



Bold Coast Trail, a My Maine This Week photo by Tom Meredith

SPRING 2018

# MAINE Environment



**“Half of the 8.3 billion tons of plastic we’ve made was created in the last 13 years alone. Despite well-intentioned recovery efforts, only 9 percent is recycled.”**

**—Sarah Lakeman, Sustainable Maine Project Director**

## Plastic Bag Bans Signal Imminent Shift Away from “Convenience Plastics”

BY SARAH LAKEMAN, NRCM SUSTAINABLE MAINE PROJECT DIRECTOR

People everywhere are talking about plastic pollution more than ever. Researchers all over the world are studying the unnerving prevalence of plastic in the environment and documenting its devastating impacts on our ecosystems—and their findings are startling. You may have heard the terrifying estimate that plastic will outweigh fish in the ocean by 2050; or that 83 percent of tap water samples from all over the world contained micro-plastic. Perhaps you’ve seen one of the heart-wrenching pictures of countless whales and sea birds that have died a gruesome death from starvation because their stomachs were filled with plastic.



Plastics in the environment is a relatively new area of study because half of the 8.3 billion tons of plastic we’ve made was created in the last 13 years alone. Despite well-intentioned recovery efforts, only 9 percent is recycled. It’s estimated that 79 percent of all the plastic ever created still exists either in our landfills or as pollution in our environment. We know that plastic does not ever break down; rather it breaks up into smaller and smaller pieces. What’s worse is that the rate of plastic consumption around the world is increasing.

Land-based sources account for up to 80 percent of the world’s marine pollution and anywhere from 60 percent to 95 percent of ocean debris is made up of plastic, according to the United Nations Joint Group of Experts on the Scientific Aspects of Marine Pollution. The sources of land-based plastic pollution are extremely diverse—but the majority enters as large pieces of plastic trash such as bottles and caps, bags, containers, and packaging. The

*Continued on page 2*

## Nurturing Future Ambassadors for the Earth BY LILY BAILEY

Early this year, NRCM accepted applications from Maine middle school educators across the state interested in incorporating more science learning projects into their classrooms. The goal of these projects is to engage students in the nature of Maine and provide them with opportunities to learn more by interacting with their local environment. NRCM chose eight middle school teachers and awarded them education grants to fund their projects, which range from trail map design and composting in cafeterias to setting up game cameras and creating videos about climate change.

These hands-on opportunities engage students by indulging their curiosities and getting them excited about their surroundings. Every project falls under at least one of NRCM’s central focus areas: healthy waters, forests and wildlife, sustainable Maine, and climate and clean energy. On visits to these schools, the enthusiasm of educators and students alike is palpable, regardless of the project. Creating storyboards for an eventual video on climate change, students get the opportunity to explore the environment through creative writing and storytelling. Researching how local waste disposal can affect well water quality situates their science project within their community. Students can connect more than ever to the landscapes they have always been a part of because they are able to explore what flora and fauna differentiate it from other places.



Students at the Center for Teaching and Learning in Edgecomb collect mouse data using the “catch, mark, and release” technique.

Students involved in some of these projects literally get their hands dirty as a way to understand the world around them, which, in the words of more than one them, is “awesome.” Through this hands-on learning, students not only gain valuable skills about observation and the importance of healthy environments to their communities, but also become ambassadors for the Earth. Their continued exploration through these grants gives students the chance to delve into the nature of Maine, and use their awareness to protect it for years to come.

*—Lily Bailey, a senior at Bowdoin College, is NRCM’s Communication Intern for the Education Grants program.*

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## • THE BIG PICTURE •

### Bright Spots

Good environmental news at the federal level has been scarce, so I am pleased to report that we did have a major win last quarter: restored funding for the Environmental Protection Agency (EPA).

Despite calls by the Trump Administration to slash EPA's 2018 budget by more than 30 percent (levels not seen since the 1970s), Congress ultimately passed a budget that maintained funding levels for all EPA program areas that were of strong concern to us here in Maine. The federal budget also provided additional funds to clean up drinking water, toxic waste sites, beaches, and lakes. This victory would not have happened without your help. Thank you for speaking out to Maine's Congressional delegation against this attack on Maine's environment.

Unfortunately, we are now facing the same fight for the 2019 budget. So we are asking you once again to contact Congress today. Many outrageous proposals are still pending; we will need to keep doing our part to ensure they never come to pass. You can help by weighing in online, visiting regional offices, and calling Maine's federal representatives.

One major threat is offshore oil drilling. Most East Coast governors, legislators, and state Congressional delegations have resolved to block the Trump Administration's attempts to drill off their coasts. Imagine the harm that oil slicks would do to our tourism and fishing industries, and the legendary coast of Maine. Whales, seals, seabirds, and other marine wildlife are at risk as long as the Administration's proposal stands. Senators Collins and King, Representatives Pingree and Poliquin, and the entire Maine Legislature have publicly declared their opposition to this reckless scheme.

The magnitude of this threat is so large that we invited a few of our members, staff, and board members to share their love of their favorite coastal places in the enclosed *Explore Maine*. These are just a sampling of the many places we love to visit to play and relax. Maine would not be Maine, for residents and visitors alike, without these beautiful places that we enjoy.

Every day, NRCM helps make connections between our coasts, our clean water and air, the Maine economy, and the important safeguards that support them. In early April, we featured the connection between climate change and America's national security, with the help of Senator Angus King, Lt. Gen. Castellaw, USMC (Ret.), and Roger Sorkin, Executive



Senator Angus King, Roger Sorkin, Lisa Pohlmann, and Lt. Gen. John Castellaw

Director and Producer of the American Resilience Project. This astute panel spoke to a packed hall at the University of Southern Maine, revealing intense interest in these issues. The American Security Project and the World Affairs Council of Maine co-sponsored this event with NRCM—new partners in our ongoing efforts to stop the escalation of climate change.

Celebrate the bright spots and don't give up the struggle—these are our mantras as we continue working together to protect the Maine we love. —Lisa Pohlmann, CEO

## Plastics - from Page 1

smaller pieces, called micro plastics, come from many sources including synthetic textiles, personal care products, and vehicle tire dust.

### No Single Solution

Given the wide array of sources of plastic pollution, it's clear that there is no one single way to stop the problem. We must attack it from every source, place by place and piece by piece. That is why bans and fees on plastic bags in Maine are so important. By regulating these unnecessary bags, communities are signaling that they recognize the problem and are addressing the devastating impact of our reliance on single-use plastics. Most of our convenience packaging like to-go containers, shopping bags, utensils, and more are made of plastic that doesn't get recycled. Bags are the low-hanging fruit because they are so unnecessary and so easily swapped out for a better alternative.

Since Portland passed its plastic bag ordinance in 2014, 13 other communities have followed suit with many more efforts underway. And nine Maine communities have banned expanded polystyrene foam food packaging for the same reasons. With Maine's long-standing tradition of "Yankee-thrift" it's no surprise that so many Mainers understand the need to reduce our use of materials that are destined to be waste—like shopping bags and food containers. And Maine's home-rule and local-control traditions mean communities can adopt programs to suit their goals.

One question that we are frequently asked here at NRCM is, "Are plastic bag bans working?" The answer is yes. Stores in Maine have reported a noticeable shift toward reusable bags, whether the trigger was a fee or a ban on plastic bags. Litter studies have reported fewer plastic bags in the environment in communities in Washington, DC, San Jose, and the UK, although plastic still makes up the majority of the litter, so we have a lot more work to do.

We hear concerns that switching to disposable paper bags is bad for the environment, too. While paper bags tend to have a larger environmental impact in manufacturing and shipping, plastic has a larger environmental impact when it comes to disposal and litter. Skipping a bag, or switching to durable, washable, reusable shopping bags is the best environmental option—preferably something you already own, and was made locally with re-purposed material.

### Maine Action, Global Movement

Communities in Maine that are taking action are part of a larger global movement away from single-use plastics. The UK has garnered attention recently with their successful shopping bag fee, and by its government pledging to ban all single-use plastics including straws, cutlery, and cotton swabs. In Africa, 26 countries are regulating plastic bags in some way, and 18 countries in Asia, 37 in Europe, and 10 in North America (which includes parts of the Caribbean) have jurisdictions addressing single-use bags, along with another five in South America, and four in the South Pacific.

People all over the world are affected by the prevalence of plastic in the environment, and only by addressing the problem together will we be able to clean it up. Many policies tackling plastic began with concerned citizens who wanted to improve their communities while inspiring their neighboring communities to do the same—just like here in Maine.

Most of the plastic we see in our waste stream is single-use for which there are better alternatives that don't contribute to our plastic pollution tragedy. If we continue to work together, we can bring about the beginning of the end of our reliance on single-use plastic convenience items.

## Tackle the Plastics Problem

### WITH NRCM'S COMMUNITY TOOLKITS:

Looking for ways to reduce plastics in your community? NRCM's Sustainable Maine Community Toolkits can help! They provide tools, research, and tips for addressing the problem, including a how-to for passing local ordinances. They include:



**Foam Container Toolkit:** Learn how to ban single-use containers like coffee cups and take-out boxes for safer, recyclable alternatives.



**Reusable Bag Toolkit:** Help create bans and fees to discourage the use of single-use disposable plastic and paper carryout bags.



**Cigarette Litter Prevention Toolkit:** Simple, proven solutions to keep nonbiodegradable cigarette litter off streets and out of waterways.

Find these toolkits and more at [nrcm.org](http://nrcm.org).





In April, NRCM hosted a series of events focused on the impacts climate change will have on our national and global security. The events featured New Mainers, climate security experts, and U.S. Senator Angus King, with more than 500 people in attendance. Above, NRCM staff with our panelists from the afternoon forum, titled "Climate Change: Disrupting Lives, Lands, and Communities Around the World." (Left to right: Emmie Theberge, NRCM Federal Project Director; Charles Rugerinyage, New Mainer from Burundi; Lt. Gen. John Castellaw, U.S. Marine Corps [Ret.]; Christophe Mbuyi, New Mainer from the Democratic Republic of Congo; Maxwell Chikuta, New Mainer from Katanga and Zambia; Esther Babson, American Security Project; Lisa Pohlmann, NRCM CEO)



### MAINE'S NEXT GENERATION OF ENVIRONMENTAL STEWARDS

Are you a young professional living and working in Maine? NRCM Rising is a group created by the Natural Resources Council of Maine specifically to engage and connect people in their 20s, 30s, and into their 40s who love Maine's environment. NRCM Rising is building a community of young professionals to advocate at the State House in Augusta for environmental safeguards and enjoy fun outdoor adventures around the state. We connect people, policy, and place, with the goal of ensuring that Maine's young, emerging professionals are equipped with the skills, relationships, and knowledge needed to successfully defend environmental laws established over the past 40 years and to take on challenges of our future.

Maine's environment exists as we know and love it today thanks to the efforts of people, organizations, businesses, and elected officials who care about protecting Maine's natural resources. One generation after another has committed to the mission of cleaning up our waters, promoting clean, renewable energy, adopting more sustainable lifestyles, speaking up for special places and wildlife, and demanding action on climate change. NRCM understands that Mainers emerging from college and early in their careers want to make a difference—serving in Maine's Legislature, starting sustainable businesses, working at nonprofits whose mission is to protect the environment, and more. NRCM Rising strives to provide opportunities for Maine's young professionals to make a difference for Maine's environment. If you or people you know would like to get involved with NRCM Rising, please contact Todd Martin, NRCM Rising Director at [tmartin@nrcm.org](mailto:tmartin@nrcm.org) or 430-0115. Thank you for all you do to help keep Maine special, today and for generations to come.



NRCM Rising Mt. Abraham hike in Kingfield, June 2018



▲ NRCM Rising event at Baxter Brewing Company, Lewiston

▲ NRCM Rising staff members: Fiona Gordon, Kristin Jackson, Emmie Theberge, Sophie Janeway, Todd Martin (director), Alexandra Fabian, Carly Peruccio





## Wick Skinner:

### A GIFT FOR MAKING THINGS BETTER

Talking to Wick Skinner is always educational. A retired professor and Associate Dean of Harvard Business School, Wick and his late wife Alice moved to Maine full time in the mid-1980s. I visited with him recently in St. George, in a beautiful spot that overlooks the water. I was there to learn about Wick's decision to include NRCM in his estate plans, but I learned so much more.

Wick's love affair with the state began in the 1930s. He grew up in Cincinnati, Ohio, but was invited to spend summers with a classmate whose family owned a home in Somesville on Mt. Desert Island. He spent countless hours hiking the island and developing his skills as a sailor. The idyllic setting provided a respite from the city and the growing parade of unemployed and defeated men who stopped at the family's back door, looking for help. The country was deep into the Depression.

Like virtually everyone he knew, Wick's family was struggling financially. Wick looks back at the Depression and recognizes the physical and mental strain it had on his parents. Despite financial hardships, he and his sisters were able to stay in school and later, attend college.

At Yale, Wick studied chemical engineering. He slyly describes this decision as "rebellious"—his father was a civil engineer. He graduated from college in 1944 and immediately joined the army. After a grueling boot camp, Wick and his fellow soldiers received their orders. The other servicemen headed to Europe and places unknown. Wick was put on a different transport train and soon discovered that many soldiers on the last car of the troop train were engineers. Within a few weeks, he was on his way to Los Alamos, New Mexico.

Wick arrived in the winter of 1945 and began work on the atomic bomb. He produced small batches of radioactive chemicals for a few months, until his white blood count dropped below a key cut-off point. He was assigned to another task, machining parts for the bomb. There he was immersed in concepts like industrial engineering, business management, and worker productivity. They became the foundation of his interest in business and launched him into a graduate program at Harvard Business School and a long career as a teacher, writer, business executive, and management consultant.

Wick was accepted into the MBA program at Harvard and then went into industry, most notably Honeywell's aero division. The U.S. had entered the Korean War, and Honeywell developed and manufactured parts for several military planes. Wick's immersion in manufacturing—and his deep appreciation for its role in America's economic strength—led to numerous highly successful books and eagerly sought-after papers when he returned to



Harvard Business School for a doctorate and to teach.

His work took Wick, Alice, and their two children around the country, but Maine was never far from his thoughts. They bought a summer home on Spruce Head in the 1960s, and eventually settled full time in St. George.

As Wick recounted his early history, I was mindful of how it mirrored so many others from his generation: a determination to overcome incredible obstacles, service to one's country, love for one's family, and later, service to one's community.

Wick joined NRCM's board of directors in 1986, after seeing a small notice in NRCM's newsletter. Although he loved the outdoors, Wick's business background made him seem like an unlikely warrior for Maine's environment. Nonetheless, he won over the board and was asked to help then-Executive Director Brownie Carson manage the growing organization more effectively. "I quickly realized that Brownie wasn't the problem," said Wick. "It was the lack of formal organization and practical protocols for the board. A whole new set of

by-laws was needed. NRCM's board was made up of representatives from dozens of conservation groups. It needed a smaller, more nimble board, one comprised of individuals who were committed to NRCM's unique role in the environmental community."

Wick led the organization through the difficult change and later served as board president. More than 30 years later, he still advises us, meeting with Lisa Pohlmann, our current CEO, a couple of times a year to talk about policy issues. He is a steadfast believer in engaging people with diverse perspectives to find the best solutions to common problems.

Several years ago, Alice and he decided to leave a bequest to NRCM, including us among other charities to which they had given so much time and treating us like one of their much-loved family members. When I asked Wick what he hoped for Maine's future, he did not hesitate. "I want people to listen to and learn from one another. In many ways, it's what drew me to NRCM—its willingness to listen, look at the facts, and then develop its position."

In his 2016 autobiography, *Making Thing Better*, Wick identifies an important theme in his life: a "consistent hunger to see people I knew, such as family members battered by the economic depression during my boyhood, or my colleagues and students, to feel better. . . . And I wanted the institutions . . . I counseled to run better and be more productive, creative, lively, and successful." Wick's leadership helped to ensure that NRCM could be an effective voice for Maine's environment, and his legacy will continue his gift for making this better.—Gretta Wark, Senior Director of Philanthropy



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## Leave a Legacy for Maine's Environment

Gifts made through your estate enable the Natural Resources Council of Maine to help protect Maine's forests, air, waters, and wildlife for generations to come. It is easy to leave a legacy. You may use the same language, whether you are rewriting your will or setting up a trust. Here is sample language:

"I devise and bequeath to the Natural Resources Council of Maine, a nonprofit corporation whose tax identification number is 01-0270690 and is currently located at 3 Wade Street, Augusta, Maine, the sum of \$\_\_\_\_\_ (or, \_\_\_\_\_% of my estate) to be used to support the charitable activities of the Natural Resources Council of Maine for the protection of Maine's environment."

Do you have a deductible IRA or a retirement account funded with pre-tax income? You may designate NRCM to receive all or a portion of these assets simply by updating the beneficiary form provided by your plan administrator. You will need this information:

Natural Resources Council of Maine  
3 Wade Street, Augusta, ME 04330  
Federal Tax ID #01-0270690

Your legacy—large or small—helps NRCM do two things: to act quickly and to fight for as long as we are needed. For more information or to let us know that NRCM is already in your estate plan, please contact Gretta Wark, Senior Director of Philanthropy, at (207) 430-0108 or gwark@nrcm.org for a confidential conversation. Thank you!

## NRCM Speaks Out Against Big Development Proposal in Maine's North Woods



Ann Flewelling

Irving has applied to rezone 51,015 acres of land in the Fish River Chain of Lakes region in order to develop 330 lots, including a massive resort zone on Square Lake, the region's most pristine lake. NRCM opposes Irving's proposal—the second largest concept plan application in Maine history—because of the proposal's excessive development and inadequate conservation. As intervenors in the review process, NRCM testified in May at the Land Use Planning Commission's (LUPC) hearing in Caribou to raise our concerns. LUPC requires concept plans to balance conservation and development, but Irving's proposal would only place a conservation easement to prevent future development on 29 percent of the plan area. Irving's concept plan threatens the natural resources and character of the Fish River Chain of Lakes. Community members spoke out overwhelmingly against the proposal during the public comment period. We expect the Commission to deliberate on the proposal in the fall.

—Carly Peruccio, Forests and Wildlife Outreach Coordinator

## LUPC Proposes to Eliminate the Adjacency Principle's One-Mile Rule

Maine is distinguished by its remote and undeveloped landscapes, but this character is at risk from a proposal to eliminate the adjacency principle's one-mile rule. Established by the Land Use Planning Commission (LUPC) 45 years ago as a way to protect unfragmented forests throughout Maine's Unorganized Territories, this policy has safeguarded Maine's wildlife habitat, forests, lakes, and rivers from sprawling development. The proposal to replace the one-mile rule would allow development to stretch ten miles from boundaries of "retail hubs" and two miles from public roads. While existing site-specific protections (for wetlands and wildlife habitat, for example) would continue to apply, close to two million acres of land in the UT (including some of Maine's remote class 7 lakes) would become vulnerable to residential, commercial, and industrial development. Large-lot subdivisions that fragment the North Woods—and which have been banned in the UT since Maine's Legislature concluded in 2001 that they are inconsistent with the values of LUPC's jurisdiction—would be allowed once again.

NRCM opposes this proposal to eliminate the adjacency principle's one-mile rule in favor of an untested approach that threatens Maine's North Woods. Development should support communities that already exist rather than spread away from them, and the one-mile rule is the single most important tool to guide responsible development in LUPC's 10.5 million-acre jurisdiction. This policy should not be discarded. Please contact NRCM if you would like more information about how to submit comments on the proposal to LUPC.



Maine's North Woods by Linda Woods

—Carly Peruccio, Forests and Wildlife Outreach Coordinator



## “My Family and ME”

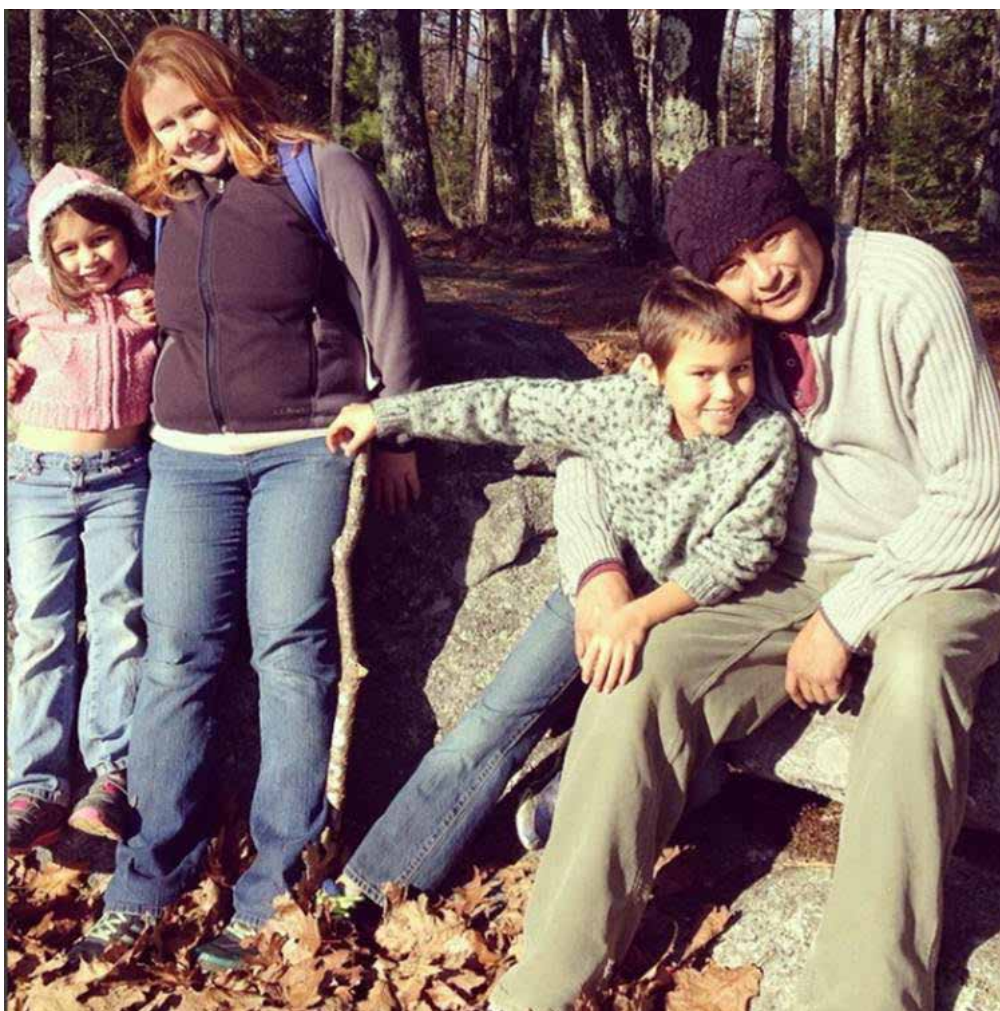
SHARE PHOTOS OF YOUR FAMILY ENJOYING THE NATURE OF MAINE

Do you and your family have a favorite Maine place that you *have* to visit each summer? Does your extended family come to visit so that they can enjoy a day along Maine’s scenic coast or paddling around a favorite lake or pond? Will you meet up to hike one of Maine’s majestic mountains or spend time relaxing at one of Maine’s state parks? Then this opportunity is for you!

You’re invited to join us in celebrating families like yours who care about protecting the nature of Maine. Show us your smiling children at the beach. Snap a pic of your spouse or partner at the summit of a mountain. Take a photo at your annual family reunion at Aunt Irene’s camp. Wherever you and your family are outside in Maine this summer, we want to see your pics! We’ll share your photos on our website, publications, maybe even in our Nature of Maine calendar!

At right is some info to keep in mind. Thanks—we look forward to seeing your photos! —Beth Comeau, eCommunications Manager and Webmaster

- ✓ Please make sure each photo is sent in full size—do not reduce size for emailing. Send your photos in multiple emails, if necessary, to [beth@nrcm.org](mailto:beth@nrcm.org).
- ✓ Please only send photos that YOU have taken; do not submit photos of your family that you don’t have permission to share.
- ✓ All photos must be at least 2625 x 3383 pixels in size (and no less than 2188 x 2819 pixels in size). If you’re not sure how to tell, send it to us and we’ll let you know.
- ✓ If you have existing photos that meet the requirements, we welcome those as well—they don’t have to be new photos.
- ✓ Please be sure to include the name of the location at which the photo was taken, a short quote/testimonial about why your family chose to visit that particular place, and any other information you would like to share. There is no limit to the number of photos you may share.



Stacie Haines with husband Efrain Ferrusca and kids Elena and Martin at Belgrade Regional Conservation Alliance’s Sander’s Hill Trail.



Erica and Ali Lovejoy take their daughter, Emilia, on her first biking adventure on Mountain Division Trail, along the Presumpscot River, South Windham

## Washington Watch

The federal project continues to focus on policies coming out of Washington, DC, that affect Maine’s air, water, wildlife, lands, and climate. Here’s a snapshot of what we’ve been working on lately:



**Calling for the Removal of Scott Pruitt as EPA Administrator** Almost every day, Mr. Pruitt is plagued by more ethics scandals, and continues to work to roll back critical environmental protections. NRCM recently hosted a news conference to speak out about how his actions are harmful to Maine. We delivered a letter signed by more than 1,000 people to President Trump and Maine’s Congressional delegation.

**Defending the Endangered Species Act** The Endangered Species Act serves as an essential safety net for imperiled plants, fish, and wildlife, but Congress has repeatedly attempted to weaken or dismantle the Act. We’re organizing birders, anglers, and faith leaders to oppose these attacks and urge Maine’s Congressional delegation to defend this effective and important protection.

**Fighting Weak Car Efficiency Standards** The Trump Administration has released new, weaker fuel efficiency standards for cars, which threaten our health by allowing more pollution to spew into our air. Less-efficient cars also means more hard-earned money going into the gas pump. We’re collecting public comments to oppose these new, harmful standards. Visit [nrcm.org](http://nrcm.org) to learn more.

—Kristin Jackson, Federal Project Outreach Coordinator

## MaineShare

NRCM is a member of MaineShare, which offers you an easy way to donate to progressive nonprofits across Maine year-round through payroll deductions. Sign up to give through NRCM at your workplace today!



**CONNECT TO PROTECT** Be a part of Maine’s most effective and exciting “social scene” of people like you who care about our land, air, waters, and wildlife—like us on Facebook and follow us on Twitter and Instagram to stay up to date on the latest news and events.







Acapello salons Back Cove cleanup, Portland.

Acapello Salons



S. Lakeman/NRCM

Ford Lakeman, age 3, put in a heroic effort in cleaning up Back Cove with NRCM and Aveda staff!



S. Lakeman/NRCM

Green with Envy Portland at Back Cove cleanup.

# AVEDA™

A very special thank you to staff and stylists at Aveda salons across Maine who participated in beach, park, and river-walk clean-ups during April—Earth Month! In addition to the clean-ups, the salons raised more than \$16,000 for our efforts protecting Maine's clean waters, now and for generations to come.

## Superheroes: Raised \$3,000 or More

Acapello Salons (Freeport, Falmouth, Saco, Scarborough, Yarmouth)  
and Mensroom Salon & Lounge (Portland)  
Aveda Institute of Maine (Augusta)  
Sereni Salon & Spa, Hudson (Massachusetts)

## Champions (\$1,000-2,999)

Apollo Day Spa (Waterville)  
Green With Envy Salons (Augusta, Belfast, Camden, Portland, Rockland)  
Naviina Salon & Day Spa (Wells)

## Supporters

The Alchemist Salon (Ellsworth)  
Amy's Salon & Spa (Ellsworth)  
Escada Hair Studio (Lewiston)  
Pura Vida Day Spa (Brunswick)

Please show your thanks by making an appointment with one of these salons today! *Thanks to the Hardy Boat for donating two cruise tickets in support of our Earth Month promotion!*



B. Comeau/NRCM

Augusta Mill Park cleanup with Aveda Institute and Green with Envy Augusta salon.



Augusta Mill Park cleanup with Aveda Institute and Green with Envy Augusta salon.



B. Comeau/NRCM

Trash bag contents from pickup at Mill Park, Augusta.



Terez Fraser

Belfast City Park cleanup with Green with Envy Belfast salon.



Courtesy Naviina

Sereni Clean Water Walk for Earth Month 2018.



Naviina salon cleanup at Laudholm Farm in Wells.



Courtesy Aveda Institute

Aveda Institute Trashion Show.



B. Comeau/NRCM

Lincolnton Beach cleanup with Camden Green with Envy salon.



G. Grunkemeyer/NRCM

Escada Hair Studio cleanup at Simard-Payne Park in Lewiston.



New Blogs You'll Want to Follow!



**Celebrating the Year of the Bird** Birders Jeff (a conservation ornithologist) and Allison Wells (NRCM’s senior director of public affairs) write about the importance of the Migratory Bird Treaty Act in celebration of its 100th anniversary this year. In “The Year of the Bird,” they give insider info to highlight birds that have benefitted from this important legislation.



**First Light Wildlife Habitat** Looking for ways to make your property more wildlife-friendly? Deborah Perkins, M.S., a wildlife ecologist, draws on 25 years of experience in her field and her lifelong commitment to wildlife conservation. As proprietor of First Light Wildlife Habitats, she partners with landowners throughout Maine to create thriving wildlife habitats in their own backyards, farms, and forestlands—and shares tips on this blog.



**Students Engaging in the Nature of Maine** Follow the middle school classrooms that have been awarded “Engaging Middle School Students in the Nature of Maine” grants from NRCM. Hear from the students and teachers as they work on creative and exciting projects designed to explore, understand, and protect Maine's environment.

Tip of the Day



**TWEET YOUR GOOD GREEN DEEDS.** Just finished hanging your laundry to air dry out on the line? Tweet it! Discovered a great restaurant that serves local, in-season food? Tweet it! Decided to ride your bike to work today instead of driving the car? Tweet it! Twitter is perfect for setting an example and inspiring others to take action. *For a green tip of the day every day, visit NRCM’s website at [www.nrcm.org](http://www.nrcm.org).*



MY MAINE THIS WEEK

Sand Beach, Acadia National Park. How did you celebrate Earth Day this year? One of our frequent My Maine This Week photographers, NRCM member Gerard Monteux of Hancock, Maine, spent his Earth Day night capturing this breathtaking photo of the night sky.

Do you have a photograph of Maine you’d like to share? A short poem? Send your submissions to [beth@nrcm.org](mailto:beth@nrcm.org). Visit “My Maine This Week” online at [www.nrcm.org](http://www.nrcm.org) for guidelines and more photos.

Gift Memberships • NOV 1, 2017 TO APRIL 30, 2018

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George Becker and Christo Bresnahan by Margaret Becker

The Bedfords by Jeffrey Bedford

Mike and Kara Bensen by Gary and Rosie Bensen

Annika Black by Melissa Bilodeau and Dana Staples

Kurt and Kim Caswell by Hannah Caswell

Peter Gallace by Maria Gallace and Tim Soley

Monica Shapiro by Barbara Innman

Scott McDowell by Marilyn Justice

Justice-Owen Family by Marilyn Justice
- Cherie Chiavaroli by Dianne Kidwell

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William Hotchkiss by Elmer Reed

Christopher Mende by Virginia Reusch

Douglas Reusch by Virginia Reusch

David Eby by Allison Sheehan

Nathaniel Smith by Jonathan Smith

Anna Nellis Smith by Jonathan Smith

Jim Dorsky from Nancy Dorsky

Karen and Larry Turner by Marilyn Hartman

Honorarium and Memorial Gifts • NOV 1, 2017 TO APRIL 30, 2018

- Pat Sanders in honor of valued colleague Tony Owens at MMC

Samantha Wood in honor of valued colleague Tony Owens at MMC

Carl Germann in honor of valued colleague Tony Owens at MMC

Andrew Perron in honor of valued colleague Tony Owens at MMC

Samir Haydar in honor of valued colleague Tony Owens at MMC

Richard Biegun in honor of valued colleague Tony Owens at MMC

Michael Bohanske in honor of valued colleague Tony Owens at MMC

Janessa Leger in honor of valued colleague Tony Owens at MMC

Matthew Sholl in honor of valued colleague Tony Owens at MMC

Garreth and Deb Debiegun in honor of valued colleague Tony Owens at MMC

Christine Hein in honor of valued colleague Tony Owens at MMC

Michelle Crispo in honor of valued colleague Tony Owens at MMC

Rebecca Bloch in honor of valued colleague Tony Owens at MMC

Casey and Heath MacVane in honor of valued colleague Tony Owens at MMC

Nathan Mick in honor of valued colleague Tony Owens at MMC

Sara Nelson in honor of valued colleague Tony Owens at MMC

Tammi Schaeffer in honor of valued colleague Tony Owens at MMC

Lauren Wendell in honor of valued colleague Tony Owens at MMC

Tim Fallon in honor of valued colleague Tony Owens at MMC

Christina Wilson in honor of valued colleague Tony Owens at MMC

Michael Baumann in honor of valued colleague Tony Owens at MMC

Kate Drummond Zmmeman in honor of valued colleague Tony Owens at MMC

Jeffrey A. Holmes in honor of valued colleague Tony Owens at MMC

Samantha Piro in honor of Sarah Short

Jill Frasier in honor of Kyle Martin

Britton Johnston in honor of Gary and Glenon Friedman

Heather Webber in honor of Greg Forrest

Lawrence and Jane Bennett in honor of Helen Black

Georgia Carrington in honor of Jeanne Gulnick and her family on Peak’s Island

Patagonia in honor of Ryan Parker

Kaylyn Kvochak in honor of John and Ginny Kvochak

Margaret Olds Richards in honor of Roger Clapp
- Kendall Thompson in honor of Stephen Rich

Maggie Bruno in honor of Steve & Tina True

From the grandkids in honor of Tony Owens on his birthday

Michaela Batstone in honor of Zach Haines

Michael B. and Carol Wasserman in honor of Dr. Linda Silberstein and Mr. Larry Loeb

Anonymous in honor of James Waples

Thomas K. and Tina Edwards in honor of Eliza Donoghue

United Boston Children’s Wear Show, Inc. in memory of Arthur McEvoy

Douglas C. and Elizabeth A. Andrews in memory of Arthur McEvoy

Jeffery S. Atwater in memory of Judy Peterson Atwater

Sheera L. Belle in memory of Arthur McEvoy

Richard and Katherine Berry in memory of Donald Collins

Walter E. and Phyllis Coombs in memory of Bill Townsend

Darla Coy in memory of Bob Cummings

Charles and Marylee Dodge in memory of Arthur McEvoy

Daniel Fitzgerald in memory of Arthur McEvoy

Tina M. Flagg in memory of Patricia Perkins Flagg

Susan Hctor in memory of Art McEvoy

Pat and Kathleen Jordan in memory of Mary Lynch

Wendy Knickerbocker in memory of Richard M. Guttmacher

Charles W. Long in memory of Arthur McEvoy

Martha McEvoy in memory of Arthur McEvoy

Sonia Schneider in memory of Arthur McEvoy

Anne Stubbs in memory of Arthur McEvoy

Diane Wells in memory of Mark Morin

Brenda Wolford in memory of Carolyn Harrington

Rollin R. and Averil Fessenden in memory of Lynn Caswell

Honor Fox Sage in memory of Gordon Glover

George C. and Joyce Schelling in memory of Rudy Haase

Diane Schetky in memory of Lynn Caswell

Edward Caswell in memory of Lynn Caswell

Partners in Maine’s Future • NOV 1, 2017 TO APRIL 30, 2018

- Paul and Claudia Andrews

William M. Aubrey

Barbara Babor

Christina Banks

Erin Birmingham

Steve W. and Eileen E. Bonine

Deborah S. Bowie

Mark Brooks

Tom A. and Marie D. Cashin

Ralph Clover

Derick F. Davis

Lee Dennett

Erik G. and Judith D. Ekholm

Anne B. Farr

Anna Fiedler and Jacob McCarthy

Patricia Finnigan
- Dixie J. Frei

Lisa Hallee

Joan G. Hensler

Frank J. Heymann

David and Carolyn Hollenbeck

Julie Hopkins

Edward and Leslie Kaynor

Anne M. Kotchek

Kara Law

Roger Lee

Francoise J. Leyman and Carey Kish

Charles P. Lyons

Patricia Mitchem and Fred Wildnauer

Abi Morrison and Antje Roitzsch

Penelope V. Padden

Stephen E. and Meredith Perkins
- Sammee B. Quong

Mary K. and Robert Rackmales

Elizabeth and John Randall

Jane Schroeder

Joan Shapleigh

Sondra Siegel and Kevin Seburn

Catherine Singleton

Stacey S. Steeves

Eileen P. Sutula

David and Marilyn Tilton

Celeste M. Turner

Kate Weatherby

Joel and Judy Whittington

Valerie P. Wyman

Reduce Your Use



Tips for Reducing Your Footprint on the Environment

Natural Resources Council of Maine

NEW BROCHURE TO HELP “REDUCE YOUR USE”

Tired of throwing away uneaten food? Looking for ways to reduce your impact on the planet? Want to help your community make a difference for the nature of Maine? Request our new brochure, *Reduce Your Use: Tips for Reducing Your Footprint on the Environment*. It’s chock full of easy ways to make a difference for the environment you love!

GET YOUR REFRIGERATOR MAGNET TODAY! Visit [nrcm.org](http://nrcm.org) or call (800) 287-2345

Don't Let Good Food Go Bad! Be sure to eat what you buy and buy what you eat, and keep food fresher longer with these helpful tips.

- For optimal freshness, **set your fridge temperature to 40 degrees.**
- Reduce the risk of contamination by storing **meat and fish on the bottom shelf** where it's coldest.
- **Adjust the humidity on crisper drawers**, one with high and one with low humidity.
  - Place fruits and veggies that are likely to rot in the low-humidity crisper drawer.
  - Veggies that are prone to wilt go in the high-humidity crisper drawer.
- Store **leftovers and drinks on the upper shelf** where it tends to stay slightly warmer.
- **Label and date leftover containers** and keep them highly visible so you'll remember to eat them.
- The **fridge door** is a great place **for condiments**. Avoid putting eggs and milk here as it is warmest.

Learn more about ways you can help protect Maine's environment while saving money. [nrcm.org](http://nrcm.org) | (207) 622-3101 [nrcm@nrcm.org](mailto:nrcm@nrcm.org)

Natural Resources Council of Maine