

# HEATH HERALD

## Heath's First Newspaper

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Volume 26, Number 5

December 2004/January 2005

Christmas memories from four beloved Heath treasures, no longer with us, who contributed much to the good life in our community, taken from *Herald's* first years.

brothers, and friends.

We had the curtain up, the stove going full blast so it was hot, but we did not mind. We knew our parts, and I suppose we did Marion Clark credit. Anyway, it was a school project, and all the children and families were interested. Small, homemade gifts were distributed.

1900

When I was a boy Christmas Day was little or no different from any other day of the year in our house. We had very little money, and with my 11 brothers and sisters it did not go far. We had no Christmas tree and no gifts. For dinner we had the usual meal, a pig or a calf which had been slaughtered, pork being the most popular.

We had a brick oven in which the fire was made, then the coals were taken out and the food to be cooked was put in. As a boy, I was responsible for baking 12 loaves at a time in it. An orange was a rare treat.

We had to get up on Sunday at 5 a.m. to get to church in Griswoldville at 7 a.m. but we did not go very often. This was a large Catholic parish but it had no Sunday School. There were no special celebrations in the church at Christmas.

~ Andy Royer

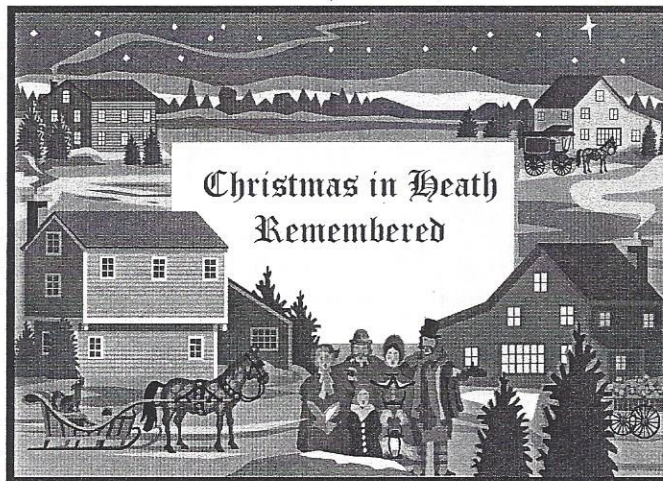
*Andreas "Andy" Royer (1893-1981) was the unofficial mayor of the town. When Andy died, he left behind his wife Edith, a longtime member of the Herald staff. Together, they took care of many summer people who hold them in fond and grateful memory. A thank-you visit to see their spectacular garden was mandatory each year.*

1913

There was no lack of communication in our one room school in Heath Center - we all knew what was going on.

After Thanksgiving, our teacher Marion Clark, who later became Mrs. George Peon, announced that we would give a play for Christmas, Bird's Christmas Carol. We were all excited. We found our costumes in the attics at home, and we rehearsed and enjoyed it all.

The day arrived, and so did all of our parents, sisters,



artist Fred Burrington has graced many a Heath wall with his beautiful local scenes.

1916

Santa had promised me a doll carriage and I wanted to see it before my folks woke up in the morning, so I decided to stay awake. I kept very quiet but missed Santa. Then, when daylight began to dawn, I heard Carol singers approaching. They had spent the night walking and singing and were on their way home. I was thrilled because they stopped outside my bedroom window and I thought they were singing especially for me. Incidentally, I still have that wonderful doll carriage.

~ Edith Gleason

*Edith Marshall Gleason ((1907-2000), a longtime resident of Heath, served her community as Heath Librarian for many years. She is fondly remembered by many of us who, accompanied by small children, frequented that special library. She was also secretary of the Heath Fair and a member of the Grange and the Ladies Aid. Two sons, Walt and Earl Gleason, are still among us.*

"Christmas in Heath Remembered" continued on page 2)



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(“Christmas in Heath Remembered” continued from page 1)

## 1974

Snow covered the ground and the stars shone brightly on an evening just before our first Christmas Eve at Plover Hill.

I was preparing supper when suddenly I heard the joyous voices of Christmas carolers singing “Hark the Herald Angels Sing.”

On going outside, Johnny and I were cheerfully greeted by a group of young people who were being driven from house to house by Carroll Stowe in one of his trucks.

We all sang several more carols together and then with a “Merry Christmas to you both” they were on their way.

We will always remember that happy surprise which made our first Christmas here in Heath all the more perfect.

Would that carolers could bring the spirit of Christmas, so profoundly and so beautifully expressed in song, to every household in the land.

~ Harriet C. Read

Harriet Carpenter Read (1909-1994) was one of the founders of the Heath Herald in 1979 and was also the creator of the Herald masthead design. After childhood summers in Heath, she and her husband John moved permanently to Plover Hill, now the home of Bob and Del Viarengo. In addition to her work on the paper, she was a very active member of the Heath Historical Society.



*Holiday  
Cheer*





## Rituals of the Season

Some time between Thanksgiving and Christmas each year, I get fed up with the selling of the holiday season, all the hype and commercialism and those over-the-top glitzy flashes and blasts from every store, TV, and loudspeaker. I turn away and into the quiet and happy rituals of home, family, friends, reflection, and the life of the spirit. The more holiday seasons I enjoy, the more these rituals carry the soul of the season for and to me. Here are some of the things I enjoy most, plus a couple of deeper thoughts that give me pause.

One of the early treats is going into the woods to collect greens for garlands and wreaths. The quiet of the forest appeals, especially if there's a dusting of snow. I like the different looks and textures of the evergreen branches and, of course, their crisp smells; and I look for those little ground-hugging red fruits on the partridgeberry vines. In checking my plant book to be sure I've used the right name, I just read that there's not much evidence that partridge, or what some of us call grouse, really like the berries, though they are edible. Indian women brewed tea from the leaves to aid in childbirth, which reminds me of Mary.

Music and storytelling are big parts of feeding my spirit for this season. In addition to wonderful traditional Christmas carols and stories, two special modern tales are *A Christmas Memory* by Truman Capote and *A Child's Christmas in Wales* by Dylan Thomas. Both are stories out of the usual writings of their authors, and both have near magic power to bring on holiday feelings. "It's fruitcake weather!" crows the quirky heroine of *A Christmas Memory*, as she and her nephew go about their annual ritual of collecting fallen pecans, buying some spirits from the local bootlegger, and making fruitcakes, homemade gifts for relatives, construction paper tree decorations, and joy. If you don't know this gem of a story, rush right down to your local library and ask Charlene or Don for a copy. You and your kids will love it. Mine is a falling-apart paperback that also contains *Breakfast at Tiffany's*, that other of Capote's tales that's very different from the rest of his work. So I treat myself to a visit with the always-in-season Holly Golightly, that perfectly enchanting creature with her exactly right name.

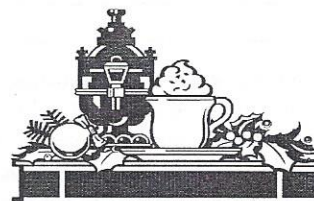
In addition to nourishing the spirit, I happily feed the body - my own, family, and friends. Two favorites are snowball cookies with pecans and my Mom's special toffee bars. But there are also those old-fashioned jelly candies, red and green squares which are cinnamon and mint flavored, with their dusting of powdered sugar and their cute little wiggle when you pick them up.

To feed the soul, I reflect on the messages of Christianity, although its most profound lessons transcend specific religious beliefs, cultures, and times. I contemplate the yin and yang of religion, how its universal ethics can unite us across borders, beliefs, and ages; and also how it can be wielded as

a sword of power, oppression, and politics to manipulate and divide us.

In the spirit of the holiday season and for the new year, I hope we will be wiser and more principled than those who want to turn our spiritual celebrations into a sales job or use our religious beliefs as a tool to make us hate those who are our sisters and brothers.

~ Kathy Stein



## Church News

### The Christmas Services

By Hilma Sumner, Minister

Since my last writing several of our usual activities have resumed after a summer break. Youth group has begun its weekly meetings. Any teen in the community in grades 6-12 is welcome to attend on Sunday afternoons from 3:00 to 5:00 p.m. Besides a study and discussion there is a time of games and a snack.

A men's breakfast was held on November 20 for the first time in the new downstairs. The next one will be on January 8 at 8:00 a.m. and is free to any men in town. Please call David Vanderpoel at 337-4981 or Richard Sumner at 337-4845 for details.

This year the church will again be having two special services to honor the birth of our Savior. The first will be at our regular 10:00 a.m. Sunday service on December 19. The teens of our youth group will give a dramatic presentation, and there will be special music along with carol singing.

At 7:00 p.m. on Christmas Eve we will hold our annual candlelight service with more holiday singing and meditative readings. After the service there will be a fellowship time with a special birthday cake to celebrate the birth of Jesus. Please join us in these special services of blessing as you prepare for the holidays.

Once again it is holiday season and its arrival is accompanied by the impending busyness that beckons us from every direction. As we are well aware, at this time of year it is easier to overload our schedules and become exhausted and short-tempered. The season in which we desire to promote "Peace on Earth, Good Will toward All" can end up as four weeks of road rage and frantic scrambling if we don't make a conscious effort to maintain a peaceful attitude within ourselves.

As we remember that the initial reason of Christmas is the birth of the one true Savior, Jesus Christ, may our lives reflect the praise of the angels and the wonder of the shepherds.





## Wild Ramblings

### Long Night Goodbye

By Bill Lattrell

It is early November and once again time to explore a small 500-600 acre area that is part of the 20,000 acres of woods that I call my backyard. Within this area I know of three winter dens where black bears have hibernated off and on during the last 30 years. Each site has been used at least several times during this time span. My mission today is to visit each one to assess if the sites may be utilized this winter.

The forage in the woods this year is exceedingly poor. After two years of bumper crops, the red oaks are producing very few acorns. The beech trees have produced only a spotty beechnut crop, and fruit bearing trees and shrubs had their fruit harvested early due to the low crop of other food producing plants. All of this information leads me to the conclusion that it will be an early hibernation cycle for black bears. The bears will go for their long night goodbye early this season, rather than waste precious energy in search of food. I am hopeful that I will locate some bears already in their dens.

It is mid-morning, about 9 a.m.. The woods filter the morning light, allowing shafts of silver to spread across the frosted forest floor. It is important to be careful where I walk on my way up the hill. The frost is beautiful to the eye, yet treacherous to the foot. The hill is steep as I head for my first potential denning site. My heart beats in my ears as I ascend the steep hill towards an area of east facing ledges. Ahead the misshapen brown silhouette of the root ball of an overturned tree can be seen. The oak tree pulled out of the rock ledge about 15 years ago during an ice storm, breaking out a huge section of bedrock, creating an arch between the root ball and the resulting crevice in the ledge. This site was used as a winter den by a large boar for a few years, and then left vacant for about five more years. It was eventually discovered by a sow that has borne cubs in this open cavern for about three of the last six years.

I am cautious as I approach the site and stop several times to examine the entrance from a distance with my binoculars. The entrance to this miniature cavern, about two feet in diameter, is very well hidden. I discovered it one day when tracking a bear in early December. The large tracks led me directly to the den site. Once the narrow entrance is navigated, the "cavern" is only about six feet deep and three feet high. It is plenty large for a bear holing up for a long sleep, but there is not too much room for visitors.

From a distance branches can be seen piled up in front of the entrance. These branches do not completely obscure the entrance, but certainly make it less visible. There is little doubt in my mind that a closer investigation is not a good idea. A long time ago I learned to trust these feelings. Deciding to leave well enough alone seems like the right idea as I make a mental note to return to this site once the cold has really set in during mid-December.

\*\*\*\*\*

Black bears inhabit areas ranging from Mexico to the frozen tundra of Northern Quebec. In the northern ranges they may hibernate for more than up to 120 days during winter. For years scientists believed that bears were not true hibernators. More recently the definition of hibernation has been reevaluated to include all the specialized energy conserving behaviors that enable animals that sleep for long periods of time to survive the winter months.

During the autumn black bears will gorge themselves, gaining up to thirty pounds a week. During this period the bears will locate a den site and often form a winter nest by gathering leaves, twigs, and other plant materials and creating a comfortable winter bed.

The bear survives the long winter sleep by regulating body temperature to about 12 degrees lower than its normal body temperature. Its heart rate will lower to a rate of only eight beats per minute. Miraculously, during the next 100 days or so, the bear will not eat, urinate, or defecate. It does not need to eat because it is surviving off the large fat reserves accumulated during the autumn. It does not have to urinate because it is turning the waste product urea (a lethal by-product of urine) into nitrogen and converting the nitrogen into proteins that are then utilized by the bear's body to maintain muscle mass. The sow gives birth to her cubs during the hibernation period. The cubs nurse and sleep for weeks until the mother bear awakens in the late winter or early spring.

Black bear hibernation is being studied by medical researchers for ideas that may help with human health issues. For example, it has been discovered that bears use ursodeoxycholic acid to avoid cholesterol gallstones. This may lead to new ideas and pharmaceuticals to help humans deal with high cholesterol health issues. Also, researchers are studying how the immobile black bear can maintain bone mass during long periods of hibernation. In humans, immobility is associated with bone loss. A better understanding of these biochemical processes may lead to pharmaceutical aids in preventing osteoporosis.

("Wild Ramblings" continued on page 5)



(*"Wild Ramblings"* continued from page 4)

Bear hibernation is a very effective survival technique. It allows a large body mass animal to survive long periods of low temperatures where energy use would otherwise be extreme during a period when food is available in only marginal supplies. For me, this adaptation is nothing short of mind-boggling.

\*\*\*\*\*

The next site is about a half a mile to the east, and mostly downhill across another set of ledges that face in a southeast direction. The route to the next area of investigation is very treacherous. Bedrock springs leak out all over the steep ledge on this side of the hill. It's tough to get a good grip with your feet, so there are sections where you must turn around and face the rock using both hands and feet to negotiate your way to the bottom. Facing the rock as I climb down allows me to get a close look at the lichen plant communities that inhabit this otherwise inhospitable environment. The gray, green, red, and white lichens contrast vividly with the gray, mottled schist bedrock. Although the route is slightly difficult, it is a privilege to be able to experience these beautiful contrasts at such close range.

After negotiating the 70-foot, vertical drop, I locate a flat plateau that is thickly forested. To the north there is a slight rise where a good stand of beech trees grows on deep soils that have filled the vertical plated bedrock outcrops. The trees are diseased as most beech trees are these days and one of the larger ones has snapped off about three feet above the root crown. The fallen trunk rests on two slabs of fractured bedrock that fell to this location many years ago from an ice heave on the ledges above. The hollow trunk, held off of the moist ground by the rocks, has not undergone the normal rate of decay. Years have passed and it is still relatively solid.

The old tree is more than three feet in diameter. The hollow center is about 36 inches. It has been used as a den site about three times over the last decade. Due to its small size it usually is the winter home to a small bear, probably one recently driven away by its mother. The tree trunk shows no evidence that it will be used as a den this winter by bears. The recently fallen leaves around the trunk show no sign of disturbance. A fisher has posted his scat along the upward side of the trunk. It is not a site that I am likely to negotiate my way to once the wet rocks have turned to an ice fortress. If a bear will utilize this site this year it will do so without my knowledge.

The next site is about one-half mile to the north and west. I will work my way up the ledges by following old wildlife trails found between rock outcrops, along narrow ledges, and through wide, flat plateaus perched on the east side of this hill.

It has been about five hours since beginning this excursion. My legs, being not quite as spry as they once were, are in severe need of a rest. I find a good window through the trees on a plateau situated between two ledge outcrops. The view is spectacular. I can see working farms in the town of Colrain, vast areas of woodland, and, in the far distance, Northfield Mountain. The view seems more than familiar. It occurs to

me that I sat in this very place about 25 years ago, stopping not because my legs needed a rest, but because my empty stomach told me it was time to eat.

The early afternoon sun, low in the late autumn sky, casts long shadows from the hardwood trees. The shadows appear as light and dark vertical columns decorating the forest floor. This vision creates a mood of introspection and reflection. I am lost for a moment, in thought rather than observation. Twenty-five years ago, when I last sat in this exact spot, I was a young man full of high expectations for myself. No mountain was too high, no task too difficult, I would conquer every obstacle. That was when I viewed challenges as obstacles. Soon thereafter a woman who rode her bike all the way from Greenfield to Heath to help me dig a well line would capture my heart. We would build a house together. We would have children. Our love and energy would focus on raising our family. I would learn from her to view challenges as puzzles to be solved, rather than obstacles to be overcome. I was changed for the better, or so many would say.

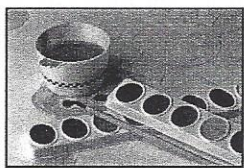
About an hour or so lost on my memories, it is time to finish my day by finding my way to the third potential bear den. This site is located in a deep bedrock crevice facing northeast along a narrow trail with 50 feet of steep ledge above and 40 feet of vertical ledge below. The crevice is about nine or ten feet deep. The entrance is wide, about four feet in diameter, but it quickly narrows to about three feet. The chamber is about three feet high, four feet wide, and five feet deep. There is no safe way to approach this den. It cannot be seen from the distance. It is well hidden and treacherous due to the narrow ledge access. I had not visited this particular site for several years so I was curious as to what I might find. My movements are quiet and intentional as I move along the ledge trail. After each step I listen. The movements of an animal can be heard near the deep bedrock crevice. Gripping a piece of rising ledge, I peer around the rock wall only to see a porcupine directly in front of the rock crevice. Judging from the amount of porcupine scat in front of the crevice he had been in residence at this location for some time. Not wishing to disturb, or have too close of an encounter with this gentle creature, I decide to backtrack to an area where I can climb the ledge and head in a northwest direction towards my house.

Reaching top of the ledge it becomes apparent that there isn't a lot of daylight left for my journey home. Now it is time to work my way quickly through the twilight forest, but before I begin my final leg of this journey I take a moment to reflect on the days ahead. Soon the forest will be quiet during the harsh cold winter. Snow will bury the black bears' dens. The bears will be asleep through each day and through each night. Time will stand still in their lives. They will awake in the spring to a new year of life.

With luck I will spend many of these days skiing and snowshoeing through the quiet woods. Time will race by me on the tail of a northwest wind. Many nights will be devoted to contemplating the puzzles of the natural world. And in the spring when the bears emerge from the den, my skis and snowshoes will be back in the closet, and I will be out on foot in hopes of seeing a sow with her cubs.



## Colors



Morning. The purplish sky doing its own version of no sunshine - just lavender purple.

Turn off the music. It doesn't match this beauty.

This rush of fall color dives over my head, going straight to my heart, inspiring a kind of elation through my body down to my toes.

The harmony of reds, orange, green, yellow becomes a bird in flight into my bloodstream, carrying a wellspring of pleasure, fulfillment, ecstasy.

Colors sing: They have a movement.

Sometimes with deep purple to deep heart, when life feel heavy with ponderables.

Sometimes with bare gray leading you to open space lightly covered.

Sometimes the black of dead end is there, for resting.

Sometimes the beginning of May with yellow-green awakens a seed in my heart.

Sometimes to wake in early morning seeing the beginnings of new color.

The fullness of June begins. Blossoms with promise of the soil's surprises.

July heat cannot burn, but prospers the growth of deep blue delphinium.

August believes in a full range, from purple cornflower to delicate mouth snapdragons who welcome your fingers to open their mouths.

September offers snake tongue fuchsia with long-lasting blossoms and flower hardiness.

October allows monkshood purple to say "We're here 'til leaves begin to turn."

What does color do within me?

It allows a new life in me.

It touches that moment of feeling with presence.

Be there. Know the moment with no rush.

I love to hold the paintbrush and let color call me.

No design.

Just color.

I'd like the skill of drawing. But it's not in this hand.

Color somehow is the link with art in my world.

It is here, awakening the unknown to recognition, affirming new waves of consciousness, bidding me to go further, quietly saying "Yes."

Color sings its movement of birth, growth, troubles, sorrow.

It never leaves me untouched.

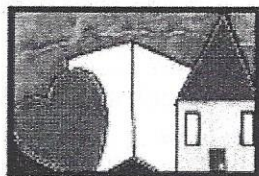
The magic of its power to fill me, move me,

sustain the moment, is a gift.

It is this bird of color flying into my heart, with rainbow

colors plunging into my bloodstream of pleasure.

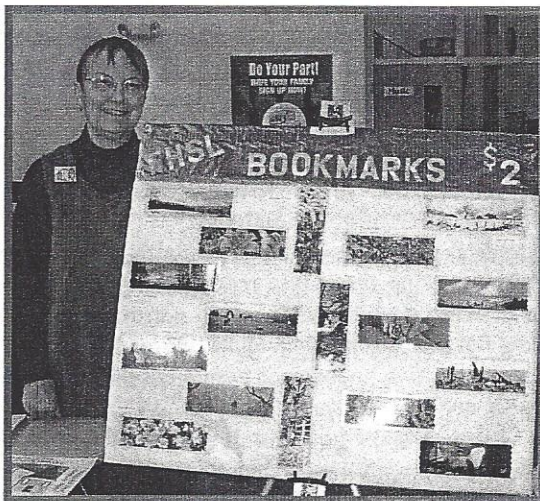
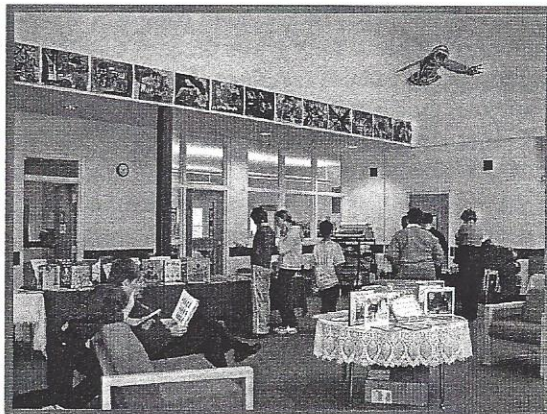
~Hazel Porter Maitland



## Friends of the Heath School Library

Browsers and readers examine the wares at the third

Annual Friends of the Heath School Library Book Fair held in conjunction with the World Eye Book Shop on November 18 at the school.



Helen Mackie with her bookmark display.



## Selectboard's Report

The Selectboard meets every other Tuesday night at 7:00 p.m. in Sawyer Hall

**Fall Meeting Schedule** - The Board has resumed its customary schedule of Tuesday evenings at 7:00 p.m. Meetings will be every other Tuesday (12/14, 12/28). The meeting schedule may be increased to weekly during the winter months.

**Community Hall** - An open house and potluck supper to celebrate the newly completed Senior Center was held on Sunday, November 7. The shiny new kitchen, nurse's office, and renovated finishes are welcome improvements. The exterior of the building has been completely renovated as well. A new roof, reinstalled lantern, siding repairs, painting, and drainage repairs are some of the noticeable improvements. Many thanks are due to the architect, contractors, FRCOG, Building Committee, the Council on Aging, and the Community Hall Committee for their hard work and patience in bringing this project to completion.

**Three-Town Landfill** - The Selectboards of the towns of Heath, Charlemont, and Hawley are negotiating an agreement with Yankee Atomic to pay for the engineering services required for the closing of the landfill. In exchange, Yankee will be permitted to use roads in Heath and Charlemont as an alternate route for their trucks in the event that there was a disruption in the route through Vermont. The restrictions previously imposed will remain in effect and are listed in the agreement. Yankee has no plans to use any other route than the one through Vermont unless an unforeseen emergency occurs.

The three Selectboards have agreed to solicit proposals for the engineering services and hope to award a contract soon. The engineering should be completed in the early part of the winter.

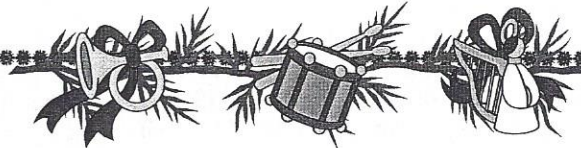
**Town Office Reorganization** - The second floor of Sawyer Hall has a new look. A long-awaited reorganization of the workspaces and furniture has been completed. The new layout will reduce the clutter and inefficiency of the previous arrangement. Sheila Litchfield, Becky Jurek, and Joy Fynmore have all had a hand in making this happen. The heavy lifting was supplied by the Highway Department, Justin Lively, and David Vandepoel.

**Job Classification** - The Board has begun the task of evaluating each job position in an attempt to classify the job based on responsibilities and required skill levels. The goal is to have equivalent positions compensated at similar levels based on a scale competitive with other area towns' compensation rates. We are indebted to David Howland for his help in developing the system for evaluating and classifying jobs. We hope to finish this project by the end of the year.

**Conservation Commission Appointments** - The Board is seeking to fill one more position on the Conservation Commission. Don Dekker has recently been appointed to fill one of the vacancies on the five-member commission. Anyone who would be interested in serving should contact Joy Fynmore, the Town Coordinator, at 337-4934 or call a member of the Selectboard to discuss the appointment.

**Heath On-line** - Take some time to visit the Town's home page [www.townofheath.org](http://www.townofheath.org). You'll find Selectboard meeting minutes, school information, and much more. The home page is a work in progress. Thanks to the computer committee for getting this project up and running. Contact the Selectboard at [BOS@townofheath.org](mailto:BOS@townofheath.org). Send messages to any board or individual via the e-mail address, or visit the Heath home page.

~ Heath Selectboard  
Thomas Lively, Chair  
Brian De Vriese  
Sheila Litchfield



## Snowball Butter Cookies

- 1 cup of butter
- 2 cups of flour
- 4 tablespoons powdered sugar
- 1 cup of finely chopped walnuts
- 1 teaspoon of vanilla

Cream butter. Add sugar and beat until light. Add vanilla and flour, mix well. Fold in nuts. Shape into small balls. Bake at 350 degrees for 15-18 minutes on ungreased cookie sheet. Roll in powdered sugar when slightly cooled, then again when completely cooled.

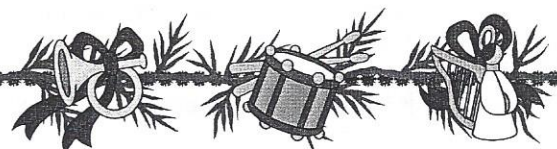
## Skiers' French Toast

Mix:  
2/3-1 stick of butter, melted  
1/2-1 cup brown sugar  
2 tablespoons maple syrup  
Pour into a 9" x 12" pan. Place thick Texas toast slices over sugar mix in pan.

Beat together:  
5 eggs  
1 cup of milk  
1 teaspoon of vanilla  
Pour over toast

Bake at 350 degrees for 20-30 minutes.

~ Dianne Cerone







## Library Lines



### Interlibrary Loans

By Charlene Churchill

The public libraries, the regional library systems, and many academic libraries throughout Massachusetts, including our library, participate in an Interlibrary Loan (ILL) program. This allows a patron in one library to request material that is not owned by the library in their town.

If you would like to use this service, there are several ways to put in your request. You can come to the library and fill out a form that we then use to put a "hold" on the item through the CW/MARS computer system. You can also call the library when we are open or you can e-mail your request to [heath@cwmars.org](mailto:heath@cwmars.org). It is most helpful if you can provide the author's name, the title, and the ISBN of the material. The ISBN is a number that is assigned to items and can be found toward the bottom of the item screen in the computerized CW/MARS catalog at [www.cwmars.org](http://www.cwmars.org).

After we place the hold the request is filled by an owning library and the material is sent to our library through the statewide weekly delivery service. We process incoming items each Saturday and call you when yours arrives.

While we can't fill every request we do provide a very large percentage of what people ask for. Some of the most difficult things to provide are often videos and DVDs since many libraries have a policy of not lending this material through ILL because these items have a risk of being damaged during transport.

If patrons are willing to pay return postage we can also request hard-to-locate items from libraries outside Massachusetts. We have received material from libraries in Kansas, New York, and Wisconsin, as well as from the Library of Congress in Washington, DC for people here in Heath!

If you have questions about using the ILL system or how to access the CW/MARS automated catalog, please stop in at the library and talk to Don or myself.

New Books at the Library: *Darling* by Russell Banks, *The Sunday Philosophy Club* by Alexander McCall Smith, *Runaway* by Alice Munro, *Northern Lights* by Nora Roberts, *Lost City* by Clive Cussler, *Double Homicide* by Faye and Jonathan Kellerman, and *The Surrogate Thief* by Archer Mayor.

### Planning and Design Grant Update

The Board of Trustees and the Library Building Committee have chosen David L. King Architects, Inc. of Boston to complete the feasibility study and preliminary design work for the new library facility. The firm specializes in library design. We have been meeting with the architect each week to review proposed designs for different areas of the building and other issues.

The costs of this phase of the building process, including the Building Program and the architect's fee, are met by funds heretofore allocated by the State and the Town of Heath as well as through Library trust funds.

A meeting with representatives of other town boards and organizations was held at the school on November 10 to allow exchange of information and ideas and give the representatives the chance to ask questions and provide feedback.

At this writing we are still evaluating several prospective sites as possible locations. We hope that people will contact us with their thoughts on location, as well as other ideas or concerns.

### PTP News

The PTP has had a busy fall. The "Back-to-School Potluck" was a great success and was followed by a wonderful magic show.

A wooden garden bridge was constructed and spans over the little wet area leading to the playing fields. This bridge was given by the PTP in honor and memory of Lorin Gowdy for his commitment and dedication to youth and to "bridging the gap" between community and school. We plan to have a dedication service in the spring.

Three fund-raisers have taken place this fall. Family movie nights have resumed. After School enrichments include soccer for children in grades one through six and several craft activities. We had a great turnout for our Halloween Party that was held at the fairgrounds this year. Frankenstein's haunted laboratory (including Frankenstein), fortune telling, hayrides, games and crafts as well as a scavenger hunt made for a great day.

The PTP meets on the first Thursday of the month, alternating times of 3:30 p.m. and 6:30 p.m.

Our next meeting is scheduled for December 2 at 3:30 p.m.

~ Robin Jenkins, Co-chair





MASSACHUSETTS CULTURAL COUNCIL

"This publication is supported in part by a grant from the Heath Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency."



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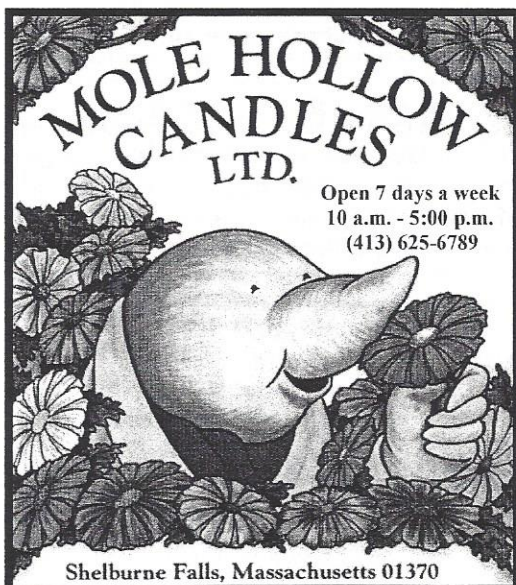
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### New Town Coordinator

## Meet Henry Godek and Jo Travis

By Pat Leuchtman

As a nephew of Jake and Alicia Tripp Henry Godek has childhood memories of Heath and the great blueberry fields. He spent his summers working in those blueberry fields and developed a great love for the town and the landscape.

Jo Travis said her first view of Heath was one January when she and Henry were dating. "He brought me to the house we live in now, but we had to hike through the woods and there was two or three feet of snow!" she said. Showing that she is good Heath material, she was undaunted and she and Henry recently celebrated their 13th wedding anniversary.

Jo and Henry met while they were both residents at the Yale University Hospital. Henry had already built his house in Heath while he was in medical school. Jo explained that amazingly enough he considered construction recreation. After their marriage they remained at Yale, working as assistant professors for three years, but then moved to Greenville in the Mississippi delta on the Gulf Coast. Jo and Henry are both anesthesiologists. They began a practice in a poor community that was medically underserved. "The people there thought the cavalry had arrived," Jo said. There were two hospitals in that area, and Jo and Henry worked at both for nine years never thinking too much about Heath except when they considered their retirement.

"And then there was September 11," Jo said. "We realized how much we missed seeing our families, missed seeing the nieces and nephews grow up. So we decided to come home."

Since arriving back in Heath in April of 2002, Henry has become Chief of Anesthesiology at Franklin Medical Center, as well as working at Baystate, Shriners and other area hospitals. Jo explained that the anesthesiologist is in charge of the patient from the time he comes into the operating room, through his time in the recovery room, until he is back in the regular room. Anesthesiologists also are involved with patients in Intensive Care Units and help with pain management after surgery.

While Henry goes off the hill to work each day, Jo says she has been keeping the home fires burning. "I'm usually in the kitchen or the garden, and Henry leaves me lots of

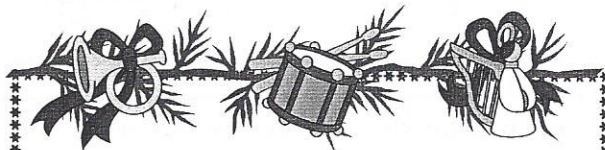
projects. We are always battling time getting ready for winter or spring." She added that the blueberry fields remain important and are being harvested by the Benson Place. But she admitted she is starting to miss the operating room.

In the meantime, and fortunately for Heath, she has put her knowledge and skills at the service of the Board of Health which she joined in the spring of 2003. She explained that the Board of Health is responsible for protecting the health of the general public of the town. This includes seeing that septic systems don't contaminate the water of the house owner, or that of his neighbors. They supervise the town nurse and get involved with housing issues, making sure that housing is safe for occupancy. Jo says that the town is lucky to have people like Dawn Peters on the Board. "She is unbelievable. She spends so much time on training and keeping abreast of issues important to the town. Heath is truly fortunate to have dedicated people like Walt Gleason and David Vanderpoel because there is more than enough work for the four of us."

The town is also lucky that while Jo is taking a hiatus from caring for the health and well-being of individual patients, she is putting her skills at the service of the town, caring for the health and well-being of all its residents.



*Pictured above is Jo Travis. ( Due to Henry's busy work schedule, we were not able to catch up with him).*



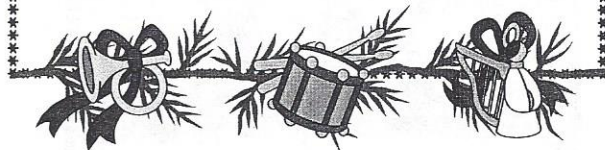
### Spiced Maple Cider

- \* 2 quarts apple juice or cider
- \* 8 oz maple syrup
- \* 1/3 cup lemon juice
- \* 1 small orange - sliced
- \* 3 cinnamon sticks
- \* 8 whole cloves

(optional - you can add 1/4+ cup of whiskey if you want)

In a large saucepan, combine all ingredients except liquor; bring to a boil. Reduce heat; simmer uncovered 20 minutes. Remove orange slices and spices. Add liquor if desired. Serve warm; garnish as desired. (You can also serve this chilled; or chill and add ginger ale.

~ Dianne Cerone





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## ***Rays of Interest***

### **Sailing Lesson**

By Raymond Pettengill

At one time we used to live in Georgetown near a lake called Pentucket. It was about a mile wide and two miles long, a beautiful lake with a nice sandy beach and float for diving and swimming. All four of our kids learned to swim there. They tell awful stories about the way they learned. Some claim I demonstrated how to do a dog paddle and then tossed them off the dock into the water. I did have to dive in and help one of them get back to the top of the water. She forgot to paddle. At any rate I loved to swim and used to play with them in the water all summer long.

One of the things I liked to do often was to swim across the lake and back so people living in the camps on the shore got used to seeing me out in the middle of the lake. One of the campers had a small homemade sailboat and told me I could take it out anytime I wanted. It was maybe ten feet long, flat on the bottom with a small keel board that you could pull up out of the water to get it in close to shore. The mast was about 10 feet high and had a lot of sail for the size of the boat.

One windy day the waves were too high to make good swimming so I thought it would be a good time to learn how to sail. I was smart enough to leave my wallet in the glove compartment of the car before I started out. I got into deep enough water to drop the keel board and hoist the sail. As soon as the sail filled we took off at a great rate and all I had to do was hang onto the rudder and the line on the end of the boom. I was having a great time until I decided to turn around and twisted the rudder hard over and let the boom swing with the wind. I learned my first lesson about sailing. That is not the way to turn a sailboat. The next thing I knew the boat was on its side with the mast and sail lying out on the water with me hanging onto the gunwale. I reefed in on the sail and tried to right the boat with no luck. I had always been told not to leave a capsized boat but did not want to stay out in the middle of the lake until someone could come out to get me so grabbed the bowline in my teeth and started towing the boat back to the beach. By the time I got to the beach I was pretty tired but happy to get the boat back where it belonged. I learned later that one of the women who lived on the shore did see me out in the water towing the boat and called her husband to tell him she thought I was in trouble and could use some help. He took one look and said, "It's just Ray playing around," and went back to his workshop.

If you decide to go sailing take some lessons from a person who knows how.

If it is rough weather wear a life jacket and let someone know where you are going to be.

Learn how to swim real good and take good care of your teeth in case you have to tow your boat back in.

## **Election Results**

November 2 saw a record turnout of voters in Heath just like we saw in the rest of the nation. A total of 434 ballots were cast out of 545 registered voters which is 80% of the total. This included about 30 absentee ballots.

The doors opened at 7:00 a.m. with eight people waiting to cast their ballots before heading off to work. Except for about 20 minutes in the mid-afternoon, the polls held at least one voter all day.

The results for Heath are as follows:

#### **President:**

Badnarik	1
Bush	156
Cobb	5
Kerry	268
Nader	1

#### **Representative in Congress:**

Olver	343
-------	-----

#### **Councillor:**

Vickery	271
Wilson	102

#### **Senator in General Court:**

Nuciforo	283
Thompson	110

#### **Sheriff:**

MacDonald	283
Hunter	100

#### **Council of Governments Executive Committee:**

Banash	320
--------	-----

#### **Representative in General Court:**

Bosley	279
Lukkarila	107

#### **Question 1: Right to Shared Custody:**

Yes	316
No	72

I would like to take this opportunity to express my deep appreciation to my election workers and to the constables, Alli Thane-Stetson, Bud and Val Kaempfer, Eileen Tougas, Jane deLeeuw, Don Dekker, and Bob Tanner for all the long hours they put in. Also a thank-you is due to David Vanderpoel for building the new voting booths that were heavily used and admired. I am also grateful to all the wonderful folks who came afterwards to help tally the ballots. Because of everyone's willingness to help, the entire day went smoothly.

It was exciting to see how many voters were concerned about the election and wanted their voices to be heard through casting their vote. One absentee ballot was returned by UPS overnight airmail in order to arrive on time, and another came all the way from the U.S. Embassy in Moscow.

I couldn't help but ponder on the fact that in a presidential election any one vote is but a drop in the bucket. However, in our local elections and town meetings one vote makes a much bigger splash and can have a greater impact on the lives of town residents. Hopefully, some of the political concern that led up to November 2 will continue on the local level for the future.





## ***The Way It Is In The Country***

*"If it's old, works well and has a purpose in life, don't change it."*

### **A Bad Day Hauling Hay**

By Carroll Stowe

This bad day with a hay truck took place probably in the mid 1950s. It started off fine. The Stowe farm had a good working relationship with the Sheafer family of Potter Hill, New York. Potter Hill is on the south edge of Hoosick Falls. We had bought hay from these folks for several years, and it came about that the Sheafer folks would have some hay ready for us to get out of the field. This hay would be baled and on wagons to load on our D40 International truck. This truck was no stranger to hauling hay.

I never had any idea when I left home this particular day that I'd have so much trouble. The hay was ready for me when I got there to the field where it had been baled with a big New Holland 76 twine-tie baler. No problem? Wrong.

The farm folks were on hand to help load, and we weren't long getting loaded. I always looked forward to spending time with these good farm folks with whom there was always a good chuckle. It seemed mutual that we enjoyed each other's company. I could trade with them stories of our days in Colrain and our style of farm life compared to theirs.

A nice, comfortable load soon rested on the 14-foot body and nine-foot rack out over the cab. Our method of binding hay on this rig was two 3/8 cables going from front to back of the load with chains attached to the rear of the truck body and two chain ratchet binders or come alongs connected to the chains.

This system had always worked very well. Not today. I don't recall ever feeling that these bales were not fit enough but it turned out not to be well-baled hay.

I bound this load as I'd done many times before and bid these good people well and made ready to head for Route 7, the Mohawk Trail, and home. Wrong again. That load of hay had begun to settle together right there in the fields. We used some plank and an old B John Deere tractor to push that load back in line and put more pressure to the binders. I left the field and made my way out to Route 7 and just as I reached it, perhaps a mile and a half, that load had shifted again. The folks were following me and they helped me reload. This was turning into not a fun day!

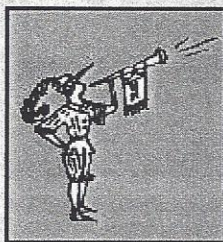
Farewells said again, I set forth very cautiously, got to Williamstown and got weighed at a large truck scale. The load did not look good at the scales but I set out again and had not gone very far when I felt I had better adjust that shifty hay. I released the binders and about 25 bales tumbled down an embankment to a river. This was just great. As I was studying my plight, two young fellows appeared and got that hay back up to the roadside. They helped me reload and bind up again. I tried to use some better-strapped bales for the rear part of the load.

This reloading lasted until I reached Doc Crosier's place up top of the trail. I restructured the load there and called my folks at home and explained my tardiness. On I went and started down the trail toward Charlemont. A short distance west of Mohawk Park work was being done to the trail and dump trucks were hauling gravel for the job at night. As I was making my way by the work, there was a trailer truck behind me. I lost some of the hay off in the road, and I was so tired and disgusted that I sat in my truck trying to figure out what next to do. One of the bales had landed on a pot flare. The trucker behind me got out and put the fire out.

I got the truck out of the traveled area and rode down to a phone in Charlemont and called my folks again and did what I should have done earlier, asked for help. That came in the form of Frankie Crosier with one of his cattle trucks who took part of this poor load of misshapen bales.

This entire ordeal could have been eliminated if we had felt side racks were needed. Skeleton racks could have easily held loosely baled hay in place.

To say I was happy to be home that evening would be an understatement! My recollection process doesn't tell me if I ever hauled hay out of that area again or not.



Copies of  
*Carroll Stowe's The Way it is in the Country*  
are available.

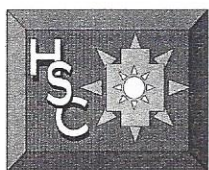
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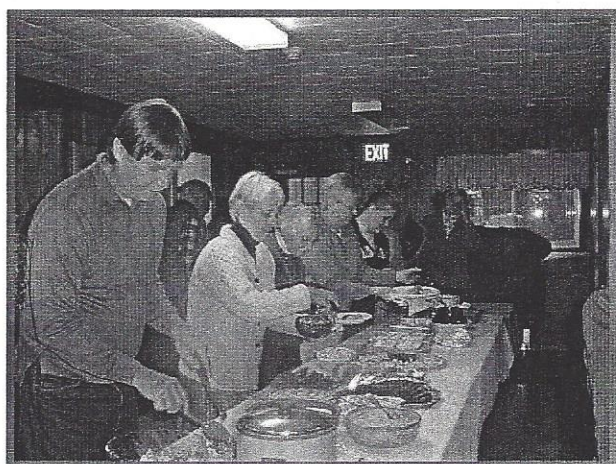


## Community Hall - Senior Center



On Sunday, November 7, we celebrated the reopening of the Community Hall with our Community Potluck in our "new Senior Center." It was a huge success! After a brief tour of the new facilities, we enjoyed a delicious supper. I think all who attended, about forty to fifty people, were really impressed.

The new kitchen is wonderful, although we are having a little bit of trouble trying to locate everything now. We were so used to the old cabinets, we now have to hunt around for things since we have so much more storage room.. Our senior meals began November 18



*Guests enjoying the potluck supper at the new Senior Center.*

and will continue twice a month. The next one will be a Christmas Party Luncheon on December 16. An exchange of up-to-\$5.00 gifts will take place. All seem to be looking forward to that. A reminder that reservations should be made by calling Dot Sessions at 337-4896.

I personally want to thank Jane deLeeuw, Alli Thane-Stetson, Brian DeVriese, and Ray Pettengill who all served with me on the Building Advisory Committee. Without their input, this would have been a difficult situation. Also I want to thank Eileen Tougas, Helen Studd, Ruth Corey, Teresa Peters, and Dollie Churchill for all their help

The main hall can still be used for private functions. The only difference now is that the kitchen facilities cannot be used unless the event benefits the seniors and then only by the Community Hall Committee members. The bathroom facilities can be used by all. If anyone is interested in using the main floor, contact Dollie Churchill at 337-6680.

Once again, thanks to all for the community support!

*~Val Kaempfer*

## Guidelines For Use of the Community Hall & Senior Center

The Heath Community Hall Senior Center renovation was funded by a Community Development Block Grant and the Town of Heath. It is critical that the Senior Center and the

Town of Heath operate within the restrictions or the Town risks being sanctioned by the U.S. Department of Housing and Urban Development..

The first floor of the Community Hall and the parking area were renovated for the *exclusive use of the Senior Center*. HUD requires that this use be retained for a *minimum of 5 years* from the closeout of the grant. The purpose of this federal rule is to ensure a long-term benefit to elders from the use of federal funds. Allowable uses of the Senior Center (Basement Floor) include senior meals, senior center meetings and activities, and other uses that *primarily and directly benefit* elders.

The kitchen can be used **ONLY** by the Council on Aging or for a Senior-sponsored event.

It cannot be used by anyone else using the building. Anyone else using the building must provide their own food or have their event catered and use the main floor.

### **Senior Use:**

- ◆ Seniors may use the entire building for any event. If the event is sponsored by the Seniors, or if it is to benefit the Seniors, it is allowed. Examples: Senior Aerobics, Quilting, Senior Ladies Aid, Senior Community Dinners.

### **Basement Floor:**

- ◆ It can only be used for events sponsored by or for the benefit of the Council on Aging or Seniors.
- ◆ **ACCESS TO RESTROOMS & ELEVATOR:**  
Accessible at all times to anyone using the building.

### **Main Floor Use Examples:**

#### **Public Use:**

- ◆ Food Co-Op
- ◆ Library Sponsored Classes
- ◆ Receptions
- ◆ Private Parties

#### **Community Events** (any event open to the community):

- ◆ Church Dinners
- ◆ Art Shows
- ◆ Old Home Days
- ◆ Ski Race

### **NO GOVERNMENT USE OF THE BUILDING IS ALLOWED**

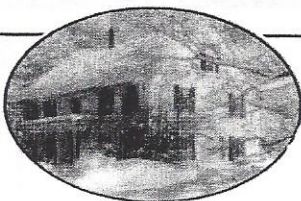
(no Board meetings, Town Meetings, etc.)



*Heath Christmas Craft Fair in the Community Hall Main floor.*



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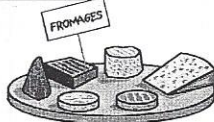
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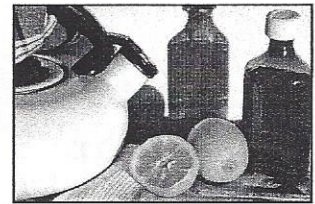
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***Town Nurse Notes*****Colds and Flu Prevention**

By Joanne Fortune, RN

Now that frigid weather is upon us and we're seeing people around us blowing their noses, sneezing, and coughing, I thought I'd pass on these ways to prevent a cold or flu. Make a copy of it and tape it to the inside of a cabinet door so it'll be easy to find when you've got that darned scratchy feeling in your throat.

- ◆ Drink a lot of water to move the bacteria or virus out of your throat and out of your system.
- ◆ Keep a gingerroot in the freezer. Slice off a tablespoon of it and boil it in a pan of water. Cover your head with a towel and breathe the steam. When it stops steaming, drink the tea.
- ◆ Soak in a bath of chopped ginger and then go to bed. The increased heat of your body will kill any bacteria or virus.
- ◆ Run a vaporizer next to your bed at night. Run a humidifier during the heating season.
- ◆ Take 1000 mg. Vitamin C in the morning and again at night. Eat oranges and raw garlic. Take Echinacea. It's a natural anti-bacterial and boosts your immune system.
- ◆ Wash your hands after you've been out and about. Keep them away from your face when you're out. Dispose of used tissues in a closed bag.

**Make Fire Cider!**

- 2 finely chopped onions
- 1 finely chopped whole head garlic
- 1/3 cup finely ground horseradish (with no additives)
- 4 tablespoons grated fresh ginger

Cover all with apple cider vinegar in a quart jar. Cap and store in a warm, dark spot for four weeks. Strain and store in the refrigerator. At the first sign of a cold, take 1 teaspoon every ½ hour. I've never had to take it more than a couple times before the cold symptoms went away.

Happy holidays to you all! Come check out the newly renovated Community Hall. I'm there from 12-1 p.m. on Tuesdays. If you'd like me to visit you, please call me at 774-2958.



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December 18 & 19    10 a.m. - 4 p.m.

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## Milestones

**James Cerone**, son of **James and Dianne Cerone** of Heath, and **Lauren Gatley**, daughter of **Brian and Sandy Gatley** of North Grafton, have announced their engagement. Jimmy is a senior engineer for BEAT, Inc., a civil engineering firm. Lauren is a lead teacher for preschoolers in a private day care center.

The couple lives in Newton. A wedding date has been set for mid January 2005.

**Benjamin Cerone**, son of **James and Dianne Cerone** of Heath, and **Tara Wainwright**, daughter of **Paul and Debra Wainwright** of Wrentham, have announced their engagement. Ben, a mechanical engineer, is employed as a product designer for a small North Carolina firm. Tara will graduate from veterinary school in the spring.

The couple lives in Raleigh, NC. No wedding date has as yet been set.

**Wanda and John Musacchio** of 44 Swamp Road announce the engagement of their daughter, **Sayde Jo White**, to **Jason Matthew Zillo**, both of New York City. Jason is the son of **Mariann and Charles Zillo** of Youngstown, OH. Sayde is also the daughter of **Robert White** of Athol.

A graduate in 1990 of Deerfield Academy and Gettysburg College, Gettysburg, PA, in 1994, Sayde is a television producer for "The Baby Story" on TLC. She also does freelance work for ESPN, NESN, and the YES Network.

Jason graduated from Ursuline High School, Youngstown, in 1991, and in 1995 from Ohio University. He is assistant director of media relations for the New York Yankees baseball team.



Born October 3, 2004, **Joshua Lorin Mercier**, son of **Andy Mercier** and **Laura Gowdy** of Royer Road, Heath; grandson of **Sandy Sprague** of Halifax, VT, and the late **Lorin S. Gowdy** of Heath, **Maryanne Mercier** and **Thomas Mercier** of Lowell, MA; great-grandson of **Howard and Jeanette Crowningshield** of Rowe, MA, and **Barbara and John Powell** of Lake City, FL; great-great-grandson of **Betty Gowdy** and the late **Harry L. Gowdy** of Shelburne, MA.



**Virginia Lieson Brereton** of Brookline, formerly of Heath, died on September 3, 2004. She was the daughter of **William A. Lieson** of Amherst and the late **Dorothy N. Lieson**.

In addition to her father, survivors include her husband, **John C. Brereton**; two sons, **John W.** and **Richard L. Brereton**, all of Brookline; a brother, **Charles W. Lieson** of Middletown, CT, and a sister, **Janet L. Lieson** of Jamaica Plain.

A celebration of her life was held on October 30 at The Memorial Church of Harvard University.

Memorial contributions may be made to the Alzheimer's Association, Massachusetts Chapter, 36 Cameron St., Cambridge, MA 02140.

**Phyllis Sweet Carlson** of Greenfield died November 16, 2004. Born in Hartford, CT, on December 29, 19922 she was the daughter of **Dr. John H.T. Jr. and Henrietta Elliot Sweet**.

She was an employee of the Howard Johnson Motor Lodge, Greenfield, from 1970 to 1984.

Mrs. Carlson is survived by her daughter, **Linda McNeary**, of Simpsonville, SC; three sons, **Guy B. Welles II**, of Newport Richey, FL, **John D. Carlson** of Heber City, UT, and **Tom C. Carlson** of Heath; a brother, **Elliot B. Sweet** of West Hartford, CT; two sisters, **Deborah S. King** of Woodstock, VT, and **Barbara S. Pederson** of Santa Rosa, CA; eight grandchildren, and seven great-grandchildren.

Memorial contributions may be made to the American Cancer Society, 31 Capitol Drive, West Springfield, MA 01089, or to Baystate VNA & Hospice, P.O. Box 482, Sunderland, MA 01375-0482.

**Evelyn Spencer Hillman** of 27 Underwood Hill Road, died on October 14, 2004. Born in Essex, CT, on October 24, 1930, she was the daughter of **Daniel W. and Huldah Antonson Spencer**. She attended Pratt High School in Centerbrook, CT, and Cushing Academy in Ashburnham before graduating from the Arms Academy, Shelburne Falls, in 1949.

A member of the Heath Ladies Aid, Mrs. Hillman was also in charge of the exhibit hall at the Heath Fair for many years.

She is survived by her husband of fifty-five years, **Smead Hillman** and a son, **Alvin M.**, of Heath; two daughters, **Linda A. Chapin** of Northfield and **Sandra L. McCloud** of Charlemont; a sister, **Judy Evarts** of Colchester, CT; four grandchildren, and several nieces and nephews.

Funeral services were held at the Smith-Kelleher Funeral Home, Shelburne Falls, on October 20, with the Reverend **Allen Comstock**, pastor of the Charlemont Federated Church, officiating. Burial was in the North Heath Cemetery.

Memorial contributions may be made to The Academy at Charlemont, 1359 Mohawk Trail, Charlemont, MA 01339.

**David Kwochka** of Conway died on November 5, 2004. Born in Wilkes-Barre, PA, on October 20, 1950, he was the son of **Samuel and Helen Souchick Kwochka**.

At the time of his death, he was building a home in Heath with the intention of moving here.

There was a celebration of his life at the Tusk 'n Rattle, Shelburne Falls, on November 16.

Memorial contributions may be made to the American Friends Service Committee, 140 Pine St., Florence, MA 01062 or to the Pioneer Valley Humane Society, P.O. Box 786, Greenfield, MA 01302.

**William W. Potter**, formerly of Northfield, died on November 5, 2004. Born on May 20, 1931 in Keene, NH, he was the son of **Frederick F. and Mary Bergeron Potter**.

He was employed for many years at the former Northfield Inn as Executive Chef and then as Manager. He also worked for Keene State and Franklin Pierce Colleges as head of food services.

His wife, the former **Phyllis Eldrige**, died in 1988. He is survived by three daughters, **Diane Potter** of Heath, **Debra Goodwin** of Ashfield, and **Donna Potter-Astion** of Stockbridge, and two granddaughters.

A Liturgy of Christian Burial was held at St. Patrick's Church, Northfield, on November 10.

**Requiescat in pace**



***Heath People in the News*****Congratulations Sue and Hank!**

**Sue Silvester**, longtime Heath resident and a former editor of the *Heath Herald*, married **Hank Samoriski** on August 1, 2004, at the Mary Lyon Church in Upper Buckland. After a wedding trip to Russia, Estonia, and the Scandinavian countries, they are at home at 8 Old Upper Street, Buckland, MA 01338. Sue, Executive Director of the Mary Lyon Foundation, has retired after 34 years as the library supervisor for the Mohawk Trail Regional School District, and Hank is retired from the CIA.

**Thank You!**

The *Heath Herald* staff wish to thank staff typographer **Diane Cote, Richards Steinbock** who wrote the Fire Department report, and **Tim Lively**, the EMT reporter, all of whom have resigned, for their many years of faithful service to the paper.

As of this issue, **Jeff Simmons** takes over the dual role of writing the columns for the Fire Department and the EMT, now combined and re-titled **Heath Fire-Rescue News**.

Welcome Jeff!

**REMEMBER THE HEATH FAIR?****Fun, Food, Animals, Fireworks.....**

Family, friends, neighbors, and visitors from all over have come to Heath once a year for a real country fair. There are only a few of the "hilltown" fairs left. What if ours were gone too?

The Heath Agricultural Society needs volunteers --- fresh blood, youthful energy, new ideas, just more pairs of hands. We want the fair to continue on for generations, but we need help to pass on the torch.

We hope to minimize everyone's work with the "many hands make light work" theory. Can you paint a bench? Mow some grass? Run a children's game? Park some cars? Help bring rubbish to the dump? Cook burgers and dogs? Sell tickets? These are some of the hundreds of tasks needed to keep the fairgrounds in good shape and the Heath Fair a great family tradition.

If you can give a little time to work on some of the projects needed to keep the Heath Fair alive, call a Fair Committee member or come to a Fair Committee meeting. We meet the second Tuesday of the month at the Heath Elementary School at 7 p.m.

Committee Members to contact:

David Freeman 337-4766 Shirley Tombs 625-6672

Alli Thane-Stetson 337-4852

**Hail to the Chief!**

The Selectboard announces the appointment of **Margo Newton** to the position of Police Chief for the Town of Heath.

**Congratulations Margo!**

**ERRATA**

Apologies to David Howland for inadvertently omitting his name from his article on page 5 of the last issue. Don't Forget to Vote" co-opted it. And for not seeing that "State" was missing its "t."

MEA CULPA.

**Community Calendar****December**

- December 6** - Tanglewood Marionettes at Heath School, 9:30 a.m.
- December 8** - Mohawk Trail Regional School District - All-District early release, high school, 11:45 a.m., elementary schools, 12:45 p.m.  
- MTRSD School meeting, 7:00 p.m.  
- Novelist Russell Banks and Poet Chase Twitchell at The Academy at Charlemont, 2 p.m.
- December 9** - College Financial Aid Informational Meeting, high school cafeteria, 7:00 to 9:00 p.m.
- December 16** - Senior Luncheon and Christmas party, Community Hall at noon
- December 17** - Heath School PTP Family Movie Night  
- The Academy at Charlemont winter break begins
- December 23** - MTRSD schools winter break begins
- December 25** - **CHRISTMAS DAY**
- December 30** - Senior Luncheon, Community Hall at noon

**January 2005**

- January 01** - **New Year's Day - HAPPY NEW YEAR TO ALL!**
- January 03** - MTRSD Schools resume as does The Academy at Charlemont
- January 13** - Senior Luncheon, Community Hall at noon
- January 27** - Senior Luncheon, Community Hall at noon





## Heath Fire - Rescue News

As you may have noticed this column has a new writer. I am taking over from Richards Steinbock, who, after 29 years as a volunteer firefighter, has turned in his gear. Most recently, Steiny served as deputy chief within the department and, for the past 20 years or so, served as treasurer and secretary of the Firemen's Association.

Steiny, we thank you for your dedication and service to the town. You are an asset who is going to be missed!

With Steiny's resignation, several promotions have occurred within the department. Dave Cote has been promoted to assistant chief and firefighter/EMT Gary Singley to the rank of lieutenant.

Other changes are occurring within this column as well. It will incorporate into it the **Heath Emergency Services News** column done for many years by Tim Lively. In addition, a safety tip will be included.

Of course, the department is always looking for new members and the EMTs to join up. We meet the first Thursday of the month and train on the third Thursday of every month. Anyone who might consider becoming an EMT or a paramedic may be interested to know the Commonwealth has low interest loans to help with the costs. Information can be found on [www.detma.org/educationrewards](http://www.detma.org/educationrewards).

Calls since the last edition of the *Herald*:

- 09/10/04 - 8A North near Brunelle Road, MVC. Rescue responded. Parties involved uninjured.
- 10/11/04 - Underwood Hill Road, Medical Aid. Rescue, Charlemont EMS and BHS Paramedics responded. Transport by BHS.
- 10/12/04 - Number Nine Road, Medical Aid. Rescue and Charlemont EMS responded. No transport.
- 10/28/04 - Mutual Aid to Rowe, Structure Fire. E1, E2, and Rescue responded.
- 10/28/04 - Number Nine Road, Vehicle Fire, E1 and Brush 1 responded.

### Safety Tip:

Dryer fires are one of the leading causes of fires in homes. By following a few simple actions you can reduce the risk of having one in your residence. A few of these are mentioned below:

- Clean the filter screen after each use.
- Stay at home when the dryer is in use.
- Twice yearly clean the plastic hosepipe that vents to the outside. A vacuum cleaner works well at removing built-up dust and lint inside the pipe. It is also wise to vacuum the motor area as well (you may need to remove the panel to do this).
- Never dry mop heads in the dryer.

~ Jeff Simmons

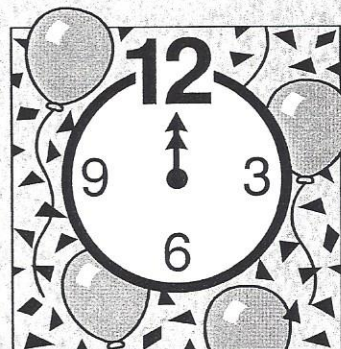


*The new and the old.*



*Shining addition to Fire Department.*

# Happy New Year!





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in our small part of the  
world,

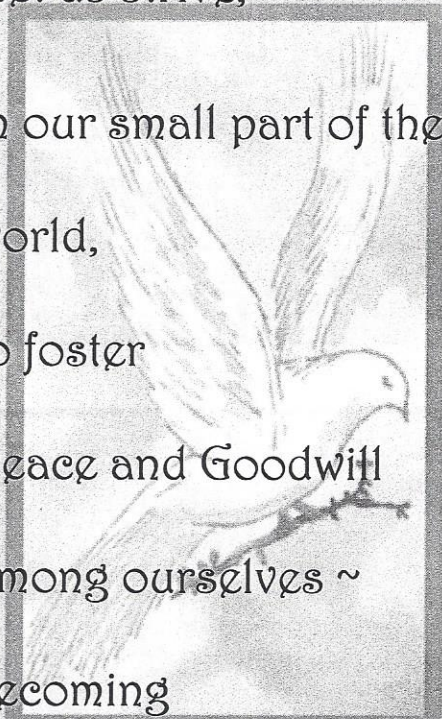
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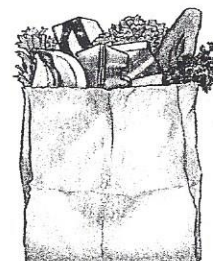
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- ◆ Soda, Grinders, Ice Cream
- ◆ Beer, wine, liquor
- ◆ All food essentials



#### STORE HOURS

Monday – Saturday, 8 a.m. – 7 p.m.

Sunday, 9 a.m. – 7 p.m.