



# Town of Glastonbury

2155 MAIN STREET • P.O. BOX 6523 • GLASTONBURY, CT 06033-6523 • (860) 652-7500  
FAX (860) 652-7505

Richard J. Johnson  
Town Manager

ITEM #7  
12-04-2018 Meeting

November 30, 2018

The Glastonbury Town Council  
2155 Main Street  
Glastonbury, CT 06033

Re: **Town Manager's Report**

Dear Council Members:

The following will keep you up to date on various topics.

1. **Land Acquisition – Chamberlain Lane**

Town purchase of the 47± acre open space located off Chamberlain Lane closed on Tuesday, November 20, 2018. This land acquisition was supported by a \$150,000 donation through the Great Pond Stewardship.

2. **Budget Schedule**

The following dates are suggested for Budget meetings over coming months:

<i>Meeting</i>	<i>Date</i>	<i>Time</i>	<i>Location</i>	<i>Alternate</i>
Annual Capital Improvement Workshop	Thursday, January 17 <sup>th</sup>	6:00 p.m.	RCC	Tuesday, January 15 <sup>th</sup>
Annual Town Meeting	Thursday, January 24 <sup>th</sup>	7:00 p.m.	Council Chambers	Tuesday, January 29 <sup>th</sup>
Budget Workshop (Town Operations)	Tuesday, February 26 <sup>th</sup> (Regular Council Meeting)	6:00 p.m.	Council Chambers	
Budget Workshop (Board of Education)	Thursday, February 28 <sup>th</sup>	6:00 or 7:00 p.m.	Council Chambers	Tuesday, March 5 <sup>th</sup> , Wednesday, March 6 <sup>th</sup> , Thursday, March 7 <sup>th</sup>
Final Budget Public Hearing and Action	Tuesday, March 26 <sup>th</sup> (Regular Council Meeting)	7:00 p.m.	Council Chambers	Special Meeting on Wednesday, March 20 <sup>th</sup> , Thursday, March 21 <sup>st</sup>

3. **Indoor Aquatic Facility Workshops**

Public workshops for the proposed Indoor Aquatic Facility are scheduled for 6:30-8:30 p.m. as follows:

- Thursday, December 6<sup>th</sup> – Council Chambers
- Monday, January 14<sup>th</sup> – Council Chambers
- Thursday, February 14<sup>th</sup> – RCC

A final report and presentation is expected in March.

4. **Article – A Prescription You Can't Fill at the Pharmacy**

I thought you would be interested in the attached article recently published in Time Magazine on the importance of public parks.

5. **Zero Renewable Energy Credit Program (ZREC)**

Glastonbury was successful in the recent small project (100 kWh) process for solar PV projects at the Academy Building, PD (carports), and Nauru School. The combined 300 kWh is estimated to save \$34,800 annually. Medium size projects (up to 250 kWh) are pending.

6. **Holiday Fair**

The 2018 Holiday Fair will be held at the Glastonbury Boathouse from 11:00 a.m. – 2:00 p.m. on Sunday, December 9<sup>th</sup>. A copy of the program flyer is attached.

7. **Library Grant**

I am pleased to advise that a \$1 million state grant is awarded to Glastonbury for the library project approved at referendum on November 6, 2018. The \$1 million grant along with the \$100,000 and \$1 million donated by the Friends of Welles-Turner Memorial Library and Second Century Fund achieves the best case estimated net cost scenario. This is good news for Glastonbury and Welles-Turner.

8. **Slocomb Mill – Dam**

Princeton Hydro has completed its report on options for the dam along Roaring Brook at the Town-owned former Slocomb Mill property. Laura Wildman of Princeton Hydro will present the report and options at the January 8th Council Meeting.


9. **Street Trees**

Drought conditions in 2015-2017 combined with gypsy moth and emerald ash borer has placed a number of street trees in decline throughout Town. Many are located within the Town right of way and the responsibility of the Town. Funding will be proposed through the upcoming Capital Program to allow for a more comprehensive tree trimming removal process in response to the current condition. Additionally, many trees are located on private property and extend over sidewalks, roads, and other properties. Homeowners are strongly encouraged to take appropriate corrective action in these situations.

10. **Communication Tower – 2108 Main Street**

By action at the November 13th meeting, Council authorized the lease agreement for use of the Town-owned communication tower at 2108 Main Street. The lessee is requesting one amendment so that either party can terminate the lease with at least 60 days' notice. As previously drafted, the lease would be extended by mutual agreement of both parties. I wanted to make you aware of this change before the document is executed.

Sincerely,



Richard J. Johnson  
Town Manager

# TheView Wellness

## A prescription you can't fill at the pharmacy

By Jamie Ducharme

DR. ROBERT ZARR, A PEDIATRICIAN IN Washington, D.C., often prescribes therapies that don't come in a bottle or a pill pack. They're redeemable only outdoors, in the fresh air of a local park. These "nature prescriptions"—spend an hour each week playing tennis, for instance, or explore all the soccer fields near your home—might sound whimsical. But Zarr is serious about his scripts, which are recorded in his patients' electronic health records.

"There's a paradigm shift in the way we think about parks: not just as a place to recreate, but literally as a prescription, a place to improve your health," says Zarr, who writes up to 10 park prescriptions per day. In 2017 he founded Park Rx America to make it easier for more health professionals to write park prescriptions for patients of all ages, particularly those with obesity, mental-health issues, or chronic conditions like hypertension and Type 2 diabetes.

Zarr is part of a growing movement to bring the outdoors into medicine. Nobody is claiming that nature will cure diseases on its own, of course, but physicians are capitalizing on the well-established mental and physical health benefits of spending time in green space. A 2017 research review published in the *International Journal of Environmental Research and Public Health* analyzed 64 studies that explored the effects of "forest bathing," or taking a woody walk while tuning in to nature, and concluded that the practice is linked to stress relief, less depression and anxiety, lower blood pressure, decreased heart rate and more.

BY WRITING nature prescriptions—alongside pharmaceutical prescriptions, when necessary—physicians are encouraging their patients to get outdoors and take advantage of what many view to be free medicine. The specificity that comes with framing these recommendations as prescriptions, Zarr says, motivates his patients to actually do them. "It's something to look forward to and



### THE BENEFITS OF GOING OUTDOORS

#### RELAXATION

Studies have shown that spending time outdoors can decrease levels of the hormone cortisol, lower blood pressure and reduce other markers of stress.

#### PHYSICAL ACTIVITY

Exercise is an important pillar of health, and going outside encourages you to get moving, whether by hiking, biking, gardening or strolling.

#### SOCIAL SUPPORT

Parks are inherently social places. Seeing and interacting with others guards against loneliness—a major public-health threat—and fosters community.

#### MENTAL HEALTH

Research has shown that spending time in green space can lift mood and reduce symptoms of depression and anxiety, including rumination and feelings of worthlessness.

#### AWE

Soaking in the arresting beauty of nature has been found to lower levels of inflammation in the body and spark feelings of generosity, perspective and selflessness.


#### FRESH AIR

Pollution is linked to a number of ills, ranging from respiratory problems to cancer and heart disease—so breathing clean air may reduce your risks.

to try to feel successful about," he says.

In October, NHS Shetland, a government-run hospital system in Scotland, began allowing doctors at 10 medical practices to write nature prescriptions that promote outdoor activities as a routine part of patient care. And in recent years, organizations with the goal of getting people outside for their health have proliferated in the U.S. The National Park Service's Healthy Parks Healthy People program promotes parks as a "powerful health prevention strategy" locally and nationally. Walk With a Doc, which sponsors free physician-led community walks, is now in 47 states, and Park Rx, which has studied and tracked park-prescription programs since 2013, says these are now in at least 33 states and Washington, D.C. Even mental-health professionals are going green. A growing number of "ecotherapy" counselors conduct sessions outdoors to combine the benefits of therapy and nature.

Plus, these unusual prescriptions are the prettiest you'll ever fill—a fact Betty Sun, program manager at the Institute at the Golden Gate, which runs Park Rx, says encourages people to actually do them. "With social media and Instagram, when you see your friends going out to beautiful places, you want to go too," Sun says. "It's about making a positive choice in your life, rather than a punitive choice—like 'You're sick, take a pill! It just seems so much more supportive.'" □



# Holiday Fair 2018

Meet & Take Photos  
with Santa!

Festive Holiday Crafts

Snacks & Refreshments

Holiday Shopping  
with local vendors

Fun for all ages!

Sunday, Dec. 9th  
11:00 - 2:00 p.m.

No entrance fee.



STATE OF CONNECTICUT

CONNECTICUT SITING COUNCIL  
Ten Franklin Square, New Britain, CT 06051  
Phone: (860) 827-2935 Fax: (860) 827-2950  
E-Mail: [siting.council@ct.gov](mailto:siting.council@ct.gov)  
[www.ct.gov/csc](http://www.ct.gov/csc)

November 13, 2018

The Honorable Thomas P. Gullotta  
Chairman  
Town of Glastonbury  
Town Hall  
2155 Main Street  
P. O. Box 6523  
Glastonbury, CT 06033

RE: **EM-T-MOBILE-054-181113** – T-Mobile notice of intent to modify an existing telecommunications facility located at 2577 Main Street, Glastonbury, Connecticut.

Dear Chairman Gullotta:

Pursuant to the Regulations of Connecticut State Agencies Section 16-50j-72, the Connecticut Siting Council (Council) is in receipt of a request to modify an existing telecommunications facility located in the Town of Glastonbury.

In accordance with Section 16-50j-73 of the Regulations of Connecticut State Agencies, on November 9, 2018, written notice of the intent to modify the existing telecommunications facility was provided to the Council, the property owner of record and the chief elected official of the municipality in which the existing telecommunications facility is located.

Should you have any questions or comments regarding the above-referenced request, please feel free to call me at 860-827-2951 or submit written comments to the Council by November 27, 2018.

Thank you for your consideration.

Sincerely,

Melanie A. Bachman  
Executive Director

MAB/FC/emr

c: Richard J. Johnson, Town Manager, Town of Glastonbury  
Khara Dodds, Director of Planning and Land Use Services, Town of Glastonbury

RECEIVED  
2018 NOV 15 AM 11:01  
TOWN MANAGER



Filed by:  
Kri Pelletier, Property Specialist - SBA Communications  
134 Flanders Rd., Suite 125, Westborough, MA 01581  
508.251.0720 x 3804 - kpelletier@sbsite.com

November 9, 2018

Melanie A. Bachman  
Acting Executive Director  
Connecticut Siting Council  
Ten Franklin Square  
New Britain, CT 06051

**Notice of Exempt Modification**  
2577 Main Street, Glastonbury, CT 06033  
41 42 51.8 N / -72 36 46.9 W  
T-Mobile #: CT11786D\_L700-4x2

Dear Ms. Bachman:

T-Mobile currently maintains antennas at the 93-foot level of the existing 130-foot Self-Support Tower at 2577 Main Street. The tower is owned by SBA 2012 TC Assets, LLC. The property is owned by Saint Paul's Roman Catholic Church. T-Mobile now intends to replace (6) existing cell antennas with (6) newer technology cell antennas at the 93-foot level of the tower. T-Mobile's proposed full scope of work is as follows:

**Remove:**

- (3) Ericsson KRY 112 144/2 TMAs
- (1) 1-5/8" coax

**Remove and Replace:**

- Remove: (3) Ericsson AIR 21 B4A/B2P Panel Antennas
  - Replace with: Ericsson AIR 32 KRD901146-1\_B66A Panel Antennas
- Remove: (3) Commscope LNX-6515DS-A1M Panel
  - Replace with: Ericsson APXVAARR24\_43-U-NA20 Panel Antennas
- Remove: (3) Ericsson S11B12 RRUs
  - Replace with: (3) Ericsson Radio 4449 B71+B12
- Remove: (1) 1-5/8" fiber
  - Replace with: (2) 1-1/4" hybrid
- Remove: Existing Pipe Mast
  - Replace with: (3) 2" x-strong steel pipe mast

**Install:**

- SitePro1 SFS-V or approved equal

**Existing Equipment to Remain (Including entitlements):**

- (3) Ericsson Air 21 B2A/B4P Panel Antennas
- (3) Ericsson KRY 112 144/2 TMAs
- (3) T-Frames
- (11) 1-5/8" coax

RECEIVED  
2018 NOV 13 AM 10:00  
TOWN MANAGER



This facility was approved prior to the Council assuming jurisdiction. On 7/18/2000 the Town of Glastonbury and the Inland Wetlands and Watercourses Agency approved a 130' replacement tower within the wetlands' conservation buffer area at 2577 Main Street, west of St. Paul's Church. A preconstruction meeting was to be held to discuss environmental safeguards to be taken during construction and to determine any stabilization efforts for disturbed land areas. The gravel access driveway was to be a minimum of 12 feet in width. The Town has not provided any further restrictions and this modification complies with the aforementioned condition(s).

Please accept this letter as notification pursuant to Regulations of Connecticut State Agencies §16-50j-73, for construction that constitutes an exempt modification pursuant to R.C.S.A. §16.50j-72(b)(2). In accordance with R.C.S.A. § 16.50j-73, a copy of this letter is being sent to the Town of Glastonbury's Town Manager, Richard J. Johnson, and Director of Land Use & Planning Services, Khara Dodds, as well as to the property owner, Saint Paul's Roman Catholic Church. (Separate notice is not being sent to tower owner, as it belongs to SBA.)

The planned modifications to the facility fall squarely within those activities explicitly provided for in R.C.S.A. §16.50j-72(b)(2).

1. The proposed modifications will not result in an increase in the height of the existing structure.
2. The proposed modification will not require the extension of the site boundary.
3. The proposed modifications will not increase noise levels at the facility by six decibels or more, or to levels that exceed state and local criteria.
4. The operation of the replacement antennas will not increase radio frequency emissions at the facility to a level at or above the Federal Communications Commission safety standard.
5. The proposed modification will not cause a change or alteration in the physical or environmental characteristics of the site.
6. The existing structure and its foundation can support the proposed loading.

For the foregoing reasons, T-Mobile respectfully submits that the proposed modifications to the above-referenced telecommunication facility constitute an exempt modifications under R.C.S.A. § 16-50j-72(b)(2).

Sincerely,

Kri Pelletier  
Property Specialist  
SBA COMMUNICATIONS CORPORATION  
134 Flanders Rd., Suite 125  
Westborough, MA 01581

508.251.0720 x3804 + T  
508.366.2610 + F  
203.446.7700 + C  
kpelletier@sbsite.com

Attachments



cc: ✓ Richard J. Johnson, Town Manager / with attachments  
*Glastonbury Town Hall, 2155 Main Street, Glastonbury, CT 06033*  
Khara Dodds, Director of Land Use & Planning Services / with attachments  
*Glastonbury Town Hall, 2155 Main Street, Glastonbury, CT 06033*  
Saint Paul's Roman Catholic Church / with attachments  
*2577 Main St. Glastonbury CT 06033-2023*





**POWER DENSITY**

**T-Mobile Site Inventory and Power Data**

Sector:	A	Sector:	B	Sector:	C
Antenna #:	1	Antenna #:	1	Antenna #:	1
Make / Model:	Ericsson AIR32 KRD901146-	Make / Model:	Ericsson AIR32 KRD901146-1	Make / Model:	Ericsson AIR32 KRD901146-
Gain:	15.9dB	Gain:	15.9dB	Gain:	15.9dB
Height (AGL):	93	Height (AGL):	93	Height (AGL):	93
Frequency Bands	1900 MHz (PCS) / 2100 MHz (AWS)	Frequency Bands	1900 MHz (PCS) / 2100 MHz (AWS)	Frequency Bands	1900 MHz (PCS) / 2100 MHz (AWS)
Channel Count	4	Channel Count	4	Channel Count	4
Total TX Power(W):	20	Total TX Power(W):	20	Total TX Power(W):	20
ERP (W):	7,780.9	BRP (W):	7,780.9	BRP (W):	7,780.9
Antenna A1 MPE%	3.7	Antenna B1 MPE%	3.7	Antenna C1 MPE%	3.7
Antenna #:	2	Antenna #:	2	Antenna #:	2
Make / Model:	Ericsson AIR21	Make / Model:	Ericsson AIR21 KRC118023-1 B2A/B4P	Make / Model:	Ericsson AIR21 KRC118023-1 B2A/B4P
Gain:	15.9 dBd	Gain:	15.9 dBd	Gain:	15.9 dBd
Height (AGL):	93	Height (AGL):	93	Height (AGL):	93
Frequency Bands	1900 MHz (PCS) / 2100 MHz (AWS)	Frequency Bands	1900 MHz (PCS) / 2100 MHz (AWS)	Frequency Bands	1900 MHz (PCS) / 2100 MHz (AWS)
Channel Count	2	Channel Count	2	Channel Count	2
Total TX Power(W):	5	Total TX Power(W):	5	Total TX Power(W):	5
ERP (W):	2,139.7	BRP (W):	2,139.7	BRP (W):	2,139.7
Antenna A2 MPE%	1.0	Antenna B2 MPE%	1.0	Antenna C2 MPE%	1.0
Antenna #:	3	Antenna #:	3	Antenna #:	3
Make / Model:	RFS APXVAARR24_43-U-NA20	Make / Model:	RFS APXVAARR24_43-U-NA20	Make / Model:	RFS APXVAARR24_43-U-NA20
Gain:	12.95 / 13.35 dBd	Gain:	12.95 / 13.35 dBd	Gain:	12.95 / 13.35 dBd
Height (AGL):	93	Height (AGL):	93	Height (AGL):	93
Frequency Bands	600 MHz / 700 MHz	Frequency Bands	600 MHz / 700 MHz	Frequency Bands	600 MHz / 700 MHz
Channel Count	4	Channel Count	4	Channel Count	4
Total TX Power(W):	12	Total TX Power(W):	12	Total TX Power(W):	12
ERP (W):	2,443.0	BRP (W):	2,443.0	BRP (W):	2,443.0
Antenna A3 MPE%	2.7	Antenna B3 MPE%	2.7	Antenna C3 MPE%	2.7

Site Composite MPE%	
Carrier	MPE%
T-Mobile (Per Sector Max)	7.47 %
MetroPCS	1.38 %
Sprint	3.87 %
Clearwire	0.13 %
Nextel	0.38 %
AT&T	4.54 %
Verizon Wireless	12.92 %
Site Total MPE %:	30.69 %

T-Mobile Sector A Total:	7.47 %
T-Mobile Sector B Total:	7.47 %
T-Mobile Sector C Total:	7.47 %
Site Total:	30.69 %



### T-Mobile Maximum MPE Power Values (Per Sector)

T-Mobile Frequency Band / Technology (Per Sector)	# Channels	Watts ERP (Per Channel)	Height (feet)	Total Power Density ( $\mu\text{W}/\text{cm}^2$ )	Frequency (MHz)	Allowable MPE ( $\mu\text{W}/\text{cm}^2$ )	Calculated % MPE
T-Mobile PCS - 1900 MHz LTE	2	1,556.18	93	14.78	PCS - 1900 MHz	1000.00	1.48%
T-Mobile AWS - 2100 MHz LTE	2	2,334.27	93	22.17	AWS - 2100 MHz	1000.00	2.22%
T-Mobile PCS - 1900 MHz GSM	1	583.57	93	2.77	PCS - 1900 MHz	1000.00	0.28%
T-Mobile AWS - 2100 MHz UMTS	1	1,556.18	93	7.39	AWS - 2100 MHz	1000.00	0.74%
T-Mobile 600 MHz LTE	2	788.97	93	7.49	600 MHz	400.00	1.87%
T-Mobile 700 MHz LTE	2	432.54	93	4.11	700 MHz	467.00	0.88%
						<b>Total:</b>	<b>7.47%</b>