



HEATH HERALD

Heath's First Newspaper

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June/July 2020

LEARN from yesterday,



Izabelle A. Finn



Solomon Benedict Sonntag

LIVE for today,



Jaylyn Marie Sanchez



Logan Weigand

TOMORROW.



Winter Garafolo



Abrea Corliss

The important thing is not to stop **QUESTIONING.**

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On the Cover

Huge congratulations to Heath's sixth grade graduates and their parents, who have overcome the challenges of a pandemic to celebrate this special day. Quote by Albert Einstein.

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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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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A SALUTE TO HEATH'S 2020 HIGH SCHOOL GRADUATES

Celebrating together, even while separated by a pandemic

Hunter M. Wozniak



Hunter graduates from Franklin County Technical School on June 5. He attended Rowe Elementary School and Heath Elementary School, followed by middle school at Mohawk Trail Regional Middle School. Hunter chose to go to the Tech School for high school where he spent all four years in the Electrical

Shop acquiring a vast knowledge of the electrical field.

While in the Electrical Program, he completed the Occupational Safety and Health Administration (OSHA) 10-hour course, and obtained a First Aid and CPR certification, and Type One and Two certifications in Heating, Ventilation and Air Conditioning (HVAC).

During summers, Hunter worked for a variety of companies, learning skills in the areas of residential, industrial, and commercial electrical work.

Hunter is a member of National Honor Society and recipient of the John and Abigail Adams Scholarship for proficient scoring on the MCAS tests. Throughout his entire schooling, Hunter was involved in sports, including soccer, baseball, basketball, and football.

For his Capstone Project, Hunter has been wiring an underground electrical service to his boss's new garage.

After working in various areas of the electrical field, Hunter decided that he would like to become a lineman for one of the large utility companies. He is particularly interested in attending the Lineman Institute of New England (LINE) in Saugerties, NY; however, this plan is on hold due to the effect of COVID-19 on the admissions process.

Logan Platek



As I look back on my time growing up in Heath, a memorable part of living in this small town was the school. It is memorable because the town doesn't have a very large park or hang out area, so the school was the place for all the kids to hangout. Going to school in Heath was also special because there weren't many kids attending the school, so you really

got a chance to know everyone. I am still friends with the peers I attended elementary school with, even after four years at Mohawk.

At Mohawk, I was very involved in athletics. I played football for three seasons, and baseball for two. Through those sports, I made some close lifelong friends. The sports program also required that I keep my grades up and do my homework. My favorite part of high school was doing my senior Capstone Project. Capstone is a course for seniors to research something they are passionate about. My Capstone Project was about methods in teaching physical education as well as the importance of having a physically active lifestyle.

Next year I plan to take a gap year to earn money to go to college. I would like to become an elementary physical education teacher.

(Continued on page 4)



Congratulations to all of Heath's graduating students of 2020! Collectively, you have shown us how to persevere and succeed even in the most challenging of times.

Gabriel Mark Bird, *Franklin Tech*; Kameron Canepari, *Smith Vocational*; Abrea Corliss, *Hawlemont Elementary*; Isabelle A. Finn, *Buckland Shelburne Elementary*; Winter Garafolo, *Hawlemont Elementary*; Hope Lively, *Fitchburg State University*; Chrizza Mae Marcial, *Mohawk*; Isis Moon, *Mohawk*; Logan Platek, *Mohawk*; Kelsey Rode, *Villanova University*; Sam Rode, *University of Massachusetts, Amherst*; Jaylynn Marie Sanchez, *Hawlemont Elementary*; Solomon Benedict Sonntag, *Elementary Home School*; Logan Weigand, *Buckland Shelburne Elementary*; Hunter Wozniak, *Mohawk*

(Continued from page 3; High School Graduates)

Chrizza Mae “Nikka” Marcial



Born in the Philippines, Nikka moved to Heath in 2010 to live with her sister and brother-in-law, Chrisabeth and Joshua Sheaver. She started school at Sander-son Elementary in Ash-field, and then moved on to Mohawk Trail Re-gional High School. At Mohawk, her Capstone Project was on French Cuisine. Nikka will

graduate from Mohawk soon and looks forward to start-ing college in the fall at Greenfield Community College.

Isis Moon



I am in the final days of senior year and still very indecisive as to my next steps. I have been a strong student with very strong family support. My family is very close and we enjoy gatherings and cooking, hence my Capstone Project is a cookbook of family recip-es. I am sharing one of my favorites with you (see page 15). I have

been a two-season sport player at Mohawk: field hockey and softball. I learned the importance of being a team player and how much investment is expected. Of course, it's what you, yourself, invest that you see in reciproca-tion. My future plans are very much up in the air. I ap-plied to and was accepted by three four-year schools. I chose BayPath with a major in Justice and Forensic Studies. However, since being home, I have been doing my duo-enrollment at Greenfield Community College (GCC) and have decided that maybe with everything going on, I may do something else. I am in the process of applying to GCC and Springfield Technical Community College, interested in going into the Nursing Program with a focus in Sonography.

Gabriel Mark Bird



Gabe has been a Heath resident all his life. His education started at Rowe Elementary until a fire destroyed the school on August 5, 2012. He continued his fifth and sixth grade years at Heath Elemen-tary where he enjoyed playing sports. Gabe went on to Mohawk Trail Regional High School where he played

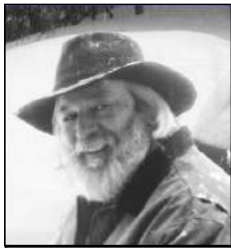
football for two years and made many friends. Gabe chose the Franklin County Technical School for his high school years because he wanted to learn a trade. Gabe's career choice was Auto Mechanics which he has studied for the past four years. Gabe has succeeded in his career choice and was able to participate in the Co-op/Work Program by maintaining good grades in his junior/senior year. He is employed by Wheels in Buckland, MA as a mechanic. Gabe's hobbies include football, hunting, fishing, dirt bike riding, and x-box gaming. Gabe has enlisted in the United States Marine Corps and is cur-rently waiting to go to boot camp after graduation to serve his country. Gabe's family is very proud of him and the choices he has made to move forward in his life.

Kameron Canepari



Kameron will graduate from Smith Vocational High School in North-ampton with a specialty of agriculture mechan-ics. He will be further-ing his education as a diesel mechanic next year. He currently has a small engine repair business and does well for himself. Kameron is a very hard-working young man and will go far with his stunning

good looks (from his mom), great personality, funny banter, and exceptional knowledge in his field. I could not have asked for a better child. I'm so proud of you, son. Love, Mom



Wild Ramblings

—Bill Lattrell

The Message

It is early May and I am getting ready to cut some firewood in a small area of our hardwood forest. Among tall oaks, black birch, white birch, sugar maple, red maples, and white ash, I am cutting standing dead wood and I have several perished trees to choose from. I like to leave ten to twelve standing deadwood trees per acre for the various insects and wood pecking birds that will use the trees for food and shelter. It is the least I can do for this forest that has brought me serenity and joy for the past 45 years. It is a sunny day, and the bright light from above filters through branches that hold buds that have not yet unfurled into leaves. The thin branch shadows that are cast on the ground move with the wind. This creates a dappled pattern on the forest floor that takes on the persona of an impressionistic painting—nature's dance often has something it is trying to tell you. I take note of the songs of the black-throated green warblers that have recently returned. The roar of my chainsaw will soon fracture their chorus as I topple a few trees to be used for next year's household heat. I hesitate for a few moments to enjoy the warbler symphony for just a bit longer when a broad shadow moves across the forest floor making me look towards the sky. It is a large goshawk cruising through the woods likely in search of today's meal.

This makes me pause. In my world, goshawks are carriers of messages and are highly revered as a direct connection to another world, the place where ancestors and spirits live. The place where I will disappear into some day. I wonder if there is a message here for me as I watch the goshawk disappear through the treetops. I know from experience that if there is a message, it will come to me, perhaps later when it may be more appropriate. For the time being all I can do is be aware that there is a message out there somewhere waiting for me to discover.

Goshawks are more commonly found north of our area here in central New England. They prefer deep conifer forests but are known to move about when food supplies may be thin to the north. This particular hawk

has been around, off-and-on, for about a year. I have caught glimpses of it but never a long hard look. Goshawks are nearly impossible to confuse with any other hawk in our area. They are large, about the size of red-tail hawk, and often have wingspans that exceed 42 inches. They are bluish gray on their topside and their underneath is white, sometimes mottled with gray specks. Unlike a red-tail hawk, they have a narrow tail, which puts them in the genus *Accipiter*, whereas the red-tail has a broad tail, and is in the genus *Buteo*. Unlike most *Accipiter* hawks, the goshawk does not have short wings. Their long powerful wings set them apart from the rest of their genus which is often seen as a smaller bird than those found in the *Buteo* genus.



Northern goshawk

Photo: audubon.org

After the goshawk disappears I remind myself to be aware. Sometimes these messages become clear in unexpected ways.

I find a nice dead red-oak tree and prepare to take this heavy tree home for next year's firewood supply. As I begin to cut it, I watch the top. Standing dead trees are often called widow makers. A top can easily break off well before the tree has toppled completely to the ground. Like most who are approaching 69 years of age, I am not quite as fast or as spry as I used to be. And although I have cleaned a clear exit route, I must be ready to get out of the way when the tree falls, particularly if the top breaks off and falls in a different direction.

I know well the harm that a tree can do to a human. When I was young, I was hit in the head with a low branch of a felled tree in this very forest. The cut trunk twisted when the chainsaw released tension that had built up in the core of the tree from years of high wind pressure. The branch hit me in the head, broke my logging helmet in half and sent me to the ground. When I jumped up, I thought it was the next moment. Time had passed without my knowing it. I had been unconscious for two or three hours, and later learned I had fractured my skull. Getting to help was a struggle but I managed somehow. Let's just call it determination matched with divine intervention. I had a spirit guide with me on that day.

(Continued on page 6)



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(Continued from page 5; Wild Ramblings)

It also was the first day that Maureen, the love of my life, told me that she loved me as she drove me to the hospital where I spent a few days.

On this day the fifty-foot tall dead red oak comes down without any drama and crashes to the ground. As I cut it into eighteen-inch lengths, I can see that the wood is as dry as a bone. And when I throw it into the wood stove next winter I will remember this day and enjoy the warmth it brings to me. These simple memories are just some of the humble pleasures that make my life complete.

I also cut up a forty-foot tall white birch and a forty-five-foot black birch on this day. And with each section of cut-up log, I remember that it is the sunshine from above that is stored in these trees. This energy reserve will be converted to heat next winter. One log at a time. One memory at a time.



Goshawks often have wingspans that exceed 42 inches.

Two weeks later I see the goshawk peering into a field from a long branch of a yellow birch. He is about seventy yards away and I call Maureen to enjoy the sight, but it flies away just as

she gets within eyeshot. But it seems to leave its message behind.

I have been reminded how lucky I am. That our time on this beautiful planet is short. And that it is important to enjoy what we can when we can. My journey has been long, complicated, and filled with the unexpected. I have felt pain. I have felt sorrow. I have felt love and great happiness. I have made this life journey an adventure and I have learned that each day is a gift. I have learned that we can always find beauty if we look for it.

And I have learned that whether I live thirty more minutes or thirty more years, there are messages from nature that helps us to understand our place and our purpose on this planet. We need only to pay attention, listen, and act accordingly, as we were meant to do.

—Bill Lattrell



People in the News

Hope Lively Receives BS in Nursing



Heath resident Hope Lively graduated from Fitchburg State University (FSU) this May. She received a Bachelor of Science degree in Nursing and will be taking the National Council Licensure Examination soon to become a Registered Nurse. While at FSU, Hope remained on the Dean's list her four years

of attendance. As part of her studies during her Junior year, she spent three weeks in Costa Rica providing vaccines and general care at public facilities. Hope is seeking employment in the area of critical care.

The Rode Family Celebrates Two Graduates

Greg and Barbara Rode of Heath share their joy in announcing their children's achievements:



Sam Rode (Mohawk Class of 2016) received a Bachelor of Science degree in Natural Resource Conservation with a concentration in Wildlife Ecology and Conservation, and a Bachelor of Science in Environmental

Science with a Minor in Biology from University of Massachusetts, Amherst this spring.



Kelsey Rode (Mohawk Class of 2012) received a Master of Public Administration with a Certificate in City Management from Villanova University.

Cathy Wilkins Retires from Teaching



Cathy Wilkins recently retired from a 39-year teaching career, the last 27 of which were at Greenfield High School (GHS). As a teacher of biology, she started and advised the environmental club, sharing her enthusiasm for sciences and encouraging learning about our natural world. When asked what she

would like to leave her students with, her reply was, "The most important thing is that they can make a difference." In every activity she made sure the kids were interested and inspired, making it fun and meaningful. Greening Greenfield recognized her as a Green Hero and inspiration. A tree will be planted in her honor on the GHS grounds in the fall. With characteristic modesty, she asked that the focus instead be on first responders, nurses, doctors, and food service workers, who, she notes, "are certainly the heroes of today. Please plant a tree or two or three... for the health of our people and our environment."

—*Greenfield Recorder*, 4/21/20

Ruth Ayers Weds Robin Creamer



Ruth Avis Ayers, daughter of Hilma Sumner, and Robin Creamer were married on March 21 at the home of Nancy and Steve Thane. The small, intimate wedding, which was originally scheduled for the middle of May, was moved to March due to uncertainty surrounding the coronavirus' impact

on large gatherings and long distance travel. Three family members attended from a distance through FaceTime. The happy couple lives in Leyden, MA.

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Nature Note

—Susan Draxler

Where are you?

Our world is much quieter since the -19 virus shut-down, and many of us are finding ourselves spending time outside with a renewed appreciation for the calming sounds of birds, crickets, and wind in trees. It is a welcome reprieve from the tedium of working, learning, and socializing via the internet, and a much-needed escape from the news of our world. How lucky we are to live in Heath!

I have been keeping a mental inventory of the birds that I hear. In the spring, I often hear familiar songs but am not always able to remember to whom they belong. The ones that I do recall are often because of a silly phrase that I associate with that song. A common one is “Who cooks for you? Who cooks for you all?” that represents the phrasing of the call of the barred owl. There are many of these mnemonic devices for bird songs, but not all of them work for me, and some people can’t hear the association between the song and the words at all. I don’t hear “Fire! Fire! Where? Where? Here! Here! See it? See it?” when I hear an indigo bunting calling from his perch near a field, but it does reinforce for me that his call consists of short paired phrases. Some of them are more effective like the cardinal singing “Cheer, cheer, cheer” or the common yellow throat’s “Whichity, whichity, whichity.” When I hear a white-throated sparrow, I can’t help thinking, “Old Sam Peabody, Peabody, Peabody” or “Sweet, sweet, I’m so sweet” from a yellow

warbler. My favorite is the red-eyed vireo’s (left) monotonous repetition of what sounds like “Where are you? Here I am. Where are you? Is that you?” These small greenish gray birds sing from high in the tops of trees and are almost impossible to see, so I literally do

find myself responding with “Where are YOU?”

I am not one for anthropomorphism, but in light of our current circumstances it really does boost my spirits



Red-eyed vireo

Photo: National Geographic

to hear so many bird “conversations” around me. It does my heart good to hear “Cheerily, cheer-up, cheerio” from the robins nesting in our rhododendron or the chestnut-sided warbler singing “Please, please, pleased to meet’cha” from our apple tree.

Do you have words or phrases that help you to remember bird songs? I’d love to hear about them.

It's Lyme Time!

Protect Yourself Against Lyme Disease

- 1** Walk in the middle of trails; avoid sitting on logs and leaning on trees.
- 2** Wear a hat, tuck in hair, if possible.
- 3** Wear a long-sleeved shirt fitted at the wrist.
- 4** Wear shoes, no bare feet or sandals.
- 5** Wear long pants tucked into high socks or duct tape around pants.
- 6** Consider Deet for skin and permethrin for clothes.
- 7** Wear white or light-colored clothing to make it easier to see ticks.
- 8** Do tick checks immediately and 3 days after outdoor activity.
- 9** If you find a tick, remove it carefully and save it.
- 10** Ask your veterinarian about protection for your furry friends.

What is it?



This is a close-up photograph of one of Heath’s many natural wonders. Can you guess what it is?

See page 17 for answer

How your Town Responds During an Emergency

The challenge we are all facing from the COVID-19 virus is unprecedented. This new threat to public health demands that the people responsible for essential town operations stay informed, and that we coordinate our response efforts in order to prepare and protect our residents as much as possible.

Since the COVID-19 threat emerged in early March, your town officials have been participating in several different conference calls on a weekly basis with agencies such as the Massachusetts Department of Public Health (MDPH), the Massachusetts Emergency Management Agency (MEMA), the Franklin Regional Council of Governments (FRCOG), the Mohawk Area Public Health Coalition (MAPHCO), Cooperative Public Health Service (CPHS), and others. We then gather our team on weekly conference calls to discuss and plan our local response actions in Heath taking into consideration what we've learned from other towns and State sources. The Emergency Management Director (EMD) and Assistant EMD brief the Select Board chair on a daily basis with updates from the State and the Heath Board of Health.

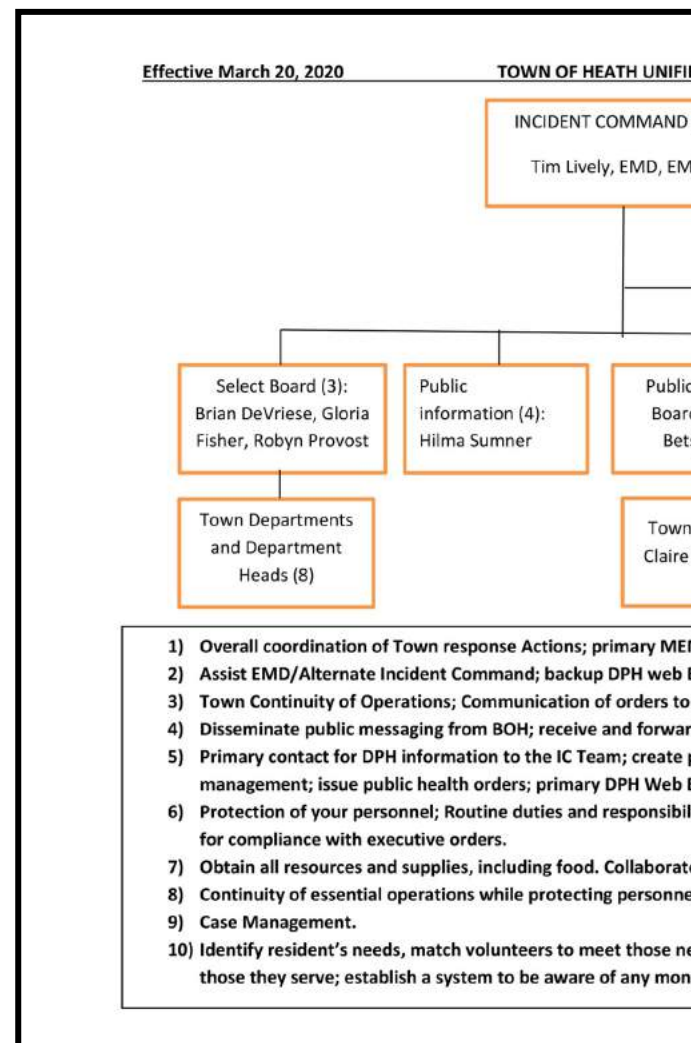
Heath, like other towns, uses the Incident Command System to organize itself and to disseminate information in the event of an incident. Declaring a State of Emergency is just one step that puts us on alert and in position to take additional actions as it becomes necessary. We have written documents that help guide us along the way in taking the various steps in our response to any town-wide emergency.

The Incident Command System in Heath is headed by Tim Lively, Heath's Emergency Management Director. Reporting directly to Tim, for the purpose of emergency response, are the members of the Select Board, Board of Health (BOH), and other essential roles that may be unique to the specific emergency. You can imagine that in an ice storm or flooding situation, the largest response impact would be on the Highway, Fire, or Police Departments; and then also on the Board of Health if a shelter needs to be opened and managed, or infectious disease be prevented. COVID-19 response puts the primary burden on the Board of Health, because it is a public health emergency. All other team members do their jobs in the context of the emergency at hand: for example, the Select Board determines which jobs are essential to main-

tain town operations. The Select Board also votes to close buildings; the Town Coordinator is a central focal point for calls from residents and also records the Code Red messages composed by the BOH and Emergency Management Team; the Highway, Fire, EMS, and Police respond as needed while taking personal precautions against the virus. All team members have an important role to play in assessing, understanding, communicating, and managing the risks and needs of our residents to keep our residents safe. When done properly, it is a very effective approach to managing a multi-faceted threat impacting our town.

The response actions that we've implemented include regular updates to you, our residents, via "Code Red" calls, information posted to the town website, to the BOH Facebook page, and at town buildings. There is a lot of information "out there" about this virus. We want to ensure that you hear from us directly about what we are doing to mitigate the threat of disease here in Heath.

The Heath BOH, EMD, and EMD Assistant, Town



Nurse, and Select Board are very involved in ensuring that any recommendations from the DPH and MEMA are carried out in Heath. Also, Heath is part of the Hawlemont Emergency Dispensing Site (EDS), which is the system by which residents would receive any vaccine to be distributed to the general public. The EDS conducts practice drills at least annually, and with the Board of Health, we recently participated in an "ALL EDS Table-Top" drill at FRCOG in March, with the subject coincidentally being "Pandemic Preparedness." At present, the Hawlemont EDS team is meeting by conference call every few weeks, planning drive-through flu clinics, and preparing for a COVID-19 vaccine, once it is available.

We urge you to take care of yourselves and to take this threat seriously. Help us to help you and your neighbors by practicing social distancing and wearing face coverings whenever you are in public and are unable to maintain social distancing. Thank you.

—Sheila Litchfield, RN
Assistant Emergency Management Director

Good Neighbors Food Pantry

Beginning in March, because of the COVID-19 pandemic, Good Neighbors Food Pantry began holding food distributions every other week, rather than the usual once each month distribution. The distribution process, in response to health and safety protocols, also changed from a "client choice" shopping-type set-up to pre-bagged groceries provided by a drive-through pickup method.



We also partnered with Hawlemont Elementary School to assist in their plans to provide bagged breakfast and lunch to children accustomed to receiving these critically important meals at school. In addition, a bag of groceries is provided to these eligible school families in the weeks opposite the Good Neighbors distributions.

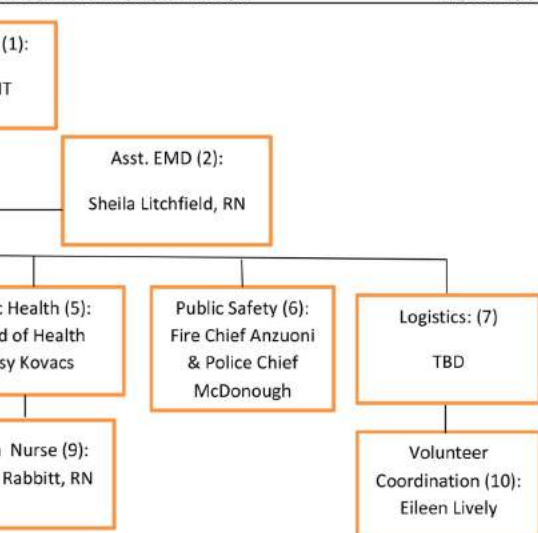
Good Neighbors was aware that, with children home from school, many families out of work, and with the challenges associated with shopping for food during a pandemic, families would need this additional assistance.

Before the COVID-19 pandemic, Good Neighbors would typically serve sixty to seventy families each month. In March 2020, taking into account twice-a-month service instead of once-a-month, Good Neighbors served 190 families from our surrounding hill towns. At the April 28 distribution alone, we served 83 families and ran out of food. The process of restocking needed to begin immediately. Trucks are sent to the Food Bank of Western Mass to pick up orders every week. We also receive a large delivery from the Food Bank monthly.

Good Neighbors' monthly costs have necessarily risen from about \$1000/month to about \$3000/month. We do our best to seek grant funding to cover expenses, but thankfully, we have been receiving donations from generous neighbors. Without such generosity, this level of service would not be possible.

Good Neighbors is an all-volunteer food pantry that has been serving the western hill towns of Franklin County for over thirty years. Tax-Deductible donations can be made to Charlemont Federated Church, with "Good Neighbors" in the memo line. For questions, contact Sheila or Budge Litchfield at 337-4957.

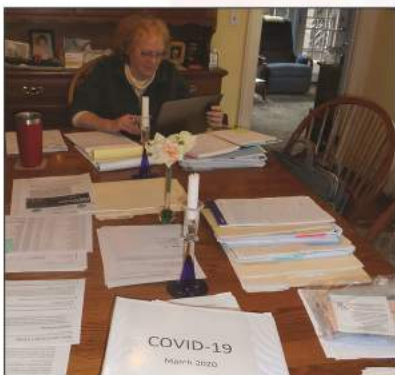
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EOC contact.
residents.
d concerns and needs from residents; track time and expenses.
public messaging, identify and support nurses who will do case
EOC contact
ities may be augmented if support or enforcement is necessary
e w/EMD in contacting HMCC or webEOC.
l and residents.

needs; ensure volunteers are trained to protect themselves and
ey exchanged for goods volunteers purchase for residents.

The People are the Heart of Every Co



These are just some of the essential workers and volunteers keeping us healthy and safe. Left to Right: Tim Hilma Sumner, Town Coordinator/Town Clerk; Victoria Burrington, RN heading out for duty; Val Lively and Ci Neither rain, nor sleet, nor pandemic...; Pam Porter, Mask Maker; Maya Jalbert, Mask Maker; Heath COVID Response; Ken Erho, Transfer Station Attendant; Sheila Litchfield, RN, Assistant Emergency Management Director at dining; Shelburne Police; Good Neighbors food pantry volunteers at the ready; Goggles for Docs, a global initiative star

Community. Thank You for All You Do.



Eileen Lively, Emergency Management Director, EMT receives State PPE delivery; Police Chief John McDonough; Andy Donahue of Hawthorn Elementary distribute meals in Heath; Charlene Reynolds, Post Office Manager, Response Team Zoom meeting; Budge Litchfield and Bruce Phillips at Food Bank of Western Massachusetts; Emergency room command station; Eileen Lively, Volunteer Coordinator helping Heathans in need; Tucker Jenkins, started at Berkshire East that provides ski goggles as PPE for medical professionals.



Library Lines

—Donald Purington

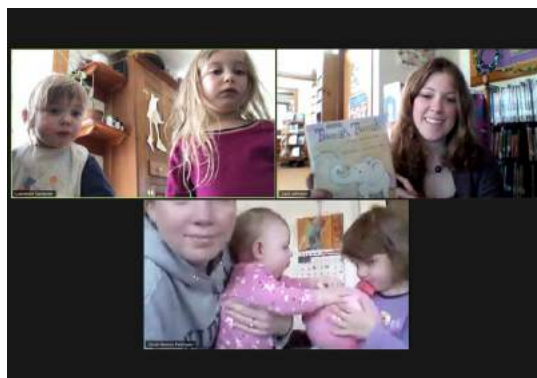
The library has been closed to the public since March 14, 2020, due to the coronavirus pandemic. We miss seeing everyone regularly! Many of you have taken advantage of the online ebooks, audiobooks, and magazines available from the Overdrive Digital Catalog or through the Boston Public Library. If you haven't and want to get started, please give us a call (337-4934, ext. 7) or email (heath.library@gmail.com) for help.

The Massachusetts Board of Library Commissioners and the Massachusetts Library System are working on guidelines to help libraries make reopening plans, but they have stressed that the timeline for moving ahead and services/building access allowed once the Governor lifts the shelter-in-place advisory will be local decisions. Health and safety of our patrons and library employees will be our first consideration. Everything we do until there is a vaccine for the virus will be done through consultation with, and approval by, the Select Board and Board of Health.

The Library Trustees and I are working on a plan to allow books, DVDs, and other physical library items to be checked out to our patrons, likely initially by curbside delivery. You would let us know by phone or email what you want and we would check it out to you and bring the bagged items outside the building to a pickup location. Plans to reopen the library space will proceed slowly and will depend on the status of the virus in the area, the availability of personal protective equipment for staff, and the physical limitations of our small library space to meet the social distancing requirements.

A Few of the New Items at the Library

Use the New Titles link on the Library website (heathlibrary.org) to see all the new items added to our collection in the previous two weeks. Due to Sawyer Hall and the library being closed we have not ordered any new materials recently. We hope to start ordering soon and have some of the bestsellers and other new materials ready for checkout when we are able to do so.



Preschool Story Hour Schedule:

10:30 to 11:30 a.m. Online Zoom session on June 5. Contact Lyra for details at 337-4059, or lyrajohnson@yahoo.com. This will be the final Story Hour until September.



Message from Lyra Johnson

Dear Library Families,

We wanted you to know that we hope to have our summer reading program as usual, but the activities and gatherings might need to be held virtually this year. We will have summer reading logs available for sure, so please contact Don or me at the library and we'll get one out to you.

You can leave a message at the library at 337-4934, ext. 7, email heath.library@gmail.com, or contact me at 337-4059 to find out more and ask for a reading log. The theme for 2020 is "Imagine Your Story." Looking forward to seeing you all as soon as we are able! The summer reading program is sponsored by Friends of the Heath Library, Heath Cultural Council, Massachusetts Library System, the Boston Bruins, and Massachusetts Board of Library Commissioners.



The joy of a non-Zoom story hour. Jo Cross reads to her brother, Haris, while Mom Emily works from home in the next room.



The Way We Love to Eat

—Deb Porter

The recipe for this edition comes from graduating Mohawk senior Isis Moon's Capstone Project (*see page 4*). Isis chose this recipe, along with all of the family ones in her project, because it is one dish that is on the table at every family gathering that she can remember, and according to her, it always goes fast. The recipe comes from her Grammy and is one of Isis' favorites: simple to make and delicious.

"I decided to do my capstone based on my passion towards my family. My family is really close. You can often find us spending time together, whether that be cookouts, celebrations, even family outings such as golfing and fishing. So during these times we obviously enjoy some food! From desserts to main dishes, my family loves to share and experiment with food. So for my Capstone Project I decided to collect our scattered family recipes and put them into a cookbook. By doing this, there will be a safe and organized space for all of our cherished family recipes."

—Isis Moon

Taco Salad for a Crowd!

Ingredients:

- 1 head of lettuce (shredded or chopped small)
- 2 to 3 large tomatoes (diced)
- 2 large cucumbers (diced)
- 1 pound hamburger (85-90% fat), browned and cooled
- 1 8-ounce package shredded Cabot sharp cheddar cheese
- 1 family-size bag of Nacho Cheese Doritos (crushed)
- 1 cup Hellman's light mayo
- 1 cup Heinz Ketchup



Preparation:

1. Combine all ingredients except for Doritos: Lettuce, tomatoes, cucumbers, hamburger, and cheese.
2. Prepare the sauce for salad in a difference bowl with a cover: mix the Ketchup and the Mayo together.
3. Crush Doritos in the bag and add to salad just before serving
4. Add the Sauce and mix thoroughly. Enjoy!

—By Gail Johnston (Isis Moon's Grammy)

Teaching in the Time of COVID

Teaching during a pandemic has resulted in innovative ways for our schools and teachers to embrace technology, and to develop new ways to educate, inspire, and communicate with students and parents remotely. Two elementary school teachers who live, and now teach, in Heath describe how they manage virtual instruction.

Claudia Johnson



Here is a picture of me "at work." I'm a fifth-grade teacher at Sander-son Academy. On the wall behind me are letters and pictures from my students. I write notes, call, text, and email parents and students, use Google Classroom for assignments and videos, and Google Meet for class meetings.

—Claudia Johnson

Amy Kelley



I have been a second-grade teacher at Buckland Shelburne Elementary School for six years. Working from home and remote teaching can be challenging, but I'm doing my best, given the circumstance. I send out a weekly email of work, conduct a class Google Meet each Tuesday, have 1:1 Google Meets with individual students, create videos of me reading books, and am in constant communication with families through emails. I have a big class of 21 students this year.

I miss my students a great deal, and am trying to make the best of virtual teaching.

I just moved into my new house in Heath in the beginning of March and am loving the beauty of the land and the sunsets!!

—Amy Kelley

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Heath Agricultural Society News

103rd Heath Fair is Cancelled

The Heath Agricultural Society (HAS) Board and members are sending well wishes to our whole community. We hope everyone is staying safe and healthy and finding moments to breathe deeply and enjoy some of this warming weather.

HAS, like everyone, is coping with the new realities related to the impacts of Covid-19 in our community. Our utmost concern is for the safety of our community members. Accordingly, we have made some decisions that we regrettably wish to share with you. The HAS Board voted to cancel all event rentals and fairground activities in the months of June, July, and August, which includes our beloved 103rd Heath Fair.

We did not make this important decision lightly. After talking with our Board of Health and local experts in the health field, and paying close attention to State and Federal data, HAS has decided that its number one priority must be to protect the health and safety of our community, our volunteers, and the public at large.

Now that the hard decision to cancel the Fair this year has been made, we will consider new ways to keep our community connected around agriculture through this difficult time, and planning for the Fair, when it can happen, will continue. We encourage you to stay involved!

For now, we want the public to know that those helping maintain the fairgrounds are using their own tools/equipment, practicing sanitation measures, and wearing masks when around others. All people entering the fairgrounds should follow State guidelines by social distancing, wearing a mask, etc.

Stay safe, healthy, and happy,

—Jessica O'Neill, President

What is it?



Answer from page 9
Bear scat found near a demolished bird feeder left hanging a little too late in the season.
Photo: Deb Porter



Town Nurse

—Claire Rabbitt, RN

Mindfulness



The October, 2013, Special Report supplement to the Mayo Clinic Health letter on Mindfulness explains how focusing on the present moment can help reduce stress and bring more joy and happiness to your life. It defines mindfulness as “a conscious effort to be completely present—to set aside worries, expectations, and other thoughts and emotions and be fully aware of the current moment.” Practicing mindfulness can help in coping while living through this difficult time during the COVID-19 pandemic.

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

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

Removing judgement—Look at yourself and others with appreciation and curiosity rather than criticism.

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

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

The more you learn to experience, accept, and appreciate each moment of your life for what it is—without longing for something else or better—the deeper your calm and the more peaceful and joyful you will feel.

The month of June, especially Heath in June, is enough for me.

Heath Election News

The Heath Select Board has voted to postpone and reschedule the Annual Town Election from May 8 to Friday, June 12. The polling location will be held in the former elementary school building at 18 Jacobs Road due to the necessity of maintaining social distancing. Polls will open at 12 noon and close at 6 p.m.

Early voting ballots are available for any registered voter who would prefer not to vote in person. All applications to receive an early voting or absentee ballot must be received in the Town Clerk's office by noon on June 11. All requests must be made in writing to the Town Clerk either by email (townclerk@townofheath.org) or by mail to the Town Clerk at 1 East Main St., Heath, MA 01346. Requests should include the name and address to whom the ballot should be mailed. There is also an application form at the Secretary of the Commonwealth's website: sec.state.ma.us that may be completed and sent to the clerk. Once a completed request is received, the ballot will be mailed to the voter, so please allow for time in mail transit.

Offices that are up for election and candidates who are running for these offices are:

Select Board member (3-year term):

- Brian DeVriese, incumbent
- Robert Bourke

Moderator (3-year term): Eric Sumner, incumbent

Assessor (2-year term): Heidi Griswold, incumbent

Assessor (3-year term): Heather Hathwell, incumbent

Finance Committee (3-year term):

- Kathryn Inman, incumbent
- William Emmet

Planning Board (5-year term):

- Robert Viarengo, incumbent

Constable (3-year term):

- Robert Bourke, incumbent
- William Emmet

The Special Town Meeting that was to be held on May 9 has been rescheduled for June 13 at 8:30 a.m. at the former elementary school building on 18 Jacobs Road. Articles include several requests for transfer of funds. There is also an article to see if the town will vote to join the Pioneer Valley Mosquito Control District.

Following this meeting, and also on June 13, at 9 a.m. will be the Annual Town Meeting held at the same location. Most of the articles will take up appropriation of funds for the new fiscal year. There will also be two

articles brought by citizen petitions. The first petition is a referendum question about whether the Select Board should relocate any of the town offices or functions to the 18 Jacobs Road building. The second citizen's petition presents an article to amend the General Bylaws of the town to limit appointments made by the Select Board to any Town Board, Committee, Commission, or ad hoc Committee to persons who have established fulltime residency within the town at least six months prior to the appointment.

—Hilma Sumner, Town Clerk

Spotted Around Town



Moose spotted in the yard, mid-April, NOT social distancing.

—Mary Sumner



Bobcat looking over the woodpile at 7 p.m. in north Heath.

—Julianne Hallman

Beautiful blue egg mysteriously appears in my garden.

—Cathy Tallen



Queen bee meets daffodil.

—Cathy Tallen

Select Board Report

COVID-19

Most normal activities in Heath and throughout the nation have been altered or disrupted by the COVID-19 pandemic. The Select Board issued a Declaration of Emergency on March 18. Town business is being conducted remotely or under severe restrictions. All town buildings are closed and are restricted to access by essential employees only; all town playgrounds and the basketball court have been closed. The library is closed. The Post Office and the Transfer Station remain open.

Masks should be worn as per the Governor's order, and all should remain at least six feet away from each other. This is especially important in the Post Office. Residents picking up mail are asked to wait outside until the person at the mailboxes leaves. If you need to do business with Charlene Reynolds, Post Office Manager, please do it quickly; we want to keep Charlene healthy. At the Transfer Station, residents are asked to come with their boxes already broken down and with a minimum of trash bags to keep traffic moving quickly. The Swap Shed is closed. It's difficult not to gather and exchange information at the post office and transfer station, but the safety of all is our main concern. Your cooperation is critical to keeping the virus out of Heath.

Our Emergency Management Team consists of the Emergency Management Director, Assistant Emergency Management Director, Select Board, Town Coordinator, Board of Health, and Clerk, Town Nurse, Fire and Police Chiefs, Highway Superintendent, and Volunteer Coordinator. This team meets weekly to give and receive updates on the current status of the emergency.

The Governor has issued emergency measures that allow for relaxation of some Open Meeting Law regulations and has allowed for the postponement of Town Meetings, elections, and various filings. Town boards and committees have been meeting by teleconferencing and videoconferencing, which is allowed under the emergency measures. The public is invited to attend remotely by following the instructions included on the posted announcement or agenda.

Transfer Station Permits and Stickers

Transfer Station permits and stickers for trash bags will be available for sale by mail. Details are currently being worked out. Both permits and stickers will still be sold at the Post Office.

Relaxation of Penalties and Interest for Personal, Property, and Excise Taxes

Although due May 1, the Board voted to waive late penalties and interest for personal and property tax payments received after that date until June 29. No penalties or late fees will be accrued for excise tax bills due after March 10 until June 29.

Solar Feasibility Study

The Select Board unanimously voted to award the contract for a solar feasibility study to the Solar Store in Greenfield in the amount of \$8,900.00. The feasibility study will examine three areas in town to determine the best spot for a solar installation. The survey will be paid for from a META grant received by the town.

Mohawk Estates

The Mohawk Estates Property Owners' Association Board of Directors announced that the common areas (Rec hall, dumping station, beach) would not open on May 15 and will stay closed until further notice due to the pandemic. They also encouraged residents to not visit their properties until facilities opened back up.

Fire Department

The Board reviewed previous requests made by the Fire Department, Emergency Operations Center (EOC), and the Police Department about relocating their offices to rooms at 18 Jacobs Road. The Board voted to allow the Fire Department office to move to the building at 18 Jacobs Road on a temporary basis. For the EOC to move, there would need to be an emergency means by which electricity could be generated in the event of a power outage. As there is no generator at the former school building, the EOC will remain at the fire station. The Police Chief stated that his department does not have all the necessary information about relocation and will not move at this time.

Highway Department

The Highway Department is staying very busy with its traditional springtime clean-up, including grading, ditching, and pothole patching. They ask for continued patience as they work to stay on top of all of the required road repairs, as the department faces daily challenges from the COVID-19 pandemic. These challenges, coupled with the varied weather patterns we are having, have put the crew behind a bit on these repairs. The department will continue to work to provide as safe as possible road conditions throughout town.

Pegge Howland Reflections

Pegge Howland (June 6, 1927–March 9, 2020) was a member of the Heath community beginning as a seasonal resident in 1963 and becoming a full-time resident in 1977, when she and husband, Dave, bought and restored "Myrifield," the famous 15-room sanitarium on Avery Brook Road. House restoration being a hobby of theirs, in 2002 they refurbished what had been their original weekend house in Heath center, where she lived until the time of her death. Pegge had a real love of collecting. She furnished her homes with Victorian antiques and developed a collection of over 1,000 pieces of precious Sanded Majolica over the years.

Pegge was very active in the Heath Historical Society, serving as its President for ten years and then as Curator from 1990 until 2015. While serving as Curator of the HHS, Pegge was instrumental in the digitization of the Society's extensive collection. Pegge also arranged for the restoration of several valuable pieces from the collection while Curator. One such restoration was of an antique Loring Celestial Globe (right), used by astronomers, and donated by Mary and Flora White, co-founders of the Historical Society. Pegge was very proud of the collection, enjoying conducting research, and sharing her love of Heath's history through the design of special exhibits, and working as a docent during museum Open Houses. Pegge gave children from Heath School special tours of the museums, showing them how children learned in the past by seating them in the classroom exhibit area of the Center Schoolhouse (right) for their "lessons." Pegge also helped several people do ancestral research over the years, taking visitors to Heath from as far away as California on tours of the area, helping them find old homes, cellar holes, and grave markers in our cemeteries.

In addition to serving on the Board of Directors of the Historical Society, Pegge was a member of the Heath Historical Commission for several years. During this time, she participated in the compilation of the Town of Heath Historic Properties Survey Plan, a listing and description of the historic buildings and properties in town.

Pegge was one of the founders of the *Heath Herald* in 1979, serving as its Layout Editor for twenty years. She often wrote articles for the paper, many of them about Heath and its history. Her involvement in the *Heath Herald* was a natural extension of her professional life, as she served as a research librarian for much of her career.

The *Heath Herald* staff is grateful for the initiative, as we strive to continue the work of our founders, hoping to make Pegge and her fellows proud.

—Nancy Thane
Managing Editor, *Heath Herald*
Secretary, Heath Historical Society



Pegge's contributions to the Heath Historical Society were immeasurable. In addition, she served on the Heath Historical Commission, and was one of the founders of the Heath Herald in 1979.



"Nothing we do,
however virtuous
can be accomplished alone:
Therefore we are saved by our love."

—Reinhold Niebuhr



Green Thoughts

—Pat Leuchtman

Rachel's Rose

This tale is from our former house in Heath. Not all of my roses came from nurseries. Not all of them have official IDs and names. I have several Farmgirls that have come from neighbors in Heath. This magnificent rose was given to me by Rachel Sumner the summer before she died. She told me this was a mighty and vigorous rose. Many years before, her husband was building a big garage which required substantial excavation; he piled all the excavated soil on top of her rose. She was not best pleased! However, the rose barely noticed and grew right up through all the soil to continue her robust bloom.



Rachel's rose, named posthumously for Rachel Sumner of Heath.

I took her home and planted her at the end of my Rose Walk where she thrived. Then we decided to build our Cottage, Ornee, essentially a screened porch, not attached to the house. Upon the advice of our consulting architect, we decided

to use four large boulders as footings for the four corners. One had to be placed exactly where the rose, we named her Rachel, was growing. We dug her up and planted her at the other end of the Rose Walk, where she thrives to this day.

However, we obviously left a bit of root under that boulder, because three years later another generation of Rachel joined the Alba Celestial that we planted next to the boulder. They both thrived and put on quite a show!

Visit Pat's blog at: www.commonweeder.com.



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

This was not the spring or Easter season that anyone expected, but the congregation at Heath Union Church was able to do its part and transition smoothly into "social distancing." We are conducting worship now by teleconference call, which started with a few hiccups, but now seems to be rolling along quite effectively. If you would like to attend, please call me.

We've come through a divisive period in history as a country. But I've heard commentators note, and I agree, that by and large the American people have not behaved divisively during this pandemic. Instead, we have seen from the majority a remarkable degree of patience, unity, and good sense that will hopefully continue.

During normal times, the church gathers each week to worship and strengthen the covenantal bonds of love that unite us. During this time of separation, when one might fear that these bonds would dissolve, quite the opposite has happened. We have discovered that the Holy Spirit has only drawn us closer and shown us the strength of our bonds in a new light. Nevertheless, this time of social distancing has also shown us, and perhaps you as well, how important it is to support those bonds by showing up and encouraging each other when we have the chance. Building the bonds of community, face to face, is so important because our resilience as a community today has its origins in the many acts of faithfully gathering in the past. May God bless you.

—Reverend James Koyama

Important Notice:

Due to COVID-19, events listed below have been or may be cancelled or postponed. For updates, check notices around town—the outer room of the Town Hall, the transfer station, the town website—townofheath.org, or call the phone numbers listed.

Community Calendar

- June 5 Virtual Preschool Story Hour**
10:30 to 11:30 a.m. Contact Lyra to sign up, 413-337-4059, or lyrajohnson@yahoo.com
- June 12 Town Elections**
Noon to 6 p.m. at 18 Jacob's Road, the former school building, See page 18 for information about absentee ballots.
- June 13 Special Heath Town Meeting**
8:30 a.m. at 18 Jacobs Road, the former school building.
- June 13 Annual Heath Town Meeting**
9 a.m. at 18 Jacobs Road, the former school building.

Heath Library Curbside Pick-up Coming Soon!

Plans are in the works for curbside pick up of books, DVDs, and other library items. Visit townofheath.org for start date and details.

New Wi-Fi Hotspot at 18 Jacobs Road

A new internet hotspot has been installed at the former Heath School building.

This free connection was provided by Governor Baker, in collaboration with Westfield Gas and Electric, to assist residents who need enhanced internet access. It is available now through September 1.

The strongest signal is outside the former school library windows using Whip City Fiber 5G. Further away from the building use Whip City Fiber Wi-Fi. No password is needed.

Please adhere to all CDC safety recommendations while using this service.

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

Town Center and at 18 Jacobs Road, the former Heath school building. Use outside.

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

Online classes are happening now!

Contact Kate at kate@highlandyoga.studio.

Check out the website: www.highlandyoga.studio



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.

Selec Board, 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

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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, brode@mtrsd.org, 413-337-5352

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

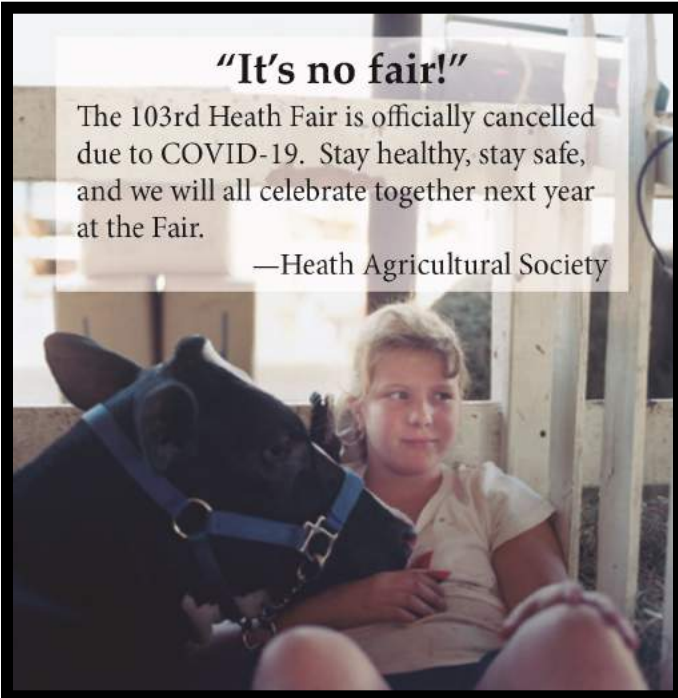
Emergency Management Team, EMT

Tim Lively, Sheila Litchfield, BOH, Select Board

"It's no fair!"

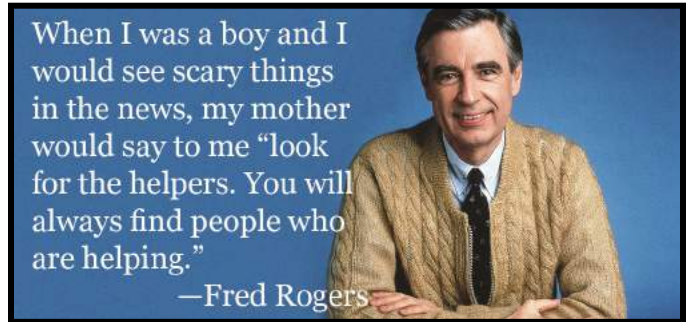
The 103rd Heath Fair is officially cancelled due to COVID-19. Stay healthy, stay safe, and we will all celebrate together next year at the Fair.

—Heath Agricultural Society



When I was a boy and I would see scary things in the news, my mother would say to me "look for the helpers. You will always find people who are helping."

—Fred Rogers



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GET OUT THE VOTE

ANNUAL TOWN ELECTION

Friday, June 12, 2020 • Noon—6 p.m.

18 Jacobs Road (former elementary school)

Early and absentee voting ballots must be received no later than noon on Thursday, June 11 at the Town Clerk's office. Email application requests should be emailed to townclerk@townofheath.org or mail to Town Clerk, 1 East Main St., Heath, MA 01346. All requests must include name and address where ballot should be mailed. Once the completed request is received, the ballot will be mailed to the voter, so please allow time for mail transit.

Heath Online

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Upcoming Events • Emergency Announcements • and more

To contact the Selectboard, email bos@townofheath.org



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