

Quincy Solar Challenge

A few months ago, Quincy joined 15 other Massachusetts' towns in accepting the **Community Solar Challenge**. For Quincy to meet the Challenge, created by the Massachusetts Technology Collaborative (MTC), 150 residents or businesses must choose to **support renewable energy** through a Clean Energy Choice program.

One easy way to do this is to make a tax-deductible one-time contribution of \$100 or a monthly contribution of \$5/month to the New England Wind Fund, a Clean Energy Choice program that supports the **creation of more wind power** in New England (www.MassEnergy.org). For every dollar Quincy residents and businesses put toward the New England Wind Fund, 100% will be matched by the MTC and be invested right back into clean energy programs here in Quincy.

If we reach our goal **by June 30**, then the city will meet the Solar Challenge and **earn a free 2-kw solar installation for a public school**. Many of the other communities participating have already met the Challenge. **Mayor Koch proudly signed up last month**. Now it's your turn! Please do your part to help Quincy become a clean energy leader.

Quincy Farmers' Market will open on Friday, June 20th.

Local & organic produce, bread, cosmetics & other goods
Fridays through September, 11:30 am – 5:00 pm
Hancock Parking Lot (across from the courthouse)

Healing Tree's Earth Day Programs

In recognition of Earth Day, Healing Tree Yoga & Wellness Center ran two programs and donated the proceeds from both to the QEN. First they sold **Norway Spruce tree saplings** for \$5 each with all proceeds going to the QEN. There are still a few saplings left if you'd like to participate. Also, all proceeds from Healing Tree's evening yoga classes that were held on Earth Day went to the QEN.

We'd like to **thank Healing Tree** for coming up with these ideas and for supporting the QEN. We look forward to working with them on some programs in the upcoming fall and winter months.

Healing Tree is located at **605 Hancock St.** in Quincy across from Donovan Bros. Automotive. To learn more about their upcoming programs and full yoga schedule, visit www.healingtreeyoga.com.



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Please welcome our newest QEN member,
Casey Grace Perdios, born Friday, March 14th to
Executive Committee members Courtney and Steve Perdios!

QEN T-SHIRTS HAVE ARRIVED!

Organic cotton, made in USA, sweatshop free
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WORD SEARCH

B	A	Y	P	G	N	I	T	S	E	V	N	I	R	V
W	L	E	A	V	F	L	W	C	Z	L	Y	U	E	P
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ADVERTISING	INVESTING	NATURAL
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WINDPOWER	TSHIRTS	FARMERS



NETWORK NEWS

Official Newsletter of the Quincy Environmental Network

P.O. Box 690814, Quincy, MA 02169 • 617-877-5975 • admin@QENet.org • www.QENet.org

QEN Dollars & Sense

This past January many of you responded to our donation request letter. If you made a donation, **thank you**. Also, on May 18th, we held our **annual Breakfast Fundraiser**. We were happy to be able to **lower the price** from \$25 last year to \$20 this year. Eatin' Healthy gave us a great price and we passed that savings along to our supporters. It was a fun event. Thanks to all those that attended

Also, you might notice something different in our newsletter this issue. For the first time we have added **advertising**. Over the past few months, the Executive Committee of the QEN struggled with the question of whether or not to allow advertising in our newsletter. In the end, the consensus was that businesses that have shown a commitment to nature would be welcome. We have offered this opportunity to a select group of businesses whose business models are compatible with the mission statement of the QEN. Over the next few issues we'll be highlighting the work of each of these businesses. Please consider **patronizing these businesses** and letting them know that you appreciate their support of the QEN. The money generated from these advertisements will help offset the cost to print and mail out our quarterly newsletter.

This recent added emphasis on fundraising is not accidental. The QEN turned seven years old this past Earth Day, April 22nd. Our organization is constantly growing and to continue this growth we need a **reliable funding source**. To this end, we are hoping to host **three fundraisers** per year. The first will be a donation letter request to our members that we hope will go out every October. The second will be our Breakfast Fundraiser which we intend to have every spring. And lastly, a small group of volunteers is currently working on developing a summertime outdoor fundraiser; something that would encourage an interaction with nature. The three different types of fundraising methods allows us to offer our membership the option to donate in a style that they are comfortable with. Please do not feel that you have to donate three times per year, but one donation per year is appreciated, if it is within your financial means.

I've been asked several times about how and what we spend our QEN funds on. The normal operation of the QEN takes only about \$2,000 per year. Our costs go to rent halls for our public meetings like our two Candidates' Nights held in September and October. Refreshments, advertising, and other expenses for events like these are also covered by donations made by our supporters. Additionally, marketing materials like our bumper stickers, business cards, and fridge magnets are part of our annual costs. We currently have about \$2,500 in our bank account.

In the future we would like to **rent office space** to house the many QEN files and office equipment that have been donated over the years. Also, we would like to be able to afford a **part time staffer** to assist with all of the great work our membership is doing. All of these efforts will require money. We're trying to put together a strong, reliable fundraising plan so we can mature into a more capable environmental advocacy group; all with the hope of continuing our mission to **restore and enhance Quincy's great natural spaces**. Thank you all for your continued support of our work!

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EXECUTIVE COMMITTEE

Steve Perdios (spokesman),
Maureen Mazrimas, Mike Cotter,
Maura O'Gara, Cyndy Roche-Cotter,
Courtney Perdios and Rich Joyce

To learn more about the topics in
this newsletter, visit:

www.QENet.org

Join our List-Serve!

A great way to keep up with
local environmental news and events.

Easy to sign up...

just send a blank e-mail to:

QEN-subscribe@topica.com

Mission Statement:

The Quincy Environmental Network strives to coordinate and encourage the efforts of those who are concerned about, or have a responsibility to the environment, in order to advocate for its protection & restoration. The QEN is a public volunteer organization that encourages open participation by all.

Good Health Natural Foods

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A Few Words...with Ralph Maturro

In March, the QEN held a meeting with Ralph Maturro, owner of Good Health. This natural foods market in Quincy Center has been a great neighbor to the area for more than 30 years. We were so impressed with the efforts of this store that we decided to include an interview with Ralph in this edition of Network News.

How long has Good Health been in business?

This year marks the 30th anniversary of the first Good Health store - a 900 sq.ft. shop across from Coleman's Sporting Goods in Quincy Center. They moved into their current 10,000 sq.ft. store in Quincy six years later and opened their second location in Hanover in 1983.

Why did you choose to open Good Health?

Ralph was convinced that there was a link between the food his family ate and the high occurrence of cancer among his relatives. The additives and preservatives in the fried Italian food that was common in his family caused him to take a new look at his own diet. He became a vegetarian in one day after visiting the Cattleman's Association Steakhouse in Kansas City and hearing on the tour about common practice of injecting dye into the beef to create the red color you see in most supermarket meats. Ralph's mother in law suggested that he and his wife open up a natural foods store because that's all they ate. Ralph says that it must've been something he was meant to do because it was easy. Although they were turned down for a loan, they pooled their resources and were able to open their first store.

What's the mission statement of Good Health?

As Ralph says, if you don't have your health you can't accomplish anything. He's determined that while his business continues to grow, they won't lose sight of their vision. Since day one, Good Health has never sold anything but organic produce. They're as strict now with the quality of their products as they were 30 years ago, and they won't bend their rules to make a dollar. They make sure their employees are trained and knowledgeable about their products, and are made to feel like family so they'll enjoy their work and will carry on the tradition that Good Health is based on.

What is Good Health doing to help the environment?

Biodegradable shopping bags will be available soon. Recycled paper bags are encouraged over recycled plastic bags, and they even give away their cardboard boxes to customers who would rather go bagless. Good Health buys all its produce and herbs from local organic farmers - buying the farmers' whole lot so they don't incur a loss due to product going bad or not selling, to encourage them to keep doing what they're doing.

What's 1 thing you want our members to know about Good Health?

If you haven't shopped Good Health, Ralph encourages you to go in and see for yourself - ask questions of the staff and get knowledgeable answers. He wants you to know that Good Health is your one stop shop for the best quality organic products at reasonable prices.

Good Health is located at 1627 Hancock St in Quincy, 219 Columbia Rd in Hanover, and on the web at www.goodhealthnaturalfood.com

Socially Responsible Investing

Socially responsible investing (SRI) is an investment strategy that integrates **social or environmental criteria into financial analysis**. SRI is based on the principle of investing in well-managed companies that act responsibly towards shareholders, communities, employees, consumers, and the environment. Although the term has a contemporary ring to it, socially responsible investing is hardly new. SRI was first formally practiced by religious investors who, nearly 100 years ago, avoided companies involved in tobacco, alcohol, and gambling. During the 1980s, there was a resurgence of interest in SRI as investors shunned companies operating in apartheid South Africa. Now many investors are concerned about a broader range of issues, including **environmental protection, workers' rights, product safety, and business ethics**. In fact, SRI represents nearly one out of every 10 dollars under professional management, up 258% from 1995.

Of course, most investment managers look for companies with strong balance sheets, sound management, and viable products. But socially responsible investments add another layer of analysis on top of traditional financial analysis that seeks to **identify companies that meet specific social and environmental criteria**. Many social investors believe that this social research process can identify companies with lower risk and better quality management, thus helping to contribute to better long-term financial performance.

In addition, many socially responsible investors also actively use their position as owners to push companies to improve. For example, **Calvert, the nation's largest family of SRI funds**, often works with companies to encourage them to address issues of social and environmental concern. In 2005, Calvert successfully resolved 21 shareholder resolutions. Shareholder resolutions are formal requests that can come to a vote in front of all shareholders asking companies to take specific actions, such as working to diversify their boards, enhancing their corporate governance practices, and improving their environmental policies. Everyday shareholders can have an impact by simply **voting in support of such social resolutions**, much like you might cast a political vote.

Lastly, many social investors direct some of their assets to promote community investment projects in the US and around the world. In addition to earning competitive returns, these assets contribute to ending poverty by increasing affordable housing, community development, access to capital, and more.

Millions of Americans are looking to **integrate their financial goals with their concerns about the environment, safe products, fair labor practices, and other quality-of-life issues**. SRI offers investors the opportunity to build sound portfolios for their financial futures, while helping to build a better future for the world.

— Christopher Noltz

Christopher Noltz is a Senior Investment Consultant with Sentinel Advisors in Reading, MA. He specializes in retirement and investment planning for his clients. He can be reached at 781-914-1212 or by email at christopher.noltz@sbgj.com

Get Involved Events Calendar

Sun. 5/18, 9:30 – 11:30 am:

QEN Annual Breakfast Fundraiser at Eatin' Healthy
Tickets are \$20 for adults and \$10 for kids under 10

Mon. 5/19, 10:30 – 11:30 am (part of an 8 wk series):

Mom & Me Yoga
Healing Tree Yoga, www.healingtreeyoga.com

Mon. 5/19, 6:45 – 8 pm (also 5/26, 6/2, & 6/9):

Kripalu Yoga with certified instructor Christine Way-Cotter
\$12 drop in. Wollaston Congregational, 48 Winthrop Ave.

Sat. 5/24, 10 am – 4 pm:

Great Dome Hike with Friends of Blue Hills
8 mile hike. Meet at Shea Ice Rink. Steve 781-326-6585.

Wed. 5/28, 7:00 pm (also 6/25):

QEN Climate Action Sub-Committee Meeting
Be part of the next steps for climate action change in Quincy.
City Hall, 2nd floor. Call 617-471-4663 for more info.

Sat. 5/31, 2 pm (raindate: 6/7, 9 am)

Environmental Treasures: Beachcombing Gull Point
Meet at pkg lot on Bicknell St. off Palmer Rd. 617-472-0799.

Sat. 6/7, 9 am – 1 pm:

Friends of Blue Hills Trail Maintenance Event
Meet Houghton's Pond main pkg lot. Register 781-828-1805.

Tues. 6/10, 7 pm & Sat. 6/14, 2 pm:

Boston Harbor Islands Slide Presentation and Walking Tour
Slide show 6/10 Thomas Crane Library main branch; tour 6/14 to Thompson Island - meet in Squaw Rock pkg lot in Squantum.

Thurs. 6/12, 7–8 pm (also 6/26, 7/10, 7/24, 8/14, 8/28):

QEN introduces its Working Professionals Walking Club
Various routes & meeting locations (see page 2). Free.

Thurs. 6/26 5:30 – 9 pm:

Family Fun Night & Neponset 5K Run
Meet Martini Shell on Truman Pkwy, Hyde Park. 617-962-4756

Visit www.QENet.org
for a full listing of
upcoming environmental events!

Working Professionals Walking Club

In June, the Wellness subcommittee of the QEN will be kicking off a Working Professionals Walking Club on **select Thursday evenings throughout the summer**. We'll meet at **7:00 pm** to accommodate working adults and start with 10 minutes of stretching/ yoga followed by an approximately 45 minute brisk-paced walk. The **routes will differ** each time (meeting locations listed below for each date) but will follow the same format. The first walk, scheduled for June 12th, will begin at the Moswetuset Hummock across from Beechwood on the Bay on East Squantum St. and will follow a route through Marina Bay and Squantum Point Park to the Neponset River and back. **Walks will be rescheduled to the following Thursday if it's raining heavily**. Call Courtney at 508-944-3990 if you're unsure about weather conditions.

Walk Meeting Locations

- June 12:** Meet at the Moswetuset Hummock (across from Beechwood on the Bay on East Squantum Street)
June 26: Meet at the Willows (on Sea St. near the start of the seawall if you're coming from Quincy Ctr.)
July 10: Meet in first parking lot on the right on Nut Island
July 24: Meet at Caddy Park across from Wollaston Beach
Aug. 14: Meet at Caddy Park across from Wollaston Beach
Aug. 28: Meet in parking lot at Faxon Park

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