



THE Rowe Goal Post

Established 1975

Classic

March 2020

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<https://rowe-ma.gov>

*Dedicated to Encouraging
Information Exchange
Between All Town Departments
and All Citizens*



Morning visitor

Photo by Nan Williams

Opportunity comes like a snail, and once it has passed you it changes into a fleet rabbit and is gone.
-Arthur Brisbane

Editor's Message

Submitted by Sue Alix Williams

Just like the short (albeit longer than usual) month of February, this Goal Post is short as well. Please try and submit articles before the deadline of the 25th of each month. Also, anyone from town can submit photos or short articles!

Don't forget to turn your clocks ahead an hour on March 8th for the start of daylight savings time. Spring is just around the corner and the Equinox is March 19th. If you'd like an early spring - check out the Bulb Show at Smith College greenhouse - it runs from March 7 through the 22nd!

"Accursed daylight savings time!"



Daylight savings time will begin at 2:00 AM
on Sunday, March 8

Don't forget to turn your clocks AHEAD one hour!

Town Clerk

Submitted by Paul McLatchy III

Office Hours: My office hours continue to be Monday, Thursday, and Friday from 7:00-8:00 AM and 4:30-5:30 PM. Tuesday office hours are 7:00-8:00 AM. I am also available by appointment, and simple tasks can be handled during administrative hours down the hall between 8:00-12:00 and 12:30-4:30 those same days.

Street Listings: Second notices were sent out to approximately sixty households in mid-February. Please make sure you return these, as failure to do so can impact your ability to vote, and we have four elections this year including a presidential.

Presidential Primary: By the time you receive this issue of the Goal Post, the presidential primary will be right upon us. The primary will take place on Tuesday, March 3rd, and polls will be open from 7:00 AM until 8:00 PM. This election is to choose presidential preferences for the Democratic, Republican, Libertarian, and Green-Rainbow parties, as well as elect state committee members. The Democratic primary has a slate of candidate for a town committee, while the Republican party is eligible for a committee but does not currently have one in town. If you are interested in forming one, at least three registered Republicans must have their names written in by a minimum of five voters participating in that primary. There are insufficient registered voters from the Libertarian or Green-Rainbow parties to form a town committee. Voters not belonging to one of those four parties may choose which ballot to vote on. I encourage everyone to turn out and vote.

Local Election: Local election nominations papers are still available until March 28th. If you are interested in running for a position, please contact me. The following voters have taken out papers as of submission:

- Board of Assessors: Rick Williams (I)*
- Board of Health: Daniel Poplawski (I)*
- Board of Selectmen: Joanne Semanie*
Jessica Albrecht
Jennifer Morse (I)
- Cemetery Commission: Marilyn Wilson (A)
- Finance Committee: Paul McLatchy III (I)*
Loretta Dionne (I)
- Library Trustees: Rebecca Bradley (I)
- Park Commission: Laurie Pike (I)
- Planning Board – 5 Yr: Jessica Albrecht (A)
- Planning Board – 2 Yr: None
- School Committee: Susan Zavotka (I)*
- Constable: Henry Dandeneau (I)*
- Town Clerk: Paul McLatchy III (A)*

(I) = Incumbent

(A) = Candidate currently holds the office as a result of an appointment, but has not been elected to it

*Candidate has enough signatures to qualify for the ballot, pending registrar certification

Dog Licenses: Dog Licenses need to be obtained by the end of the month, as they expire March 31st. There will be a vaccination clinic at the Rowe Fire Station on Saturday, March 28th from 10:00-12:00. People will be able to obtain the following vaccinations at the listed prices, and can also obtain licenses at this time:

| Dogs | | Cats | |
|--------------|---------|-----------|---------|
| Rabies | \$22.00 | Rabies | \$22.00 |
| Distemper | \$30.00 | Distemper | \$25.00 |
| Lyme disease | \$44.00 | Leukemia | \$35.00 |

Rowe School Committee Public Hearing Proposed FY2021 Budget

Submitted by Susan Zavotka, Chair
Rowe School Committee

Per MGL c. 71, Sec. 38N the Rowe School Committee will hold a public hearing on their proposed FY2021 School Budget at the Rowe Elementary School, 86 Pond Road, Rowe MA on **Thursday, March 19 at 4:00pm**. A copy of the proposed budget will be available to the public at Rowe Town Hall by Thursday, March 12, 2020.



Photo by Sue Williams

Some fine Pileated work in the park



Rowe Town Library News

Submitted by Molly Lane, Library Director

Library Hours: Tuesday & Saturday 10-5, Wednesday 10-8

Spring is in the air and the library is such a busy place this month!

Now through the end of March you can still stop in and view the art display by Diane Cowie, local Rowe resident. She has examples of engravings, pencil, etchings, silver point drawings, and pastels all throughout the library. Make sure to stop in before they are gone.

Rowe is participating this year in the “Libraries in the Woods-Community Read,” along with 24 other Western Mass libraries. Throughout March and April we will be reading “Braiding Sweetgrass” by Robin Wall Kimmerer. You can visit the library to pick up a copy of the book as well as the pamphlet that lists all the programs and book discussions happening here in town and in the 24 other libraries participating in the Community Read.

Ongoing still, we are looking for submissions for our “Rowe Scrapbook”. Submissions can include but not limited to stories, recipes, or words of wisdom.

Programs:

Kids: Early Release Crafts – Wednesday March 4, 11, and 18 @ 2:30 pm
St. Patrick’s Day Party Tuesday March 17th @ 3:30 pm

“It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade.”

Charles Dickens, Great Expectations

Programs (cont'd) :

Adults: Sunday March 8th Native American Bark Baskets with Jennifer Lee. Pre register by March 4th with \$25 registration fee. Part of Libraries in the Woods-Community Read

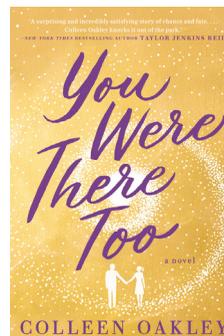
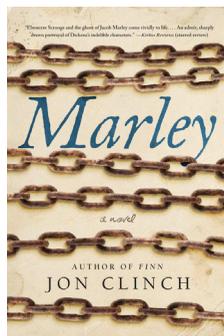
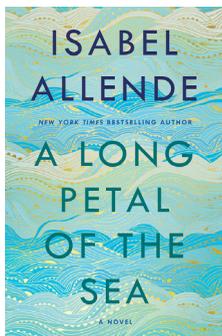
Pi (3.14) Day Celebration – Potluck pies on Saturday March 14th. Starting at 10am, all day. Drop a pie off to share

Book Discussion – Monday March 23rd @ 6pm Special discussion time as part of Libraries in the Woods-Community Read

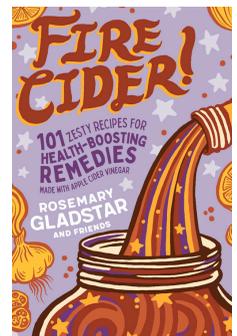
“Bringing Bees into your Backyard” Wednesday March 25th @ 6:30pm - Presentation by Warm Colors Apiary on bee health and survival, simple improvements homeowners can make to their yards, restoring habitat, increasing forage, and reducing risks

Some New Items This Month

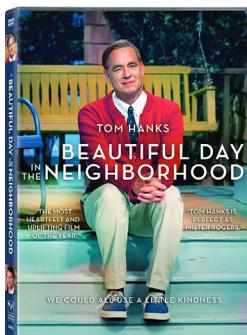
Adult Fiction:



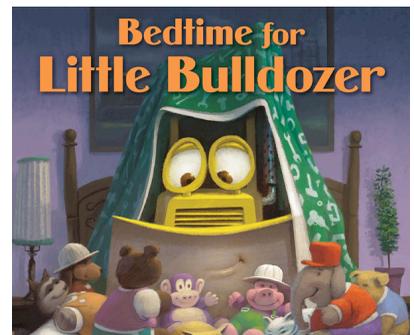
Adult Non-Fiction:



DVDs:



Picture Book:



Contact the library if you would like to be put on our email notifications for programs.

Rowelibrary@gmail.com

PELHAM LAKE PARK NEWS



-Submitted by Sean Loomis, Park Manager

It's that time of year to start thinking about spring and summer. And with the warmer weather fast approaching the seasons will change before we know it. Job opportunities for the park for this coming season are as follows:

AR Class 1, 18yrs and older

AR Class 2, 18yrs and older

AR Class 3, 16yrs and older

AR Class 4 14yrs and older

Lifeguard, 18yrs and older

Rec Director, 18yrs and older

Rec Assistant, 18yrs and older

Rec 2nd Assistant (4 positions), 14yrs and older

Applications are available at the Town Hall, see Janice Boudreau. All applications are due Friday April 24. If you have any questions please call the park at 339-8554.

If you're interested in leaving your canoe or kayak at the resident boat rack. Please send your request to PO Box 300, Rowe, Ma 01367 no sooner than April 17. Spaces will be awarded on a first come first serve basis. There are 6 available spaces.

Just a reminder if you are looking to have a picnic this summer with more than 50 guests, you need to fill out the proper forms and submit to the Park Commissioners for approval. You can pick up the forms at the park headquarters or the town hall. There is a fee of \$25.00 for more than 25 guests.

Full Moon snowshoe/hike with bonfire is schedule for March 7 (weather depending). We will meet at 5:30 and hike the Babbling Brook Trail to the Meadow (1.8 miles total round trip). At the Meadow, we will have a bonfire for hotdogs, s'mores and hot chocolate.

On April 11, at 10:00am, the park will be holding an **Egg Hunt** for kids in elementary school or younger. This will be a snow/rain or shine event.

Just a friendly reminder that there are **Free Yoga** classes being taught every Tuesday and Thursday from 5:00-6:00 in the gym at Rowe school. Yoga has excellent health benefits including but not limited to:

Increased flexibility

Increased muscle strength and tone

Improved respiration, energy and vitality

Maintaining a balanced metabolism

Weight reduction

Cardio and circulatory health

Improve athletic performance

Protection from injury

Eeek! What Are Snow Fleas?

Notes from the Field



they're adorable up close!

One of the greatest joys of cold weather is the lack of bugs. When the temperatures dip in winter, it becomes an inhospitable climate for many of the creepy crawlies that make our lives miserable in the spring and summer — fleas, ticks, stinkbugs and the like. But it turns out, there's a little known critter known as the snow flea that makes its home in snow banks and the sprinkling of snow around the tree trunks in your yard.

But there's good news! There is no need to fear the snow flea. They don't bite and they are actually very good for the environment!

Snow fleas are not actually fleas — and officially, they aren't classified as insects, either, though they do look like bugs. These small wingless creatures are often referred to as "springtails". Snow are a subtype of the arthropod family. Like insects, snow fleas have six legs but researchers say that they are more closely related to crustaceans (who knew?!).

Even though snow fleas are not actual fleas, they have the same super-powered jumping ability that regular fleas have. But unlike cat and dog fleas, which use powerful, enlarged hind legs to leap long distances, snow fleas have a sort of tail (called a furcula) that is responsible for their jumping. As the furcula unfolds, it launches the snow flea over large distances — hence the name "springtail."

No Need to Fear! Snow Fleas Don't Bite! Though they look and act like cat or dog fleas, snow fleas are not parasitic, which means you and your pets are safe. In fact, if you enjoy gardening, then you've probably encountered thousands of snow fleas in your lifetime without ever realizing it. In the summer, they tend to sit on top of rich topsoil but because they are so small and dark, most people don't notice them. That soil is actually the snow flea's food source. They are an essential component in the ecosystem because they feed on decaying organic matter in the soil, thus helping it to decay faster, turning it into plant food.

Why Do Snow Fleas Come Out in the Snow? Perhaps the most interesting thing about snow fleas is the way they come out in the winter, dotting melting snow instead of remaining in a period of dormancy like their insect and arthropod cousins. This is because snow fleas produce their own type of antifreeze, a protein that is rich in the amino acid glycine. Glycine prevents the formation and enlargement of ice crystals, enabling these creatures to keep on munching organic materials despite the bitter cold. You'll see them on warmer days when the snow melts because snow fleas are rising to the surface of the snow in search of new food sources.

While they look a lot like biting, parasitic fleas, snow fleas are not something to fear. They won't bite and they are actually great for your lawn and gardens because of the work that they do to help decompose organic material.

RHS Presents - Sugaring

-Submitted by Joanne Semanie



Although the weather this winter has been on the warm side it's always as the days get longer that I begin to think about sugaring.

The photograph above was the sugar house that was in the back of Fort Pelham Farm at 59 Middletown Hill Rd. In the middle to late 1800's there was a lot of maple sugar made in this sugar house. The first record of it was in the 1860 Farm Census where 700 lbs. of sugar was recorded for that year. 1860 holds the record for the most maple sugar ever made in the United States. One of the reasons being this was the ramp up to the civil war and people were boycotting cane sugar due to slavery. They replaced a lot of that cane sugar with maple. In 1870 the Goulds and Wrights produced 300 pounds and in 1880 they produced 450.

Until 1860 there were only wooden spouts to tap the trees and iron pots to boil the sap in. The process involved a number of pots at various stages of boiling so instead of having an automated draw down to syrup as we have today they were manually transferring sap from pot to pot until it reached a point where they brought it into the house to "sugar off". When I read that 700 lbs. of sugar was made it came as a huge surprise just considering the amount of work that is involved.

I decided to do some math.

On the average, it takes 40 gallons of maple sap to make 1 gallon of pure maple syrup. One tap hole in each maple tree gives 10 gallons of sap in an average year. So, 4 maple trees, 40 to 200 years old, are needed to make one gallon of pure maple syrup. Some trees have more than one tap but all trees tapped should be over 10 inches in diameter.

Maple sap is 2% sugar and weighs 8.35 lbs. per gallon.

Maple syrup is 66.9% sugar and weighs 11 lbs. per gallon.

One gallon of maple syrup makes 7 lbs. of maple sugar.

At that time on the farm they had two oxen which they used in gathering sap. Oxen were much better suited to drawing the sled through deep snow. The oxen would draw a sled with barrels along the same path probably twice a day where each bucket was emptied by people out helping with gathering. Yokes were used in gathering to ease in carrying the buckets through the snow. The sap was brought back to the sugar house and boiled. Wood was burned to keep the sap boiling until it became a thick syrup. It was then taken to the house and filtered then finished into syrup or boiled and stirred for sugar. They must have been boiling 24 hours a day everyday throughout the season. Hannah Gould Wright wrote in her diary of 1882 daily of her husband sugaring.

There was also a tremendous amount of wood burned in this process. With the number of sawmills in town I would imagine that slabs were burned then as they often are today but they would have had to be cut to length with hand saws. Considering most houses were heated with wood until 1880 these men had to have been doing nothing but cutting wood year round - with saws, axes and mauls and those oxen. The story goes that you could see the ocean from Western Mass because every tree had been cut down and burned by 1880 when people began burning coal.

At the end of the season it was all hands on deck to clean all of the buckets and other equipment. The photograph to the left is one of three generations of Wrights, their extended family and neighbors. Many hands make light work.



Dizziness & Balance

Submitted by Sheila Litchfield, RN, Town Nurse

Did you know that 15 out of every 1000 people consult a medical provider each year with vertigo, dizziness or an imbalance problem? Further, half of those over 65 years of age will develop positional vertigo. Of all the falls suffered by the elderly, 50% are reported to be the result of vestibular (balance system of the inner ear) problems.

The vestibular system is responsible for coordinating signals from other sensory inputs to maintain upright posture and balance. The control centers in the brain use the information from the vestibular system to develop subjective awareness of head position in relation to the environment and to produce motor reflexes for equilibrium – for example, a reflexive action to brace oneself to prevent a fall.

The brain depends on sensory input information from the visual system (eyes), the vestibular system, and the somatosensory (proprioception) system in order to maintain balance, stability and an upright posture. This article will provide a brief overview of the vestibular system; a subsequent article will address proprioception.

Parts of the vestibular system include the inner ear components (semi-circular canals and otoliths); the nerve pathways; the vestibular ocular reflex system (coordinates head and eye movement while actively moving about); and the vestibulo-spinal system (reflexes to keep you upright and stable while moving). There are many amazing parts that keep you upright and therefore many places where something might go wrong. Balance problems can be caused by medical problems (5%) such as low blood pressure; may be psychological in nature 5% such as PTSD; they may be the result of a musculoskeletal problem (10%) such as an orthopedic injury; or may be neurological in origin (25%) such as a migraine, stroke or Parkinson's; or caused by a vestibular disorder (55%).

Some vestibular disorders include:

- Benign Paroxysmal Positional Vertigo (BPPV) – the most common cause
- Acoustic Neuroma – the most uncommon cause
- Vestibular deficit such as labyrinthitis or possibly cause by injury
- Meniere's Disease

BPPV manifests by a sudden onset of vertigo (spinning/dizziness/loss of balance) with possibly nausea and vomiting in severe cases. The vertigo can be triggered by quick head movements, rolling over in bed, head tilted backwards, or by bending over. A common cause of BPPV is calcium carbonate particles (crystal rocks) that break away from one area of the semicircular canals and lodge in another area. Treatment includes encouraging the crystal to move, however, successful treatment depends on other factors including underlying vestibular disease, head injury and limited mobility. Recurrence is not uncommon. Some people require specific rehabilitation exercises and others may need surgical intervention when symptoms are intolerable.

Keep your muscles strong and keep moving to ensure those reflexes work to keep you upright!



-Submitted by Bill Knittle

It was a short month, with a week's vacation and a few snow days, but February was still quite busy at the school. The students, staff and chaperones had a great time skiing (mostly in January), we couldn't have done it without the many chaperones who generously agreed to accompany us on the mountain. Thanks, also, to Berkshire East for helping to make it all go so smoothly. We had a number of first-timers this year, and they all were all schussing like veteran skiers by the time we were done. Happy smiles and rosy cheeks told a great story!

We also had an Outdoor Science Day before vacation, where all students in grades K-6 spent the day outside at the Park, hiking through the woods and following animal tracks with our friend Ted from the Hitchcock Center, cooking, playing cooperative games, or learning fire safety. Pre-school joined us for part of the morning as well. Thanks to Sean Loomis at the Park for helping to make it happen. We were proud of our students for a few reasons: the older ones helped the younger ones when they needed it (without being asked), the students spent the day outside and didn't complain, and they worked hard, whether it was digging or snowshoeing.

Meanwhile, inside the school, the students continued their work on various engaging, hands-on, inquiry-based projects, part of our school-wide focus on Project Based Learning (PBL). Students in grades K-6 were tested using the Benchmark Assessment System, a test which is used to determine students reading levels, by measuring their reading fluency, comprehension, and accuracy. We administer these tests three times a year and determine each student's reading level so we can administer appropriate instruction and place each student in the correct reading group for their particular level. The teaching staff was learning too, working together during our Professional Learning Days to determine how we can provide more effective instruction to our students.

There's a lot happening in March at the Rowe School. March also means it's time for our annual Spaghetti Supper, for the 5th and 6th grades to raise money for their biennial Washington, D.C. trip and Nature's Classroom trips. This year's Spaghetti Supper is Wednesday, March 18 from 5:30 to 7. Come enjoy a delicious meal, and help raise money for a good cause. The School Committee is scheduled to meet Thursday, March 19th at 4 p.m. I hope you can join us.

As always, if you have questions or concerns, please call me at 413-512-5200. You can also email me at wknittle@roweschool.org. And please visit our website, www.roweschool.org. I look forward to hearing from you.



The Rowe Center is pleased to offer residents and those who work for the town the opportunity to experience one of our weekend workshops once a year free of charge. For more information about programs, or to register, please go to our website www.rowecenter.org or call our registrar at 339-4954.

March Programs:

Your Rhythm, Your Life: Groove Tools for Mind-Body-Spirit, Glen Velez & Loire Cotler

The Way of the Shaman: Exploring the Hidden Universe, Nan Moss

A Fresh Look at the Instincts and the Enneagram, Russ Hudson

Jump Start Your Memoir: Writing from the Heart, Nancy Slonim Aronie

Singing Ourselves Home: A Musical Retreat for Women, Susan Robbins & Marytha Paffrath

Sacred Instructions: Indigenous Wisdom for Living Spirit-Based Change, Sherri Mitchell

Writing Naturally, H. Emerson Blake

Family Matters: Using Your Family Photos to Inspire Your Poems, Richard Blanco

2019- Q2 Honor Roll

12th Grade High Honors - Grace Poplawski

11th Grade Honors - Bailey Cousineau, Taylor Loomis

10th Grade High Honors - Ashalyn Duval

10 Grade Honors - Emily Silva, Caitlin Upton

8th Grade High Honors- Emily Crowningshield, Weston DenOuden, Preston Duval

8th Grade Honors - Reese Danek

ROWE

by Alex Grodd, age 10
Summer of 1991

There's this place we have
We come up at the end of the week
To get away from all the commotion
And relax on the beach
It's a beautiful place where we love to go
This magnificent place has a name,
It's called Rowe

In winter we come up to ski at Berkshire East
After a hard day at the slope,
we come home to one of Grandma Vellie's feasts
At night we sit by the fire to get warm if we are cold
After we're warmed up, we boogie to the golden oldies.

In the summer we come up to cool down
Jump in the lake and swim all around
Swim to the raft and relax in the sun
Jump off the raft and yell, "Jeronimo"
at the top of your lungs.

Before we get ready to dine,
We have a cocktail, some vodka, some wine
Then it's time for our luscious meal
pork chops, applesauce, red cabbage,
the whole deal.

To burn some calories and stay in shape
We take a beautiful walk in the woods
around Pelham Lake
Grandpa picks the horse up from the farm
Each morning we feed it in his barn.

This is my poem about the great place called Rowe

See ya next time 'cause I gotta go.

Submitted by Stu & Velma Grodd

Along with this poem was the following letter from Stu Grodd:

Our 4-generation family has lived, mostly long weekends, in Rowe on 56 Pond Road for 49+ years, and used Berkshire East for our skiing lessons & adventures.

We have two houses on 56 Pond Rd and our 39 year old grandson bought his own home on 38 Pond Rd four years ago. He is now giving his 2 1/2 year old son, four generations of Grodds, skiing lessons on the Bunny Slope of Berkshire East - exactly as his father gave him many years ago. Enclosed herewith is a poem written 39 years ago, by Alex when ten years old. Alex's 2 1/2 year old son William is having the same experiences at Berkshire East and on the beach of Pelham Lake as his father did 40 years ago. Alex showed his passion for Rowe by his buying his own family home. Now it is his family's weekend destination from Somerville, MA. The enclosed poem, written by a ten year old, is now the motivation for four generations of the 'Rowe-Grodd gang' to be on the mountain, on the trails and on the Lake in a beautiful town in our great country.



Good Neighbors Food Pantry is seeking help off-loading the monthly delivery truck from Food Bank of Western Mass. Volunteers must be able to lift; must be available on the third Wednesday each month between 11:30 and 1:30 pm.

If interested, please contact Sheila Litchfield (337-4957).

Good Neighbors can also use a few more bakers to provide a home-baked treat each month. This is a fun and much appreciated way to get involved.

Food is distributed monthly on the third Tuesday and in emergencies. Any questions? Give Sheila a call.

Rowe Community Church

Submitted by Ros Mullette

Worship Services are held on Sundays at 9:00 a.m.

- March 1 Worship & Praise Service &
Observance of The Lord's Supper
8 Worship & Praise Service
15 Worship & Praise Service
22 Worship & Praise Service
29 Worship & Praise Service

Bible studies are held on Wednesdays
at 7:00 p.m. and will be held on
March 4, 11 & 25th

Regular Bi-monthly business Meeting will be held
on Wed., March 18 at 7:00pm

Please note new phone number
for the church: (413) 575-3947

March Birthdays

- 7 - Jody Brown
- 8 - Daniel Burke
- 13 - Ron Gordon
- 14 - Heidi Kuhl
- 15 - Kathy Sprague
- 16 - Brianne Cousineau
- 16 - Cynthia Stetson
- 17 - Jillian York
- 19 - Grace Poplawski
- 20 - Bill Travis
- 23 - Kristah Boutwell-Swope
- 23 - David Scrivens
- 26 - Mary Paige
- 27 - Mary Reardon
- 27 - Nathan Paige
- 28 - Marilyn Wilson
- 29 - Susan Zavotka
- 30 - Fred Lowell
- 31 - Ian Boyd

Missing February Birthdays!

- 14 - Caty Silva
- 14 - Emily Silva
- 21 - Emily Crowningshield

Happy Birthday Ladies!

(if you have children under the age of 18 and wish to have their birthdays listed here please email me to put them on the list, as I need parental permission. Thanks!

Town Services

| | | | |
|----------------------------|-------------|----------------------------|----------------------|
| <u>Accountant</u> | Wed | 9:00-12:00 (or by appt) | <u>339-5520 x12</u> |
| <u>Admin Assistant</u> | M,T,Th,F | 8:00-12:00,12:30-4:30 | <u>339-5520 x10</u> |
| <u>Assessor's Clerk</u> | Monday | 3:30-5:30pm | <u>339-5520 x15</u> |
| <u>Fire Station</u> | | Emergency - 911 | <u>339-4001</u> |
| <u>Executive Secretary</u> | Mon-Thurs | 9:30-5:00 | <u>339-5520 x11</u> |
| <u>Fitness Ctr</u> | Mon-Fri | 8:00-5:00 | <u>339-5520 x21</u> |
| <u>FRTA Sr. Bus</u> | Tuesdays | 9:00 | <u>774-2262 x103</u> |
| <u>Historical Society</u> | (by Appt) | | <u>339-4238</u> |
| <u>Library</u> | Tues, Sat | 10:00-5:00, Wed 10:00-8:00 | <u>339-4761</u> |
| <u>Park</u> | Mon- Friday | | <u>339-8554</u> |
| <u>Police Dept</u> | Wed | 5:30-7:30pm | <u>339-8340</u> |
| <u>Post Office</u> | Mon-Fri | 12:15-4:15, Sat 8:30-11:30 | <u>339-5390</u> |
| <u>Rowe School</u> | Mon-Friday | 8:00-3:15 | <u>512-5100</u> |
| <u>Tax Collector</u> | Wed | 8:00-2:00 | <u>339-5520 x19</u> |
| <u>Town Clerk</u> | M,T,Th,Fr | 7:00-8:00am, 4:30-5:30pm | <u>339-5520 x14</u> |
| <u>Town Garage</u> | Mon-Thurs | 6:30-4:30 | <u>339-5588</u> |
| <u>Town Nurse</u> | Mon,Wed,Fr | 9:00-5:00 | <u>339-5520 x20</u> |
| <u>Transfer St.</u> | Wed | 7-10am, 4-7pm | <u>339-0216</u> |
| | | <u>Sat 8-2, Sun 8-12</u> | |
| <u>Treasurer</u> | | | <u>339-5520 x16</u> |

The Rowe Goal Post
P.O. Box 462
Rowe, Massachusetts 01367

The Rowe Goal Post

Available on the Town's website (<https://rowe-ma.gov/p/64/Rowe-Goal-Post>)
the first of every month with paper copies sent out by mail the first week

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exchange between all departments and all Rowe citizens.

All submissions for the next issue are due by the 25th.
Any articles received after this time cannot be guaranteed that
they will appear in the next issue.

Please e-mail all items to:
GoalPostEditor@gmail.com

Please send only high resolution images (do not resize).

If you have a question about your subscription or want to make a change to the mailing list, please
contact the Town Administrator at:

(413) 339-5520 x11
admin@rowe-ma.gov

Seasonal residents MUST notify the Administrator of any change in address.