



HEATH HERALD

Heath's First Newspaper

\$2.00

Volume 44, Number 2

June/July 2022

Heath's 2022 Sixth Grade Graduates!



Carstyn Bauer
Rowe Elementary



Madeline Finn
Buckland-Shelburne Elementary



Faith Gilbert
Hawlemont Elementary



Landon M. Smead
Hawlemont Elementary



Heath Herald Volunteers**Editorial Staff**

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

Business Management

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

Copy Editing

Jack Estes, estesja@gmail.com

Technical

Nina Hofkosh-Hulbert, theheathherald@gmail.com • Website: Nina Hofkosh-Hulbert, nina.hhl@gmail.com

On the Cover

Congratulations and best wishes to Heath's Sixth Grade graduating students!

The Heath Herald Logo

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

Payment Questions

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

Correspondence

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

- Send to our email address:
TheHeathHerald@gmail.com
- Send to our PO Box:
Heath Herald, PO Box 54, Heath, MA 01346
- Drop off at our Town Hall box: Residents can drop a letter or subscription form into the black box on the wall to the left of the post office boxes in the vestibule (no postage needed).

Submission Deadlines

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

Photo Credits

If you would like a photo credited, please identify the source when you send the photo to the Gmail account.

Display Ads

\$5 per vertical column inch* for black & white
 \$6 per vertical column inch* for color

Please note with your ad:

black and white, or color
 2 or 3 vertical inches

*A vertical column inch=one column width by one inch height

Our staff will be happy to work with you to create your ad at no additional cost. Advertisers receive a free PDF subscription to the *Heath Herald*. Ads can be placed by sending your information with payment to our P.O. Box.

Subscriptions

The annual subscription rate for six issues is \$12. Subscription forms may be found near the *Heath Herald* Direct Sales box in the vestibule of Town Hall and on the back page of every issue. Send form with payment to our mailing address or leave in the black *Heath Herald* box to the left of the post office boxes in the Town Hall vestibule.

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.

Disclaimer

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

The *Heath Herald* reserves the right to edit any and all submissions at the discretion of the editorial staff.



Congratulations Heath's Graduating Seniors!

Matthew Joseph Bird



I am the son of Mark and Stephanie Bird, and the brother to Lukas and Gabriel Bird. I was raised in Heath, my entire life. I attended Rowe Elementary and Heath Elementary where I played baseball, basketball, and soccer, and made many

friends along the way. I went to Mohawk for middle school. I really enjoyed playing football during my two years there. I achieved Honors both of those years. After eighth grade I chose to attend the Franklin County Technical School with the desire to become an electrician, which I have been studying for the past four years, while still maintaining Honors.

During my junior year I joined the Heath Fire Department and fell in love with it. It was not long after I joined as a Junior in the department, I realized that I wanted to be a fireman more than an electrician after I graduate. After I turned 18, I joined the Colrain Volunteer Fire Department to get more involved with serving the community. I hope to be able to make my career in the Fire Service/EMS field and continue to serve the community wherever I go. I have also held a job working for Slowinski Wood Products since my junior year.

I like to spend my free time hanging out with my family and friends or at the firehouse washing trucks and just hanging around and talking to some of the guys down there.

Graduation for the MTRS Class of 2022 is on **Saturday, June 4 from 1 to 3 p.m.**
For information, visit mohawktrailschools.org

Stella Clark



I have attended Mohawk since seventh grade, and have played field hockey and basketball for all six years. I was captain of both teams my senior year and helped run youth clinics and referee games. I love to play sports, go on runs, ride my horses, and drive

my truck. I am a National Honors Society member, actively participate in Mohawk's student council, and I am the president of my class. Through these clubs I have helped organize many school-wide events such as homecoming week, spelling bees, fundraisers, recycling, and dances. I also volunteer for the Heath Fire Department as a Junior firefighter. This fall I will be attending Merrimack College to major in nursing, where I will be part of the Honors College. I'm excited to explore and venture out into a new setting and meet new people.

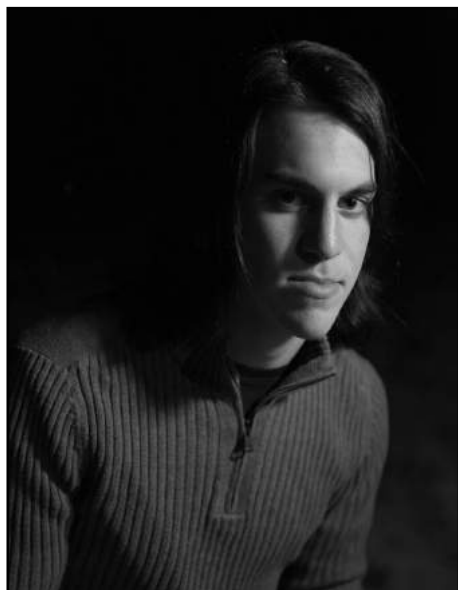
Nathaniel O'Gorman

Nathaniel was born in Greenfield but moved to CT at a young age. He attended schools in Simsbury, CT up until the mid-semester of 8th grade before returning to his hometown of Heath. He has always been surrounded by family pets, many of which were rescued. Out of the many we have, two that have been with him since a very young age which he loves dearly are his golden retriever, Maisy, and his grey tabby cat, Sebastian. He enjoys swimming in the river, playing video games, and hanging out with friends. We are all so proud of him! His family wishes him the happiest life filled with love, surrounded by positivity and prosperity through all the journeys of life.

(Continued on page 4)

(Continued from page 3, *Heath Graduating Seniors*)

Sean O'Day



I'm extremely grateful to everyone at Mohawk who has made it my second home for the past six years. During my time here, I've had the opportunity to play varsity sports for four years, be an officer in clubs such as National Honor Society and Student

Council, and take challenging Advanced Placement classes.

Along the way, I was honored to meet incredible coaches, teachers, and generous community members who have all taught me new ways to better myself. I attribute much of my success to our supportive community and the wealth of resources that exist here.

I'm looking forward to moving on to UMass Amherst to study computer science. In the future, I'm hoping to help others through new technologies and programming.

Judea Eve Sonntag



Judea is graduating from Seton Home Study School with a 4.0. She particularly excelled in English, Literature, and Theology, being especially drawn to the latter. Growing up and being homeschooled in Heath allowed for a unique and

blessed childhood. Judea spent her days enjoying the natural beauty of Heath and learning the reward of good and honest work. She remembers the joys of raising

chickens, cows, and turkeys; breeding pigs; and reaping the seasonal gifts of the land. This includes maple sugaring in the spring and gardening in the summer. In the winter, Judea loves to skate on her pond, go snowboarding with her brothers on the slopes of Berkshire East, snowshoeing in the woods, tracking animals in the snow and having cozy campfires. When not farming or playing games with her eight younger siblings, Judea enjoys many other activities such as painting and making videos, as well. Judea has been taught by her mother, Angela Sonntag, with the support of her father, Joseph Sonntag, neighbors Leland and Cecelia Sherman, and her extensive family and homeschooling community. Judea emerged with a solid education and the ability to learn independently and succeed in any area she chooses to pursue. Homeschooling in this way is the greatest asset she could have before entering the world of adulthood.

This summer Judea will drive out to Front Royal Virginia with her family for her graduation at Seton's actual location. Judea plans to attend Ave Maria University in the fall studying Business Management and possibly Psychology. She hopes to go skydiving and travel to Ireland one day.

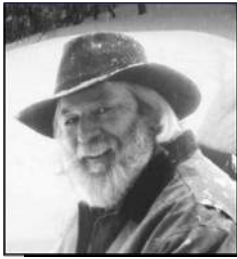
"I have no regrets and can only thank God for the gifts I have been given and for the future that lies ahead of me." —Judea Sonntag

Logan Underwood



Logan is graduating from Franklin County Technical School on June 3, 2022. He has been in the Automotive program there for three years and is participating in the co-op program and working at Triton Automotive in Greenfield. He will be continuing to work there after graduating. His

long term plans are to be a heavy equipment operator and will be taking courses towards getting the licenses he will need.



Wild Ramblings

—Bill Lattrell

The Secrets of Bushwhacking

As one who finds himself frequently in the woods, whether in my own neck of the woods, in the Green Mountain National Forest, the Allagash Wilderness Area of Maine, or the remote wilderness of the boreal forest in northern Quebec, I am most often found off trail. Trails are traveled primarily by humans and therefore they are more devoid of wildlife habitual use. Not to say animals don't use human trails, but they use them less frequently than they use their own trail systems, and they are abundantly cautious when they are using a human-made route. Off-trail areas also give us woodland visitors a different view of plant life where less human influence allows for greater diversity.

My style of meandering about the woods is often referred to as bushwhacking. When I am bushwhacking in the thousands of acres of forest that surround our homestead, I can do it rather mindlessly. I have more than 46 years of experience wandering this amazing and diverse piece of forest and always know the best route back to my homestead, although often it is not the most direct route. I know where many of the best used animal trails are, but I prefer to stay off of these as well. Sometimes I travel parallel to these animal trails, but more often I orient my travel to intersecting them at critical junctures: near a water source, adjacent to a significant ecotone (the transition zone between two different habitats or ecosystems), or perhaps near a known breeding area for a particular species. With every single wandering in the woods, I am focused on observation. What am I seeing? What is new? What am I learning? And I must say, there has never been a time when I haven't found something that piqued my curiosity. Often it is in the form of an observation that creates new questions.

It is the second week of May, and I am following the runoff from a spring that drains east between two bedrock ledges. I am traveling west, in other words, uphill, and this natural intermittent watercourse is a wildlife attractor. Nearly every animal that inhabits this part of this vast woodland uses this spring as a source of water. It is a watering oasis of sorts. There are tracks galore: racoon,

deer, bear, fisher, bobcat, eastern coyote, and porcupine. Eventually the watercourse comes to a flat area just below a vertical piece of bedrock. This is where the spring emerges from the bedrock water supply. As I walk across the nearly level area, my feet sink into the mud and I can smell the distinct scent of onions. Glancing around I notice emerging, sweet soil-loving, ramps. These are not common in areas that primarily have acidic soils as found in this large, wild, forested area. I wonder, "How can this be?" I look at the acidic schist ledge and notice a huge void with a few remaining areas of white rock. Upon closer examination it appears to be some sort of sedimentary limestone that was metamorphized millions of years ago. This type of rock is somewhat easily dissolved when in an acidic environment and can create small areas of soil of high ph, which means the soils are "sweet" and support entirely different plant communities. In this situation, ramps have taken over an area of sweet soil that is entirely surrounded by thousands of acres of acidic soils. A true ephemeral plant, the ramp's vegetated stage of life is short-lived. Previous visits to this spot in mid-summer never revealed this secret! How did the ramps find this 2000-square-foot area? Anyone's guess is as good as mine, but I would bet that some seeds were transported by birds, likely in their scat. I am awed by this small microcosmic ecosystem. It is truly a delight to find something so peculiar and unusual. I feel blessed.

Trails, on the other hand, are very important access routes that make most people comfortable in their woodland travels. Trails have destinations, one is much less likely to get lost on a trail, and people can relax and enjoy their adventure without any major worries that might detract from the experience at hand. Most people are much better suited for trail hiking than bushwhacking. Trail walking is, without a question, safer than bushwhacking. It is my belief that anything that gets you out to appreciate the natural world is a big plus and should be encouraged.

On one local journey that I take nearly every year, I explore an animal trail that wriggles its way across a series of ledges. Most of the trail is three feet wide or so (often with a 30- to 40-foot steep drop to the next ledge outcrop below). It is frequented by porcupine, fisher, white-tailed deer, bobcat, and even black bears. Scat depositions are the main way of determining who has recently traveled here, but there have also been a few live sightings.

(Continued on pages 6-7)

Artisanal Cheesemaking Workshops

Learn the basics of making artisanal cheese at home

Custom-designed classes



Sheila Litchfield Dell Farm, Heath, MA (413) 337-4957

Tucker Litchfield

Functional and Sculptural Glass Art

tucker@litchfieldglass.com

413-337-5799 / 413-475-0521 (mobile)

Mail: 91 Rte. 8A

Heath, MA 01339

LIVELY CARETAKING

Professional Mowing Services,
Field Care and Rototilling

Tom and Sue Lively

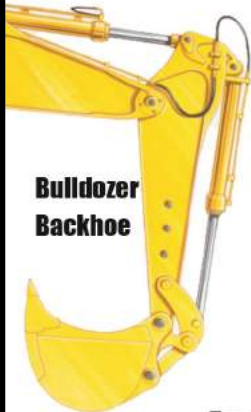
413-337-4061 / 413-325-1065 (Cell)

Thomas.Lively01@gmail.com



21 Number 9 Road, Charlemont, MA 01339

MATT'S TRUCKING & EXCAVATING



**Bulldozer
Backhoe**

Providing professional and reliable
excavating and trucking services at
competitive prices for over 30 years.

- Septic Systems
- Sand
- Fill Dirt
- Gravel
- Final Grade
- Trucking
- Land Clearing
- Snow Removal
- Demolition
- Driveways & Road

**For a free estimate,
call Matt Lively at 413-337-4331**

(Continued from page 5, Wild Ramblings)

On one occasion I happened upon a good-sized female deer traveling towards me in the middle of a long stretch of the narrow ledge trail with no place to exit. The deer turned around in what was the most graceful 180-degree jumping turn I have ever witnessed, and skipped away quickly with much more agility than I could ever muster. Another time I came upon a porcupine traveling in the same direction as me at dusk. Given its painfully slow rate of speed and the fact that it had no intention of speeding up, I was forced to turn around because I wanted to get off the somewhat dangerous ledge trail before dark.

Another aspect of bushwhacking is that I am never tempted to hurry. Trail walking can naturally take place at a quick pace. This can detract from both observation skills and truly being at one with the experience. When bushwhacking, the uneven terrain, trip hazards, thick brush, and other obstacles all slow me down. It is that slow movement that allows me to notice tracks, scat, and other signs that could easily be overlooked. This translates into a stealth experience. Seeing and going unseen. On more than one occasion I have experienced wildlife and hidden plants that I may not have seen on a typical woodland trail.

About a half hour later after locating the ramps, I find myself on a high point above the spring. It is slightly more than 1800 feet in elevation. The bright sun is high in the sky and a mellow breeze brushes over my face helping me to cool down from the steep climb. I am well off-trail, and stepping over logs and debris left behind by a serious ice storm in 2008 and a whopper of a tropical storm in 2011. Given my advanced years, I am being very cautious and try to step in between the coarse woody debris scattered on this high hill. A blackberry thorn grabs a section of sock above my boot and I bend down to pull the pricker off the fabric. As I un snag my sock, my hand brushes a delicate flower that peaks out from behind a fallen branch. Its drooping, pale-yellow, bell-shaped flower, comprised of six petals found beneath two sets of leaves that angle towards the ground, appear as a natural art form. This plant is sessile bellwort, locally known as wild oats. It is delicate, far from obvious, and its clandestine nature somehow captures my emotions. Beauty can often be defined in very simple terms. Wild oats are one example of this.

Some may not feel comfortable with off-trail travel,

particularly in wilderness environments. In areas I am not intimately experienced with, I have always carried a compass (and topographic map if one is available) to help me confirm where I am, if I have any doubts. These days I also carry a pocket-sized GPS which is relatively efficient, but not always the best tool if you have a thick overstory of branches overhead. Not too many years back, while moose hunting in the Quebec boreal forest, I glanced at my GPS only to realize that it had dead batteries. The compass came in handy and I was able to navigate about a mile back to a nearby lake, where I could follow the shoreline back to our camp. The nearest actual road was 60 miles away. The lesson here is that technology has its limits in many situations and locations.

As you might have gathered, taking your time off-trail is an entirely different experience than trail hiking. Placing yourself in locations that wildlife prefer and where plants peek out from last year's leaves and fallen branches has astonishing rewards. You will see more wildlife signs. You will see more wildlife. Your slow movement will help you to see the unusual placement of plants and the connections between plants and animals. You will build confidence in your woodland skills. You will experience the true nature of a natural environment nearly devoid of human influence. A word to the wise is important to note here. Be sure to begin your bushwhacking adventures with a person who has serious and competent woodland experience and knowledge. There are more than a few local women and men who are gifted with this knowledge. Seek them out through friends, neighbors, and family. Preferably you will conduct this activity with others, especially when you are learning all the ins and outs of off-trail travel. And always, and I mean *always*, tell someone else which area you might be exploring. That could save a lot of time should you need help for any reason.

I am walking parallel to a deer trail along this broad ridge. Deer scat, last year's antler rubs, and deer beds in areas where hemlocks adorn the landscape, are plentiful. I stay about 20 feet to the west of the trail so as to not leave any scent and make it less likely that the deer will sense my presence as a threat or invasion. There is an old logging trail that will intersect this deer trail in about another 100 yards. Traveling east about another 50 yards after that logging road, I will re-enter our homestead land at its highest point, about 1730 feet above sea level. I am moving slowly, not for stealth, but because I am tired. And then, without warning, a doe and newborn fawn stand up near a stone wall and slowly

disappear into the newly, pale green, foliated forest. The white spots on the fawn are as beautiful as the brilliant stars in the night sky. This precious moment will ride in my memory for some time to come. There are miracles everywhere and I am lucky enough to witness them!

Wlipamkanni nedobaks!

(Western Abenaki for "Travel well, my friends").

—Bill Lattrell

Spotted Around Town



Scarlet Tanager in North Heath.

—Steve & Linda Marcotte



Heath EMS and Colrain Fire Department respond to rollover on Adamsville Rd. Fortunately, the driver was not seriously hurt.

—Bruce Phillips



Fox in a field in North Heath.

—Steve & Linda Marcotte



When mama calls, you better come running.

—Cathy Tallen

**NEW ENGLAND'S
OUTDOOR
ADVENTURE
CENTER**



BerkshireEast.com | Charlemont, MA | 413.339.6617

HEATH BROOK
STUDIO

BLOWN GLASS BY ROBERT DANE
20 WEST MAIN STREET, HEATH, MA 01346
413.337.5736
WWW.ROBERTDANE.COM


State Street Style
Angela Dodge & Spa
Owner/Stylist

Rachel Stylist
Jodi Nail Tech
Samantha Stylist

36 State Street, Shelburne Falls, MA 01370
www.statestreetstyle36.com
413.522.8927 or text 413.834.7175

**NANCY L. DOLE
BOOKS & EPHEMERA**

Buying & Selling
Good Used Books



Browsers
Welcome!

20 State St. (Bucklandside), Shelburne Falls • 413.625.9850 • ndole@crocker.com

A.L. Avery & Son
GENERAL STORE
Charlemont • 339-4915

Wanda MOONEY

*Serving your real estate needs throughout
Franklin County since 1993*

(413) 768-9848
Wanda@WandaMooney.com
www.WandaMooney.com



COLDWELL BANKER
COMMUNITY REALTORS

Hilltown Tailoring Shop
Professional tailoring services close to home.

Clothing Alterations • Resizing • Hemming Services
Wedding & Formal Wear Alterations • Mending
Home Decor Alterations • Leather Alterations • And More

Contact Cynthia Slattery at 413-652-6587 or
email cynthiaslattery795@gmail.com to schedule an appoint-

HILLTOWN TAILORING SHOP • 27 W. MAIN STREET, HEATH, MA 01346

Maple House
The house on the hill with the view of yesteryear



Reward your friends and relatives with a restful night's sleep high in the hills of Rowe. Three bedroom/three bath apartment in a 200-year-old inn and family farm. See the stars, breathe the clear fresh air, relax in the quiet beauty of spectacular views of the Berkshire Hills.

Lodging and Breakfast from \$60. Call 413-339-0107 for reservations.
Maple House Birds' Eye View Apartment • Middletown Hill Road, Rowe 01367

Richard C. Bishop
Elder Law Attorney

Massachusetts, Florida, Arizona
102 Bridge Street, Shelburne Falls, MA 01370
413-625-2574

277 Main Street, Suite 205, Greenfield, MA 01302
413-773-1818



Nature Note

—Susan Draxler

In Praise of Oaks

“I think that I shall never see a poem
lovely as a tree.”

Was there one particular tree that inspired Joyce Kilmer to write these lines in his poem “*Trees*”? It is not known for certain but many believe that it was a majestic white oak that grew on the Rutgers University campus in New Brunswick, NJ, where Kilmer was a student.

Poets and artists have long been inspired by the longevity, strength, and beauty of oak trees, but oaks also deserve praise for being biodiversity champions. No other tree species can top the number and variety of animals that are provided with food and shelter by oaks.

- Acorns are at the top of the list of valuable wildlife foods. In the U.S., there are around 100 species of mammals and birds that feed on acorns. That in our area includes deer, squirrels, bears, raccoons, blue jays, turkeys, and wood ducks. White oak acorns have less tannin than those of red oaks so are preferred.

- Oaks harbor more insects than any other family of trees. In Massachusetts, the caterpillars of over 500 species of butterflies and moths, like those of the spectacular looking *Automeris Io* (Fabricius) moth, can be found munching on oak leaves.

- Caterpillars, which are rich in fat and protein, are a valuable food for songbirds, especially for migrants and parents feeding hungry nestlings. Orioles, vireos, and warblers especially favor caterpillars. Because of the abundance of this high-quality food, birds spend more time foraging in oaks than in any other tree species.

- Oak leaves are tough and don’t break down quickly after they fall to the ground, so provide year-round shelter for an entire community of insects and other invertebrates that live in the leaf litter beneath the tree. This provides another location for birds like thrushes and sparrows to forage for food.

- Though oak pollen is airborne and the trees are not dependent upon visiting pollinators, many insects feed on oak pollen which constitutes a large part of the diet of

several of our native bee species.

Even if this list didn’t inspire you to write a poem or make a painting, I hope it inspires you to plant some oak trees. Planting oaks native to our area, like Northern red (*Quercus rubra*) or White oak (*Quercus alba*), is a wise investment for the future.



Blue jay with acorn



Oriole and caterpillar



Io moth



Bee on oak flowers



Call for Artists

Save the Date
Heath Arts Exhibition
Sept. 3–10, 2022

All Heath residents who make art in any medium are invited to participate in the Sixth Annual Heath Arts Exhibition. Artists may exhibit up to three works that have not been shown in prior years’ exhibitions. If you have not participated before, contact Harry Hallman at the email address below to request registration materials. If you have shown in previous years, you will receive 2022 registration materials by mail, providing the exhibition is not cancelled due to COVID-19 restrictions.

Contact Harry Hallman at hwhallman@icloud.com



Library Lines

—Kate Barrows

Community Meetings & Communication

The library would like to thank the more than twenty members of the Heath community who participated in last month's discussion groups, those who volunteered to take notes, neighboring librarian Chelsea Jordan-Makely, and Trustee Emily Cross, who helped facilitate.

Wowbrary

Have you subscribed to the Heath Free Public Library newsletter yet? Wowbrary is sent via email early each Wednesday morning and includes up-to-date information on new items at the library, book reviews, resources, program and event notices, and other news. Follow the link at heathlibrary.org or ask library staff to be added to the list. Once signed up, you can expect a confirmation email from Wowbrary and will need to follow the link in that email to activate your free subscription.

The difference between the Library Trustees and the Friends of the Library

Library Trustees are a governing board that is legally responsible for administrative policy-making in areas such as budget, personnel, and contracts, as specified by state law and local ordinances. The Town of Heath's Library Board of Trustees is composed of three members, each elected by the townspeople to serve a three-year term. The Library Director supervises the internal management, daily operation, and procedures of the library. The Board acts as an agent of public trust governing the library. The Library Director exercises professional judgment under the direction and review of the Board to implement the goals, objectives, and policies set by the Board. The Board and the Library Director work together as partners.

The Friends of the Heath Library is a non-profit organization started in 1975 by a small group of dedicated library patrons. Four officers are elected each July at an annual meeting of the membership. The Friends hold fundraising events and accept donations that are used to support the library's collection, sponsor programs and events that are free to the public, purchase items for the

library such as furniture or technology, and promote public interest in the library. The Friends are known for their superb bake sales at Sawyer Hall and the beloved book sale at the Heath Fair.

New Items

Adult Fiction: *The Antarctica of Love* by Sara Stridsberg, *French Braid* by Anne Tyler, *The Girl In Ice* by Robert Bryndza, *Love Songs of W.E.B. Dubois* by Honoree Fanonne Jeffers, *Sea of Tranquility* by Emily St. John Mandel, *Violin Conspiracy* by Brendan Slocumb

Nonfiction: *The Art of More: How Mathematics Shaped Civilization* by Michael Brooks, *L.A. Object & David Hammons Body Prints*, *The Wok: Recipes and Techniques* by J. Kenji Lopez-Alt

Poetry: *Time Is a Mother* by Ocean Vuong

Audio CD: *Dream Town* by David Baldacci, and *Sunlit Weapon* (Maisy Dobbs Book 17) by Jaqueline Winspear

DVDs: *The Handmaid's Tale* Season 4, *Family Squares*, and *No Time to Die*

Juvenile: *Kiara Fights Back: Spyglass Sisterhood Book 3* by Marilyn Kaye

Young Adult Audio CD: *Book of Night* by Holly Black

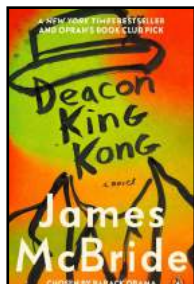
Summer Reading Program



The Heath Library invites you to *Read Beyond the Beaten Path*! Children can sign up at the library and pick up a reading log to keep track of the books read, then bring it back at the end of August to receive prizes! Also, we have some fun programs in store for all ages, including a fairy walk on June 11, a community astronomy night on July 15, a mushroom talk/walk on September 10, a story hour celebrating nature, and hopefully an author/illustrator will visit us in Heath. Details to follow.

This program is sponsored in part by The Friends of the Heath Library; a grant from the Heath Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency; and the Massachusetts Library System, the Boston Bruins; and the

Massachusetts Board of Library Commissioners.

Friendly Book Recommendation***Deacon King Kong* by James McBride**

Up for a good book that will make you laugh and cry? Make your head spin? Leave you with hope for the world and belief in redemption? This is a book for you. McBride is a wonderful writer who fills his tales with twisting plots and unique characters.

The setting is near and dear to my heart. Before moving to Heath, we lived right next to Redhook, in South Brooklyn, home to the Cause Houses Projects. It's here that an often drunk, cranky, church deacon named Sportcoat (aka Deacon King Kong) starts us off by pulling a gun from his pocket and shooting the most notorious drug dealer in the projects. Then, hold on to your hats because McBride will lead you through an amazing cast of characters. We meet the African American and Hispanic residents, Mafia mobsters, church members, and policemen whose lives overlap in ways you won't expect. The Five Ends Baptist Church is at the front of the story, and slowly but surely, the author gives us the backstories in vivid detail. As disparate as the characters might seem, they are linked. People often seem to struggle against each other, but as the plot deepens, love either remembered from the past, or searched for and found in the present, leads them to a treasure both monetary and personal. This story starts off with a bang, literally, and ends with desires and pipe-dreams fulfilled.

—Bob Gruen

Meals on Wheels Drivers Wanted

Volunteer Meals on Wheels drivers are urgently needed in many communities!

Make a big difference in someone's day by delivering a hot noontime meal Monday through Friday (weather permitting) and a wellness check in your own community.

Stipend and mileage reimbursement available.

Call 413-773-5555 or 978-544-2259, ext. 2216 or visit lifepathma.org to apply.



101 Munson St., Ste. 201, Greenfield, MA 01301 • lifepathma.org

**Town Nurse**

—Claire Rabbitt

Peripheral Artery Disease (PAD)

Just as the build-up of fatty deposits in coronary arteries can cause heart disease, this can also happen in the arteries of the extremities, causing peripheral artery disease, leading to pain in the calf muscles while walking. This pain called *claudication* is caused by too little blood flow to muscles with walking. Some other symptoms could be cramping in one or both hips or thighs with walking or climbing stairs, numbness or weakness in one or both legs, coldness in a lower leg or foot, a change in leg color, hair loss or slower hair growth on the legs or feet, slower growth of the toenails, and shiny skin on the legs. Without treatment, a person may begin having pain in the feet and toes at rest, wounds that don't heal, and risk of amputation.



“Smoking and diabetes are the two greatest risk factors for PAD.”

As with heart disease, other risk

factors are obesity, high blood pressure, age, family history, and being African American. To confirm diagnosis your health care provider may use a test called the Ankle-Brachial Index that compares blood pressure in the ankle with blood pressure in the arm using a blood pressure cuff and a special ultrasound device.

Treatment consists of reducing risk factors, such as not smoking, walking regularly, maintaining a healthy weight and eating a healthy diet. Depending on the severity of the disease a formal treatment program may be ordered with exercising on a treadmill 45 to 60 minutes, at least three times a week for 12 or more weeks. Medications may be prescribed for control of diabetes, lowering cholesterol, and decreasing risk of blood clots. If there is a sudden progression of symptoms, angioplasty, bypass surgery, or injection of a clot-dissolving drug may be needed.

—Information from *Mayo Clinic Health Letter*, 4/22

Outdoor Adven

Best Kept Secret— Burnt Hill-Catamount Trail

Since moving to town a year and a half ago, I've had numerous friends and family express an interest in coming to visit this area that is rich with beautiful historic towns, sites, and outdoor activities. On the top of my list was to explore some local walks/hikes to put on my "guest to-do" list. No place better to start than right here in town, in fact just around the corner from my home. While driving up to the blueberry farms on Flagg Hill Road, I came upon a trail-head, which must be the best kept secret in town.

Burnt Hill-Catamount (BHC) Trailhead can easily be found about a quarter of a mile after Flagg Hill Road bends sharply to the right at the top of the hill. There is limited parking and a kiosk for community information. From looking at the trail sign, it's apparent there are several destinations one can explore, but for this day's adventure, I planned on heading to the BHC lookout located on the main trail that I had been told about. The trail



Pine needles carpet the start of the BHC trail.



The BHC trail is well marked, making it easy to find your way.

begins as a lovely pine-needle-covered, wide path with well-placed metal trail markers and yellow painted rectangles on trees. I thoroughly soaked up the sound of the wind through the trees, birds, and, to my dog's delight, chipmunk chirps as I continued down a steady and sometimes rocky decline, hopped a small stream and made my way around the beaver dam.

Thirty minutes from when I began, I came to a trail sign that indicated turning left off of the wide path to

follow a less-pronounced path through the woods towards the overlook. About five minutes from there, it became very important to make sure I always had a yellow-painted trail marker in sight as the path made several tight turns as I climbed the leaf covered trail towards the overlook. The reward was a cool breeze and beautiful view from a wooden platform. The trail does continue down past the look-out into the Catamount State Forest,

but that will be for another day.

I have come to learn that Heath's Park and Rec Committee, with grant funding, is the organization that has marked and maintained this trail so beautifully. For those interested, a walking



Beaver dam along the trail

stick or poles for the rocky, leaf-covered areas, water resistant boots for the numerous wet spots, plenty of drinking water, and a watchful eye for trail markers are highly recommended. I would consider this 1.5 mile hike an easy hike (with slightly moderate moments) for even the recliner warrior that I am. And it is one that I will gladly repeat with my guests, as well as exploring the numerous other trails along the way.

—Elissa Viarengo



The trail can be rocky in places, so good hiking boots and poles or sticks will be helpful.



Wooden platform atop the scenic overlook on BHC trail.

atures in Heath

Fun things to Do in Heath

Our family loves to go to 18 Jacobs Road to play. The traffic circle is a perfect place to practice bike riding on smooth pavement, or rollerblading, or scootering or skateboarding! It only takes six-ish laps to go a mile! When we get tired of traveling on wheels, we'll head to the playground to climb and play, and maybe make some music in the music garden.

Maybe you've noticed kites flying at the Fairgrounds. The wind is almost always stirring things up at the Fairgrounds, and the open grounds with few trees and wires makes for great kite flying. There's also the giant sand-pile that is open for play too!

—Emily Cross



Franklin County Land Trust

Spring is the perfect time to visit one of the several Conservation Areas in Heath owned and managed by the Franklin Land Trust (FLT). Gifted to FLT in 1992, the Betty Maitland Memorial Forest located on the western side of Route 8A contains a forested trail loop and a vernal pool. For folks looking for a more rigorous walk, the Crowningshield Farm Conservation Area off West Branch Road, just east of Route 8A offers early successional open fields for birding, and for fishing along the West Branch of the North River, for those ready to hike down and back up. Looking for a shorter and more open walk, visit the Benson Place Blueberry Trail loop located on the protected Benson Place Blueberry Farm off Flagg Hill Road. The farm is privately owned but the trail ease-

ment allows public access along the designated corridor. Looking for a great birding spot? Visit the 20-acre Mary and Elmer Sherman Conservation Area off Judd Road where warblers and other spring migrants abound. Visit franklinlandtrust.org/places-to-visit for downloadable maps/brochures and more information.

—Alain Peteroy



Bird walk at Maitland conservation area with Will Sloan Anderson.



Fishing on the West Branch of the North River.



Crowningshield conservation area in the fall.

The Oxbow

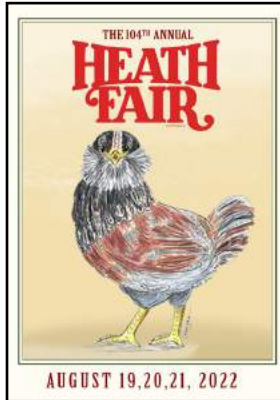
The Oxbow is another great hiking and biking resource, starting on Hosmer Road, by the Fairgrounds. To the end it is a full four miles, but you can go shorter distances if you like.

HO Cook State Forest

Cook State Forest in North Heath is a great spot for outdoor recreation, including hiking, mountain biking, cross-country skiing, snowshoeing, and snowmobiling. Easiest access to this 1,842-acre DCR conservation property is from Route 8A via State Farm Road. Note that there are no trail maps or signage.



Heath Agricultural Society



The theme for the 104th Heath Fair, which will take place August 19-21 is Flock Together. Following the selection of the 2022 artwork, a submission from last year's fair created by local artist Annie Gangne, the membership met to discuss a theme. Members decided on Flock Together as a nod to how our community needs to come

back together; how it takes a whole community to plan and execute the Heath Fair; and with the hope of igniting excitement for coming back together at the Fair this summer. We encourage you to consider this theme and to work with friends and family or groups/clubs to create a float for the fair parade on Sunday, August 21.

Plans are under way for tractor, truck and livestock shows and pulls. We hope you are getting ready with your exhibitions—art, nature, food, canned goods, flowers, etc. The music line-up is shaping up, and vendors have been invited to pepper our midway with handmade arts and crafts, as well as yummy Fair food favorites. The beer tent will feature local brews and a shady place to enjoy the sounds and sights of the Fair. The Gymkhana horse show is back! The Ag tent will be brimming with family-fun activities that take us back to our roots.

While plans are coming together, we are still in real need for additional volunteers to support the Fair this year. Will that be you? Think about how you may be able to lend time and energy to the Fair. All of your support makes the difference and volunteering is a rewarding way to give back and ensure the Heath Fair has a strong future. The Heath Agricultural Society is a private non-profit organization and offers a place for EVERYONE to be involved.

We are immediately seeking the following:

- Support with Facebook social media management/posts.
- Flower donations for flower boxes and raised beds.
- Leadership to run effort to reduce waste we create at the Fair, with more composting and recycling.
- Leadership to run kid-friendly events like the Zucchini

Race and other organic kids' activities.

- Leadership for upper food booth, a key area of profit for the Fair (ServeSafe Certification required to run the food booth) that was lost last year.
- Leadership to help with the merchandise/information tent.
- Leadership to support parade planning and engagement.
- Support for parking and Fair set-up/break-down.
- Grounds-keeping—helping to keep the grounds in good order spring/summer/fall.
- Secretary of the Board (to be voted on at November meeting).
- Premium Book prep/editor.
- Goat Show Secretary (to shadow this year).
- Goat Show Chair/Superintendent (to begin shadowing).
- Website editor/updates.

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 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. We invite you to get involved.

We encourage you to attend the HAY Conference on June 4 and attend the Heath Fair workshop by Elissa Viarengo, HAS member and Exhibit Hall Superintendent. Pick up your premium book there and start planning for the 104th Heath Fair.

Thank you!

—Jessica O'Neill, Heath Fair President





The Way We Love to Eat

—Deb Porter

We are so lucky to live in a place that has seasons, even though those seasons seem slow to come, and we have to wear winter coats to the Annual Town Meeting in May. It seems only a short time ago that we were up to our ankles in mud and now miraculously, early summer is upon us with the delicious first fruits of the season. The following recipe comes from Margaret Freeman, using one of the most delectable seasonal treats, asparagus. The simplicity of it is appealing at a time when being out of doors is a priority, and the more time-consuming recipes are packed away with the winter woollens for another year.



Salmon and Asparagus: A Simple Spring Repast

This meal is so simple that it barely needs a recipe. The size of the salmon and amount of asparagus depends on the number of people served.

Ingredients:

Salmon
Asparagus
Vegetable oil
Salt



Preheat the oven to 400°. With a sharp knife, remove skin from the salmon. Rub it over with oil and place on a baking tray or in a roasting pan. Bake salmon until it flakes with a fork (10-15 minutes depending on size). Do not overcook.

While salmon is baking, prepare asparagus by breaking off the ends. Place in a frying pan or shallow Dutch oven with a pinch of salt. Add boiling water and bring back to the boil. Do not over-cook. Freshly picked Valley asparagus can be drained as soon as it boils.

Hollandaise Sauce

A Hollandaise sauce goes well with both salmon and asparagus. Here is Julia Child's easy recipe for Hollandaise made in an electric blender:

Ingredients:

3 egg yolks
2 tb lemon juice
1/4 tsp salt
Pinch of pepper
4 ounces (1 stick) butter



Place all ingredients in the blender jar. Cut butter into pieces and heat to foaming hot in a small saucepan. Cover the jar and blend the egg yolk mixture at top speed for two seconds. Uncover, and still blending at top speed, immediately start pouring in the hot butter in a thin stream of droplets (use a towel to protect from splashing if necessary). By the time two thirds of the butter has gone in, the sauce will be a thick stream. Omit the milky residue at the bottom of the butter pan. If you wish to lighten the sauce to serve more people, you can stir the stiffly beaten egg whites from the three eggs into the Hollandaise.

Julia Child says, "The technique is well within the capabilities of an 8-year-old child."



Birth Announcement

Frederic Ernest Smead



Frederic started his precious life on February 22, 2022. He is the beloved son of Jacob and Kristin Smead of Deerfield. Frederic is named after his great grandpa, (Cow Papa) Frederic Lively, with his middle name from Kristin's father. Frederic is loved by his

grandparents Michael and Veronica Smead of Heath, his Uncle Steven, Aunt Julie, and cousins Landon, Charlotte, and Trevor of Heath, and Uncle David and Aunt Kate, and cousin Mabel of New York. He is also loved by grandparents, Ernest and Mary Meza, and Aunt Monica and Uncle Eric and cousin Melody, all of California. Frederic is blessed to have great grandparents, Arlene and Robert Thorndike of Shelburne, and a great-grandmother, Pauline Meza of California.

Upcoming Library Events

Fairy Walk & Story Hour

Saturday, June 11 at 10:30 a.m.
North Woods at 18 Jacobs Road, Heath

Community Astronomy Night

Friday, July 15 at dusk
18 Jacobs Road, Heath
Rain Date: July 16

Nature Story Hour

Saturday, July 30 at 10:30 a.m.

For information, contact 413-337-4934, ext. 7 or email heath.library@gmail.com

RUSSELL E. DONELSON BUILDERS

DESIGN / CONSTRUCTION / CABINETRY

Providing professional building, fine carpentry, and project design services for new and existing buildings for over 35 years.

413-337-4460 / DONELSON@CROCKER.COM

Licensed and Insured: CSL: 002164 • HIL: 101777

61 Sumner Stetson Road, Heath, MA



Hager's Farm Market

*Our ice cream window is open
until 8 p.m. Thursday—Sunday
all summer long!*

MAPLE SOFT SERVE • FRESH PRODUCE
HOMEMADE PIES, BREADS & BAKED GOODS

Open Every Day • 7:30 a.m. to 6 p.m.

Grill Open Every Day • 7:30 a.m. to 2 p.m.

www.hagersfarmmarket.com

1232 Mohawk Trail, Shelburne, MA • 413-625-6323

The Baker Pharmacy

52 Bridge Street • Shelburne Falls

Tel: 625-6324

Weekdays: 8:30 a.m.—6 p.m.

Saturdays: 8:30 a.m.—3 p.m.

Closed Sundays



Support your local, independent pharmacy.

Hilltown Hair Salon

[formerly Hair by Hana]

Crystal Spurling-Wetterwald

413.625.6623

102 Bridge Street, Shelburne Falls, MA 01370

An Independent College Preparatory Day School for Grades 6—12 and Post Graduate



OUR STUDENTS LOVE SCHOOL.
SHOULDN'T EVERYONE?

1359 Mohawk Trail Charlemont, MA 01339
413.339.4912 • charlemont.org



Rowe

Camp & Conference Center

PO Box 273 Rowe, MA 01367
413-339-4954
www.rowecenter.org

A magical place to explore new horizons, heal,
make new friends, have fun, be a part of
community or find your place in the world.
We offer weekend retreats on a wide variety
of topics as well as space for private retreats.

Retreat ○ Relax ○ Reflect ○ Relate ○ Revitalize

Blackmer
INSURANCE AGENCY, INC
SINCE 1934

Protection • Selection
Great Service • Competitive Pricing

(413) 625-6527

1147 Mohawk Trail, Shelburne MA



Green Thoughts

—Pat Leuchtman

A Rose is a Rose

Gertrude Stein said “A Rose is a rose is a rose,” suggesting that “it is what it is,” in modern parlance. However, there is evidence that the rose existed 32 million years ago. Clearly it has changed over those millions of years, first by Mother Nature, and later by explorers, horticulturists and gardeners, who found new roses and the magic of hybridizing.

My own view of the rose has changed radically over the years. Early-on I had very little experience with roses that were usually upright bushes that the owners were always pruning, and fussing with pesticides. I had no interest in fussing over an uptight bush with poisons in my hand.

When we were preparing to leave New York City for Heath in 1979, I read *Onward and Upward in the Garden* by Katherine S. White, the wife of E.B. White, one of my favorite authors. Katherine was a great gardener and a wonderful writer as well. *Onward and Upward* begins with a chapter about the Roses of Yesterday and Today Nursery, as well as other garden catalogs.

I immediately sent for my own Roses of Yesterday and Today catalog. Thus began my fantasies of a rose garden on my Heath hill. I wanted these antique roses for their beauty and romance, but they are also practical because they are hardy and resistant to disease. I had no desire to have demanding roses.

The first rose I planted was *Cuisse de Nymph*, translated as Nymph’s Thigh, later expanded to *Passionate Nymph’s Thigh, or Maiden’s Blush*. The *Passionate Nymph* survived 35 years by our front door, right under the roof where she suffered icy winters with icicles falling on her. I gave her a very fond farewell when we moved to Greenfield.

Roses are always being created by hybridization, to bend to fashion, but also to create hardiness. Griffith Buck, who became a professor at Iowa State University after WWII, created a family of hardy roses that were also disease resistant. Several of these roses are sold under the heading Earth Kind. One of my favorite Buck

roses is *Applejack*. It bloomed and welcomed us all at the head of our driveway.

At least 30 years ago Germany forbid the use of poisons in the rose garden. Kordes began to hybridize disease resistant roses like the lush and creamy *Polar Express*, and pale apricot *Lion’s Fairy Tale*, which are thriving in my Greenfield garden.

For those who are interested in roses and want to find hardy disease-resistant varieties, I want to recommend the book *Roses Without Chemicals* by Peter Kukielski.

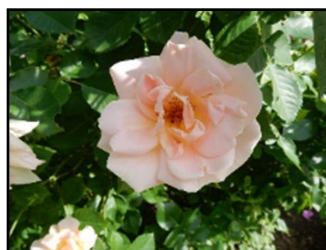
—Greenfield Recorder,
Between the Rows, 6/22/19



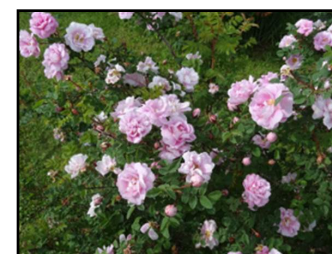
*Passionate Nymph's
Thigh or Maiden's Blush.*



*Applejack, one of Pat's
favorite Buck roses.*



*Lion's Fairy Tale rose,
A Kordes rose.*



Purington Pink rose.



*Thomas Affleck rose
blooms in October.*



*Drift Coral rose, a low-
growing landscape rose.*



Select Board Report

Annual Town Meeting (ATM)

It was held on May 7, 2022. After careful consideration, including consultation with our local health agent Randy Crochier, our Board of Health, and our neighboring towns we decided to return to holding our ATM meeting in the Jacobs Road gym. Town Clerk Mary Sumner worked with all involved to make sure health precautions were in place. Local Board of Health members were on site to hand out masks to all attendees. Thanks to all of those who assisted in making this possible.

The meeting moved quickly and all items were passed. Key votes were:

- Town employees' salary increases for FY23.
- School budgets for Mohawk and Franklin County Tech.
- Language changes to the Regional District Agreement to accommodate Heath's move to Colrain School as our partner school.
- Setting spending limits for all revolving funds.
- Authorizing the transfer of free cash to the selected accounts.

Funding a new position of Boards Clerk. This will replace the current Board of Health position and add three hours to be used by other Boards. The final job description is being worked on.

We offer our thanks and appreciation to everyone who helped make the meeting successful and especially to the voters who took time out from their busy schedules to support the democratic process.

Other Business

We reviewed an update from the Regional Housing and Redevelopment Authority which offers affordable means for home improvements.

Eligibility is based on income and project needs. At this time six projects have been approved in Heath. Additional projects are being considered and applications are still being accepted. Further information can be found on fcrhra.org or by calling 413-863-9781.

FY22 Mohawk Trail Regional School District operating assessment error. This spring an error was discovered in the division of school assessments for FY22. It appears

this happened due to an error in calculating the number of Heath students attending Hawlemont as tuition students. We are currently working with the Mohawk District to determine the most appropriate way to address this error.

It was voted to open the Community Hall for scheduled use. Two windows upstairs are scheduled for repair so that they can be easily opened to improve air circulation. The space is currently available for rentals through the Building Use Committee

At this writing the mask mandates continue to stay in place for all public buildings. This mandate is reviewed on a regular basis in hopes that we can soon lift the requirement.

We approved the signing of the Project Closeout Certificate, for the close out of the state grant for Broadband installation. This certifies that the construction phase is substantially completed.

We have two positions to fill. Barbara Gordon will not seek reappointment to the Board of Health. Her expertise has been invaluable and she will be greatly missed. Barbara Rode has chosen not to accept the write-in vote for School Committee. She has dedicated many hours to this responsibility over the last three years. Her attention to detail was especially helpful as we navigated through the issues regarding the education of Heath's elementary age children. If you know of anyone interested in filling these open spots, please contact us.

—Heath Select Board
 Robyn Provost Carlson, Chair
 Brian DeVriese, Susan Lively

Heath Annual Town Election Results

Annual Town elections were held May 6, 2022, with 176 ballots of 567 registered votes cast. The winners are as follows:

Select Board: Robyn Provost-Carlson

Finance Committee: Alice Wozniak

Assessor: Alice Wozniak

Planning Board: William Emmet

Library Trustee: Donald Freeman

Municipal Light Board: William Fontes

School Committee: The individual who received the highest number of write-in votes has declined the position. The filling of this position will now go to Select Board appointment.

Heath Board of Health Corner

Mosquitoes and ticks and disease... oh my!

Spring is finally springing up in Heath, and with it come those pesky pests that can transmit illnesses to us. As we return to spending time in our yards, gardens, and woodlands, it's important to refresh some basic safety measures and protection routines.



Tick-Borne Disease is a Common and Serious Issue in Western Mass.

Although ticks can be intermittently active all winter, the major season for threat of tick bites is from the spring through to the late fall. Lyme disease, Anaplasmosis, and Babesiosis are the most commonly diagnosed tick-borne illnesses in our immediate area. These diseases are primarily transmitted by the bite of deer ticks (blacklegged ticks) or their nymphs, which are the size of a poppy seed. Contrary to previous beliefs, they do not need to be attached for multiple days or be fully engorged to spread disease. However, the longer they are attached to us and feeding, the greater the risk.

Reduce the risk of tick transmitted diseases by:

Avoidance

- Try to stay out of brushy areas and high grass during tick season.

Personal Protection

- Use DEET repellants when outdoors, or Permethrin-treated clothing.
- Tuck pant legs into socks and wear light-colored clothing to better see ticks.
- Do daily "tick checks" and shower at the end of the day or soon after returning inside. Important areas to closely examine include the hairline, armpits, trunk, belly button, behind your knees and ears.
- Deposit outdoor clothing immediately in your laundry area, garage or cellar. If you plan to re-wear outdoor clothing, tumble in a hot dryer for 20 minutes to kill any ticks.

Environment and Host Management

- Keep grass cut very short and remove brush near your commonly used yard area.
- Consider yard treatments or use of Permethrin "Tick Tubes" for controlling ticks.
- Discourage deer from frequenting your yard.
- Keep up with tick control recommended by your veterinarian for your household pets.

What if you are bitten?

If you find an embedded tick, remove it with twee-

zers, put it in a ziplock bag and place it in the freezer. Contact your primary care physician immediately. For a fee, you can send ticks through the mail to be tested in Amherst, MA. Results are reported within three days. Ticks can be tested after removal, or many months later if frozen. For additional information, visit their website at TickReport.com, or email support@tickreport.com. 413-230-3196.



Mosquitoes and Human Health Risks

Warmer temperatures bring mosquito breeding season. Two diseases spread by mosquito bites are of potential concern in Massachusetts: EEE ("Triple E, Eastern Equine Encephalitis), and WNV (West Nile Virus). These "Arboviruses" can potentially cause serious or fatal illness in humans.

As part of the Pioneer Valley Mosquito Control District, Heath benefits from regular trapping and testing of mosquitoes for these viruses. Since trapping began two years ago, we have not had any Arbovirus-positive mosquitoes detected in Heath. However, there have been occasional positive trappings in other nearby communities.

Ways to reduce mosquito breeding areas:

- Remove receptacles where standing water can accumulate in your yard, such as old tires, containers, uncovered trash bins, etc.
- Empty, clean, and refresh kiddie pools and bird baths frequently.
- Fill in ditches where stagnant water persists after rains.
- Use pumps to keep water circulating in outdoor water gardens and consider adding fish to eat potential mosquito larvae.
- Consider using larvicidal "dunks" in problematic pond areas near your home during the breeding season to reduce hatching out of mature, biting mosquitoes.

Protect from mosquito bites:

- Minimize time spent outside during dawn and dusk hours when most active feeding occurs.
- Cover up and use mosquito repellants during high-risk periods or when spending time in mosquito-rich environments.

Contact the Heath Board of Health (phone 413-337 4934, Ext 8, or boh@townofheath.org) if you would like to receive additional information regarding ticks or mosquitoes, the diseases they carry, and strategies for protecting yourself and your family. These materials are also made available at the Heath Public Library.

—Barbara Gordon

Heath Council on Aging

The Heath Council on Aging thanks its survey volunteers and the many seniors who responded to our survey. We are currently collating the results and accumulating a lot of information on what seniors living in Heath want or need for services and activities. Information on assistance, programs and workshops—in person and via zoom—on such matters as transportation, home care, healthy living, home repair, etc., is provided in free brochures available on a table outside of the library at 18 Jacobs Road. Keep an eye out for future announcements on exercise programs, and on intergenerational social activities being planned.

Upcoming in September (date to be determined): An in-person presentation entitled *Consumer Protection*, by Anita Wilson, Director of the Consumer Protection Unit of the NW District Attorney office. Anita will present crucial information about how to detect and avoid consumer scams. Some fliers from this program are now available on the table at Jacobs Road..

—Victoria Burrington, Chair
Margaret H. Freeman, Secretary
Donna Hyytinen, Sue Lively, Cathy Tallen

HRA

Zero-Interest Housing Rehabilitation Loans Available to Heath Residents

The Franklin County Regional Housing & Redevelopment Authority (HRA) is administering a housing rehabilitation loan program on behalf of the Town of Heath. The program offers zero-interest, deferred-payment, 15-year forgivable loans of up to \$35,000 to qualified homeowners to improve the safety and energy efficiency of their homes. Eligible improvements include: roof repair/replacement, electrical and plumbing upgrades, septic repair/replacement, insulation and weatherization, accessibility modifications, heating and hot water system repair/replacement, wells, replacement windows, lead paint abatement, and more. For more information or to request an application, please call Jen at 413-863-9781, ext. 137 or email jmorrow@fcrhra.org.



Charlemont Forum 2022

Inspiring Lectures / Engaging Dialogue

Genny Beeman, the director of the Stonewall Center at UMass, will present *The Changing Nature of Gender in the 21st Century* on July 21 at 7 p.m. This talk will explore the generational shift that has taken place over the last decade in how gender is lived and viewed. Refuting the common assumption that gender can be reduced to female and male, many members of Gen Z identify as non-binary and are challenging society to recognize more than two genders. This presentation will discuss the development of these changes, why they are important, and how people can be supportive of this movement.

We are excited to get back to in-person events and currently plan to hold both events simultaneously in person and streaming via Zoom. If COVID dictates, however, we reserve the option to revert to fully remote.

Please visit us on our Facebook page at *Charlemont Forum* and on our new website, charlemontforum.org.

The Charlemont Forum is sponsored in part by the Heath Cultural Council.



HILLTOWN YOUTH & RECOVERY THEATRE

Presenting our 12th Outdoor Traveling Spectacle

William Shakespeare's

Much Ado About Nothing

Performances at Berkshire East, July 31–August 3

Pre-Workshop Recovery Camp, July 5–9

For young people overcoming addiction, trauma, anxiety, depression and other behavioral health challenges.

hilltownyouth.org • 413.387.8783 • hilltownyouth@gmail.com



We are sad to announce that Leighton McCutchen, long-time resident of Heath, passed away on the morning of May 17. We offer our sincere condolences to his family and many friends, and will publish a full obituary and memories of Leighton in the next issue of the *Heath Herald*.



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 or by phone. Link for joining by phone:

Call-in number: 1-425-666-4605

Board of Deacons:

Hilma Sumner, Chair, 337-4845 • Claudia Ainsworth, 624-8952 • Dana Blackburn, 413-221-0961 • Victoria Burrington, 337-4425 • Walt Gleason, 337-4479

Church News

All too often good things take much longer to accomplish than planned. This is certainly common in Haiti. Last August, a 7.2 earthquake hit the southwestern region, which is a mostly remote rural area. 12,000 people were injured, 2,200 people perished and many more are still missing and presumed dead.

Due to its remote region with difficult access, international media coverage and aid were minimal.

Heath Union Church was able to partner with Hope Force International, hopeforce.org, which has an in-country presence in that area. They were immediately able to offer some emergency care and help. Hope Force worked with local churches and village leaders to develop a plan to bring in some prefabricated houses built by another national partner in Port au Prince. With donations collected at the Fair and from the church, you provided \$1,000! 100% of this has gone directly to this project.

These houses were to be transported overland by truck. However, everything ground to a halt for months

because of government breakdowns, and a collapse of law and order. Gangs controlled the roads, making travel impossible. Finally, after months, enough order has been reestablished to make transport possible. To date 30 houses have been delivered, assembled and settled!

This partnership with Hope Force, which in turn works closely with small village churches not unlike Heath Church, is extremely effective. These churches select beneficiaries based on vulnerability. Women (or families) with one or more children, with heavily damaged homes have preference.

These homes are built on concrete and stone foundations, which are the responsibility of the recipient. The houses themselves are wooden, have metal roofs, one room with a porch, and are approximately 240 Sq. ft. Photos of the houses are posted on Heath Union Church Facebook page.

Having lived in Haiti, I can assure you this is a very worthwhile endeavor; these sustainable partnerships bring lasting change and hope. You have played a great role in this.

I want to say MESI ANPIL!

Thank you,

—Neil Stetson, Pastor



Heath Union Church partnered with Hope Force International to help provide prefabricated wood houses with metal roofs to vulnerable families in Haiti.

Community Calendar

- June 4 **H.A.Y. Conference**
9:30 a.m. to 2:15 p.m.
Hawlemont Elementary School, Charlemont
- June 11 **Heath Library Fairy Walk and Story Hour**
10:30 a.m., North Woods at 18 Jacobs Road.
Contact the library for details and updates,
413-337-4934, ext. 7. or
heath.library@gmail.com
- June 11 **Saturday Night at the Movies: Dog**
8:30 p.m., Pelham Lake Park, Rowe
Bring lawn chairs and blankets
Free popcorn and water
- June 18 **Heath Fire Fighters Association Pancake Breakfast**
7:30 to 11 a.m. at 18 Jacobs Road.
Dine in and take out available.
- July 9 **Saturday Night at the Movies: Grease**
8:30 p.m., Pelham Lake Park, Rowe.
Bring lawn chairs and blankets.
Free popcorn and water.
- July 15 **Community Astronomy Night**
Dusk at 18 Jacobs Road. Rain date July 16th.
- July 21 **Charlemont Forum: The Changing Nature of Gender in the 21st Century**
7 p.m. at Charlemont Federated Church and by Zoom. *See page 20.*
- July 30 **Heath Library Nature 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

Ongoing Calendar

Community Yoga

Online classes happening now!

Contact Kate at kate@highlandyoga.studio

Check out the website: highlandyoga.studio

Healthy Bones and Balance

Tuesdays: 11 a.m. to noon

Thursdays: 10 to 11 a.m.

Senior Center in Community Hall.

Contact Claire Rabbitt at nurse@townofheath.org

Foot Clinic

For residents age 60 and older and those with foot-related problems. Contact Victoria Burrington for information and to make an appointment at 413-337-4425.

Good Neighbors Food Distribution

Third Tuesday each month, 4:30 to 6:00 p.m.

All are welcome.

Charlemont Federated Church

175 Main Street, Charlemont

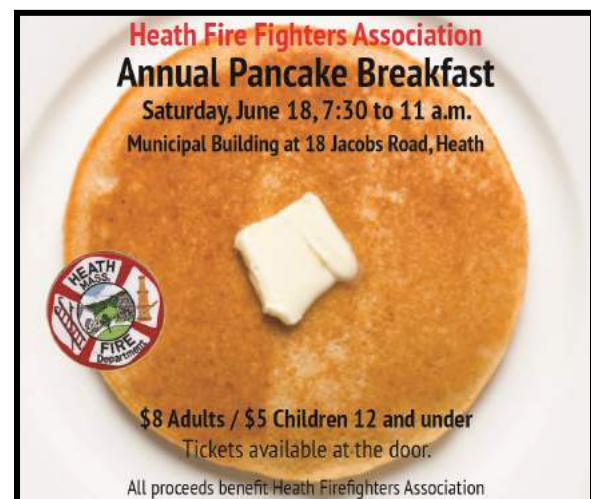
Call 413-339-4294 for information.

Walk Safe Program

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

Senior Open Art

Mondays 1 to 3 p.m., in the cafeteria at 18 Jacobs Road.



Heath Town Offices

18 Jacobs Rd. Heath, MA 01346

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

www.townofheath.org

Town Coordinator, Hilma Sumner

bos@townofheath.org

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

Select Board, bos@townofheath.org

Tuesday 6 p.m., Virtual until further notice

Brian DeVriese, 413-337-5525

Robyn Provost-Carlson, 413-337-5316

Sue Lively, 413-337-4061

Town Clerk, Mary Sumner

townclerk@townofheath.org

Tuesday and Thursday 9 a.m. to noon

Or call for appointment 413-337-4934

Accountant, Dave Fierro

accountant@townofheath.org

By appointment; 413-337-4934, ext. 5

Tax Collector, Elizabeth Nichols

taxcollector@townofheath.org

Monday 4 to 6 p.m.

or call for appointment 413-337-6665

413-337-4934, ext. 2 / Fax: 413-337-8542

Treasurer, Kristi Nartowicz

By appointment: treasurer@townofheath.org

Boards and Committees

Board of Assessors

Wednesday 9:30 a.m. to 4 p.m. 413-337-4934, x3

assessors@townofheath.org

Alice Wozniak, Assistant Assessor

Robyn Provost-Carlson

Heidi Griswold, Anne Emmett

Board of Health, 413-337-4934, ext. 8;

boh@townofheath.org

Gene Garland, Chair; Kate Peppard, Clerk,

Lorraine Berger, Susan Gruen, Elissa Viarengo

Finance Committee

Tom Lively, Chair, 413-337-4061; Will Emmett

Bob McGahan, Ned Wolf, Alice Wozniak

Library Board of Trustees

Deborah Porter, Chair, 413-337-4715

Emily Cross, Donald Freeman

Planning Board

Douglas Mason, Chair, dougmason@hughes.net

Robert Viarengo, Jo Travis, Peter Charow,

Will Emmett

Council on Aging

Victoria Burrington, Chair, 413-337-4425

Margaret Freeman, Donna Hyytinen, Cathy Tallen

Municipal Light Board

Art Schwenger, Chair, 413-337-4077; Ned Wolf

Anne Emmet, Bill Fontes, David Gordon,

Sheila Litchfield, MLP Manager, 413-337-4957

Building Use

Pam Porter, Chair; Pat McGahan, Robin Jenkins,

Victoria Burrington, Lyra Johnson-Fuller,

Susan Gruen, Mary Sumner

Parks and Recreation

Kate Peppard, Chair; Jenna Day, Mike Cucchiara, Shahid Jalil

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, Jessica O'Neill,

Henry Josephson, Heather Row

Historical Commission

Heather Hathwell and Jayne Dane, Co-Chairs;

Susan Gruen, Nina Marshall

Schools

MTRSD School Committee Representative

Budge Litchfield, 413-337-4957

Franklin County Technical School Representative

Art Schwenger, 413-337-4077

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, 337-6640

Wednesday, 9 a.m. to 5 p.m.

Saturday, 8 a.m. to 4 p.m.

Volunteer Fire Department

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

for an emergency. Heathfire@townofheath.org

Emergency Management Team

Tim Lively, EMT, Director; BOH, Select Board,

Sheila Litchfield, RN; All emergencies, dial 911

Community Services

Public Library, Kate Barrows, Director

Lyra Johnson-Fuller, Library Assistant

www.heathlibrary.org,

heath.library@gmail.com

413-337-4934, ext. 7

Post Office Manager, Charlene Reynolds

Mon.-Sat., 9:30 a.m. to 1:30 p.m.

413-337-4934, ext. 4

Town Nurse, Claire Rabbitt, RN

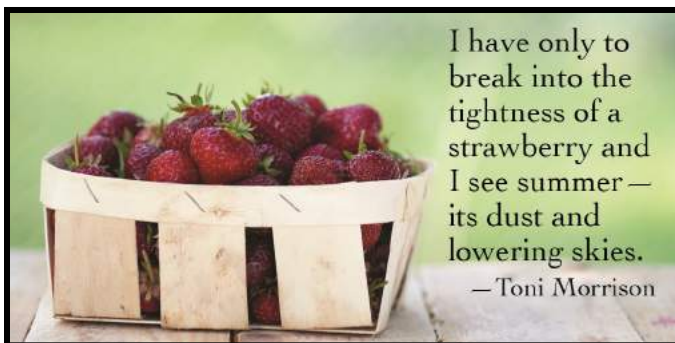
Office hours, Senior Center, 413-337-4847

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



THANK YOU COLOR SPONSORS

Carolyn Booth
Delores and Robert Viarengo
Diantha and James Wholey

Consider a \$25 gift of color for the *Heath Herald*.
Send a check made payable to the *Heath Herald*,
P.O. Box 54, Heath, MA 01346. Note "Color Sponsor"
on your check. Thank you.



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



Heath Herald Reserved Pick-up Program

Help keep costs down by enrolling in our
Reserved Pick-up Program. We'll notify you
when a new issue is available; then, all you
need to do is stop by Sawyer Hall to pick up
your personally labeled copy in the wooden
box in the vestibule.

Email theheathherald@gmail.com to enroll
today!



Support Your Local Newspaper

Get six issues of the *Heath Herald* for only \$12

Subscribe today!

Name: _____

Address: _____

Phone: _____ Email: _____

☐ **Yes!** Please send me six issues of the *Heath Herald* for just \$2 an issue by (check one):

Mail ☐ PDF ☐ Reserved pick-up at Town Hall ☐

Please make your check for \$12 payable to the *Heath Herald*, P.O. Box 54, Heath, MA 01346