



MUNICIPAL NEWSLETTER

Town of Carlisle

NOVEMBER 2023

Congratulations Jonathan Chan!

Jonathan Chan graduated from the Fire Academy as nationally certified to the Firefighter I and II level.

Jonathan is a resident of Chelmsford and a Firefighter/EMT on our department.

From The Commonwealth of Massachusetts, Executive Office of Public Safety and Security, Department of Fire Services: "State Fire Marshal Jon M. Davine and

Massachusetts Firefighting Academy Director Jeffrey P. Winn announced the graduation of 25 recruits from the Call/Volunteer Recruit Firefighter Training Program this evening. The graduates received certificates of completion at a ceremony held at the Department of Fire Services' headquarters in Stow."

"Massachusetts firefighters are on the frontlines protecting their communities every day, and today's graduates are needed now more than ever," said State Fire Marshal Davine. "The hundreds of hours of foundational training they've received will provide them with the physical, mental, and technical skills to perform their jobs effectively and safely."

Video of the ceremony has been posted at the Department of Fire Services' YouTube channel, www.youtube.com/dfsosfm



Massachusetts Firefighting Academy

Call/Volunteer Recruit Class #108 Graduation • November 2, 2023



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carlislema.gov

From the Town Administrator

Ryan McLane, Town Administrator

I will hold a Coffee with the Town Administrator hour next week, Tuesday, November 14th as part of an effort to continue having conversations about the future of Carlisle. Please join me at Ferns for a chance to ask questions or provide input about the town’s direction... or to get a free coffee.

While we are advertising this hour, I would like to invite residents to speak with me at any time about their questions and concerns. Most days I have an open door for a brief chat or am fully available to meet any resident in or out of the office. I also regularly schedule Zoom meetings and phone calls with residents who have work or family conflicts.

I also understand that some residents do not like face-to-face meetings, preferring to follow town news passively or send an email. Please see the links below to sign up for our many information platforms and if you have suggestions for other ways for us to connect with residents, please let us know!



[Email the Town Administrator](#)

-- Ask questions and provide input

[Email the Assistant Town Administrator](#)

-- Connect with Boards and Committees

[Email the Select Board](#)

-- Get answers or get on an agenda

[Sign Up For Town Email Alerts](#)

-- Receive news alerts, agendas, minutes, and more

[Official Town Facebook](#)

-- Real-time updates and information

[Official Town Twitter/X](#)

-- Real-time updates and information

[Official Instagram](#)

-- Pictures, information, and more

[Official LinkedIn](#)

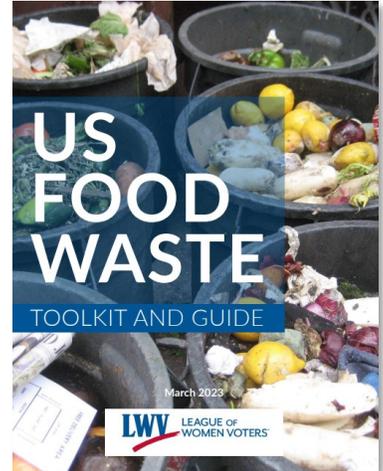
-- Job openings and town information



Source reduction: smarter food shopping

Dan Scholten, member of the Carlisle Transfer Station Action Committee (TSAC)

Though recycling is preferable to throwing things in the trash, the best way to reduce waste is at the source by reducing unnecessary consumption. The U.S. Dept. of Agriculture (USDA) estimates that about 30% of all food is wasted, by a combination of consumers and retailers, with residential consumers playing the largest role. The EPA estimates that this U.S. food debris wastes enough water and energy to supply more than 50 million homes, and produces greenhouse gas emissions equal to more than 42 coal-fired power plants. In 2018, food waste accounted for an estimated 22% of the total amount of waste that is sent to municipal solid waste facilities. See the League of Women Voters *US Food Waste Guide* at: www.carlislema.gov/DocumentCenter/View/4933.



Extraneous food packaging similarly results in environmental damage during production, transport, and disposal, and uses precious resources such as water and petroleum.

Reducing food waste – expiration dates

The USDA (www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/food-product-dating) states that dates such as "Sell-By" and "Use-By" are not safety dates. Its guidelines for meat and dairy products are: "With the exception of infant formula, if the date passes during home storage, a product should still be safe and wholesome if handled properly until the time spoilage is evident. Spoiled foods will develop an off odor, flavor or texture due to naturally occurring spoilage bacteria." For canned goods: "Discard cans that are dented, rusted, or swollen. High-acid canned foods (e.g., tomatoes and fruits) will keep their best quality for 12 to 18 months, whereas low-acid canned foods (e.g., meats and vegetables) will keep for two to five years."



For more information on food safety, see: www.carlislema.gov/DocumentCenter/View/4932.

Food buying habits

Buying habits can have a large environmental, social, and economic impact. Locally grown food is fresher, more nutritious, and reduces packaging and transportation costs and impacts. (Continued on Page 4)

Source Reduction, Continued

(Continued from Page 3) Organic food is healthier and avoids harmful pesticides. Fair-trade products ensure that farmers receive their fair share of the profits. Shade-grown crops such as coffee can leave rainforests intact. Eating low on the food chain, or a plant-based diet, even for one day a week, reduces the resources used and so has a positive impact on the environment.

Composting

In Carlisle, food waste can ideally be composted at home and used as garden fertilizer, or else brought to the Transfer Station's Black Earth compost bins, at a cost to the town. Black Earth, being a commercial composting facility, also accepts meat, fat, and dairy products. They then sell their bagged composted material at local stores.



Reducing packaging

Single-use packaging can often be reduced or eliminated, with the additional benefit of cost savings. Weight is directly correlated with environmental impact. Examples are:

- Coffee made from K-cups requires that the plastic cups be disposed of in the trash. Using brewed coffee instead eliminates this packaging, saves money, and the coffee grounds are readily compostable.
- Prefer refillable mugs to plastic water bottles.
- Some coffee/drink retailers will fill a reusable container you bring, eliminating disposable packaging.
- When taking home leftovers from a restaurant, think about bringing your own reusable containers.
- Buying in bulk will reduce

packaging.

- Avoid items that are overly packaged, especially items in heavy plastic or styrofoam that is not recyclable.
- Bring your reusable bags to the store to avoid using single-use plastic or paper bags.



For more information on source reduction, see: www.carlislema.gov/1166/Source-Reduction.



From the Treasurer/Collector's Office

Sandy Nason, Treasurer/Collector

The Treasurer/Collector's office has closed the post office box in Carlisle. All tax payments should be mailed to either the Lockbox post office box in Boston which is printed on all tax bills, or to 66 Westford St., Carlisle, MA 01741. All correspondence, including Municipal Lien Certificate requests, should be sent directly to the Treasurer's Office, 66 Westford St., Carlisle.

From the Council on Aging and Human Services

Carol Grueneich, COAHS Director

We had a great time at the COAHS Living Well: 60 & Beyond resource fair and hope you did too. Thank you to the town departments and the area agencies who were part of the fair in making this a success. We are looking forward to doing this again next year!



Our Salute to Veteran's Breakfast was attended by Veterans from all branches of the military and featured a delicious breakfast buffet. Karen Tyler, the Veteran Agent for Carlisle, shared her experiences in the military and explained all the services that she can provide as a Veteran Agent.



Healthy Carlisle

Food Safety Around the Holidays

Tricia McGean BSN, RN

As we approach the winter holidays, most of our celebrations revolve around gathering with friends and family while sharing our favorite meals together. Thankfully, Aunt Susan will be bringing her award winning sweet potato casserole from her house in North Adams to Grandma's house on the Cape. But how is this yummy side dish being transported? What is happening to the casserole's internal temperature as it fluctuates between her oven to her refrigerator temperature to her car's toasty environment before it lands on the dinner table? Below are some tips from the CDC to make sure your food, friends and family stay safe this holiday season!

- **Transport Food Safely**
 - Keep hot foods hot (140°F or higher) by wrapping them in foil, and then in heavy towels.
 - Keep cold foods cold (40°F or lower) by placing them in a cooler with ice or freezer packs or an insulated container with a cold pack designed to keep food cold.
 - Purchasing a food thermometer is important. You certainly don't want to be the guest that gets the family sick.
- **Wash your hands** with soap and water before, during and after preparing food.
- **Cook food thoroughly.** Use a food thermometer to make sure meat, chicken, turkey, seafood, and eggs have been cooked to a safe internal temperature to kill germs. Roasts, chops, steaks, and fresh ham should rest for 3 minutes after you remove them from the oven or grill.
- **Keep food out of the "danger zone."** Bacteria can grow rapidly in the danger zone between 40°F and 140°F. After food is prepared, keep hot food hot and cold food cold. Refrigerate or freeze perishable food like meat, chicken, turkey, seafood, eggs, cut fruit, cooked rice, and leftovers within 2 hours (1 hour if food is exposed to temperatures above 90°F, such as in a hot car). The temperature in your refrigerator should be set at 40°F or below and the freezer at 0°F or below.
- **Use pasteurized eggs for dishes containing raw eggs.** *Salmonella* and other harmful germs can live on both the outside and inside of normal-looking eggs. Many holiday favorites contain raw eggs, including eggnog, tiramisu, hollandaise sauce, and Caesar dressing. Always use pasteurized eggs when making these and other foods made with raw eggs.
- **Do not eat raw dough or batter.** Dough and batter made with flour or eggs can contain harmful germs, such as *E. coli* and *Salmonella*. Do not taste or eat raw dough or batter that is meant to be baked or cooked. This includes dough or batter for cookies, cakes, pies, biscuits, pancakes, tortillas, pizza, or crafts.
- **Thaw your turkey safely.** Thaw turkey in the refrigerator, in a sink of cold water (change the water every 30 minutes), or in the microwave. Do not thaw turkey or other foods on the counter. A turkey must thaw at a safe temperature to prevent harmful germs from growing rapidly. Learn more about preparing turkey safely.
- The FDA's official stance is that homemade pumpkin pie can sit out for up to two hours. Fruit pies keep at room temperature for two days or you can store them, loosely covered, in the refrigerator for up to two days longer. In warm climates, always store fruit pies in the refrigerator, reheat before eating and enjoy!



How to Reduce Food Waste in Your Kitchen

Launa Zimmaro, Environmental Sustainability Committee

Our kitchens are a great place to tackle the problem of food waste! Food is part of a complex system including farming, transport, storage, commercial and residential use, economic incentives/disincentives, and environmental impacts. Food waste happens all through this system, but the bulk of that waste happens in our own kitchens. Food waste [data](#)¹ from the Environmental Protection Agency (EPA) estimated that food waste ranges from 30-40 percent of the food supply, with only 5% composted. 2021 data using updated measurement tools, featured in a Bloomberg News article (4/2023), indicates that the problem is getting worse: “. . . less than 2% of the excess food was donated . . . 18% was composted and nearly 9% recycled into animal feed, about 36% of the surplus food went to landfills. Households are by far the largest contributor to America’s food waste problem, responsible for nearly half of the total surplus.” Below are some links and basic steps from the [Mayo Health Clinic](#)² we can all take to be part of the solution.

[7 ways you can reduce food waste in your kitchen](#) (paraphrased for length; click on link for more details regarding each step!):

- 1. Take an inventory.** Check your pantry, refrigerator and freezer to prevent overbuying.
- 2. Create a meal plan.** Plan coordinated meals that use same ingredients in the week, e.g., plan to eat broccoli as a side one night and in a casserole, soup or frittata the next.
- 3. Save and eat leftovers safely.** Plan to use leftovers, and label/date/freeze leftovers within three days. Keep your freezer organized so food doesn't get lost!
- 4. Store food appropriately.** Start by only buying what you can eat in a week. Store greens with a paper towel in a plastic container in the crisper drawer, tomatoes and bananas on the counter, potatoes and onions in a cool, dark place and fresh herbs in a glass of water. Have some frozen fruits and vegetables on standby.
- 5. Buy "ugly" foods.** Large producers focus on transport and longevity and customer “eye appeal”. Don't purchase bruised or spoiled produce, but misshapen food is still full of nutrients! Shopping at farmers markets proves the point of better taste and quality of local, seasonal produce!
- 6. Compost.** Composting is a great way to keep food waste out of the landfill and provide nutrition for your garden. In Carlisle, [residents can purchase discounted composters provided by the town](#)³ for their backyards, and take compostables to the Transfer Station 3 days/week. Some of us use a hybrid approach: backyard bin for non-meat, easily composted food waste and the Transfer Station bins for meat byproducts/scrap and harder to compost food remnants, e.g., avocado and stone fruit pits.
- 7. Use leftovers creatively.** Find ways to use rather than toss food that isn't fresh. Slightly wilted vegetables vegetable scraps and peels can be made into soup stock. Apples or blueberries that are soft work perfectly cooked in oatmeal and crisps. You can even use stale bread to make croutons or an egg (Continued on Page 8)



Reduce Food Waste, Continued

(Continued from Page 7) strata. One of the best things about soup is you can make it out of pretty much anything.

[Why Should We Care About Food Waste?](#) USDA

[Food Waste, Our Climate, and How We Can Help](#) League of Women Voters

[Food Waste: Why it Matters & What We Can Do](#) League of Women Voters

[Composting](#) EPA

¹ **Environmental Protection Agency: Wasted Food Report:** Environmental Protection Agency 2019 data released April 2023. https://www.epa.gov/system/files/documents/2023-03/2019%20Wasted%20Food%20Report_508_opt_ec.pdf

² **Mayo Health Clinic:** 7 ways to reduce food waste in your kitchen. June 2021: <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/7-ways-to-reduce-food-waste-in-your-kitchen>

³ **Town of Carlisle, MA:** Backyard Composting. <https://www.carlislema.gov/886/Backyard>

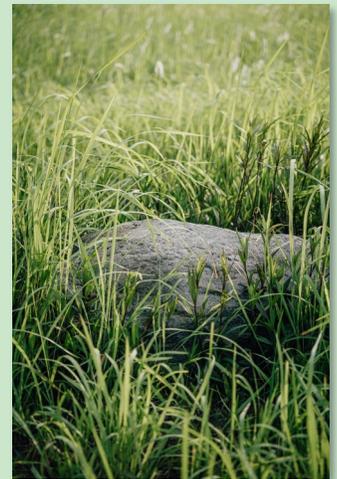
HELPING BENEFICIAL INSECTS OVERWINTER IN YOUR YARD

Christina Christodouloupoulos, Environmental Sustainability Committee

Insects are an integral part of the ecosystem: by pollinating plants, by providing essential nutrition for birds, amphibians, fish, etc. and by assisting in decomposition of organic matter into elements that feed plants. However, they are under serious jeopardy due to habitat loss, pesticides, light pollution, invasive species and climate change.

This fall, we can make small changes in our yards that will enable these valuable insects to successfully overwinter:

- There are numerous insects that are ground nesters. Leaving areas of exposed, un-compacted and un-mulched earth (ideally on a south-facing slope) will allow for burrowing. Leaving rocks in situ also provides shelter for some burrowing insects.
- There are a number of other insects that are pithy and woody stem nesters as well as dead wood nesters. Leaving dead branches in shrubs, fallen branches on the ground and refraining from cutting down the stalks of plants in the garden allows for such nesting to occur.
- A number of insects overwinter as eggs or larvae on and among fallen leaves. Allowing areas of fallen leaves to remain untouched will enable these eggs and larvae to survive the winter.



Thank you for considering these small changes!

From the Department of Public Works

Jim Hall, DPW Director

Hi Folks!

As fall winds down and comes to a close, we are getting ready for Jack Frost and all his friends to pay us all a visit for the next few months! We are mounting our sanders on our trucks, and going through all the plows to make sure we are ready for the first flakes of winter. We ask that you all stay safe and remember “don’t crowd the plow!”

As always, thank you all for your patience and understanding when it comes to large storms. We will work hard to make travel safe for everyone! So, throw another log on the fire and have a Happy Thanksgiving everyone!!!



From the Carlisle Affordable Housing Trust

Christine Johnson-Battista, Affordable Housing Trust

The AHT has members working on many initiatives to increase affordable housing/housing in town. These include a member on the Accessory Dwelling Unit Working Group, the MBTA Communities Working Group, and the Bog House Working Group. Come join us in making Carlisle more accessible to all as we are searching for new members!

From the Environmental Sustainability Committee

Are you interested in environmental sustainability efforts? Do you have concerns about climate change and ecological degradation? Do you have ideas for community outreach? If so, there is an associate member vacancy on the Carlisle Environmental Sustainability Committee you could fill! Please email your interest to ESC@carlislema.gov. Thanks!

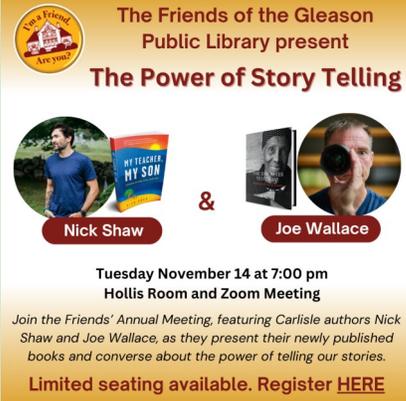
Editor’s Note: All interested volunteers, please also submit your letter of interest to Executive Assistant, Gretchen Gallimore at ggallimore@carlislema.gov. Thank you for helping the community!

From the Gleason Public Library

Martha Feeney-Patten, Library Director

FOGPL Annual Meeting: The Power of Story Telling

Join the Friends of Gleason Public Library on Tuesday, November 14th, at 7 p.m. as they present two newly-published, local, non-fiction authors, Nick Shaw and Joe Wallace, for a compelling presentation on "The Power of Storytelling." Nick's book, *My Teacher, My Son*, reflects on his journey through grief after the death of his son, William, in a skiing accident. Joe's book, *The Day after Yesterday*, is a collection of portraits and personal stories of those living with dementia.



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](#)

This is a hybrid event. [Please register](#) to reserve your seat or receive the Zoom link to view from home.

The **Friends** is a 501(c)(3) charitable corporation made up of volunteers interested in supporting and enhancing the programs, services, and materials available to the community of Carlisle through Gleason Public Library. Our intent is to bring the people of Carlisle together to enjoy this great community resource.

Fall Preschool Story Time with our Special Guest Reader Chief Amendola!

Join us on Friday, November 17th, at 10:30 a.m. for this fun story time that highlights our wonderful community helpers in Carlisle! Our new Police Chief Andrew Amendola, and Athena, will join us for a story! This event is chock full of interactive stories, rhymes, fingerplays, songs and a small craft. Our story time program, designed for children ages 3 to 6, promotes reading readiness and early literacy skills. Please bring along an old t-shirt for your child to wear as an art smock. [Registration for this program is required.](#)



Winter Holiday Sing-Along with Music at the Blissful

Join us for a fun Winter Holiday Sing-Along on Wednesday, December 13th, at 6 p.m. with Evan Haller of Music at the Blissful! Let's celebrate the winter holidays together in this fun family concert.

Library Renovation and Capital Campaign

Warrant Article 8 at Carlisle's Fall Special Town Meeting was approved for \$767,000 of Community Preservation Act Funds towards the Library's interior rehabilitation and renovation project. The requested CPA funds are 1/3 of the projected renovation cost; over \$800K in additional funds have been raised or pledged, and a matching campaign is in progress to raise the remaining funds. [Click](#)

[here to see a virtual tour of the planned renovation and read more on the Library website.](#)

**Would you like up to \$1,500 and...
First dibs on the goodies in the Swap Shop?**

Are you optimistic, outgoing, organized, and tactful? Do you care about the environment and the Swap Shop? You can use these skills to help residents use the Swap Shop and Transfer Station effectively – the right items in the right place. A Transfer Station Action Committee member will provide on-site training.

Specifically, duties include:

- ◆ Help residents sort goods that they leave in the swap Shop
- ◆ Educate residents on proper disposal of recyclable items at the Transfer Station
- ◆ Tidy up the Swap Shop by removing boxes, bags and junk items and sort items into their appropriate categories inside the Swap Shop
- ◆ Help residents understand the flow of trash at the Transfer Station (and beyond)

This Tax Worker position allows you to:

- ◆ Choose your own schedule to be at the Transfer Station
- ◆ Work shifts of 2-4 hours. Up to 100 hours during the 12 month tax cycle (Oct 1 – Sept 30)
- ◆ Work with a friend of your choosing (also in the Senior Tax Worker program)

Days and times:

- ◆ Tuesdays, Thursdays and Saturdays, daytime hours when the Transfer Station is open

Please contact the Council on Aging and Human Services at
978-371-2895 for full details about the
Senior Senior Tax Worker program and this position with the
Transfer Station Action Committee.

Upcoming Changes in Carlisle's Community Choice Aggregation Program

Bob Zogg and Glenn Reed, CCA working group, appointed by Ryan McLane, Town Administrator

Carlisle's Community Choice Aggregation (CCA) program allows Carlisle to secure an electric supplier of its own choosing on behalf of the community. Eversource still delivers the electricity and bills customers. Massachusetts is one of a handful of states that permit its municipalities to adopt CCA programs. Carlisle voters authorized the adoption of a CCA program at its 2016 Town Meeting, and Carlisle's CCA program started in July 2018. While future savings are not guaranteed, between July 2018 and June 2023, **Carlisle CCA participants saved \$2.6 million while increasing the renewable energy content of their electric supply.**

Carlisle's third CCA contract will take effect in early January 2024. If you're already participating in the CCA program, you should receive a large postcard from Colonial Power Group (Carlisle's CCA consultant) in early December. Read this before pitching it into the recycle bin—it will contain some important information about the upcoming contract, including the new electric supply charges, the term of the new contract, the three new product options, and instructions on how to switch products or opt-out of the CCA program.

Not sure if you're currently participating in the CCA program? Your Eversource bill lists your electric supplier in the blue box on the first page. If it says "RESIDENTS ENERGY", you're participating in the CCA program.

You're in the CCA program, but you're not sure which of the three current product options you have? On the second page of your Eversource bill, look under the blue banner "Total Charges for Electricity". Under "Generation Service Charge", you'll see your monthly kWh use multiplied by a number. That number is the supply charge (in \$/kWh) for the product you are purchasing:

- .11450: You're paying \$0.11450/kWh for Carlisle's Standard Product (i.e., the default product), which provides 15 percentage points more MA Class I renewable energy content than mandated by the state
- .10640: You're paying \$0.10640/kWh for Carlisle's Optional Basic Product, which matches state mandates for renewable energy content
- .13940: You're paying \$0.13940/kWh for Carlisle's Optional Green 100 Product, which provides 100% MA Class I renewable energy content.

The supply charge is the only component of your electric bill that the CCA program impacts. Your monthly customer charge and delivery charge are not effected by your choice of electric supplier.

Under the new CCA contract (January 2024 to January 2026), Carlisle will have a new supplier (Dynergy) and the following product options:

- Standard Product: \$0.15989/kWh—Provides 25 percentage points more MA Class I renewable content than mandated by the state
- Optional Basic Product: \$0.15025/kWh—Matches state mandates for renewable energy content
- Optional Green 100 Product: \$0.17896/kWh—Provides 100% MA Class I renewable energy content.

Eversource's supply charge is currently \$0.16078/kWh. We expect this to increase in January 2024, but we won't know the new rate until the end of November. (Continued on Page 13)

Community Choice Aggregation Program, Continued

(Continued from Page 12) Eversource's supply charge typically changes every six months.

There is no fee to join or leave the CCA program, and you may do so at any time. Allow at least one billing cycle for changes to take effect.

We'll be providing additional details about Carlisle's CCA program over the next two months, concluding with an informational forum in mid-January. If you're not already participating, you'll have the opportunity to join. (Be sure to check for any early termination fees if you currently use an electric supplier other than Eversource). You may also contact Colonial Power Group at 866-485-5858 (ext. 1) with any questions about Carlisle's CCA program.



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[@townofcarlisle](https://www.instagram.com/townofcarlisle)

