



Volume 45

Issue 2

Established 1975

THE Rowe Goal Post

February 2026



photo by Thom Chiafalo

TOWN CLERK NEWS

Submitted by Kevin Balawick, Town Clerk

SPECIAL ELECTION

FEBRUARY 7th

10AM-2PM

ROWE ELEMENTARY SCHOOL

Vote-by-Mail Ballots due to the Town Clerk by 1:30 PM on FEBRUARY 7TH - If you're down to the wire drop them in the drop-box at the entrance to Town Hall.

Please return your street listings to the Town Clerk.

Dog Licenses must be renewed by 3/31/26. Please include Vaccine Records with your application if your dog's rabies vaccine expired in the past year.

Rabies Clinic for Dogs - no news yet. Stay posted.

Rowe Writing Group

meets at the library Fridays 10- 11:30 am during February and March

**Writing prompts, timed writings, and the option to share.
Our focus is on engaging the creative mind and having fun.**

All levels of experience welcome

**Questions? contact Jane Kaufman
tojanek@yahoo.com 303 974 8936**



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

Submitted by Jane Kaufman



WATER SUPPLY PROTECTION

Find out if your property is located within a Water Supply Protection Area (IWPA). Land use decisions in these areas help shape the quality of our drinking water. By staying informed and taking simple steps, you're helping protect a vital resource for today and future generations.

Simple Steps That Help Protect Our Drinking Water

Recommended Practices

- ❖ Pump septic systems annually or as needed
- ❖ Store hazardous materials in original containers indoors
 - ❖ Keep fuel- or oil-using equipment inside
- ❖ Never dump hazardous materials on the ground or in drains
 - ❖ Clean up spills in garages and driveways promptly
 - ❖ Maintain vehicles to prevent leaks
 - ❖ Inspect and maintain heating fuel tanks
- ❖ Store fertilizers, manure, and deicing chemicals in leak-proof structures
 - ❖ Follow professional advice for lawn care

The Rowe Cultural Council has approved 16 of the 31 grant applications we received.

We are pleased to continue supporting the following programs in 2026:

1. The Charlemont Forum Speaker Series (May 14 and June 18 at the Charlemont Federated Church)
2. Pot Hole Pictures (at the Shelburne Falls Theater at Memorial Hall)
3. Live Music at the Heath Fair (Heath Fairgrounds, August 21, 22, 23)
4. Franklin County Pride Parade (Energy Park, Greenfield, MA on 6/26)
5. The Art Garden's Winter Hoopla (Shelburne Falls, 2/21/26)
6. Rowe Elementary School Cultural Studies Program culminating in a cultural performance in the spring that is open to community members
7. Mohawk Trail Concert Summer Festival (Charlemont Federated Church, June 14 - July 25)

It is our pleasure and privilege to support the following programs that will take place in the Town of Rowe:

8. Owls of Vermont (Summer 2026 at Pelham Lake Park)
9. Mycology Walk (Late Summer, early Fall at Pelham Lake Park)
10. Davis R. Bates present Celebrating the Season: A Halloween Harvest (Happening during Fallapalooza at the Rowe Town Library 10/25/26)
11. The Rowe Historical Society presents "Rowe's Summer History Series" (June through September or October)
12. Hilltown History Trail: Museums and Culture Tour (8/1/26 at Historical Museums in Buckland, Rowe, Heath, Cummington, Shelburne, and historical sites in Hawley)
13. Community Dinner and Music Share hosted by The Rowe Camp and Conference Center (Late winter or early spring)
14. John Porcino presents To Life!: Celebrations in Story, Song, and Music
15. The Jazz Queens (July 11th at the Summer Social, Pelham Lake Park)
16. The Rowe Writer's Group returns for a second season hosted by Jane Kaufman (weekly in February and March)

Thank you for your support in these upcoming programs! More information to follow!

- The Rowe Cultural Council

ROWE TOWN MOSAIC

The Rowe Town Mosaic is available to be worked on, no experience necessary. The Mosaic is out on the 1st and 3rd Wednesday of the month at the library from 5-7pm. We could use more help as we have just started our 3rd and final piece. It would be so exciting to see new faces to help and make this come to life. Currently we have some residents, young and older helping...Consider putting your mark on this fun project that will be displayed at the town hall upon its completion.



Submitted by Donna Butzke



Rowe Town Library News

Submitted by Molly Lane,

Library Director

HOURS:

Tuesday 10-5

Wednesday 12-8

Thursday 3-7

Saturday 10-3

Library of Things - Tool Lending Library.... Have you heard of these? They are both ways to borrow “things” from the library. We have many items, from small to pretty large, inside use and outdoor use. And we are always looking for suggestions and donations. Stop by to see our collection. Or give us a call to see if we own something you are looking for.

Upcoming Events:

Soft and Stabby, knit with Abby: Drop-in knitting/crocheting (or other yarn and fiber crafts); Tuesdays from 2pm to whenever. Need some dedicated time to work on those pesky UFOs? Or just looking for a place to craft in company? We're here for you! Bring your projects, we'll provide the tea and coffee. Keep your yarn soft, your hands agile, and your wits sharp!

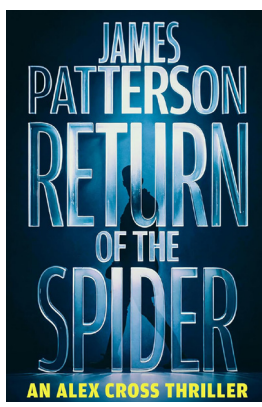
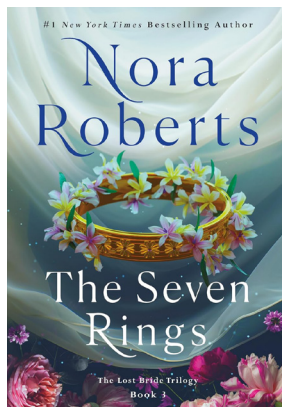
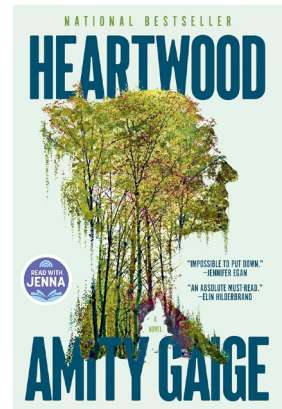
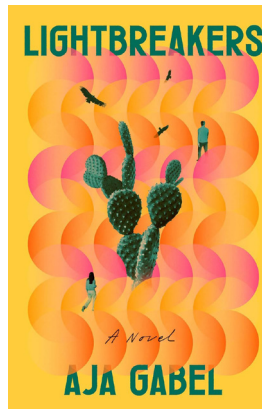
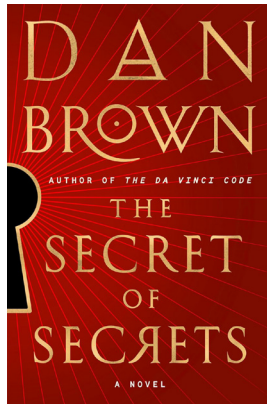
Thursday, February 5th @5pm - "Bites and Boardgames" - Bring your favorite treat and a game to share (we also have some) and enjoy each other's company while also having a fun time learning new games or teaching others your favorites!

Monthly Book Chat on Thursday, February 19th @ 5:30pm, We will be reading *North Woods* by Daniel Mason. This month, we will also be doing a “Blind Date with a Book” swap. You can choose a book from your library, our library, or ILL and wrap it up to share a favorite genre or book you think others may like. Just wrap it (you can add a bit of flare if you would like, but not mandatory) and add the GENRE and a COUPLE FACTS about it (e.g. Historical Fiction - Puritan, etc.)

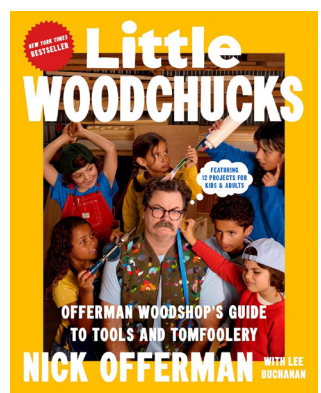
Wednesday, February 25th @ 5:30pm we will be holding a “Deep Immune Support with Wild Mushrooms” workshop with Hannah Morano

Some New Books at the Library

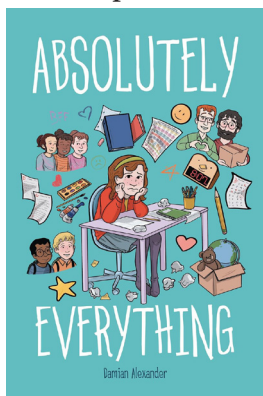
Adult Fiction:



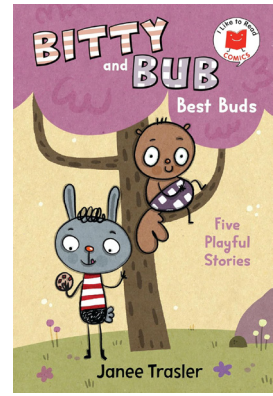
NonFiction:



YA Graphic Novel:



Kids:



Turning Up the Awareness on Blood Pressure

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

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

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

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

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

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

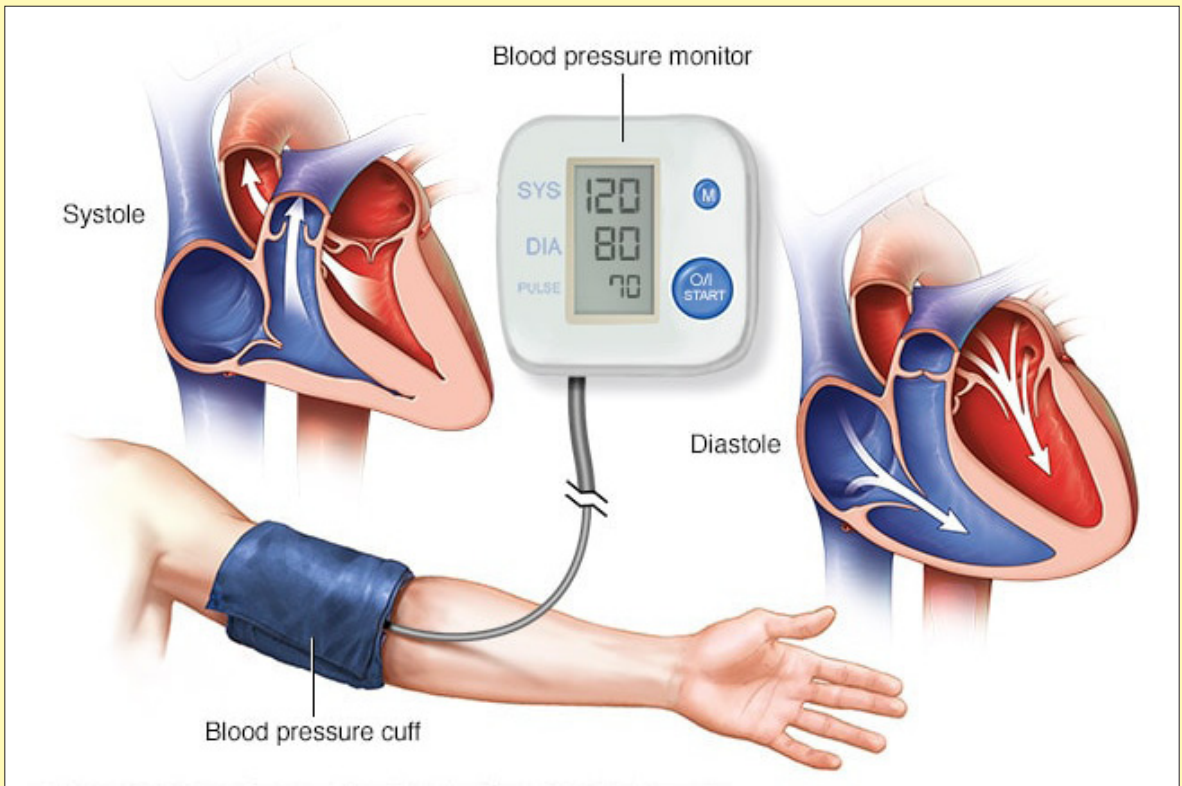
The best way to control high blood pressure is to track your blood pressure readings, make lifestyle changes and to speak with your doctor about other options such as starting medications to help lower your blood pressure. Prior to any medications being started, your doctor will want you to attempt lifestyle changes. Some of the best changes you can make to help lower your blood pressure WITHOUT medications include weight loss, regular exercise, heart healthy diet (low-fat, low salt), decrease in alcohol intake, and smoking cessation.

Come speak with your Town Nurse for more information regarding blood pressure monitoring and/or strategies to help lower your blood pressure! See the below websites for some helpful information:

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

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/aha-diet-and-lifestyle-recommendations>

submitted by Rachel Lewis



MMA conference in Boston Jan 22-24

Town Administrator Brooke Shulda, Finance Committee Chair Dan Pallotta,
Town Accountant Angela Garrity

ROWE ELEMENTARY SCHOOL



January felt like a short and fast month however a lot was going on inside and outside the classrooms at the Rowe School! Inside, students continued with core content but were also given benchmark assessments in Math and ELA to assess their mid-year levels. It's important to see the progress that students make by practicing reading and math facts. Outside the classroom, January was filled with skiing, snowboarding, and hiking 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 it is safe enough to get to and from school.

Unfortunately, we had to cancel our Community Lunch in January due to unforeseen circumstances, but we're excited to resume in March! Our next Community Lunch is scheduled for March 18, 2026, at 11:45 a.m. and may feature food items connected to this year's cultural study of Costa Rica. We were fortunate to receive a grant from the Massachusetts Cultural Council, which is helping to support this year's cultural study through a guest speaker, mini-courses, and the integration of art, music, and of course food. We hope you'll join us! If you plan to attend, please let Kelly or Laurie know by Tuesday, March 17, so we can prepare the appropriate number of meals and seating.

Thank you to all of the community members who continue to write back to our students from our Community Writing day that we did in November. Our wall is filled with responses from the many town residents who have shared their stories and the activities they enjoy.

Rowe School recently had our Music Celebration night, where students in all grade levels performed for their families. Fifth and sixth grade students played their instruments, which they have just started learning. Third and fourth graders played several songs on their recorders. Then the singing began. First in the smaller groups with prek/k then 1/2 and then the entire school. The night was finished off with some wonderful scat style solo singing by several students, ranging from kindergarten to grade 6. They did this to Duke Ellington's "It Don't Mean a Thing" and it was a wonderful way to showcase what we get to hear every Monday at the school, with our beginning of the week all school chorus.

We are looking for more exciting things to be happening as 2026 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. 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 413-512-5101 or email me at jfriedman@roweschool.org. I want to hear what you think, and look forward to seeing you around the school.

submitted by Jon Friedman

Substitute Teachers and Teacher Assistants Needed!



Rowe School is seeking caring, dependable Substitute Teachers and Teaching Assistants to support our students and staff. This is a great opportunity to make a positive impact in a school community while enjoying a flexible schedule. Interested applicants please contact the school at (413) 512-5100 or email the Principal, Jon Friedman at jfriedman@roweschool.org



Li'l Pig & Max the Groomer

photo by Rick Williams

PELHAM LAKE PARK NEWS



photo by Claudine Poplawski

Community Update: Forestry Project Progress and Winter Recreation

There is a lot happening around the park this season.

Work on the Climate Smart Forestry Operations project in the Davis Mine area continues to move forward. Most of the primary forestry work has been completed, and crews are now focused on slash wall construction and final project close-out. For safety reasons, residents are asked to continue avoiding the Davis Mine Loop Trail until cleanup is complete. Public walks to learn more about the project will be announced in the spring.

Winter recreation is also underway. Conditions have allowed for skating and cross-country ski grooming on the lake. Additional cross-country ski grooming is planned for Soule Field and through the park following the Sabrina Rice and Williams Trail, as weather and snow conditions allow.

As always, ice safety is the responsibility of each individual, and conditions can change quickly. Please use caution and enjoy getting outside.

submitted by Briel Gibson, Park Manager

SAFETY ON ICE

Ice is never 100% safe. If you don't know, don't go!



weather.gov



Sunset on Pelham Lake

photo by Claudine Poplawski

Building a Library for All Generations

The Rowe Town Library has long been more than a place for books—it is a cornerstone of our community. For decades, it has served residents of all ages as a place to learn, connect, and gather. As Rowe's population continues to age and community use of the library grows, it has become clear that the building must evolve to meet today's needs while preserving its historic character.

Over the past year, the Library Feasibility Committee, Library Trustees, and project partners have completed a comprehensive feasibility study and are now finalizing design and construction documents. The proposed upgrades focus on three core goals: accessibility, community use, and long-term sustainability.

Planned improvements include full ADA accessibility, two ADA-compliant restrooms, safer and more navigable entrances, and improved internal circulation. These changes will directly benefit seniors, residents with mobility challenges, families with young children, and visitors—supporting aging in place and ensuring the library is welcoming to everyone.

The project also expands and modernizes community spaces within the library, creating flexible areas for meetings, programs, events, and informal gatherings. Over the years, the library has grown into a vibrant hub of activity, and these improvements will allow that role to continue and expand.

Finally, the design emphasizes responsible stewardship. Where possible, existing mechanical systems will be retained, energy efficiency will be improved, and materials will be selected for durability and long-term maintenance—helping control operating costs and protect taxpayer investment.

At the Annual Town Meeting in May, voters will be asked to consider funding to move this project into construction, based on competitive bid results. Clear, transparent information will be shared with residents ahead of the vote.

This project represents an investment in Rowe's future—preserving a historic building while ensuring it remains accessible, functional, and welcoming for generations to come.



submitted by Justine Krumm, Library Feasibility Committee

**** Council on Aging in Rings in the New Year****

The COA was pleased to host another beautiful Third Thursday Coffee Morning in January. Residents came to the town hall to enjoy the start of the year vision board craft! Residents were able to bring their year's hopes and dreams alive with creativity and beauty. Thank you, Donna, for organizing this fun activity and thank you Donna and Diane for baking with such love so our mouths and stomachs could enjoy!

UPCOMING ACTIVITIES

WALKING CLUB: runs each Monday in February starting Monday, February 2nd at 10am. The walk will be 1-1.5 hours of moderate intensity so make sure to bring good walking boots, warm clothes and water. 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**

February Third Thursday Coffee Morning: Will take place on Thursday, February 19th from 10-12 and we will be doing puzzles, games, and mingling!



BOWLING- Bowling continues each Wednesday from 3-5pm at the Shelburne Falls bowling alley, you can expect to bowl with fellow resident seniors. For now, the cost is FREE! To enquire or get on the mailing list, please contact Stefano at pickleballstefano23@gmail.com

Coffee and Puzzle Weekly Meet-Up: On the 2nd floor in the Town Hall, outside the fitness room, you will find a coffee/tea station and a puzzle set up and ready to go for you every day the town hall is open. Bring a friend or come alone but drop in to add a few pieces in the community puzzle while enjoying a brew.

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

The Monday Walking Group had an interesting walk through Zoar Village.
Check out what the road USED to look like!



photo by Nan Williams





Puzzling at the Town Hall

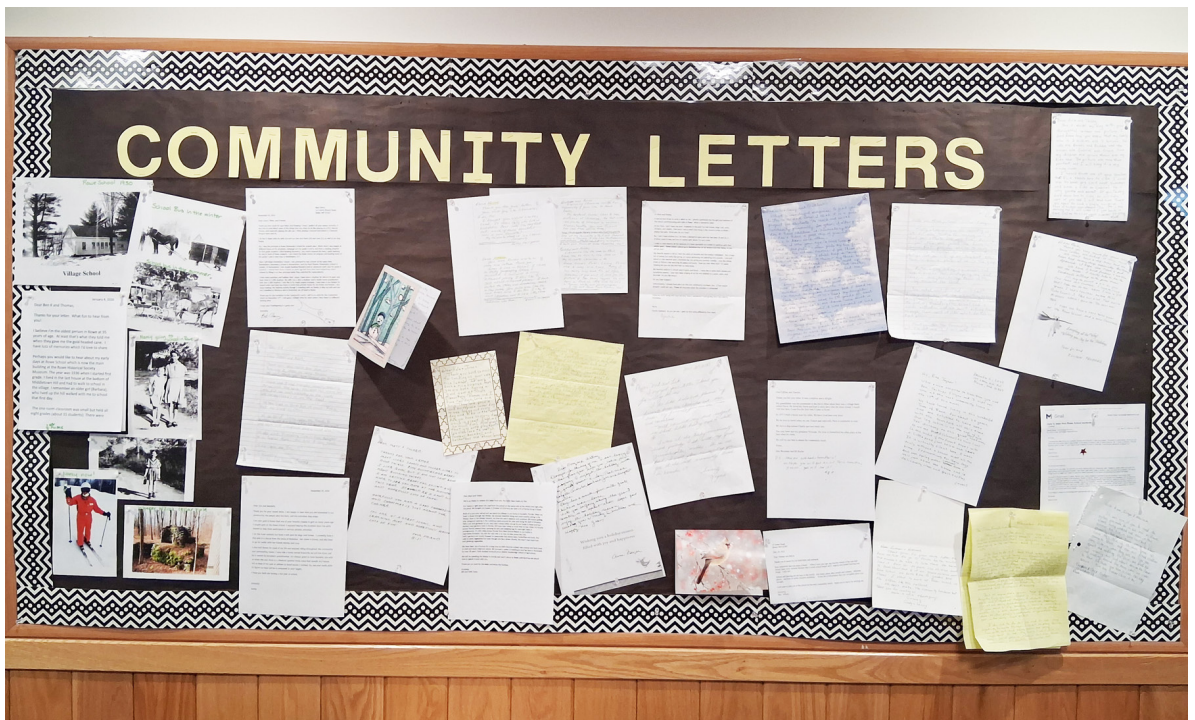


Vision boards at coffee morning

Dear Town of Rowe Elders,

Thank you for taking the time to write back to Rowe Elementary School students. We all really appreciated hearing back from you. It was nice to hear about all of your different interests, hobbies and experiences. You brought lots of smiles to children's faces. Again, we'd love to see any or all of you at our next Community Lunch!

Sincerely,
Students and Staff of Rowe Elementary



It has been decided that due to the sensitive nature of the information on the Birthday list that it will no longer be part of the Goal Post. It was a long standing tradition to have birthdays published month to month but in light of changing times we decided it was best to discontinue.

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	Wed - 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	Mon-Thurs 9:30am-5:30pm
Tax Collector	106	collector@rowe-ma.gov	Mon-Thurs 9:30am-5:30pm
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

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

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

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, Massachusetts 01367

The Rowe Goal Post

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the first of every month with paper copies sent out by mail the first week

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exchange between all departments and all Rowe citizens.'

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.