

What Is GCI?

UMaine Green Campus Initiative (GCI) is a group on campus that strives to educate students and the community of UMaine about sustainable programs on campus as well as how to live more sustainably on campus!



FREE Reusable Straws (September 5th)!!!

GCI is partnering with CASE and the Office of Sustainability to give out **FREE Reusable Straws!** Thursday September 5th from 10:30am to 12:30pm come get a reusable straw on the mall! We'll have drinks, games and lots of helpful information about recycling & how to return bottles for deposit.



One straw per person & until supplies lasts.

Earth Week!

For Earth Week GCI helps coordinate lots of cool events and tables related to sustainability and Earth Week. For Example, GCI helped put on:

- Sustainability Trivia Night!
- Recycling toss game helping educate on recycling!
- Tabled in the Union giving away reusable straws, and planting bee friendly flowers!
- Coordinated a tour of the campus ice core lab!



What We Do as Green Campus Initiative!

Social Media

Every week we post on Facebook, Instagram and Twitter about different sustainable events and topics going on at UMaine as well as in the area!

Follow Us Below!!!

Food Recovery

We help collect unserved food from campus dining halls and bring it to the on-campus food pantry (The Black Bear Exchange). There it is available for UMaine students in need!



Clean Sweep

At the end of each semester GCI provided bins for students to donate any unwanted supplies when moving out. The goal is to reduce the things thrown out. Donated items are then collected by GCI and the Black Bear Exchange and sold in a sale, where money goes back to the students.



Composting / Zero-Waste Events

We work with Dining Services to help educate students, staff and others about composting and recycling at dinners UMaine Dining holds!



Green Zines

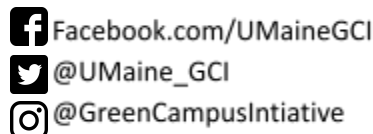
We also hang these flyers in all residence halls on campus every two weeks to educate students about sustainability!



Helpful Tip: Maine Trail Finder is a great website to find all the local trails in Maine & on campus!

Want to get more involved?

Follow us on social media!



Upcoming Events

Common Ground Country Fair: September 20th – 22nd

An annual event in Unity, ME, the Common Ground Fair is a chance to explore the agricultural and rural traditions of Maine! With plenty of animals to pet, food to eat, and treasures to purchase, there is something to enjoy for everyone! Gates open at 9am each day. Cost is \$10 in advance, \$15 at the gate. Visit MOFGA.org to learn more.

COMMON GROUND
COUNTRY FAIR



CELEBRATE RURAL LIVING WITH MOFGA
SEPTEMBER 20, 21 & 22, 2019
UNITY, MAINE

The AORE Campus Challenge: September 16th – October 13th

Get Outside during the AORE Campus Challenge! UMaine is competing against other colleges to get the most people outside! Anyone can download the Campus Challenge app and enter time spent outside for chances to win free gear, recognition awards & more! Visit their website to see rules, and how to participate.



UMaine Maine Bound Events:

- **Library Rappel Event:** September 18th
- **Paddlefest Event:** September 21st
- **Katahdin Knife Edge Hike:** September 21st
- **Eagle Cliff Intro to Rock Climbing Trip:** September 22nd
- **White Water Kayaking Trip:** September 28th – 29th
- **Kayak Roll Clinic:** September 29th



For more details, checkout Maine Bound's website!

Family & Friends Weekend: September 20th – 22nd

Current UMaine students are welcome to invite their friends and family for a fun-filled weekend!



Living Green... Is it Possible in Residence Halls?

The Answer is **YES!** Here are some suggestions to help you live a little greener while living on campus.

Reduce:

- Turn off lights, TV's, computers & unplug hairdryers and straighteners when you leave your room.
- Only take what you can eat from the dining hall! You can always go back up & it helps reduce food waste.
- Print double sided to help reduce paper waste.
- Use reusable bags when getting food on or off campus.
- Instead of driving, use your bike. There's also new complementary bicycle repair stations across campus!

Reuse:

- Use reusable water bottles, coffee mugs and straws. Fill them up at any water bottle filling stations on campus.

Recycle:

- Recyclables can be placed together in your blue recycling bins, and every residence hall has a recycling dumpster located next to the trash dumpster.

Orono Farmers Market

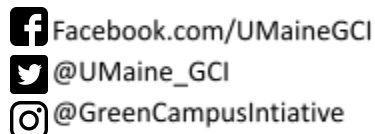
Every Saturday from 8am-12pm and Tuesdays 2-5:30pm the in the Steam Plant lot, right here on campus!

Go get all kinds of great local fresh food!



Want to get more involved?

Follow us on social media!





Avoiding Seasonal Affective Disorder (SAD) during the Quarantine

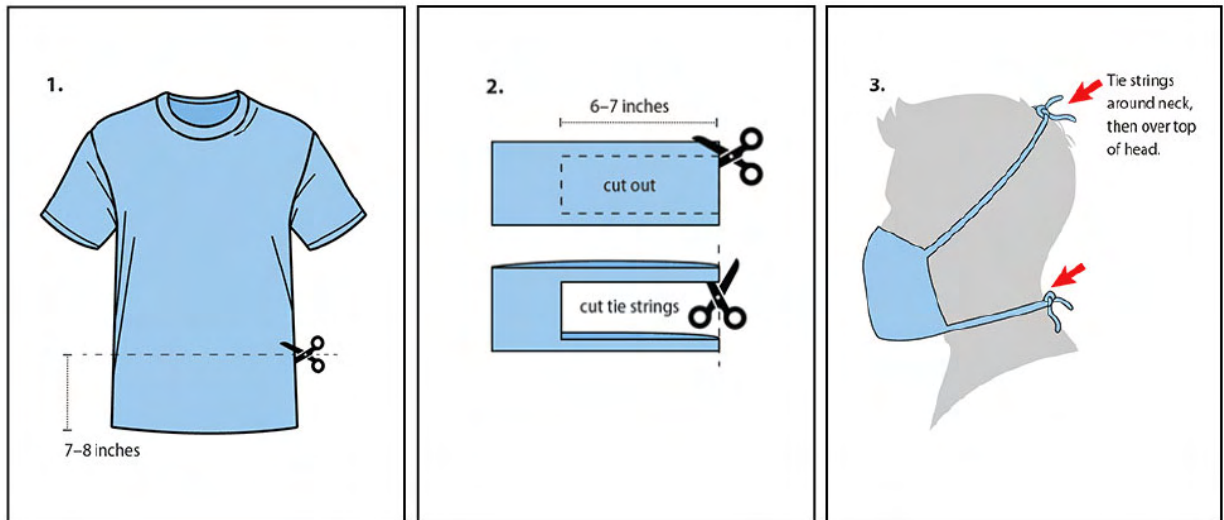
Lounging in comfy pajamas and watching Netflix in a warm bed is by no means a bad thing, but don't stay isolated!

Studies have shown potential connections between lack of sunlight and Seasonal Affective Disorder (SAD), or more commonly, Winter Depression. Between classes/work/etc., it can be very hard to find time to get out in the sun during these winter months especially during our present circumstances. It is still extremely important to make sure that you protect your health and the health of others. However, it is also important to remain active and protect your mental health.

Here are some activities that can help get you outside or socialize from home!

- Go Snowshoeing on the trails
 - Maine Bound offers rentals (\$6 for members/ \$7.20 for nonmembers)
- Go to the Gym
- Socially distanced gatherings
- Watch parties via livestream or Spotify Group Listening Sessions
- Pick up a new hobby that allows you to express yourself and keep occupied

The most important thing to be aware of throughout this semester is how long you are spending in your room. Not only does that limit your sunlight exposure but the isolation can be challenging. Even quietly studying in the library will help with the isolation, by providing fresh surroundings. Students are still allowed to enter with a valid Maine ID card.



<https://www.usd.edu/covid19/covid-19-diy-masks>

A Fun and Easy Sustainable Mask Option, for the Broke College Student

1. Cut 7-8 inches from the bottom of an old t-shirt, the bottom section of the shirt.
2. From the piece you have cut, cut out 6-7 inches, then cut tie strings.
3. Tie strings around neck, then over top of head to properly wear the mask and limit spread.
4. If you have access to sewing materials add an additional layer to your mask, to make it more effective

The CDC recommends that cloth face coverings should:

- Include multiple layers of fabric
 - Additional layers increase protection
- Be able to be laundered and machine dried without damage or change to shape

For more information please visit

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-make-cloth-face-covering.html>

As we are now in the middle of October and Halloween is swiftly approaching many people are anxiously looking towards the upcoming election. Though the election day is not until November 3rd you can and should register before then, however Maine does offer election day registration. And for students out of state but living on campus you should look into information on how to vote absentee. If you are anxious about registering much of this information is a simple google search away! **Additionally, the UVote program on campus for more information about student voting registration.**

Check out UVote here: <https://umaine.edu/studentlife/uvote/>

ELECTION DAY IS NOVEMBER 3

Maine Voting information

Registration deadlines

By mail: Received by Oct. 19

In Person: Nov 3

Absentee ballot deadlines

Request: Received by Oct 29

Return in mail or by person: Nov 3 by 8:00pm

Early voting: Oct 5-30 hours and dates may change depending on where you live

Voting Polls in the Orono area:

New Balance Field House & Memorial Gym on Campus

Voting Polls on the Bangor area:

Cross Insurance Center

For more information you can visit bangormaine.gov, maine.gov, and orono.org



**ARE YOU REGISTERED TO
VOTE?**

Side 1

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Dine To Go

Help us keep your dining experience sustainable! If you received a green Dine To Go container during your dining hall meal, look for the marked containers to drop your container in when you're done with your meal. You can drop them in marked containers outside and inside of the dining halls or on each floor of your residence hall. Questions? Check out umaine.edu/dining/dine-to-go.

Order from the Bear's Den from the comfort of your phone!

Hungry for a snack or a meal? The Bear's Den now has an App allowing for contactless ordering and pick up. Order using the UMaine Dining Mobile app between Monday–Friday, 7:30 a.m. and 2 p.m. for pick up at Union Central Market. The Bear's Den is physically open from 7:30 a.m.–4 p.m. Monday–Friday as well. Learn more at umaine.edu/dining/app.

Side 2

Dine To Go

Help us keep your dining experience sustainable! If you received a green Dine To Go container during your dining hall meal, look for the marked containers to drop your container in when you're done with your meal. You can drop them in marked containers outside and inside of the dining halls or on each floor of your residence hall. Questions? Check out umaine.edu/dining/dine-to-go.





A Fun and Easy Sustainable T-Shirt Bag, for the Broke College Student

With the implementation of Dine to Go containers, students have been using bags now more than ever. To cut down on plastic waste **please bring a reusable bag to pick up your dine to go containers! Don't have one? No worries**, with just a pair of scissors, something to mark a line (preferably tape), and an old t-shirt you can have a sustainable bag to carry your dine to go container (or anything else you may need a bag for)!

1. Cut the sleeves off of the t-shirt, fold the shirt and cutting the sleeves at the sametime to make it even
2. After cutting off the sleeves, cut off the neckline
3. Turn the shirt inside out, to determine the depth mark where the bottom of the bag will be as anything below that mark will be used to close the bag.
4. Cut the area below the mark you have made into fringe. Once you have cut the fringe, tie it together and turn the bag right-side out and now you have a t-shirt bag!

For a more in depth guide you can visit-

<https://www.instructables.com/id/No-Sew-T-Shirt-Tote-Bag-1/>