



# HEATH HERALD

## Heath's First Newspaper

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Winter walk in the woods at Fort Shirley. Photograph by Twister Root, faithful canine companion of Henry Josephson.

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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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## I Remember Winters...

*I remember* one night we went to singing school when the crust was so hard and sharp, we had been skating on it for days. My pal and I had standing collars and pink bow ties, long black stockings, pants that came halfway between the knees and ankles, big heavy shoes, and a green toboggan with a tassel on it. We dolled up early and went. My brother had work to do, so he came along later. He wore his rubbers and leggings and could travel on the icy crust more easily than we could. He brought my pal's jumper. The road wasn't broken out, so we went across lots through the pasture. Coming home there was a steep hill and it was very dark. My pal and I found it very difficult to stand up, so when we got to the top of a steep hill, his brother was going to try and carry the jumper and, at the same time, help to hold us up. We had taken only a few steps down the steep grade when the jumper slipped out of his hand and went sailing down over the hill through the pasture.

My pal, thinking a lot more of his jumper than he did of himself or me, said to his brother, "You start and get that jumper." He started out but had taken only a few steps on the steep slope when he slipped and went sailing down the hill at a very rapid pace, which was okay but; when he stopped—not so good. About two thirds of the way down the slope he sailed right off the ledge about 12 feet from the ground—and was somewhat scratched but not mortally wounded. We could hear him hollering but we could not see him. He yelled up to us, "Don't slide down! You'll get killed!"

We worked our way back up the hill to the stone wall. The crust not being so hard over the stone wall, we could break it with the heels of our leather shoes, and in this way worked our way back down to the bottom of the hill without any serious mishap, outside of cutting most of the leather off the heels of our shoes. His brother was down ahead of us with a pretty badly scratched face and no jumper. He went back in the morning on skates and had no trouble in rescuing it.



Merritt Churchill, of Heath, was born July 13, 1885, and attended the "Little Red Schoolhouse," later known as Dell Tech. Merritt grew up on a farm on the Jacksonville Stage Road, now owned by Hilma Sumner. Hilma is Merritt's great grandniece. Merritt worked as an engineer for government CCC camps, on bridges and roads, and on airports, finishing his career on a million-dollar flood dam in Jamaica, VT. *A Yankee Churchill*, published in 1965 by Vantage Press, was written when Merritt was 79.

*As I think back* over the winters we used to have in those days, it seems that they were a lot colder and we used to have more snow, but the weatherman says no. On one occasion we had an icy crust that was just as hard as ice on the pond. My two brothers and some other boys were sliding on it this night. (I wasn't out, had been in the same place all day.) They had a double rip. My brother was riding on the hind end of the sled. The hill wasn't very steep, but with four on the sled it would travel at a very high rate of speed. In the location they were going, the crust started to break up on a short curve where they had to turn. The fellow steering decided to swing out farther to take a shorter turn—the sled slewed and my brother hit an apple tree, one that was about four inches through, with his leg, halfway between the knee and ankle. It smashed the bone in two places. The rest of the boys went over the bank into some brush but came out with minor scratches.

They put my brother on a bed at a neighbor's house, put the bed on a bobsled and hauled him home by hand. There being no telephone in that section then, my oldest brother covered the distance to town in the shortest space of time with his horse. My mother was about crazy before they got him home; but as soon as he came, she was right on the job, calm as a seasoned nurse. The doctor came and wanted to give him ether to set it; nothing doing—he wanted no ether. The doctor hitched a rope around his foot, had two men hold him around the arms, with two to pull on the rope while he tried to push the bones back into place as best he could. Speaking of guts—that boy had them! He would holler once in a while when it hurt the worst, but not very often. The doctor had only wooden splints to put on so he couldn't do too good a job, but he did the best he could with what he had. My brother was in bed for six or eight weeks and on crutches until the middle of the next summer. The bones healed up a little short, but never bothered him much after he once got going again.

—Excerpts from *A Yankee Churchill*,  
by Merritt H. Churchill





## Nature Note

—Susan Draxler



### Specks on the Snow

Last winter I was enjoying the sights and sounds of the snowy woods on the new Burnt Hill-Catamount Trail, when I noticed what looked like a sprinkling of ground pepper on the trail. When I bent down to examine the specks, I could see that they were moving. I had happened upon a really wonderful winter sighting—snow fleas.



Springtails (*Hypogastrura nivicola*)

These creatures get their nickname from their flea-like hopping motion, but are not actually fleas. And although they have six legs, they are not even insects, but rather are in a group known as spring-

tails—a name that is descriptive of the mechanics of their movement. Unlike fleas, which use their legs to jump, springtails have an appendage at the end of their abdomen called a *furcular*, that folds up beneath their bodies. When it is released, it springs into contact with the ground and propels them upward at a distance many times their body length.

Springtails are actually one of the most abundant creatures that live in the soil, and it is estimated that a square meter will contain more than 100,000 of them. In the summer, their tiny dark bodies are not noticeable in the soil and leaf litter, but it is on warm winter days, when the species of springtails that are cold-adapted, venture out onto the top of the snow, that they get our attention. They do not bite and are not pests like real fleas, but eat organic matter such as leaves, fungus, algae, bacteria, and pollen, and so play an important role in the decomposition of these materials into soil. Their forays out onto the snow are to find food that has settled onto the surface.

It is uncommon to see invertebrates like insects, spiders, and centipedes, in the winter as they are mostly

dormant this time of year. Of the several hundred species of springtails that live in North America, there are two species that are active in cold weather, collectively known as snow fleas. These species have been found to have a glycine-rich protein that acts as an antifreeze by binding to ice crystals, thereby preventing them from growing. Scientists have studied the structure of this protein with the idea that it might aid in preserving transplant organs at lower temperatures. I love the thought that this inconspicuous animal that lives in the soil beneath our feet might someday lead to an innovation that could help save human lives. It reinforces the need for us to value and protect all forms of life, no matter how small and insignificant they may seem.



Photo: Insect Diagnostic Lab,  
University of Wisconsin-Madison

### From Our Readers:

A reader from Shelburne Falls, formerly from Heath, wrote in to tell us that she reads every issue of the *Heath Herald* from cover-to-cover, including the ads, as soon as it arrives in the mail. She said that she particularly enjoys Bill Lattrell's and Sue Draxler's columns, as she is a nature enthusiast.

The *Heath Herald* occasionally hears from readers, reflecting on how much they enjoy the different aspects of the newspaper. These comments help to motivate our contributors and inform editorial decisions as we plan future issues. The staff of the *Herald* would love to hear from you and to share your thoughts and comments with other readers.

—Nancy Thane, Managing Editor

## COVID News from the Heath Board of Health

The Heath Board of Health has been actively keeping up to date with the ever fluid status of COVID-19. As numbers of positive cases skyrocket in Franklin County, we continue to work with the support of Franklin Regional Council of Government (FRCOG) by helping to organize vax buses, which provide first and second vaccines to people of all ages, as well as booster shots. Last month's vax buses were incredibly successful, and more dates will be set in the future. In addition, before the holidays, members of our Board of Health distributed home test kits provided by the State to Heathans at the Good Neighbors Food Pantry, to Heath elementary students at Hawlemont, and to at-risk town residents.

To help fully understand the most current "Stop the Spread" COVID campaign, please review the following information:

### **What does "close contact" mean?**

"Someone who was less than six feet away from an infected person for a CUMULATIVE total of fifteen minutes or more, over a 24-hour period (for example, three individual five-minute exposures for a total of fifteen minutes)." *www.cdc.gov*

### **When is it most effective to test after a potential exposure?**

The CDC recommends, "Get tested at least five days after you last had close contact with someone with COVID-19. The date of last close contact is considered day zero." Test sooner if you feel unwell. If the first test is negative, retest at Day Five.

### **What is the difference between a rapid home test and a PCR test?**

Both tests are valuable tools in detecting coronavirus and involve swabbing the nasal passages (or sometimes throat), but can be used in different ways.

#### **PCR test (Polymerase Chain Reaction)**

The PCR test is a lab test with results available in a day or two. A PCR test can be scheduled through *www.cic-health.com/stophthespread*, and can be performed at Greenfield Community College.

The PCR tests genetic material of coronavirus by magnifying its DNA, and is useful to detect coronavirus when just small amounts of the virus are present, typically during very early stages of an infection. This leads to early detection, which is paramount in stopping the

spread of COVID-19.

### **Rapid Home Test—Rapid Antigen Test**

The Rapid Antigen Test can be purchased at area pharmacies without a prescription. It is a self-test, "home test," and does not require a lab. Results are available in fifteen minutes.

This test detects protein (antigens) from the virus. In early stages of an infection, the virus may not have had adequate time to produce enough antigens to be detected by the antigen test. Antigen tests can give false negative results early in the incubation period of illness. This is why home test kits usually come with two tests, so that if the first test is negative, after a period of time, the test can be repeated according to the test kit instructions.

### **When should you use a rapid home test kit?**

Use a kit before you go to a gathering. A test can be taken 24 hours before the gathering and again in the hour before your gathering.

Have visitors use a test before they enter your home (i.e. in their car before they come into your house).

Use it if you are not feeling well and cannot get to a PCR testing site.

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For the most up-to-date listing of where to find COVID PCR tests or vaccinations in our area, as well as guidance following a positive test, please visit: *https://frcog.org/covid/*

If you are a resident of Heath and need assistance with scheduling vaccines, boosters, or a PCR test, please send an email to the Heath Board of Health at *boh@townofheath.org* or call 413-337-4934, ext. 8.

#### **REMEMBER:**

- Layers of protection will best help us to STOP THE SPREAD!
- VACCINATE and boost as soon as eligible.
- MASK and SOCIALLY DISTANCE in public settings regardless of vaccination status.
- Upgrade your masks to N95 or KN95, if available, for better new variant protection.
- ISOLATE and TEST whenever feeling unwell or have possible exposure.

— *Elissa Viarengo*  
Member, Heath Board of Health

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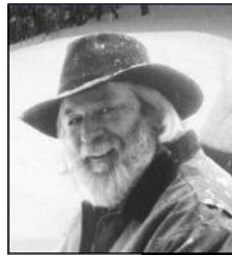


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## Wild Ramblings

—Bill Lattrell

### The Difference

On this chilly January morning I find myself walking in the forest as I often do this time of year. I am pondering how different this walk is as compared to past early January walks in these woods. There are familiar parts of this walk that resonate in my mind. The azure winter sky, blue beyond belief, strikes a note that I recognize. The cold, crisp air sets a divine, frosty tone that I am quite used to. The stillness of the landscape, not a wisp of breeze, sets a stage of sensory auditory stimulation. I can hear every sound nearby: chickadees shouting their raspy little voices into the forest; a distant raven conducting a unique concert, as only ravens can do, letting other ravens know I am in the woods; the chattering of a gray squirrel as it displays its displeasure of me interrupting her private acorn festival; and the drone of a distant train in the not-too-far off Deerfield River Valley.

The difference lies in the absence of snow. Crisp leaves, mere skeletons of their former life form, make crunching sounds as I take each step. The dark green leaves of the wintergreen plant adorned with sparse red berries is quite apparent, whereas this is often not so this time of year. Evergreen ferns, like wood ferns and Christmas ferns, brighten the mostly brown- and gray-dominated landscape and create a visual paradise for me to witness. The landscape is devoid of the ultimate contrast of winter. During our coldest season I am used to identifying the parts of the forest by contrast. A white background makes gray tree trunks, evergreen saplings, dark ledge outcrops, and tan and taupe fallen logs so very evident.

This past December was one of the warmest on record. This pattern is beginning to become more consistent. Longer summers and shorter winters bridged by spring and fall seasons harbor unexpected weather patterns that are unfamiliar to our region. Admittedly, I am getting on in age, but the one advantage to that is I can actually remember winter in our area being colder, snowier, and more brutal. I can remember ice skating

and ice fishing shortly after Thanksgiving, white Christmases almost every year, temperatures in January sometimes reaching 40 below zero, and long cold months of high temperatures reaching only into the single digits. More than a few will tell you that they prefer the warmer winters. It's easier to be outside, it's easy on the heating bill, and there is less to worry about like frozen pipes, door locks, and cars and trucks that won't start.

I see all of this from a different point of view. I am deeply saddened by even the perspective of permanent landscape alterations that may occur from climate change. I want to see things stay the same. Not because it is what I am used to, but rather because I know how devastating these drastic changes will be for wildlife and plant ecosystems.

Still, I remain somewhat hopeful that humanity will come to its senses. I am hopeful that we can all learn to live sustainable lives. I am hopeful that we can start to think about regenerative lifestyles that will stall and perhaps negate major impacts to our planet and our region.

My short journey this morning takes me to a large vernal pool that is found nestled into a ledgy bedrock outcrop, not too far off the south part of our property. The pool is about three feet deep in places, almost always full of water after the fall rains, and serves as a vibrant ecosystem for wood frogs, fairy shrimp, predaceous diving beetles, and a host of salamanders. On this day the pond is frozen enough for me to walk on it. The ice is crystal clear and I can see through the ice to some unfrozen waters below, where I witness some small aquatic midges crawling on leaf litter. This observation brings a big smile to my face. This tiny ecosystem is well and vibrant. Taking all of this in is magical. The moment transcends my latent fears that consume my thinking. It reminds me that on the very large scale, this planet is beyond resilient, and will find a way to move forward. Whether humans are part of that equation remains to be seen.

Stepping out of the vernal pool, I start to climb a series of ledges. Large root balls dominate the landscape. The unusually high winds in the last couple of decades have taken many of these 100-year-old trees to the ground. I see very little evidence of a long-term pattern here. It seems to be more recent, given the absence of older root balls or decaying large logs on the steep hillside. One of the first large oaks to come down about fifteen years ago created a small cave where the huge root ball used to be. The root ball created a partial cover for the hole, and a mother bear took refuge for several

winters in the void, until it began to fill up with eroding soil, making the temporary cave unsuitable for winter denning. There is now another new bear den to the north, where a large hemlock toppled over in an ice storm, creating a similar scenario for bears to take advantage of for winter shelter.

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**"I want to see things stay the same. Not because it is what I am used to, but rather because I know how devastating these drastic changes will be for wildlife and plant ecosystems."**

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Once on top of the ledges, I took in the view to the east, south, and west that reveals surprisingly few human alterations. There are only a handful of houses and other human structures that are visible. I am pleased that I settled in an area that did not change too much over the last fifty years. It has been a perfect place for someone like myself who prefers nature over human structures and activities.

These aging legs don't wander as far as they used to, so I start to head back to the homestead. The sun is now warming the ledgy bedrock just enough, so it melts some of the ice that has formed on it. The forest-filtered sunlight reveals small areas of steam-like fog emanating from the defrosting ledge.

This observation, a thawing of the planet of sorts starts to take my mind to a place that I will not let it go. For the moment I am going to enjoy each and every miracle that I witness on the way home through this wonderful forest. Color me cautious. Color me vigilant.

Color me hopeful.

—Bill Lattrell

### **WALK SAFE THIS WINTER!**

Stay fit and reduce the risk of falls this winter with the new Walk Safe Program. Open to all ages, walking sessions take place in the gym at 18 Jacobs Road on Mondays, Wednesdays, and Fridays between 9 a.m. and noon. This is a great opportunity for participants to exercise and socialize in a safe, comfortable space. Please wear a mask, practice social distancing, and stay home if not feeling well.

*This program is sponsored by the Council on Aging.*





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## The Way We Love to Eat

—Deb Porter

In response to my request last issue for soup recipes, I received this one from Marilane Spencer who lives in Northeast Ohio. Marilane was Richard Hulbert's partner in his later years, and spent many happy times in Heath. As she puts it, "I read every word of the *Herald*! My time in Heath was a joy."

The soup she sent is a traditional Italian spinach polenta soup originating from the Friuli-Venezia Giulia region. I was immediately intrigued by both the simplicity of the ingredients and the unusual nature of it. Never having had a polenta soup, I decided to give it a try. In reading the list of ingredients, the soup seemed very different from any Italian recipe I had ever tried—no tomatoes, no oregano, no simmering all day. Trusting in Marilane's good taste though, I forged ahead and was not disappointed. It was delicious. In fact, it was definitely in the "comfort food" category, with the creaminess of the polenta and earthy flavor of the spinach. I will surely make it again. I am picturing how warming it will taste after playing in the snow on a cold winter day.

Full disclosure though: my Paparot didn't come out quite as a soup. I am not sure what went wrong. It was more the consistency of mashed potatoes. Marilane suggested next time to just add a little more broth, advice I pass on to you. Don't let my mistake make you hesitant to try this recipe. John and I would have enjoyed eating it in any form. We simply spooned it on our plates rather than in a bowl, and had it with some wonderful Italian sausage made by Matt Armstrong at Avery's store. Thank you Marilane.



## Paparot

### Ingredients:

2 ¼ pounds of fresh spinach (baby for more tenderness)  
1 garlic clove (Marilane and I recommend 3)  
3 tablespoons unsalted butter  
4 ounces of fine polenta  
3 tablespoons unbleached white flour  
3 cups of high-quality chicken or vegetable broth  
Salt and fresh ground black pepper

Wash spinach, remove tough leaves or stems. Cook over medium heat in a covered pan using only the water clinging to the leaves. When the leaves are tender, remove from heat and place spinach in a colander over a bowl to save the liquid. Squeeze all the liquid out of the spinach. Save the liquid and mince the spinach. (Make it easier and use scissors to cut the spinach)

Place garlic and butter in a casserole dish or soup pot, over low heat. Cook until the garlic flavors the butter and is golden brown. Remove clove. Add spinach to the pot and sauté until covered with the garlic butter. In a separate bowl combine flour and polenta and add a ladle-full of the broth. Stir well until no lumps remain. Add remaining broth to the spinach, plus any liquid from the spinach. Stir well and then add the flour mixture, a little at a time. Stir continuously while adding the flour mixture. Cook partially covered over medium/low heat for 30 minutes, stirring often. Add salt and pepper and then let stand for ONE HOUR. You can also crumble cooked pork sausage into the soup.

Marilane says it is best the next day. John and I couldn't wait, and that was fine, too.

### 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.

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**4 to 5:30 p.m.**  
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\*Dates may vary. Please check the sign in front of the church to confirm distributions.

For information, call 413-339-4294.

All are welcome.





## Library Lines

—Kate Barrows

### Staying Connected in 2022

This year, one of my goals as Library Director is to get to know the community. So far, my experience has been that Heathans are welcoming, generous, talented, thoughtful, resilient, collaborative, and willing to lend a helping hand to their neighbors at a moment's notice. I am looking forward to meeting new people, getting to know those I am already acquainted with better, learning more about what residents love about the Library, and discovering how I can help the Library fulfill its mission and serve the needs of everyone in town. Do you have any resolutions or goals for 2022? If you would like to share, I am curious to hear about yours the next time you visit, call, or email.

The pandemic continues to challenge our ability to gather and meet face-to-face. One way the Library is helping maintain and build community connections in 2022 is through the introduction of a weekly e-newsletter. Heath Free Public Library's *Wowbrary* newsletter will arrive in your email inbox each Wednesday and include information about new items at the Library, book reviews, links to resources, notices about events, and other library news. Follow the link at [heathlibrary.org](http://heathlibrary.org) to sign up, or ask library staff to add you to the list. Once you've signed up, you can expect a confirmation email from *Wowbrary*, and you will need to follow the link in that email to activate your free subscription. Individual email addresses will not be visible on a group list because this online platform is designed specifically for library newsletters and honors patron privacy. We are excited for this opportunity to share frequent messages and updates about library programs and services to help you stay better-connected with the Library.

Due to the recent rise in COVID cases in our area, the Heath Board of Health recommended in January that the Library reduce in-person services to the pick-up window. Over the next few months, the Library and Board of Health will periodically evaluate whether to open for in-person visits, remain at pick-up window status, or if the situation warrants full closure.

Browsing is an important part of the library experience. When the Library is open at the pick-window only, patrons are welcome to knock on the window for service during library hours or if the red open flag is flying. Alternatively, if you would like to reduce waiting time, you can reserve items online, call, or email in advance. We are happy to pull together personalized library material selections and do what we can to bring the Heath Library experience to you. Feel free to call during open hours with any questions or if you simply would like to have a chat with Lyra or Kate.

The Library catalog and other resources are available online. Please ask us for assistance or information about Inter-Library Loans and online resources. For ways to access online e-books, audio books, magazines, newspapers, and more, visit [heathlibrary.org](http://heathlibrary.org). The CWMARS network we belong to offers a wealth of materials at no cost to library patrons.



### Library Hours

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 window is open additionally from noon to 2 p.m. on days when we are able to arrive early, so if you see the open flag outside, just knock on the window.

### Programs and Events

See the *Heath Herald* calendar on page 22 for upcoming events. You can also visit [heathlibrary.org](http://heathlibrary.org) or check out our new e-newsletter from *Wowbrary* for the latest information. Patrons may also request a printed copy of the newsletter and event notices.

### Library Story Hour Schedule: February/March

Saturday, February 12 at 10:30 a.m.  
Saturday, February 26 at 10:30 a.m.  
Saturday, March 12 at 10:30 a.m.  
Saturday, March 26 at 10:30 a.m.



All held outdoors at 18 Jacobs Road. Come join us for sledding, stories, and hot cocoa. *Note: We may need to change to virtual story hours for some or all of these dates. Check with the Library for updates.*

### New Items

Please follow the *New Titles* link at [heathlibrary.org](http://heathlibrary.org), or sign up for our new weekly newsletter, to view new materials added to the collection.

**Adult Fiction:** *Something to Hide* by Elizabeth George, *A Time Outside This Time* by Amitava Kumar, and *Game of Fear* by Charles Todd

**Nonfiction:** *Winning Independence: The Decisive Years of the Revolutionary War* by John Ferling and *The 1619 Project: A New Origin Story* by Hannah-Jones Nikole

**Poetry:** *Call Us What We Carry*, by Amanda Gorman

**DVDs:** *The Card Counter*, *Joe Bell*, *Licorice Pizza*, and *Paw Patrol: The Movie*

**Juvenile:** *Time is a Flower*, by Julia Morstad, and *Words To Make a Friend: a Story in Japanese and English*, by Donna Jo Napoli and Naoko Stoop



### Heath Library Community Meeting Thursday, February 10 at 7 p.m.

The Library Board of Trustees invites all Heath residents to a community meeting via Zoom (or by phone dial-in) on February 10 at 7 p.m. Trustees will present a plan for making the Heath library more accessible to all, young and old. You'll find the Zoom link at [heathlibrary.org](http://heathlibrary.org). We hope you will attend.



*Thanks to all who attended and helped with Heath Library's Solstice Gathering on December 19, 2021. Pictured is the Solstice Spiral made by Larry and Rebecca Sampson. Photo by Vega Johnson-Bouchard.*



## Town Nurse

—Claire Rabbitt



This is always an appropriate time to refocus on heart health with some tips from the American Heart Association. Friday, February 4th is *National Wear Red Day*.

Focus on eating a healthy diet with a variety of vegetables and fruits, beans, legumes, nuts, plant proteins, lean meats, and fish. Limit sodium, saturated fats, added sugars, and sugary foods and drinks. Move more, as physical activity helps control blood pressure, weight, and stress levels. Twenty minutes of vacuuming is like walking one mile. One hour of dancing every week for a year is like walking from Chicago to Indianapolis. Thirty minutes of grocery shopping every other week for a year is like walking a marathon.

Don't smoke. Every time a person uses tobacco, or vapes, the nicotine can cause a temporary rise in blood pressure. If you need your blood pressure checked, I am available during my office hours or by appointment. If you're overweight, even a slight weight loss can reduce high blood pressure ([heart.org/weight](http://heart.org/weight)).

Sleep well. Sleeping less than six hours or more than nine hours "has been associated with increased risk of health problems and greater risk of dying" (*Mayo Clinic Special Report May 2021*). I plan to do my next article on ways to improve sleep.

To help decrease stress in your life, develop a plan to focus on the most important things and be realistic about how much you can accomplish. Also include time to relax, especially before bedtime. Try to give up bad or unhealthy habits such as too much alcohol, tobacco, or caffeine. Work on your sense of humor and remember to smile and laugh even when by yourself. Stay connected with friends and family, helping them when you can, or let them know if you need something. Work on things you can change: learn a new skill or improve relationships and loving others.



# Celebrating Remarkable Women

Throughout Heath's history, generations of women were active in the town's civil, social, and economic life. Farmers, mothers, teachers, businesswomen, church and community leaders, they were essential to the fabric of our community. Many raised large families and worked long hours to support and care for them, and yet found the courage and fortitude to put their vision, wisdom, organizational skills, and practical know-how to work for the town and the community. Not to mention their humor, compassion, love of family and neighbor, and plain sense of fun.

With this issue, in honor of Women's History Month, we celebrate the contributions of countless women whose devotion, leadership, and active care helped make Heath the strong community we have today. Here we only have room to mention a handful of them. We know there are many more and invite you to stop and take some time to marvel at all they accomplished. If you would like to share your reminiscence with our readers, please send them along to [theheathherald@gmail.com](mailto:theheathherald@gmail.com). We would love to hear from you.



**Flora White**

Flora White, along with her sister, Mary, ran a progressive school for young ladies in their home at the turn of the 20th century. They are most remembered as the founders of the Heath Historical Society and initiating the "Gathering" on the town common, precursor to the Heath Fair.

## Belle Dickinson

Belle Dickinson was matriarch of one of Heath's prominent farm families. She was of her generation—a time when farming took great perseverance and fortitude. Belle was generous and stern at the same time. Stoic. She was quite capable of taking someone in hand—don't mess with her—but she also had a real soft side. Belle was passionate about the Heath Church and its value as a focal point in the community.



## Grace Gleason Landstrom

At the age of 17, Grace was a school-teacher in Charlemont and in Heath. As a farm wife, she was also a busy member of the Heath Church and Ladies Aid. When asked about sitting on the Board of Deacons at the church, Grace adamantly replied that no, the work of the women of the church was crucially important, and that men could do the Deacon's work themselves.



*Grace Gleason Landstrom with her husband and young children.*



## Hannah Burrington

Hannah Burrington was a devoted and caring Heath woman who helped so many others over the years at the Heath Church and Ladies Aid. Instilling in future generations and the rest of the community service. *Portrait by Steve Thane.*



## Ruth Chaffin

In 1942, a time when women were venturing far from home, a friend decided they would move. Ruth bought a 13-bedroom house and ran one of the earliest day-care centers. Her city friends, who told her in court that she had an independent business, having moved to Heath, was involved in the church and Ladies Aid. Ruth is remembered by Steve Thane as his favorite woman with the 4-H.



# Women in Heath's History



**Burrington**

typified the nurturing man. She, along with the years, was active as well as the Ladies generations of Burrington. The love of com- it by Fred Burrington.



**Churchill**

When few women were me, Ruth Churchill and were sick of city life, house in Charlemont early country inns. Her Ruth there was no ntry life, found, upon become a successful iness woman. Later, th, she, like so many in the Heath Church s remembered fondly s photography teach-



**Philippine Peters**

Picture Philippine Peters in her apron, her long hair wound in a braid around her head, running the Peters Store, day after day. She was still only when she was listening to what was needed or wanted and then on the move on her old, bowed legs, going to get or take care of whatever it was. Deceptively small and soft spoken, she was formidable in her convictions and commitment to duty and family. As her son, Leon, once said, "Living with a saint could be challenging."



**Esther Dickinson**

Esther Dickinson was one of Heath's first telephone operators and long-time Post Mistress back when the Post Office was in a private home near the Town Center. Along with many others of her generation, Esther was active on the farm, and very active in the Heath Church and the Ladies Aid.



**Edith Gleason**

Edith Gleason, long-time librarian (back when the library still had a wood stove in it) loved seeing kids come into the library, helping to instill a love of reading in the next generation. She was one of many Heath librarians who made the Heath Library warm and welcoming, giving us the fine library that we have today.



"The Gardener," by Frederick Burrington. Portrait in colored pencil of Esther Dickinson waiting for an important phone call.

*Continued on next page*

## Celebrating *(Continued from page 13)*



**Rachel Sumner**

Rachel Sumner was among the first women to become Deacon of the Heath Union Church. Something of the strength of her leadership was evident in her ability to get the men of the church, Paul Burlington, Bruce Cromack, Dick Sumner, and Ron Corey among them, to show up in the Town Center in the dead of winter in their bathrobes, with headresses made of kitchen towels, to serve as Joseph and the Wise Men in a Living Creche. Rachel was a real mover and shaker and a hard woman to say no to.



**Grace Crowningshield**

Grace Crowningshield was a true farmer who had a real way with animals. Grace, with her positive demeanor, loved nothing more than a good visit. She was an avid supporter of the Heath Fair, donating the silo from her farm that you see upon entering the fairgrounds. It is hard to imagine anyone who loved the Fair more. Grace was a faithful member of the Grange. She and her husband, Ken, were outstanding neighbors, ready and willing to help even the greenest of farmers.



**Eva Pazmino**

Eva Pazmino loved to dance. She was a farmer who loved working with animals, being a strong advocate for animals in need. In the summer, Eva could often be seen hand raking hay in her overalls, barefoot. Eva only agreed to be in this photograph if taken when she was working, which was most of the time.



**Elsa Bakalar**

Elsa Bakalar, originally from England and Manhattan, was the author of *A Garden of One's Own: Making and Keeping Your Flower Garden*, which is based in full on her own beautiful gardens here in Heath. For Many years, Elsa was the author of a weekly gardening column (later taken on by Pat Leuchtman) in the *Greenfield Recorder*. It would be safe to say that Elsa transformed many gardens in Heath, and throughout Franklin County, through her generous support and encouragement.

**Ann Cronin**

Ann Cronin made her mark as Heath's first female Select Board member. It only took until the 1980s!

**"For most of history,  
Anonymous was a woman."  
—Virginia Woolf**



## Weaving a Common Thread

Susan Gruen's twenty-three 4-H Weavers, both "New Bees" and more seasoned weavers, are expanding their knowledge and creativity by fashioning scarfs of new textures and colors. They even tried thirteen different weaving techniques to generate a sampler. There are sure to be many fine weaving articles entered in the Heath Fair this year. With the help of generous gifts from the Schacht Company and Cultural Council grants from Heath, Charlemont, and Hawley, students are now able to work on their own Cricket Looms at Hawlemont School, as well as take them home to work on projects.



## People in the News

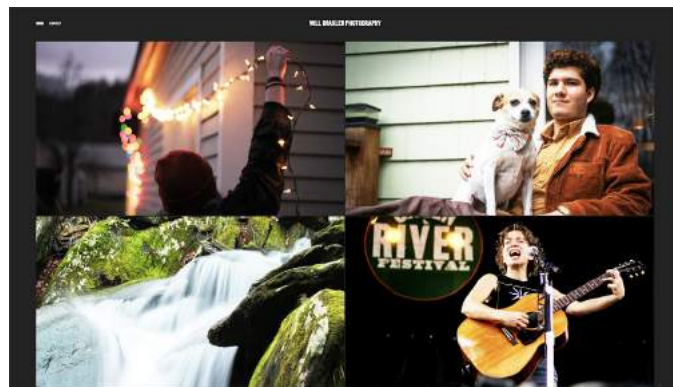
### Stella Clark Leads Conference in Points Per Game

We congratulate Heath student Stella Clark, a Senior at Mohawk Trail Senior High School, for taking the girl's top spot in Points Per Game (PPG) with a 20-point performance in a late-January game. This raised her average to 16.4 PPG through seven contests, including four 20-point performances.



### Will Draxler Launches Photography Website

Will Draxler recently launched a new website, [wddraxlerphotograph.com.myportfolio.com](http://wddraxlerphotograph.com.myportfolio.com). The site features a collection of portrait, candid, nature, night, and festival photography by the artist. Will, a Heath resident, is currently doing a post-graduate year following his graduation from high school last year. Will's work appears periodically in the *Herald*. To learn more, email [willdraxlerphotography@gmail.com](mailto:willdraxlerphotography@gmail.com).



[wddraxlerphotography.myportfolio.com](http://wddraxlerphotography.myportfolio.com)



## Hager's Farm Market

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[formerly Hair by Hana]

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## Heath Building Use Committee News

At a recent meeting, the Select Board approved language to clarify the town's policy regarding municipal use of town buildings. The policy allows town departments, boards, and committees use of town buildings without charge for meetings and events that they organize and run. In addition, they may sponsor meetings and events that are relevant to their charge, and organized and managed by others. For example, the Heath Historical Commission might sponsor a meeting or event at the Community Hall that is organized and run by the Heath Historical Society. The Heath Library might sponsor a book group at Jacobs Road that is open to the public and organized by a group of interested patrons. The Council on Aging might sponsor a Qigong class that is open to the public and organized and run by an interested towns-person. The Parks and Recreation Committee might agree to sponsor a regular open volleyball game organized by a group of townspeople in the gym at Jacobs Road.

Sponsored events are intended to allow the town to enjoy and support free and open events that strengthen and enrich our community life. By offering them under the aegis of a municipal body, they can be offered without charging the organizers rent and being covered by town insurance.

Sponsored events that are not organized directly by a town body, itself, must be approved by a majority vote of the sponsoring committee. They should be in keeping with that committee's function and open to the public. Sponsored events are not meant to include private or partisan gatherings or for-profit business ventures intended to produce income for a private individual or cause. Request for sponsorship is made in writing to the chair of the relevant town body before applying to the Building Use Committee (BUC). Once sponsorship is approved, application to reserve building space is made to the BUC using the Application for Municipal Use available at the town website on the BUC web page under *Building Use Requests*. Such applications are reviewed and approved by the BUC depending on space availability and compliance with Heath Building Use Policy.

In other BUC news, the kitchen at Jacobs Road is now certified as a commercial kitchen, and may be now rented for commercial use. For information, contact Mary Sumner [msumner13@verizon.net](mailto:msumner13@verizon.net) or Pam Porter [pam\\_porter@verizon.net](mailto:pam_porter@verizon.net).



## Town Election News

Below is a list of town offices that are to be filled via the Town Election to be held on May 6, 2022. The center column lists the current officials that hold each position. The third column is the length of term for each respective office. If you would like to run for an office, please take out papers.

POSITION	CURRENT OFFICIAL	TERM
Selectman	Robyn Provost-Carlson	3 Year
Assessor	Heidi Griswold	3 Year
Finance Committee	Alice Wozniak	3 Year
Planning Board	William Gran	5 Year
Library Trustee	Maureen O'Malley	3 Year
School Committee	Barbara Rode	3 Year
Municipal Light Board	Bill Fontes	1 Year

Nomination papers for town offices are available now and may be obtained at the Town Clerk's office. Please contact the Town Clerk, Mary Sumner, either by email at: [townclerk@townofheath.org](mailto:townclerk@townofheath.org), or call the Clerk's office: 337-4934, ext. 6, to schedule an in-person appointment.

The last day that papers may be taken out is March 16th. Completed nomination papers, with at least 23 signatures of registered voters, must be submitted on or before March 18th in order for the name to be printed on the ballot.

When soliciting signatures, please keep in mind that State law prohibits candidates from enlisting the service of municipal employees in political election campaigns, which includes soliciting signatures (G.L.ch. 56:36). The one exception is an employee who is seeking an office and may solicit only for him, or her, self.

—Mary Sumner, Town Clerk





## Heath Agricultural Society

The Heath Agricultural Society (HAS) is proud to announce that at our November Annual Meeting, Bob Delisle was reelected to the position of at-large member of the Board of Directors of the HAS, while we welcomed new at-large member, Bradley Tombs. We are excited for Bradley to join the Board, as he has been involved with the Fair for countless years, supporting his mother, Shirley, with the rabbit show. Bradley, who works for Pine Hill Orchards, has experience with the Franklin County Fair, among others, and is involved with 4-H. He is a breeder of rabbits and a dedicated member of the Heath Agricultural Society bringing his enthusiasm, work ethic, and skills to bear. Bradley helps in countless ways during preparations for the Fair each year, and when we meet in person, he can always be counted on to bring cider! Welcome, Bradley!

We say a great big thank you to Bob Delisle for his years of service as an at-large member, and thank him for his willingness to continue in this role. Bob, who has also served as president of the Fair and organizes the Agricultural Tent each year, also brings his talents as an electrician, ensuring the lights come on (and go off)! Bob has always been counted on for offering an endless list of creative ideas that bring joy and engagement to Fair-goers. Thank you, Bob!

In other news, our advocacy, along with that of many others in the State, led to the approval of \$4 million in this year's state budget to support infrastructure and COVID-related needs for agricultural fairs across Massachusetts. While funding is not a guarantee, since fairs will compete for dollars, we are thrilled that funding is being made available, proving a commitment by our legislators to keep fairs a vital part of the fabric of our Agriculture in the Commonwealth. As a result of this decision, the month of December brought a buzz of activity by several members of the society. For the first time in a very long time, the State asked fairs to submit an annual report, which tells them how many livestock and exhibit hall categories we had entries for (youth and adult) and how many premiums were paid out. This will help them to better understand our needs and the impact this funding would have on the Heath Fair. Many thanks to all of

the members who helped provide the necessary information to complete these reports, notably Conrad Halberg, Pat McGahan, Elissa Viarengo, Devon Clark, and Tom Lively!

We kick off 2022 ready and eager to plan the 104th Heath Fair. We can always use your help, so please plan to attend an upcoming meeting and get engaged, when the snow melts, in preparing the fairgrounds. All-member meetings will be held on: 3/14, 5/9, 6/13, 7/11, 8/8, 9/12, 11/14. The Heath Fair will take place on the weekend of the 20th of August. All meetings for winter are planned to be held via Zoom, with a call-in option available. Please contact [heathagsociety@gmail.com](mailto:heathagsociety@gmail.com) for details.

We look forward to another year of making the Fair a safe and joyful place for our community to come together and celebrate agriculture!

—Jessica O'Neill, President

## Heath Cultural Council Announces 2022 Grant Recipients

The Heath Cultural Council (HCC) recently announced the recipients of funding for the 2022 grant cycle. These grants were awarded in keeping with the Council's mission to support artistic and culturally-enriching community programs and activities in the Town of Heath and the surrounding area. This year, HCC received a total of 34 grant applications. After thorough review and deliberation by Council members, funds totaling more than \$5,000 were awarded to the following 17 applicants: The Art Garden, Piti Theatre Company, Hilltown Youth Performing Arts Program, Uncles of the Pioneers, Charlemont Forum, the *Heath Herald*, Nolumbeka Project, Heath Free Public Library, Heath Historical Society, Heath Council on Aging, Heath Agricultural Society, Kids Mindfulness with Kate Peppard, Heath Arts Exhibition, Mohawk Trail Concerts, Racial Justice Rising, Hilltown Families Suggests, and Hawlemont Elementary Weaving Program.

HCC is honored to support these worthwhile events, programs, and activities. We look forward to the entertainment and enrichment that they will bring to our community in the months to come.

—Barbara Gordon, Chair

## Selectboard Report

### Selectboard Meetings during COVID-19 Crisis

The Selectboard continues to meet via Zoom teleconference for the immediate future. The public may join these meetings by internet or telephone. For access information to attend the meeting, go to [townofheath.org](http://townofheath.org) and click on the Select Board Agenda.

### Town Buildings Closures and Restrictions

We are now in another wave of the pandemic with the arrival of the Omicron variant of the COVID-19 Corona virus. Our policy on masking, social distancing, and building restrictions has remained. The Library opened to indoor service briefly when state guidelines were relaxed, but now has returned to window service only.

Access to the Post Office will continue as in the past weeks. Patrons are to wear masks and observe social distancing. The second floor of Sawyer Hall will remain closed. Most of the Town offices have been relocated to 18 Jacobs Road in an effort to provide greater employee safety in the workplace, and to achieve greater social distancing for the safety of the general public. Separate rooms, more floor area, and mechanical ventilation all help to make for a safer environment.

The Community Hall remains closed except by appointment with the Town Nurse.

18 Jacobs Road is now the business office for the Town. Public meetings are permitted as long as COVID-19 precautions are observed, including masking and social distancing.

### Generator at 18 Jacobs Road



The Selectboard approved the purchase of a used generator to provide back-up power at the former school building. The unit has been installed and is waiting for a propane supply tank to be installed and hooked up. The electrical work was paid for by a grant written by the Police Chief, John McDonough, with

assistance from the Fire Chief, Nick Anzuoni, and the Town Coordinator, Hilma Sumner. The Highway Department assisted with the excavation work for the slab and electrical trench, and placement of the unit on the concrete slab. Our thanks to everyone involved for making this a successful and affordable project.

## Axon Properties/Crucial

A Host Community Agreement has been reached between Axon Properties and the Town of Heath for the establishment of a cannabis-growing operation on Bellor Road. Four separate growers will be leasing property from Axon. This will be an outdoor growing operation. There will be onsite processing but no retail sales.

## Hilltown Youth Performing Arts

The Selectboard has entered into a lease agreement with Hilltown Youth Performing Arts for three rooms at 18 Jacobs Road, and the occasional use of the common spaces such as the atrium, gym, and cafeteria. The program has been using the facility for the past few years, especially during the summer. Although performances may be staged at other venues such as Berkshire East, they will now have a permanent home base.

## Heath Online

Take some time to visit the Town's website at [www.townofheath.org](http://www.townofheath.org). You'll find Selectboard meeting minutes, committee information, school information, and important announcements. The Town website is also a good place to check for updates on the current status of COVID-19 developments in town. You may contact the Board at [BOS@townofheath.org](mailto:BOS@townofheath.org).

—Heath Selectboard  
Robyn Provost Carlson, Chair  
Brian DeVriese, Susan Lively



### 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](mailto: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



## Green Thoughts

—Pat Leuchtman

### A New Year with New Opportunities and Favorite Seed Companies

The new year has begun with new opportunities, new hopes, new ideas, and new projects for our gardens. The vegetable garden we planned last year during the pandemic was very tiny. Very, very tiny. I planted beans, peas, lettuce, radishes, zucchini, beets, and chard. Too many varieties. This was a mistake. I have to rethink the best way to get a usable harvest in a tiny garden.

The beans and the peas worked well, but I did learn that putting six lines on a bean teepee isn't a good idea. Too much foliage made it hard to find the beans. Sugar snap peas grew up on a mesh fence and that worked well. Tomatoes grew in pots and I got all the tomatoes I needed. As for everything else, I am in thinking mode. Wish me luck.

In the meantime I am looking at seed covers of some of my favorite farms.



As you can see from Johnny's Selected Seed Catalog cover, they offer flowers! Vegetables! And they also offer herbs, tools, and supplies. Oh, how I love their row covers. I also appreciate that they offer crop supports and kitchen supplies. I have a tender spot in my heart for *Johnny's*. We moved to

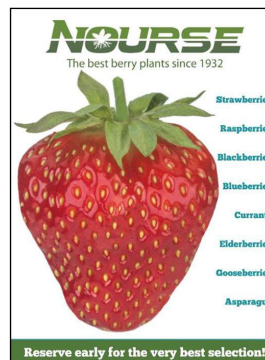
Maine in 1975 when Johnny's Selected Seeds was a very young company, founded in 1973. Of course we wanted to support this new project and even after moving from Maine, we like to buy seeds from Johnny's. (Johnny's Selected Seeds, 955 Benton Ave., Winslow, ME 04901)



Burpee Seeds have been around for a long time and are familiar and dependable. I really like this cover because those are my favorite cherry tomatoes. But there is also a full array of vegetables, flowers, herbs, berries, apples and other fruits. (Burpee Seeds and Plants, 300 Park Ave., Warminster, PA 18974)



High Mowing Seeds is one of the few fully organic and Non-GMO Project Verified seed companies in the world. They provide the highest quality seed to growers and do so without the use of environmentally harmful synthetic fertilizers and pesticides. I love Vermont as much as I love Maine because I spent several years of my young life in Charlotte. Relatives still live there, and I am looking forward to the postponed Family Reunion on Lake Champlain shores. I like to use High Mowing Organic Seeds (76 Quarry Rd., Wolcott, VT 05680) and they are very available in Greenfield.



This is an older catalog, but that strawberry is gorgeous! We turned to Nourse Berry Farm, which now is maybe fifteen minutes away from our town home. But when we moved to Heath forty years ago, we went right to Nourse Farm for blueberries. When we moved to town we bought more blueberries but they did not thrive in the wet garden. However, our elderberries and raspberries have no objections to wet plots. I can freeze the raspberries from my small plot, but the birds get all the elderberries. We have to support our animal life. (Nourse Farms, 41 River Rd., Whately, MA 01093)

I hope you all are looking through the catalogs, from the mail, or by computer. It is winter, but the days are getting longer, time to think about what to plant.

— Adapted from the *Greenfield Recorder*,  
"Between the Rows," 01/02/2021



One by one she slew her fears and planted a flower garden over their graves.  
—John Mark Green





## Heath Union Church

Neil Stetson, Pastor

Dennis Ainsworth, Organist

Sunday Morning Worship at 10 a.m.

### All 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

### A Simple Stick

I am a stick that tells a story, a tale of hope woven from despair and destruction. You see, I lived upstream from a small village in Tennessee named Waverly. My life changed very quickly on a day starting like all the others, until the rains came. Rain came to the banks of the creek where I grew, in ever-increasing amounts to over 15" in a few short hours. The banks that held my roots gave way and I, also with thousands of other trees, large and small, joined a parade of destruction downstream. We came to stop at a railroad bridge too small for us to pass. Lodged against the abutments quickly as more joined, we became a dam. With continuing rain and no parts downstream, our valley soon became a lake. The quickly rising water, trapping many attempting to escape, soon spelled death to twenty people. A village changed forever by tragedy and destruction.


I lay by the creek where I had been piled, bleached, and drying in the hot summer sun. One late autumn day, an old man who had been helping put a few of the houses back together approached. He dug around in the pile, pulled me out, cut off a section of me. Later he cleaned me off, taped his name, address, and a luggage tag to me. I traveled north with him and stood in his workshop until he was sure I was dry and ready for... ? He sanded me, removing most of my flood scars. I was cut to length, shaped a little more, finish applied, hand grip made, and a new foot!

To what end? What can an old stick, part of a tragic story, do now? I have been given a new life and purpose. My new task is to aid my new owner to traverse steep hillsides, support him trailside, and give him a safe place to lean when he is weary.

You might just call me a "Joseph stick." "Joe," as you remember from the Old Testament was sold into slavery through a series of highs and lows ended up second-in-command in all of Egypt. He delivered life-saving food to his Hebrew family. When he finally revealed his true identity to them, they thought surely retribution would come. His response: "You wanted it for evil; God meant it for good."


So now may I serve you for good. What a God we serve. A plain old creekside stick used for destruction would find new life to aid this traveler (Your Name Here)—GOD SPEED!

—Neil Stetson, Pastor



**Are you the parent of a new baby living in the Mohawk Trail Regional School District?**

Contact the Mary Lyon Foundation for your Newborn gift at **413-625-2555** or email [kbaker@marylyonfoundation.org](mailto:kbaker@marylyonfoundation.org). All families in the nine towns of Western Franklin County are eligible.



**Free Healthy Living Workshops**


LifePath's Healthy Living programs offer people with one or more chronic health conditions, caregivers, and families the tools needed to take charge of their health. Topics include: Living Well with Long-Term Health Conditions; Chronic Pain Self-Management; Diabetes Self-Management; Balance and Managing Falls; Healthy Eating for Older Adults; and more. For information or to register, visit [lifepathma.org](http://lifepathma.org) or email [awaisman@lifepathma.org](mailto:awaisman@lifepathma.org).



**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](http://townofheath.org) for updates.

## Community Calendar

- Feb 4 **Carol Purington Poetry Collective**  
6 p.m. by phone or Zoom. Call Griswold Memorial Library for more details and Zoom link, 413-624-3619.
- Feb 10 **Heath Library Public Meeting**  
7 p.m. by phone or Zoom. See page 11 for more information.
- Feb 12  
26 **Heath Library Story Hour**  
10:30 a.m., outdoors at 18 Jacobs Road. Contact the library for details and updates, 413-337-4934, ext. 7, or [heath.library@gmail.com](mailto:heath.library@gmail.com)
- Mar 4 **Carol Purington Poetry Collective**  
6 p.m. by phone or Zoom. Call Griswold Memorial Library for Zoom link, 413-624-3619.
- Mar 12  
26 **Heath Library Story Hour**  
10:30 a.m., outdoors at 18 Jacobs Road. Contact the library for details and updates, 413-337-4934, ext. 7, or [heath.library@gmail.com](mailto:heath.library@gmail.com)
- Mar 14 **Heath Agricultural Society Meeting**  
Contact [heathagsociety@gmail.com](mailto:heathagsociety@gmail.com).
- Mar 16  
18 **Town Office Nomination Papers**  
Last date to take out papers: 3/16  
Last date to submit completed papers: 3/18.  
Contact Town Clerk at 413-337-4934, ext 6, or email at: [townclerk@townofheath.org](mailto:townclerk@townofheath.org).



**Heath Library Story Hour**  
For the young children in your life

Saturday, February 12  
Saturday, February 26  
Saturday, March 12  
Saturday, March 26

10:30 a.m. Outside at 18 Jacobs Road\*  
Join us for stories, sledding, and hot cocoa!

For more information,  
call 413-337-4934, ext. 7

\*We may need to change to virtual story hours for some or all of these dates, check with the Library for updates.

[heathlibrary.org](http://heathlibrary.org) • [heath.library@gmail.com](mailto:heath.library@gmail.com)

**LIBRARY WINDOW HOURS**

MONDAY, 2 TO 7 P.M.  
WEDNESDAY, 2 TO 5 P.M.  
THURSDAY, 2 TO 6 P.M.  
SATURDAY, 2 TO 5 P.M.

## Ongoing Calendar

### Community Yoga

Online classes 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.

Contact Claire Rabbitt at [nurse@townofheath.org](mailto:nurse@townofheath.org)

### Foot Clinic

For residents age 60 and older and those with foot-related problems. Resumed on a month-to-month basis.

Contact Eileen Lively for information and to make an appointment 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.

### New!


### Walk Safe Program

Mondays, Wednesdays, and Fridays, 9 a.m. to noon  
Gymnasium at 18 Jacobs Road



**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](mailto: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 Town Offices

1 East Main St. & 18 Jacobs Rd. 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**, Kristi Nartowicz

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

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, [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, 413-337-4934

**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](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**

Amber Tulloch, 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, 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, 413-337-4957

## 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**

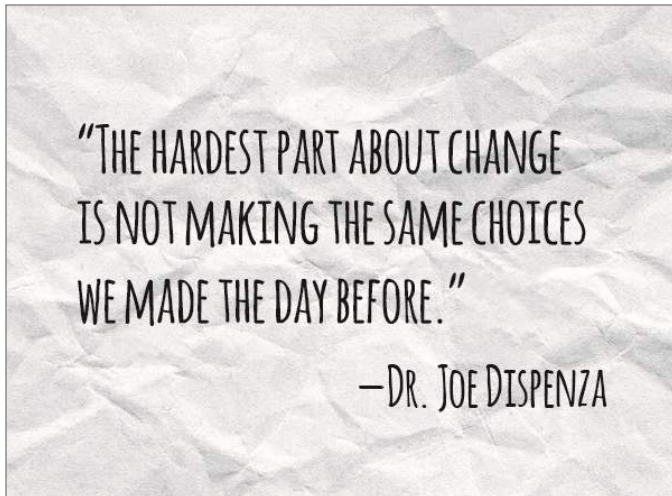
Nick Anzuoni, Fire Chief, 413-337-4461, or 911

for an emergency. [Heathfire@townofheath.org](mailto:Heathfire@townofheath.org)

**Emergency Management Team, EMT**

Tim Lively, Sheila Litchfield, BOH, Select Board





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**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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