



HEATH HERALD

Heath's First Newspaper

\$2.00

Volume 44, Number 6

February/March 2023



HEATH

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

A Valentine to our beloved Town of Heath.

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 P.O.Box:
Heath Herald, P.O. 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.



Letter from the Editor

It is February, the month of love, and we on the *Heath Herald* staff have been thinking a lot about how much we each love and celebrate this wonderful town that we live in. Our editorial meetings are rather free-wheeling, so discussion about the overall look of the paper, specific articles to solicit, and how to best disseminate information is all going through our minds at the same time. At a planning meeting for this February/March issue, one of us pointed out that the content of *every* issue of the *Herald* demonstrates the deep affection we, and our subscribers and Heath citizens, have for Heath. Let me walk you through just some of the current issues of the paper:

- We celebrate, with eager anticipation, the coming of planting season, paired with a recipe for butternut squash soup passed along lovingly from friend to neighbor to friend. At the same time, two columnists express concern as to how the changes in our climate and environment will affect growing seasons, and more, in years to come.
- We highlight the ongoing work and plans for the future of our town Boards, including the Select Board and Library Board of Trustees, who donate their time and talent to ensure Heath stays a special place to live and raise a family.
- There is a call for volunteers, specifically from the Heath Historical Society Board, whose love for the town and its history is great, but whose membership needs assistance and growth. Likewise, the Agricultural Society is searching for help with our beloved Heath Fair. Will this be you?
- A myriad of activities, programs, and learning opportunities are announced by the Heath Cultural Council and the Council on Aging.
- We celebrate our high school students who earned a spot on the Honor Roll mid-year.
- We show you some of the warmth and love shared during holiday celebrations this past season.
- You are also offered the opportunity to help develop a strategic plan for the library.

- You will read sad news of the loss of two of our beloved townspeople but will sense the greatness of love as we mourn.

And, best of all, we hope you will reflect with us about how Heathans, like Sue Lively below, demonstrate that there is abundant love to go around.

thank you

"I want to take this opportunity to thank the many people who offered support to Tom and to me during my recent health issue.

As many of you know I recently had surgery and a prolonged hospital stay.

We had so many people offer support and assistance it was overwhelming.

The prayers, food, phone calls, cards, well wishes were much appreciated.

A special thanks goes out to Jenna, Pam, and Deb for the hours of extra work they did on the home front.

We are so fortunate to be surrounded by such caring people."

—from Sue Lively

From Our Readers



Harrison Marshall, grandson of Sheila and Budge Litchfield, flips through the previous issue of the Heath Herald.

The *Heath Herald* welcomes feedback from our readers. Letters to the Editor should be emailed to theheathherald@gmail.com or mailed to Heath Herald, P.O. Box 54, Heath, MA 01346.



The *Heath Herald* would like to acknowledge and congratulate those Heath students attending Mohawk Junior/Senior High School who made the honor roll this term.

Carsyn Bauer, 7th grade
 Levi Clark, 8th grade
 Madeline Finn, 7th grade
 Nikki Garofalo, 9th grade
 Paul Giard, 7th grade
 Nona Holan, 8th grade
 Brooke Koshinsky, 7th grade
 Truman Long, 8th grade
 Madison Pettengill (High Honors), 7th grade
 Savannah Simmons, 12th grade
 Landon Smead, 7th grade
 McKenzie Sonntag (High Honors), 7th grade
 Kaylin Sumner (High Honors), 11th grade
 Shiya Weigand (High Honors), 7th grade



Nature Note

—Susan Draxler

A Blanket of Snow



Ruffed grouse

As I write this, the beautiful snow-covered scene outside my window is once again slowly melting into bare muddy ground. The periods of unseasonably warm weather we have been experiencing keep us swinging back and forth between winter and mud season. New England is one of the parts of the U.S. that is warming fastest due to climate change and that is affecting the length of the winter as well as the amount of time that the ground is covered with snow. This loss of snow cover has some consequences for our environment.

As a gardener, I am always pleased to see the first snow of the season blanketing the ground and hope that it will stay, knowing that the soil and plants are well protected from extreme cold and drying winds. Without that insulation, the exposed soil freezes up which prevents air and water from circulating through it. This may result in root systems being damaged or killed and is especially serious for evergreens that continue to photosynthesize throughout the winter.

An insulating blanket of snow is important for mammals, insects, reptiles, and amphibians that overwinter underground or in leaf litter to be dormant in a somewhat stable temperature. A continual freeze/thaw cycle throughout the winter can cause these animals to use up reserves of energy and jeopardize their survival.

Ruffed grouse benefit from the insulating property of deep fluffy snow with some interesting behavior. They dive into the snow from a tree and push themselves forward creating a tunnel as they go in which they can sleep protected from the elements and predators alike. Animals like snowshoe hares and short-tailed weasels change to a white coat in winter for protection from predators, but if there is no snow to make their camouflage effective, it only makes them more visible against the brown earth.



**Spaghetti Dinner
to Benefit Heath F.D.**

Saturday, February 4
 Snow Date: Sunday, February 5

18 Jacobs Road, Heath

Sit-down Dining from 5 to 7 p.m.
 Take-out from 4 to 5 p.m.

\$15 in advance / \$20 at the door

50/50 Raffle

To reserve a ticket in advance, please email
heathfireassoc@aol.com.



Short-tailed weasel

A benefit of snow that is important for all of us is its high reflectivity which sends heat back into the atmosphere to cool the earth. But as winters heat up and there is less snow cover, the warming trend will accelerate.

For all of these reasons and because I simply enjoy seeing a snowy landscape, I am hoping that the rest of the season will be a good old-fashioned snow-covered winter right up until the first warming days of spring. Let it snow!

—Susan Draxler

Heath Council on Aging

The Heath Council on Aging has many exciting programs underway, and looks forward to initiating others, including some that are intergenerational. We value your feedback about current events, scheduled times, and possible new activities included in this article.

The Council on Aging is pleased to announce the following upcoming activities for 2023 in the Senior Center at 18 Jacobs Road.

Current Programs and Activities

Art Program: Join other artists to create all kinds of art every Monday from noon to 2 p.m.

Brown Bag Lunch: Bring your lunch and socialize with other seniors the second Wednesday of each month starting at 11:30 a.m.

Community Cafe: Open to all ages with drinks, home-made baked goods, music, puzzles, and more on the last Saturday of each month from 9:30 a.m. to 1:30 p.m. during library open hours.

Foot Clinic: Need help with foot care and nail-clipping? Twenty-minute sessions the third Tuesday of each month. Call Victoria Burrington at 337-4425 for an appointment.

Senior Center: Open hours for the Senior Center are every Saturday from 9:30 a.m. to 1:30 p.m. Drop in to visit with friends, work on a jigsaw puzzle, knit, craft, or enjoy a refreshment. Information on aging concerns is available.

Walk Safe: Indoor walking and exercise space is available during winter when the building is open and not being used for other activities. Hours: Monday and Wednesday from 8:30 a.m. to 7 p.m.; Tuesday, Thursday

and Friday from 8:30 a.m. to 1:30 p.m.; and Saturdays from 9:30 a.m. to 1:30 p.m.

Heath Taiji: *Taiji quan* (a.k.a. *Tai Chi Chuan*) is a martial art emphasizing mindfulness, relaxation, smooth movement, and mind-body integration. The practice improves strength, coordination, balance, and stamina. Studies have shown that Taiji can improve health and well-being in older adults. Current classes continue at Jacobs Road with instructor Stan Swiercz on Tuesdays at 10 a.m. and 4:30 p.m. Suggested donation is \$20 per month. If you are interested in joining, email stanswiercz@comcast.net to sign up for the next beginner's group.

New Activities

Drama Club: Heath playwright John Tierney is working with the Heath Council on Aging to develop plans for a Drama Club. If you are interested, please fill out the brief survey available in Sawyer Hall, Jacobs Road, or online at www.jackmct.com/heath-drama-club.

Knitting Group: Calling all knitters, experienced and novice, to knit together and learn from each other. First planning meeting held in January. Call Donna Hyytinen at 337-4762 for information on dates and times.

Mystery Readers Society: Want to talk about mysteries you've been reading from the Heath library? Come to a meeting at the Senior Center on Saturday, February 4 at 11 a.m. to discuss ideas and a possible schedule for meetings. Moderated by Margaret Freeman. See page 13

Square Dances: Square dances featuring Fall Town String Band with Caller Doug Wilkins to be held at Community Hall. Details to follow.



Building Naming Opportunity

The Select Board will soon be making its final decision on a suitable name for the former school building. In addition to Heath town offices, the building also houses the library, senior center, and space for meetings, exercise, and private rentals. If you have an appropriate idea for a name, email your suggestion to BOS@townofheath.com. **Deadline for submissions is February 13.**

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

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

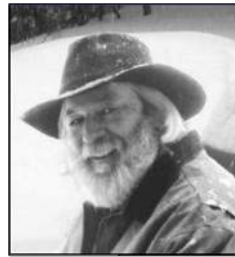


**Bulldozer
Backhoe**

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**



Wild Ramblings

—Bill Lattrell

And the Times They Are A-Changing

It is the third day of January 2023 in the mid-afternoon and it is unseasonably warm, perhaps close to 50 degrees. I am standing on a long plateau at an elevation of 1,760 feet above sea level. I am surrounded by a forest where areas of patchy snow and fog create an unsettling atmosphere. This area is primarily deciduous forest with a thick area of hemlocks to the west where craggy steep terrain creates a wind shadow where I stand. The overstory of the forest consists of red oaks, American beech, red maple, sugar maple, yellow birch, and white birch. Smaller trees and shrubs that occupy space in the understory include ironwood, striped maple, hobblebush, and a multitude of saplings that mimic the overstory composition. I have been visiting this area in all seasons for more than 45 years and it is clear to me that it is not as healthy as it once was. The sugar maples, in particular, have a lot of dead branches, especially near the crowns. There are a lot of trees that have perished, remnants of the ice storm of 2008 that toppled trees and broke off many large branches. Even a decade and a half later these trees die as a result of this great storm after years of struggling. The hemlocks on the steep terrain to the east appear to be unhealthy. The lower branches have few needles and the trees generally appear to be pale green and weak. I suspect that the invasive hemlock *adelgid* is to blame. All of this seems beyond what would be considered to be normal forest ecosystem succession. And despite the fact that I have been witnessing this change for decades, on this day it raises a level of concern that I had not previously experienced.

Anyone that is more than 60 years old will tell you that winters in New England used to be colder, snowier, and more predictable. Now, this is not just another old wives tale but rather it is backed up by the United States National Weather Service records. And I have to say, when I was a kid back in the 1950s and early 60s, in winter it often fell below the -20 range and at times into the -30s. Ice skating, pond hockey, and ice fishing

started right after Thanksgiving and continued into early April. Most years we had snowcover from late November or early December into late April or even early May. Winters meant deep snow, thick ice, and quite a bit of work cleaning up after winter storms. And most folks enjoyed every minute of it.

I was first introduced to the idea of climate change in the 1970s. I didn't think too much about it at the time because it was a trend that was thought would not have results until in the early 22nd century. At that time something more than 130 years away seemed to have little relevance. It seemed to bear no resemblance to any sort of imminent threat. It seemed to be merely a theory about which I was curious, and that was interesting to think about.

Personally, I started noticing significant changes in the 1980s. Winters were less consistent, summers seemed warmer, and precipitation events were beginning to seem less regular and more unpredictable. From that point on I started to pay attention. Perhaps not with both eyes on the changes, but I was more aware that these changes might just create some real differences in not only our weather, but our climate. And changes in climate mean changes in overall global temperatures, precipitation, and the frequency of harsh weather patterns. And this all impacts the wild of our world. Plants, animals, and all living things must adapt or perish. Still, at that time, the worst of it seemed to be outside of my personal life span, and not of immediate concern.

As a professional ecologist and wetland scientist, I began to notice alarming changes in the 1990s. One incident in particular which occurred one February has been etched into my memory. I was doing a site inspection of a wetland replication that I had designed and constructed in the late 1990s that was located in central Massachusetts. The man-made wetland was created to mitigate a wetland that was altered in order to facilitate an access road improvement to an electrical substation. I was there to measure water levels in both the wetland and along the outside edge of the area of study. This wetland replication area was adjacent to a natural open water level that was a wonderful habitat for a great variety of reptiles, amphibians, insects, and mammals. The day I did the site visit, it was 70 degrees which was about 40 degrees above a normal temperature for that area during that time of year. When I arrived at the site there was no snow, no ice, and much to my surprise there were three painted turtles basking on a log that was within the natural open water wetland adjacent to the wetland creation

area. Turtles basking in February? It simply did not compute. In fact, it was shocking!

As one might expect, we had a few almost normal winters for the next few years. Followed by a few winters that had less snow than normal and warmer temperatures. The see-saw weather patterns that were changing several times a decade had become the norm. As an ecological designer I saw the need to change restoration planting schemes, so as to increase their chances of growing into healthy plant communities as early as the year 2000. I recognized that not only were invasive exotic plants more common, but native plants located on the southern part of their range were more stressed and less likely to survive, whereas plants that were on the northern end of their range were more successful in surviving.

During 2014 I had an opportunity to take a series of classes from NOAA (the National Oceanic and Atmospheric Administration) that focused on Climate Change Variability Assessment. This certification course taught us to use climate change modeling as a tool in understanding how ecosystems and their plant and animal inhabitants would do in New England (and other regions), as the result of our changing climate. The models varied widely from slow, almost minimal change, to fast, drastic change. At that time, we were using 14 different climate change models, and we were advised to focus on the models that were in the moderate range. It was thought that these were the most likely to be accurate and so we paid little attention to the models that predicted little change or drastic change. Unfortunately these models were not accurate. The most drastic models would now be on the conservative end of the perspective, meaning it is getting warmer much faster than even the most outlandish models predicted at that time.

The question for many of us that live among great and vast woodlands is how will this dramatic change impact the forests that are our home? This is a complicated question that is being studied by some of the best minds of our time. To even have an inkling of how our forests will change and adapt, it is necessary to look at the ecosystems and ecosystem compositions around us to get a better understanding of their temperature and precipitation requirements.

Here in central New England our temperate forests are well suited to four distinct seasons, somewhat equally divided into three-month time segments, where gradual temperature changes from one season to the next, and

Continued on page 9



**NEW ENGLAND'S
OUTDOOR
ADVENTURE
CENTER**

BerkshireEast.com | Charlemont, MA | 413.339.6617



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
Guiding You Home

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

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




COLDWELL BANKER
COMMUNITY REALTORS


ChrDAUER

ChrDAUER ARCHITECTS

Architectural services for houses and buildings—
dedicated to craft, beauty, comfort & sustainability.

Christian Dauer, MA Registered Architect #953568
w: chrdauer.com | e: chr@chrdauer.com

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.
Call 413-539-0107 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

(Wild Ramblings Continued from page 7)

reasonable amounts of consistent precipitation is preferable. Our forests are resilient and adapt fairly well to extreme weather from droughts to floods. They also adapt reasonably well to extremes in temperatures, as long as the patterns return to the normal stasis that the ecosystems are accustomed to.

All of this is changing. Rising and persistent regional temperatures are occurring. Changes in annual precipitation which includes more frequent fluctuations from drought to heavy precipitation events that cause flooding, are more the norm. More frequent severe weather, and shorter and shorter winter weather periods have been documented. All of this adds up to an unhealthy situation for our existing ecosystems, including our forests. Sugar maples, which prefer moderately long winters, are more prone to disease because they are weaker. Oaks and hickories which are well adapted to shorter winters, are reacting favorably to our regional climate changes. Red bud, formerly a small tree native to just about the Massachusetts/Connecticut boundary, is moving north. Plants, including trees found at lower elevations, are becoming successful at higher elevations as they seek more familiar temperature and precipitation regimes now found in the hills and mountains. Sassafras would be a good example of his uphill local migration.

A major problem we are facing is that plant communities change and migrate very slowly, especially forested plant communities. They cannot keep up with the pace of our regional temperature changes. Gaps will occur as trees perish before they can be replaced by those that are migrating. Assisted plant migration would require a Herculean effort that would require huge economic and human resources at a time when all elements of our society may be competing simultaneously. The outlook is, in a word, discouraging.

In the meantime, just as a reminder, the best remedy is still for all of us to do our best in reducing our carbon footprint. Giving our ecosystems and our economic systems more time to adapt and employ new strategies is essential. If we are to have a healthy future, everyone will have to participate. We can all help by driving our gas-operated vehicles less, making our homes more energy efficient, raising our own food and buying our food from local growers, drying our clothes on clothes lines and clothes racks, and living a simpler, less environmentally intensive life. But perhaps most of all, encourage our government representatives to have the courage to

take on this fight and to do the right thing. Your grandchildren's grandchildren will appreciate it. If we do nothing, they will have less to look forward to.

So on this third day of January, I sit on a moist log deep in the forest and look around. There is still much beauty to behold. I understand that the time is short, but it is not too late. We still live in a beautiful, vivacious, environment. We still have time to do what we need to do. It will not be easy. It will require major change. We will have to make sacrifices. Those that follow us deserve to have a planet that they can also enjoy and appreciate. Their future, to some large degree, is our responsibility and in our hands. As our Indigenous people believed, humans can not really own land on our planet, but rather we borrow it from our children.

Please act now. Act like our planet's entire future depends upon your every decision.

Because it does.

—Bill Lattrell



ATTENTION: **History Buffs, Story Tellers, and** **Listeners to Twice-Told Tales**

After 113 years, the Heath Historical Society (HHS) may have to suspend operations if we do not find volunteers to fill key positions essential to carrying out the important work of the Society. We have several open positions related to accessions, data management, and maintaining the collection. We also want to share Heath's history with the town and membership, and we need enthusiastic volunteers to help research, develop, and deliver programs. Program themes could include The Heath Telephone Company, Heath Sugaring, and Life in the Early Dell.

Donated items can be of great value to our collections; we need a person to receive them and provide the required information to a data manager who catalogs them. We also need a treasurer. If you are interested, please phone HHS president Ned Wolf at 337-4476 or 625-8376. We need your help. The future of the Heath Historical Society depends on it!



Town Nurse



—Claire Rabbitt

Eight Essentials for Heart Health

According to the American Heart Association there are eight essentials for heart health:

Sleep—Adults should get seven to nine hours of sleep every night. “Poor sleep may put you at higher risk for cardiovascular disease, cognitive decline and dementia, depression, high blood pressure, blood sugar and cholesterol, and obesity.”

Exercise—Walk 30 minutes five days a week, including weight exercises two to three times a week. Sit less often and move more. Increase intensity as fitness improves.

Don't Smoke—This includes vaping and your exposure to secondhand smoke.

Eat a Healthy Diet—Eat unprocessed food including fish and lean meat, plant-based protein, lots of vegetables and fruit, nuts and seeds; cook with non-tropical oils such as olive and canola oil. Limit sugar and salt and control portion size. Replace saturated fats with unsaturated fats.

Maintain a Healthy Weight—Learn your BMI (Body Mass Index) which is a numerical value of your weight in relation to your height with the ideal of 25. You can determine this by Googling BMI Calculator. If you need to lose weight, you need to burn more calories than you take in.

Control Cholesterol—Cholesterol is produced in our body, as well as taken in through animal fat sources. HDL, high density lipoprotein, is known as the “good cholesterol” and LDL, low density lipoprotein, is known as the “bad cholesterol.” HDL helps keep LDL from sticking to artery walls and reduces plaque buildup, which lowers the risk of heart disease and stroke. Triglycerides are a fat produced by the body to store energy, that can indicate risk if excessive. Total cholesterol is determined by adding the HDL level + LDL level 1/5 of triglyceride level. Your health care provider should help you understand your risk according to lab test results.

Manage Blood Sugar—Normal glucose level is 70 to 99.

Manage Blood Pressure—Blood pressure should be less than 120 over less than 80.

The Nurse's Office has moved to Jacobs Road. Office hours: 12:30 to 1:30 p.m. Tuesday; 11:30 a.m. to 1:30 p.m. Thursday.

Healthy Bones and Balance classes continue at the Community Hall on Tuesdays from 11 a.m. to noon and Thursdays from 10 to 11 a.m.

Upcoming Town Election and Annual Town Meeting

Annual Town Election will take place on Friday, May 5, with the polls open from noon to 7:00 p.m. at 18 Jacobs Road. In preparation for the election, nomination papers will be available by contacting the Town Clerk. Anyone who is a registered voter in Heath and is interested in running for office is eligible and welcome to obtain nomination papers. Nomination papers must be taken out by March 15. The deadline for returning papers, with the necessary signatures of 25 voters, is March 17 at 5 p.m. The following is a list of the offices needing to be filled this year, the official whose term is expiring, and the term length.

Town Offices For Election

Position	Term	Current Official
Selectman	3 years	Brian DeVriese
Assessor	3 years	Anne Emmet
Finance	3 years	William Emmet
Planning Board	5 years	Douglas Mason
Library Trustee	3 years	Emily Cross
School Committee	3 years	Currently Vacant
Municipal Light Board	3 years	Anne Emmet
Municipal Light Board	3 years	David Gordon
Constable	3 years	William Emmet
Moderator	3 years	Eric Sumner

Note: This list does not indicate those officials who might choose to run for re-election.

The Annual Town Meeting will be held the following day, Saturday, May 6, beginning at 9:00 a.m. at the Municipal Building at 18 Jacobs Road.

—Mary Sumner, *Town Clerk*



Library Lines

—Kate Barrows

Planning a Day Trip?

Did you know the Heath Library lends park and museum passes? We have Massachusetts State Park parking passes, a MASS MoCA pass (admits 2 adults + 2 children,) a Brattleboro Museum & Art Center pass (admits one household,) and a Clark Art Museum pass (admits one adult.) Plus, the Clark Art Museum is offering free admission to all from January through March 31, 2023! No pass is required.

Library Survey and Strategic Plan

The Heath Library has launched a library survey! We want to hear directly from as many of you as we can. This information will help guide priorities for library programming and services in a Strategic Plan for the Heath Library. This survey is voluntary and all ages are welcome to fill it out. Respondent names will be kept anonymous. Whether you use the library or not, your feedback is valuable to us. Please consider taking 5 to 10 minutes to share your thoughts.

Pick up or drop off paper copies of the survey at the new library location at 18 Jacobs Rd. or in Sawyer Hall. Completed surveys can also be mailed to Heath Free Public Library, P.O. Box 38, Heath, MA 01346. You will also find an online version on our website at heathlibrary.org. If there is anything we can do to help make it easier for you to respond, please let us know.

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: *Devil's Delight: An Agatha Raisin Mystery* by Rod Green and Marion Chesney, *Distant Thunder* by Stuart Woods, *Killers of a Certain Age* by Deanna Raybourn, *The Measure* by Nikki Erlick, *Memphis* by Tara M. Stringfellow, and *The Singularities* by John Banville

Nonfiction: *Before Central Park* by Sarah Cedar Miller, *Disability Pride: Dispatches from a Post-ADA World* by Ben Mattlin, *Misadventures of a Cross-*

America Kayaker by Hank Landau, *The Revolutionary: Samuel Adams* by Stacy Shiff, and *The Year of the Puppy: How Dogs Become Themselves* by Alenandra Horowitz

Large Print: *The Many Daughters of Afong Moy: A Novel* by Jamie Ford, and *Sea of Tranquility* by Emily St. John Mandel

Audio CD: *Desert Star* by Michael Connelly, *Long Shadows* by David Baldacci, *Lucy by the Sea* by Elizabeth Strout, *The Reading List* by Sara Nisha Adams

DVDs: *Mack & Rita*, *Moonage Daydream*, *Van Der Walk Seasons 1&2*, and *The Wistings Seasons 1-3*.

Children's Picture Books: *Blast Off: How Mary Sherman Morgan Fueled America into Space* by Suzanne Slate, *I Color Myself Different* by Colin Kaepernick, *Mighty Mila* by Katie Petruzzello, *Mason Goes Mushrooming* by Melany Kahn and Ellen Korbonski

Juvenile: *Endlessly Ever After: Pick Your Path to Countless Fairy Tale Endings* by Laurel Snyder, *The Fort* by Gordon Korman, *The Last Kids on Earth and the Forbidden Fortress* by Max Brallier, *Midnight Children* by Dan Gemeinhart, *Pizza and Taco: Too Cool for School* by Stephen Shaskan

Young Adult: *Belittled Women* by Amanda Sellet, *House of Earth and Blood* and *House of Sky and Breath (Books 1&2 of the Crescent City Series)* by Sarah J. Mass, and *Jay's Gay Agenda* by Jason June.

Library—What to expect in 2023

The Heath Library staff is working with The Library Trustees, a consultant, the Friends of the Library, and community members in Heath to develop a Strategic Plan. This plan will be a living document that serves as a blueprint for enhancement of library services in the coming years. It answers the question, “What is the role of the library in the community?” and outlines priorities for the library moving forward. The next step of this process is the survey mentioned above seeking input from the community. Subsequently, a plan will be developed and shared with community stakeholders for another round of feedback prior to approval by the Library Trustees.



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



Green Thoughts

—Pat Leuchtman

Seed Catalogues

This piece was first published in the Heath Herald Volume 26, Number 6, February/March 2005. In that issue, Pat took over the Green Thoughts column from Elsa Bakalar.

My shelves are full of books on gardening, books on growing vegetables in wide rows and in raised and square foot beds, and books on herbs, annuals, and perennials. Many of these books have wonderful, descriptive photographs and illustrations to help me figure out what the heck I should, or could, be doing.

But in the early spring I turn to the seed catalogs for advice. I also tend to keep one or two catalogs with my tool basket so they are available for ready reference.

When I sit with my catalogs to order seeds, the first piece of information I look for is whether the variety I am considering is disease-resistant. I think one of the reasons for more and more interest in old-fashioned varieties is due to people's unease with the idea of some of the high-tech genetic engineering that is going on. However, we have to remember that the value of many hybrids (and I am not talking about genetically engineered plants) is that they have been bred to resist specific diseases, making the gardener more sure of success.

For example, when I look at tomato varieties, of which there are many, I look for the code that tells which hybrids are resistant to verticillium wilt, fusarium wilt, nematodes, and tobacco mosaic virus. Many hybrids are resistant to several of these problems and will be marked VFNT.

Tomatoes are also listed as either *determinate* or *indeterminate*. Indeterminate varieties will keep on producing vines, setting fruit throughout the season, and fruit will be at all different stages. Determinate varieties will make little growth once fruit is set, and all the fruit will ripen at the same time.

When making choices about a vegetable like tomatoes that include so many varieties, I take into consideration how long it takes to mature and might choose a couple of different varieties to give a longer harvest season.

Another piece of good information is germination times, which is especially valuable for impatient gardeners who have trouble keeping from digging up the seeds to see if something is wrong because they haven't sprouted yet.

I have the new *Cook's Garden* catalog in front of me as I write. (Editor's Note: *Cook's Garden* is no longer in business.) It gives a wide variety of information about the plants and seeds it offers. For instance, it notes that Festival strawberries are "day neutral" which means there will be a heavy crop in June, but the plants will continue bearing until frost. This catalog also provides information about planting and harvesting crops such as arugula that may not be familiar to a gardener. Information is given about planting times and warnings about things like not working with bean plants when they are wet because of the danger of spreading disease from plant to plant when you are working with them. Carrots are described by season, those that should be eaten right away after harvest, and those that are good keepers.

One of the important pieces of information you will get from your catalog is whether your seeds are open-pollinated varieties, which means the seeds from these plants will be replicas of their parents. Hybrids do not come true from seeds. Most catalogs will now identify each variety as a hybrid or F1, or as an heirloom or open-pollinated variety.

Many hybrids are developed to make it easier for agribusiness farms to ship their produce long distances without doing obvious damage. The classic example of this kind of hybridization is the tomato that is sold in the supermarket all year long—round and hard and distinctly lacking in flavor. They are often labeled with euphemisms like "slicing tomato," I suppose to distract you from the lack of taste.

Hybridization to suit commercial growers, not the home gardener, has also led to a great popularity in heirloom vegetables. Vegetables that were grown a hundred years ago can be notable for their flavor, or for other desirable characteristics like being a good storage variety. And who can resist names like Dragon Tongue beans, Deer Tongue lettuce, or Painted Mountain corn? Happily, some of these valuable heirlooms are becoming more and more available.

I generally end up planting hybrids and open-pollinated vegetables. No matter which, I think all seeds are amazing. Even after all these years, I have never gotten over the thrill and amazement that I feel when I see those first tender shoots. A true miracle.



The Way We Love to Eat

—Deb Porter

This is the *Heath Herald* issue that takes us through mud season. Who doesn't need a distraction from the cold snowy days, the icy bitter days, and the wet sloppy days that make up the season. For many of us, the seed catalogues that arrive in our mailboxes this time of year provide a small but perfect counterpoint to the dreary weather outside. Pat Leuchtman's article on the previous page is a wonderful reference to choosing the right seeds, but just the catalogues themselves are a welcome sight. Perusing the catalogues, one may easily conjure up images of summer gardens and fresh produce, not to mention the promise of all the good eating our gardens provide. As a salute to the ubiquitous seed catalogues, the recipe for this issue of the *Heath Herald* is a vegetarian one. It is a butternut squash soup recipe that was passed on to me in that wonderful way recipes travel around Heath, neighbor to neighbor, to you from me, from Carol Sartz, from John Palmer.

Butternut Squash Soup

3 tablespoons of oil
1 medium onion
2 large apples
3 pounds butternut squash, peeled and diced
2 teaspoons curry powder
2 teaspoons salt
6 cups of water and/or broth
2/3 cup of smooth peanut butter



In a large pot:
Heat the oil, add to soften onion and apples, for two to three minutes.
Add cut up squash to the pot.
Sprinkle with curry and salt, and then add the water or broth.
Simmer until the squash is soft, about 25 minutes.
Stir in the peanut butter.
Blend the soup until smooth, and adjust seasonings as needed.
Enjoy!

Holidays in Heath

This holiday season brought joy and connection to Heath with a variety of festive events and activities taking place around town.



Winter Solstice Celebration hosted by the Heath Library. Spiral designed by Larry and Rebecca Sampson.



Deb Porter reads Hershel and the Hannukah Goblins at the Solstice Celebration.



Christmas carolers, under the orchestration of Eric and Mary Sumner, spreading holiday cheer throughout the town.

MRS: Mystery Readers Society

MRS is not a Book Club in the traditional sense. We are not going to all read the same book and then discuss it. Instead, we will consider; Why do you love mysteries? What makes a good mystery? Which mysteries or mystery series do you particularly like? Why?

To learn more about the Society, contact Margaret Freeman at mhfreeman459@gmail.com.

Happy mystery reading!



Select Board Report (1/8/2023)

Select Board Meetings

The Select Board meets in-person at 18 Jacobs Road. Regular meetings are scheduled every other week and are posted at 18 Jacobs Road, Sawyer Hall, and on the Town website calendar.

In preparing the budget for the next fiscal year FY24, the Select Board is looking ahead to issues and projects it will be tackling. Budget hearings for the Town departments have not yet started so the list of projects and concerns is not complete. Some of the capital projects we are planning for or giving consideration to are as follows:

Salt Shed Replacement

The salt shed is in urgent need of replacement. There are numerous broken roof truss components and a broken supporting column on one wall. The concrete slab has been undermined by sub-surface drainage to the point where part of it has broken and sunken down below the floor level. The Board has solicited cost estimates on replacement options including prefabricated structures. We have received estimates from a design firm for conducting a study to determine the feasibility of rebuilding on the same site versus relocating to the Bray Road site previously acquired by the Town for a future highway garage and fire station. This project will be our top capital improvement priority for FY23/24. It is our goal to have a bid-ready project to present to the Town by the next Annual Town Meeting.

18 Jacobs Road

The Board has relocated town offices, police department, fire department office, senior center, and library to the former school building this past year. An emergency power generator was installed and the building has been designated as the emergency shelter for the Town. The lease of three former classrooms to Hilltown Youth Theater has been renewed for the coming year. The program also uses some of the public spaces in the building and outside on an occasional basis. The kitchen has been approved for use as a commercial kitchen. Several inquiries for long-term kitchen rentals have been received.

Lighting and weatherization projects are underway as part of the Green Communities grant program. The Franklin County Tech School is replacing existing indoor and outdoor lighting with highly efficient LED fixtures. A weatherization company is providing additional cellulose insulation to the attic of the building and doing

air-sealing and weather-stripping at doors, windows, and penetrations in the ceilings.

Community Hall

The Community Hall was completely insulated last year utilizing funds from the Green Communities grant. The planned heating and ventilation project had to be abandoned because the cost vastly exceeded available funds.

The Selectboard has been looking into grant programs from the State to provide assistance with refurbishing windows and replacing the wood flooring. Two sources being investigated are the Massachusetts Cultural Council grant program for facilities improvements and a Massachusetts Historical Commission grant program such as the one that was used for the Old Town House window restoration project recently completed at the Heath Historical Museum on the Town Common. These are matching funds programs and would require town appropriations and/or fund-raising by community groups. Other projects that are budgeted but not completed are the replacement of the front doors and concrete stair repair or replacement.

Sawyer Hall

Town offices were moved to 18 Jacobs Road in response to employee, public, and Select Board concerns about safety during the COVID-19 emergency. Other concerns such as accessibility, parking, and space needs were considered in determining the suitability of Sawyer Hall for town office use. The post office remains in Sawyer Hall and the Board is considering requests for use of various spaces. The library trustees voted to relocate the library on a provisional basis for the above-mentioned reasons and the relocation to 18 Jacobs Road was approved by the Select Board.

A feasibility study for potential rehab and reuse of the building is being discussed by the Board as well as a study to determine the most practical way to resolve some of the accessibility issues, especially those related to entering the building from the street. The Town may be eligible for a CDBG small cities block grant through the Franklin Regional Housing and Redevelopment Authority to help with the cost of accessibility improvements. We will be looking into this in the coming months.

Fire Station and Highway Garage

The Board has been looking for ways to replace our outdated and deteriorating Fire and Highway facilities

several years. A state grant award for \$2 million was withdrawn when the previous governor's administration took office. With the inauguration of a new governor and administration we hope to see greater attention by the State to the infrastructure needs of small and rural towns especially in western Massachusetts. The Select Board continues to discuss our needs with our legislators.

Public Drop-in use of 18 Jacobs Road

The atrium, gym, cafeteria, and bathrooms are available to Heath residents to drop in at Jacobs Road any time the building is open for municipal use, with the exception of areas that have previously been scheduled for use. Check the Building Use Committee's calendar on the Town's website townofheath.com. Under "Boards and Committees," click on "Building Use Committee" to view scheduled events.

Heath Online

Take some time to visit the Town's website at townofheath.org. You will find Select Board meeting minutes, committee information, school information, and important announcements. The Town website is also a good place to check for updates on the current status of COVID-19 developments in town. You may contact the Board at BOS@townofheath.org.

AT&T vs. Town of Heath

The lawsuit filed by AT&T, New Cingular Wireless, against the Town of Heath, Heath Planning Board, was settled in December with an out-of-court agreement. Terms of the agreement were worked out between AT&T, the Select Board, and a small group of residents who were allowed intervenor status by the court. Terms of the final agreement included all the original terms of tower height, \$2,500 consultant reimbursement, and installation of the Town's emergency transmitters. Additional agreed upon terms included sound barrier fencing, permitting as required, a removal bond, scheduled generator testing, painting the tower brown, landscaping after construction, infield testing, revisions to the access drive, and gated entrance. The beginning date for construction is unknown at this time.

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



Heath Cultural Council Announces 2023 Grant Recipients

The Heath Cultural Council (HCC) recently announced recipients of funding for the 2023 grant cycle. These grants were awarded in keeping with the Council's mission to support artistic and culturally enriching community programs in the Town of Heath and the surrounding area. This year, HCC received a total of 27 grant applications. After thorough review and deliberation by Council members, funds totaling \$5,775 were awarded to the following 15 applicants: Music at the 105th Annual Heath Fair; 2023 Heath Arts Exhibition; the *Heath Herald*; Square Dances hosted by the Heath Council on Aging; 105th Annual Heath Fair Square Dance; Evening Sky Tour at the Benson Place; Raising Our Voices: A Summer Reading Performance at the Heath Library; Charlemont Forum Summer Speakers Series 2023; Mohawk Trail Concert Series Summer Festival 2023; Hilltown Youth Recovery Theatre Summer Workshop; Pothole Pictures 2023 season; Mohawk Trail Regional High School Darkroom; Piti Theatre residency at Hawlemont Elementary School; Buckland Historical Society Colonial Experience at Wilder Homestead; and Winter HooPla in Shelburne Falls.

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

To keep apprised of HCC news, please follow us on Facebook at Heath Cultural Council. For information on the HCC grant proposal process, please email heathculturalcouncil@gmail.com.

—Barbara Gordon, Chair

Heath Cultural Council Seeks New Members

HCC is recruiting new volunteers to join the Council. If you are a Heath resident and possess a background in the arts, sciences, or humanities, this is an opportunity to contribute to the creative and cultural vibrancy of our town. Contact Barbara Gordon at heathculturalcouncil@gmail.com for information.



Heath Agricultural Society

The 105th Heath Fair will be held August 18, 19, and 20, 2023. Have you ever wondered how we pick the dates for the Fair year to year? In Massachusetts, all of the fair dates are counted from one day, Labor Day. A fair is X weeks before or X weeks after Labor Day. The Heath Fair is always three weeks prior to Labor Day. That is a fun fair fact you may not have known.

We wish to welcome David Gordon to the Board of Directors, serving as Secretary. We also wish to welcome back Conrad Halberg, Devon Clark, and Bradley Tombs who will serve another year as At-Large members. Remaining to serve out their terms are Tom Lively, Treasurer; Justin Lively, Vice President; and myself, Jessica O'Neill, President. Thank you to all of the members who turned out for the Annual Meeting held in November. We enjoyed good food and company.

This winter I found myself enjoying a great read, *English Pastoral, an Inheritance*, by James Rebanks. It is a non-fiction, memoir-ish book that tells the story of farming on the Fells in the Lakes District of England, over centuries. The author does a fantastic job of helping us remember how farming once was and how a rising population and corporate greed drive the cheap food movement which encouraged the modernization of farming (get big or get out) and the destruction of much of our ecology, wild-lands, and natural habitat: and negatively impacting thousands of species. What once was a sky, field, river, and woodland rich with bird, mammal, fish, and insect diversity with soil that gave softly under foot, has become a vacant sky and depleted landscape, with a hard, compact ground beneath your boots. Rebanks had lived through the pre-modernization and modernization period and, luckily for him, came to understand the great costs of modern farming practices, choosing to reinstitute small fields, lay down hedgerows, and support the rewilding of the river bank. He found himself stewarding, for the first time, "un-improved farm land." As I read this book, slowly taking in each word that this author has carefully penned to page, I came to understand the important role that our small, rural fairs play (or can play) in supporting the old ways of farming our land, livestock, and crops. We can bring a greater, more

holistic perspective, making connections for people who don't touch agriculture but once a year, when they visit fairs like ours. What role do you think the Heath Fair has to play in honoring and supporting an agri"culture" that goes beyond the bottom-line?

Fairs used to be the place to showcase the new, the cutting edge, the bright, efficient and shiny! Indeed, at many fairs, especially the larger ones in the midwest for example, they are still the place where John Deere rolls out the latest and greatest. But here, in the hills of Heath, we still remember and honor the small, the tried and true, the heritage and traditions that have supported vigor and resilience in our land, livestock, and crops for centuries. I hope that the Fair can, through its exhibitors and the speakers tent, help to remind, if not encourage, a farming know-how that will ensure a healthy people and planet for years to come.

If you would like to be a part of planning this year's 105th Heath Fair, we welcome and encourage you to attend an upcoming meeting, always the second Monday of the month. While COVID numbers remain high, HAS will meet via Zoom. Contact heathagsociety@gmail.com for link information and updates. Meeting times may fluctuate, but 6:30 p.m. is our planned starting time. As always, we need a LOT of volunteers to help ensure the Fair will go on this year. We have fewer volunteers than ever before, and the Fair will absolutely feel this impact. Help us with your volunteerism throughout the year (and at the Fair). We need all sorts of skills including the following:

- Merchandise Coordinator: Coordinate with the volunteer who orders merchandise, merchandise the tent on site, schedule and manage tent volunteers, and work and break down the merchandise tent.
- P.R. and Marketing Coordinator: Coordinating with the public relations firm (*Two Guys in Jackets*) to update annual marketing materials and work with the volunteer designer to create poster, brochure, and web banner, and coordinate the printing of poster and brochure.

The Membership of the Heath Agricultural Society wishes all of you a very Happy New Year.

—Jessica O'Neill, *President*
heathagsociety@gmail.com

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.



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 grill is open every day until
2 p.m. for breakfast and lunch.*

Order online: hagersfarmmarket.mynrcsilver.com

ESPRESSO DRINKS • MAPLE SYRUP • HOMEMADE
PIES, BREADS & BAKED GOODS • LOCAL PRODUCTS

Open Every Day • 7:30 a.m. to 6 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

Blackmer INSURANCE AGENCY

SINCE 1934

Secure Protection • Wide Selection
Superior Service • Competitive Pricing

(413) 625-6527

1147 Mohawk Trail, Shelburne, MA



Independent Insurance Agent



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

Fred W. Wells Trust Agriculture and Health Awards

Applications are now available for academic scholarships, as well as health and agriculture awards, funded by the Fred W. Wells Trust. Completed applications must be postmarked by March 20, 2023.

Throughout his life, real estate development, industry, farming, and community projects provided Wells, a long-time Franklin County resident, with a wide range of interests. Since his death in 1946, his strong commitment to the community has continued to be evidenced by the generosity of his trust fund.

In accordance with Wells' will, agriculture awards are to be given annually to "some agricultural group or groups organized primarily for the advancement of agriculture." Health awards are to be granted to those involved in "the care of the sick or aged by providing home, nurse, medicine or hospital care" and "for helping to provide medical or nurses care in rural districts where no such facilities are to be had."

Applications can be obtained from the Town Clerk's office, high school guidance offices, or online at wellstrustscholarship.com. With questions, please contact Greenfield Savings Bank Trust Officer, Prudence Blond, at pblond@greenfieldsavings.com or 413-775-8243.

ATTENTION PARENTS:



Do you have a Sixth Grader or High School Senior graduating this spring? If so, the *Heath Herald* would like to hear from you as we begin to plan student write-ups for the June/July 2023 Graduation issue. Please contact Deb Porter at 413-337-4715 or email debporterhenry@gmail.com.

Roommate Wanted

Roommate wanted to share a nice two bedroom home in a quiet neighborhood in Heath. The private second floor bedroom has a full bath. Comes with garage space. Shared kitchen. The homeowner uses a wheelchair part time. The rent is \$450 per month and includes utilities. Email mrdudot@verizon.net or text or call cell at 413-530-8583.

Spotted Around Town



Red fox on the prowl in North Heath.

—John Clark



A cardinal perch.

—Julianne Hallman



Feeding all the birds this morning.

—Rachel Grabelsky

Animal? Vegetable? Mineral? If you spot it around Heath, the *Herald* would like to share it. Photos with captions should be emailed to theheathherald@gmail.com.

Good Neighbors Food Pantry Open to All



With the price of food and other household necessities through the roof, more and more families in Heath and surrounding towns are facing financial challenges and food insecurity.

Good Neighbors Food Pantry, located at Charlemont Federated Church, is eager to help by offering free food, personal hygiene items, and other seasonal selections on the third Tuesday of each month from 4 to 5:30 p.m.

Here's what you need to know to take advantage of this invaluable community service:

- ✓ Everything is free of charge
- ✓ You select the food you want
- ✓ No pre-registration is necessary
- ✓ No ID or proof of income is required
- ✓ Open to anyone who can benefit from supplemental food assistance
- ✓ Unscheduled emergency food distributions can be arranged

Following are just some of the items that Good Neighbors offers at no cost on a regular basis: milk, bread, fruit, vegetables, eggs, yogurt, cheese, cereal, pasta, soup, canned goods, meats, diapers, feminine hygiene products, adult underwear, pet food, paper goods, holiday turkeys, hams, corned beef, and holiday gifts for children.

For more information, to become a Pantry volunteer, or to make a donation, contact Budge or Sheila Litchfield at 337-4957 or GoodNeighborsPantry@gmail.com.

Obituaries

Donna Shepherd



Donna L. Shepherd, 79, of Heath, MA, passed away peacefully on Wednesday, November 30, 2022. Born February 20, 1943 in Greenfield, MA, to William and Leslie Alden, Donna was one of two children. She spent her younger years growing up in Buckland, MA, and attended Arms Academy

High School, graduating with Honors in 1961, after which she attended hair dressing school. In her early life she worked as a hairdresser, waitress, and supervisor for Cables' Burnt Hill Blueberry Farm. She was employed by Yankee Rowe Power as a Document Controller and Training Specialist, until her retirement.

Donna was an avid artist for many years, painting landscapes in oil, her local representations still treasured by family today. She loved gardening of all types and had an extensive vegetable garden from which she canned and processed her yield. She had a large patch of raspberries of different varieties that she tended with great care and shared with family and friends. She loved her pets. Donna was a kind, gentle person who loved her family and who had a special place in her heart for her grandchildren, nephews, and nieces.

Donna is survived by her loving husband of 44 years, Lee F. Shepherd and his family; son, Michael Phillips and wife Karen Phillips of Gill, MA. Granddaughters Katelyn Ennis, husband Connor Ennis and great granddaughter Shealyn Ennis, North Carolina. Granddaughter Makenzie Phillips and fiancé Thomas Feraco, Missouri. Brother James Alden and wife Candice Alden; children Daniel and Carrie Alden and family, Maine.

A private graveside service, date to be determined, will be held at Center Cemetery in Heath.



Del Viarengo

A Life Well Lived in Heath



What brought Del and her husband, Bob, to Heath in 1990 after raising their three children in the suburbs of northern NJ was Del's desire to grow old in the country. She had grown up in rural South Carolina and had a vision of an old farmhouse in the country, off the road, elegant

and with a view. It took over two years of searching, but once in the driveway of the traditional New England house constructed in 1779, known as Plover Hill, named by the White sisters, co-founders of both the Heath Fair and the Heath Historical Society, Del and Bob knew they had found their home.

Del loved Heath and worked hard over 30 years to preserve what made it so special: the history, the culture, and the community. One of her first proud achievements was serving as a member of the Heath Land Preservation Committee which was formed to place land in permanent conservation, preserving viewscapes and open fields. She helped lead the efforts to have the Dickinson farm on South Road preserved and as result, Howard and Ralph Dickinson received State funds, allowing them to stay in their homestead.

Del felt protective of Heath's history and became Chair of the Heath Historical Commission. After several years of hard, detailed work the HHC succeeded in having 29 properties in Heath Center named to the National Register of Historic Places. The history and important features of each property were documented, and the State representative was amazed that the colonial center of the community had been so well preserved. One of the last community events Del attended was the 150th Anniversary Celebration of Heath Community Hall, and it brought her much joy.

In addition to her passion of protecting the history of Heath, Del's love of gardening led her and Bob to the restoration of the gardens at Plover Hill. They removed years of overgrowth allowing for the revival of 60-year-old roses, mock orange, lilac and beauty bushes as well

as planting wildflowers in the back meadow. Her gardens were stunning and, on two occasions, Del opened the gardens to the public in support of fund-raising events for the Franklin Land Trust.

Del, along with Bob, also took an interest in cemetery restoration and after taking a field course in 2003, formed a volunteer group that, for several years, repaired and straightened stones in Heath's Center Cemetery as well as Del focusing on maintaining the various bushes on the site.

Del loved the heart and soul of Heath; the people that make this community so special. She never missed out on an event, social gathering or an opportunity to lend a hand to a neighbor in need. She loved the Heath Fair, Dining with History, and the Art Show. And as an artist, her creativity knew no bounds as she saw beauty in everything around her. A walk to the post office would take twice as long as she would stop and admire every tree, flower or bird soaking up all the pleasures of country life.

Del spent the last two years of her life being cared for at home by her husband and children and was able to enjoy the things that really mattered to her: family, walking around her gardens, and the simple pleasures of being a resident of Heath and all the love that goes along with that privilege.

Del was laid to rest in Heath's Center Cemetery in a private family green burial. For her full written remembrance please visit www.legacy.com.

— Bob Viarengo

Fond Memories of Del Viarengo

We have so many fond memories of our dear friend Del. When she and Bob moved to town 32 years ago the four of us quickly bonded over our shared loves of art, music, tennis, skiing, fine food and wine, entertaining, and community involvement. Del's positive attitude and unflinching optimism has been an inspiration to many of us here in Heath and beyond. She touched so many people in her long life. Del was passionate in her beliefs, always trying to make the world a better place for all of us, especially those less fortunate.

One of our favorite memories about Del is when we were in New York with friends, and got tickets to see Monty Python's "Spamalot" on Broadway. We were in the balcony on one side and spotted Del and Bob across

the other side of the balcony. There happened to be a couple of empty seats next to us, so at the intermission they came over and joined us. What a fun coincidence. To our delight, it turned out that Del knew all the words to all the songs, and she sang along the whole time. She told us that her favorite was “Always Look on the Bright Side of Life.” That was certainly her mantra throughout her life.

Del was vibrant until the end, hosting bocce parties, attending the 150th celebration of the Community Hall in her beloved Heath Center; always with a big smile, happy to be a part of the fun. Her spirit was infectious. Whenever we were together we could not help but look on the bright side of life.

**“When you're chewing on life's gristle
Don't grumble, give a whistle
And this'll help things turn out for the best
And Always look on the bright side of life.”**
By Eric Idle

—Bob and Jayne Dane



A posthumous retrospective of Del Viarengo's paintings is being organized and will take place in Heath Community Hall. Details of the exhibition to follow.



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

Valentine's Day

I remember the class parties at Branch School for Valentines Day. We would put the cards in a box and the teacher would hand them out. I remember hoping that my “special” Valentine card would be well received and reciprocated in kind. The acceptance was euphoric and the rejection was horrid!

Did you know that the Lord Himself has sent you a Valentine card? In a book of the Old Testament named Jeremiah chapter 31 verse 3, it says “I have loved you, my people, with an everlasting love. With unfailing love I have drawn you to myself.”

Unlike my childhood memory and fear that I might be rejected, the Lord has promised to love us unconditionally. We might say He has promised to be our Valentine!

Amazing that despite our shortcomings His desire and promise is for a relationship now and always.

Join us for worship on Sunday mornings at 10 a.m. or livestream at HeathUnionChurch.org.

—Neil Stetson
Pastor of Heath Union Church

Community Calendar

- Feb. 4 **Story Hour and Playtime**
10:30 a.m. at 18 Jacobs Road.
Mar. 4 For children under 12 and their families. Free.
- Feb. 4 **Mystery Readers Society Meeting**
11 a.m. at Senior Center, 18 Jacobs Road.
See page 13.
- Feb. 4 **Heath F.D. Spaghetti Dinner**
5 to 7 p.m. for sit-down; 4 to 5 p.m. for
take-out at 18 Jacobs Road.
See page 4.
- Feb. 8 **Brown Bag Lunch**
Mar. 8 11:30 a.m. at 18 Jacobs Road. Seniors bring
your own lunch. Beverages provided.
- Feb. 13 **Heath Agricultural Society Meeting**
Mar. 13 Contact heathagsociety@gmail.com for
specific evening meeting times.
- Feb. 18 **Story Hour and Playtime**
Mar. 18 10:30 a.m. at 18 Jacobs Road.
For children under 12 and their families. Free.
- Feb. 25 **Community Café**
Mar. 25 9:30 a.m. to 12:30 p.m. in Cafeteria at 18
Jacobs Road. Open to all ages.
- Mar. 15 **Deadline for Taking Out Town Election
Nomination Papers.** See page 10.
- Mar. 17 **Deadline for Returning Nomination
Papers.** See page 10.



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.

Ongoing Calendar

Healthy Bones and Balance

Tuesdays: 11 a.m. to noon

Thursdays: 10 to 11 a.m.

In the 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, noon to 2 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.

Walk Safe

Indoor walking and exercise is available during winter at 18 Jacobs Road.. Feel free to come into the building during open hours any time to walk in spaces not being used for other activities. See page 5.

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.

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 Emmet, 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

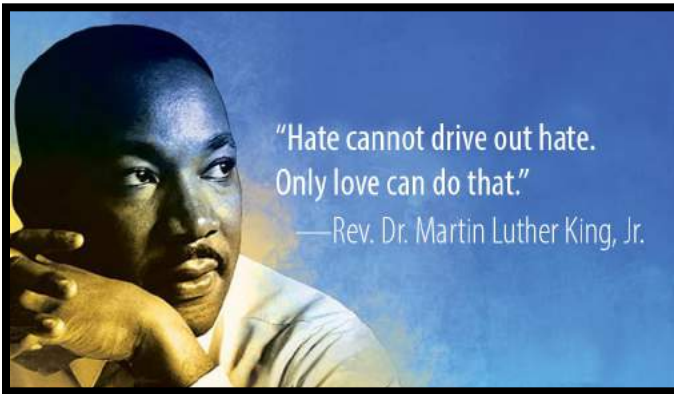
Jacobs Road, 413-337-4847. Office hours:

Tues. 12:30 to 1:30 p.m.; Thurs. 11:30 a.m. to 1:30

p.m. Voicemail: 413-337-4934, ext. 109

Home phone: 413-337-8309

Nurse@townofheath.org



**THANK YOU
COLOR SPONSORS**
Don and Margaret Freeman
Harry and Julieanne Hallman
Bruce Patterson
Pam Porter and Brian DeVriese

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