

## Chapter 13

# Where to Go for Help...

## Resources for taking the next steps



### Citizen Advocacy Groups

Friends of Chatham Waterways, [www.chathamwaterways.org](http://www.chathamwaterways.org)  
Chatham Alliance for Preservation and Conservation, P.O. Box 111, N. Chatham MA 02650  
Friends of Pleasant Bay, [www.fopb.org](http://www.fopb.org)  
Association to Preserve Cape Cod, [www.apcc.org](http://www.apcc.org)  
Buzzards Bay National Estuary Program, [www.buzzardsbay.org](http://www.buzzardsbay.org)

### Sustainable Energy

Cape Light Compact, [www.capelightcompact.org](http://www.capelightcompact.org)  
Cape Cod Community College, [www.capecod.edu/envirotech](http://www.capecod.edu/envirotech)  
Cape and Islands Self Reliance, [www.reliance.org](http://www.reliance.org)  
Massachusetts Department of Energy Resources, [www.mass.gov/doer/programs/renew](http://www.mass.gov/doer/programs/renew)  
Mass DEP: Renewable Energy & Energy Conservation, [www.mass.gov/dep](http://www.mass.gov/dep)  
Massachusetts Technology Collaborative, [www.mtpc.org](http://www.mtpc.org)

### Regional Planning

Cape Cod Commission, [www.capecodcommission.org](http://www.capecodcommission.org)  
Cape Cod Water Protection Collaborative, [www.barnstablecounty.org/bbwastewater.htm](http://www.barnstablecounty.org/bbwastewater.htm)  
Pleasant Bay Resource Management Alliance, [www.pleasantbay.org](http://www.pleasantbay.org)  
South Coastal Harbor Plan, [www.chatham-ma.gov](http://www.chatham-ma.gov)

### Conservation, Education, and Research Groups

Chatham Conservation Foundation, Inc., [www.chathamconservationfoundation.org](http://www.chathamconservationfoundation.org)  
Friends of Monomoy, [www.friendsofmonomoy.com](http://www.friendsofmonomoy.com)  
Americorps, [www.Americorps.org](http://www.Americorps.org)  
Cape Cod Community College, [www.capecod.edu/envirotech](http://www.capecod.edu/envirotech)  
Cape Cod Museum of Natural History, [www.ccmnh.org](http://www.ccmnh.org)  
Center for Ocean Sciences Education Excellence, [www.cosee-ne.net](http://www.cosee-ne.net)  
Coastal Resources Committee, [www.capecodcommission.org/coastal](http://www.capecodcommission.org/coastal)  
Coastal Systems Group, [www.smast.umassd.edu/Coastal/research/estuaries/estuaries.html](http://www.smast.umassd.edu/Coastal/research/estuaries/estuaries.html)  
Massachusetts Audubon Society, Wellfleet Bay Wildlife Sanctuary, [www.massaudubon.org](http://www.massaudubon.org)  
Massachusetts Estuaries Project, [www.oceanscience.net/estuaries/index.htm](http://www.oceanscience.net/estuaries/index.htm)  
The Nature Conservancy, [www.nature.org](http://www.nature.org)  
The Ocean Conservancy, [www.oceanconservancy.org](http://www.oceanconservancy.org)  
Provincetown Center for Coastal Studies, [www.coastalstudies.org](http://www.coastalstudies.org)  
Woods Hole Sea Grant Program, [www.whoi.edu/seagrant](http://www.whoi.edu/seagrant)  
Woods Hole Research Center, [www.whrc.org/capecod/index.htm](http://www.whrc.org/capecod/index.htm)

### Local, State, and Federal Government Resources

Town of Chatham, [www.chatham-ma.gov](http://www.chatham-ma.gov) (508-945-5100); Coastal Resources (508-945-5146); Conservation Agent (508-945-5164);  
Health/Environment Director (508-945-5165); Harbormaster (508-945-5185); Parks (Beaches, Recreation) (508-945-5175)  
U. S. Coast Guard: Chatham (Emergency: 508-945-0164) (Business: 508-945-3830)  
Monomoy National Wildlife Refuge, <http://monomoy.fws.gov>  
Barnstable County, [www.barnstablecountyhealth.org](http://www.barnstablecountyhealth.org)  
Cape Keepers, [www.capekeepers.org](http://www.capekeepers.org)  
Cape Cod National Seashore, [www.nps.gov/caco](http://www.nps.gov/caco)  
Cape Cod Conservation District, (508) 771-8757  
Cape Cod Cooperative Extension (Coastal Explorer Mobile Marine Science Exhibit), [www.capecodextension.org/home.php](http://www.capecodextension.org/home.php)  
Gerry E. Studds Stellwagen Bank National Marine Sanctuary, <http://stellwagen.noaa.gov>  
Massachusetts Office of Coastal Zone Management, [www.mass.gov/czm](http://www.mass.gov/czm)  
Mass Estuaries Project: Watershed/Embayment Nitrogen Management: [www.smast.umassd.edu/Coastal/research/estuaries/estuaries.html](http://www.smast.umassd.edu/Coastal/research/estuaries/estuaries.html)  
Massachusetts Bays Program, [www.mass.gov/envir/massbays/capecod.htm](http://www.mass.gov/envir/massbays/capecod.htm)  
Massachusetts Department of Environmental Protection, [www.mass.gov/dep/water](http://www.mass.gov/dep/water)  
U.S. Environmental Protection Agency, [www.epa.gov/ebtpages/water/html](http://www.epa.gov/ebtpages/water/html)

## Water Quality Testing in Chatham

Friends of Chatham Waterways, [www.chathamwaterways.org](http://www.chathamwaterways.org)

Town of Chatham, Health & Environment Department, [www.chatham-ma.gov](http://www.chatham-ma.gov)

Pleasant Bay Resource Management Alliance, [www.pleasantbay.org](http://www.pleasantbay.org)

## Fisheries and Shellfish Groups

Town of Chatham Shellfish Constable (508-945-5184) and Harbormaster (508-945-5183)

Cape Cod Commercial Hook Fishermen's Association, [www.ccchfa.org](http://www.ccchfa.org)

Cape Cod Stranding Network (508-743-9548); [www.capecodstranding.net](http://www.capecodstranding.net)

Division of Marine Fisheries, Commonwealth of Massachusetts, [www.state.ma.us/dfwele/dmf/index.html](http://www.state.ma.us/dfwele/dmf/index.html)

## Agriculture/Horticulture Research

Agriculture/Horticulture Research Cape Cod Cooperative Extension: [www.capecodcooperativeextension.org](http://www.capecodcooperativeextension.org)

Barnstable County Conservation District, [www.capecodcd.org](http://www.capecodcd.org)

Cape Cod Cooperative Extension, [www.capecodcooperativeextension.org](http://www.capecodcooperativeextension.org)

University of Massachusetts Cooperative Extension, [www.umassextension.org](http://www.umassextension.org)

# Chapter Reference Material

## Chapter 1 – A Water Primer

### Local and State Resources:

Massachusetts Estuaries Project, Linked Watershed-Embayment Model to Re-Evaluate Critical Nitrogen Loading Thresholds for Stage Harbor/Oyster Pond, Sulphur Springs/Bucks Creek and Taylors Pond/Mill Creek, Chatham, Massachusetts, Final Report, February 2007.

Massachusetts Estuaries Project, Linked Watershed-Embayment Model to Determine Critical Nitrogen Loading Thresholds for the Pleasant Bay System, Orleans, Chatham, Brewster, and Harwich, Massachusetts, Final Report, 2006

Town of Chatham Open Space and Recreation Plan, Draft, 2009.

Town of Chatham South Coastal Harbor Management Plan, 2005.

Pleasant Bay Resource Management Alliance, Pleasant Bay Resource Management Plan, 2008.

## Chapter 2 – A Quick Start for the Water Wise

Groundwater Guardians, [www.capecodcommission.org/gwguardians/home.htm](http://www.capecodcommission.org/gwguardians/home.htm)

100 Water-Saving Tips, [www.wateruseitwisely.com/100ways/ne.shtml](http://www.wateruseitwisely.com/100ways/ne.shtml)

Water Awareness Test, [www.getwise.org](http://www.getwise.org)

## Chapter 3 – Water, Water Everywhere

Save Our Planet: 750 Everyday Ways You Can Help Clean Up the Earth, MacEachern

Water saving devices, [www.eartheasy.com/live\\_water\\_saving.htm](http://www.eartheasy.com/live_water_saving.htm)

## Chapter 4 – Out of Sight, Out of Mind

Title 5 Septic Systems, Massachusetts Department of Environmental Protection, [www.mass.gov/dep/water/wastewater/septicsy.htm](http://www.mass.gov/dep/water/wastewater/septicsy.htm)

For more information on alternative systems: Alternative Septic System Test Center, [www.buzzardsbay.org/etimain.htm](http://www.buzzardsbay.org/etimain.htm)

Department of Environmental Protection, [www.state.ma.us/dep/brp/wwm/t5itprog.htm](http://www.state.ma.us/dep/brp/wwm/t5itprog.htm)

National Small Flows Clearinghouse, [www.nesc.wvu.edu/nsfc/nsfc\\_index.htm](http://www.nesc.wvu.edu/nsfc/nsfc_index.htm)

## Chapter 5 – Hazardous Waste? Not in my House!

Town of Chatham, [www.chatham-ma.gov](http://www.chatham-ma.gov) (508) 945-5100

Household hazardous product collections, [www.capecodextension.org/home.php](http://www.capecodextension.org/home.php)

Massachusetts DEP Household Hazardous Products Hotline, (800) 343-3420

Lower and Outer Cape public transportation, [www.theflex.org](http://www.theflex.org), (800) 352-7155

## Chapter 6 – Rethink/Reuse/Recycle

Chatham Recycles, [www.chathamrecycles.org](http://www.chathamrecycles.org)

Donate computers, [www.cristina.org](http://www.cristina.org)

Recycle electronics, [www.mass.gov/dep/recycle/reduce/electron.htm](http://www.mass.gov/dep/recycle/reduce/electron.htm)

Massachusetts EPA Motor Oil Information, (617) 556-1022

Used motor oil recycling, [www.recycleoil.org](http://www.recycleoil.org)

Get on "Do Not Mail" lists: send a letter with your name, home address and signature to Mail Preference Service, Direct Marketing Association, P.O. Box 643, Carmel, NY 10512

Stop receiving unsolicited credit offers, (888) 567-8688, [www.optoutprescreen.com](http://www.optoutprescreen.com)

For more tips on reducing your junk mail, [www.globalstewards.org](http://www.globalstewards.org) or [stopthejunkmail.com](http://stopthejunkmail.com)

Cape Cod Cooperative Extension: [www.capecodcooperativeextension.org](http://www.capecodcooperativeextension.org)

## Chapter 7 – Spare that Shrub!

*Save Our Planet: 750 Everyday Ways You Can Help Clean Up the Earth*, MacEachern

Sea Grant Woods Hole, "Focal Point" Newsletters:

"Cape Cod Coastal Erosion: A Case Study", April 1998

"Shoreline Change and the Importance of Coastal Erosion," April 2000

"Sustaining Coastal Landforms," January 2001

"Evaluation of Coastal Erosion Hazards: Results from a National Study and a Massachusetts Perspective," August 2001

"Coast Lines," the annual magazine of the Massachusetts Office of Coastal Zone Management

Commonwealth of Massachusetts, Department of Environmental Protection brochure:

"Clean Water Tips - Nonpoint Source Pollution and What Can You Do To Help"

Massachusetts Wetlands Protection Act and Regulations, contact Chatham Conservation Commission, (508) 945-5164

DEP Nonpoint Source Program, [www.mass.gov/dep/brp/wm/wmpubs.htm](http://www.mass.gov/dep/brp/wm/wmpubs.htm)

DEP Southeast Regional Office, (508) 946-2714

Massachusetts Coastal Zone Management, [www.mass.gov/czm](http://www.mass.gov/czm)

Sea Grant Program, Woods Hole Oceanographic Institution, [www.whoi.edu/seagrant](http://www.whoi.edu/seagrant)

Cape Cod Cooperative Extension, [www.capecodcooperativeextension.org](http://www.capecodcooperativeextension.org)

## Chapter 8 – Landscaping for Healthy Watersheds

*The Cape Cod Garden – A Handbook for Successful Planting*, C. L. Fornari

*The Gardener's Guide to Common-Sense Pest Control*, William Olkowski

*A Guide to Invasive Plants in Massachusetts*, Wetherbee, Somers and Simmons

*Native Plants of the Northeast – A Guide for Gardening and Conservation*, Donald J. Leopold

*Seascape Gardening*, Anne Halprin

For testing soil samples, [www.capecodextension.org](http://www.capecodextension.org)

Bayscaping, [www.peconicbaykeeper.org/getinv/bayscp.htm](http://www.peconicbaykeeper.org/getinv/bayscp.htm)

Compost Extension, [www.capecodcooperativeextension.org](http://www.capecodcooperativeextension.org)

Edible Cape Cod, [www.ediblecapecod.com/pages/articles/summer](http://www.ediblecapecod.com/pages/articles/summer) See *Tim Friary - Organic gardening*

Red worms for composting available on the Internet

*Coastlines*, CZM: Greenscapes for a Blue Planet: *The Greenscape Scoop* and *A Landscape Fit for the Sea*. Betsy Richards

## Chapter 9 – Recovery from Lawn Obsession

*All-New Encyclopedia of Organic Gardening*, Rodale Books

*Redesigning the American Lawn, A Search for Environmental Harmony*, F. Bormann et al.

Alternative Pest Controls for Lawns and Gardens, Rachel Carson Council, [www.members.aol.com/rccouncil/ourpage](http://www.members.aol.com/rccouncil/ourpage)

US Environmental Protection Agency, [www.epa.gov/pesticides/controlling/garden.htm](http://www.epa.gov/pesticides/controlling/garden.htm)

[www.chem-tox.com/pesticides](http://www.chem-tox.com/pesticides)

[www.grassrootsinfo.org](http://www.grassrootsinfo.org)

[www.ecochem.com/pesticides.html](http://www.ecochem.com/pesticides.html)

To landscape with moss, [www.mossacres.com](http://www.mossacres.com)

Buzzards Bay National Estuary Program, <http://www.buzzardsbay.org/lawncare.htm>

Cape Cod Cooperative Extension, [www.capecodcooperativeextension.org](http://www.capecodcooperativeextension.org)

Massachusetts Department of Environmental Protection, [www.mass.gov/dep/](http://www.mass.gov/dep/)

## Chapter 10 – Getting Out on the Water

Coast Guard Auxiliary, [http://nws.cgaux.org/visitors/ve\\_visitor/index.html](http://nws.cgaux.org/visitors/ve_visitor/index.html)

Eco-friendly boating, [www.eartheasy.com/play\\_eco-friendly\\_boating.htm](http://www.eartheasy.com/play_eco-friendly_boating.htm)

Environmental tips, aquatic nuisance species, online boating course and more, [www.boatus.com/foundation/toolbox/EnvirTips.htm](http://www.boatus.com/foundation/toolbox/EnvirTips.htm)

Many resources on good boating practices, [www.americanboating.org/goodstuff.asp](http://www.americanboating.org/goodstuff.asp)

## **Chapter 11 – Not Just for Kids**

Cape Cod Museum of Natural History, [www.ccmnh.org](http://www.ccmnh.org)

Cape Cod Pathways, [www.capecodcommission.org/pathways/home.htm](http://www.capecodcommission.org/pathways/home.htm)

The Ocean Conservancy, [www.oceanconservancy.org](http://www.oceanconservancy.org).

Wellfleet Bay Wildlife Sanctuary, [www.massaudubon.org](http://www.massaudubon.org)

Woods Hole Science Aquarium, [www.nefsc.noaa.gov/nefsc/aquarium](http://www.nefsc.noaa.gov/nefsc/aquarium)

## **Chapter 12 – Taking Action**

Coastal Sweep, [www.coastsweep.umb.edu](http://www.coastsweep.umb.edu)

Friends of Chatham Waterways, [www.chathamwaterways.org](http://www.chathamwaterways.org)

Friends of Pleasant Bay, [www.fopb.org](http://www.fopb.org)