

Stakeholder Connection

Your news source on the Institute for Environmental Solutions projects and progress



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Chemical Footprint Project continues IES collaboration with First Unitarian Society of Denver's Giving in Action program. Join us at FUSD on April 2!

The IES Chemical Footprint Project has been selected as a 2017 recipient of the Giving in Action program at First Unitarian Society of Denver. Last year, the IES Tree Project received a generous Giving in Action grant from First Unitarian Society Denver (FUSD) that helped to fund the 2016 Wheat Ridge Greenbelt Restoration and Environmental Education Network (GREEN). The 2016 GREEN project included classroom workshops and tree planting in the Greenbelt for disabled and regular education students from Kullerstrand Elementary School.



On Sunday, April 2, 2017, FUSD's Giving in Action will contribute the entire collection from both morning services to the IES Chemical Footprint Project to advance clean drinking water and better health. Protecting our families and children's health is a commitment that nature lovers, parents, concerned citizens, and health conscious people of all faiths and beliefs can support. As the Giving in Action recipient, the IES Chemical Footprint Project will receive all money contributed by attendees during services on April 2.

IES will use the funds to teach people how affordable and easy it is to reduce our exposure to harmful contaminants in our water and in our personal care and household products. IES will develop a workshop to demonstrate how to make effective toxic-free homemade cleaning and personal care products, avoid harmful chemicals, prevent health problems, and clean up our rivers, lakes, and drinking water. Please join us at First Unitarian, 1400 Lafayette Street, Denver on Sunday morning, April 2! Services are at 9:15 and 11 am; coffee and snacks at 10:30. More information: Mike Smith, Mike@ies.org.

Kullerstrand Elementary students expand restoration in the Wheat Ridge Greenbelt



Kullerstrand Elementary students will double their efforts to restore a barren trail section in the Wheat Ridge Greenbelt this spring. The 2017 IES Greenbelt Restoration and Environmental Education Network (GREEN) Project, in partnership with Wheat Ridge Parks and Recreation Department (WRPRD), includes classroom workshops on ecology and tree science along with the skills needed to plant and care for native trees. Students, teachers, parents, IES volunteers, and WRPRD staff members will take the ecology lessons to the Greenbelt to plant dozens of trees, shrubs, grasses, and wildflowers along the new trail west of Kipling Street. The 2017 project expands on the planting work completed by Kullerstrand students in spring 2016

to restore this trail section that was damaged by construction in 2015. It will improve wildlife habitat and reduce storm water damage near Clear Creek. In addition to tree planting, the Kullerstrand students will

enjoy a nature walk to learn how their efforts will help local wildlife. They will assist IES and WRPRD staff members in removing weeds and trash. IES is proud that the National Fish and Wildlife Foundation, Patagonia Denver, the City of Wheat Ridge, and the Colorado Tree Coalition support this project. More information: John Kelly, Tree Project Manager, john@i4es.org.

It's easy to reduce water pollution and protect your health!

Did you know that products you use every day such as toothpaste, shampoo, soap and sunscreen could be harmful to your health and the environment? Contaminants of emerging concern (CECs) are harmful toxins present in many personal care and cleaning products. Over 10,000 ingredients are used in personal care products, many of which are known to be toxic to human reproductive and endocrine systems and cause cancer. These ingredients are rarely regulated and are not required to be listed on product labels. Use of these products containing small concentrations of harmful chemicals every day results in health impacts and in toxins accumulating in our waterways. There are easy strategies to prevent this contamination and protect yourself and the environment. For example:



- Choose fragrance free options for soaps, hair products, lotion, and cleaning supplies. Fragrances often consist of harmful ingredients that are rarely listed on product labels. Use plant-based essential oils to add a pleasing aroma.
- Avoid insect repellent with DEET. Choose sunscreens and lip balms without added insect repellent.
- Avoid soap and toothpaste with triclosan or triclocarban. Triclosan and triclocarban cause reduced growth and reproductive effects in aquatic organisms with increasing concerns around their effects on human health. Read the label! To prevent bacteria and the spread of illness, ordinary soap works perfectly.

These are just a few tips to get you started. Contact IES at Solutions@i4es.org to request a recipe guide for easy ways to make your own CEC-free cleaning products, hand sanitizer, and insect repellent. More information: Carol Lyons, Carol@i4es.org.

Spreading the word to passionate environmental stewards; Earth Day at the Wild Animal Sanctuary

IES will participate in the Wild Animal Sanctuary's Earth Day celebration on April 22. The Wild Animal Sanctuary in Keenesburg, Colorado, educates the public about and provides care for rescued large, exotic and endangered captive wild animals. On April 22, IES will join dozens of area nonprofits to present our mission to hundreds of visitors who come to the Wild Animal Sanctuary to learn about animals and the environmental. This is a great opportunity for IES to meet new friends and participants, and to advance our mission. IES will have information about easy ways everyone can prevent pollution and improve the environment, along with activities for kids. Please visit IES at the Wild Animal Sanctuary on Earth Day, Saturday, April 22.



The IES Tree Project team may bring our tree planting and ecology education to a microbrewery or community event near you! If you know of a retail or commercial business, brewery, or restaurant in the Wheat Ridge area that might want to partner with IES in our restoration and environmental improvement efforts, please contact IES at Solutions@i4es.org. More information: Maggie Michael, Maggie@i4es.org.

IES's Chemical Footprint Project's initiative needs a new name!



Put on your creative hats: IES needs your help! The Chemical Footprint Project (CFP) team needs a title for our 2017 pilot initiative. This initiative will engage a local community in the Denver metro area to prevent water pollution and improve human health by reducing the use of products that contain contaminants of emerging concern (CECs). A copy of the project prospectus describing the initiative is at www.i4es.org/projects/cec-project/emerging-contaminants/.

We want an informative project title that grabs people's attention and describes our mission of preventing water pollution and protecting human and environmental health by reducing household and commercial chemical footprints. Please email your suggestions to Solutions@i4es.org by April 4. Your ideas and creativity will help IES advance this important mission. The person who submits the best entry will receive a Starbucks or Panera gift card! More information: Amy Maxey, Amy@i4es.org.

More reasons to hug trees

Trees provide habitat, reduce carbon dioxide, improve water quality, control storm water, cool urban heat islands, shade our grass and sidewalks, and make a great backrest. New research by Florence Williams, described in her book, *The Nature Fix*, finds that nature also makes us more relaxed, more creative, and more socially connected. Williams' book reports on the myriad health benefits of trees and nature, uncovering the science behind nature's positive effects on the brain. "The science has shown that, although we think we like nature, we undervalue how much it helps us — how good it makes us feel." Her advice: Go outside more often than you think you want to! You will reap the rewards in increased mood, increased social connection in your relationships.



IES Institute News

The Tree Project team welcomes Margaret (Maggie) Michael who is completing a Masters in Public Administration at the University of Colorado Denver. Maggie has a Bachelor's in Fish, Wildlife, and Conservation Biology.



The Chemical Footprint Project welcomes Jessica Beaulieu to Denver and the team. Jessica just arrived from Orlando, Florida. She has a JD from Stetson University College of Law and a BS in Wildlife Ecology from the University of Florida.



IES Opportunities

IES is looking for an energetic professional who wants to ensure the application of sound scientific solutions to our pressing environmental challenges to join the IES **Board of Directors**. Please contact IES at Solutions@i4es.org for a position description and application.

IES is seeking motivated **volunteers and graduate interns** who are passionate about protecting the environment to join our project teams. We also have openings for project, development, and fundraising volunteers and interns. Interested candidates should submit a resume and cover letter to Solutions@i4es.org.

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