

HEATH HERALD

Heath's First Newspaper

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On the Cover

Iced winterberries. Photograph by Rachel Grabelsky.

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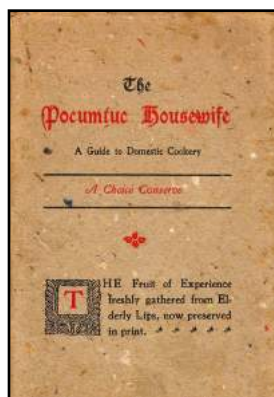
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The *Heath Herald* reserves the right to edit any and all submissions at the discretion of the editorial staff.



I recently came across a copy of *The Pocumtuc Housewife: A Guide to Domestic Cookery* while visiting a friend's house. I could not resist sharing excerpts from this delightful trove of experience "gathered from elderly lips" with you. The book was originally published by the Deerfield Parish Guild in 1906.

Sincere thanks to the Pocumtuck Valley Memorial Association's Memorial Hall Museum in Deerfield, MA for permission to publish this material.

—Deb Porter

The Physical Director

This department may with the greatest truth be affirmed to be worth double the price of the Book, as the receipts are not only safe and cheap, but such as can be easily procured, and are what cannot possibly do the least harm to the Constitution if they should not have the desired effect, which I believe will very seldom or **never** happen. Still, an ounce of prevention is worth a pound of cure, and by observing the following few and simple rules, better health may be expected than from the use of the most powerful medicines:

1. Avoid as much as possible living near a graveyard.
2. Keep the feet from wet, and the head well defined when in bed.
3. Avoid too plentiful meals.
4. Do not abroad without breakfast.
5. Shun the night air as you would the Plague.
6. Tender people should have those much about them, sound, sweet and healthy.
7. Nothing conduces more to health than abstinence and plain food, with due labor.
8. The fewer clothes anyone uses by day or night, the hardier he will be.

To break up a fresh cold. Nothing is better than a glass of hot Flip on going to bed. Put the poker in the fire to heat. Mix some ginger and molasses in a beer mug. Pour on some sour cider. Plunge in the red-hot poker and stir it up till it foams well. This is a very agreeable cure. Warm the bed hot with the warming pan and put in some hot bricks. A fine sweat will carry off the cold.

A slice of salt pork spread with pepper and bound on with a strip of red flannel will cure a sore throat. Or, in a

pinch, a stocking taken warm from the foot and bound about the throat is efficacious.

For a sudden attack of Quincy or croup, or a cold that is tight on the lungs, bathe the neck with bear's grease and pour it down the throat. Goose grease or any kind of oily grease is as good as bear's grease. Onions stewed in molasses are loosening. Put draughts of wilted horseradish leaves on the feet. A drop or two of skunk's oil or hen's oil on a lump of sugar will loosen up a cold.

For an ordinary headache. Take a shovel full of clean wood ashes; put them into clear cold water. When it has settled, drink the water. It may cause vomiting; if it does, the headache will be relieved the sooner.

For earache. Soak the feet in warm water; roast an onion and put the heart of it into the ear as hot as can be borne and bind roasted onions to the feet.

For the King's Evil. Take as much cream of tartar as will lie on a sixpence, every morning and evening.

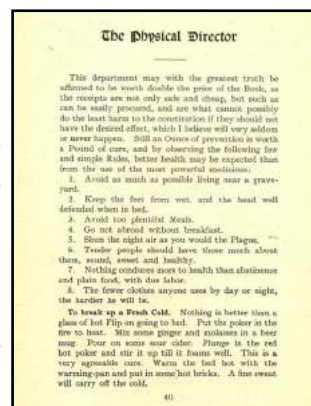
An ointment made of ground worms simmered in lard, and rubbed on with the hand is excellent when sinews are drawn up.

The jaundice. Take as much as will lie on a shilling of calcined eggshell, three mornings fasting, and walk till you sweat—or, half a pint of strong decoction of Nettles.

For humors in the blood. Make a paste of sulfur, cream of tartar, and molasses. Take a teaspoonful three mornings, skip three, take three.

For the flying rheumatism. Prince's pine tops, horseradish roots, elecampane roots, prickly ash bark, bittersweet bark off the roots, wild cherry bark and mustard seed a small handful of each; one gill of tar water into one pint of brandy, or in that proportion. Drink a small glass before eating three times a day.

For chin cough or whooping cough. Rub the back at lying down with old Rum. It seldom fails. Or give a spoonful of juice of Pennyroyal mixed with brown sugar candy.



(Continued on page 4)

(Continued from page 3)

Chamomile for consumption. The attention of a young lady, apparently in the last stage of consumption, was called to the virtue of chamomile by observing from her window early each morning, a dog with scarcely any flesh on his bones go and lick dew off a chamomile bed in the garden, and doing which the animal was noticed to alter his appearance, to recover his strength, and finally looked plump and well. The singularity of the circumstance induced the lady to follow the dog's example. She procured dew from the same bed of chamomile, drank a small quantity each morning and experienced relief. Her appetite became regular. She found a return of spirits, and in the end was completely cured.

Other cures for consumption. Take no food but new buttermilk churned in a bottle and white bread. I have known this successful. Or, every morning cut a little tuft of fresh earth, and lying down, breathe into the hole for a quarter of an hour.

Food for the Sick

Food for the Sick.

Wine Whey. One pint of cream condensed to your taste, warmed hot. Stir in seven wine small corded, grate in cinnamon and nutmeg. — "Jesse Cook," 1861.

A Sick Bed Custard. Scald a quart of milk, sweeten and salt it a little, whip three eggs and stir in. Place on coals in a pewter vessel. — "Jesse Cook."

Milk Pudding. Boil new milk. Stir three thoroughly into cold milk in a bowl, and pour it into the boiling milk. Let it cook six or eight minutes. Season with salt and if the patient blow with sugar and nutmeg.

Dr. Radcliffe's Restorative Pork Jelly. Take a leg of well-fed pork, bone it and braise the bone. Set it over a gentle fire with three gallons of water, half an ounce each of mace and nutmeg and simmer it down to one gallon. Strain, cool and take off the fat. Give a cupful the first and last thing and at noon, putting salt to taste.

Chicken Panada. Boil the chicken in a quart of water. Take off the skin. Put the white meat when cold into a marble mortar. Pound it to a paste with a little of the broth. Season with salt, a grate of nutmeg, and the least bit of lemon peel. Beat gently a few minutes in the mortar and you have it. It should be much as you can drink, though tolerably thick. This conveys great nourishment in small compass. — "Lady from Philadelphia," 1868.

Curdle. Make a fine smooth gruel of half grits. Strain and cool, stir at times. When to be used, add sugar, wine, lemon peel, and nutmeg. Some like a spoonful of brandy beside.

To make a syllabub from the cow. Sweeten a quart of cider with double-refined sugar. Grate nutmeg into it. Then milk your cow into your liquor. When you have thus added what quantity of milk you think proper, pour half a pint or more of the sweetest cream you can get all over it.

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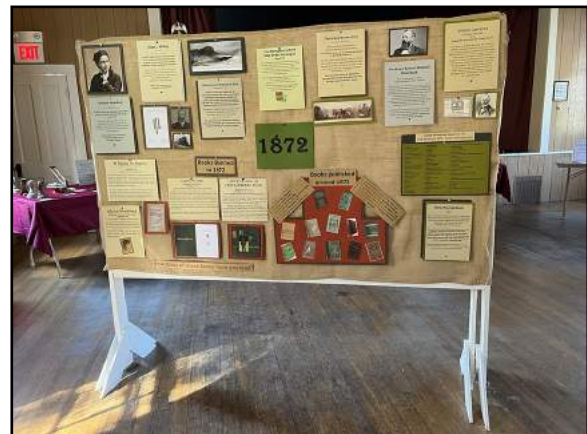
To make a syllabub from the cow. Sweeten a quart of cider with double-refined sugar. Grate nutmeg into it. Then milk your cow into your liquor. When you have thus added what quantity of milk you think proper, pour half a pint or more of the sweetest cream you can get all over it.

Heath Commu



On Saturday, October 8, Heath residents from all corners of town and quite a few out-of-town guests gathered to honor the 150th Anniversary of the Heath Community Hall. We were gifted with a crisp, beautiful fall day and, in the truest sense of "community," people joined in celebration in a steady flow during the afternoon enjoying not only learning about the history of Community Hall, but also that of the Town Center and the historic buildings that Heath is lucky enough to still have and cherish. The event was host to old memories, wonderful photos, interesting historical facts from 1872, burlap sack races, weaving demonstrations, horse and carriage rides, historic story time, pie and cider, self-guided tours of the Center Schoolhouse, Old Town House, and Heath Union Church where the historic Johnson Pipe Organ was being played. It took a fine crew of volunteers and a great planning committee to bring it all together, and to them we offer our many thanks! Happy Birthday, Community Hall!

—Elissa Viarengo



Community Hall Sesquicentennial Celebration



Photos courtesy of Elissa Viarengo and Art Schwenger

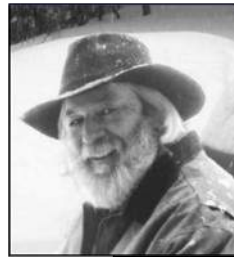
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Wild Ramblings

—Bill Lattrell

Ancient Times, Ancient Wisdom

It is an early November morning and I am at about 1800 feet in elevation on a forested ridge. I am sitting on a rock at the edge of an autumnal pool while my feet, tucked safe within camouflage rubber boots, are in about 12 inches of water. This bedrock bottom pool fills up each fall whether we have had plentiful rainfall or we have been in a drought. The water that fills it likely comes through fissures in the schist bedrock from a nearby higher area that I can see from my location. I try to picture the water finding its way through the underground bedrock network of cracks, seams, and fissures. One contiguous water storage unit without all of the water collecting in one place until it finds an opening to the surface. Hence, this autumnal pool.

The quiet of an early morning autumn woods is astounding. Unlike the bright cheery sounds that one hears in the spring—peepers, wood frogs chorusing, song birds celebrating their territories—the autumn woods are sullen. The quiet can be interrupted with the loud croaking of a raven or the shrill-pitched voice of a redtail hawk, but generally the only sound that can be heard is a gentle breeze.

I'm sitting here to rest. These old legs need respite after a 500-foot vertical climb over the distance of about a mile. In my younger days I would have likely powered on through. Still, I am thrilled with the quiet of where I am, the still water in front of me, and the knowledge that every single item in nature has something to teach us if only we look close enough.

I can see a shimmering reflection of myself on the surface of the pool. The dark water on which the image appears is likely dark because of the algae in the water. Looking at an image of yourself, especially an image that is not clear, can be a mystical experience. Although crystal clear images are eye candy, blurred images are full of mystery and potential discovery. Today is no exception. The algae that shrouds my reflection speaks to me. I smile when it dawns on me how signifi-

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cant this is. Algae is the root to all life on this planet. It is our and every other living creature's beginning. I shudder when I remember that many consider algae to be a nuisance; for instance, algae in a swimming pool or pond swimming area, or algae on a wooden building. Algae is beyond a fact life, it is found nearly everywhere, and it is our essence.

I try to see myself in this image. An older man of differing heritage both European and Indigenous. The distorted image actually makes this easier to imagine. And although I have adopted many of my native ancestors' ways of thinking, the European culture still seems to seep through in many phases of my existence. I learned years ago that I am who I am and that it is the culmination of cultural heritage that defines me.

At this moment my image in the here and now is blending with the bluish algae haze in the water. And I recognize that as being prophetic. It literally is a reflection of my beginning.

It occurs to me that about five years ago a team of researchers in Australia made a unique and important discovery. While researching ancient rocks and crushing them to see what was present millions of years ago, they found a great number of molecules that proved to be the remnants of an algae explosion that took place 650 million years ago. This was during a time period in which Earth was essentially a frozen ball and began to thaw. The melting snow carrying tons and tons of nutrients seeped off into the oceans located under ice. As the ice melted and the saltwater became exposed to sunlight, the Earth's first large-cell algae formed through a complex set of chemical reactions that were stirred by sunlight. It was the beginning of life on our planet for both flora and fauna. Life was born.

While gazing at my blurred image I remember that the Abenaki people believed there were three ages (this lore has been passed down from generation to generation for thousands of years). First there was the Ancient Age when plants and animals were the most closely related and completely equal. Much later came the Golden Age where humans began to separate from the rest of the natural world but were still equal. Finally there is the Present Age when humans completely separate themselves from all other living and nonliving entities. This memory fits well with our planet's actual living history and mimics what we now call Evolution. All life begins as one entity, the living organisms evolve into different codependent and equal-living organisms, among them the great apes; and finally man evolves into a separate and

distinct species that thinks of himself as separate and not necessarily equal. The Abenaki and many Indigenous people believed that we are all cousins; plants, animals, and all living things. I am reminded that modern genetics has revealed that humans share about 50% of their genetic material with deciduous trees (and to differing degrees, all plant life). The large red oak only about 50 feet from where I sit is my cousin.

“Algae is the root to all life on this planet. It is our and every other living creature’s beginning... and it is our essence.”

Feeling a little bewildered by this thought, I stand up and look around. I am surrounded by a great forest, a community of herbaceous plants, shrubs, and trees. It is no wonder that I have always felt as if I am with family in these northern woods. This forest hosts thousands of fauna species that are entirely dependent on the forest's existence.

And the fauna aid the forest through the recycling of nutrients, which aids in building soil, and helps to grow new plants. The cycle is endless and has continued for eons and eons. That we can all experience this is wonderful.

My ancient Indigenous ancestors believed that our planet was one living organism. That all was, in fact, alive or contributed to life. Everything from air to rock to soil has a living purpose that allows our planet to live. And, of course, they were, and are, correct.

That I am fortunate to live where I live (there is not a day when I don't thank the creator for this glory), that I am lucky enough to be a descendant of wise, native people, and that I was able to be given the gift and diligence to work for a great education feels miraculous.

Upon these revelations I stand and start the long downhill trek towards home.

Praise to *Gici Nwaskw* (the Great Spirit), and praise to all those who helped me understand the beauty of our planet during my journey in this life.

Life is good.

—Bill Lattrell





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Town Nurse

—Claire Rabbitt

The Value of Mask Wearing During the Holidays

In the November 2022 issue of *Mayo Clinic Health Letter*, one of the requests for second opinion was on the benefits of mask-wearing by a person concerned with risks of family gatherings during the holidays.

The ideal scenario is that everyone would wear a mask limiting the viral droplets from the wearer and reducing droplets they inhale from others. The best defense is the combination of vaccination, hand-washing, air filtration, and social distancing. If only one person is wearing a mask, the amount of protection depends on the type of mask and a proper fit.

A recent study found that someone wearing a surgical mask, talking to an unmasked person who has COVID-19 seated five feet away, has up to a 90% chance of getting infected after a half-hour of exposure. Surgical masks are loose-fitting, disposable masks meant to block large particles. However, those wearing devices to filter airborne particles (respirators), including high-quality N95 or KN95 nonsurgical masks, had about a 20% risk of infection after talking with the person for an hour.

In a separate study by the CDC, people who reported always wearing respirators indoors in public spaces were 83% less likely to test positive for COVID-19 than people who said they didn't wear a mask inside. People wearing surgical masks or cloth masks were 66% and 56% less likely to test positive, respectively.

For best protection, a mask should fit with no gaps and no air leaking from the edges. Wash or sanitize hands before and after putting on the mask and avoid touching the mask while wearing it. Surgical masks were developed for surgery to protect the patient from bacterial wound contamination. For the most part, bacteria are larger particles than viruses. COVID-19, influenza, and RSV are caused by viruses.

Best wishes for a healthy winter.

Heath Military Veteran, Keith Sherman, Honored by *Heath Herald*



Fred Burrington (left) presents Keith Sherman with a framed print of Heath Center to honor Keith's work with Gold Star families. Photo: Steve Thane

On October 19, the *Heath Herald* honored Keith Sherman for his work that chronicles the stories of service members who were killed in active duty. (See *Heath Herald*, April/May 2020.) At a gathering hosted by Nancy and Steve Thane, Keith was presented with a framed print of Heath Center by artist Fred Burrington in gratitude for his mission to personally interview and record the stories of Gold Star families in every state in the U.S. to ensure that these service members are not forgotten. The mission proved to be even greater in terms of the healing it brought to the families interviewed. The recordings are now part of the Veteran's History Project at the Library of Congress.

The print was donated by Fred and Victoria Burrington, who herself is a Gold Star family member. In presenting the gift, Victoria spoke of her own experience when her father went missing during the Vietnam war, and the great appreciation she felt for the opportunity that Keith gave families to share and chronicle the story of their loved ones. This was something that she was never able to do and knows personally how important it could have been in working through her own grief.

Keith is now retired from the Navy and living in N.C., where he is training to become a pilot. His ambition is to become part of the air support that combats forest fires. He returns to Heath to visit his parents, Leland and Cecelia Sherman. In receiving the print, Keith spoke of how much it meant to be recognized for his work in his home town. He spoke of his love of Heath and the influence it has had on his life. The *Herald* is honored to be able to share Keith's story and are proud to call him a native son.



Nature Note

—Susan Draxler

Birds of Winter and Spring

The change in season from fall to winter brings with it a change in the birds we see in our backyards. Seed-eaters like juncos and chickadees have taken the place of insectivores like phoebes and swallows that long ago headed south to their wintering grounds. But a couple of insect-eaters, both of which are traditionally considered harbingers of spring, can still be seen throughout the winter—robins and bluebirds.



Bluebird and winterberry

The winter behavior of robins and bluebirds depends on where they nest. The birds in the southern part of their range, where food availability isn't an issue, are year-round residents. The birds that nest in Canada and northern New England leave for the winter, making long migrations south. The birds in our area are considered short-term migrants. These birds form flocks that move around looking for food which, in the winter, consists of berries and fruits rather than worms and caterpillars.

The berries of winter are not juicy and sweet like summer berries. They have less moisture, sugar, and fat but, because of that, they don't spoil quickly and can last through the winter. Two shrubs that provide overwintering birds, as well as other wildlife, with long-lasting fruit for the lean winter

months, are winterberry holly and staghorn sumac, both common along our roadsides. Look for branches covered with bright red berries on winterberry and clusters of fuzzy dark red berries at the tops of sumacs and you might get to glimpse a flock of foraging robins or bluebirds.



Robin and sumac

Because bluebirds and robins are mostly feeding in trees and shrubs in winter rather than pulling worms out of the lawn or swooping off of a fence post after a bug, and because their visits are fleeting (maybe just as long as it takes to eat all of the sumac berries in a fence row), they may not be very noticeable. It's not until winter is over and they start singing and setting up their territories for nesting and are back to their familiar habits that it feels like they have returned—a sure sign of spring!



Holiday Message from the Heath Board of Health

COVID numbers are rising again and it is quite apparent, as mask mandates have lessened throughout the country, people have fallen into a false sense of security. The risk of contracting COVID is still very much a threat even though you see fewer people wearing masks indoors. It is up to every individual to evaluate their own COVID transmission risk and, gratefully, we have the resources and experience to help guide us as we desperately want and need to return to a normal way of life.

PCR and Rapid Antigen Home Tests provide a great deal of protection for people ready to gather, travel, and partake in more social activities. Insurance companies will now provide up to eight free test kits per month. Ask your insurance company or visit a local pharmacy for more information. Additionally, your municipal Board of Health may be a resource for free test kits.

Knowing the CDC risk level of COVID transmission in your area by visiting [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) can also be helpful in evaluating your safety. This site has valuable resources on vaccines and boosters, what they are, where to get them, FAQs, information on understanding transmission risk in your area, and what safety measures can keep you and your loved ones healthy.

As the holidays beckon to gather indoors, be sure to set your COVID safety protocol to protect those most vulnerable in your group. This may involve requiring everyone to be fully vaccinated and boosted, asking all guests to take a rapid antigen self-test 24 hours before gathering and again right before the event, wearing KN95 or N95 masks, and/or staying home if anyone is not feeling well regardless of COVID test results. Additionally, making sure that your indoor gathering space is well-ventilated and spacious enough for social distancing will provide an extra level of protection.

—Elissa Viarengo

Member, Heath Board of Health



Library Lines

—Kate Barrows



Heath Free Public Library Hours and Services

Monday, 2 to 7 p.m., Jacobs Road

Wednesday, noon to 7 p.m., Jacobs Road

Thursday, office hours at Sawyer Hall,
11 a.m. to 1 p.m.

Saturday, 9:30 a.m. to 1:30 p.m., Jacobs
Road

What does Thursday's library office hours mean? Stop by Sawyer Hall to pick up materials you have placed on hold or to order new materials. The space will not be open for browsing, but your library director will be there to answer questions, provide information, recommendations, and access to the library catalog.

The library drop box remains at Sawyer Hall. Contents will be collected twice weekly, so you might notice a delay between drop-off and check-in time. Don't sweat the late fees. The Heath Library does not charge late fees for materials we own. Fines charged on materials lent by other libraries are waived, and will be removed from your account upon check-in.

Library Survey

The Heath Library is preparing to launch a library survey! We want to hear directly from all of you so we can develop a Strategic Plan for the Library that is tailored to our community's needs and wants. The survey will be available both online and as a paper version beginning January 2023.

New Items

Please sign up for our weekly *Wowbrary* newsletter or follow the New Titles Link at heathlibrary.org to view materials most recently added to the collection.

Adult Fiction: *Peril in Paris* by Rhys Bowen, *Desert Star* by Michael Connelly, *Going Rogue* by Janet Evanovich, *The Woman in the Library* by Sulari Gentil, *The Golden Enclaves* by Naomi Novik, *A World of Curiosities*, by Louise Penny, and *Carrie Soto is Back* by Taylor Jenkins Reid.

Nonfiction: *The Divider: Trump in the White House*

2017-2021 by Peter Baker and Susan Glasser, *Control Freak: My Epic Adventure Making Video Games* by Cliff Blezinski, *The Worst Girl Gang Ever: A Survival Guide for Navigating Miscarriage and Pregnancy Loss* by Bex Gunn, *The Spirited Kitchen: Recipes and Rituals for the Wheel of the Year* by Carmen Spagnola, and *Shores of Bohemia: A Cape Cod Story* by John Taylor Williams.

Large Print: *The Best is Yet to Come* by Debbie Macomber and *A World of Curiosities* by Louise Penny.

Audio CD: *Overkill* by Sandra Brown and *Boys From Biloxi: A Legal Thriller* by John Grisham.

DVDs: *Bullet Train*, *C'mon C'mon*, *Tar*, *Three Thousand Years of Longing*, and *Top Gun: Maverick*.

Children's Picture Books *I am Ruby Bridges* by Ruby Bridges and Nikkolas Smith, *Ultimate Kids Baking Book* by Tiffany Dahle, *The Padawan Cookbook: Kid Friendly Recipes from a Galaxy Far, Far Away* by Jenn Jujikawa and Liz Lee Heinecke, *I Cannot Draw a Horse* by Charlise Mericle Harper, *Everything in Its Place: A Story of Books and Belonging* by Pauline David Sax, and *Little Blue Truck Makes a Friend* by Alice Schertle.

Juvenile: *The Inheritance Games* by Jennifer Lynn Barnes, *Cece Rios and the Desert of Souls* by Kaela Rivera, *Skandar and the Unicorn Thief* by A.F. Steadman.

Young Adult: *Book of Night* by Holly Black, *The Agathas* by Kathleen Glasgow, and *It Doesn't Have to Be Awkward: Dealing with Relationships, Consent, and Other Hard-to-Talk-About Stuff* by Drew Pinsky.

Library Story Hours at Jacobs Road—Plus

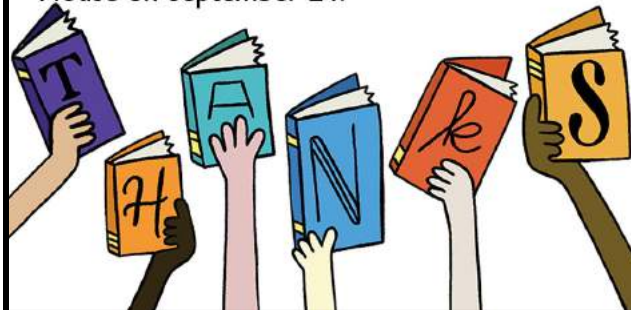
December 3: Story Hour and Playtime, 10:30 a.m.

December 17: Solstice Celebration, All Ages, 3 p.m.

January 7: Story Hour and Playtime, 10:30 a.m.

January 21: Story Hour and Playtime, 10:30 a.m.

Heath Library would like to thank the many people who volunteered to help make the library move to Jacobs Road easy, fast, and fun, as well as those who joined us at the Open House on September 24!



Local Holiday Shopping Guide

Eggs

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



Meats and Poultry

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

Freeman Farm

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



Long Hill Farm (Karen Brooks)
Ground lamb, chops, half-legs, organ meats
Whole and half finished lambs (pre-order only)
Lambs for pasture available in June
Replacement ewes also available
413-337-6614 (home) • 413-774-1999 (cell/text)
kjlonghill@aol.com • homestead.com/karenbrooks

Maple Syrup & Maple Cream

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

Branch View Farm
12 West Branch Road, Heath
413-522-2453 • griswold92@msn.com

branchviewfarm.com
See ad on page 13

Freeman Farm
413-522-5565
info@freemanfarm.biz • freemanfarm.biz
Maple Ledge Farm (The Inman Family farm stand)
Gallons, half-gallons, quarts, and pints
107 Branch Hill Road, Heath
413-337-4313



Jams & Jellies

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

Leellen Weis

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



Herbs

Freeman Farm

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

Holiday Decorations

Branch View Farm

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

12 West Branch Road, Heath
413-522-2453 • griswold92@msn.com
branchviewfarm.com
See ad on page 13

Timothy Lively

Balsam wreaths—plain and decorated
273 Number Nine Road, Heath
413-337-4742 • livelysonthehill@gmail.com



Gifts and Crafts

Branch View Farm

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

12 West Branch Road, Heath
413-522-2453 • griswold92@msn.com
branchviewfarm.com
See ad on page 13

Gifts and Crafts (cont.)

Fred Burrington

Fine art, prints, and cards

413-337-4425

Bob Dane

Blown glass ornaments, vases,
cups, and more

20 West Main Street, Heath

413-337-5736 • robt Dane@verizon.net

See Holiday Sale ad at right

Eileen Lively

Hand-dyed socks and tote bags

413-337-4742 • livelysonthehill@gmail.com

Long Hill Farm (Karen Brooks)

Yarns and fleeces

Sheepskins available with pre-order

413-337-6614 (home) • 413-774-1999 (cell/text)

kjlonghill@aol.com • homestead.com/karenbrooks



HEATH BROOK STUDIO OPEN STUDIO & SALE

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December 17 & 18

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HOME: [413.337.5736](tel:413.337.5736)
robt Dane@verizon.net
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branchviewfarm.com

Check our website and
Facebook page often to
see new holiday events!

OPEN WEEKENDS

Friday, November 25 through
Sunday, December 18, 10am to 4pm



The Heath Library cordially invites you to a free Winter Solstice Celebration on Saturday, December 17, from 3 to 5 p.m., at 18 Jacobs Road. Join us for stories, songs, and a Solstice Spiral celebrating the return of light. Festivities will be held indoors and outdoors. Refreshments will be served.

For information, or if you would like to bring a treat to share, contact the Library at 337-4934, ext. 7.



Christmas Caroling in Heath Saturday, December 17, 2022

Round 1: Departs Heath Center at 5:30 p.m.

Round 2: Departs Heath Center at 6:30 p.m.

All are welcome!

Questions? Call Eric & Mary Sumner at 337-5330.



HAS Celebrates Heath Fair Volunteers Acknowledging and Asking for the Gift of Giving Back

While the 105th Heath Fair seems like it is a long way off, those who plan and execute the Fair know that it will be here before we know it. The 2023 Fair on August 18, 19, and 20 is less than 10 months away. This holiday season we ask you to give back with your gift of time, care, and expertise to HAS by volunteering for the 105th Heath Fair. If you cherish the Fair, please consider that it cannot go on as it always has without more help. We need a pipeline of support.

Those who have always given of their time, care, and expertise will not be able to give in the ways they have in-perpetuity. Will you be next to step up and into the Fair community to ensure we, in the words of Ruth Johnson, "Keep it going"? You may not think you have anything to offer, but rest assured, we can make use of all kinds of support. Don't be shy. Consider the gift of volunteerism in 2023 as your way of giving back to something you love. Be part of the future of the Heath Fair. The rewards of community, accomplishment, usefulness, and friendship abound with your gift. Come to a meeting beginning in January 2023 and see how your gifts can be put to use. We meet second Monday of the month in Community Hall in Heath Center.

In other Fair news: We want to congratulate the winners of the "We Couldn't Do It Without YOU!" Award for 2022. It is always difficult to choose from all the people that give so generously of their time and play such critical roles in the Fair's success, but alas, we do have to choose. This year, we recognize the incredible impact from two families: The Sumners and the Clarks. Thank you to Eric, Mary, Austin, and Kaylin Sumner, and to Nathan and Cindy Clark.

The Sumner family has been stalworth volunteers, serving as food booth managers, attractions superintendent, grounds keepers, exhibit hall support, and much more. There is almost nothing about the Fair that the Sumners have not helped to support. A feeling of calm washes over me when I see them doing this or that around the grounds knowing that their love of the Fair keeps them coming back and giving back over and over again. We all rely on the Sumner family. The Fair would

most definitely not be what it is without them.

The Clarks have managed the pulls (Oxen and Horse), ensuring that the power of these incredible animals is showcased for the enjoyment of our spectators year after year. As farming continues to modernize and industrialize, it feels ever more important to remind people of the history of agriculture and the role these animals have played in our lives and livelihood. One of the best ways to do this is to share the power and ability of draft horses and oxen. Before there were engines, it was these beautiful and stoic animals that plowed, pulled, hauled, and carried us through. We give thanks to the Clarks for supporting this integral part of the Fair so diligently for so many years.

We also wish to say a great BIG thank you to Kate Peppard, who has dutifully served as HAS Clerk. Kate will be leaving her post as she prepares to move to Maine to be closer to family. Kate, we will miss you. You have brought diligent work and a joyful and inquisitive approach to your volunteerism. It is hard to imagine running the ship without you. You will be missed.

Finally, I wish to report that it was a joy to attend the MAFA (Massachusetts Agricultural Fair Association) meeting with fellow HAS members, Conrad and Kathy Halberg and Bradley and Shirley Tombs on October 29. We attended workshops and enjoyed networking with fellow fair planners. We enjoyed an address from Agricultural Commissioner John Lebeaux and Assistant Commissioner Ashley Randle. The Heath Fair came home with a number of media awards:

FIRST PLACE: Poster, Brochure, TV ad, Radio ad Potpourri

SECOND PLACE: Newspaper, Premium Book, Ad Specialty

THIRD PLACE: Website

We thank Annie Gangne, Larry Sampson, Peter Danyluk, and Two Guys in Jackets who played critical roles in producing these award-winning products.

2023 will be an exciting year for HAS, with several infrastructure projects planned, including lighting, plumbin, and re-siding the Exhibit Hall. Please consider the gift of giving back in 2023 and help ensure the Fair has a strong, sustainable future. We hope to see you at the January 9, 2023 membership meeting, when we will kick off the planning for the 105th Fair. Visit our website for full details: heathfair.org

Happy Holidays from the Heath Agricultural Society

—Jessica O'Neill, President



Meet the O'Lanterns

Some new faces showed up in Heath this fall—some spooky, some silly, some grumpy, and some a bit sassy. Thank you to Larry and Rebecca Sampson, Sheila and Maeven Litchfield, Lyra Johnson, Brian DeVriese, and Deb Porter for sharing the Halloween spirit in Heath. Now, what to do with all those pumpkins? See some practical tips in the right-hand column on this page.



Creative Ways of Getting Rid of Old Pumpkins

Halloween and Thanksgiving are behind us and you might be left with a few pumpkins. Getting rid of them can be as simple as tossing them in the compost bin, but there are other uses for your old pumpkins.

If they aren't rotting or decomposing you can make a variety of food with old pumpkins. In addition to roasted seeds or pumpkin pie, the flesh can be used in many dishes. It is great added to a spicy stir fry of curry, pureed into soup, thinned with coconut milk as a topping for pecan ice cream, or even add puree to a homemade pumpkin spice latte.

The rind is also useful. You can peel the cooked skin off the meat and slice it into chips. Simply season them and put them into a dehydrator or oven at a low setting until crispy. Pumpkin skin chips are nutritious and great either alone or dunked into a sweet or savory dip.

With the holidays coming, homemade goodies make great gifts for family and friends. Use the puree for muffins, cookies, or breads, all of which freeze well until you are ready to gift your treats.

If you are not feeling the culinary bug, though, what else can you do? The answer depends on whether the pumpkins are in good condition or not. If the meat is in reasonable condition, feed it to squirrels, put seeds in bird feeders, or give the fruit to pigs. Other animals, such as porcupines and deer, will also enjoy eating the flesh. If the pumpkin is too far gone, compost it or bury it to add nutrients to your garden.

If your pumpkins haven't experienced a freeze or aren't too old, you can also find a wealth of décor and decorating suggestions online—from planters and floral centerpieces for your table to kid's painting projects.

Source: [gardeningknowhow.com](https://www.gardeningknowhow.com)



Pumpkin skin chips are nutritious and great either alone or dunked into a sweet or savory dip.

Good Neighbors Food Pantry at Charlemont Federated Church

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

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

175 Main Street, Charlemont

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

For information, call 413-339-4294.

All are welcome.



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The Way We Love to Eat

—Deb Porter



Heath Fair Peach Crisp

One of the culinary stars on the midway at the Fair is the peach crisp served by the 4H at the lower food booth. This year, throughout the weekend, I kept encountering folks who described the crisp with a dreamy look in their eye, a satisfied smile on their lips, and high words of praise. The recipe for the crisp came out of Sheila Litchfield's recipe box, and then was scaled up for the crowds of Fair-goers by Sherry Hager. Sheila described the fun of working with Sherry in her "Maple Kitchen," cooking enough filling in a giant vat to satisfy a multitude of eager Fair-goers. This crisp was made with Hager peaches, so it couldn't have been more local. The recipe that follows is the original one, not the one that feeds the hordes that visit a fair. It can be made with frozen peaches or fresh, and is a simple but delicious alternative to regular holiday fare. Otherwise, tuck it in your recipe box, ready for next year's peach season. You won't be disappointed.

Peach Crisp

4 cups peeled, sliced fresh peaches

2 tablespoons water

juice of 1/2 lemon

2 tablespoons cornstarch

1/2 cup granulated sugar

1/8 teaspoon salt

Mix all together in a saucepan, bring to a boil and cook, constantly stirring, until thick and clear. Pour into a 9-inch square pan and add topping.

Topping:

1 cup flour

1/2 cup oats

1/2 cup brown sugar

1/2 cup granulated sugar

1/4 teaspoon nutmeg

1/4 teaspoon salt

1/2 teaspoon cinnamon

1/2 cup cold butter cut into small pieces

Mix dry ingredients together; cut in butter, and work until crumbly.

Cover cooked peaches with crumb topping; bake at 350 degrees, covered with foil, for 15 minutes; uncover and bake 20 to 30 minutes longer, until bubbly.

Serve warm with vanilla ice cream.



People in the News



Bob and Del Viarengo welcomed their first great grandchild! Four generations gather to celebrate her arrival. Congratulations to all. *Left to right: Bob, Del, Stephen (son) Adina (granddaughter), Bryan (Adina's husband), and baby Ivy.*



Green Thoughts

—Pat Leuchtman

Houseplants for Christmas

Plants, one way or another, play a big part in our Christmas festivities and gift-giving. I can't think of any other holiday when plants are so important. We decorate our houses and give plants as gifts, and we may also receive a potted plant. The question is how do we choose a gift plant, or care for a plant we never imagined taking up residence on our windowsill? The answer is the same as it is for a plant in the garden. We have to know what the plant needs in terms of light, water, and heat, and where in the house those needs will be met most easily.

When choosing a gift houseplant, consider the home of the recipient. Is the house or apartment very warm or cool? How bright or sunny is the house? Different plants have different light requirements from tolerant of low



Poinsettia

light, to bright but not sunny, to long hours of sun. Choose your plants with those conditions in mind. The poinsettia is a tropical plant that requires four hours of sun, with daytime temperatures between 65 and 70 degrees, and nighttime temperatures 10 degrees cooler. This iconic Christmas flower has the advantage of coming in a range of colors and having a long period of bloom. The 'flowers' are actually bracts that will easily give a month of color. People do carry poinsettias through their dormant period to bloom another year, but most consider the poinsettia a living bouquet, and toss it without a pang when it begins to shed bracts and foliage.

A glamorous Christmas houseplant is the amaryllis or Hippeastrum. It comes in a full range of colors from pale white to rich red, and even candy-striped. It often comes potted and ready to wake up and start growing once it is watered and placed in a bright, warm (70-80 degree) room. It needs to continue to be watered when the top inch of soil is dry.

After amaryllis bloom, they can be carried over by



Amaryllis

Photo: Cathy Tallen

cutting off the flower stalks and putting the plant in a bright cool 50-degree room. Leave the foliage to gather strength for another bloom period, just as you leave daffodil foliage. When the weather is warm, the potted plant can be put outside. In the fall, cut back the foliage and

store the bulb, without watering, in a cool dark space like a basement for at least eight weeks. Then the bulb can be repotted and brought into a bright room. When growth begins, you water the bulb and carry on as before.



Thanksgiving Cactus

Two plants that need very little care are the Thanksgiving

(*Schlumbergera truncata*) and Christmas cactus (*S. bridgesii*). Both are available in shades pale and bright. Christmas cactus needs bright light, not sun. While it does

need to be watered, less harm is done by underwatering than by overwatering. This is true of most houseplants.

Once they have bloomed, these houseplants can live in a sunny room, and live outside in light shade in the summer. They can be given a little fertilizer designed for flowering plants. Buds will set in the fall when nighttime temperatures dip to 55

degrees. Christmas cactus is so easy to maintain that it can be handed down from mother to daughter.

One of my favorite holiday plants is the cyclamen. Cyclamen is a cool-weather plant, so it loves my cool rooms. This is not a plant for an overheated apartment! The blossoms, white or pink, dance like butterflies above the heart-shaped foliage. Water carefully around the edges of the pot so the corm does not become waterlogged and rot. Fertilize every two or three weeks with a soluble fertilizer for blooming plants.

The biggest challenge in carrying a cyclamen plant over is keeping it cool enough. When the bloom period is



Christmas Cactus

over, the plant goes into dormancy. The foliage will dry and fall off. Repot the corm in a slightly larger pot, and put it outside for the summer in a shady spot. Do not



Cyclamen

overwater. By the end of the summer, new growth should have started. Fertilization can resume when buds are set. It is hard to say exactly when a carried-over cyclamen will bloom, but if it comes out of dormancy you should be assured of another bloom season. Just remember: Keep it cool.

Of course there are many other houseplants available

for gift-giving. Any of them will give pleasure throughout the holiday season and beyond if you keep their needs in mind when making a choice.

“Between the Rows,” December 7, 2013

—Pat Leuchtman



*From the Heath Herald family
to your family,
Happy Holidays and best wishes
for the New Year!*

*Nancy Thane, Deb Porter, Cathy Tallon, Rachel Grabelsky,
Mary Sumner, Cindie Garland, Elissa Viarengo,
Nina Hofkosh-Hulbert, and Jack Estes*

Heath Council on Aging News

Senior Center Open

The Senior Center at 18 Jacobs Road is now open Saturdays from 9:30 a.m. to 1:30 p.m. for coffee, cookies, conversation, games, and puzzles. Please drop in. Greeting cards are available and free for the taking.

Art Group

The art group welcomes new members. They meet Mondays from 12:30 to 3 p.m. No experience is required, just come and have fun!

Brown Bag Lunches

These are scheduled for the second Wednesday (changed from Thursday) each month at 11:30 a.m. Bring lunch; beverages provided. It is a social time.

Community Café

Last Saturday of each month. Hours have been extended from 9:30 a.m. to 12:30 p.m.

Foot Clinic

Third Tuesday each month. *See page 22 for details.*

Knitting

Interested in joining a knitting group? Call Donna for more information at 413-337-4762.

COA welcomes suggestions for events and activities. Contact Victoria Burrington at 337-4425.

CALLING ALL KNITTERS



Interested in joining a knitting group? All levels of ability welcome. Contact Donna at 337-4762.

Senior Coordinator Needed

The Heath Council on Aging is seeking a Senior Coordinator to assist in providing services to senior residents. The Coordinator will help plan and implement a range of programs to benefit the health and well-being of our community.

The schedule is flexible, requiring a commitment of five to six hours per week. If interested in applying, please visit townofheath.org/news or contact Hilma Sumner, Town Coordinator, at bos@townofheath.org.

Spotted Around Town



Pickle ball in full swing on the new court in Town Center during the 150th celebration of Community Hall. Left to right: Bob Gruen, Sue Gruen, Barbara Gordon, David Gordon (rear), Bob Bourke, Bob Viarengo, Bob Dane, and Bill Gran.

—Art Schwenger



Turkeys parade and forage as autumn colors fade. West Branch Road, Heath.

—Julianne Hallman



Red fox in light snow in south Heath. Photo taken by trail camera.

—Elissa Viarengo



Bluebirds seeking a winter home.

—Julianne Hallman



Coyotes in the first snow caught on trail camera.

—Elissa Viarengo



Park at your own risk! Some Halloween hoopla on Route 8A in north Heath.

—Cathy Tallen



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. Call-in number for joining by phone: 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

Dear *Heath Herald* Friends,

By the time you receive this issue, Advent will be in full swing. What is Advent?

Literally, Advent is a coming or arrival. Of what/whom? For the Christian church it's a two-way reflection, a look back and a peek into the future. We look back as a means to aid us in remembering the birth of Jesus and all its implications. It is a peek into the future when the church believes that Jesus will come again, and in that process will set all that's broken, bent, and distorted to better than new!

To help us prepare, please picture in your mind this young couple—Joseph and a very pregnant Mary were required to trek to Bethlehem to be counted in the census. Suffice it to say from the background that their resources were meager, and it was a difficult journey. With their journey and needs in mind, reflect on those around us traveling a difficult path.

The Heath Union Church is developing a church/community "Reverse Advent." For details, check out our Facebook page (Heath Union Church) or find us at heathunionchurch.org.

What is "Reverse Advent?" An opportunity for us to focus on giving rather than receiving. To whom are we giving? By the time you receive this, we will have joined with two family units in Heath that we can help resource for the long winter ahead.

In the New Testament book of 2 Timothy we find in verses 9-10 the Apostle Paul describing the wonderful gift given at Christmas, and this reminds us that God has illuminated the way to life and immortality through the Good News! (*New Living Translation*)

That is our focus! To shine light on the path of weary travelers (you and I). Join us as we travel on a better-lit path to the manger.



Advent Events: December 4, 11, 18

Reflective Candle Lighting Jesse Tree (See photo at left. You will need to attend in person to get the full experience).

Christmas Eve Candlelight Service: 5 p.m.

Christmas Morning Celebration: 10 a.m.

May this year's Advent Journey be filled with joy and worship as you reflect on all that takes place when Jesus shows up!

His,

—Neil Stetson
Pastor of Heath Union Church



Follow us on Facebook at
Heath Union Church

Community Calendar

- Dec. 3 **Story Hour and Playtime**
10:30 a.m. at 18 Jacobs Road.
For children under 12 and their families.
Free.
- Dec. 11 **The Uncles Concert**
1 to 5 p.m. Community Hall. Free.
- Dec. 14 **Brown Bag Lunch**
Jan. 11 11:30 a.m. at 18 Jacobs Rd. Seniors bring
their own lunch, socialize with others; beverages provided.
- Dec. 17 **Winter Solstice Celebration**
3 to 5 p.m. at 18 Jacobs Road, both indoors and out. All ages.
- Dec. 17 **Christmas Caroling in Heath**
Round 1: Departs Heath Center at 5:30 p.m.
Round 2: Departs Heath Center at 6:30 p.m.
Dress warmly. All are welcome!
Contact Eric and Mary Sumner, 337-5330.
- Jan. 7 **Story Hour and Playtime**
Jan. 22 10:30 a.m. at 18 Jacobs Road.
For children under 12 and their families.
Free.
- Jan. 28 **Community Café**
9:30 a.m. to 12:30 p.m. in Cafeteria at 18 Jacobs Road. Open to all ages.

Ongoing Calendar

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 ages 60 and older and those with foot-related problems. Third Tuesday of every month.

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 p.m.

All are welcome.

Charlemont Federated Church

175 Main Street, Charlemont


Call 413-339-4294 for information.

Senior Open Art

Mondays, 12:30 to 3 p.m. in Senior Center, 18 Jacobs Road. Contact Victoria Burrington, 413-337-4425.

Senior Center Saturdays

Senior Center at 18 Jacobs Road, open Saturdays 9:30 a.m. to 1:30 p.m.



Don't Neglect Your Feet

The Heath Foot Clinic is available to all residents age 60 and older, and those with foot-related health problems. For information and appointments, please contact Victoria Burrington at 337-4425.

Community Café



Saturday, December 31 • Saturday, January 28
9:30 a.m. to 12:30 a.m. in the Cafeteria at 18 Jacobs Road

All ages welcome!

Come socialize with friends and neighbors while enjoying refreshments, music, puzzles and more. You'll find it to be a wonderful way to start your day!

This intergenerational cafe is sponsored by the Heath Council on Aging.

The Uncles

Live in Concert at Heath Community Hall
Sunday, December 11 at 2 p.m.

FREE



Rob Adams, Guitar
Dennis Avery, Dobro
John Clark, Bass

An eclectic blend of jazz, gospel, rock, folk, country, and pop by a trio of fine local musicians and storytellers.

Sponsored by the Heath Historical Commission and funded by a grant from the Heath Cultural Council, a local agency funded by the Mass Cultural Council, a state agency.



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.

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;

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, Sue Lively

Municipal Light Board

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

Anne Emmett; Bill Fontes; David Gordon;

Sheila Litchfield, MLP Manager, 413-337-4957

Building Use

Pam Porter, Chair; Pat McGahan, Susan Gruen,

Lyra Johnson-Fuller, Elissa Viarengo

Parks and Recreation

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

Senior Center, 413-337-4847 Office hours,

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



townofheath.org
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