

Working to preserve open space in Newton for 46 years!

The Newton Conservators



Fall Issue

www.newtonconservators.org

September/October/November 2007

MAYOR SECURES CRYSTAL LAKE BEACH EXPANSION

The public beach at Crystal Lake got a boost last year with the acquisition of the adjacent Hannon property, to expand the heavily-used site. Now an additional adjacent property, the house at 230 Lake Avenue, has been put under agreement for acquisition by the City. When the purchase is made, the city's Crystal Lake site will have tripled in size from its original 3/4 acres (where the existing bathhouse is located) to a full 2 1/4 acres, with a much longer shorefront. The expanded site will increase public access and provide a variety of boating, swimming, and other recreational opportunities.

Speaking at his press conference on September 4, Mayor Cohen announced, "Last weekend we closed another successful summer season at Crystal Lake. If you were among the 906 adults or 663 children who purchased memberships, . . . you would have noticed how the acquisition of 20 Rogers Street has made a world of difference in the Crystal Lake experience. We now have use of our entire beachfront and a natural grassy area that will soon be open for picnics and other passive recreation activities.

"I am very pleased to announce that last week the City took an exciting step closer to enhancing the Crystal Lake experience even more for many generations to come. We were recently informed by the owner of 230 Lake Avenue that she intended to sell her home and property. The City acted quickly by getting the lot and home appraised, and after some brief negotiations, last week our offer in the amount of \$1.95 million was accepted by the owner.... "The acquisition of this property is especially important because it would provide a natural link to the City owned property . . . at Levingston Cove. If our application is approved, we will use the Crystal Lake Task Force [to ensure] . . . input on how best to use the property and the home itself. While we haven't decided exactly how best to use this property, one thing is clear: the acquisition of this property will provide our residents with a significant strip of additional beachfront land that will enhance our quality of life, and the quality of the Crystal Lake experience, for years to come."

Peter Kastner and Eric Reenstierna



FALL LECTURE: EDIBLE WILD PLANTS

The 2007 Newton Conservators Fall Lecture Edible Wild Plants of New England A Lecture Slideshow with Naturalist Educator John Root

Thursday, September 20, 2007, 7 pm Druker Auditorium, Newton Free Library, 330 Homer Street, Newton Centre, MA



In Maine, a vast field in front of the Jordan Pond House in Acadia National Park is filled with wild berries, but a mother hurries along her child who wanted to pick them. "They don't look safe to eat", she tells her daughter. How sad not to recognize the treats that are wild blueberries, tasty and full of antioxidants. A middle aged woman was leaning off the bridge at the Dolan Pond Conservation area, snipping some large leaves from a plant growing around one of the trees. When queried, she said she needed some grape leaves for a special Greek dish and she knew these were very fresh. Japanese knotweed is one of the most difficult to remove invasive plants in our conservation areas and gardens. However, did you know that its tender springtime stalks make a good substitute for rhubarb!

Learn to eat your way through the woods with the help of naturalist educator John Root. The Newton Conservators' Fall Lecture, "Edible Wild Plants of New England," is a comprehensive introduction to the identification and uses of our native plants for food and beverages. This slide show lecture will be supplemented by a display of fresh specimens for participants to examine and sample. Seasons of availability, habitats, historical uses, methods of preparation, nutritional value, healing properties, and guidelines for ecologically responsible and safe foraging will be presented as well.

John Root (<u>www.johnroot.net</u>, <u>jroot@comcast.net</u>) is a naturalist and educator with a BA in Biology from Oberlin College and has done graduate studies in Botany at University of Maryland and the University of North Carolina (Chapel Hill) and in education at Cambridge College (Springfield, MA) and Columbia Union College (Takoma Park, MD). A resident of Amherst, MA, he is the founder and field walk leader of the Pioneer Valley Mycological Society.

With his diverse background, he has also taught junior high school science, has operated a day care program featuring nature exploration, and has been a camp counselor in several summer camps promoting awareness and appreciation of nature. In addition to his edible plants program, he offers school and library programs on wildflowers, healing plants, and mushrooms of the Northeast. He also is an instructor of piano and woodwinds at the Community Music School of Springfield, Northampton Community Music School, Deerfield Academy, and Northampton Center for Children and Families and offers musical programs for children and seniors performs as part of the Swingtime Quartet.

This free event takes place on Thursday, September 20, 7 pm, at the Druker Auditorium at the Newton Free Library, 330 Homer Street in Newton Centre. A pamphlet with descriptions of plants and their uses, recipes, and a bibliography for further study will be distributed to participants at the conclusion of the program. For more information, contact Ted Kuklinski, 617-969-6222, dolanpond@aol.com, or visit www.newtonconservators.org/lectures.htm. Check out John Root's website and programs at www.johnroot.net and contact him at jroot@comcast.net.

The Conservators extend sincere appreciation to former library public relations director Beth Purcell for her assistance with the lecture series over the past five years and welcome new director Ellen Meyers.

- Ted Kuklinski

PADDLING ON A RIVER

The Spring Canoe trip on the majestic Charles River began at Charles River Canoe, near the Marriott Hotel, on June 10. It was a beautiful day and there were almost a dozen active naturalists and canoeists for the downstream five mile round trip to the Moody Street Dam in Waltham.



There were picturesque scenes of flora and fauna that flashed by the canoeists as they wended their way down the river. This is the same pathway that previous generations of settlers and indigenous people used. The name "Quinobequin" means "the river that wanders," and the Charles does wander from side to side like the impression a snake leaves on a sandy terrain.

Sometimes you become spellbound by the beauty of the vegetation on the edges of the Charles River as well as the deeper woods themselves. Many times we do not fully appreciate the three-dimensional, in-depth views that you see when viewing flora from the water. It is a peaceful setting that pushes one back to earlier times.



The major wildlife this trip were a few sets of swans with their little ones, a mallard or two, and the conspicuous Canada geese with their goslings following them in the water as they moved across the river. There were also hidden animals that appeared to be real. The giant tortoise and bear are a few of the inanimate objects that someone prepared years ago for the viewing pleasure of watery visitors.

This trip, we stopped across from the "Watch Factory" for a brief respite with fresh strawberries, grapes and oatmeal cookies distributed to all. The Watch Factory was at the beginning of the American Industrial Revolution and is still somewhat majestic in its structure. The falls in Waltham were also at the start of the Industrial Revolution in America, and a man named Lowell was the person who helped organize operations. Lowell died a young man, but a group of his business associates followed his successful operation and built new facilities on the Merrimack River. In Lowell's honor they called the new works "Lowell" and that is how the town got its name.



The pictures show the Watch Factory in 1881, the factory today, and the June 2007 paddlers for their participation in a trip back in time. Altogether it was a nice day with both natural and historical information filling our agenda.

- Conservators' President William Hagar

TREASURER'S REPORT MAY 30, 2007

(Editor's Note: The Treasurer's Report was delivered at the Conservators' Annual Meeting in May.)

It was another good financial year for the Conservators. We began the year with unrestricted net assets of \$145 thousand, and increased them by almost \$26 thousand to an ending balance of \$171 thousand.

Net income from operations was \$11,796. That was made up of \$23 thousand of dues, gifts, and map sales, offset by expenses of \$11 thousand. Grants were made to Newton's Environmental Science Program (\$2,000) and to Bigelow School's Environmental Education Program (\$500). Other expenses included newsletter production costs, Ordway Park maintenance, and insurance, at normal levels.

Investment income totaled almost \$14 thousand. That included income of \$2,200 on our index fund investment and \$8,100 of unrealized gain in the value of that investment, which has a balance of about \$77 thousand.

In total, the sum of operating income and investment income was \$25,770, which increased our unrestricted net assets to \$171 thousand.

In addition to the unrestricted assets, we also hold donorrestricted funds in which there was a lot of activity. We took in \$18,310 of funds for support of Houghton Gardens, and we continued to receive contributions for the Ordway Park Endowment and Improvement funds. We transferred out \$42 thousand of funds that had been contributed to benefit Angino Farm to the new farm group, Newton Community Farm, Inc. We also paid off the \$7,500 pledge that the Conservators had made to the farm group in the previous year.

The Conservators' balance sheet continues to show properties of Ordway Park, 60 Prospect Street, Sargent Street, and 76 Webster Park. The \$1.1M Webster Park property, which is adjacent to Dolan Pond, continues on our books until the final lot is transferred to Habitat for Humanity; this is in process with the City.

In total, unrestricted and restricted assets ended the year at \$237,512, about \$2500 higher than the previous year.

- Conservators' Treasurer Katherine Howard

GARDENING TO INCREASE BIODIVERSITY

Quite often gardening is considered a chore, and the yard as a place for hard labor, where nothing seems to flourish except pests. One way to enjoy the garden more is to increase its biodiversity.

For the sake of neatness, many gardening practices discourage or destroy the very organisms that bring life to the garden. Herbicides and pesticides kill beneficial insects and their habitats. Birds find little shelter in isolated trees or shrubs planted in the middle of a vast expanse of manicured, chemically-treated lawn. Thick layers of the wrong kind of mulch do nothing for the beneficial microorganisms in the soil.

An effective way to increase biodiversity in the garden is to encourage wildlife to visit. In order for that to happen, several basic elements such as food, water, and shelter must be in place. Food need not necessarily be in the form of birdseed in a feeder, but can be the fruit, nectar and seeds provided by native plants. Another advantage of using native plants is that they have evolved to survive in the region and so do not require as much maintenance as non-natives. For a source of water you need not go as far as building a pond, although such a feature attracts many forms of wildlife. A small birdbath will do. Birds also need places in the garden where they feel safe and can find long-term shelter to raise their young. Mature trees, evergreens, shrubs, bird-boxes, bat-boxes, logs, rocks, and brush piles will all provide shelter for many kinds of wildlife throughout the four seasons.

Sustainable gardening practices, such as limiting the use of pesticides, collecting rainwater, using the correct kind of mulch, composting, removing invasive plants, and reducing areas of lawn, will also enrich your garden's biodiversity. The local environment will be healthier, not just for wildlife but for the community as a whole. A robust ecosystem will develop from the soil on up, leading to stronger, pest-free plants.

By gardening to enhance biodiversity in our own backyards, we can ensure that wildlife in our conservation areas will be protected as well. Newton is fortunate to have 350 acres of open space, which includes parks and conservation land used for recreation and for observing nature. Although still rich in biodiversity these lands are rapidly becoming altered from their natural state. In a suburban area, the open space is fragmented and encroached upon by development on all sides. Native species are becoming isolated and overtaken by invasive species, and so natural habitats for plants, birds, butterflies and animals are declining. Gardens that attract wildlife will augment native habitats in our open spaces.

Once the biodiversity in your garden is increased, you will be able to relax in your low-maintenance garden while viewing all the fascinating wildlife visitors. Perhaps the ruby-throated hummingbird will visit to feed from a cardinal flower. Or, maybe, the monarch butterfly will feed from the milkweed flower and lay its eggs on the plant. Frogs, toads and dragonflies are sure to visit a garden with a water feature. All kinds of bees will pollinate flowers. Birds, bats and beneficial insects will keep pests at bay. Your not-so-tidy garden will appear to be more attractive to children, instilling in them wonder and a respect for nature. By increasing the biodiversity in your yard you will be doing your part in the conservation of our natural environment.

The National Wildlife Federation has a Backyard Wildlife Habitat certificate program to encourage homeowners to attract wildlife and increase biodiversity in the garden. From the website at: <u>http://www.nwf.org/backyard/</u> there is a guide on how to certify your backyard, be it a balcony with planters or a several-acre plot.

• Sue Avery

CORRECTION

The Article "A Spring Walk to a Vernal Pool" in the Summer issue of this newsletter was written by Sue Avery.

FALL CLEANUP

Fall begins on September 23rd. Before you know it, it is going to be time to put the garden to rest for the long winter. It's a great time to get some exercise out in the sweet, cool air. That means putting your leaf blower away and getting out your bamboo rake. Raking leaves the old fashioned way is a treat. Do you remember how you used to make a big pile of leaves and jump into it? Enjoy the crisp rattle of leaves and the bird songs while you're out there. If you have an electric leaf blower it's useful to blow all the leaves off the driveway, but don't use it all

If you like to rake leaves but you hate bagging them and dragging them to the street, there is a solution. You don't need to "waste" your leaves. It isn't necessary to cart any of these leaves to the curb for the garbage truck. In the forest, nature doesn't strip all of its leaves off each year and send them away. The leaves break down and eventually become part of the soil.

Last year, we bought an electric leaf shredder from a garden supply company and it was a revelation. We set it next to our leaf pile, put a tip-bag under it and turned it on. It is loud but it works fast, so it's only on for a few minutes at a time. The leaves go into the hopper at the top, are shredded, and come out the bottom into the tip-bag. It works best when the leaves are dry, and it's important to wear eye and ear protection while you use this machine.

After they are shredded, 11 bags worth of whole leaves fit into the space of one bag. But there is something even better you can do. Take the tip-bag full of shredded leaves and spread them throughout your garden as mulch. You can spread leaf mulch on your flowerbeds, under your shrubs, and under your trees. This will protect shrub and tree roots from winter burn and preserve moisture in the soil. It also helps to suppress weeds. Leaf mulch is beneficial to the animals. Robins are always poking through the leaves looking for a tasty morsel. The leaf litter will be the home to many little creatures.

I saw the leaf shredder in a garden supply catalog. I'm always looking for a new "toy". It cost about \$200 but I know I've spent a small fortune on leaf bags over the years, so it should pay for itself in time. You will need to replace the cutting lines – nylon cords used by the leaf mulcher – on a regular basis. When the leaf mulcher hits a twig the cutting lines can break. If you remove the twigs and sticks from your leaf piles before putting them into the mulcher, your cutting lines will last longer.

If you have leaves on the lawn, mow them, don't rake them. Use a mulching mower and mow them every week. If you don't have a mulching mower, just run your regular mower over them more than once from different directions. The leaf particles will fall into the lawn and they won't harm your lawn. Again, try to do this when the leaves are not wet. Empty the gas out of your mower before you put it away for the winter. If there is just a little gas left you can let the mower idle until it runs out of gas. We did that before we bought a battery operated mower. Be sure to clean out your window wells and rain gutters. I would hire someone to do the rain gutters – no need to do a "head first" into your garden. Don't let leaves pile up next to your house. You don't want to encourage mice and voles to find a way into your kitchen, attic or basement.

The flower beds should not be stripped bare. Leave the perennials with their seed heads and the ornamental grasses. If you have black-eyed Susan in one part of your garden and you want them to spread, take a seed head and sprinkle the seeds in another section. Ornamental grasses have a sculptural effect in the winter. The goldfinches and other birds will feast on your perennial seeds.

Clean out your bird houses and fill your bird feeders. Thistle seeds will bring house finches and goldfinches to your garden, while black oiled sunflower seeds will bring the "gang of four" for regular visits: chickadees, titmice, nuthatches and downy woodpeckers. Skip the mixed seeds. They will attract too many house sparrows. In the winter I tip over my concrete bird bath so it doesn't freeze and crack. I replace it with a plastic heated bird bath on a metal frame.

If you are really ambitious this would be a good time to clean your garage. Take everything out and sweep the garage clean. Wash the windows. Sort through everything and only put back what you really need. The rest can be recycled or given away. Get a board with pegs for the garage wall and use it to hang up all of your gardening tools. This will keep them off the ground and out of the way for the winter. Take your pruning shears to be sharpened.

Turn off the water pipes that go to your outside spigots. Roll up your garden hoses and tie them with twine. Pile them up in your newly cleaned garage.

Bring in any pots that will freeze and crack during the winter. Put some pumpkins and hardy mums on your front steps. And maybe you should start looking for that paper skeleton that you always hang on the door for Halloween. I think it's in the top drawer of the server in the dining room, under the tablecloths.

- Beth Schroeder (Bsw1@comcast.net)

ECHO BRIDGE

Go if you will, in your season's choice Seek out this old bridge of the past Stand in its beauty, lend it your voice Forever, its echo will last.

Go if you will, when harsh winds blow And winter has tightened its vise When hemlock and oak are bent with the snow And streams wear a necklace of ice.

Or wait 'til spring, with its brush in hand, Steals quietly in, unseen And robes with a splash the naked land In a flimsy coat of green.

Go if you will, when the sun's agleam At the peak of a summer day Is sprinkling diamonds down on a stream That leaps on its turbulent way.

Or go when the mud nests, twigged and mossed, That once shared the song of the Thrush Molder away in late autumn frost In the snarl of the underbrush.

Stand by the arch, at the tip of its base With fingertips touching the stone. Lean in a bit when the wind starts to race; You'll soon find you're not there alone.

For out of the breach that coddles the flow And cradles the wind in its seams Come the voices of yore, in whispers low Beseeching kind answers to dreams.

Acknowledge their presence, lend them an ear Then request, they remember your name. Others who hear it, in some distant year, Will repeat it, and then do the same.

And on it will go, through life's endless spree So don't wait 'til your step is too slow.Find it my friend, and I'm sure you will see You'll be glad that I told you 'To Go'.

- Francis J. Ryan

New Board Members

The Newton Conservators' Board of Directors is pleased to announce the addition of three new members: Pete Gilmore, Greer Hardwicke, and Sue Avery. They bring a diversity of skills and interests. We are fortunate to have them.

MAURICE "PETE" GILMORE

Pete Gilmore is a Professor of Mathematics at Northeastern University. He has been a "fairly intense" bird watcher since 1951 and has joined the Conservators' Land Management Committee, working to survey the flora and fauna of the green places in Newton. His interest in the Conservators centers on the preservation of bird, wildflower and animal habitat for the health of future generations. His interests have broadened over the last 20 years to include wild plants, dragonflies and butterflies, not excluding other nearby creatures such as grampus dolphins and Blanding's turtles.

Pete grew up in Maryland in the 40's and 50's and got his PhD from the University of California at Berkeley. His three children and grandchildren live in Baltimore, Portland, Oregon, and Washington, DC.



GREER HARDWICKE

Greer Hardwicke's appreciation for the environment started in her childhood in Texas, nurtured by grandparents who were naturalists and early conservationists. She says her love for the "built" environment was sparked by her years in Rome as a teenager. After college in Massachusetts, she worked at the China Trade Museum and the Dedham Historical Society before obtaining her doctorate in American History. For the past twenty-four years she has been the Preservation Planner for the Town of Brookline, protecting its cultural and historic resources among them, the Emerald Necklace, Larz Anderson Park, and Hall's Pond.

She looks forward to being on the Board and using her experience to advocate for open space in Newton. She lives in Newtonville with her husband, who is a professor, and her daughter, who is a junior at Newton North.

SUE AVERY

Sue Avery is an active member of the Newton Conservator's Land Management Committee and over the past few years has been involved with the beautification efforts of the Newton Pride Committee. She is employed part-time as an Information Scientist with Wyeth Research and is taking courses at the Landscape Institute of the Arnold Arboretum, with an emphasis on conservation and the design and management of open space in urban and suburban environments. In her free time, she enjoys gardening, bird-watching and walking the nature trails in Newton's conservation areas. Sue is a writer and a frequent contributor to the Conservators' newsletter. She, her husband, and their two daughters have been living in Newton for the past 17 years.

NEWTON Environmental Organizations

Various organizations in Newton manage open spaces, make funding decisions, and advocate for conservation. These include both city agencies and private, non-profit organizations.

CITY AGENCIES

City agencies typically meet once a month, at a minimum, in meetings available to the public. Meetings are held at City Hall. Agencies are comprised of appointed volunteers and are assisted by City staff.

Community Preservation Committee – The CPC receives proposals for spending the city's roughly \$3 million in funds annually. Proposals may be brought by individuals, city agencies, or non-profit organizations, for capital spending projects for open space, recreation, historic rehabilitation, and affordable housing. The CPC makes recommendations to the Board of Aldermen for final approval or denial of a project.

Conservation Commission – The Conservation Commission manages open spaces that are owned by the city and oversees conservation easements and restrictions it has acquired. It makes decisions under the state's Wetlands Protection Act regarding land in its jurisdiction, including any land in or within 100' of a wetland. It makes decisions under the Rivers Act concerning land within 200' of a continuously-flowing river or stream.

Parks and Recreation Commission – Parks and Recreation manages various athletic fields and open spaces that are in city ownership. (The School Department manages athletic fields that are on school land.)

Newton Urban Tree Commission – The Tree Commission advises and assists the city's Tree Warden and oversees tree removal, planting, and other tree-related matters.

Angino Farm Commission – The Farm Commission oversees the operation of the city's farm at Nahanton and Winchester Streets, which itself is operated as a CSA (Community Supported Agriculture) farm, with a resident farmer. In addition, the city is served by various task forces that are created to study a topic, make recommendations, and either continue or disband. Among these in recent years have been the Task Force on Undergrounding Utilities, the Bicycle and Pedestrian Task Force, the Newton Centre Task Force, and the Blue Ribbon Commission.

A schedule of upcoming meetings for all City agencies is distributed by email by Joan Calabro of the City's Planning Department.

PRIVATE NON-PROFITS

Green Decade Coalition – Green Decade is a Newtonbased volunteer non-profit dedicated to implementing improvements in the way the community uses is resources. It advocates for "green" buildings and seeks alternatives to harmful poisons and pesticides. Green Decade is managed by a Board of Directors, meets monthly, and sponsors a lecture series that can be seen live or on NewTV. Green Decade maintains a Web site (<u>www.greendecade.org</u>) and publishes a monthly E-Bulletin.

Newton Conservators – The Newton Conservators are Newton's land trust. The Conservators are a volunteer non-profit that advocates for open space, arranges land acquisitions through gifts or with city funds, monitors the biodiversity of Newton's public lands, and sponsors nature walks and lectures, among other activities. The Conservators maintain a Web site (www.newtonconservators.org), publish an email newsletter, and publish this had copy newsletter.

Several "Friends" groups operate as small-scale, local nonprofits to assist with the operation of neighborhood open spaces, as well.

MEDIA

NewTV – New TV (the Newton Communications Access Center) is a commercial-free public access TV station that operates two TV channels on cable TV. NewTV makes its facilities available to Newton residents and non-profits free of charge. NewTV broadcasts meetings of the Board of Aldermen, Mayoral press conferences, and lectures and other programs sponsored by Green Decade or the Newton Conservators, among others. NewTV is not an environmental organization, but it makes itself available to environmental non-profits, city agencies, and others.

MISSION Newton Conservators, Inc.

The Newton Conservators promotes the protection and preservation of natural areas, including parks, playgrounds, forests and streams, which are open or may be converted to open space for the enjoyment and benefit of the people of Newton. It further aims to disseminate information about these and other environmental matters.

A primary goal is to foster the acquisition of land, buildings and other facilities to be used for the encouragement of scientific, educational, recreational, literary and other public pursuits that will promote good citizenship and the general welfare of the people of our community.

The Newton Conservators was formed as a not-forprofit organization 46 years ago in June 1961.

The Newton Conservators Newsletter[©] is published four times each year by the Newton Conservators, Inc. Issues are published in June, September, December, and March. Deadlines for these issues are the fifth of each month in which an issue is scheduled to be published.

We welcome material related to our mission from any source. Send proposed articles or letters by email in MS Word or rich text format to ericreen@tiac.net. Digitized photographs, maps and diagrams are also welcome.

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Thanks to the following contributors to this edition of the Newsletter: Sue Avery, Bill Hagar, Katherine Howard, Peter Kastner, Francis Ryan, Beth Schroeder, and Ted Kuklinski. Thanks also to Douglas Leith for his excellent proofreading.

If you haven't paid your membership dues for 2008, now is the time. Please renew today! And consider a tax-deductible gift to support our work!

CONSERVATION	Newton Conservators Membership Form PO Box 590011, Newton Centre, MA 02459 • www.newtonconservators.org			
Celebrating 46 years of open space advocacy in Newton	 YES, I'd like to start/renew my one-year membership with the Newton Conservators to help preserve open space in Newton. I'll receive informative newsletters and emails and be invited to participate in guided tours of local conservation areas, lectures, and other programs and activities. I'd like to make an additional tax-deductible contribution to support the work of the Newton Conservators: \$ Please do not share my name and address with other groups. 	MEMBERSHIP OP Individual member Family member Sustaining member Donor Patron All amounts are tax ded	\$25 \$35 \$50 \$75 \$100	
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Newton Conservators Newsletter



The Newton Conservators NEWSLETTER

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