



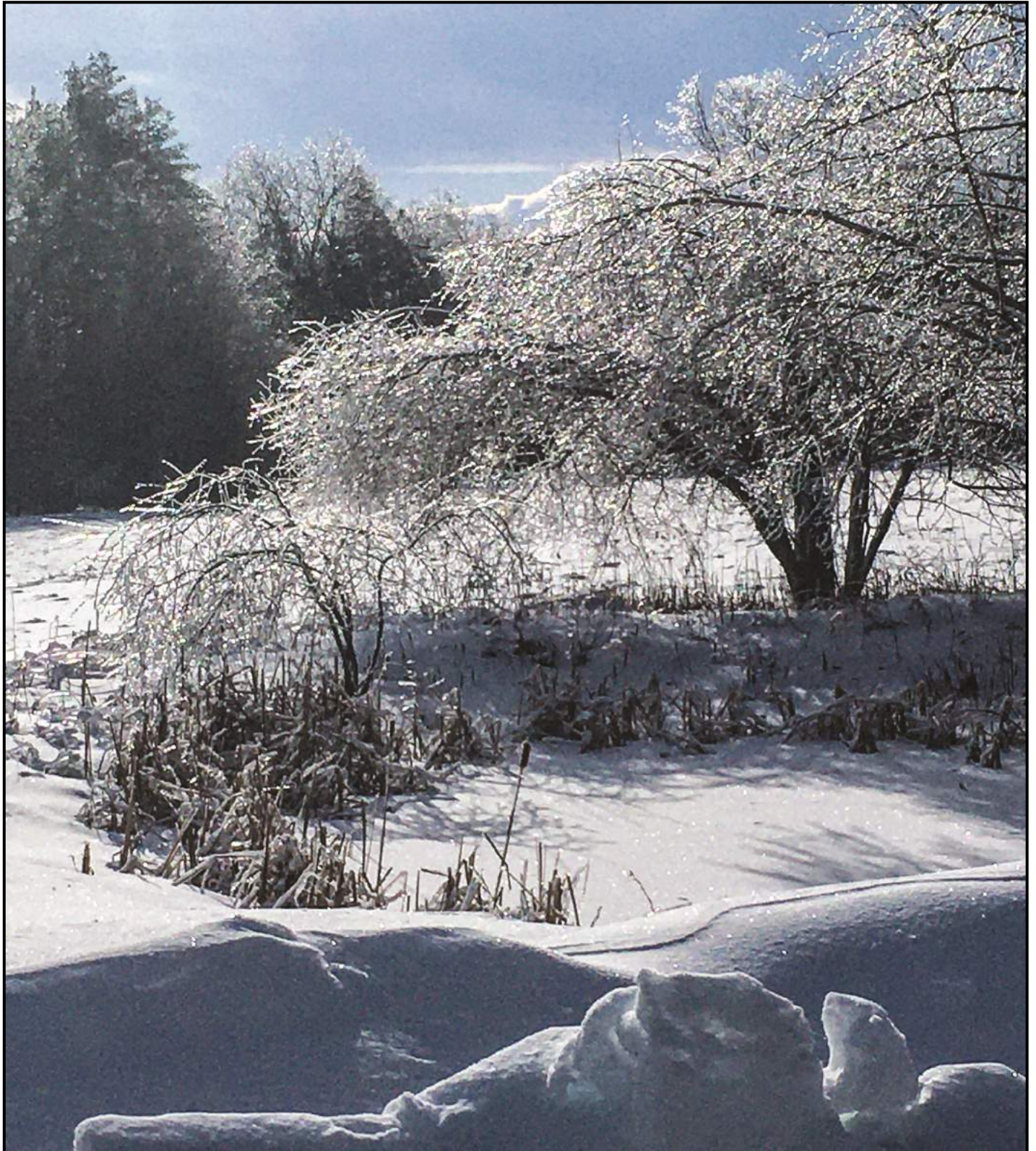
HEATH HERALD

Heath's First Newspaper

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On the Cover

Season's Greetings from the *Heath Herald* staff.
 Photograph of winter scene in Heath by Bruce Phillips.

The Heath Herald Logo

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

Payment Questions

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

Correspondence

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

- Send to our email address:
TheHeathHerald@gmail.com
- Send to our PO Box:
Heath Herald, PO Box 54, Heath, MA 01346
- Drop off at our Town Hall box: 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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Color Sponsorship

The color photographs and images in each issue of the *Heath Herald* are funded by you, our readers. Through the sponsorship of generous individuals, we are able to showcase the vibrancy of life here in Heath in such a way as would not otherwise be possible. Consider becoming a \$25 Color Sponsor for an upcoming edition of the *Heath Herald*. Should you wish to add your support, be sure to note "Color Sponsor" on your check so that we can acknowledge your contribution in a future edition.

The views expressed in the Heath Herald are solely those of the authors and may not reflect those of the Heath Herald staff or advertisers.

A Nice Night in the Storm

Carroll B. Stowe

As a young fellow on our farm in Colrain, I had a tremendous desire to be out at night plowing snow. I always thought that to be out with the truck and plow wings helping people to have a passable road would be just the ultimate in things to do.

I got my first shot at it the winter of 1962. I had started working for the town of Heath in the early fall of that year. I could hardly wait till the snow started to fall to try out this thrilling type of employment.

As the season neared the first of the year, the snowbanks got higher, and it was more difficult to get rid of the snow. The town's fleet of snow fighting equipment consisted of two dump trucks, a 1960 7-Series Chevrolet and a 1960 F800 Ford. This particular evening started out with no great problems. Francis, Gerald, and Edwin were off for the evening and Bob Law and Paul Burrington were driving the Chevy truck and were trying to keep 8A and the North end passable, while Howard Thompson and I with the big Ford were at the task of clearing the drifts in South Heath. Both of these trucks had single small gas tanks and they used about ten gallons of gas per hour.

Consequently, you could have the drifts open and when you went to get more gas, a section of road could be plugged when you came back to check the next time. Our problem areas were by the old fairgrounds [South Road], up toward Doug Stetson's [Burrington Road] and in South Heath beyond near the Galipo house, Schoolhouse Hill, over toward Rainville's and down where Walt Gleason is [Bassett Road] plus around the South cemetery. By the end of the new fairgrounds [Branch Hill Road] we encountered some trouble, but we could cope with it so far.

Bob and Paul were having their troubles up on 8A above the Sessions farm [North Heath] and wanted us to try to give a hand up there. Hard-packed snow with one-way snowplows creates a problem when the plow can't discharge. If great care isn't used, the snow will crowd the truck sideways, and your right rear wheels will be in the right snowbank. We were of little help up 8A, so when we got back to the garage to fuel up, we had lost that road.

While we were absent from the south part of town, we lost more of that area; and in coming back for gas one time earlier, we had lost the road up by Rainville's. The four of us had a conference at the garage and decid-

ed to get Bob Law home [Town Farm Road] so he could be there to milk. There are four of us in the cab of the big Ford and we set out for South Heath. It had been nearly two hours since Howard and I were by the fairgrounds and that road was plugged.

This was my first year at the controls of a plow truck and my limited experience did not stand me very well, and I soon was impossibly stuck. This was a bad situation made worse by the gale force winds and below 0° temperatures. We had another conference in the cab of the stuck truck and concluded we would have to walk back to Thompson's [near town garage] and reconnoiter. I surely hated to leave that truck in a snow bank, truly a monument to my inexperience.

We started walking in the bitter cold and made many comments about the situation. It was a very clear night and the wind was blowing straight from Mount Greylock with nothing to stop it. When we reached Thompson's, we were told the windchill factor was 60° below zero. We made the trip almost without mishap except that Howard, wearing two wool pullover hats—one over the other—froze his left ear.

Paul and Bob walked to the town shed and were able to drive down to Charlemont. They were able to walk up Harris Mountain to the Law farm and were there for milking. With the wind at their backs it was less severe than out in the open.

I slept fitfully on Thompson's couch with their dog, Sandy. In the morning we got a call from Francis, and I had to tell him where the Ford was and all about the plugged roads. Francis was able to get to Heath Center where the crawler truck was kept. Fortunately he had a mechanic come several days before, and got the tractor ready to plow snow. With its better traction and V-plow, Francis was able to get to the town shed. He nearly ran into the stuck truck as very little of it could be seen.

Francis plowed snow all day with the tractor, and Howard and I did what we could with the Chevy truck. Late in the day we went up to the fairgrounds, took the plow off the truck, and pulled it out with the tractor, slid it around in the road and pulled it back to the shed, and pulled it inside. It was two days before we could start it. Hindsight works very well after the fact, but had we gone and got the truck and pulled it out before it got drifted in so badly, it would've been in service sooner.

I will always be proud to have been associated with those three other fellows on that winter's night many

Continued on next page

(Continued from page 3)

years ago. For a number of years after, I called Howard to ask him if he'd like to walk back from the fairgrounds again. He always felt that once was enough! Until the road was resurfaced past the fairgrounds, those tire chain tracks were still in the tarred surface. This town was indeed fortunate to have dedicated servants like Mr. Galipo. He did a tremendous job with what he had to work with.

Written in the interest of remembering things of the past.

Originally published in the *Heath Herald*,
February/March 1988



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OPEN YEAR ROUND BY APPOINTMENT

Sean O'Dea Receives MTRS Superintendent's Award



Mohawk Trail Regional School (MTRS) is proud to announce senior Sean O'Dea of Heath, the son of Mary Beth and Lennie O'Dea, as the recipient of the 2021-22 Superintendent's Award. Sean is currently ranked second in his class and is a valued member of the MTRS school community both in-

and outside of the classroom.

Sean excels in the classroom and consistently takes a full course load of honors and advanced placement courses; having earned straight A's throughout his high school career, while also earning straight A's in classes at Greenfield Community College.

In addition to being an exceptional student, Sean is also an incredible peer leader at school. He has served in leadership positions both in student government and in the Key Club and National Honor Society. Sean also serves as the student representative on the school committee. He uses his voice and energy to enact positive change and provide a variety of fun, engaging opportunities for his school.

Sean is also an active member of MTRS athletics. He has served as a captain of the junior varsity basketball team, and is captain of the cross country and track teams. Sean placed in the top 50 runners in the Western Mass championships and received an All-League Award in 2019 and 2020.

Sean is also a committed, dedicated member of his wider community and has been involved with numerous community service projects throughout high school, including serving as a *Project 351* representative; hosting a youth track program for elementary students; and was an integral member of the *MassIDEAS MTRS Weekend Design Institute* where he provided important student feedback and helped lay the foundation for the school's redesign work.

An accomplished student, athlete, and dedicated member of his community, Sean is a shining example of all the qualities an MTRS student embodies. The district is incredibly proud of his work in the classroom, community service, and leadership at MTRS, and is honored to recognize him as a recipient of the Superintendent's Award this year.



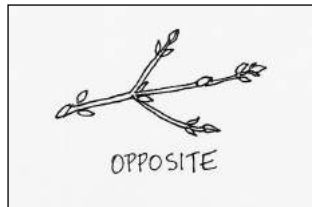
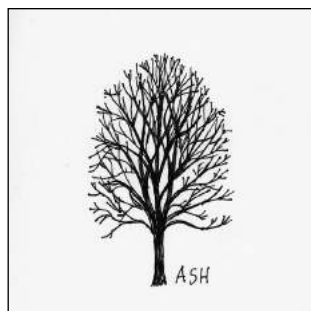
Nature Note

—Susan Draxler

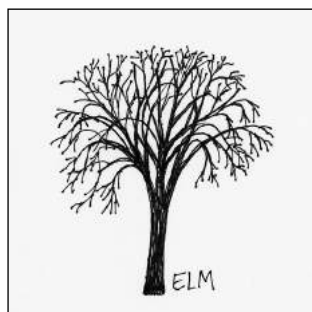
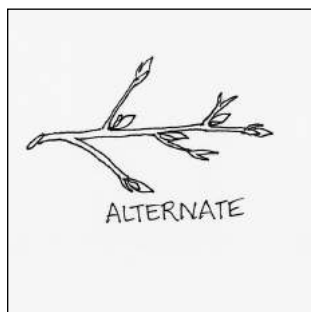
Appreciating Trees in Winter

It's always sad to see the spectacular colors of autumn foliage fall to the ground, but I find that the bare trees of winter have an elegant beauty to them. It is now easier to see things that were hidden by the leaves all summer, like branching patterns and the characteristics of twigs and buds. Here are some things to look for:

Ash and maple trees growing in the open have an oval shape and are very neat and symmetrical looking. They have an "opposite" branching pattern where the branches, twigs, leaves, and buds grow in pairs on opposite sides of the branch from each other.



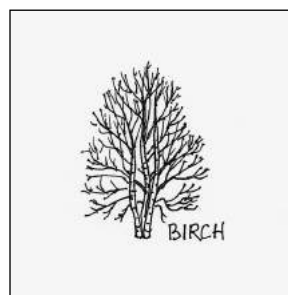
Oak, beech, birch, and most other trees in our area have an "alternate" branching pattern.



American elms, of which there are some nice old specimens in our area, are very tall and graceful and have one main trunk that branches upward into a V or vase shape.

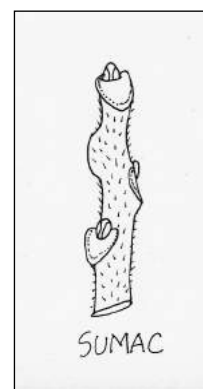
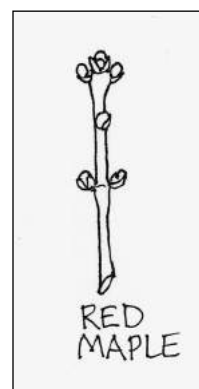
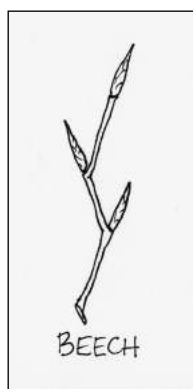
Old apple trees, with their twisted and craggy trunks and branches, are interesting and full of character in winter.

Paper birch trees, noticeable because of their white bark, often have multiple trunks.

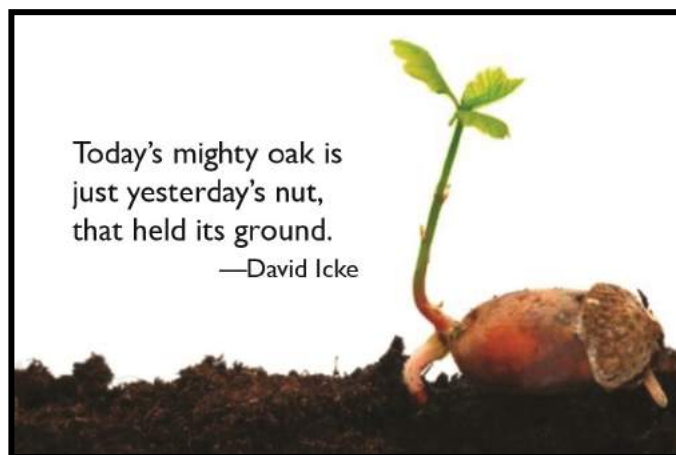


Beech trees have slender branches that look like they zig-zag and very long, thin, pointy buds.

Red maple buds are rounded and red while sugar maple buds are brown and pointed.



Staghorn sumac branches are stout and fuzzy and have large leaf scars beneath their small buds.



Mohawk Trail Woodlands Partnership Presents:

**Oaks in New England Forests:
Keystones in Biodiversity and Resiliency**

Saturday, December 11, 10 to 11:30 a.m.

Free to the public via Zoom

Email lhayden@newenglandforestry.org to request Zoom link and dial-in information.

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Wild Ramblings

—Bill Lattrell

Changing Times in a Wise World

Walking along the ridge in the pre-dawn hours at an altitude of 1700 feet south of our homestead, I am struck by the view to the east. The brilliant colors of the maple foliage have lessened but the more subtle rusty and burned red colors of oaks and beech dominate the distant scenery. Autumn is a pensive time from my point of view. With winter approaching, I am reminded of not only the changing seasons but our changing environment and how our planet responds to these transformations.

During these latter Autumn months, as winter begins to appear within the shadows of the changing seasons, I am still noticing acorns among the fallen leaves in this partially frozen forest. It is the time of year when walking about in the woods on chilled fallen foliage sounds like you are marching on crispy tortilla chips, making your presence known to every living animal within earshot. There are acorns everywhere and although I love seeing all of this valuable forage that will be consumed by white tailed deer, bears, turkeys, squirrels, chipmunks, jays, and crows, I recognize that something is awry. Seriously awry.

Unlike white oaks that produce an average crop of acorns every year, red oaks typically produce a large, healthy crop of acorns every two to three years. This year marks the third consecutive year of a peak crop of acorns produced by red oak trees.

As a professional ecologist and admirer of the forest, I have been observing forest trends, beginning when I was a child. My observations in the early years were mostly mental notes of what tracks I saw; what shrubs and trees were producing fruits, nuts, and seeds; when buds opened in the spring; and when leaves fell off in the fall. I was brought up in an area that had several oak species which included white oak, swamp white oak, red oak, black oak, and pin oak. It was apparent to me at a relatively early age that all the oaks in the white oak family produced acorns nearly every year, whereas the

oaks in the red oak family (red, black, and pin oaks) produced acorns mostly every other year, and occasionally every third year.



Red oak acorns

Later on in life I learned that red oaks utilized synchroni- zation of acorn production, meaning they all tended to produce peak acorn crops simultaneously over a broad range—as much as 1,000

square miles or more. The theory was that synchronized peak crops overwhelmed the forest environment to the point that even though there were many different animals that utilized the acorn for food, this “super” production guaranteed that some would be left to sprout and flourish. At that time it was believed that the red oaks communicated strictly, using airborne pheromones, allowing the trees to coordinate the crop. Scientists are now aware that trees also communicate by sending messages via mycorrhizal networks found beneath the soil. Interestingly, one of the primary chemicals that is used to enable neurotransmission among trees through the mycorrhizal network is glutamate, which is also used by the human brain as part of the neurotransmission process. We are still at the beginning of understanding all of this. As you can imagine, this is complicated and not yet fully understood. The point is that trees have communicated effectively and precisely for millennia. In fact, longer than humans have existed.

So, considering that in the last few years red oaks have changed the patterns of their acorn production is alarming to me. Why, after thousands and thousands of years, does it seem to be changing now?

It is important to remember that there have always been some red oaks that are occasionally out of sequence with the rest of the red oak communities. Some do produce acorns in non-peak years. This is not clearly understood but may be as simple as, like any living organism, there are individual red oaks that are different. They march to the beat of a different drummer. They are, in fact, the odd tree out. We know that it takes at least two years for red oak acorns to develop. So one has to wonder what might cause this large and sudden change. One is that a large number of trees have fallen out of sequence. Another possibility is that the tree has fallen back to an adaptive pattern that creates a hyper reproductive cycle, perhaps because the forest system is under a great deal of stress.

Stress could be caused by massive environmental changes—climate change, for instance. If the forest or individual member of the tree community suspects a major change is in play, then it may be inspired to reproduce. One might surmise that more saplings means more surviving trees, which means a greater chance of survival of a species, or even an ecosystem, during disruptive, dynamic times.

My long-time observation of natural systems has taught me a lot about our natural world, but the one consistent is that all ecosystems are dynamic. Call it survival, adaptation, or natural wisdom; it is the fundamental ingredient to evolution. Our planet has changed from a complete gaseous state to a planet dominated by huge oceans and large land masses. Our atmosphere allowed for the development of life that has expanded from non-cellular entities (like viruses), to single-cell organisms, to complex codependent systems of soils, water, plants, animals, fungi, and air (to mention a few). Mega-fauna and mega-flora have come and gone. The planet has waxed and waned between tropical eras and giant glaciers covering half the planet, that were five miles high. Redwood-sized ferns (allies) have perished as have dinosaurs. The one constant is the ability of our planet to adapt. In my mind and in my field of view our planet borders on being miraculous. It is a resilient and imperfect organism that has not yet found anything close to stasis. It likely never will.

The simple fact that we may be witnessing a plant adapting to a changing environment is in itself a wonder. We may be at a crucial moment, a particularly unstable time without modern parallel, without the ability or wherewithal to find the answer.

This is where humility comes in. We are in an era when a red oak tree may know how to successfully adapt to survive a yet-undefined set of circumstances, and simultaneously we humans don't have a clue as to what the questions are or what the answers may be. Perhaps we should pay attention. It is likely a warning of the most serious kind.

As the sun rises to the east and the backlit silhouette of distant clouds grace the horizon I am filled with hope. This earth seems to have universal wisdom. We only need to listen.

—Bill Lattrell



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Library Lines

—Kate Barrows

Upcoming Programs

We would love to stay connected with more Heath residents this fall and winter! The library is thrilled to offer the following programs. Please join us!

Art Shows at the Heath Library: If you have not already, please visit the library to view paintings by Don Dekker now on display. Throughout the month of December, Nancy Thane's works will be gracing our walls. Thank you, Don, Nancy, and Eileen Lively for sharing your talent and making this happen!



Pastel, Don Dekker



Pastel, Nancy Thane

Story Hour: Lyra Johnson-Fuller hosts stories, a craft, snacks, and playtime at Jacobs Road on select Saturdays. Remember to dress for the weather and check our website for notices about days and times. Upcoming dates are Saturday, December 4 at 10:30 a.m. and then, in lieu of a Saturday the 18th Story Hour, we will hold a Winter Solstice Celebration for all ages on the afternoon of Sunday, December 19th. Stay tuned for details about Story Hour dates in January. The library hopes weather will cooperate with plans for winter activities on January 14th and 29th.

Community Winter Solstice Celebration: Community members of all ages are welcome to gather to celebrate the shortest day of the year with refreshments, stories, music, and more—3 to 5 p.m. on Sunday, December 19 at Jacobs Road.

Library Hours at Sawyer Hall

The library is open for in-person services! Hours are: Mondays 2 to 7 p.m., Wednesdays 2 to 5 p.m., Thursdays 2 to 6 p.m., and Saturdays 2 to 5 p.m. Masks are

required for everyone ages two and up. The takeout window is still available for anyone who prefers to stay outside or cannot wear a mask. You may request materials by calling 413-337-4934, ext. 7, emailing heath.library@gmail.com, or visiting the library during open hours. We are happy to help you find the books, DVDs, magazines, and electronic items you want.

New Items at the Library

Follow the New Titles link at www.heathlibrary.org to view materials most recently added to the collection. Here are just a few of the new arrivals available at the library.

Adult Fiction: *Apples Never Fall* by Liane Moriarty, *Harlem Shuffle* by Colson Whitehead, *Marked Man* by Archer Mayer, and *The Sentence* by Louise Erdrich


Nonfiction: *Forget the Alamo: The Rise and Fall of an American Myth* by Bryan Burrough, Chris Tomlinson, and Jason Stanford, *A Short History of Spaghetti with Tomato Sauce* by Massimo Montanari, and *Broken Horses: A Memoir* by Brandi Carlisle

Juvenile: *Woodland Dance* by Sandra Boynton, *Guess What* by Mo Willems, *Change Sings* by Amanda Gorman, *The Beatryce Prophecy* by Kate DiCamillo

DVD: *Boss Baby—Family Business*, *My Heart Can't Beat Unless You Tell It To*, *Series 4 of the Frankie Drake Mysteries*

Audio CD: *Love Songs of W.E.B. DuBois* by Honoree Fanonne Jeffers

Large Print: *The Wish* by Nicolas Sparks



WINTER
SOLSTICE
 GATHERING

Sunday, December 19 • 3 to 5 p.m.
 18 Jacobs Road, Heath
 Free for all ages

Join us at the former Heath Elementary School building for some solstice fun and festivities to celebrate the shortest day of the year.

Bring some holiday cookies and/or refreshments and a favorite holiday reading to share, if you like.

This event is jointly sponsored by the Heath School Building Use Committee, the Heath Public Library, and the Heath Parks and Recreation Committee.



The Way We Love to Eat

—Deb Porter

Soup!

This recipe came from Cathy Tallen, who introduced me to the delights of the Bernardston Corner Store. I thought it was a great way to use up leftovers and a perfect recipe for heading into the winter. I am thinking that many of you have favorite cold-weather soups, too. With winter upon us, I would love to share other soup ideas in the coming issues of the *Herald* or on our Facebook page. Please feel free to send them along to me by e-mail or snail mail. My e-mail is debporterhenry@gmail.com, and my address is Deb Porter, 49 Number Nine Rd., Charlemont, MA 01339.



Holiday Soup

This recipe is based on a delicious soup that can be purchased every holiday season at the Bernardston Corner Store. When it wasn't available at the store, I started making it myself, as it is good all times of the year. It is a combination of everything you would be eating at a holiday meal, and each bite captures those tastes. The basic ingredients are turkey, veggies (any, and all), regular and/or sweet potatoes, stuffing, soup stock, and whole cranberry sauce (yes, you heard me right, cranberry sauce).

First, decide whether to use cooked or raw turkey meat. Start by sautéing onions and garlic. If starting with uncooked turkey, chop and add, sauté briefly, then add all the vegetables you would eat at a holiday meal. For example, brussel sprouts, broccoli and/or cauliflower, carrots, celery, corn, green and/or yellow beans, green peppers, greens, lima beans, regular and sweet potatoes, diced tomatoes, peas, your choice. Add stock—turkey, chicken, or vegetable—if you are using dry stuffing add extra stock because the stuffing will absorb some. Simmer until tender. If using cooked chopped turkey,

add and simmer briefly. Add dry stuffing. Simmer until the stuffing is fully hydrated. Turn off the heat, and last of all, add whole cranberry sauce, or you can wait to add it just before serving. Happy Holidays!



"I simply believe food is too good to throw away—and Christmas leftovers can be a gastronomic opportunity for the well-skilled kitchen forager. With a little imagination there are a million ways to use leftovers rather than bin them."

—Tristram Stuart

Good Neighbors Food Pantry at Charlemont Federated Church

If you, or someone that you know, needs food assistance, Good Neighbors Food Pantry is here to help.

Third Tuesday of Each Month*
4 to 5:30 p.m.

175 Main Street, Charlemont

*Dates may vary. Please check the sign in front of the church to confirm distributions.

For information, call 413-339-4294.

All are welcome.





Town Nurse

—Claire Rabbitt

Staying Safe This Holiday Season

We have come a long way since the last holiday season but must continue to use all the measures at our disposal to prevent the spread of COVID-19. I believe in the science behind the vaccines, and unless someone is allergic to one of the components, it is the first line of defense, followed by the continued practice of mask-wearing in public buildings including churches and stores; social distancing; hand hygiene; and staying home if you have symptoms.

I was recently able to schedule a COVID booster at CVS and as I was getting back into my jacket a woman approaching for her booster smiled and said, “Is this the end?” I said, “No, it’s another step, but we may still be able to carry the virus and should be mindful of not bringing it to others.” I think the more people who are vaccinated the safer we will all be. I am hearing on the news that many parents are fearful of getting their children vaccinated. I would also be fearful of a child getting COVID as we are seeing some long-term side-effects from the disease. My only side-effect from the booster was a sore arm that was fine by the next morning.

At the time I am writing this, people who have been vaccinated with Pfizer-BioNTech or Moderna are eligible for a booster if they are:

- 65 years or older
- Age 18+ who live in long-term care settings
- Age 18+ who have underlying medical conditions
- Age 18+ who work or live in high-risk settings
- You may get any of the COVID-19 vaccines authorized in the United States, and it should be at least 6 months after your second shot.

If you received Johnson and Johnson’s Janssen vaccine, you are eligible for a booster if you are:

- Age 18 or older, and it is at least two months after your shot.
- You may get any COVID-19 vaccine authorized in the United States.

It’s also important to get the influenza vaccine. As of

this writing, I still have a few doses left to give at my office. Call to schedule an appointment, 337-8309.

Best wishes for Healthy, Happy Holidays!



Heath Council on Aging Surveys Seniors

The Council on Aging (COA) is making good use of the time that we cannot gather for activities because of the pandemic. We have completed a survey of all Heath residents over the age of sixty to find out what kinds of activities and services are wanted and needed from the COA. The results we have received from the survey give us the opportunity to create programs that foster community well-being.

We had a group of about 30 volunteers who did an exceptional job of reaching out to the community and gathering information. Due to their diligent efforts, we had extraordinary participation in the survey and received many good ideas from those who responded. We would like to extend our thanks to all the volunteers and participants for a job very well done.

If you were not contacted and have ideas for activities that you would like to share with the COA, please don’t hesitate to call Victoria Burrington at 413-337-4425. We look forward to hearing from you.

—Victoria Burrington, Council on Aging



Local Holiday Shopping Guide

Provisions

Cheese

Dell Farm (Sheila Litchfield)
Gift Certificates for Cheese Making
Workshops
89 Route 8A, Heath • 413-337-4957 • sheila@thedell.us
See ad on page 6



Eggs

Birch Brook Farm (Molly and Sam Lane)
Chicken and Duck Eggs
413-337-5576 •
mchapin10@yahoo.com

Dell Farm (Sheila Litchfield)
Fresh eggs
89 Route 8A, Heath
413-337-4957 • sheila@thedell.us



Maple Ledge Farm (The Inman Family farm stand)
Farm fresh eggs
107 Branch Hill Road, Heath
413-337-4313

Meats and Poultry

Birch Brook Farm (Molly and Sam Lane)
Pigs raised to full size, young piglets to raise
Taking orders for turkey and beef
413-337-5576 • mchapin10@yahoo.com

Freeman Farm
Organic, grass-fed and pastured meats
Beef, pork, chicken, lamb. Meat shares
Gift Certificates
413-522-5565 • info@freemanfarm.biz
freemanfarm.biz



Long Hill Farm (Karen Brooks)
Half leg of lamb, ground lamb ribs, sausages, shanks,
dehydrated liver treats for pets
25 Long Hill Road, Heath
413-337-6614 (land) • 413-774-1999 (cell/text)
<https://heathlocalmarket.company.site>

Maple Syrup & Maple Cream

Austin Sumner
Locally made maple syrup and maple cream
413-337-5330 • msummer13@verizon.net

Branch View Farm
12 West Branch Road, Heath
413-522-2453 • griswold92@msn.com
branchviewfarm.com
See ad on page 17

Freeman Farm
413-522-5565
info@freemanfarm.biz • freemanfarm.biz



Maple Ledge Farm (The Inman Family farm stand)
Gallons, 1/2 gallons, quarts, and pints
107 Branch Hill Road, Heath
413-337-4313

Honey



Underwood Hill Farm (Doug and Cathy Wilkins)
Heath honey from Heath bees—raw, unprocessed
1 lb. for \$10, 2 lbs. for \$17 (includes \$2 bottle deposit)
7 Underwood Hill Road, Heath
413-522-7700

Blueberries

Burnt Hill Blueberry Farm
Frozen wild blueberries. New 2 lb. bags for \$8, 10 lbs.
for \$40, 20 lbs. for \$70. Great for holiday baking
Tank tops, t-shirts, hats, and 2022 calendars also for sale
118 Flagg Hill Road, Heath
413-337-4454 • carly@burnthillfarm.com
burnthillfarm.com



The Benson Place
Certified organic low-bush blueberries
182 Flagg Hill Road, Heath
413-337-340 • info@bensonplace.org
bensonplace.org

Jams & Jellies

Maple Ledge Farm (The Inman Family farm stand)
107 Branch Hill Road, Heath
413-337-4313



Leellen Weis
Homemade jams and jellies—from basic fruit flavors
to creative blends.
646 Route 8A, Heath
413-337-4804 • fdny2289@hotmail.com

Herbs

Freeman Farm
Organic dry herbs, organic buckwheat hull pillows with
fresh herbs
Gift Certificates
413-522-5565 • info@freemanfarm.biz
freemanfarm.biz



Long Hill Farm (Karen Brooks)
Pesto
25 Long Hill Road, Heath
413-337-6614 (land) • 413-774-1999 (cell/text)
<https://heathlocalmarket.company.site>

Holiday Decorations

Branch View Farm

Holiday decorations, including trees, wreaths, ornaments, cemetery and porch boxes, Santa's reindeer, and more.

12 West Branch Road, Heath

413-522-2453 • griswold92@msn.com

branchviewfarm.com • See ad on page 13

Timothy Lively

Balsam Wreaths—plain and decorated

273 Number Nine Road

413-337-4742 • livelysonthehill@gmail.com



Gifts and Crafts

Branch View Farm

Handmade crafts from over 20 vendors, including woodwork, paintings, candles, soaps, pet attire, and more.

12 West Branch Road, Heath

413-522-2453 • griswold92@msn.com

branchviewfarm.com • See ad on page 13

Fred Burrington

Fine art, prints, and cards

413-337-4425



Bob Dane

Blown glass ornaments, vases, cups, and more

20 West Main Street, Heath

413-337-5736 • robt dane@verizon.net

robertdane.com • See Holiday Sale ad on page 4

Tucker Litchfield

Hand blown glass vessels, ornaments and more

413-337-5799 • tucker@litchfieldglass.com

See ad on page 6

Eileen Lively

Hand-dyed socks and tote bags

413-337-4742 • livelysonthehill@gmail.com

Services

Carpentry

Sam Lane

Fine carpentry

413-337-5576 • slanebuilder87@gmail.com



Music

Uncles of the Pioneers (John Clark, Denny Avery, Rob Adams)

Concerts by a super-eclectic trio of guitar, dobro, bass, and vocals.

413-337-6683 • jtcsl1@gmail.com • hmmusic.com



The Joy of Holiday Wreaths

Wreaths are a harbinger of the holidays—a festive, fragrant way to deck the halls, share end-of-year cheer, and welcome family and friends all season long. As it turns out, Heath is home to two accomplished wreath-makers, Tim Lively and Steve Marcotte, who have been generous enough to share their thoughts with us on creating these welcoming additions to our holiday décor.

From Balsam and Spruce Brush to Holiday Wreaths

As kids, we always helped our dad cut balsam or spruce boughs (brush) to bundle up and sell to customers who made wreaths. It was what we kids expected to do come fall. Even though we had the boughs, we never made wreaths for ourselves; my aunt had that job. About twelve years ago, I planted ten balsam trees, thinking of a future hobby, and in subsequent years planted ten more each time so that they would mature at different times. After some prompting from my wife, Eileen, I started making balsam wreaths, myself. The very first one I made, I quickly found out, was not done the right way! After learning the process of picking the right size pieces and tying them to the ring, I found it was something I enjoyed doing. Now, I have a customer base of people who like either plain or decorated wreaths, and an enjoyable holiday hobby for myself.

—Tim Lively

Wreaths for Friends and Family



Steve Marcotte in Heath enjoys making wreaths for family and friends but doesn't currently sell them. He makes between eight and twelve a year from all balsam branches. He chooses branches with lots of needles, soft, green, and aromatic. At the same time, he also focuses on pruning the trees to improve the stands of timber. When making wreaths, Steve waits to trim the branches after it freezes and the trees are dormant. Steve uses lightweight floral wire, after finding twine doesn't work, makes them two-sided, and decorates them with a ribbon. When wreaths have been returned to him in early spring for future use of the wire, some are still green and sharp.



Heath Agricultural Society News

By the time you read this we will have held our Annual Meeting and we will have elected new members of the Board of Directors, specifically our At-Large members who are elected annually. We will post the election results in the coming issue of the *Heath Herald*.

October and November are slower months for the Agricultural Society in some ways, but we remain busy year-round in one way or another. This time of year, storage rentals come into the barns and buildings at the fairgrounds. Rentals provide important income for the Society. We store boats, cars, RVs, etc. Donna Tanner and Bob McGahan are making the storage rental happen and we are grateful for their volunteerism.

Beyond boots-on-the-ground type of work, we've also played a role in policy/advocacy this fall. You may have heard about a potential bill to support infrastructure for Massachusetts fairs that is before our legislature. Funds to invest in fair infrastructure are vital, as fairs have struggled to keep up and upgrade facilities and have been hit hard by COVID-19, which resulted in fair cancellations and extra expenses. I was honored to be asked to speak at a committee meeting convened by State Representative Natalie Blais, who knows I am a strong advocate for our rural fairs, about the importance of agricultural fairs in Massachusetts. Below is the testimony I provided before the committee on 10/13/2021:



Dear Madam Chair and Committee members,
Thank you for the opportunity to speak.

"Rural agricultural fairs like this are going extinct."

These were words spoken by Agricultural Commissioner John Lebeaux while we toured the 103rd Heath Fair this past August. His words represented a hard truth: Our fairs are indeed at risk and need your support.

While we were touring the fair, Commissioner Lebeaux had the opportunity to meet exhibitors young and old, and one of the interactions he had has stuck with me. It was a conversation with a young exhibitor around the age of ten, who had come to the fair to show her cows. While her head only came to the middle of the

Commissioner's waist, she looked him confidently in the eye and told him all about her cows, how she takes care of them, and why she exhibits at the fair.

The commissioner remarked later that she gave him confidence in the future of farming in MA. The importance of Agricultural Fairs is perhaps best expressed through its very name: Agri-Culture. Culture. Fairs help us to preserve the culture and tradition of agriculture across the Commonwealth. Fairs help to build the future of farming in Massachusetts.

The importance of Agricultural fairs today is not so different than that of the earliest fairs held right here in the Commonwealth: to build the knowledge base of best practices of growing and preserving food, stewarding land in a changing climate, sharing failings as well as successes for a healthier, more resilient tomorrow, developing and expanding agri-markets to bring viability to local farms, farm families, and communities. In the wake of COVID, fairs are arguably more important than ever before.

Our fairs offer a unique intergenerational experience that inspires the next generation of farmers while celebrating and honoring the wisdom of our elders.

Beyond these important agri-focused outcomes, though, fairs also offer an economic engine within their communities. While I could share the dollars and cents related to the many food and craft vendors that attend fairs, I'm instead going to focus on the economic benefit fairs have for local non-profit organizations that our communities rely on. Here is one small example: In Heath alone, a town of 700-ish citizens, the Heath Fair offers the single largest fundraising opportunity to four of its local community organizations: the firemen's association, which supports the volunteer fire department; the Friends of the Heath Library; the Heath Union Church; and the Heath Historical Society. Through the Fair, these organizations raise vital dollars to contribute to the purchase of uniforms and fire equipment, to the restoration of historical buildings like our one-room schoolhouses, as well as to provide meaningful programming and resources to community members throughout the year. Were it not for the Heath Fair, these organizations would be without the opportunity to raise these necessary dollars afforded by a crowd of 5,000 in just one weekend.

Most Massachusetts fairs are larger than Heath's and therefore have perhaps an even greater impact—but suffice to say, all fairs play a substantial role in the vitality of their local communities.

"Rural agricultural fairs like this are going extinct."

The sad truth is that these words are already coming true. Some fairs have been forced to close due to a lack of resources, and more are at risk. When we lose our fairs, we lose the agricultural knowledge base held within our communities, we lose the opportunity to inspire the next generation of farmers to engage, and we lose an important economic engine which drives vital community resources.

In the face of extinction you really only have two options—you can act, or you can choose not to act.

Today I ask you to act. Let us not risk the extinction of Massachusetts' agricultural fairs—rendering them a mere chapter in our history books, only to realize later, the vital role they played in the vitality and vibrancy of our rural agriculture.

Instead let's recognize the real threat to our fairs that exists today, and act in favor of their preservation through the dedication of resources through the passage of this bill.

Thank you.



This bill has passed in the House and must pass in the Senate and possibly move into Conference Committee. If it passes this hurdle, it will go to the Governor to be signed into law, and make millions in funds available to support our Massachusetts Agricultural Fairs.

Thank you and stay well,

—*Jessica O'Neill*,

Heath Agricultural Society President



TAKE NOTE

The offices of the Heath Town Clerk, Town Coordinator, Board of Assessors, and Select Board have relocated from Heath Town Center to new offices in the former Elementary School Building at 18 Jacobs Road. Contact information remains as follows:

Tel.: 413-337-4934 • Fax: 413-337-8542

Hilma Sumner, Town Coordinator: bos@townofheath.org

Mary Sumner, Town Clerk: townclerk@townofheath.org

Board of Assessors: assessors@townofheath.org

Selectboard: bos@townofheath.org

www.townofheath.org

Holiday Message from The Heath Board of Health

The holidays are upon us and we are faced with the questions of do we gather, do we not; who's vaccinated, who isn't; do we let another year pass by missing out on our family holiday traditions? The reality is, regardless of vaccination status, we are still dealing with a pandemic and the choices we make as individuals can have a great impact on those we share time with.

For many of us, the most treasured aspect of holidays is gathering with our loved ones to celebrate our sense of community and belonging, connecting to those we care about while sharing a welcoming and comfortable environment. Keeping that in mind, during these times of COVID, there is also the need to feel safe. Everyone has their own conclusions as to what might be required to gather safely, but in order to gather harmoniously, there need to be some commonly shared guidelines that all attendees can adhere to.

Whether you are a host or an attendee, take the time to think about what a healthy gathering looks like to you. Some of the things that can be considered include vaccine status of participants, negative COVID tests before gatherings, number of guests expected, the wearing of masks, whether an outdoor gathering is an option, and what the illness risk level of individuals attending might be if someone were to introduce the virus to the group.

Before any gathering takes place, consider having honest conversations with your loved ones. Try not to focus on how your ideals might differ, but instead take the time to hear what each individual expresses as their personal requirements for feeling comfortable if participating in your gathering. By doing so, your loved ones are given the opportunity to enhance that cherished sense of belonging even before actually coming together.

The holidays can be a challenging time for people emotionally, physically, and spiritually, all of which has been heightened during the pandemic. More than ever, people have a need and a yearning to come together, but it shouldn't be at the risk of their health. Judicious planning, while being supportive, patient, and understanding with your family and friends, are simple measures that can be taken to ensure a joyous and safe holiday season for you and for those you care about.

Be Well and Seasons Greetings!

—*Elissa Viarengo*, BOH Member



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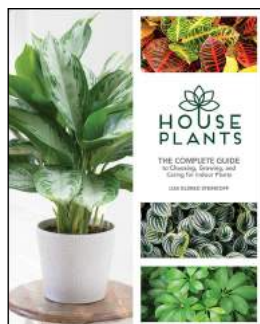


Green Thoughts

—Pat Leuchtman

Houseplant Gifts

As we enter the holiday season, a season of color and sparkle, colorful plants make a beautiful gift, but that beauty can be ephemeral if we don't have some information about plant care. *Houseplants: The Complete*



Guide to Choosing, Growing and Caring for Indoor Plants by Lisa Eldred Steinkopf (Cool Springs Press) has a cool green and white cover, but the first time I happened to open it I was presented with a double spread of colorful house plants with the encouraging label Easy-to-Grow.

I don't have a lot of houseplants. My excuse is too few windows, but full disclosure means I have to confess to a lack of attention. Steinkopf attends to both of these problems, that are not uncommon. She provides new information about lighting for plants. LED lights are a boon to light-loving plants and more effective than the fluorescent lights that have been the standard. As for paying attention, she suggests keeping a magnifying glass at hand and explains how to look for problems. As my eyes age this is a good idea on many fronts, but this past year I missed the mealy bugs on a small palm and the borers on my squash plant. A magnifying glass is on my wish list this holiday season.



Paper white narcissus

Some holiday gift plants are not really intended to be blooming a year from now. Poinsettias are certainly a case in point, as are paper white narcissus (left) and other bulbs that will spend all their energy in that holiday flush. I have finally learned how to make my amaryllis bloom again, but many people do not and that is fine. Of course Thanksgiving

and Christmas cactus plants can grow and bloom for generations!

At this time of the year, the poinsettia in all its many colors and patterns may be queen, but there are many other lovely flowering gifts. One of my favorites is



Pink cyclamen

cyclamen (left), but there are holiday cactuses and fine mosses that come close to taking me to a quiet woodland. There are also houseplants like Reiger begonias in sunny colors, large amaryllis bulbs just sending up

fat shoots, orchids, ferns, lemon trees, and Norfolk pines, to name a few. Succulents come in many forms and are a good gift for new gardeners. I also love ferns,



Maidenhair Fern

especially the maidenhair ferns (left), and the asparagus fern took me back to my first houseplants on Grinnell Street in 1971, when everyone seemed to have asparagus ferns in their windows. It was impressed upon me that all these houseplants filter and clean the air.

Don't forget, in addition to plants themselves, garden stores also have varieties of supplies to assist in houseplant growing, such as colorful ceramic pots, gloves, and trowels, and all the other tools that are needed outdoors and in.

—Adapted from the Greenfield Recorder,
Between the Rows, 12/2/17



HEATH, MA

**WINTER 2021 AT
BRANCH VIEW FARM**

Christmas trees, wreath sales and gift shop with handmade crafts from local vendors, open weekends:

Friday, November 26 through
Sunday, December 19,
10 a.m. – 4 p.m.

Check our website often to see new holiday events!

12 West Branch Road, Heath, MA
branchviewfarm.com



People in the News

Heath Artist Bob Dane “Inspired by the Past”

Heath resident Bob Dane is one of 13 member artists in the Vermont Glass Guild participating in “Inspired by the Past,” an exhibition of contemporary glass works informed by objects created centuries ago. The exhibit is on display now through March 5, 2022 at the Brattleboro Museum and Art Center, 10 Vernon Street, Brattleboro, VT. For museum hours and information, call 802-257-0124 or visit brattleboromuseum.org.



Hot sculpted blown glass works by artist Bob Dane on exhibit at the Brattleboro Museum & Art Center now through March 5, 2022.

Birth Announcement



Mabel Patricia Smead was born on October 4. The proud parents are David and Kate Smead who now live in Greenacres, WA.

Papa Michael and Grandma Veronica Smead, Uncle Steven and Aunt Julie, and cousins Landon, Charlotte, and Trevor Smead of Heath and Uncle

Jacob and Aunt Kristin Smead of Deerfield, along with great-grandparents Robert and Arlene Thorndike of Shelburne can't wait to meet her in person. Also, Kate's sisters, Aunt Maggie (Nathan) Smith, with cousins Rhett and Garth of Colrain, and Aunt Sarah (Sam) Engleman and cousins Sammy and Summer, of Greenfield. Mabel is also lucky to have grandparents, Cynthia and Tom Lively, of Colrain, and many great aunts and great uncles living in the area.

Spotted Around Town



Barred owl in the tree.

—Tom Rabbitt



Bobcat caught on trail cam.

—Elissa Viarengo



Coyote on the prowl (caught on trail cam).

—Elissa Viarengo



Black bear in our field (caught on trail cam).

—Elissa Viarengo

We had a pair of bald eagles in our yard at the end of October.

—Sue Lively

Town of Heath Receives \$735K Infrastructure Grant

The Town of Heath was recently awarded a FY2022 Community One Stop for Growth grant from the Mass-Works Infrastructure Program. This grant, in the amount of \$735,000, was approved to support the town's Route 8A Safety Improvements project. Our Route 8A project was selected as being one of the most ready and highest-impact projects eligible for a grant under this program.

Town Coordinator, Hilma Sumner, and Road Superintendent, Jeffrey Johnston, attended an event to announce all small-town assistance awards (STRAP) with the Governor's representative on October 27 at the Warfield House in Charlemont. The contract phase is until no later than June 30, 2022, with a project scope/timeline confirmation that the project can be completed within the next three years.



Hilma Sumner, Town Coordinator and Jeffrey Johnston, Road Superintendent with State representatives at a Small-town Assistance Awards event at the Warfield House in Charlemont.

New Appointments to Heath Cultural Council

Heath Cultural Council (HCC) is pleased to welcome Martin Newman and Heather Row as new members to the Council. Martin, who has a fine arts and graphic design background, has assumed the role of HCC Secretary. Heather, who brings both a music and business and finance background to the Council, is the new Treasurer. They join us at an important time of year for the Cultural Council, as we begin the application review process for the 2022 grant cycle.

The Heath Cultural Council is also seeking two additional members with a background in the arts, sciences, and/or humanities to join our team in 2022. Please contact Barbara Gordon at 413-896-9183 or email Barbara@CatsCradleDesigns.com.

—Barbara Gordon, Chair
Heath Cultural Council



Elementary School Update

For the last several years, the Town of Heath, which is part of the Mohawk Trail Regional School District (MTRSD), has been able to send its elementary age students to Hawlemont Regional School (an independent District). This was done through a tuition agreement between Hawlemont and MTRSD. After determining that joining the Hawlemont District was not a viable option for Heath, the decision has been made to partner with Colrain Central School (part of the MTRSD) as the school that will have bus transportation provided to it, and guaranteed seats for all Heath students who wish to enroll. A full update can be found in the Heath Regionalization Team links in Files on the Heath town website, townofheath.org. The other MTRSD school that could have been selected was the Buckland Shelburne Elementary School. The following is a summary of our reasons for deciding upon Colrain as the partner school.

- Distance: Colrain was found to be closer by mileage from most points in Heath.
- Space Availability: Our elementary-aged students would not fit in the current space at Buckland Shelburne Elementary. Several grades would need to add additional staff for a third classroom and the current building does not have the appropriate space available to do that.
- School Community Opportunities and Traditions Honored: Colrain is a smaller rural setting, with a strong vibrant community presence as evidenced in their very active PTO, and annual events and traditions are honored. Their service-based learning theme more closely aligns with the values which were part of the former Heath Elementary School. Colrain Central School is a wonderful school!
- Heath families will still have the option of continuing to send their children to Hawlemont, Rowe, or Buckland Shelburne, pursuant to the school choice program (parent transportation required) if they so desire.
- All our local schools are currently working to develop budgets and determine appropriate staffing and resource levels for the coming year. The choices of Heath families will have a significant impact on those plans. Please take a moment to communicate with the Principal or Secretary of the school your child is currently attending to inform them of your family's decision for placement for next year.

—Heath Regionalization Study Team
Barbara Rode, Bob Gruen, Budge Litchfield



Heath Broadband Update

At the time this update was written, the Heath broadband network was nearly complete with three of four fiber service areas released from construction and in various stages of service installation in homes. Construction in the fourth fiber service area was complete and continuity testing was in process. Quality Assurance checks were to be done before this section of town was released for installations. In spite of having lost about three weeks of time in and around the sale of TriWire to ITG, installations to subscribers' homes have been moving along well. By mid-November, 239 customers had active service and 171 were (patiently) awaiting installation.

As the construction period winds down, we are transitioning into operations. Heath's membership in the WiredWest cooperative is proving to be very beneficial. We know that the Heath network will be financially solid once all subscribers have active connections. For any member of WiredWest, all operational bills will be paid by WiredWest and any surplus revenue above actual costs will be returned to Heath MLP (Municipal Light Plant). We look forward to a much simpler process of administering and managing the Heath Network in about a year or so.

Recently, the Heath MLP sent an email about steps being taken to improve Heath network reliability. The message is important and is repeated here:

Dear Heath Broadband Customers and Future Customers,

On October 16, 2021, fallen trees along Route 2 damaged the main fiber cable, owned by Massachusetts Broadband Institute, that connects Heath's fiber network to the internet. This event resulted in a loss of internet service for sixteen hours for Heath customers. Since that date, the Heath Municipal Light Plant (MLP) has activated a second fiber pathway that will provide continuity of service if this were to happen again. However, there is more work to be done. Heath MLP is taking additional actions to ensure that our network is reliable and resilient to future storms, accidents, and other disruptions.

As a part of WiredWest, we are working with neighboring towns and Whip City Fiber to create connections to multiple supporting networks—to provide additional backup paths for Heath internet service if the existing

lines connecting Heath to the internet are damaged.

Heath and WiredWest are researching additional internet providers so that our connection to the internet is not dependent on a single provider.

The implementation of the additional measures to make the Heath network more resilient should be completed by mid-2022. Until that time, there is a risk that Heath broadband customers could lose internet service for several hours if cable sections between Heath and Charlemont are damaged. Many customers of Heath broadband have subscribed to Ooma for their phone service. Ooma uses the internet connection to make phone calls. If internet service is interrupted, customers who rely on Ooma service will not be able to make or receive phone calls. Please consider if retaining your Verizon phone line would be important to you until the Heath network is fully redundant and as resilient as possible.

Everyone who lives in Heath understands that extreme weather events present risks to our roads, electric power, and communication systems. As a member of the WiredWest cooperative, Heath shares emergency response teams, repair costs, and tree-trimming services, with other WiredWest member towns. In addition, Heath has agreements in place to ensure that emergency materials and technicians are on hand to repair damage to the fiber network.

Additional Measures You Can Take to Minimize Disruptions to Your Service

The boxes in your home that provide Ooma service and internet service require power to operate. To have service during a power outage, you may wish to install a backup generator or a low-cost Uninterruptable Power Supply (UPS). Please see information about UPSs on the Whip City Fiber website (www.whipcityfiber.com/uploads/2021/06/03/ups-information_062021.pdf) or call Customer Service (1-833-991-9378) for further details and recommendations.

In addition, if you rely on your phone for an emergency medical or security device, you should check with the manufacturer to determine whether your device will work with Ooma (digital) phone service.

—Heath Municipal Light Plant Board

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



Heath Union Church

Neil Stetson, Pastor

Dennis Ainsworth, Organist

Sunday Morning Worship at 10 a.m.

All Are Welcome

Neil Stetson's phone number: 352-362-3088

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

Worship services continue to be 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: 1-240-591-0350, access code: 841540#

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

Church News

After serving the church as a supply minister for the previous 10 months, Rev. Neil Stetson has been called to serve as our new part-time minister. He and his wife, Rosemary, come with many years' experience in the field. Neil began his career at the Colrain Community Church, and then moved on to a Brattleboro congregation. Then, he and Rosemary spent five years working as support staff for Baptist Haiti Mission in the country of Haiti. After being in retirement for several years, Neil has once again become active in church service.

For folks who have heard him speak, they are familiar with his conversational, story-telling manner of speech which is effective at conveying both a philosophical and practical lesson, simultaneously. Sometimes laced with humor or stories from his childhood growing up in Heath, Neil keeps listeners' attention as he delivers his message. The church is excited about this new part-

nership in ministry and would like to extend an invitation to one and all to join us on Sunday mornings, either in-person or online.

This year the church is once again planning for its annual Christmas Eve Candlelight Service. The service will begin at 5 p.m. on Dec. 24 in the sanctuary. Preparation is underway for the celebration of the Savior's birth which will include several special musical performances, carol singing, and culminating in the congregation holding their lit candles and singing "Silent Night." Everyone is welcome to join us for this festive time.

—Hilma Sumner

Message from our New Pastor

Hello everyone! My name is Neil Stetson. A few of you might remember me as "Skip." I have had the honor to serve as the Interim Pastor of the Heath Church for the better part of a year, and now am the new Pastor.

So, what do we hope for as we begin this new chapter? A rediscovery, if you will, of authentic Christianity. We have been amazed at how the landscape of the hills has changed since Rosemary and I left for Haiti. Vistas and fields once open are now hidden by hedgerows and trees that block some spectacular views! They are still there, but harder to locate.

So also for authentic Christianity. The amazing perspective that you matter to God is still there, but it is often a challenge to see because of politics invading the church. Power and control hide Jesus' grace and mercy. Labels like "Conservative vs. Liberal" and "Progressive vs. Traditional" hang like a fog on a fall morning. Personality conflicts of years gone by mark the landscape.

It is our prayer that you will join us as, slowly but surely, we clear the brush and debris to rediscover the authenticity of Jesus' love and experience the awe together. Who knows, we might experience authentic relationship with Jesus and each other.



Notice:

Due to COVID-19, some events usually listed on Ongoing Calendar have not yet resumed. Please check notices around town or go to townofheath.org for updates.

Community CalendarDec/
Jan**Flu Vaccination**

Call Town Nurse, Claire Rabbitt, to make an appointment, 413-337-8309.

Dec
4**Heath Library Story Hour**

10:30 a.m. at 18 Jacobs Rd. Free. Stories, crafts, a snack, and playtime. Contact the library for details, 413-337-4934, ext. 7 or heath.library@gmail.com.

Dec
19**Winter Solstice Celebration**

3 to 5 p.m. at 18 Jacobs Rd. All ages invited to celebrate. Refreshments, stories, music, and more. Outdoors, dress for the weather.

Jan
15**Heath Library Story Hour**

10:30 a.m. Free. Contact the library for details, 413-337-4934, ext. 7 or heath.library@gmail.com

Jan
29**Heath Library Story Hour**

10:30 a.m. Free. Contact the library for details, 413-337-4934, ext. 7 or heath.library@gmail.com

Ongoing Calendar**Community Yoga**

Online classes are happening now!

Contact Kate at kate@highlandyoga.studio

Check out the website: highlandyoga.studio

Healthy Bones and Balance

Tuesdays: 11 a.m. to noon

Thursdays: 10 to 11 a.m.

Senior Center in Community Hall.

Contact Claire Rabbitt at nurse@townofheath.org

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 413-337-4742.

Senior Art: Self-guided Creative Exploration

Mondays, 12:30 to 3:30 p.m.

Senior Center in Community Hall

Contact Eileen Lively at 413-337-4742.

Good Neighbors Food Distribution

Third Tuesday each month, 4 to 5:30 p.m.

All are welcome

Charlemont Federated Church

175 Main Street, Charlemont

Call 413-339-4294 for information.



Healthy Bones & Balance:
Exercise for Lifelong Health
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



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 BROADBAND SERVICE CONTACTS
Whip City Fiber Customer Service:
1-833-991-9378
Whip City Technical Support:
1-833-923-9378
Heath Municipal Light Plant Email:
HeathMLP@wiredwest.net
Heath Municipal Light Plant Mailing Address:
P.O. Box 47, Heath, MA 01346
Heath Municipal Light Board: Art Schwenger, Chair, Sheila Litchfield, Manager, Anne Emmet, Bill Fontes; David Gordon, Ned Wolf

Heath Town Offices

1 East Main St. & 18 Jacobs Rd. Heath, MA 01346

Phone: 413-337-4934, Fax: 413-337-8542

www.townofheath.org

Town Coordinator, Hilma Sumner

bos@townofheath.org

Mon.-Thurs. 9 a.m. to 3 p.m., Fri. 9 a.m. to noon

Select Board, 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

Tuesday and Thursday 9 a.m. to noon

Or call for appointment 413-337-4934

Accountant, Dave Fierro

accountant@townofheath.org

No regular hours

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

By appointment

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

Alice Wozniak, Assistant Assessor

Robyn Provost-Carlson

Heidi Griswold, Anne Emmett

Board of Health, 413-337-4934

Gene Garland, Chair, Kate Peppard, Clerk,

Lorraine Berger, Barbara Gordon, Susan Gruen,

Elissa Viarengo

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, dougmason@hughes.net

Robert Viarengo, viarengo932@crocker.com

Jo Travis, jtravis156@verizon.net

Bill Gran, 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, 413-337-4934

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 Jayne Dane, Co-chairs,

Susan Gruen, Nina Marshall

Community

Public Library, Kate Barrows, Director

Lyra Johnson-Fuller, Library Assistant

www.heathlibrary.org, 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, 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

Council on Aging

Victoria Burrington, Chair, 413-337-4425

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

Emergency Management Team, EMT

Tim Lively, Sheila Litchfield, BOH, Select Board

The Sun
Rises.
The Sun
Sets.
The Sun sees a lot.
He
Kindly
Forgets!

—Vachel Lindsay

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