemanfarm.biz

Pigs raised to full size, young piglets to raise
Birch Brook Farm (Molly and Sam Lane)
337-5576 • mchapin10@yahoo.com

Organic Pork
Whole or half pig available
Sweet Morning Farm (Ruth Ayers)
sweetmorningfarm@gmail.com
Sweet-morning-farm.blogspot.com



Grass-fed Lamb—all cuts
Available in February
Tara Mason
1-508-259-6043

Ground Lamb, Pesto
Karen Brooks
kjlonghill@aol.com

Maple Syrup

Russ Donelson
337-4460 • Donelson@crocker.com

Nathan and Cindy Clark
337-6697

Artisinal, small batch
Janice Steele and Brooks McCutchen
Profits support Farms International,
Conservation through Food Security
337-8301 • farm@bershiresweetgold.com



Jamie and Nick Johnston
339-5735

Freeman Farm
info@freeman.biz • freemanfarm.biz

Jams, Jellies, Condiments

Jams
Victoria Burrington
337-4425

Jams
Leellen Weis
337-4804 • edwina1957@yahoo.com

Jams, Jellies, Condiments
Amber Tullock, Hawlemont School
Farmer's Market
Thursdays, 2:30 to 3:15 p.m.
339-83

**Shop local this holiday season and support
your neighbors and *Heath Herald* advertisers.
For information on becoming an advertiser,
please contact Mary Sumner
at msumner13@verizon.net**

Gifts and Crafts

Handblown glass, ornaments, cups, vases, and more
 Bob Dane
 337-5736 • robddane@verizon.com • robertdane.com
See Holiday Sale ad on page 6

Functional and sculptural glass art
 Tucker Litchfield
 337-5799 • tucker@litchfieldglass.com
See ad on page 8

Balsam Wreaths—plain and decorated
 Tim Lively
 337-4742 • livelytim53@gmail.com

Photo, Watercolor Notecards (blank inside)
 Eileen Lively
 337-4742

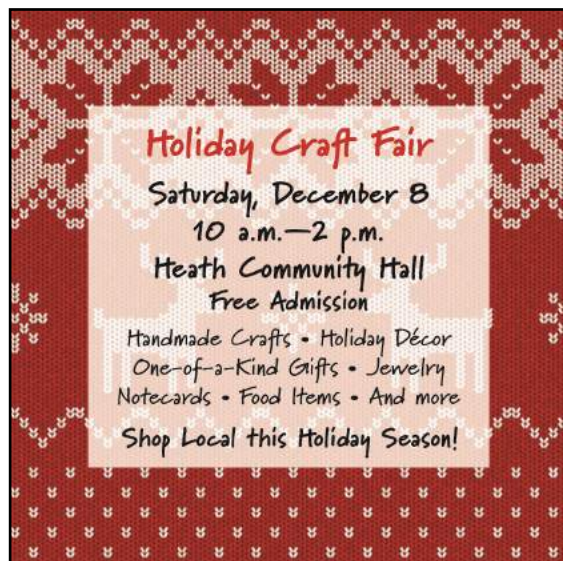
Heath Historial Society Notecards
 Kara Leistyna, Heath Historical Society
 339-4015

Botanical ink drawings, notecards or prints
 Ask about commissions
 Ruth Ayers of Heath and Leyden
 773-8325 • ruth.a.ayers@gmail.com

Fine art, prints, and cards
 Fred Burrington
 337-4425

Hand-painted woodwork, saw blades, round and
 handsaws, painted slate, wreaths and garlands
 Trish Archambeault
 337-5752

Cloth dolls and doll clothes, some topsy-turvy dolls,
 hand sewn, knit, crochet articles
 Dolly Churchill
 337-6680



Needle felted animals, stuffed animals from recycled
 sweaters

Lynn Perry
 Can be purchased at The Shelburne Arts Coop in
 Shelburne, MA

Children's reversible aprons, hand sewn in colorful
 fabrics. Fits ages pre-school through fourth grade
 Leellen Weis
 337-4804 • edwina1957@yahoo.com

Wool roving, raw and washed fleece,
 Music CD—"Follow the Dream"
 Karen Brooks
kjlonghill@aol.com

2018 Heath Fair t-shirts and 100th Anniversary DVDs
 Pat McGahan, Heath Agricultural Society
 337-4078 • patricia.mcghan01@gmail.com or
 Buy online at heathfair.org



Produce bags, tote bags, candles
 Amber Tullock, Hawlemont School Farmer's Market
 Thursdays, 2:30 to 3:15 p.m.
 339-8316

Handmade items for the kitchen, babies, and the holidays
 Teresa Peters, Heath Ladies Aid
 339-5354

Services

Hay

First and second cut hay
 Russ Donelson
 337-4460 • donelson@crocker.com

Craig Gerry and Julie Sidon
 337-4310 • jsidon@verizon.net



Carpentry

Russ Donelson
 337-4460 • donelson@crocker.com
See ad on page 16

Weaving A Common Thread

Much has been accomplished this year in the Hawlemont School's Hawlemont Agriculture and You (HAY) weaving program. The fifth and sixth graders took a field trip to the Boott Cotton Mills Museum in Lowell. The Boott Cotton Mills complex contains mills built from the mid-1830s to the early 20th century. First, the students were able to visit the housing dorms for



young employees, ranging in age from 13 to 18 (left).

These young employees came from farms near and far to make a new

life for themselves. Our students learned that many of these young workers had never before left home, or traveled so far. They were used to a hard-working life on the farm, but needed to learn new life skills. We learned that many of these young workers needed to send their earnings back home to help their families, while also paying their own room and board. Whatever moneys were left could be used for clothing and possibly a treat.

Next, we were off to the large factory itself. The huge looms were roaring and running extremely fast—hard on the ears, but exciting. This led to a discussion of safety issues, which was followed by a tour of the museum itself. There, a lively debate was held between two groups of students about who was better off; those children who remained on the farm or those who left to work ten hours a day, six days a week in the factory. Several other discus-



sions also popped up. What is Fair Trade and how does it affect pricing? What is the history behind Child Labor Laws? Students were asked where their sneakers, shirts, and other clothing was made, and these countries were located on a map. We had a discussion about climate change. How did the floods in Georgia, South Carolina, and Texas affect the cotton crop? To date, the loss is

over 60%, causing many mills to close down, possibly forever. How does that affect the cost of cotton yarn?

Now it was time for “hands-on” in the Weaving Room, where there were 15 Harrisville looms. No instructions were needed because our students had already had lessons at school. The kids aced it! They just kicked off their shoes, lined them up, and began weaving. The students even wove with two shuttles, changed colors, and tried different designs. The staff was amazed. I was so PROUD and so were the teachers.

During the summer, we added an additional weaving program. It was well attended with both seasoned weavers and new students.

We have also accepted the gift of four more floor looms. Next week we will accept another loom, plus shuttles, an umbrella swift, a ball winder, and a warping board! We also have a volunteer carpenter building us reed holders and a cone holder. So, what's next? The teachers at Hawlemont have asked me to begin teaching them weaving after school! Seven have already signed up. That's dedication! The 4-H weaving program also started in October and is going well.

The students in fifth and sixth grades will be weaving rag rugs, placemats, mug rugs, as well as towels. They are busy bees!

Hopefully, with grants and donations, we will be replacing the old rusted reeds with new stainless steel ones. We are looking at the prices for cotton yarn, a warping mill, and some weaving books, in order to ensure the most bang for our buck. Well, until next time, this is all we have off the loom today!

—Susan Gruen



The Way We Love to Eat

As the days grow shorter, and winter becomes ever more present, it is nice to think more about the holidays than about the impending cold and gloom of winter. No matter what you celebrate this season, whether Hanukkah, Christmas, Kwanza, Solstice, or New Years, it almost always involves food. The *Heath Herald* staff wants to encourage everyone to think more about shopping locally for food and gifts this season. This month's quiche recipe from Nancy Thane can be made with cheese and eggs from Heath (see Holiday Shopping Guide on pages 12-13). Pictured right are other treats from a recent *Herald* staff brunch. The cinnamon buns, though not locally sourced, are the specialty of Gail Hall, formerly the cook at Heath Elementary School (see the June/July 2017 issue), and the fruit salad takes advantage of fresh local berries and apples.



A splendid table was set at the home of Nancy Thane, who hosted a brunch planning meeting for this issue of the Heath Herald.

Cheese and Onion Quiche

Preheat oven to 375°. Line a 9-inch tart pan or pie plate with pie pastry of your choice, and partially bake by pricking the bottom of the crust several times with a fork and baking at 400° for 10 minutes.

Base:

3 tablespoons butter
2 onions, diced
¼ teaspoon salt
freshly ground black pepper
½ to ¾ cup grated cheddar or Swiss cheese

Heat butter, add onions, and cook for five minutes until soft and golden. Add salt and pepper. Spread onions in the pie shell and sprinkle with cheese. Cover with custard mixture.

Custard:

Beat together with a wire whisk until blended:
4 eggs
1½ cups heavy cream
¼ cup dry white wine
pinch of freshly ground black pepper
¼ teaspoon nutmeg (freshly grated, if possible)

Bake in a preheated 375° oven for 40 minutes, or until a butter knife comes out clean when inserted into the middle.

The *Herald* staff wishes everyone a sweet and savory Holiday Season!

—Deb Porter

FREE MEDICARE SEMINAR

Friday, December 14
1–2 p.m.
Rowe Fire Station

If you are under age 65 and considering retirement, please join us for a free program to learn about your Medicare insurance options.

Knowledgeable professionals will offer current information about Medicare Parts A, B, C, and D, as well as answer all of your questions about Medicare Open Enrollment.

Take advantage of this opportunity to help you make informed decisions about your Medicare coverage. Don't delay, pre-register today!

Call Sheila Litchchfield, Rowe Town Nurse
at 413-339-5520, ext. 20

The Shine Program

30 Montague City Road, Turners Falls, MA 01376
www.lifepathma.org • info@lifepathma.org

Osterman



Propane

339 Amherst Road
Sunderland, MA 01375
800-287-2492
www.ostermangas.com

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 Camp & Conference Center

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 make new friends, have fun, be a part of
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 We offer weekend retreats on a wide variety
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 Reward your friends and relatives with a restful night's sleep high in the
 hills of Rowe. They'll awake to a hearty homegrown breakfast in a 200-
 year old inn and family farm. See the stars, breathe clear fresh air, relax
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 Tel: 625-6324

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Saturdays: 8:30 a.m.–3 p.m.

Holidays: 9 a.m.–12 noon



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Heath Agricultural Society News

By the time you read this article, the Heath Agricultural Society (HAS) will have sent the largest contingent of members in its history to the Agricultural Fair Association tri-state convention in Connecticut. Members Conrad, Kathy, Bradley, Shirley, Sean, and myself will have traveled down to learn, present, network, and hopefully win some of the coveted media awards. Learning from other fair leaders helps to bring what works to our Heath Fair and to avoid some pitfalls too.

Not long ago, I traveled to Boston with Winton Pitcoff of Cummington, in a professional capacity, but we found ourselves spending much of our time talking about another thing we have in common—local fair associations. What I found fascinating about my conversation with Winton was two-fold. On one hand, much of what he had to share about the Cummington Fair Association sounded very familiar: the need for more volunteers, how to cope with leadership that turns over after generations of continuity, how to attract new energetic members to learn the ropes when we all know it is easier to simply do what we have always done. On the other hand, I came to appreciate some of the progress made by HAS over the years. We have Board terms that help to avoid leadership burnout, and we make decisions largely as a membership, rather than in isolation (i.e., the Attractions committee works as a team, graphics are decided by a member vote, etc.) While we have our differences, both fairs are loved by their community and both are vulnerable to volunteer participation, to weather, and to continued engagement by the community near and far.

As we head into a new year, I ponder what HAS can do to build a sustainability plan for our future. How will we engage youth? Can we implement a shadow/apprenticeship program that puts new leaders in the pipeline? How do we play our part in ensuring that small agricultural fairs do not fail, as those we have relied on to run and lead these fairs age and retire? Simply put, we must promote increased participation. If you can't imagine a year without the Heath Fair, then we call on you, our community, to attend a meeting, to join a committee, to become a volunteer. One thing that Winton and I

agreed on is that our fairs serve as a unique opportunity to provide purpose to all community members who wish to become involved. The Heath Fair can offer you a chance to engage in a way that leverages your strengths, teaches you new skills, invokes participation and usefulness, and provides a deeper sense of community and joy. So come, get involved. You are always welcome.

Please visit our website www.heathfair.org for updates and like us on Facebook.

Eat well and be well.

—Jessica O'Neill

Heath Agricultural Society President

HAS Announcements

- DVDs of the lead-up to the 100th Heath Fair make a great gift for any occasion. \$10 covers our cost and contributes to HAS. See *Local Holiday Shopping Guide* on page 13. You may order the DVDs online at heathfair.org. DVDs are also available at HAS meetings and town events when HAS members are available to sell them.
- We are currently seeking a volunteer who is excited to help market and promote the 2019 Heath Fair. If you have skills that lend themselves to P.R. please be in touch with us.
- In the next issue of the *Heath Herald* we will announce the winners of two new awards that honor and celebrate those who give so much: 1) the *We Couldn't Do it Without You* award and 2) *Future Leaders of the Fair* award (for youth leadership). Stay tuned to learn more about the winners. We will also announce the new officers who will lead us into the future.
- HAS welcomes submissions for cover art for the 102 Heath Fair. If you are an artist and wish to submit a graphic that we can consider using in marketing the fair, please send a JPG or PNG to jvansteensburg@gmail.com. Artwork will be used on t-shirts, brochures, and posters. HAS reserves the right to make final decisions about artwork selected for the Fair. Your submission doesn't guarantee your art will be selected for the 2019 fair.

TOWN OF HEATH

MASSACHUSETTS



BOARD OF SELECTMEN

Broadband

Town-wide broadband development has made significant progress. All utility pole information was sent to Verizon and National Grid. They are currently evaluating all the town poles for suitability to wire with fiber cable and will report their results to the town soon. This is the key component prior to actual construction.

As our town's construction design and manager, Westfield Gas and Electric (WGE) entered Heath in the Federal CAF (Connect America Fund) II bidding, which allows for a set amount of federal dollars for aid in broadband costs. This process was successful, and Heath is expected to get approximately \$56,000 per year for ten years toward broadband construction and maintenance.

WGE is also completing our broadband design, and bidding for construction is planned for early spring of 2019, with the system construction completed six months after construction begins. Bob Bourke is our Broadband Liaison.

Heath School Building

The Selectboard is seeking revenue-producing tenants for the building. We are working with Andrea Woods from the Franklin Regional Council of Governments. In order to do a formal request for interest (RFI), the Selectboard has voted to declare the property available for disposition and is developing a complete package of information in readiness to enter the advertisement process.

In the meantime, a number of energy saving measures have been taken at the building and have resulted in considerably lower electric and heat bills.

House Numbers

There are still many houses in Heath that are not displaying their house numbers. Numbers need to be visible from the road so that emergency personnel can quickly and easily locate you and your property. Please, for your safety and the safety of your loved ones, prominently display your house number. You can order a house number sign at the Heath Post Office, or install one of your own.

Highway Department

The town has applied for a MassWorks Grant Application (STRAP Grant) in the amount of \$796,933. The scope of the project will be to repave 3.1 miles from town center, down South Road to Burrington Road, and continue to the Charlemont line. Also included in the request is to improve a small parking area across from the Community Hall (not the space near the town common) to ensure a safe, level parking area for visitors to the Community Hall/Senior Center, Library, Post Office, Town Offices, and Police Station.

Highway Dept. Garage—A spending authorization (through the state's Division of Capital Asset Management and Maintenance) for Heath for \$1,000,000 for a public safety facility was passed and signed by the legislature in June. A spending authorization means the legislature has authorized the Administration to spend capital funds on the project. The governor has been petitioned by the Selectboard to release the funds and as of this writing, had not heard back from the governor's office. Many thanks to Rep. Paul Mark and Sen. Adam Hinds for their hard work and advocacy for the town of Heath.

Regionalization with Hawlemont

A Hawlemont-Heath Regionalization Working Group began meeting in late June. The group is working on details regarding school committee representation with each town having two representatives with equal, not weighted, votes. Operating assessments would be calculated with each town paying its minimum contribution, and the overall remainder of the budget being apportioned between the towns of Charlemont, Hawley, and Heath based on a five-year rolling average of student enrollment. All member towns would approve future amendments to the regional agreement at town meeting, with the exception of total withdrawal. A process for a town to leave the district unilaterally would be allowed. These tentative understandings are the subject of ongoing discussion. Heath will remain a member of MTRSD grades 7-12.

Senior Center News

Senior Coordinator Eileen Lively applied for and received two grants to benefit Heath seniors. A grant to continue to support the Foot Clinic was awarded, as well as one for a new program. The Handyperson Program, with help from community volunteers, helps seniors with small household needs, such as installing and removing

air conditioners, fixing leaky faucets, repairing broken windows, etc. The program is free of charge to seniors, but people must supply their own materials. More information will be forthcoming. Contact Hilma Sumner at 337-4845 if you need help or you want to volunteer.

Municipal Electric Aggregation

For those of you receiving your electric supply from Verde/Colonial Power, the town has renewed a 12-month fixed rate at \$0.11924 beginning in December 2018. The new supplier will be Constellation. Nothing will change on your bill other than the name and rate. The new rate will reflect on your January 2019 bill. All current subscribers will be notified via a postcard. Call Colonial Power for more information at 866-485-5858, ext. 1. For comparison, National Grid rates increased to \$0.13718 per kWh, effective Nov. 1, 2018.

—Selectboard

9
1
1

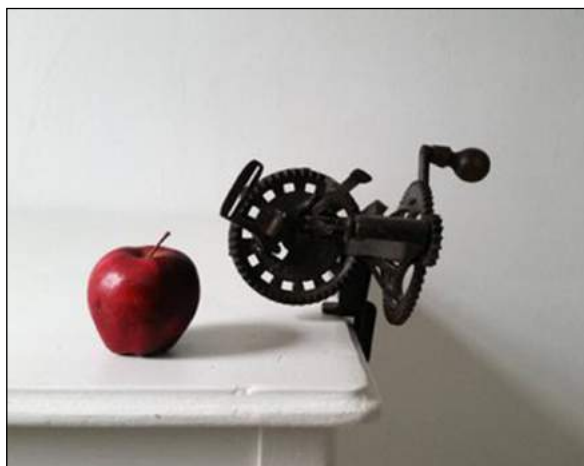
**Street Number Signs
Save Lives.**

Street number signs must be visible from the road so that fire, police, and other emergency personnel will be able to find you in case of an emergency.

Authorized signs may be ordered at the Heath P.O. for a cost of \$10, or you can post a prominent one of your own.

Don't delay, display your street number sign today!

What Are They?



Answer from page 7. The two tools on page 7 are examples of wooden and cast iron apple peelers and corers from the mid- to late-19th century.

Obituary

Dorothy Sessions



Heath's oldest citizen, Dorothy G. (Bernard) Sessions, 99, of Jacksonville Stage Rd., passed away on Friday, September 21. She was born on April 28, 1919 in Whitingham, Vermont, the daughter of Frederick A. and Malah (Murdoch) Bernard. Dot graduated from Whitingham High School and later that year married Ralph W. Sessions.

They moved to Heath in 1943. For the past five years, Dot has been a resident of Buckley Healthcare Center.

For nine years, Dot worked for Parts Manufacturing Company, and then returned home to become a homemaker and work their dairy farm full-time.

As a member of the Heath Union Church she served on the Hospitality Committee and the church Memorial Committee. She was also a member for many years of the Heath Ladies Aid, the Heath Historical Society, and the Council on Aging.

Dorothy will be missed by her son Norman and wife Marsha of Heath, her daughter Janet and husband George Mello of Heath, her daughter-in-law Frances Sessions of Greenfield, eight grandchildren, 17 great-grandchildren, three great-great-grandchildren, plus many step-grandchildren, nieces and nephews. She was predeceased by her son, George, her brother, Kenneth Bernard, sisters Grace Dix, Geneva Dix, and Mary Jane Haverluk.

As Heath's oldest resident, Dottie was honored to be in possession of the Heath Bicentennial Cane, Heath's version of the *Boston Globe's* Golden Cane. The cane, carved by Ed Warriner from local wood, is adorned with a Heath Bicentennial coin.



Tributes to Dot Sessions

Memories of my Mother-in-Law, Dorothy Sessions (Gram)

I've been so blessed over the last 33 years to have had such a wonderful lady in my life. "Gram" was small in stature; however she was one of the strongest women I knew. She would always say, "I'm a positive person," and she was right. She would always see the glass half-full and never half-empty. I treasured her faith in God, which we both shared and her happiness in knowing that her children shared that same faith. Over the years, she and I would have many adventures together. It didn't matter what we did; going for ice cream, shopping for plants, walking in the woods or just visiting back and forth, it was always a special time for us both. Gram never ceased to amaze me with her recollections of names and dates. For the few things she didn't remember, she would go directly to her Daily Diary and within minutes had the information she needed. I will always treasure the bond we had, the love, the friendship, the laughter, and the tears.

—Marsha Sessions

My Neighbor Gram

Twenty-five years ago, when I moved to Heath, I met Gram Sessions. She quickly filled a void I had without me even realizing it. I had lost my own grandmother three months before marrying and moving to town. My husband had lived next to Gram for several years before we married, and was eager for us to meet. We quickly had a connection that made us fast friends; her daughter and my mother had graduated from Arms Academy together.

We quickly found that we had other connections; our love to bake and do 'handy' work, as she called it. She was now my go-to person for knitting, crocheting, and sewing messes I had gotten myself into. She always told me "I am happy to help you. Not enough people your age do this work anymore. Let me help you."

Soon I found myself a young mom of a child that would not stop crying no matter the amount of walking we did—inside or outside. So sure enough, Gram would pick up the phone or walk across the side of the field smiling with the comment, "Hope sure is letting us know today, isn't she? Here let me take her." Off she would go, 70-plus years old telling Hope to "Make the noise

you want, it's alright." As my children grew we would walk down several times a week. While Hope and Matthew played in the sunroom, she and I would talk about whatever while she watched them play. When it was time to go, she always thanked me for visiting—thanked me? She was the one who needed thanking, as she provided company, love, and a much-needed break to a young mother. My children had themselves the best gram in Gram Sessions, always remembering birthdays, Christmas, and "You be sure to stop in" at Halloween, too.

I miss my neighbor daily, and am so grateful to have known, loved, and been loved by Gram Sessions.

—Valerie Lively

Visits with Dot

We knew Dot Sessions from attending the Heath Union Church, but we got to know her better when she needed a ride to church on Sundays. She was a strong supporter of many church activities and of the Ladies Aid.

When Dot moved to the Buckley it was only natural that we would visit her regularly, once in a while joining her for lunch in the Buckley dining room. When we would share news of Heath it always seemed she knew more than we did. She had her ups and downs, but was always in good spirits.

Lately, she talked about making it to one hundred, and looked forward to reaching that milestone. Well, we know she didn't quite make it, but it wasn't because she didn't try.

—Richard and Esther Gallup

My Friend, Dot

Dot was a wonderful and close friend who always had a smile and a positive attitude. We talked often about the old days and the years she and her husband worked in a manufacturing plant, then ran the family farm and boiled down sap. What a sharp memory she had. One time I asked her about the cattle with the wide white stripe around their bellies. She told me the name of the breed, said that they were raised for beef, and knew what country they originally came from. (But now I don't remember!) I miss her terribly.

—Ruth Corey

Grammie Dot

Grammie Dot, as we affectionately called her, was one of the folks that I can't remember not knowing. On the rare occasion our parents went out, my sister and I would spend the time at the Sessions house. From the first, Dot was warm and loving, taking us in as if we were part of the family. I remember being in her kitchen, warmed by the stove and her smile, as she bustled about preparing food. In those days she and her husband, Ralph, raised Huskies. Since we didn't have a dog at home, it was a treat to spend time with those dogs. What a fascination for a small child—not only dogs, but ones with blue eyes and curly tails!

Our lives drifted apart as I grew up and moved away. Upon returning to Heath 26 years ago, I walked into church and there she was: my Grammie! Over the years, we have spent many hours together. She adopted my children as if they were two of her own grandchildren, greeting them with hugs and interest in their activities. She became Grammie to them as well.

Dot's dedication to her faith and church, Ladies Aid, family and friends was tireless. Unless ill or with family, she attended worship services and hosted Bible study in her home. Every week at the study she would treat us to a delicious home-baked goodie. Her dedication to service and Ladies Aid remained the same until her eyesight and dexterity began to fail. She would carefully hand-stitch dolls and toys and bake for every sale. A person didn't have to spend much time with her before you learned about her family. She loved and cared for each and every one of them.

Dot never obtained a driver's license but that didn't prevent her from getting where she needed to go. I'm not sure that her stature reached five feet but the legacy of her integrity, dedication, and love are immeasurable.

—Hilma Sumner

Faith

Dot was a very active person in many capacities in Heath, but my strong and loving memories of her are at church every Sunday. She disliked missing worship, so her neighbors brought her to church each week. Her faith was a deep part of her personality, and she shared it with us all with her welcoming smile and (for me) a hug.

Dot was the kind of lady who accepted everyone as they were, and faced each day with: "This is the day the Lord has made, let us be glad and rejoice in it."

—Ruth Johnson



Heath Union Church

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

All are welcome!

Rev. Koyama is in town on Thursdays, with church office hours in the afternoon. Cell phone: 808-282-6711; Church phone to leave a message: 413-337-4019

Board of Deacons:

Hilma Sumner, Chair, 337-4845

Ruth Johnson 337-4367; Walter Gleason 337-4479

Dana Blackburn 413-221-0961

Find us on Facebook: Heath Union Evangelical Church. Church building facilities are available for private events. Call Victoria Burrington at 337-4425

Church News

December ushers in the season of Advent and anticipation of Christmas. The choir has been practicing a medley of musical pieces that will be presented during the Christmas Eve service, which begins at 5:00 p.m. The service is scheduled so folks are able to spend the evening at home and with loved ones.

Midweek Bible Study continues to be held on Thursdays at 5:30 p.m. We are now convening in a room at the church, sipping hot beverages, and nibbling on baked goodies while we take a second look at the readings of the previous Sunday and reflect on their application to everyday life. Please join us Sundays and Thursdays as we spend a peaceful time exploring modern relevancy gleaned from ancient holy writings.

—Hilma Sumner



Please join us for
Christmas Eve service
at 5 p.m.

COMMUNITY CALENDAR

- Dec 1 **HOBBY HORSE BAZAAR CHRISTMAS FAIR**
9 a.m. to 3 p.m. at Hawlemont Elementary School in Charlemont
- Dec 8 **HOLIDAY CRAFT FAIR**
10 a.m. to 2 p.m. at the Heath Community Hall. Refreshments. Contact Margo Newton, 339-8580, for a table at \$10 Benefits Heath Community Hall
- Dec 14 28 **PRESCHOOL STORY HOUR**
10:30 to 11:30 a.m. at the Heath Library
- Dec 14 **MEDICARE SEMINAR**
1 to 2 p.m. at the Rowe Fire Station
- Dec 14 15 **MOHAWK THEATER: "THE ODD COUPLE"**
7 p.m. at Mohawk Trail Regional High School, Shelburne Falls.
- Dec 20 **MOHAWK MUSIC PROGRAM WINTER CONCERT, GRADES 7-12**
6 p.m. at Mohawk Trail Regional High School, Shelburne Falls
- Jan 11 25 **PRESCHOOL STORY HOUR**
10:30 to 11:30 a.m. at the Heath Library.

ONGOING CALENDAR**FOOT CLINIC FOR SENIORS**

Third Tuesday of each month in the Senior Center, downstairs in the Community Hall
Contact Margo Newton at 339-8580 to set up an appointment and/or arrange transportation.

HAY PROGRAM FARMERS MARKET

Thursdays, 2:30 to 3:15 p.m. at Hawlemont School

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. This exercise program helps prevent falls and osteoporosis. For ages 55 and over

SENIOR BROWN BAG LUNCH

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

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 413-339-8580.

SENIOR OPEN ART

Taking a break for the cold season, with sessions on hold. Stay tuned for when we start up again!

TAI CHI

Mondays, 10 to 10:45 a.m. upstairs in the Community Hall. Newcomers welcome, suggested donation (\$5)
Contact Lois Bascom at lola621@comcast.net for more information.

YOGA

Fridays, 9:30 to 10:30 a.m. upstairs in the Community Hall, led by Kate Peppard. Beginners welcome, mats available, donations (\$5-10) accepted. Contact Kate at 617-669-4891 with questions.

If you would like an event added to the Community Calendar, drop a note in the *Heath Herald* black box in the Town Hall vestibule, or send an email to theheathherald@gmail.com. Please include the title of the event, date, time, location, and contact person.



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

Town Coordinator, Kara Leistyna
bos@townofheath.org
Monday-Friday 9:30 a.m. to 3:30 p.m. with
exceptions posted in Sawyer Hall

Selectboard, bos@townofheath.org
Tuesday 7 p.m., Sawyer Hall
Brian DeVriese, 413-337-5525
Robyn Provost-Carlson, 413-337-5316
Gloria Fisher, 413-337-6626

Town Clerk, Hilma Sumner
townclerk@townofheath.org
Tuesday and Thursday 9 a.m. to noon
Or call for appointment 413-337-4845

Accountant, Tracey Baronas
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
Monday 4 to 6 p.m.
or call for appointment 413-337-6665
413-337-4934, ext. 2 / Fax: 413-337-8542

Treasurer, Kristi Nartowicz
Monday 3:30 p.m. (varies)
knartowicz@gmail.com

BOARDS AND COMMITTEES

Board of Assessors
Wednesday 9 a.m. to 3 p.m.
Robyn Provost-Carlson, 413-337-5316
Heather Hathwell, 413-339-4359
Margo Newton

Board of Health, 413-337-4934
Betsy Kovacs, Chair, 413-337-5346
Mary Sumner, Clerk
Armand Clavette
Henry Godek
Susan Gruen

Finance Committee,
Ned Wolf, Secretary, 413-337-4476
Ken Gilbert, 413-337-4461
Jan Carr
Kathy Inman
Paul Dabrody

Library Board of Trustees
Deborah Porter, Chair, 413-337-4715
Emily Cross, 413-337-4816
Jan Carr

Planning Board
Calvin Carr, Chair, calvinccarr@verizon.net
Douglas Mason, Sec., dougmason@hughes.net
Robert Viarengo, viarengo932@crocker.com
Jo Travis, jtravis156@verizon.net
Bill Gran, whgran@gmail.com

Agricultural Commission

Pam Porter
Doug Mason, 413-339-4756
Nina Marshall, 413-339-4756
Sean O'Neill, 413-339-4820
Haynes Turkle

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
Bernard "Buck" den Ouden, 413-337-4002
Jessica O'Neill, 413-339-4820

Historical Commission, Heather Hathwell

COMMUNITY

Public Library, Don Purington, Director
Lyra Johnson-Fuller, Library Assistant
www.heathlibrary.org, 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 Representative

Budge Litchfield, 413-337-4957

Franklin County Technical School Representative

Art Schwenger, 413-337-4077

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. and Thursday 11 a.m. to 1
p.m.; Voicemail: 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, Town Office, 413-337-4934,
ext. 108, or Shelburne Control at 413-625-8200 to
have paged. All emergencies, dial 911.

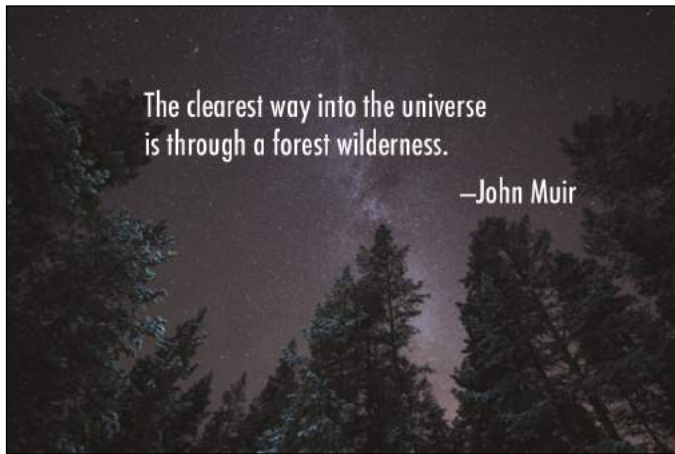
Highway Department, Mike Shattuck, Road
Supervisor; Jeff Johnston, Shop Supervisor;
413-337-4462; cell, 413-406-4516

Police Department, John McDonough, Police Chief
Office hours: Tuesday 6 to 8 p.m. 413-337- 4934,
ext. 108, or call Shelburne Control at 413-625-8200
to have paged. All emergencies, dial 911

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. Memorial Day through
October 31

Volunteer Fire Department

Nick Anzuoni, Fire Chief, 413-337-4461, or 911 for
an emergency



Heath Online

Stay connected with what's happening in Heath.
Visit www.townofheath.org


Town Directory • Meeting Minutes • Community News
 Upcoming Events • Emergency Announcements • and more

To contact the Selectboard, email bos@townofheath.org

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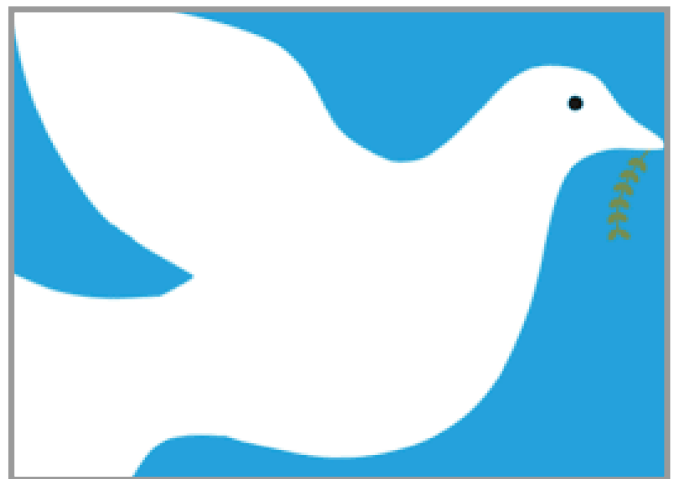
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