Welcome to the August issue of the Goal Post. You may notice that it looks a little different than usual. As the new editor, my goal is to provide a newsletter that is not only informative but a pleasure to read and look at. I would like to include articles and information that bring us together as a community, much as pot-lucks used to do when I was growing up here in town. I will be experimenting with different formats and topics over the next few months to see what works and what doesn’t. I can’t please everyone, but I would love feedback from you. After all, this newsletter is for all of us. If you have other ideas, I’d be interested in hearing them. You can message me with ideas, comments and pictures at GoalPostEditor@gmail.com. I can’t guarantee that I will use them, but I will consider them all.

The Goal Post will be available on-line on the Town’s website on the 1st of every month, with paper copies being sent out thereafter. To all of you....Enjoy!

Sue Williams, Editor
**Selectmen’s News**
Submitted by Chuck Sokol, Chair

The Board of Selectmen would like to welcome the new Goal Post Editor, Sue Williams, and are excited for the continued growth of the Goal Post in its new place under the purview of the Board. We would like to thank the Planning Board for the many years of supervision of the Goal Post, and would like to thank Douglas Wilson for his contributions to this publication.

The Board of Selectmen, with our new member Ed Silva, has a full docket of business to attend to over the next few months. The board is hoping to get to as much new business as possible before the budgeting season begins later this fall. Some items that are either continuing from previous work or are just emerging as important topics include:

**Acquisition of Grant Money:** The new administrative assistant, Paul McLatchy III, is working towards getting grant funding for a variety of projects. We expect that he will soon begin working with other boards/committees to help find and apply for grants specific to their interests. Our hope is that this position, in addition to the many administrative duties it assists with at the town hall, will bring in as much grant money as possible.

**Repairs to Yankee Road:** Last term, the BoS and several other boards sent a letter to each state and federal agency that had any relation to or interest in infrastructure or nuclear regulation expressing our concerns about the cost of repairs to the road. So far, responses have come from several agencies expressing support for the project, but none as of yet has offered financial assistance.

**Town IT Systems and Policies:** We are working with our IT provider to make sure that our town center has appropriate computers and software to meet our needs, as well as keeping an eye towards coming into full compliance with record retention laws concerning electronic documents, including e-mail.

**Emergency Action Plans:** In addition to working with other Deerfield River Valley towns on an emergency action plan related to the several reservoirs along the Deerfield River, the board is working to finalize an emergency action plan for the two dams that we have within Rowe along Pelham Brook.

**Employee Handbook:** The BoS plans on doing a full review of current employee policies, procedures, and written documentation thereof over the next few months to determine what, if any, changes or updates are warranted.

**Cannabis Cultivation:** The BoS plans on discussing what, if any, purview this board has over the possibility of any future cannabis cultivation within town borders. We expect many responsibilities will fall to other boards, and expect to assist those boards in whatever ways are appropriate should those boards decide to explore what, if any, town regulations, procedures, or otherwise would be appropriate. At this time, there are no known cultivators interested in operating within Rowe, but the board is hoping to address this issue before any such interested party emerges.

**Bylaw Committee Recommendations:** The BoS will be referring the recommendations of the Bylaw Committee to town council and, depending on the guidance of town council, may authorize the Bylaw Committee to move forward with public hearing about any potential substantive edits, deletions, or additions to the town bylaws. The BoS will not be submitting any substantive bylaw changes to the town at a town meeting until after a public hearing is completed by the Bylaw Committee.

**Town-Wide Calls/E-mails:** The BoS will be discussing the frequency and appropriate use of the town-wide robo-calling and robo-emailing system.

**Broadband Hut Beautification:** While the Rowe Municipal Light Plant, Sertex, Whip City Fiber, and Wired West near the end of the broadband construction project and enter into the general operation of the Rowe municipal fiber network, the BoS will begin having discussions about possible aesthetic additions to the broadband hut to help it fit in more with the town center architecture.

**Street Lights:** Earlier this summer, several street lights near the center of town were discontinued in an effort to reduce light pollution and to save on the annual cost of those lights. The BoS may continue exploring which other lights in town may be discontinued. If additional lights are considered, notices will be sent to property abutters for a hearing prior to any decisions regarding being made.

**House Burning:** The BoS will be working with town council and the fire department to potentially move forward with fire department training on a building offered to the town for burning.

Although this is not a comprehensive list of upcoming or ongoing business, these topics will likely be discussed at future meetings. For specific dates that these or other topics may be discussed, please refer to the posted meeting agendas.

If you have any questions, comments, or concerns about these or any other issue, please write to the Board of Selectmen at 321 Zoar Rd, e-mail the executive secretary at admin@rowe-ma.gov, or by coming to a meeting.
**Town Clerk**  
Submitted by Paul McLatchy III

Well, after a month on the job, I only have three words to say: Holy paperwork, Batman! I never realized just how many pieces of paper make their way through this office each day. Sometimes I wonder if I have half a forest sitting in the room with me!

While there is still a long way to go before it’s finished, progress is being made in the digitization of records. I was able to purchase a desktop scanner at the end of the fiscal year, and now all records entering this office are scanned before they get filed away. This not only means that they are more easily accessible and quicker to find, but it also means we don’t have to use our limited fireproof storage space to keep them. Plus, if they’re ever lost or damaged, we can just print out a new copy!

Now that things have settled down in my life, I can post regular office hours at the town hall. Until further notice, my typical office hours will be 7:00-8:00 AM and 4:30-5:30 PM on Monday, Tuesday, Thursday, and Friday of each week. I understand that these hours may not work for everyone- I am always willing to make an appointment. If you have a simple (5 minutes or less) matter, you can also catch me down the hall between 8:00-12:00 and 12:30-4:30 on Monday, Tuesday, Thursday, and Friday. More time-consuming matters will need to be dealt with during regular office hours or by appointment. At this time, I will not be holding weekend office hours except by appointment.

I was recently appointed and sworn in as a notary. This service is available to residents at no charge during my regular town clerk office hours. Advance notice is not required, but certainly appreciated. Even though I know most people in town, I do request that everyone seeking to have a document notarized bring an ID with them for proof of identity.

Lastly, as I am in the town hall four days a week, I respectfully ask that people not contact me at home as I am not usually there. If you must get in touch with me on a day I am not in at the town hall, please call my cell phone (413-768-8971) and leave a message, or email me at pmclatchy@hotmail.com, and I will try to get back to you as soon as possible.

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**Rowe Broadband**  
Submitted by David Dvore, MLP

At the time of writing this, the distribution network throughout town is complete, except for some minor fixes that should be completed by the time you read this. We’ve been installing service to households that have signed up. They’ve only been scheduling one technician to do 3 per day, but we’re hoping to increase the pace. Installations where the phone lines are currently underground are more challenging and the process for handling those is being worked out. An initial visit will determine whether there is usable existing conduit or not. If not, then we either have to go overhead if there is a pole within 170 feet of the house, or else bury new conduit. The latter a complicated and expensive process, so we’re hoping not to have many of those.

The reviews from those who have received service are good. The customer service and installers all seem very helpful and considerate. The speeds are amazing, generally limited only by the connected devices rather than the internet connection itself. Streaming TV and Video now load nearly instantly, and fast-forwarding works. Large files download in no time.

If you’ve signed up, customer service will contact you to schedule installation. To prepare, clear the path for the lines both outside the house and through the basement or wall where you want the lines to go. It’s a good idea to get an Uninterruptible Power Supply (UPS) or Battery Backup to ensure that your ONT, Router, and phone equipment all function in a power outage. These are readily available in electronics stores or online. If you are transferring your existing Verizon phone number to the new service, be sure to have your Verizon account number handy, best to have a Verizon Bill with all the info on it.

The problems that have come up are usually because of interference from existing equipment. Once you are connected with the new fiber broadband service, be sure to disconnect and turn off your old Verizon DSL or HughesNet Satellite equipment, and any routers or other WiFi equipment that you don’t need, as these interfere with the WiFi performance. Hardwired connections with ethernet cable will give the best performance, but WiFi with recent model equipment should suffice for all intents and purposes.

Rowe has leaped from being in the bottom 5% of US Internet speeds, to the top 5%!
As we hit the midpoint of summer, it’s hard to believe that in less than a month (Wednesday, August 28th if you must know), the halls of the school will again be filled with the happy sounds of children talking, laughing, playing…and learning. It is a time of renewal, when everything seems fresh, and the possibilities are limitless.

This past school year was another exciting one for students and staff at Rowe School as we continued to incorporate Project Based Learning (PBL) in each classroom as a means to engage the students more directly in their learning in a hands-on, inquiry-based way. We spent nine full days with our best science friend, Ted Watt from the Hitchcock Center, thanks to a STARS Residency Grant. The 3/4 class started Forest Fridays, they did their learning in the woods at Pelham Lake Park all year. Thanks to Sean Loomis for his invaluable assistance. We heard many comments from parents and guardians this year that their students were excited about what they were doing in school and wanted to talk about it at home, which was very rewarding to hear. We will continue to expand our PBL focus this year, looking for ways to integrate more hands-on learning and integrate science and social studies into our reading, writing, and even math classes.

This year, we will continue our After School Learning Activities for students. Last year, students experienced everything from cooking and card games, to soccer and ukulele lessons. We’re looking for adults with a particular interest they would like to bring to our students, who are interested in running a six week, once a week after school activity for students on that subject, whatever it may be. I’ll be sending more details out to families soon, but if you think you might be interested, please get in touch. We will also be working on starting a Rowe soccer team this fall.

Our information packet for families will go out mid-August, please be looking for that. I’ll also be sending a survey out to families in August about how last year was for your student and your family, and what we might do to make this coming year even better. It will only take a few minutes to fill out, and it would be helpful to us, so if you get a chance….

Despite the fact that things are slower here at the school during the summer, it has definitely not been quiet. Summer School has been going on since the third week of June, and finished the third week of July. Our school secretary, Laurie, has been working hard to get ready for the first day of school. Teachers will be coming in during the month of August, preparing their classrooms for when the students return. As for me, I’m working to figure out how we can get the community more involved in the school. If you have some advice for me on that, or any other topic, please call (413-512-5101) or email (wknittle@roweschool.org). I’d truly like to hear from you.

-Submitted by Bill Knittle
Rowe Town Library News
Submitted by Molly Lane, Library Director

Stop in at the library, which has a variety of programs for adults and kids.

Check out our Facebook page, website or the sign out front for updates on programs and contact the library if you would like to be put on our email notifications for programs:
Rowelibrary@gmail.com

Library Hours: Tuesday & Saturday 10-5, Wednesday 10-8

Programs:

Garden Plate Flowers with Becky Bradley: Wednesday August 14th @ 6:30pm
Summer Reading Program Kids Craft Series: Finale! August 7th @ 6pm. We will be tie-dying t-shirts (all materials provided, but bring your own shirt if you want to guarantee it fits)
Pizza and prizes will be drawn
Book Club: “The Air You Breath” by Frances De Pontes Peebles, Monday August 19th @ 2:15pm

Some New Items This Month

Adult Fiction:

![Book Covers]

Young Adult & Juvenile Fiction:

![Book Covers]

Early Reader & Picture Books:

![Book Covers]

“A reader lives a thousand lives before he dies . . . The man who never reads lives only one.” – George R.R. Martin
Summer is in full swing here at the park! The park staff has been busy working on the trails and the Nature Program has begun! Two bridges have been replaced on the Babbling Brook Trail and lots of work has been put into the new Adams Mountain Trail. The majority of the trail has been benched and will be completed by the end of the summer. Come hike Adams Mountain and enjoy the view! Trees at the Southeast view and the lean-to have been cleared and next up are Rob’s View and the Northwest View.

The Nature Program has been keeping the kids busy in a variety of ways, from hands-on activities to hiking and kayaking. Ed Popielarczyk, the professional magician, has performed, Southern Vermont Natural History Museum has done an owl presentation and a turtle presentation, and Molly Lane comes once a week with the town library to read and do crafts with the kids. Southern Vermont Natural History Museum will be returning August 5th to do a raptor presentation.

We have some updates on the tennis courts as well! The park is looking into contacting construction companies for the tennis courts, along with the cost of partial and complete renovation of the courts. One company has evaluated the courts and as we wait for an estimate, we plan to pressure wash the courts to remove the mold.

There will be two more senior picnics at the park this summer on Thursday August 1st and Thursday August 29th. Don’t forget about the Adventure Program! The program is August 12th – August 16th for kids eleven and older, and eight spots available that will be filled at a first come, first serve basis.

Dogs must be leashed and under control in the Pelham Lake Park picnic and beach area. As a reminder, dogs are not allowed on the beach at any time and owners are required to pick up after their dogs. The park staff is and will continue to check stickers over the course of the summer and would like to remind residents and taxpayers that a sticker is required to enter the park. Guests of residents and taxpayers must have a guest pass with them to enter the park. Stickers and passes can be received at the park headquarters.

- Submitted by Sean Loomis, Park Manager
Shinrin-yoku - Go to a Forest. Walk slowly. Breathe.

After two days of sweltering heat, then two days of rain, a much needed hike was taken on the Park trails. Everything seemed lush after so much rain & the efts were out in full force. The early woodland flowers are all done blooming and not much is out now except for Indian pipes and some checkerberry in the woods. However, the mushrooms are loving this weather and I saw many different species. Along the way I heard the melodic hermit thrush, vireos, the ‘teacher-teacher-teacher’ of ovenbirds, nuthatches, black-throated green warblers and winter wrens. I was rewarded with the newly cleared southeast view. - Sue Williams
The Rowe Historical Society Museum is the repository of a large collection of ledgers. There are more records of the old village store in the museum than any other business in town. From 1851 the records of Cyrus Ballou, E.E. Amidon and B.T. Henry (who sold the store in 1917) tell much, but the records of E.E. Amidon reveal more of the man himself than those of the others. Research for Bulletins from 1965 by Helen McCarthy paints an interesting picture. She was still able to incorporate recollections by people who remembered Amidon.

Edmond E. Amidon was born in Rowe in 1821 and lived here until his death in 1909. Injured in a logging accident, he purchased and ran the village store from 1852 to 1882. The store stood between where the library currently is and the Margaret Barnard Memorial. The roof of the store and shed is in the photograph above as well as his house and shop across the road. After selling the store, he used part of the building he lived in to make shingles.

Several entries during the Civil War reflect the concern and interest that prevailed in Rowe at the time. Imagination takes us to the men discussing issues of the time gathered at the store waiting for news from Washington. On December 31, 1863 a bet was made and recorded about when the next call of men would be.
Ledger entries also showed the wives of men away during the war making purchases. This was unusual because the men normally did the buying.

In a credit ledger for the years 1865-1872, Mr. Amidon recorded the repairs he had done to the store and shed amounting to $363.59 including “leighbor”. This is roughly equivalent to $5,600.00 today.

The museum is also in possession of a record for 1879 where Amidon recorded some unusual weather: April 25, 1874 - Commenced to snow at 2 o'clock P.M. Snow fell 12-18 inches. Good deal of damage on the coast. Wind north, northeast. Thawed some during the next three days. The fourth day it turned around and squalled and wind blowing all day, it being the last day of April. Thermometer 20 degrees below zero. Roads blocked.

In the ledgers we see new names appear and old names disappear. Now we can only guess what these lives were like. Some have stories that have been passed down for years by locals.

During the years 1868 and 1869 the name of Rufus Hyde appeared as a frequent customer. He ran a sawmill on Pelham Brook near the Floyd Veber house on Zoar Rd (now Bauer/Shattuck) After a long period of heavy rain, a flood came and on October 4, 1869, the swift high water not only washed away the mill but also carried away Hyde, 49, and his wife Emily, 40, as they tried to save their equipment from the high water.

The ledgers lead the way to many interesting stories of residents manufacturing and selling to the store. Cottage industries making straw hats, cheese, butter and eggs were brought in for credit.

In looking at these ledgers, it would seem to be some pretty dry reading but we are fortunate in having a town with few players and once you get a handle on who these families were and their comings and goings, there is the ability to piece together their lives. History becomes more of a window into the everyday lives of the people of Rowe. In doing so, you find that although their day to day was different from ours, what they wanted out of life, the politics and commerce were very much the same.
Preventing Heat-Related Illness
Submitted by Sheila Litchfield, RN, Town Nurse

Heat related deaths and illnesses are preventable. Despite this, around 618 people in the United States are killed by extreme heat every year. Extreme heat is defined as temperatures that are much hotter and/or humid than average. Heat index considers air temperature and humidity to expresses how hot it really feels to the body.

What Causes Heat-Related Illness?
Heat-related illnesses, including heat exhaustion and heat stroke, happen when the body is not able to properly cool itself. While the body normally cools itself by sweating, sometimes this is not enough. When a person's body temperature rises faster than it can cool itself down, damage to the brain and other vital organs can occur. Factors that increase risk of developing heat-related illness include:

- High levels of humidity
- Obesity
- Fever
- Dehydration
- Prescription drug use
- Heart disease
- Mental illness
- Poor circulation
- Sunburn
- Alcohol use
- Age
- Level of activity

➢ Older adults, the very young, and people with mental illness and chronic diseases are at highest risk.

How to stay safe in the heat:

- Stay in air-conditioned buildings as much as possible. Note: If your home doesn't have air conditioning, the Rowe Town Hall and Fire Station are cooling stations during heat spells.

- Drink more water than usual and don't wait until you're thirsty to drink.

- Don't use the stove or oven to cook—it will make you and your house hotter.

- Wear loose, lightweight, light-colored clothing.

- Take cool showers or baths to cool down.

- Eliminate strenuous activities and get plenty of rest.

- Check on a friend or neighbor and have someone do the same for you.

- Check the local news for health and safety updates.
Preventing Heat-Related Illness - cont’d

- Seek medical care immediately if you feel faint or weak, have muscle cramps, headaches, nausea or vomiting.

Keep kids cool and hydrated

- Infants and young children rely on others to keep them cool and hydrated when it’s hot outside.
- Never leave children in a parked car, even if the windows are open. Children who are left unattended in parked cars are at greatest risk for heat stroke, and possibly death.
- Dress infants and children in loose, lightweight, light-colored clothing.
- Make sure they’re drinking plenty of fluids. Stay away from really cold drinks or drinks with too much sugar.

Keep your pets safe

- Never leave your pet in a parked car in the heat. Leaving a window open is not enough—temperatures inside the car can rise almost 20 degrees Fahrenheit within the first 10 minutes, even with a window cracked open.
- Provide plenty of fresh water for your pets, and leave the water in a shady area.
On Tuesday July 9, 2019 Daureen W. Petersen passed away at the age of 89 at Buckley Healthcare Center in Greenfield. Daureen was born on June 30, 1930 in Beverly, MA. She grew up doing chores on a working farm in Topsfield, graduated with honors from Topsfield High School and went on to complete 2 years of nurses training at New England Deaconess in Boston.

She married Emmanuele S. Cirinna and raised 4 children in Military life. The tours of duty included Japan and North Africa. When Her children were grown she started volunteering at Hunt Hospital in Danvers. This lead to a full time job as an EKG Technician. She continued this profession at Cable Hospital in Ipswich until it closed, after which she ran an office for Doctor Hart Achenbach, Surgeon.

In her free time she belonged to a Unitarian Church in Danvers and participated in many of the Adult Education programs. After her first husband passed away she met her second husband at the Rowe Conference Center in Rowe. Louis Petersen was a Chemical Engineer from New York. After a 7 year marriage Daureen started working for the I.R.S.. She was promoted from data entry to a Tax Consultant in the years she worked there and retired from the I.R.S. with benefits. Daureen moved from Topsfield to Salem and then retired in Rowe after renovating the property. She became a Trustee at the Rowe library.

Daureen always helped and guided her children and tenants. Always rented to young people because she believed in our youths.

Daureen was smart, witty, kind and well-read. She was called by one of her children “The Best Mom in the World” and a “Best Friend”. She will be missed by many.

The funeral will take place on August 11th at the East cemetery at 11:30 followed by a memorial service at the stone Church in Rowe center. Food will be provided.

- Geoffrey Cirinna

ROWE SENIORS

The Rowe Council on Aging will be holding a luncheon at the Mohawk Park Restaurant for our seniors.

DATE: Friday, August 23rd 2019
TIME: 12 Noon-Lunch will be served
WHERE: Mohawk Park, 559 Tea Street, Charlemont

Please RSVP by Wednesday, August 21, 2019 to Sandy Daviau at the Rowe Town Hall - 413-339-5520 X19.
Rowe Community Church
Submitted by Ros Mullette

Worship Services are held on Sundays at 9:00 a.m.

August 4 Worship & Praise Service
& Observance of The Lord’s Supper
11 Worship & Praise Service
18 Worship & Praise Service
25 Worship & Praise Service

Bible studies are held on Wednesdays at 7:00 p.m.
and will be held on August 7, 14, 21, and 28.

The Good Neighbors Food Pantry wishes to thank members of the Rowe Community and Rowe Community Church for their dedication in providing delicious home-baked breads each month for the families we serve. Your breads have become a much-loved feature at our food distributions. Our families are in awe that someone has taken the time to make them fresh bread; and we are so grateful for your work in continuing such a loving extension from our community to those in need.

Sincerely, Budge & Sheila Litchfield
for Good Neighbors Food Pantry

Art Exhibit at the Library

Please join us at the library for the opening of a new art exhibit by Deb and Abby Lively. The opening reception will be on August 21st from 6:00 to 8:00 p.m.

Deb has been painting for many years and some of you have seen her work at the library in the past. Also on display will be some of her unique carved wooden masks. Deb is self-taught in both mediums, and it will be interesting to ask her questions about her creations that evening.

Abby, Deb’s daughter, has been doing art work from a very early age. Julie Hall-Rocke was her first mentor and teacher. She has an Associates Degree in Fine Art from Greenfield Community College. Last June she attended a week long workshop called IMC (Illustrators Master Class) at Amherst College. She continues to enjoy making art in her spare moments.

Please come and meet and talk with these two local artists. Refreshments will be served.

-Karen Soviecke, Library Trustee

Concert & Cookout!

On August 17th at 4:00pm the Historical Society presents the Grey Whisker Pickers and cookout at the Bench Tool. The concert is FREE and we just ask for a donation for food. Come join us for some great food and music!

- Rowe Historical Society
**Rowe Refuse Gardens**

Pay Per Throw Program Information
Submitted by Joanne Semanie
Board of Health

The new pay per throw program at the Refuse Gardens began July 20, 2019. Every homeowner should have received 52 town trash bag stickers by mail in June. Bags must be secured and the trash bag sticker wrapped around the neck of the bag. The per bag limit will be a 33 gallon bag or 25 pounds per bag. Bags exceeding the weight limit will require additional stickers. Bags larger than 33 gallons and “contractor bags” will not be allowed. One sticker can be used for two smaller 16-gallon kitchen-size bags. Residents may use any color or brand of bag they wish to use.

If a resident needs more than 52 trash bag stickers before June 30, 2020 then additional stickers will need to be purchased for $1.50 each, with a minimum of 4. Stickers, in sheets of four, can be purchased at the Town Hall.

Permits for use of the transfer station will cost $25 annually. The current permit will be valid until June 30, 2020. The new permit cycle will be July 1st to June 30th.

This program is being implemented because the Town of Rowe is generating more trash per capita than surrounding towns. Rowe is the only town in West County that has not required a town trash bag or town trash sticker. The goal of this new program is to reduce the cost to taxpayers for trash disposal so that only trash generated in town will be disposed at the transfer station. Other towns that have implemented a similar program have reduced the trash tonnage by 40%. This program will also encourage additional recycling.

Also note that the bulky bin can no longer be used by contractors. It’s now for household bulky items only.

**Easy**

Enter the digits 1 through 9 into each 3x3 box, column, and row only once. To win sudoku, you must place all the numbers correctly into the board.

**Mystery Picture**

Do you know where this is??
**Town Services**

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<td>Accountant</td>
<td>Wed</td>
<td>9:00-12:00 (or by appt)</td>
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<td>Mon 9-1 &amp; by appt</td>
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The Rowe Goal Post

Available on the Town’s website (https://rowe-ma.gov) the first of every month with paper copies sent out by mail the first week of the month.

Published by the Board of Selectmen ‘in the interest of information exchange between all departments and all Rowe citizens’.

All submissions for the September 2019 issue are due by August 25th. Any articles received after this time cannot be guaranteed that they will appear in the September issue.

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