

# HEATH HERALD

## Heath's First Newspaper

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**On the Cover**

Mud season in Heath, MA. Photograph by Will Draxler. [wddraxlerphotography.com.myportfolio](http://wddraxlerphotography.com.myportfolio)



You will find a sunflower gracing the footer of pages in this issue of the *Heath Herald*. It is the national flower of Ukraine, and we include it as an expression of love and compassion for the people of Ukraine.

**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](mailto: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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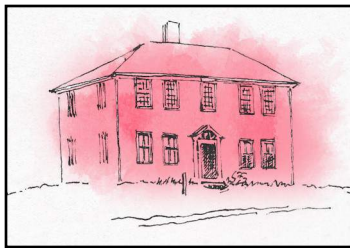
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**Color Sponsorship**

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.

## Election Day, 1815



The Red House on the Common [demolished and replaced by Sawyer Hall in 1897] changed hands frequently, often operating as an Inn. In its hey-

day as a semi-detached public building, the larger room constituting the second story was used for dances—the organ pipes are owned by the Historical Society—and later to house a select school "with desks and sittings." The "Recollections of the Old Red House 70 years ago" (1815) by the Rev. John C. Thompson, born in 1804, are vivid:

"It was on Election Day—1 March. The meeting for the transaction of the annual business of the town on that day, was held in the old church building on the Common." [Note: In the vicinity of the current flagpole.] There seemed to be a general gathering of the male population of the town; old men, middle-aged, young men, and not a few boys, some quite young. The meeting on that day was divided into two assemblies—one at the church for business, the other at the bar-room for pleasure—and there was a constant passing and re-passing, from one assembly to the other. At the church was the common routine of business, usual at an annual town meeting. At the barroom the assembly was made up largely of the younger portion of the people. The room was somewhat spacious; in the south-westerly part of it was the bar, occupied on the day of which I speak by several clerks, engaged in mixing and delivering to the thirsty crowd, intoxicating liquors. In the northeasterly corner of the room was a large open fireplace radiant with burning wood and coals. In the bed of burning coals were lying several round heavy pieces of iron loggerheads, I think they were called, with long, slim iron handles attached to them. As well as I can remember, the favorite beverage of the assembly on that day was what is called "flip." It consisted of a large portion of common homemade beer, well sweetened, and a generous amount of rum. When thus duly mixed, the mug, or the half mug, was taken to the fireplace by the bartender, and one of those red loggerheads was plunged into the liquor, setting it into a lively effervescence or foam. It was then in readiness to gratify the yearning palate and throat of the willing purchaser.

The apartment was crowded that day. Those who wished to gain entrance could hardly find standing room,

much less sittings; and so great was the demand for flip that, I well remember—it was very difficult to keep a passage open from the bar to the fireplace for the clerk to put this heated finishing touch upon the favorite beverage. Being nothing but a green boy (aged 11?) I then learned for the first time that there was a game in flip



drinking. My inexperienced, curious eyes were, of course, open, to observe whatever was going on. I saw on every hand mugs and

half mugs of flip, being imbibed by two or three in social chat together. I soon discovered that a ring of young men was being formed near the center of the crowded room, for the purpose of social chat and flip drinking. This ring was being continually enlarged. The method of enlargement was this: a young friend from without, was invited, or constrained to join them, and was given to understand the initiation fee to their circle was a half mug of flip. A mere boy as I was, it was not long before I felt an impressive hand upon my shoulder accompanied by an earnest invitation to come into the ring. My boyish pride at being admitted into the circle of those so much older than myself, constrained me to order the initiating fee—the whole half mug of flip."

Heath Massachusetts  
A History and Guidebook  
by Edward Calver

Published by the Heath Historical Society, 1979



### Heath Annual Town Meeting

Saturday, May 7, 2022  
9 a.m. at 18 Jacobs Rd.

All Heath residents are  
encouraged to attend.







## The Way We Love to Eat

—Deb Porter

### Nora's Kitchen

Since the last issue of the *Herald*, I have been thinking of some of the women of Heath that I have known and admired. Most especially the women who helped run the many family farms that were, until recently, the mainstay of Heath's economy. I have wondered what their daily life must have been like and in particular what cooking for their families must have involved. I was curious what a typical day's menu would have been, which led me to talk with Teresa Peters who was born and raised in the house I now live in on Number Nine Rd. She remembers her mother Nora cooking three meals a day for her husband and children. Teresa didn't have an old recipe to pass on because she couldn't remember her mother ever using one. So instead of a recipe this month I want to share with you what I learned about Nora's kitchen from Teresa. Although hers is just one kitchen in the early to mid-part of the 20th century, it is probably a good representation of many farm kitchens in Heath during that time.



*Nora (Lively) Galipo, born and raised in Heath, fed her large family with food raised mostly on their farm.*

Nora (Lively) Galipo was born and raised in Heath in the house that Mathew and Rita Lively now live in and next door to the farm where she eventually lived with her husband, Frances. Together they had twelve children. Nora's own upbringing was good training for her life on the farm. She herself came from a large farming family and knew well what it took to put food on the table for a working farm family. As Teresa stated, "They all worked hard and were hungry."

Nora's kitchen, like so many kitchens of that era, was one of the largest rooms in the house. It had an icebox, a wood cookstove, and a large sink with a hand pump for water. Off the kitchen was a pantry and at the center of

the room a large table for the family meal. The actual food that was prepared each day was typical farm food. The day began with a large breakfast of eggs, toast, potatoes, and bacon. Then at noon, which was the biggest meal of the day, there was meat, potatoes, vegetables and often pie. (That is how Teresa learned to make such fabulous pies.) At night there was more of the same, only smaller amounts, leftovers perhaps.

The food Nora put on the table three times each day was not fancy but what made it so impressive was what went into the preparation of it. According to Teresa, almost all of the food they ate was raised right there on the farm with preparation for meals beginning months before it ended up on the table. The notion of farm-to-table fare that we are so enamored of today was a matter of survival and involved a great deal of forethought, management, and just plain hard work. Nora, with the help of her family, planted and harvested a large vegetable garden that provided food throughout the year. In addition, they raised their own meat (beef, pork, chickens, and goats), kept chickens for eggs, and milked cows. They also gathered berries and other fruits.

There were no freezers or electric ranges to process the food so everything had to be canned over a wood cookstove. Teresa remembers the kitchen in the summer as always being very hot. Despite this, every year, Nora canned beef, pork, chicken, and garden vegetables, jams, jellies, and fruit—enough food for the family for the winter. She also made her own sauerkraut and pickles and stored root vegetables in a shed attached to the back of the house. According to Teresa, "Nothing was wasted." While doing all of this work, Nora was also cooking three meals a day over a wood stove, baking bread, doing laundry, cleaning house, and tending to the needs of all of their children.

It is humbling to think back to raising my own children in this same house and realize how different life was just a short time ago. The next time I am about to grumble about having to go grocery shopping or to make a meal, I will think of Nora and some of the other stalwart Heath women I knew, and just quietly get to work.





## Nature Note

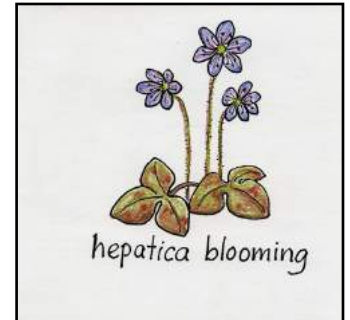
—Susan Draxler

### Phenology

Starting in March, the wall calendar in my kitchen becomes covered with evidence of the sights and sounds of spring's arrival. Notes like "wood frogs calling," "phoebe is back," "hepatica blooming," "woodcocks displaying," "tree swallows have arrived," and "first hummingbird" are scribbled into the appropriate day's square. This is my way of celebrating the change of the seasons, but these written observations are also a record of the regularity of the natural cycles around us. It is amazing, and reassuring, to know that by late March, I will once again hear the uplifting "fee bee" call of the phoebe in my yard, and that it will be first heard on about the same date, give or take a few days, each year.

Anecdotal records like these are valuable information for scientists who study the annual cycles of plants and animals, a field known as *phenology*. Long-term phenological records are especially useful in determining how climate change is affecting the life cycles of flora and fauna. One well-known catalog of observations that has been used as evidence of these changes is the record of wildflower bloom times that was kept by Henry David Thoreau while he lived at Walden Pond. Comparing Thoreau's record with the current bloom times in that area, scientists have found that the same flower species now bloom three weeks earlier than they did in Thoreau's time, 160 years ago.

What are the things that you look forward to seeing in the spring? What are the sights and sounds that mark the change of season for you? Do you keep a record of them? If not, there is no better time than now to start, whether you do it for your own personal enjoyment or join a citizen science project like *Nature's Notebook* sponsored by the USA Phenology Network [usanpn.org](http://usanpn.org). You can also share them with me [skdrax@yahoo.com](mailto:skdrax@yahoo.com). I look forward to hearing about your observations!



*Records of annual cycles of plants and animals, the field known as phenology, are helpful in determining how the life cycles of flora and fauna are being affected by climate change.*

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*See page 14 for more information on SlugFest Farm.*



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## Library Lines

—Kate Barrows



### Books Bring People All Together

On March 14, the Heath Free Public Library opened its doors back up for in-person browsing! Throughout the months of April and May, the Library and Board of Health will periodically evaluate whether to remain open for full in-person visits, or if the situation would necessitate reverting to window-only status, or a full closure. Due to our small space, shared entrance with the Post Office and consideration for those who are still at higher risk for contracting COVID, masks will be required in Sawyer Hall at least for the first two weeks of April. The library take-out window is still available for those who do not wish to wear a mask or otherwise prefer to stay outdoors. The library would like to thank the residents of Heath and library patrons for their continued cooperation regarding pandemic protocols.

We have been considering how the library can ensure that everyone in the community is able to reach our staff and collection. For some, there are barriers to the accessibility of the library at Sawyer Hall. Would you like to arrange for us to meet you outside at your vehicle in the parking area? How about a phone conversation or video chat to answer a reference question? Are there other ways we can stay in touch with those who are not regular library users? Please share your ideas with us and we will try our best to help residents stay connected.

### Library Hours

Heath Free Public Library hours are as follows: 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. Library patrons may request materials by calling 413-337-4934,



ext. 7, emailing [heath.library@gmail.com](mailto:heath.library@gmail.com), or coming to the library during open hours and we are happy to help you find what you want!

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

### New Items

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

**Adult Fiction:** *Olga Lies Dreaming*, by Xochitl Gonzales; *The Family*, by Naomi Krupitsky; *Murder Under Her Skin*, by Stephen Spotswood; *Birds of a Feather*, by Jaqueline Winspear; and *To Paradise*, by Hanya Yanagihara.

**Nonfiction:** *Hunt, Gather, Parent: What Ancient Cultures Can Teach Us About the Lost Art of Raising Happy, Helpful Little Humans*, by Michaela Doucette; *The Three Mothers: How the Mothers of Martin Luther King, Jr., Malcolm X, and James Baldwin Shaped a Nation*, by Anna Malaika Tubbs; and *Taste: My Life Through Food*, by Stanley Tucci.

**Biography:** *My mess is a bit of my life: adventures in anxiety*, by Georgia Pritchett.

**Audio CD:** *Something to Hide*, by Elizabeth George; *Reminders of Him*, by Colleen Hoover; and *No One Goes Alone*, by Erik Larson.

**DVDs:** *American Underdog*, *Eternals*, and *House of Gucci*.

**Juvenile:** *Let's Go Num Cha*, by Alister Felix; *So, You Want To Be A Princess*, by Janet Gilman Olson; *Willowdeen*, by Katherine Applegate; and *Shattered Midnight* (A Mirror Novel), by Dhonielle Clayton.

**Young Adult:** *Children of Virtue and Vengeance* (Sequel to *Children of Blood and Bone*), by Tomi Adeyemi; and *Before I Had the Words: On Being a Transgender Young Adult*, by Skylar Kergil.

### Weekly Newsletter

Have you subscribed to our *Wowbrary* newsletter yet? The newsletter is sent via email and appears early each Wednesday morning. It includes the most up-to-date information about new items at the library, book reviews, links to resources, notices about events, and other library news. Follow the link at the library website


[heathlibrary.org/](http://heathlibrary.org/) or ask library staff to add you to the list. Once you have 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 platform is designed specifically for library newsletters and honors patron privacy.

### Programs and Events

The best way to keep track of the library calendar is by subscribing to our weekly email *Wowbrary* newsletter. You can also check our website and the *Heath Herald* calendar for a listing of upcoming events. Individuals may request a printed copy of the *Wowbrary* newsletter and notices about events, as well.



Library Assistant, Lyra Johnson-Fuller, and children work on an activity at Heath Library Story Hour.

 <p><b>LIBRARY HOURS</b>          MONDAY, 2 TO 7 P.M.          WEDNESDAY, 2 TO 5 P.M.          THURSDAY, 2 TO 6 P.M.          SATURDAY, 2 TO 5 P.M.</p>	<p><b>Heath Library Story Hour</b>          For the young children in your life</p> <p>Saturday, April 9 (Egg Hunt)          Saturday, April 23          Saturday, May 14          Saturday, May 28</p> <p>10:30 a.m. Outside at 18 Jacobs Road</p> <p>Join us for stories and some outdoor fun!          For more information,          call 413-337-4934, ext. 7</p> <p><a href="http://heathlibrary.org">heathlibrary.org</a> • <a href="mailto:heath.library@gmail.com">heath.library@gmail.com</a></p>
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## Heath Agricultural Society

As spring greets us, it feels ever clear that the 104th Fair (August 19, 20, and 21) will be here before we know it. We can all look forward to the sounds and smells of the Fair: music and livestock, pulls and competitions, artisans, fair foods, the beer tent, horse-drawn wagon rides, and more.

### BUT —WE NEED YOU!

We have seen a drop in attendance at meetings over the last two years and this is cause for concern as we dig into the season of Fair planning. Concern among the membership is high for the fact that without volunteers, the Fair cannot go on. While we cannot ignore the “magic” that makes the Fair happen—so many people who play integral roles in planning the myriad of different activities, shows, exhibits, and more that make our Fair so special—volunteerism has been dwindling. The divisions in the town of Heath risk further exacerbating the drop in volunteerism for the Fair and concerns are high that we are reaching a tipping point for what will be possible in the future. Will we be forced to cancel some events or will we need to shorten the Fair because we don’t have enough help?

The Heath Agricultural Society (HAS) is a private non-profit organization, and offers a place for EVERYONE to be involved.

The Fair relies on YOUR engagement to make the three-day event possible. We need volunteers to help plan and to put on the Fair itself—from moving picnic tables, to parking cars, to picking up trash, to planting raised beds and window boxes, to turning on the lights, and more. We invite you, young and old, to get involved. Attend meetings and engage, or re-engage, in efforts to support the Fair this year. No matter your experience or skill-set, it is your passion for the Fair that will be put to work. The benefits of volunteering are vast. Reconnecting with other members in the community, meeting new people, learning new skills, feeling a part of something larger than yourself, and knowing that YOU made a difference in making it possible for the Fair to go on. Volunteerism gives back!

This year we have many projects to attend to—general maintenance and building projects, weeding,

raking, painting, and more. We are always looking for new energy to bring new ideas to the table and every idea needs a leader. Have ideas? We are all ears. Bring your enthusiasm and your willingness to participate and you will be met with friendly inclusion. If you love the Heath Fair, we need your help! Please be in touch about how you can plug in and bring your own magic to this beloved event in 2022. In the words of Ruth Johnson, let’s “Keep it going!”

We are immediately seeking the following:

- Leadership to run an effort to reduce the waste we create at the Fair with more composting and recycling.
- Leadership to run events like the Zucchini Race and other organic, kid-friendly activities in and around the sand pile.
- Leadership for the upper food booth, a key area of profit for the Fair which was lost last year. ServeSafe Certification is required to run the food booth.
- Leadership to help with merchandise/information tent.
- Leadership to support parade planning/engagement.
- Support for parking and Fair set-up.

These are some of a longer list of areas where we need support. If you have an interest please reach out to us. Email [heathagsociety@gmail.com](mailto:heathagsociety@gmail.com) for more information. I trust we will have a fantastic 104th Heath Fair and there are many dedicated people who tirelessly assist in the efforts the whole year through, but we need more help. It really does take a village. We invite you to get involved.

Thank you,

—Jessica O'Neill, Heath Fair President



*Correction from last issue:* The 2022 Board Members of the Heath Agricultural Society are: Jessica O'Neill (President), Justin Lively (Vice President), Tom Lively (Treasurer), Kate Peppard (Clerk), Conrad Halberg, Devon Clark, and Bradley Tombs (At-Large Members).

—Jessica O'Neill, HAS President



## Heath Fair Exhibit Hall Superintendent to Present at H.A.Y. Conference

Heath Agricultural Society member and Exhibit Hall Superintendent, Elissa Viarengo, will be putting on an exciting new workshop at this year's H.A.Y. Conference, to take place June 4 at the Hawlemont Elementary School, Charlemont, MA. Proceeds will benefit the HAY program (integrating agriculture with primary education).

This workshop will inspire a new generation to participate in the timeless tradition of entering items in the Exhibit Hall of the local Heath Fair. In this hands-on workshop, participants will delight in making their own seed pots from recycled paper, planting their own zucchini seeds, and learning how to care for their seeds as they grow, including how to transplant them into their own backyard gardens. Elissa will explain how participants can enter produce and other craft items into the Exhibit Hall at the 104th Heath Fair (Aug 19, 20 and 21, 2022) by introducing students to the Premium Book and helping them to navigate the entry process. Students will also be able to participate in mock judging of a sample of entry items to understand how items may be viewed from a judge's perspective. Elissa hopes to inspire participants not only to grow their



*Zucchini Race at the Heath Fair.*

own food but also encourage their creativity by making crafts so that they can experience the joy of participating in their own local agricultural fair. Participants will be welcome to enter the zucchini they later grow into the Exhibit hall and/or to race their zucchini at the Heath Fair's Zucchini Race scheduled to be held Sat, Aug 20, 2022. Participants will leave with three planted pots each to take home, along with instructions for care.

We hope you will plan to attend.



**About the presenter:** Elissa Viarengo is a member of the Heath Agricultural Society and Superintendent of the Heath Fair Exhibit Hall. She hopes to inspire a new generation of country fair lovers and encourage students of all ages to share their creativity and talents in this year's Heath Fair!



## H.A.Y. CONFERENCE

Hawlemont, Agriculture & YOU

Saturday, June 4, 2022

9:30 a.m. to 2:15 p.m.

Hawlemont Elementary School

One Session: \$15 / All Day: \$40

An educational day of workshops, presentations, and displays by local experts, craftspeople, and vendors on such wide-ranging topics as beekeeping, cheese making, raising poultry, making baskets, and much more.

For details on specific programs and how to register, visit the HAY web page at [hawlemont.mohawktrailschools.org](http://hawlemont.mohawktrailschools.org) or stop by the school office.

For more information, contact Amber Tulloch at 339-8316 or email [atulloch@mtrsd.org](mailto:atulloch@mtrsd.org).

Mohawk Trail Regional School Student Council

## TAG SALE

Sunday, May 15, 2022

10 a.m. to 2 p.m.

MTRS Field Hockey Field

26 Ashfield Road, Shelburne Falls

You have stuff to sell and we have space for you. The MTRS Student Council Tag Sale is a great opportunity to reduce, reuse, and recycle—all for a good cause.

**Help us fill the field. Register today to be a vendor!**

Vendor sign-ups due by April 29.

For information and vendor form, email [MTRSstuco@mtrsd.org](mailto:MTRSstuco@mtrsd.org). Please include "May Tag Sale" in the subject line.

Heath Public Library

## Spring Egg Hunt

Saturday, April 9 at 10:30

18 Jacobs Road, Heath

A free, fun-filled morning with a story, snacks, crafts, and egg hunt.

Bring a bag or basket, and your mud boots!

For information or to RSVP, call 337-4934, ext. 7 or email [heath.library@gmail.com](mailto:heath.library@gmail.com).





## Green Thoughts

—Pat Leuchtman

### National Gardening Day April 14—Time to Grow



Last fall I wasn't thinking about National Gardening Day, but I was thinking I wanted more early flowers. The answer was 100 daffodils to create a daffodil river in front of my rose bushes, who won't give me bloom for two more months.



*Helleborus hybridus*  
"Ivory Prince"

Actually, I didn't know anything about National Gardening Day until it jumped up on my computer. Thank you, computer! I think April 14 is definitely the day that wakes us up and says it's time to get out in

the garden. The spring shoots coming up through the autumnal leaves covering my ground woke me up.

Last April a friend invited me to her garden which was blooming with daffodils and hellebores. It was thrilling to see so many flowers blooming so early in the year. I had to have hellebores! I immediately went out and bought three plants. When clearing the space, I also found a surprise, a hellebore I had completely forgotten about. I was happy with my four hellebores, but this spring I said I must have more.

These early bloomers are so encouraging in early spring. Gentle raking was on my list, and I have been watching green shoots rising through the leaves. Grape hyacinths, snowdrops and not-yet-in-bloom giant snowdrops, bleeding hearts, daylilies, columbine, and lady's mantle. The roses are beginning to leaf out, as is the willow.



*Grape hyacinths beginning to send up blooms*

Are you ready to step out in the garden? What is sending up shoots? Have your crocus come and gone? Are the daffodils in bloom? Are more sending up shoots of late bloomers? Celebrate what is happening in your garden on National Gardening Day.



*Japanese pieris is noted for blooming early in the spring. This photo was taken 4/12/21.*

—Adapted from the *Greenfield Recorder*,  
"Between the Rows," 4/12/2021



Gardening is the  
purest of human  
pleasures.  
—Francis Bacon





# EARTH DAY 2022 IN

## April 22 is Earth Day—

A day where people everywhere take a minute to be grateful for this planet and the amazing natural resources we've benefited from thus far. It's also a day where we do our best to make sure future generations can continue to enjoy these resources. Maybe you'll unplug the TV, plant a tree, take a bike to work, make more of an effort recycling, pick up road-side trash, hike a local trail, help clean up the basketball court or flowerbeds, bring unused household items to the swap shed. However you choose to honor it, Earth Day is a great way to jumpstart a lifetime of taking better care of our planet.

**Earth Day 2022, together, for everyone,  
everything, every day...  
What Will You Do?**

### THE GREAT GLOBAL CLEANUP®



The Great Global Cleanup® is a worldwide campaign to remove billions of pieces of trash from neighborhoods, beaches, rivers, lakes, trails, and parks—reducing waste and plastic pollution, improving habitats, and preventing harm to wildlife and humans.

To register a cleanup, or find one near you, visit [earthday.org](http://earthday.org)



Like music and art, love of nature is a common language that can transcend political or social boundaries.

—Jimmy Carter



## *A Prayer for the Planet*

by Bill Lattrell

As I walk along the ridge this morning, I am witnessing a sunrise that is astounding. A friend of mine once described sunrises as “splendid,” which comes from the Latin word “splendere,” meaning bright light or brilliant. As I witness the ever-changing palette of colors before me I am in awe of the beauty that one experiences on a planet which I am undeniably in love with. On each clear day the glory of the sun rising is the beginning of a new day that is filled with hope, mystery, and possibilities. It beckons me to fully appreciate what I have been given by the Great Spirit. It reminds me that I am ultra-fortunate to experience the wonders that nature has to provide, and that I am responsible for taking care of what I and others have been given. This is the greatest gift of all and must be held in our arms, minds, and hearts with the love that was intended for us to enjoy and cherish.

Life on this planet is a living prayer. It is a spiritual communication between each of us and the Great Spirit. Some call it the Great Spirit God, others refer to it as the Creator, and some simply believe it is and of itself Nature. The important message here is that we have been given an unparalleled gift for which we should show the utmost appreciation by honoring what we have received. Each grain of soil, the air we breath, each mychorrhizal fungae hyphae, each drop of pure water, every single plant and animal, the clouds in the sky, the great blue ocean, and every single sunrise and sunset is a miracle that whether by chance or creation deserves every ounce of respect that we have to give.

We are beyond fortunate. We are blessed.



# INVEST IN OUR PLANET

In the grand scheme of the universe nearly everything we can imagine is infinitesimal. The consolation for this is that each of us, and every single element of the universe, is part of a wonderful whole. Its complexity is above our collective imagination and yet every single fiber of our bodies and minds is aware of this intricate arrangement. It is that unconscious link that gives us faith.

And on this magnificent morning, watching a splendid sunrise, I am experiencing gratitude to something I do not fully understand, but an entity that I fully feel. I am in awe. I feel blissful in the most literal sense.

And for me, how do I honor this feeling of blissfulness? What are my responsibilities? These are questions that I ask myself often and for which I do not have complete answers. But I do know this: My love for that which I cherish is best experienced by fulfilling my responsibilities. By walking softly on this planet and replacing to the best of my ability what I have used is one responsibility that I can achieve. Chief Seattle of the Suquamish people said, "Take only memories, leave only footprints." And I also must honor others in such a way that they will do the same. Nothing on this Earth is really mine. I am only borrowing what I may need so that others may use the same in the future. "Others" includes not only humans, but all living things on this planet who use it for sustenance. I must give this Earth my love, gratitude, and respect so that this may be repeated. It is said that a small stone cast into a pond will make ripples that will be felt to each and every shore.

As the sun lifts higher into the sky, the intensity of the sunrise fades and I am left to carry on throughout this day until I face west this evening and take in the grandeur of the second miracle of the day when the sun sets.

And at night I will rest and dream of days to come.

Life is good.

## 10 Earth Day Activities and Ideas

- ✓ Pick up litter
- ✓ Plant a tree
- ✓ Plant a garden
- ✓ Build a birdfeeder
- ✓ Organize a nature scavenger hunt
- ✓ Take a walk and discover native plants
- ✓ Start a compost bin
- ✓ Learn local recycling rules
- ✓ Perform a household energy audit
- ✓ Invest sustainably



Bill Lattrell



### Safe Disposal of Mercury-Containing Items

Never put items such as old thermostats or fluorescent light bulbs in the trash or recycling. They contain mercury, which is hazardous to human health, wildlife, and the environment. Handle them carefully and bring them to the Heath Transfer Station for disposal.

For details, visit [franklincountywastedistrict.org/towns/2015heath](http://franklincountywastedistrict.org/towns/2015heath).



## Avian Influenza Detected in Birds in Massachusetts

Highly Pathogenic Avian Influenza (HPAI) has been found in MA, according to the Massachusetts Department of Agricultural Resources. All domestic poultry, including chickens, turkeys, guinea fowl, and game birds like pheasants, may be at risk of exposure to HPAI.

The Department recently issued comprehensive biosecurity guidelines for protecting your flock. Here are some of the important measures that you can take to reduce the chances of infectious disease being carried onto or off of your farm.

### Reduce Risks to the Flock

- Never introduce adult birds into established flock unless they pass quarantine or are tested clean of disease.
- Do not house different species together.
- Prevent visitors from accessing your pens or coops.
- Confine birds to a covered coop or outbuilding.
- Do not share equipment, supplies, or vehicles.
- Use best practices for cleaning and disinfecting.

### Precautions for Free-Range Poultry

- Keep birds indoors as is possible.
- Outdoor enclosures should have solid roofs and wire mesh or netted sides.
- Provide feed and water in an indoor area.
- Prevent access to surface water that could be contaminated with wild bird droppings.
- Install and use a disinfectant footbath before entering the coop or other poultry areas.
- Do not mix your birds with other production animals!

### Watch for Signs of Disease

It is important to know the warning signs of diseases such as avian influenza. Early detection helps prevent the spread of disease. Look for these signs:

- Increase in unexplained deaths in your flock
- Sneezing, gasping for air, coughing, and/or runny nose
- Decrease in water or feed consumption
- Watery, green diarrhea
- Lack of energy or unusually quiet
- Drop in egg production, or soft or thin-shelled, misshapen eggs
- Swelling around the eyes, neck, or head
- Purple discoloration of the wattles, combs, and legs

If you suspect avian influenza, call MDAR immediately at 617-626-1795. To learn more about biosecurity, go to <https://healthybirds.aphis.usda.gov/>

## SlugFest™ Farm & Market To Open in Heath April 1, 2022

Call it serendipitous.

Heath resident, Cathy Tallen, was at wits end with the perennial infestation of slugs and snails in her garden. After some research, she contacted the Center for Heliculture (CFH) for some expert advice on gastropod abatement. CFH referred her to Steve Mucusofsky of SlugFest™ Farm, a Boston-based helicultural enterprise specializing in the farming of terrestrial snails and slugs predominately for culinary and cosmetic uses. Not only was Steve (aka “The Snail”) able to help Cathy restore her garden back to health (with the aid of more than a few ground beetles and toads), during the mitigation process he discovered that the soil in Heath is quite suitable for commercial gastropod farming. With the



*Snail bed at the farming facility*

requisite town approvals, SlugFest™ made arrangements to lease land abutting Tallen’s property on Sumner Stetson Road. For the past six months, SlugFest™ has been creating a state-of-the-art farming facility replete with breeding units, a hatchery and nursery, fattening pens, and harvesting facilities for escargots and slugs of the Banana, Leopard, and Western Dusky varieties. SlugFest™ has also entered into an agreement to lease the commercial-grade kitchen at 18 Jacobs Road in order to prepare and package its Mucus Juices, natural cosmetics, and such delicacies as Slug Burgers, Banana Slug on a Log with Hazelnut Butter, Deep-Fried Slugs with Green Tomatoes, Snails in Garlic Butter with Gorgonzola, and a variety of Gastropod Puddings. Who knows? Maybe the Heath F.D. will be serving slug pancakes at its next fundraiser. Scheduled to open its doors on April 1 for wholesale and retail business, the farm will host an open house from 2 to 4 p.m. (see ad page 5). Heath residents are invited to attend and to check out the new SlugFest™ Farm Market. Oh, and, while you’re there, be sure to extend a slimy hand to Steve “The Snail” Mucusofsky and wish him a **Happy April Fools’ Day!**







## Town Nurse

—Claire Rabbitt

### Sleep—Essential for Good Health

Sleep requirements vary:

Infants and toddlers need the most, 9 to 10 hours a night, plus naps. School age children need 9 to 11 hours, and most adults 7 to 8 hours. For adults, sleeping less than 6 hours or more than 9 hours “has been associated with increased risk of health problems and greater risk of dying.”

How you feel is the most important factor in determining if you are getting adequate sleep, which would include functioning well and feeling rested versus feeling drowsy while driving, attending lectures, or reading. In a survey done by the National Institutes of Health, older adults were more likely to report sleep problems, particularly not being able to fall asleep or not being able to stay asleep. There are sleep medications, but they have side effects and should not be a long-term solution.

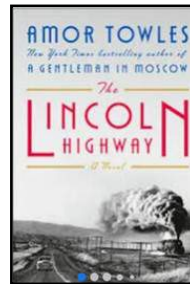
There are several suggestions for improving sleep without medications by developing “sleep friendly habits.” Regular exercise during the day increases endorphins, is good for overall health and weight control, and decreases the number of times you awaken during the night. Avoid caffeine late in the day and evening if you know it affects your sleep. Lighten up on dinner so you’re not going to bed overly full or, conversely, hungry. Limit alcohol as it tends to cause fragmented sleep even though it may initially relax you. Try to keep to a routine bedtime with some relaxation, reading, or listening to soothing music until you’re feeling sleepy. Avoid bright screens, and noisy television programs. “Go to bed when you’re feeling sleepy.” If you don’t fall asleep within 15 to 20 minutes, get up and do something relaxing. Avoid watching TV and snacking. Keep the bedroom dark and cool without TV or computer screens.

If you’re worried about something, it may be helpful to write it down along with possible solutions. Then find something to read that will get your mind refocused. If this is a chronic problem, try the Mayo Clinic website for relaxation techniques such as Progressive muscle relaxation, Visualization, or Mindfulness Meditation.

In February, I attended a virtual lecture called “The Heart and Soul of Heart Disease,” sponsored by the Senior Class at Baystate Health. Rabbi Ken Hahn talked about using mindfulness to de-stress the heart. His definition of mindfulness: “The capacity to pay full attention to what is going on in ourselves and the world around us without judgement or evaluation.” About anxiety he said, “I have suffered a great deal of misfortunes in my life, most of which never happened.” He suggested a simple way of practicing mindfulness by just paying attention to your breathing; how it feels, and thinking of your breath as your friend. “It was the first thing you did when you were born and will be the last thing you do when you die.”

*Note: Credit for all but the last paragraph goes to the Mayo Clinic Health Letter Special Report for New Subscribers.*

### Friendly Book Recommendation



Whether or not you've read either or both of Amos Towles' other novels—*A Gentleman in Moscow* and *Rules of Civility*—you will be in for a delicious treat with *The Lincoln Highway*. This book clearly demonstrates the breadth of Towles' artistry. Here he takes his two main characters—18-year-old Emmett and his 8-year-old brother Billy, both recently orphaned—on an adventure along the Lincoln Highway in search of their mother. The fact that she seems to be in San Francisco, and they head east from their home in Nebraska is just one part of the craziness that follows.

The story unfolds a bit like Huckleberry Finn, the highway substituting for the Mississippi River, with the two brothers meeting up with all types of characters as they make their way, characters whom you won't forget, who often seem dangerous on first meeting them but usually (not always) turn out to be important and valuable players in Billy's imagination and development.

Like Huck, Billy is an innocent who learns from his experiences. He's my favorite character in the book, with his brother a close second.

I loved the book, and everyone I've recommended it to seems to have had a similar experience.

—Jack Estes,

President of the Friends of the Heath Library





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## Heath Board of Health

### Pandemic Mental Health Awareness

As we cautiously inch our way out of COVID isolation towards reentry into a changed world, one of the many challenges we face is the continued impact of the pandemic on our mental health and social development. The predominant struggle regardless of age, sex, or race remains one of lingering isolation tinted with anxiety and uncertainty, generated by the disruption of familiar routines and social interaction as well as a future seemingly more unpredictable.

We reflect on all the things our children should be learning and experiencing that normally would be a part of their mental and social development. Kindergarteners should be learning how to play and share, middle school students should be developing their personalities and exploring relationships outside of the family, junior and high school students should be becoming more independent, taking on more responsibility. Our youth who are in a crucial stage in their social development, have been cut off from their social peers and support systems outside of the home, leading to a rise in stress-related issues evidenced by an increase in substance abuse, behavioral issues and eating disorders.

In addition, an increased dependence on screen time with online learning and social media has reshaped the norm in young minds. New college students who have spent the past two years in isolation either at home or on campus have been unable to form intimate relationships so critical to their adult experience.

Young families have had to learn how to balance working remotely while monitoring their children's education online, or juggling with childcare at home or with elderly parents to care for, putting a big strain on relationships and families.

The elderly and at-risk population has possibly felt the isolation the greatest, experiencing loneliness and feeling vulnerable without family contact and with limited, if any, social services. And now that perhaps the pandemic is slowly coming to an end, they are experiencing fear of leaving their homes.

How can we address some of these issues as they arise? As parents and educators, as a community and society as a whole, we must think broadly and talk more openly about mental health. It is essential to remain sensitive to these issues and support our elders, our children, our teens, our parents, and ourselves as best we can. The optimum intervention towards mental wellbeing is to

remain attentive and aware if you or a loved one needs support. And more importantly, to reach out for it.

Please refer to the following searches for links to more information on mental health and COVID.

Google "CDC mental health COVID stress" for links.

Google "Psychology today mental health COVID stress" for links.

Google "Mass gov mental health."

On phone, dial 2-1-1 for local resources in your area for mental health needs.

—Lorraine Berger, Licensed Psychotherapist  
Member, Heath Board of Health

—Elissa Viarengo  
Member, Heath Board of Health

## Report from the Finance Committee

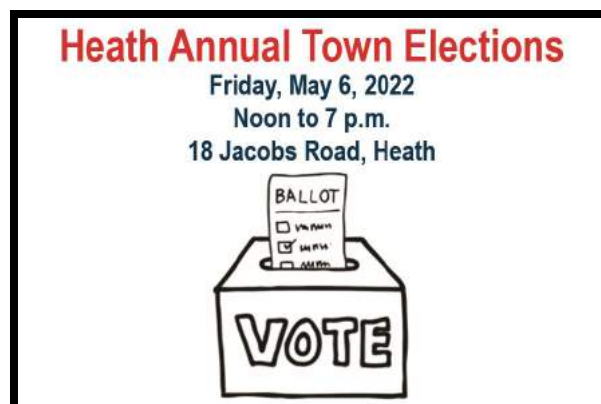
This past December, the Department of Revenue (DOR) certified Heath's 2022 tax rate at \$21.51 dollars per thousand, a reduction of \$1.01 from last year's 2021 rate of \$22.52. To give a little more perspective the 2020 rate was \$22.25, the 2019 @ \$21.60 and the 2018 rate was 21.81. (These numbers are from Mass DOR.)

So what happened to reduce our tax rate? Well, there are a number of items that affect the tax rate, one of which is an active Homeowner Property sales season, at favorable prices, and increased home values throughout Heath.

As we get closer to wrapping up the FY2023 budget, check the Town's Finance Committee website for updates on some of the issues we will face at Annual Town Meeting.

Respectfully submitted,

—Thomas Lively, Finance Committee Chair



## Select Board Report

### Select Board Meetings during COVID-19 Crisis

The Select Board 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

The Town policy on masking, social distancing, and building restrictions remains until further notice. Declining cases of COVID-19 in recent weeks is likely to lead to a call for relaxing some of the restrictions in the near future. The Board of Health has been working with the FRCOG and MA DPH to determine future recommendations for the Town of Heath.

### Budget Season

The Select Board has begun meeting with the Finance Committee every other week to develop the FY23 Budget for approval by the Annual Town Meeting on May 7. Some of the considerations this year will be financing the final completion of the broadband system, an increase in the Mohawk school assessment, and cost of living adjustments for Town employees. Replacement of the salt shed and purchase of a new highway truck are other items under consideration.

### Mohawk School Assessment

An error was made by the MTRS administration calculating the school assessment last year. There was an undercount of Heath elementary school students resulting in a lower assessment of about \$44,000 for the Town of Heath and higher assessments for the other member towns. The Select Board is in discussions with the MTRS district and the state Department of Elementary and Secondary Education in an effort to arrive at an equitable resolution of the matter.

### Colrain Elementary School

After months of work by the Hawlemont Regionalization Study Group, in concert with professional consultants, it was determined that a three-town region with Charlemont and Hawley was not a viable option for Heath. The group recommended remaining in the MTRS district and that the School Committee members should investigate and recommend an alternative district elementary school for Heath students to attend. Colrain Elementary School was determined to be the best location in the district for Heath students. Members of the Select Boards,

Heath parents and students attended an open house at the Colrain Elementary in January. The Heath Select Board has been working with the Colrain Select Board in developing an amendment to the MTRS regional agreement to formalize the relationship upon approval at the district members Annual Town Meetings this year. School Choice will still be an option for Heath students who wish to attend another school.

### Heath Online

Take some time to visit the Town's website at [www.townofheath.org](http://www.townofheath.org). You'll find Select Board meeting minutes, committee information, school information, and important announcements. The Town's 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 Select Board

Robyn Provost Carlson, Chair

Brian DeVriese, Susan Lively

### *Don't want to miss a town board or committee meeting?*

Now you can receive automatic notices of posted meetings by going to [townofheath.org](http://townofheath.org), *Boards and Committees*, and selecting the tab for the board or committee which interests you. There you will find information on how to get all meeting notices by email.

## TOWN ELECTIONS

Friday, May 6, 2022 • Noon to 7 p.m.  
18 Jacobs Road

The following individuals have submitted nomination papers for the elections.

POSITION	CANDIDATES	TERM
Selectman	Robyn Provost-Carlson*	3-Year
Assessor	Alice Wozniak	3-Year
Finance Committee	Gloria Fisher	3-Year
	Alice Wozniak*	
Planning Board	William Emmett	5-Year
Library Trustee	Donald Freeman	3-Year
	Robert Gruen	
School Committee	Vacant	3-Year
Municipal Light Board	William Fontes*	3-Year

\*Denotes candidate for re-election





## Heath Broadband Update

At the time this update was written, the Heath Municipal Light Plant (MLP), our own local broadband network, had been built. We are now in the process of making “live” connections to remaining Heath customers. As snow melts and mud season ebbs, trucks will be able to get back into Mohawk Estates to finish installations in that area. In addition, underground work that was not completed prior to the ground’s freezing will be done, and there is a small list of re-work items for the contractor to complete later this spring. Currently 298 customers in Heath have active service and 109 are (patiently) awaiting installation.

Significant work has been done in recent months to improve the security of our broadband network. As you know, the broadband hub in the Town center is central to the proper functioning of our broadband network. To enhance hub security, we have added several safety features that are monitored remotely. Generator operability and fuel level, water intrusion, fire, smoke, temperature, entry door, and humidity are some of the telemetries being monitored. In addition, interior and exterior cameras were installed for video surveillance.

We have also been diligently working to improve the reliability and redundancy of our broadband network — which involves identifying and preparing ways to ensure continuity and to shorten recovery time in the event of a fiber outage. This has involved collaborating with neighboring towns to identify cost-effective means for rerouting service if a particular line becomes damaged. We are also investigating alternative service providers and discussing sharing maintenance costs and stocking backup switches that would otherwise have a long lag time to obtain.

As the construction period ends, we are transitioning into operations, and are preparing to close out the capital grant project with the State. 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. As a member of WiredWest, all operational bills will be paid by WiredWest and any surplus revenue above actual costs will be returned to Heath MLP. We look forward to a much simpler process of administering and managing

the Heath Network in about a year or so.

Our network was designed and built with the possibility of bringing broadband service to newly constructed homes and businesses in Heath. We will continue to offer a \$250 drop incentive toward installations to existing homes included in the original design plan. In addition, the \$250 incentive will be offered for cold drops that signed up after September 15 2021, and convert to active service prior to June 30, 2022.

Please feel free to contact me or any member of the Heath Municipal Light Board (MLB) for questions; and please contact Whip City Fiber/WiredWest Customer Service (1-833-991-9378) for subscription, equipment, or account items.

—Sheila Litchfield  
Heath MLP Manager

Heath MLB:

Art Schwenger, Municipal Light Board chair

Ned Wolf, MLB member

David Gordon, MLB member

Anne Emmet, MLB member

Bill Fontes, MLB member



### 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



## Obituaries

### Fr. Jerome A Lively A.A.



Fr. Lively passed away on Sunday February 27, 2022, in Southbridge, MA, after battling cancer. Jerome was born on January 20, 1965 to Frederic and Patricia Gadbois Lively. Jerome grew up in Heath and attended local schools, graduating from the Academy at Charlemont. He attended Greenfield

Community College before entering religious studies at St John's Seminary in Brighton, MA, where he graduated in 1989. He graduated from Weston Jesuit school of Theology in 1999. Jerome joined the Assumptionist order, making his religious profession in 1995 and was ordained to the priesthood in 2002.

Jerome taught Theology for several years at Assumption College in Worcester and was granted time off to attend studies in Rome. From February of 2019 until his passing, Jerome was Local Superior and was director of Faith Formation at St. Anne/St. Patrick parish in Sturbridge, MA.

Jerome had a love for sports, classical music, and old books. Give him a bookstore and he was happy. Jerome will be missed. Aside from his Assumption second family, he leaves his brothers Jonathan (Carol) of Rowe, Timothy (Eileen) of Heath, Daniel (Desiree) of Leyden, Christopher (Juana) of Florida, and sisters Veronica (Mike) of Heath, Hannah of Greenfield, and Martha (Tony) of Ashfield. He also leaves several nieces and nephews and great nieces and nephews. Services were held in Sturbridge, MA.

### Anne P. Plunkett



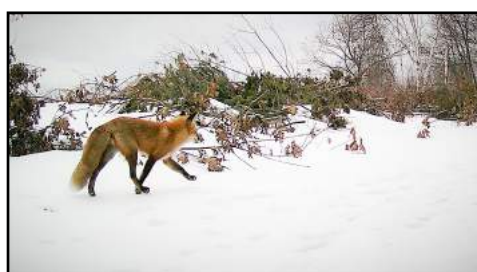
Anne Palmer Plunkett, 77, of Heath, died on December 7 at Hospice of the Fisher Home in Amherst. Born in Chicago and raised in Stamford, CT, Anne lived and worked in a variety of jobs in several places before settling in Heath.

Along the way, Anne skillfully created a life which included two of her greatest passions: books and animals. For many years, she owned Boswell's Books in Shelburne Falls,

where she rescued a sweet tiger cat she named Boswell, to live full-time amongst the books and the customers. (Boswell number five continues to reside at Boswell's, which continues as a thriving business.).

She was loved by many, especially her wife of 28 years, Amy Metzler-Clough. Amy will be forever grateful to Pioneer Valley Hospice and Palliative Care for their help and guidance throughout Anne's illness, and to the Hospice of the Fisher Home for their excellent, compassionate care of Anne in the last month of her life.

## Spotted Around Town



Red fox caught on trailcam.

—Elissa Viarengo



The dog days of mud season on Taylor Brook Road.

—Elissa Viarengo

The *Heath Herald* welcomes and encourages reader contributions to "Spotted Around Town." Please email your photographs and/or observations to [theheathherald@gmail.com](mailto:theheathherald@gmail.com).





## 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

## Why All the Fuss About Easter?

Does it matter? Am I wrong because I don't get it, or if I get it, but don't see its relevance? If this describes you, congratulations: the participants in the Easter story were confused too. You can read more about this in the gospels, a book in the New Testament by the title of Luke in Chapter 24, which says that when the women arrived at Jesus' tomb to prepare His body for burial, it was empty and they wondered what it meant!

Easter week is a great time to explore the confusion!

The Sunday before Easter, called Palm Sunday, marks Jesus' arrival in Jerusalem as a King—just not the kind expected. That Thursday at 6 p.m. we will meet in an informal group to ponder how Jesus' coming, dying, and rising impacts our relationship with each other and with God. This year, our 6:30 a.m. Easter morning Sunrise Service will be at Ruth Corey's on School House Rd. After this pondering we will go to the church for a great breakfast.

All of this will culminate with our 10 a.m. Celebration of Jesus' resurrection.

Join us this Easter Season for confusion, conversation, cuisine, and Resurrection Celebration!

—Neil Stetson, Pastor

## Heath Helping Hands

Heath Union Church's "Heath Helping Hands" is embarking on an "Adventure in Love" to West Virginia. Their trip will take place from June 4-10, 2022. Helping Hands will serve in McDowell County, the southernmost county in West Virginia, an area formerly dominated by the coal industry, that today faces serious problems of opportunity.

Heath Helping Hands will be partnering with Hope Force International [www.hopeforce.org](http://www.hopeforce.org) to serve the community in such things as repairs, house painting, sprucing up, or whatever ways called upon—to name a few.

Helping Hands would be honored to have you participate, either by joining us or by supporting the trip. Checks can be made to Heath Union Church, with Adventure in Love W.V. in the memo line. We are in the process of setting up a Venmo account for electronic gifts as well. There will be an informational meeting on Monday, April 18 at 6:30 p.m. at the church.

For updated reports, check in on Heath Union Church's Facebook page, or contact Rosemary Stetson at 352-362-8858 or [stetson.rosemary@gmail.com](mailto:stetson.rosemary@gmail.com)

## From Our Readers

Dear *Herald* staff,

Just wanted to let you know I really love and appreciate your celebration of past Heath women in the latest issue. What a great idea!! I thought it would be lovely in the future to also celebrate current amazing ladies in a similar way if possible.

Thanks so much,  
—Lyra Johnson-Fuller

Hi Nancy,

Have just read my Feb-Mar issue and want to say I loved the Merritt Churchill excerpts, and the centerfold of the Remarkable Women in Heath's History,


It was so pleasurable to read and see the photos. I recognized all the names—that must give a hint of how long I have been around.

—Agnes Newland



**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

- Mar 24 **Happy 90th Birthday!**  
Edward Muenkel 
- Apr 9 23 **Heath Library Story Hour**  
10:30 a.m., outdoors at 18 Jacobs Road.  
Spring Egg Hunt on April 9. Contact the library for details and updates, 413-337-4934, ext. 7. or [heath.library@gmail.com](mailto:heath.library@gmail.com)
- Apr 23 **Dog and Cat Rabies Vaccination Clinic**  
10 a.m. to noon at 18 Jacobs Road.  
Dog licenses will also be available.
- May 6 **Annual Town Elections**  
Noon to 7 p.m. at 18 Jacobs Rd.
- May 7 **Annual Town Meeting**  
9 a.m. at 18 Jacobs Rd.
- May 14 28 **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)
- May 15 **Mohawk Trail Student Council Tag Sale**  
10 a.m. to 2 p.m. Field hockey field at MTRS, 26 Ashfield Rd. Shelburne Falls.
- June 4 **H.A.Y. Conference**  
9:30 a.m. to 2:15 p.m.  
Hawlemont Elementary School, Charlemont

## 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.

### Walk Safe Program

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

### It is back!

### Senior Open Art

Mondays starting April 25th, 1 to 3 p.m., in the cafeteria at 18 Jacobs Rd. Contact Eileen Lively at 413-337-4742 for more information.

## Tai Chi Class

Tai Chi class, sponsored by the Council on Aging, meets Tuesday mornings from 10 a.m. to noon at 18 Jacobs Rd. It is currently full, but I hope to be ready to accept new students in six to eight weeks. Anyone interested in joining should email me at [stanswiercz@comcast.net](mailto:stanswiercz@comcast.net) and I will notify you when I am ready to add students,

—Stan Swiercz



**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)



## 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, [dougmason@hughes.net](mailto:dougmason@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

"We don't even know how strong we are until we  
are forced to bring that hidden strength forward."  
—Isabel Allende

## THANK YOU COLOR SPONSORS

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



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