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Volunteer for the Sound

WORKING TOGETHER TO RESTORE AND PROTECT THE SOUND



September 13, 2016

DO YOUR PART - VOLUNTEER FOR THE SOUND!



There are many organizations in Connecticut and New York that need your help restoring and protecting Long Island Sound!

National Estuaries Week is September 17-24, 2016



The Long Island Sound Study, part of EPA's National Estuary Program, is asking residents of Long Island Sound to join in a nationwide "Toast the Coast" on September 17-24 in celebration of National Estuaries Week. The Long Island Sound Study is part of a network of 28 National Estuary Programs working to improve and restore the nation's most important estuaries – the vibrant coastal areas where rivers meet the sea.

Join the conversation on social media using the hashtag **#EstuariesWeek**



The Village of Mamaroneck raises their glasses at the Marine Education Center at Harbor Island Park. Here's a picture of everybody, glasses & paper cups held high, on a beautiful morning in Mamaroneck Harbor, wishing all the estuaries in the USA...
CLEAN WATER!

Upcoming Connecticut Volunteer Events

Saturday, September 17, 2016 at 8:00am-12:00pm – South Street Beach Cleanup. Join Save the Sound for a beach cleanup in West Haven, CT. For more information, [click here](#).

Saturday, September 17, 2016 at 9:00am-2:00pm – Rocky Neck State Park Cleanup. Join Save the Sound for a beach cleanup in Niantic, CT. For more information, [click here](#).

Saturday, September 17, 2016 at 9:00am-1:00pm – Black Rock/Saint Mary's by the Sea Cleanup. Join Save the Sound for a beach cleanup in Bridgeport, CT. For more information, [click here](#).

Saturday, September 17, 2016 at 9:00am-1:00pm – Sono Harbor Waterfront Overlook Cleanup. Join Save the Sound for a beach cleanup in Norwalk, CT. For more information, [click here](#).

Saturday, September 17, 2016 at 9:00am-12:00pm – Hammonasset State Park/ East Beach Cleanup. Join Save the Sound for a beach cleanup in Madison, CT. For more information, [click here](#).

Saturday, September 17, 2016 at 9:00am-12:00pm – Old Mill Beach Cleanup. Join Save the Sound for a beach cleanup in Westport, CT. For more information, [click here](#).

Saturday, September 17, 2016 at 9:00am-11:00am – Hammonasset State Park/ West Beach Cleanup. Join Save the Sound with the Friends of Hammonasset for a beach cleanup in Madison, CT. For more information, [click here](#).

Saturday, September 17, 2016 at 9:45am-12:15pm – Green Harbor Beach Cleanup. Join Save the Sound with the Three Rivers Community College for a beach cleanup in New London, CT. For more information, [click here](#).

Saturday, September 17, 2016 at 10:00am-2:00pm – Bluff Point State Park Cleanup. Join Save the Sound with the Mystic Aquarium for a beach cleanup in Groton, CT. For more information, [click here](#).

Saturday, September 17, 2016 at 10:00am-2:00pm – Norwalk Island Kayak Cleanup. Join Save the Sound for a kayak cleanup in Norwalk, CT. For more information, [click here](#).

Saturday, September 17, 2016 at 10:00am-2:00pm – Long Wharf Nature Preserve Cleanup. Join Save the Sound with the New Haven Land Trust for a beach cleanup in New Haven, CT. For more information, [click here](#).

Saturday, September 17, 2016 at 10:00am-2:00pm – West Beach Cleanup. Join Save the Sound with the Westbrook Land Conservation Trust for a beach cleanup in Westbrook, CT. For more information, [click here](#).

Saturday, September 17, 2016 at 10:00am-11:00am – Oak Street Beach Cleanup. Join Save the Sound with the Cedar Island Marina Research Lab for a beach cleanup in West Haven, CT. For more information, [click here](#).

Saturday, September 17, 2016 at 10:30am-12:00pm – Ocean Beach Park Cleanup. Join Save the Sound with the Cedar Island Marina Research Lab for a beach cleanup in New London, CT. For more information, [click here](#).

Saturday, September 17, 2016 at 11:00am-12:00pm – Cini Park/Hole-in-the-Wall Beach/McCook's Cleanup. Join Save the Sound with the East Lyme High School for a beach cleanup in East Lyme, CT. For more information, [click here](#).

Saturday, September 17, 2016 at 10:00am-2:00pm – Source to Sound Cleanup. Join Grace Farms, The Maritime Aquarium at Norwalk, Norwalk Community College, and the office of Norwalk Mayor Harry Rilling for a beach cleanup in the New Canaan, CT and Norwalk, CT area. Meet at the Commons at Grace Farms, 365 Lukes Wood Road, New Canaan, CT. Participants should dress appropriately with long pants and comfortable, closed toed shoes. To register and for more information, [click here](#).

Sunday, September 18, 2016 at 9:00am-12:00pm – New London Dive Cleanup. Join Save the Sound with the SECONN Divers for an underwater dive cleanup in New London, CT. For more information, [click here](#).

Sunday, September 18, 2016 at 4:00pm-5:00pm – Gulf Beach Cleanup. Join Save the Sound for a beach cleanup in Milford, CT. For more information, [click here](#).

Saturday, September 24, 2016 – Connecticut River Watershed Council's 20th Annual Source to Sea Cleanup. For more information, [click here](#).

Saturday, September 24, 2016 at 9:00am-12:00pm – West Haven Beach Cleanup. Join Save the Sound for a beach cleanup in Sandy Point, CT. For more information, [click here](#).

Saturday, September 24, 2016 at 10:00am-1:00pm – South Pine Creek Beach Cleanup. Join Save the Sound for a beach cleanup in Fairfield, CT. For more information, [click here](#).

Saturday, September 24, 2016 at 10:00am-12:00pm – Madison Surf Club Cleanup. Join Save the Sound and the Madison Beach and Recreation Department for a beach cleanup in Madison, CT. For more information, [click here](#).

Sunday, September 25, 2016 at 1:00pm-3:00pm – Gulf Beach Cleanup. Join Save the Sound for a beach cleanup in Milford, CT. For more information, [click here](#).

Sunday, September 25, 2016 at 1:00pm-3:00pm – Saugatuck River Area Cleanup. Join Save the Sound and the Saugatuck Cong. Church Youth Group for a beach cleanup in Westport, CT. For more information, [click here](#).

Upcoming New York Volunteer Events

Saturday, September 17, 2016 at 10:00am-12:00pm – International Coastal Clean-up at Sands Point Preserve Conservancy. Join the Sands Point Preserve Conservancy for the International Coastal Clean-up Event in Sands Point, NY. Be a part of the amazing Ocean Conservancy's environmental initiative: come for a morning to clean our 3/4 mile of beautiful coastline and stay for the day to explore our 216-acre preserve and historic mansions. To register, [click here](#).

Saturday, September 17, 2016 at 9:00am-1:30pm – International Coastal Cleanup at Soundview Park. Spend your day at one of NYC's beautiful Bronx waterfront parks while giving back to our city's oceans and coastlines. Please join Friends of Soundview Park and the Bronx River Alliance for International Coastal Cleanup! Meet like-minded people while giving back and exploring some of the city's most scenic green spaces. For more information, [click here](#).

Saturday, September 17, 2016 at 9:00am – International Coastal Cleanup at Orchard Beach/ Twin Islands. Join NYC Parks and Recreation for a beach cleanup in Bronx, NY. For more information, [click here](#).

Saturday, September 17, 2016 at 9:30am – International Coastal Cleanup at Rye Nature Center. Join the Rye Nature Center for a coastal cleanup in Blind Brook, Rye, NY. For more information, [click here](#).

Saturday, September 17, 2016 at 10:00am – International Coastal Cleanup at Edith G. Read Wildlife Sanctuary. Join Westchester County Parks for a coastal cleanup in Rye, NY. For more information, [click here](#).

Saturday, September 17, 2016 at 9:00am-12:00pm – Kayak Coastal Cleanup in Hempstead Harbor. Join the Coalition to Save Hempstead Harbor and Shore Thing Rentals for a kayak coastal cleanup in Sea Cliff, NY. Remove debris from water and wetlands, and do your part to protect Hempstead Harbor's birds, fish, and other marine life. [Click here](#) to register.

Saturday, September 17, 2016 at 9:30am-11:30am – International Coastal Cleanup at Tappen Beach. Join the Coalition to Save Hempstead Harbor for a coastal cleanup in Sea Cliff, NY. Bring work gloves. For more information, contact Carol at cshh@optonline.net or call 516-801-6792.

Saturday, September 17, 2016 at 10:00am – International Coastal Cleanup at Caumsett State Historic Park Preserve. Join Nassau BOCES for a coastal cleanup in Lloyd Harbor, NY. For more information, [click here](#).

Saturday, September 17, 2016 at 9:00am – International Coastal Cleanup at Nissequogue River State Park. Join NY State Parks for a coastal cleanup in Kings Park, NY. For more information, [click here](#).

Saturday, September 17, 2016 at 9:00am – International Coastal Cleanup at Sunken Meadow State Park. Join NY State Parks for a coastal cleanup in Kings Park, NY. For more information, [click here](#).

Saturday, September 17, 2016 at 9:00am – International Coastal Cleanup at Orient Beach State Park. Join NY State Parks for a coastal cleanup in Orient, NY. For more information, [click here](#).

Saturday, September 17, 2016 at 9:00am – International Coastal Cleanup at Wildwood State Park. Join NY State Parks for a coastal cleanup in Wading River, NY. For more information, [click here](#).

Sunday, September 18, 2016 at 9:00am-1:00pm – Shellfish Restoration with Coastal Steward. Meet at the Coastal Steward dock in Mt. Sinai, NY. For more information, [click here](#).

Saturday, September 18, 2016 at 9:00am – International Coastal Cleanup at Thomas Pell Wildlife Sanctuary/Pelham Bay Park. Join the Hutchinson River Restoration Project for a coastal cleanup in Bronx, NY. For more information, [click here](#).

Saturday, September 24, 2016 at 8:00am-12:00pm – Oyster Bay Harbor Cleanup/ International Coastal Cleanup. Join the Town of Oyster Bay and Friends of the Bay for the Oyster Bay Harbor Fall Cleanup at Theodore Roosevelt Memorial Park in Oyster Bay, NY. For more information, call 516-677-5853.

Saturday, September 24, 2016 at 10:30am-6:00pm – International Coastal Cleanup at South Brother Island. Join the Harbor Lab for a beach cleanup in Bronx, NY. Paddle to normally forbidden South Brother Island and help this vital harbor heron habitat thrive! For more information, [click here](#).

Saturday, September 24, 2016 at 10:00am-12:00pm – International Coastal Cleanup at Manor Beach. Join the Sheldrake Environmental Center for a beach cleanup in Larchmont, NY. For more information, [click here](#).

Saturday, September 24, 2016 at 10:00am-12:00pm – International Coastal Cleanup at the Larchmont Reservoir Conservancy. Join the Sheldrake Environmental Center for a beach cleanup in Larchmont, NY. For more information, [click here](#).

Saturday, September 24, 2016 at 12:00pm – International Coastal Cleanup at Little Neck Bay. Join the Boy Scouts for a coastal cleanup in Queens, NY. For more information, [click here](#).

Saturday, October 8, 2016 at 9:30am – International Coastal Cleanup at Manorhaven and Baxter Beaches. Join the Manhasset Bay Protection Committee for a beach cleanup in Port Washington, NY. Meet at Manorhaven Town Park, 158 Manorhaven Blvd, Port Washington, NY. Bring water and wear a hat, sunscreen, bug repellent, old clothes, and protective shoes that can get wet. Gloves, trash bags, and refreshments will be provided. Suitable for all ages. For more information and to register, contact Sarah Deonarine at mbpcexec@gmail.com or 516-869-7983.

Saturday, October 8, 2016 at 8:00am-1:00pm – Shellfish Restoration with Coastal Steward. Meet at the Coastal Steward dock in Mt. Sinai, NY. For more information, [click here](#).

Saturday, October 22, 2016 at 8:00am-1:00pm – Shellfish Restoration with Coastal Steward. Meet at the Coastal Steward dock in Mt. Sinai, NY. For more information, [click here](#).

Saturday, November 5, 2016 at 8:00am-1:00pm – Shellfish Restoration with Coastal Steward. Meet at the Coastal Steward dock in Mt. Sinai, NY. For more information, [click here](#).

Volunteer Spotlight

Article by Anna Bisaro, New Haven Register, as featured in New Haven Register [newspaper](#):



Paul Maccio picks up trash along the East Shore in New Haven to help contribute to the cleanliness of the area and keep garbage from entering the Sound. Credit: Anna Bisaro, New Haven Register

NEW HAVEN >> On his first walk to [Fort Nathan Hale Park](#) on the East Shore since Labor Day, Paul Maccio was greeted by piles of plates, plastic bags and food trays.

So the 67-year-old recent retiree put on a blue rubber glove and set to work.

"It's just an incremental thing to keep the area looking nice," Maccio said Thursday. "Now that I'm retired, it's something I can do to keep the place nice."

Maccio said he likes to walk along the East Shore most days, often with his wife, and he keeps rubber gloves and plastic bags for collecting trash in his pockets. Every piece of trash they pick up is one more piece that won't end up in Long Island Sound, where he and many other people like to swim, he said.

Maccio said he hopes that if other people see him picking up trash they will think twice before throwing their own on the ground, or even stop to help. If you lead by example, he said, others will follow.

"There's other people doing it I'm sure, because this place would (otherwise) be a bigger mess," he said. "My next-door neighbor says I shamed him into picking up trash."

[Save the Sound](#) will be holding a number of [beach cleanups this month](#) in Greater New Haven as part of the 31st annual International Coast Cleanup. The organization boasted cleaning up 6,517 pounds of trash along 45 miles of the Sound shoreline last year with the help of volunteers.

Chris Cryder, special projects coordinator for Save the Sound, said businesses and organizations often bring in their own groups to do beach cleanups and do not request help from Save the Sound and public volunteers. The New Haven beaches that have cleanups scheduled this fall are Fort Nathan Hale Park, West River Memorial Park, Criscuolo Park, Long Wharf Nature Preserve and Lighthouse Point Park. Save the Sound has only requested help from volunteers for the Long Wharf Nature Preserve and that public cleanup is scheduled to take place 10 a.m. to 2 p.m. Sept. 17.

According to the Save the Sound website, 1,512 volunteers helped with beach cleanups along the shoreline last September.

Alder Salvatore DeCola, D-18, said a group of volunteers from Southern Connecticut State University is scheduled to come to Fort Nathan Hale for a park cleanup on Sept. 17. He held a cleanup last year for area residents, he said, to help encourage the park's neighbors to become stewards of the community.

DeCola said he is in regular contact with Department of Parks, Recreation and Trees staff about keeping shoreline parks clean. He said he believes the trash is not all a result of beach-goers leaving things behind, but

also is garbage being washed in with the tides. He said he also suspects some people may illegally dump trash into storm drains, which ends up in the Sound, then washes up on the beaches.

“Keeping the shores clean is very important,” DeCola said. “On the East Shore, I’m very concerned about these things.”

There are many trash cans along the city’s East Shore, but some walkways are lined with plastic bottles, empty snack bags and cigarette packs. Maccio said he usually picks up two to three bags’ worth of trash per walk.

Sometimes he’s stopped by others who question why he picks up trash, when there will just be more tomorrow, Maccio said. Others thank him. Some have told him they admire what he’s doing.

Maccio said he’s not trying to do the work of paid city employees, but he understands they can’t be everywhere all the time.

Seeing the discarded plastic and other items on the beaches and in the parks used to make him angry, he said, but that didn’t help anyone.

“I could get mad about the whole thing and fume about it,” Maccio said. “But in the end, it’s better to just pick it up.”

If you would like to share your story of how someone is making a difference around the Sound, please contact Amy Mandelbaum, Long Island Sound Study Outreach Coordinator, at 631-632-9216 or acb328@cornell.edu.

If your organization would like its volunteer event advertised in this volunteer e-newsletter, our [Volunteer Opportunities web page](#), or our [Facebook page](#), please send Amy Mandelbaum, Long Island Sound Study Outreach Coordinator, an [email](#).

FURTHER INFORMATION

- [Long Island Sound Volunteer Opportunities](#)
- [What You Can Do To Protect Long Island Sound](#)
- [Long Island Sound Study Website](#)

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