



Volume 40

Issue 3

Established 1975

THE Rowe Goal Post

March 2021



photo by Sue Williams

“A light exists in Spring not present in the year at any other period when March is scarcely here.” -Emily Dickinson

From the Town Hall

Submitted by Janice Boudreau

TRANSPORTATION BOND BILL:

Administrative Assistant Paul McLatchy III has, for a couple of years, attempted to obtain funding to repair the rapidly deteriorating Yankee Road in the form of a MassWorks grant. Following denial, we met with officials from the Office of Economic and Housing Development who manage these grants and learned it was a bit of a stretch to justify the economic benefit of a dead-end road that leads only to a nuclear waste depository. Since the waste does not appear to be going away and federal funding unavailable, the problem of the road subsidence poses a great problem for the town.

Paul continued to work on the funding problem and, was able to gain support of our State Officials Representative Paul Mark and Senator Adam Hinds, who advocated for inclusion of a request for funding through legislation added to the FY22 Mass Transportation Bond Bill. We are pleased to learn that funding for the repair of \$740,000.00 recently passed legislation and signed by Governor Baker. Paul McLatchy III is now working on learning the process leading to the successful release of the funds. There may be some additional funds needed to complete the repair, but at least this could in large part, pay for the repair.

BUDGET HEARINGS:

Selectmen, Finance Committee are meeting each week once and sometimes twice meeting in remote meetings online to discuss budget items with each dept. Through the Zoom meetings the hearings will end in late Feb-

ruary and the bulk of the work completed soon thereafter. This keeps us on track for our Town Meeting planning. I commend all involved, Finance Committee members, Board of Selectmen members and all of our departments for all their efforts to move this process along during this difficult time. A highlight of our Zoom meetings for me is a visit from Chuck's 2 year old Io Sokol and her joyful smile.

TOWN PHONES:

I apologize for the problems with our phone system at Town Hall. The software has aged out of our system and is limping along until we can get the new system which should be very soon. Due to all of the companies involved and all of our COVID protocols, there has been a delay in installation. It will happen very soon as we are finalizing paperwork and plans. In the end, our system will be much improved. Thank you for your patience.



photo by Meredith Sokol

Town Clerk

Submitted by Paul McLatchy III

Street Listings: If you did not turn in your original street listing/census, you should have received a second notice by now. Please return these ASAP as failure to do so will inactivate you as a voter.

Dog Licenses: 2020 dog licenses expire March 31st. Please renew your dog license before then. Fees are \$5 for spayed/neutered, and \$10 for intact. Renewal forms can be found on the website. No rabies clinics have been scheduled at this time, but may happen in the spring or summer, depending on Covid.

Resignation: A member of the Finance Committee has submitted a letter of resignation, effective May 14th. As this resignation takes place the day before the annual election, it will be added to the ballot. Therefore, if you are interested in serving in this position for the remaining two years of the term, please see me to obtain nomination papers.

Town Election: There have been no updates as of the time of writing regarding state changes to the 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 as of submission. 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. Papers for candidates can be found outside the town hall at both entrances, except for those who have already submitted their papers.

Board of Assessors

Ellen Miller (I)*

Board of Health

Herbert Butzke (I)*

Board of Selectmen

Chuck Sokol (I)*

Cemetery Commission

Jay Williams (I)*

Cemetery Commission – 2 Years

Joanne Semanie*

Finance Committee – 2 Positions, 3 Years Each

Laurie Pike (I)

Finance Committee – 2 Years

Library Trustees

Lauren Werner

Park Commission

Planning Board – 5 Years

Planning Board – 3 Years

Ben Werner

Planning Board – 1 Year

School Committee

(I) Incumbent *Qualified for Ballot



Io Sokol attends a Covid Zoom meeting.

photo by Janice Boudreau

Municipal Vulnerability Preparedness (MVP) Program

Rowe has received a grant from the State to create a Municipal Vulnerability Preparedness Plan and become an “MVP” community. This MVP status will allow Rowe to apply for implementation grants to build projects and advance work that helps the Town be more resilient and prepared for the lasting effects of climate change.

****A COMMUNITY RESILIENCE BUILDING WORKSHOP WILL BE HELD ON MONDAY, MARCH 22nd AT 1:00 PM. THIS MEETING WILL BE VIRTUAL AND ALL ROWE RESIDENTS ARE WELCOME TO ATTEND AND PROVIDE INPUT ON HOW THE TOWN CAN BECOME MORE RESILIENT IN THE FUTURE. Meeting information can be found at the Town’s MVP project page: <https://rowe-ma.gov/p/71/Municipal-Vulnerability-Preparedness-MVP-Planning>. ****

Climate Change Impacts on Rowe’s Environment

In this article, we would like to highlight how climate change could have a direct impact on Rowe’s environment. Projections show that by the end of this century summer in Massachusetts could feel like present day summer in South Carolina. This change could make Rowe’s existing environment look very different.

If you are a home gardener, you may have already noticed some of these changes. Gardeners throughout Franklin County have commented on the increased unpredictability of the growing season due to earlier spring blooms. We are also more likely to see heavy rain events followed by

periods of drought, which can further stress plants and crops. Longer growing seasons will also bring more invasive plants and pests, such as Japanese knotweed and deer ticks. Japanese knotweed is of particular concern in our area due to its ability to dominate native species and erode riverbanks. Other invasive plant species that have been identified in Rowe to date include Norway Maple, Bittersweet, and Garlic Mustard.

Warming temperatures can also stress the Town's local forests by reducing tree health and growth. Drought conditions are likely to be more prevalent and will increase the chance of forest fires. Although wildfires are rare in Franklin County, the drought this past summer led to two wildfires in the nearby communities of Leverett and Orange. These fires demonstrated how even mild drought conditions can increase the threat of wildfires.

Other impacts that Rowe residents may experience from warming temperatures, changes in precipitation, and changes in freeze/thaw cycles could include:

- Decreased maple syrup production due to shortened tapping seasons, and decreased sap quality and quantity;

- Less snow during winter for recreational activities;

- A drying of streams, which could harm local wildlife such as trout.

Tell us your thoughts on climate change on Rowe's environment: <https://www.surveymonkey.com/r/RoweMVP4>, and if you missed previous surveys, they are posted on the Town's MVP project page at <https://rowe-ma.gov/p/71/Municipal-Vulnerability-Preparedness-MVP-Planning>.

Top Answers from Previous Surveys:

- 1) Which hazards have impacted Rowe the most?
 - Severe Wind
- 2) Which impact of climate change on human health are you the most concerned about?
 - Heat related illness
- 3) What are your main concerns related to extreme heat?
 - Increased cooling costs

For more information, please contact Paul McLatchy III or Megan Rhodes, FRCOG Senior Planner at mrhodes@frcog.org.

Submitted by Paul McLatchy III



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.

Programs:

This month's Take and Make bag will be Hot Chocolate Bombs. Supplies are limited, please keep an eye on our facebook page as well as our email list for when they will be available for pick up. We will be limiting one per family.

If you would like to be added to our upcoming events email list please email the library at rowelibrary@gmail.com

Remember while you are planning for the coming growing season that the library has a great selection of gardening books and the collections of all the libraries across central and western massachusetts are just a click away.

"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

The new DPW Loader getting its first bath by Kyle Shippee



Schedule Broadband Outage on March 16

Submitted by David Dvore, Manager, Rowe Broadband MLP

I hope you all have enjoyed our fiber Broadband service as much as I have. It's been a great success and benefit for the Town.

There is a scheduled temporary Broadband service outage from 12am to 5am on March 16. I want to explain a little about why this is necessary. Currently, we only have a single backhaul route that connects our equipment hut to the outside world. All of our internet traffic goes through this line. A single break in portions of the backhaul could take down service for the whole town. To make our connection more robust, I've been exploring ways to create alternate routes so if a line goes down on one backhaul route, service is automatically routed through another route. This is complex and there are several aspects. I've been working with neighboring towns about possibly sharing fiber lines and backhaul service, and also with service providers. A first step is to setup something called MPLS in our hut. This is the software programming that enables automatic switching between multiple backhaul lines. On March 16, we will be installing MPLS in our hut. Customers will be notified by email of a temporary service interruption on that date due to the upgrade. We still have to wait for neighboring towns to build their networks before we can work out the details of alternate backhaul routes and sharing backhaul service, so we'll still be somewhat vulnerable for a while. But with MPLS installed, we'll already have some degree of protection from certain types of outage, and we'll be ready to do more when our neighboring towns are.



I was looking back at what I submitted last year for the March Goal Post, and so much has changed, but many things have not. What has changed is that last year's column talked about what a good time we had skiing, how we were looking forward to the upcoming Spaghetti Supper, and the 5/6 class trip to Nature's Classroom. What has also changed is all of the adaptations we have made at the school due to the ongoing pandemic. These include extensive personal protective equipment, cleaning and disinfecting supplies, making sure everyone is wearing a mask, being physically distant, and maintaining proper hygiene, as well as delivering more outdoor-based education.

What hasn't changed is that we had snow days last and this February, the teaching staff had a productive Professional Learning day (In February last year, this year's was in January) What also hasn't changed is the commitment of all of the staff to doing whatever needs to be done to offer every student the best education possible, as well as the cooperation between school staff and families to keep us all learning in-person.

As the weather warms up this spring, we will increase the amount of time students spend outdoors, working on ways to combine traditional education with outdoor experiences for an engaging and productive learning experience. We look forward to staff getting vaccinated, followed by the general population, and hopefully we will be back to (somewhat) normal in the fall, bringing our Preschoolers back.

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

-Submitted by Bill Knittle

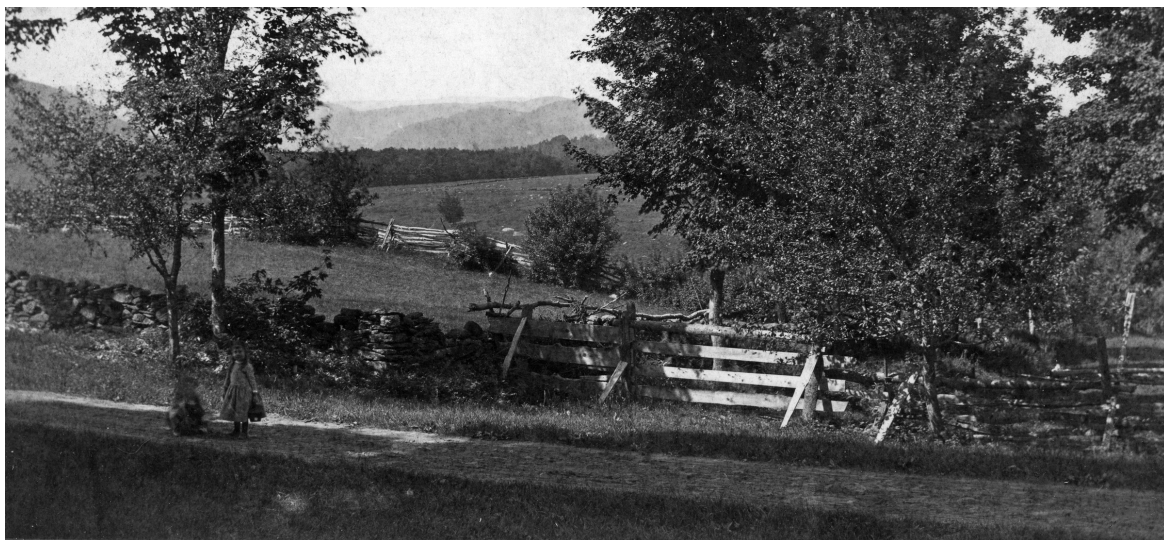


Lover's Lane

Submitted by Joanne Semanie

In the past few years I have often heard questions about a road referred to as Lover's Lane. This road, now gone, was one of the earliest byways in town.

In March 1786 the town voted at a town meeting to establish a road from the top of South Mountain up Middletown Hill Road as it now runs. At the bottom of the first hill of Middletown Hill the road turned west at what now looks like an old lane lined with stone walls.



Entrance to Lover's Lane from Fort Pelham Farm on Middletown Hill Rd. Fencing put up after road closed.

The road is steep down to Shippee Brook where a footbridge was constructed high above the water and then made its way back uphill to what was once the West Road, now Hazelton Road. It joined that road at the curve just below #78 (currently Kichorowsky).





The abutments are still where the bridge once was and are really quite a sight to behold. The entire area is beautiful in all seasons (although the walk can be a little treacherous with the bridge no longer there).

The one question remains for me is where did this name come from? There are so many names of places in town that refer to people or things that are no longer here, but Lover's Lane is on another level. I made a phone call to our most knowledgeable historian who didn't have a clue and said, "I'm sure there's a story there but we will probably never know."

Looking upstream on Shippee Brook.



Looking downstream on Shippee Brook.

National Nutrition Month

Submitted by Chelsea Betsold, Town Nurse

The month of March is National Nutrition Month. This month let's think about ways we can improve our daily nutrition and start making small changes that will have BIG impacts on our bodies.

5 ways to start shopping healthier!

1. **Start to understand and read nutrition labels.** Food and drink advertisements have pulled a fast one on us for many years now. I admit that I have been fooled one to many times by false advertisement thinking I was purchasing a healthy product when it turned out to not be healthy at all. For example, take the following picture for instance:



The pictured drinks claim they are made with “All natural fruit” and “No added sugars” but in reality, the juices and smoothies are made with fruit concentrate (which isn’t even real fruit) and has more grams of sugar than a 12 oz. can of Coca Cola! Start to read nutrition labels, despite what the container’s claim to fame is. Compare multiple items and choose the item with lowest amounts of sodium, saturated and trans-fat, and added sugars.

2. **Learn other names of what ingredients go by.** Along the line of tricky advertisement, are the other names for ingredients you want to have minimal of in your diet. We might look at the ingredients and not see the word “sugar”. Well, great! That must mean there is not any right? Unfortunately, that is wrong. Sugar also goes by the names: High-fructose corn syrup, barley malt syrup, dehydrated can juice, and other names. Salt can go by sodium benzoate, disodium, or monosodium glutamate (MSG). Trans-fats, the fat that can lead to heart disease and stroke, is oftentimes noted as hydrogenated oil on ingredient lists. By learning what is in the food you eat, it will help you determine whether the food choice is truly healthy or not.

3. **Buy products with the Heart-Check Mark.** Are you grocery shopping and just don't feel like looking into all the ingredients in an item? Look for products that have the American Heart Association (AHA) Heart-Check mark on the box! This label shows that the product has been certified by the AHA to meet specific nutritional requirements and are a healthier option than some products without the mark. It takes the guess work out!



4. **If fresh produce is not available, go for frozen!** Not only do frozen vegetables and fruits last longer than fresh produce, but often nutrients are still within the frozen product ready for you to consume. Always choose frozen fruits and vegetables with the least amount of added sugars and salts as possible.
5. **Choose whole grains over bleached products.** You never knew that your Wonder Bread was bleached? Yes, it sure is! It doesn't mean it contains bleach, but it means it is made with "enriched" flour, or bleached flour, that went through a process to take out the nutritional value of the flour to make it appear fluffy and to make it last longer on the shelves. Whole grains contain the entire grain as well as nutritional value such as being higher in fiber, containing important vitamins, and help to lower cholesterol. Whole grain foods include whole wheat bread, whole grain pasta, graham flour, rolled oats (oatmeal) or whole oats, brown rice, popcorn, whole grain barley. Remember, just because it contains "wheat" does not mean it's a whole grain product. Some wheat flours have the bran and germ of the grain removed and therefore it has its nutritional contents milled out of it. Whole grain is the magic word! Start by making small changes.

References

American Heart Association. (2016). Whole grains, refined grains, and dietary fiber. Retrieved from <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/whole-grains-refined-grains-and-dietary-fiber>

American Heart Association. (2017). Understanding ingredients on food labels. Retrieved from <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/understanding-ingredients-on-food-labels>

U.S Department of Health and Human Services. (2016). Dietary guidelines for Americans: 2015-2020. Retrieved from https://health.gov/sites/default/files/2019-10/DGA_Recommendations-At-A-Glance.pdf

Scam Alert & Avoiding Financial Exploitation.

Wednesday, March 3 at 10:00 am

Learn the tricks criminals use to steal your money and your personal information!

Join Zoom Meeting: <https://us02web.zoom.us/j/88011726799?pwd=SlpuMk5tRXZYwYnduUGRWK0pzampDUT09>

Meeting ID: 880 1172 6799

Passcode: 884509

Hosted by:

Anita Wilson, Northwestern District Attorney's Office Consumer Protection Unit

Rachel Senecal, Coordinator of the Elders and Persons with Disabilities Unit at the Northwestern District Attorney's Office

Assistant Attorney General Ann Lynch from the Massachusetts Attorney General's Western Massachusetts Regional Office in Springfield.

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 on town website 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 to:

Board of Assessors, Town of Rowe
PO Box 462, Rowe MA 01367
or email to assessor@rowe-ma.gov

The Mars Perseverance Rover successfully landed on Mars on February 18th. I hope you got to watch it live! Here are some Fun Facts about the Rover....

Fun Facts about the Mars Perseverance Rover

It's landing in a
crater
that once held a lake.



It has a detachable
helicopter



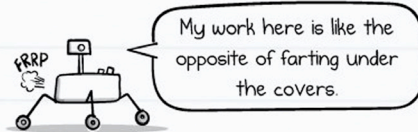
Ok take another photo, but this time while I'm flexing.



It will
collect samples,
and store them in tubes
which will be collected on a later mission and blasted back to Earth.



Perseverance is testing out technology that converts
CO₂ into breathable oxygen
for future human missions.



It has **autonomous driving capabilities.**
can travel up to 200 meters per day.



The Oatmeal

From the Beautification Committee

Submitted by Cyndie Stetson

As we approach the throes of Spring, with melting snow and warmer temperatures, we find our roadsides littered with winter debris. For one of the first tasks of the newly formed Rowe Beautification committee, it would be appreciated if all of us get outside during April, with our masks and gloves to help clear our beautiful landscape of that debris. Even if it's only your roadside property line, it will be very helpful for the cleanup project. Maybe many of you could even do an additional road by being a good Rowe neighbor. Let's make this a town wide effort for the future beautification of Rowe. Thank you for your support in this endeavor.

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. New: If you are unable to attend the Tuesday morning class Kate is now recording the class on Zoom for residents of Rowe who wish to take yoga classes but are unavailable Tuesday mornings. If interested please e-mail Kate and she will send you the link so you may do yoga at your convenience. Instructor Kate Peppard can be reached at kate@highlandyoga.studio for Zoom login information or the link for recorded classes. Join us for a stress relieving workout focused on breathing, balance, flexibility, and strength to improve your mental and physical well-being. It's a great way to start your day!





photo by Meredith Sokol



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.

Io Sokol enjoying the snow



photo by Chuck Sokol

Rowe Community Church

Submitted by Ros Mulette

- | | | |
|-------|----|--|
| March | 7 | Worship & Praise & Observance of The Lord's Supper |
| | 14 | Worship & Praise Service |
| | 21 | Worship & Praise Service |
| | 28 | PALM SUNDAY |

Bible studies are held on Wednesdays at 7 p.m. and will be held on March 3, 10, 17, 24, and 31.

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

Town Services

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

Published by the Board of Selectmen 'in the interest of information
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.