

Municipal Update



The Sudbury Bruce Freeman Rail Trail (Phase 2D) Groundbreaking event took place on Saturday, May 20 at Parkinson Field. Town Manager Sheehan (4th from left) joined state and local officials, along with Friends of BFRT, to commemorate the start of construction on this highly-anticipated project.

New in Town

"Welcome to Sudbury" are words I have heard often since I started in February as Town Manager. This sentiment from the community has been wonderful, and I cannot tell you how much I appreciate it. My first few months have been spent getting to know staff, residents, local organizations and the Town in general, as well as the issues we face. Suffice to say, it is a lot to absorb.

Continued on Page 2.

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Canine Officer Rico

Pride Day Celebration

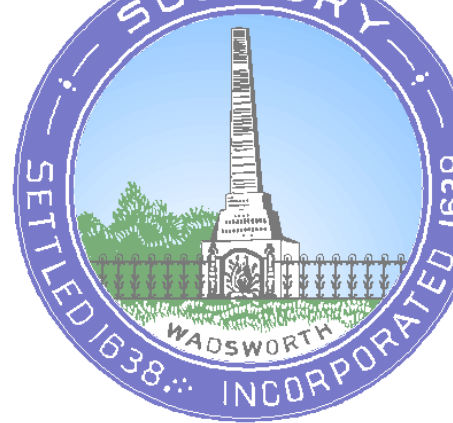
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From the Select Board

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New in Town continued...

Sudbury is a complex place, and that was one of the reasons I was drawn to this position. I have worked in local government in Massachusetts for 29 years. The past thirteen years were spent as the town administrator in a community in North Central Massachusetts and one on the North Shore. The remainder of my career was in community planning and environmental protection. I grew up in Acton and have a lifelong connection to the area.

The first few months have left me with some takeaways: First, Sudbury residents have high expectations. You chose to live in Sudbury for its celebrated schools, natural beauty, storied past and gracious lifestyle. You're invested in this town, and Sudbury is better for it. Second, Sudbury has a remarkable group of volunteers who generously donate their time and expertise. We have about 40 boards and committees which assist in the review of the budget, oversee building projects, promote energy efficiency and sustainability initiatives,

keep us safe from various public health risks, and so much more. We could not do what we do without the assistance and know-how of these board and committee members. Third, Sudbury is fortunate to have a very talented and experienced Town staff. From department heads to front line workers, we have some of the most excellent, knowledgeable and dedicated employees that I've had the pleasure to work with. Sudbury is clearly a standout among Massachusetts communities, and I am thankful to get to be a part of it.

Thank you to the Select Board for entrusting me to manage the day to day operation of your town. And thanks to those who I've had the opportunity to meet over the past months for the warm welcome. I look forward to the work that lies ahead, and I look forward to meeting more of the residents, volunteers and business owners who make Sudbury such a great place to be.

Town of Sudbury

TOWN MANAGER OFFICE HOURS

Andrew J. Sheehan

Meet & Greet Sudbury's new Town Manager **Andy Sheehan**. Residents, business owners and community members are invited to stop by and say hello.



Thurs. June 22, 2022

2:00 - 3:00 PM

Flynn Building, Silva Room



VIRTUAL SELECT BOARD'S OFFICE HOURS

THURSDAY, JUNE 22, 2023

12PM - 1PM

ZOOM MEETING



Lisa Kouchakdjian



Jennifer Roberts

Join On-Line

us02web.zoom.us/j/82788884457

Join By Phone

978-639-3366

Meeting ID: 827 8888 4457



A Big Night for Little Creatures

**BY ROBERT BOSSO,
CONSERVATION ASSISTANT**

Migrations. The word calls to mind the great herds of wildebeest, zebra, and gazelles in their circular trek across the Serengeti and Masai Mara. Canada geese traversing the sky from north to south in V-formation.

Chinook salmon, running against the current, evading hungry grizzly bears and at last returning to the upper reaches of their natal stream. It is a word that conveys a sense of vast distances, covered by animals that occupy a cherished spot in the popular imagination.



A Big Night, Cont.

There is another migration that takes place every year right here in the Northeast, perhaps even in your own neighborhood or, if you are fortunate, your own backyard. This drama is performed by secretive creatures, slight in stature, and of an ancient lineage. Come the first rainy evening of spring, and if the temperature is right, they begin their procession, leaving behind burrows and the leafy cover of the upland forest floor. This is the Big Night when, step by step, they ply their way across formidable distances, measured in the tens of thousands of inches, to return to the ancestral vernal pools of their birth for an opportunity to court, mate, and spawn.

The Big Night migration involves several different species of the class Amphibia. Lacking the hard shells of reptiles, an aquatic environment is essential for the survival of amphibians in the early stage of their life cycle, and vernal pools provide just such an environment. However, unlike other wetlands, they are dry for most of the year, their existence hinted at only by dark stained leaves and a depression in the ground. It is with the spring rains that they fill up and become a seasonal habitat for all manner of fauna, ranging from planaria to fairy shrimp, darners to eastern box turtles. Some amphibians, like the wood frog and the spotted salamander, will only reproduce in vernal pools, and specifically, the vernal pool of their birth.

For all the effort required to make their journey, there is no guarantee that they will arrive at their destination.

Risks abound for the migrants. Even before the migration begins, they may be deprived of suitable habitat by the clearing of forested upland for lawn or other purposes. Even a well-manicured forest floor can be detrimental. The path from upland to pool is also fraught with danger. The amphibians are small and move slowly under the cover of darkness, over and around all manner of obstacles to reach their destination. Since the New England landscape is crisscrossed with roadways, the problem is evident: drivers regularly and unknowingly crushing amphibians beneath the wheels of their vehicles.

Having run the gauntlet, the migrants may finally arrive at their destination to find that it has been sedimented, graded or paved out of existence. Even should they find the pool as they left it the previous year, the water itself may be severely compromised by fertilizers, deicers, and other chemical agents, typically introduced by stormwater runoff from streets, parking lots and yards. This can have dire consequences for the living things that the pool would normally sustain.

There are steps that you can take to protect vernal pools and the creatures who depend on them. Consider setting aside yard-space to grow wild and naturalize. If your property is forested, allow leaf and branch litter to remain undisturbed where it falls. Remember, if your yard is within a half-mile of a vernal pool, it might be upland habitat for vernal pool-dependent amphibians. You can also avoid driving on rainy nights between March and April if the temperature is 40 degrees or more. If you must, remember that the first two hours after sunset is prime time for migrants. Avoid smaller, wooded roads, and especially roads known to run near vernal pools.



A Big Night, Cont.

If you are planning construction, tree removals, or other projects within 100 feet of any wetland or intermittent stream, 200 feet of a perennial stream or river, or within a 100-year floodplain, please contact the [Sudbury Conservation Department](#). They can advise you on additional steps to keep these resource areas from being inadvertently damaged or destroyed, and whether the work might require a permit. The Town's [GIS](#) can be used to find vernal pools, flood zones, and more.

Since time immemorial, the movement of animal populations in tune with the cycles of nature have been a prominent feature of life on our planet. The drama of the vernal pool, played out over countless rainy spring evenings by tiny actors, is no less a part of that natural heritage. As with so many organisms, their survival is increasingly precarious. Together, we can ensure that Sudbury continues to host its own Big Night for many years to come.

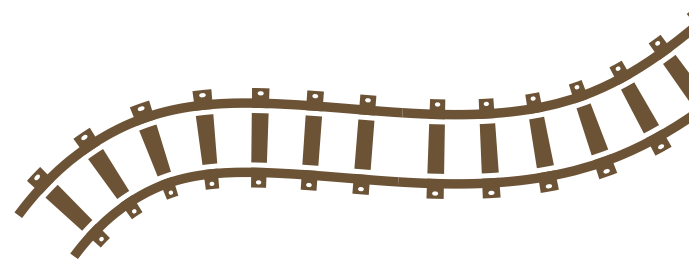
Off the Rails

**BY LORI CAPONE,
CONSERVATION COORDINATOR**

Over the last few months, I have gotten a few steps in watching the railroads transform from their former transportation existence, into their future, as recreational corridors through Sudbury.

Eversource Underground Transmission Line and the Mass Central Rail Trail

Work continued feverishly throughout the winter. The countdown was on to complete as much earth work in areas within vernal pool protection zones (within 450 feet from the 15 vernal pools throughout the corridor) before March 1. From March 1 to June 1, no earthwork can occur within these areas and all vehicles that traverse these areas are guided by a monitor making sure no critter falls victim in its tracks. Syncopated erosion controls were installed in these areas to



allow passage, while preventing erosion. Following the conclusion of the Black Racer Hibernaculum restriction near the town line, the last few trees were removed in early April, in time to meet their obligation to refrain from work before the Whippoorwill breeding season began. Starting in April, turtle monitoring for wood and box turtle also commenced. These turtles will continue to be radio-tracked until they go into hibernation, to ensure they are not located within the construction site.

We have unearthed a couple of different surprises throughout the excavation process, but one of the more striking things to me was to find that much of the soil beneath the rails surface resembles beach sand, remnant of Sudbury's glacial landscape, long before the railroad. Rough grading has been completed in most areas within the corridor.

Off the Rails, Cont. I



Historic Cattle Crossing discovered during excavation

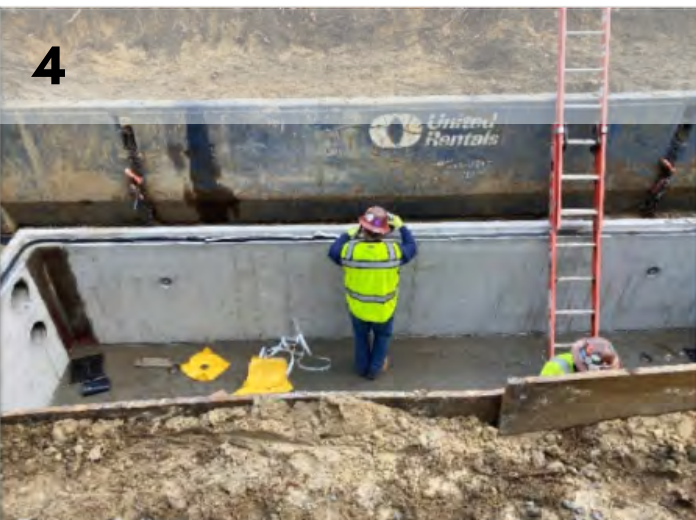


*Turbidity monitoring
for dewatering*

A previously unknown cattle crossing was discovered near the western bridge over Hop Brook (pictured above). This is currently being evaluated to determine how to work around this historic relic.

In May, a new phase of construction, installation of the underground transmission line commenced. Three vaults have been installed in the area near and between Horse Pond Road and Union Avenue. This work has required dewatering in every excavation so far, which has been closely monitored (shown left). Installation of manholes was quickly followed by conduit, which began between Peakham and Horse Pond Road. See photos of the project in progress on the following page:

Off the Rails, Cont. 2



Work on the Eversource underground transmission line project:

1) Excavation for a vault

2) Completed excavation

3) Vault bottom installation

4) Sealing the vault seam

5) Vault top installation

6 & 7) Completed vault installation

8) Conduit installation and cementing

Off the Rails, Cont. 3

Starting June 1, the vernal pool restriction will expire, and work will commence in these areas. The Whippoorwill breeding area restriction expires on August 1. People who walk dogs in this whippoorwill habitat area are asked to adhere to leash restrictions.

All work is proceeding in compliance with required permits. Environmental Compliance Reports and construction schedules are updated weekly and posted to the Conservation Commission [MCRT Page](#).

Rails being removed



After rail removal - ties remain in place



Bruce Freeman Rail Trail

Removal of the rails on the Bruce Freeman Rail Trail took an entirely different approach. Special equipment was used that road the rails, giving these tracks one last hoorah, before being removed. This technique allowed the ties to remain in place, which now support the tree equipment that is working its way down the corridor.

The Pantry Brook Bridge was quickly removed, and none too soon. To think people casually walked over this crossing just a couple months ago. Tree removal is nearing completion, and Wildlife habitat piles (shown right) are being built along the trail with vegetation that was removed to mitigate for habitat loss.

Closely following the tree crew, the erosion controls are being installed. This work is making its way up the corridor from south the

north and is currently north of Morse Road. While corridor work is continuing, work on the ADA connections has commenced. The new Bruce Freeman Rail Trail parking area on Morse Road is starting to be constructed, as is the ADA connection from Parkinson Field.

You can follow the progress of the [Bruce Freeman Rail Trail](#) on the Conservation Commission's webpage, which includes construction schedules and photos.



Wildlife habitat pile

Muster Your Strength Against Garlic Mustard

From pythons in Florida to giant hornets in the Pacific Northwest, the proliferation of non-native species into North America has been underway for hundreds of years or more. This is not always a bad thing (honey bees and earthworms, for example). However, other non-natives can cause significant harm. **The United States Department of Agriculture estimates the economic impact of invasive species to be about \$26 billion per year since 2010.** The costs associated with controlling invasive species can be considerable, but not so much as letting them go unchecked.

Not all invasive species are animals. In Sudbury, garlic mustard (*Alliaria petiolata*) is one of our most common invasives. Introduced to the United States from Europe and Asia in the mid-1800s, it has since invaded the forests, backyards, and roadsides of the Northeast, Midwest, and Northwest.

One of the first plants to bloom in the spring, garlic mustard can outcompete native plants for sunlight, nutrients, and water. Garlic mustard also releases chemicals from its roots that inhibit the growth of other nearby plants. The decline in populations of native plant species deprives native insect species, such as butterflies, of food and a place to deposit their eggs.

The Commission tries to address the garlic mustard population that falls within our jurisdiction: projects in areas near wetlands, within Conservation Restrictions, or on the Town's Conservation Lands. While the scope of the problem in these areas alone is daunting, it is relatively minor compared to the areas outside

*A second-year
garlic mustard plant*



of our jurisdiction. **And so, SUDBURY NEEDS YOUR HELP to identify and eliminate garlic mustard.**

Garlic mustard is a biennial plant, with a white tap root. In the first year, it forms small round rosettes near the ground. In the second year, the plant forms heart-shaped leaves and a tall flowering stem with small, white, four-petaled flowers (see image above). It can also be identified by smell - rubbing the leaves between your fingers releases a distinct garlic odor. The Conservation Department has created a handy [Garlic Mustard Guide](#) to help with identification; or you can choose from a variety of apps, websites, and guide books to learn more.

Place the pulled plant in a paper bag and throw it in the garbage. You can also contact the [Conservation Office](#) to schedule an appointment to dispose of your filled paper bags at our facility. **Please do not compost pulled plants.**

An ounce of prevention is worth a pound of cure! After walking or working in areas with garlic mustard, be sure to thoroughly clean shoes, clothing, and equipment. Whether you are a seasoned veteran, or just getting involved in the effort to control garlic mustard, thank you from all of us here at the Conservation Commission!

PHASE 1/1A SEWER PROJECT

ATTENTION: Residents/Homeowners

SAVE THE DATE!

WEDNESDAY, JUNE 7, 2023 – 7:00 PM

The Town will be hosting a public outreach meeting at the Town Hall (322 Concord Road) for residents/homeowners regarding the Phase 1/1A Sewer Project.



**Learn
More**

— SudburySewerProject.com
SewerProject@sudbury.ma.us
 (978) 440 - 5421



ROAD WORK SCHEDULE

*Thank you for your patience
while we improve Sudbury's roadways.*

Micro Sealing Beginning 5/30/23		
Road	From	To
Bigelow Rd	Rt. 20	Carding Mill Rd
Bowditch Rd	Rt.20	Framingham Line
Carding Mill Rd	Bigelow Rd.	Rt.20
Elderberry Circle	Fairbank Rd.	End
Hemlock Rd	Dead End	Dead End
Hunt Rd	Ridge Hill Rd	End
Magnolia Rd	Dutton Rd	Dead End
McLean Drive	Pratts Mill Rd	Dead End
Metacomet Way	Winsor Rd	Dead End
Michael Lane	Widow Rites Rd	Cudworth Lane
Raynor Rd	Moore Rd	Dead End
Ridge Hill Rd	Morse Rd	Hunt Rd
Southwest Circle	Peakham Rd	End
Spiller Circle	McLean Dr	Dead End
Sycamore Rd	Magnolia Rd	Poplar Rd
Wayside Inn Rd	Rt. 20	Marlboro Line
Wilson Rd	Pratts Mill Rd	Dead End
Winsor Rd	Old Lancatser Rd	Singletary Rd
Woodberry Rd	Forrest St	Dead End

Meet the Sudbury Social Work Team

**BY BETHANY HADVAB, BSW, MSW, LICSW
SOCIAL WORKER**

Bethany Hadvab, BSW, MSW, LICSW

Bethany has both her bachelor's and master's degrees in social work, and has almost 20 years of experience in the field, with a focus on trauma-informed care, program development, capacity building, and increasing equity/accessibility. In her 7 years at the Board of Health, Bethany has partnered with community groups to develop programs to increase services to residents, some of which include:

- Single Parents Program: Services, supports, resources and scholarships for those who are parenting independently while pursuing an education.
- Holiday Gift Program
- Coat and winter accessories drive
- Cleaning and hygiene supply pantry at St. Elizabeth's
- Camp Sewataro scholarship program
- HOPEsudbury camp/childcare fund
- Clothing voucher program
- Monthly needs and resources provider networking meeting
- Development of a comprehensive website resource guide, on the town's website.

Bethany has also obtained nearly \$500,000 in grants for the social work office to fund: an additional fulltime social worker, technology, staff training, various financial literacy programs, basic need gift cards for residents, and contracted mental health services.

Prior to joining the Board of Health team in 2016, she had most recently worked as a clinician/case manager in a residential program for youth with complex emotional and behavioral needs, and then as the clinical director at a combined residential program and short-term psychiatric unit for youth. She has over 10 years of experience supervising clinical staff as well as bachelor's, master's and doctoral level interns, for which she has received awards from both Boston University and Boston College. Most recently, she has been honored with an award in Outstanding Supervision at Boston College's 2023 Mary Mason Appreciation Breakfast, where she presented on her supervision model. Bethany possesses a certificate in clinical supervision from the National Association of Social Workers.



Meet the Social Work Team, Cont. I

Mitch Sanborn, BA

Mitch has a bachelor's degree in sociology. He worked for the Massachusetts Commission for the Blind for 43 years before retiring in 2020. He started there as a direct care social worker and moved up to a supervisory role. For the last 30 years, he has served as the Director of Residential Programs for the state. In this role, Mitch managed a \$12M budget and collaborated with various state agencies to meet the needs of clients with intersectionalities including developmental, physical and mental health needs. Mitch has served as the part-time Outreach Worker for the Board of Health for nearly 20 years, providing case management services to residents to ensure continued access to the social determinants of health. He was able to increase his hours by 50% after his retirement from the state thanks to two grants that the social work office obtained through the MetroWest Health Foundation.

Krissy Crean, BA, MSW, LSW, LCSW candidate

Krissy has worked with the Board of Health since August 2022, and will transition into a full-time social work role with the team starting June 5, 2023. Krissy's bachelor's degrees were a dual major in English and Psychology, and she has a master's degree in social work. She has 15 years of experience working with seniors, including as a case manager and a residential services coordinator. Krissy has experience working with individuals, families and groups. She also brings supervisory and program development experience to her role at the Board of Health. She has held her

License Social Worker (LSW) license for 10 years, and is currently pursuing her Licensed Clinical Social Worker (LCSW).

Kayla Grenham, BS, MSW candidate

Kayla has her bachelor's degree in human services and is currently a certified wilderness first responder. She has over 10 years of experience, including teaching and counseling, as well as managing volunteers and employees. Kayla has worked as a supervisor for Outward Bound, taking groups of youth with social emotional and behavioral needs on 20-day hiking/camping expeditions to build life, leadership and anger management skills. She has also worked as a trainer and facilitator at Project Adventure, an organization that provides adventure-based counseling to support youth with specialized social emotional and self-regulation needs. Kayla joined the Board of Health in May and will provide her expertise to the team through August as she pursues her master's in social work degree.

Kayla Grenham



Siraan Touzjian, BS, BA MSW candidate

Siraan has a double major bachelor's degree in elementary education and sociology. She has worked as a teacher and paraprofessional with a focus on supporting students with special education and behavioral health needs. She has worked for the Department of Developmental Services,

Meet the Social Work Team, Cont. 2

Sudbury Social Work staff from left to right: Mary Ann Hancock, Krissy Crean, Bethany Hadvab, Siraan Touzjian and Mallory Loiseau.



providing residential and job coaching supports. Siraan also has experience providing early intervention services as well as services to adults with developmental disabilities. Siraan joined the Board of Health in May and will provide her expertise to the team through August as she pursues her master's in social work degree.

Mary Ann Hancock, BA, AA, MSW candidate

Mary Ann has her bachelor's degree in psychology and social work counseling, as well as an associate's degree in graphic design. She has over a decade of experience working in social services, providing residential counseling, family stabilization clinical services, and individual and group interventions. She has a strong record of community volunteer engagement, currently serving on the Massachusetts Department of Transitional Assistance Advisory Board, Worcester Economic Mobility Task Force, and the Worcester Community Connections Coalition. She is also a founding member of the Massachusetts Domestic Violence Legislative Committee, which currently has

bills regarding coercive control in both the house and senate. Mary Ann further brings her experiences of being a youth foster care provider for over 15 years. Mary Ann joined the team in February 2023 and will provide her expertise to the team through early August as she pursues her master's in social work degree.

Mallory Loiseau, BSW, MSW candidate

Mallory has her bachelor's degree in social work. She currently works part-time at a mental health crisis line. Mallory recently worked in substance abuse treatment on a detox unit, providing assessment, treatment planning, group therapy, individual counseling and discharge planning. She also has experience as a substitute teacher and paraprofessional, providing supportive educational services to students with disabilities. She volunteered as a blood drive coordinator for the Red Cross, including during the pandemic when supply needs were critical. Mallory will join the Board of Health in June and will provide her expertise to the team through August as she pursues her masters in social work degree.

SUDBURY PARK, RECREATION & ATKINSON POOL
PRESENT



SUMMER CONCERT IN THE PARK

HASKELL FIELD | 5:30-7PM

JUMPIN JUBA
JUNE 15



ANTARCTICA BAND
JULY 13



BEANTOWN BUCKAROOS
AUGUST 3



SMILE PLAYGROUND CLOSURE

The SMILE Playground at Haskell Field will be
CLOSED TO THE PUBLIC:

Wednesday, July 5 – Friday, August 11, 2023
Monday – Friday
8:30AM – 3:30PM

This is due to camp operation relocation
required during Fairbank Community
Center construction. We apologize for any
inconvenience this may cause.

List of area Playgrounds:

[https://sudbury.ma.us/parkrecreation
commission/?p=1375](https://sudbury.ma.us/parkrecreationcommission/?p=1375)



**STRONGER
TOGETHER**



A DAY TO CELEBRATE DIVERSITY



FAMILY PRIDE DAY

SUNDAY, JUNE 11 @ 1 - 3:30PM
SUDBURY COOPERATIVE PRESCHOOL
26 CONCORD ROAD, SUDBURY

FREE EVENT!

CRAFT ACTIVITIES
FOOD TRUCKS
DIVERSE BOOK FAIR
PERFORMANCES
AND MORE

Brought to you by:




LOVE



Sudbury Welcomes Canine Officer Rico

**BY LEILA FRANK,
INFORMATION OFFICER**

Some days, we just need a hug. Maybe we overslept, or spilled our breakfast on the floor, or forgot our phone on the counter, or got caught in the rain, or all of the above. Those are the types of days that Sudbury's furry new recruit is here for. Sudbury PD is proud to introduce: Officer Rico.



Officer Rico, Facility Dog

Age: 2.5 Years

Breed: Yellow Lab/Golden Retriever Mix

Date of Arrival in Sudbury: May 11, 2023

Handler/Dog Parent: Officer Jessica Latini, SPS Elementary Schools Resource Officer

Job Description: Help individuals who feel dysregulated to feel more grounded and calm through a variety of gentle interventions. Primarily focused in Sudbury's public schools, while also supporting assisted living residents, other public safety officers as well as the general public.

Training: Due to his specialized breeding, Rico was selected from birth to be trained to help people. He lived with and was trained by an incarcerated person for about 1 year. After Prison Training, Rico went to Team Training, an intensive 10-day course where he was paired with Sudbury Officer Latini. Rico is Service Dog trained to provide therapy-type support.

Officer Rico, cont.

Signature Moves: Snuggle, Fist Bump, Pressure Therapy and many more.

Officer Rico comes to Sudbury courtesy of Guide Dogs of America/Tender Loving Canines, an organization dedicated to "transforming lives through partnerships with service dogs." They breed, raise, and train guide dogs (for individuals) and facility dogs (for hospitals, schools and courtrooms) and provide all of their programs and services at no cost to the recipient.

Police Lieutenant Shurling applied for the program on behalf of Sudbury PD, and the application was readily selected based on need and benefit to the community. Given her past experience with dogs and interest, Officer Latini was selected as Sudbury PD's partner/dog mom for the program. After a whirlwind of training and preparation, Rico travelled from California to Sudbury to become a beloved member of the SPD team.

Want to meet Officer Rico? Join members of the Sudbury Police Department for ***Coffee with a Cop*** on Tuesday, June 13 from 8AM to 11AM at Sudbury Coffee Works on 15 Union Ave.

Rico serves alongside Officer Jess Latini, who received extensive training in service animal handling. When off-duty, Rico is under Jess' attentive care.



Senior Center News

**BY DEBRA GALLOWAY,
SENIOR CENTER DIRECTOR**

The New Community Center

The new Community Center has become a real building, with windows, a roof and more. The Senior Center participants, volunteers and staff are very excited to see the changes week to week, and we look forward to our move into the new building in the late fall. We are working hard to organize for the move as well as plan for new programs in our new spaces. Current plans are for the move to take place in early November, though that may change based on construction timing. Look for news about our upcoming programs in our monthly newsletter, the Sudbury Scene.

What's Happening at the Sudbury Senior Center?

We continue to offer three lifelong learning academic courses in the mornings: Art History on Mondays, Music History on Tuesdays, and World and U.S. History on Wednesdays. Current Events Discussion Group meets on Thursdays. All of these classes meet virtually over Zoom. Given the move to the new Senior Center and the reluctance of many participants to return to in-person classes, we will continue these classes on Zoom until we move into the new building. At that time, we will reevaluate whether to offer them in-person, in a hybrid fashion (both Zoom and in-person) or only on Zoom.

Many other groups meet weekly at the Senior Center in person. We have avid Mah Jong players, as well as dedicated Chess, Bridge, Cribbage, and Canasta players.

We were delighted to host a visit with a Miniature Therapy Horse in April! Peaches visited with about 30 people on April 26 in the Fairbank Gym. Peaches' owner and trainer shared Peaches' history and day-to-day activities with the group, while Peaches stopped to visit with each person. She was absolutely adorable and everyone had a wonderful time visiting with her. Her trainer rescues horses like her and cares for them on her farm in Andover. For more information go to www.minitherapyhorses.net.



Miniature therapy horse Peaches visited the gym at Fairbank Community Center on April 26, 2023.

Senior Center, Cont.

We are pleased to have found a new Watercolors instructor. Angela Ackerman is offering Watercolors workshops on one Friday per month. Every other Wednesday beginning on May 31, an energetic group will be exploring the "Great Decisions" course series offered through the Foreign Policy Institute - continuing through September 6. On alternating Wednesday mornings, we will show "Investigating American Presidents" from the Great Courses on Zoom.

Special Events

Try your hand at Rainbow Jeopardy! In celebration of Gay Pride month, Springwell LGBTQIA+ Initiative Coordinator Julie Nowak visits with a fun game of Rainbow Jeopardy on Wednesday, June 7. Test your knowledge of history and win prizes!

We hope many will join us for "Greek is the Word!" Luncheon on Tuesday, June 13 - please contact us to sign up at senior@sudbury.ma.us or 978-443-3055 (\$5 fee).

Dementia Friendly Sudbury

As part of the Dementia Friendly Sudbury Team, the Senior Center and the Goodnow Library hosted the new award-winning documentary, "Cycle of Memory" about two siblings' bicycle adventure to find the memories their grandfather lost to Alzheimer's. The event was held at Goodnow Library and included a Q & A with the filmmaker. The movie is a loving tribute to filmmaker Alex Leff's grandfather, a slice of history, and a look at the complicated relationships we have with our families.



Supporting our neighbors and community members who are living with dementia is an important part of what we do at the Sudbury Senior Center. We are part of the Dementia Friendly Sudbury Action Team and offer many programs for caregivers and their loved ones who are living with dementia: Caregiver support and information, Caregiver Support Groups, Memory Cafes, and Caregiver educational workshops. We have several upcoming Dementia Caregiver Educational Events coming up on July, August and September - look for information in our newsletters. Sign up for our Making Memories Memory Café for caregivers and their loved ones with dementia on Tuesday, June 20 at 2:00 PM. For more information, please contact Ana Cristina Oliveira, Outreach Specialist, at 978-443-3055 or oliveiraa@sudbury.ma.us.

FROM THE SELECT BOARD

Spring 2023

Town of Sudbury

Introducing Health Director Vivian Zeng

BY JANIE DRETHER, SELECT BOARD

I am pleased to introduce Vivian Zeng, Sudbury's new Health Director. Vivian joins us from the Town of Wellesley's Health Department where she served as Senior Environmental Health Specialist. Vivian was kind enough to find time in her busy schedule to respond to a few questions.

Please tell us about your background and why you chose to join Sudbury's Health Department as its Health Director.

As the new Health Director of Sudbury's Health Department, I am excited to be part of a community that prioritizes the health and well-being of its residents. Sudbury's proactive approach to public health is what initially drew me to this position. With a decade of experience in local public health, I have a solid foundation in regulatory enforcement, multi-stakeholder collaboration, health education, and emergency response.

In my previous role as the Senior Environmental Health Specialist in the neighboring town of Wellesley, I gained extensive experience in addressing public health and environmental health concerns. I oversaw inspectors and managed large developments with plan reviews, which provided me with an understanding of the importance of both enforcement and education to achieve prolonged



compliance. Collaborating with business owners and developers was a crucial part of my role, and it's a skill that I will bring to my work here in Sudbury.

I am committed to building relationships, creative problem-solving, and effective communication. With my expertise, I will ensure that public health standards are met, and environmental health risks are managed. I look forward to working with the Sudbury community to build a healthier and more resilient community for all residents.

How will your background in environmental health be utilized in Sudbury?

FROM THE SELECT BOARD

Introducing Health Director Vivian Zeng, Cont. I

In Sudbury, I believe my background in environmental health will be extremely valuable. In Wellesley, in addition to managing the COVID emergency response, several emerging environmental health issues needed simultaneous addressing. Some of these included PFAS water treatment planning, 5G cellular tower network rollouts, and new Delta 8 vaping products. These newer environmental health concerns permeate town boundaries, and will need to be addressed here in Sudbury as well. I have experience directing community interest groups and multi-departmental efforts on these issues, and I understand how each topic is a piece to the puzzle for a healthy community for all residents, visitors, and business owners. Additionally, as an active Executive Board Member of the Massachusetts Environmental Health Association (MEHA), I have coordinated continuing education seminars on the latest environmental health issues, which will enable me to stay up-to-date on emerging concerns and bring that knowledge to Sudbury.

Do you see similarities/differences in the issues facing Sudbury compared with your prior community?

In terms of similarities and differences between Sudbury and my prior community of Wellesley, both towns share common social determinants of public health. These determinants encompass factors such as access to healthcare, socioeconomic status, education, and environmental conditions.

Overall, both the Wellesley Health Department and the Sudbury Health Department prioritize the health and well-being of their communities through strong partnerships, mental health support, and a commitment to health equity. For example, both health departments are committed to health equity and have

mechanisms in place to address it. In Sudbury, there is HOPE Sudbury funding for health equity initiatives. I was excited to see that in addition to strong flu clinic programming offered by public health nurses, both health departments also have advanced social worker networks led by Licensed Independent Clinical Social Workers (LICSWs). Having social workers in the health department demonstrates a commitment to the community's mental health, especially for the underserved age group between 18 and 60, that often falls into a vacuum of mental health resources. Most health departments do not have social workers, let alone a social worker with the highest license.

Sudbury and Wellesley may face similar challenges related to health disparities, community engagement, and resource allocation. Understanding these similarities and differences will enable me to leverage my prior experience and tailor public health strategies to the specific needs of Sudbury.

What are some of your goals for Sudbury's Health Department?

As the Health Director, I have several goals in mind. First and foremost, I aim to prioritize the health and well-being of Sudbury's residents by implementing evidence-based policies and programs. This includes enhancing community partnerships, fostering collaboration between various departments, and engaging stakeholders in decision-making processes. Given the pandemic response and recovery in the last few years, there is a need to refocus on newer environmental health issues. These can be addressed by modernizing certain local regulations. Some of the local environmental health codes that need review include body art, tobacco and septic designs. Many of these

FROM THE SELECT BOARD

Introducing Health Director Vivian Zeng, Cont. 2

specific fields have evolved beyond what current local regulations can effectively and fairly address.

Working with the public health nurse, I plan to implement proactive health promotion initiatives to encourage healthy lifestyles and prevent chronic diseases. Key to this would be health education initiatives promoting awareness and prevention of prevalent health issues such as the face of new tobacco and substance abuse.

Leveraging the department's social worker network, I plan to improve access to health resources, particularly for underserved populations, through targeted interventions and partnerships with local providers. Furthermore, with my experience and perspective from a similar community, I will work towards partnering with the Town's public safety departments to strengthen the Town's emergency preparedness and response capabilities to effectively manage public health crises.

Finally, I plan to enhance data collection and analysis to inform evidence-based decision-making and measure the impact of public health programs. This goal will largely be driven by launching an electronic permitting platform that will allow for transparency to the public in a developing digital age.

Do you see any challenges that the Town will need to address in the near and far term?

Looking ahead, Sudbury faces several challenges in the near and far term that require strategic action to ensure a healthy and resilient community. Adapting to changing demographics and population growth is one

challenge that may require adjusting health services to meet the evolving needs of the community. Another challenge is mitigating the impact of climate change and associated environmental health risks, such as extreme weather events and vector-borne diseases. Addressing these risks is critical for protecting public health and promoting community resilience.

In addition, Sudbury must address health disparities and ensure access to health resources for all residents. This will be key for promoting health equity and ensuring that everyone in the community has the opportunity to thrive.

Sudbury must remain prepared to respond to emerging public health issues, such as infectious disease outbreaks or new health threats. Ongoing vigilance with public health and mental health messaging, as well as preparedness, is essential in the COVID-19 recovery and for future public health challenges.

By proactively addressing these challenges, Sudbury can build a healthier community for all its residents. Sudbury should take advantage of opportunities to collaborate with community partners, regional stakeholders, and experts via shared services to develop innovative solutions and build a more sustainable future.

Parting words...

In parting, I am thrilled to be leading Sudbury's Health Department and work alongside dedicated professionals and community members to promote the health and well-being of Sudbury's residents. I am committed to transparency, collaboration, and innovation in addressing public health challenges, and I look forward to making a positive impact in Sudbury.

FROM THE SELECT BOARD

Citizen Police Academy

BY DAN CARTY, SELECT BOARD

I recently had the pleasure of meeting with Police Chief Scott Nix and Lieutenant Wayne Shurling to talk about Citizen Police Academy sessions hosted by the Sudbury Police Department. Started in 2019, the program offers residents the opportunity to gain insights on how law enforcement works by providing hands-on experiences. "We see this as an opportunity to build relationships and community engagement. Our hope is that we may allow people to gain insight into what we do by having them go through realistic exercises. We believe we have been successful with our first two sessions in that we have changed perceptions that some students may have with law enforcement, and my officers have said their views were changed too," said Chief Nix. Lieutenant Shurling added "The sessions have certainly provided opportunities for the students to relay to us how we can do our jobs better."

The sessions occur over 9 weeks, with the first 8 sessions covering several topics including the history of the department and the hierarchy of the various ranks, criminal and constitutional law, first aid and CPR, the role of the School Resource Officers (SROs), drug trends in schools, protective equipment, crime scene and fingerprint processing, and vehicle stop scenarios. The final week is a wrap-up and graduation celebration. Nix added that COVID-19 put the academy sessions on hold as



the interactive nature did not translate well to virtual sessions. "We have, for example, had students perform a mock vehicle stop, and have done active shooter simulations. Those types of activities just do not work over Zoom," he said. His hope going forward is to have annual sessions open to all. "In our second session, we had one student where English was their second language" said Shurling. "We translated our materials in advance and had a translator on hand to assist."

This summer, the Police Department is excited to hold their first Youth Academy. Open to all Sudbury residents currently in 6th, 7th, and 8th grades, the sessions will be run by the School Resource Officers Monday through Friday, from 8am to 4pm at the Police Department. There will be two one-week sessions: July 10 - 14 and August 7 - 11, and there is no cost to attend. Said Nix "We really want to get to know the kids and vice versa. We will give the kids a chance to learn about leadership, public speaking, team building, and physical fitness." Added Shurling "Our SROs are looking to get to know the kids better, help them build confidence and to have some fun." More information on the Youth Academy can be found here:

<https://sudbury.ma.us/police/2023/03/01/sudbury-police-youth-academy/>.

FROM THE SELECT BOARD

30 Years of the Commission on Disability

BY LISA KOUCHAKDJIAN, SELECT BOARD

On July 26, 1990, President George H. W. Bush signed landmark bi-partisan legislation establishing the Americans with Disabilities Act. For the first time in American history people with disabilities were provided civil rights legislation dedicated to improving their lives, removing barriers, and building a more inclusive United States of America.

On April 7, 1993, Sudbury Town Meeting embodied this spirit of inclusion. The Town voted to create its Commission on Disability (COD) by approval of Article 11 pursuant to state statute, Massachusetts General Laws Chapter 40 Section 8J. Irina Petsch, the founding COD member who spoke to our community on that day, recently shared that the atmosphere at that time was “collaborative and supportive across the entire community”. When talking about the work of the COD back then, Irina commented that “it was a team effort and that’s why things went well.”

Since its inception and over the last thirty years, the Sudbury COD has had many committed members who have worked tirelessly to improve the lives of people who are differently abled in Sudbury. In recent years, the COD has built relationships and connections with other organizations in Town through its advocacy. The COD has participated in town-wide initiatives, including the Master Plan Steering Committee and the Transportation Committee. Participating in the work of these groups has helped to raise awareness regarding the rights of people who are differently abled

and how to create a more inclusive Town of Sudbury.

In 2019, the COD supported the Town’s decision to conduct the Americans with Disabilities Act Self-Evaluation and Transition Plan with the Institute of Human Centered Design. The report, finalized in July of 2021, assessed the current level of ADA compliance in all spaces where the Town of Sudbury offers programs, services, and activities to members of the public and spaces where town employees work. Additionally, the report evaluated the Town’s policies and practices in programs and services.

The Town of Sudbury’s Combined Facilities Director Sandra Duran is playing a key role in addressing issues outlined in the Transition Plan. The Administration’s commitment to improving access and inclusion was visible at



FROM THE SELECT BOARD



30 Years of the Commission on Disability, Cont.

this year's Annual Town Meeting where our community supported an unprecedented number of articles devoted to addressing issues outlined in the Transition Plan. In a recent discussion with Director Duran, she shared that it is "so fulfilling to me to bring accessibility to everyone."

The COD has provided, and continues to provide, educational events that benefit and support the community. Past events include, "Creating a Welcoming Community for People with Brain Based Disabilities" with Valerie Fletcher of the Institute of Human Centered Design, and "Unlearning Ableism" with Ashley Harris Whaley. In past years, the COD celebrated Disability Awareness Month in October with its pin project. The COD's distribution of pins of the disability flag to boards, committees and commissions throughout Sudbury was very well received and supported by many in the community. That effort sought to raise awareness among the many different boards, committees, and commissions in Sudbury regarding how to improve inclusion.

During the most recent Disability Awareness Month, the COD collaborated with the Sudbury Cooperative Preschool and the Goodnow Library for "together we play," an event

intended to help the community celebrate and learn about differences and how to be an ally for people with disabilities.

Moving forward, there is opportunity for the COD to continue to contribute to improving the lives of people who are differently abled in Sudbury. In a recent discussion with COD leadership, Chair Kay Bell, and Vice-Chair Cameron LaHaise, they shared information regarding the most recent events the COD has supported and future opportunities for collaboration. The COD recently teamed up with the Domestic Violence Roundtable to provide the funding for the American Sign Language interpreter for "Survivorship and Disability Panel," an event intended to highlight the intersection between domestic violence and disability. The COD has been asked to provide a member of the Commission to serve on the Housing Production Plan Working Group, and to provide an advisory member to the Diversity, Equity, and Inclusion Commission.

On May 21st, the COD celebrated its 30th Anniversary at the Goodnow Library. The COD is seeking new members. Visit the Town of Sudbury website to learn [how to apply for membership](#). Follow the COD on Facebook <https://www.facebook.com/profile.php?id=100069064184813>

FROM THE SELECT BOARD

Dani Marini-King: Sudbury's First Sustainability Coordinator

BY JENNIFER ROBERTS, SELECT BOARD



Sustainability Coordinator Dani Marini-King (second from right) holds a "No Mow May" sign at 2023 Sudbury Earth Day. Shown left to right: Rami Alwan and Olga Faktorovich (Energy & Sustainability Committee), Dani and Town Manager Sheehan.

There have been significant developments in recent months in Sudbury's efforts to address climate change and foster sustainability. These actions stem from the [Climate Action Emergency Declaration](#) article supported at the [Annual Town Meeting](#) one year ago in May 2022.

Critical in these efforts, is the hiring of the Town's first ever Sustainability Coordinator, Dani Marini-King. Below is a Q&A with Dani where she shares her background and exciting developments about the work before her and the community.

Can you share some highlights of your background that prepared you to serve as Sustainability Coordinator in Sudbury?

FROM THE SELECT BOARD

Dani Marini-King, Sustainability Coordinator, Cont. I

I received my Bachelor of Science in Wildlife and Fisheries Biology from the University of Vermont. This is where my passion for protecting the environment grew and where I learned just how important it was to fight climate change. After graduating from UVM, I worked as an At-Sea Monitor on commercial fishing boats, counting the bycatch that these fishing boats caught. This work helped to track fish populations in the groundfish fishery. Unfortunately, the funding for this position ended, so I took that opportunity to move my environmental work to land. I then began working for the Town of Wellesley in their Natural Resources Department. In this department, I got to see firsthand how a town could successfully fight for and implement environmental policies. Wanting to learn more about governing and planning processes, I decided to go back to school part-time to earn my Master of Science in Urban Planning and Community Development at the University of Massachusetts, Boston. Most recently, I was working as an Environmental Planner for the Central Massachusetts Regional Planning Commission (CMRPC). CMRPC is a regional planning agency in central Massachusetts, providing planning assistance to the City of Worcester and the 39 surrounding communities in Southern Worcester County. In this role, I assisted towns with developing Open Space and Recreation Plans and Hazard Mitigation Plans, utilizing the Municipal Vulnerability Preparedness program, applying for various grants and funding opportunities for climate resilience, natural resource protection, and recreation projects, and with mapping trails.

What are you the most excited about in your new role?

What excites me the most about serving as the Sustainability Coordinator in Sudbury is all of the possibility.

We are in a lucky position in our journey towards climate resilience and sustainability. We may not be leaders in the State yet, but we have the benefit of using other communities as examples as we grow and learn. There are a number of initiatives that other communities have already forged the path on, which makes our next steps easier. We can learn from the successes and failures from these other communities, and position ourselves to make a lot of ground very quickly. There is already a lot of great momentum and energy in the town as it relates to climate resilience. It's just a matter of picking and choosing which projects and which strategies to apply that energy to. And someday soon, we will be those environmental leaders that others look to.

What do you anticipate may be some of the challenges?

The biggest challenge with this kind of work is bridging the gap between those who understand that climate change is one of the biggest issues of our generation and those who don't have that sense of urgency yet. I have been fortunate to have years of environmental education and experience and have dedicated my life to this field. But not everyone is in that situation. For some, this may be the first time that they are really learning about or interacting with these ideas. In order for us to make the kind of change and progress that we are hoping for - in order to make Sudbury more resilient and sustainable - we will need the whole community to be more sustainable. So sometimes, that might mean that we have to meet people where they are at, provide tools for them to learn, and allow space for them to grow. The challenge will be finding that balance between making valuable sustainable progress, while also allowing for that space for others to grow and join our cause.

FROM THE SELECT BOARD

Dani Marini-King, Sustainability Coordinator, Cont. 2

What have you been working on since you started?

I am still finding my footing in Sudbury, but I have really enjoyed shadowing Sandra (Sandra Duran - Combined Facilities Director) and learning about the workings of the Town. When I first started, it was full steam ahead preparing materials for the Earth Day event. The [Energy and Sustainability Committee](#) (ESC) tabled at the event, so I helped prepare materials on who the ESC is, what the [Sudbury Aggregation program](#) is, what incentives are offered by MassSave for energy efficient home upgrades, and how to make your home more pollinator-friendly. We also launched our first [No Mow May](#) campaign, encouraging residents to not mow their lawns until after the month of May ends in order to protect our pollinator species. So far the campaign has been a big hit, and there are still some free No Mow May signs left at the Facilities Department if anyone is still looking to get one. The next big ticket items are the launch of our Climate Mobilization Action Plan and the kickoff of a Greenhouse Gas Emissions Inventory.

Can you share any high-level information about progress on Sustainability-related items recently, particularly pertaining to the Climate Emergency Declaration supported at the 2022 Town Meeting?

The Climate Emergency Declaration at the 2022 Town Meeting set in motion the steps for Sudbury to become a more resilient, sustainable, and environmentally conscious community. For starters, it supported funding for a Sustainability Coordinator position. With my hiring as the new Sustainability Coordinator for the Town at the end of March, we have already checked off that box. The declaration also required the Town to put together a

Climate Mobilization Action Plan with a focus on reducing our greenhouse gas emissions. The Town utilized the assistance of Andrew Blair, a Harvard Graduate Student, in putting together this action plan. Andrew began working with the Town in August 2022 and met with a number of Town officials, representatives, and other local stakeholders to gather information for this plan. He recently presented the final draft of the plan to the [Energy and Sustainability Committee](#), and we will be posting a copy of the plan on the Town website within the next week. Our next effort pertaining to the Climate Emergency Declaration is a Greenhouse Gas Emissions Inventory. This inventory will develop a baseline of where our emissions are currently at, and set a target to reduce our emissions and hopefully become a Net-Zero community. Once this GHG inventory is complete, the information will be adapted into an update of the Climate Mobilization Plan. A Request for Proposals (RFP) has been drafted for the inventory, and work should begin this summer.

Thank you to Dani for the detailed and informative responses she provided for this article. Sudbury is lucky to have her aboard to help drive momentum to foster climate resiliency and sustainability. Stay tuned for more information throughout the summer as this critical work continues to unfold.

Resources for more information:
[Sudbury Facilities Department](#)
[Sudbury Energy & Sustainability Committee](#)
[Sustainable Sudbury](#)



TRUCK DAY!

**WEDNESDAY, JULY 12
10:00 AM - 1:00 PM
ALL AGES**



Kids young and old can touch, honk, and climb the many vehicles that will be on display. Remember to bring your camera and have your picture taken sitting in a fire truck or snow plow! The first hour from 10:00-11:00 AM will be horn and siren free for the enjoyment of our littlest patrons.

Please note that the Library parking lot will be blocked off that day. Patrons and Truck Day guests are asked to use the parking lot at Salem Fire-Blank and the parking lot at the Memorial Congregational Church across the street as alternative parking.



READ TO
RICO



**Friday, June 30
10:00 AM-12:00 PM**

Children in grades kindergarten and up are invited to read to Rico, a fully trained service dog that works for the Sudbury Police Department!

Register for a 15 minute time slot at goodnowlibrary.org/events

AUTHOR VISIT!

JEAN DUFFY



Multimedia presentation with **Jean Duffy**, author



**Wednesday,
June 21 at 7pm
Goodnow Library
Sudbury, MA**



and **Beka Ntsanwisi**, founder of the South African Soccer Grannies team

REGISTER: goodnowlibraryfoundation.org



Sponsored by Kenneth Vona and Son Construction