

photo by Hannah Morano

Town Clerk

Submitted by Kevin Balawick

Office hours continue to be on Tuesday evenings from 6:00-8:00 and by appointment. Due to changes in my full time job my office hours may need to change. If this occurs a robo call will go out to inform the town and the adjusted hours will be posted in all the usual locations.

So far one individual has taken out papers to run for town office. If you have any interest in running again or running for the first time for any office please reach out and make arrangements to pick up nomination papers from me. Nomination papers need 20 signatures from Rowe residents and must be delivered to me by Saturday, March 29th at 5pm.

There is a problem with the dog licenses. The tags were shipped from the manufacturer and the tracking says they were delivered to town hall, but no tags have been seen. There will be a delay in the mailing of dog tags this year, but I hope to deliver them in time for March 1st. Remember fixed dogs are \$5 and intact dogs are \$10. Please include cash, a check, or pay online when submitting your dog license application. A valid rabies vaccination must be provided to me 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.

The following list includes the offices up for election. An * indicates that the incumbent took out nomination papers as of January 21st. Each term is for three years unless noted otherwise.

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Assessor's News Submitted by Christine Bailey

Recent Property Transfers (January 2025)

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

BALDRACHI, JANE I. of Monroe, MA, for consideration of \$1.00, grant to **AUSTIN, BAYARD** of Monroe, MA, land located on Monroe Bridge Hill (Map 404 Lot 18) (Bk 8424 Pg 175)

PALLOTTA, DANIEL A. of Rowe, MA, for consideration of \$100.00, grant to **PALLOTTA, DANIEL A. AS TRUSTEE OF THE 43 POTTER ROAD REALTY TRUST** of Rowe, MA, property located at 43 Potter Road (Map 403 Lots 10, 11) (Bk 8425 Pg 133)

BERSHOF, NANCEE; KRAMER, MATEA; CLARK, FLETCHER in consideration of \$1.00, grant to GRAVES, DANIEL F. land with buildings and improvements thereon located on Dell Road (Map 403 Lot 58 and Map 408 Lot 02) (Bk 8430 Pg 12)

GRAVES, DANIEL F. in consideration of \$1.00, grant to **BERSHOF, NANCEE** and **CLARK, FLETCHER** land with buildings and improvements thereon located on Dell Road (Map 403 Lot 58 and Map 408 Lot 02) (Bk 8430 Pg 18)

Winter Walk and Campfire

at 5 P.M. Beginning at Park Headquarters

It's time to dust off your snowshoes and join us at the Park!

The hike will begin at the beach parking lot, following the Babbling Brook Trail, returning via the Meadow Trail.

Stay awhile! Roast a hot dog, make some s'mores, and warm up by the fire with some delicious hot cocoa.

The park has a limited supply of snowshoes to loan, please dress for the weather and pack a headlamp or flashlight.



Catherine Thompson Snyder



June 21, 1954 – December 24, 2024

Catherine "Cathy" Thompson Snyder was taken into God's loving hands on December 24, 2024, at the age of 70. Born on June 21, 1954, Cathy lived a life marked by compassion, devotion, and service to others.

Cathy graduated from the Pottsville (PA) Hospital School of Nursing as a Registered Nurse,

embarking on a career that reflected her deep care for the well-being of others. After pausing her nursing career to devote herself fully to raising her beloved son, Michael, Cathy resumed her professional work, first as an Occupational Health and Safety Nurse at Yankee Atomic Electric Company in Rowe, then at Connecticut River Internists. Later, she extended compassionate care to elderly residents and farm laborers while nursing with the Community Health Center of Franklin County. In this role, she left a lasting impact on the lives of her patients.

A woman of unwavering faith, Cathy was a dedicated member of Rowe Community Church, where her kindness and warmth touched many lives. Her love for literature led her to serve as a trustee of the Rowe Town Library, where she championed the joy of reading and the value of community.

Cathy is survived by her devoted husband of 49 years, Tim; her cherished son, Mike; her sister Peg Hunsinger; her brothers Dave, Jim, and Tom; and her sister-in-law Anne Marie. She was preceded in death by her parents, Jacqueline Coughlin Thompson and Russell (Jim) Thompson, and her sister Terri Thompson Brady.

Cathy's memory will be honored in celebrations of her life to be held at later dates in Massachusetts and Pennsylvania.



Monday Walkers photo by

photo by Rachel Lewis

Do You Enjoy Creative Writing? Join your neighbors at the Rowe Writers Group!



Writing prompts will be offered, then we will have time to write and share what we have written (sharing is optional).

The focus will be to engage with the creative mind and have fun.



All levels of experience welcome



To sign up and help choose meeting times: scan QR code or send email/text Jane Kaufman tojanek@yahoo.com 303 974 8936

Mass This program is funded in part by a grant from the Rowel Cultural Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.



Rowe Town Library News

Submitted by Molly Lane, Library Director

HOURS: Tuesday 10-5 Wednesday 12-8 Thursday 3-7 Saturday 10-3

As we welcome the cooler, darker months, remember that the library is your warm and inviting refuge. Enjoy free coffee and tea during our open hours while you chat, craft, read, or solve puzzles.

We're eager to find more ways to bring our

community together through shared interests. One idea we're considering is a game time—perhaps a game or 2 of Scrabble! If you're interested, please reach out and let us know what day and time would work for you. We'll schedule a time for neighbors to come together and enjoy some fun!

Programs:

Kids-

Feb 5th PJ Story Hour -Time tbd Feb 12th- Afterschool Crafternoon- Valentines Day cookie decorating

Adults

Feb 19th @ 530 Origami ball workshop with Abby -Pre Registration Required

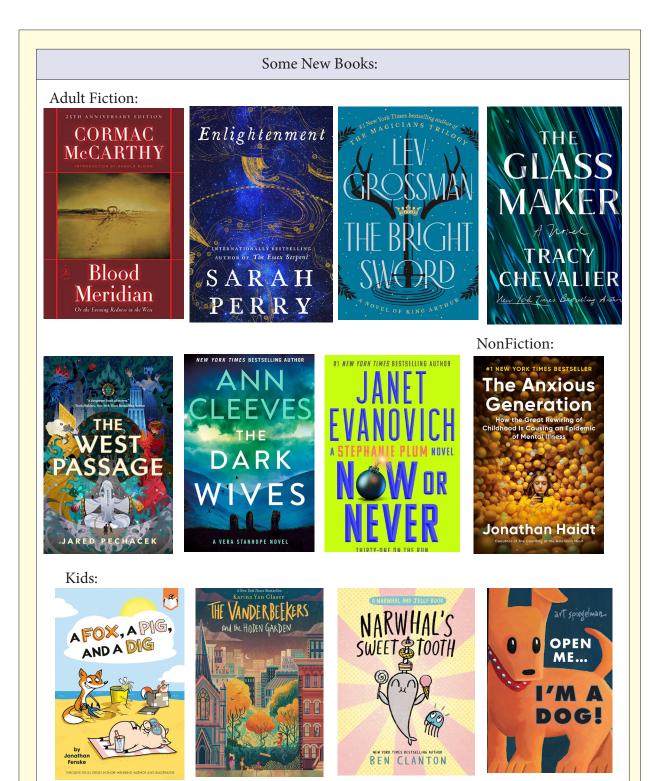
Feb 20th @ 530 pm Book Chat - "*The God of the Woods*" by Liz Moore

Everyone-

Feb 15th @ 1030 am- Puzzle Swap Drop off a few- Pick up a few. Don't have any to swap- come grab a couple anyways, we have plenty.

Are you interested in having a comics/graphic novels book club? Drop us a line and let us know when you could regularly meet (once-a-month) so that we can gauge interest! We're hoping to have our first meeting in March.

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



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 the 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. 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, searching for Gnomes, and crafting, during our Winter Enrichment Days. January also saw some 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, and more teaching and learning for the teachers. There will be a School Committee meeting on the 13th, please consider bringing your valentine to the meeting for a discussion of the proposed school budget. Exciting things will be happening as 2025 progresses as well. Community Lunches have resumed, on the last Wednesday of the month. Lunch is at 11:50, and costs only \$4.75. 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



The Town of Rowe has received a grant from the Rowe Cultural Council to create a mosaic to be displayed outside of the Town Hall

THIS 3X3' PIECE OF ART IS A COMMUNITY PROJECT. RESIDENTS WILL BE INVITED TO WORK ON THE PIECE ONCE WE GET THE DESIGN FINISHED

Submit your ideas for the design!

SCAN THE QR CODE OR SEND YOUR IDEAS TO THE LIBRARY (MOLLY) OR THE TOWN HALL (DONNA)

pictures, sketches, symbols words are all welcome



*

ALL IDEAS WILL BE CONSIDERED, HOWEVER DUE TO SIZE OF THE PROJECT ALL IDEAS MAY NOT BE INCORPORATED...

THERE WILL BE LOTS MORE ABOUT THIS PROJECT IN THE NEXT FEW WEEKS_ CHECK THE GOAL POST, FACEBOOK, ROWE TOWN HALL AND ROWE LIBRARY.

> THIS PROGRAM IS FUNDED IN PART BY A GRANT FROM THE ROWE CULTURAL COUNCIL, A LOCAL AGENCY WHICH IS SUPPORTED BY THE MASS CULTURAL COUNCIL, A STATE AGENCY.

What is a MOLST form??

MOLST stands for 'Massachusetts Medical Orders for Life-Sustaining Treatment'. It is a document that can be very helpful in planning for the future when an individual has advancing illness(es). A MOLST form must be filled out in the presence of/concurrently with a Doctor, Physician Assistant or Nurse Practitioner. A MOLST is:

- A *medical* document that may be used in the context of advance care planning
- Suitable for patients of any age with an advanced illness
- Based on a patient's current health status
- Valid medical orders for life-sustaining treatments
- A portable document that is valid across care settings

See below table for the differences between a MOLST and a Health Care Proxy

	MOLST	Health Care Proxy
Form Type	Medical document	Legal document
Form Users	Patients of any age with an advanced illness	All adults (age 18 and older) healthy or sick
Form Contains	Current medical orders about life-sustaining treatments	Name of the person's appointed health care agent(s) for future shared decision making
Form Signer(s)	The patient and clinician	The person and two witnesses of their own choice (not the health care agent or alternate agent)

Who is suitable for a MOLST?

Patients of any age with an advanced illness including, but not limited to:

- Life-threatening diseases
- Chronic progressive diseases
- Life-threatening injuries
- Medical frailty
- Any patient suitable for considering DNR (do not resuscitate) order

What happens after a MOLST is signed?

- The original MOLST form stays with the patient.
- The MOLST form should be placed where it can be easily located (e.g. on the refrigerator, at the bedside). The document is usually a bright pink or orange color, making it easy for first responders to see.
- The form should go *with the patient* to all care settings and during any trips/appointments outside the home.
- Family and caregivers should be informed about the MOLST form, its contents, and where to find it.
- Copies of the MOLST *are* valid; make copies for all the patient's health care providers.

How do I change or Void a MOLST?

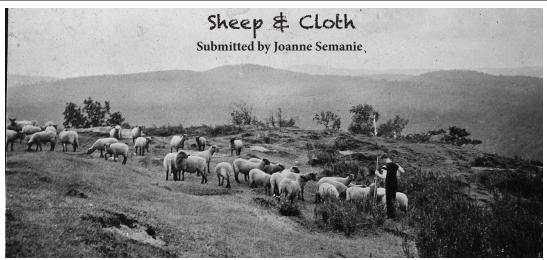
- Any change to the MOLST form requires the form to be voided and a new form created (and documented in the electronic health record).
- Write 'VOID' across pages 1 and 2
- <u>all copies</u> of the outdated form must be destroyed- it is best practice to discuss your change in your MOLST form with your health care provider prior to voiding the MOLST.
- If a new/amended MOLST would like to be completed, the same procedure to create the original MOLST form must then be followed.

The most important point to understand is that this is YOUR life and YOUR health care decisions so why not make them blaringly obvious for all around you what your wishes are!

Next month I will write about Health Care Proxys and their importance so stay tuned!

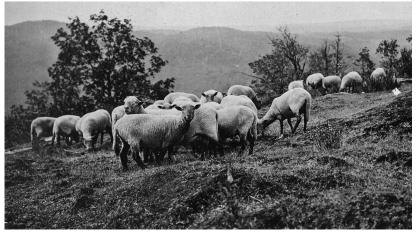
A new emergency preparedness survey has been sent out- please fill out and return as soon as possible (even if you did one last time). We would all like to keep the records up to date in case of an emergency. Thank you for your help with this.

submitted by Rachel Lewis, Town Nurse



Veber Sheep on top of Negus

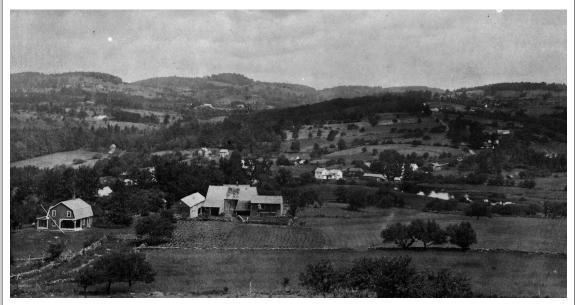
Despite all of the industry we read about in our local history the fact remains that for the first century or more of settlement Rowe was a town of farmers, most notably sheep. One of the reasons for that was the ability to sell fleeces locally to a textile manufacturer. In 1837 when Franklin Manufacturing (Satinet Factory) was really coming into its own there were 2,026 sheep in town. 302 Saxony producing 830 pounds of wool, 1630 Merino producing 4,890 pounds and 364 other kinds producing 1,274 pounds. That's a total of 6,994 pounds of wool for one year. That year the satinet factory consumed 7,500 pounds. The total value of the wool was \$4,249 or \$.60 per pound. Eight years later there were 2,010 sheep – a drop of only 16. Most of them were merino producing a total of 5,600 pounds of wool. The interesting part is that the wool was valued at \$2,000. They were producing just a little under what they had produced just a few years earlier but were being paid \$.35 per pound - half the price. That year the satinet factory consumed 40,000 pounds of wool. They had to be buying it far and wide at this point.



Sheep with the best view in town

By 1855 there were only 749 sheep producing 2674 pounds of wool with the factory using 4,000 pounds to produce 12,000 yards of fabric. In 1865 the population of sheep had once again grown to 4,632 with a value of \$3,414 but the satinet factory had only produced 300 yards. Satinet was a sturdy, inexpensive fabric most often used in men's trousers or coats, it was also used as a lining in coats and jackets. Manufacturing censuses from 1860 show John Ballou the town's merchant tailor purchased 100 yards of satinet for the lining of coats – he also purchased 225 yards of broad and full cloth which was a finer all wool cloth for the coats themselves. Interestingly it is noted that all work was hand done.

In the late 1840's the increasing popularity of imported textiles took its toll on the manufacturing of satinet. Fine woolen broad cloth continued to be manufactured in many towns all over New England but the satinet mill would have had to upgrade its machinery and it would appear that Stephen Day either didn't have the capital or desire to do so. By 1890 the factory building had fallen into ruin and was demolished.



View from Kings Highway towards the center of town.



Open Space and Recreation Committee Update

The Open Space and Recreation Committee (OSRC) is rolling out a very **short survey** to Rowe residents and landowners seeking input on which initiatives townspeople would like the committee to prioritize in 2025. The survey will be posted on the homepage of the town website, and paper copies will be available at the Library, Town Hall and Refuse Gardens. It can also be accessed through this link <u>https://forms.gle/9TpH9FP1M7nXZeMNA</u> and through the QR code accompanying this article. The survey will close on February 20th. As an all-volunteer committee, we want to ensure we are devoting our limited time and resources to those efforts that matter most to members of our community, so please take the time to submit your survey responses!

Our January meeting was the last for committee member Alex Reisman. One of the founding members of the OSRC, Alex joined the committee in January 2022 and was integral to the conceptualization, creation and successful completion of Rowe's comprehensive Open Space and Recreation Plan. Alex's contributions as part of this committee promise to benefit our community for years to come, and the committee sincerely thanks her for her service to Rowe.

Alex's tenure with the OSRC is a prime example of how much impact individuals on the committee can have on our town's future. Committee members have unparalleled opportunities to **learn new skills, get to know new people and conservation agencies, come up with creative new ways to improve our town's recreational resources, and even become involved in potential land acquisition opportunities**. Furthermore, **participation on the committee is flexible**, and the amount of time and personal commitment by individual members is based on what works best for them. If this piques your interest, or if you are interested in conservation, community

recreation or climate change mitigation and adaptation, **consider joining the OSRC**! Curious but not sure you want to commit? Feel free to stop by the next committee meeting on February 21st to introduce yourself and see what we are about!



Submitted by Amy Trevvett

** Council on Aging is Blazing Through the Winter**

In January the COA held its monthly Third Thursday coffee morning back in the comfort of the Town Hall. We were so pleased to have our wonderful Donna Butzke lead us in our transformative journey with vision boards to start our year off right! Thank you, Donna, for your skill and expertise in this beautiful project. Thank you to BJ for picking up the irresistible buns from the Jacksonville bakery and for Diane baking homemade banana bread. The COA also hosted a few members from Lifepath at our last meeting. We are continuing our work to help build bridges that will allow us to help seniors in our community. We would welcome ANY resident who would be willing to volunteer time to assist seniors (in various ways) to reach out to any COA member or the Town Nurse Rachel. Let's band together and make this community even stronger and more resilient than it already is!

UPCOMING ACTIVITIES

- Walking Club will run each Monday in January starting February 3rd at 10am. The walk will be 1-1.5 hours of moderate intensity so make sure to bring good walking shoes. We have done some spectacular walks in Rowe so far- come join us and see what this beautiful town has to offer! Don't forget your boot spikes and a walking stick for the winter months- MEET AT THE TOWN HALL! No need to sign up- just show up! ** In the case of inclement weather, the walking club MAY be cancelled. Use your best judgement for your own safety**
- Fitness Club with Deb Lively- every Monday and Wednesday in February and March, join us from 230-4pm in the fitness center at the Town Hall for circuit training, balance training, weight training, personalized training plans and modifications, stretching and more. You can sign up with Rachel, the Town Nurse, or just show up to the program.
- February Third Thursday Coffee Morning: The COA will continue to bust through these cold winter months with an informative presentation from Deirdre Gleason, an attorney at the Western Mass Estate Planning office in Shelburne Falls. She specializes in estate planning, elder law, and estate settlement. Bring your questions!
- Bowling- Come bowl away your winter blues! The Council on Aging will host free bowling for seniors at the Shelburne Falls Bowling Alley (self-transportation or transportation with a friend required).

Continuing in February on Thursdays February 6th and February 20th from 3 to 5 p.m. If enough people continue to come, we will keep the program going through the winter. There is no longer a required sign up, but for any questions please email BJ Roche at <u>roche.bj@gmail.com</u>

Foot Clinic Reminder: The COA has started a \$20 voluntary donation for each Foot Clinic appointment to help offset the rising cost of the clinics and individual appointments. If this is something you can afford, we would welcome your donation to help the Foot Clinics continue to run. This can be paid in cash or check (payable to 'Town of Rowe'). Thank you for your understanding and generosity!

**The COA is currently looking for new members—Are you a positive person with great ideas? Come and join the COA and put your good energy and good ideas to good use! **

Rowe Historical Society



Join us to Welcome Ground Hog Day by taking a look at our new website: www. rowehistory.org. (What else can you do in the cold?) Take a trip back in time; in your car or on your couch! The website highlights the historical markers around town and tells the story of each site. Be sure to enjoy Joanne's stories of our town's past and the lives ancestors lived.

Use the QR code to take you directly to the website!



And while you're at it, visit our Facebook Page: Rowe Historical Society.



photo by Hannah Morano

submitted by Wayne Zavotka

Simple Things That Bring Me Joy (submitted by Kathy Atwood) My lighted Christmas Tree decorated with my family and Disney ornaments Any minute I get to spend with my grandchildren Walking the trails with Ron and Bruiser Spotting eagles that swoop down on Pelham Lake Bowling with the COA and remembering how much I enjoy it The feel and smell of freshly fallen snow Checking out a new book in our lovely Rowe library and sitting by the propane stove to read it The view from my porch and leather couch in my garage in all the seasons

Simple Thngs That Bring Me Joy

(submitted by Bruiser Atwood (a dog's perspective))

Snacks, snacks, and more snacks Walking the trails around the lake Eating freshly fallen snow Barking (a lot) when people pass by, drive by, or visit Being with my dad (Ron) anytime and anywhere Getting treats when I visit friends at the Town Hall Visits from Ivy Rose



Vitamin Joy!

One of the most important goals in life should be feeling and expressing joy. I propose a column devoted to raising joy in ourselves, our family, town and further. We welcome all stories you would like to share that inspire joy and kindness that you have experienced.

Please submit your stories, ideas, lists, recipes, or memories to: adminasst@rowe-ma.gov

Food Pantry Donations



A HUGE THANK YOU TO ALL THAT HAVE DO-NATED AT THE TOWN HALL AND LIBRARY.

We have decided to leave the donation boxes up through the year to make giving easier.

Donations for the Good Neighbors Food Pantry will continue to be accepted at the Town Hall and The library. Your donations of non-perishable items for distribution at the Charlemont Food pantry are greatly appreciated.



The PTP would like to thank all the residents who contributed to the can and bottle collection at the refuse garden throughout the year. Your donations and the help of Matt Stein delivery brought in over \$1200 to the PTP.

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
- 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	Wed-Thurs 8am-1pm
Board of Health	105	boh@rowe-ma.gov	Tues-Thurs 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 5:30pm-7:30pm
Public Safety Adm	115	publicsafetyadmin@rowe-ma.gov	Mon, Tues, Thurs 8:30-3:30

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, 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

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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.

> 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.