



Volume 43

Issue 2

Established 1975

THE Rowe Goal Post

February 2024



photo by Meredith Sokol

From the Town Hall

Submitted by Brooke Shulda

Happy February, Everyone!

The Town employees, boards and committees are looking for your suggestions on how we can make improvements to better serve you, our community. Our goal is to continue to provide you with the resources and services that help keep our small rural community strong and healthy. The Town offers a variety of year-round resources, services and activities. Keep a look-out for upcoming community events and join in on the fun and take advantage of the resources, services and activities happening right here in Town!

Town Hall Times and Happenings

It's not too late to submit an article, report or pictures for the 2023 Annual Report! Please, email Donna at adminasst@rowe-ma.gov anything you would like to see included in the 2023 Annual Town Report!

The Zoning Board of Appeals has a vacant position they need to fill. Contact Donna at the Town Hall if you think you may be interested or have any questions. Also ask about other current or upcoming vacant positions!

On Wednesday January 24, 2024, at approximately 11:00am the Rowe Fire Department & Emergency Personnel were dispatched and responded to our neighboring Town of Monroe, to assist with a structure fire on Depot Street. Once again, our Fire personnel show true dedication and commitment.

Looking for a Saturday morning activity? Come support the 3/4 and 5/6 Hawlemont & Rowe students basketball games! Games take place at the Mohawk Trail Regional School every Saturday morning through the month of February. 3/4 boys at 11:00am, 5/6 boys at 11:30am, and 5/6 girls begin at 12:30.

February Town Hall Closures:

Presidents Day – Monday, February 19, 2024

Gracy House Meeting:

Tuesday, February 06, 2024, at 3:00pm

JOINT Finance Committee/Board of Selectmen Meetings:

Budget Hearings - Thursday, February 01, 2024, at 6:00pm

Budget Hearings – Thursday, February 08, 2024, at 6:00pm

Budget Hearings – Thursday, February 15, 2024, at 6:00pm

Budget Hearings - Thursday, February 29, 2024, at 6:00pm

Please be advised, meeting dates and times are subject to change prior to the 48 hour posting requirements

Assessor's News

Submitted by Christine Bailey

Recent Property Transfers (December 2023)

Further details may be obtained by researching the specific deeds at the Franklin County Registry of Deeds website at masslandrecords.com/franklin

RICH, CLAYTON & PRISCILLA of Durham, NH for the consideration of \$1.00, grant to MULHEARN, PAMELA R. & JOHN of Weatogue, CT land located off Pond Road (Map 201 Lot 011) (Plan Bk 8263 Pg 141)

Fitness Options

Looking for some exercise options in the town of Rowe? The Town's fitness center is located on the second floor of the town hall and is open Monday through Thursday from 9-4 pm. There is a variety of equipment and machines for residents' use. In addition, our fitness guide, Deb Lively is available Mondays and Wednesdays from 9-11 am and 4-6 pm. Deb will gladly provide you with an exercise program to meet your specific needs. She can also instruct you in the proper and safe use of the fitness equipment and machines available. So come on down and get started on your fitness goals.

Also, you are invited to join the town's free yoga class on Zoom Tuesday mornings from 8:30-9:30 am. Yoga instructor, Kate Peppard, will lead you through a series of refreshing and relaxing stretches, flexibility, strength, and balance movements. If you can't make the class, no worries. Recordings of the class are available to residents to access at your leisure. To sign-up and get started email Kate for the link at Kate@highlandyoga.studio.

Submitted by Laurie Pike

Town Clerk

Submitted by Kevin Balawick

The annual street list and dog license forms went out midway through January. It is very important to fill out the street listing, as it provides information for our emergency services, school enrollment, and voter registration. Voters who do not return the street listing after a certain period will be inactivated as voters, and if they remain inactive long enough, can even be removed from the voter rolls.

Voting by mail for local elections has been made permanent under the VOTES Act. You should have received in January a postcard from the state with a form to apply for vote by mail. If for whatever reason you do not receive one, you can contact the office for an application or find one on the website to mail in. Ballots for the upcoming Presidential Primary will be mailed out each week as vote by mail applications come in.

Nomination papers are available for the May town election. To qualify for the ballot, you will need to first contact me to obtain a set of papers. After, you will need to have twenty (20) registered voters sign the nomination papers and return them to either myself or a registrar by April 13th at 5:00pm.

The following officials' terms are up this year and must be re-elected in May to continue serving. Each term is for three years unless noted otherwise.

Board of Assessor, Ellen Miller; Board of Health, Herbert Butzke, Chair; Board of Selectmen, Charles Sokol, Chair; Cemetery Commission, Jay Williams; Finance Committee, Marilyn Wilson; Library Trustee, Cathy Snyder; Park Commission, Hannah Poplawski; Planning Board (5 years) Kevin Balawick (appointed); Planning Board (5 years), Matt Stine, Chair (appointed); School Committee, Matt Crowningshield; School Committee, Mary Paige (resigned)

Happy February from the Rowe Council on Aging!

In January the COA held its monthly *Third Thursday Coffee Morning*, which encompassed a beautiful watercolor painting activity graciously led by our friend and neighbor Cyndie Stetson! She did such a wonderful job leading this activity and all the paintings came out extraordinary- Thank you Cyndie!

Our February Coffee Morning will bring a fun and unique STAMP craft, which will be orchestrated by none other than our very own (and NEWEST) COA member Kelle Quist! If you know Kelle, you will know she is creative, spunky and full of ideas- so come check it out! Like every month, there will also be baked goods, snacks and a selection of tea and coffee, not to mention great conversation and friendly faces to greet you.



There are many more ideas and activities in the works for all our seasoned residents (and ANY AGE resident that would like to join). Be on the lookout for the latest and greatest in the Goal post, on the Town Website and via Robocall.

One upcoming Month-Long event is the MARCH MADNESS- Mobility NOT Morbidity hosted by Deb Lively and Rachel Lewis. This will be a twice weekly (Monday and Wednesday), 1-hour training session for the month of March (from 10am-11am), which will teach and encourage participants ways to improve mobility,

strength and stamina. Sign-ups REQUIRED with Rachel- Town Nurse! (limited spaces available so sign-up as soon as possible to secure your spot!)

** The COA is inviting any resident with a skill, craft, or unique idea, that they would like to share with the community to get in contact- we would love for you share your talent with others in the community**



Mark your calendars!

2020 Hoosac Tunnel Collapse

— and other mishaps

a talk by
Jerry Kelley

Join us!

Sunday, July 14, 2024

12:00 – 2pm

Rowe Historical Society

282 Zoar Rd, Rowe, MA



TOP: site of the cave-in
BELOW: Cave-in from inside the tunnel.



ROWE
HISTORICAL
SOCIETY



Mass
Cultural
Council

This project is supported in part by a grant from
the Rowe Cultural Council, a non-profit agency which is
supported by the Mass Cultural Council, a state agency.

Ice rescue training with Charlemont and Florida Volunteer Fire Dept .



Classic Movies at Pothole Pictures!

51 Bridge Street, Shelburne Falls

413-625-2896 for more information

“Mary Poppins”

February 16th and 17th

Music at 7:00 p.m.

Movie at 7:30 p.m.

Submitted by Kelle Quist, COA



Rowe Town Library News

Submitted by Molly Lane, Library Director

HOURS:

Tuesday 10-5

Wednesday 12-8 Thursday 3-7

Saturday 10-3

Did you know the library has a library of things? We currently have a carpet cleaner, critcut, pressure cooker, metal detector, yard tools, electronics, fun yard games like giant jenga and cornhole, and a pressure washer.

Programs:

Yarn basket making with Felicity -Wednesday Feb. 28th @5:30pm

Email, call, or stop in to pre register for this fun event!

Yarnia Crafter's Time -@ 1pm crochet, knitters, embroiderers, needle point, and other crafts, join us in a common space to work on your projects with other crafters. First Tuesday of the month is beginner friendly time. Someone will be happy to help you learn a new fiber skill this day.

Feb 20th Yarnia - 1 pm time will be "Intro to Thrumming" with A. Lively

Book Chat Thursday Feb 15th @ 4:30 pm – Stop in and grab a copy of this month's book "Woman of Light" by Kali Fajardo-Anstine

Kids afterschool craft - Valentine's Day Craft -Wednesday Feb 7 @ 3:45pm. Stop in after school for some holiday craft fun. If kids will be taking the bus straight from school please let the library know.

School winter vacation fun:

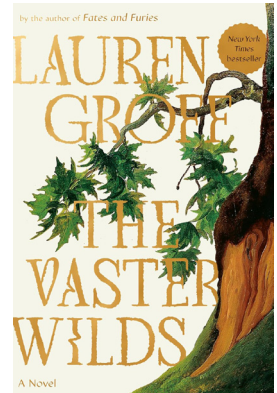
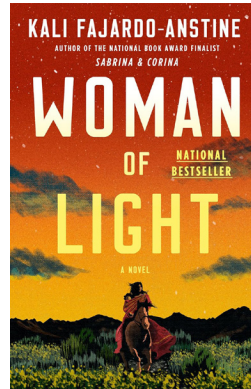
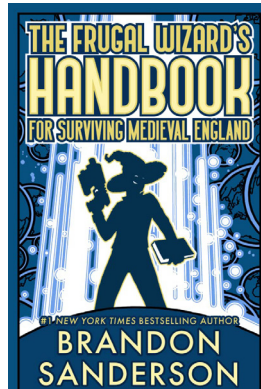
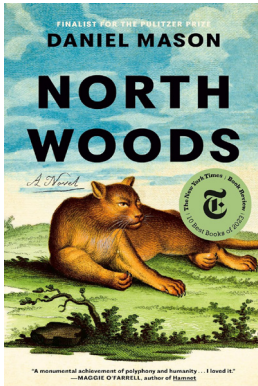
Lego time – Thursday Feb 22nd @ 330 pm - come play Legos with your friends and our huge stash of Legos

Keep an eye out for a tween fun time planned during vacation

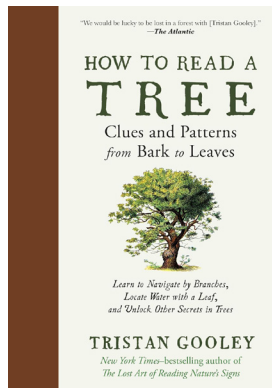
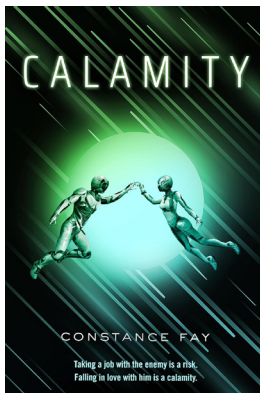
Contact the library if you would like to be put on our email notifications for programs Rowelibrary@gmail.com

Some New Books:

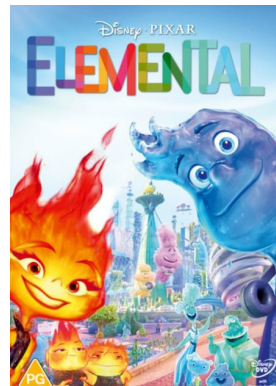
Adult Fiction:



Audiobook:



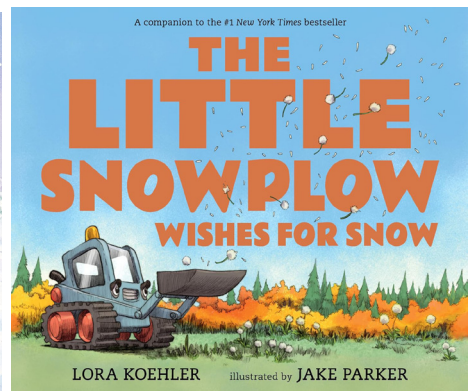
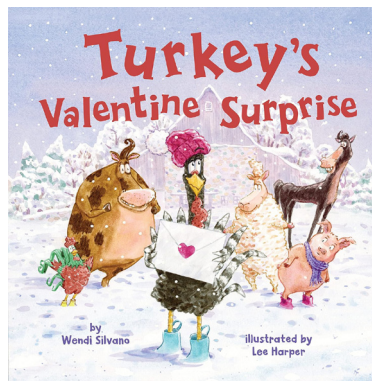
DVD:



Kids:



Kids:



ROWE ELEMENTARY SCHOOL

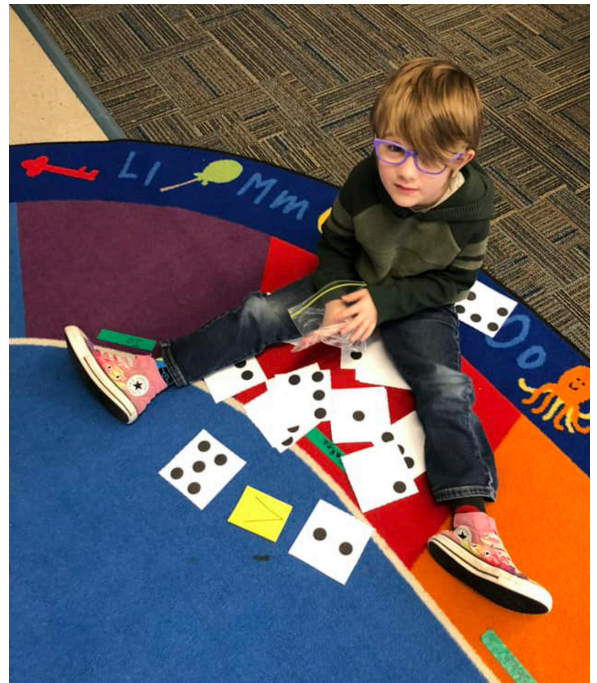


In January, a lot was going on inside and outside the classrooms at the Rowe School! Inside, students were given Benchmark Assessment tests and iReady online diagnostic assessments in Math and ELA to assess their mid-year levels. It's important that the student are able to see the progress that can be made by practicing reading and math facts. 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. 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, Tom Danek, and Mr. Jim for clearing the roads and the school parking lot 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 more days of skiing. There will be a School Committee meeting on the 15th, please consider bringing your valentine to the meeting for a discussion of the proposed school budget. Exciting things will be happening as 2024 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 after-school 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.

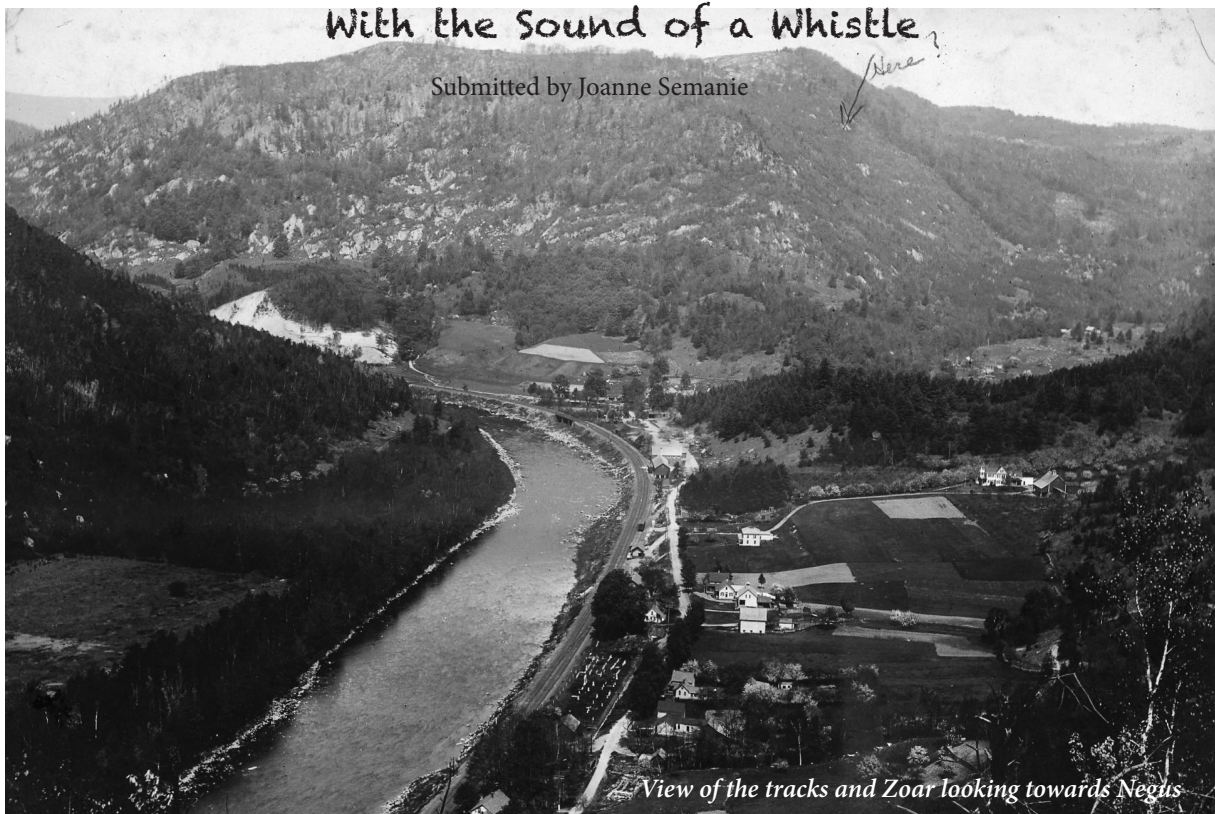
Please be in touch in any way that works for you, call or email. Please call 413-512-5100 or email me at wknittle@roweschool.org. I want to hear what you think, and look forward to seeing you around the school.

-Submitted by Bill Knittle



With the Sound of a Whistle?

Submitted by Joanne Semanie



View of the tracks and Zoar looking towards Negus

I woke up early one morning recently to the sound of a train passing through the valley. The roar of the engines and the whistle as it passed through Charlemont sounded as if it was right in the center of town. It's a common phenomenon – when the wind is just right it sounds as if you could walk to the tracks.

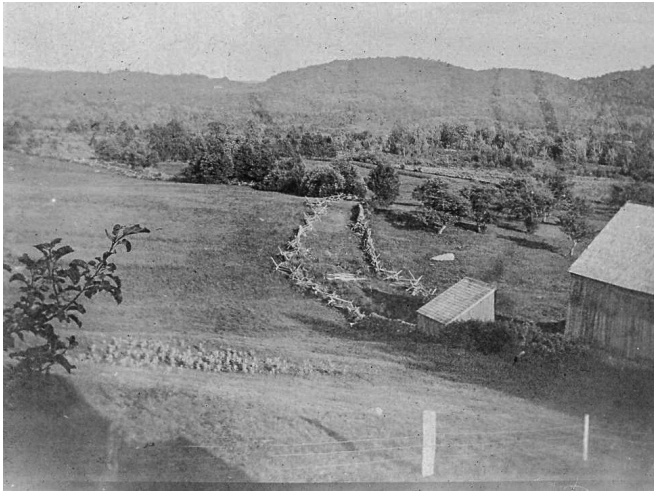
It made me think of a time in Rowe's history when people were almost completely dependent on the railroad for travel or commerce. Summer visitors would board the train in Chicago or Boston to come to Rowe to take in the fresh air. The visits were long and quite relaxing I'm sure. Many households took in boarders, some enterprising individuals built cabins or camps to accommodate vacationers. Other families built or bought homes that were only used in the summer months.



Edward Wright and his team at Fort Pelham Farm

There were people in town with a good horse and buggy that would drive to Zoar to pick visitors up for their stay or residents going to or from bringing their butter or eggs to North Adams to sell. Arrangements were made, via telegraph, and the train was on schedule. It was a slow motion Uber if you will.

Back forty at Fort Pelham Farm



Summer is the most glorious of times at Fort Pelham Farm. It's lush and green. The gardens are in full bloom and the birds sing you awake in the morning. You can take a little walk and see all sorts of wild animals – some visit that aren't always as welcome but are still a thrill to see. It's not just Fort Pelham Farm though, a drive about town gives a sense of why people want to come here. It's slower, cleaner, calmer.

There are still spots in town where you get a glimpse of what was once great views of the valley. Diaries speak of taking walks in the evening up Middletown Hill Rd. to take in the sunset. There are photographs of these vistas.

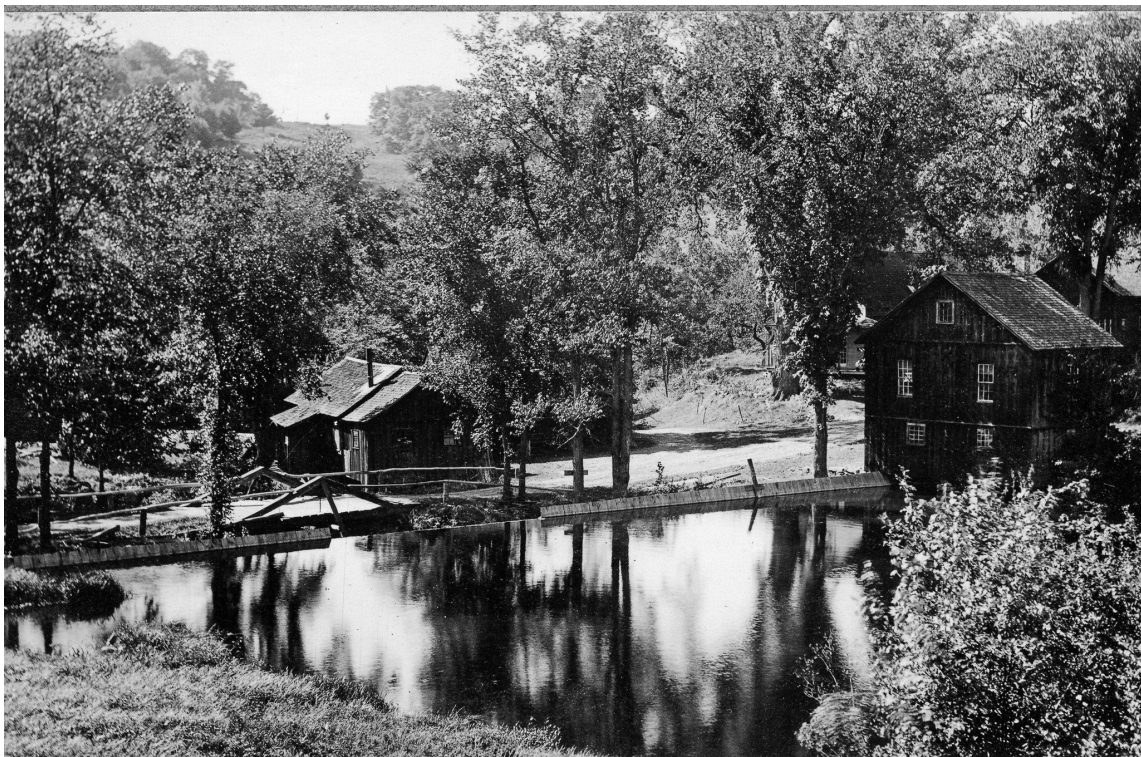


View from 59 Middletown Hill Rd. toward the hopper

The cool brooks and pools were always a welcome spot on a hot day and people took advantage of not just the big pond but those little ponds scattered around town as well.

There was a big difference between the people in town working every day of the year and the summer people arriving in June to while away the summer months. I always fancy myself as a visitor sitting in the gardens, picking the fruit as it came in, reading a book, playing croquet or lawn tennis, eating a meal that someone else had grown and prepared.

Visitors enjoying a pool in the brook



Mill Pond dam with shoe shop on left

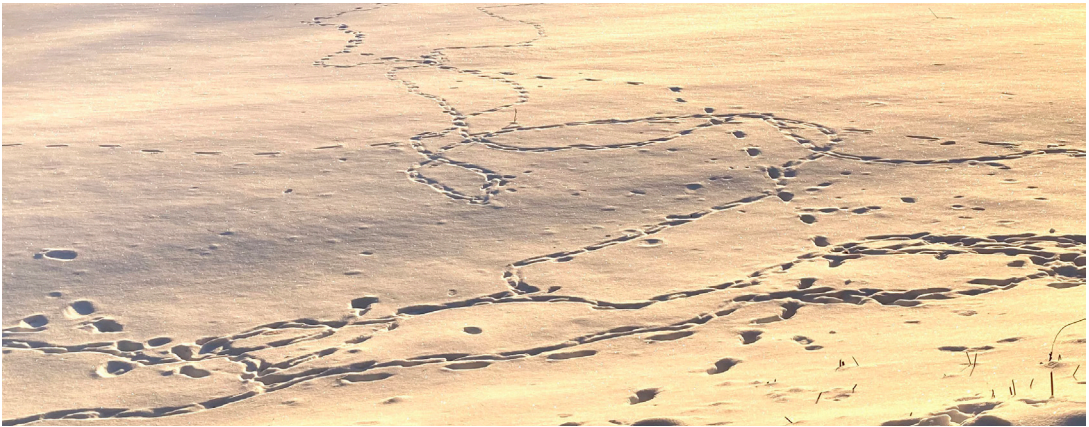
These are the photographs we see at the museum. The pictures of people relaxed and enjoying their days here. There are very few taken in the winter and fewer still of the day to day life in the early 20th century. Photographs, especially of a candid nature, were more a luxury. We are fortunate to have the collection we do at the historical society. It gives a small glimpse into what we all know to be the most wonderful time of the year even if we don't get to ride a train to get here.



The Wright tennis court at 59 Middletown Hill Rd.

Animal Tracks

photos by Claudine Poplawski



What is this weird ice?



Needle ice is commonly found along stream banks or soil terraces. It is also found by gaps around stones and others areas of patterned ground. The variety of soil properties also affects where it is found. Places where the soil is much deeper and richer can affect the growth of the ice. Consequently, the deeper the soil, the larger the water content allows it to develop. It can be evidently formed anywhere where underground water is exposed to open (freezing) air.

Needle ice is most suitable in soils with a high silt and organic matter content. Needle ice consists of groups of narrow ice slivers that are up to several centimeters long. Although the literature states that the largest recorded needle ice was at 10 cm in length!

Needle ice grows up slowly from the moist and water-penetrable soil, and melts gradually in the sun. It can vary in appearance but always shows the consistent growth of ice perpendicular to the surface of the ground. Needle ice looks like a series of filamentous crystals, and is straight or curved in shape. It usually forms in the morning when the temperature drops below freezing point

Needle ice is a needle-shaped column of ice formed by groundwater. Needle ice forms when the temperature of the soil is above 0 °C (32 °F) and the surface temperature of the air is below 0 °C (32 °F). Liquid water underground rises to the surface by capillary action, and then freezes and contributes to a growing needle-like ice column. The process usually occurs at night when the air temperature reaches its minimum.

The ice needles are typically a few centimetres long. While growing, they may lift or push away small soil particles. On sloped surfaces, needle ice may be a factor contributing to soil creep.



Substance Use Disorder- Overview and Risk Factors



Substance Use Disorder (SUD), also called drug addiction, is a disease that affects a person's brain and behavior and leads to an inability to control the use of legal or illegal drugs or medicine. Substances abused could include prescription drugs- may be used with or without a prescription (such as morphine, dilaudid, oxycodone, fentanyl, adderall or ritalin, and benzodiazepines), and non-prescription drugs (heroin, cocaine, ecstasy, meth, and LSD). Substances such as alcohol and marijuana are also considered drugs.

Drug addiction can start with experimental use of a recreational drug in social situations, and, for some people, the drug use may become more frequent. For others, particularly with opioids, drug addiction begins when they take prescribed medicines or receive them from others who have prescriptions. It is important to remember that if used correctly and for a prescribed amount of time, in most situations, those using opiates for pain control (ie. after surgery or injury), do NOT become addicted.

The risk of addiction and how fast you become addicted varies by drug and by person. Some drugs, such as opioid painkillers, have a higher risk and cause addiction more quickly than others. With prolonged use or abuse, a higher dose of the drug or more frequent use is required to obtain the same effect and eventually, one may find it increasingly difficult to go without the

drug. Attempts to stop drug use may cause intense cravings and make you feel physically ill which is called withdrawal symptoms.

****The best way to stop drug addiction is to PREVENT it from happening. ****

People of any age, sex or economic status can become addicted to a drug, but certain factors can affect the likelihood and speed of developing an addiction:

Family history of addiction: genetics plays a role in addiction

Mental health disorders: some mental health disorders increase risk of drug addiction. Some people use drugs to cope with different mental health disorders (anxiety, depression, PTSD).

Peer pressure/early use/lack of family involvement: use of drugs as a young person causes changes to the brain that may increase risk of drug addiction. Difficult relationships within families/lack of bonds or lack of parental supervision can all be risk factors for drug addiction.

****It is worth repeating: PREVENTION is the best way to fight the drug epidemic and it starts at an early age! ****

If you or someone you know needs help with a drug addiction, please contact **the Massachusetts Substance Use Helpline** through their website: www.helplinema.org OR through their phone: 1-800-327-5050 or text HOPE to 800327.

One way to help prevent death from opioid overdose is the use of a medication call **NARCAN**- information on this will be in the next Goal post.

****In the upcoming months there will be a NARCAN training class offered -this will be open for residents- please lookout for this if you are interested in learning more. ****

References: <https://www.mayoclinic.org/diseases-conditions/drug-addiction/symptoms-causes/syc-20365112>

-Submitted by the Town Nurse

Stop by the Town Hall to pick up a copy of the Town Wide Directory and Emergency Preparedness Communication Sign.
Monday-Thursday 9-4.

Sybil says to keep warm



Save The Date:

Bunnies and Blooms Town Event

Saturday March 23rd at 10 am

Egg hunt, snacks, crafts
and fun for all ages...

February Birthdays

- 1 - Daniel Burke
- 2 - Meredith Sokol
- 2 - Lisa Danek-Burke
- 3 - Tyler Rice
- 3 - Ildiko Toth
- 4 - Bill Semanie
- 5 - Darlene Jackson
- 5 - Alana Calhoun
- 6 - Robin Nichols
- 6 - Earl Carlow
- 6 - Sean Clancy
- 7 - James Williams
- 7 - Peter De Menocal
- 8 - Nevin Houghtaling
- 9 - Michael Rice
- 10 - Gordon Cowie
- 11 - Andrew Calhoun
- 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 Departments

The Town Hall is Open Monday-Thursday 8:00am-4:00pm (413) 339-5520

Position/Dept.	Ext #	Email Address	Hours
Town Administrator	100	townadmin@rowe-ma.gov	Mon-Thurs 9am-4pm
Admin Assistant	101	adminasst@rowe-ma.gov	Mon-Thurs 9am-4pm
Town Accountant	102	accountant@rowe-ma.gov	By Appointment Only
Town Clerk	103	townclerk@rowe-ma.gov	Tuesday's 6:00pm-8:00pm
Board of Assessors	104	assessor@rowe-ma.gov	Wednesday's 8am-1pm
Board of Health	105	boh@rowe-ma.gov	Tuesday's 8am-1pm
Treasurer	106	treasurer@rowe-ma.gov	Mon, Wed, Thurs 9am-4pm
Tax Collector	106	collector@rowe-ma.gov	Mon, Wed, Thurs 9am-4pm
Town Nurse	107	nurse@rowe-ma.gov	Mon, Wed, Thurs 8am-4pm
DPW	111	dpwhighway@rowe-ma.gov	Monday – Friday 6:30a-2:30p
Fitness Center	149		Mon, Wed 9am-11am/4pm-6pm

Emergency Services

Position/Dept.	Ext #	Email Address	Hours
Fire Chief	112	firechief@rowe-ma.gov	Thursday's 2pm-8pm
EMD	112	firechief@rowe-ma.gov	Thursday's 2pm-8pm
Police Chief	113	policechief@rowe-ma.gov	Wednesday's 5pm-8pm

Town Library (413) 339-4761
rowelibrary@gmail.com

Days	Hours
Tuesday	10am-5pm
Wednesday	12pm-8pm
Thursday	3pm-7pm
Saturday	10am-3pm

Transfer Station (413) 339-0216
boh@rowe-ma.gov

Days	Hours
Wednesday	7am-10am & 4pm-7pm
Saturday	8am-2pm
Sunday	8am-Noon

Elementary School (413) 512-5100

Name/Position	Ext. #	Email
Principal, Bill Knittle	1	wknittle@roweschool.org
Secretary, Laurie Laffond	2	llaffond@roweschool.org
Nurse, Lydia Brisson	3	lbrisson@roweschool.org

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>)
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exchange between all departments and all Rowe citizens.'

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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 x100
admin@rowe-ma.gov

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