



# HEATH HERALD

## Heath's First Newspaper

\$2.00

Volume 43, Number 3

August/September 2021

# HEATH FAIR



**103RD ANNUAL HEATH FAIR!**

**August 21—August 22, 2021**

**Heath Fairgrounds**

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**Heath Herald Volunteers****Editorial Staff**

Managing Editor: Nancy Thane, [nancythane@yahoo.com](mailto:nancythane@yahoo.com), 413-337-5580  
 Soliciting Content: Deb Porter, [debporterhenry@gmail.com](mailto:debporterhenry@gmail.com), 413-337-4715  
 Graphic Design: Rachel Grabelsky, [rachel.grabelsky@gmail.com](mailto:rachel.grabelsky@gmail.com), 413-337-8513  
 Layout: Cathy Tallen, [tallen@valinet.com](mailto:tallen@valinet.com), 413-337-5770

**Business Management**

Bookkeeper: Cindie Garland, [cindiegarland@yahoo.com](mailto:cindiegarland@yahoo.com)  
 Subscriptions and Advertising: Mary Sumner, [msumner13@verizon.net](mailto:msumner13@verizon.net), 413-337-5330  
 Special Projects: Elissa Viarengo, [elivialove@gmail.com](mailto:elivialove@gmail.com)

**Copy Editing**

Jack Estes, [estesja@gmail.com](mailto:estesja@gmail.com)

**Technical**

Nina Hofkosh-Hulbert, [theheathherald@gmail.com](mailto:theheathherald@gmail.com)  
 Website: Nina Hofkosh-Hulbert, [nina.hh1@gmail.com](mailto:nina.hh1@gmail.com)

**On the Cover**

Goat drawing for the 103rd annual Heath Fair by Jacqui Proctor Henry.

**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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*Heath Herald*, PO Box 54, Heath, MA 01346
- 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).

**Submission Deadlines**

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

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## Retirement Tributes to Don Purington



Many years ago, our prior library director met Don Purington and saw a potential employee who would be an asset to the institution. Thus began a 20-year-long investment in a person who has given the Town a much-appreciated sense of stability in their library. Thanks to the professional attitude and dedication that Don has demonstrated over the years, library patrons have known that no matter what, the library is there for us.

The previous 20 years have brought the Heath Library into the electronic age of circulation and cataloging, to which Don rose to the challenge of learning, adapting, and training others. He oversaw many phases of collection weeding and rearranging to make as many accommodations as he possibly could, given the limitations of space and limited resources he had to work with.

Don has always served the Town of Heath and its residents to the best of his ability. Whether it was in working respectfully with the Assistant Librarian, other municipal employees, or the Library Trustees; making necessary changes and explaining why that particular change would be beneficial or necessary, or making suggestions for reading/viewing to the patrons, he worked and communicated in a calm and reassuring manner. Don rose to the challenge imposed by the COVID-19 pandemic restrictions and found a way to extend services and material availability first through window service and then through re-opening with restrictions for safety.

Don, although you will be sorely missed, we join together with many others in the town and surrounding area to extend our very best wishes on your retirement. As you transition to other methods to occupy your time, remember that you are always welcome in Heath.

With deep respect and gratitude,

*Robyn Provost-Carlson, Chairman  
Susan Lively, Brian De Vriese,  
Select Board*



### An Epic Career

If I were a poet, I would write a poem about Don—no, I would write an ode, or perhaps, after this past year, it might even be an epic poem. The story wouldn't be of life-and-death battles or of saving folks in distress from dragons or sea monsters, but of heroics far more relevant to our lives in this hill town. Don's poem would be about the great devotion and care he has shown in feeding our intellects, sparking our imaginations, and informing our lives. For the past 20 years, Don has been quietly performing great acts of kindness in offering every one of us information, adventures, mysteries, poetry, movies, and more to sweeten and enrich us every day. He has been a gatekeeper of sorts, not the kind that keeps people out but one that invite us all in. It doesn't matter who you are, he is there to welcome you and to help you find just the book you are looking for. Like the hero in an epic poem, he does it all with such seeming ease that it is easy to forget the countless hours he puts in making sure the library is up to date and open with the books we all long to read, never mind a winter storm or a raging virus.

Like a true hero, he never expects a grand parade to thank him for his part defending our freedom to read and think whatever we want. Yet how many times have we all paraded into the library anticipating the welcome that will greet us there. How many times have we all been met with not only a wholehearted hello but with a book Don has been saving just for us, making it his business to remember what we all like to read. And how many times have we dawdled, catching up with news, and neighbors or fitting in another piece of the puzzle laid out to enjoy. Under Don's watch, the library has been a place of welcome that both the youngest and the oldest of patrons love to linger in—a joyful community space.

Like all heroes, the time has come for Don to head off on other adventures, and I think I can speak for many

*Continued on page 4*



*To our esteemed contributor, archivist, reader, and friend, you will be sorely missed, both professionally and personally, by the staff of the Heath Herald. Don, we wish you a happy, happy retirement!*

*(Continued from page 3)*

in saying that he will go with the love and admiration of a multitude of Heathans. In my own humble, non-poetic way, I give a heartfelt thanks and wish him the very best. We received many more tributes to Don which will be printed in a booklet and given to him at his Good-bye Party, July 31 at 2 p.m. Hope you all can join us in the Town Center to wish him well.

*Deb Porter, Chairperson  
Library Board of Trustees*



*Photo taken at a presentation by Michael Coe prior to the installation of his portrait in the Heath Library.*

### **A Heart Filled with Gratitude**

I am extremely lucky and honored to have been able to work with Don Purington at the Heath Library for the past 15 years. His kindness, humor, generosity, quick wit, sensitivity, and knowledge made every day at the library a joy. Don's wonderful baking, photography, and flowers were an added bonus. My heart is filled with gratitude for having these beautiful years together; he has been such a good friend, and done so much for our library and community. Words cannot express how much I'll miss him. Many, many thanks to Don for making the library such a special place.

*—Lyra Johnson-Fuller, Library Assistant*



### **Heath Junior Firefighters To the Rescue**

The Heath Junior Firefighters program is open to teens ages 14 to 18. There are currently four juniors participating: Matthew Bird, Stella Clark, Silas Freeman, and Aiden Weis. I recently had an opportunity to ask Stella some questions about the training. Her thoughtful responses will help to inform residents about the Junior Firefighters and, hopefully, encourage others to join.

*—Rachel Grabelsky*

**Q: What made you decide to join the Junior Firefighters program?**

**A:** A friend of mine, who was already on the department, reached out and encouraged me to join back in April. I thought it would be a great way to get involved in helping and giving back to the community.

**Q: How long is the training program and how often do you meet?**

**A:** Juniors meet the first Tuesday of every month to train along with the Colrain department; however there are trainings every Tuesday night that everyone is encouraged to attend.

**Q: Do you find the training to be rigorous?**

**A:** Trainings are always a lot of fun and rigorous work is certainly done. We train as if it were a real incident, and you definitely have to pay attention to what you are being taught. However, all the senior members are very knowledgeable and take time to explain to us younger members how everything works and what you should be doing in certain situations. We have done pump trainings where we were shown through the steps of setting up hoses, connections to the trucks or another water source, and how to start portable pumps and make sure they are running properly.

**Q: What knowledge/skills will you learn as part of the program?**

**A:** I am learning lots of valuable information about running equipment and we are learning the steps in how you are supposed to operate in situations with incidents such

as a car fire. I've learned how to put on and monitor an SCBA (self-contained breathing apparatus), which is the mask and air tank used to provide breathable air. We also learn how to closely work with other members and solve problems together as a team.

**Q: What has been the highlight of the program for you so far?**

**A:** I think one of my favorite parts was our water rescue training we did on the Deerfield River in Charlemont. We learned how to rescue victims who may be drowning or stuck. Another awesome training we did was car fires, where the juniors got to work with each other in teams along with a senior member to put the fires out with water and foam.

**Q: What is the next step after you complete the junior program?**

**A:** The juniors work alongside all the other members and participate in the same trainings, but are sometimes limited on certain things that are more dangerous. Once you turn 18, you can fully participate in all trainings and calls. Juniors can be on the scene of certain incidents, but are limited because of the obvious dangers, and can't go inside burning buildings, but can assist in other important duties like recovery and helping run the trucks.

**Q: What is (or will be) the most rewarding aspect of being a firefighter for you?**

**A:** For me personally, I think it will be most rewarding knowing that I have helped people in my community, and will have learned many skills that will be useful later in life.

**Q: How do you think the program will help you in other aspects of your life?**

**A:** This program certainly builds your team-working skills, and teaches you how to behave in stressful situations. And any knowledge about firefighting is valuable throughout your whole life, and if you receive medical training, that can be helpful for future careers and is amazing knowledge to have.

**Q: Is there anything else that you feel readers of the Herald would like to know?**

Anyone who is interested in becoming more involved in the community or is interested in the program is greatly encouraged to talk to any one of our members about what the experience is like and how to join. In the department you have a lot of fun, and everyone is very nice and wants to make sure you are included and learning.



*Heath and Colrain junior firefighters putting out a mock car fire in a recent training in Colrain.*



*Heath and Colrain junior firefighters participate in "Midnight alarm" drill, where they are timed on how fast they can get their gear on properly.*



*Junior firefighters from Heath, Colrain, and Leyden at a joint night training on vehicles.*

**For more information about joining the Heath Fire Department, stop in or call 337-4461.**

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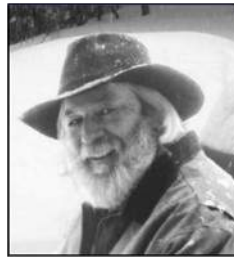


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## Wild Ramblings

—Bill Lattrell

### A Moment in Time

I am in the woods at 4:45 a.m., and morning light peaks over the northeastern horizon in shallow pinks, quiet yellows, and a dark purple hue revealing the shadowy silhouettes of the forest in front of us. The heat will be oppressive later on, so I have gotten an early start today. I am walking my hound Samson Gitlit of Tennessee on a lead, and our basset hound Ignatius Reilly tags along some distance behind as we pause along this eastern facing ledge. A wood thrush greets us with a beautiful a capella song, one note at a time, that speaks to the origin of music. It inspires me to think to myself “one moment at a time” and “be here and in the moment.” Time seems to stand still.

A ruffed grouse drums to the west from a high ledge. The pounding blends with the wood thrush song, and we find ourselves in the midst of an impromptu natural concert. The song and rhythm intersect briefly and end abruptly, and the first glimpse of a blazing sun appears on the horizon as I look out across a broad forested valley.

This day holds promise as all days do—I will bask in the shade of the forest and absorb the cool air cast off from bedrock as long as it will last. I will study the leaves on the trees above us, and examine the micro plant communities captured in the cracks of the ledge, where plants that will grow in no other place will be there for the viewing. The hounds, now sitting on either side of me, lean into my large body. They seem to be enjoying this world before us as well. Sharing this with animals that are more in touch with the natural world than I am is always a very special occasion. They communicate to me that which I cannot observe.

Both hold their noses up in the air, picking up scents on a gentle breeze. I can only imagine what they experience. Humans are mostly scent blind. This is akin to those animals who cannot see a broad array of colors on the light spectrum as compared to those animals who can. Over the years I have learned to “listen” to what they smell by observing their behavior and watching

their reactions. Sudden movements mean potential danger or the presence of something they really want to try to run down. More subtle reaction—blinking of the eyes, twitching of the ears, a pulsing of the nostrils—indicates something they perceive as slightly less exciting: a small mammal, a distant human, the hormonal scents of plants that humans have never smelled.

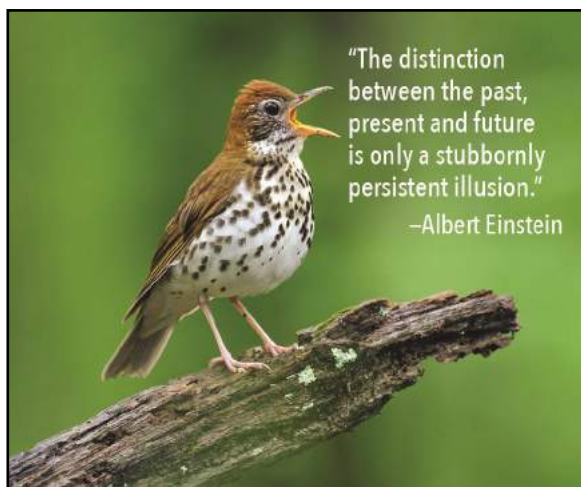
As light fills the air around us and dark turns to dawn turns to absolute daylight, I think about time in a different manner. It occurs to me that rather than perceiving time as a linear movement of events, perhaps we should experience one event at a time and leave it where we found it. Is our way of looking at time simply a human construct? Is it really as we perceive it? Cannot the “continuum” really be broken down into a series of stand-alone events held in our memories, without the passage of time as part of the interpretation?

Sammy licks the side of my face, telling me I am being too serious and reminding me that I am not in the moment. Iggy leans into me and tucks his head under my arm.

The wood thrush sings again. A breeze rustles the leaves overhead. Each tree around me stands silently and with purpose. The sky turns blue with light. Clouds cast shadows on the forest floor at irregular intervals. The scent of the earth heating up around the bedrock on which I am sitting fills the air. The touch of my hounds comforting me keeps me in balance.

I am here, right now, absorbed in a perfect moment.

—Bill Lattrell



## Heath's Class of 2021 Elementary School Graduates

An issue late, but no less deserving of recognition, here are the sixth grade students from Heath who recently graduated from elementary school. Congratulations!



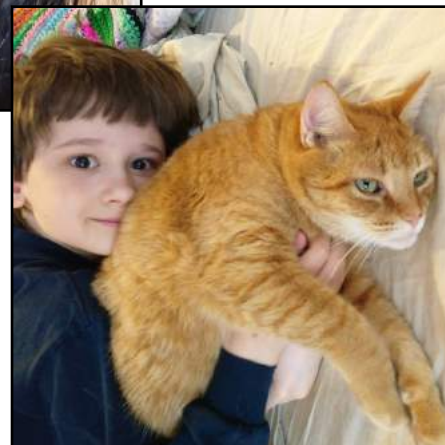
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## Town Nurse

—Claire Rabbitt

### Balance

When I worked at the hospital, part of admission and daily assessment included fall risk assessment. Just being age 55 and over increases the risk of having a fall, which surprised me at the time. Decreasing muscle mass, vision and hearing changes, side effects of medications, sedentary lifestyle, and conditions such as Parkinson's disease are some of the problems contributing to poor balance. It is possible to improve balance as we age and help prevent falling and breaking a bone with exercise.

Incorporate exercise, such as raising up on your toes when washing dishes or preparing meals, into your daily activities. Start by having the kitchen counter or sink to steady yourself, working up to using only a light touch. In my exercise class, I have long encouraged practicing standing on one leg while waiting in line at the grocery store, or while talking on the phone. The goal is to prevent falls and broken bones, but if it should happen, you might need to get around using a walker or crutches. Having good balance could mean the difference between going to a rehab or being able to go home.

The Healthy Bones and Balance exercise class at the Senior Center has resumed, with social distancing and wearing masks. The purpose of the class is to improve bone and muscle strength, and improve balance in order to prevent falls and fractures. We use handheld weights and ankle weights, doing some exercises sitting and some standing with a chair for support and safety, as well as finger exercises with balls. This is a free, federally funded program for people 55 and over, led by certified volunteer leaders through RSVP (Retired Senior Volunteer Program) of Hampshire, Hampden, and Franklin counties. The class is held in the Senior Center of the Community Hall, Tuesdays from 11 to 12, and Thursdays from 10 to 11. It is best to arrive 15 minutes early so we can begin on time.

Walking 30 minutes most days and exercising with weights two to three days a week, along with a healthy diet, and adequate sleep is a goal I am still trying to achieve.

## Golden Cane Award



Alli Thane-Stetson was the most recent resident of Heath to receive the Golden Cane, awarded by the Select Board and presented by Town Clerk, Hilma Sumner, on June 30. The Golden Cane is bestowed upon the eldest resident in the town. Alli turns 94 on September 1. Be sure to offer her congratulations and wish her a Happy Birthday!

**Healthy Bones & Balance  
is Back in Heath!**

Tuesdays, 11 a.m. to noon  
Thursdays, 10 to 11 a.m.

at the Senior Center in Community Hall

This exercise program is free for people 55+  
For more information, contact Claire Rabbitt,  
[nurse@townofheath.org](mailto:nurse@townofheath.org)

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## Heath Arts Exhibition Time to Get Back to “Normal”

Are you tired of hearing that phrase? So am I. I will not use that word here. I will say, however, that the Heath Cultural Council once again funded an annual art show to be held at the Community Hall Labor Day week, September 4 through 11. We expect at least 30 local artists to contribute their creations for the show.

The annual show is a non-juried exhibition of works by anyone who has a significant connection with Heath—lives in, works in, owns property in Heath. And by art, we are not just talking about “oil on canvas.” In the past we have exhibited traditional hanging art, photography, textiles, blown glass, music, furniture, felt sculpture, and quilts, among other media.

A reception will be held on Sunday, September 5, from 2 to 4 p.m. Artists will be present at that time to chat about their work. *The Uncles of the Pioneers*, under the direction of John Clark, will provide music. And who knows what else might happen. This will be the first time in a long time that our community will be able to gather, catch up, and renew friendships that were muted by the long isolation.

For your safety and health, we will follow COVID-19 protocols recommended at that time. If you are not fully vaccinated by then, please plan to wear a mask inside the building. That way, unless told differently by the proper authorities, we will be able to enjoy the art and each other without masks.

The 2021 Heath Arts Exhibition is sponsored in part by the Heath Cultural Council and the Massachusetts Arts Council.

See the full schedule for the Heath Arts Exhibition on page 22, next to the Community Calendar.

It's a Boy!

Peter Jonathan Crast was born on May 17, 2021 to Lillian (Boyd) and Jared Crast of New Woodstock, NY. Peter is the grandson of Eric and Mary Sumner of Heath. Congratulations to all.



## Nature Note

—Susan Draxler

### Fritillary

In late summer I am usually on the lookout for Monarch butterflies, so any large orange and black butterfly will catch my eye. Often it will turn out to be a Great Spangled Fritillary, which is indeed a very eye-catching butterfly. Rather than black stripes as on a Monarch, fritillaries have a black pattern that suggests a checkerboard. There are a number of different species of fritillaries, but the great spangled



*Great Spangled Fritillary*

is the largest and most common. Fritillary is also the name of a group of perennial plants, the flowers of which often have a checkered pattern.

While a Monarch produces several generations starting on their migration north in the spring and ending with a brood that will migrate south in the fall, a fritillary's life-cycle spans from summer to

the following spring. When the adult fritillaries emerge from their chrysalises in mid-June, they mate; but some females enter a brief dormant phase, called *diapause*, and don't lay eggs until late summer. When the larvae hatch, instead of feeding, they become dormant in order to make it through the winter. Fritillaries lay their eggs near a violet, their host plant, so that when the larvae wake from their dormancy in the spring, they will be near food—the newly sprouting leaves of the violets.

Adult fritillaries feed on a wide variety of nectar sources. Their orange wings are a beautiful contrast to the pinks and purples of some of their favorite flowers like Common Milkweed, Purple Coneflower, Ironweed, and Joe-pye weed—a sight that is a reward for anyone who has planted a pollinator garden. And for those of us who share our lawns and gardens with the ubiquitous Common Blue Violet, we too, are helping to support these eye-catching butterflies.



## Heath Agricultural Society News

Get ready for the 103rd Heath Fair which will take place August 21 and 22, Saturday and Sunday! The Board of Directors is grateful to the dedicated members who have worked so hard over the past year to plan a fair during these unprecedented times. We've had to make some concessions, but we couldn't be prouder of the Fair we have pulled together for you, our community.

This two-day fair will be packed with all your favorites including:

- ✓Livestock shows: goats, sheep, cows, poultry and rabbits
- ✓Pulls: draft horse, oxen, tractor and truck
- ✓Gymkhana horse event
- ✓Exhibit Hall
- ✓Heath Fair merchandise
- ✓Midway vendors —food and art!
- ✓Heath Firemen's Chicken BBQ
- ✓Heath Church Ham and Bean Supper
- ✓Speakers tent and live demonstrations
- ✓Live music
- ✓Beer tent
- ✓Petting zoo
- ✓And more

For all the details check out the schedule on the next page.

We invite you to enter your animal or craft into the Fair this year. Visit [heathfair.org](http://heathfair.org) to enter online! Don't wait! It really is you who make all the difference—we need your participation. You can check out the premium book online, or get your copy at Hager's, Avery's, Heath Town Hall, Shelburne Farm and Garden, or Greenfield Farmers Cooperative Exchange.

Specifics about online tickets are still being sorted out, so check out our website to get up-to-date information. We encourage you to buy your tickets in advance for ease of entry and the best parking. Tickets will be available for sale at the Fair as well. Get your Heath Fair merchandise in advance—check the website for details (hats, tees, and more). We ask that all who are not vaccinated wear a mask when attending.

Are you looking to volunteer? We have lost many of

our wonderful volunteers over the past two years, and we need more support to ensure the Fair continues to thrive. We are in immediate need of a leader for kid games (simple activities organized to occupy smaller children during the Fair). If this sounds like you, or you with a friend, please email [info@heathfair.org](mailto:info@heathfair.org). The Fair CAN-NOT happen without volunteers. We need help with parking, set-up, break-down, and more. Please reach out. Any amount of help matters! And, join a work bee. Every Wednesday from 5 to 7 p.m. you can find dedicated volunteers at the fairgrounds sprucing things up as we prepare for the Fair. We need you. Please help out!

Don't miss out. We look forward to seeing you at the 103rd Heath Fair, The Greatest Of All Time (G.O.A.T).

See you at the Fair!

—Jessica O'Neill,

Heath Agricultural Society President



### Exhibit Hall

Our new Exhibit Hall Superintendent, Elissa Viarengo, is looking for volunteers to join the Exhibit Hall team! Help is needed setting up the displays, monitoring the hall during Fair hours, and breaking the hall down on Sunday. If you are interested, please email Elissa Viarengo at [elivialove@gmail.com](mailto:elivialove@gmail.com) to volunteer.

**WANTED:**  
**Heath Fair Worker Bees**  
 Every Wednesday • 5 to 7 p.m.  
 Heath Fairgrounds



**Buzz on Over**

Join your neighbors to help ready the grounds for the Heath Fair. No need to sign up in advance. No special skills required. Bring gardening or building tools, if you have them. All are welcome.

# HEATH FAIR

# 103RD HEATH F

Demonstrations & Presentations

Schedule as of

## SATURDAY, AUGUST 21

7 a.m. to 10 p.m.	Lower Food Booth
9 a.m. to 10 p.m.	Upper Food Booth
9 a.m.	Rabbit Show
10 a.m. to 3 p.m.	Master Gardener Tent
10 a.m. to 8 p.m.	Exhibit Hall
10 a.m.	Herd Dog Demo
	Winterberry Farm
10 a.m.	Kids Garden Tractor Pull
11 a.m.	TBD
11 a.m.	Youth/Adult Sheep Show
11 a.m.	Adult Cattle Show
11 a.m.	Horse Draw
11:30 a.m.	<b>The Uncles of the Pioneers</b>
Noon to 9 p.m.	Beer Tent
Noon	Heath Firefighters Association
	Chicken BBQ
Noon	Kevin Ford Sheep Shearing
1 p.m.	<b>Rosie Porter and the Neon Moons</b>
1 to 4 p.m.	Horse Drawn Wagon Rides
2 p.m.	Herd Dog Demo
	Winterberry Farm
3 p.m.	TBD
4 p.m.	<b>M. Nix: New Classic Banjo Project</b>
	<b>New American Banjo Festival</b>
5 to 10 p.m.	Truck Pull
5:30 p.m.	Ham and Bean Supper
6:30 p.m.	M. Nix: New Trends in Banjo:
	Banjo Music in the 21st Century
7 p.m.	<b>The Wildcat O'Halloran Band</b>

Schedule subject to change.  
Visit [heathfair.org](http://heathfair.org) for updates



# FAIR SCHEDULE

tations: Blue • Music: Red

f July 13, 2021



## SUNDAY, AUGUST 22

7 a.m. to 5 p.m.	Lower Food Booth/Food Truck
9 a.m.	Church Service
9 a.m.	Ox Draw
7 to 10 a.m.	Upper Food Booth for Blueberry Pancake Breakfast only
9 a.m.	Equine Obstacle Challenge
10 a.m.	Gymkhana
10 a.m.	Antique Tractor Pull
10 a.m. to 4 p.m.	Exhibit Hall (Pick up entries from 4 to 6 p.m.)
10 a.m.	Junior/Senior AGHA Sanctioned Goat Show
10 a.m.	Poultry Judging
10 a.m. to 3:30 p.m.	Ed the Wizard—roving with balloon animals and magic
10:30 a.m.	Classic Car Cruise Registration
11 a.m. to 5 p.m.	Upper Food Booth Regular Menu
11 a.m.	Youth Cattle Show
11 a.m.	TBD
Noon	Meadows Brothers
Noon to 9 p.m.	Beer Tent
Noon	Heath Firefighters Association
Noon	Chicken BBQ
Noon	Line up for the Parade (Prizes for floats and best kid decorated bicycle)
1 p.m.	Parade
1 p.m.	Honoring Keith Sherman for his work with the Gold Star Families project. Special presentation by the <i>Heath Herald</i>
1:30 to 3:30 p.m.	Horse Drawn Wagon Rides
2 p.m.	Opal Canyon
3:30 p.m.	Ed the Wizard



Please, no pets on grounds or in cars.



## Heath Free Public Library Looking to the Future

The Heath Library Trustees with the help of our librarian Don Purington and assistant Lyra Johnson have been working for years to make the most out of the space in our little library. After trying to first build a new library, and then to buy a house to renovate, we have been considering ways to make the current library space better serve the needs of the community. Several years ago, Don created a plan to rearrange and upgrade the space to make better use of it. The plan addresses some immediate needs of the library, but does not speak to the future. In other words, it is a status quo approach. It also doesn't fully address some of the issues in Sawyer Hall that have recently come to light, such as accessibility, social distancing, and air quality.

This past winter the Trustees decided to do some research and visioning about what the library offers the community of Heath, now and in the future. As chair of the Trustees, Deb Porter also attended a State-sponsored workshop on space planning for the future. It is important to note that libraries are changing due to the advent of the internet. These changes overall take into consideration other educational and service needs of a community, beyond just books. In imagining our library for the next 20 years or so, but even more importantly in thinking about the needs of all of Heath's citizens, we see both the need for some important improvements to our library and some exciting possibilities in what we could offer to our community.

As the Town works on how to best utilize its buildings, the Trustees ask that the library of the future be considered, not just the status quo. Below is the list of the ideas we have generated in planning for the future. We see it as a beginning and invite others to share ideas about what they would like to see in the library in years to come.

*"I see the library as a place to learn the joy of reading, of learning, and of community."*

—Emily Cross, Library Trustee

### We Envision:

#### **A library as a resource that is accessible to all individuals:**

- To a collection of or access to current resources—books, DVDs, books on tape, etc.
- To information with professional guidance, as needed.

- To technology/tools.
- To a broader range of resources, such as checking out outdoor equipment, tools, etc.
- A place to learn new skills and learning through workshops and community networking.
- A place to just sit and have a cup of coffee and read the paper, or do a puzzle.

#### **A library as a resource that tends to the needs of our community as a whole:**

- A place that meets the needs and desires of all aspects of our community life.
- A place, both informal and formal, to gather with friends and get to know new folks.
- Community educational programs such as workshops on current issues, science or history nights, craft or cooking classes.
- Community recreational programs such as movie nights, potluck dinners, game nights, outdoor activities, nature walks.
- Community cultural programs such as art shows, plays, book groups.
- Opportunity for inter- and intra-connections such as shared programs and resources with other town libraries, and teaming with other town committees like the parks committee, the senior center, or the historical society.

#### **A library that has the space to meet both community and individual needs:**

- Fully accessible.
- Space for library materials, books, DVDs, books on tape.
- A spacious area, with room to move around in.
- Places for a variety of activities, play spaces for children, quiet reading places, places for visiting and collaborating.
- Space for community events.
- Accessible Resources: connection to technology, printers, new materials.
- Comfortable, well-lit seating.
- Storage for equipment used for community events, and for materials to loan outside of the regular collection such as outdoor equipment, and art supplies for story hour, or other library needs.
- Outside program space for play or other informal and formal gathering.
- Staff work space.

In addition, the State of Massachusetts Board of Libraries also recommends the following as critical in planning for the future.

- Conforming to ADA regulations
- Energy efficiency
- Flexible spaces with movable furniture
- Storage and staff spaces
- Plans for a pandemic
- Proper ventilation
- Cleanable furniture
- Spacing that allows for good traffic flow
- Enhanced outdoor spaces

Please consider sharing with us your thoughts and ideas for the future of the Heath Library.

—*Deb Porter*, Library Trustee

"A LIBRARY IN THE MIDDLE OF A COMMUNITY IS A CROSS BETWEEN AN EMERGENCY EXIT, A LIFE RAFT, AND A FESTIVAL. THEY ARE CATHEDRALS OF THE MIND; HOSPITALS OF THE SOUL; THEME PARKS OF THE IMAGINATION."

CAITLIN MORAN

### Special Thanks

A special thank you to those who helped make the Library Story and Poetry Walks possible: Shahid Jalil, Emily Cross, Jo Cross-Jalil, Haris Cross-Jalil, Jupiter Johnson-Fuller, Cynthia Johnson, Tim Lively, and Hilma Sumner. Also thank you to The Friends of the Heath Library and the Library Trustees for all their great work and support!

—*Lyra Johnson-Fuller*

### Breaking News!

The Heath Library Trustees are pleased to announce that Kate Barrows, from Colrain, has accepted the position of Library Director.

Kate will be ready to start on August 2, so be sure to drop by the library and welcome her. Stay tuned for a more formal welcome.

## From the Family of David and Pegge Howland

These past two years have been very challenging for everyone due to the COVID crisis. But the town of Heath also suffered the loss of two of its family members, David and Pegge Howland.

David and Pegge came to Heath in 1963 and purchased the old George Peon residence, which has since been declared a historical building. They were in their late 30s at the time, working and raising a family. Even though it was a number of years before Heath became their permanent residence, somehow they managed to get involved with the town in various ways. The *Heath Herald* was one of their ventures as well as town government and the Heath Historical Society. They have certainly left their mark on this town.

Now, looking back, my brother and I can appreciate their hard work and example. I personally spent a good deal of time in Heath, and will always consider Heath my home. In fact, at one point, my husband and I were planning on a permanent move to Heath, but life got in the way and we had to relocate. My brother was well on his way to other endeavors, but the example our parents gave to us was rare and priceless.

Dad always cherished the sense of community that Heath offered. It is so rare these days to actually be a part of a community and feel its support. Dad had a way of being hopeful, always trying to find compromise. We hope his sense of fairness, having a level playing field so all could participate under the same rules, his honesty and openness to compromise and discussion, will live on in Heath. Show the world how it is done by continuing as a unified group, working, living, and helping each other with respect and kindness.

We wish to thank everyone in the town of Heath and the surrounding towns for all the support over these past two years, and throughout the years that our parents have lived in Heath. They have been rescued from fires, snow and ice storms, illness and much more. We have received sympathy cards, emails, food, and personal contacts which have truly helped us to face this sadness.

Thank you and may God bless all of you.

—*Martha Rose*

Dave and Pegge's daughter



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## The Way We Love to Eat

—Deb Porter

### From the Kitchen of Mary Sumner A Family Place that Always has Something Delicious Happening

Living in Heath, I think we are all resourceful when it comes to preparing a meal using what we have on hand. Running out to the store to grab a needed ingredient for a recipe is not usually a quick fix, so we find ways to make do. Over the past year that was even more true as we didn't want to be going into the stores more than necessary, so we relied even more on our well-stocked pantries and creative solutions.

I was craving lasagna a few months back, and with a quick look at my top shelf I could see a lasagna noodle box up there, so I thought I was all set. I made up a sauce using our home-canned tomatoes and frozen venison and left that to simmer on the stove for the afternoon. At dinner time I approached my daughter, Kaylin, and asked for help assembling the lasagna. So we grabbed down the box of noodles to find there were only two noodles left in the box. At this point, I could have just said we will have spaghetti instead but having just spent the past year making things we could easily have purchased at the store (like sourdough bread, enchilada sauce, and tomato soup), we decided to make lasagna noodles!

I hadn't made pasta in years, so I had to dig around in our attic to find my Mom's old hand-crank pasta machine, and Kaylin looked in my recipe books for an easy pasta recipe. The pasta machine needed a good wash, so while I did that, Kaylin had time to mix the dough. With all our supplies ready we rolled out some dough. And we re-rolled some dough, added some more flour, and adjusted our thickness until we finally got the hang of it.

In hindsight, it might have been quicker to go to the store for the noodles (or have just had spaghetti!), but that was the best-tasting lasagna we have ever made. And we added another cooking memory to our 'recipe box.' Next time we need pasta, we will be ready!

—Mary Sumner



### Homemade Pasta Recipe from the *Better Homes and Gardens Cookbook*

- 2 1/3 cups all-purpose flour
- 1/2 teaspoon salt
- 2 beaten eggs
- 1/3 cup water
- 1 teaspoon cooking or olive oil

In a large mixing bowl, stir together two cups of the flour and the salt. Make a well in the center of the mixture. In another bowl whisk the eggs, water, and oil together. Add to the flour mixture; mix everything together well.

Sprinkle kneading surface with remaining flour. Turn dough onto the floured surface and knead 8 to 10 minutes till smooth and elastic. Cover and let dough rest ten minutes.

Divide dough into eight pieces and either hand roll or pass through a pasta machine to desired thickness (1/16 inch thick). Cut as desired.

You can cook immediately, as desired, or let it air-dry and store.



## Spotted Around Town



Rainbow on East Main Street.

—Deb Porter



A wildflower receives a royal hug from a Monarch butterfly.

—Julianne Hallman



It's a slug and snail fest in my garden, but the perennials are winning!

—Cathy Tallen



### ADJUSTMENT TO POST OFFICE HOURS

The Heath Post Office hours for conducting retail business have changed to 9:30 a.m. to 1:15 p.m. After 1:15 p.m., there will be no sales of postage for stamps, outgoing packages, or money orders. There will also be no sales of Transfer Station permits or stickers.

From 1:15 to 1:30 p.m. the Post Office will remain open for pick-up of delivered packages only.

This change is instituted by the managing USPS office to allow staff time to complete daily reporting.



### Saint Joseph Parish Annual Fundraiser

34 Monroe Avenue, Shelburne Falls, MA

Saturday, August 28, (8 AM – 2 PM)

Sunday, August 29, (9 AM – Noon)

**Raffles:** **\$300 in Local Restaurant gift cards**  
(\$75 each for the West End Pub, Shelburne Falls  
Blue Rock Restaurant & Bar, Shelburne Falls,  
Terrazza Restaurant, Greenfield and  
The Boathouse Galley, Charlemont)  
**\$200 Big Y gift card**  
**50/50 Raffle**

Affordable NOT TO BE MISSED Bargain Items, Jewelry  
and Collectables, Furniture, Books,  
Tea Cup Auction, Bake Sale and More...

**COME EXPLORE!**

FOR MORE INFORMATION CALL (413) 625-6405



### Eggs for Sale

\$3 a dozen

No contact pick-up

Alli Thane, 337-4852



## Green Thoughts

—Pat Leuchtman

### Pollinators

We all know that many plants need to be pollinated to make seed and the fruits and vegetables that protect the seeds inside. Pollen is the powdery stuff inside a flower blossom. Sometimes it is not very noticeable. On the other hand, flowers like lilies and sunflowers are so laden with pollen that a bouquet of those flowers will shed golden pollen all over the table.

Pollen grains are produced by the male part of a flower, the stamen. The pollen will either fall on the female parts, the stigma, on self-pollinating plants like tomatoes and sunflowers, or it will be carried away to other plants. Pollen can be carried by the wind, or it can be carried by bees, butterflies, bats, beetles, wasps, and even small mammals.

Bees are particularly important pollinators. They are fascinating creatures. Here in Massachusetts we have over 300 species of bee. They are vital to the pollination of nearly 50% of our agricultural crops. They need to be supported with more flowers that will feed them. Many are familiar: Coneflowers, Yarrow, Coreopsis, Asters, Columbine, Phlox, Black-eyed Susans, and of course, Bee Balm. This is just to name a few.

Bumble bees are very easy to see because of their size. They often live in small groups near or in the ground. The queen comes out of winter hibernation and lays her eggs. Workers and drones soon hatch and the colony grows as they collect nectar and pollen to feed themselves. Late in the season the queen will start laying queen eggs as well as worker eggs. At the end of the season the old queen will die, and the new queens will find their own hibernation spots to begin new colonies.

I have never been very good at identifying any of the other native bees who also take on the work of pollination. Many of them lead solitary lives, until they need to reproduce, and are very small. There are digger bees, sweat bees, mason bees, leaf cutter bees, carpenter bees and more.

Wasps, like yellow jackets, are not interested in pollen, but they do carry pollen from one plant to another as they sip the nectar that they are so fond of. Though incidental, pollination by wasps is important to agricultural

crops. Yellow jackets are aggressive and often mistaken for bees when they sting. They often live in the ground.

I have been a beekeeper and was rarely stung. I had to give up beekeeping when I developed an allergy to bee stings, but I have taken it upon myself to remind people that bees are not really interested in people. We offer them no pollen or nectar. The thing to remember is that bees cannot see slow movements. If a fearful person starts wildly waving and shooing away a bee, that person will attract the attention of the bee that will be frightened and angry. That bee is much more likely to sting.



Whenever I am talking to children about bees, I always stress that if a honeybee is flying around they should remain calm and still. However, if they do get stung

they need to know that it will not hurt very much UNLESS they try to pull out the stinger. It is the poison in the pouch that people pinch to pull out the stinger that will push the poison and the pain into wherever you have been stung. Scrape the stinger out of your skin with a stiff piece of cardboard, or credit card or whatever you might have at hand. Scrape it off never pull it out.

Butterflies also pass pollen from one plant to another. Butterflies are so beautiful that many gardeners are planting butterfly gardens that will attract butterflies. Many of the flowers that attract bees also attract butterflies. However, butterflies are more particular about the nectar that they prefer, and they also need plants that will feed their larvae. Milkweed is the most familiar host plant for the easily identified Monarch butterfly, but other butterflies need other plants. I haven't seen a beautiful spicebush swallowtail butterfly in my garden, but along with milkweed, I have planted the *Lindera benzoin* spicebush because it will feed that beautiful butterfly.

We have bats in our attic, but we are grateful that they will also offer pollinating services.

Pollinator populations have been declining, especially in urban areas. The density of plants with desirable nectar and pollen is what will attract pollinators.

As you think about choosing seeds for spring, think about flowers that will make your garden beautiful—and support pollinators.

—Greenfield Recorder  
Between the Rows, Feb. 9, 2019

## Obituaries

### David Laurence Bohrer



David Laurence Bohrer, 62, passed away suddenly and unexpectedly on June 6, 2021. He was born on October 5, 1958, in Greenfield, MA and raised by loving parents, Ruth and Larry Bohrer, now deceased, in Deerfield, MA.

David attended Eaglebrook School, and graduated from Deerfield Academy in 1977. He studied at the College of Wooster, and completed his Bachelor of Science degree in business management at the American International University in Springfield, MA.

David worked for Sandri Energy's Lubricants Division for 23 years, where he was a top sales executive. Following a diagnosis of early-onset Alzheimer's, David retired to enjoy his many outdoor interests: photography, kayaking, hiking, and skiing. His favorite location was his country hillside home in Heath that he shared with his life partner Hilary Black and many feathered and furry friends, especially his beloved dogs, Bootsie, Teva, and Bam Bam.

David was full of wit and humor, which made him a wonderful companion to his many friends, devoted stepfather to Sarah Hartshorne, fun uncle to George, Will, and Henry, and good friend to their father, Jim. He is survived by his loving sister, Sarah Bohrer Caldwell.

Remembrances of David may be made in his name to Diggity Dogs Service Dogs Inc. ([indogswetrust.org/donate](http://indogswetrust.org/donate))



For life and death are one,  
Even as the river and the sea  
are one.

Kalil Gibran

### Charles A. Shattuck, Jr.



Charles A. Shattuck, Jr. passed away peacefully at Baystate Medical Center in Springfield on June 12, 2021,

surrounded by his loving family. Charlie, as he was affectionately known, was born in Fitchburg on July 28, 1944. He a Vietnam Veteran, having proudly served in the United States Navy.

Charlie was a man of great faith and was the founder of Our Lady of the Rosary Shrine. A devout Catholic, Charlie was a spiritual director who enjoyed traveling and speaking at religious retreats and conferences, providing guidance and comfort to those in need. Charlie met Pope John Paul II on several occasions, and once had a private meeting with His Holiness at the Vatican.

Charlie was also an avid golfer who enjoyed playing with his friends at the Crumpin-Fox Golf Club. He was proud of his hole-in-one there. He took pride in his cooking, loved working in his gardens, and always enjoyed his morning cup of coffee on his front porch in "Charlie's Café." He was a devoted fan of the Boston Red Sox and cherished his time at Fenway Park with his sons. He also loved having his loyal German Shepherd by his side.

Charlie's greatest love, however, was spending time with his family. He treasured family gatherings, as the room always filled with love and laughter. Charlie always had a twinkle in his bright blue eyes and will forever be remembered for his smile.

Charlie leaves behind his beloved wife of 52 years, Lea (Gagnon) Shattuck, and their children Michelle Nadeau (Gregg), Charles Shattuck III (Michelle), Joseph Shattuck (Kerri), Theresa Shattuck, Drew Shattuck (Carla), Anne Lively (Jason), Janice Shaw (Joel), John-Paul Shattuck, Maryrose Ellis (Jeremy), Michael Shattuck, David Shattuck (Giselly), and son-in-law Johnny Rocha. Charlie also leaves behind 24 grandchildren and one great granddaughter.

Charlie was predeceased by his children, Bernadette Rocha, Peter Shattuck, and Luke Shattuck. He was predeceased by his sister, Pauline Moran. Charlie leaves behind his sisters, Theresa Warren, Beverly Morin, and Karen Vendette.



## Heath Union Church

Neil Stetson, Interim Pastor

Dennis Ainsworth, Organist

Sunday Morning Worship at 10 a.m.

### All Are Welcome

Church services are conducted in the sanctuary each Sunday at 10 a.m. and are available for anyone to join, either in person, through internet, or by phone. Links for joining remotely are as follows:

**Internet:** <http://join.freeconferencecall.com/dainsworth5>

**Call-in number:** 1 (712) 451-0441. Access Code: 841540#.

Church phone to leave a message: 413-337-4019.

For further information, contact a member of the 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

## Curly Walnut and the Christian

A while ago I was planing a walnut board for a project. As the board went through, it began to make a strange sound. On one end, the board was all chipped. As it was longer than needed, I cut off the chipped end. The grain seemed odd. I ran it thru the drum sander and the most beautiful quilted curly pattern began to emerge. Saved for a special project, it recently became the top of a large box, showing its God-given beauty for all to see.

As I have reflected on that this week, I realized this is true in our lives as well. We may find ourselves not quite fitting in or able to conform to an “accepted standard” i.e., we chip out. Confused, discouraged by church, our lives didn’t turn out as we dreamed. Our lives get marred by mistakes, our own and others.

The Lord, however, doesn’t throw us away. In fact, He often will sand and polish the most damaged into beautiful

people. Those deep chips, or scars, hide an inner beauty when the Lord does His work.

In the New Testament, in Philippians 1:6, the Apostle Paul wrote to the church in Philippi to encourage them while in jail. “I am certain that God, who began the good work within you will continue His work until it is finally finished on the day when Jesus Christ returns.”

All this to say we are all works in progress. Let the Lord smooth out your chip-outs and reveal the beauty He intends for you.

—Neil Stetson

*Deacon’s Note:* August 22 worship service will be held under the big tent at the fairgrounds at 9 a.m. Our annual Ham and Bean Supper will be held Saturday evening at the Fair. To make reservations, call Hilma Sumner, 337-4845.



**Charlemont Federated Church  
Tag Sale**

Saturday, August 14th

Under the tent  
rain or shine  
household items  
furniture  
and treasures  
of all kinds

What will you find?  
OPEN from 9am – 3pm  
Contact #: 337-5580

**Charlemont Federated Church**  
175 Main Street, Charlemont, MA 01339

**Notice:**

**Due to COVID-19, some events usually listed on Ongoing Calendar have not yet returned. Please check notices around town or go to [townofheath.org](http://townofheath.org) for updates.**

**Community Calendar**

- Aug. 6 **Heath Library Hike**  
Hike with Lyra Johnson-Fuller and Art Schwenger in South Heath. Meet in Heath Center at 10 a.m. Contact Library for more information and to sign up.
- Aug. 14 **Charlemont Church Tag Sale**  
See page 21 for more information.
- Aug. 21-22 **103rd Heath Fair**  
See pages 12-13 for schedule.
- Aug. 28-29 **Saint Joseph Parish Fundraiser**  
See page 18 for more information.
- Aug. Sept. **Preschool Story Hour**  
Schedule to be announced—check with Library
- Aug. **Heath Library Story Walk in the North Woods at 18 Jacobs Rd. and Poetry Walk in Heath Center Park**  
Both self-guided, dawn to dusk.

**Ongoing Calendar****Community Yoga**


Online classes are happening now!  
Contact Kate at [kate@highlandyoga.studio](mailto:kate@highlandyoga.studio)  
Check out the website: [highlandyoga.studio](http://highlandyoga.studio)

**Healthy Bones and Balance**

Tuesdays: 11 a.m. to noon  
Thursdays: 10 to 11 a.m.  
Senior Center in Community Hall

**Foot Clinic**

For residents age 60 and older, and those with foot-related health problems. This has resumed on a month-to-month basis. Contact Eileen Lively for information and to make an appointment, at 337-4742.



**Don't Neglect Your Feet**

The Heath Foot Clinic is available to all residents age 60 and older, and those with foot-related health problems.

For information and appointments, contact Eileen Lively at 337-4742.

**Heath Arts Exhibition Schedule**

Sept. 4–11, 2021  
Community Hall

Opening Day—Saturday, Sept. 4, 10 a.m. to 1 p.m.  
Reception—Sunday, Sept. 5, 2 to 4 p.m.  
Monday, Labor Day—Sept. 6, 10 a.m. to 2 p.m. • 4 to 6 p.m.  
Tuesday, Sept. 7 through Friday Sept. 10, 4 to 6 p.m.  
Saturday, Sept. 11, 10 a.m. to noon

The Heath Arts Exhibition is funded in part by a grant from the Massachusetts Cultural Council and the Heath Cultural Council.



Contact Harry Hallman at [hwhallman@icloud.com](mailto:hwhallman@icloud.com)

**HEATH INDOOR HOT SPOT**

Adult use of high-speed internet is now available indoors at 18 Jacobs Road.

Hours: Monday–Friday, 8:30 a.m. to 3 p.m.  
Reservations and walk-ins welcome.

For information, see page 18 or visit [townofheath.org](http://townofheath.org)

**ANNOUNCEMENT**

There is a new section to the Town of Heath broadband website called “**Broadband Information for Heath Residents.**” It is a “virtual kiosk” where you can find informative downloadable files such as a graphic to show how fiber connects to your home to provide internet. There is also a flyer explaining what “streaming” is about. Visit the virtual kiosk at:

<https://townofheath.org/g/49/Broadband-MLP>

## Heath Town Offices

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

### Town Coordinator, Hilma Sumner

[bos@townofheath.org](mailto:bos@townofheath.org)  
Mon.-Thurs. 9 a.m. to 3 p.m., Fri. 9 a.m. to noon

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

Tuesday 6 p.m., Virtual until further notice  
Brian DeVriese, 413-337-5525  
Robyn Provost-Carlson, 413-337-5316  
Sue Lively, 413-337-4061

### Town Clerk, Mary Sumner

[townclerk@townofheath.org](mailto:townclerk@townofheath.org)  
Tuesday and Thursday 9 a.m. to noon  
Or call for appointment 413-337-4934

### Accountant, Dave Fierro

[accountant@townofheath.org](mailto:accountant@townofheath.org)  
No regular hours  
413-337-4934, ext. 5

### Tax Collector, Elizabeth Nichols

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

### Treasurer, Melanie Medon

By appointment  
[treasurer@townofheath.org](mailto:treasurer@townofheath.org)

## Boards and Committees

### Board of Assessors

Wednesday 9:30 a.m. to 4 p.m. 413-337-4934, x3  
[assessors@townofheath.org](mailto:assessors@townofheath.org)  
Alice Wozniak, Assistant Assessor  
Robyn Provost-Carlson  
Heidi Griswold, Anne Emmett

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

Kate Peppard, Clerk  
Gene Garland, Henry Godek, Barbara Gordon,  
Susan Gruen, Betsy Kovacs

### Finance Committee

Tom Lively, Chair, 413-337-4061  
Will Emmet, Bob McGahan, Ned Wolf,  
Alice Wozniak

### Library Board of Trustees

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

### Planning Board

Douglas Mason, Chair, [dougmaison@hughes.net](mailto:dougmaison@hughes.net)  
Robert Viarengo, [viarengo932@crocker.com](mailto:viarengo932@crocker.com)  
Jo Travis, [jtravis156@verizon.net](mailto:jtravis156@verizon.net)  
Bill Gran, [whgran@gmail.com](mailto:whgran@gmail.com)  
Peter Charow

### Agricultural Commission

Lorena Loubsky

### 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

Mary Sumner, Burial Agent, 413-337-4845

### Conservation Commission

Brian DeVriese, Chair, 413-337-5525  
Bernard "Buck" den Ouden, 413-337-4002  
Jessica O'Neill, 413-339-4820  
Henry Josephson, Heather Row

### Historical Commission

Heather Hathwell and Nina Marshall, Co-chairs  
Jayne Dane, Susan Gruen

## Community

### Public Library, Kate Barrows, Director

Lyra Johnson-Fuller, Library Assistant  
[www.heathlibrary.org](http://www.heathlibrary.org), [heath.library@gmail.com](mailto:heath.library@gmail.com)  
413-337-4934 ext. 7

### Post Office Manager, Charlene Reynolds

Mon.-Sat., 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](mailto: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  
Tues. 12:15 to 1:15 p.m., Thurs. 11 a.m. to 1 p.m.;  
Voicemail: 413-337-4934, ext. 109  
Home phone: 413-337-8309  
[Nurse@townofheath.org](mailto:Nurse@townofheath.org)

#### Council on Aging

Victoria Burrington, Margaret Freeman, Donna  
Hyytinen, Cathy Tallen

#### Municipal Light Board

Art Schwenger, Chair, Anne Emmet, Bill Fontes,  
David Gordon, Ned Wolf  
Sheila Litchfield, MLP Manager

## Public Works and Safety

**Animal Control Officer**, Kyle Dragon, 413-768-0983. 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: Tues. 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. [Heathfire@townofheath.org](mailto:Heathfire@townofheath.org)

#### Emergency Management Team, EMT

Tim Lively, Sheila Litchfield, BOH, Select Board

People deal too much with the negative, with what is wrong. Why not try and see positive things, just to touch those things and make them bloom?

—Thich Nhat Hanh



### Special thanks to our color sponsors!

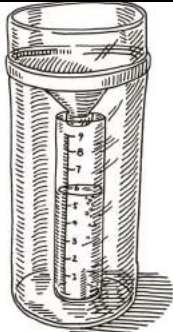
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### WEATHER MONITOR WANTED

The *Heath Herald* is seeking a volunteer to monitor the precipitation in Heath. The monthly data that is collected will be published in each issue of the *Herald*.

If you are ready and willing to weather this responsibility, please contact us at [theheathherald@gmail.com](mailto:theheathherald@gmail.com).

### Heath Herald Reserved Pick-up Program

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



[townofheath.org](http://townofheath.org)

Visit the new town website to connect with Heath happenings.  
Meeting Minutes • Committee Information • School News  
Important Announcements • and more  
To contact the Select Board, email [bos@townofheath.org](mailto:bos@townofheath.org)

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