



# HEATH HERALD

## Heath's First Newspaper

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## HEATH ARTS FOURTH ANNUAL EXHIBITION

Lisa Burke / Fred Burrington / Sandy Clavette / Robert Dane / Don Dekker / Naomi den Ouden / Susan Draxler / Will Draxler  
Henry Godek / Barbara Gordon / Jean Gran / Susan Gruen / Harry Hallman / Julieanne Hallman / Suzanne Hannay  
Henry Josephson / Sandy Kinsman / Henry Leuchtman / Eileen McVay Lively / Christine Luis / Sofia Mason  
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### On the Cover

A sampling of work on display at the Fourth Annual Heath Arts Exhibition. Exhibition logo by Zack Handler.

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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.

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January 5 for inclusion in February/March issue  
 March 5 for inclusion in April/May issue  
 May 5 for inclusion in June/July issue  
 July 5 for inclusion in August/September issue  
 September 5 for inclusion in October/November issue  
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# From the 40th Anniversary Archives 1979

## To the Editors:

In June 1978, in anticipation of a new library, the librarian and Trustees, with the cooperation of several townspeople, moved all library contents out of Sawyer Hall. Through the kindness of Dr. William Wolf, we have been able to use his garage as a temporary library and Jay Bradbury's barn as a temporary storage area. Temporary we thought! Thirteen months later, we are still imposing on their generosity. Dr. Wolf must be inconvenienced by the loss of his garage space, and the Bradburys are in the process of selling their property so need their barn emptied.

Thus we are appealing to the townspeople of Heath for action to get the contractors to finish Sawyer Hall immediately. They have certainly had adequate time! As you can see, our library has suffered, although Edith Gleason has done an excellent job under the circumstances. The Selectmen and the Trustees have done their best to get this project finished; perhaps en masse we could somehow force or embarrass the Whiteman Brothers to finish the building as they have promised monthly since October 1, 1978.

—Alli Thane, Teresa C. Pettengill  
Library Trustees

*Reprinted from the Heath Herald  
Volume 1, Issue 3, August 1979*

## Library Notes

by Edith Gleason

The library is still at Bill Wolf's garage. The promise of only a "few" more days' work leads us to think that, in terms of what we are experiencing in the progress of the work at the Town Hall, the age-old question of how many is a few is still to be resolved.

We have been asked to move the books from Bradbury's garage as they are moving and need the space for their own use. They have kindly extended the limit several times but the end is at hand. By the time you read this we should be out. Where? Has anyone any suggestions or solutions?

[In other news], the library is having a doll-naming contest for children under 10 years of age. The doll is the one we had at the Fair. She will live in the children's corner.

Also, the Bookmobile has called in Heath several times this summer. We welcomed Mr. Conway after his long illness. Everyone is welcome at the Bookmobile. Watch for dates of call at Peter's Store, the Post Office, and the Library. The schedule is also in the [Greenfield] Recorder each week.

*Reprinted from the Heath Herald  
Volume 1, Issue 4, October 1979*





## The Steele/McCutchen's Latest Venture

For six years, my husband Brooks McCutchen and I have had the privilege to work with partners in the South Pacific island nation of Vanuatu, helping build capacity for adaptation, and supporting greater social and environmental resilience. Over the course of this partnership, it has become increasingly clear that communities' local efforts are struggling to keep up with the rate and the nature of the changes occurring.

The world simply must make every effort to keep further CO<sub>2</sub> out of the atmosphere.

While all of us will be impacted by the crisis, countries in the global south are much more vulnerable. With fewer financial resources and less voice on the global stage, they are encountering enormous challenges.

We believe that the efforts and stories of our partners in Vanuatu must reach further and, in turn, they need to know that others are listening, and hopefully acting. So in 2019, we set off on an expedition of a different kind, traveling to countries impacted by the climate crisis to gather stories and support mutual recognition. The message is that people like our partners in Vanuatu are working hard to adapt and to protect biodiversity that is not only essential to their way of life, but is of global value. That is, of value to each and every one of us on this planet. Not only are we making an effort to share stories from least developed countries like Vanuatu, where governments and people don't have the money to respond, but also from countries where people risk their safety if they raise their voices in protest.

Frankly, we're not very optimistic. Nor do we presume that our small efforts will have much effect; nor are we sure that these actions are the most effective ones we can take! Nevertheless, this is our contribution to the climate and biodiversity crisis that we all face.

Arriving in Vanuatu right after our maple harvest, we learned of the impact of recent cyclones, ripping up new coral garden projects and sitting atop communities for days on end, wreaking havoc. Our local partners, the Vanua-tai Resource Monitors Network reported increased coastal erosion, greater food insecurity due to changing weather patterns, and decline of the reefs and fish supplies. As we shared stories about changes in the world, we felt fueled to make their stories heard further afield, and to bring back to Vanuatu stories of how

people around the world are working to bring about change.

We left Vanuatu and headed to Vietnam. Although a country with a fast-growing economy and cityscapes of towering modern spires, the country's over 95 million people are highly vulnerable to climate change. In fact, the country is ranked sixth in the world on the Climate Risk Index.

There we met with local activists who must tread a fine line or risk imprisonment, and with college professors and leaders of international organizations. We learned that sea level rise poses enormous threat to the country, especially to the low-lying Mekong Delta (population 21.5 million, elevation 0 ft/cm), a vast region of rivers and swamps and the location of most of Vietnam's rice production. Large-scale internal migration is already underway due to the collapse of farming. While the government recognizes the enormous changes underway, nevertheless, they continue to build new coal plants to meet the growing demands of this country, which has some of the worst pollution in the world.

We hope to share more of these stories with our friends and neighbors in the Heath community.

—Janis Steele



*Vanuatu's Vanua-tai resource monitors*



*Janis with young climate activists in Hoi Chi Minh City.*

*World Ocean Clean Up Day with members of the Climate Warriors. 1.5 to stay alive refers to temperature rise.*



## Heath Arts Exhibition

The Heath Arts Exhibition is an annual display of non-juried works for those with a significant connection to the Town of Heath. No other requirement is expected. Artists of all ages are invited to submit up to three items. This year traditional medium such as oil, watercolor, acrylic, pastels, and photography were in abundance. Also submitted were unique pieces. Robert Dane submitted blown glass sculptures. Barbara Gordon dressed two mannequins in handwoven women's apparel. Ted Watt, former owner of Benson Blueberry Farm, hung a large quilt portraying various local birds. Sofia Mason, winner of the Dickinson Family Fund Award at this year's Heath Fair, displayed a large collection of imaginary insects made from found, pressed leaves and flowers. Sofia is the youngest person to have ever won this award. Lisa Burke presented three mixed-media boxed constructions in the style of legendary Joseph Cornell. Elements of these three pieces are not attached and become new works each time they are moved. Other works in silk, wood, coffee filters, textile, and felt were major works in the exhibition.

The Heath Arts Exhibition reception began with a different twist. As dozens of people gathered in small groups to talk or walk among the 81 works of art from 33 Heath residents, the audience was called to attention by Harry Hallman, the ad hoc master of ceremonies at the front of the Community Hall. Moving through the instruments and amplifiers of the band, a diminutive young girl took her place behind the microphone. Attired in jeans, dress, and boots, Naomi den Ouden, age nine, waited for direction from musician John Clark of the Uncles of the Pioneers, an eclectic quartet. A chord played and Naomi began her rendition of "Summer Time," the opening aria of George Gershwin's Porgy and Bess. From the first deep alto note, Naomi surprised and awed the crowd, not expecting the talent and poise of such a young person. When finished, she was loudly applauded. Later John Clark remarked, "There will come a day when we will say 'I knew her when. . .'"

The show was open for a week following the reception on Labor Day Sunday. People from surrounding towns were invited to take a look. This year Eileen Lively invited seniors from Shelburne Falls. As the guests moved from piece to piece, they were appreciative of the range of talent. "Who would have thought that such a show would be in Heath," was a remark heard by Eileen, who hosted.

Deep appreciation goes to the organizers and designers of the exhibition: Jean Gran, Eileen Lively, Suzanne Hannay, Rachel Grabelsky, Bruce Phillips, and Bill Gran. They work all year to ensure that the show will be widely publicized and successful. A special thanks to Tim Lively for all his behind the scenes work preparing the Community Hall. As Pat Leuchtman remarked about the exhibition, "You can feel the love and beauty in this room."

—Harry W. Hallman



*Sofia Mason, Heath Fair Dickinson Family Fund Award winner*



*Exhibition organizers (l to r): Jean Gran, Harry Hallman, Eileen Lively, Suzanne Hannay*



*Uncles of the Pioneers with special guest, Naomi den Ouden*



*Photos by Art Schwenger*





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## Spotted Around Town

I saw a bear at the fairgrounds. It was wandering around the pulling pit and wasn't the least bit concerned about me. I also saw a bear crossing the road at McCutchens' on Route 8A.

We saw four hen turkeys and around 30 young crossing the road at the Maitland forest.

A bobcat was sighted on Wilson Hill with a rabbit for lunch.

—Bob DeLisle



**Turkey Call:** After Joe Judd's talk on turkeys at the Heath Fair, a huge flock of females and poults of two sizes were seen crossing Route 8A. This photo includes only about a quarter of the ones seen.

—Cathy Tallen



Mike Shattuck spotted roadside mowing at the wheel of Heath's shiny, new John Deere 5075E tractor.

—Art Schwenger



The asters near our porch have cradled a surprise this September. This is one of a dozen tiny butterflies, a smidge larger than a bee, to frequent the asters. According to the North American Butterfly Association, it is a Bronze Copper Skipper (*Lycaena Hylis*). The NABA claims it to be "... a very scarce and almost assuredly truly rare Massachusetts butterfly."

—Julianne Hallman

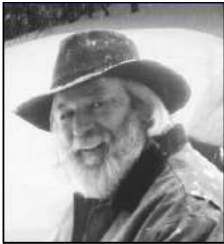


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## Wild Ramblings

—Bill Lattrell

### Nature's Bounty



The acorns started toppling down from the high branches of the red oaks during the middle of the summer. There were only a few at first scattered here and there on the forest floor where shadows were cast by the regal red oak trees. The earliest acorns are underdeveloped. They have a normal size cap with only a small, decrepit nut underneath. Animals still seem to gather them up for food and they disappear almost as fast as they fall to the ground.

But now it is the beginning of autumn. Days are already shorter than nights. Oak groves hidden deep in the woods yield plentiful fruit. It is hard to tell at this early date if it will be a peak crop. Red oaks yield peak crops every few years. Last year's crop was dismal. The scant crop was consumed almost immediately. Deer, wild turkeys, squirrels, bears, chipmunks, and other acorn lovers were deprived of their most precious winter forest food. They had to look elsewhere for sustenance. The rodent population crashed this summer, likely as a result of the poor food crop yielded by last year's forest.

Over large areas, perhaps several thousand square miles, red oaks will produce a peak crop in a given year. Research has shown they use pheromones and mycorrhizal fungi to communicate with each other to coordinate the peak production. By producing large crops in a single season, the red oaks can produce more acorns than can be consumed by wildlife. This guarantees that some of the acorns will yield spring seedlings; new, tiny, red oak saplings that may someday grow to one hundred feet tall and four feet in diameter. A single fully mature red oak can produce several tons of acorns in a peak season. Multiply that by a forest filled with large red oaks and the picture becomes clear as to how they overwhelm the forest with so many acorns that the surplus survives and is buried by the deep snows of winter.

On this day the sun is bright, although getting low in the sky in the western horizon. The light filters through the overhead foliage held on the oak branches above. The ground has reasonable amounts of acorns strewn about, and using my binoculars I am examining the

branch tips above my head to see if there are still acorns, hopefully an abundance, that will eventually make their way to the ground. It is a breezy day and the moving branch tips adorned with large oak leaves makes my task almost impossible. Understanding that this technique will not likely yield results, I decide to take a different approach. It is called the "wait and see" approach, without a question, unscientific, mind you, but it may yield some anecdotal results. I see a nearby stump that will make a good spot to sit, and so I make the decision to nestle down at this location. The hope is that the breeze will develop into a moderate wind which might, just might, release some of the acorns from the oak trees. It's a long shot, but given I am more than a modest distance from my doorstep, I could use a bit of a rest anyway. I do a quick survey of the roughly 1,000 square-foot area in front of me and count 29 acorns. And then I gather up a large quantity of decayed leaves and place them on the stump. I love the smell of humus, and the dead leaves' soft texture will make a comfortable seat.

As luck would have it, nearby weather produces some stronger winds and while it isn't raining acorns, they fall in good numbers. At the beginning the breeze produced an occasional "plop" when an acorn fell onto the forest floor, but as the wind increased the sound of dropping acorns becomes more pronounced, perhaps seven or eight a minute. During a few gusts of wind one might actually describe the acorn drop as prolific. After about three quarters of an hour of waiting and watching the forest world in all of its glory, I decide to count acorns again. The final count is 131 (or so), or just over a hundred acorns falling from treetop to earth in about three quarters of an hour, in an area of about 1,000 square feet. Given it is still early in the season this raises my hopes that we may have a good food crop for our wildlife and maybe a few left over for a future generation of red oak trees.

Feeling rejuvenated, I start my hike back downhill to the homestead. As I work my way through the remaining light in the forest, I see the silhouette of a beautiful deer standing at the edge of a hemlock grove that sits downhill and north of the red oak area that I just left. I suspect she is heading to that area and will not be counting acorns, but rather enjoying their sustenance as she dines.

And as I slip past the deer I am happy knowing that her future may be full of nutritious acorns, robust health, and dancing spring fawns.

And once again life is nothing short of wonderful!



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## Library Lines

—Donald Purington

Here's one less thing on your To-Do list! All items checked out from the Heath Library, or another public library in the Central and Western Massachusetts region, will be automatically renewed. You will get a reminder email two days before it is due and then on the due date. If the item can be renewed, it will automatically renew and you'll receive another email saying it has been done. Easy! If you are currently checking out items and not getting these emails, we probably don't have your current email address. Tell us and we'll add it to your account.

Pioneer Valley Symphony has again generously donated a pass to our library that admits two adults and two children under age 18 to any of their seven concerts. The concert schedule is posted in the library, or you can check their website [www.pvsoc.org](http://www.pvsoc.org). Come in or call to see if it is available for the performance you want to attend. To make this pass available to as many people as possible, we ask that it be used once per household per season. In addition to the concerts where admission is charged, there will also be two free concerts offered by the Pioneer Valley Symphony Youth Orchestra.

**Story Hour Fall Schedule:** October 11 and 25, 10:30 a.m. For children from birth to five years old.

### A Few of the New Items at the Library

Use the *New Titles* link at [heathlibrary.org](http://heathlibrary.org) to see all new items added to our collection in the previous two weeks.

**Adult Fiction Books:** *The Dutch House* by Ann Patchett, *Bomber's Moon* by Archer Mayor, *The Testaments* by Margaret Atwood

**Adult Non-fiction Books:** *Writing to Persuade: How to Bring People Over to Your Side* by Trish Hall, *Late Migrations* by Margaret Renkl, *The Ice at the End of the World (Greenland)* by John Gertner

**Audiobooks on CD:** *One Good Deed* by David Baldacci, *The First Mistake* by Sandie Jones

**Books for Young/Teen Readers:** *Beverly, Right Here* by Kate DiCamillo, *Dog Man: For Whom the Ball Rolls* by Dav Pilkey

**Children's Picture Books/Boardbooks:** *A Stone Sat Still* by Brenden Wenzel, *The Scarecrow* by Beth Ferry



## Nature Note

—Susan Draxler

### A Disturbing Discovery

One of the things that I like about observing the natural world is that there is always something new to see. As many times as I have searched for monarch caterpillars on milkweed plants, I have never encountered what I found on a late August day this summer. I was admiring a group of large caterpillars that looked like they were about ready to make a chrysalis and pupate. I noticed that one was already hanging down from a leaf in preparation but something didn't seem right. Its skin looked a



*Anchor stink bug  
dining on monarch  
caterpillar*

little baggy. Looking closer, I could see that it was actually being held by a bug that was making a meal of it.

I took some photos, and with an online search, it was easy to identify the culprit as an Anchor Stink Bug that was described as a common predator of monarch caterpillars. Indeed I found many other photos online that looked like mine, although the colors and patterns on the bug

are variable. They feed by inserting their rostrum, injecting a digestive enzyme, and then sucking out their digested meal of caterpillar innards. How very efficient!

Most predators avoid monarchs because of the toxicity they develop from eating milkweed, that contains cardiac glycosides, but there are some like this anchor stink bug—ants, wasps, spiders, and even a few birds—that can handle it. Though I hated to think that this bug's meal meant that there would be one less monarch butterfly, I was still glad to have happened upon it. What an interesting looking insect with intriguing behavior and feeding habits. And, it is one more thing that I can add to the list of flora and fauna I have found in Heath. Anchor stink bugs do have a redeeming quality in that they eat the larvae of agricultural pests such as tent caterpillars, gypsy moths, and asparagus, squash, and potato beetles. Let's hope that they will eat more of those pests and leave the monarchs alone.



## The Way We Love To Eat

—Deb Porter

### Wild Turkey in Cream Sauce



In the past two issues, we have featured recipes using very local foods, i.e. wild greens and freshwater fish caught in the streams and lakes in our area. This recipe is a continuation of a wild food theme and was shared by Mary Sumner, who is an expert at

using all homegrown or gathered foods, including the wild game her family brings home. This recipe is one she adapted for cooking wild turkey from a *Taste of Home*\* recipe. The long and slow crockpot cooking is an effective way to tenderize the turkey meat, which can be otherwise rather tough.

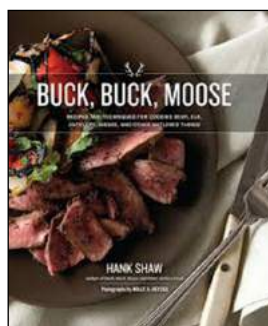
#### Ingredients:

- 1 ¼ cups white wine or chicken broth
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 2 bay leaves
- 2 teaspoons dried rosemary, crushed
- ½ teaspoon pepper
- 3 turkey breast tenderloins (¾ pound each)
- 3 tablespoons cornstarch
- ½ cup half-and-half cream or whole milk
- ½ teaspoon salt

In a 3-quart slow cooker, combine the wine, onion, garlic, and bay leaves. Combine rosemary and pepper, rub over turkey. Place in slow cooker. Cover and cook on low for 7 to 9 hours or until turkey is tender. (Mary does it when frozen for 12 hours.)

Remove turkey to a serving platter, keep warm. Strain and skim fat from cooking juices, transfer to a small saucepan. Bring liquid to a boil. Combine the cornstarch, cream and salt until smooth. Gradually stir into the pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with turkey.

Mary's husband, Eric Sumner, who comes from generations of hunters, also recommends several recipes from one of his favorite game cookbooks, *Buck, Buck,*



*Moose: Recipes and Techniques for Cooking Deer, Elk, Antelope, and other Antlered Things*, by Hank Shaw.\*\* It is a beautifully illustrated cookbook that has detailed instructions for preparing wild game. If you have a chance to use it, Mary and Eric recommend the “Venison with

Spring Vegetables,” page 99 and “Ukrainian Borscht,” page 151.

\*Originally published as “Turkey in Cream Sauce” in *Quick Cooking* November/December. *Taste of Home*, 2000.

\*\*Shaw, Hank. *Buck, Buck, Moose: Recipes and Techniques for Cooking Deer, Elk, Antelope, and Other Antlered Things*. Orangevale, California: H&H Books, 2016.

**Heath Historical Society Presents...**

**Dining with History  
Cracks in the Ceiling:  
Heath and the New Woman**

**Saturday, October 26 at 5:30 p.m.**  
Heath Community Hall

Pot luck supper followed by a program on the “New Women” of Heath—bold local women who pushed the limits set by a male-dominated society in the late nineteenth century.

No registration needed. Bring a dish to share.







## Heath Agricultural Society News

The early days of September remind us that yet another Heath Fair has come and gone. Our 102nd Heath Fair was by all accounts a grand success. With record numbers on Friday and a total attendance approximating 5,000, we can all be proud that our Fair is one that people continue to make a tradition. Our gathering spans beyond us two-legged folks, with 200 goat entries, over 60 sheep, a full cow barn, rabbits and poultry, too, countless teams of oxen, and a small but meaningful number of horse teams. The Heath Fair continues to demonstrate our commitment to agriculture, animal husbandry, showmanship, and rural hilltown life.

With my Heath Fair water bottle filled to the brim with chilled Heathan water in hand, I meandered down the midway and was struck by how it had come alive with demonstrations. As I headed down towards the tractor pull and truck pull, horse draw and oxen pull area, I passed a timber framer, farrier, saw mill and wood turner. These artisans reminded me of the skill and craftsmanship that still exists and that we strive to hold onto in our fast-paced world. Combine these with your favorite fair foods and local artisans, a sprinkling of rides for young and old, kid games, zucchini races, and a music tent that didn't quit, and you'll be reminded of the 102nd Heath Fair, an event that all of us Heathans can be very proud of.

This year we gave out lanyards with nametags. You may have seen these around the necks of people you know or don't know. While I am sure some people were missed, we did this to recognize the incredible effort and dedication that our members, officers, and superintendents offer to the Fair. The lanyards stated "Heath Fair Champion." There are no truer words for, without these folks, the Fair wouldn't be what it is today. Isn't it true that if any one of us had stayed home it would have surely been a different fair? In my second year as Heath Agricultural Society President, I am honored to serve alongside all of you.

Countless thanks go out to all the people who made this year's fair a success, including the members and officers, superintendents, volunteers, sponsors, exhibitors, vendors, announcers, speakers, and participants.

The Heath Fair is a testament to community and how despite differences, we come together for an event that showcases the uniqueness of our community and celebrates our deep agricultural roots. To that end, I'd like to send a special thanks to the groups in town that bring us some of our Fair's favored attractions: the Exhibit Hall, the Library's Book Tent, the Church's Ham and Bean Supper, the Historical Society's Solomon Temple Barn, The Firemen's Chicken BBQ, and new this year, the Parks and Recreation department's tent which shared information on how to get out and enjoy Heath. I'd also like to make a shout out to the Lower Food Booth that is cared for by, and serves as a fundraiser for, our local Hawlemont School HAY program.

A very special thanks to the police, firefighters, and EMTs who volunteer their time to keep our Fair and its patrons safe. We had a number of instances this year where our EMTs demonstrated rapid and superior service and care. We couldn't do it without you. Thank you! Thank you! Thank you!

*In these ways we are a community unified by an event we all have come to love—our Heath Fair. I hope that the Fair will continue to be a place, and an event, that can bridge the divide and even if just for one weekend in August, serve to remind us that we are each more than any one issue, sharing more in common than what divides us.*

And now, we begin again. Yes, planning the Fair is a year-round endeavor. Will you join us in planning our 103rd Heath Fair? We sure hope so. None of us are getting younger and small agricultural fairs depend deeply on volunteerism. We welcome you to play a new role in our 2020 Fair to ensure its future. Raise your hand to support your favorite part of the Fair. We encourage families to get involved. Bring the kiddos—all are welcome to attend our planning meetings which happen year-round. The fall/winter meeting schedule is being set, please visit [heathfair.org](http://heathfair.org) for details. All are welcome to attend our Annual Meeting and potluck on November 14 in the lower room of the Heath Union Church.

—Jessica O'Neill  
President, Heath Agriculture Society









Photos by Art Schwenger and  
Douglas Mason  
Heath Fair mosaic concept  
and design by Eileen Lively



## Heath Fair Goat Show



The Heath Fair Goat Show, a nationally sanctioned show for pure-bred dairy goats, included a new feature this year—a Junior Showmanship competition. In this

competition, youth exhibitors are judged on their presentation in the show ring, animal handling skills, the animal's show readiness, which includes clipping, hoof trimming, and overall grooming, and on their knowledge as the judge asks several questions of each exhibitor about their animal. This is a challenging contest that gives young exhibitors a chance to show their skills and knowledge. This year, Judge Cynthia Shelley, from New York, awarded each contestant a blue ribbon!

At a goat show, the event culminates when all of the Grand Champions in each breed class compete for the prestige of "Best-In-Show." Ayla DeCoste, (right) from Lancaster, Massachusetts, with her 15 month-old Nigerian Dwarf doe, "Keeley," was awarded "Best-in-Show" in the Junior Show (for young goats) this year.



## FLU CLINIC

**Community Clinic**  
**Saturday, November 9, 9–11 a.m.**  
**18 Jacobs Road, Heath**  
**Former School Building**

Now is the time to get your flu shot. The vaccine is recommended for everyone six months of age or older—especially for those with certain medical conditions or over 65.

Contact Sheila Litchfield at 337-4957 for more information.



## Town Nurse

—Claire Rabbitt, RN

### Oral Care and General Health

An article in the September issue of the *Massachusetts Report on Nursing* titled "Let's Put the Mouth Back into the Body" speaks about the relationship of oral health to overall health, and the importance of beginning dental visits as early as one year of age. The author, Flor Piedrasanta, RDH states that Early Childhood Caries [cavities] (ECC) is the most common chronic childhood disease in the United States. In addition, half of the adult population has some form of periodontal disease. Poor oral health has been linked to uncontrolled diabetes, heart disease, and preterm labor in adults, and ECC has been linked to failure-to-thrive in young children.

The Mayo Clinic web site reinforces the above information stating that when diabetes is not well controlled, high glucose levels in saliva help harmful bacteria to grow. Increased plaque may lead to gingivitis (red swollen bleeding gums), which may progress to periodontal disease. Harmful bacteria in the mouth can be transmitted to other areas of the body through the blood stream and may cause endocarditis-infection of the inner lining of the heart. In addition, pneumonia can be caused by mouth bacteria getting into the lungs. Studies have shown that nursing home patients given good mouth care were less likely to have pneumonia.

Practice good oral health by brushing at least twice daily using a soft bristle brush and fluoride toothpaste. Floss and use mouthwash to remove food particles. Replace the toothbrush every three months and schedule regular dental checkups. Caregivers should brush a child's teeth starting at eruption until eight years of age at which time they should be able to be independent with oral hygiene (good luck with that). Children under three years of age should use a smear (size of a grain of rice), over three years of age a small, pea-size of fluoridated toothpaste. After brushing, spit out only; do not rinse.



Also of great importance, eat a healthy diet and limit sugar, especially sugary drinks! Remember, your smile is your best accessory!





## Green Thoughts

—Pat Leuchtman

### Fall Clean Up in the Garden

The weather has been kind to those of us who procrastinate and go about fall clean up in the garden with a little less energy than we once had. Right now I am buckling down and in the midst of working through my to-do list.

Sometimes we have to evaluate the plants in our gardens. There are many reasons for deciding to remove a plant. Perhaps it didn't do well because conditions were not quite right. Perhaps it didn't live up to the fantasy one had when choosing it. Perhaps one simply doesn't like it anymore. I'm thinking about getting rid of my Black Eyed Susans. They are too rambunctious in my garden.

The plants that have to leave my garden will go to the Bridge of Flowers Plant Sale in May. Other plants that will end up in a separate bed for the winter are those that need dividing. This year I am dividing three different astilbes—a white, a pink, and a graceful pink ostrich astilbe (right)—as well as Mardi Gras helenium, cone flower, and Japanese anemone. One division will stay in the garden, and the others will go into the plant sale or to a friend.



Perennials need to be divided periodically to keep the garden in scale, and sometimes for their own health. Those divisions also allow us to be generous, and that is a very good feeling. Maybe a plant swap party?

It is time to cut back those perennials that have finished blooming. This will make things neater and easier on the gardener in the spring, when there is so much to do. Of course, if you have plants with interesting seed heads that will attract the birds that spend the winter you will want to leave them.

Last year cut back the in the fall, not repeat take. Cutting plants re-weeds that beneath the

I did not daylilies but I will that mis-back veals are hiding foliage.

Hidden weeds and weeds that are all too obvious should be pulled out. Fall weeding seems easier to me than spring weeding. The weeds don't seem to have as good a hold on the earth in the fall as they do in the spring.

I am not done with weeding and dividing, but the peonies have all been cut back and weeded. I have done one bed and topped it off with compost and soil from Martin's Farm. We are still trying to make our planting beds higher to make our plants safer from the flooding that we have periodically here in Greenfield.

I have been using my finished compost. Now I have room in the bins to make new compost. I can use the foliage of cut back plants and leaves, but I am cautious about the weeds I include—no galinsoga or weeds with roots that I think will love wintering in delicious compost.

My spade and garden forks are still in daily use, as are my hand tools including the pruners. Soon it will be time to clean them carefully. Actually, it is good to clean tools, especially clippers and pruners, after every use, and I try very hard to make this a routine. I keep a rag near my tools as a reminder.

Finally, you might make some notes. I try to do this all season long, partly because I am apt to be forgetful about plant names. I keep a little garden journal, with weather notes for (almost) every day, and notes about what I have done that day. Notes about activities help remind me of the general progress of the season. When I buy, or otherwise acquire, new plants, I put in as much of the proper name as I can. This makes it easier to recommend them or avoid them in the future.

How far have you gotten with your fall clean up? We can procrastinate a little more, but not too much. Not everything is cut back. The pink Sheffield daisies (below) bloom well into October keeping me cheerful for the



Heath Herald's  
**2019 Local Holiday Shopping Guide**

Are you a purveyor of holiday gifts, goods, foods, or services?

If so, sign up for a free listing in the next issue of the *Heath Herald*. Listing forms are available in the Heath Library and Post Office. Deadline is November 8, 2019.

**Shop local this holiday season!**

413-625-6623

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### Raffle to Benefit Heath Union Church Organ Repair

Win a signed, framed print by Frederick Burrington



Tickets \$10 each/6 for \$50

Drawing to be held 12/14/19 at the Soup and Bread Supper  
at Heath Union Church

To purchase tickets, call Victoria Burrington at 337-4425

### Charlemont Federated Church Bazaar



#### Holiday Village

**Saturday, November 16 • 9 a.m. to 3 p.m.**  
**175 Main Street, Charlemont**

Find your holiday spirit—plus, wonderful items for sale—at our annual pre-holiday bazaar. Among the day's attractions will be:

Silent Auction • Treasure Shop • Local Artisans' Work  
Handmade Crafts • Baked Goods • Children's Toys  
& Books • Live Music • And more

Light breakfast and a soup & sandwich lunch will also be available.

For more information, call 413-337-5580.

### Friends of the Heath Library Bake Sale

**Saturday, October 12 • 10 a.m.—noon**

Sawyer Hall Front Porch  
Heath Town Center



Proceeds benefit the Heath Free Public Library



### 44th Annual Hobby Horse Bazaar

Saturday, December 7 • 9 a.m.—3 p.m.  
Hawlemont Elementary  
10 School Street, Charlemont

**Vendors Wanted**  
**Raffle Prize Donations Needed**

For information, contact Dawn Weis at  
413-337-4804, [fdny2289@hotmail.com](mailto:fdny2289@hotmail.com)

100% of proceeds to benefit elementary school students.



## Hawlemont Elementary School

—Lindsay Rodriguez, Principal

The Hawlemont Elementary School has had a wonderful beginning of the year! We have continued working on our core values of showing G.R.I.T. Students show Goodwill, Responsibility, Integrity and Teamwork throughout the building and outside at Hawlemont. Students will also show G.R.I.T. on an All-School Hike in September, which will be a great opportunity to connect with nature and learn about the environment around us. Staff and students are excited for the HAY (Hawlemont Agriculture and You) program animals that will be showing up at Hawlemont on September 16. Our two third grade classes are going to Northfield Mount Hermon and Magic Wings in October to learn about lifecycles. Our fifth and sixth grade attended Nature's Classroom in Wakefield, RI and had an amazing time learning outside.

We are excited for some of our upcoming events and projects. Every week we will have Farmers Market starting September 23 from 2:45 to 3:30 p.m.. Come and pick up jars of jam, sauce, pickles, and much more. We also have many baked goods! There is going to be a braided bread fundraiser starting on September 26 and going to October 15. If you are interested in purchasing items to help support the school please contact Hawlemont at 413-339-8316.

Join us for Apple Squeeze here at Hawlemont on October 5. You can get fresh apple cider, bake sale goods, and many of our delicious canned goods. There is a movie fundraiser at the Greenfield Cinema at 9:30 on the morning of October 5, so come and watch *Abominable* with us! Admission is \$5, cash only.

There are many ongoing projects that we are always looking for help with. Some of them are the need for a boot shelf for barn boots, building bookshelves in the barn so students can read to the animals, planters being built on the deck, and much more. If you are interested in helping, please contact me, Lindsay Rodriguez, at 413-339-8316.

## Select Board Report

### Town Coordinator

Town Coordinator, Kara Leistyna, resigned her position effective August 9, which the Select Board accepted with regret. Kara was Town Coordinator for nearly nine years. During that time she helped many, many townspeople on a daily basis with their questions, requests, complaints, and suggestions. She supported the Select Board with the daily operation of the town hall, maintained attendance at meetings, helped with budget preparations, did successful grant writing, responded to board and committee requests, and participated in the meetings and activities necessary to get broadband to Heath. The position of town coordinator is vital to the well-functioning of a town. All of the citizens of Heath owe Kara their gratitude for keeping our town running. Thank you, Kara. You will be missed.

The Select Board advertised the position and received eight applications that are under review by the Board-appointed Town Coordinator Search Committee. Town Clerk Hilma Sumner is interim Town Coordinator until the position is filled.

### Heath Town Facilities Task Force

The Select Board at its August 13 meeting voted to establish a Heath Town Facilities Task Force to review all town buildings—Sawyer Hall, Community Hall, Town Garage, Fire Station, Transfer Station, Bray Rd. property, and the former school building. The task force will reprise a review of buildings done in 1998-1999. The task force has been asked to submit a report to the Select Board detailing the current condition and uses of the buildings, space considerations, results of an exploration of future needs and uses, and to provide recommendations for further actions. Appointed to the task force are Dena Briggs, Jim Cerone, Bill Gran, Sue Lively, and Will Emmet. It is the Select Board's hope that a report will be made in the spring of 2020 to help guide the Board in future budgeting and decision making.

### Current Use of Former School Building

Short-Term Use: The former school building is open and available for short-term use (parties, meetings, receptions, etc.) by residents of Heath, nonprofits, town committees and departments, and others. Applications and a fee schedule are available at [townofheath.org](http://townofheath.org). Click on Commissions and Committees and go to School Building Use Committee. Completed applications should be submitted to the School Building Use Committee,

Heath Town Hall, at least 10 days prior to the date you would like to use the building.

Lease: Larry Sampson and Rebecca Dorr-Sampson filed an application with the Select Board to lease/rent a classroom in the former school building. Larry explained that he and Rebecca are planning a homeschool co-op with about 10 children for the coming school year. It will be a private concern with children coming from both Massachusetts and Vermont. Monthly rent will be paid. At their September 10 meeting, the Select Board voted 2 to 1 to approve the application and signed the license agreement. The homeschool co-op will operate in the mornings three- to five-times per week. The agreement expires June 30, 2020, or with a 60-day notice of termination by either party.

### Animal Control Officer

The Board is delighted to announce that Kyle Dragon has been hired as the new Regional Animal Control Officer. Due to the difficulties Heath and other Franklin County towns have had filling the position of Animal Control Officer (ACO, also known as dog officer), the Franklin County Sheriff's Office created a new regional ACO position serving seven towns, one of which is Heath. The officer will be based in the county sheriff's office with the regional shelter in Montague. The ACO will handle reported animal bites, animal cruelty, license non-renewals, and transport of stray dogs to the Franklin County Sheriff's Office Regional Kennel. The town pays a yearly fee to be part of this regional cooperative. Anyone with dog issues should contact Kyle Dragon, ACO, at 413-768-0983 or, if not available, Shelburne dispatch at 413-625-8200. Police Chief John McDonough will no longer be handling any dog issues. In the sad event your dog passes away, please notify the town clerk to prevent future concerns with the list of town-licensed dogs.

### Reverse 911/Code Red

The Reverse 911 system uses a list of town phone numbers to impart emergency and town-related information to Heath residents. This could include information on road closures, emergency storm preparations and what to do afterwards, or notifications of important town meetings. The system is used approximately four to five times per year as needed. If you would like to be included on the list to receive emergency and important phone calls from the town, please contact Interim Town Coordinator Hilma Sumner at 337-4934, extension 0 or at [bos@townofheath.org](mailto:bos@townofheath.org). The Select Board encourages every household to enroll in this vital system.



### Former School Building

Articles to permit the Select Board to enter into negotiations to sell the former elementary school building have failed at a Special Town meeting and then again at the Annual Town Meeting.

The Select Board intends to maintain the building including making necessary repairs. A School Building Use Committee has been appointed to manage short-term requests for use of the building, to report needed maintenance issues to the Board, and is also helping to refine building use and rental policies. This committee is comprised of Sue Draxler, Lyra Johnson-Fuller, Pat McGahan, Larry Sampson, and Pam Porter.

The Select Board will endeavor to reduce the financial impact of this facility by implementing energy saving measures through energy grant opportunities such as the Green Communities Grant, and in the near-term will seek out longer-term renters to generate revenue. The Board has discussed potential marketing strategies to improve the public awareness of the availability of space in the building, but has not made a decision on which strategy to pursue.

The Select Board has not proposed moving all the municipal offices out of the Center and into the school building, and has no intention of doing so without a public process such as a Town Meeting vote. Some town functions may be moved there temporarily, in order that the building will have sufficient occupancy to roll back the \$13,000 increase on the insurance resulting from the vacant building status. The town needs to claim it is using 31% or more of the available space. One classroom has recently been rented to a Heath couple interested in hosting a homeschool co-op. Several committees meet regularly in the building, and larger town meetings may be held in the gym or cafeteria. The town of Leyden is also in the process of moving some of its municipal offices to their recently closed elementary school to avoid the insurance premium increases.

The Facilities Task Force that was recently appointed will be looking at the uses, condition, maintenance, and possible modification of all town buildings to meet current and future needs. This study will conclude with a report and recommendations to the Select Board.

### Heath Highspeed Broadband Update

Heath Broadband is a community network; and those coordinating our network-build include volunteer Heath residents. Our goal is to provide fiber to all homes in town that wish to subscribe. Our sustainability is based on people subscribing to the service.

We envision a network where all homes in Heath will have access to one Gigabyte of service, which will enable you to have the fastest internet service available, stream movies and TV, work from home, opt to subscribe to phone service through the internet, ensure your home is ready for a future where broadband is an expected and necessary utility, and make your home “fiber-ready” in the event you choose not to subscribe during initial enrollment. (Note: neighboring towns are experiencing an increase in property values related to broadband.)

**When?** Current schedule indicates all homes in Heath will be “live” by end of December 2020. Pole replacements are happening now, the contractor for fiber installation will be selected within a month, and the first Heath customers may have service in July 2020.

**How much?** Will depend on the speed you choose and whether you choose to include phone service. Anticipated monthly estimate of price to customers for internet alone is \$59.99 to \$110.00.

**What's next?** As the network build is nearing completion, you will be notified about the services offered and given the opportunity to subscribe. We anticipate starting our marketing campaign and signing up customers in April 2020.

—Bob Bourke, Art Schwenger, Sheila Litchfield,  
Jan Carr, Ned Wolff, Heath Broadband Team

### New Heath Library Trustee Maureen O' Malley



The Heath Library is my favorite place in town, so I was happy to be elected as a Trustee to the Heath Library late this spring. It will be a pleasure to support Don Purington and Lyra Johnson-Fuller, and work with Deb Porter and Emily Cross on new and ongoing projects for the Heath Library.

I have lived in Heath since 1980 with my husband, Bill Lattrell, on Taylor Brook Road.

## Obituaries

### Hazel Porter



Hazel Margaret Porter (nee Hufton) aged 92, passed away on July 16, 2019, in her home in Northampton, MA. The youngest of four girls, she was born in East Jordan, Michigan on December 14, 1926. Both of her parents were from Grimsby, Lincolnshire, England.

Hazel was a teacher in public schools in upstate New York and in Detroit, Michigan. In 1980, she started work as a therapist at the Greenfield Pastoral Counseling Center, in Greenfield, MA, eventually opening a private practice from which she retired at the age of 77.

She was extremely active in the community of Heath. She and her first husband, Perry Porter, were long-time summer residents, building their house, Windswept, on Royer Road. Hazel retired to Heath in the late 1970s, later marrying Alistair Maitland, with whom she had a very full retirement, traveling and spending time with family and friends. Hazel was also very active in the churches she attended, both the Heath Union Church and the Charlemont Federated Church.

Hazel is survived by three of her four children: Jennella Porter; Laura Elaine Porter, and John Mark Porter. She is predeceased by her husband, The Reverend Perry Murdock Porter (1927-1977), and her second husband, Alastair George Maitland, C.B.E. (1916-2011). She is also predeceased by her daughter, Emily Jane Porter-Blood (1953-1988). She has three surviving grandchildren. She also is survived by her stepchildren: Ian Hamilton Maitland; Alastair Angus Maitland; and Anne Elizabeth (Maitland) Baiocchi, and three step-grandchildren.

### Walter Phillips

Walter "Doc" Phillips, father of Bruce Phillips of Heath, passed away peacefully on September 17 at home in Harpswell, ME at the age of 94. Doc lived a rich life as an outdoorsman, conservationist, environmentalist, and Rotarian, among other things. He was loved and admired by his family and friends.

## Remembering my Aunt Hazel

At 92, it shouldn't have been a surprise when Hazel died. Her high energy and enthusiasm for life made it easy to believe that she would outlast us all. As her long-time friend Lois Buchiane stated, "I just can't believe it, of all people!" Life with Hazel was never a halfhearted affair. She was a people-person at heart and liked nothing better than being with others, in the middle of the action. She loved to learn and was always on the go with a new project or group she had joined. She was endlessly curious about the people she met, always seeking out what she termed as a "good" conversation. That is, one that went beyond the "how are you" casual talk to what was really on your mind. Hazel made friends with people throughout Franklin County, being involved with writing groups, yoga classes, the Charlemont Federated Church, the Heath School, town meetings and all town events.

Hazel loved to travel, and when she was in her eighties, I had the pleasure of making a trip to Oaxaca, Mexico with her and a group of women connected to her yoga and writing groups. She continually amazed me on that trip with her energy and resilience. She happily tromped all over the city, keeping pace with the younger members of the group. She was eager to hear the stories of all those we met, to sample the food of the region, including the local delicacy, fried grasshoppers, after which she treated herself to a chocolate massage.

Of all the places that Hazel lived or traveled to, however, there was only one place that she called home, and that was Heath. The rural beauty of this place inspired her paintings, and the people fed her need for community and friendship. Her family life was deeply rooted here and despite living her last years in Northampton, she happily came to Heath most weekends to be among family and friends and be truly at home.

We were all thankful that Hazel died peacefully, but will always remember the incredible energy with which she lived.

—Deborah Porter

### John Holdsworth

Dr. John Holdsworth, OD, PhD, father of Laura Holdsworth of Heath, former Heath librarian, passed away on August 17. In addition to being Heath town librarian, John was a devoted firefighter, and a skilled carpenter. Many will remember him fondly.



## For Janet the Avant-Gardener

For those who don't know, gardening's quite creative and rules don't always apply.

Your rows can be short if that's how you want them and angled if that suits your style.

And then there is Janet she's gardened for years.  
And is well equipped for the challenge.  
Her getup includes old gloves, shirt and shoes  
Topped off with a "Heath Fair" hat.

The garden gets laid out with builders precision,  
with angles and rows just so.  
She measures her stakes and stretches her strings  
but this is where things go awry.

To Janet the strings aren't a hard and fast rule  
to her they are merely suggestions.  
Her strings they are straight, ordered and neat  
but her rows are all twisted and wander.

How this even happens I don't understand.  
How a woman so strict in her manner  
can produce rows in her garden that simply  
aren't straight — "oh my how they undulate."

Gardens are art we all can agree  
some precise and formal, some entirely free.  
Her rows for example meander about  
with a pattern that only she sees.

So we must conclude that she follows the beat  
of her own special drummer and that it's unique.  
Not ordered and neat as one might expect more  
free form like the works of Picasso.

Since we love her we have to consider  
what the best course of action might be.  
So let's just admit she's a shining example  
of what an avant-gardener must be.

Give her free reign in the garden and see  
how quickly things will devolve.  
From neat ordered rows that follow the strings  
to a gardening free-for-all.  
There are all sorts of gardeners in this the world as  
you know  
some lazy and some quite ordered.  
But few can ignore their strings with the precision  
of Janet the avant-gardener.

—Guess Who  
See page 22



## Heath Union Church

The Rev. James Koyama, Minister  
Dennis Ainsworth, Organist  
Sunday Morning Worship 10 a.m.  
Thursday Bible Study 5:30 to 7 p.m.

### All are Welcome

Rev. Koyama is in town on Thursdays, with church office hours in the afternoon. Cell phone: 808-282-6711; Church phone to leave a message: 413-337-4019

### 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

Find us on Facebook: Heath Union Church. Church building facilities are available for private events. Call Victoria Burrington at 337-4425.

### Church News

With the Fair behind us, the church family would like to extend a huge "thank you" to the many folks who helped make our Friday ham and bean dinner a complete sell-out. All that was left were a few spoonfuls of beans!

The new, purple "*God loves us Heathens*" t-shirts were a big hit, as well. If you didn't get one, the church is putting in another production order. Call Victoria Burrington at 337-4425 to place an order.

Looking ahead to autumn, the church will be holding its annual Thanksgiving Eve service on Wednesday, November 26. This year the service will be begin at an earlier time, 6 p.m., to accommodate folks who prefer to be home before it gets too late. Following the service we will gather around locally made donuts and cider for a time of fellowship and conversation. Please join us at this or any of our services—everyone is welcome.

—Hilma Sumner

## Heath Ladies Aid Holiday Fair

Saturday, November 2 • 10 a.m.—2 p.m.

Heath Union Church, Lower Level

Please join us for some Christmas shopping,  
delicious food, and holiday cheer:

Baked Goods • Handmade Crafts • Lunch  
Fancy Goods • And much more

Heath Ladies Aiding Since 1924



**COMMUNITY CALENDAR**

- Oct 11 25 **PRESCHOOL STORY HOUR**  
10:30 a.m. at the Heath Library.  
See Library website for November dates
- Oct 12 **BAKE SALE—FRIENDS OF THE HEATH LIBRARY**  
10 a.m. to noon on Sawyer Hall front porch
- Oct 25 **FINGER PAINTING FOR ADULTS**  
1 to 3 p.m. at Heath Senior Center. Fun one-day workshop open to all Heath residents. For information, contact Eileen McVay-Lively, 337-4742
- Oct 26 **HEATH HISTORICAL SOCIETY DINING WITH HISTORY**  
5:30 p.m. at the Heath Community Hall. Potluck supper and program
- Nov 2 **LADIES AID HOLIDAY FAIR**  
10 a.m. to 2 p.m. at Heath Union Church  
Baked foods, fancy goods, crafts, lunch
- Nov 9 **COMMUNITY-WIDE FLU CLINIC**  
9 to 11 a.m. at former Heath School building
- Nov 14 **HEATH AGRICULTURAL SOCIETY ANNUAL MEETING**  
Potluck 6:30 to 7 p.m., Meeting 7 to 8:30 p.m. at Heath Union Church
- Nov 16 **HOLIDAY VILLAGE CHURCH BAZAAR**  
9 a.m. to 3 p.m. at Charlemont Federated Church
- Until Oct 31 **EXHIBITION: THE LIVING LANDSCAPE OF ROBERT STRONG WOODWARD**  
11 a.m. to 4:30 p.m. at Pocumtuck Valley Memorial Association, Old Deerfield

**ONGOING CALENDAR****FOOT CLINIC FOR SENIORS**

Third Tuesday of each month at the Senior Center, downstairs in Heath Community Hall  
Contact Margo Newton at 339-8580 to set up an appointment and/or arrange transportation.

**HEALTHY BONES AND BALANCE**

Tuesdays, 11 a.m. to noon; Thursdays, 10 to 11 a.m. at the Senior Center, downstairs in Community Hall  
This exercise program helps prevent osteoporosis and falls. For ages 55 and over.

**SENIOR BROWN BAG LUNCH**

First Thursday of each month, 11:45 a.m. at the Senior Center, downstairs in Heath Community Hall  
Bring your own lunch, dessert provided.

**SENIOR LUNCHEON**

Third Thursday of each month, 11:45 a.m. at the Senior Center, downstairs in Heath Community Hall  
A count is required by Monday before the scheduled meal. Sign up at the Senior Center, or call Margo Newton at 339-8580.

**SENIOR OPEN ART**

Mondays, 1 to 4 p.m. in the Senior Center, downstairs in the Heath Community Hall  
Open to all. Contact Eileen Lively at 337-4742 with questions.

**TAI CHI**

Mondays, 10 to 10:45 a.m. upstairs in Heath Community Hall  
Newcomers welcome! Suggested donation (\$5).  
Contact Lois Bascom, [lola621@comcast.net](mailto:lola621@comcast.net) for more information.

**YOGA**

Fridays, 9:30 to 10:30 a.m., downstairs in Heath Union Church  
Led by Kate Peppard. Beginners welcome! Mats available. Suggested donations (\$5-10) accepted. Contact Kate at 617-669-4891 with questions.

**Scheduled activities will not take place on holidays or days with school weather closures/delays.**



Long-time Heathan, Bob DeLisle, wrote the poem on page 21, an ode to his wife, Janet.





## HEATH TOWN OFFICES

1 East Main St, Heath MA 01346  
Phone: 413-337-4934 Fax: 413-337-8542  
[www.townofheath.org](http://www.townofheath.org)

**Town Coordinator**, Hilma Sumner, Interim  
[bos@townofheath.org](mailto:bos@townofheath.org)  
Mon./Wed. 10 a.m. to 2 p.m., Tues./Thurs.  
9 a.m. to 2 p.m., Fri. 9 a.m. to 1 p.m.

**Selectboard**, [bos@townofheath.org](mailto:bos@townofheath.org)  
Tuesday 7 p.m., Sawyer Hall  
Brian DeVriese, 413-337-5525  
Robyn Provost-Carlson, 413-337-5316  
Gloria Fisher, 413-337-6626

**Town Clerk**, Hilma Sumner  
[townclerk@townofheath.org](mailto:townclerk@townofheath.org)  
Tuesday and Thursday 9 a.m. to noon  
Or call for appointment 413-337-4845

**Accountant**, Tracey Baronas  
[accountant@townofheath.org](mailto:accountant@townofheath.org)  
Monday 9 a.m. to 2:30 p.m. (varies)  
413-337-4934, ext. 5

**Tax Collector**, Elizabeth Nichols  
[taxcollector@townofheath.org](mailto:taxcollector@townofheath.org)  
Monday 4 to 6 p.m.  
or call for appointment 413-337-6665  
413-337-4934, ext. 2 / Fax: 413-337-8542

**Treasurer**, Kristi Nartowicz  
Monday 3:30 p.m. (varies)  
[knartowicz@gmail.com](mailto:knartowicz@gmail.com)

## BOARDS AND COMMITTEES

**Board of Assessors**  
Wednesday 9 a.m. to 3 p.m. 413-337-4934 x 3  
[assessors@townofheath.org](mailto:assessors@townofheath.org)  
Alice Wozniak, Assistant Assessor  
Robyn Provost-Carlson  
Heather Hathwell  
Vacancy

**Board of Health**, 413-337-4934  
Betsy Kovacs, Chair, 413-337-5346  
Mary Sumner, Clerk  
Armand Clavette  
Henry Godek  
Susan Gruen  
John Palmer

**Finance Committee**,  
Ned Wolf, Secretary, 413-337-4476  
Ken Gilbert, 413-337-4461  
Jan Carr  
Kathy Inman  
Alice Wozniak

**Library Board of Trustees**  
Deborah Porter, Chair, 413-337-4715  
Emily Cross, 413-337-4816  
Maureen O'Malley

**Planning Board**  
Calvin Carr, Chair, [calvinccarr@verizon.net](mailto:calvinccarr@verizon.net)  
Douglas Mason, Sec., [dougmason@hughes.net](mailto:dougmason@hughes.net)  
Robert Viarengo, [viarengo932@crocker.com](mailto:viarengo932@crocker.com)  
Jo Travis, [jtravis156@verizon.net](mailto:jtravis156@verizon.net)  
Bill Gran, [whgran@gmail.com](mailto:whgran@gmail.com)

## Agricultural Commission

Jessica O'Neill, 413-339-4820  
Doug Mason, 413-339-4756  
Nina Marshall, 413-339-4756  
Sean O'Neill, 413-339-4820  
Haynes Turkle

## 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  
Hilma Sumner, Burial Agent, 413-337-4845

## Conservation Commission

Brian DeVriese, Chair, 413-337-5525  
Dennis Peters, 413-337-4014  
Bernard "Buck" denOuden, 413-337-4002  
Jessica O'Neill, 413-339-4820

**Historical Commission**, Heather Hathwell

## COMMUNITY

**Public Library**, Don Purington, Director  
Lyra Johnson-Fuller, Library Assistant  
[www.heathlibrary.org](http://www.heathlibrary.org), [heath.library@gmail.com](mailto:heath.library@gmail.com)  
Monday 3 to 7 p.m., Wednesday noon to 7 p.m.,  
Saturday 9:30 a.m. to 1:30 p.m.; 413-337-4934, ext. 7

**Post Office Manager**, Charlene Reynolds  
Monday to Saturday, 9:30 a.m. to 1:30 p.m.  
413-337-4934, ext. 4

## School

### MTRSD School Committee Representative

Budge Litchfield, 413-337-4957  
Barbara Rode

### Franklin County Technical School Representative

Art Schwenger, 413-337-4077

### Hawlemont Elementary School

Lindsay Rodriguez, Principal, 413-339-8316

### Town Nurse

Claire Rabbitt, RN  
Office hours, Senior Center, 413-337-4847  
Tuesday 12:15 to 1:15 p.m. and Thursday 11 a.m. to 1 p.m.; Voicemail: 413-337-4934, ext. 109  
Home phone: 413-337-8309

### Senior Center/Community Hall

Eileen Lively, Senior Coordinator, 413-337-4742

## PUBLIC WORKS AND SAFETY

**Animal Control Officer**, Kyle Dragon. 413-768-0983,  
or if not available, call Shelburne Dispatch  
413-625-8200. All emergencies, dial 911.

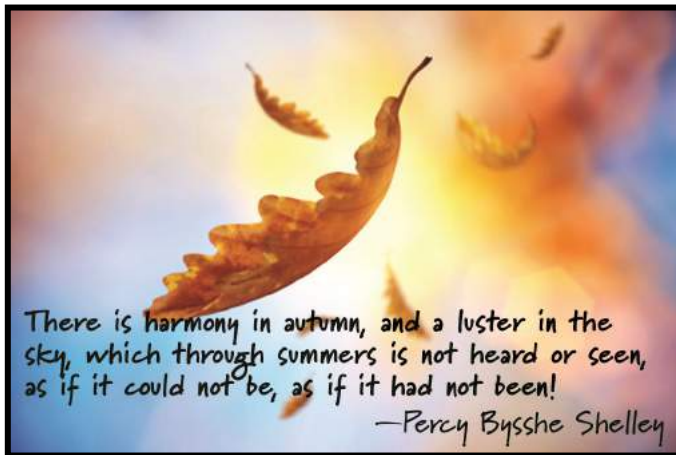
**Highway Department**, Jeffrey Johnston, Road  
Superintendent; 413-337-4462; cell, 413-406-4516

**Police Department**, John McDonough, Police Chief  
Office hours: Tuesday 6 to 8 p.m. 413-337-4934,  
ext. 108, or call Shelburne Dispatch at 413-625-8200  
to have paged. All emergencies, dial 911

**Transfer Station**, Ken Erho, Attendant  
Wednesday, 9 a.m. to 5 p.m. **all year**  
Saturday, 8 a.m. to 4 p.m. **all year**

### Volunteer Fire Department

Nick Anzuoni, Fire Chief, 413-337-4461, or 911 for  
an emergency



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To contact the Selectboard, email [bos@townofheath.org](mailto:bos@townofheath.org)



### "GOD LOVES US HEATHENS" T-SHIRTS

Back by popular demand, the Heath Union Church is taking orders for the best-selling purple "God Loves Us Heathens" t-shirt. If you would like to purchase one for yourself, or give one (or two) as a gift, please contact Victoria Burrington at 337-4425.

### Heath Herald Reserved Pick-up Program

You can help keep *Heath Herald* distribution costs down by enrolling in our Reserved Pick-up Program. We will notify you as soon as a new issue is available. Then, all you need to do is stop by Sawyer Hall and pick up your personally labeled copy in the box across from the library.

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[theheathherald@gmail.com](mailto:theheathherald@gmail.com) or  
drop us a note at P.O. Box 54, Heath, MA 01346.



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