

BOARD OF HEALTH
Minutes for Wednesday, March 22, 2023, 7:00 PM
Remote Participation

- 7:00 Community Input
- 7:05 Minutes of 3/8/23
Administrative Reports
- 7:15 PHN Report – Tricia McGean
- 7:30 Accessory Apartment Work Group Recommendations
- 8:00 PH cont. 114 Rutland Street – septic upgrade requiring local waiver
- 8:20 846 Bedford Road – Accessory Apartment Application (tentative)

DISCUSSION ITEMS

- Benfield Farms – update
- Woodward Village – update
- Garrison Place - update

NEW BUSINESS

The meeting agenda lists all topics reasonably anticipated by the Board of Health at the time of posting. Additional topics not anticipated may be discussed at the meeting under the agenda item New Business.

Meeting Dates - 4/5/23, 4/19/23

Upcoming Dates – Sustainability Day 4/22/23

Attendance members: Tony Mariano Chairman, Jean Barry, Patrick Collins, David Erickson, Cathy Galligan

Attendance nonmembers: Linda Fantasia Health Agent, Tricia McGean PHN, Sam Cochrane (Carlisle Mosquito), Jennifer Wall Derkazarian, Rob Frado, Lar Greene, Robert Melvin (Stamski and McNary), Pam Brown of Brown & Brown (attorney for 846 Bedford Rd), Frank, 17819

1. Community Input

Tony Mariano called the meeting to order at 7:02PM and asked for community input, of which there was none.

2. Minutes of 3/08/23

Galligan moved to table the minutes of 3/08/23 until the next meeting. The motion was approved unanimously.

3. Administrative Reports

The report is included below. During discussion, the board strongly supported inquiring with the town administrator about changing Linda Fantasia's title to Health Director and Kristina Gines' to Health Agent. Both Tony Mariano and Cathy Galligan felt that it is very important to review the multi-family database for compliance.

4. PHN report

Trish McGean reported that cases of hospitalizations, deaths, and patient numbers have been steadily decreasing. The CDC has posted the 2023 child and adolescent vaccination schedule, which includes the COVID vaccine. She received reports of 11 cases of COVID in Carlisle in March. There is a current rise of the tick-borne disease Babesiosis. The first case was detected in Nantucket in 1969. The disease is carried by the black legged deer tick and can also be transmitted through blood or organ donations. The CDC reports that from 2011-2019 there were 4100 cases in Massachusetts, only New York has more cases. Babesiosis symptoms are flu-like including fever, muscle pain, and headache which are also similar to COVID symptoms. People who present to an emergency room with these symptoms are now given a tick test panel as well as COVID. The disease can be very dangerous for some people. The rise in cases is related to warming temperatures and increases in the deer population. From January 1 – March 22, there were 5 lab confirmed cases of Lyme disease reported in MAVEN for Carlisle but no other tick-borne illnesses. Most of the cases were in January. McGean has presented one Stop the Bleed training session, with school personnel. She is looking at training the fire department and Town Hall staff in the next sessions. Free Adult Mental Health First Aid classes will be offered by the end of June, for up to 25 participants. It will be either a 6-hour class or two 3-hour classes. If the class is well attended more will be offered. McGean is offering blood pressure clinics at senior luncheons and breakfasts and is available to do home visits for at-risk residents.

Barry said that people who become sick with Babesiosis seem to have immune deficiencies. She also said that the CDC recommended treatment protocols were not adequate for many patients. People get better but tend to have residual symptoms.

Mariano asked about diagnosis of Babesiosis, and Barry stated that the tests typically used are Babesia Immunoblot and Babesia FISH, which have limitations. Mariano asked whether Babesiosis is properly diagnosed. Barry sees cases regularly and there are many indicators to validate the diagnosis; antibodies indicate past exposure; the FISH test can be more helpful than antibody testing to indicate Babesiosis and in very sick patients you can actually see the parasites. Mariano asked about tick predictions for this year and McGean thinks that we will have a bad year because of the mild winter. Barry said that ticks here do well in wet winters and wet springs, even if it is cold, as the yard does not dry out and the moisture is the perfect setting for ticks. If the humidity is low, they quickly die off. McGean said that is why it is important to check for ticks in moist areas on the body like the arm pits.

5. Accessory Apartment Work Group

Fantasia is working with Galligan, Mariano and Frado on the implications of the Accessory Apartment Bylaw. Until now it seemed pretty innocuous where a room would be converted to an apartment but the Bylaw was amended on the floor at the 2017 Town Meeting to include new construction, with no time to evaluate or discuss impact. We are starting to see the implications of that and we are concerned about the protection of water resources and the proper treatment of septic. The Accessory Apartment must also follow the Housing Code which is under the BOH authority for the life of the unit. This could be achieved with an

inspection by a licensed home inspector. There also needs to be water quality and zone of influence testing which should include radon, PFAS, and gross alpha testing. The accessory apartment cannot have adverse impacts on others and cannot compromise the ability of other homeowners to repair or replace their septic. The planning board's current checklist does not address adverse neighborhood effects on water quality or quantity. Galligan also felt that it is important to have a permit expiration date one year from the BOH final review date to ensure that when construction begins, current regulations and technologies are being used. Frado noted that the septic must have a viable reserve area. Frado explained that the reserve area cannot just be shown on the plan. Testing should take place before approval to confirm viability and prevent the discovery of unsuitable soils, shallow ledge, or other conditions that would generate a hardship if a building has already been put on the property and potentially used up the only good area.

The discussion was stopped in order to move to scheduled hearings, then resumed after the discussion on 846 Bedford Road.

Collins cited Frado's statement that Title 5 says that septic flows cannot exceed 440gallons/acre as a valuable reference. He suggested looking back to the technical analysis, where there is an actual number. Mariano said that the studies are abbreviated and that it is hard to study the entire town's aquifers given the subsurface conditions which include rock, glacial till, and outwash plains in the town. There was a study during Bill Risso's tenure (circa. 2016) which will be informative for this investigation. Carlisle is very complex but studies took a professional look at the conditions. Barry commented that the draft guidance being prepared by the Work Group needs simplification and focus.

The next accessory apartment workgroup meeting will take whatever comments we have, Mariano looks at this as a long process.

6. PH continuation for 114 Rutland Street - septic upgrade requiring local waiver

Galligan moved to reopen the public hearing for 114 Rutland Street. The motion was seconded and approved unanimously.

Mariano summarized that this is a property on Rutland Street that has issues with ledge. They had been looking for several waivers but they have worked through a lot of those issues and it looks like they are just requesting a waiver for distance to well. Lar Greene, design engineer, said that since their last presentation they have gone to the site and found an area where they had 4' of soil so they no longer need a soil depth waiver and they also had plumber confirm that they can raise the plumbing to remove a depth of cover waiver; consequently, they are now just asking for a waiver to allow the offset to the well to be 57'.

Mariano asked if Rob Frado was involved with the testing. Frado was present when they went to the site with a bigger excavator. Mottling showed the ground water was lower than originally thought and that there is good depth of soil. The original excavator was unable to dig up the very large boulders but they are now seeing decent soil, decent depth, and a lower water level. After continued discussion of such waivers, Barry moved to close the hearing, Erickson seconded and the motion passed unanimously so the hearing was closed. Galligan then moved to grant a waiver of distance to well from 100' to 57.4' contingent on annual water testing for coliform and nitrates, with a lab report to the BOH for all testing, and also contingent on a deed

recording of the waiver and testing requirements. Collins seconded and the motion passed unanimously.

7. 846 Bedford Road - Accessory Apartment Application Present for the discussion was Rob Melvin of Stamski & McNary, and Pamela Brown of Brown and Brown.

The BOH asked for data to understand the impact to the well of future use as well as current use. Fantasia said the Skillings did a flow test but needed to be certified by the well inspector Ralph Metivier. Skillings said the well seemed ok, although the yield was a little lower than expected (but still relatively good at 7gallons/minute). The well is 220' deep and did have a coliform count of 2 with e coli<1. They also did a title 5 inspection and need to replace the d box for the primary home. The primary home has 2 leaching pits and 2 reserve pits, there was no testing on the reserve pits, only on the primary--it was approved in 1970.

Melvin said that the coliform has not been retested. Skillings said that the indications of coliform were not alarming, the homeowner does have water treatment in the house although it was unstated the type of treatment. Melvin said that the applicant is willing to drill a new well if necessary. Pam Brown (attorney for applicant) said that testing showed that the well is ok and the flow rate is more than sufficient.

Mariano said that the BOH would like the water retested for coliform once it has been chlorinated and that the BOH would also like more information on the treatment system. He noted that coliform is an indicator of a compromise in the system which is concerning but could also be a result of a compromised sampling practice. Galligan would like to see testing at the faucet (previous testing was only at the well) and would like a full water test to be done at the faucet. Fantasia asked whether they should chlorinate the well first. Frado agreed they should get a baseline at the faucet, chlorinate the well, and then test again.

Pam Brown said that they do not have any issue with what we are asking for but they do not want further delay. There was additional discussion about whether the BOH could sign off on the Planning Board checklist so they could submit their application for a hearing to the planning board. Fantasia agreed to check with the Town Planner on revising the checklist to accommodate the request. Fantasia will be in touch with Robert Melvin about the testing.

8. Discussion items.

Benfield Farms – Update (System Operator) Fantasia has been in touch with Phil Giffie and Mal Nelson about Benfield Farms. Phil is looking to move forward on a system operator. He is considering Mike Moreau or Kent Oldfield. The compliance sampling is not up to date. Fantasia says Nelson was adding the bicarbonate soda to the system weekly but not doing the compliance sampling. Once an Operator is chosen, Fantasia will set up a meeting with Benfield including Fantasia, Frado, Nelson, Giffie, Mariano, and Galligan.

Woodward Village – Update Woodward Village is looking to start up the FAST and PercRite systems for its 1st occupancy in mid-April. The DEP has not done flow testing on the public water supply. Frado has a list of outstanding items including as-built plans, and Woodward Village has not paid their overdue invoice. Fantasia does not want pressure from the developer to sign off on the septic until everything is complete.

Garrison Place – Update Fantasia reported that SWSS is continuing to work on the Garrison Place system. The last lab test results still show high BOD (out of compliance at 50), but results are trending in the right direction.

Mariano recently met a Dennis, MA Select Board member and talked about FAST systems. Dennis and others in Barnstable County work together on aquifer protection and they are

having all the same problems that we are seeing with the FAST so we need to stay on top of this.

In-person Meetings Mariano said that unless there is an update, we will be required to resume in-person meetings. Unless the state makes a change to the current requirement, at least 3 board members must be in person for a quorum. Fantasia said the next meeting should be in person and we will try to get the Clark room or the Heald room.

9. Adjourn

Galligan moved to adjourn, it was seconded and approved unanimously. We adjourned at 22:03, next meetings 4/5/23.and 4/19/23 at town hall.

Respectfully submitted,
David Erickson,
Recorder

ADMINISTRATIVE REPORTS
March 22, 2023

BOH Regulatory Review – Septic, Well, Hauler Regulations – timeline May/June?
Consideration of any other proposed local regulations – Food Establishments, Housing?

In-Person Meetings – staff trained in running hybrid meetings in the Clark Room; what Carlisle requires is uncertain.

Guidance Update – July 18, 2022

On July 16, 2022, Governor Baker signed into law An Act Relative to Extending Certain State of Emergency Accommodations, which, among other things, extends the expiration of the provisions pertaining to the Open Meeting Law to March 31, 2023. Specifically, this extension allows public bodies to continue holding meetings remotely without a quorum of the public body physically present at a meeting location, and to provide "adequate, alternative" access to remote meetings. The Act does not make any new changes to the Open Meeting Law other than extending the expiration date of the temporary provisions regarding remote meetings from July 15, 2022, to March 31, 2023.

Staff Positions – change Health Agent to Health Director (requires updated job description), Assistant Health Agent to Health Agent based on current duties and responsibilities, if BOH interested need to find out the process from town administrator. No change in pay rate, only job classification.

Summer Intern – review multi-family database for compliance particularly Title 5 I/A systems; complete inventory of all AA and multi-family dwellings; project for engineering student?

Ongoing Projects

PFAS Resources

Bi-annual well testing