

## **MINUTES**

Cumberland Town Council Meeting  
Town Council Chambers

**MONDAY, October 10, 2016**

### **7:00 P.M. Call to Order**

**Present:** Councilors Bingham, Edes, Gruber, Stiles, Storey-King, and Turner

**Excused:** Councilor Copp

### **I. APPROVAL OF MINUTES**

Motion by Councilor Stiles, seconded by Councilor Gruber, to accept the September 26, 2016 meeting minutes as presented.

VOTE: 6-0 UNANIMOUS

Motion by Councilor Gruber, seconded by Councilor Edes, to accept the October 4, 2016 special meeting as presented.

VOTE: 5-0-1 (Bingham abstained) MOTION PASSES

### **II. MANAGER'S REPORT**

At the October 24<sup>th</sup> meeting, we will be looking for Council approval to move forward with the Middle Road project. The project is ready to go to bid and we will be working with the Water District who will also be bidding a 1.2 million dollar upgrade to the waterlines on Tuttle Road, from the intersection at Middle Road back to almost Flintlock Drive. We are shooting for a December 9<sup>th</sup> bid date.

We will be holding a neighborhood meeting on October 26<sup>th</sup> with the neighbors around the Town garage to discuss the landfill closure scheduled for next summer and the changes that will be taking place at the site.

### **III. PUBLIC DISCUSSION**

None

### **IV. LEGISLATION AND POLICY**

**16 – 128 To hear a presentation from the Forest Lake Association re: Forest Lake Water Shed Survey.**

Janene Gorham of Forest Lane, presented the following:



## Volunteer Lake Watershed Surveys

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Protecting Maine's Air, Land and Water

## Pollution Sources

### Past

Point source pollution  
discharged from pipe



### Present

Now polluted runoff or  
nonpoint source pollution  
(NPS) from many smaller,  
diffuse sources



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### Forested Watershed



### Developed Watershed



5 to 10 times the amount of **phosphorus**  
in the runoff from the developed area.



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## Phosphorus

- Naturally-occurring element
- Sources
  - Atmosphere
  - Septic waste
  - Manure & pet waste
  - Fertilizers
  - Soil Erosion



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## Phosphorus Impacts

Excess algae growth



Less clear water



Oxygen depletion



Internal loading



Algae blooms



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## Other Impacts

- Creates favorable conditions for invasive plants
- Loss in aesthetic and recreational value
- Property damage from runoff and erosion



\$\$ Loss in property values \$\$



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## Survey Purpose

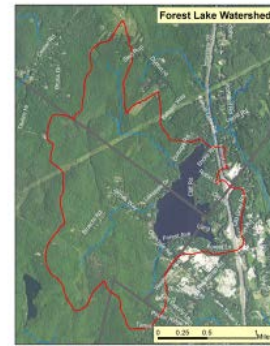
- Identifies potential sources of polluted runoff, primarily in the form of **soil erosion**.
- Includes all areas in the **watershed** that have been impacted by human activity.



**Not used for enforcement purposes or finger-pointing!**

## Forest Lake

- 3.4 square miles
- Towns of Gray, Windham and Cumberland
- NPS Priority Watersheds List
- Lakes Most at Risk from Development



## Survey Benefits

- Raises awareness
- Identifies problems
- Helps target efforts to fix problems



## How to Organize a Survey

- Steering Committee
- Volunteer Training
- Field Survey
- Data Entry & Report



## Steering Committee

Who?

5+ Stakeholders

What?

- Raise funds
- Advertise survey
- Recruit volunteers
- Prepare mailing
- Organize training
- Develop final report



## Volunteer Training

When?

- Saturday in May or June

Who?

- 10-15 people

What?

- Classroom session
- Field session



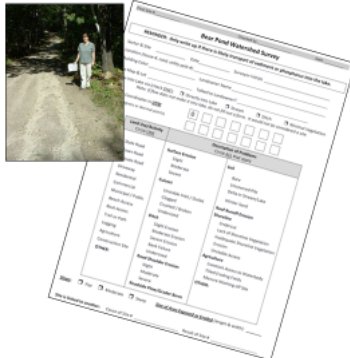
## Field Survey

### Who?

- Trained volunteers

### What?

- Identify & document erosion problems
- Develop preliminary recommendations
- Talk to landowners

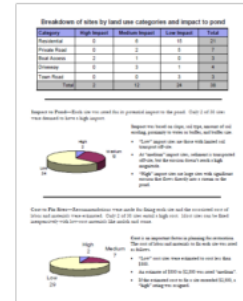


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## Survey Report

- Enter and analyze data
- Create final report



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## After the Survey

- Distribute report to community
- Volunteers, Town and/or YCC Fix Identified Sites
- Create Watershed Plan and Pursue Grants
- Site Tracker



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## Available Resources

### A Citizen's Guide to Volunteer Lake Watershed Surveys

[www.maine.gov/dep/land/watershed/materials.html](http://www.maine.gov/dep/land/watershed/materials.html)

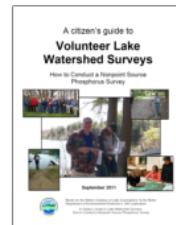
#### Electronic samples included online

- Landowner letters
- Report templates
- Brochure templates

#### Staff Support – DEP, SWCDs, VLMP, watershed groups

#### For more information:

Kristin Feindel – [kristin.b.feindel@maine.gov](mailto:kristin.b.feindel@maine.gov), 215-3461  
Wendy Garland – [wendy.garland@maine.gov](mailto:wendy.garland@maine.gov), 615-2451



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**16 – 129 To hear a presentation from the Police Chief re: “Heroin 101”.**  
Police Chief Rumsey presented the following:

## HEROIN “101”



## What is a drug?

- a medicine or other substance which has a physiological effect when ingested or otherwise introduced into the body.
  - Physiological effect: changes the normal functioning of the body



## What is an opioid?



## Opioids

- “Substances, both natural and synthetic, that bind to the opioid receptors in the body’s nervous system.”



## Opioids



- Reduce perception of pain
- Depress the central nervous system
- Induce euphoria

## Opioids

- Natural (aka “Opiates”) – derived from opium poppies
  - Morphine
  - Codeine
  - Thebaine
- Semi-Synthetic – derived from opiates
  - Heroin
  - Oxycodone
  - Buprenorphine
- Synthetic
  - Methadone
  - Fentanyl
  - Carfentanil

## Heroin



- Processed from morphine (a natural opiate extracted from poppy plants)
- First synthesized in 1874
- Marketed by German pharmaceutical Bayer from 1898 to 1910 as a cough suppressant and morphine substitute

## Heroin

Usually one-tenth of a gram in a tiny envelope

10 envelopes together is a bundle

Powder inside ranging from white to brown

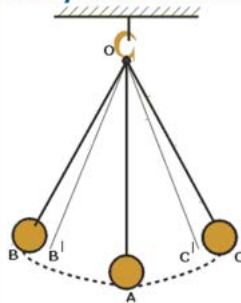


## Heroin

- Can be injected
- Can be smoked
- Can be snorted



## Why heroin? Why now?



- In 1996, Oxycontin (a powerful narcotic painkiller and derivative of opium) was introduced
- Prescription rates skyrocketed
- People became dependent
- Unable to find / afford Oxycontin, turned to heroin

## Signs of opiate abuse:

- Presence of paraphernalia for use:
  - Needles
  - Baggies
  - Spoons
  - Cut straws or pen barrels (used for snorting)
  - Glass pipes
- Mood changes
  - Anxiety
  - Euphoria
- Behavioral changes
  - Abandonment of normal activities
  - Large amounts of time spent obtaining, using or recovering from the drug

## Signs of opioid abuse, cont.

- Physical symptoms
  - Increased sensitivity to sensory stimuli
  - Decreased appetite
  - Increased energy

## Effects of Opioid Abuse

- Drowsiness / Fatigue
- Sense of elation
- Nausea / Vomiting
- Depressed respiration
- Death

.... But not in Cumberland, right?



## Naloxone = Narcan™

### Naloxone HCL

Naloxone **temporarily** displaces and blocks opioids from receptors in the body.

### Naloxone HCL

- Opioid antagonist
- Short duration of effect
- No serious side-effects, *even if patient is not on opioids*
- Easy to administer

## Narcan (naloxone)



- Narcan is only a piece of the rescue effort
- CPR and / or rescue breathing may be necessary
- Effects are temporary – additional doses may be necessary
- The person may wake up suddenly, be disoriented, and / or combative

## The newest threats:

- Fentanyl:
  - A potent synthetic opioid pain medication
  - Frequently used for palliative care (treatment of serious illness and pain)
  - Extremely powerful and often prescribed (1700 kilograms used globally in 2013)



## The newest threats:

- Carfentanyl:
  - A synthetic opioid
  - Used as a large animal anesthetic
  - The most potent commercially used opioid (100x stronger than fentanyl)
  - Experts suspect it's use by the Russian military during the 2002 Moscow theater hostage crisis



### 11 Hartford SWAT Officers Exposed To Heroin, Fentanyl During Drug Raid



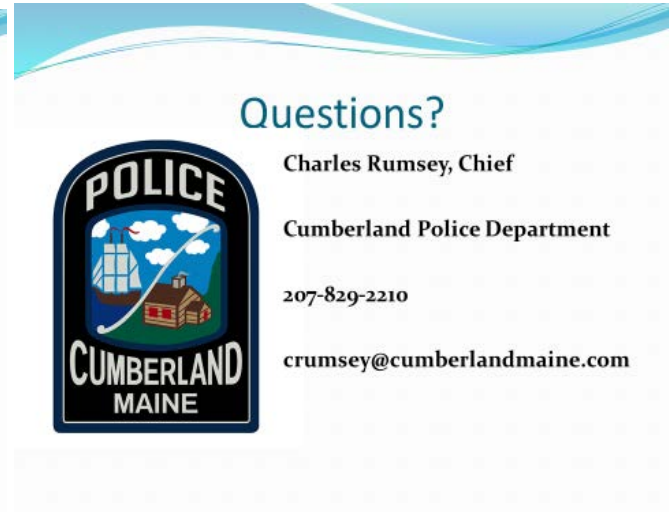
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Dr. Nicholas Brundage - Contact Reporter

## Where do we go from here?

- Be prepared to encounter these dangerous substances and treat individuals who have overdosed.
- Remain vigilant to the likelihood that these substances are in our community, being transported on our roadways.
- Work with our partners in the law enforcement, treatment and education professions to combat the problem.
- Remain open minded and understand it is unlikely we will "arrest our way out of this problem."





**16 – 130 To consider and act on adoption of trail logos as recommended by the Lands & Conservation Commission.**

Town Manager Shane said that Paul Weiss presented the logo that the Lands & Conservation Commission developed for our trails during his presentation at the last Council meeting. We are hoping to adopt the logo as a universal Cumberland trail marking system.



Motion by Councilor Bingham, seconded by Councilor Edes, to adopt trail logos as recommended by the Lands & Conservation Commission.

VOTE: 6-0 UNANIMOUS

**16 – 131 To hold a Public Hearing to adopt the Maine Municipal Association Model General Assistance Ordinance and Appendices A-D.**

Town Manager Shane explained that this done annually and we use this a guidelines for our General Assistance Program.



Chairman Turner opened the Public Hearing.  
Public discussion: None  
Chairman Turner closed the Public Hearing.

Motion by Councilor Bingham, seconded by Councilor Gruber, to adopt the Maine Municipal Association Model General Assistance Ordinance and Appendices A-D.  
VOTE: 6-0                      UNANIMOUS

**16 – 132    To hold a Public Hearing to consider and act on a Mass Gathering Permit for the Cumberland County Conference/MSAD 51 Cross Country Championship to be held at Twin Brook on October 20, 2016 from 2:00 to 5:00 p.m.**

Town Manager Shane explained that this is an annual event and staff is recommending approval. Expenses for Fire/Rescue personnel are reimbursed by the Maine Principals Association.

Councilor Storey-King said she recalls that a few years ago, the Town decided to start charging the Maine Principals Association a fee based on attendance.

Town Manager Shane said that he recalls those being non-school events, such as the Labor Day soccer tournaments, etc. He will check with staff and report back.

Chairman Turner opened the Public Hearing.  
Public discussion: None  
Chairman Turner closed the Public Hearing.

Motion by Councilor Gruber, seconded by Councilor Bingham, to approve the Mass Gathering Permit for the Cumberland County Conference/MSAD 51 Cross Country Championship to be held at Twin Brook on October 20, 2016 from 2:00 to 5:00 p.m.  
VOTE: 5-1 (Storey-King opposed)                      MOTION PASSES

**16 – 133    To hold a Public Hearing to consider and act on a Mass Gathering Permit for the Maine Principals Association Southern Maine Cross Country Regionals to be held at Twin Brook on October 22, 2016 from 8:00 a.m. to 5:00 p.m.**

Town Manager Shane explained that this one has \$3,000 in fees and staff is recommending approval. In the future, we will be sure to have the applicant and/or staff present to answer questions.

Chairman Turner opened the Public Hearing.  
Public discussion: None  
Chairman Turner closed the Public Hearing.

Motion by Councilor Stiles, seconded by Councilor Gruber, to approve the Mass Gathering Permit for the Maine Principals Association Southern Maine Cross Country Regionals to be held at Twin Brook on October 22, 2016 from 8:00 a.m. to 5:00 p.m.  
VOTE: 5-1 (Storey-King opposed)                      MOTION PASSES

**16 – 134 To set a Public Hearing date of October 24<sup>th</sup> to consider and act on an Automobile Graveyard/Junkyard permit for Cumberland Salvage, Inc.**

Motion by Councilor Stiles, seconded by Councilor Bingham, to set a Public Hearing date of October 24<sup>th</sup> to consider and act on an Automobile Graveyard/Junkyard permit for Cumberland Salvage, Inc.

VOTE: 6-0 UNANIMOUS

**16 – 135 To set a Public Hearing date of October 24<sup>th</sup> to consider and act on continuing to allow snowmobiles in the Town Forest for the 2016/17 season.**

Motion by Councilor Stiles, seconded by Councilor Edes, to set a Public Hearing date of October 24<sup>th</sup> to consider and act on continuing to allow snowmobiles in the Town Forest for the 2016/17 season.

VOTE: 6-0 UNANIMOUS

**V. NEW BUSINESS**

**Councilor Bingham** – the Police Department was very visible at the Fair last week. It was nice to see the officers and Chief Rumsey interacting with the public.

**Councilor Gruber** – the Conservation Subdivision Committee met for the first time last week. They have a committee charge and will report to the Council by April 30<sup>th</sup> of next year. Bob Waterhouse was appointed Chairman of the committee.

The Aging in Place Forum will be held on Saturday, October 29<sup>th</sup> from 8:30 a.m. to 1:30 p.m. at the Middle School.

Thank you to the Junior Varsity Field Hockey Team and their coach, Councilor Storey-King. They assisted a senior resident with yard work and she was very appreciative.

Veterans Appreciation Night was held a couple weeks at the Greely Football Game where veterans were honored.

Thank you to everyone who helps at the food pantry.

Bulky Waste pick up week is going on this week.

Congratulations to Alex Lear and his wife on the birth of their daughter.

**Councilor Storey-King** – The Ordinance Committee continues their work on the Sign Ordinance, illuminated signs and Contract Zone Agreements. They should bringing something to the Council very soon.

**Councilor Edes** – none

**Chairman Turner** – Reminder that this is Bulky Waste Pick up Week.

E-Waste collection is Saturday, October 15<sup>th</sup> from 8:00 a.m. to 1:00 p.m.

Hazardous Household Waste Collection is Saturday, October 22<sup>nd</sup> from 9:00 a.m. to 1:00 p.m.

Meet the Candidates night will be on Tuesday, October 25<sup>th</sup> at 7:00 p.m. at Town Hall and televised on Channel 2.

**Councilor Stiles** – Thank you to everyone who donated to the 4-H auction. We didn't quite meet our goal of \$10,000, but the Town Manager was able to purchase 3 pigs and 1 steer for the food pantry.

**Town Manager Shane** – The Story Book Forest opened last Saturday in the Town Forest. We had over 50 people do the walk at the opening and local author Mary Train read her book, A Time for the Fair, at each station. Thank you to Susan Novak for this great idea and thank you to Eagle Scout Nick Kurlanski for building the stands for the story pages. The story will be changed the first Saturday of every month with new stories by Maine authors.

Another Eagle Scout project will be done by the end of next week. Cameron Plourde is just about done with his trail project at Greely Woods.

**VI. ADJOURNMENT**

Motion by Councilor Gruber, seconded by Councilor Edes, to adjourn.

VOTE: 7-0 UNANIMOUS

TIME: 8:34 P.M.

Respectfully submitted by,

Brenda L. Moore  
Council Secretary