

Where to Go for Help...

Resources for taking the next steps



Citizen Advocacy Groups

- Association to Preserve Cape Cod, www.apcc.org
- Buzzards Bay National Estuary Program, www.buzzardsbay.org
- Orleans Pond Coalition, www.orleanspondcoalition.org
- Friends of Arey's Pond, www.save-areys-pond.cc
- Friends of Crystal Lake, www.focl.net
- Friends of Pleasant Bay, www.fopb.org
- Friends of Chatham Waterways, www.chathamwaterways.org

Sustainable Energy

- Cape Light Compact, www.capelightcompact.org
- Cape Cod Community College, www.capecod.edu/envirotech
- Cape and Islands Self Reliance, www.reliance.org
- Massachusetts Department of Energy Resources, www.mass.gov/doer/programs/renew
- Massachusetts Department of Environmental Protection, www.mass.gov/dep/energy.htm
- Massachusetts Technology Collaborative, www.mtpc.org
- Vineyard Energy Project, www.vineyard-unplugged.org

Regional Planning

- Cape Cod Commission, www.capecodcommission.org
- Cape Cod Water Protection Collaborative, www.barnstablecounty.org/bbwastewater.htm
- Pleasant Bay Resource Management Alliance, www.pleasantbay.org

Conservation, Education, and Research Groups

- Cape Cod Community College, www.capecod.edu/envirotech
- Cape Cod Museum of Natural History, www.ccmnh.org
- Center for Ocean Science Education Excellence, www.cosee-ne.net
- Coastal Resources Committee, www.capecodcommission.org/coastal
- Coastal Systems Group, www.smast.umassd.edu/Coastal/research/estuaries/estuaries.html
- Massachusetts Audubon Society, Wellfleet Bay Wildlife Sanctuary, www.massaudubon.org
- Massachusetts Estuaries Project, www.oceanscience.net/estuaries/index.htm
- The Nature Conservancy, www.nature.org

The Ocean Conservancy, www.oceanconservancy.org

Orleans Conservation Trust, www.compact.cape.com/trusts/orleansconservationtrust.htm

Provincetown Center for Coastal Studies, www.coastalstudies.org

Woods Hole Sea Grant Program, www.whoi.edu/seagrant

Woods Hole Research Center, www.whrc.org/capecod/index.htm

Local, State, and Federal Government Resources

Town of Orleans, www.town.orleans.ma.us; (508) 240-3700: Conservation x425; Health x 450;
Parks (Beaches, Recreation) (508) 240-3775

Barnstable County, www.barnstablecountyhealth.org/bsorleans.htm

Cape Keepers, www.capekeepers.org

Cape Cod National Seashore, 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

Gerry E. Studds Stellwagen Bank National Marine Sanctuary, <http://stellwagen.noaa.gov>

Massachusetts Office of Coastal Zone Management, Be a Coastal Caretaker,
www.mass.gov/czm/coastguide/online/caretaker.htm

Monomoy National Wildlife Refuge, <http://monomoy.fws.gov>

The Estuaries Project: Watershed/Embayment Nitrogen Management,
www.smast.umassd.edu/Coastal/research/estuaries/estuaries.html

Massachusetts Bays Program, www.mass.gov/envir/massbays/capecod.htm

Massachusetts Department of Environmental Protection, www.mass.gov/dep/water

U.S. Environmental Protection Agency, www.epa.gov/eftpages/water/html

Water Quality Testing

Town of Orleans, Planning Department and Health Department, www.town.orleans.ma.us

Provincetown Center for Coastal Studies, www.coastalstudies.org

Fisheries and Shellfish Groups

Cape Cod Commercial Hook Fishermen's Association, www.ccchfa.org

Martha's Vineyard Shellfish Group, Inc., www.mvshellfishgroup.org

Town of Eastham Aquaculture Technology and Training Center, (508) 240-3833

Town of Orleans, Shellfish and Harbormaster, (508) 240-3755

Wampanoag Tribe Shellfish Hatchery, (508) 645-9420

Division of Marine Fisheries, Commonwealth of Massachusetts, www.state.ma.us/dfwele/dmf/index.html

Agriculture/Horticulture Research

Agriculture/Horticulture Research Cape Cod Cooperative Extension: www.capecodcooperativeextension.org

Barnstable County Conservation District, www.capecodcd.org

Cape Cod Cooperative Extension, www.capecodcooperativeextension.org

University of Massachusetts Cooperative Extension, www.umassextension.org

Chapter Reference Material

Chapter 1 – A Water Primer

EPA Wetlands, Oceans and Watersheds, www.epa.gov/owow/

Massachusetts Department of Environmental Protection, www.mass.gov/dep/water

United States Geological Survey groundwater information, http://ma.water.usgs.gov/water/water_g.htm

<http://nationalatlas.gov/mld/alvaqfp.html>

Chapter 2 – A Quick Start for the Water Wise

Groundwater Guardians, www.capecodcommission.org/gwguardians/home.htm

100 Water-Saving Tips, www.wateruseitwisely.com/100ways/ne.shtml

Water Awareness Test, www.getwise.org

Lists of native plants and invasive species available at Conservation Department, Orleans Town Hall

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

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

For more information on alternative systems:

Alternative Septic System Test Center, www.buzzardsbay.org/etimain.htm

Department of Environmental Protection, www.state.ma.us/dep/brp/www/t5itprog.htm

National Small Flows Clearinghouse, www.nesc.wvu.edu/nsfc/nsfc_index.htm

Chapter 5 – Hazardous Waste? Not in my House!

Town of Orleans, www.town.orleans.ma.us

Cape Cod hazardous waste collections, www.barnstablecounty.org

Household hazardous product collections, www.capecodextension.org/home.php

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

Chapter 6 – Rethink/Reuse/Recycle

Town of Orleans, recycle at the Transfer Station.

Donate computers, www.cristina.org

Recycle electronics and more, <http://earth911.org>

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

Used motor oil recycling, 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

For more tips on reducing your junk mail, www.globalstewards.org or stopthejunkmail.com

Cape Cod Cooperative Extension: 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 Orleans Conservation Commission, Town Hall.
DEP Nonpoint Source Program, www.mass.gov/dep/brp/wm/wmpubs.htm
DEP Southeast Regional Office, (508) 946-2714

Massachusetts Coastal Zone Management, www.mass.gov/czm

Sea Grant Program, Woods Hole Oceanographic Institution, www.whoi.edu/seagrant

Cape Cod Cooperative Extension, 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

Bayscaping, www.peconicbaykeeper.org/getinv/bayscp.htm

Compost designs and suggestions, www.epa.gov/compost, www.compostumbler.com

Composting and rain barrels, www.cityfarmer.org, www.rainbarrelguide.com

Benefits of insect-eating birds, Massachusetts Audubon Society, www.massaudubon.org

Cape Cod Cooperative Extension, www.capecodcooperativeextension.org

Edible Cape Cod, www.ediblecapecod.com/pages/articles/summer See *Tim Friary - Organic gardening*

Red worms for composting available on the Internet.

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

US Environmental Protection Agency, www.epa.gov/pesticides/controlling/garden.htm

www.chem-tox.com/pesticides

www.grassrootsinfo.org

www.ecochem.com/pesticides.html

To landscape with moss, www.mossacres.com

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

Cape Cod Cooperative Extension, www.capecodcooperativeextension.org

Massachusetts Department of Environmental Protection, www.mass.gov/dep/

Chapter 10 – Getting Out on the Water

Coast Guard Auxiliary, http://nws.cgaux.org/visitors/ve_visitor/index.html

Eco-friendly boating, 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

Many resources on good boating practices, www.americanboating.org/goodstuff.asp

Chapter 11 – Not Just for Kids

Cape Cod Museum of Natural History, www.ccmnh.org

Cape Cod Pathways, www.capecodcommission.org/pathways/home.htm

The Ocean Conservancy, www.oceanconservancy.org.

Wellfleet Bay Wildlife Sanctuary, www.massaudubon.org

Woods Hole Science Aquarium, www.nefsc.noaa.gov/nefsc/aquarium

Chapter 12 – Taking Action

Coast Sweep, www.coastsweep.umb.edu

Friends of Pleasant Bay, www.fopb.org

Orleans Pond Coalition, www.orleanspondcoalition.org

What to do if you encounter a stranded, injured or dead marine mammal?

Call Cape Cod Stranding Network: (508) 743-9548.
www.capecodstranding.net

To report a dolphin, whale or seal in distress, call (508) 754-9548.