Volume 40 Issue 6

Established 1975

The Rowe Goal Post

June 2021

Photo by Sue Williams

"The beauty of that June day was almost staggering. After the wet spring, everything that could turn green had outdone itself in greenness and everything that could even dream of blooming or blossoming was in bloom and blossom. The sunlight was a benediction. The breezes were so caressingly soft and intimate on the skin as to be embarrassing." - Dan Simmons, Drood

From the Town Hall

Submitted by Janice Boudreau

In the administration office at Town Hall, we breathe a sigh of relief as the Town Meeting and the FY22 Budget preparation is behind us. So much work goes the lead up to the meeting and, after 34 minutes on a beautiful blue sky perfect spring day, it has been finalized. Selectmen have held 38 meetings since the beginning of the year, so we are looking forward to a more regular schedule for the Summer.

MVP – Municipal Vulnerability Preparedness:

On May 11th there was a follow up meeting to the Municipal Vulnerability Preparedness (MVP) and a Resiliency Plan Draft 2021 was reviewed. Highlighted were a summary of findings how climate change is impacting social, environmental and infrastructure and how we can build resilience using what we have in place and potentially what we can address high priority items through direct funding or by applying for grants.

Rowe's Top Priority Recommendations:

1) Obtain funding to address stormwater management and drainage issues and have a culvert assessment to locate and identify age of culverts and formulate a replacement plan.

2) Secure funding for pest control and management for securing funding to continue to be a part of the Pioneer Valley Mosquito Control District to test and monitor Eastern Equine Encephalitis outbreaks.

3) Develop and implement an invasive species management plans affecting trees and water bodies.

4)Complete an assessment of vulnerable populations and develop resources for seniors.

The next steps will be to have the Board of Selectmen review the plan and endorse it following the final review and then Franklin Regional Council of Governments (FRCOG) who have been facilitating the process will submit our finalized plan to the state. In the interim, we can work with our state MVP Coordinator Carrieanne Petrik to pursue an MVP Action Grant Project.

For more information: https://resilientma.org/

Wage and Salary Review:

The Board of Selectmen and administrative staff have been working on reviewing salaries and wages of Town Employees to make certain that they are fair, equitable and in line with comparable towns. Initially we obtain bids from outside sources for an independent comprehensive wage and classification study and the bids came in from $3,000 to $10,000. Since the school has their own chart and format for wages and the town positions needing review are few, 15-20 employees, we decided to work on a plan of our own. Paul McLatchy III spent time putting together a chart and details for classification of each position. Ultimately, all the information is to be used as a guideline only and helpful especially when hiring new employees. The chart has columns with types of jobs and the steps are the years of training or experience. One major benefit is to establish the difference in pay with the new employee versus one that has been employed many years and place a cap on the pay of certain positions and potentially 'reward' a person for obtaining certification, training or education to enhance their work potential.

Stipends, however, have been difficult to review since we have been unable to find volun-

teers that have no family on boards and committees to review. Thus far, one volunteer has come forward. We can have a professional study performed for a cost or continue to see if we can put an unbiased committee together.

Thank you:

A note of appreciation goes to Cindie Stetson for her work for the beautification of the town with flowers added to various areas, the barrel on Zoar Road, fountain and gazebo on the Town Common.

Thank you to Rosie and Ron Gordon for their contributions of perennial flowers. And, as always, thank you to John Magnago for your care and work honoring the Rowe Veteran's graves.

Town Moderator Bob Clancy addresses crowd

Photo by Janice Boudreau

Town Clerk

Submitted by Paul McLatchy III

Town Election: The annual town election took place on May 15th. Turnout this year was lower, with only 83 people (26.2% of voters) casting ballots. Of those 83, 56 (or 67.5%) were cast by mail as permitted by state legislation. Summarized results are as follows, with full results available on the website: (all terms are for 3 years unless otherwise noted)

Board of Assessors

Ellen Miller	65
Others	5
Blanks	13

Board of Health

Herb Butzke	67
Others	1
Blanks	15

Board of Selectmen

Chuck Sokol	70
Others	1
Blanks	12

Cemetery Commission

Jay Williams	80
Blanks	3

Cemetery Commission (2 Years)

Joanne Semanie	68
Others	2
Blanks	13

Finance Committee (2 Seats)

Selmi Hyytinen	73
Laurie Pike (Write-in)	7
Others	6
Blanks	80

Finance Committee (2 Years)

Laurie Pike (Write-in)	15
Others	15
Blanks	53

Library Trustee

Catherine Snyder	61
Lauren Werner	19
Blanks	3

Park Commission

Hannah Poplawski	74
Others	2
Blanks	7

Planning Board (5 Years)

Paul McLatchy III	73
Others	2
Blanks	8

Planning Board (3 Years)

Ben Werner	61
Others	2
Blanks	20

Planning Board (1 Year)

Chuck Sokol	68
Others	1
Blanks	14

School Committee

Matt Crowningshield	70
Others	2
Blanks	11

Thank you to all candidates who stood for election. Despite being a small town, we had a mostly full ballot. Laurie Pike won both a three- and two-year seat on the Finance Committee but declined them both, which means there was a failure to elect for two seats. If you are interested in being appointed to the Finance Committee until the next annual election, please reach out to Chair Wayne Zavotka. Any appointee would need to run for election in 2022 to remain on the Committee.

Thank you to Warden Ramon Sanchez, Clerk Loretta Dionne, Constable Rob Beaumier, and Tellers Maggie Rice and Colleen Avallone for managing the election, which went very smoothly. Thank you to the School Committee and School Administration for the use of the gymnasium. It is my hope that future elections will be held at the gym as it is a larger space and would not (normally) require major rearranging of any furniture to set up equipment. While the second floor of town hall has served well in the past, the larger amount of exercise equipment makes adhering to state requirements difficult.

Town Meeting: Town meeting was relatively uneventful this year, primarily focusing on financial articles. Turnout was lower than last year, but a full budget was passed in just over thirty minutes. All articles were approved with only small changes. Thank you to Moderator Bob Clancy, the Board of Selectmen, the School, and Lance Larned for helping to set everything up. Thank you to the voters for participating and for adhering to the (very confusing) Covid regulations. Results are on the website.

Directories: Phone directories are now available, and can be picked up at town hall, the post office, or the library. Phone numbers and addresses are provided from the annual census, with people being able to opt out if they did not want their information included.

Note: The correct phone number for Ellynn and John Packard is 337-4013. Thanks. Ellynn

Hose Training

Photo by Janice Boudreau

Fire Department training involving finding and extinguishing fires, hose line deployment, importance of teamwork, communication, and what does the smoke tell us.

Photo by Fire Dept

May was a great month, inside and outside the school. Both the 3/4 and 5/6 classes took the MCAS ELA and Math tests. The 5th graders will take the Science MCAS in early June. The 3/4 continued their work in their Outdoor Classroom, an amazing space they have created in the woods at the top of the hill behind the school. Chalkboards (remember those?) mounted on trees, hammocks for reading, spool tables and picnic tables for math and writing work, stumps as stools. The Primary Class has been working in the vegetable gardens outside the Library windows, and enjoying exploring nature at Percy's Point, while the 5/6 class has been working in the woods behind the school and exploring different areas around Rowe or in the Park on their Forest Fridays. This is in addition to the math, reading, and writing work they are doing everyday, both inside and outside the school.

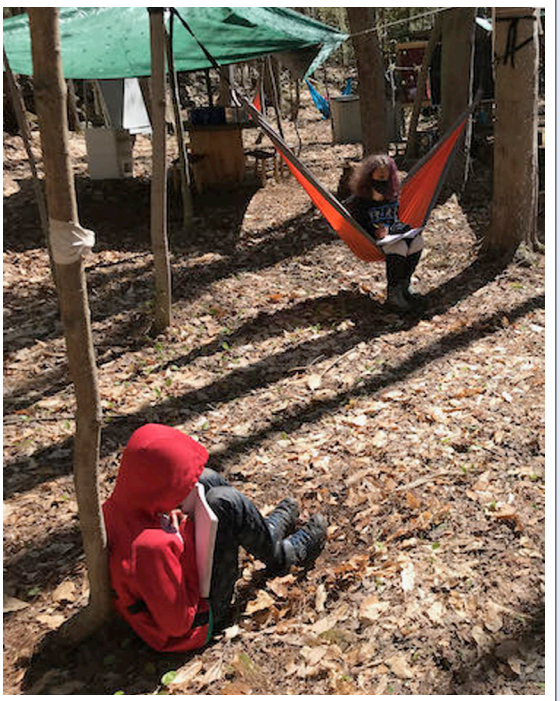
It was also a watershed moment for the students, because based on the new COVID guidelines, students can remove their masks, if they choose, while playing outside, seeing some of their friends' faces for the first time in over a year. As the guidelines continue to change, the NBSU Admin. Team and nurses are meeting regularly, and consulting with the Rowe Board of Health, to make sure we are allowing students to be as safe as possible, while offering freedom where appropriate.

We appreciate the support shown by the Town of Rowe for the school at Town Meeting, allowing us to offer a high quality academic, social, emotional, and physical education to the Rowe students.

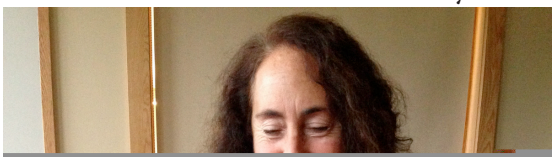
The last day of school is scheduled for Thursday, June 17, and we are planning Graduation. for Wednesday, June 16 at 6:30 outside the school. It has been a challenging year, and the entire staff of the school has stepped up and done what the students needed to both be safe and to learn in this unprecedented environment. To me, they are heroes, essential workers, and angels combined. The support of Susie Zavotka and the rest of the School Committee, Superintendent Franzoni and the rest of the NBSU Central Office staff, the Rowe School community, and the Town Hall staff has made it possible to be open in-person all year, and my heartfelt thanks goes out to everyone.

If you have questions or concerns, please call me at 413-512-5100. You can also email me at wknittle@roweschool.org. I look forward to hearing from you.

-Submitted by Bill Knittle



Please join me in saying "Thank You" to Janice Lapointe for devoting herself to educating students at the Rowe School for 38 years as she retires at the end of this school year!



Making Hay

Submitted by Joanne Semanie

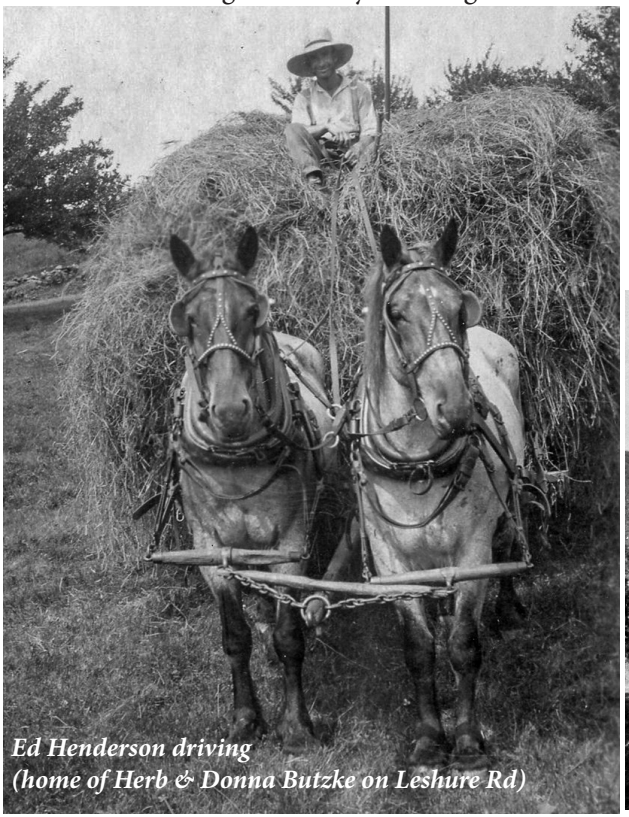
June is the month when hay is on the minds of many farmers and in the fields waiting to be cut. Rowe, being predominantly agricultural and horse driven, was no different in the early days. The difference we see in many of the old photographs is that it was all done by hand.

Haying with Joe Magnago (now home of Kevin & Kathy Sprague)

The men would gather to swing their scythes early in the morning and allow the hay to dry in the field. They didn't have the weather forecasting that we do now and I often wonder how stressful this whole process must have been. Once dry, the hay was raked by hand into piles that would be tossed onto a wagon drawn by horses to be returned to the barn. Eventually the raking was done by a horse drawn machine.

Hay rake at Henderson farm (now home of Herb & Donna Butzke)

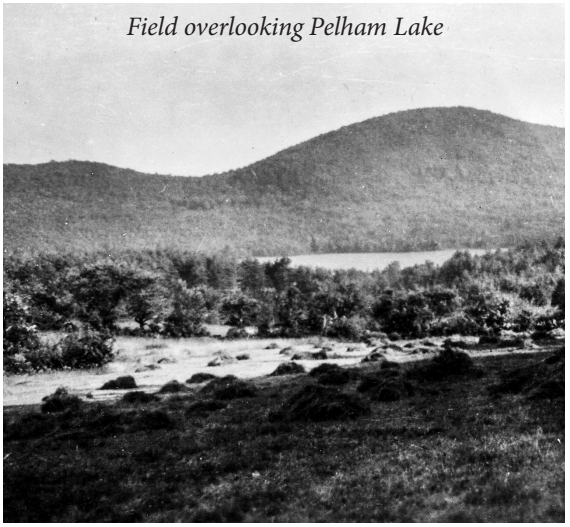
The loose hay was pitched from the wagon into the hayloft of the barn in preparation for winter feeding. Barns often had ramps on a gable end to allow the wagons to be driven in at a higher level to enable a farmer to get their hay in with greater ease.



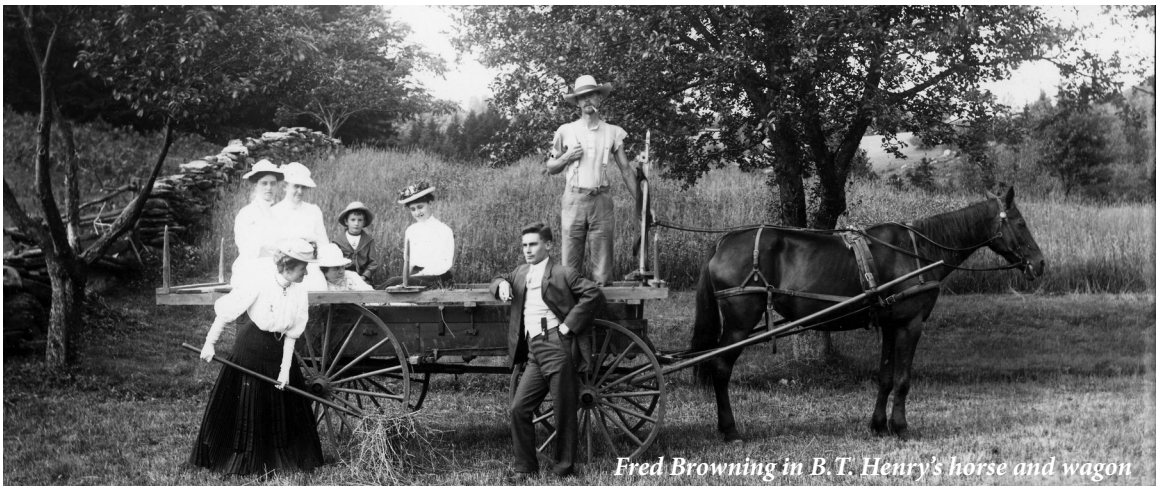
Ed Henderson driving
(home of Herb & Donna Butzke on Leshure Rd)

There is a plethora of photographs of people in town haying, for all the work it seems people had a good time at it as well. It may have to do with the saying, "Many hands make light work." This job required a team effort and there was great satisfaction when the job was complete. It seems to have been an event that was recorded more often than any other seasonal chore.

Field overlooking Pelham Lake



Then there were those who used haying season as a reason to go for a hayride in their Sunday best, and pretend to pitch a little hay. That's a moment to record for posterity.



Fred Browning in B.T. Henry's horse and wagon

PELHAM LAKE PARK NEWS

Rowe Community Yoga -
Outside at Pelham Lake Starting 6/1/21!

Beginning June 1, Rowe Community Yoga classes will be held at the Pelham Lake Beach Tuesdays 9:30 - 10:30. Bring your own mat and props, and a blanket to put under your mat. These classes are taught as "ALL LEVEL" yoga classes - so beginners to experienced yoga practitioners are welcome to join. This is a great way to enhance strength, balance, and take advantage of the beautiful natural resources in Rowe! These classes are FREE and open to the public with the support of the Rowe Parks and Rec. In the case of rain, the class will be held via Zoom. For more information, contact Kate Peppard (kate@highlandyoga.studio).

Meadow Blackpoll Warbler photo by Selmi Hyytinen

Mindfulness for Hilltown Kids Summer 2021!

FRIDAYS JUNE 25th – JULY 30th at the Heath Fairgrounds
9:30 – 10:15 – Kids 10 and under
10:30 – 11:30 – Kids 10 and up

This summer, with the support of the Heath Cultural Council, Kate Peppard (Heath resident and yoga teacher) will be offering a FREE series of mindfulness sessions to hilltown youth from the end of June through July. The sessions will be held outside with short recordings available each week for kids to practice whether they can attend in person or not.

If this past year has taught us anything, it is that life is unpredictable. There are many things that are out of our control... pretty much everything in fact! So how do we keep calm, steady, and strong amidst unsettling life events, like what we are living through right now?

One of the ways to cope, and thrive even, is by adopting mindfulness practices and to start paying attention to what is going on inside ourselves instead of worrying so much about what is happening outside with other people, places, and things. The earlier we learn these tools, the better we become at handling ourselves when we meet up with adversity.

So what are some of these tools? This series will explore mindful movement, breath awareness/control, and meditation. By learning to pay attention to our breath, we can see when we are excited or anxious, and we can calm ourselves down. We can also link our breath with movement which helps expand parts of our bodies, helps us balance, and helps us to feel stronger physically. We can learn to sit silently (even for just a minute!) and get some space in between the thoughts that are in our heads and the words that come out of our mouths.

If you are interested or know any families who would benefit from participating in this program, please email Kate (kate@highlandyoga.studio).

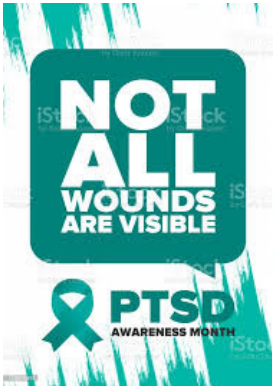
This program is supported by a grant from the Heath Cultural Council, a local agency which is supported by the Massachusetts Cultural Council.

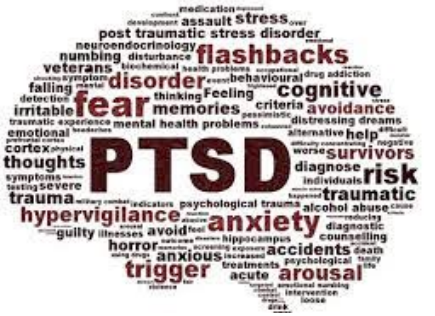
www.highlandyoga.studio
facebook/highlandstudioyoga

lokah samastah sukhino bhavantu | may all beings be happy and free

PTSD Awareness Month

Submitted by Chelsea Betsold, Town Nurse





The month of June has been dedicated to Post Traumatic Stress Disorder (PTSD) awareness. PTSD is a mental health disorder that can occur in individuals who have suffered from or witnessed a traumatic event. Combat or military experiences, physical assault, a traumatic car accident, or a natural disaster are examples of traumatic experiences that can cause lasting effects on a person.

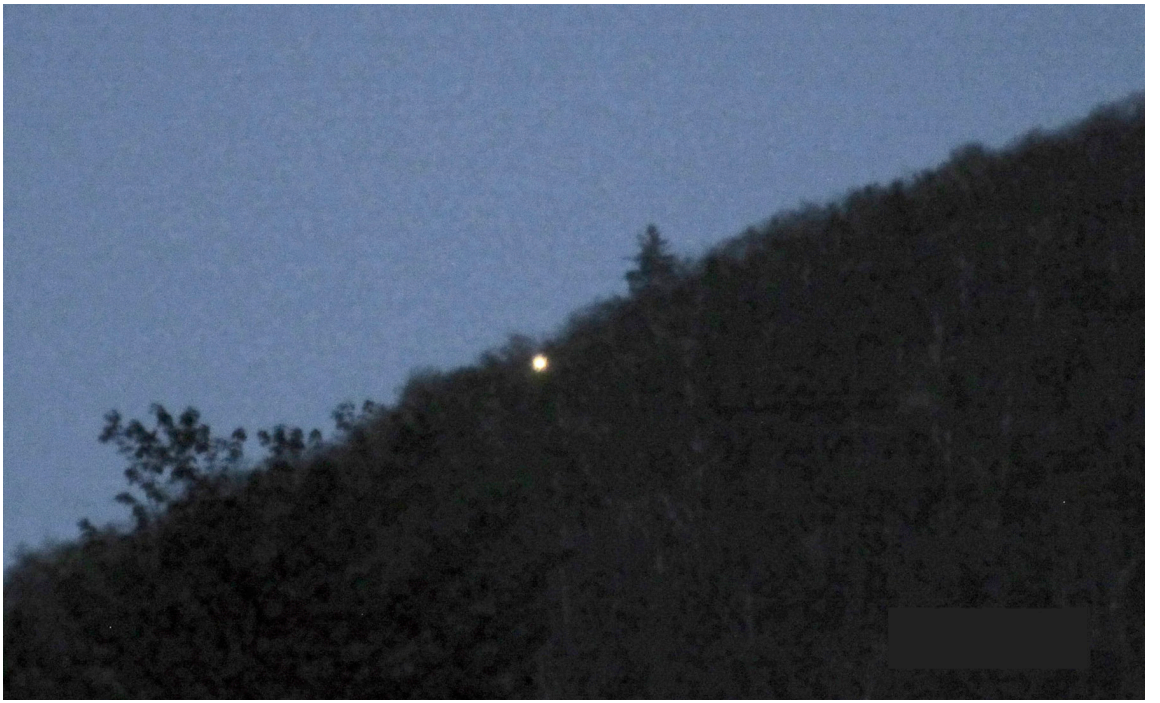
Symptoms of PTSD can appear differently in individuals who experience trauma and not everyone experiences symptoms of PTSD after a traumatic event. Common symptoms include: Reliving the event, avoiding things or activities that remind you of the event, having more negative thoughts and feelings than prior to the event, and/or having difficulty relaxing and feeling on edge. In some cases, people will not connect that symptoms they are experiencing are related to a traumatic event, especially if the event occurred a long time ago.

Reaching out to your primary care provider or reaching out to a therapist or psychiatrist can help obtain the treatment needed to help work through a diagnosis of PTSD. Treatment for PTSD could include medication, regular therapy, support groups, or other therapies. By not seeking treatment, it could lead to even more significant stress on the body which could cause additional medical issues, it can disrupt family and friend relationships, or lead to behaviors such as drug or alcohol dependence. If you, or someone you know, is experiencing symptoms of PTSD, you are NOT alone. Please contact your primary care physician or search for a local mental health provider today. To find out more information about PTSD, please visit https://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd/index.shtml or http://www.ptsd.va.gov/.

References

National Center for PTSD. (2019). Understanding PTSD and PTSD treatment. https://www.ptsd.va.gov/publications/print/understandingptsd_booklet.pdf

There is now a light up on the mountain ("Rowe's neck") at the site of the lining pole used for the engineering of the Hoosac Tunnel. It is to commemorate the role this had to play in the building of the Hoosac Tunnel. It can be seen at the tunnel as well as on the Trail at Whitcomb and Eastern Summits. This is thanks to Mike Robins of Hoosac Tunnel.



Submitted by Nan Williams

Community Herb Garden

As you drive by the Rowe Library, I'm sure you have seen the raised beds that will be used for the community herb garden. Thanks to Molly's husband, Sam, they have been put together and Molly and I have been busy getting them ready for planting. Some of you have graciously come forward with news of herbs you would like to donate to the garden. We are grateful for that. So, if anyone else has overgrown herbs they would like to plant, that would be wonderful. Please let Molly or I know or just drop them off by the raised beds. As the herbs flourish, we hope that many of you will help yourselves for your culinary treats. We will have perennial and annual herbs to share.

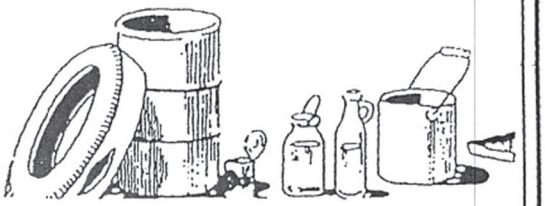
-Cindie Stetson, Beautification Committee

HOW YOU CAN STOP MOSQUITOES!

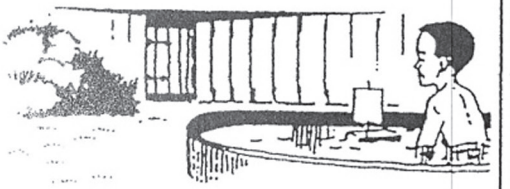
CHECK YOUR YARD & HOME...

If there are any places around your home where water collects, such as water holding containers, plastic tarps on wood piles, old boats and ornamental ponds - **YOU MAY BE RAISING MOSQUITOES!**

You should... Get rid of old tires, tin cans, bottles, jars, buckets, drums and other containers, or empty them on a weekly basis.

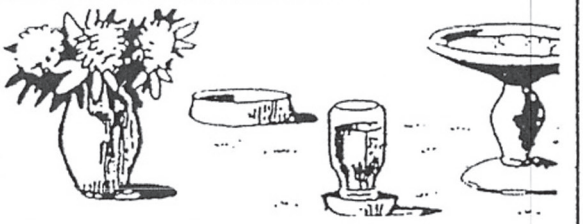


You should... Empty your small toddler-size plastic wading pool weekly and store it indoors when not in use. Make certain your backyard swimming pool is properly cared for while on vacation.



You should... Repair leaky pipes, outside faucets, and move basement sump drain hoses frequently if water pools at the outlet.

You should... Change water and scrub vases holding flowers or cuttings twice each week - or grow cuttings in sand; scrub and change water in bird baths twice weekly; empty water pans for pets daily.



Central Massachusetts Mosquito Control Project 111 Otis Street Northborough, MA
tel: (508) 393-3055 • fax: (508) 393-8492 • web: www.cmmcp.org

We are sad to see Jim Lively leave as attendant at the Refuse Gardens at the end of June as well as Kevin Sprague. The BOH would like to thank them both for their dedication to their jobs in the past few years.

As of July 1st we welcome Rob Beaumier as the new attendant.

The new Refuse Garden hang tags and stickers are available now for $25 and will need to be visible in your vehicle on July 1st. After August 1st all new tags will be $50. Send or drop off your payment at the Town Hall and the tag and stickers will be mailed to you.

Town Services

Position/Dept.	Ext #	MAIN PHONE#	Alternate Phone #		Email Addresses
Admin Assistant	101	339-5520			
Assessors Office	104	339-5520			assessor@rowe-ma.gov
Assessors FAX			339-8585		
Board of Health	105	339-5520			boh@rowe-ma.gov
Conference Rm 2nd Fl	148	339-5520			
DPW	111	339-5520	339-5588		dpwhighway@rowe-ma.gov
Executive Secretary	100	339-5520			townadmin@rowe-ma.gov
Fire	112	339-5520	339-4001		firechief@rowe-ma.gov
Fitness Room	149	339-5520			
Hearing Room #1	150	339-5520			
IT/Server Closet Area	147	339-5520			
Library	114	339-5520	339-4761		rowelibrary@gmail.com
Park	110	339-5520	339-8554		parkmanager@rowe-ma.gov
Police	113	339-5520	339-8340	339-0139 (H)	policechief@rowe-ma.gov
Tax Collector	106	339-5520			collector@rowe-ma.gov
Town Accountant	102	339-5520			accountant@rowe-ma.gov
Town Clerk	103	339-5520			townclerk@rowe-ma.gov
Town Nurse	107	339-5520			nurse@rowe-ma.gov
Treasurer	108	339-5520			treasurer@rowe-ma.gov
Gracy House	-		339-4276		
School			413-512-5100		
Town Hall FAX			339-5316		

Town Main Line at 413-339-5520

As of June 15th, the town hall will reopen for normal business such as in-person committee meetings. When visiting the town hall, please remember to follow CDC guidelines regarding mask usage: that is to say, those who have not yet been vaccinated should wear a mask to protect their own health and the health of anyone around them who has also not yet been vaccinated. Those who have been vaccinated are encouraged to wear a mask as they feel necessary for their own comfort and safety.

Any particular office in the town hall may still require appointments be made. Please reach out to entity in question within town hall to find out what will be required to access any particular service.

The Rowe Goal Post
P.O. Box 462
Rowe, Masachusetts 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).

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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.