

WORKSHOP SCHEDULE

10:30 am

Reduce, Reuse & Refill to Stop Plastic Pollution!

Laura Marston, GoGo Refill

Learn about the plastic pollution crisis, how it relates to the overall climate crisis, and how we as individuals can make a difference. The workshop will cover the big picture, as well as daily tips, tricks, habits, and products to help reduce your reliance on single-use plastic.

11:00 am

Energy Incentives to Save You Money

Andy Meyer, Efficiency Maine

Learn about incentives, financing, technical resources, and Efficiency Maine's database of independent installers. Incentives include State rebates, discounts, and federal tax credits. Focus will be paid to heat pumps, hybrid heat pump water heaters, insulation, and electric vehicles.

11:30 am

Home Energy Upgrades, a Case Study

Deb McDonough, Scarborough resident

The McDonough family moved to Scarborough in 2001, choosing their home for its location and only later developing an interest in energy efficiency. Their house, built in 1996, had an oil boiler, standard fiberglass insulation and a typical energy profile. One step at a time, the McDonoughs have invested in upgrades, each selected to pay for itself before the expiration of any warranty. Deb will describe how their economical upgrades reduced their home's CO2 load by 94% and lessons learned along the way.

12:00 pm

YardScaping: From Lawns to Landscapes

Ali Cliff, Cumberland County Soil & Water Conservation District

Create wildlife habitat, grow food for your family, and protect your local waterways while improving the appearance and functionality of your yard. This workshop will provide you with ways to reduce your lawn and associated maintenance by swapping it for pollinator gardens, edible landscapes, rain gardens, vegetative buffers, and other natural landscapes to make your yard work for you.

12:30 pm

Intro to Vermicomposting

Mark Follansbee, WormMainea

Do you compost outdoors in the summer and want to continue all winter? Are you new to composting and want to give vermicomposting a try? Learn how to build a worm bin for less than \$15 and keep your worm bin trouble-free. We'll discuss feeding and monitoring your bin; harvesting and using vermicompost as a soil amendment; and making vermicompost tea.

1:00 pm

Climate Policy

Peter Dugas, Citizens Climate Lobby & Thea Dugas, 8th grade student

The alarming news about climate change demands that we make informed decisions on what actions we can pursue to address this crisis. Learn about the relative effectiveness and equitability of various climate policies and actions using MIT's EN-ROADS Climate Simulator and discover concrete actions you can take to build the political will to ensure a livable future.

Sustainable Scarborough Day | 10/1/2023 | All workshops will be held in the Wentworth School cafeteria.