



Volume 41

Issue 9

Established 1975

THE Rowe Goal Post

September 2022



photo by Claudine Poplawski

Town Clerk

Submitted by Paul McLatchy III

Office hours continue to be on Thursday evenings from 6:00-8:00 and by appointment. I have been routinely checking in multiple nights per week, so do not feel afraid to ask for an appointment if you cannot make it on a Thursday.

The state primary election will take place on Tuesday, September 6th at the Rowe Elementary School from 7:00 AM – 8:00 PM. Please use the side entrance right outside the gymnasium/stage (not the main entrance under the arch). In-person early voting will take place on Saturday, August 27th from 10:00-2:00 PM, and on Thursday, September 1 from 6:00-8:00 PM, both sessions at Town Hall. This year voters will have an opportunity to choose between the Democratic and Republican Party ballots.

Thank you to those who volunteered to be election workers. I now “should” have adequate workers, but if you are interested in working future elections, please let me know. I would always rather have too many than not enough. It pays \$15.00 an hour and includes meals.

THE PUBLIC IS HEREBY NOTIFIED that the Attorney General’s office has approved Article 29 from the May 2022 Annual Town Meeting, which creates a new bylaw as follows:

Article III, Section 12b:

“Any individual appointed to a position that has not been sworn in by the Town Clerk, Moderator, or a Justice of the Peace within 60 days of their appointment shall be deemed to have declined the position.”

Paul McLatchy III, Town Clerk



Bear Tracks on Negus photo by Sue Williams

Southern Vermont History Museum Presentation

**OWLS OF NEW ENGLAND
Pelham Lake Park Beach
Saturday, September 3, 2022
10:00 AM**

This birds of prey program focuses on the raptor night shift. The adaptations that make owls the supreme hunters of the night is the focus with an exploration into the various species of owls that call New England their home. SVHM staff will bring live owls, touchable artifacts, and interactive demonstrations to make this an unforgettable presentation.

Coming Soon: The Rowe Open Space and Recreation Survey

The Rowe Open Space and Recreation Committee is working with the Franklin Regional Council of Governments (FRCOG) to develop Rowe's first Open Space and Recreation Plan (OSRP). The OSRP inventories and outlines a plan for maintaining and improving Rowe's open space, recreation areas and facilities, trails, natural resource protection, and climate change resilience. It also makes the town eligible for certain grants from the state.

We want to know your priorities. Look for the Rowe Open Space and Recreation Survey coming in early fall here in the Goal Post, on the Town website, and around town. To be notified directly when the survey is released, RSVP to Tamsin at tflanders@frcog.org.

Photos Needed for the Rowe Open Space and Recreation Plan!

We are collecting photographs for public use in the OSRP and in a Storymap (a website with integrated maps, text, and images). If you have photographs or images of natural or recreation resources in Rowe that you are willing to have published, please submit them (minimum 300 dpi resolution) to tflanders@frcog.org with an attribution so that we may properly credit you for the image.

Thank you in advance for your participation!

The Rowe Open Space and Recreation Committee:

Laurie Pike
Alex Reisman
Dana Williams

From the FRCOG Public Health Team:

September is National Recovery Month, dedicated to celebrating the gains made by those in recovery from substance use and mental health improvements. It also celebrates support given by families, friends and service providers who make recovery possible in all its forms.

Recovery is an active process of change, as individuals improve their health, live a self-directed life, and strive to reach their full potential. For those opioid use disorder, being in recovery may look like abstaining from using illicit drugs and non-prescribed medications while aligning their life with their goals.

If recovery is not possible right now, harm reduction techniques can reduce risks of substance use. For example: never using alone, starting with a small dose, and always carrying Narcan, a medication that can reverse an opioid overdose. Narcan is available for anyone to purchase at most pharmacies in the state and is available for free with some insurances, including MassHealth. Local resources, like crisis services, peer recovery, treatment, and prevention/education organizations are listed at look4help.org.

There are free trainings for the public on how to identify an overdose, what to do and how to stay safe while waiting for emergency responders to arrive. They also cover the Good Samaritan Law, a way to protect the person who overdosed and the people who help. Virtual Narcan trainings are regularly posted on the Opioid Task Force and Tapestry Health websites.

In West County, an in-person event covering these topics will take place on Tuesday, September 20th at 7pm at Arms Library. Free Narcan will be given to attendees. RSVP through Arms Library, walk-ins welcome.

“The Landscapes of Hope”

***Free Concert About Community Ties
With Folksinger / Storyteller***

TIM VAN EGMOND



Tuesday September 13, 11 AM

Rowe Historical Society



This program is supported in part by a grant from the Rowe Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

Entitled “Landscapes of Hope,” Van Egmond’s program will be a collection of traditional and contemporary songs as well as tales about what draws a community together. Themes will include a shared sense of belonging and inspiration drawn from the landscape, the fabric of family, friends and neighbors, and the hope everyone shares for peace and plenty. Van Egmond’s presentation will range from the rib-tickling to the spine-tingling to the heart-warming. He’ll accompany himself with guitar, hammered dulcimer, and mountain dulcimer

A resident of Montague MA, Van Egmond has performed for over 40 years throughout the country, appearing at hundreds of schools, libraries, and community centers, and on television and radio. He’s been chosen for the New England States Touring Program, and the Massachusetts Cultural Council’s STARS Residency Programs. His dynamic talent, warmth, and humor create a moving and enjoyable experience for all. Renowned author and storyteller Jane Yolen has said, “Tim is a triple treat. He can sing, he can play a variety of wonderful instruments, and he can tell whopping good tales!”

-Submitted by Susan Tomlinson



photo by Rick Williams

Kemp-McCarthy Museum and Browning Bench Farming Museum open

Final dates for the season:

September 10th and September 24th

10 am – 2 pm

Come join us for a free grilled lunch at 12 pm on September 24th.

Rowe History Hikes: Fall Foliage at Negus

When: September 24, 9 am

Where: Parking at the corner of Steele Brook Rd. and Tunnel Rd.

Come join us for a fall foliage hike overlooking the Deerfield River. We will discuss the history of "Old Smokey" including its role in agriculture and the railroad as well as the impacts that fire has had on the landscape. Starting from the Steele Brook side, we will hike about 1.5 – 2 miles.

Note that the terrain can be steep in some sections.

Please contact Dana at (413) 834-7664 or dmwilliams237@gmail.com or the Rowe History Facebook page to sign up.



Rowe Town Library News

Submitted by Molly Lane, Library Director

HOURS:

Tuesday 10-5

Wednesday 12-8 Thursday 3-7

Saturday 10-3

Have you been in to see Donna's picks? Every couple weeks Donna picks a few books to order multiple copies of books she has researched and found to be highly recommended. Stop in for a quick read.

The library has put out a table for all to drop off or collect local overflow produce, plants, seeds or other garden related items. Hope you will consider sharing any extras by dropping them on our outdoor table.

We worked with local departments, Rowe Camp and Conference Center and many residents to coordinate Saturday Night at the Movies Series. The movie series was very successful and now we are looking for new ideas for the Fall into winter season.. We are excited to work with everyone in creating more social activities/events for our community. If you are interested in getting involved in organizing and planning social activities contact the library for more information. Or attend our next brainstorming session with your ideas on Thursday, September 8th at 6:00 p.m. at the Library. Hope you can join us.

Programs:

Adults: Felting with Debra Boyd - Wednesday September 21 st at 5:30 p.m, call the library to reserve your spot.

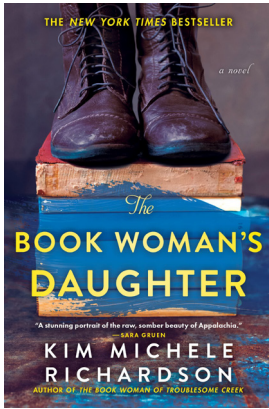
Book Chat - Book Club - Wednesday September 14th at 3:30 p.m. - *Lab Girl*, by Hope Jahren.

Kids: Stay tuned for a new program coming in October....

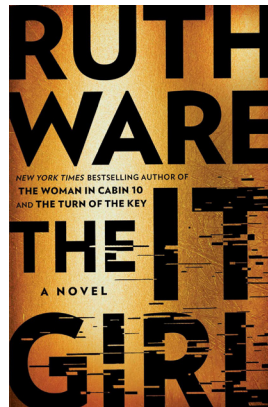
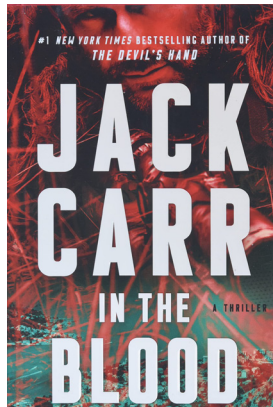
Contact the library if you would like to be put on our email notifications for programs Rowelibrary@gmail.com

Some New Items This Month

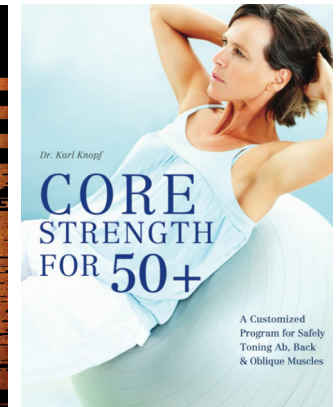
Adult Fiction:



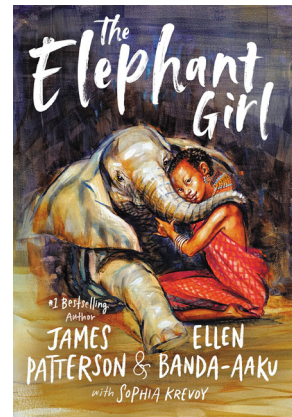
Large Print:



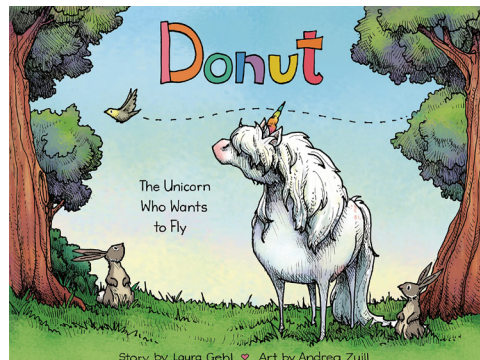
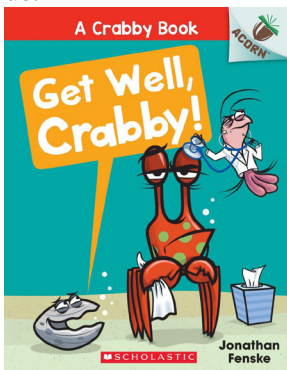
Nonfiction:



Graphic Novels:



Kids:





ROWE ELEMENTARY SCHOOL

The staff has been working over the summer to get ready to provide the best possible educational experience for students given the restrictions we are unfortunately still dealing with.

The first day of school for students was Wednesday, August 31 for grades 1-6, and Friday, September 2 for 3, 4, and 5-year-olds. It was an exciting first week, so great to see everyone after the summer break. And with the latest recommendations in place from the Rowe Board of Health, masks are optional, but kindness is mandatory. There has been some moving and shifting of classrooms and assignments this year, and the school looks welcoming and warm.

Lydia Brisson, our school nurse, has updated our COVID guidelines based on guidance from the Rowe Board of Health, and following guidelines from the Mass. Department of Health. These guidelines are meant to keep us learning, as safely as possible, in person. The detailed plans are available on the school website, but the basic COVID guidelines currently are:

- Masking for all individuals in the school is optional.
- Masks are not required on the bus
- Visitors, including parents and guardians, are allowed in the school again this year.
- No distancing requirement.

The schedule for students this year is Monday-Thursday, 8:30-3:15, and Friday, 8:30-12:30. We're working on trying to get soccer going, more information to come?

Although the school day starts at 8:30, students can be dropped off after 7:45, and will be supervised on the playground by staff until school starts. If the weather is bad, they will spend the time before school in the gym, where they can read or play quiet games, and will go to their classroom at 8:30 to begin the day.

The Rowe School staff is the right group to work with students this year in a positive and child-based way. The past two years have been challenging for all of us. The staff is trying their best to manage both the safety and education aspects of the challenges that COVID poses, and as always we are looking forward to partnering with our families to make this the best school year ever. If you have questions or concerns, please call me at 413-512-5201. You can also email me at wknight@roweschool.org. I look forward to hearing from you.

-Submitted by Bill Knittle



Kristen “Kris” Swenson

Rowe, MA — Kristen C. “Kris” Swenson, 74, died unexpectedly on Tuesday, August 2, 2022. She was the partner of Jim Williams of Rowe. A beautiful woman with a big heart who left us too soon, Kris will be sorely missed.

Kris was born on November 13, 1947, in Worcester, MA, the daughter of the late Howard E. Swenson and Virginia (Hanson) Swenson. Kris first came to Rowe as a child when her family purchased Pelham Brook Farm on Zoar Road. She soon fell in love with the town and the down to earth people she met.

As an adult Kris moved to the farm on Middletown Hill Rd. She loved the farm and the life she shared with Jim and her two dogs, Phoebe and Shirley, as well as the farm’s animals and surrounding nature. Kris was outgoing, quick to make friends and loved to laugh. Most important to her was family, children and loyal friends. A star athlete in her younger years she enjoyed keeping in touch with the kids she grew up with and loved.

She was a fighter for the underdog, always there to help friends and neighbors and a true patriot. She tended to keep personal problems and adversity to herself – not always a virtue. Her death is a deep loss to the town and the people who really knew and loved her that hopefully time will help heal.

Kris is survived by her partner, Jim Williams; Jim’s children and grandchildren; her brother, David H. Swenson and his wife Michelle of Keene, NH; her sister Sarah Tracy of Attleboro, MA and many cousins, relatives and friends.

A private memorial service will be held at a later date at the convenience of the family.



photo by Claudine Poplawski

Rowe's Horsepower

Submitted by Joanne Semanie



Joe Magnago ca. 1920



Myron Newton's horses with Prince in the driver's seat.

In going through the collection of old photographs at the museum one is struck by the large collection of photographs of horses and their humans. The automobile was slow to come to Rowe. The conditions of the roads made it difficult to travel with inflated tires. Flats occurred with alarming regularity. The Brown diary tells of a trip to Rowe from Cambridge with a new car and having to change eight flat tires on the way. They had to stop in Greenfield to take the train to Zoar because the conditions of the roads for automobiles were so bad.

Buggies were the mode of transportation and diaries tell of trips to Sadawga Lake or Heath. There were residents in town that would make the trip to Zoar to pick up visitors coming in on the train. Buggies were parked at the churches, taken to Pulpit Rock for a Sunday picnic or to a neighbors house for visits.

Every farm used horses to help with the heavy labor involved in everything from plowing and haying.



Tennis court at Fort Pelham Farm ca. 1900



Ed Henderson ca. 1915 on the farm at 137 Leshure Rd.



Fred Browning haying ca. 1907

Horse power was used on treadmills to power other machinery making the farmers life a little easier. (see this in action at <https://www.youtube.com/watch?v=XgwOXgFaLDg>). The agricultural censuses tell us about the amount of grain that was put by every year, an impossible feat if done by hand.



Threshing at Louis Davenport's farm on Davenport Rd. ca. 1930



Bringing in hay on the Williams farm 1946. Left to right – Francis Jackman pitching hay, Jim Williams driving the wagon, Nancy Williams (his mother) on the wagon, Fred Williams beside the wagon, horses Prince and Daisy.

What always strikes me is the number of photographs that include the names of the horses or when you have an opportunity to reminisce with someone who remembers the photograph being taken. While remembering all of the people in the photo the most important names are the ones of the team.

These photographs and more can be seen at the Bench Tool Factory. Visit when it is open or call the museum to schedule a personal tour.



PELHAM LAKE PARK NEWS

Mycology Walk 09/17/2022

All Rowe residents, guests, and school of choice families 18 years of age and older are invited to join us outside the Rowe Town Hall on September 17th, 2022 from 9AM-11AM for a free Mycology Program. The Program will be led by Melissa Pariseau who has been studying mycology, or fungi, for 13 years. Melissa will start with a lecture on safe mushroom identification for edible species and will also lead a walk into the Park going into the classification and identification for common mushrooms and fungi found in the area.

September is a great time to visit the park in search of fungi. You may get a chance to see Coral Fungi, Turkey-tail mushrooms, Artist Bracket fungi, Bear's Head Tooth fungi, and so many other interesting, colorful and fun fungi!



Submitted by Hannah Poplawski

Yoga at the beach: Rowe's free outdoor yoga classes still going strong

From an article in the Greenfield Recorder, published 8/5/22



Kate Peppard teaching yoga at Pelham Lake Park



Yoga class participants

On a sandy beach facing a picturesque mountainside, seven town residents stand in mountain pose on top of their yoga mats.

These residents are participating in the free yoga class program offered by the Rowe Park Commission. The town offers the classes at Pelham Lake Park on the beach for as long as the weather is warm enough to be outside.

"We've lasted until November some years," Laurie Pike, a member of the Park Commission, said. "People want to be immersed in the environment as long as possible."

The program shifts to the fitness center in the town hall when the weather gets too cold, and has been hosted over Zoom since the pandemic began. Normally six to 12 people attend classes, enjoying this free service offered by the town.

"This gives people the opportunity to go outside and use other Rowe facilities paid for by taxpayers," Pike said. The program pays for one class a week, but for the next month the class has received a grant from the Rowe Cultural Council to offer a second class a week. This program has run in the town for the past 20 years.

Yoga Instructor Kate Peppard currently runs the class, and worked for Rowe for the past five years. She is leaving at the end of the month. Peppard blends multiple types of yoga into the class, including hasa and vinyasa. "We do a lot of slow sequences," she said.

"It provides relaxation, mental health, calm, balance, and a supporting environment," Pike said when asked what residents can expect to get out of the classes.

Peppard invites newcomers to exercise and experienced yogis alike to join the classes.

"Kate provides modifications to all levels," Pike said.

The program is only offered to Rowe residents. Rowe vehicle stickers will be checked in the Pelham Lake Parking lot to ensure identification.

Yoga classes will take place on Pelham Lake Beach Tuesdays and Fridays from 8:30 to 9:30 a.m., until it is too cold to spend time outside.

Staff Photos/Bella Levavi

Can concern over 'weight', wait?

Submitted by the Town Nurse

As summer winds down, some of us might have the topic of weight-loss on our minds, while others might be waiting it out until the New Year. The BBQ's, drinks, and ice cream sure did go down well this summer, but maybe the heat prevented us from getting our usual exercise in, and that combined with the increased calorie intake, resulted in a few extra pounds around the waistline. But how much of weight gain or weight loss is dependent on diet and how much on exercise? The answer: in general weight loss is determined about 75% by diet and 25% by exercise. Crazy right? I always envisioned I was able to eat whatever I wanted just as long as I kept active and did daily exercise- WRONG! It is much harder to burn calories, then to simply cut them out of your diet. But please do not do a celebratory cheer and dismiss exercise all together; without exercise you will only be burning a portion of fat, while also stripping away muscle and bone density, not to mention the array of health benefits exercise provides to your entire body. Remember successful weight-loss, requires BOTH diet AND exercise. Keep reading for some helpful dietary tips and stay tuned for October's Goal Post for an article focused on exercise!

Dietary Considerations

- *Change your eating habits*- eat 3 balance meals each day and nutritious snacks in between to control your hunger (like vegetables). Be mindful of portion sizes- what you might consider a portion may be 2 (or even 3) portion sizes! If your portion sizes are too large, try using a smaller plate or bowl, this will help to trick your mind to think you still are eating a larger portion. Eat slowly and stop eating when you are satisfied, not when you are stuffed.
- *Cut down on high-fat foods*- Choose poultry, fish, or lean red meat. Choose to cook foods in a lower- fat method such as broil, bake or steam. Avoid high fat snacks and condiments such as cookies, chips, mayonnaise and salad dressings and if using condiments, try a low-fat option. (1 Tablespoon of Mayonnaise has 94 calories and 15% of our daily fat intake.)
- *Limit foods high in sugar and low in nutritional value*- Avoid foods like donuts, pies and cakes, soda, sweetened juices and alcoholic beverages. Choosing whole-grain pastas, rice and breads will not only cut down on simple carbs (sugars), but also keep you fuller for longer because it takes our bodies longer to digest complex carbs. Do not go shopping when you are hungry or are having cravings because it may lead to poor nutritional choices and remember- if it is NOT in the house then you CAN'T eat it!
- *Cook more homemade meals*- it has been proven that cooking meals at home has a positive effect on weight loss and healthy-eating habits. Try to incorporate fresh ingredients with an array of colors and textures- Your plate should look like a rainbow. Try new recipes...it might be fun?!
- *Reduce Caloric intake by 500-1,000 calories a day*- it takes 3,500 calories lost to lose 1 pound of weight. This equates to 500 calories a day for 1 pound and week or 1,000 calories a day for 2 pounds a week. Calories lost do not all come from diet- they can also be deducted

by increasing physical activity. Walking 1 mile will on average burn about 100 calories, riding a bike for 20 minutes can burn between 160 and 400 calories depending on the intensity.

Sidenotes:

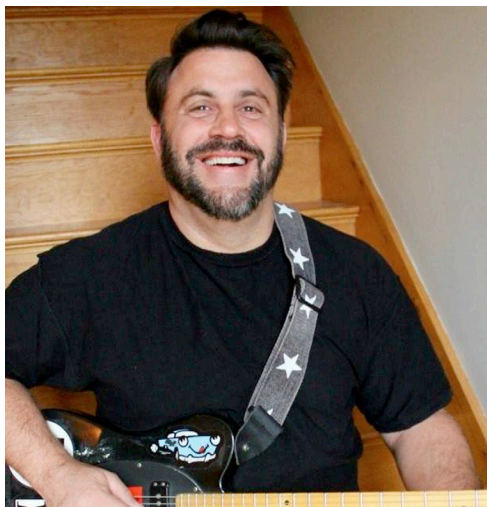
The wellness clinic (wellness screenings, vaccinations, falls/balance training, and nutrition) is tentatively scheduled for December 1st, 2022. You do not have to register, but if you would like to call and state you are attending that would be great so we can be prepared for the numbers.

A foot clinic hosted by the Council on Aging is scheduled for Thursday October 6th, 2022 starting at 9am. It will be on a first come, first serve basis for those in need and if there are subsequent clinics, then the residents who were not able to be seen at this clinic will have first priority. A NEED is quantified as someone who is UNABLE to reach their own feet or UNABLE to do foot care for other medical/physical reasons and/or has significant concerns relating to diabetes, peripheral vascular disease, or neuropathy. This is not a pedicure- it is for those with a significant medical need for foot care.

**please call the Town Nurse at (413) 339 5520 ext 107 to register...leave a message if there is no answer.

There is a needle box exchange available at the Town Nurse's office.

References: <https://www.everyoneactive.com/content-hub/fitness/top-10-tips-beginners/>
<https://www.ucsfhealth.org/education/guidelines-for-losing-weight>




The Rowe Cultural Council invites you to "The Highwaymen: Songs and Stories," with Matt York at Pelham Lake Park, Sunday, Sept. 25 at 4 p.m. Matt will perform and tell stories about this phenomenal supergroup of singer-songwriters, which included Willie Nelson, Kris Kristofferson, Waylon Jennings, and, of course, the great Johnny Cash. York will talk about the various collaborations those artists had with each other earlier in their careers, and the forming of The Highwaymen, and perform a bunch of their most famous songs. Please bring a lawn chair and a picnic and enjoy an-end-of summer show with our neighbors.



Submitted by B. J. Roche

Massachusetts Cultural Council



HAVE YOUR
VOICE BE
HEARD!

Mohawk Trail Woodlands Partnership
**PUBLIC LISTENING
SESSIONS**

The Mohawk Trail Woodlands Partnership (MTWP) is currently in the process of updating its 10-year Partnership Plan (2023–2033) and is seeking comments and feedback from residents of Northwest Massachusetts and other members of the public. If you have suggestions for ways that the Woodlands Partnership could support your town, or ideas for what you'd like to see the Partnership focus on moving forward, attend one of the two upcoming virtual Listening Sessions to have your be voice heard.

WHEN AND WHERE:

Wednesday, August 24, 4 p.m.
(virtual via Zoom)

Wednesday, September 14, 7 p.m.
(virtual via Zoom)

To attend either session, please RSVP to:

Sophie Argetsinger, MTWP Assistant
sargetsinger@newenglandforestry.org

Access the full draft Partnership Plan on the MTWP website at:
mohawktrailwoodlandspartnership.org/partnership-plan.html

A comments portal is also available at this address.





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

Adult Camps

September 2-5 Rowe Labor Day Men's Retreat: For Men Who Love Men

On-Site Programs

September 16-18 Advanced Mischief for Activists, Artists, and Troublemakers
with The Yes Men

September 23-25 Mushrooms Are Magical with David William Fischer

September 23-25 Abortion as Initiation

September 30-Oct 2 Coming Home to Your Heart with Edward Espe Brown

Online Programs

September 1-October 6 Your Story Matters: Unmute Yourself with Ann Randolph

September 6-18 Landscape as Love: Embodied Ecology and Personal Mythmaking
with Sophie Strand

September 24 Hagitude: Uncovering Your Inner Hag with Sharon Blackie

Free Online Programs

September 12 Writing with the Celtic Seasons with Christine Valtner Paintner

September 14 Making the Shadow Conscious with Mark Matousek

September 16 Getting Out of Our Heads with Edward Espe Brown

September 20 An Online Sacred Circle for Those Who Have or Have Had Cancer

September 24 The Virtual Poetry Dive with Music, Movement, Writing and, Sharing
with Kim Rosen

THANK YOU

Thank you for your kindness, support and comforting words. We gratefully appreciate the cards, flowers and kind expressions of sympathy during this difficult time.

Bob Rice and Family

Recognize Scams and Identity Theft

How to Fight Back!

For All Hill Town Residents

In-person program, free:

Tuesday September 27, 2022

1:00 – 3:00 p.m.

18 Jacobs Road, Heath

Presenter: Anita Wilson, Director of Consumer Protection Unit,
NW District Attorney's Office, Greenfield

Masks recommended

Sponsored by Heath Council on Aging. For questions, call 413-337-4934, extension 0

Rowe Community Church

Submitted by Ros Mullette

September 4 Worship & Praise & Observance
of The Lord's Supper

11 Worship & Praise Service

18 Worship & Praise Service

25 Worship & Praise Service

September Birthdays

- 1 - Ramon Sanchez
- 2 - Susan Wood
- 3 - Martha Rossi
- 4 - Robert Clancy
- 5 - Ryan Burke
- 5 - Christopher Tatro
- 6 - Helen Danek
- 6 - Andrew Kuehl
- 9 - Karen Markert
- 9 - David Poehlein
- 9 - Madison Roccio
- 9 - Ryan Shattuck
- 9 - Caitlin Upton
- 11 - Divina Urena
- 12 - Douglas Wilson
- 13 - Thomas Plante
- 14 - Loretta Dionne
- 14 - Karen Soviecke
- 14 - Wendy Sutherland
- 15 - Heidi Cousineau
- 15 - Tiffany Reardon
- 16 - Nicholas Baker
- 17 - Scarlett Buchanan
- 19 - Jordan Rice
- 19 - Michael Schreiber
- 22 - Brian Ash
- 22 - Deborah Katz
- 22 - Lance Larned
- 22 - Jillian Crowningshield
- 22 - Jonathan Tower
- 23 - Kevin Sprague
- 23 - Robert Avallone
- 25 - Jocelyn Crowningshield
- 26 - Ron Atwood
- 28 - Debra Crowningshield
- 28 - Ann Grieco
- 29 - Jenna Crowningshield

Town Services

Town Main Line at 413-339-5520

<u>Position/Dept.</u>	<u>Ext #</u>	<u>Email Address</u>	<u>Hours</u>
<u>Admin Assistant</u>	<u>101</u>		
<u>Assessors Office</u>	<u>104</u>	<u>assessor@rowe-ma.gov</u>	<u>Wed 8-1 or by Appt</u>
<u>Board of Health</u>	<u>105</u>	<u>boh@rowe-ma.gov</u>	<u>Tues 8-1 Clerk</u>
<u>DPW</u>	<u>111</u>	<u>dwphighway@rowe-ma.gov (339-5588)</u>	
<u>Executive Secretary</u>	<u>100</u>	<u>townadmin@rowe-ma.gov</u>	<u>Mon-Thurs 9:30-5:00</u>
<u>Fire Dept</u>	<u>112</u>	<u>firechief@rowe-ma.gov (339-4001)</u>	
<u>Fitness Room</u>	<u>149</u>		
<u>Library</u>	<u>114</u>	<u>rowelibrary@gmail.com</u>	<u>Tues: 10-5 Wed: 12-8 Thu: 3-7 Sat: 10-3</u>
<u>Park</u>	<u>110</u>	<u>parkmanager@rowe-ma.gov (339-8554)</u>	
<u>Police</u>	<u>113</u>	<u>policechief@rowe-ma.gov (339-8340)</u>	
<u>Tax Collector</u>	<u>106</u>	<u>collector@rowe-ma.gov</u>	<u>Mon-Wed: 9:00-5:00</u>
<u>Town Accountant</u>	<u>102</u>	<u>accountant@rowe-ma.gov</u>	<u>By Appt.</u>
<u>Town Clerk</u>	<u>103</u>	<u>townclerk@rowe-ma.gov</u>	<u>Thurs: 6-8:00pm or by Appt.</u>
<u>Town Nurse</u>	<u>107</u>	<u>nurse@rowe-ma.gov</u>	<u>Mon: 8-4, Wed: 10-6, and Thurs: 8-4</u>
<u>Transfer Station</u>			<u>Sat: 8- 2:00pm, Sun: 8- Noon, Wed: 7 -10am & 4 - 7pm</u>
<u>Treasurer</u>	<u>108</u>	<u>treasurer@rowe-ma.gov</u>	<u>By Appt.</u>
<u>School</u>	<u>(413) 512-5100</u>		

Town Hall is open for normal business hours 9:30 a.m. to 5:00 p.m. Monday-Thursday

MASKS REQUIRED TO BE WORN IN ALL INDOOR TOWN PUBLIC SPACES - Per Board of Health as of 09/08/21

Please contact Executive Secretary at: (413)339-5520 ext. 100 for appointments whenever possible.

Seasonal resident MUST notify the Executive Secretary of any change in address.

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 x100
admin@rowe-ma.gov

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