



Volume 40

Issue 2

Established 1975

THE *Rowe Goal Post*

February 2021



photo by Kevin Myers

From the Town Hall

Submitted by Janice Boudreau

BUDGET HEARINGS:

The process of preparing Rowe's next year's Fiscal Year 2022 (FY22) has begun. Most Departments and Committees have submitted their preliminary budgets to the Finance Committee and Board of Selectmen for review. On January 7th, they met jointly to review submissions and formulate questions for the Budget Hearings which will start on the 21st and meet every Thursday until mid-February. At first glance, there appears to be a very conservative year of level funding with a few exceptions. The Finance Committee is taking the lead this year with the budget preparation and, since most members have been on the Committee for 3 years or more, they are well versed on the many of fine points.

ROWE INFRASTRUCTURE AND BRIDGES:

Selectmen reviewed Mass Dept. of Transportation (MassDOT) inspection reports for 6 bridges at their recent meeting. Rowe's bridge infrastructure outlook has improved with recent bridge repairs and reconstruction. King's Highway Bridge is 93% complete, with a few details to be finalized in the Spring, all through Massachusetts Department of Transportation (MassDOT) grants.

A contract was just finalized for the next bridge up for reconstruction on Ford Hill Road, formerly a culvert, now a designated bridge; to commence this year funded by the MassDOT Small Bridge Grant for \$500,000.00 from the state. Additional funding necessary for engineering costs for \$130,000.00 the town approved at the Special Town Meeting in late Fall from the Municipal Stabilization Fund. Cyrus Stage Bridge will be rebuilt in 2023 by the state.

It also appears that through Paul McLatchy III's efforts to advocate for the repair of Yankee Road with area legislators, a request was included in the latest Mass. Transportation Bond Bill have been successful. We should have some more details soon.

ROBO CALLS:

If you are not receiving our regular weekly COVID-19 ROBO calls and would like to, please let me know. If you prefer, they can be sent via email in lieu of the voice call OR in addition to the voice call. Let me know at townadmin@rowe-ma.gov or 339-5520 ext. 11. I can check records to see whether calls were delivered to your number.

ANNUAL TOWN REPORT:

Paul McLatchy III and I are working on the 2020 Annual Town Report and are busy compiling all the necessary reports and details. It will be available in early Spring.

VOLUNTEERS:

We have a very energized volunteer who has some great ideas to work on some projects. She really needs some additional members to join the Beautification Committee. Please consider contributing to the town in a fun way!

(See the town website click 'About Rowe' - 'Volunteer Opportunities' for more information and the list of openings)

Town Clerk

Submitted by Paul McLatchy III,
Town Clerk

Dog Licenses/Rabies Clinic: Dog Licenses are now available. In order to obtain a license, I will need the application form (available on the website and sent out with the census), appropriate payment, and a copy of the dog's up-to-date rabies vaccination if not on file. Fees are \$5 for spayed/neutered dogs and \$10 for unspayed/unneutered. A rabies clinic for 2021 is not being scheduled at this point due to the pandemic.

Annual Census: It is extremely important that you fill out your annual street listing forms and return them to me. Second notices for those who have not returned their census will be going out soon. The street list helps emergency departments, school enrollments (and tuitions), and other important agencies within the town and state. Failure to return your annual street listing may inactivate you as a voter, and repeated failures to return can even result in your removal from the voter list. It takes only a moment to fill this out and return it.

Town Election: There have been no updates as of the time of writing regarding changes to the town election process. Nomination papers are available and require twenty signatures of registered voters. Please contact me if you are interested in running. Below are the offices that are up for election and any individuals who have taken out papers thus far. All terms are for three years unless otherwise noted. Nomination papers must be obtained and submitted to a registrar no later than Saturday, March 27th.

Board of Assessors

Ellen Miller (Inc.)

Board of Health

Herbert Butzke (Inc.)

Board of Selectmen

Chuck Sokol (Inc.)

Cemetery Commission

Jay Williams (Inc.)

Cemetery Commission – 2 Years

Joanne Semanie (Inc., Appointed)

Finance Committee – 2 Positions

Laurie Pike (Inc.)

Library Trustees

Park Commission

Planning Board – 5 Years

Planning Board – 3 Years

Planning Board – 1 Year

School Committee

Nomination papers for declared candidates are available for public signing outside town hall at both entrances. This is open to all candidates.

Fire Dept News

Submitted by Dennis Annear, Fire Chief

The members of the Fire-EMS Department were busy in 2020. Not only did we have to learn how to deal with responses during the pandemic but also the best way to keep up on our training and be able to practice for those real world events that we are called upon to assist at.

Over all the department experienced a greater than 25% increase in calls during this trying time. The members responded to 56 emergency calls for assistance. Medical related calls were 53% of the total while 14% were alarm related calls, 10% were mutual aid and 5% were motor vehicle crash related.

These numbers reflect the difficulty in training for the members of the department. We must keep up to date with our medical training as that is the majority of what we are called to do but that also means that we must spend more time training for those calls that we seldom get called to but are expected to be proficient at when we are called. We have instituted some on line training for the didactic portion of some classes. While this works for some it is difficult for others. As time goes forward we will use this more often to keep abreast of changes within our field.

The electronic access to the station was finally installed and is working. All of the outside door locks and some of the interior locks have been changed. If you previously had a key to the fire station and feel that it is necessary for you to have access please submit a written request to the Fire Chief and your request will be reviewed. We have received the photo ID system that was obtained through a State Grant. It will be up and operating in the next couple of weeks. If anyone in Rowe needs a photo ID please get in touch with the Fire Chief.

In 2021 the department will be working on Rescue Training. This was started last year by sending three of the members to a special rescue class on farm equipment rescue. We have received one grant and are awaiting delivery of 4 new Personal Flotation Devices, Rescue Helmets, Gear Bags and equipment to better equip the department for ICE/Water Rescue. We have completed a grant application and are awaiting notification for additional ICE Rescue Equipment. This new equipment will allow us to safely be able to initiate an ice rescue versus wait for a mutual aid department to respond. We will still request assistance from others for this type of call for safety reasons for our responders. The First Responders were all provided the opportunity to get their first Covid-19 Vaccination thanks to the City of Greenfield. Next month we will get our second shot. The Fire Chief/EMD is also working with various organizations to vaccinate the general public and especially the homebound. This is a huge effort.



Bald Eagle at Percy's point at Pelham Lake Park.

-Photo by Selmi Hyttinen



photo by Dot Johnson

Kyleigh and Adeline Johnson with "Sparkle"



photo by Joanne Semanie



Rowe Town Library News

Submitted by Molly Lane, Library Director

Modified Library hours: Tuesday Wednesday and Saturday 10-1 Thursday 2:45-6:15 (New hours!!)
Open by appointment. Call, Email or Facebook message us. Appointments are 30 minutes for 1 household.

The library is continuing to offer curbside pick-up and will provide home delivery upon request. Please look at our catalog online to see what items we have available and call or email us with your requests.

The library is open to the public for browsing by appointment. We know not everyone knows what book they are looking for and browsing on a computer screen just isn't the same. Call, email or Facebook message us to book your appointment.

***New hours include Thursday evening. So far it is under appreciated and Donna would love the company from 2:45-6:15 every Thursday.

Coming soon for your next project, **ROWE TOWN LIBRARY'S TOOL LENDING LIBRARY!**

The Tool Lending Library was created with the help of a \$2500 Reduce, Reuse Repair Micro-Grant from the Mass DEP.

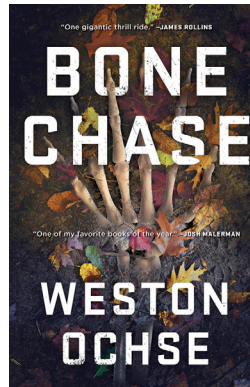
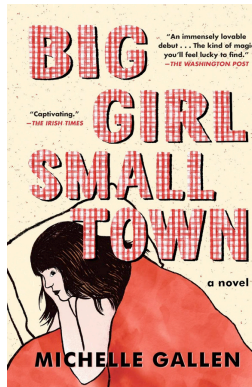
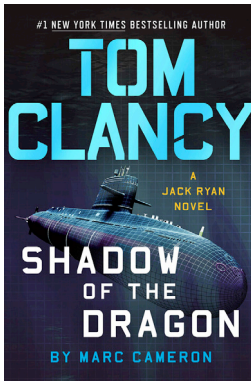
Items included in this new part of the library: Electric 6" post hole digger, electric tiller, electric pressure washer, electric leaf blower, electric chainsaw, carpet cleaner, metal detector, electrical test kit, laser range finder, cricut machine, little giant multipurpose ladder, 10'x15' event tent, multiple lengths of electrical extension cords. We have other items included in our Library of Things as well that the library has been adding to over the last year. All these items can help you with your spring project ideas or needing to find a new socially distanced hobby.

Good morrow, Benedick. Why, what's the matter,
That you have such a February face,
So full of frost, of storm and cloudiness?

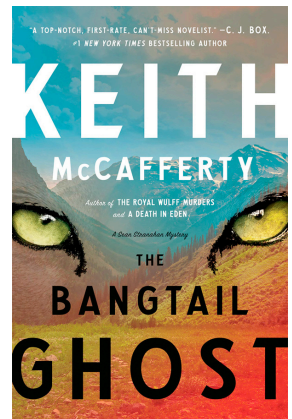
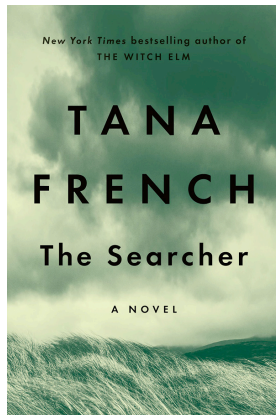
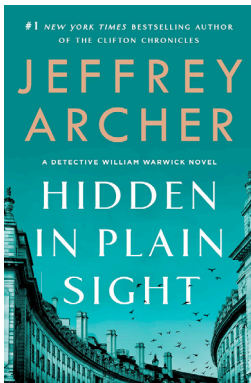
~William Shakespeare, Much Ado about Nothing, c.1598

Some New Items This Month

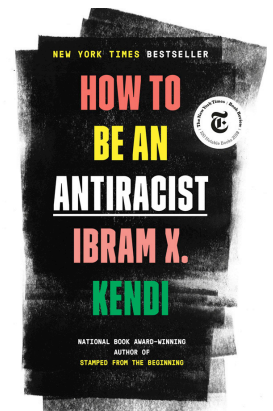
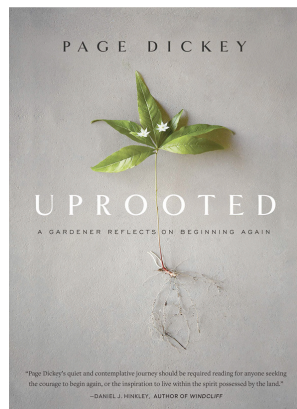
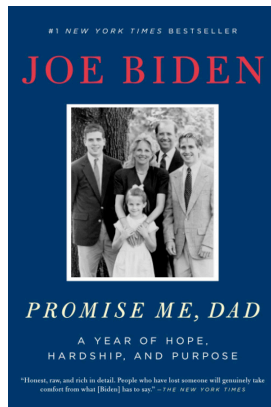
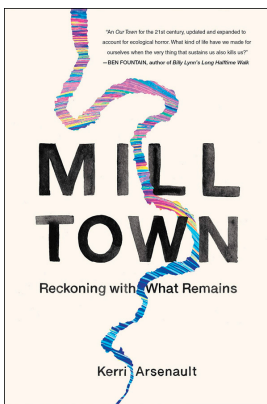
Adult Fiction:



Mystery:



Adult Non-Fiction:





2021 began as 2020 ended at the Rowe School, on a positive note. It would be easy to focus on the things we are NOT able to do this year: no all-school hike, no Cultural Study, no skiing, etc. Instead, we focus on the things we CAN do. We CAN see our students (mostly in-person) every day. We CAN take advantage of the tremendous natural resources at our disposal to support student learning and engagement: the Park, the woods, our excellent sledding hill. We CAN continue to enhance the social/emotional and academic education of our students despite the pandemic. We CAN continue to be a thriving educational community, one that supports our students, families, and staff, realizing that we're all in this together.

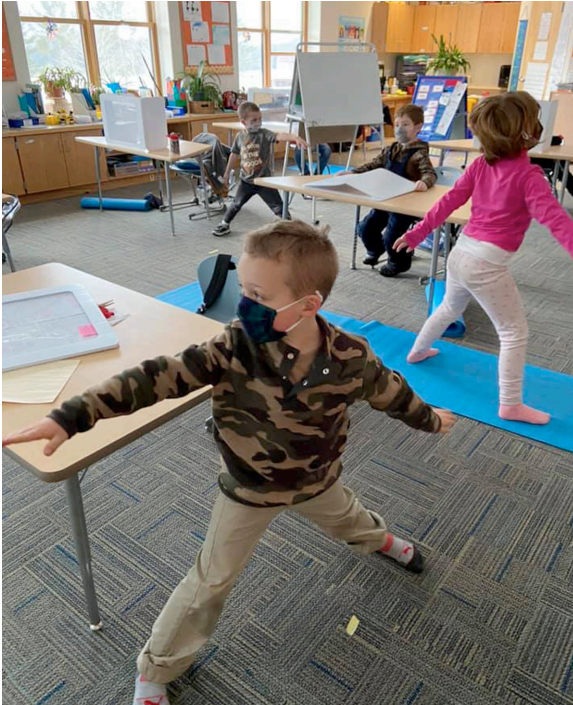
The end of 2020 also saw the delivery of our new tractor. Thanks to the Finance Committee, SelectBoard, School Committee, and the voters of Rowe for supporting that purchase, it will make a big difference as the winter weather sets in, and again when spring rolls around.

Exciting things will be happening in 2021 as well. The 3/4 class will continue making improvements to their outdoor classroom, getting the kids outside as much as is reasonable during the school day (thanks to Chris Hyytinen for all the help). The Primary Class will continue to visit the pond to study the natural world, and consider how Native Americans would have survived in this area years ago. The 5/6 Class will continue to snowshoe in the Park, and will enjoy a virtual presentation by the folks from Nature's Classroom, since last year's week-long field trip wasn't able to happen.

Students, families, and staff are working hard to follow the state guidelines to keep us all safe (wearing masks, staying physically distant, avoiding gatherings with people that are not part of your household), doing all we can to help us continue to learn in-person in 2021, and await news of the vaccine. Thank for all the support.

Please be in touch in any way that works for you, call or email. Please call 413-512-5100 or email me at wknittle@roweschool.org. I want to hear what you think, and look forward to seeing people in person when it's possible again.

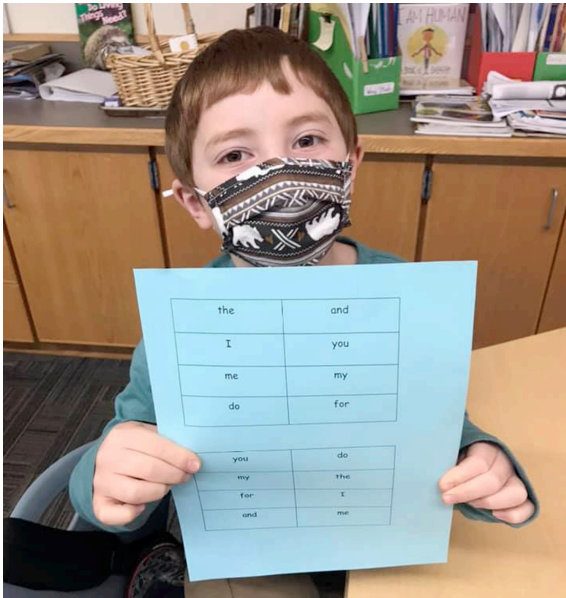
-Submitted by Bill Knittle



James Shulda and the Primary Class practice exercises in the classroom while staying socially distant.



Eva Joyner is proud of the book she just read.



Mason Bauer recites the sight words he's been learning in reading.



Snow!

The Sawmill on Mill Pond Dam

Submitted by Joanne Semanie



Millpond looking towards the dam.

The Mill Pond sawmill was built by Ambrose Stone in 1835 and some of the early lumber was used in the building of the Satinet Factory. Amidon and Stockwell owned the sawmill in 1857. Hosea Nelson and David Henry ran it from 1871 to 1878.



Sawmill on the left, blacksmith on the right.

The building was a long, unpainted affair standing just below the mill dam on the west side of the narrow valley of Pelham Brook. On the other side of the brook was the blacksmith shop. The upper story of the mill began near the dam contained a large circular saw used for sawing logs and making dimensional lumber, at least two smaller circular saws for edging boards and making smaller dimensional stuff (laths and shingles), a band saw for cutting curved stock and in later years a planer. The lower region housed a grist mill, a cider press and a space to store sawdust and shavings which was in high demand for stable bedding. The grist mill was only used occasionally in the last half of the century and the cider enterprise was used for custom pressing.

The pomace from crushed apples was sent down the brook.

The mill was powered by a horizontal wheel housed in an iron casing in the bed of the brook. Water was let in from the dam through a board flume. Power was dispersed by a series of belts and pulleys. The mill building stood back some distance from the main road opposite Alfred Reed's house (now owned by Rowe Camp). The mill yard was generally cluttered with logs awaiting sawing and piles of slabs. The slabs were sold for summer firewood or for sugaring in spring. With sales of slabs being seasonal the piles would tend to build up and the center of town became known as "Slab City".



Millpond sawmill with Moses Bullard on far right.

E.E. Stanford remembered Moses Bullard, who ran the mill from 1878 to the early 1900's as a "shortish, corpulent man. He wore a mustache; was somewhat bald and red faced, especially about the nose. He was often a little unsteady on his feet. Sometimes, when sawing logs, he would stand semi-supported by an upright steel throttle that governed the motion of the big saw. There was no guard above the saw. We boys used to wonder with a sort of fascinated horror whether Moses would ever saw himself up. He never did."

Moses Bullard left town in the early 1900's and Alfred Reed took it over until it was sold to the Foliated Talc Co. in 1905. The building was left to ruin and was removed around 1935.

It's difficult to imagine the bustle that was going on all along Pelham Brook during the 1800's. The museum has artifacts and photographs of most of these manufacturing enterprises and in future articles we will be looking at some of them and perhaps put a story to the historic markers that are along the road following the brook.

February is National Heart Month!

Heart disease is the leading cause of death in the United States. Factors such as high cholesterol, blood sugar, and blood pressure can lead to a higher risk for heart disease as well as other diseases in the body.

Cholesterol

LDL cholesterol, or “bad” cholesterol, if too high can cause plaque buildup in your arteries which can result in heart disease. HDL cholesterol, “good” cholesterol, helps to lower the risk of heart disease and it is good to have higher levels of this. Triglycerides are a type of fat located in your blood that your body uses for energy which in normal range is not harmful to your body. However, high levels of triglycerides with high levels of LDL cholesterol along with low levels of HDL cholesterol, all combine to increase your risk for heart disease. The total cholesterol reading is the total amount of cholesterol in your blood including LDL, HDL, and triglycerides. It is recommended that children/adolescents have their cholesterol checked at least once between 9 and 11 years old and between 17 and 21 years old. Most health adults should have their cholesterol checked every 4-6 years. For those who have a family history of high cholesterol, or who have diabetes or heart disease, they should check their cholesterol more often.

Desirable Cholesterol Levels^{1,2}

Total cholesterol	Less than 200 mg/dL
LDL (“bad”) cholesterol	Less than 100 mg/dL
HDL (“good”) cholesterol	Greater than or equal to 60 mg/dL
Triglycerides	Less than 150 mg/dL

Blood Sugar

Having your blood sugar checked can help determine whether you are at risk for diabetes. Diabetes affects how your body regulates sugar. Non-diabetics can produce enough insulin to use the sugar in the blood for energy and therefore there is less sugar in the blood circulating through the body. A diabetic has too much sugar in the blood stream and overtime, this can lead to health problems such as kidney disease, vision loss, circulation problems, and heart disease. Eating a healthy diet, regular exercise, and maintaining a healthy weight can all help to decrease the risk of developing diabetes later in life. The A1C test measures a blood sugar average over the past 3 months whereas the fasting blood sugar test gives a reading for your blood sugar at that moment.

Result*	A1C Test	Fasting Blood Sugar Test
Diabetes	6.5% or above	126 mg/dL or above
Prediabetes	5.7 – 6.4%	100 – 125 mg/dL
Normal	Below 5.7%	99 mg/dL or below

Blood Pressure

Your blood pressure is measured using 2 sets of numbers: Systolic blood pressure over diastolic blood pressure. The systolic reading, the top numbers, tells you how much pressure your blood is applying to your artery walls when your heart beats. The diastolic reading, the bottom numbers, is how much pressure your blood is applying to your artery walls when your heart is resting, or in between beats. If your blood pressure is elevated, over time the muscles of your heart become tired and start to weaken which can lead to stroke and heart attack. Getting a blood pressure monitor at your local pharmacy can help you measure your blood pressure in the convenience of your own home. To measure your blood pressure at home, sit still with your back straight in a chair, feet flat on the floor (not crossing your legs), and have the arm you are checking be at heart level or supported on a chair arm or on a table. Measure your blood pressure at the same time every day and do not take readings over bulky clothes, it is best read as close to the skin as possible.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

Call and make an appointment to have your cholesterol, blood sugar, and blood pressure checked with the Town Nurse today! 413-339-5520, Extension 20.

References

American Heart Association. (2020). Understanding blood pressure readings. Retrieved from <https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings>

CDC. (2020). Getting your cholesterol checked. Retrieved from https://www.cdc.gov/cholesterol/cholesterol_screening.htm

CDC. (2019). Diabetes tests. Retrieved from <https://www.cdc.gov/diabetes/basics/getting-tested.html>

Submitted by Chelsea Betsold, Town Nurse

The
Rowe Center
 WORKSHOPS • RETREATS • SUMMER CAMPS

For now, you cannot come to us, but we can now come to you! Here in the Gathering Room, you will find free, paid, short and long term web programming to help you flourish in your life and get you through this ongoing crisis. You can also view for free recorded webinars that were held live and are still relevant and beneficial to your wellbeing.

Check back often, as we are adding new programming frequently.



Arborvitae cones ~photo by Sue Williams

From the Board of Health

The Rowe BOH would like to clarify the duties of town nurse position for town residents. The nurse's hours are 8 am to 4pm every Monday, Wednesday and Friday except for holidays, sick days and vacations.

The nurse is here for all the residents of Rowe. Due to covid-19 she will currently see residents by appointment only at the Town Hall. She will do simple wound care, assessments, BP checks, cholesterol levels, blood sugar levels, hemoglobin, AIC, INR, urinalysis, and strep testing. No footcare will be done as was done in the past. She will communicate with primary care physicians when appropriate for residents' health and safety. Home visits are made on Friday mornings only by appointment. These are for wellness visits of anyone recently in the hospital or nursing home and returning to their own home. Chelsea will not have standing appointments for residents. She can help with phone numbers to assist anyone who needs more care find the right services.

Education of residents is a large part of Chelsea's job, keeping herself updated and knowledgeable. The current pandemic has kept her especially busy. Chelsea has been working on completing flu vaccinations for residents who have not yet received it.

The Rowe BOH welcomes Chelsea in these difficult times and appreciates her dedication to our residents safety and well being.

TOWN OF ROWE

Assessors' Administrative Assistant

The Town of Rowe Board of Assessors is seeking applications for an Administrative Assistant for up to 10 hours per week, with additional hours as workload requires or to meet DLS municipal calendar. Non-benefited position. Requirements: excellent customer service, communication and organization skills; proficiency with word processing, spreadsheet and database software. Top candidates will be proficient with Patriot Properties' assessing software. DLS Course 101 certification required. If chosen candidate not certified, must receive certification within three months of start date. Job Description is available at <https://rowe-ma.gov/g/39/Board-of-Assessors> listed under Board of Assessors-Files. Employment Application is available at <https://rowe-ma.gov/f/0/12/>. For additional information email assessor@rowe-ma.gov or call/leave message at 413-339-5520 ext.15. Position open until filled.

Submit application and resumé with cover letter by Friday, Feb 5, 2021 to:

Board of Assessors, Town of Rowe

PO Box 462, Rowe MA 01367

or email to assessor@rowe-ma.gov

- AA/EOE/ADA -

FREE Yoga Classes on Zoom in the comfort of your own home!

Free yoga classes on Zoom sponsored by the Rowe Park Department will be offered weekly on Tuesdays from 9-10 AM through the winter. Join us for a stress relieving workout focused on breathing, balance, flexibility, and strength to improve your mental and physical well-being. If interested, please email instructor Kate Peppard at kate@highlandyoga.studio for Zoom login information or call the park at 339-8554. A great way to start your day!



photo by Steve Provost



"Most people, early in November, take last looks at their gardens, and are then prepared to ignore them until the spring. I am quite sure that a garden doesn't like to be ignored like this. It doesn't like to be covered in dust sheets, as though it were an old room which you had shut up during the winter. Especially since a garden knows how gay and delightful it can be, even in the very frozen heart of the winter, if you only give it a chance."

- Beverley Nichols

photos by Sue Williams

*The shortest day has passed,
and whatever nastiness of weather
we may look forward to in January
and February,
at least we notice that the days
are getting longer.*

*Minute by minute they lengthen out.
It takes some weeks before we become
aware of the change.*

*It is imperceptible
even as the growth of a child,
as you watch it day by day,
until the moment comes when
with a start of delighted surprise
we realize that we can stay out of doors
in a twilight lasting for another
quarter of a precious hour.*

*~V. Sackville-West,
"Over winter's hump"*

Rowe Community Church

Submitted by Ros Mulette

- Feb. 7 Worship Service & Observance
of The Lord's Supper
- 14 Praise & Worship Service
- 21 Praise & Worship Service
- 28 Praise & Worship Service

Bible studies are held on Wed. at 7:00 p.m. via phone
conference and will be held on Feb. 3, 10, 17, and 24.

February Birthdays

- 1 - Daniel Burke
- 1 - Brian Tatro
- 2 - Meredith Sokol
- 2 - Lisa Danek-Burke
- 3 - Tyler Rice
- 5 - Darlene Jackson
- 6 - Robin Nichols
- 6 - Earl Carlow
- 6 - Sean Clancy
- 7 - James Williams
- 10 - Gordon Cowie
- 12 - Jim Williams
- 13 - Al Williams
- 17 - Gianna Paige
- 17 - Christine Levitre
- 18 - Philip Shulda
- 20 - Cassidy Upton
- 20 - Marilyn Belval
- 21 - Stanley Zielonka
- 24 - Mark Duval
- 24 - Thom Chiofalo
- 25 - Mitch Soviecke
- 25 - Joanne Semanie
- 28 - Brianna Demech
- 29 - Edward Silva

If you would like to add or remove a
name from this list, please contact me at:
GoalPostEditor@gmail.com

Town Services

<u>Accountant</u>	Wed	9:00-12:00 (or by appt)	339-5520 x12
<u>Admin Assistant</u>	M,T,Th,F	8:00-12:00,12:30-4:30	339-5520 x10
<u>Assessor's Clerk</u>	Monday	3:30-5:30pm	339-5520 x15
<u>Fire Station</u>		Emergency - 911	329-4001
<u>Executive Secretary</u>	Mon-Thurs	9:30-5:00	339-5520 x11
<u>Fitness Ctr</u>	Mon-Fri	8:00-5:00	339-5520 x21
<u>FRTA Sr. Bus</u>	Tuesdays	9:00	774-2262 x103
<u>Historical Society</u>	(by Appt)		339-4238
<u>Library</u>	Tues, Sat	10:00-5:00, Wed 10:00-8:00	339-4761
<u>Park</u>	Mon- Friday		339-8554
<u>Police Dept</u>	Wed	5:30-7:30pm	339-8340
<u>Post Office</u>	Mon-Fri	12:15-4:15, Sat 8:30-11:30	339-5390
<u>Rowe School</u>	Mon-Friday	8:00-3:15	512-5100
<u>Tax Collector</u>	Wed	8:00-2:00	339-5520 x19
<u>Town Clerk</u>	M,T,Th,Fr	7:00-8:00am, 4:30-5:30pm	339-5520 x14
<u>Town Garage</u>	Mon-Thurs	6:30-4:30	339-5588
<u>Town Nurse</u>	Mon,Wed,Fri	9:00-5:00	339-5520 x20
<u>Transfer St.</u>	Wed	7-10am, 4-7pm	339-0216
		<u>Sat 8-2, Sun 8-12</u>	
<u>Treasurer</u>			339-5520 x16

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.