



HEATH HERALD

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On the Cover

Photograph of yellow spotted salamander by Bryan Pfeiffer, bryanpfeiffer.com, a writer, educator, and field biologist from Montpelier, VT. *See Calendar on page 22 for details on the Salamander Walk.*

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.

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- Drop off at our Town Hall box: 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).

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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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Keith Sherman

Gold Star Family Biography Project

In observance of Memorial Day, we are proud to print a speech given by Heath Native, Keith Sherman, son of Cece and Lee Sherman, at the Library of Congress on November 1, 2019. The occasion was to present the stories of 50 service members, one from each state, who were killed in active duty; stories Keith had personally collected and recorded, to be preserved in the National Archives' Veteran History Project at the Library of Congress.

Director, Senators, Congressmen, Senatorial and Congressional staffers, chiefs of staff of presidential campaigns, family and friends, Jeff and Kristine, Kerry, Mom and Dad but most importantly the Gold Star families that have traveled from every corner of our great nation here to our nation's capital to escort their fallen hero's story into the Library of Congress, welcome.

This has been a very profound journey for me to undertake. After retiring from 26 years of service, I was a broken man, having spent the last year of my career in a wounded warrior treatment program and three months of that in an in-patient PTSD treatment program, I needed a healing journey. I had witnessed so much loss in my years of service that the only thing that I felt could put me back together were the families of service members that I had served with and lost along the way. I wanted to know what made all of these men and women want to be a part of something bigger than themselves. Where did they get their character and integrity and what made them willing to give their last full measure of devotion to our nation? In doing this I gained far more than I ever could have imagined. The very first Gold Star family I met was my own producer, Kristine's. This started my healing journey. 430 days ago, I set out on my journey across the United States of America to document killed-in-action Gold Star family stories in all 50 states. Today that journey ends here in Washington DC.

What is a National Treasure? By definition, a National Treasure is an artifact, or public figure regarded as being emblematic of a nation's cultural heritage or identity. These stories documented from across the fabric of America and everywhere in-between are just that; from all of these 50 states, treasures of our society and culture that represent life at its most beautiful and most tragic of times. These stories steeped so deeply in the foundations of our great nation belong in no other place than our nation's archives to forever be cherished for the world

to view, honor, and respect.

This journey has changed me forever and for that I am thankful. Along the way I have met families that did not know me, but immediately opened up their hearts, homes, and spirits to me and showed me their gracious hearts. These families, some of which are here today, represent the absolute best of what this nation has to offer. From the plains of Texas to the fields of North Dakota to the bays of Pensacola and sprawls of Idaho, beaches of Hawaii and everywhere in-between, these families have sacrificed so much for this nation that their families will never be the same.

From these stories I have personally witnessed fear, heartache, loss, and grief. But if you look deeper, you will find resolute lessons of strength, resilience, tenacity, freedom, fortitude, love, and healing.

Every family that I have sat with has shared a fear that their loved one and their sacrifice will be forgotten forever. With the Veteran's History Project and the Gold Star Family Voices Act, you are ensuring that these heroes now live on forever in the annals of history, thus making them immortal.

Inscribed in the west corridor of this great institution is a very profound saying from one of Carlyle's essays: "THE HISTORY OF THE WORLD IS THE BIOGRAPHY OF GREAT MEN."

Director, Senators, and Congressmen, it is with great honor and respect that I offer to you these biographies of great men and women into these halls of the Library of Congress as spoken through their Gold Star families.

See pages 12 through 14 to read Keith Sherman's remarkable story.



Keith Sherman (second from left) with his mother, Cece (seated), father, Lee (center rear), and representatives of the Library of Congress, where the

Gold Star Family Biography Project will be preserved in the National Archives' Veteran History Project.

Coronavirus COVID-19

Update from Heath Board of Health

A few weeks ago there were but a handful of confirmed cases in Massachusetts. Now, March 16, there are 164 cases in MA. As of March 16 there are no confirmed cases in Franklin County.

The first cases were the result of people traveling to infected areas and returning to MA. Now we are experiencing community spread. From the experiences of other countries, and even within our State, we can predict that the Coronavirus which causes COVID-19 disease is spreading exponentially. As said by Anthony Fauci, M.D., Director of the National Institute of Allergy and Infectious Diseases of the NIH, and the lead expert and spokesperson for the U.S., the worst is coming. What we do today to manage the spread of the virus will determine how many people get infected and most significantly, the rate at which that exposure occurs. It is critical that we slow down the rate of exposure so that our hospitals and the medical system do not get overwhelmed and to ensure that people who do need hospital care can receive it and thus save lives.

By the time you read this column, it is highly likely that we will be living with great changes in our daily lives. To mitigate the rate of new infections, we all must avoid being with other people as much as possible. We simply don't know which of us is carrying the virus and with whom we might come into contact who could pass it on to us. To learn more, go to: [cdc.gov/coronavirus/2019-ncov/prepare/prevention.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html)

The Heath Emergency Management Team (EMT), with Tim Lively, Director, Sheila Litchfield, Assistant Director, the Board of Health and the Select Board, does training and practice emergency management throughout the year so that they are prepared to respond when crises erupt. An EMT meeting on March 16 was set up to establish policies and regulations for Heath to assist us in reducing the rate of transmission and protecting our most vulnerable citizens. These meetings will be on-going.

As Bill Lattrell wrote on his Facebook page:

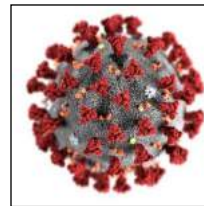
"I can tell that this unintentional coronavirus journey we have all embarked on will be very trying and perhaps stressful. Please stay in touch with those you love, those that might need help, or those who may be alone. We are only at the beginning and we may all be challenged by this. Find joy and laughter wherever you can. Focus on the positive. There will be rough spots. Face them head-on with courage. This is temporary. All will get better. It is time to reflect. One day at a time. May we all be blessed with good will and a positive attitude."



Town Nurse

—Claire Rabbitt, RN

Preparedness

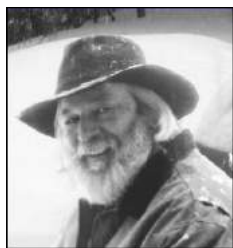


As I am writing this in early March, I am wondering what will be happening with COVID-19 by early April. I'm sure there will be a lot of new information by then, but the prevention part will be much the same as it is for other viral diseases: Wash your hands often with soap and warm water for at least 20 seconds, or use a hand sanitizer. Use those sanitary wipes at the grocery store to clean the shopping cart handle; use a paper towel to turn off faucets and open the restroom door as you leave. Cover your coughs and sneezes and sanitize your hands. Stay home if you are sick.

The thing to remember is the basic precautions we should all practice to prevent most illness would be the same. It is important to keep our bodies healthy by getting enough sleep, eating a healthy diet, and exercising. It is also a lesson in the value of keeping up-to-date with vaccines as available for other diseases when something like COVID-19 comes up and there is not yet a vaccine for it.

Having lived in Heath most of my life, I try to keep household supplies and nonperishable food ahead in the event of disasters like blizzards, hurricanes, and tornadoes. Hearing about people being quarantined in their home for 14 days, I have given some thought about what we would be eating if that happened. For someone on prescription medications, making an arrangement to get them by mail or delivery might be wise.

Along with all this, as spring progresses, remember precautions for ticks that are active in early spring. It seems there is no season when we can let our guard down.



Wild Ramblings

—Bill Lattrell

Lovers Embrace: Community Lessons



These two trees, embracing each other like two lovers, hold much symbolism for me. By happenstance two seeds from different tree species grew up together. Separated only by inches, the two trunks touched within a few years. As time passed the trunks joined by merging together, not on a cellular level but something more akin to a mechanical joining where they leaned on each other and the trunks, each flattened to meet and match, became what looks like one structure and one connection. The rough bark of the hemlock contrasts with the flakier red maple bark as they move together in unison under the pressure of the wind. With time, the branches intertwined and the trunks wrapped around each other creating the ever-present lover's embrace.

These two trees enthrall me. Normally, trees of different species both compete and cooperate in a forest community that offers mutual advantages. For instance, hemlocks produce such complete shade that there is little understory plant cover below them. There are few shade-tolerant plants that thrive under these conditions, however. Partridgeberry, by way of example, is a low-running woody stem ground-crawling plant that requires heavy shade and is frequently found within a thick grove of eastern hemlock. But in this case both the hemlock and the red maple grew up together, almost adopting each other, as if they were making a statement to the rest of the forest, and yes, our wonderful planet. I cannot imagine these two individual plants being separate. They need

each other for the rest of their natural days for support and endurance. They are truly one.


Forests are incredibly complex ecosystems. They are dependent on a vast host of factors, many of which are not completely understood. We are still discovering and learning about the different ways that the entire system reacts together. From soils, to mycorrhizal fungi found within the soils and in the root systems of plants, to vast soil virus systems that cover hundreds of acres (and have only recently been discovered within the last few years), to soil micro-organisms, insects, beetles, and other critters, to the hundreds of ground-level fungi and understory plants, to all of the animals of the forest, to shrubs, to our mighty trees of the forest, these ecosystems are uniquely and unbelievably complex. It is a miracle of evolution and, to some, divine intervention. It is a wonderful system of cooperation, competition, and success. And while it is still evolving, and still not yet "perfect," it is a wonder to behold and understand.

And for me these two trees are a work of natural art, a monument to the success of that cooperation and competition. It reminds me that there is so much we humans could learn from these two relatively simple trees.

It occurs to me that humans are easily distracted. We forget to look around ourselves and learn from our environment. Our egos sometimes prevent us from cooperating. We compete without abandon and forget that competition is only productive when it includes others, our environment, and is all-encompassing. It occurs to me that on a worldwide basis, on a national basis, and at a local basis, we sometimes let competition dominate and let cooperation fall behind. It occurs to me that even locally, people sometimes join opposing groups and make insulated decisions without considering the thoughts of others or opposing points of view. From the ecological lesson point of view, people should meet together listening and learning to reformulate opinions towards sustainable solutions. Groups of people meeting apart and not including other points of view will fail to reach viable and lasting solutions in the long term. Worse, during that process communities are divided and wounds heal slowly if at all. We all need to look at where we are, the beautiful natural gifts we have at our fingertips, and move forward as a human ecosystem towards sustainable decision-making in all parts of our considerations whether they be local, national, or about our planet.

This forest full of wonder, ancient wisdom, and sustainable evolution has important lessons for all of us.

But only if we pay attention.



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Heath Historical Society

An Introduction

The Heath Historical Society (HHS) functions on the strongly held belief that we live in a unique community with special historical significance. The HHS is one of the oldest historical societies in Western Massachusetts. The history of the Heath Historical Society is indelibly linked with the Old Town House built in 1834 by David Snow as a result of the Massachusetts Legislature's passing the 11th Amendment to the State's Constitution separating church and state. Town meetings were held in the Town House until about 1897. In 1898 and 1899 there were proposals to sell the Old Town House, but some of the townspeople, led by Flora and Mary White, chose to establish a historical society, assuming responsibility for the building, instead.



Postcard of Heath Town Center, circa 1930.

Our Society specifically maintains the Old Town House and the Center Schoolhouse, both of which are located in the Town Center, and the Solomon Temple Barn, located on the Heath Fairgrounds. We have stored artifacts in all these buildings, with special exhibits available for viewing during locally advertised Open Houses. We also maintain the former site of Fort Shirley, one of the chain of forts of the eighteenth-century French and Indian wars, located on Hosmer Road.

We celebrate the history of our town through preservation activities and through the collection and maintenance of artifacts of local cultural significance. We hold many events throughout the year to showcase our collection, sharing the history of the town through events such *Dining With History* and Open Houses/Ice Cream Socials. Our next *Dining with History* will focus on the historical significance and changing nature of the New England town center. We will share the background

and history of some of the buildings, and share stories about people whose lives were central to Heath's town center: who lived where, and when did that grocery store become a private residence, for example. The Society also offers for purchase a large number of publications focusing on the history of Heath. Proceeds from these purchases, annual membership dues, and



Peon's grocery store in Heath town center, circa 1930.

other donations provide us with much-needed funds for the preservation of the collection, and for maintenance of our buildings and the Fort Shirley site. We rely completely on

volunteerism, so please consider how you might contribute to the valuable work of preserving the treasured history of Heath.

For more information, please go to our website at www.heathhistoricalsociety.org.

—Jack Estes, Board Member

Stay tuned for details on an upcoming HHS Dining with History program about the history of Heath Center coming later this spring or summer.

Heath Historical Commission

The members of the Heath Historical Commission are Heather Hathwell, Jayne Dane, co-chairs, Susan Gruen and Nina Marshall. We are focusing on our common mission with the Heath Historical Society to maintain and preserve the historic buildings in our town center. The late historian Michael Coe expressed that it is our responsibility to focus on “nourishing our architectural, cultural, and historic heritages.” In its nomination to National Register status, our town center was singled out as an “exceptionally well-preserved New England town common.” Heath Center was awarded inclusion in the National Register of Historic Places in 2008.

The Historical Commission believes it is important to keep our historic center buildings as the continued, active, and vital core of our town. All are welcome to our meetings. Check the town website for details.

—Jayne Dane



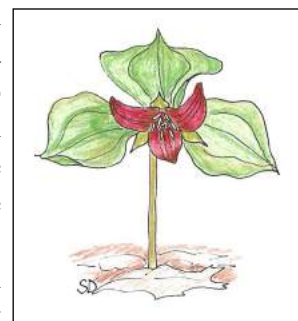
Nature Note

—Susan Draxler

The Making of a Trillium

Spring ephemerals are now blooming in our woodlands. This brief period before trees leaf out and when sunlight can reach the forest floor is their time to send up leaves, to flower, and to produce seeds.

The colors of these wildflowers are mostly delicate—white, pink, pale blue, and violet—but the Red Trillium is an exception with its deep red blossoms. This color is part of a design to enlist a specific group of insects for pollination. Bend down for a closer look at the showy flowers and you'll notice that they are scented with a rather unpleasant odor. Carrion beetles and flies are attracted by



the odor with the idea that they have found rotting flesh in which to lay their eggs, and the dark red color adds to that illusion. The flies and beetles end up finding a flower rather than flesh and instead of laying eggs, they take the opportunity to feed on pollen, some of which will get deposited on the next trillium flower they visit.

After pollination, an insect once again helps trilliums, this time for seed dispersal. Trillium seeds have an attached appendage called an *elaiosome* that is rich in lipids and proteins. These are sought out by ants (along with other insects and some small mammals), which carry them to their food stores where the *elaiosome* is eventually eaten and the rest of the seed discarded. In doing so, the ants have carried the seeds to a place where they can sprout and grow that is away from the parent plant.

Trilliums are long-lived but slow-growing. It takes almost an entire year for a seedling to produce one leaf and about five years to go from a sprouting seed to a flowering plant. As we enjoy the welcome color that trilliums provide after a long winter, we should appreciate the time that it took to produce those flowers and also the ants, flies, and beetles that helped along the way.

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Heath Firefighter Association Community Appreciation Pancake Breakfast

What a buzz in the former Heath school's cafeteria. One would have thought it was spring, instead of January, because there they were; peeps from all over town and neighboring communities—Colrain, Rowe, down to Hawley; even our friends the Yankee Beemers, who cherish Heath's Fairground every summer, came up with a squad. Fire Chief Nick, Firefighters, EMTs and associated members had a hard time flipping those pancakes—I can tell ya—to keep up with the steady stream of merry folks.

Well, the morning's success has to be shared with our exclusive and sophisticated masters of tonicity, Uncles of the Pioneers, consisting of Dennis Avery on Dobro, Rob Adams on guitar, under leadership of our town's very own, John Clark, on his bass. Their tunes and beats sure gave our sprawling breakfast a special flavor, and anybody with winter blues got a good dose of dopamine for free, as in gratis. Thank those Yankee Beemers—their generous donation made this event possible, so when you see them cruising around give them some friendly honks! Also some shout-outs to Pat McGahan and Lorena Loubsky for their efforts managing the Internet cafe through Heath Rural Connections.

It was a success and a treat seeing so many people showing up and having a good time. Kids also enjoyed a guided tour by Captain Steve Bigelow inside and out of our fire trucks.

Oh, and did I mention that food delivery companies had some serious competition—thanks Eileen Lively for having no left-over's wasted—over 20 breakfasts were personally delivered to elderly town residents by Captain Steve.

—Tom Carlson

On a very sad note: After a delightful chat that I had with Tom on the phone about the pancake breakfast, he submitted this article just days before he tragically passed away from a heart attack. *See Tom's obituary on page 20.*

—Nancy Thane

Blueberry Burns— A Public Private Symbiosis

Those blueberries love a good burn every once in a while, and who does not love our local blueberries? So, if you saw smoke rising on Sunday 8th of March on Heath's blueberry hill, then you know Fire Chief Nick jumped into action and drummed a crew together at the



last minute to get it done. You have to be on the lookout for good weather, but sunshine alone and free of snow does not

cut it. Watch the wind and what the day will bring in temperature changes. Oh, boy those fires rip fast—you do not want to have it out of control with variable or gusty winds. That is why blueberry field owners like to have firefighters around in case something goes out of control. Plus, it teaches firefighters very valuable lessons on how fire behaves and how to anticipate the conditions around them—even our friends and colleagues from Colrain Fire Department enjoyed the hustle and bustle. Besides, it is fun to give our six-wheeled brush truck a ride out after a lazy winter season—you might have heard the noisy engine puffing by your house. We are glad to have it—it goes places where regular fire engines could not go and has saved the day on multiple occasions. Next time you enjoy our local blueberries, you will know why they taste so good!

—Your Heath Volunteer Fire Department

People in the News

Congratulations Mike Girard!



Mike's Grade-A light syrup won a blue ribbon for Superior Sweetness at the North American Maple Syrup Council's International Competition.

Photo: Art Schwenger

Select Board Report

Highway Department

Roadside clearing: brush cutting and chipping, mowing, and ditch work will commence now that winter seems to be moving on. Spring is around the corner and annual springtime grading will be taking place, hopefully in about mid-April, with brush cutting and chipping on various roads such as Bray Rd., Rowe Rd., Sadoga Rd., and Underwood Hill Rd. The crew will be ditching our roadsides so that the water flows properly all throughout town. Culvert replacements will be happening in various locations once the weather clears, allowing the crew to identify nonworking or corroded pipes. Roadside mowing will take place on schedule as well. The town was notified that we will be receiving \$208,462 for Chapter 90 in FY 20. Some of the funds will be used to do a tight shim and overlay on two spots on Burrington Hill Rd. similar to the Avery Brook Rd. project, BUT it will be the bottom of Burrington up to top of the hill then skip about a 1/4 mile and go from Art Schwenger's house (intersection with Schoolhouse Rd.) to the intersection of Burrington and South roads. This is not a permanent fix, but it needs to happen. This will take an estimated \$163,000. Another project is to replace both sides of the guardrail on Number Nine Rd. in between Tom Lively's and Matt Lively's. Also, some gravel will be purchased, some lines will be repainted, and crack sealing will be done on Route 8A and Number Nine Rd. In addition, the department applied for and received a grant from the Mass. Society for the Prevention of Cruelty to Animals for no-kill beaver remediation. Thanks to the Highway Department crew for the fine job they did this winter in keeping our roads cleared and our residents safe.

Mohawk Trails Woodlands Partnership Grant

The Parks and Recreation Committee applied for, and was awarded, a \$20,000 grant from the Executive Office of Energy & Environmental Affairs' Division of Lands and Forests. The grant will be used to improve the town-owned Shapiro-Burnt Hill Woodlands Conservation Area for better recreational and educational use. A parking area will be constructed, trails will be created connecting town lands with the Catamount State Forest trails in Charlemont, and educational signage will be posted. Work should begin in early summer. Many thanks to Mike Cucchiara, Kate Peppard, Bobby Honeycutt, Lyra Johnson-Fuller, and Shahid Jalil. Also to Art Schwenger for his assistance.

Host Community Agreement

Following a previously held community information meeting, on February 26 representatives from Tripp Tree Farm met with the Select Board to discuss plans to purchase Tripp's blueberry farm for the cultivation of cannabis. Water use, security features, neighborhood impact, road use, and property valuations were discussed. Tripp Tree Farm's long-term goals include having a zero-carbon facility and employing 10-30 people, with qualified Heath residents being considered first for employment. The Select Board voted to sign the Host Community Agreement with Tripp Tree Farm. This agreement spells out all the contractual obligations of the enterprise. The agreement is good for five years. The town will receive 3% of all revenue earned by the business.

Facilities Task Force

The Board-appointed Facilities Task Force was charged to look at all the town buildings and to come up with a schedule of repairs/updates and to recommend possible uses for each building and property. Their "soft" (draft, with more information being sought) report was presented to the Select Board on March 10. The Task Force did an admirable job in a short period of time. The Task Force will meet with the Finance Committee to look at expenditure and budgetary considerations. A final report will be made before town meeting.

Annual Town Meeting and Elections

Town elections will be held Friday, May 8, noon to 7 p.m. at the Senior Center. The Annual Town Meeting will be held Saturday, May 9, at 9 a.m. at the former school building. Voting in the elections for town officials and attending the town meeting and voting on the town's budget and other items gives everyone a voice. We would love to see a large turnout at both.

Hawlemont-Heath

School Regionalization Update Note

Details for redistricting (Heath joining the Hawlemont School District, leaving the Mohawk District, pre-K through sixth grade) are still being worked out. I am optimistic that there will be a completed proposal to bring before the town at the Annual Town Meeting in May.

—Budge Litchfield



The Way We Love To Eat

—Deb Porter

As promised in our last issue, the following are two bread recipes that have graced our bake sales and pot-lucks for so long that it is easy to forget that they, too, are immigrants to our tables.

Irish Soda Bread, Eileen style



Photo of Eileen Herman, age 16, taken the day she left Ireland for America.

Eileen Herman, who emigrated from Ireland on her own at the age of 16 to live with an aunt in Braintree, MA. She met her husband Bob in Braintree, and in 1991 they moved to Heath, which Eileen refers to as “God’s Country.” The following is her version of Irish Soda Bread. Unlike the original, it has sugar because, as Eileen asserts, without sugar, the bread is just too boring. Eileen has

made her bread for many gatherings that include children and I have a feeling they would agree with her. I know I do.

Mix together: 3 cups flour, 2 pinches of baking soda, and 3 teaspoons of baking powder.

Cut in: 1/2 stick of butter with a pastry cutter, your fingers or a fork.

Mix in: sugar to taste (Eileen uses 2 cups), 3 eggs, and 1 1/2 cups of sour cream, 2 to 2 1/2 cups of raisins. The mixture should be the consistency of loose oatmeal, wet and gooey.

You can cook the bread in a large greased and floured cake pan at 350° to 375° for about an hour or a little longer. When poked, a knife should come out clean.

Or you can bake the dough in muffin tins. Fill the tins about half full and bake approximately 20 minutes.

And yet another way to use the dough is to turn it out on a board with a little more flour and knead it like other breads. This makes two loaves.

Nisu—Finnish Coffee Bread

If you go to Alli Thane-Stetson's house for a party, for a family gathering, for morning or afternoon coffee, or just happen to drop by, Nisu is bound to end up on the table. Nisu is a traditional coffee bread Alli's mother brought with her from Finland as a young woman. Olga Syvenan grew up in western Finland, where the political boundary between Finland and Sweden had shifted back and forth a few times in recent history. Influenced by the Swedish, the western Finns call this sweet bread Nisu, while the rest of Finland knows it as Pulla. Steve Thane remembers his mother making Nisu every Saturday morning while listening to the opera on her phonograph. Nisu is traditionally made as braided bread, but you can also make rolled cinnamon buns with a cinnamon-apple or raisin filling.

1/2 cups scalded milk
1/4 cup butter
1/4 cup sugar
1/2 teaspoon salt
two beaten eggs
3 1/4 cups sifted flour
four crushed cardamom seeds
one yeast cake, softened in 1/2 cup warm water

Combine butter, sugar, salt, and milk and let cool to lukewarm. Add yeast, eggs, flour, and cardamom. Mix and let rise until double, about one hour. Punch down and let rise 30 minutes. Divide in half and knead until no longer sticky. Making two loaves, divide each portion into three strips and braid, tucking under the ends. Let rise until double. Bake at 375° for 25 to 30 minutes. Brush with maple syrup and sprinkle with coarse sugar, or decorate with icing and nuts.



Note: In the very unlikely event that your Nisu goes stale, butter and add cinnamon-sugar to bread slices and bake at 200° until hard, like a biscotti. Now you have Korpu, a wonderful biscuit to dunk in your coffee anytime of the day or night.



Remembering Gold Star Families

Last November, when Keith Sherman, 46, walked up to a podium at the Library of Congress in Washington DC, he was delivering on a promise he had made with himself and the 50 Gold Star families he had interviewed over the past 18 months. It was a culminating moment of a very long journey Keith began while recovering from his own war traumas. He travelled for one year and two months, or 428 days, living in a tent on the roof of his car, visiting every State in the U.S. and chronicling the lives of America's fallen heroes and the families they left behind. The following is Keith's own account of what inspired him to make such a journey.

My whole life from birth to entering the military was spent in Heath, MA. My parents, Leland and Cecelia Sherman built our house on Judd Road and finished it just as I was born. In fact, my mother was nine months pregnant with me while she was nailing shingles on the roof. I grew up outdoors and loved being outside all day running through the mountains of Heath.

I was fortunate to grow up near my grandparents, Elmer and Mary Sherman. I spent countless hours with both of them on Judd Road. One of my favorite memories with my family and grandparents was sugaring. With family and friends, we would follow my grandfather while he was pulling a large wooden sled through the snow with his crawler tractor, and collect the sap, dumping it into the tank that he was pulling. I would be dragging a five-gallon pail that was almost as tall as I was. My very first job in Heath was picking blueberries at Cable's farm on Burnt Hill. I don't think I was good at this job at all, as I ate more blueberries than I picked.

When I was older and in high school, I joined the Civil Air Patrol, the US Air Force Auxiliary, and started drilling at the Turners Airport on Wednesday nights. This is where I started flying and learning about ground search and rescue operations. Also, this is where my desire to join the military and be a part of something bigger than myself blossomed and flourished. I graduated from Mohawk in 1992 and joined the military shortly after graduation.

I was in the Navy for 26 years and retired as Senior Chief Petty Officer (E8). I served most of my career supporting the

SEAL/SWCC Teams, while serving as a Special Operations Parachute Rigger. I did this with a great amount of pride. I have had the honor to work alongside the most fearless and honorable men and women that this nation has to offer. I have over 600 Freefall High Altitude Low Opening (HALO)/High Altitude High Opening (HAHO) jumps and over 30 static-line jumps. I also had many hard parachute landings, was exposed to concussive blasts, and received multiple concussions, leaving me with Traumatic Brain Injury (TBI). Additionally, I went on multiple deployments. Once one deploys in those environments, it's hard to return being the same person that you were when you left.

The last year of my service was one of my toughest ever. I had compartmentalized all of the traumas that I had encountered during my service: friends dying in combat, helicopter crashes, friends dying from suicide, and my associated guilt at not seeing the warning signs and trying to step in earlier. After a diagnosis of PTSD and Traumatic Brain Injury, I ended up as an in-patient in a wounded warrior treatment program called the OASIS. Getting to that part of my life was both the most horrible thing with bottomless lows, and in the end the best thing that could have happened to me. I can see that now.

During this process, I asked myself, "What is the true cost of war?" and the answer I came to was "Life." If life is the cost, then aside from those service men and women that I knew personally, I wondered who I didn't know that had made their last full measure of devotion for this Nation? What was their family like, how were they raised, what was their hometown like, were they like me and my beautiful small town nestled in the mountains of Western Mass? During my service I had spent 26 years traveling the world. I decided now I would travel the nation that I had been defending and learn about what makes up the fabric of it, except this time, through the families that gave everything for it.

I put out a mission statement of sorts online and, miraculously, someone from the Library of Congress (LOC), who was interested in these stories too, found it. The American Folklife Center at LOC had a project named the Veterans History Project (VHP). This project interviews veterans regarding their service and experience during it. In 2016, through Congressional mandate, LOC expanded the project to include immediate family members of those who were killed in combat and it was named the Gold Star Family Voices Act.

With a renewed sense of purpose, Keith founded Gold Star Dirt, a nonprofit with the mission of preserving the legacy of fallen veterans, and set out with the goal to visit 50 families in 50 states. The name, Gold Star Dirt, was inspired by his love of dirt biking, a sport that made him feel alive during his darkest moments, conjuring memories of racing through the rugged Heath hills. Blazed on his bike is the number twenty-two, referencing the estimated number of veterans who succumb to suicide each day.



As he started out, Keith admits that he was idealistic about the difficulty of the task. His only funding was his military retirement and when he received donations or when a Gold Star family let him stay with them. It was a very humbling and emotional experience.

He talks of a time he ran out of money and only had the gas in his car, some beef jerky, and a can of soup. He went 20 miles to a free campground only to wake up in a monumental snowstorm that dropped four feet of snow.

Despite the roadblocks he encountered, Keith was able to connect with each family he interviewed on a deeply personal and emotional level. The video interviews that he produced paint a poignant picture of each service member and their family, set in the places that were important in their story. With gentle guidance from Keith, families recount intimate details about their loved ones and the significance of their legacy. They include the everyday details of growing up, of loving to fish and hunt, of milking cows, going to school, of surfing, and playing ball. They tell the tale of ordinary kids who grew up and made an extraordinary sacrifice.

In one account, Keith talks of visiting Hawaii where he interviewed Army Sgt. Drew Scobie's young widow, McKenna, and met their children, Duke and Drew. Sgt. Scobie was an aerial sensor operator on a MC-12 (a type of reconnaissance plane). He was on a nighttime flight in Afghanistan in 2014 when the aircraft crashed, killing him and another soldier.

After the interview, McKenna and her children took Keith to Drew's favorite beach where his ashes were spread. In the video interview, McKenna Scobie explains that her family and close friends held a memorial ceremony on Makapu'u Beach near their house.

"This was Drew's favorite surf break," and pointing to the crashing waves McKenna says, "This was exactly where we laid him to rest, in February, after the funeral. It was a very cold and a very big surf day. I was pregnant (with their daughter, who is named for Drew). My mom didn't want me to paddle out there, but nothing was going to stop me from putting him to rest."

They wrapped his ashes in a traditional Hawaiian tea leaf urn, called a Pu olu. Then, as her father stood on the rocky shoreline offering prayers, McKenna Scobie swam into the surf.

"We let him go under the water. My sister-in-law and I both went down," she remembered, "and swam back up through his ashes. It was really beautiful. We were surrounded by his best friends, family, lots of loved ones."



Before going home, "Everybody got the best waves they'd gotten in a long time," she said. Their daughter, Drew (left) is now about four years old and carries a photograph of her father whenever she visits the beach.

In another account, Keith describes going to Alaska to hike Gold Star Peak with the family of Eric Wozencraft. Army Cpl. Wozencraft was attached to the Headquarters Company, 3rd Battalion, 69th Armored Regiment, and 1st Brigade of the 3rd Infantry Division. He returned safely home having received many honors for his service. Tragically, shortly after while stationed in Georgia, he was killed in a traffic accident.

The mountain they planned to climb was named to honor the families who lost a loved one while serving in the military. The mission of the organization responsible for naming the mountain is to bring veterans and survivors together in nature to remember and honor the fallen and bring healing to all.

The week leading up to their climb was stormy. The peaks and passes began filling with snow. For a while, it seemed like they might have to cancel the trek. But everything changed that morning.

"The rain stopped. The fog lifted," Sherman said. "I'm spiritual, not religious. But it seemed like, throughout this whole journey, there have been little nods—'You're on the right path. Keep going'—it seemed like the mountains allowed us to climb that day."

Keith brought with him the shared loss of the 48 families he had interviewed so far. "I carried each story with

(Continued on next page)

(Continued from page 13)

me up that mountain and I read the names of all the fallen heroes I had documented.”

In the end, hearing all the families’ stories and the experiences Keith had on his travels was something he wouldn’t trade for anything.

“This whole journey has made me acutely aware that I can now accept my condition and I have vowed to try to help others and to bring awareness to the unprecedented sacrifices that Gold Star Families have given to this nation. These families’ grief never ends. The general public does not know a lot of these stories and I want to make sure that their memories live on, as well as make America aware of the bravery of these families. They are the absolute fabric of what makes our Nation wonderful, idealistic, inquisitive, inspirational, and above all free.”

In addition, for the families Keith interviewed, being able to tell the story of their loved one and knowing that they would not be forgotten was monumental. To hear some of their stories first-hand you can go to *goldstardirt.org*

Keith Sherman now lives in Charlotte, North Carolina, where he is currently working on a book about the journey he took and the stories he recorded.

—As told to Deb Porter by Keith Sherman



Heath Agricultural Society News

We bring you all some exciting news! Thanks to a grant from the Heath Cultural Council, the Heath Agricultural Society (HAS) will be able to launch a new project to support nature and nature’s mosquito predators in Heath. This is a project was conceived of and will be managed by HAS Board member Bob Deslisle. The *Mosquitoes, Bats, and the Heath Fair* grant will allow us to build bat houses to attract bats to our area. These are not just any houses but are four-chamber houses designed to attract breeding colonies of females that like to nest together. These houses will be built to Massachusetts Division of Fish and Wildlife specifications and meet the requirements of Bat Conservation International.

Why would anyone want to attract bats? The simple

reason is that bats eat lots of mosquitoes as well as other nocturnal bugs, and even if there weren’t the threat of EEE (Eastern Equine Encephalitis), life in Heath would be more pleasant with fewer biting insects. It has been estimated that bats eat more than 15 tons of insects a season in eastern Massachusetts alone. We should be thankful. However, bats have been experiencing a sharp decline in recent years and need our help to survive.

While bats may not be your favorite flying animals, they are amazing creatures, and deserve a better reputation than they have. Bats are clean (except for their poop); they hunt at night, use echolocation (sound) to locate their prey, and are also the only mammals that fly.

Through this grant, materials will be available at no charge for two people to make a bat house to be installed at their homes in Heath. All you will need to supply at the construction workshop is some ambition, time, and a battery drill. An appropriate location, as well as early email response, is the criteria we will use to decide who gets one of these two bat houses. Anyone else who wants to see how to assemble a bat house is welcome to attend. Plans and a materials list will be available, but no materials. The construction workshop is tentatively scheduled for the afternoon of Saturday, May 2. Participants under 15 years old need to be accompanied by an adult.

Locating the houses correctly is key to attracting bats. They must be 15’ on the south side of a building with an area clear of trees around it so bat predators don’t have a place to hide. Under an eave is ideal. The houses are 2’x2’ square, 6” deep and will be painted black.

If you have a desire for bats as neighbors and a suitable location, or just want more information, please email Bob at bobbdelisle@gmail.com. [This program is supported in part by a grant by the Heath Cultural Council.]

Reminder: Board and Member meetings are on the second Monday of the month from 5:30 to 6:30 p.m (Board of Directors) and from 6:30 to 8 p.m.(Members). All are welcome and encouraged to attend. A potluck meal is shared at the start of the member meeting, held in the lower level of the Heath church.

Work bees will begin in May. Please visit our website for more details as the days get warmer. Work bees are a great way to get some outdoor exercise, and to work with your neighbors to ensure the Fairgrounds are ready for the 103rd annual Heath Fair this August 21—23rd!

Thank you.

—Jessica O’Neill
President, Heath Agricultural Society



Richard Sumner A Life Well-Lived

October 8, 1939 to January 2, 2020

The five of us kids who have, at one point or another, lived under Richard's roof and shared his table and laundry basket have collaborated in preparing a brief tribute: for Ree, Eric, and Todd, some of these memories go back almost forty years when we last lived together in Heath; for Ruth and Carl, the memories are closer in time and fresher. Here are some of the things we remember about this good and kindly man:

We remember Richard for the consistency of his interests and enthusiasms. Seasonally, he loved to cut wood, rake leaves and pine needles, or stack brush. Some of this he did more for the pleasure of the work and being outdoors than for the actual necessity of the task.

In the summer he loved to raise pigs, standing there each evening watching them grow as they ate the table scraps or basket of weeds he had just given them. He liked to cut grass: lawnmower, scythe, brush-hog, or cutter bar, it didn't much matter. He got satisfaction that it looked better when he was done.

He counted turkeys and deer and reported the census to others. He followed the Red Sox passionately and, in later years, the Bruins too, but less passionately. He liked the Grand Ole Opry, Polka music, Western movies, and cats. And, of course, he loved his pipe.

We remember Richard as happiest when he was working. For forty years he ran his own small business, and that might have been enough for many folks, but he liked to keep working through many evenings and most weekends. When we were younger, he helped us complete our scouting, 4-H, and other projects. When we were older he helped us renovate, restore, and maintain our houses. He enjoyed contributing to work bees in Heath—at the church, the parsonage, the fairgrounds, the South Cemetery.

We remember Richard as having a ready supply of stock phrases—some of them humorous, some of them absurd, some of them rhetorical—all of which were shopworn from use, but he never tired of using them.

If a product or something was poorly designed, he'd say, "That's about as handy as a pocket in the back of your shirt." If you were just starting a challenging project, he would recycle one of his father's lines: "Aren't you glad you're so near done?" And if it wasn't going particularly well, he'd offer, "You're holding your

mouth wrong," which, of course, in real time sounded more like, "You're hmmm mmm mmmm mmm."

We used to joke that communicating with him required foreign language skills: you needed to know how to speak mutter. After all, he didn't enunciate and he didn't take the pipe out of his mouth when he tried talking with you.

Richard was also known as a master in the culinary arts. At Richard's café you could get fine sandwiches such as banana and horseradish on pumpernickel. Or you could try a tomato sandwich with cheese, onion, mayo, and garlic powder. And if that didn't suit you, you could get the special: tuna fish with peanut butter, cheese, onion, lettuce, tomato, and garlic powder on marble rye. Served with lukewarm coffee. To quote Ruth, the sandwich of the day involved "just taking everything from the counter and putting it in a sandwich!" But in particular, "just add garlic powder" was a stock phrase in his kitchen.

We remember Richard as a person of great faith. Faith in God, surely, and in the warmth of the congregation to hold people together. But mostly he put his faith in the holy trinity of duct tape, zip ties, and electrical tape, the adhesive and mechanical bonds that held his electrical work together and, for many years, his Christmas wrapping. "What did we do before zip ties?" he would occasionally ask, and now, that may have to remain one of life's great-unanswered questions.

Richard was the type of person who always had a mischievous twinkle in his eye and a joke to go along with it. He often made it his mission to see if he could make me [Ruth] smile when I was clearly not in the mood. If you got teased by Richard, you knew you made the cut. That was how he let me and my other family members know that he loved us. He was a special man with a big heart. I'll cherish his smile and love for his friends, family, and community forever.

Ultimately, we will remember Richard for his warm smile, his stories, his gentle laugh at well-worn jokes, his appreciation for the simple things in life, and his consistency at being there to help us with our projects, or volunteering at the Heath Fair and at church activities. He was persistent at getting the job done, and always showed appreciation for your help. He was a man who loved the woods, loved working with his hands, and loved and cared for his family.

—Todd Sumner, Eric Sumner, Ree Martin,
Carl Ayers, and Ruth Ayers

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Broadband Is Really on Its Way!



2019 marked a dramatic change in our long quest for high-speed broadband services to Heath residents. We are no longer waiting for a network to be started. We are now waiting for it to be completed! Make-ready work to prepare or replace utility poles

throughout town for hanging the town's fiber-optic network cable was nearly done by year's end. This work was being completed by contractors of first National Grid, and then Verizon. Westfield Gas and Electric Company (WG&E), as the Heath network construction project manager, conducted bidding for a contractor to build our network that WG&E designed. TriWire Engineering won the bid to both install the main cable and then later to build the "drops" to each participating home in town (a drop is the fiber connection between the main cable at the roadside and the house). In early December, the central "Hut" was installed on South Road next to the basketball court near the Community Hall. The hut will house the central electronics and fiber connections for Heath's whole network.

During the year, the Governor agreed to pay for any extra costs above the state's original estimate to do the expensive make-ready work. In Heath's case, this will likely exceed the original estimate by a factor of three. The construction phases of the network are being paid for by the town's borrowing approved by voters, plus these additional state funds.

Heath formed a Municipal Lighting Plant (MLP) Board comprised of the Select Board members. The purpose of the MLP Board is to run the broadband network as a business, serving its subscribers. To help the MLP Board oversee the project, an MLP Advisory Committee (MLPAC) was also formed with Bob Bourke hired to perform duties as Broadband Construction Liaison working with WG&E during construction of our network.

The MLP advisory committee met every two weeks or so during the first part of 2019 and then weekly as things started demanding more attention, including phone conferences with WG&E every two weeks and monthly phone conferences with the State Broadband Coordinator and Governor's Representative, Bill Ennen. Additional meetings were held to consider how residences located on the edges of Heath in Charlemont, Colrain, Rowe, and Whitingham, VT, would be served. Much

effort was spent trying to design a way to serve the large number of seasonal residents in Heath, as well. Throughout 2019, Heath continued to participate with the Wired-West Communications Cooperative and to weigh the benefits of signing WiredWest to oversee our network operations and function as administrative services agent. On March 3, 2020, the MLPAC recommended to the Select Board to sign an agreement with WiredWest. Members of the MLPAC during 2019 were Art Schwenger, Chair, Sheila Litchfield, Ned Wolf and Jan Carr. Margo Newton joined the committee late in 2019.

The work of creating the fiber network will be ongoing through 2020 and is predicted to be complete in early 2021. Marketing and signing-up are scheduled to begin in May 2020. As households are "lit up" one service area at a time (there are four in Heath) starting sometime in late summer 2020, subscribers will have the option to have high-speed internet and phone through the Heath Fiber Network. Access to the high-speed internet will allow subscribers the capability to then make a separate purchase from at least six different streaming-type services. Public information meetings will be scheduled beginning in May 2020.

As of March 5, 2020, with some clean-up items left, National Grid and Verizon are finishing the make-ready work of preparing the poles and existing wires so that the new fiber-optic cable can be strung up on the poles and connected to the hub building. Once the cable is in place, drops will start to be constructed.

—Art Schwenger



SPRING CLEAN-UP

Earth Day is April 22. Let's all celebrate by doing our part to help keep Heath clean and beautiful.

Warming temperatures and snowmelt make it possible to get out early this spring to pick up and properly recycle the abundance of roadside trash.

Free trash bags are available at the Heath town office for your convenience.

Use of Green Communities Funds

The Select Board agreed to pursue the rewriting and resubmitting of the Energy Reduction Plan to Department of Energy Resources (DOER) to include the former school building at 18 Jacobs Road. Including the former school building in the plan will make it possible for the town to spend some of its Green Communities Designation Grant funds for improvements at the school. The school building was not included in the original plan and Green Communities designation process because at the time it was unclear whether the town would retain ownership of the building; and, due to the limited use of the building at the time, the state would not fund the necessary energy audits needed to understand potential energy reduction measures at the building. The rationale for including the school building now is that it is a town building and the largest user of electricity and fuel oil. Part of the strategy for energy reduction in this building will be to complete the attic insulation project, improve infiltration losses by air-sealing techniques, and add heat pumps to reduce the use of fuel oil. Changing out the interior and exterior lighting with LED fixtures and lamps will significantly reduce electrical power usage. Town-owned PV Solar, whether on this site or elsewhere is a necessary component of the strategy for reducing fuel oil consumption and helping to offset the cost of electricity usage at the former school building.

The Designation Grant of \$129,000 is the only source of Green Communities funding that may be used to construct town-owned PV Solar systems. Once the town spends down the Designation Grant, the town will be eligible to apply for Green Communities Competitive Grants to continue to implement energy reduction measures in town buildings, vehicles, and lighting. To date, PV solar has NOT been an eligible expense under the Competitive Grants. The Board wants to see the maximum amount of solar constructed in town while staying within the energy reduction goals of the grant program. We are attempting to identify all of the potential energy-saving measures for all of the town buildings and the costs associated with each. When all of this information is compiled, we will be able to build a cost/benefit matrix that will help us maximize the use of the available Designation Grant funding, and determine which projects would be best included in the Competitive Grant phase of the program. It is advantageous to have some projects that have good payback potential in the Competitive Grant application to make the applica-

tion more in line with the goals of the grant program and therefore more competitive.

The Board has engaged ECI (National Grid energy consultants) to return to Heath and do audits of the mechanical systems and thermal envelope performance of the school building. They are also doing a thermal envelope audit of the Community Hall. All of the field investigation work has been completed and ECI has been provided with all requested information such as construction details, fuel usage, and electrical usage data to be used in their analysis and report. ECI had previously completed lighting audits on all of the town buildings including the school. Alyssa Larose of FRCOG has been regularly consulted throughout this process and is in the process of revising the Energy Reduction Plan. A revision to the heating system in the Community Hall is also under consideration. The proposed oil-fired furnaces would be eliminated and a ducted heat pump system would be substituted. The electrical costs for operating this system could also be offset by constructing a town-owned PV solar system.

Construction Progress General

The Board has issued a Request for Proposal (RFP) for a study of the solar potential for several sites in town. The study would determine the potential of the sites for PV solar generation and costs for development and alternative configurations. The first round of requests was rejected due to a failure of the respondents to address the requirements of the RFP. A second round of requests did not receive a response and was reissued. Local solar contractors were contacted directly by FRCOG to alert them to the RFP and encourage their participation. The study will be funded by a Municipal Energy Technical Assistance (META) grant from DOER that has been approved for the town of Heath.

Community Hall

- Lighting has been replaced with LED fixtures and lamps using Designation Grant funds.
- Asbestos contamination has been mitigated in the Furnace Room.
- A thermal envelope audit is underway.
- Contractor estimates for insulation, air sealing, and heat pumps have been obtained.
- Contractor estimates for window replacement have been obtained. (Not a Green Communities eligible project.)

Sawyer Hall

- Lighting has been replaced with LED fixtures and lamps using Designation Grant funds.

Highway Garage and Fire Station

- Existing lighting has been replaced with LED fixtures using Designation Grant funds.
- Better door seal gaskets are under consideration.
- Ceiling mounted radiant heating is under consideration.

Former School Building

- Thermal envelope audit is in progress.
- LED Lighting upgrade quote has been received.
- Energy Reduction Plan is being revised to include the former school building.

In summary, the goal of the Select Board is to maximize the energy efficiency of all town buildings and maximize eligibility and access to all phases of the Green Communities grant program. The first phase called the Designation Grant is \$129,000 and the later phase called the Competitive Grant is \$200,000 per grant round. The Select Board will continue to work with the Energy Advisory Committee, Alyssa Larose of FRCOG, and the DOER (MA Department of Energy Resources) to make sure Heath gets the greatest benefit from the Green Communities grant program while staying within the boundaries of the program requirements.

Respectfully submitted,
—Brian De Vriese
Heath Select Board

Heath Finance Committee

This past December the Department of Revenue (DOR) certified Heath's FY20 (fiscal year 2020) tax rate at \$22.25 (dollars per thousand) which is a 3% increase over the FY19 tax rate of \$21.60. The Finance Committee has recommended cuts of 5% to 10% in the FY21 Budget. There are numerous costs that will be higher in FY21 than they were in FY20. They include the following: the assessment of the Mohawk Trail Regional School District (MTRSD), the cost of maintaining the former school building due to the end of MTRSD support, health insurance, recycling, and information technology services. We will try to keep the FY21 tax rate below \$24.00. The DOR will not allow a town to tax at a rate higher than \$25.00, not including the debt exclusion for broadband.

—Ned Wolf
Chair, Heath Finance Committee



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For an immersive socialization experience, please bring treats such as Cheerios, oats, apples, canteloupe, and carrots for the feathered friends.

Fee: \$5—\$10 (sliding scale) or barter for any size bag of Poulin Grain Egg Production Plus.

See Calendar on page 22 for details!

Spotted Around Town



Fox hunting in a Heath hay field near dusk.

—Julianne Hallman



A sad end (and new beginning) to the *Duck, Goose, Goose* story from the last issue. Sadly, Steve found our Mother Goose on the pond, dead, in early February. He retrieved her band, and registered her with the USGS. She was from Westborough, MA and hatched in 2015 or earlier.

But on March 13, a different pair arrived. This female is banded, as well. They, also, must be return visitors, as they seemed quite comfortable coming up on the lawn.

—Nancy Thane

Obituaries

Margaret Howland



Margaret E. (Clapp) "Pegge" Howland, of Heath, died March 9, 2020. She was 92 years of age. Born in Northampton on June 6, 1927, she grew up on Long Island, attended St. Lawrence University in Canton, NY, and Hofstra University in Hempstead, on Long Island. She received her Masters in Library

Science from Southern Connecticut State University in New Haven, CT, in 1972 and a Masters in Public Administration from the University of Massachusetts at Amherst in 1979.

Her early career included librarian at Combustion Engineering, Inc., in Windsor, CT, and as librarian at the Connecticut State Library, Factory Insurance Association, and the Travelers Research Center, all in Hartford, CT. While in Windsor she was very active in The Windsor Jesters Community Theater group.

From 1968 to 1990, Pegge was Director of the library at Greenfield Community College. While there she was instrumental in founding the Archibald MacLeish Collection in 1974, where she served as Curator and Treasurer until she retired on June 30, 2019. She served on many professional boards both as a member and in a leadership capacity. Included are the Special Libraries Association, serving as President of the Connecticut Valley Chapter; the Massachusetts Conference of Chief Librarians in Public Higher Education Institutions (MCCLPHI), also as its President; the Pocumtuck Valley Memorial Association (PVMA) Council; and on the Pioneer Valley Institute Board of Directors. She was selected to appear in multiple editions of Who's Who of American Professional Women.

Pegge and her husband bought a "weekend retreat" in Heath, MA, in 1963 and got involved with restoring it while still living in Connecticut. They became Heath residents in 1977 when they bought and restored "Myrifield," a famous old 15-room sanitarium. When they sold that in 2002, they refurbished the original "weekend retreat" in Heath Center and have lived there ever since.

While in Heath, Pegge was active in the Heath Historical Society and served as its President for 10 years and then as Curator from 1990 until 2015. She was

one of the founders of the *Heath Herald* in 1979 and served as its Layout Editor for 20 years. She worked as a guide at Historic Deerfield from 1995 through 2000, then as a volunteer in the Library and the Curatorial Department, until 2018.

Pegge loved collecting. She furnished her homes with Victorian antiques and developed a collection of over 1,000 pieces of Sanded Majolica, much of which ended up in the Jones Museum of Glass and Ceramics in Portland, ME.

She is survived by her husband of 72 years, David F. Howland of Heath, MA; their son David E. Howland and his wife Carol (Squier) of Longmeadow, MA; their daughter Martha L. H. Rose and her husband Norman Rose of Peru, NY; and three grandsons; David A. Howland and Sara (Herman) of West Hartford, CT; Mark S. Howland and his wife Johanna (Rucki) of Hamden MA; Derek A.H. Rose of Peru, NY; and four great-grand children.

It is recommended that donations may be made in Pegge's memory to the Heath Historical Society, Heath, MA 01346.

Tom C. Carlson



Tom Carlson, loving husband, dedicated father and adoring grandfather, passed away unexpectedly, Friday March 13 at the age of 62.

Tom was born in Hartford, CT on October 5, 1957, the son of Douglas and Phyllis (Sweet) Carlson. He graduated from Greenfield High School in 1974. Tom's cherished family and friends are what he was most proud of. Tom always had a story to tell, some wisdom to offer, or a helpful hand to give to anyone in need. Tom would often stop to talk or just listen to anyone along his path; always the worries of others above himself. Tom was a skilled carpenter and tradesman who spent most of his adult years as a self-employed contractor. He took pride in making people's lives function better in and around their home, always looking for a creative way to make home life easier for his customers. Tom dedicated himself to service, most recently volunteering with the Heath Fire Department. In his free time, Tom enjoyed many things, including traveling with his wife, Robyn. But he

especially enjoyed family and friends and helping others. He dedicated as much of his free time as possible to his grandchildren, of whom, along with the rest of the children in his family, he was exceedingly proud.

Tom leaves behind his beloved wife Robyn (Provost), two children; Rebecca and her husband Mike, Douglas and his wife Crystal, and three grandchildren Evan, MaKayla and Oliver. Tom is survived by his sister Linda (Matthew) McNeary of North Carolina and brothers Guy Welles of Florida and John (Connie) Carlson of Utah. Tom is also survived by his mother-in-law Marcia Provost and brother-in-law Robert D. (Jessica) Provost both of Leyden, MA along with many nieces and nephews. Tom was predeceased by his parents Douglas and Phyllis Carlson and his father-in-law Robert S. Provost.

In lieu of flowers, please consider a donation in Tom's memory to Heath Fire Fighters Association, P.O. Box 45, Heath, MA 01346.

Tom's love for the Heath Fire Department is quite evident in an article he wrote for the *Herald* days before he died. See page 9.



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.

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
Claudia Ainsworth 624-8952
Dana Blackburn 413-221-0961
Victoria Burrington 337-4425
Walt Gleason 337-4479

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

Greetings from the Heath Church

There is a story in the Gospels in which a storm arises on the sea and the disciples turn to Jesus, urgently seeking to awaken him. Jesus calls on them to have faith, and stills the storm. We live in a time fraught by fear, anxiety, and division. We invite you to come and join us Sunday mornings as we seek together the peace and assurance that comes with putting our trust in God, who calls us to forgiveness and who loves us all.

We invite you to join us for Maundy Thursday Communion Service at 6 p.m. on April 9. This is an informal service in remembrance of Jesus's Last Supper. The service is held downstairs in the church. Then on Easter Sunday, April 12, we will have a short sunrise service at Ruth Corey's house on Schoolhouse Road at 6:30 a.m. followed by an 8 a.m. Easter Breakfast at the church and the full Easter Service at 10 a.m. in the church sanctuary. Come and celebrate the resurrection with us!

Peace be with you.

—The Reverend James Koyama



Prayer for a Pandemic

May we who are merely inconvenienced
Remember those whose lives are at stake.

May we who have no risk factors
Remember those most vulnerable.

May we who have the luxury of working from home
Remember those who must choose between preserving their health or making their rent.

May we who have the flexibility to care for our children when their schools close
Remember those who have no options.

May we who have to cancel our trips
Remember those that have no safe place to go.

May we who are losing our margin money in the tumult of the economic market
Remember those who have no margin at all.

May we who settle in for a quarantine at home
Remember those who have no home.

As fear grips our country, let us choose love.
During this time when we cannot physically wrap our arms around each other,
Let us yet find ways to be the loving embrace to our neighbors.

—Cameron Bellm

Community Calendar

Important Notice:

Due to COVID-19, many monthly and ongoing events have been cancelled or postponed indefinitely. Be sure to check notices around town, on the town website, townofheath.org, or call the phone numbers listed for updates.

Postponed:

- Dining with History
- Heath Firefighter's Breakfast
- 5th annual HAY Conference

Heath Library

Closed to the public until further notice. Check heathlibrary.org for updates about reopening, or call during regular library hours. We hope to see you soon.

Apr
1

Peck and Flow: Poultry Yoga with Kate Peppard

Canceled due to April Fool's!



Apr
May

Heath Agricultural Society

Meeting are the 2nd Monday of the month. Check with Kate Peppard to confirm meeting dates: kate@highlandyoga.studio

May
8

Town Elections

Noon to 7 p.m. at the Heath Senior Center.

May
9

Annual Heath Town Meeting

9 a.m. at 18 Jacobs Rd., former school building.

May
17

Bulky Waste Recycling Day

9 a.m. to noon. See back cover for more information.

Apr
May

Spotted Salamander Walk Still On!

Have vernal pool, will travel. The yellow spotted salamanders still plan their yearly slither to the wetlands of Heath. Find out more about this great family "social distancing" activity at heathlibrary.org



Ongoing Calendar

Foot Clinic for Seniors

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

Healthy Bones and Balance

Tuesdays, 11 a.m. to noon; Thursdays, 10 to 11 a.m. at the Senior Center, downstairs in Community Hall. This exercise program will help prevent osteoporosis and falls. For ages 55-plus.

High-speed Internet Access

Available for use noon to 2 p.m. Monday through Friday at former Heath school building.

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 339-8580.

Senior Open Art

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

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.

Community Yoga

Classes suspended through the end of March. For schedule updates, email Kate at kate@highlandyoga.studio

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.

Heath Town Offices

1 East Main St, Heath, MA 01346
Phone: 413-337-4934, Fax: 413-337-8542
www.townofheath.org

Town Coordinator, Hilma Sumner

bos@townofheath.org
Mon./Wed. 10 a.m. to 2 p.m., Tues./Thurs.
9 a.m. to 2 p.m., Fri. 9 a.m. to 1 p.m.

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, Dave Fierro

accountant@townofheath.org
No regular hours at this point
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 9:30 a.m. to 4 p.m. 413-337-4934, x3
assessors@townofheath.org
Alice Wozniak, Assistant Assessor
Robyn Provost-Carlson, Chair
Heather Hathwell, Heidi Griswold

Board of Health, 413-337-4934

Betsy Kovacs, Chair, 413-337-5346
Mary Sumner, Clerk
Armand Clavette, Henry Godek, Susan Gruen,
John Palmer, Gene Garland (Member at-large)

Finance Committee

Ned Wolf, Secretary, 413-337-4476
Ken Gilbert, 413-337-4461
Jan Carr, Kathy Inman, Alice Wozniak

Library Board of Trustees

Deborah Porter, Chair, 413-337-4715
Emily Cross, 413-337-4816
Maureen O'Malley

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

Jessica O'Neill, 413-339-4820
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 and Jayne Dane, co-chairs
Susan Gruen, Nina Marshall

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

Schools

MTRSD School Committee Representative

Budge Litchfield, 413-337-4957
Barbara Rode

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, Kyle Dragon, 413-768-0983,
or if not available, call Shelburne Dispatch
413-625-8200. All emergencies, dial 911

Highway Department, Jeffrey Johnston, Road

Superintendent; 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 Dispatch at 413-625-8200 to
have paged. All emergencies, dial 911

Transfer Station, Ken Erho, Attendant

Wednesday, 9 a.m. to 5 p.m.
Saturday, 8 a.m. to 4 p.m.

Volunteer Fire Department

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

Emergency Management Team, EMT

Tim Lively, Sheila Litchfield, BOH, Select Board



How does one keep from "growing old inside?" Surely only in community. The only way to make friends with time is to stay friends with people... Taking community seriously not only gives us the companionship we need, it also relieves us of the notion that we are indispensable."

—The Reverend Robert McAfee Brown
Renowned theologian and
former Heath summer resident

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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



Spring "Clean Sweep" Bulky Waste Recycling Day Saturday, May, 16, 9 a.m. to noon

Buckland Recreation Area, 66 Ashfield Road
Northfield Highway Garage, 49 Caldwell Road
Whately Transfer Station, 73 Christian Lane

Tires • Appliances • Scrap Metal • Furniture
Construction Debris • Computers • TVs
Propane Gas Tanks • other large items

Residents from any district town can bring bulky items to any of the above locations. Disposal fees apply for most items. Materials will be recycled when possible. Clean and dry (bagged) textiles and books accepted free for reuse or recycling.

Residents and businesses do not need to pre-register. Disposal fees, *cash only*, will be collected on-site. Prices for common items are online at www.franklincountywastedistrict.org/cleansweep.html and will be made available to town halls and transfer stations in mid-April.

For more information, call 413-772-2438, email info@franklincountywastedistrict.org, or visit www.franklincountywastedistrict.org

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