03.19 MARCH 2019

Town of Sudbury Town Manager Newsletter

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Long-serving Selectmen Chairman Haarde and Len Simon are not seeking re-election this March. Voters will elect two new Selectmen at the March 25, 2019 Annual Town Election.

Annual Town Election

MONDAY, MARCH 25

Town Election takes place on the last Monday in March. Polls and Fairbank and Town Hall are open from 7AM to 8PM. More details can be found on page 9.

Camp

Sewataro

PROPERTY BEING SOLD

Camp Sewataro is a summer day camp located at 1 Liberty Ledge in Sudbury. It sits on 46 acres and will celebrate its 60th anniversary in the Summer of 2019. Sewataro's owners plan to cease operation of the camp program in the coming years, and they have placed the property on the market. The property will be sold as part of a competitive Request for Proposals (RFP) Process, with responses due on March 25, 2019. For more information and updates, please visit: https://sudbury.ma.us/Sewataro

Message from the Town Manager

Dear Neighbors,

Here in Town offices we are busy getting ready for Annual Town Meeting, which will be here before we know it. A lot happens behind the scenes in the Selectmen's office and the law office to make certain that the entire meeting goes smoothly. The agenda includes Camp Sewataro, a new fire truck and the Town budget, and it's sure to be an interesting and thoughtful night. I hope to see you there.

I'd like to recognize our Town Clerk
Rosemary Harvell who retired from town
service this month. Rosemary has truly risen
to the occasion again and again over the past
few years, with the implementation of early
voting, changes in the public records law and
increased tasks for clerks due to the ethics
laws. She will be missed by all. I would like to
welcome Beth Klein who is joining the Town
of Sudbury as Town Clerk after serving the
Town of Wayland for four years.

With winter slowly winding to an end, I'd like to recognize our amazing crew at DPW who did a fabulous job of keeping our streets and walkways safe and clear this winter. It is not an easy task, and I appreciate their dedication to our community.

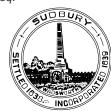
This month I had the chance to read to Mrs.
Gordon's first grade class at the Peter Noyes
School. They welcomed me and we had a
chance to discuss our favorite places in
Sudbury.

The Town is working diligently on a plan for the Fairbank Community Center, has formed a working group, and is moving toward finalizing a plan for October Town Meeting. I look forward to hearing perspectives from the community as we move through this process. There are many stakeholders to the building and moving together collectively is both challenging and rewarding. I commend all involved for their commitment.

Best,

Melissa Murphy-Rodrigues, Esq.

Town Manager



Board of Selectmen

Meeting Summary

February 26, 2019

The Board approved an alcohol serving license for a new restaurant called Twenty-Nine. They scheduled a Special Town Election for June 4 which will include a ballot question on acquisition of the Camp Sewataro property.

February 28, 2019

The Board signed a land disposition agreement with Quarry North.

March 5, 2019

The Board held a joint meeting with the Finance Committee and Capital Improvement Advisory Committee to discuss capital articles on the Annual Town Meeting warrant as well as other articles pertaining to finance. They also voted to extend and finish the stone wall in Town Center, to span from Grinnell Park to Hudson Road.

Continued on Page 3.

Building Department

- Commercial News
- Residential News
- Staff Development

The building department continues to stay busy though the winter with plan review for upcoming projects and periodical inspections along with regular permits and inspections.

Commercial News

The old police station at 415 Boston Post Road has been demolished to make way for a new commercial building. Orange Theory fitness gym has opened at Meadow Walk. The Avalon project is just about complete, and 187 Boston Post Road the Coolidge Phase II hopes to start this spring with a 56 single bedroom apartment building for seniors. Aubuchon Hardware is moving back into Sudbury Plaza next to CVS. At 5 Concord Road, there is a high-end jewelry store moving in called Date & Time opening in the next couple of days, and Tremont Auctions is coming to town at 615 Boston Post Road. The restaurant at 29 Hudson Road, now called Twenty Nine, which is managed and owned by Chef Jordan Mackey, hopes to open in May of this year.

Residential News

We have a couple of new homes being permitted on Goodman's Hill Road and a couple of homes to be demolished and reconstructed on Summer Street.



Congratulations Partrick Ryan!

Congratulations to Patrick Ryan, the Building Department's Deputy Building Inspector who has completed his training and passed the three required exams for Building Official Certification for Local Inspector. Patrick is also a certified Home Energy Rating

Systems (HERS) Rater, a specialist in rating energy efficiency in residential homes. Patrick has been working part-time for the past year with the Building Department assisting with the additional workload from increased construction that the Town is seeing.

Submitted by: Mark Herweck, Building Inspector





Land Stewardship

The Conservation Commission has continued to be extremely busy this past winter permitting projects within wetland jurisdiction. The Commission also is focusing on Land Stewardship Conservation properties. A full assessment of the needs has been done by the Commissioners and staff with the result being a work priority. for maintenance and new initiative projects identified and ranked. General clean-up, trail clearing and new signage is the first priority to enhance public experience on the properties.

Tree Removal

The Commission would like to remind residents that there is a process in place for tree removal involving very dangerous or hazardous trees for tree removal within wetland jurisdiction.

Trail Walks

As spring approaches, the Commission will once again lead a series of group walks on conservation land beginning in mid-April. These walks are being planned for Friday mornings and possibly some weekend walks as well. Please contact the Conservation office if you are interested and wish to receive a direct email with the schedule.

Community Garden

As the weather improves, the Community Garden is gearing up. Gardeners from last season will be notified shortly about the scheduled opening by Coordinator, Heather Lambert. If you wish to be added to the list for a garden application, please email Heather at Heather Lambert

mascholfield@comcast.net or the Conservation office at Concom@sudbury.ma.us. Learn more about the Community Garden here:

https://sudbury.ma.us/conservation
commission/?p=33

Submitted by: Kirsten Roopenian, Conservation Department Asst.

Board of Selectmen

Meeting Summary Cont.

March 12, 2019

The Board started in **Executive Session to discuss** the Camp Sewataro property. They continued in Open Session to discuss Whole Foods' request for a liquor license. They began discussion of the regional agreement with L-SRHS and voted to notify MassDOT of Sudbury's intent to adopt the Complete Streets program within a year. They also accepted the CAFR, discussed the FY20 Budget and took positions on Town Meeting articles.

Please note: These meeting descriptions reflect some of the agenda items discussed by the Board of Selectmen, and are not intended as a comprehensive report of all matters before the Board. For full meeting details, please go to SudburyTV.org to replay a meeting or view the meeting minutes, found here: https://sudbury.ma.us/boardofselectmen/meetings/

Save the Date

Cleanup Day

Mark your calendar for Saturday, May 18, 2019

ANNUAL ROADSIDE CLEANUP

Join Sudbury civic groups, businesses and residents in the Annual Roadside Cleanup and general beautification of business districts, public areas and parks.

Details to come!





Fire Department

- New Hires
- Emergency Rescues
- Wind Storm

New Hires

Since our last report, the Fire Department has been working to hire new employees. Firefighter Paramedic Grant Ellerbe joined the Department in February. Grant comes to us from the Auburn Fire Department. We also have two other recruits who will join the Department in late March.

Hawk Rescue

On February 6th, Firefighter Russ Place recovered an injured Red Tail Hawk. The hawk was turned over to the Animal Control Officer (ACO) and transported to Tufts New England Veterinary Medical Center in North Grafton for rehabilitation. The hawk was returned to Sudbury on March 1st and released by the ACO in the same location that it was found.

Water Rescue

On February 19th at 3:30PM, the dispatch center received a call for a cross country skier that had fallen into the water at Willis Lake. Fire Department responded with two Engines, one Ambulance, and the Command Vehicle with the Rescue Boat / Ice Rescue Sledge.

The skier had fallen into the water in a brush area on the far edge of

the pond. On arrival the skier could not be located. Assistant Chief Choate located the skier when he waved a cross country ski in the air. The skier was located about ¼ mile off the beach area at Wills Lake. A rescue team of firefighters, including Place, Donoghue and Gardner, were deployed in Ice Rescue Suits with the Ice Rescue Sledge. The skier was rescued out of the water, assisted back to shore, and transported to a local hospital for observation.

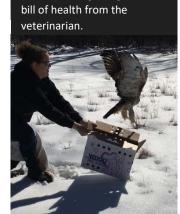
Wind Storm

On February 25th, the Town was hit with a significant weather event. A wind storm hit the area and produced high winds that knocked down a large amount of trees closing several roads to included Concord Road, Dutton Road and North Road at the Concord line. During the wind event and the 24 hours after, the Fire Department responded to 31 calls for emergency service.

This wind event affected many towns in the state and this delayed the response of the power company to remove the many trees tangled in the power lines throughout town.

Submittedy by: John Whalen, Fire Chief





(below) after getting a clean





Library Celebrates: The Year of the Pig

The Goodnow Library partnered with the Chinese-American Association of Sudbury (CAAS) to host a Chinese New Year Celebration on an early release day this February. Families and children celebrated the Year of the Pig with Lunar New Year crafts, calligraphy, traditional food and games. A raffle was also held for some adorable pig stuffed animals and beautiful chopsticks. This was a wonderful event, attended by 85 people of all ages. One outcome of this partnership is that discussions have begun with CAAS about reviving our former Chinese Language storytime and adding to our Chinese language collection.

Dungeons & Dragons Gaming Club

Join us for an adventure on early release days! If you've never participated in a role-playing game, this is a good place to start. All players will start at level one, and we'll even provide you with a choice of characters to play if you don't know how to create your own. All you need to bring is your imagination and a desire to have fun. Suitable for ages 11+.

PS: Parents, role-playing games are a wonderful way to get your child away from the screen and into a social atmosphere. Not only are role-playing games--also known as "collaborative storytelling"-- fun and entertaining, educators are beginning to discover the social benefits of these types of games, especially for teenagers.

Role-Playing Games:

- <u>Tabletop RPGs Books,</u> *Imagination and Friendship at* the Library
- <u>Dungeons</u> & <u>Dragons'</u><u>classroom potential</u>
- 8 Reasons We Need Kids
 Playing RPGs RPGs build
 reading, writing, and public
 speaking skills



Sara Sherman NOW Lab

Get 3D Printer Certified

Get certified to use equipment in our NOW Lab.

Certified patrons may use the NOW Lab equipment whenever the library is open and the NOW Lab is not otherwise occupied. Learn to use our Lulzbot TAZ 6 3D Printer. See our <u>calendar</u> for a complete list of classes.

NOW Lab Equipment:

https://goodnowlibrary.org/now-lab/now-labequipment/



Goodnow Library Continued

Monthly Blood Pressure & Glucose Screenings

The Board of Health Nurse, Phyllis Schilp, BSN, RN provides a variety of community health services for the Town of Sudbury. Blood pressure and blood glucose screening clinics are offered every 3rd Wednesday at Goodnow Library from 10:15 am to 11:15 am.



Library Legislative Day

On March 5, Library Director, Esmé Green and three of her staff attended Library Legislative Day at the State House. There they visited their elected officials and shared the FY20 legislative agenda with them, and encouraged them to support libraries.



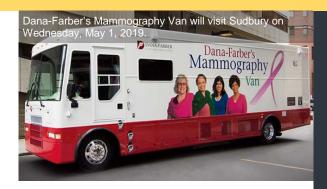
News & Upcoming Events

There are many ways to keep up with all the happenings at the library. Visit our <u>website</u> to sign up for our weekly newsletters, view our <u>Event</u> Calendar, or find us on your favorite social media!



Board of Health

- Cannabidoil (CBD)
- Septic System Maintenance
- Mammography Van



What is CBD? Things to be Aware of

Due to the recent legalization of marijuana in the State of Massachusetts, the Sudbury Board of Health has received inquiries with regards to cannabis and its sub-products.

Cannabidoil, more often referred to as CBD, is a type of cannabinoid (active constituent of cannabis) and a naturally occurring compound found in the cannabis plant. CBD is usually extracted in the form of an oil and can be taken into the body by either smoke or vapor or as a spray.

The FDA does not regulate the production and sale of CBD, and



like with most other supplements there are certain things that are important to consider before ingesting anything. Below are some tips and questions to keep in mind:

- When searching for supplements on the internet, use noncommercial sites (e.g. NIH, FDA, USDA) rather than depending on information from sellers.
- Be mindful of product claims such as "works better than [a prescription drug]," "totally safe," or has "no side effects."

- The term "natural" doesn't always means safe.
- If you have questions about a product, go ahead and ask! Check with the manufacturer or distributor about information to support the claims of the products and information on the safety and effectiveness of the ingredients in the product.
- Supplements are not a replacement for medications.

The most important thing to remember is to ask your healthcare provider if the supplement you're considering would be safe and beneficial for you!

Submitted by Esther Tandetnik, MSW Social Work Intern

Septic System Maintenance

Over 100 Board of Health permits were issued in 2018 for repair or replacement of failed septic systems. Regular maintenance is the most important thing in making sure your septic system works well. Properly functioning septic systems protects public health and the environment.

Routine pumping helps prevent solids from escaping into the drain field and clogging soil pores. While frequency pumping is function of use, MassDEP recommends that systems be pumped at least once every three years for homes not having a garbage disposal. If the home's system has a garbage disposal, it should be pumped every year.



Sudbury Licensed Sewage Haulers List: https://sudbury.ma.us/health/ 2019-permitted-haulersspread-sheet/

Additional septic information: https://www.mass.gov/guides/caring-for-your-septic-system

Submitted by:
Bill Murphy, Health Director

Sudbury Spring Health Day

Dana-Farber's Mammography Van to visit Sudbury: Wednesday, May 1, 2019

The Sudbury Board of Health is pleased to host Dana-Farber Cancer Institute's Mammography Van

Wednesday, May 1, 2019 8 AM to 3:30 PM Haskell Field, 40 Fairbank Road

Pre-registration required: 617-632-1974

A Spring Health Fair will be held in conjunction with the Mammography Van at Haskell Field from 10 AM-12 PM featuring many community and town partners promoting wellness in Sudbury

The Mammography Van provides digital screening mammograms and (depending upon availability) breast health education to women 40 years of age and older. Skilled mammography technologists from Dana-Farber



perform the exams, and images are interpreted by board-certified radiologists with extensive experience dedicated to mammography.

Dana-Farber's Mammography Van possesses a valid license and certificate of inspection issued by the Massachusetts Department of Public Health. For additional information about the mobile mammography program, you may call 617-632-1974 or visit http://www.dana-farber.org/about-us/community-outreach/mammography-van/

Planning and Community Development

- Master Plan Update
- Coolidge at Sudbury Phase 2
- Stone Farm Proposal
- ZBA & Earth Removal Board Member

Master Plan Update Process is Underway

Master Plan Steering Committee (MPSC), the Planning Board, and the Planning & Community Development Department kicked off the process to update the Town's Master Plan in January of 2019, in conjunction with the Horsley Witten Group as the lead consultant. The MPSC will be holding monthly meetings throughout 2019 to advance the update of the Master Plan, and encourages the entire community to participate in the process. On March 15th, the MPSC held a tour of the town to inform members of the MPSC and the consultant about the wide range of resources, facilities, opportunities. strenaths. challenges within the community. The tour covered significant areas in both north and south Sudbury including, but not limited to, the historic Town Center, the Fairbank Community Center, and the Route 20 business corridor. A public forum regarding the Master Plan update process is being scheduled for late May, before Memorial Day. Please stay tuned for further details and check out the Town website for more information.

The Coolidge at Sudbury Phase 2 – 187 Boston Post Road

The second phase of The Coolidge Sudbury senior housing development is moving forward. The developer is finalizing their financing regulatory and agreements and expected to break ground in the early spring of 2019. Phase 2 of the project will include 56 one-bedroom rental dwelling units, all of which will be affordable to households at or below 80% of the area median income.

Stone Farm Proposal – 554 Boston Post Road

At their meeting on April 1, 2019, the Zoning Board of Appeals will be hearing six cases including two Variance applications regarding a proposal to establish approximately 100,000 square foot self-storage facility with roughly 672 units on the Stone Farm property at 554 Boston Post Road, Interested parties should plan to attend the public hearing on April 1st at 7:30 PM at Town Hall, 322 Concord Road, or submit comments in Planning & writing to the Community Development Department in advance of the meeting.

Zoning Board of Appeals Seeks Associate Member and Earth Removal Board Member

The Sudbury Zoning Board of Appeals is looking for residents of the community to serve as an Associate Member. Associate Members sit, when individually called upon, as alternates on the full Zoning Board of Appeals, which makes decisions on applications for Special Permits and Variances under the Town's Zoning Bylaw. Associate Members also serve on the Earth Removal Board which grants Earth Removal Permits in accordance with the Town's General Bylaw. Desired qualifications include having resided in Sudbury for a period of time, having served on another Town board/committee, having an interest in zoning, and having engineering, architectural, design expertise.

All interested residents are welcome to submit a Volunteer Application (attached). Applications will be accepted until the position is filled. All members are required to be appointed by the Board of Selectmen.

Submitted by Adam Duchesneau, PCD Director

For more information on any of the topics above or other items, please contact the Planning & Community Development Department at 978-639-3387 or pcd@subbury.ma.us.



Annual Town Election

Monday, March 25, 2019 7AM – 8PM

2019 Annual Town Election

The Annual Election will be held on Monday, March 25, 2019. The polls will be open from 7:00AM to 8:00PM.

What's on the Ballot?

Candidates for town committees, including two contested races, are on the ballot. See specimen ballot at right for details (click to enlarge).

Where do I Vote?

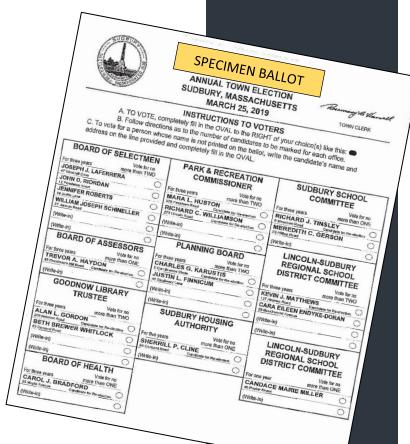
There are two locations in Sudbury. Precincts 1, 1A, 2 & 5 vote at the Fairbank Community Center, 40 Fairbank Road, and Precincts 3 & 4 vote at the Town Hall, 322 Concord

Road. Not sure which precint you're in? Find your polling location and precinct here:

http://www.wheredoivotema.com/bal/myelectioninfo.aspx

More Information

Learn more about the election, including voter registration and absentee voting information, as well as a link to the LWV Candidates' Night video here: https://sudbury.ma.us/clerk/?p=22



Congratulations Rosemary

Town Clerk Rosemary Harvell Retires

After over 13 years of service to the Town,
Rosemary Harvell will be retiring this March.
Rosemary accomplished a number of invaluable
projects during her time as Town Clerk, including
preservation and digitization of historic
documents and, most recently, an updgrade of
the town's voting machine systems. Rosemary's
dedication to her work and collaboration with an
excellent staff and election officials has helped
assure smooth voting processes at Elections and
Town Meetings in Sudbury.

Rosemary will be missed by her colleagues and Sudbury residents alike.

We wish her the very best in her retirement!

Sudbury's new Town Clerk, Beth Klein, will join the Town in April and assist with the March 25, 2019 Annual Town Election.



Sudbury Senior Center

- Dementia Caregiver Support
- Volunteer Opportunities
- Upcoming Courses & Programs



Dementia Family Network Caregiver Group

Senior Center The Sudbury Dementia Family Network caregiver group meets monthly on the 3rd Monday of the month, giving caregivers an opportunity to learn, share and help each other through mutual understanding and support. The next meeting is on Monday, March 18 at 1:00 PM. Another event for caregivers, and also their with loved ones cognitive impairment, is the Comfort Food Caring Café on Monday, March 25 at 12:00 PM. Please call Ana Cristina Oliveira. Outreach Specialist, for more information at 978-443-3055, oliveiraa@sudbury.ma.us.

Fall and Rise of China Course

We have a fantastic group of participants who enjoy working together to plan for a fall History course. This year, the course was the Great Courses' DVD Series "The Fall and Rise of China". There were a consistent 55 people in attendance. The class continues on March 13 through May 29 on Wednesdays at 9:30 The Great Courses DVD series is presented by a volunteer facilitator each week. The DVD is usually shown first followed by information and discussion led by the facilitator.

Soup's On!

The Senior Center's Soup's On! Event will be on Thursday, March 21. Enjoy delicious homemade soup and salad at noon, followed by a presentation at 12:45 PM from Trips Coordinators Joe Bausk and Joanne Bennett, along with Collette Tours Vinny Brown with some exciting trip opportunities this year. Please reserve your soup by Tuesday, March 19 at 978-443-3055.

Volunteers Needed!

Sudbury Senior Center Volunteer Program Coordinator Janet Lipkin reports that the Senior Center needs volunteers for Meals on Wheels as backup drivers, as well FISH (volunteer medical) drivers. In addition, the Medical Equipment Loan Closet needs donations of gently used (or brand new!) reachers. tub transfer benches, canes. baskets for walkers, shower chairs and If you'd like to donate medical equipment, it is best to contact Janet Lipkin first, to see if the Senior Center has space. Equipment donation drop-off is restricted to Tuesdays and Fridays from 12-4 PM. For information about volunteer opportunities, please contact Janet Lipkin, Volunteer Program Coordinator at 978-443-3055 or

lipkinj@sudbury.ma.us.

St. Patrick's Day Luncheon

The Sudbury Senior Center hosted a St. Patrick's Day Luncheon on Tuesday, March 12 with 95 participants in attendance. The folk Glenshane performed a rousing set of Irish tunes! The Senior Center hosts several luncheons and musical events every year. Suggestions for new entertainers are always welcome! Please subscribe to our newsletter if you don't already receive it, or look for it online www.sudburyseniorcenter.org.

Fitness Courses

The Senior Center offers 8-week sessions of several fitness classes, including Fit for the Future (aerobics and strength) 3x week, 3 different T'ai Chi classes, 2 Yoga classes, Better Bones (strength and balance) and Beginners and Intermediate Tap Dance. Contact the Senior Center for more information at 978-443-3055 or at senior@sudbury.ma.us.

Foxwoods Casino Trip

Don't miss out on the fun! The next Sudbury Senior Center Foxwoods Day Trip is on Monday, May 6! Your fee of \$26 includes luxury bus transportation and a \$10 Buffet or Food Voucher Coupon and \$10 Slot Play. Note: checks payable to Friends of Sudbury Seniors. Please arrive before 7:00 AM to check in, return at approximately 5:00 PM. Your check reserves your spot.

Park & Recreation Spring & Summer Programs

Registration Opens March 25

Sign up at: https://sudburyrec.com





Rain Barrel Program

Sudbury has partnered with the Great American Rain Barrel Company (GARBC) to offer rain barrels at a discount. These sturdy barrels capture rainwater for lawn and garden use.

GREAT FOR THE GARDEN

Water a thirsty yard during a water ban. Rainwater is free from chemicals, chlorine and flouride.

GREAT FOR THE COMMUNITY

Help Sudbury manage water supplies and storm water runoff.

SAVES MONEY

One rain barrel is estimated to save \$200 in annual water bills. It can pay for itself in one season.

\$69 each (40% off retail price)

Order online at www.TGARB.com or by phone at (800)251-2352 by April 28.

Pick up at the DPW on May 4, 2019.

Upcoming Events

March 21 – Livable Sudbury Presentation

Community needs assessment final report presentation by Jan Mutchler, Director, UMass Boston Gerontology Institute, at Senior Center (40 Fairbank Rd), starting at 6PM.

March 25 - Annual Town Election

Polls will be open from 7AM-8PM at Town Hall and Fairbank Community Center.

May 6 - Annual Town Meeting

The first night of Annual Town Meeting begins at 7:30PM in L-SRHS Auditorium.

May 18 - Community Green-Up

Town-wide roadway cleanup and Repair Café (Senior Center).



FREE REPAIRS AT THE REPAIR CAFÉ

Sat. May 18, 2019 — 9:00 am - 12:30 pm Sudbury Senior Center, 40 Fairbank Road, Sudbury

Most items are welcome for free repair. We specialize in mendable clothing, lamps, small appliances, computers, electronics, sewing machines, bikes, toys, outdoor equipment, and sharpening dull knives or garden tools. If your item needs a part, save time and bring the new part with you.

Enjoy a free drink and a snack, have fun, and work with a volunteer who will repair your broken possession.

For information or to volunteer: Contact Howard Kendall at 978-261-5264 or howard.kendall@comcast.net. Learn more at www.repaircafe.org

You know all about the small print, right? But our small print says the same thing as our big print. There is no charge...really! You just pay for any needed parts.

An all-volunteer project of the Rotary Club of Nashoba Valley with support from the **Sudbury Senior Center and the Sudbury Historical Society.**







