

Stakeholder Connection

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



Volume 12, Number 1, February-March 2019

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- Mail a check to: IES, 761 Newport Street, Denver, CO 80220.
- Become a Tree Steward or Water Steward! Sign up at www.ColoradoGives.org/i4es to donate \$25 or \$50 a month.
- Be a Giving Champion! Make a credit card donation of \$100 or more at www.ColoradoGives.org/i4es.

Gearing up for IES's 2019 Wheat Ridge Greenbelt Improvement Project

The IES Tree Project team has been busy this winter planning the spring's 2019 Greenbelt Improvement Project. Building on previous project success in Wheat Ridge, the Greenbelt Improvement Project will focus on improving riparian habitat and grassland cover between Clear Creek and IES's 2017 GREEN project site along the Kipling Trail. Students in the TRAILS program at Kullerstrand Elementary School will work hard with IES and the Wheat Ridge Parks and Recreation Department to plant clusters of cottonwoods and willows near the Creek and bunches of flowers and grass seed near the goat pens. To prepare for this project, students will attend two classroom workshops to learn how the Greenbelt provides important habitat to support animals, insects, and plants that live and grow here. These interactive workshops give the students an opportunity to connect with the project and learn how their hard work improves their local environment. The ecology focus for this spring's environmental education is the cycle of life. IES is excited to continue work with Wheat Ridge Parks and Recreation Department and Kullerstrand Elementary School to improve the Greenbelt and Clear Creek. Thanks to generous funding from the Colorado Tree Coalition, the National Environmental Education Foundation, and the Wheat Ridge Outside Agency Contribution, this year's project is sure to be a success! Support this project! We need volunteers and financial support to make this project come to life. More information: Sabrina Kleinman, sabrina@i4es.org.





New IES Do-It-Yourself videos: Make your own safe, effective and affordable products

The IES Chemical Footprint Project team filmed easy do-it-yourself demonstrations for making effective and contaminant-free products. Using simple ingredients found around the home, we show how to make useful products such as all-purpose cleaner, glass cleaner, sugar body scrub, hand sanitizer, and bug repellent.

Watch the 30-second video for making all-purpose cleaner at www.youtube.com/watch?v=wCOFMe8xJI0. All-purpose cleaners can often contain harmful chemicals such as synthetic fragrances and surfactants, which pollute our waterways and cause harm to human and environmental health. Synthetic fragrances are endocrine disrupters and are linked to cancer and developmental abnormalities. Many harmful endocrine-disrupting contaminants are found in trace amounts in everyday household and personal care products. These contaminants are linked to increased likelihood of prostate, breast, and thyroid cancers, as well as developmental effects on the nervous system in children. Making safe DIY products gives you alternatives to commercial products that contain toxic chemicals such as triclosan, parabens, and DEET. Making DIY recipes is a great way to reduce your chemical footprint while saving money. Using these simple recipes, you can avoid toxic chemicals and the harmful effects they may have on you, your family, and the environment. The videos will be available on IES social media platforms, the IES YouTube channel, and our website: www.i4es.org. If you have an eco-friendly DIY recipe that you would like to share, please email it to Solutions@i4es.org. We would love to hear from you! More information: Tim Smith, tim@i4es.org.

All-Purpose Cleaner





Spray Bottle
 12 ounces hot water
 OR warm water
 1 tsp liquid soap
 OR 1 tsp borax
 1 tsp white vinegar
 OR 1 tsp lemon juice

Bringing a community together for the 2018 Sheridan Quincy Trail Project

The IES Tree Project finished another successful project on Sheridan's Quincy Trail with students from Fort Logan Northgate School (FLN) in the fall 2018. Building on previous years successes, the 2018 project focused on addressing stormwater runoff and completing the community space near the corner of South Irving Street and Quincy Avenue developed last spring, using our favorite feature: nature! Through collaborative planning with South Suburban Parks and Recreation District, the City of Sheridan, and the Sheridan School District No. 2, the IES Tree Project Team developed a strategy to bring the previous years' work on the trail and in the community space together. Students in FLN's leadership class worked with IES associates to plant and build the final elements of the community space, while improving the western entrance to the trail. Improvements included installing boulders and logs in a spiral design, placing planters featuring a variety of native decorative grasses and flowers at the community space entrance, and installing trail steps from the mulch trail in the community space to increase walkability. New this



year was the development of a rain garden along Irving Street. Using native perennials and grasses, the students created a decorative garden that would slow the flow of stormwater runoff in the area. IES prepared the students for the project by conducting two workshops that featured discussions with community stakeholders, rain garden demonstrations, and discussion on habitat features. Thanks to funding from Xcel Energy Foundation and the Colorado Health Foundation, the 2018-2019 SQT Project was a rewarding opportunity for students to further improve the Sheridan Quincy Trail and learn about environmental leadership. More information: Sabrina Kleinman, sabrina@i4es.org.



Boulder Social with Institute for Environmental Solutions and Ocean First Institute



The Ocean First Dive Shop in Boulder will host the IES Chemical Footprint Project team for an evening social on May 9. IES is partnering with our sister nonprofit, Ocean First Institute, to present a workshop on Reducing Your Chemical Footprint. It will be a great opportunity for the local Boulder and diving communities to connect with both organizations and learn about our work. IES will demonstrate how trace concentrations of toxic chemicals in personal care and household products affect you and your environment, how to avoid them, and how simple it is to reduce your footprint. Ocean First Institute strengthens ocean conservation through education and research. OFI has reached

over 110,000 motivated citizens around the world to improve ocean stewardship. Our workshop will explain how pollutants in our water concern you, your family, and our downstream marine environments. We will present tips on how to protect your water through avoiding contaminants in common household and personal care products. Everyone will get a chance to make their own safe products to take home: all-purpose cleaner, window cleaner, and hand sanitizer. Make a commitment to reduce chemical footprints on your own terms and take home recipes and safe DIY products to share. Shrinking your chemical footprint is easy, healthy, and proactive, all in one hour. Details and more information: Helen McGrath, Helen@i4es.org.

IES Denver Area Volunteer Tree Stewards Wanted!

Tree Stewards are dedicated volunteers who care for the newly planted trees and shrubs at IES project sites in Wheat Ridge and Sheridan. We are looking for additional Tree Stewards to join our team, and help with watering, weeding, and mulching through the spring, summer, and fall. It's a great opportunity to give back to the community, improve the environment, work with other terrific volunteers, and get some great exercise.

This critical job ensures the new plants stay healthy and thrive, allowing them to establish and adapt to the sites. Tree Stewards receive all the tools, equipment and resources needed to perform their duties, and are given training, support, and pizza by IES team members. Tree Stewards in Sheridan and Wheat Ridge are responsible for caring for the sites from May through November, making sure the new plants grow to reduce erosion, stormwater runoff and invasive weeds. Without the Tree Stewards and their hard work, the young plants could not survive. You can make a difference! To join the Tree Stewards Program and start making an impact, please contact Carrie Martin-Haley, carrie@i4es.org.



Alkylphenols and BPA harm American lobster development, growth, and survival

In 1999, the American lobster was dying at drastic rates in the Long Island Sound. A study published in 2013 by the National Research Council Research Press found that, in addition to temperature changes and a decrease of oxygen in seawater, alkylphenol levels were decreasing the lobster population.

Alkylphenols such as bisphenol A (BPA) are found in plastics and resins, storage containers, aluminum can linings, and reusable plastic bottles. They affect lobsters' newly forming shells, larval development, and growth. Alkylphenols compete with amino acids needed to form new shells after molting. In lab studies, new larval lobsters' molting and metamorphosis stages were delayed 3-4 days if exposed to alkylphenols, reducing their survival. For those lobsters that survived exposure to alkylphenols in the lab, 63% suffered from abnormalities such as shorter antennae, smaller claws, abnormal spines, or could not complete metamorphosis. Lobsters in nine locations in the Sound were tested for alkylphenols. Of the 752 lobsters tested, 39% were contaminated. The study found that other marine wildlife that the lobsters rely on for food, such as herring, mussels, and squids, were contaminated. Sixty percent of manufactured alkylphenols enter the marine environment. You can reduce our chemical footprint and protect marine life: Avoid plastics and read labels to avoid product ingredients ending in "-phenol". More information: Grace Helgager, grace@i4es.org.



IES Tree Project Manager Advances to a New Career



John Kelly, IES Tree Project Manager, recently began a new career as a Legislative Performance Auditor at the Colorado Office of State Auditor. While he is sorely missed by IES and the Tree Project Team, we are proud of John's advancement to serve the citizens of Colorado. John planned and completed multiple years of tree planting and environmental education projects in Sheridan and Wheat Ridge. He was responsible for juggling the endless details of multi-stakeholder involvement, organizing dozens of young students to work outdoors and correctly plant trees, and providing years of maintenance to make sure all the new plants survived and thrived. During his 4½ years at IES, John advanced important relationships with local and state government partners, and developed lasting collaboration with corporations and foundations. Thanks, John! The IES Tree Project now offers new opportunities for volunteers to build on the strong foundation. More information: Carol Lyons, Carol@i4es.org.

IES Institute News

The **IES Board of Directors** is pleased to welcome Briana Gunn. Briana is an environmental director in the corporate headquarters for Newmont Mining Corporation in Denver. She supports mining through the full life cycle identifying and mitigating risks around water management. She holds a BS/MS in Civil Engineering from the University of Colorado and holds a professional engineer licensure in five states.

IES welcomes Nicole Dellana and Gabriel (Gabe) Catenacci to the Tree Project Team, and Brittney Anderson to the Chemical Footprint Project Team. Nicole has a BA in Environmental Analysis and Policy from Boston University. Gabe holds a Bachelor's in Philosophy and Pre-Law Humanities from Michigan State University. He is completing a Master's in Environmental Policy at the University of Colorado Denver. Brittney is an analytical chemist at RM3 Labs. She has a BS in Biochemistry from Regis University.

IES Opportunities

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

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.

We need a **Tree Steward Coordinator** to organize our team of dedication tree stewards to care for our trees in Wheat Ridge and Sheridan. This position is flexible and comes with lots of free outdoor exercise and occasional pizza. Please email Solutions@i4es.org if you are interested.

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