Sailors for the Sea Clean Regatta
Platinum Level Sustainability Report

The Northeast Harbor Fleet 2022 Season
06/27/2022

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Green Team Members include: Gordon Beck - Co-Chair, Barbara Meyers - Co-Chair, Wells Bacon - Secretary; Fran Charles, Pancho Cole, Bill Dowling, Stacey Gummey, Sophia Hack, Auria Mauras, Sam Pelletier, Bettina Richards, John Roberts, Jr., Sydney Roberts Rockefeller, Alison Schafer, Kelsea Squires, Nick Steenberg, Mia Thompson
Introduction

The Northeast Harbor Fleet organized a Green Team in 2017, with the goal of certifying the 2017 International One Design Championships as a Clean Regatta. Guided by Sailors for the Sea’s Clean Regattas Best Practices, the Green Team was successful in attaining Gold Level certification for five straight full seasons. Sustainability became embedded in the Fleet’s ethos.

Our work has demonstrated our comprehensive commitment to the environment and to a clean ocean. Published policies provide guidelines for our members, guests, racing crews and staff and are thoroughly promoted. For 2022 we updated our policies to emphasize our “pack it in / pack it out” approach to waste and continued our transition to paperless event – and operations -- management.

The majority of the Best Practices in this Sustainability Report have been in place for five years – they have become the norm for the Northeast Harbor Fleet every season. What we feel raises our work to the Platinum Level for 2022 includes efforts to improve on those “normal” best practices, organization and execution of two successful cleanup efforts, the move to a comprehensive online member interface which includes full paperless event management, and our initiatives with Shrink Wrap Recycling.
We have successfully eliminated single-use water bottles from the Northeast Harbor Fleet. In 2017, the Fleet installed two water filling stations at our Gilpatrick Cove campus and one at our Clifton Dock facility. “No single-use plastic water bottles” continues to be our official policy and has been embraced by members, guests and Sailing School students. The campus filling station counters show over 6,000 plastic bottles have been avoided through use of these stations. The Clifton Dock station does not have a bottle counter but is well-used by Fleet members and boaters visiting Northeast Harbor. We also offer reusable Fleet-logoed water bottles for sale on Team One Newport.
2. Eliminate Plastic Straws:

Plastic straws were eliminated from the Fleet starting in 2017 and have been banned as part of our official policy since then. No photos available!
3. Serve Food with Plastic-Free Dinnerware:
The Fleet has not used plastic dinnerware for functions since 2017. We purchased commercial-grade ceramic plates, glasses, and metal flatware and installed a commercial dishwasher so that all of our events involving food are completely plastic-free. We rent additional dinnerware, glasses, etc., as needed for larger events. No more SOLO Cups for after-racing get togethers!

4. Use or Provide Reusable Bags:

Our staff use only reusable bags for grocery shopping and through our Green Policies we encourage members and guests to avoid single-use plastic bags. We also suggest using reusable containers for food and beverages when racing, cruising, or picnicking, and most people now bring their own reusable bags for their supplies. Tote bags with the Fleet logo have been given out as awards to reinforce the policy.
5. Award Practical Items or Use a Perpetual or Upcycled Trophy:
Over the past couple of years, the Fleet has transitioned from traditional “keeper” trophies for our summer race series to practical items such as wood cutting boards, reusable coffee mugs, water bottles and reusable tote bags. In 2022, we emphasized perpetual trophies for our major racing series and cut back significantly on take-home awards. We used our remaining inventory of drinking glasses for weekly race awards. We also eliminated the weekly paper Sailing School Awards in favor of pin-on ribbons.
6. Publicize Your Sustainability Efforts:

**RECYCLING**

The town of Mashantucket is gearing up for its annual recycling drive! The drop-off center on Sargent Drive is open, with two containers: one for cardboard, and one for everything else, so nothing.
- Plastic containers, metal cans, glass, newspapers, junk mail, fixed boxes, egg containers all go in egg container (but no plastic wrap or bags or small pieces like bottle caps, straws, etc.)
- Corrugated cardboard, big Amazon boxes, flattened shipping boxes, etc. (but no plastic-coated cardboard like milk cartons, coffee cups, etc) go in the cardboard container.

Take all of your recyclables to the recycling center located at the highway garage at 307 Sargent Drive and follow these directions on the signs.

For more information, check out this website: [http://www.mash.net/dep/Recycle/Recycle411/Recycle411.html](http://www.mash.net/dep/Recycle/Recycle411/Recycle411.html)

**Clynk**

Whenever you have beverages in bottles and cans in Mashantucket, you pay a deposit fee of 5 cents per bottle & cans, and 25 cents for wine or liquor bottles. Clynk is a system to return these empty bottles and cans and collect your deposit fees.

The town has set up a Clynk account to support the sailing school. Impact your empty bottles and cans in the collection bins at the Fleet house, or at Harbor Walk, and the Green Team will handle the rest. Every empty is a contribution to the sailing school. Every empty beverage bottles and cans go in the bin.

You can set up your own Clynk account for use at home at any of the official supermarkets. Clynk leads allow you to bring out your empty bottles and cans to the Green Team at the Fleet house. When the bag is filled, you deposit it at the Fleet house center at Narragansett and your account is credited. For full information, visit [http://www.clynk.com](http://www.clynk.com)
We have achieved GOLD LEVEL certification from Sailors For The Sea for five years in a row!

2017 | 2018 | 2019 | 2020 | 2021

Check out Sailors for the Sea Green Boating Guide HERE

Our Fleet Family is growing! View & Welcome new Members if you see them at the Fleet!

Commodore’s Welcome

Events this Week...

Today, Sunday, July 17th, Spectacular All-Fleet Rendezvous!
Join us one and all for all day activities.
9:30/10:00: After Midnight & Shaanwater depart from Float-Dock to Baker Island for those who need a ride.
11:00 - 12:30: Baker Island Shore Clean up and Picnic.
Pitch in to help clean up the shores of beautiful Baker Island, and enjoy a family picnic on the Dancing Rocks.
Launch service and trash bags provided; BYO lunch. The Green Team will be on hand to guide you.
13:30: Connie Madeira Pursuit Race from Baker Island back to Gilpatric Cove - all Keel Boats 20+ - an annual Fleet Tradition.
16:30-17:30: Après Race party at the Fleet - all are welcome!

Gordon Beck will be out early with After Midnight, and joining Panco & Green Team volunteers to greet members coming ashore on Baker. We will have plenty of bags, and gloves for those who want them. The Fleet’s Green Team will load full trash bags from Baker onto After Midnight, and then bring everything from Gilpatrick dock up to the rental dumpster. Returning racers are also welcome to help lug a bag or two!

All competitors are requested to log in to clubspot and register for Fleet races. This program will allow you to add your amazing crew’s name so they receive scores and their names will also be
Our Fleet website, emails and social media posts promoted our updated Green Team policies and activities at the beginning of the 2022 season. Throughout the summer, at a variety of events and in membership-wide emails, we reminded members, guests, and Sailing School students of our green programs. For activities such as the 2022 Baker Island cleanup and Gilpatrick Cove underwater cleanup (see details below) we posted photos and extended our social media reach through third party posts. A full section of the Fleet website is devoted to sustainability and serves both to promote our initiatives and green events and to provide resources for member engagement. Examples include an explanation of the Clynk redeemable program (especially useful for out-of-state members) and information on the recycling facilities on Mount Desert Island. We are also proud to highlight our five straight years of Gold Certification by Sailors for the Sea. A link to our full website is here:  https://nehfleet.org/
7. Involve Local Organizations:

Keepers of Baker Island
P.O. Box 26, Northeast Harbor, ME 04662

What's your Baker story?

Combined, the KOBI Board has about a century of Baker life. We cherish this unique place, and know all about what we call "Bake Magic"... but we also know we are not alone in our feeling!

With thousands of visitors every year, Baker Island holds a special place in the hearts of many. We witness the connections daily, as breathless visitors make their way up the path.

We would love to hear your stories, see your photographs, share your memories, email anything you'd like to share... we'll get your permission before posting anything.

From photos that may seem to hold no value might help us to document changes to the island: the gradual breaking up of the Dancing Rock; shifts in the flora and fauna; encroachment of the spruce; disintegration (and preservation) of structures.
We have involved the local community through outreach to area boatyards (focusing in 2022 on environmentally friendly bottom paint and linking the yards to the shrink wrap recycling program.) We coordinated with the Keepers of Baker Island for our summer clean-up and enlisted local divers and a cadre of local volunteers (The League of Underwater Superheroes) for our underwater cleanup of the Fleet’s cove. We use and publicize the town’s recycling policies and facilities, as well as the regional “Clynk” system (a result of the Maine Bottle Bill) for recycling redeemable bottles and cans. As of 9/6/22 we had returned 5,007 containers, with proceeds going to benefit the Sailing School.
8. Post Educational and Reusable Signage:
Our policies are posted on notice boards at all Fleet entry points, including the parking lot, entrance, and at Clifton Dock. We include QR codes to encourage people to visit our website for more sustainability information. Our Clean Regatta efforts in 2022 were posted online, communicated in-person, and presented on signs.
9. Serve Local Food or Source Seafood Sustainably:

Fleet food events are supplied by local caterers with an emphasis on locally grown produce, seafood, and homemade dishes. In 2022 our operations manager made extra efforts to locally source our offerings and to minimize the use of packaged food goods for our events.
The Fleet established its Green Team in 2017, and by 2022 we had 17 members. This is a robust, active group consisting of Fleet members, Flag Officers, Sailing School instructors and both the general manager and operations manager. In addition to developing our green policies and initiatives for the Fleet, the team pitches in on all major events to help them run sustainably. The Green Team also helps support Sailing School sustainability.
11. Ensure Proper Waste Bin Placement and Signage:

As we adopted and emphasized a "pack it in/pack it out" policy for 2022, we eliminated almost all public waste bins and, therefore, their accompanying signage. We do have “hidden” waste bins and a recycling bin for responsible use by staff, Sailing School instructors and after-race hosts in our kitchen area. Going all-in on our waste policy and removing waste bins has encouraged members and guests to take their refuse home for proper disposal and/or recycling. This encourages people to use and carry less, and to improve their sustainability practices at home.
12. Divert Food Waste from the Landfill:

In our small galley we use a compost pail and transfer to a large compost tumbler outside; these are used daily by the Sailing School and for all on-campus gatherings.
13. Use Paperless Event Management:

From our 2022 Green Team highlights posted on the Fleet website:

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Paperless Race Management:

In 2022, Fleet race management transitioned to paperless notification for all racing classes. All Notices of Race, Sailing Instructions, and other important information for each of the racing classes was posted on the ClubSpot-powered Fleet website, eliminating paper distribution. And all race results were similarly posted online, making them easily accessible by everyone— from anywhere! Fran Charles (with a couple of September surrogates) issued wonderful in-depth descriptions of races via email to the Class listservs shortly after each racing day, with the unique narratives all racers enjoy and links to the updated online standings.

As piloted for this season’s IOD North American Championships hosted by the Fleet, QR codes will be displayed in the Fleet House in lieu of paper result sheets next year—an easy-to-use way to instantly access results on your smartphone. If you aren’t familiar with QR codes, just point your phone’s camera at this:
In 2022, we communicated almost exclusively online. NORs, SIs and race results are all posted online through ClubSpot. Narrative descriptions of races are emailed through the respective class listservs.

The ClubSpot online platform allows us to encourage paperless payment, event and Sailing School registration, and a variety of Member functions. We are closer than ever to running the full season without any paper or mailings to membership.
14. Host a Beach or Marina Clean-up:
In 2022, we organized both a shore cleanup on one of our outer islands with members and their families and an underwater cleanup of our Gilpatrick Cove mooring field with members, local divers, and community volunteers.

In July, at Baker Island, over 20 reusable demolition and drag bags were filled with plastic, metal and wood trash, and un-reusable Styrofoam lobster buoys. Both unusable and reusable lobster traps were recovered and disposed of properly.

In October, at Gilpatrick Cove, a multitude of old bottles, a couple of cell phones, some sailing gear and even an intact wallet were recovered along with several ghost lobster traps and other assorted trash. The League of Underwater Superheroes, the local volunteer diving group, recovered 468 total items, most of them old bottles and pieces of metal.
15. Promote Alternative Transportation:

The Fleet provides bike racks, which are heavily used by Sailing School students and racers. In high season Sailing School days the racks overflow! We promote bike use, carpooling, and encourage electric scooters and e-bikes.
16. Increase Awareness of Wildlife and Habitat Protection:

In our area of Maine, frequent harbor seal and porpoise sightings are noted highlights for students in the Sailing School, providing excellent opportunities for our instructors to raise awareness about local sea life. The kelp beds and seaweed along our rocky shore also prompt discussion about ocean habitats.
Throughout our Green Team initiatives, we stress the importance of ocean life and the need to transition to less toxic bottom paints and cleaners.

The Fleet also increased efforts this year to provide and maintain healthy habitats on our grounds for birds, insects, and other creatures. Native plants and naturalized plants are chosen and maintained for windbreaks, bank retention and ornamental plantings. Flowering plants and fruit-bearing trees provide food for insects and animals. Edges are left un-mowed as meadows, supporting pollinators and migrating butterflies.

17. Offer Vegetarian or Vegan Alternatives:

All fleet-hosted events in 2022 offered locally sourced vegetarian dining options. Our frequent post-race get-togethers during the season, hosted by members of the various racing classes, also offer a variety of interesting vegetarian snack options – which the Green Team members (most of them racers themselves) always encourage!
18. Use Eco-Smart Race Management Techniques:

Cruising Class

IOD Fleet

INTERNATIONAL ONE DESIGN CLASS
IN 2022 RACERS WILL ENJOY A VERY FULL SCHEDULE. PLEASE SEE YOUR CLASS NOR BELOW FOR FURTHER DETAILS.
LOOKING FOR CREW? LOOKING FOR CREW? ACCESS THE CREW SHEET
WANT TO JOIN THE CLASS EMAIL LIST? RACE RESULTS ARE POSTED TO EACH CLASS EMAIL LIST. CONTACT
NEFLIGHTS@GMAIL.COM

All of these documents are available in a printed format at the Fleet House entrance or shortly from Shoreline: the RC Signal Ball, Mark Descriptions, Race Area Charts & Emergency Protocols are available below.

ONE DESIGN NOR
ONE DESIGN SY
CRUISING CLASS CORRECTED TIME RACES NOR
CRUISING CLASS CORRECTED TIME RACES SY
NEFL INT'L BYLAWS
IOD WORLD CLASS RULES
RACE MARK CHART
MARK DESCRIPTIONS
EMERGENCY PROTOCOLS
In 2022, all race management materials were provided (and promoted) online, minimizing and virtually eliminating paper use. The Race Committee made use of permanent government markers and our racing marks, which are moored in place for the full season. The RC avoided use of mark boats whenever possible. During the summer at least four days a week are racing days. Using fewer moving assets lessens fuel use, reduces operations emissions, and reduces impact on sea floor habitat. Use of traditional guns and cannons has been eliminated in favor of horns for racing starts and first place finishes.
19. Prevent Toxins from Entering the Water:

**NEHF Sustainability**

The NEHF Green Team, concerned about climate change, the state of the ocean, and litter on our beaches, was founded in 2017. We have updated our sustainability initiatives for the 2022 season. Please take a moment to review them [HERE](#).

**Our Goals:**

- Pack it in – pack it out. If you bring it to the Fleet, take it home with you. And when on the water, nothing goes over the side.
- Bring your food in reusable containers with responsible cutlery. No more plastic waste.
- Reusable water bottles only. Please use the water stations at the Fleet & Clifton Dock.
- Ride your bike or arrange to carpool when coming to the Fleet.
- Recycle or redeem your beverage bottles and cans. Proceeds from Clyck redeemables deposited at the Fleet will benefit the Sailing School.
- Use our compost bin for food waste.
- Use only non-toxic cleaners.
- Use only environmentally friendly bottom paints.
- And please: no plastic straws or styrofoam anywhere!

*We ask you as a member of the Fleet to embrace these initiatives for the benefit of all.*

**OUR GREEN INITIATIVE STRIVES TO INSPIRE ALL FLEET MEMBERS, YOUNG AND OLD, TO PROMOTE AND EMBRACE A CULTURE OF ENVIRONMENTAL AWARENESS. THE WATERS OF MOUNT DESERT ISLAND AND GILPATRICK COVE NEED OUR PROTECTION.**

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<tr>
<th>2022 GREEN TEAM</th>
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<tbody>
<tr>
<td>Gordon Beck - Co-Chair</td>
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<tr>
<td>Barbara Meyers - Co-Chair</td>
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<tr>
<td>Wells Bacon - Secretary</td>
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<td>Fran Charles</td>
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<td>Arriva Murnia</td>
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<td>Alison Schafer</td>
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Please contact any member of the Green Team with any questions you might have. Thank you!
All Fleet work and coach boats, and nearly all our One Design racing boats (numbering over 50 in total), used copper-free Hydrocoat-Eco bottom paint in 2022. The Green Team researched environmentally friendly bottom paints before embracing Hydrocoat Eco as a suitable paint for our area. We have promoted use of this and similar bottom paints for our powerboat constituency as well. In-water bottom cleaning was strongly discouraged this year, and non-toxic cleaners encouraged. Safe, spill-free fueling is practiced by our staff at Clifton Dock.

20. Encourage Green Boating Practices
Fleet policy stresses that nothing goes overboard and that keeping our water clean is of paramount importance. This is emphasized in our green policies and reiterated in classes. Sailing School instructors are taught to minimize engine speed when teaching to reduce emissions and fossil-fuel use. Of note is the inclusion in Sailing School of rowing classes for beginners – teaching kids early the joys – and the environmental and health benefits – of learning to row. The Fleet maintains low dinghy floats for members to safely stage row boats. This convenient infrastructure encourages human-powered dinghies as the norm.
Bonus Opportunities:

**Shrink Wrap Recycling Initiative:** This year, the Green Team was able to connect four of our local boatyards to a viable shrink wrap recycling program through Clean Ocean Access, a nonprofit in Middletown, RI. The program is low cost for boatyards and requires minimal extra time and effort. Clean Ocean Access streamlines the process by drop-shipping collection bags and arranging for pickup of full bags. Boatyards can cover the nominal cost of the bags with a small charge to boatowners. Our first-
year pilot effort resulted in 82 filled bags weighing in at 2,460 pounds of collected shrink wrap plastic film that by-passed landfill for a new life via Terracycle. The Northeast Harbor Fleet Green Team is already working to commit more area boatyards to participation for the 2023 season.

**Reusable Winter Covers:** The Fleet created shrink-wrapped wooden frames as winter covers for Sailing School coach boats. The frames are simple to make, lightweight, easy to shrink wrap and easy to install. Because the corners are open underneath, there is no need for plastic vents. These covers are reused over multiple winters, providing an efficient way to protect our work boats for outdoor storage and extend the life of a small amount of shrink wrap. And, of course, at the end of their usable life, the shrink wrap film will be recycled.