



MUNICIPAL NEWSLETTER

Town of Carlisle

OCTOBER 2023

Welcome Johnny Melo!

Please welcome our newest DPW Heavy Equipment Operator! Johnny has years of experience as a driver and laborer and will be a terrific addition to the DPW department. Congratulations!



Welcome Kathleen Bond!

Please welcome our new COAHS Transportation and Office Manager! Kathleen was a program specialist for Metro Housing Boston and has great experience in many roles including a healthcare consultant/wellness coach, functional health coach, and health communications center and project manager. Congratulations!



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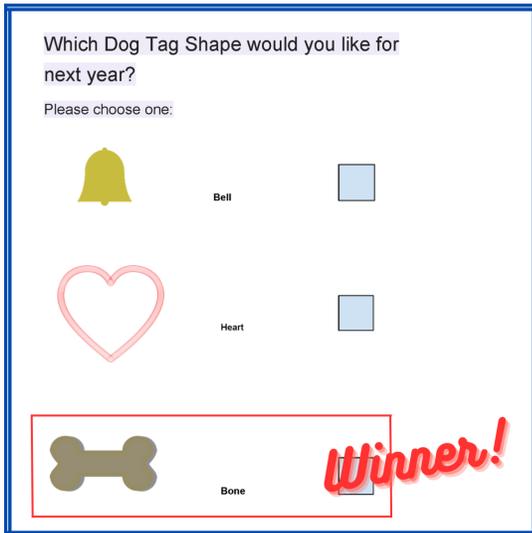
carlislema.gov

Congratulations Gretchen Gallimore!



Gretchen Gallimore is our new Executive Assistant! Gretchen has been the Assistant Town Clerk since 2020, and has worn many hats in town, including an Assistant to the Library Director, Driver for the COAHS, and DPW Assistant. Before joining Carlisle, Gretchen was the Executive Director of Central Food Ministry, Inc. in Lowell. We look forward to collaborating with her in her new role!

Carlisle 3rd Graders Vote!



Gretchen Gallimore

The results are in; the 2024 dog license tag will be a Dog Bone! On September 15th, Dr. Dennet Sidell, Elementary Principal of the Carlisle Public Schools, announced the results of the 2024 Dog Tag Shape election. Carlisle’s 3rd grade students voted in their classrooms during the second week of school using a ballot with pictures of the three choices: Bell, Heart, or Dog Bone. Voting was completed by marking their choice with an “X.” Votes were tallied in the main office and full results are 34 for Bell, 80 for Heart, and 141 for Bone. Town Clerk Peggy Wang joked, “the dog bone is clearly the winner, no need for a recount.”

This is not the first election the Dog Bone has won. In 2018, former Town Clerk Mary DeAlderete engaged Carlisle Public Schools to choose the 2019 Dog Tag shape. With 66% of the vote, Dog Bone won and was the shape of the 2019 dog license tag. This year was the fourth Dog Tag Election in which Carlisle’s students participated; students also voted in 2019 and 2021. Town Clerk Peggy Wang and Town Administrator Ryan McLane were excited to be able to partner again with Dr. Sidell and the Carlisle Public School to give students this fun and important opportunity to practice civic engagement.

Transfer Station Action Committee Provides Guidelines for Hosting Private Events

John Petrie, TSAC Member

The Transfer Station Action Committee (TSAC) has published a first draft of “Guidelines for Minimizing Waste When Hosting Private Events.” As many Carlisle households regularly host gatherings to celebrate occasions, such as graduations, birthdays, and religious festivals, which can generate significant amounts of waste, these voluntary guidelines are provided to help hosts consider ways in which with a bit of planning they can significantly minimize solid waste (household trash) generated.

TSAC Chair, Tom Bilotta, explained that as we are approaching the time of year in which many households will be hosting holiday gatherings, this seemed like a well-timed moment to share insights developed by the committee or suggested by other residents. “Most of this is just a combination of common sense and planning,” Bilotta said. “But it is also important to understand some things that aren’t so immediately obvious, such as what tableware can be composted at the transfer station.” Bilotta estimates that there is a potential to reduce solid waste by 25 to 30 tons per year just related to private events, when we often resort to offering guests single-use tableware and serving packaging-intensive food and beverage items.

At the top of the list of guidelines is maximizing recycling for any plastic, glass, or metal serving containers or tableware. This includes not just beverage containers, but any plastic tableware marked with resin identification codes (the triangular symbols) 1 through 6 which should be rinsed and segregated for deposit into the separate transfer station bins for these recyclables. This is the one guideline that is not voluntary as the MassDEP solid waste ban prohibits disposal of these items in regular household trash and doing so puts the town at risk for fines resulting from DEP inspections.

The bulk of the guidelines provided by the TSAC are focused on opportunities for either home or transfer station-based composting. While home composting is desirable in some ways, such as saving the town money paid to Black Earth for collection and eliminating the energy used in transport and commercial, heat-based composting processes, the transfer station can accept a much wider range of materials, such as meat and fish scraps, bones, and certain tableware, that are not suitable for backyard composting.

If wishing to compost single-use tableware, which can include plates, bowls, cups, and flatware, it is essential to be knowledgeable about what products are acceptable for the Black Earth composting process. Designations such as “compostable,” “plant-based,” or “biodegradable” don’t necessarily ensure composability in standard commercial composting processes. Black Earth suggests using only materials with the BPI, CMA, TUV or OK Compost certification labels on product packaging or descriptions. While following these guidelines might seem challenging, Black Earth provides specific product recommendations organized in the categories of kitchen supplies, ***(Continued on Page 4)***

Transfer Station Action Committee, Continued

(Continued from Page 3) small gatherings, and gatherings for 100+ guests and even links for online ordering. (<https://blackearthcompost.com/compostables>).

Ultimately, minimizing single-use tableware of any kind is the best option, and one of the TSAC's guidelines is based on a resourceful suggestion from a resident who has assembled a collection of low-cost (or free) "second-life" plastic tableware that she uses when hosting large gatherings and even makes available to neighbors. Other ideas include making freshly-prepared beverages like iced tea and lemonade using tap water, minimizing packaging waste from purchased products and offering guests something a little more special than the branded beverages we see everywhere.

TSAC is interested in the experiences and suggestions of other residents and would appreciate hearing about any strategies you are using which you can share with us at recycling@carlislema.gov. The current draft of TSAC's new guidelines is available at <https://www.carlislema.gov/1179/Event-Planning>.

CCF Bird Walk October 21

Alan Ankers

The Carlisle Conservation Foundation will host its final bird walk of the season (co-sponsored by the Menotomy Bird Club) at the Cranberry Bog on Saturday, October 21, starting at 8:00 A.M. The walk will last about two hours and search for newly-arrived winter visitors and late fall migrants – waterbirds, raptors and songbirds. Meet at the parking lot on Curve Street, next to the Bog House. The trip is free and all are welcome, including beginner birders. Be prepared for wet conditions underfoot; bring binoculars if you have them. If you have any questions, contact Alan Ankers by e-mail at alankers@comcast.net.



SPECIALIZED CODE FAQ: UNDERSTANDING WARRANT ARTICLE 10

Christina Christodouloupoulos, Co-Chair, Environmental Sustainability Committee

Warrant Article 10 for the Fall Special Town Meeting is a citizens' petition to adopt the Specialized Code. While understating what this code entails may seem daunting, here are answers to some frequently asked questions:

What is the Stretch Code?

At the end of 2022 the Commonwealth completed a comprehensive revision of the energy code provisions of the statewide building code. As one of approximately 300 Green Communities in the state, we automatically adopted the Stretch Code provisions of this updated energy code. These new provisions became effective on January 1, 2023. More stringent residential Stretch Code provisions become effective starting July 1, 2024.

We already have adopted the Stretch Code, so why do we need the Specialized Code?

The Specialized Code was created as a result of a legislative mandate. The legislation required an energy code option that better addressed the Commonwealth's climate change and greenhouse gas reduction goals. Adoption of this option – the Specialized Code - requires active approval by each municipality wishing to adopt it.

Will I have to retrofit my house?

No. The Stretch and Specialized Codes only apply to new construction, alterations, additions, and renovations. For alterations, additions, and renovations there are no differences between the Stretch and Specialized Codes.

I want to build a new house, does adopting the Specialized Code mean it can't be a natural gas or propane fueled house?

There are no restrictions nor prohibitions as to fuel choice in the Specialized Code. There are, however, additional requirements for mixed fuel homes in the Specialized Code as noted below.

What are the primary differences between the Stretch and Specialized Codes pertaining to new residential construction?

The key differences between the Stretch and Specialized codes related to *new* home construction are:

- Mixed fuel homes, i.e., those using fossil fuels, have to be pre-wired and their electric panels sized to facilitate future electrification of space heating, water heating, the clothes dryer, and the cooktop. **(Continued on Page 6)**

Specialized Code, Continued from Page 5

Note that the use of “smart panels” can allow infrequently used circuits, e.g., the clothes dryer, to be shared with another end use

- Mixed fuel homes that are not Passive House certified have to install solar photovoltaics (PV). The amount that needs to be installed is a function of the home size and estimated energy use. There are exemptions to these PV requirements as discussed below.

Please note:

- There are no differences in the way that the Stretch and Specialized Codes treat alterations, additions, and renovations to existing homes.

The table below summarizes the differences between the Residential Stretch and Specialized Codes

Energy Source(s)	Home Size	Stretch Code (July 2024)	Specialized Code
All Electric New Homes	Any Size Home	HERS 45 or Passive House	
Mixed Fuel New Homes	Under 4,000 Sq Ft	HERS 42	+Solar PV (min 4kw) + wiring for electrification
	4,000 Sq Ft and over	HERS 42	+Solar PV (to net-zero) + wiring for electrification
	Any	Passive House Option	+ wiring for electrification
Home Additions & Alterations	Any	Same as Stretch Code	
Existing Homes	Any	Energy Code not Applicable	

Why is pre-wiring required of mixed fuel homes in the Specialized Code?

It is anticipated that over time that even recently built mixed fuel homes will increasingly electrify some or all of their fossil fuel end uses. By pre-wiring at the time of construction, this removes a potentially costly and disruptive barrier to future electrification efforts

I want to create an accessory apartment, will adopting the Specialized Code affect it?

As noted above, any additional Specialized Code requirements only apply to new construction. If the accessory apartment is the result of an addition or renovation, then there are no additional requirements under the Specialized Code. If the accessory apartment is a free-standing dwelling, then the Specialized Code provisions would apply if it were mixed fuel.

Is a renovation to my historic house exempt?

Repairs, restorations, alterations and change of occupancy involving a historic home are exempt from the Stretch and Specialized Code provisions. What constitutes a historic home is left to the appropriate local authority to determine.

I have many trees; will I have to cut them down?

No. There are exemptions to the onsite PV requirements for mixed fuel homes addressing roof shading and orientation. Specifically, there are the following exemptions: **(Continued on Page 7)**

Specialized Code, Continued from Page 6

- Roof area oriented between 110 degrees and 270 degrees of true north of new one-and two-family homes and townhouses is under 600 square feet
- Roof area is in full or partial shade for more than 70 percent of daylight hours annually

The solar PV requirements are summarized in the table below.

Building Type (WITH MIXED FUEL)		Solar Requirement	Notes
Low-rise Residential (≤3 stories)	Dwelling units <4,000 sf	≥4kW for single family ≥0.75W/sf for multifamily	Exemptions: Shaded sites (viable areas shaded >70% daylight hours); Passive House certified, buildings where the Potential Solar Zone Area is <300 sf
	Dwelling units >4,000 sf	Solar PV or other renewables sufficient for zero energy	
Multifamily	Buildings >12,000 sf	N/A – optional*	Must pursue Passive House
Commercial	Small commercial, offices / schools, high ventilation	≥1.5W/sf for each sq foot of 3 largest floors or 75% of Potential Solar Zone Area	Excludes multifamily buildings*

Can I still have a propane or natural gas emergency generator and have my new home still considered all-electric?

Yes, fossil fuel use for an emergency generator is allowed for all-electric homes.

When would the Specialized Code take effect?

July 1, 2024. This is also when the current Stretch Code efficiency requirements for building envelope and equipment efficiencies increase to match those of the Specialized Code.

Are other communities adopting the Specialized Code?

Through the end of September 20 communities representing 21% of the state's population have adopted the Specialized Code; most with a January 1, 2024 effective date.

Among the cities and towns that adopted the Specialized Code are Acton, Lexington, Concord, Lincoln, Maynard, Arlington, Stow, Boston, Cambridge, and Worcester.

For more information you can check out the DOER *2023 Stretch Energy and Municipal Opt-In Specialized Building Code Frequently Asked Questions* ([download \(mass.gov\)](#)) or email the ESC (ESC@Carlislema.gov).

The video of the September Specialized Code Public Forum can be viewed here: [Specialized Code Forum Youtube](#)

Sustainable Halloween Celebrations: Making Spooky Fun Eco-Friendly!

Christina Christodouloupoulos, Co-Chair, Environmental Sustainability Committee

As the Halloween season creeps in, it's the perfect time to get into the spooky spirit while also being environmentally conscious. Let's get creative and consider crafting DIY decorations from recycled materials, like ghosts from old bed sheets or jack-o'-lanterns from repurposed jars.



Rather than purchasing new costumes, head over to the Facebook groups, Reduce Reuse Carlisle and Buy Nothing Concord/Carlisle, to find the perfect costume. And when out trick-or-treating, use reusable bags or buckets to collect your treats instead of disposable plastic ones.

To make your haunted house more eco-friendly, use energy-efficient LED lights or soy/beeswax candles. After the festivities, compost your pumpkin remains or turn them into a tasty homemade treat.

By incorporating these sustainable practices into your Halloween celebrations, you'll not only have a spook-tacular time but also help create a greener and more environmentally conscious community. Happy Halloween!

SUSTAINABLE FALL YARD WORK

Christina Christodouloupoulos, Co-Chair, Environmental Sustainability Committee

Now that the leaves are about to fall, here are some tips for sustainable autumn yard work:



LEAVE THE LEAVES

Wherever possible, leave the leaves where they fall. They provide shelter and sustenance for beneficial insects and critters for overwintering and nutrients to the trees.

Using leaves as mulch in garden and flower beds is also very sustainable by providing nutrients to the plants (eliminating the need for fertilizers) and they help regulate moisture for the plants.

Eliminating purchased mulch also reduces your carbon footprint since much of the commercial mulch is trucked in from Canada. It also saves you money and time!

LEAVE THE BRANCHES

Fallen branches provide shelter and sustenance for insects and critters. There is no need to "tidy up" the woods. If large branches fall in your flower bed, on your lawn or on your driveway, you can make a small pile of them in the woods (not in wetlands, though) which will allow *(Continued on Page 9)*

Sustainable Fall Yard Work, Continued

(Continued from Page 8) for the above-mentioned benefits.

SCRAP THE GAS LEAF BLOWER

It is understandable that you may wish to keep certain sections of your property (lawn and driveway) clear of leaves. Obviously, the most sustainable method is using a rake. If opting for a leaf blower, a battery operated one will do the job nicely while eliminating noxious emissions and lessening noise pollution (both being better for your personal health as well). Do keep in mind that large mounds of blown leaves at the edges of the woods smother out native vegetation so try to spread them out into a thinner layer.

DITCH PROFESSIONAL HAUL-AWAY

If you hire a landscaping company, it is preferable that they spread the leaves on your property as mentioned above rather than hauling them away. This way, they will provide essential nutrients to your trees as they decompose. Also, try to choose a company that utilizes electric equipment rather than has-powered. There are an ever-increasing number of companies in the area that do so.

REDUCE THE LAWN

Instead of reseeding and fertilizing a large lawn, consider reclaiming part of it for native plants. Now is a great time to plant native plants - and they will be ready to bloom next season.

Thanks for making sustainable choices!

From the Department of Public Works

Jim Hall, DPW Director

Hi Folks! Happy fall! Just a friendly reminder that we are still collecting brush from the September 8th storm until the 15th of October. We will then start up again on December 1st until April 30th. We are now moving on to drainage repair, to take care of some blocked drains and collapsed pipes and getting ready for the upcoming winter! Thank you all for your patience as we got a late start due to all the rain this past summer. Happy leaf peeping all!!





Join us:

Thursday, October 19, 2023

Clark Farm Market

10:00am-11:30am



Town of Carlisle Employee Goals

Ryan McLane, Town Administrator

Town staff and committees, to include the Select Board, completed a lengthy goals process during the first quarter of the Fiscal Year to help shape town municipal service delivery and planning.

Every employee was asked to commit to at least three goals using the SMART model. The goal categories included:

- 1) A goal related to the town's [Master Plan](#)
- 2) A goal that improves the employee's department
- 3) A professional development goal

By connecting employee goals to the town's larger planning efforts, staff members can assist town officials with moving [Carlisle Forward](#).

My Town Administrator goals, completed using this format, included:

- 1) Continue to coordinate the relationship between town staff and committees by executing our communication plan, our volunteer training initiative, our quarterly All Chair meetings, and regular attendance of non-Select Board meetings.
- 2) Hold more community office hours to include in person coffee hours outside of Town Hall and implementing the first Town Hall in the Park in 2024.
- 3) Outline a three year process to obtain my [ICMA Manager's certification](#)

Some of the interesting goals developed by our town staff include:

- To expand the town's Summer Inclusion Program to better service residents with special needs
- Organize and coordinate a town-wide working group to address zoning considerations for accessory apartments
- Continue to grow the library of things in the library
- Three departments chose to make internal professional development and employee growth a number one focus
- Almost every department committed to digitizing and modernizing document storage to make sure residents (and staff) can access information

If you would like to provide feedback about our goals process or learn more about the town's current initiatives, please feel free to email me at rmclane@carlislema.gov or ask to schedule a one-on-one meeting where I can answer questions!

From the Gleason Public Library

GLEASON PUBLIC LIBRARY'S 40TH ANNUAL GREAT PUMPKIN SPECTACLE



Thursday, October 26th for Grades K-4

4:30 – 6:00 p.m.: Pumpkin Registration

To register, bring your pumpkin to the front lawn of the Library between 4:30 and 6 p.m. on Thursday, October 26. Pumpkins will be judged by grade, with three winners in each grade level, K-4. There will also be two "lucky" winners, one drawn from lower elementary and one from upper elementary. Those who do not wish their pumpkins to be judged (or are younger or older than K-4) may bring them to a special "display only" table. There will be seventeen (17) winners total.

6:30 p.m.: Halloween Magic Show with Scott Martell

Join us for spooky magic with Scott Martell in the Corey Auditorium at the Carlisle Public School. It's a 45-minute show of non-stop magic, comedy, thrills and surprises!

7:30 p.m.: Great Pumpkin Spectacle Award Ceremony

After the magic show, we will walk back together to the front lawn of the Gleason Library for our awards ceremony. We ask that all participants please pick up their pumpkin that evening by 9 p.m. We will place the remaining pumpkins on our front steps the next morning for ease of pickup.

If you have any questions, please email us at childrens@gleasonlibrary.org

This event is sponsored by our wonderful Friends of the Gleason Public Library.



Martha Feeney-Patten, Director

40th Annual Great Pumpkin Spectacle

The Gleason is delighted to host our 40th Annual Great Pumpkin Spectacle on Thursday, October 26th. The pumpkin contest is open to kids in grades K through 4; bring your entry to the library between 4:30 and 6 p.m. to register. At 6:30 p.m. at Corey Auditorium, Scott Martel will perform his Halloween magic show – no registration required; all are welcome. Finally, the awards ceremony will follow at the Library at 7:30 p.m. Presented with the support of the Friends of Gleason Public Library. Visit gleasonlibrary.org/events or email childrens@gleasonlibrary.org for more information.

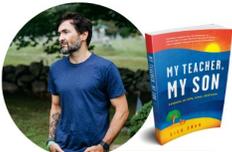
The Power of Story Telling

Join the Friends of Gleason Public Library for their Annual Meeting on Tuesday, November 14th, at 7 p.m. The evening will feature Carlisle authors Nick Shaw and Joe Wallace. They will present their newly published books and converse about the power of telling our stories. Location: Gleason Library Hollis Room or hybrid on Zoom; RSVP requested at gleasonlibrary.org/events.



**The Friends of the Gleason
Public Library present**

The Power of Story Telling



Nick Shaw

&



Joe Wallace

**Tuesday November 14 at 7:00 pm
Hollis Room and Zoom Meeting**

Join the Friends' Annual Meeting, featuring Carlisle authors Nick Shaw and Joe Wallace, as they present their newly published books and converse about the power of telling our stories.

Limited seating available. Register [HERE](#)

From the Gleason Public Library, Continued

Resource of the Month: US Newsstream

Looking for online access to newspapers? Your Gleason library card lets you log in to US Newsstream and search current and past issues of top newspapers including the New York Times, Washington Post, Boston Globe, and hundreds more. Visit gleasonlibrary.org/resources or email info@gleasonlibrary.org for more information.



Carlisle Affordable Housing Trust Vacancies

The Carlisle Affordable Housing Trust is looking for new members! Please email a letter of interest to Gretchen Gallimore, Executive Assistant, at ggallimore@carlislema.gov. Please reach out to caht@carlislema.gov with any questions about CAHT.

HomeWorks Energy

Dave Boettcher

The Town of Carlisle began working with HomeWorks Energy over the summer in order to help residents access no-cost home energy assessments and generous rebates and incentives available through Mass Save®. With cold weather approaching, there's still time to make your home more comfortable and lower your utility costs before winter sets in. Schedule now at hwe.works/Carlisle or by calling 781-305-3319. HomeWorks will be providing regular reporting back to the town so residents can stay updated on the town's progress; please do your part today as we work to make our community more sustainable.

Vaccination info for the 2023-24 fall/winter seasons

Tricia McGean, RN

October is the sweet spot month to obtain your yearly flu vaccine. These vaccines are readily available at most pharmacies, doctor's offices, and stores such as Costco and Wegmans. If you are 65+, consider getting the high dose quadrivalent vaccine. This vaccine contains 4x the antigen as standard dose flu vaccines.

As you may have heard, the new updated COVID19 vaccination is now available. If you are 60+, you can get your flu vaccine **and** updated COVID vaccine on November 4th at the Living Well 60 and Beyond Fair at the Carlisle School from 11:00-1:30pm. This fair is hosted by the Carlisle COA in collaboration with the Board of Health. Cataldo Ambulance Service will be available to administer these vaccines at the fair and you must register ahead of time at the following link:

<https://home.color.com/vaccine/register/cataldo?site=carlisle-wellness-fair-carlisle-school>

Protect yourself, your co-workers and family members by seeking out appropriate vaccinations needed to keep you out of the hospital so you can enjoy the changing of the seasons with your friends and loved ones.

For more information regarding currently available vaccines, please see CDC.gov or DPH.gov. As always, you can always reach out to me, your local public health nurse, with any questions!

Tricia McGean, RN
781-223-0286
tmcgean@carlislema.gov

Immunizations to Protect Against Flu, COVID-19 and RSV

Disease	What Products are Available?	Who Should Use These Products?	What Are the Benefits?	Where Can You Access?	More Information
Flu	Updated flu vaccines for 2023-2024 are available, including flu shots and a nasal spray flu vaccine	Everyone six months and older should get an updated flu vaccine. People 65 and older should get a high-dose or adjuvanted flu vaccine, if available.	Flu vaccines reduce the risk of flu illness, severe illness, hospitalization, and death.	Visit https://www.vaccines.gov/ to find a vaccine.	https://www.cdc.gov/flu/prevent/index.html
COVID-19	Updated COVID-19 vaccines are available for 2023-2024	Everyone six months and older should get an updated vaccine. Some groups may need additional doses to stay up to date.	COVID-19 vaccines are safe and effective at protecting people from serious COVID-19 illness, hospitalization, death, and Long COVID.	Visit www.vaccines.gov . There, you can also find providers that are participating in the Bridge Access Program , which provides no-cost COVID-19 vaccines to adults without health insurance and adults whose insurance does not cover all COVID-19 vaccine costs. The Vaccines for Children Program provides vaccines at no cost for eligible children.	https://www.cdc.gov/coronavirus/2019-ncov/index.html
RSV	RSV vaccines	Adults aged 60 and older	Vaccination against RSV can help prevent severe RSV illness, hospitalization, and death.	Talk to your healthcare provider to see if RSV vaccine is right for you.	https://www.cdc.gov/rsa/about/prevention.html
	RSV vaccine	People who are 32-36 weeks pregnant during RSV season	Vaccination against RSV while pregnant can help protect babies from severe RSV illness, hospitalization, and death.	Pregnant people should talk to their doctor about which option may be best.	Some children aged 8-19 months who are at increased risk for severe RSV may benefit from an additional RSV immunization product.
	RSV immunization	Infants entering or born during RSV season	Immunization against RSV from monoclonal antibodies can help prevent severe RSV illness, hospitalization, and death.	Parents and expecting parents should talk to their doctor about which option may be best.	



Living Well

60 & Beyond

A resource fair for older adults and their loved ones

Saturday, November 4th, 11:00am — 1:30pm

Location: Carlisle Public Schools, Gymnasium

Address: 83 School Street, Carlisle MA 01741

- ◆ Information about local resources
- ◆ Covid & Flu Vaccine Clinic (registration required)
- ◆ Exercise demonstrations
- ◆ Blood Pressure Clinic
- ◆ Grab-bar installation sign-up
- ◆ Raffles and more!

Covid and Flu Vaccine Registration

only available for individuals 60+

<https://home.color.com/vaccine/register/cataldo?site=carlisle-wellness-fair-carlisle-school>



www.carlislecoahs.com or 978-371-2895