

To learn more about Amara & Melissa's impressive work and accomplishments through their work with SMART, visit the Pocket Nature Journal website:

Our initiative to co-lead the Stormwater Management and Research Team (SMART) stems from the rights of those who are robbed of access to clean drinking water and is our way of rewriting the narrative of our future.

Nature Quote:

Amara Ifeji & Melissa Tian

Bangor High School Seniors

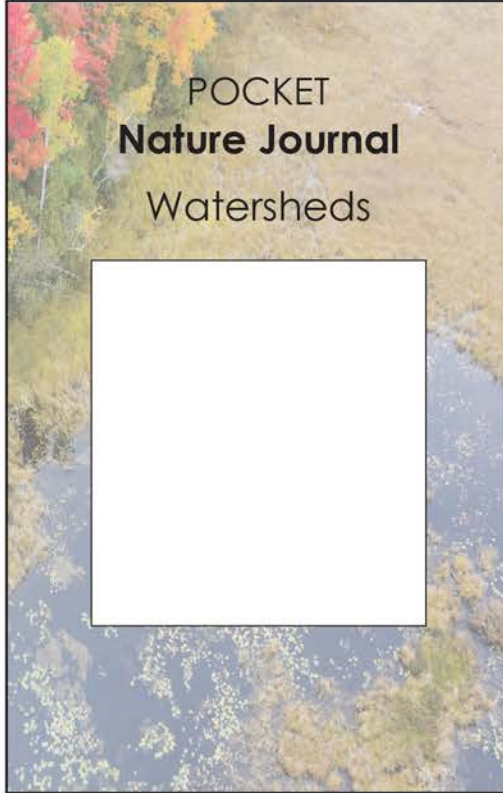
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POCKET Nature Journal Watersheds



WESTERN FOOTHILLS LAND TRUST



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Land Trusts are member driven non-profits working for you in our communities. Please consider supporting these organizations.

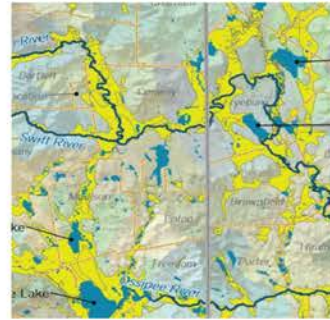


May 3-9th is National Drinking Water Week. Our friends at Portland Water District are holding a photo contest with prizes! Visit their website: www.pwd.org FMI.
Water Coloring Pages: Print out & color one of these amazing water-themed coloring pages from Sebage Clean Waters, featuring local artists Hillary Irons & Sarah Lederer

Photo Contest:

Activity

What is a Watershed?
A watershed is all of the land that drains runoff (from precipitation) into a body of water, such as a creek, river, lake, bay or ocean.
Everyone lives, works, plays and uses water from a watershed!



This week is National Drinking Water Week. Our drinking water depends on the quality and health of our forests and waterways.

A Crumpled Watershed Model

For the step-by-step instructions visit our Pocket Nature Journal Website.

Materials:

-A sheet of paper (grab one from the recycling bin)

-Water-soluble makers in blue, green, brown and red

-A spray bottle filled with water



Activity

Find Your Watershed
Head over to:
<https://mainelakes.org/lake-health/watershed-map/>
(Link provided online as well)
Find where you live on the interactive map and answer the following questions:

- 1. What watershed do you live in?
- 2. What is the closest body of water to your home?

Try zooming in and out to see how a watershed can change depending on scale.

The watershed you live in is affected by what people upstream are doing. In Western Maine, the health of our forests protects our water which also protects water for folks downstream in Portland.
Portland Water District supplies water to over 200,000 customers. Sebago Lake and the Sebago Lake watershed provide such excellent quality of water that filtering it is unnecessary.

Upstream / Downstream:

