



HEATH HERALD

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On the Cover

Autumn lane by Will Draxler.

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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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- Send to our P.O.Box:
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- Drop off at our Town Hall box: Residents can drop a letter or subscription form into the black box on the wall to the left of the post office boxes in the vestibule (no postage needed).

Submission Deadlines

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

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

Maple Tree at the Smith Family Home on Route 8A in North Heath

This maple tree still produces sap for maple syrup and is exceedingly beautiful. It is right in front of the Smith home, by Route 8A in North Heath. The Smith Family home and farm started in the family with Claire Rabbitt's great-great-great grandparents, Joseph and Thankful Adams. It was passed on by generation and is now owned by Claire's brother Arthur Smith. This giant maple tree was planted by Omar F. Smith (August 1, 1849 to March 5, 1938), as stated by his grandson, Gilbert C Smith. The family estimates that it was planted around 1900. According to Claire, who grew up with this tree, "This tree is like an old friend who has always been there, providing shade in the summer when we had lunch outside at a little table there with Kool-aide or coffee milk my mother used to make for us. It was our favorite tree for playing Hide-and-Go-Seek. We enjoyed the piles of leaves in the fall to jump in and then used them to bank around the foundation of the house to keep out the winter cold. It always has and still does give the most sap of any of our maple trees."



Dirt road, now 8A, barely visible between horse and tree. Claire Rabbitt recalls watching the road being tarred and pea-stoned with brother, Peter, before she was old enough to go to school.



Gilbert Smith and son, Peter, gathering sap. Photo circa 1949.

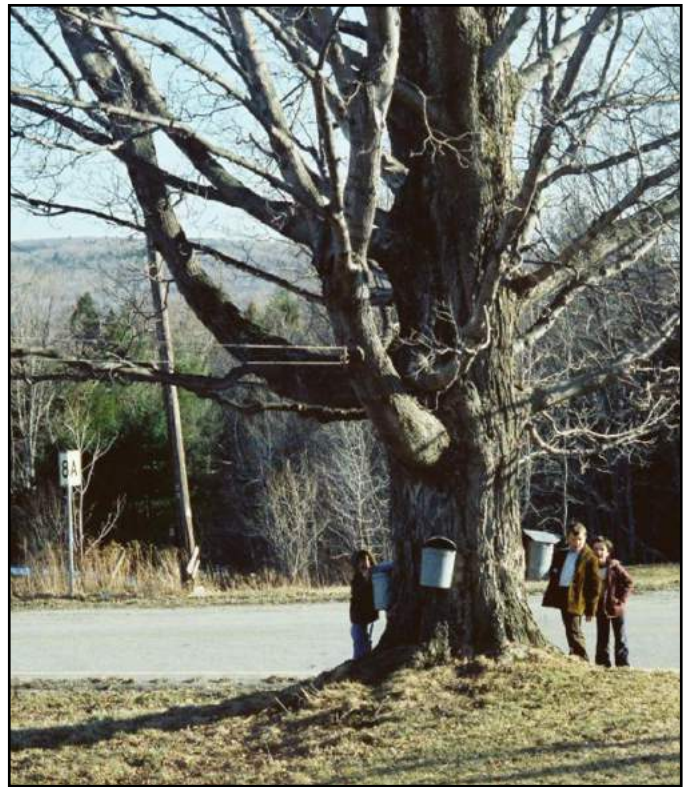


Photo of Chris Rabbitt, Mike Smith, and Sean Rabbitt from the late 1970s.



An early dusting of snow. Photo by Will Draxler

Heath Library Re-opens at Jacobs Road

The Heath Free Public Library has re-opened its doors for business at 18 Jacobs Road. An open house was held on Saturday, September 24 to introduce library patrons and Heath residents of all ages to the space.



Photos: Rachel Grabelsky, Art Schwenger, Nancy Thane



Library Hours and Services

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

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

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

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



Nature Note

—Susan Draxler

The Last Flowers of Fall

While walking through the woods admiring the colors of fall, you might happen upon a shrub that is just starting to flower. Eastern witch hazel, one of my favorite native shrubs, is renowned for its unusual bloom time, along with a variety of folk uses and its attractive appearance. Witch hazel's flowers have petals that remind me of long strips of lemon zest and, fitting of this, have a citrusy fragrance. The flowers stay on the plant through fall allowing us one last chance to enjoy some flowers before it is officially winter.



Eastern witch hazel

Even without flowers, witch hazel is a sight to see in autumn, as its distinctive leaves—rounded with a scalloped edge—turn a glowing yellow-orange color. Another unusual aspect of this plant's seasonal timing is that the seeds take almost a year to develop and so those that are released from seed pods this fall were produced from last year's flowers.

There is a good chance that many of us have a bottle of witch hazel extract in our medicine cabinets. Native Americans used the plant for a wide variety of medicinal uses and its astringent and antiseptic qualities are still valued as first aid for insect bites and bruises and as an ingredient in skin care products. Witch hazel extract was first commercially produced in Connecticut by Rev. Thomas Newton Dickinson in 1866 and the Dickinson

Company is still making it today using witch hazel shrubs throughout New England, according to their website.

Another folk use of witch hazel is for divining rods that are used for dowsing or detecting water. The “witch” part of the name comes from the Old English “wice,” meaning bendable, which describes the characteristic of the branches that is thought to make them suitable for dowsing.



Trick or Treat for Halloween

Speaking of witches named Hazel, if you'd like to have your home included on the Heath trick-or-treat map for Halloween night and hand out treats to children, contact Lyra at lyrajohnson@yahoo.com or sign up at the Heath Library by October 23.



Cathy and Doug Wilkins (l to r) extend Halloween greetings from Underwood Hill Road. Photo by Cathy Tallen

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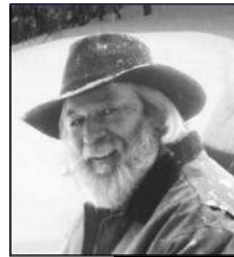
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Wild Ramblings

—Bill Lattrell

Standing on the Edge

While standing along the edge of Taylor Brook on the first day of September, it is apparent that the water levels are extremely low. The normal flow for this small perennial stream is evident by a sharp, steep bank found on both sides of the stream. Areas above the bank are vegetated with signs of moderate erosion that forms during high flows. Down gradient of the bank there is no vegetation; there are smooth, almost round rocks, and gravelly deposits between the stones. After months of below-average rain, the water in the stream-bed only covers a four-to five-foot wide section in the middle of the stream. This is a far cry from the ten-foot area that is normally covered with water at this time of year. Looking upstream I am struck by the vast area of cold water habitat that simply is not present this year. It is the second lowest water level for this time of year that I have witnessed in my almost 50 years of watching this stream.

Cold-water fisheries are fabulous resources and becoming rarer in this region. Cold-water fisheries are habitat for a number of important cold-water species. Included among those are brook trout (actually a native char and not a trout at all), Appalachian crayfish (once listed as a Species of Special Concern in Massachusetts), and a host of valuable invertebrates that support the complicated cold-water ecology found in cold-water streams.

In these dry conditions many of the pools that hold brook trout are too shallow to support this key indicator species. The brook trout is a key indicator species because it is very sensitive to its environment. It requires clear, clean, highly oxygenated water that maintains cold temperatures at all times of the year. If any of these elements is impacted, the brook trout will either move on or perish.

In some parts of New England, particularly as one travels east and south, cold-water streams are becoming very rare. Development, deforestation, poor agricultural

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practices, redirection of bedrock and aquifer driven springs, and other alterations of the stream have eliminated hundreds of these cold-water habitats all over New England. Like any critical habitat loss, this impacts other habitats and individual species. Failing cold-water streams lessen the hunting opportunities for specific predators such as otters, kingfishers, and great blue herons. Most importantly brook trout typically swim upstream in the autumn to find breeding habitat. Habitat that may not be available in a very dry year like the one we are experiencing. Overall these potential detriments are a cascading set of ecological impacts that never yields good results.

The alteration of rain patterns is likely related to climate change. In our region it can go both ways. For instance, last year we had near record rains, and this year we are in an official drought. In the past, extremely wet years and droughts could be separated by a dozen years or more. Presently we are seeing unusual weather patterns at very frequent intervals.

I walk downstream to a very interesting pool that was created during Tropical Storm Irene some eleven years ago. In this stretch of the stream, several very large boulders, weighing several tons each, were being rolled downstream and became lodged together behind a tree that had washed into the stream. The torrents of water shot over this rock dam through a relatively narrow area. The force of the raging stream gouged out the streambed to a depth of almost five feet below its previous grade. This all took place in less than 24 hours and was roughly equivalent to several thousand years of erosion as evidenced by the surrounding landscape. The newly gouged-out streambed created tall banks that are nearly vertical and highly subject to erosion. It also created a very interesting plunge pool that is three to four feet deep in normal summer water conditions.

On this day the pool is still present, one of the only pools deep enough to support brook trout, but it is only about a foot and a half to two feet deep. Standing above the pool on a smooth boulder I see shafts of light filtering between the tree branches above. This gives me a good view of the bottom of the pool. I settle in by sitting down on the rock and watching the pool intently. I do spot a few trout but not the number I had hoped to see. I expected to see larger numbers of feeding fish, given it is the only above-average feeding habitat presently available in this stretch of the stream. I wonder to myself if most of the brookies have moved downstream, perhaps all the way to the West Branch of the North River, to

survive. It occurs to me that all of the macroinvertebrates that inhabit rocky cavities of this stream-bed have been significantly challenged. With only half, or less, of the habitat normally available for their survival, I am certain many of these critters have perished, rendering the food supply for brook trout to very low levels.

We may feel temporarily fortunate in the Northeast United States because we have not yet experienced the harshest results of climate change in other parts of our country and the world where fires rage, record temperatures are scorching already challenged habitats, glaciers and ice are melting at alarming rates, and unprecedented storms and severe weather patterns alter normal ecological patterns yielding disastrous results. Still we are not without present and future changes that will transition our landscape for what may seem like forever.

I have spent my entire life studying ecosystems in the Northeast United States. As a professional ecologist, I have consulted on numerous aquatic and upland habitats. I have taught ecology at the graduate school level for well more than 30 years. And the one thing I am certain of is that these sensitive ecosystems are totally dependent upon each other and they are suffering due to the human caused changes that they are experiencing. It saddens me to see our world suffering as a result of human negligence. I am extremely perplexed that many people are so disconnected that they do not seem to be concerned or engaged. And for once, despite all of my experience and knowledge, I have no answers. I seem only to have questions.

The questions foremost in my mind? What will it take for people to start caring enough to change their habits and way of life. And can people change our culture in an effective way so that it considers and includes all parts of our planet and all forms of life?

My next questions? Do most humans completely understand that we all perish if the planet fails? And do they understand that we are in the eleventh hour or even beyond the eleventh hour?

I am sad to say that I doubt most have given any of this serious consideration. At least enough consideration to want to make a difference by changing their personal behaviors that impact our planet and demanding our political and economic institutions follow the same path.

Is not now the time to take ultra serious consideration of all of this and react accordingly?

— Bill Lattrell

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Town Nurse

—*Claire Rabbitt*

Climate Change and Health



The September 2022 Mayo Clinic Health Letter has an article on how climate change has affected health and wellbeing. In recent years we have experienced more severe weather and weather catastrophes such as floods, hurricanes, and tornados, in which many people have

died. Here in the northeast, we are coping with a severe drought. The World Health Organization recently declared climate change “the biggest health threat facing humanity.”

Some of the adverse health effects of climate change include the spread of infectious diseases in flooded areas from organisms that cause malaria, dengue fever, Lyme disease and cholera. Often food and water supplies are contaminated as was the case in Jackson, Mississippi, recently, when a city water system failed after flooding. In other areas we heard of people dying of heat-related illness in places without air conditioning. Respiratory illness is exacerbated from the pollution of wildfires around the world.

While it is crucial that governments worldwide need to do their part in slowing climate change, there are things we can do as individuals. Here in Heath, we do need our cars to get to work and other places, but be conscious of efficiency when purchasing a vehicle, and remember that speeding decreases the mpg. Carpool when possible. Support local farmers and enjoy the meats, fruits and vegetables in our area if you don’t grow your own. Decrease use of disposable plastics by carrying your own water bottle and using reusable bags for shopping. Consider solar power if your home is in an advantageous position. It can be an expensive investment, but can be a pollution-free source of electricity and provide power during the day if weather or other events cause an outage. Look into government rebates and tax benefits for assistance.

Sixth Annual Heath Arts Exhibition A Celebration of Creativity and Community



From September 3 through 10 Heath’s Community Hall was transformed into an art gallery, with 32 Heath artists joining together to present the Sixth Annual Heath Arts Exhibition.

The art show’s opening reception, which was held on Sunday, September 4, offered those in attendance an opportunity to meet the artists, view the artwork, sway to the live music of The Uncles, and enjoy refreshments.

“The quality of the work was truly exceptional this year,” said Harry Hallman, founder and chair of the Heath Arts Exhibition Committee. “From budding artists to well-known professionals, we invite all Heath residents, as well as those with a strong connection to the town, to participate next year.”

A record-setting 300 patrons crossed the threshold to see the show. This annual exhibition continues to delight, inspire, and provoke, as well provide a forum for the community to come together and celebrate the creativity that connects us all.

The Heath Arts Exhibition was sponsored by the Heath Historical Commission and supported, in part, by a grant from the Heath Cultural Council, a local agency supported by the Mass Cultural Council, a state agency.

Thank you to all of the participating artists:

Bob Bourke, Fred Burrington, Bob Dane, Don Dekker, Susan Draxler, Henry Godek, Barbara Gordon, Rachel Grabelsky, Jean Gran, Susan Gruen, Harry Hallman, Julieanne Hallman, Suzanne Hannay, Nina Hofkosh-Hulbert, Laura Holdsworth, Kara Leistyna, Eileen Lively, Chris Luis, Doug Mason, Sofia Mason, Kaylee Mulligan, Auriel Nalbandian, Lynn Perry, Bruce Phillips, Scott Prior, Judy Schotland, Art Schwenger, Juliet Seaver, Nancy Thane, Laurel Thorndike, Bob Viarengo, Del Viarengo



The Way We Love to Eat

—Deb Porter

This year's Heath Fair once again was a wonderful success. Food-wise there were many culinary treats both on the midway and in the Exhibit Hall. This issue's recipe comes from David Gordon, who won a blue ribbon at the Fair for his beautiful loaf of bread.

No-Knead Sourdough Bread

I've been making this sourdough bread two or three times a week for almost 10 years. It's quick and easy. It takes less than 15 minutes to hand mix the dough and clean up. If you use kitchen scales to measure ingredients into the bowl, it saves on cleanup time. The dough sits for about a half day after mixing it. Then it takes roughly five minutes to prep the dough for the oven. Other than rising time and baking time, total effort is less than 20 minutes.

This bread is a moist, round loaf with large holes—perfect for hearty sandwiches. It keeps very well unrefrigerated for several days. Toasting really brings out the flavor.

Ingredients

16 ounces unbleached bread flour (about 3 3/4 cup)
2 teaspoons salt
4 ounces sourdough starter (little less than a half cup)
12 ounces water (1 1/2 cups)

Mix all ingredients together in a large mixing bowl. The dough will be very moist. Cover the bowl and let rise on the counter for 12 to 16 hours. The dough should more than double in volume.

After the dough has risen, prepare it for baking. Place a 15-inch square of parchment paper over a 9-inch diameter bowl. Turn the dough out onto a floured surface. The dough will almost pour out of the bowl with a little encouragement from your fingers scraping the edge. Fold the dough on itself two or three times. The dough will be very sticky. (Just wash your hands with cold water when you're done.) Place the dough onto the parchment paper covering the bowl, and let it sit in the bowl while the oven is pre-heating.

Place a 9-inch round (3 1/2 qt) cast-iron Dutch oven with lid into the oven and preheat the oven to 440

degrees F. When the oven reaches 440 degrees, remove the Dutch oven. Lifting by the edges of the parchment paper, set parchment paper with dough into the Dutch oven. Put the lid on the Dutch oven and return it to the 440 degree oven. Bake for 35 minutes, covered. Reduce the heat to 350 degrees, remove the lid from the Dutch oven, and bake for another 10 to 12 minutes until the top is golden brown.

When done, lift the parchment paper with the loaf from the Dutch oven, remove the loaf from the parchment paper, and cool on a wire rack.

Sourdough Starter

I keep my starter (about 8 ounces) in the refrigerator in a one-pint wide-mouthed canning jar with the lid loosely on. After using 4 ounces of starter in my bread dough, I replace what I've removed with 2 ounces of water (1/4 cup) and 2 ounces of flour (about 7 tablespoons). I stir it in and put the jar back into the refrigerator. I usually make bread every two or three days, so the starter stays active. If you go two weeks without using starter, feed the starter by removing 4 ounces of starter and adding 2 ounces of flour and 2 ounces of water.

I started my sourdough starter 10 years ago, and it has been going strong ever since. I don't remember exactly how I started it. I probably followed directions from the Internet. I do remember that I used organic rye flour to start my starter, and that I had one unsuccessful try before achieving an active starter. The sure method is to get some sourdough starter from someone else! I would be happy to share my starter with you. Stop by anytime with a clean jar. There is always active starter in our refrigerator!



Heath resident David Gordon's sourdough bread—a blue ribbon winner at this year's Heath Fair.





Heath Agricultural Society

We did it again and once again and we did it together. The 104th Heath Fair was a BIG success. The feelings of joy and togetherness were in the air and you could literally see and feel the lightness that attendees young and old were experiencing as they strolled the midway, sat in stands, sipped lemonade, and square danced down the barn aisle. Each and every one of you who showed up pre-Fair, during the Fair, and at break-down made this 104th Fair possible. Thank YOU!

Over and over again, I heard from strangers and friends how special the Fair is to them. A few quotes have stuck with me: "This is the last of the good fairs!" one man said as he headed towards the horse pull. "You guys keep it as it used to be." said another. "It is nice to be together again."... "This is what we needed!!" These sentiments are like music to my ears.

As you may have heard, we did have an accident happen at the horse pull. As Luke Inman said in the *Recorder* article in the paper following the Fair, "they are animals and they can be unpredictable." Everyone down at the pulling pit worked with good, swift instincts. People were calm and I greatly appreciate all the support from the medical professionals and the teamsters to make the incident end with as good an outcome as possible. The last report we had was that two of the three folks who were brought to the hospital with injuries, including a broken ankle and a broken toe. We wish them speedy recoveries. This incident taught us about improvements we need to make at the pulling pit before our next event. We are lucky the teamsters are eager to work with us to brainstorm improvements. Despite the accident, I want to acknowledge the success of the horse pull (and the oxen draw). We had many more teams than we've had in past years and some newcomers came to pull, too. We hope this suggests what we can expect for future pulls/draws. Special thanks to Luke for his help spreading the word about the extra prize money which motivated new teams to come and old teams to return to the Heath Fair.

Every event this year seemed to me to be a success. From cows to sheep to goats; from sand pile to sack races to watermelon contest; to bunnies to riding horses/ponies (it was great to have the Gymkhana back) to pulling horses and oxen; to truck and tractor pulls, live

demonstrations to live music; to an epic square dance and a fireworks display that left people raving. "I've seen fireworks all over the states and this was the best show I've ever seen!" said one onlooker; to an exhibit hall with 800 entries, to a humming midway, and a local beer tent, food booth and merchandise tent that helped raise money to support HAS, we had an epic 104th Heath Fair.

In past articles, I have asked for volunteer support, and you didn't disappoint. Special thanks to all who lent a hand to get ready for, to run, and to break-down the Fair this year. The team that stuck it out to help break down on Sunday blew me away. I hoped we would get a lot done, but in the end we "got er' done!" This

People were happy to be together and celebrating what we do best, a small town fair steeped in its agricultural roots. While being interviewed on MassAppeal, Conrad Halberg and I were asked about what has changed over the years. I responded by saying "It is what hasn't changed that makes the Heath Fair so special and we work hard to keep it that way."

extra push allows people who have worked so hard to run the Fair to rest on Monday, a true gift. To all of the volunteers, including police, medical EMTs, and firemen, I can't thank you enough for your energy, enthusi-

asm, leadership, and pitch-in attitude that you brought to the Fair. We had almost 4,500 people through the gate which included over 1,000 on Friday, a Fair record!

So what comes next? We we'll hold our meetings on the second Monday of the month in October and November (we take December off) and resume monthly meetings in 2023. While we will have reflected on what worked and what can be improved at our September meeting, the planning for the 105th Fair will begin in the fall, and we invite you to engage/re-engage in helping to ensure that next year's Fair is as good as or better than this one. Please plan to attend an upcoming meeting, held at the fairgrounds from 6 to 7 p.m. until the weather is too cold. The Annual Meeting will be held November 14 (location/time TBD).

"Thank You" are two words that don't do justice to the gratitude I feel for what we accomplished together at the 104th Heath Fair, but I will allow them to suffice.

THANK YOU! WE DID IT! Onward to the 105th!

—Jessica O'Neill, Heath Fair President





Photos by Art Schwenger and Rachel Grabelsky



Library Lines

—Kate Barrows

Library Relocation

The Heath Library has moved! After much thought and discussion, a decision was made to provisionally move library operations to Jacobs Rd. We understand this news may come with mixed emotions across the community, and we will do what we can to help with this transition.

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

Library Accessibility

The Heath Free Public Library has long held a reputation for accommodating patrons and providing a welcoming place for residents and friends to gather. As the library examines ways to best honor the past and fulfill its mission to serve current and future needs of the community, we look to the principles of Universal Design for guidance and inspiration.

An excerpt from *Equal Access: Universal Design of Libraries*, by Sharon Burgstaler, Ph.D. reads as follows:

“Universal design (UD) means that rather than designing your facility and services for the average user, you design them for people with a broad range of abilities, disabilities, and other characteristics—such as age, reading ability, learning style, language, culture, and others. Keep in mind that students and other visitors may have learning disabilities or visual, speech, hearing, and mobility impairments. Making your library accessible to them will make it more usable by everyone and minimize the need for special accommodations for those who use your services, and for future employees as well. Ensure that everyone feels welcome, and can get to the library facility and maneuver within it, communicate effectively with support staff, access printed materials and electronic resources, and fully participate in events and other activities.”

For more information about how Universal Design applies to libraries, inquire at the library or visit the American Library Association website at www.ala.org/asgcla/resources/universaldesign.

New Items

Sign up for our new weekly newsletter or follow the New Titles Link at www.heathlibrary.org to view materials most recently added to the collection.

Adult Fiction: *Where the Sky Begins* by Rhys Bowen, *Rising Tide* (Vera Stanhope #10) by Ann Cleeves, *Fairy Tale* by Stephen King, *Song of Comfortable Chairs* (No. 1 Ladies Detective Agency # 23) by Alexander McCall Smith, *Shattered* by James Patterson, *Portrait of an Unknown Woman* by Daniel Silva, *To Kill a Troubadour* (The Dordogne Mysteries #15) by Martin Walker

Nonfiction: *Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Old Ones*, *Peril and Power in the City of Angels* by Paul Pringle, *Two Wheels Good: The History and Mystery of the Bicycle* by Jody Rosen, *Pickleball Ponderings* by Howard Scott, *Six Walks: In the Footsteps of Henry David Thoreau* by Ben Shattuck

Large Print: *Orchard* by Beverly Lewis and *Just Another Love Song* by Kerry Winfrey

Audio CDs: *Diamond Eye* by Kate Quinn and *Overkill* by Sandra Brown

DVDs: *Mr. Malcolm's List*, *The Gilded Age: The Complete First Season*, *Sonic the Hedgehog 2*, and *The Unbearable Weight of Massive Talent*.

Juvenile: *A Tale of Magic and A Tale of Witchcraft* by Chris Colfer, *Ogress and the Orphans* by Kelly Barnhill, *Flames of Hope* (Wings of Fire #15) by Tui Sutherland.

Children's Picture Books: *Berry Song* by Michaela Goade, *Home is Where the Birds Sing* by Cynthia Rylant, *How You Came To Be* by Carole Gerber, *Little Bat Up All Day* by Brian Lies

Sign up for weekly emails to see what's new at the Library. Follow the link at heathlibrary.org or ask the staff to be added to the list.



Heath Free Public Library Hours and Services

Monday, 2 to 7 p.m., Jacobs Road
Wednesday, noon to 7 p.m., Jacobs Road
Thursday, office hours at Sawyer Hall,
 11 a.m. to 1 p.m.
Saturday, 9:30 a.m. to 1:30 p.m., Jacobs
 Road

If you would like to pick up library materials at Sawyer Hall, you may do so either between 11 a.m. and 1 p.m. on Thursdays, or by special appointment.

Patrons may request materials by calling 337-4934, ext. 7, email heath.library@gmail.com, or come to the library during open hours and we are happy to help you find what you want!

The library catalog and other resources are available online. Please ask the library staff for assistance or information about Inter-Library Loans and online resources. We are happy to help! Visit heathlibrary.org for ways to access online e-books, audio books, magazines, newspapers, and more. The CWMARS network we belong to offers a wealth of materials at no cost to library patrons. If the library does not have what you are looking for already in our collection, we are often able to employ a bit of "library magic" to make it appear!

Children's Events

Saturday, Oct. 8 at 2 p.m.: Story Hour joins the 150th Anniversary celebration of the Community Hall with 1870's kids' games, crafts, and a story. Outside and in at the Community Hall in Heath Center.

Outdoor Story Hour at 18 Jacob's Rd. on Saturdays, October 22, November 5, and 19 at 10:30 a.m. Families with children ages 12 and under are welcome to join us for stories, crafts, snacks, and outdoor playtime. Free.

The Heath Cultural Council Presents Community Square Dance

Saturday, October 22, 7 to 10 p.m.

Heath Community Hall, 1 East Main Street, Heath

FREE Admission

**Featuring Doug Wilkins, Caller
and the Fall Town String Band**

Come alone or bring a favorite partner.
Come to dance or just enjoy the music!
Pot-luck refreshments. Bring a treat to share.



Heath Council on Aging News

The Council on Aging has relocated the Senior Center to Room 135 at 18 Jacobs Road, with an Open House held in association with the Heath Library on September 24. All activities listed are now taking place at the 18 Jacobs Road location.

In coordination with the Select Board, we are currently searching for a Senior Program Coordinator.

Foot Clinic

Need pedi-care? The Foot Clinic has resumed operations with a new nurse, Simonne Westort. The clinic is held bi-monthly on the third Tuesday every month. Contact Victoria Burrington at 337-4425 or nursevictoria@gmail.com for 20-minute appointments. Donations to help keep the foot clinic going are appreciated.

Tai Chi

Want to improve strength and flexibility? Tai chi chuan improves strength, coordination, balance, stamina, and relaxation for adults of all ages. New weekly classes start Tuesday, October 4 from 9 to 11 a.m. and 6 to 8 p.m. A monthly donation of \$20 is suggested. Contact instructor Stan Swierz at stanswiercz@comcast.net (or call Margaret Freeman at 337-4854) for more information and to register.

Brown-bag Lunches

Our traditional brown-bag lunch meetings resumed in September. Join us every second Thursday of the month at 18 Jacobs Road, 11:30 a.m. Beverages provided.

Community Café

Come socialize the last Saturday of every month from 9:30 to 11:30 a.m. in the 18 Jacobs Road Cafeteria. Activities for all ages include puzzles, games, walks, and playground. Free drinks and baked goods provided.

Watch for more news as we continue to provide events and services for the seniors of Heath.



Senior Center open house. L to R: Victoria Burrington, Margaret Freeman, Theresa Peters, and Judy Clark.

Good Neighbors Food Pantry at Charlemont Federated Church

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

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

175 Main Street, Charlemont

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

For information, call 413-339-4294.

All are welcome.



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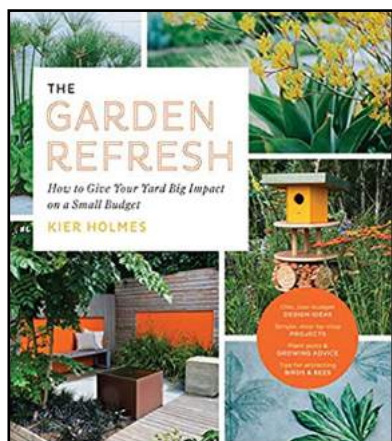
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Green Thoughts

—Pat Leuchtman

The Garden Refresh



A few weeks ago, after reading *Garden Refresh: How to Give Your Yard Big Impact on a Small Budget*, I was inspired and told my husband that we really needed to take down a large viburnum to provide sunlight. Having an obliging husband makes it easy

to spend very little money to give more plants needed sunshine! But this book provides many ways to help choose plants, and how to care for them.

There is more to choosing garden plants than making sure they have enough sun. Kier Holmes provides many lists that will help choose flowers, and welcome creatures like owls, birds, and other creatures like bats! There is also a chart of good plants for butterflies and caterpillars.

The titles of the various chapters promise you information in addition to the flowers. For instance, Chapter 9 is all about growing vegetables in your garden, planting seeds, and transplanting. There is also advice about dividing plants every three years.

No matter how many kinds of flowers and vegetables you plant, learning about improving your soil is very important. Information is given about ground covers, fungus, manure, biochar—and worshipping the worm. Then comes compost: how to compost, what to compost, and what not to compost. Did you know coffee grounds are really good for the soil? You can also make a compost tea—a liquid fertilizer that uses your compost and soaks in a bag (or old pillowcase) and a bucket!

Kier Holmes has given a full view of how to care for your yard and your garden. She provides information about a handsome hardscape, as well as beautiful and healthy flowers, and a garden that is Earth friendly. She provides endless tips on design, plant selection, and

TOP PLANTS FOR NEIGHBORLY LOVE

- French marigolds discourage nematodes and other beasts in the garden bed.
- Large African marigolds protect tomatoes, cucumbers, and squash.
- Nasturtiums attract aphids away from other plants.
- Sunflowers, dill, and fennel planted together control aphids and leaf miners.
- Calendula with beans help keep garden troublemakers away.
- Basil with tomatoes is a double win because basil improves the flavor of tomatoes while also repelling flies and mosquitos.
- Nasturtiums planted with lemon basil deter white flies from tomatoes.
- Garlic, onions, and chives release compounds in the soil that remove soil-borne pests.
- Sage and chives improve the flavor of carrots.
- Marjoram helps everything and repels cabbage moth, so plant some near broccoli.
- Plant rosemary and dill near members of the cabbage family.
- Borage, the babysitter plant, is not only a favorite of bees, it also “nurses” squash, spinach, strawberries, and tomatoes and deters tomato worms.
- Garlic with roses deters aphids and Japanese beetles.
- Tansy under fruit trees deters Japanese beetles and ants.

TOP PLANTS TO LURE AND FEED THE GOOD BUGS

- | | | |
|----------------------------------------|-------------------------------------------|------------------------------------------------|
| Cosmos (<i>Cosmos bipinnatus</i>) | Nasturtium (<i>Tropaeolum majus</i>) | Sweet alyssum (<i>Lobularia maritima</i>) |
| Dill (<i>Anethum graveolens</i>) | Rosemary (<i>Salvia rosmarinus</i>) | Thyme (<i>Thymus</i> spp.) |
| Marigold (<i>Tagetes</i> spp.) | Sage (<i>Salvia officinalis</i>) | Yarrow (<i>Achillea millefolium</i>) |
| | Sunflower (<i>Helianthus annuus</i>) | |

maintenance. Kier Holmes is a designer and writer. She has written for *Martha Stewart*, *Gardenista*, *Better Homes and Gardens* and other magazines. She is also a children’s garden and science educator.

Commonweeder, 8/25/2022

Come Celebrate Heath Community Hall!



150th Anniversary
Saturday, October 8, 1 to 4 p.m.
Heath Town Common

An afternoon of fun for all ages!

kids games • pie & cider • guided Town Common tours
recorded interviews with elders • historical displays

Select Board Report



The past two months saw a major change in the Highway Department personnel, as Dohn Sherman (left) retired after 40 years of employment in the Department. He worked for many years as the Mechanic/Operator and was skilled in maintenance of the equipment and vehicles.

When he announced his intention to retire, an interview team conducted a search, meeting with three qualified applicants and sending their recommendation to the Board. Kyle Jarvis was hired and began work on August 15. Kyle has a strong background in working with highway machinery and is an experienced CDL driver. While Dohn will be missed from the Department, we have assurance that a qualified replacement has been found.

Through a state Massworks grant of \$735,000, the Town has been able to do some upgrades on Route 8A this summer. The work includes roadside clearing of trees and brush that will open the canopy and allow more sunshine to help melt snow and ice in the winter months. There has also been a replacement of some culverts and guardrails. A topcoat of pavement was laid from the Charlemont/Heath town line to the intersection of Branch Hill Road. From that point northerly to Vermont, a fog-seal was done, which helps rejuvenate the already existent pavement. The Town also received state aid through the Winter Recovery Assistance Program that was used to pave two stretches of road which have become increasingly troubled by potholes over the past several years. New pavement was laid on the westerly end of Branch Hill Road to Route 8A and on the heavily traveled Bray Road.


During this upcoming fiscal year, it is anticipated that the remainder of the Green Communities Designation Grant will be expended. The Board has signed a contract agreement with ECI to do air sealing, insulation, and venting in the attic areas of the Jacobs Road municipal building. Now that schools are back in session, Franklin County Technical School will return to complete exchange of lights at this same location. These efforts will result in a significant reduction in energy consumption.



Town Building Name

With the realization that the municipal property at 18 Jacobs Road has transitioned from an educational facility to a multi-purpose town government and community location, the Select Board will be doing an official renaming of the property. We would like to offer the opportunity to community members to submit suggestions for a new name. Anyone with a building name they would like to propose should send it to the Town Coordinator at bos@townofheath.org. The deadline for suggestions is Thursday, October 20.





GO VOTE

Important Dates for the State Election

Tuesday, November 8, 2022

Office times are still to be determined so please check the Town Clerk web page at townofheath.org for further information.

Early In-Person Voting
Oct. 22—Nov. 4 (hours TBD)

Last Date to Register to Vote
October 29, 2022 by 5 p.m.

Last Date to Absentee Vote in Person
November 7, 2022 by noon

Last Date for Vote by Mail Ballots
Must be postmarked by Nov. 8, 2022 and reach your local election official by Nov. 12, 2022

State Election In-Person Voting
Nov. 8, 2022 • 7 a.m. to 8 p.m., 18 Jacobs Road

Happy 150th Birthday Heath Community Hall!



Heath Community Hall turns 150 this year. Come celebrate! Join us on Saturday, October 8, from 1 to 4 p.m. on the Town Common to celebrate this venerable old building's 150 years of service to our community. Historical build-

ings with displays to view will be open to the public, along with kids' games, pie, and cider, a Town Common tour, recorded interviews with elders, and more. Connect with your friends and neighbors and say thanks to Heath Community Hall for its many contributions to our town.

The Community Hall has, as its name suggests, been at the heart of this community for all those years. It was built as a Methodist Church in 1872. But, by 1892 Heath's population had dropped so much that the Town's churches combined to form one Union Church. The last church service was held in the building in 1893. After being passed between several private owners, in 1923 it was acquired by the Historical Society and converted into the Community Hall. The Town accepted it from the Historical Society in 1956 and since then the classic frame building on Heath's Town Common has continued to serve the community in numerous capacities.

Heath Community Hall could tell many stories. It has hosted one of the longest running square dances in New England, provided shelter and hot meals to residents in emergencies, nurtured preschoolers, and welcomed residents for senior meals and foot care. Additional functions include Firemen's Breakfasts, Halloween parties, Annual Town Meetings, plays, annual ski races, reel-to-reel movies, Town nurse, maypole celebrations, yoga classes, a store, art classes, and many more. What fond memories do you have of events at the Community Hall? I loved the square dances and will be forever grateful for the hot meals after the devastation of the ice storm.

Check the Community Calendar for upcoming events, including a square dance, at the Community Hall.

We are collecting photographs of past events at the Community Hall. If you have photos that you would like to share, please contact jean@jeangran.com.

—Jean Gran

Heath Community Hall 150th Celebration Committee

Heath Historical Society Presents “Dining with History”

Well, it's been a long, long time coming, but we are going forward with “Dining with History.” Please save the date, October 1. The program, “Roots to Heath,” as well as the Heath Historical Society's annual meeting, will be held at the Heath Community Hall.

Residents will be sharing how they came to live in our beloved town. Much has been said about the TV program, “Finding Your Roots” with Henry Louis Gates, Jr. Our discussion will have a bit of a twist! A few of our neighbors have volunteered to share their family's ancestry and how their migration eventually led them to Heath. We surely are a “Melting Pot.” The annual meeting for the Board of Directors and current HHS members will begin at 5 p.m. The public is also invited to attend. The meeting will be followed by a potluck and program at 5:30 p.m.. If you plan to attend, please bring a dish to share, and label your dish. Face coverings are encouraged.

We have a wonderful Heath memorabilia collection in our three historical buildings, but we really need volunteers to help maintain them. No experience necessary. Please help us. Contact Ned at 625-8376.

Learn more about what the Heath Historical Society has in store for 2022-2023 by visiting our website at heathhistsociety.org.

—Ned Wolf, President
Heath Historical Society



Heath's rendition of dinner theater. Photo from a previous Dining with History presented by the Heath Historical Society.

Spotted Around Town



Monarch butterfly on milkweed, North Heath.

—Art Smith



Barred owl on hitching post.

—Tim Rabbitt



Local deer named Jimmy by Sam Lane.

—Cathy Tallen



Baby snapper on Mohawk Trail near lower pond.

—Heather Row

Square Dance Lights Up Heath Community Hall



Photo by Art Schwenger

Do-si-do your partner, allemande left your corner, grand right and left, promenade home and SWING!

Heath Community Hall was filled to the brim with music and dance on Saturday night, September 17 as Caller, Doug Wilkins and the Fall Town String Band joined with the Heath Cultural Council to revive a beloved Heath tradition. A true multigenerational activity, 60 attendees from Heath and beyond ranged in age from 10 to 90 years-old. Young and old, seasoned or new to the New England square dance scene, all were successful and had fun under the skillful guidance of Doug Wilkins as he moved about the floor singing his calls through a wireless mic. The early dances were simple, progressing to more challenging ones. The evening culminated in a cross-hall “Roll the Barrel” dance for a joyful grand finale.

The stage was filled with seasoned band members, some of whom had played for dances in our historic Community Hall as far back as the 1970s. A refreshment table downstairs was laden with homemade potluck treats enjoyed by all along with a healthy dose of conversation during the break.

If you missed out, you’ll have another opportunity to join in the fun on Saturday, October 22, from 7 to 10 p.m. at the second and final square dance in this Cultural Council led series. The event is FREE to all and welcomes individuals and couples of all ages and abilities.

—Barbara Gordon, Chair
Heath Cultural Council



Heath Union Church

Neil Stetson, Pastor
Dennis Ainsworth, Organist
Sunday Morning Worship at 10 a.m.

All Welcome!

Neil Stetson's phone number: 352-362-3088
Church phone to leave a message: 413-337-4019

Worship services continue to be conducted in the sanctuary each Sunday at 10 a.m. and are available for anyone to join, either in person or by phone. Call-in number for joining by phone: 1-425-666-4605

Board of Deacons:

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

Church News

"Church? I used to attend, not my thing. I don't really see the point. I can worship in the woods." Yet despite the different reasons and experiences, we all have questions, interests, and issues in all areas of spirituality.

I would love to tell you we at Heath Church have all the answers, but we don't.

You will find Heath Church to be a place where people like you gather. You will fit in. You will discover people who believe Jesus has come to break down things that separate us. A place where we see each other as travelers together on a spiritual journey, sometimes getting spiritually tired and needing a little lift, sometimes helping someone else.

Don't like divisive politics? Neither do we! Instead we try to understand how biblical principles impact our daily decisions.

With the expertise of Dennis Ainsworth, our music director, you will experience music that moves your heart.

We meet at 10 a.m. at the church in Heath Center on Sunday mornings.

Starting on Wednesday, September 14, we will meet each week at Rosemary and Neil's home, 295 Main Road, Colrain, for a Life Group. We will study N.T. Wright's book, *Simply Christian*, and enjoy an opportunity to support one another and pray. Join us each week from 6:30 to 8:00 p.m.

—Neil Stetson

Join Us!

Heath Ladies Aid Meeting Saturday, October 8, 10 to 11:30 a.m. Heath Union Church

The next meeting of Heath Ladies Aid will be held on Saturday, October 8 from 10 to 11:30 a.m. in the basement of the Heath Church. All are invited to come and learn what we are all about as we look to grow our membership.

Community Cafe



Saturday, October 29 • Saturday, November 26
9:30 a.m. to 11:30 a.m. in the Cafeteria at 18 Jacobs Road

All ages welcome!

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

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

JEAN GRAN | BOTANICAL PORTRAITS

Artspace Community Arts Center

October 3 through 28, 2022

Reception 10/7, 5:30 – 7:00 pm



15 Mill St, Greenfield, MA 01301
Details at artspacegreenfield.com/events

Community Calendar

- Oct. 1 **Dining with History**
5:30 p.m. Potluck dinner, and 6 p.m. **Roots to Heath** program. Community Hall. See page 19.
- Oct. 8 **150th Anniversary Celebration of Heath Community Hall**
1 to 4 p.m., Town Common. See page 4
- Oct. 8 **Story Hour**
2 p.m. Community Hall, outside and inside, at Anniversary Celebration, with 1870's kids' games, crafts, and a story.
- Oct. 9 **The Uncles Concert**
2 p.m. Community Hall. Free.
- Oct. 13
Nov. 10 **Brown Bag Lunch**
11:30 a.m. at 18 Jacobs Rd. Seniors bring your lunch, socialize with others, beverages provided.
- Oct. 22 **Outdoor Story Hour**
10:30 a.m. at 18 Jacobs Road. For children under 12 and their families. Free.
- Oct. 22 **Community Square Dance**
7 to 10 p.m. Fall Town String Band with Doug Wilkins, Caller. Community Hall.
- Oct. 29
Nov. 26 **Community Café**
9:30 to 11:30 a.m. in Cafeteria at 18 Jacobs Road. Open to all ages.
- Nov. 5
Nov. 19 **Outdoor Story Hour**
10:30 a.m. at 18 Jacobs Road. For children under 12 and their families. Free.

Ongoing Calendar

Healthy Bones and Balance

Tuesdays: 11 a.m. to noon

Thursdays: 10 to 11 a.m.

Senior Center in Community Hall.

Contact Claire Rabbitt at nurse@townofheath.org

Foot Clinic

For residents age 60 and older and those with foot-related problems. Third Tuesday of every month.

Contact Victoria Burrington for information and to make an appointment, at 413-337-4425.

Good Neighbors Food Distribution

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

All are welcome.

Charlemont Federated Church

175 Main Street, Charlemont

Call 413-339-4294 for information.

Senior Open Art

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

Tai Chi Chuan (Taijiquan)

Weekly Classes Begin Tuesday, October 4

Tai chi chuan practice improves strength, coordination, balance, stamina, and relaxation for adults of all ages. New weekly classes start Tuesday, October 4, from 9 to 11 a.m. and 6 to 8 p.m. at 18 Jacobs Road. A monthly donation of \$20 suggested.

Contact Stan Swiercz, instructor, at stanswiercz@comcast.net, or Margaret Freeman at 337-4854 for information and to register.

The Uncles

Live in Concert at Heath Community Hall
Sunday, October 9 at 2 p.m.

FREE



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

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

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



Heath Town Offices

18 Jacobs Rd. Heath, MA 01346

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

www.townofheath.org

Town Coordinator, Hilma Sumner

bos@townofheath.org

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

Select Board, bos@townofheath.org

Tuesday 6 p.m.

Brian DeVriese, 413-337-5525

Robyn Provost-Carlson, 413-337-5316

Sue Lively, 413-337-4061

Town Clerk, Mary Sumner

townclerk@townofheath.org

Tuesday and Thursday 9 a.m. to noon

or call for appointment 413-337-4934

Accountant, Dave Fierro

accountant@townofheath.org

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

Tax Collector, Elizabeth Nichols

taxcollector@townofheath.org

Monday 4 to 6 p.m.

or call for appointment 413-337-6665

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

Treasurer, Kristi Nartowicz

By appointment: treasurer@townofheath.org

Boards and Committees

Board of Assessors

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

assessors@townofheath.org

Alice Wozniak, Assistant Assessor

Robyn Provost-Carlson

Heidi Griswold, Anne Emmett

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boh@townofheath.org

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Lorraine Berger, Susan Gruen, Elissa Viarengo

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Bob McGahan, Ned Wolf, Alice Wozniak

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Will Emmett

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Tallen, Sue Lively

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Lyra Johnson-Fuller, Elissa Viarengo

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Lorena Loubsky

Cemetery Commission

Jerry Gilbert, Central Cemetery, 413-337-4355

Claire Rabbitt, North Cemetery, 413-337-8309

Eric Sumner, South Cemetery, 413-337-5330

Matthew Lively, Sexton, 413-337-4331

Mary Sumner, Burial Agent, 413-337-4934

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Brian DeVriese, Chair, 413-337-5525

Bernard "Buck" den Ouden, Jessica O'Neill,

Henry Josephson, Heather Row

Historical Commission

Heather Hathwell and Jayne Dane, Co-Chairs;

Susan Gruen, Nina Marshall

Schools

MTRSD School Committee Representative

Budge Litchfield, 413-337-4957

Franklin County Technical School Representative

Art Schwenger, 413-337-4077

Public Works and Safety

Animal Control Officer, Kyle Dragon, 413-768-

0983. If not available, call Shelburne Dispatch

413-625-8200. All emergencies, dial 911

Highway Department, Jeffrey Johnston, Road

Superintendent; 413-337-4462; cell, 413-406-4516

Police Department, John McDonough, Police Chief

Office hours: Tues. 6 to 8 p.m. 413-337-4934, ext.

108, or call Shelburne Dispatch at 413-625-8200

to have paged. All emergencies, dial 911

Transfer Station, Ken Erho, Attendant, 337-6640

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

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

Volunteer Fire Department

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

for an emergency. Heathfire@townofheath.org

Emergency Management Team

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

Sheila Litchfield, RN; All emergencies, dial 911

Community Services

Public Library, Kate Barrows, Director

Lyra Johnson-Fuller, Library Assistant

www.heathlibrary.org,

heath.library@gmail.com

413-337-4934, ext. 7

Post Office Manager, Charlene Reynolds

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

413-337-4934, ext. 4

Town Nurse, Claire Rabbitt, RN

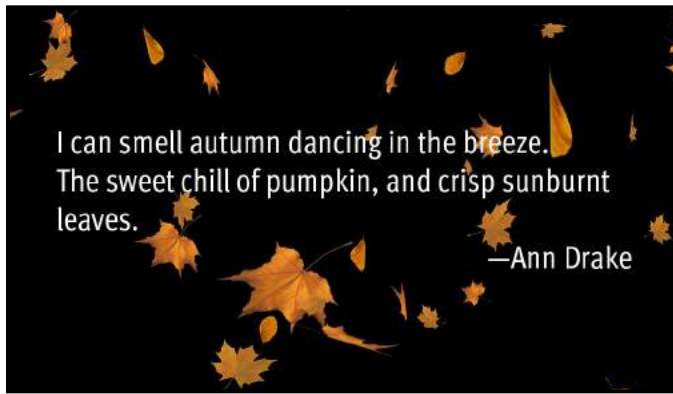
Office hours, Senior Center, 413-337-4847

Tues. 12:15 to 1:15 p.m., Thurs. 11 a.m. to 1 p.m.

Voicemail: 413-337-4934, ext. 109

Home phone: 413-337-8309

Nurse@townofheath.org



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