

For the Week of June 5, 2023

Manager's Message

Aaron Frank, Town Manager

In Vermont, heat-related illnesses become more common when temperatures warm to 80°F and above, especially on sunny and humid days. As the [National Weather Service](#) is predicting unseasonably hot weather for most of the state in the near future, we want you to be aware of preventative measures that you can take to keep yourself and others cool and safe.



Prevention: During the spring and early summer, when our bodies are not acclimated to warmer weather, heat illnesses are even more common. While we adjust to warmer weather, it's especially important to ease into outdoor activities, take frequent rest breaks, and drink plenty of fluids. Other heat safety tips include:

- Stay in the shade, in air-conditioning if you can, or in cool places such as basements
- Wear lightweight, light-colored, loose-fitting clothing
- Take cool showers and use fans, but don't rely on them as the only way to stay cool
- Avoid hot drinks and meals, and don't drink alcoholic or caffeinated beverages
- Be proactive, don't wait until you are thirsty to drink water and drink more than usual, especially if you're exercising or active outdoors
- Reduce outdoor work and exercise, and limit it to the cooler parts of the day
- Stop what you are doing if you feel faint or weak and ask for help if needed
- Call your loved ones and neighbors to check on them, especially if they are older or have chronic health conditions
- Draw light-colored shades to keep out the sun
- Close windows during the day when it is hotter outside than inside, and open windows at night when it's cooler outside than inside
- Limit use of the stove, oven and other heat-generating appliances.

For more information: <https://www.healthvermont.gov/environment/climate/hot-weather>

Symptoms of heat-related illnesses and what to do: Muscle cramps, heavy sweating, nausea, headache or light-headedness may all indicate a heat-related illness. Most heat-related illnesses can be treated with fluids and by resting in a cooler place. If symptoms persist or get worse, or someone you are with seems confused or loses consciousness, dial 9-1-1 and get immediate medical help. To learn more about symptoms and first aid, please visit:

<https://www.cdc.gov/disasters/extremeheat/warning.html>

Green Up Day Summary: Thank you to the Colchester Conservation Commission members, Colchester Department of Public Works, volunteers, students, and participants from all around the community who helped Green Up Colchester on May 6th!

A special thanks to Casella Waste Systems for their sponsorship of Green Up Day and collecting and tracking trash data, CWSD for covering additional litter



disposal costs for material that is not accepted at the landfill, and Myers Container Services for donating the roll off container at the Town Offices for litter that was collected in our community and covering the cost of the disposal fee for Colchester.

In total, 708 tires were collected, which add up to 15,240 lbs. or 7.62 tons. Additionally, 1,620 lbs., or 0.81 tons, of trash were picked up in our community.

Thank you for continuing to make Colchester a beautiful place to live!

Social Media & Town Requests: You are welcome to post on social media, but if you wish for the Town staff or Selectboard to act on or consider something, please contact us directly by phone or email. We may need to obtain more specific information or dialogue with you about the issue to understand and resolve it through more direct communication.

For issues of local concern that you believe should be addressed by your Town government, please contact the Town Staff Directly. The directory of phone and email contact information for various Town departments is provided here: <https://tinyurl.com/Col-Town-Dir>

If you are uncertain who to contact, or what level of government may have responsibility and jurisdiction for an issue (town, regional, state or federal), or are not satisfied with the response from a Town Department, feel free to contact the Town Manager's office at 802-264-5509 or TownManager@colchestervt.gov. The Town Manager generally oversees the Town departments in their implementation of the Town budgets and capital projects proposed by the Selectboard and approved by the voters.



Your Town Selectboard serves as the legislative and judicial branch of your municipal government, and oversees the Town Manager. If you have something to be shared with them at a Selectboard meeting, you are welcome to attend or send a note, up to 1,000 words, to

TownManager@colchestervt.gov with “Citizens to be Heard” in the Subject and your name and address in the body of the email. The email will be shared with the entire Selectboard prior to the upcoming Selectboard meeting and included in the information packet.

Individual Selectboard member contact information is available here:
<https://www.colchestervt.gov/401/Selectboard>.



5K Fun Run & Jiggety Jog to benefit the McClure Miller Respite House: On **Saturday, June 10, at Malletts Bay School** join UVM’s Home Health and Hospice in supporting the beloved McClure Miller Respite House.

This fundraising event is the single largest fundraiser for McClure Miller Respite House, Vermont’s only Medicare-certified hospice home. Every dollar raised goes directly toward providing room, board, personal care and special services for residents, regardless of their ability to pay. For more information and to register for the run, please visit:
<https://www.uvmhomehealth.org/event/fun-run-jiggety-jog-2023/>

Vermont Days: June 10 & 11, 2023: Brought to you by the Vermont Agency of Natural Resources and the Department of Forest, Parks & Recreation, enjoy sampling Vermont’s fishing, State Parks, and history during this year’s Vermont Days! This annual event is held during one weekend in June and celebrates the arrival of summer with free admission to day-use areas at Vermont State Parks and state-owned historic sites. Free Fishing Day is on Saturday, June 10 and gives residents and non-residents permission to fish in Vermont for the day without a license. Learn more at: www.VermontDays.com



Department Updates

Burnham Memorial Library: The annual book sale is taking place June on 23rd to 25th at Colchester High School. Donations will be accepted at specified times at the high school:

- Monday, June 19 – Accepting Donations from 3:00 to 6:00 pm
- Wednesday, June 21 – Accepting Donations from 10:00 to 2:00 pm
- Friday, June 23 – Book Sale from 5:00 to 8:00 pm
- Saturday, June 24 – Book Sale from 9:00 to 3:00 pm
- Sunday, June 25 – Book Sale from 10:00 to 2:00 pm



Upcoming Town Meetings

Selectboard: Tuesday, June 13, 6:30 p.m. at the Colchester Town Offices, 3rd Floor Outer Bay Conference Room, 781 Blakely Road. Alternatively, send a note, up to 1,000 words, to TownManager@colchestervt.gov with “Citizens to be Heard” in the Subject and your name. As with in-person Citizens to be Heard, we ask that you SHARE YOUR ADDRESS. The email will be shared with the entire Selectboard prior to the meeting and included in the information packet at the next meeting.

- Watch the Meeting Online via Live Stream: <http://lcatv.org/live-stream-2>
- Agenda: www.bit.ly/Colchester-SB-Agendas

Planning Commission: Tuesday, June 6, 7:00 p.m. at the Colchester Town Offices, 3rd Floor Outer Bay Conference Room, 781 Blakely Road.

Development Review Board: Wednesday, June 14, 7:00 p.m. at the Colchester Town Offices, 3rd Floor Outer Bay Conference Room, 781 Blakely Road. Residents are welcome to attend the meeting or public comments can be submitted prior to the hearing by email to zmaia@colchestervt.gov or by mail to Town of Colchester, c/o Development Review Board, 781 Blakely Road, Colchester, VT 05446.

Recreation Advisory Board: Wednesday, June 14, 7:00 a.m. at the Colchester Town Offices, 2nd Floor, Champlain Room, 781 Blakely Road.

Library Board of Trustees: Thursday, June 15, 4:00 p.m., in the Burnham Room of the Burnham Memorial Library.

Agendas available: <http://clerkshq.com/Colchester-vt>

Note: Agendas are posted at least 48 hours before the meeting, so you may find past agendas when clicking the link. Revisiting the link closer to the date of the meeting should provide you with the current agenda.

Subscribe to the Town Newsletter: <https://lp.constantcontactpages.com/su/jkMAO2v>

For more information or to comment, call 802-264-5509 or email townmanager@colchestervt.gov