



Volume 42

Issue 2

Established 1975

THE Rowe Goal Post

February 2023



photo by Kevin Myers

From the Town Hall

Submitted by Janice Boudreau

BUDGET FOR FISCAL YEAR 2024 (FY24)

Here at Town Hall we are busy working with the Finance Committee and all Departments to review, meet, and discuss all budget submissions from Departments for Fiscal Year 2024. Salaries, wages and the Cost of Living are big topics for discussion.

Last year the Board of Selectmen established a Wage & Salary Schedule Chart to be used as guidance for establishing a pay rate for a given employee in a specific position. Boards and Committees reviewed each position in town under their oversight, with the exception of the school who had their established system, and assigned a 'Grade' to each position. Then, once a position had an established 'Grade', there is a determination of where in the pay scale a person will land. The hope is to offer a fair wage and attract a skilled workforce to the town.

There are additional questions to determine the 'Step' within a pay 'Grade' for a particular position. It is particularly helpful when hiring a new employee since the grade of the position has been established with a wage assigned to the grade. In positions with more responsibility and training required, the individual employee's assigned 'Step' is based on experience, education and other factors. With inflation at a high there are many concerns with what to offer employees as a Cost of Living Adjustment or COLA as it is referred to. Undoubtedly, there will be much more discussion in the coming weeks.

Assessor's News

Submitted by Christine Bailey

Recent Property Transfers (Dec 2022/Jan 2023)

The following are recent property transfers in Rowe. Further details may be obtained by researching the specific deeds at the Franklin County Registry of Deeds website at masslandrecords.com/franklin

Deed Bk 8124 Pg 153, Row (Foshay) to Coastal Property Renovations (Hillier), 19 Ford Hill Rd, \$258,700 (Map 201 Lot 013)

Board of Health

Submitted by Christine Bailey

Transfer Station News:

Major Holiday? The Refuse Garden is always closed during a major holiday. Most Holidays fall on a Monday but on occasion can fall during the "normal" open days, such as July 4th, Christmas day or New Year's Day. If you are unsure and before making the trip, you may always call the Refuse Garden first. The phone number is 413-339-0216.

Recyclables: As you might know, recyclables from our region are sorted, baled and marketed by the Springfield Materials Recycling Facility (MRF). The MRF has provided several videos to help the public become more aware and informed on recyclables.

To watch and educate yourself these links can be found at the Town of Rowe, Board of Health Website!

Town Clerk

Submitted by Paul McLatchy III

Office hours continue to be on Wednesday evenings from 6:00-8:00 and by appointment.

So far two individuals have taken out papers to run for the town clerk position. If you have any interest in seeking this position, please feel free to reach out to ask questions or learn more about the job responsibilities.

Dog licenses are now available. Fixed dogs are \$5 and intact dogs are \$10. A valid rabies vaccination must be provided if not already on file. A dog clinic will likely take place in March or early April at the Heath Elementary School, details to be made available when more is known.

Nomination papers are also available. To qualify for the ballot, you will need to first contact me to obtain a set of papers. You will need to have twenty (20) registered voters sign the nomination papers and return them to either myself or a registrar by March 25th. The following list includes the offices up for election and the people who have taken nomination papers as of January 25th. Each term is for three years unless noted otherwise. Note: While it is not effective yet, there will be a resignation coming from the Planning Board in February for a three-year term that will also be on the ballot- papers will soon be available for that seat.

Board of Assessors	Frederick Williams*
Board of Health (3 Years)	Daniel Poplawski*
Board of Health (2 Years)	None
Board of Selectmen	None
Cemetery Commission	Joanne Semanie*
Constable	None
Finance Committee (x2)	Daniel Pallotta*
	Loretta Dionne*
Finance Committee (1 Year)	Marilyn Wilson*
Library Trustees (3 Years)	None
Library Trustees (2 Years)	None
Park Commission (3 Years)	Laurie Pike*
Park Commission (2 Years)	None
Planning Board (5 Years)	None
School Committee	Susan Zavotka*
Town Clerk	Kevin Balawick
	Meg Pallotta
	*Incumbent



Otis & Oliver awaiting Christmas trees

Goats are the cable talk show panelists of the animal world, ready at a moment's notice to interject, interrupt, and opine. They have something to say about everything, little of it complimentary. They are the most impertinent animals I have ever known.

Jon Katz



photo by Claudine Poplawski



Rowe Town Library News

Submitted by Molly Lane, Library Director

HOURS:

Tuesday 10-5

Wednesday 12-8 Thursday 3-7

Saturday 10-3

Happy New Year! If you have a new year's resolution to read more books in 2023, we can help with that!

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.

Programs:

Thursday Feb. 2nd @ 6 p.m. Valentines hand sewn bunting project with B. Balawick. ~ hand sew felt and fabric hearts, then fill with stuffing and lavender to create a holiday or year round decoration. Bring a sewing needle if possible. Limited spots so call or email to hold your place.

Wednesday Feb. 8th at 5:30 p.m. –Vision Boards with E. Wheeler. Create a visual map of your inner and outer aspirations. We will use a guided process to help you uncover next steps for your life's journey. Limited space available, call or email the library to sign up.

Thursday February 9 @ 6 pm “Nerd Night” Games Night – Come play cooperative, tabletop games with elements of fantasy, sci-fi, and a strong element of storytelling. This month's game will be *Prodigals Club*.

Will be held the second Wednesday of each month. All are welcome and no sign up is necessary.

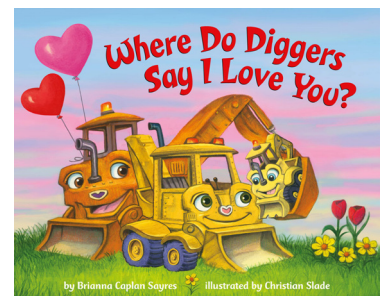
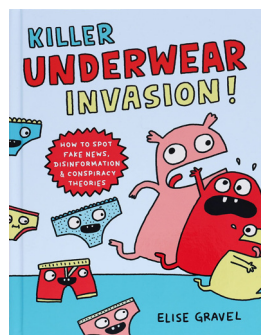
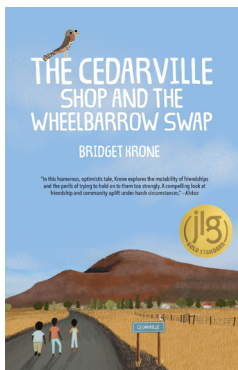
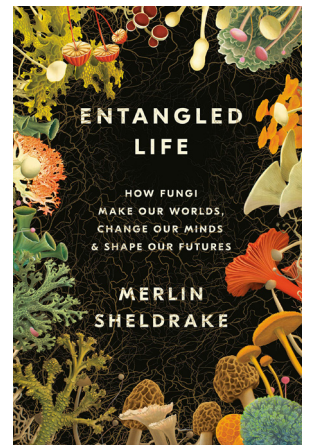
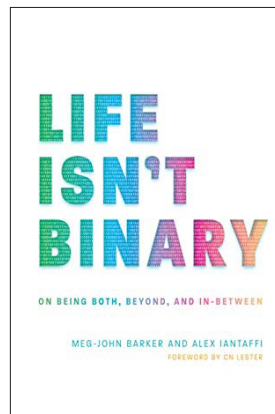
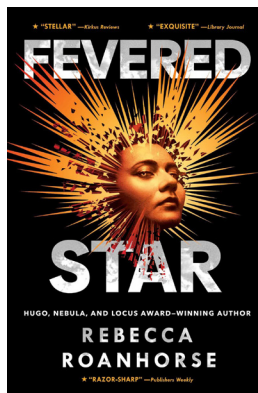
Wed Feb 15 @ 3:30pm Book Chat

Saturday February 25 @ 3-5pm: Sketch Sessions – These sessions will be open to all and all drawing abilities. Still-life display, help or input on the scene is welcome, set up at 2:30pm. If you don't want to draw from the still-life, other creative prompts to get you going will be available. Basic supplies will be provided, but you are welcome to bring your own as well. While this is not a class, Abby will gladly lend a critical eye and tips if you ask!

New Reckless Decks are here for in-Library use! These are decks of cards with prompts to help you bust through creative blocks. If you write, draw, sculpt, paint, need to create a character for a game but are all out of ideas, come on in and see if these cards will help kick your creativity into gear! Good for all ages.

Library Trustee meetings are held @ 10am on the 3rd Wednesday of each month. All town residents are welcome to attend.

Some New Books:





ROWE ELEMENTARY SCHOOL

In January, there was a lot going on inside and outside the classrooms at the Rowe School! Inside, students were given Benchmark Assessment tests to assess their mid-year reading levels, to determine if they can advance a level in their guided reading groups. It's important that the student is able to see the progress that can be made by practicing reading. Despite the challenging schedule due to the weather, students have also been working hard on new concepts in math, new writing projects, and new areas in Science and Social Studies. Teachers have been learning about a new way to assess students in Math and ELA, we'll have more to report next month. Outside the classroom, January was filled with skiing, snowboarding, hiking, crafting, and cooking during our Winter Enrichment Days. January also saw the first real winter weather, so we thank the Town Highway Department for clearing the roads so we can have school.

February means more learning in and out of the classrooms for the students, more teaching and learning for the teachers, and two more days of skiing. There will be a School Committee meeting on the 9th, please consider bringing your valentine to the meeting for a discussion of the proposed school budget. Speaking of valentines, the PTP is organizing a dance in February. Exciting things will be happening as 2023 progresses as well. We're looking for family or community members to lead after-school activities. If there's something you love to do, or something you think kids would love, please consider leading an activity. Robotics, chess, cooking, crafting...if you love it, kids will love it, and you'll have fun passing that on. Call me if you're interested. It pays (not a lot), but the feeling you'll get working with kids is priceless.

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 you around the school.

-Submitted by Bill Knittle



beak adaptation



Happy P1 kids



Luke



winter enrichment

Do you know where these places are?

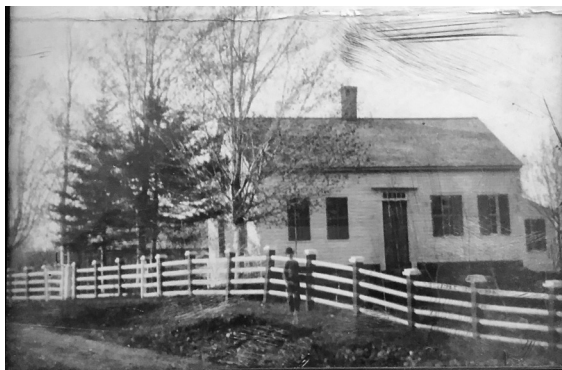
Submitted by Joanne Semanie

One of my favorite things to do at the museum is going through the boxes of old photographs and identifying who the people are and the places they lived. This is especially interesting when there are journals, ledgers and day books that help fill out a story. Readers will often comment on how much they enjoy seeing the old photographs of places as they once were. This month we are doing a little quiz about some of the old spots. See if you can figure out where they are.

1.



2.



3.



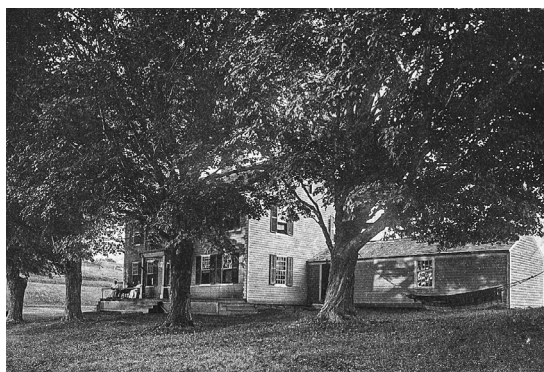
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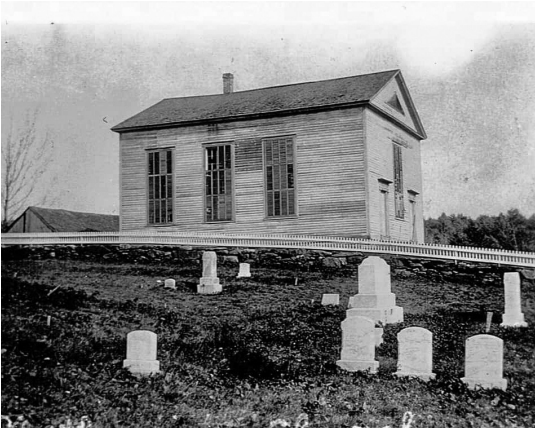
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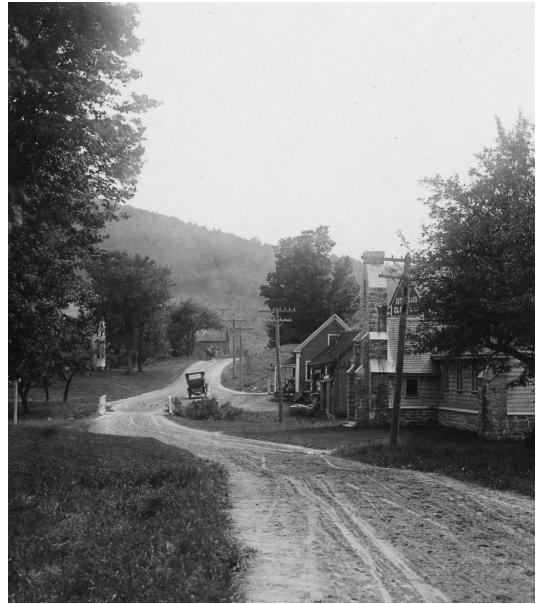
6.



7.



8.



9.



10.



11.



(Answer key elsewhere in
this month's issue).

PELHAM LAKE PARK NEWS



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 8:30-9:30 AM through the spring. Notice: 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!



The Rowe Park Commission is excited to offer a Black Bear presentation with Historic Northampton and Dave Wattles! The free presentation will be **February 2, 2023 at 7PM** on zoom. If you are interested in listening or have questions about black bears please email Hannah Poplawski at hmpoplawski7@gmail.com for the zoom link and registration.

Dave Wattles has been the black bear and furbearer biologist with the MA Division of Fisheries and Wildlife since 2016. He will present on the ecology of black bears and their history and population status in Massachusetts. He will also present his collaring research which provides information of black bear survival and causes for mortality, reproduction, habitat use and movement, and how humans coexist with bears.

This is a grant that Rowe is involved in:

The Forest Climate Resilience Program Invites Members of the Public to Focus Group Developing a Northwestern Massachusetts Virtual Forest Center

Members of the public are invited to attend the first in a series of virtual focus groups on February 27th at 7PM. The Forest Climate Resilience Program is working in partnership with organizations across Northwestern Massachusetts to develop a Virtual Forest Center (VFC) that will support communities in better understanding threats to their forests, including climate change, and how forest stewardship can help to address those threats. The project team is actively seeking input on what residents would like to see in a virtual forest center. To register or find out more, please reach out to Andrew Randazzo, Forest Ecologist with Mass Audubon at arandazzo@massaudubon.org or 413-252-9534. You may also register for the focus group at <https://bit.ly/VFCFocus>.

The Virtual Forest Center will be an online hub of information regarding our local forests. The goal of the VFC is to provide community members, state, and municipal staff and officials access to a platform that shares up-to-date information about climate smart forestry, traditional environmental knowledge, and other pertinent forest stewardship topics. This event will be the first in a series of four focus groups. Participants can join for a singular event or engage across multiple sessions. Translation of focus group events is available upon request.



photo by Claudine Poplawski

Turning Up the Pressure on Blood Pressure

February has been dubbed 'American Heart Month.' This annual celebration began in 1963 to encourage Americans to join the battle against heart disease. One vital way to fight the battle against heart disease, is to have a well-controlled blood pressure.

American Heart Association (AHA) defines a 'normal' blood pressure reading as less than 120/80.

A blood pressure consistently 140/90 or higher is considered 'high blood pressure.'

A blood pressure higher than 180/120 is considered a 'hypertensive crisis' and requires immediate medical treatment.

The top number of your blood pressure represents your 'Systolic blood pressure.' The systolic blood pressure is how much pressure is exerted on your arterial wall while your heart beats. The bottom number represents your 'Diastolic blood pressure' and this is how much pressure is exerted on your arterial wall when your heart is at rest in-between beats. Both the top and bottom numbers in your blood pressure are important as they can help determine an increased risk of cardiovascular disease. As we age, the blood pressure will naturally rise slightly due to increasing stiffness in larger arteries, long term build-up of plaque, and incidence of cardiac or vascular disease (even more reason to stay as healthy as possible!) There is some permissibility of increased blood pressure readings in older adults and seniors, allowing for normal to be considered 130/80 or in some cases slightly higher.

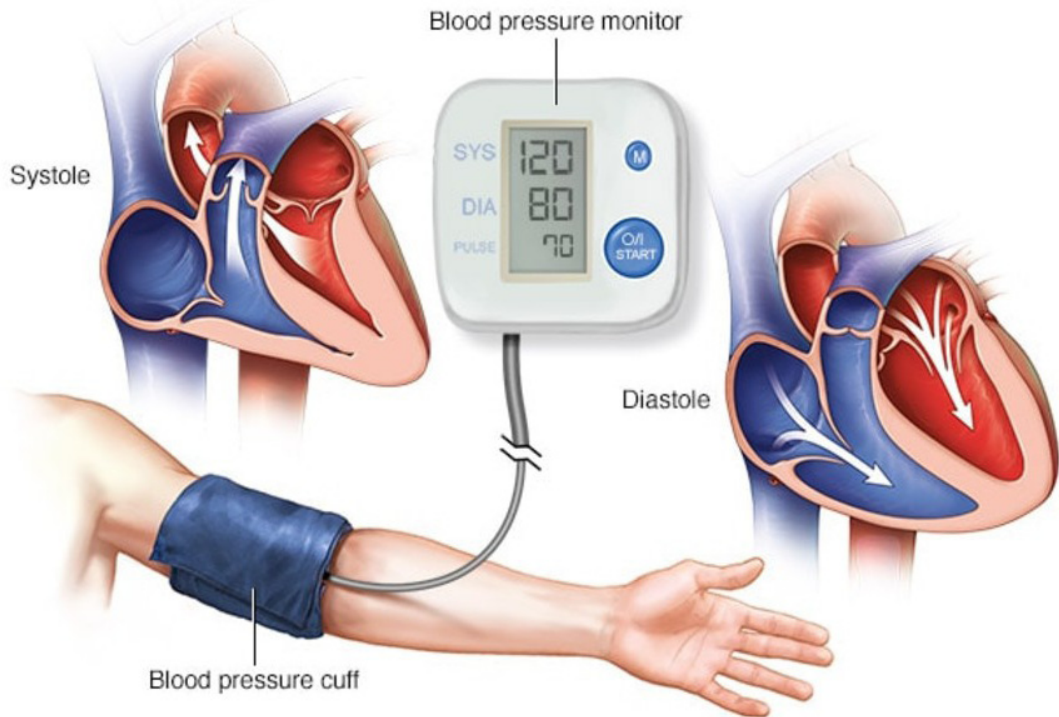
In most cases, damage from having continued high blood pressure occurs over a period of time. High blood pressure that is left undetected or uncontrolled can lead to other serious health problems including heart attack, stroke, heart failure, kidney damage, vision loss, sexual dysfunction, or peripheral vascular disease. Some of these health conditions can be fatal.

The best way to control high blood pressure is to track your blood pressure readings, make lifestyle changes and to speak with your doctor about other options such as starting medications to help lower your blood pressure. Prior to any medications being started, your doctor will want you to attempt lifestyle changes.

Some of the best changes you can make to help lower your blood pressure WITHOUT medications include weight loss, regular exercise, heart healthy diet (low-fat, low salt), decrease in alcohol intake, and smoking cessation.

Come speak with your Town Nurse for more information regarding blood pressure monitoring and/or strategies to help lower your blood pressure!

References: <https://www.heart.org/en/health-topics/high-blood-pressure>



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Submitted by the Town Nurse

Availability of Fred W. Wells Trust Award Applications

Applications are now available for academic scholarships, as well as health and agriculture awards, funded by the Fred W. Wells Trust. Completed applications must be postmarked by March 20.

Throughout his life, real estate development, industry, farming and community projects provided Wells, a longtime Franklin County resident, with a wide range of interests. Since his death in 1946, his strong commitment to the community has continued to be evidenced by the generosity of his trust fund.

In accordance with Wells' will, agriculture awards are to be given annually to "some agricultural group or groups organized primarily for the advancement of agriculture."

In addition, health awards are to be granted to those involved in "the care of the sick or aged by providing home, nurse, medicine or hospital care" and "for helping to provide medical or nurses care in rural districts where no such facilities are to be had."

Anyone who has resided or whose parents have resided in Ashfield, Bernardston, Buckland, Charlemont, Conway, Deerfield, Gill, Greenfield, Hawley, Heath, Leyden, Monroe, Montague, Northfield, Rowe or Shelburne for not less than two years prior to the date of application is eligible to apply for funding. Awards are determined by an independent scholarship committee whose members consider, among other factors, each applicant's scholastic ability, need, character, leadership ability, integrity and participation in work and/or extracurricular activities.

Applications can be obtained from town clerk's offices, high school guidance offices, Greenfield Community College, Greenfield Savings Bank Vice President and Trust Officer Prudence Blond, and online at wellstrustscholarship.com. With questions, contact Blond at pblond@greenfieldsavings.com or 413-775-8243. The mailing address at Greenfield Savings Bank is 400 Main St., P.O. Box 1537, Greenfield, MA 01302.

SCAM ALERT!



Watch out for Computer Virus Scams!

*You might get a call, email, or a message
that appears on your screen.*

*It says there's a problem with your computer
& they can help you fix it.*

- Just hang up or delete the message.
- Don't click on links in an email.
- Don't call the telephone number on the screen.
- Never give someone control of your computer.
- Don't share passwords or log-ins.
- Keep your computer, tablet, & mobile phone security programs up to date.

*If you have a
consumer problem or
question, contact the*

Northwestern District Attorney's Consumer Protection Unit

Greenfield
(413) 774-3186
Northampton
(413) 586-9225

**Working in cooperation
with the Office of the MA
Attorney General**



The Rowe Center

WORKSHOPS • RETREATS • SUMMER CAMPS

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.

Answer Key to Where are these Places:

1. Zoar Rd. the Gracy House
2. 7 Middletown Hill Rd., home of Sue Williams
3. Ford Hill Rd., Baptist Church & home of Christine Levitre
4. 63 Middletown Hill Rd. Charlotte Mill's Cottage, struck by lightening and burned 1934, now home of Sean & Leann Loomis
5. Zoar Rd., Julia Browning House, now home of Mark & Jenalyn Duval
6. 59 Middletown Hill Rd., home of Bill & Joanne Semanie
7. Cyrus Stage Rd., Methodist Church at the East Cemetery
8. Center of Town from the corner of Pond and Middletown
9. Hazelton Rd., Parsonage, home of Eric Stetson
10. 16 Hazelton Rd., B.T. Henry house, home of Richard and Melissa Quinn
11. 272 Zoar Rd., Church and home of Henry & Evelyn Dandeneau

Rowe Community Church

Submitted by Ros Mullette

- Feb. 5 Observance of Lord's Supper & Praise Service
- 12 Praise & Worship Service
- 19 Praise & Worship Service
- 26 Praise & Worship Service

February Birthdays

- 1 - Daniel Burke
- 2 - Meredith Sokol
- 2 - Lisa Danek-Burke
- 3 - Tyler Rice
- 3 - Ildiko Toth
- 4 - Bill Semanie
- 5 - Darlene Jackson
- 6 - Robin Nichols
- 6 - Earl Carlow
- 6 - Sean Clancy
- 7 - James Williams
- 7 - Peter De Menocal
- 8 - Nevin Houghtaling
- 10 - Gordon Cowie
- 12 - Jim Williams
- 14 - Caty Silva
- 14 - Emily Silva
- 15 - Brooke Shulda
- 17 - Gianna Paige
- 17 - Christine Levitre
- 18 - Philip Shulda
- 19 - Liam Clancy
- 20 - Cassidy Upton
- 20 - Marilyn Belval
- 21 - Emily Crowningshield
- 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

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>Wed: 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>(413) 339-0216</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

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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.

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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 x100
admin@rowe-ma.gov

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