

Greening Your Home

It was a full house at the QEN Climate Action program "Greening Your Home" held on November 1st at the Thomas Crane library.

Program highlights included:

- QEN's Maura O'Gara explained the **negative impacts plastic bags have on our environment** and discussed using durable cloth totes such as those sold in all Quincy supermarkets, and created by students at Merrymount's "In Stitches".
- In a film overview, David Gershon explained his "Low Carbon Diet - 30 Day Program to Lose 5000 Pounds" (of carbon), which helps individuals, families, neighborhoods & groups **decrease their carbon footprint & combat global warming**.
- Larry Chretien of Mass Energy explained how residents can support the **development of green energy** from their home.
- Cyndy Roche-Cotter distributed a very comprehensive resource list of **green websites** related to appliances, cleaning, food, cosmetics, gardening and landscaping, recycling, consumerism, and socially responsible investing.
- Our main program presenter was GreenSource Supply & Design, a new **local depot for green home building and energy products**. President Bob Botelho noted the frustration he and other environmentally conscious builders and consumers encountered searching for green home products. After scouring the country he selected the "best of the best" paints, carpets, windows, cabinets, CFL bulbs, and water saving faucets and made them available at GreenSource (530 West Street, Braintree, 781-843-6530, www.greensourcesupply.net).
- Also presenting on green insulating and recycling of renovation materials was Brian Bulter of Boston Green Building. BGB is a company that specializes in **sustainable contracting, design, and historic preservation**.

Thanks to all our presenters, especially GreenSource for supplying CFL bulbs for our raffle and GreenSource t-shirts for everyone in attendance. Also thanks to Megan Allen and her staff at the library for their generous assistance in publicizing this event, and Councilors Leo Kelly and Kevin Coughlin of the City Council Environmental Committee for their support.

The next program in this "Living Green in Quincy" series will be "Green Cars and Transportation" planned for **March 20th** at the main branch of the Thomas Crane library. Watch for details and for upcoming meetings of the Climate Action sub-committee!

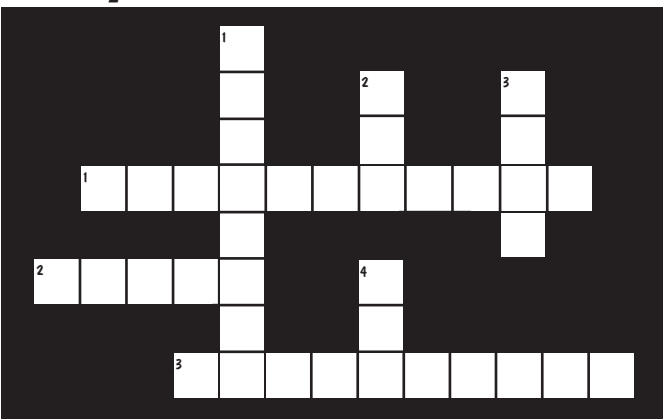
~ Mike Cotter & Cyndy Roche-Cotter



(top) A roomful of attendees;
(middle) Boston Green Building (BGB) was one of our guest speakers;
(bottom L & R) A sampling of eco-countertops & eco-friendly cleaning products from GreenSource



Crazy Environmental Crossword



ACROSS

1. Main presenter at the Greening Your Home event
2. Recipe on page 3 tells you how to make your own salt _____
3. Sign up for this to participate in the Quincy Solar Challenge

DOWN

1. Month the Spa Party was held
2. Number of QEN Candidates' Nights held in 2007
3. Last name of the new Mayor of Quincy
4. Acronym of the only city-wide environmental group in Quincy



NETWORK NEWS

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EXECUTIVE COMMITTEE

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Maureen Mazrimas, Mike Cotter,
Maura O'Gara, Cyndy Roche-Cotter,
Courtney Perdios and Ross Edwards



To learn more about the topics in this newsletter, visit:
www.QENet.org

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QEN-subscribe@topica.com

More Than Just Open Space With CPA

One thing that many of our QEN members have in common is our love for open space. But none of us are one dimensional. We have many other interests as well. Our last edition of Network News focused on the **three great open space acquisitions** that the city secured using CPA funds. But that's not all the CPA has accomplished in year one. There were **ten other very significant projects that received CPA funding** that you may find interesting as well. Here is a quick overview of these projects that will add to the fabric of our city.

Affordable housing: \$220,000 was given to Neighborhood Housing of the South Shore. This money will be used to assist with the purchase of affordable housing units in North Quincy on Hancock Street. The rental units are designed with low-income workers in the State Street complex in mind.

Park improvements: Ward One did well in the first year of CPA. In addition to securing 271 Sea Street as open space, three other projects were funded. Quincy's only community garden will be built in Germantown with a \$10,000 grant. Also, the Houghs Neck Garden Club received \$10,000 to create ecologically native gardens in Houghs Neck. Germantown residents will also benefit from \$72,000 that was granted to the City of Quincy Housing Authority. This money will be used to build a boardwalk out to an unnamed beach that faces the Fore River, giving residents there access to more of Quincy's natural beauty.

Historic preservation: \$100,000 went to the Souther Tide Mill for emergency restoration work which we are hopeful will commence soon. \$80,000 was granted to the Church of the Presidents for the restoration of the bell tower. This church that houses the crypt of Quincy's two Presidents is the historic centerpiece of the entire city. The Adams Library has also received \$35,000 to repoint the front of this beautiful building. \$30,000 will go towards restoration of the Quincy Homestead near Central Middle School. The National Society of the Colonial Dames of America, who take care of the Homestead will be installing a colonial era balustrade on the west face of the building. The Fore River Clubhouse in Quincy Point will receive \$10,000 to assist with restoration work going on there. Finally, \$40,000 will create educational displays in West Quincy to showcase Quincy's historic granite sites.

Exciting things are happening all over the city because of this great piece of legislation. The year two CPA funding application period will open with a public meeting on February 5 and close in mid-March. The meeting will take place in the City Council Chambers in City Hall at 7:00 pm. All are welcomed to attend and learn more the CPA and the great projects it has funded. We anticipate a continuation of great projects to come out of year two as well.

~ Steve Perdios

★ **Please take a moment to read the enclosed letter asking for your support** ★

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 and restoration.
The QEN is a public volunteer organization that encourages open participation by all.



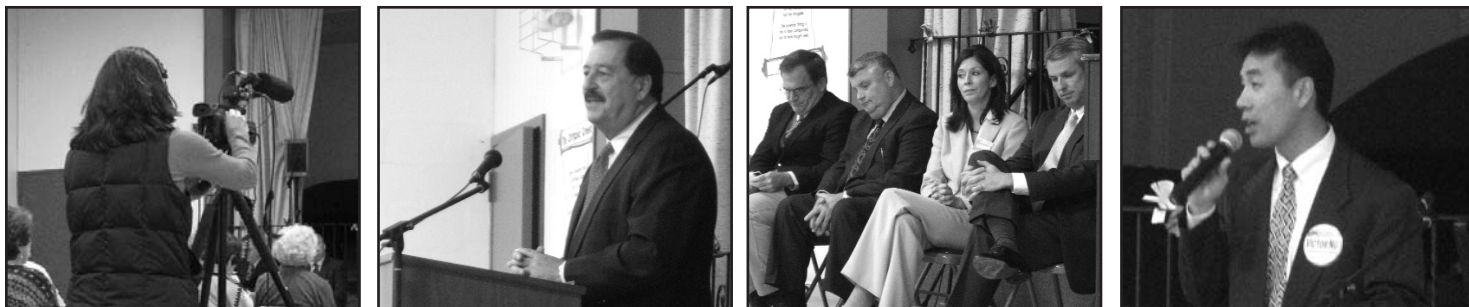
QEN's 2007 Candidates' Nights on the Environment

For the third time in six years, the QEN hosted the candidates for Mayor, Ward Councilor and Councilor at Large. In 2001, QEN broke new ground in having a **Candidates' Night focused strictly on environmental issues**. Building on the first year's success, the event was repeated in 2003. In 2005 and 2006, with the threat of dwindling open space, the QEN directed its energies to passing the Community Preservation Act (CPA). In essence, QEN was itself campaigning – and our candidate, the CPA, was a winner! It passed in every precinct across the City. The passage of the CPA has so far resulted in the approval of 13 projects, including the acquisition of 18 acres of open space, preservation of several historic sites such as the Souther Tide Mill, assist with creating some units of affordable housing, as well as community gardens in Houghs Neck and Germantown.

With the CPA safely passed, the QEN decided it was time to bring back the Candidates' Nights. There were two – the first, on October 9 at the Quincy Sons of Italy, featured the two candidates for Mayor, as well as the Ward Councilors. Only one seat, Ward 6, was contested – Councilor Brian McNamee was challenged by Jimmy Liang. Even though neither Councilor Kevin Coughlin (Ward 3), nor Councilor Doug Gutro (Ward 5) had an opponent in this Council race, each noted the **importance of educating the electorate on the environmental issues affecting the residents of Quincy** and their positions relative to those issues. It was a fabulous evening, with a crowd measured simply as **"standing room only."** Candidates were given an opportunity to make a short introductory statement, followed by a series of questions generated both by audience members and on-line. **Topics ranged from wind-turbine power, to bicycle paths, to open space preservation, to the farmers' market.**

The second event, on October 25 at Beechwood on the Bay, while less well attended was nonetheless a huge success. Unfortunately we were competing with the second game of the World Series! However, thanks to the great work of Maura O'Gara who taped both programs for QATV, both events were able to be viewed by a much larger audience. The second evening opened with an overview of **environmental issues that are being worked on at the state level** by Representative Ron Mariano. A huge thank you goes out to Rep. Mariano who spoke on behalf of the entire state delegation. The QEN is grateful to the state delegation, Rep. Mariano, Sen. Michael Morrissey, Rep. Bruce Ayers and Rep. Stephen Tobin, for their commitment to the residents of Quincy and for their responsiveness to the QEN when issues are brought to their attention. We are grateful that they work collaboratively to make Quincy the great community it is. Rep. Mariano was followed by the Candidates for Councilor at Large. The candidates were incumbents Joe Finn, John Keenan and Michael McFarland; the challengers Jennifer McCauley Logue and Victor Ng. The candidates were well informed, engaging and genuinely interested in the topics. Each expressed his or her appreciation for having the opportunity to speak on these specific issues, and noted the importance of what is going on in Quincy's environmental community.

We are grateful to the candidates that participated, and the Sons of Italy and Sharon Beals from Beechwood on the Bay for being such gracious hosts. Thanks to Mark Jaening and the Park Dept. for furnishing the chairs and the sound system for the second event. Thanks to QEN members Steve and Courtney Perdios, Rich Joyce, Maureen Mazrimas, Ann Yeomans, Gail Macdonald, Mary Kelly, Ross Edwards, Mike and Cindy Cotter, Joe and Christine Cotter, and Kathy Thrun. A special thank you to Vivian Borek for timing both events, the Cotters for providing the refreshments, Maura O'Gara for filming the events, and Joe Mazrimas for working the sound systems. And, the biggest thank you to those who attended the Candidates' Nights – particularly when there are so many competing interests. We very much appreciate your support and your interest in the QEN. **Clearly, the "greening" of Quincy is gaining momentum.**



Spa Party/Safe Cosmetics Night

Despite the day's snow, frigid temperatures and the Monday night Patriots game, 35 people attended the QEN Wellness Committee's Spa Party/Safe Cosmetics Night on December 3. Although Erin Bowles from the MA Breast Cancer Coalition was unable to join us at the last minute, **Christine Way-Cotter from Skinsations Day Spa** was able to provide info about the Coalition and some disturbing facts **linking ingredients commonly found in popular cosmetics to breast cancer and reproductive harm.**

A professionally trained aesthician, massage therapist and yoga instructor, Christine explained how she became interested in promoting health/wellness, focusing on using all-natural/organic ingredients to make quality cosmetics without the toxic chemicals often found in mainstream skincare products. Issues discussed included the **lack of government regulation** over what goes into U.S. cosmetic products, the staggering power of the multi-billion dollar cosmetic industry, and the **underrecognized harmful effects** that a lifetime of repeated exposure to toxins in skincare products can cause.

The major goal of the evening was to **raise awareness** of the issues, encourage people to learn more about the ingredients in the products we use, and to **make healthier choices** when buying cosmetics. As an alternative to buying mainstream products, Christine demonstrated how simple it can be to **make your own products at**

Make Your Own Salt Scrub

2 T Epsom salt • 2 T table salt • 2 T sweet almond oil
2 T organic extra virgin olive oil • Essential lavender oil to suit

- Mix all ingredients together and let sit for a few minutes.
- Rub onto rough, dry skin and let sit for however long feels good.
- Follow with a warm, soothing bath for peace of mind, body & soul.

home. She grows her own herbs which she uses to make salves, lotions, oils, muscle creams, and lipbalm. Christine demonstrated for the group how she makes an **easy salve** using calendula flowers infused with jojoba oil, beeswax, coconut oil, and essential oils. She also explained why she chooses certain ingredients for their effectiveness and medicinal properties. Ingredients were passed around so everyone could see and smell the natural raw materials. Everyone who attended the event was able to take home a sample of the salve to enjoy or give as a holiday gift.

QEN member Joe Cotter taped the event and it has been aired a number of times on QATV. We would like to extend a **special thank you to the Thomas Crane Library** for co-sponsoring the event and allowing us to use the Adams Shore branch community room.

The Quincy Solar Challenge

You can help Quincy win **free solar panels** simply by signing up for New England GreenStart. New England GreenStart is part of a program called GreenUp that is offered by your local utility, National Grid. GreenUp allows you to choose **cleaner, healthier electricity** right on your regular utility bill and is available to all National Grid residential and small commercial customers. New England GreenStart is a **blend of 100% renewable energy resources all located here in New England.** You can choose to match either 100% or 50% of your electricity use with renewable energy sources.

If you and 149 other Quincy residents choose to GreenUp by April 2008, the Massachusetts Technology Collaborative, the public agency that created this challenge program, will reward the city with \$25,000 to be used toward a 2kW solar/photovoltaic installation on a school or municipal building. **Quincy will be greener** while saving money year after year.

To show your support for renewable energy and the solar challenge, sign up at www.MassEnergy.org before **April 30, 2008** or call 800-287-3950. The QEN will also benefit. Tell them you heard about the program through the QEN and we'll get \$10 per year for every new subscriber. It's a win for cleaner air and your favorite environmental advocacy group!

Photo captions for page 2. *Top row, L to R:* Mayor Tom Koch, Ward 2 Councillor Dan Raymondi, QEN members Steve Perdios, Mary Kelly & Gail Macdonald, Ward 6 challenger Jimmy Liang; *bottom row, L to R:* QEN member Maura O'Gara, State Rep Ron Mariano, Councilor-at-Large candidates Joe Finn, Mike Macfarland, Jennifer Logue & John Keenan, and Councilor-at-Large candidate Victor Ng.

Get Involved Calendar

Sat. 1/12, 9:30 am (raindate: 1/13, 2 pm):
Environmental Treasures: A Celebration of 271 Sea Street with Yoga Warm-Up by QEN Wellness Committee
Meet in Our Lady of Good Counsel Church hall, 227 Sea St.

Mon. 1/14, 6:45 – 8 pm (also 1/21, 1/28, 2/18 & 2/25):
Kripalu Yoga with certified instructor Christine Way-Cotter
\$12 drop in. Wollaston Congregational, 48 Winthrop Ave.

Wed. 1/16, 7:00 pm:
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. 1/26, 10 am:
Eastern Section FBH X-Country Ski/Hike (depending on snow)
6 miles. Meet Sea Ice Rink. Call 781-326-6585 for more info.

Sat. 2/2, 2 pm (raindate: 2/3, 2 pm):
Environmental Treasures: Celebration of the Joyce Parcel
Meet at intersection of Wren Terr. & Forest Ave. 617-472-0799

Sat. 2/23, 9 – 11 am:
Beat the Winter Blues Yoga and Meditation
Free. Wollaston Congregational, 48 Winthrop Ave (off Beale St)