



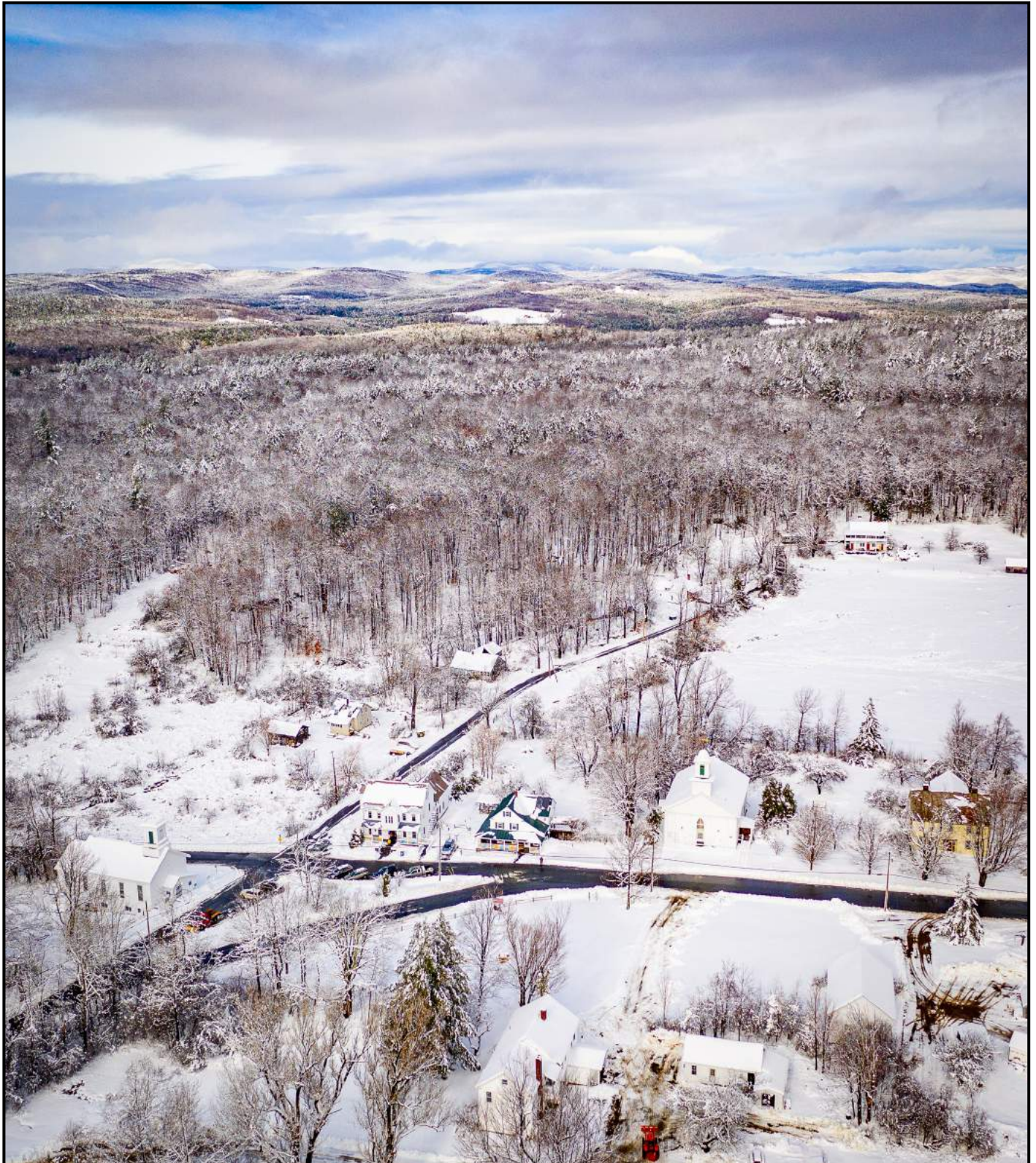
HEATH HERALD

Heath's First Newspaper

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On the Cover

A winter's view of Heath town center and beyond from above. Drone photography by www.DouglasMason.com.

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

There are three ways to submit your letters to the editor, articles, and/or subscription forms:

- Send to our email address:
TheHeathHerald@gmail.com
- Send to our PO Box:
Heath Herald, PO Box 54, Heath, MA 01346
- 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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Celebrating Luis Pazmino, Heath's Oldest Resident



Also known as Louie to friends, Old Man by his children, and Old Papa by his great-grand children.

One afternoon in 1948, Luis and Eva Pazmino, along with Eva's parents, Valdimer and Emilie Unger, went for a drive. Luis and Eva were working on a farm in Wilmington,

Vermont, Luis the cook housekeeper, Eva the farmer, and it was their day off. They ended up in Heath at the top of a hill with a beautiful view. As they entered a driveway to turn around, the homeowner came out to talk to them. As it turned out, he was anxious to sell his farm. Together with Eva's parents, Luis and Eva took out a mortgage for \$8,000 and bought the "Stetson Farm" on Sumner Stetson Road.

Thus began their life in Heath as dairy farmers, where they raised their six children and became established members of the Heath community. Although the story of buying the farm in Heath almost sounds serendipitous, in reality the journey Luis took to finally settle in Heath was far from an easy one.

Luis was born on March 11, 1924 in Quito, Ecuador. At the age of six, he was orphaned and ended up living on the streets. He has only a vague memory of his mother and none of his father.

After several years on the streets, a gang of boys sold Luis to a family for fifty cents, not that they had any right to do so. Luis worked for the family that "bought" him as a servant/housekeeper. Although they treated him well, he was given no wage and was not able to go to school.



Luis in Quito, Ecuador

"They sent their own children to school but not me!"

One day, at the age of 13, Luis took some of their money and went to the movies. Afterwards, he was afraid to go back to the family and ran away down a rough mountain path away from Quito. Luis walked until he could go no further, his bare feet bleeding and sore. As luck would have it, he came to a small "farm" belonging to Valdimer and Emilie Unger. The Ungers had escaped from Nazi Germany with their daughter, Eva. At that time, the government of Ecuador accepted refugees,

giving them a plot of land as long as they agreed to help clear the jungle to build the road to Quito. Because Luis was young and strong and owned a machete, the Ungers took him in. It was during the six or seven years they all lived together on that farm, Luis and Eva fell in love.

Eventually the Ungers were sponsored by a family in Washington D.C., and were able to immigrate to the United States. They, in turn, sponsored Luis. He was accepted into the country because he and Eva were planning to get married and, as he put it, because he said he was a farmer, even though he owned only one chicken!

Luis and Eva went from Washington to Wilmington, Vermont to work on the farm, and so began their life in New England.

Once on their place in Heath, Luis and Eva became successful farmers, but only through the hard work and struggle it takes to run a farm. As one of Luis' daughters remembers, everyone was expected to work. In addition to milking the cows, they had a large vegetable garden, raised chickens, and had an orchard with peaches, plums, and apples, in addition to other fruits like raspberries and currants. Luis and Eva kept their barn, the animals, and the garden spotless. His children remember Luis weeding the asparagus for hours on his hands and knees.

In the spring there was sugaring. Luis built two sugarhouses. The first was out across the field behind the barn and the newer more "modern" one, with electricity, still stands at the bottom of the hill below the farm. Together, they gathered the sap using horses to pull the sled. Bucket by bucket they emptied the sap into the vat on the sled and then, like other farmers in town, boiled late into the night. Sometimes when the horses felt they had done enough, they would just head home and the kids would have to coax them back to finish the job.



Luis and Eva haying, circa 1950

(Continued on next page)

(Continued from page 3)

During the haying season, it was all hands on deck as well. The days were long and hot, but often after the day's work was done, Luis would pile the kids in the back of his jeep and take them off to Ward's beach for a swim.

When the Pazminos first started farming, they used horses for everything, which suited Eva just fine. Eva always loved animals and took great care of their team of workhorses. Luis, on the other hand, loves machinery, cars, tractors, haying equipment, and was happy when they were finally able to buy a tractor.

The fact that he never had the benefit of a formal education does not by any means mean that Luis had no education. He perfectly fits the definition of a self-made man; resourceful, independent, and self taught. After moving to Heath, and through the kindness of Mrs. Sears, the first grade teacher at Branch School, Luis was finally able to learn how to read and write. He had already learned English by simply listening and speaking it. Luis was a self-taught mechanic, as well, and could fix anything. He built a garage where he both fixed the farm machines and built furniture, all by "ocho" (by eye), as he would say.

In 1975, Luis and Eva divorced, the farm was sold, each building a house of their own close by. Remarkably though, Eva and Luis remained close friends. Right up to Eva's death in 2010, they spent most days together, sharing meals, going for rides and watching videos (they both love Elvis).

After selling the farm, Luis worked on the Town's road crew and for over 40 years, drove a school bus for the Mohawk schools and later the Academy at Charlemont. To this day, he is fondly remembered by the students, parents and school personnel he served. Luis was close to eighty years old when he finally retired his route.

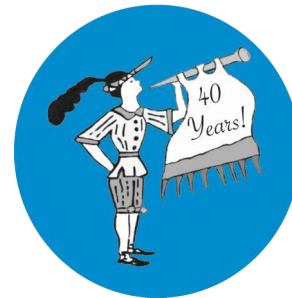


Although Luis has been able to go back to Ecuador to visit, taking some of his own children and grandchildren along, he has never found any relatives there. He is, however, not without a family. Luis currently has six children, 15 grandchildren, and 18 great-grandchildren, most of whom live in nearby towns. He still lives in his little house across from the farm. After a lifetime of tending to

the needs of others, Luis allows others to tend to him now. His family, together with the help of several excellent caregivers, takes great and loving care of him so he can continue to be at home with his two cats. For them, it is only right—he is, after all, their beloved "Old Man."

—Deb Porter

Editor's Note: After the writing of this article, Luis suffered a health setback. He is now recovering at home. We wish him well!



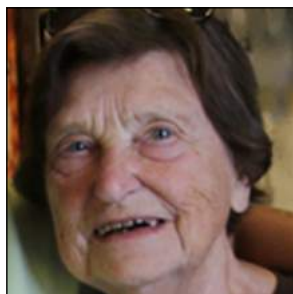
Happy Anniversary, *Heath Herald*!

The *Heath Herald* is thrilled to announce that this year we celebrate our 40th year. In honor of having reached this special milestone, starting with the next issue and for the rest of the year, we will publish select articles from that first year, 1979. It is fascinating to read these original editions, which you can find online in their entirety at www.heathherald.org. In addition, past issues of the *Heath Herald*, from 1979 to 2014, are available in printed, hardbound format at the Heath Free Library. Special thanks to Pat McGahan, Cathy Tallen, and Rachel Grabelsky for doing the painstaking work of digitizing all of our pre-computer editions!

Also, check out our new Facebook page at *Heath Herald*.



Happy Birthday, Ruth Johnson!



Ruth Johnson wishes to thank everyone for the January 14 card shower in celebration of her 90th birthday. When asked how many cards she had received, Ruth laughed and said that she had no idea, but that they

were still coming, and overflowing a large basket. If you haven't gotten in on the fun yet, it is not too late to wish Ruth a happy birthday. Send her a card or post a birthday wish on the *Heath Herald* Facebook page. She plans to celebrate all year long!



Heath Home Repair Grant

Are you age 60 or over? Do you need a little assistance with a repair or installation? We may have the muscle and skill you need through the MA Home Repair Grant provided to the Town of Heath. A few examples are: installation of a railing or grab bar, repair of an outside step, replacement of a broken thermostat or light bulbs reachable only by ladder. There is a team of volunteers and consultants waiting to hear from you. All labor costs are free to the resident.

Give us a call to start the wheels in motion to further your well-being and safety!

Contact Hilma Sumner, Program Manager, 337-4845 or 337-4934, ext. 6.

Dog Licensing and Vaccination Clinic



Licensing of dogs will begin February 15 in the Town Clerk's office. All dogs must be licensed before April 1 in order to avoid a late fine. The cost for a license is \$10 for any intact dog and \$5 for each dog who is spayed or neutered. Proof of current rabies

vaccine is required.

A small animal vaccination clinic will take place from 10 a.m. to noon on Saturday, March 23, in the Senior Center. Vaccinations being offered will be for rabies, distemper, dog Lyme, and cat leukemia. Dog licenses will also be available for purchase at that time. Contact Town Clerk, Hilma Sumner, 337-4934, ext. 6 with any questions.

Lots of Hootin' and Howland-ing



Dave and Peggy Howland recently celebrated 70 years of marital bliss. Oh... and Dave's birthday, too. Congratulations!



What Is It?



This is a close-up photo of one of Heath's many natural wonders. Can you guess what it is?
Answer on page 9



Photo of bobcat spotted in south Heath



Bobcat tracks in snow



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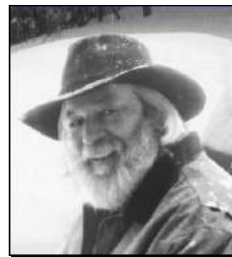


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Wild Ramblings

—Bill Lattrell

Thoughts on a Winter Night

A gentle breeze moves frigid air through the forest. Ice laden branches groan, crack, and make a tinkling noise as the sound fractures the quiet and frozen night. Black skies hold a swath of stars, often referred to as the Milky Way, above my head. It is winter and the night feels endless. During the day my eyes are easily distracted by the myriad of visuals that can be found across any natural landscape. At night the stage is narrowed to what is bright. Given that there is a new moon, stars alone are the stars of this stage. If I sit long enough in these sub-freezing temperatures, the Milky Way will slip to the west. Of course this optical illusion of the sky moving ever so slowly is the result of the rotation of our planet on its axis, and is great fodder for stories of myth and lore. As the night sky changes, the story changes not by chapter, but by some sort of visual movement akin to a film in extreme slow motion. So slow, in fact, it is mesmerizing.

The call of a great horned owl pierces the night. The exact location of the calling owl cannot be located because the breeze seems to move the sound from west to east. I smile as the owl call fades, only to hear a responding call from a different direction. This exchange of hoots is fascinating. It is unclear if they are announcing their presence to mark their territory or to find each other. It sounds like a territorial warning to me, but I am no expert in great horned owl linguistics. The calls go on for a few minutes until I can hear the faint sound of large wings moving air and flying in a direction opposite from the other owl. The mystery solved, I go back to gazing the heavens above.

Looking through the dark forested landscape, I can see the lights of our house a couple of hundred feet away. It looks somewhat like a jack-o-lantern. I can see the silhouette of my wife in the window. I imagine she is looking out and wondering where I might be. And then I realize she is watching one of our hounds smell the latest goings on around our yard.

The hound cannot detect me because I am downwind of him.

While pondering the night sky my mind starts thinking about those animals I might be sharing the forest with this evening. There are many creatures that have found a niche in the night. A time when their competitors might not be hunting, or a time when those that might be predated feel safer under the cloak of dark. Owls are premier nocturnal hunters. The night vision of owls is awesome. This great visual acuity combined with super sensitive hearing gives them the advantage over potential prey at night. And when you consider that those they prey upon and that they hunt from above cannot see them, the odds are stacked in the owl's favor. Owls have evolved and adapted to the dark by having more rods and fewer cones in their eyes. This makes the darkest night a lot more like dusk than dark to them. To balance all of these rods their pupils have a great range of adjustment, so they can see well during daylight as well. Owl's eyes are also attracted to movement that allows them to locate prey. Along with their acute hearing, they are awesomely efficient predators.

Another creature of the night that fascinates me is the flying squirrel. It is presumed they have adapted to night to avoid competition from their cousins, and avoid the great numbers of daytime predators. Their unique ability to glide great distances—as far as 300 feet with a capacity of doing 180-degree turns—is absolutely mind-bending. By using the adaptive flaps of skin and fur attached between their front and rear legs (referred to as the patagia), they are capable of traveling extremely quietly. This allows them to move about in a stealth manner, thus avoiding being easily predated. Flying squirrels' extra large round eyes occupy a large space on their relatively tiny heads. These eyes can gather much more light than other squirrels, enabling them to see fairly well in the darkest of nights. They are nearly as numerous as gray or red squirrels but go largely unnoticed because they are usually only active in the darkest part of the night. They are predated by many species but their effective reproduction assists in their persistence. Large owls, like great horned, snowy, and barred owls, along with a whole host of other predators, will gladly dine on flying squirrels.

Some animals have voluntarily adapted to being active at night. Ironically to those who love nature, this is often to avoid contact with humans. When living in proximity to humans, beaver that in remote areas do


much of their work in daylight hours, are often busiest at night. Red fox living in remote areas are active in both night and day, but in areas where humans dominate the landscape they, also, conduct most of their activities at night. Contrary to red fox, the gray fox have always been primarily nocturnal and are well adapted to the nighttime life. Their color makes them nearly invisible in the dark, they see well at night, and their keen sense of smell helps them to locate prey. White tailed deer are primarily crepuscular (nocturnal), but some think they have not always been lovers of the dark. They do see well at night, however, which indicates they have had quite a long time to adapt to eat, drink, and be merry in the dark. As we all know, white tailed deer do like to move about occasionally during the day as well. Is it possible they are among the animals that have changed habits as the result of human influence? Perhaps.

Humans clearly are best adapted to daytime conditions. Our eyes do make adjustments for darkness, but our vision is still relatively poor at night. Artificial lights designed to extend our day into the dark hours largely aid our activities at night. Many people fear the dark because we are not well equipped for nighttime conditions. We sleep well in the dark; perhaps our best nighttime accomplishment. And yes there are people who are referred to as night owls, but they are generally night owls in an artificially bright environment. Few go about their business in complete darkness.

There are still a fair number of people who live in areas without light pollution, where stars are common and streetlights are not. These people often love to take in the universe and the magical and abundant stars during the late evening hours. The heavens are vast, seeming to be without end, and the thoughts they provoke seem infinite as well. Many people love getting lost in the heavens. Going there in our minds is really not being lost at all. It is more akin to finding our origin where our imagination has no bounds.

After all, we all hail from stardust.






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Library Lines

—Donald Purington



Preschool Story Hour: join us with the young children in your life on Friday, February 8 and February 22, at 10:30 am. More dates for 2019 will be posted in the library and on the library website when available.

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: *Black Ascot* by Charles Finch, *The Wedding Guest* by Jonathan Kellerman, *Hunting Game* by Helene Tursten, *The Au Pair* by Emma Rous

Non-fiction Books for Adults: *Our Native Bees* by Paige Embry, *Everyday Dorie: The Way I Cook* by Dorie Greenspan

Books for Young/Teen Readers: *Humphrey's Mixed Up Magic Trick* by Betty B. Birney, *Guinness World Records 2019*



Children's Picture Books/Boardbooks: *Winter Bees and Other Poems of the Cold* by Joyce Sidman, *Animalphabet* by Julia Donaldson

DVDs: *The Bookshop, Tea With Dames, Bohemian Rhapsody, A Star is Born, Jamestown Seasons 1 & 2*

Photo Album: Photographs of Howard Dickinson's 90th Birthday Celebration (2013), by Art Schwenger. We are seeking volunteers to help identify people in the photos. If you are interested, please contact the library.



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Heath Fire Department News

Open Burning Period

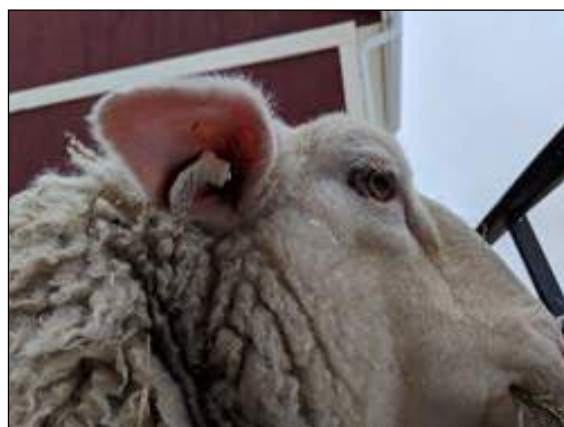
The open burning period is January 15 through May 1, 2019. This is for the purpose of burning brush from your own property, including vines, branches, and limbs from tree and shrub pruning, tree limbs from storm damage, yard maintenance, and other similar types of homeowner operations. Certain agricultural operations fall under general open burning but are also covered by a separate agricultural burning regulation.

An open burn permit is required and may be obtained by contacting Shelburne Control at 413-625-8200 or online at FCburnpermits.com. The online permit is easy to use and provides you with good information, including these basic regulations:

- Must be 75 feet or more from a dwelling
- Burn hours are from 10 a.m. to 4 p.m.
- Fires must be attended at all times
- Use only smoke-minimizing starters

Permits are issued daily. Agricultural permits may be issued for multiple days. The Department of Environmental Protection (DEP) determines the air quality and the State Department of Conservation and Recreation (DCR) Fire Chief determines the fire danger rating of the day. Both standards must be met in order for permits to be issued. In all cases, no trash, rubbish, or construction debris is permitted at any time.

—Nicholas (Nick) M. Anzuoni, Chief



What Is It?

Answer from page 5

This is the ear of a Heath sheep, who is warm and happy eating hay. It is ewe-topia in Heath!

Photos by Alec Draxler



Green Thoughts

—Pat Leuchtman



Madame Queen and Noble Bees The Leuchtman's Honeybee Project Part 2: Bee Installation

Our hive was built and the purchased bees were ready to be introduced. We had even acquired an audience. My neighbor, Catherine Heyl, had come up to visit and was fascinated with the whole project. I hadn't been able to find the full regalia of hats, veils, and gloves that Henry and I had used years ago, but Dick Bonney, our honeybee expert friend, said he didn't believe in all that stuff anyway. He thought beekeepers should learn to work calmly with their bees, fully accepting each other's presence. Henry was dubious and insisted that he would always wear a veil, but I was not unhappy about working with my Queen and Noble Bees in my regular clothes. Dick and I hunkered down while Catherine watched from the ladder—in case she needed to beat a hasty retreat. First Dick described the actual installation process. I indicated that I understood the concept; I was only worried about the "work quickly" part. First I addressed the bees. "I may do things you won't understand, Madame Queen and Noble Bees, but I am your loyal servant and have no other desire but to put you in your hive."

Inside the package cage containing the bees, there was a smaller cage with the queen, green twistee, and sugar syrup can. I was directed to "Just rap the cage on the floor, pull out the can and hold on to the twistee." Catherine, from her vantage point on the ladder, watched me raise the cage. "Won't the bees get mad being banged like that?"

Dick assured her that a bang or two wouldn't bother them, although they certainly would get upset if you kept on doing it. Despite numerous tries, I was unable to get the can out, even as I banged the cage on the floor, knocking the bees down two more times. Then I rapped the cage on the floor again, and tried not to remember that Dick said the bees would get angry if they kept getting banged around. Catherine kept leaning away from us, stifling her giggles, trying not to laugh aloud at the

picture we made. This time, the can finally came out, and the bees were at the bottom of the cage—but so was the queen's cage.

"All right," Dick directed. "Now pour the bees out of the cage and into the hive, and we'll get the queen later."



Pouring bees into the hive

I tried to pour the bees, but they don't pour out like warm honey. It was like trying to get pennies out of a piggy bank. I shook them out, knocked them out, and tipped the cage from one side to the other. The queen cage fell out into the pile of bees,

but half were still in the cage.

Once again, Dick took charge and shook the cage, muttering all the time, because the bees were not cooperating—even for him. The bees were buzzing with annoyance, as they had been through the whole process, while Dick reached into the hive to pull out the queen cage. "Now, we have to inspect the queen before we go any further."

Catherine hooted, "What do you mean? You're going to check to see if her crown is on straight? Is she wearing purple robes? Have her ladies-in-waiting taken good care of her?"

Dick responded, "See, she has a very good abdomen."

"That sounds like a presumptuous remark for a mere commoner to make about a queen," Catherine replied regally.

I continued to wonder about those ladies in waiting. "Dick, are the extra bees put there to groom her and feed her during the trip?"

This time it was Dick's turn to laugh. "Actually, they're mostly there as packing material, to cushion her so she isn't damaged along the way."

After much instruction and work, the queen's cage was prepped so she would remain in her cage long enough for the bees to settle into their new hive and set up serious comb-building and honey-gathering. We put the inner cover on the hive, then put a second hive body on top of the first. The bees and frames were in the first hive body and the second hive body would just hold and protect the glass gallon mayonnaise jar filled with a sugar/water solution to feed the bees while they settled into their new home. "Madame Queen and Noble Bees, here is your housewarming feast. Enjoy it."

The next morning, I was off making my usual Saturday morning rounds. Henry and our son, Chris, were working on the lawn below, when all of a sudden they heard buzzing. They looked up to see the bees starting to pour out of the hive. Ranks upon ranks of bees streamed out of the hive, assembling themselves into a noisy sphere, just hanging in the morning air. Henry and Chris were so stunned that they just sat down on the grass and watched. Slowly, the fairly small and dense sphere of bees began to expand, retaining its spherical shape. Still, it hung in the air, several yards out from the hive in the shed loft. After more than half an hour, the bees moved as a body and flew back to the hive. In all our bee lessons and bee reading we had never heard of such a thing. Dick said that sometimes bees don't like their new hive for no reason that the beekeeper can understand. They all fly out of the hive and hang around out in front of the hive and wait for the queen to join them, whereupon they



Bees outside due to unfavorable conditions in the hive.

will fly away and find a home more to their liking. In this case, the queen was still trapped in her queen cage and could not join them. When this was clear to the bees, they just had to resign themselves to life at the

“end of the road,” and return to their hive and their queen. Dick may have hoped that that was the last of our problems but no such luck.

To bee continued...

—Pat Leuchtman

Visit Pat's blog at www.commonweeder.com

Don't miss the final installment of the Leuchtman's beekeeping adventures in the next issue of the *Heath Herald*.



iNaturalist is a free app that helps you identify the plants and animals around you, and record and share your observations with a community of over 750,000 scientists and naturalists. It is a joint initiative by the California Academy of Sciences and the National Geographic Society. Check it out at iNaturalist.org.

Nature Note:

A Walk in the Snow

While on a walk to enjoy some freshly fallen snow last month, I became aware that I was not alone. Out of the corner of my eye I noticed some movement, and looked down to see something small and black and moving very fast. It appeared to be a ground beetle, familiar to me from ones that I've found in my garden, but not something I've ever seen in the winter.

It's rare to see cold-blooded creatures like insects out and about this time of year. Insects have physiological strategies to survive freezing temperatures, such as increasing the sugars in their body to lower the freezing point, or becoming dehydrated to eliminate the water that would freeze within their cells. And, most shelter and become dormant in a life stage that is most resistant to the cold. For instance, luna moths and swallowtail butterflies pupate in the fall and overwinter in their cocoons and chrysalises; the woolly bear caterpillars found in wood piles and under leaves are the larvae of Isabella tiger moths; and praying mantids winter-over as eggs protected within their egg case.

The ground beetle I saw belongs to a large and diverse group of ground beetle species, some of which are part of a community of invertebrates that remain active under the insulating cover of snow, and occasionally venture above the snow on warm sunny days—the same conditions that lured me out to walk. The most well-known of this small but interesting community are

snow fleas or springtails, which are so tiny they look like black specks on the snow. They are thought to feed upon bacteria, moss and mold spores, or algae found on the snow surface. They, in turn, are preyed upon by others above the snow, such as ground beetles. These predatory beetles are considered to be beneficial insects due to their appetite for garden pests the rest of the year. I don't know where that ground beetle was heading in such a hurry, but I hope he survives the winter and finds his way to my garden.

—Susan Draxler



Photos: Alec Draxler

Essential Ice Gear: Ice Cleats and Crampons

It was a scene from "The Shining." Bruce Phillips and I, the only off-season guests at AMC's Cardigan Lodge in Alexandria, NH. We were off for a winter getaway to do some trail hiking in the adjoining state forest. The caretaker warned us it was icy. She said we should consider ice cleats, which happened to be for sale in the lodge's little shop. Politely declining, we laced up our boots and set out for a morning hike. After some serious slipping and sliding, and barely at the trailhead, we headed back to purchase those \$58.95-a-pair trail crampons. After all, the box said, "Tested on the trails of the Himalayas." Well, I tell you, Bruce and I never looked back. We hiked, sure-footed, up the icy mountain trails, over frozen streams, only stopping to take in the beautiful winter scenery and to marvel at the effectiveness of our new ice cleats.

Ice cleats are essentially rubber contraptions with metal spikes that attach to your boots. They provide excellent traction on ice, reducing slips and falls, as well as muscle fatigue. Whether you are trying to make it safely to your car on a frigid morning, hiking on icy terrain, or climbing K2, there is an ice cleat for you.

Strap-on, Flexible Ice Cleats: A good choice for winter walkers and hikers, these cleats are usually constructed with aluminum. They are lightweight, flexible, and easy to put on over regular hiking boots.



10 to 12 Point, Semi-rigid Crampons: When you think of

ice cleats, these are the ones you are likely picturing. Usually constructed with stainless steel for durability, they are mostly used for general and technical mountaineering. The semi-rigid style offers comfort, while still providing a high degree of control. A hybrid or step-in binding requires a stiffer boot.



Vertical Point Crampons: These are for climbing frozen waterfalls and mixed ice/rock routes. They often have serrated front points for better traction and can have more or fewer points, depending on conditions.

Stay stable out there!

—Rachel Grabelsky



What To Do While Driving On Ice

Driving on ice, or worse, driving on black ice, is extremely dangerous. This kind of driving poses unique challenges and risks. Even the most skilled drivers in the world tend to avoid driving when roads ice up. If freezing rain is expected in your area, this is one time when you should absolutely heed the advice to stay home.

If you discover that you're driving on ice, there is one thing you must do before anything else—remain totally calm. Do NOT hit the brakes and don't make any sudden movements with the steering wheel, even if you feel yourself sliding. The best thing to do is to slowly take your foot off the accelerator. Slow down as much as you can without putting yourself in danger of being rear-ended. Try to find a safe and secure location to park your vehicle, such as a parking lot. It is not recommended that you stop on the roadway, including the shoulder. The shoulder of the road can be extremely dangerous!

Make sure all driving inputs are done in slow motion. No sudden movements. Unlike with snow where you can safely navigate through in most cases, when driving on ice, you should find a safe location to park as soon as possible. Ice is nothing to take a chance with. Yes, it's that dangerous!

—DRIVE-SAFELY.NET





How to Make an Ice Votive

Ice votives are a fun, easy craft that is perfect for the frosty climes of Heath. Enjoy these festive candles outdoors or inside your home, anytime.

What You'll Need

- 2 plastic containers, one about an inch smaller than the other
- Greenery (like pine, cedar, holly, and red berries) to freeze inside the votive. Note: Ice without any embellishment looks great, too.
- Weights, such as stones

How To Make One



Step 1. Place the smaller container inside the larger one, spacing evenly all around. Use tape to secure, if desired.



Step 2. Put the greenery in the space between the two containers.



Step 3. Place the weights in the inside container so it won't float in the water.

Step 4. Fill the space in between the two containers with water.

Step 5. Place the whole thing in your freezer or outside. Note: It can take up to 24 hours to freeze solid.



Step 6. Once frozen, soak the outside in warm water to remove the outer container.



Step 7. Fill the inside container with warm water until it releases and can be removed.

Step 8. Place a candle inside, light, and enjoy!

For a step-by-step video, and variations on making the votive, search "How to Make a Holiday Ice Votive" at www.marthastewart.com.

Share your ice votive creations with us on Facebook.

—Rachel Grabelsky

Fun Ice and Snow Facts



We all know the infamous “tongue stuck on a flagpole” scene from *A Christmas Story*, but why does it happen? Thermal conductivity. A fancy way of saying that metal will bring a tongue to its temperature much more quickly than a tongue will warm up the metal. Metal’s ability to conduct heat is what will make a tongue freeze almost the moment it comes in contact with the frozen surface.



Snowflakes begin forming high in the sky when a water droplet freezes around a tiny particle, like a piece of dust, creating an ice crystal. As the crystal falls from the sky, water vapor freezes onto the crystal to create the six arms of the snowflake. Air and wind conditions as the snowflake falls (including temperature, humidity, wind speed and direction) determine the shape. That’s why no two snowflakes are exactly alike!

Heath Agricultural Society News

Let's ring in the New Year together. The Heath Agricultural Society (HAS) held its annual meeting in November with many members gathered together to remember 2018 and prepare for the year ahead. We enjoyed good food and good company! I'd like to thank and introduce returning Board members: Justin Lively (vice president), Tom Lively (treasurer), Kate Peppard (clerk), Bob Bourke, Jan Carr, and Conrad Halberg (members-at-large).

We are excited to announce many awards received in 2018.

First up—the media awards given out at the Massachusetts Agricultural Fair Association (MAFA) meeting this past November. HAS took home several awards for our media, including first place in the following categories: Potpourri (for the DVD), Website, and Newspaper Advertising. We took second in Radio Advertising and Poster, and we took third in Brochure and Premium Book. Thank you to the volunteers who help make our media possible and award-winning, in particular Pat McGahan, Chris Louis-Schultz, and John Henry.

The awards didn't stop there. Most notably, we tied with the Topsfield Fair for the Judges' Choice Award for our 100th anniversary documentary film. The DVD is available for purchase at \$10 for non-HAS members, \$5 for HAS members. Visit www.heathfair.org for details. Not a member? Contact us to find out how you can join.

In addition to the MAFA awards, HAS honored several members with the new "We couldn't do it without you" award. It was too tough to choose one recipient, so all of those nominated by our membership were awarded a "pint" to remember how much we appreciate their dedication. Pat and Bob McGahan, Tom Lively, Bob Delisle, and Conrad and Kathy Halberg all went home with these awards. Thank you to all who nominated and to our winners.

As we begin 2019, I have many ambitious goals for HAS. First and foremost is to engage our community in order to pull off a successful 102nd Heath Fair, August 16 through 18, 2019. To that effect, I asked Bob Bourke to write a piece in his own unique style for this issue. Take it away, Bob...

—Jessica O'Neill
President, Heath Agricultural Society

The Bourkian World View on Volunteerism

Our hill towns have always relied on the generosity of their residents for providing the needed elements that help make up a desirable community in which to live.

We in Heath have a unique avenue for all to participate. Colrain has its Crafts of Colrain weekend, Charlemont's Yankee Doodle Days are possibly gone, and besides the larger Shelburne area, there are no events that compare to the Heath Fair.

In daily conversations, we hear complaints of a coarsening of political discussion and divisions on many topics—both local and national—including the roles we play as part of a community. Civics is long gone as a school subject, and the sense of giving something of one's self for the public's greater good through volunteerism is sadly lacking. We are blessed in Heath to have a venue, an opportunity, which allows for unfettered participation. Think global, act local. Start here in Heath.

No excuses need apply at the Heath Fair. Whether fourteen or ninety-four, redneck or ivy league, blue collar, white collar, or no collar, man or woman, conservative or liberal, just moved here or have family ties from many generations ago, all have a seat at the red picnic tables.

This is how a community is supposed to be. We get to know other people's views and to see the unique strengths we all bring to these tables. Laugh, shake hands, catch-up, gossip. We can respect each other's opinions (some are even Yankees fans) and histories, and be united in a common goal, that of a successful fair weekend. This event does put Heath on the map and sets us apart from many other small hill towns.

But it depends on "us." Heathans. There is no hired management company and no one on a payroll. However, we are making a healthy, vibrant, educated community. So, in these cold, upcoming months, plan to come to a Heath Fair meeting, figure out what you can do to help, and claim a seat at the picnic table.

—Bob Bourke
Heath Agricultural Society Board of Directors

The next open meetings will be held from 6:30 to 8:30 p.m. on the second Friday of the month in both February and April at the Community Hall, Heath Center. We hope to see you there!



Town Nurse

—Claire Rabbitt, RN

Ice Safety

Some guidelines for ice safety from the MA Division of Fisheries and Wildlife are as follows:

“Always use caution while fishing or recreating on the ice. Always consider ice to be potentially dangerous.” As well as appearance and thickness of the ice, strength is affected by water depth, size of water body, water chemistry, current, snow cover, age of ice and local weather conditions.

Ice Tips to Remember

New ice is stronger than old ice. Four inches of newly formed ice may support one person on foot, but 12 inches or more of old partially thawed ice may not.

Ice does not freeze uniformly, so ice formed over flowing water and currents is often more dangerous.

White or snow ice is only about half as strong as new or clear ice, and can be very treacherous.

Use an ice chisel, auger, or cordless drill to make a hole to determine thickness and condition of ice, and use a tape to measure at regular intervals.

Ice Thickness Guidelines

for Clear, Blue Ice On Lakes and Ponds

2 inches or less—STAY OFF

4 inches—Safe for ice fishing or activities on foot

5 inches—Safe for a snowmobile or ATV

8 to 12 inches—Safe for car or small pickup truck

12 to 15 inches—Safe for a medium sized truck

Before going out on the ice, tell someone where you are going and when you expect to return, and carry a cell phone, ice picks, and rope. It is recommended that you wear a life jacket to keep you on the surface and provide insulation if you break through.

If You Fall In

Don't panic, call for help if there are people nearby. Don't remove clothing, as air trapped in your clothes can provide warmth and help you float. Turn the direction you came from, as ice you previously walked on should be safest. Place your hands and arms on an unbroken surface and kick your legs. Use ice picks or nails to pull yourself up on the ice while kicking. Once you are on

firm ice, roll toward the thicker ice. Find shelter immediately and get warm.



If Someone Else Falls In

Remember the phrase: “Preach-Reach-Throw-Go”

Preach: Call 911 if you can, and shout to the victim to reassure them help is on the way.

Reach: If you can safely reach them from shore, extend an object such as a rope, jumper cables, a tree branch or a ladder.

Throw: Toss one end of the rope or something that will float to the victim.

Go: If the situation is too dangerous for you, call 911 or go to find help.

If a pet falls in, do not attempt to rescue the pet, as pet owners easily become victims when trying to rescue their pets, so it is best to get help. Remember to always keep pets leashed while walking on or near ice.

Other than ice sports and recreation on ice this winter, let's all use caution negotiating the icy conditions we live with during our New England winter. Stay in if you can, use ice cleats on your foot wear, use ice melt and/or sand as needed, and keep doing your balance exercises.



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The Way We Love to Eat

Dick's Mother's Stuff aka Chicken Litchfield

When Budge, our younger brother, Bruce, and I were growing up, our parents had a very close bachelor friend named Dick Conti. Dick was a rather permanent fixture at our house, coming to watch football, basketball, and baseball games with our dad on a near weekly basis. He was also a wonderful cook, having learned from his Italian immigrant mother. One of the dishes he would make at our house was an Italian peasant casserole, or stew. This is a throw together some of this, some of that type recipe so you never know exactly how it will turn out, but it is always delicious. Over the years, Budge and I have each made it our own, but in consultation, we have come up with the following recipe. While the Thane branch of the family has retained the traditional name "Dick's Mother's Stuff," as the Litchfield clan has introduced it to their own families and friends, it has fondly become known as "Chicken Litchfield."

The following is portioned to serve six hungry people, but you can add and subtract depending upon the size of your crowd (and your roasting pan)!

In a medium to large roasting pan, combine well:

- 2 pounds chicken pieces (thighs and drumsticks whole, or breasts, halved)
- 1½ pounds Italian sausage cut in one-inch pieces (any combination you prefer of sweet and hot. Budge recommends Pekarski's, Avery's sausage)
- 6 potatoes, cut in 1½ inch chunks
- Nancy adds 2 pounds (one bag) baby carrots
- 2 to 3 onions, diced
- 2 to 3 large green bell peppers, sliced, not diced (can add 1 to 2 hot Italian peppers for a little extra heat)
- ¼ to ½ cup olive oil
- ¼ to ½ cup chicken stock

Herbs and spices as follows. Let your taste buds guide you. We each like to use our own, fresh or dried:

- 1 to 2 tablespoons oregano
- 1 tablespoon thyme
- 1 to 2 tablespoons basil (Budge strongly suggests fresh basil, if available)
- Nancy adds 1 tablespoon of rosemary
- 3 to 4 minced cloves garlic
- salt and pepper to taste

Bake, covered, at 350 degrees for 1½ hours or until done. Serve with a tossed green salad, and some good Italian bread.

—Nancy Litchfield Thane

Hawlemont-Heath

School Regionalization Update

Our town's two school committee representatives, Bob Gruen and Budge Litchfield, continue to meet with a subcommittee of the Hawlemont Regional School Committee to fine-tune the terms and process for expanding the Hawlemont Regional School District to include Heath. We are actually at the point of reviewing drafts of a significantly revised District Agreement. Based on our many years of experience in education and on school committees, I'm happy to report that we are very satisfied with the terms being finalized. The plan is to bring this question to voters in all three towns at our May Annual Town Meetings. Once the new Regional Agreement draft is approved by the Hawlemont Regional School committee, hopefully in February, we will begin the process of sharing the details of the agreement with town officials and the public. For the Town of Heath, we will also, in May, need to vote to withdraw from the Mohawk Trail Regional School District at the Pre-Kindergarten to Sixth Grade level. Work is ongoing to take the steps necessary to allow the citizens of Heath to affect this withdrawal with only a vote from the Town of Heath. It was felt to be very important for the people of Heath to have realistic control over elementary education decisions even after our school was closed. We continue to be in that position.

—Budge Litchfield

Welcome Police Chief John McDonough



As Heath's part-time Police Chief, John McDonough has been busy acquainting himself with the folks and roads around town. A native of the area, John has lived most of his life in Greenfield, with a 10-year stint in Shelburne Falls. He is also employed full-time in the Franklin County Sheriff's Office, and part-time as a sergeant for the Charlemont Police Department.

Chief McDonough's office hours are Tuesdays, from 6 to 8 p.m., in Heath Town Hall.

Photo: Dan Little, Greenfield Recorder.

Selectboard Report



Special Town Meeting Tuesday, February 12, 7 p.m., Community Hall **IMPORTANT FOR ALL TO ATTEND**

Residents will be asked to vote to authorize the transfer of the elementary school property for the purpose of disposition (sale/lease). This must be approved by two-thirds vote.

Other items on the agenda:

- Request approval to buy a backhoe and multi-purpose vehicle (with usage of free cash)
- Request approval of several monetary transfer requests

Heath School Building

We received two responses to the Request for Interest published in December. A Request for Proposals has been sent out with a return date of February 16. We are hopeful that this process will encourage interested parties to come forward with plans for new usage of the building.

Police

John McDonough has been appointed Heath's new Chief of Police. John works for the Franklin County House of Correction in Greenfield and is also a sergeant with the Charlemont Police Dept. He has hit the ground running, meeting people and getting to know the roads. He will continue to have office hours in the Town Hall on Tuesdays from 6 to 8 p.m. The office phone number is 337-4934 ext. 108. If anyone has a non-emergency need for the police, please call Dispatch at the State Police Barracks at 625-8200. Heath police officers are Tucker Jenkins, Francis Noyes, and Lee Lively, all Heath residents. Welcome Chief McDonough!

Highway Department

As you may have noticed, the highway crew is now working a five-day week instead of their previous longer day four-day week. We appreciate their rising very early in the mornings and working some weekend hours to keep our roads maintained and safe.

We did not get the STRAP grant to repave Burrington Hill Rd./South Rd. We will apply again next year.

Robyn Provost-Carlson has been working with the Highway Department to produce a fleet log, which spells out the condition and needs of all the department vehicles. The Finance Committee and the Selectboard have been working with the Highway Department to determine equipment needs and how to pay for them. As it

stands right now, there is a need for a backhoe (our current one needs \$80,000 in repairs to pass inspection), a new highway department truck, and a multi-task vehicle. Some of the costs will likely be reduced by using some of the town's free cash, with the approval of voters.

Community Compact Grant

The town has applied for the next round of Community Compact Grants. Town Coordinator, Kara Leistyna, will provide documentation so that Heath may hire a consultant to develop a town-wide Bridge/Culvert Preventative Maintenance Plan to help prolong the life of these critical transportation assets, and to be beneficial for planning maintenance and budgets for roadways. The second grant will provide assistance for Heath to complete a Master Open Space and Recreation Plan to guide land conservation and development decisions, including zoning and land acquisition.

Green Communities Grant

Heath has received confirmation that we achieved a Green Communities designation. The preliminary grant award is \$129,582. The Selectboard and Town Coordinator are reviewing energy audits that have been done, as well as other information, to determine how best to use the grant money.

Broadband

CAF II funding (grant money from the federal government) update is that Westfield Gas & Electric has been successful in their bidding, which includes 22 towns, with funds becoming available once all town networks are up and running. According to their sources, Heath will receive roughly \$56,000 per year for ten years that may be used to maintain the network. Make-ready costs are not available yet, but should become available soon.

Thank you to Bob Bourke, Broadband Liaison, for his ongoing work with Westfield Gas & Electric, and to Art Schwenger for his many years of volunteer liaison work with Wired West. The town is lucky to have these two people working in our best interests. Other volunteers on this project are Sheila Litchfield, Jan Carr, and Ned Wolf.

A "hut" to hold all the equipment for broadband is scheduled to be built west of the Verizon boxes near the basketball court in the center of town.

Abandoned Property

The abandoned town-owned property at 5 Ledges Rd. will be demolished and cleaned up by May 31, 2019.

New Board/Committee Members

Paul Dabrody has been appointed to the Finance Committee. John Palmer has been appointed to the Board of Health. Thank you to both for your service to the Town of Heath.

—Selectboard

Mohawk Awarded IDEAS Grant

The Mohawk Trail Regional School has been awarded a \$150,000 Mass IDEAS planning grant to further its work in redesigning Mohawk's student experience. The grant is funded by Mass IDEAS, an initiative of Next Generation Learning Challenges at EDUCAUSE, with generous support from the Barr Foundation and the Nellie Mae Education Foundation.

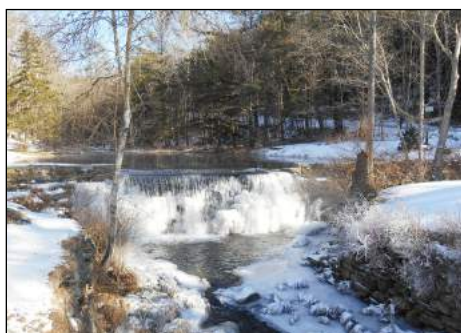
The planning grant will be used to work with educational consultants and school stakeholders to create a comprehensive plan that includes revised academic programming, professional development, and new opportunities for students to engage in internships and innovative coursework. Funding will be rolled-out during 2019. In 2020, the school will be eligible to apply for a Mass IDEAS implementation grant; these grants have a maximum projected grant size of \$375,000.

Mohawk Trail Regional School Co-Principal Marisa Mendonsa says that the funding will allow the school to not only provide the necessary academic and social skills students in grades seven through 12 need at Mohawk, but to create unique learning experiences students will carry throughout life.

"This grant is a wonderful opportunity for us to build on work we've been doing in recent years to engage our school community in thinking about how we can best prepare our students for the future," said Mohawk Trail Regional School Co-Principal Lynn Dole.

The Mass IDEAS planning grant is a spectacular opportunity for our school community to re-invent Mohawk into a boldly innovative learning environment that enables our students to create pathways to their most exciting hopes and dreams.

—*Michael A. Buoniconti*, Superintendent
Mohawk Trail Regional School District and
Hawlemont Regional School District



*Frozen waterfall,
Pondside in the
Dell.*

School Committee Position

An Appeal from Bob Gruen

Back in 2001, the Heath School had only been opened for five years and both School Committee Representative positions were vacant. We REALLY needed to have our voice heard in the midst of funding turmoil and trying to get our beautiful new school moving forward. I volunteered to fill one of those seats "temporarily" and here I still am in 2019, looking at a very long temporary.

I have learned so much, ridden the roller coaster ups and downs, watched little students become adults, and worked with some wonderful people. I'm lucky, BUT I'm also tired. I will not be running for the open School Committee seat this May. I'm putting myself out to pasture. So, this is a request, not for some open field for me to chew my cud, but for someone to take my place on the Mohawk Committee.

I'm trying to put this out early in the year for two reasons. First, I do not want to leave my partner in crime, Budge Litchfield (who currently is serving on both the Mohawk AND Hawlemont School Committees), hanging out to dry. I also want to give someone willing to serve a chance to sit down with us, and/or go to some meetings in order to get "their feet wet" with this job. There is lots to do and learn, so getting up to speed will be important.

Personally, I've always felt it best to have someone with children in our system taking a seat at this educational table. Of course, that isn't necessary or required. The committee has members with a variety of ages and skill sets. And, as with so many things, working together is the most important component.

In closing, I ask you to think carefully and consider serving our town, especially our children, as a member of the Mohawk School Committee. If you would like to sit with me and talk about what it would all mean, please give me a call (337-4235) and I'll put the teapot on to boil.

Many thanks,
—*Bob Gruen*



Obituaries

Rachel Porter



Rachel Deselms Porter, 63, of Charlemont died at sunrise on December 19, 2018 at Elaine Center, Hadley, MA under care of Fisher House Hospice.

Born June 23, 1955 in Lansing, MI, to John F. and Nelle B. (Deselms) Porter, Rachel grew

up in Michigan and Ohio and spent many happy summers in Heath. She lived for several years in California, where she met her husband, Wayne Filan.

A 1972 graduate of Cass Technical High School, Detroit, MI, Rachel earned a BA in Art from San Francisco State University and Masters in Public Administration from Sonoma State University. She did extensive graduate work in Fine Arts at U.C.L.A and San Francisco State and in School Administration through Collaborative for Educational Services Licensure Program, Northampton, MA.

An award winning ceramicist, Rachel's work was exhibited nationally and is represented in collections in the US, Japan, and France. She served as Program Director for California Contemporary Craft Association. She chaired her department at Marin Catholic High School, Marin County, CA, where she taught ceramics and graphic arts. After moving to Massachusetts, she worked for Collaborative for Educational Services as a Professional Development Consultant, and for Mohawk Trail Regional Schools as Elementary Curriculum Director. Since January 2018, Rachel worked at what she described as her dream job, helping teachers in North Adams Public Schools integrate the arts into classroom curricula.

Rachel was an enthusiastic contributor to community life in the West County where she and Wayne made their home. She designed the sign welcoming visitors to Charlemont, helped organize a photographic commemoration of Tropical Storm Irene, designed award winning posters and T-shirts for Heath Fair, served on the Charlemont Sewer Commission, and participated in many other community projects. She was known for the fabulous cakes and beautiful jewelry she created for family and friends.

Rachel was predeceased by her parents and nephew,

Jacob Porter-Henry. In addition to her husband she is survived by her stepsons, Zac (Jennifer) and Jake, granddaughters Zoe, Ava, Grace and Lily, sisters, Jane Porter (Sally Crawford), Pamela Porter (Brian DeVriese), Deborah Porter (John Henry) and many adoring nieces and nephews.

Donations in Rachel's memory may be made to Charlemont Ambulance Services, P.O. Box 139, Charlemont, MA 01339.

Eddie Overly



Edith (Eddie) Paine Hall Overly, died peacefully on Sunday, February 18, 2018, at the age of 96, in Southern Pines, NC surrounded by family and friends. She was born in Boston in 1921 to Lydia Lyman Storer Hall and Henry Snow Hall, Jr., and grew up in Cambridge, MA. In 1974 or so, Edie inherited a house on

Main Street in Heath dubbed "High Pastures" from her aunt, Emily Storer. Edie visited Heath weekly during the summers, always bringing two or three of her favorite dogs. Edie loved going to the Heath Fair and submitting wildflower arrangements and photographs from her many travels abroad. In the last 25 or so years, Edie's Lyon cousins and their offspring often accompanied her to Heath. Edie also kept a farm in Framingham, MA that was once the Millwood Hunt Club where she was, for a time, Master of the Foxhounds. During the winters, she stayed at her farm in Southern Pines, NC.



To live in the
hearts we leave
behind is not to
die.

—Thomas Campbell

Scott Andrew Weis



Scott A. Weis, 33, of Center Moriches, NY, passed away suddenly on Saturday, December 29, 2018. He was the beloved son of LeEllen (Pettengill) and Peter Weis of Heath.

Most recently, Scott worked in construction in Florida and New York as a roofer. His true passion, though, was tattoo artistry and Scott leaves behind a portfolio of beautiful work. He also loved motorcycles and his talents included being able to repair most anything with an engine.

Scott will be sorely missed by his sisters, Dawn Weis of Heath and Sarah Weis Denton (Michael) of Round Rock, TX, his nephews Aiden and Mason, and his nieces Pippa and Cricket. Scott is also survived by his uncles, Michael, Kevin, and Kirk Pettengill, formerly of Heath, and their families.

Scott became committed to helping children with autism when one of his nieces was diagnosed with the developmental disorder. The family asks that donations in his name be made to the Texas Autism Society at texasautismsociety.org.

Nelson Bouchard



Nelson McKeever Bouchard, died unexpectedly, Tuesday, December 4, 2018.

Nelson was born at home in Shutesbury, MA, on October 22, 1982, the son of Patience Lowe of Colrain, and Paul Bouchard of Ashfield.

Nelson, affectionately known as “Uncle Nelkie” or “Mack” by his family, was a thoughtful man who made everyone laugh. Nelson was a proud dad to his daughter, Vega Marie, an engaged uncle and a devoted son. He enjoyed a simple life full of nature, hiking, fishing, music, and family.

He leaves behind his beloved daughter, Vega Johnson-Bouchard of Heath, his father, Paul Bouchard of Ashfield, his mother, Patience Lowe of Colrain, his two sisters; Sara Lowe, and Rachel Bouchard of Adams, MA, his brother Jeremiah Bouchard of Centerville, MA, his paternal grandmother Phyllis Bouchard of Naples FL, and several nieces and nephews.



Heath Union Church

The Rev. James Koyama, Minister
Dennis Ainsworth, Organist
Sunday Morning Worship 10 a.m.
Thursday Bible Study 5:30 to 7 p.m.,
at the church

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 Church. Church building facilities are available for private events. Call Victoria Burrington at 337-4425

Church News

As we look ahead to a new year, the church family is continuing an informal dialogue about its historical background. Part of this discussion involves learning ways in which Heath Christians of diverse theological positions grew into a working whole as they formed a union church that has helped meet needs in the community for 123 years. In our discovery we are also evaluating what approaches will still be effective as we progress and grow as a church in future years.

The choir continues to present special choral music each week, and now looks forward to working on a medley of pieces for the Lenten and Easter seasons. The choir members continue to be grateful for the leadership of our director, Heather Row.

Our sermons continue to be broadcast through the church's Facebook page. They can either be viewed live each Sunday morning or listened to at any time as part of the archived collection. Since late summer there has been an average of over 17 weekly viewings.

Saturday, March 23, at 5:30 p.m. will bring an opportunity to join us in a roast beef community dinner to help raise funds for ongoing church operational expenses. Mark your calendar now. It is sure to be another delicious meal. Reservations are preferred. You can order ahead for take-out, as well.

For reservations, call Richard Gallup, 337-5367 or Sheryl Koyama, 413-834-1768.

—Hilma Sumner

COMMUNITY CALENDAR

- Feb 8 **HEATH AGRICULTURAL SOCIETY OPEN MEETING**
6:30 to 8:30 p.m. at Heath Community Hall
- Feb 8 22 **PRESCHOOL STORY HOUR**
10:30 to 11:30 a.m. at Heath Library
- Feb 12 **HEATH SPECIAL TOWN MEETING**
7 p.m. at Heath Community Hall
See more information on page 18
- Mar 8 9 **CINDERELLA, ENCHANTED, PRESENTED BY MOHAWK**
7 p.m. on March 8
2 p.m. and 7 p.m. on March 9
Mohawk Trail Regional High School
- Mar 8 22 **PRESCHOOL STORY HOUR**
10:30 to 11:30 a.m. at Heath Free Library
- Mar 23 **COMMUNITY ROAST BEEF DINNER**
5:30 p.m. at Heath Union Church
See more information on page 21

ONGOING CALENDAR**FOOT CLINIC FOR SENIORS**

Third Tuesday of each month at the Senior Center, downstairs in Heath 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

Tuesdays, 11 a.m. to noon; Thursdays, 10 a.m. to noon at the Senior Center, downstairs in Community Hall.

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

SENIOR BROWN BAG LUNCH

First Thursday of each month, 11:45 a.m. at the Senior Center, downstairs in Heath Community Hall. Bring your own lunch, dessert provided.

SENIOR LUNCHEON

Third Thursday of each month, 11:45 a.m. at the Senior Center, downstairs in Heath Community Hall. A count is required by Monday before the scheduled meal. Sign up at the Senior Center, or call Margo Newton at 413-339-8580.

SENIOR OPEN ART

Taking a break for the cold season. Stay tuned for when we start up again.

TAI CHI

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

YOGA

Fridays, 9:30 to 10:30 a.m., downstairs in Heath Union Church. Led by Kate Peppard. Beginners welcome! Mats available. Suggested donations (\$5-10) accepted. Contact Kate at 617-669-4891 with questions.

**Locate the Black Box**

To include an event on the Community Calendar, or for any communication with the *Heath Herald*, please drop a note in the black box in the Town Hall vestibule, or send an email to theheathherald@gmail.com.



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
John Palmer

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, calvincarr@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

Jessica O'Neill
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

Lindsay Rodriguez, 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

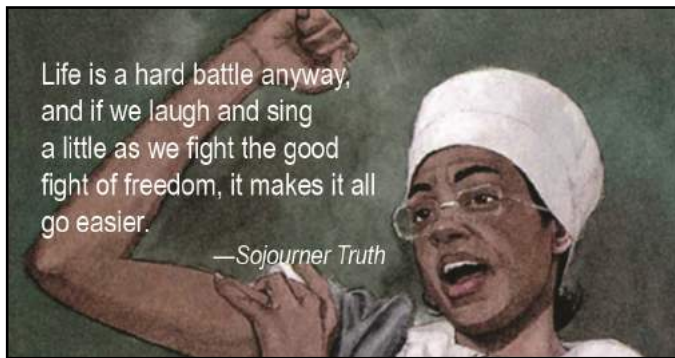
Office hours: Tuesday 6 to 8 p.m. 413-337-4934,
ext. 108, or call Shelburne Control at 413-625-8200
to have paged. All emergencies, dial 911

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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Enroll today! Simply send an email to: theheathherald@gmail.com or drop us a note at P.O. Box 54, Heath, MA 01346.



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 Twister Josphson Roof**

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massculturalcouncil.org

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



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