Volume 45 Issue 11

Established 1975

The Rowe Goal Post

November 2026



photo by Claudine Poplawski

Town Clerk News

Submitted by Meg Pallotta

Upcoming State Election – November 3, 2026

The upcoming State Election will be held on Tuesday, November 3, 2026, from 7:00 AM – 8:00 PM at the Rowe Elementary School located at 86 Pond Rd. School will not be in session that day, so there will be plenty of parking available for voters.

Vote-by-mail ballots have been mailed to voters who requested them. However, as of this writing, fewer than half of those ballots have been returned. If you have received a vote-by-mail ballot, please be sure to return it! To ensure your vote is counted, your completed ballot must be received at Town Hall no later than 8:00 PM on November 3, 2026. For your convenience, ballots may be placed directly into the secure drop box located outside the Town Hall entrance.

Election results will be posted on the Town of Rowe website shortly after the polls close and will also be published in the December edition of the Goal Post.

Thank you to everyone for taking time to participate in this important election!

The Town Hall has recently finished its records maintenance project. The Town would like to thank Sue Vight, Records Maintenance Manager, for the great job she did organizing, recording, and cleaning up all the stored record boxes housed in our attic. Sue has worked part-time for the Town for the last year and three months, putting together an organized handbook of all our documents and maps for easy access. Great job, Sue!

The Town Hall would also like to thank the Highway crew and our Custodian for helping clean out our attic and organize the items that go back up. Thank you to Amanda, Joel, Eric, Lance, Ken and Nurse Rachel for all the teamwork. We really appreciate the help and positive attitudes of everyone who helped with this project!

submitted by Donna Butzke

The Town of Rowe Highway Department would like to officially welcome 2 new road crew employees. Joel Pazsko started last year in September and Eric Vazques started in July of this year. We are grateful to have these two new town employees. We hope we are fortunate to have them work here for many years to come.

submitted by Donna Butzke

Pumpkin Pie Cheesecake

Crust :

1 cup graham cracker

1 cup ginger snap cookie

1/3 cup butter

¼ cup sugar

Process graham cracker and cookies to sand-like consistency in food processor. Add sugar and process again, about 10 seconds. Add melted butter and process until well combined. Transfer to a springform pan, using the bottom of a cup to press well into bottom and slightly up sides. Bake at 350 for 10-15 minutes, until slightly browned and fragrant.

Cheesecake:

24 oz cream cheese

6 eggs

16 oz sour cream

1 TBS lemon juice

2 TBS corn starch

2 ts vanilla extract

1 ½ cup sugar

It is very important the cream cheese is at room temperature before beginning the cheesecake batter – I leave mine out at least 2 hours. In the bowl of your stand mixer beat together cream cheese, sugar and corn starch at medium speed. Once smooth, add vanilla and lemon juice, mix to combine. Scrape down the sides of your mixer well and begin adding eggs 1 at a time. Scrape down the sides again before adding sour cream and mixing a final time.

Pumpkin Pie:

1 can (15 oz) pumpkin

1 can (12 fl oz) evaporated milk

¾ cup brown sugar

½ tsp salt

3 tsp pumpkin pie spice

2 eggs

Beat eggs in a large bowl before adding pumpkin, sugar and spice blend. Mix well, then slowly incorporate evaporated milk.

Once both pie fillings are prepared, gently ladle into prepared springform pan, alternating between cheesecake and pumpkin pie filling to create a marbled effect. Bake at 350 for 1 hour inside a water bath for best results. After 1 hour, the filling should have a slight wobble in the center but be mostly set around the edges. Turn off the oven, leaving the cheesecake to slowly cool with the door shut for an additional 2 hours before removing and refrigerating overnight.

This cheesecake recipe comes from my grandmother, Bernice, owner of the Rebels Restaurant in Charlemont. The pumpkin pie recipe is from the Libby's can. I did not reduce either recipe from their original amounts, so there will be enough filling left over to make a smaller Pumpkin Pie Cheesecake. Amounts can be reduced 75 percent to make just one 9 or 10 inch cheesecake.

Submitted by Briel Gibson

The Grow Rowe Committee appreciates everyone who has given and received produce via the farm stand at the Town Hall this season. Thanks to those who have contributed and thanks to those who aren't letting this homegrown bounty go to waste.

We'd also like to appreciate everyone who attended our first (but certainly not last) event on September 12. Many friends and neighbors came out to be part of the Grow Rowe community, several arriving with things to share and everyone leaving with shared items.

Among the long list of produce were tomatoes, garlic, peaches, squash, zucchini, herbs, kale, chards, and lettuce. There were also plants and flower arrangements, homemade eggplant parmigiana dinners, homemade jam, pickles, pesto, and zucchini bread. People enjoyed chatting and being together and the atmosphere was festive and kind. We are humbled by the beautiful comments of gratitude and appreciation, and look forward to our next time together.

The committee is considering hosting a similar event in November. Stay tuned for updates. Keep your eye on our FB page and flyers in town to learn about future events, including our upcoming Community Potluck happening in January. All are welcome to attend our planning meeting in November.

A special thank you goes to the Rowe Center for allowing us the use of their kitchen for canning and preparing food.

What a wonderful community! We are so glad to call you neighbor.

The Grow Rowe Committee: Teresa Aguinaldo, Donna Butzke, Hannah Morano, Jane Kaufman, Justine Krumm, Pat Gonder, Herb Butzke, Matt Stine, Briel Gibson, and Kevin Balawick.











Rowe Town Library News

Submitted by Molly Lane,
Library Director

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

UNDER CONSTRUCTION- LIBRARY ADDITION & RENOVATION UPDATE

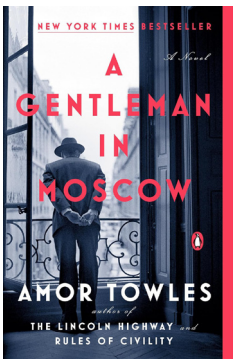
Forms have been placed and concrete has been poured. Pretty soon it will start looking like a building.

We will be CLOSED November 1st - November 16th and will re-open in the Town Hall starting on November 17th.

Thanksgiving hours will be 12pm-4pm on Wednesday, November 25th and we will be closed on Thanksgiving day (November 26th)

Upcoming Events:

Book Chat: November 19th @ 5:30pm - "A Gentleman in Moscow" by Amor Towles - Pick up a copy and join us in the Town Hall!



In 1922, Count Alexander Rostov is deemed an unrepentant aristocrat by a Bolshevik tribunal, and is sentenced to house arrest in the Metropol, a grand hotel across the street from the Kremlin. Rostov, an indomitable man of erudition and wit, has never worked a day in his life, and must now live in an attic room while some of the most tumultuous decades in Russian history are unfolding outside the hotel's doors. Unexpectedly, his reduced circumstances provide him entry into a much larger world of emotional discovery.

HAVE YOU HEARD?

THE LIBRARY IS MOVING

(JUST FOR A FEW MONTHS)

CLOSED

TUES NOV. 3 -
SAT NOV.14
FOR PACKING & MOVING

OPEN

[AT] 2ND FLOOR
ROWE TOWN HALL
TUES. NOV 16TH

OPEN HOURS
REMAIN THE SAME
FOR TOWN HALL
LIBRARY
LOCATION



ROWE ELEMENTARY SCHOOL



I can't believe October is almost over and we are 1/4 of the way through the year. It felt like just a few short weeks ago that we started school. October has been a busy month focusing on academics but the student also found time to build scarecrows to place near town near town hall. If you have a chance, please stop by and see them. They are all based on book characters this year.

October saw students participating in Adventure Day again, over at Pelham Lake Park where they hiked, worked together building forts, did art in the woods using natural materials and participated in all school activities. We were also lucky enough to have members of the Rowe Fire Department here this month to visit with each class. They answered questions, discussed fire safety, and brought a truck for the students to explore. We are grateful to our local firefighters for sharing their time and knowledge with our students and for all they do to keep our community safe!

Classes have completed their Benchmark Assessment tests of reading comprehension and reading fluency. These tests are administered throughout the school year to give teachers feedback on how their students are performing and as a tool to boost student achievement. These tests, in addition to in-class observations and student-teacher conversations, help teachers form groups of students who are currently at the same instructional level for reading and math. This is, of course, in addition to the teaching and learning that is going on every day at the school.

As mentioned previously, outdoor learning also continues to be a big part of how we engage and educate our students, even as the weather turns colder. Most of the classes have been making regular use of the outdoor classroom, it's exciting to see so much learning going on outside the school building.

Family Conferences happened at the end of the month: parents and guardians met with the teachers about how best to help the students learn together, more math, reading, science, social studies, Spanish, art, music, and PE.

The PTP helped organize the annual Tailgate Trunk or Treat the Friday before Halloween, followed by a Community Pot Luck. We also had our monthly Community Lunch on October 21st. The meatloaf dinner was delicious. Join us for our next Community Lunch on Wednesday, 11/18, 11:45 - 12:30 where we will have our Thanksgiving dinner of turkey, stuffing, gravy, mashed potatoes and cranberry sauce. If you plan to attend, as always, please let Laurie know by Tuesday 11/17, so Kelly can have an accurate count for the meal.

Finally, I encourage you to participate at the school, on whatever level you're comfortable with. Attend meetings, volunteer or observe in classrooms, join the Parent Teacher Partnership…be a part of the Rowe School. If you have questions or are interested, please call me at 413-512-5100. You can also email me at jfriedman@roweschool.org. I look forward to hearing from you.

submitted by Jon Friedman



** Council on Aging – Blustery Days of Fall**

In October, the COA hosted Randy Prostak and he enlightened us with a very informative presentation about Japanese Knotweed! We all learned so much and would like to sincerely thank Randy for joing us. Thank you to our wonderful bakers who satisfied our apple cravings with their goodies! Please let us know if our programming is educational and pertinent to you OR if you have any specific requests for programming you would like to see offered in the future!

UPCOMING ACTIVITIES

WALKING CLUB: Due to the falling numbers in our beloved program, walking club will be put on hold for the time being and possibly start back later in the year or early next Spring.

Exercise for All! : The Council on Aging is inviting residents of ALL ages to participate in a new exercise program offering- ***'Stretch & Strengthen'*** is a class series that will start at the beginning of November and continue for 6 weeks. The class will utilize weightlifting elements along with weight bearing stretching to enhance flexibility, muscle/bone strength, and balance. This class series is offered FREE for all ROWE RESIDENTS ($5 for non-Rowe residents). **Participants will need/are encouraged to have: 1 ankle weight- 1-5lbs (or an adjustable ankle weight would be best) and 1-2 sets of light dumbbells (2-5lbs)**

The class will be held on Zoom on Tuesdays from 8:30am-9:30am starting Tuesday, November 3rd. Please contact Donna or Rachel at the Town Hall for more information and to be put on the email list!

BOWLING HAS RETURNED!- For all you avid bowlers out there- BOWLING IS BACK! Join other COA members on Wednesdays from 3-5pm at the Shelburne Falls bowling alley- Please contact Steve Lattanzi at pickleballstefano23@gmail.com for more information.

November Third Thursday Coffee Morning: Thursday, November 19th is mystery coffee morning- from 10am-12 noon, you can expect games, puzzles and social for sure! There may be an added craft AND as always some goodies, coffee/tea, and people to chat with!

DECEMBER LUNCHEON SAVE THE DATE- Time flies so save the date for our annual holiday luncheon on December 4th from 12-2 at the Rowe Camp and Conference Center! This year the 'Jazz Queens' will put us under their spell while we share a delicious meal together.

Winter Gardening Series: Gardeners, mark your calendars! The Rowe Council on Aging will host three online lectures this winter focused on gardening, followed by an English tea. These talks are produced by Fine Gardening magazine, and we'll watch them upstairs on the big screen at Town Hall. Save the dates: ***Wednesday, January 13***, ***Wednesday, February 3***, AND ***February 24***

Each talk will be followed by discussion and tea and scones, so bring your finest tea cups and your 2027 garden plans.

These events will run from 3 p.m. until 4:15 and they're free. We hope you'll come out to learn from the best and share your 2027 gardening dreams. You can let Donna or Rachel at Town Hall know if you will be coming.

Memory Café and Caregivers Support Group: The Shelburne Senior Center is offering two helpful resources for residents who are caring for seniors. The Memory Café is held on the third Friday of each month from 12 to 2, and offers a healthy lunch, a speaker or entertainment, and camaraderie for seniors and their caregivers. Also, the center offers a Caregiver Support Group on the first Monday of the Month, at 2 p.m. Both these resources are offered for free, and the center requests that you sign up a day or two ahead of time by calling 625-2502.

submitted by Rachel Lewis

EXERCISE FOR ALL

The Council on Aging is inviting residents of ALL ages to participate in a new exercise program offering- ***'Stretch & Strengthen'*** is a class series that will start at the beginning of November and continue for 6 weeks. The class will utilize weightlifting elements along with weight bearing stretching to enhance flexibility, muscle/bone strength, and balance. This class series is offered **FREE** for all ROWE RESIDENTS ($5 for non-Rowe residents).

The class will be held on Zoom on Tuesdays from 8:30am-9:30am starting Tuesday, November 3rd. Please contact Donna or Rachel at the Town Hall for more information!

submitted by Rachel Lewis

Milkweed!



photo by Meredith Sokol

FRTA Demand Response

What is the FRTA (Franklin Regional Transit Authority) Demand Response? It is a reservation-based, curb-to-curb public transportation option, designed for specific Franklin County residents. It is a wonderful service that may be helpful to many seniors or veterans in town, allowing them to get to places, when transportation may be difficult.

Who is eligible for FRTA Demand Response?

- Persons 60 years or older
- Nursing home residents
- Veterans with a disability rating of 70% or greater

When is the service available?

- Monday through Friday 5:30am- 7:30pm
- Saturday and Sunday 9:30am-5:30pm

**all subject to availability of vehicles and drivers

How do I access this services?

- Prior to being transported, an application needs to be completed AND approved by the FRTA office.
- You may obtain a copy of the application by calling (413) 774-2262 OR download it from the website: www.frta.org
- Once approved, a Demand Response informational packet will be forwarded to you with instructions on how to use the service.

How do I schedule a trip?

- You must call the FRTA customer call center at (413) 774-2262 ext 0.
- Please give as much notice as possible when scheduling, so every effort can be made to accommodate your trip.

What if I need assistance?

- The Demand Respond service is curb-to-curb and the drivers will assist you into the vehicle and again when disembarking, but they CANNOT assist you in or out of your home.

- Drivers can also NOT assist with carrying groceries or other parcels, so it is advised to bring only what you can carry.
- If you need assistance, the FRTA allows you to have someone travel with you. There is an escort/PCA fee of $.75 for each trip and they must be there to assist the passenger with the trip (not to do their own errands).
- All vehicles are wheelchair accessible and have lifts to accommodate mobility disabled consumers.

Do I have to purchase a ticket?

- ALL FARES have been suspended for Demand Response service eligible consumers through June 30th, 2027

FRTA also offers a Med-Ride program (run by volunteers)- Please call FRTA at (413) 774-2262 or visit their website at www.frta.org for more information about Demand Response and/or Med Ride!

***Flu Shots are still available in-office with the Town Nurse-**

contact Rachel for more information**

submitted by Rachel Lewis



photo by Claudine Poplawski

PELHAM LAKE PARK NEWS



photo by Claudine Poplawski

A Reminder from the Park

With an increase in horseback riding at Pelham Lake Park, we'd like to remind visitors of the rules regarding horses on park trails.

As outlined in the *Rules Governing the Use of Pelham Lake Park*:

> The following trails are approved for horseback riding at the park: Williams Trail, Sabrina Rice Trail, Davis Mine Loop, Davenport Trail, 1792 Trail, and Old Kings Highway.
>
> Horseback riders must stay on these designated trails.
>
> Horses are not allowed on any bridges within the park boundaries, as they are not rated or considered safe for a horse's weight and may be slippery when wet.

As fall comes to a close and we look ahead to winter, we'd also like to remind trail users of the designated trails open to snowmobile use: Davis Mine Loop Trail (to the bridge crossing Davis Mine Brook), Sabrina Rice Trail, Williams Trail, Sibley Trail, Percy Brown Trail, and Old King's Highway Trail.

Thank you for helping us keep Pelham Lake Park safe and enjoyable for everyone. We appreciate your cooperation in following park rules and respecting designated trail uses!

submitted by Briel Gibson, Park Manager

West Woods Conservation Land Public Opening

and Dedication Held on October 6th

The Open Space and Recreation Committee (OSRC) hosted a formal opening and dedication of the Town's most recently acquired conservation land on October 6th. Area residents and members of the Park Commission and Selectboard joined the OSRC and conservation partners from Mass Audubon, the Open Space Institute, and the Franklin Land Trust to celebrate the conservation of this 182-acre parcel located on Tunnel Road, which is now named West Woods Conservation Land.

The celebration included a dedication to the memory of Dave Rothstein of Mass Audubon, who was instrumental in enabling conservation of this land. His sister, Pamela Rothstein, came for the ribbon-cutting and dedication ceremony and accepted a replica of the property sign in his honor.

OSRC Chair, Justine Krumm, noted, "A grant application or conservation proposal does not become protected land without a community willing to stand behind it…The Town made a deliberate choice to invest in conservation—not simply for ourselves, but for people we will never meet…that is worth recognizing."

The general public is welcome to visit and enjoy West Woods anytime from dawn to dusk and will find newly blazed trails – Woodland Walk, Vesper Woods, and Rothstein Ridge – meandering through a portion of the property. The OSRC intends to evaluate the opportunity for additional trails in the future and expects to steward the property in partnership with the Park Commission and other volunteers.

For questions about the West Woods Conservation Land, a copy of the trail map, or to volunteer, contact the OSRC at openspacerecreationcommittee@gmail.com.



submitted by Amy Trevvett



As you start bundling up for winter, consider wrapping some of the younger trees in your yard or woods, too! Don't worry, you don't need to knit them a full scarf and mitten set—all you need is some inexpensive kraft crepe paper tree wrap or burlap strips.

Protecting young trees from winter sunscald helps prevent their bark from cracking during freeze-thaw cycles. Often called "southwest injury," this happens when the low winter sun—combined with bright reflection off the snow—bakes the side of a young tree. This solar glare overheats the fragile growing tissue inside. When the temperature drops rapidly at night, that damaged tissue can't expand and contract naturally, causing a long vertical crack on the southwest-facing side of the trunk. Thin-barked, smooth tree species—like maples, quaking aspens, birches, beeches, and cottonwoods—are especially vulnerable.

Wrapping your trees also deters hungry winter wildlife! When standard food stores run low, small critters like rabbits, voles, and squirrels will gnaw on lower bark to reach the sweet sap flow inside. Meanwhile, larger animals like deer love to nibble on tender young limbs and buds. Wrapping from the base of the trunk up to the first set of branches protects those succulent areas from severe damage.

You can find 3-inch by 50-foot rolls of kraft paper wrap at your favorite local garden center or the Greenfield Farmers Cooperative. To apply it:

Start at the bottom: Begin at the very base of the trunk, overlapping the first wrap three times.

Wrap upward: Spiral your way up the trunk, overlapping the paper as you go.

Secure the top: Simply tuck the end in tightly at the top—never use nails or staples on a tree!

White plastic tree guards work well, too, but avoid black plastic at all costs, as it absorbs too much heat. (And while folks used to paint young trunks with white latex paint, that method has fallen out of favor—probably due to paint prices these days!)

The most important rule: Be sure to remove the wrap in early spring before the buds break! If left on, the wrap can trap moisture, attract pests, or choke the tree as it begins to actively grow and breathe.

Most trees only need wrapping during their first 2 to 3 years, depending on the species and how exposed they are to the winter sun. Once they develop thick, furrowed bark, they can handle the season on their own.

Of course, if you still want to knit your trees a scarf and mittens, I'm sure they'd appreciate the thought... just be sure to avoid dark colors!







submitted by Connie Englert, Tree Warden



photo by Claudine Poplawski

Even though all the pies at the Fall-a-Palooza pie cook-off were delicious, the winner was Briel Gibson with her scrumptious Pumpkin cheesecake pie. (See the recipe!) Congratulations Briel!

The winners of the scarecrow contest from Rowe Elementary School were the students who made Scarecrow Flat Stanley. Thanks to all the students for their participation.

-submitted by Cyndie Stetson

The harvest of my midnight pumpkin crop (with Finn the shark in the background).



photo by Patrick Gonder

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	Mon 8-12, Thur 5pm-7pm, & by Appt
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	Tues/Wed 2-4pm, Thur 10-12pm
Tax Collector	106	collector@rowe-ma.gov	Tues/Wed 2-4pm, Thur 10-12pm
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	by Appointment Only
Public Safety Adm	115	publicsafetyadmin@rowe-ma.gov	M&W 3pm-9pm; Fri 7:30-3:30

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, Jon Friedman	1	jfriedman@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

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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.