



NEWSLETTER

Summer 2021

President's Message

As we open up after a long period of being cooped up in our homes attending too many Zoom meetings, it feels like we are coming out into the light, eyes squinting, and feeling somewhat strange being close to people again. EFM is in the process of doing just those things as an organization. Where do we go from here? Back to the way things were in the "before times"? Perhaps not so much. EFM is alive and well and continuing to make good on our mission of providing environmental education for a sustainable and equitable world. And on that note — EFM has recently celebrated a very successful year at our Annual Meeting, started up our new fiscal year, and added some new Board members.

On May 23rd EFM held its Annual Meeting via Zoom. At that meeting we said farewell to our Board Secretary, Carolyn Losee — with many thanks for all her contributions to EFM.

Also at the Annual Meeting we introduced the following new Board members: Kirsten Nolan, Secretary and Maggie Fillmore, Newsletter Editor. All of our other Board members are continuing as are our off Board members Kim Rago, Executive Director, and Terri Thomas, Director of Ecology. We also have a new

Executive Director, and Tom Thomas, Director of Ecology. We also have a new Social Media Coordinator, Leah Faw. Jonathan (Jonny) DeBorst will be joining our team in August as the Assistant Program Director to work with Forum 2021 participants.

Many, many thanks go to everyone who has given their time and talent to support EFM, and a special thanks to Kim Rago for all she does to keep things running smoothly.

Also at the Annual Meeting: members voted to update and amend the Bylaws. [The complete Annual Report is available on our website.](#) We were then treated to several great Project Presentations, described below, by members of the Forum 2020 class: Marty Blum, Eamon Durkan, and Chinaka Green.

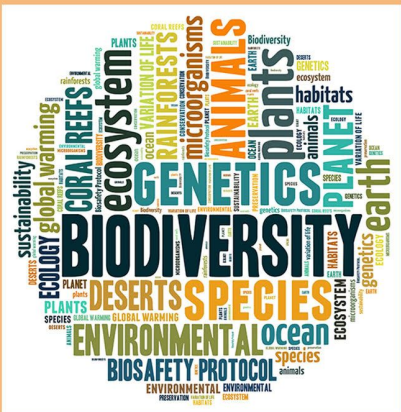
Next year will be the 50th Anniversary of Environmental Forum of Marin, and a big celebration is in the planning stages for May 2022.

What's on the horizon for EFM? We plan to build on the success of Forum 2020, and will be presenting a new series, Forum 2021, focused on Biodiversity and Climate Change. Forum 2021 has an exciting curriculum, with wonderful speakers, field trips, and advocacy training. It starts on September 9th, so please sign up now, tell your friends, and join us for another great EFM program!

Susan Rusche, *President*



FORUM 2021



Forum 2021 Series
Biodiversity & Climate Change
9/9 - 11/3
www.MarinEFM.org

Scientists are now realizing the climate crisis and biodiversity crisis are interwoven and that any effective solutions must address both in order to succeed.

[Join our Forum 2021](#) series on Biodiversity and Climate Change. Forum 2021 is the post-pandemic version of the traditional Master Class, now made more accessible with virtual and live events. Hear from experts who describe the state of biodiversity in marshes, redwood forests, and other habitats across California. In addition to webinars, we offer a four-class advocacy training. Now, for the first time, this training includes an introduction to using persuasive video to help you channel understanding into action.

CLASS SCHEDULE

REGISTRATION





Birds migrate...and our FACEBOOK page has migrated

EFM has a new Facebook:

www.facebook.com/Environmental.Forum.Of.Marin

Please "like" and "follow" us at this new address. This Facebook page is linked to our website and all other EFM materials.

Not a social media user? Just give this a try!

LIKE US on the right side in the masthead above the feed — it looks blue and will say "like" before you've liked the page and then will turn gray and say "liked" once you've liked the page:

SUBSCRIBE to the page by changing your follow settings — click the three little dots at the top of the page to get a pull-down menu and click on "follow settings" and then choose "favorites" to make EFM's content show up first in your feed.

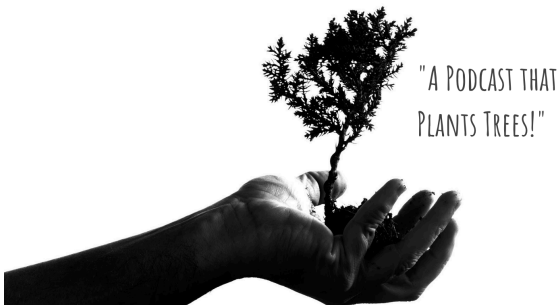
INVITE your friends to like the page. This is a very important step! Under the same 3-dot pulldown menu, click "invite friends" and you will get a list of all your friends. When you click the box next to their name (you can bulk select a whole bunch at a time!) you'll have a button that lights up that says "send invites".

Forum 2020 Project Presentations

Three members from Forum 2020 presented at our virtual Annual Meeting on May 23, 2021 to tell us about actions they are taking after completing the series.

Eamon Durkan

developed his final
project, [From Oil to Soil:
The Shift](#)



This podcast weaves together climate solutions that can help us to reverse global warming, reframing the mainstream practice of emphasizing the negative into solution-based thinking.

For every person who subscribes, a native tree will be planted! How does it work? It's simple: [Click subscribe on their website](#). Trees are planted by Gone West. You receive a tree certificate at no cost to you. 1 subscription = 1 native tree planted.

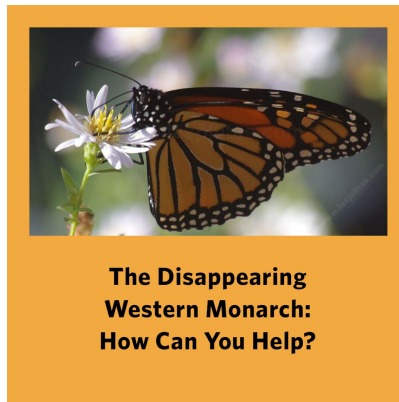
You can also contribute to Eamon's project at [GoFundMe](#).

Marty Blum: Milkweed for Monarchs

There has been a 99% decline of the Western Monarch butterfly population. This decline is due in part to habitat loss and limited access to native milkweed- the sole food for Monarch caterpillars.

To increase the availability of milkweed, Marty worked with experts and obtained native, pesticide-free milkweed seeds which she planted in February. So far, Marty has given 4-6 native showy milkweed seedlings to 18 people. She is maintaining a group email to educate and encourage her growers and is looking forward to posting photos of the first caterpillars from this group.

For more information, reference the EFM [Notebook](#) installment



Chinaka Green: Marin City Matters

Chinaka continues her work as the Community Outreach and Engagement Director with Marin City Climate and Health Justice (formerly Shore Up Marin City).

This organization focuses on flooding, habitat restoration, youth development, and air, soil and water quality. Marin has been ranked the healthiest County in the State, yet residents of Marin City have the highest chronic disease rates in the County, probably due to environmental hazards that are directly related to health issues.

Chinaka, for example, has suffered from asthma her entire life, growing up in Marin City two blocks from what the EPA identified as an unassessed superfund site. Plus, there are serious concerns about the quality of Marin City's drinking water due to old, rusted, and cracked pipes.

Be an advocate for Marin City by subscribing to their Facebook site: www.facebook.com/shoreupmarincity;

Participants in the Marin City Environmental Academy Summer Youth Program participated in a Forest Bathing experience at Roy's Redwoods on July 8. EFM members will have this opportunity in August (see below), but we wanted to share this experience with summer youth participants. When an EFM member signs up, they also help sponsor a youth participant.



What is this experience Forest Bathing?

Forest Bathing: Take in the Medicine of the Forest

The Japanese developed the practice of shinrin-yoku or “forest bathing,” but cultures everywhere have known about the healing energies of the natural world for centuries.

Research confirms cultural wisdom, showing that Forest Bathing can offer relief from anxiety and depression and bring a deeper sense of relaxation, feeling of gratitude, and well-being — a welcome change after more than a year of dealing with a pandemic.

EFM arranged this experience on July 8th for youth and upcoming for all on [August 12](#) at Roy’s Redwoods Preserve, 293 forested acres overlooking the

San Geronimo Valley near Woodacre. In a small group, we walk under primeval groves of bay and redwood trees, mostly in silence. A tea ceremony at the end of the walk is a time for reflection and discussion.

[Limited availability remaining on August 12. Register here](#)



Recapping our Spring 2021 Events

**Green your career: All hands
needed on deck**





On April 29, we held our most recent EFM event, **Green Jobs: There's Good Work to be Done.**

If we're truly going to address the many challenges of the climate crisis, we've got to get all hands on deck with "green" careers. We began with an overview of the five major "green" job sectors then got granular with a panel discussion about opportunities for Marin and Bay Area residents — whether new to the job market or looking for a mid- or late-career pivot — to apply existing skills or acquire new ones in order to get a green job.

Our panelists and speakers focused on opportunities in these areas:

- *Transportation*: new EV infrastructure, public transportation, alternate forms of transportation, and servicing EVs and e-bikes
- *Energy*: solar panels, wind turbines, electricity infrastructure, renovating and retrofitting
- *Food and food waste*: reclaiming and redistribution of food, transition to organic or regenerative ranching and farming
- *The circular economy*: repair, repurposing, lending, and bartering of goods to reduce waste
- *Restoration of nature*: work with ecologists, engineers, and communities to restore and support natural ecosystems

We are grateful to our speakers, Justine Burt (author of *The Great Pivot*), Cyane Dandridge (SEI), Jennifer Green (MCE), and Chris Yalonis (VenturePad) for bringing their energy, enthusiasm, and wealth of experience to this event. All those organizations offer opportunities to develop green careers, and Justine Burt made the following recommendations for the best website resources for green jobs.

- [Ed's Clean Energy & Sustainability Jobs List](https://edsjobslist.com): edsjobslist.com
- ecojobs.com
- idealist.org
- greenbiz.com has a green jobs section.

Submitted by Anne-Christine Strugnell

**Listen to Suzanne Harris
(MC 46): [a 3 part series of
podcasts about Plastic
Pollution](#)**



Marin County resident Suzanne Harris has been writing and designing marketing content for Gardeners' Guild over the last thirteen years. These days she divides her time between her job and freelance content marketing work specializing in sustainability.

Increasingly concerned about climate change, Suzanne took EFM's Master Class 46 to learn more. Its intensive and multi-faceted education was an inspiration. She now feels better equipped to make a difference and is continuing to learn.

She educated herself about plastics pollution and created this [three-part podcast series](#) to share this important information with others.



Welcome Kirsten Nolan as the EFM Secretary

Kirsten has more than ten years of professional experience in environmental nonprofits including program management, communications, and outreach with focuses on green business, land use advocacy and community education. She earned her B.A. in Environmental Planning, and was accepted into the [Bioneers' Cultivating Women's Leadership Program](#).

She is a lifelong resident of the West coast having lived in Sacramento, Spokane, Seattle, San Francisco, and more, making Marin her permanent home in 2014. In Kirsten's free time, you can find her exploring California's wild places with her two children who inspire her daily.



Welcome Leah Faw: Expanding EFM's Social Media presence

Listen to our new Social Media Director [Leah Faw](#) in a short video clip she created to introduce herself. What does she do when not working on her dissertation in Education Policy at the UC Berkeley Graduate School of Education? Just a teaser: worm bins, fermentation, knitting. You'll love spending 2 minutes with her, when you click on her name!



Thank you to our providers of waste management services for being Business Supporters for EFM.

Why do these businesses support EFM?

"As your family operated resource hauler, our mission is to conserve natural resources while educating our community on what they can do to compost and recycle right. This aligns with the amazing efforts of EFM and we are proud to support the organization's efforts to protect our environment."

Marin Sanitary Services

"TCSD/Tamalpais Community Services District provides collection of municipal solid waste, recycling and organics recycling for Tam Valley. Our goal is to continually improve waste prevention, recycling and composting practices in our community. TCSD is proud to be supporting EFM's work towards our common goals. Together, let's perfect our environmental practices for a cleaner and greener Marin!"

Tamalpais Community Services District

EFM board and staff

- Kim Rago**, Executive Director
- Susan Rusche**, President
- Karen Mendelow Nelson**, Vice President of Education
- Barbara Ball**, Treasurer
- Norma Fragoso**, EFM Ambassador
- Kirsten Nolan**, Secretary
- Maggie Fillmore**, Newsletter Editor
- Gayle Marsh**, Graphic Design and Website
- Leslie Gerstenfeld**, Program Director
- Susan Holloway**, Author of EFM Notebook
- Anne-Christine Strugnell**, Director of Communications
- Marty Blum**, Development Director
- Leah Faw**, Social Media Coordinator

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