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From: Munjoy Hill Neighborhood Organization <info@munjoyhill.org>

To: "Munjoy Hill Neighborhood Organization <info@munjoyhill.org>

Sent: Wednesday, October 4, 2023 at 10:53:21 AM EDT

Subject: October Events on Munjoy Hill: First Friday, Sustainability, and More

Munjoy Hill Neighborhood Organization

92 Congress Street
Portland, Maine 04101
info@munjoyhill.org
October 4, 2023



Proudly serving Portland's Munjoy Hill neighborhood since 1979.

**DROP BY THE HILL HOUSE THIS FRIDAY OR SATURDAY FOR AN
INFORMAL GET-TOGETHER: CONVERSATION, SNACKS, AND A
CHANCE TO ADMIRE (and buy) LOCAL CREATIONS**




Munjoy Hill Neighborhood Organization




FIRST FRI MAKERS SHOW AND SALE



92 CONGRESS ST
FRIDAY 6TH OCT 5-8 PM
SATURDAY 7TH OCT
12-3:00 PM



POTTERY
SALVAGED LOBSTER-BUOY
DESIGNS
MUNJOY HILL HONEY



CIDER & COOKIES



MANY ATTENDED MHNO'S

SEPT. 28TH CANDIDATES' NIGHT

More than 100 Munjoy Hill residents attended MHNO's Mayoral Candidates' Night on September 28th to hear from the five candidates on the ballot who are running to be the next mayor: Pious Ali, Justin Costa, Mark Dion, Dylan Pugh and Andrew Zarro.

In a quick warm-up question, all of the candidates listed the Eastern Prom as one of their favorite places to show visitors to Portland.

Moderator Greg Kesich, long-time Munjoy Hill resident and retired editorial page editor of the Portland Press Herald, posed several more serious questions to the candidates, including how they would increase availability of affordable housing, how they would cope with growing ranks of unhoused individuals, whether there should be additional regulation of short term rentals, and what economic development strategy they would envision to build on Portland's unique attributes. Following the structured question and answer period, many residents stayed around to chat with the candidates and with each other in an effort to craft solutions to the serious questions currently facing Portland.

Election Day is Tuesday, November 7th. In-person absentee voting has already started in City Hall. Any registered voter may vote in the State of Maine Room, second floor of City Hall, 8:30 am - 4:30 pm, Monday through Friday (except the October 9th holiday) until November 2nd.





HISTORIC PRESERVATION IMPACT STUDY PRESENTED TO COUNCIL ON OCTOBER 2ND

The Historic Preservation Impact Study report, first requested by the City Council in the spring of 2021, has been completed by Jon Stover & Associates, economic development consultants. It was provided to the City Council as a communication on October 2nd.

The study looked at trends from 1990 forward in historic districts, on the peninsula as a whole, and City-wide.

Key findings from the report are:

- Historic housing stock in and out of historic districts is valued by Portland residents and has a price premium, but historic district designation does not significantly increase comparable home prices or rents.
- There is no indication that historic district designation leads to displacement.
- The retention and renovation of existing housing has led housing densities in historic districts to increase at similar rates elsewhere in the City.
- The increased rate of renovation over demolition and new construction lowers the use of building materials and results in significant carbon emission reduction and landfill diversion.
- Median gross rent rates in Portland's historic districts have grown at a nearly identical rate as the City overall since 1990.
- Historic districts have become more racially diverse since 1990, at a similar rate to the City.
- Residential vacancy rates in historic districts on the peninsula have remained similar to the citywide average.
- Historic districts on average have a much higher housing density per square mile than both the City overall and elsewhere on the peninsula.

The report may be found here: [Trends in Portland Historic District Final](#) And the City Council Meeting where it was presented by Christine Grimando as a communication is available here by clicking on Meeting Media at minute 13:50: [Special City Council Meeting • City of Portland Meetings & Agenda Portal • CivicClerk](#)

Monthly Highlights:

MHNO SUSTAINABLE LIVING

By Maggy Wolf, MHNO Board of Directors, m.wolf@munjoyhill.org

Now that the kids are settled back into their Reading, 'Riting and 'Rithmetic, I thought I would tackle the 3 Rs of Sustainability: Reduce, Re-use (including re-purpose), and Recycle. The following are just some of the ways to help – please write to me at m.wolf@munjoyhill.org with your favorite ideas!

1. **Reduce** – in the most general sense, reduce applies to our overall footprint. For a more sustainable life, we want to reduce our consumption, and therefore our waste. We aim to reduce our carbon footprint, and our use of the planet's natural resources. Newcomers to our city sometimes complain about the cost of our purple city trash bags until they learn that the reason we “pay as we go” is to encourage us to reduce our trash footprint. Portland has also made great strides in reducing plastic bags at supermarkets, but that is just the beginning.

Here are just a few other ideas to “Reduce”:

- a. Shop locally rather than online to reduce packaging and shipping overhead. (<https://portlandbuylocal.org/>)
- b. Take public transportation whenever possible! Some of our community is missing the #1 bus route that covered Congress to Atlantic on the Eastern Prom/Fore St. By all means write to our city representatives (see below) about this, and in the meantime, encourage everybody to use the bus. Metro needs more ridership to increase the service. It is so much easier to take the bus downtown than to find a parking space!
- c. Compost food waste – if a backyard compost pile is inconvenient in the city due to unwanted raiders, one can either subscribe to Garbage to Garden curbside pickup, or use the free composting bins around town. The North Street Community garden had one of the first ones and has been a great benefit for Munjoy Hill residents.
- d. Buy in bulk to reduce packaging.
- e. Purchase a reusable water bottle instead of individual plastic bottles.
- f. Use reusable utensils for take-out meals – remember to check “No utensils” when ordering delivery meals.
- g. Take your coffee mug to the coffee shop instead of using disposable cups.
- h. Choose to “go paperless” whenever possible for bills.
- i. Laundry: while the jury is still out on so-called eco-friendly laundry detergent sheets (which contain micro-plastic PVA which some claim to be biodegradable, but more work needs to be done!), there are other things that can reduce the laundry environmental load: Wash on Cool or Cold cycle, use fragrance-free detergent, use wool balls instead of dryer sheets, or dry on a clothesline, get your detergent bottles refilled at GoGo Refill. <https://www.gogorefill.com/>
- j. Try to buy fewer things that will last longer rather than one-season trendy items.

In summary, the best way to improve our “Reduce” effort is to get in the habit of asking ourselves “Do I really need this (thing or convenience)”?

2. Re-Use/Re-Purpose: Not only do we find ways to re-use our own things but there are many ways to creatively “swap” or donate instead of throwing things away! One person’s trash could be another person’s treasure!

- a. Reuse plastic or glass jars as storage containers.
- b. Repair items like clothes, shoes, tires, electronics or appliances instead of throwing and replacing them – Join Munjoy Hill’s repair enthusiasts, Ripe for Repair, for their upcoming repair workshops on October 21 and November 18.
https://www.instagram.com/ripe_for_repair/ for more information.
- c. Join a local “Buy Nothing” group (<http://www.buynothingproject.org/about>) and/or consult the NextDoor “free items” or other social media marketplaces.
- d. Donate unwanted items to charity organizations like Maine Needs, Goodwill or Habitat for Humanity and help those in need.
- e. Use flattened cardboard boxes as a weed barrier if you are creating new garden beds or paths. I lay them down and spread local woodchips on top to create paths between my beds.

3. Re-cycle – turning over the waste that can be industrially re-used : From the City’s website:

Portland residents can be proud of their waste reduction and recycling efforts. In 1998, City crews picked up and delivered 23,000 tons of waste to ecomaine (then RWS) for disposal but less than 1,000 tons of recyclables. Now, we pick up and deliver only 9,500 tons of trash and more than 5,000 tons of recyclables. That's a reduction in waste of over 60%! Despite being the largest city in Maine, we have one of the highest recycling rates. Right now, about 37% of the material we collect is recycling.(
<https://www.portlandmaine.gov/1335/Portlands-Waste-Reduction-Efforts>)

- a. Read the instructions on what is acceptable in the curbside recycle bins.
<https://portlandmaine.gov/553/Recycling>
- b. The city no longer allows soft plastics in the curbside service, but these can be dropped off at local supermarkets – the city has a great page about other re-cycling resources: <https://portlandmaine.gov/1286/Recycling-Resources>
- c. Electronics can be taken to the Riverside transfer station; some of the retail stores such as Best Buy or Staples will also accept them.

The bottom line is that in addition to helping the planet, anything we can keep out of landfills or incinerators will save the city money that can be used for more important programs and/or minimize our taxes.

Contacts to advocate for Improved Bus service:

City Council as a group : council@portlandmaine.gov

City Council members:

Sustainability and Transportation Committee:

Andrew Zarro, chair : azarro@portlandmaine.gov (District 4)

Roberto Rodriguez: rrodriguez@portlandmaine.gov (At Large)

Victoria Pelletier: vpelletier@portlandmaine.gov (District 2)

Our District 1 Councilor: Anna Trevorrow : atrevorrow@portlandmaine.gov

Mayor: Kate Snyder: ksnyder@portlandmaine.gov

Other At-large councilors:

April Fournier: afournier@portlandmaine.gov

Pious Ali: pali@portlandmaine.gov

Others:

Mark Dion: mdion@portlandmaine.gov (District 5)

Regina Phillips: rphillips@portlandmaine.gov (District 3)

Coffee & Climate: How to Talk About Sustainability

An invitation from Portland's Sustainability Office:

Join us Friday, October 13th from 9am - 10am for this month's Coffee & Climate: How to Talk About Sustainability! John Hagan from Our Climate Common is joining us to teach us strategies for effective communication when it comes to talking with neighbors, friends, and colleagues about climate change and sustainability. Learn tips to better navigate meaningful conversations and engage more people in climate action.

Grab a cup of coffee and join us online to learn effective climate communication skills and more.

Sign up for this Zoom get-together through this [Zoom registration link](#). After registering, you will receive a confirmation email containing information about joining the meeting.



**FALL CURBSIDE LEAF COLLECTION
MONDAY OCTOBER 30 - FRIDAY NOVEMBER 24, 2023**

It is almost leaf-raking time again. Portland Public Works shares the following about the City's curbside leaf collection:

- Please place **paper biodegradable leaf bags** (required) curbside and leave them out even in inclement weather.
- Leaf collection is done daily by a group of crews in Public Works. We cannot accurately predict when the leaf collection crews will be on your street because it depends on the volume of leaves they collect each day, as they work their way through the City.
- Public Works crews will be collecting leaf bags for four weeks.
- Crews will NOT collect bags of mulched leaves (too heavy, safety risk), sticks, branches, rocks sod, and/or bags of dirt. Please take these things to the transfer station, Riverside Recycling, 910 Riverside Street, Portland, ME 04103 for disposal, fees may apply.

MHNO ANNOUNCEMENTS:

Handcrafters -- Needlecraft Sundays have resumed.



**Knitters!
Crocheters!
All hand needlecrafters!**



**The MHNO welcomes you to our
Needlework Sunday afternoons!**



**Sundays from 3-5
92 Congress St**



For more information, contact:
info@munjoyhill.org

FAMILY HALLOWEEN TRICK-OR-TREATERS: MHNO'S popular **HILLOWEEN NEIGHBORHOOD PARTY** will be returning again this year on October 31st, from 5-8. As you trick-or-treat in the neighborhood, plan to drop by the Hill House for extra fun. More information to follow.

PRESIDENT'S NOTE:

Greetings Munjoy Hill Friends and Neighbors!

I am gratified that so many people turned out for the MHNO Candidates' Night last Thursday. The evening was truly small town democracy in action.

Over 100 Munjoy Hill neighbors filled the room, taking seriously our collective responsibility to make an informed choice about Portland's mayor for next four years. Overseen by moderator Greg Kesich, we had 90 minutes of relevant questions and earnest discussion by those 5 candidates who went through the signature gathering process to qualify to have their names appear on the ballot.

As always, there were a few challenges to keep things interesting. An energetic Zumba class was using the space until 6:30, leaving little time for our amateur audio guru, past MHNO President Wayne Valzania, to set up a somewhat complicated multi-microphone sound system for our 7:00 event. Thankfully, he just made it. (Thanks, Wayne!) As a side benefit, while waiting our turn to set up, a couple of toe-tapping MHNO board members were so taken by the allure of the drop-in Zumba class that they plan to return in the future as full participants.

Candidate Dylan Pugh emailed from the tarmac in DC at 4:00 Thursday afternoon that he hoped his delayed plane was going to be released for takeoff in time for him to make it to our stage by 7:00. Thankfully, Dylan was able to make the journey from DC to Munjoy Hill with time to spare.

A pesky set of stage lights cut out from time to time, leaving the candidates in semi-darkness. They gamely soldiered on. Hopefully, the lights going out should not be taken as a visual metaphor suggestive of our collective inability to find our way out of very complex issues.

After the formal Q and A, many folks stayed on for informal discussion with the candidates. Others lingered to catch up with neighbors and to discuss their own ideas for addressing Portland's issues. Many attendees, including a couple of the candidates, jumped in to help put away the 100 folding chairs. The candidates' name placards were passed on for reuse by a different group hosting a similar event. MHNO volunteers gathered up materials and returned the "town meeting" space back into the school cafeteria.

As the evening closed, I was grateful that we had the opportunity to see old acquaintances, meet new neighbors, gather important information about the candidates, and think seriously about local, and world, issues. For me it was also a vivid reminder of the superiority of interacting face-to-face rather than remotely. In a zoom webinar, we would have missed the chance to have casual interactions with each other, to stumble

upon other opportunities such as a Zumba class, and to see the candidates as more than talking heads.

Like the proverbial frog in a pot of water, unless we break out of it, we fail to realize how our interactions have become so constricted since 2020. Isolating, remote meetings have become the "new normal" for so many of us. We miss out on the serendipitous peripheral exchanges and off-screen experiences. It feels really good to reconnect with the full, three-dimensional, sometimes messy, way of living in the world like we did last Thursday evening.

In furtherance of increasing those important face-to-face connections, please consider dropping by the Hill House, 92 Congress St., Friday evening or Saturday afternoon for a First Friday (and Saturday) informal gathering. You are invited to admire creations by local makers and just sit and hang out for a while. Or join neighborhood handcrafters on Sunday afternoon at 3. Be open to a little serendipity.

Hope to see you around the neighborhood,

Barbara

*Barbara Vestal
President, MHNO
b.vestal@munjoyhill.org*

The next monthly business meeting of the 13-members of the Board of Directors of the MHNO will be held on Monday, November 6th at 5:00 p.m. Monthly meetings are held in person at the Hill House, 92 Congress Street. If you are a member of the MHNO and are interested in sitting in on the Board of Director's meeting, please join us in person.

The MHNO is a membership organization, with our work supported by annual memberships (\$20 for an individual, \$35 for a household). For more information or to join or renew, or to make a much appreciated donate, please visit www.munjoyhill.org.

Munjoy Hill Neighborhood Organization | 92 Congress Street, Portland, ME 04101

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