

EXPLORE, ENJOY, AND PROTECT THE PLANET



Maine Chapter



April 2020

As we all learn to cope with a global pandemic, we want you to know that Sierra Club Maine is adapting and responding so we can continue doing the important work of protecting the Maine environment and fighting for a just, clean energy future for our state. While our Portland office will be closed indefinitely and in-person Chapter meetings will not be held, our staff and our volunteer teams continue their efforts via on-line meetings and e-mails.

While we all focus on keeping ourselves well-informed and our families safe, the Chapter will be limiting communications with members. We will, however, continue sending Earth Day and politically-related updates. Our primary focus is to provide you with any information and resources that can help through the crisis. The rest of this e-newsletter is devoted to that purpose. We're also asking you to help us expand our grassroots community by forwarding our resource list to a friend (especially parents homeschooling their children now).

Have something we should share with the Chapter community? Please email us your suggestions for next month's e-newsletter ([click here](#)).

Stay Involved



Physical distancing doesn't mean we have to cancel Earth Day or disengage from collective action. From April 22 to 24, youth activists and adults are coming together for Earth Day Live, a three-day live stream event focused on climate action.

Earth Day Live is a mobilization that aims to engage people across the country and the world in collective action to protect their climate and communities. The live stream will include training sessions, performances, and appearances to keep people engaged, informed, and inspired, with speakers including celebrities, politicians, scientists, and youth activists. Sign up to join us at earthdaylive2020.org

Support the Frontline Efforts Against COVID19

The organizations on the frontlines of the crisis need our support. Click [here](#) to find out

how you can help.

Things to do at Home



Watch for instructional videos, live streams, and webinars by Sierra Club Maine members and friends in the coming weeks, including:

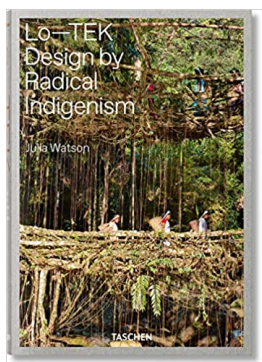
- Indoor Seed Sprouting
- Home Gardens
- Food Prep and Storage
- Knitting
- Home Schooling Ideas

Also:

Films and videos available online:

- [National Parks Virtual Tours](#)

Book recommendations:



- *Lo—TEK, Design by Radical Indigenism* by Julia Watson
- *Enter the Aardvark* (Political satire) by Jessica Anthony (Portland Maine author)
- *Spirit Run 6,000-Mile Marathon Through North America's Stolen Land* By Noé Álvarez
- *Let The People Pick the President: The Case for Abolishing the Electoral College* by Jesse Wegman
- *Underland: A Deep Time Journey* by Robert Macfarlane

Ted Talks (uplifting)

- [Paul Nicken—Arctic Photography](#)
- [Rachel Sussman - The World's Oldest Living Things](#)

Resources for Kids



With schools closed and families forced to spend most of their time indoors, Lisa Hoyos, the director of Sierra Club Climate Parents, has put together a list of tools and resources that includes lots of educational content and fun, safe activities to keep kids engaged. **[Check out the list!](#)**

There are also lots of great resources available online for kids. Check out:

- [Southern Maine YMCA](#)
- [Children's Museum and Theater of Maine](#)
- [Freedom Homeschooling](#)
- [We Are Teachers](#)

Getting Outdoors, Safely

As Sierrans, we're well aware of the healing powers of spending time outdoors—physically, emotionally, and spiritually. Although Acadia and many of our coastal state parks closed, we can still look for ways to enjoy nature that avoids crowded places and allows for safe physical distancing.

Right now, it's important to be considerate of your own health and the health of others.

Here are some Sierra Club recommendations:

- Time outdoors should be close to home and informed by the latest guidance from the CDC and any relevant state and local responses, particularly for those who are most vulnerable.
- When you go outdoors, practice physical distancing, including keeping at least six feet from others, washing your hands for at least 20 seconds, and limiting what you touch.
- Plan activities that limit touching, like walking, biking, and running. Avoid activities that require a lot of touching, like visiting playgrounds or playing team sports.



For more about safely enjoying the outdoors during these stressful times check out this article by Sierra magazine's [Jason Mark](#).

Know Someone Who Needs Assistance?

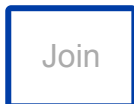
Here are some Maine entities that can help.

[Maine Equal Justice](#)
[Slow Money Maine](#)
[Portland Buy Local](#)
[Wild Seed- Heather McArgo](#)
[Good Shepherd Food Bank](#)

A Closing Thought

“The pandemic makes us realize how deeply we depend on one another to act for a greater common good. While physical distancing may be necessary at this time, it’s also increasingly necessary for us to come together to work through this crisis. While some will try to use this time to demagogue and sow distrust and fear, we need to overcome that by creating real community and trust and listening to experts and science.”

-Sierra Club Executive Director Michael Brune





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