Waltham Land Trust

is a non-profit corporation dedicated to preserving our community's natural resources for the future through education, open space acquisition and protection.

JOURNAL FALL 2012



An Open Letter from the Waltham Land Trust:

We truly hope you enjoy this Fall 2012 Journal, the focus of which is: *The Folks Who Make Up the Waltham Land Trust*. Look inside for a *Steward Spotlight* and *Director Profile*, and be sure to read the articles' bylines for more information about leaders of the Land Trust.

In the upcoming year, the Waltham Land Trust will be working to expand our membership base and to increase our financial support within our community. In order to continue the work we do to successfully accomplish our mission, we need your support. When you receive our Annual Appeal in the mail, please consider all the reasons why you support the Land Trust and contribute what you can. If you have a friend or neighbor who you think might enjoy learning about our work, take advantage of a special gift membership offer described on page 8. As always, we are eager to invite you to participate in our committees, our programs, and our trail building and stewardship activities. There are many ways to support our mission, join us!

The Waltham Land Trust's mission is to create a legacy of land conservation in Waltham by promoting, protecting, restoring, and acquiring open space. We envision growth in public appreciation of natural resources, preservation and restoration of native habitat, and increased biodiversity to foster a healthier environment.

Please tell us why you support the Waltham Land Trust. Send us an email, tell us on Facebook, or leave us a voice mail. We want to hear from you!

This is what some of our members have told us so far:

Julie Johnson McVeigh, member since 2006, currently at the Steward Level (\$1000)

I support Waltham Land Trust because:

- I want there to be a voice for Waltham's land and trees.
- I love Waltham.
- I fear the developers who push their agenda with little consideration of the impact that development has on the birds that wake me up in the morning, on the trees that buffer us from 128 traffic noise, on the water table that prevents my basement from flooding and on the land for the sake of the land itself.
- The land doesn't have a voice without us advocating for it.



- With young children and a full time job, I don't have time to lobby city hall.
- My voice isn't as effective alone as our voices organized together.
- I give to Waltham Land Trust and hope you will too because together we can build a Waltham embodying the values that make us proud and a Waltham filled with the trees and land that we all enjoy.



Dee Dewey Kricker, member since 1999, Director since 2007

I support the WLT because I believe what Henry David Thoreau wrote over 150 years ago is truer today than ever before: "in wildness is the preservation of the world" and by

Daniel Melnechuk, member and Director since 2000

I support the WLT because preservation of green space provides a place for our native plant and animal species to flourish, as well as provide cleaner air for us to breathe!



continued on page 4

Race Around the Reservoir to Support the Waltham Land Trust

By Nadene Stein

Nadene has been a board member since 2006 and serves as the Land Trust's president. Recently, she has taken a fancy to building a bird blind!

Wouldn't it be great to spend a few hours enjoying the fall foliage in your backyard while supporting the Waltham Land Trust? It absolutely would! And you can do that by participating the October 20th *Race Around the Reservoir for Open Space*. This run, the cornerstone event of the Race Around Waltham series, begins and ends at the Reservoir Woods complex adjoining the Cambridge Reservoir. This is a challenging 5-mile course with rolling hills through wooded areas and over newly completed overpasses. Running through the changing autumn scenery is sure to be a great way to spend a Saturday.



What? You are not a runner? The best part is this: you do not have to be a runner to join the fun! We are looking for volunteers to serve as course marshals, water providers, and recyclers (to name a few possibilities).

To learn more about the Race and register, visit www.racetheres.com. To volunteer, contact Sonja at swadman@walthamlandtrust.org or 781.893.3355. Either way, we look forward to seeing you on October 20th!

Crossing Bishops Forest Drive

by Marc Rudnick

Marc is a founding director of the Waltham Land Trust. Despite a misspent youth on the streets of New York City, he has dedicated himself to a life of penance, building and nurturing a network of community organizations in Waltham.

This fall, thanks to dozens of tireless volunteers, we completed construction of the Western Greenway Trail

for a distance of seven miles – from Mass Audubon's Habitat Sanctuary on Belmont Hill, to the Meeting House Walk at Waltham's Storer Conservation Land. *Almost*.

While ninety-eight percent of this trail is cut, cleared, marked and mapped, a 250-yard stretch of the route, right in the middle of the Chester Brook section of the Greenway, is still untouched and off-limits.

Most of the 1,100 acres of Western Greenway properties are under public ownership. Making arrangements for blazing a hiking trail through these properties has mostly meant dealing with accommodating state agencies, responsive conservation commissions, and supportive local officials. But negotiating with the few private owners along the Greenway has been a bit more of a challenge. Not least of these challenges has been the crossing of Bishops Forest Road, which necessitated getting permission from two abutting condominium associations to create the 250-yard missing trail link mentioned above. If we couldn't use their land, the alternative meant taking hikers out onto busy, four-lane Lexington Street for a 1/3-mile urban detour.

After much discussion with the board of the larger association, which owns about 100 yards of the trail as well as the road, it was decided that a vote would be taken of the nearly three hundred owners to approve or reject the trail easement. The meetings and debates, drafts and re-drafts, stretched into years. Even though the easement area is not in sight of any of the units, and despite a well-designed road crossing and a comprehensive and fair draft agreement, organized opposition arose. The WLT produced persuasive literature and presentations, and trail supporters in Bishops Forest began organizing their own campaign, including leading walks for residents on the Greenway in neighboring areas. WLT brought in a traffic engineer, led more walks, mocked up the trailheads for the residents to see, and even paid for the legal reviews by the condo association's attorneys.

Finally this spring, following a flurry of nasty emails and misleading flyers from the opposition, and after a spirited owner's meeting with a final PowerPoint presentation by the WLT, the vote was taken. More than 80 percent of the owners voted, and by a 2-to-1 margin, they approved the Western Greenway Trail easement.

Some opponents are still fretting about the trail, and we hope they come to appreciate it – that is the typical experience for new trails – the opponents ultimately join the supporters in enjoying the trail. Meanwhile, through the struggle, we've built great relationships with many Bishops Forest residents. Residents are already active users of the trail, and several Bishops

Crossing Bishops Forest Drive continued on 7

Watching Wildlife at Shady's Pond

By Sonja Wadman

Sonja has been the Program Director of the Land Trust since 2010. She attributes her love for nature and strong desire for its preservation to her father, who took her fishing for blues and stripers in the ocean when she was very, very young.

After October 13, Western Greenway trail users will need to allow a little extra time to take pictures of the beautiful nature surrounding Shady's Pond. Thanks to the efforts of a creative artist plus Crew Leaders and their volunteers, hikers will be able to watch wildlife such as foxes and deer drinking from the pond without disturbing the undoubtedly peaceful scene.

The Waltham Land Trust's funky nature viewing blind is made up entirely of organic materials, specifically the nasty invasive species, Oriental bittersweet. Oriental bittersweet is a vine or bush that wraps itself around healthy, native vegetation as it grows, eventually completely engulfing the tree and strangling it. It was brought to the States as an ornamental plant in the 1860s, and with its bright orange berries and stem in autumn, is unfortunately still used regularly today as Thanksgiving centerpieces.

Carolyn Lewenberg, employed by the National Park Service as a Ranger/Artist in Residence at Bumpkin Island in the Boston Harbor, saw a way to remove and reuse the dreadful Oriental bittersweet that was taking over those islands in 2009: use the vines as a medium for constructing large public art sculptures. Carolyn created giant wheelchairs from Bittersweet vines and a fallen Sumac tree; the wheelchairs were "a point of departure for telling the story of Bumpkin Island's Burrage Hospital for crippled children," according to Carolyn's website (http://carolynl.net/vines.html). It was suggested that the Land Trust contact Carolyn to see if she'd create a Bittersweet nature viewing blind for Shady's Pond.

After visiting the site with representatives of the Land Trust, Carolyn quickly put together a proposal that suggested twisting Bittersweet vines (stripped of their berries and leaves) into many concentric circles. Carolyn estimated needing roughly 100 circles to attach to each other creating two panels that will stretch between three trees facing Shady's Pond, effectively making a screen to stand behind while snapping photos or observing wildlife through binoculars.

Once approval for the project was given from Mayor McCarthy (the Shady's Pond Conservation Area

Watching Wildlife continued on 6

WORD SEARCH: New England Trees

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protecting our city's natural resources, we preserve part of the world, forever.



Marc Rudnick, founding member/Director, since 1999
I support the Waltham Land Trust because I've seen too much of our city's open space gobbled up by developers, and I know that local folks banding together to identify and solve community problems is the best way to get things done.

Diana Young, member 2000, Director since 2005

There's nothing like a walk in the woods to offset the stress of living in a city and in the modern world. The Waltham Land Trust protects those special places, with the extra benefit of saving our sanity.

Maureen Fowler, member since 2003, Director since 2007

I support the WLT because I believe that people should have open space to enjoy in their own city. I want to encourage more people to get outside.

Steward Spotlight—Bob Jutstrom

The Land Trust is thrilled to have a number of supporters interested in trail stewardship. In April 2012, ten WLT supporters were trained and equipped with tools to monitor and maintain the Chester Brook section of the Western Greenway. Bob Jutstrom is a leader of the "north crew" of the Chester Brook Greenway Stewards.

WLT: What is your first memory of enjoying open space and nature?

Bob: My first memory of nature is from a cross-country road trip with my family. I was 12 years old at the time and just remember how vast and beautiful our country is. I particularly loved visiting Yellowstone National Park and Old Faithful Geyser.

WLT: What do you do as a Chester Brook Greenway Steward?

Bob: As a steward for the Chester Brook Greenway I'm responsible for maintaining a section of the trail from Trapelo Road south to the entrance road of the Bishop Forest Condos. Along with several other volunteers, we periodically walk the trail. Besides enjoying the trail, we look for any problem areas such as fallen tree limbs, overgrown vegetation including invasive plants, litter, and low branches that might be dangerous to the mountain bikers that also use the trail. Sometimes I'll contact my other team members to work on larger problem areas. Recently, we all got together to remove a pile of trash near the Shady's Pond section of the trail. After each "walk of the trail", usually armed with my grass-whip and loppers, I'll send a report back to the WLT office. This report would outline what I did that day and possibly discuss the need for further trail work to be completed by the larger group of volunteers.

WLT: What is the oddest and/or most beautiful thing you've encountered while being a Chester Brook Greenway Steward?

Bob: The most interesting thing that I've encountered on the trail was seeing 2 deer drinking water from an intermittent stream that crosses the trail. It was very exciting to see them during my walk that day. They stayed for a short time before moving into the woods.

WLT: What advice do you have for those looking to experience Waltham's trails and open spaces?

Bob: My advice to those thinking about using any of Waltham's trails and open spaces is to get out and enjoy them. You might be very surprised by what you find. We really have a lot of natural resources in

Waltham. Just go to the WLT website and look up where they are located.

WLT: Do you have a favorite natural place in Waltham that you can share with our readers?

Bob: One of my favorite natural places in Waltham is Prospect Hill. There is a trail that starts at the end of my street,



Greenwood Lane. It winds its way to the top, crossing a small stream along the way and has some beautiful vistas of the Boston skyline and surrounding areas as its reward at the top. Another favorite spot is the Charles River. I'm a kayaker and I love to put my boat in at the launch site on Woerd Ave. Paddling upstream into the Lakes district of the Charles is very relaxing and I always see plenty of wildlife.

WLT: Why do you support the Waltham Land Trust? Bob: I support the WLT because I firmly believe in its mission to preserve Waltham's natural resources and acquire open spaces. I do my part by volunteering to help build and maintain trails for others to use and enjoy, now and in the future.

Director Profile—Susannah King

The Waltham Land Trust currently has a Board of seventeen Directors who serve in three-year terms. Sadly, after our 13th Annual Meeting coming up on October 23, our Board will have one less familiar face on it. Susannah (Susy) King, elected in 2006, is stepping down to have more time to focus on her job and other activities. We'll sure miss Susy, who has the distinction of being WLT's youngest Board member, and her yummy home-baked treats!

WLT: What are your first memories of enjoying nature and open space?

Susy: Growing up my family spent a lot of time visiting friends who live in rural Maine. Many of my first memories of enjoying open space are from these trips - playing in the woods with my sisters and friends, going for hikes and horseback rides, and swimming in lakes and rivers surrounded by trees. I believe that these



early experiences helped form my love of nature and desire to make environmental protection my career.

WLT:

Congratulations on taking on more responsibilities at your job! What do you do?

Susy: I am the director of water quality programs at the New England Interstate Water Pollution Control Commission in Lowell. We are a congressionally-authorized interstate organization - one of six in the country - that exists for the purpose of regional coordination of water quality issues among states. We work very closely with the environmental agencies of the state governments of the six New England states and New York State. I manage a variety of water quality-related projects and collaborate with state and federal partners on issues of regional importance. Specifically, my areas of focus include wetlands, nutrients, mercury, water quality monitoring, water quality standards, and water pollution clean-up plans.

WLT: Do you find time for hobbies? If so, what are they?

Susy: Outside of environmental issues I have two big passions - triathlon and baking. Although I've been an active person my whole life, I started competing in triathlons in 2009 and fell in love with the sport. A stubborn injury has kept me from training and competing recently, but I am looking forward to being able to get back to it soon. I love to bake everything from healthy multigrain breads to decadent French pastries. I am always looking for new recipes to try and never have any trouble finding volunteers to taste them for me!

WLT: What has been the coolest thing you've witnessed or been a part of in your tenure at the WLT?

Susy: I'd have to say the coolest thing I've witnessed is not one particular event or project, but rather the tireless dedication of many of the WLT directors and members. I am inspired by their endless passion for this cause. There are certainly numerous obstacles and opponents to preserving open space, but they are never deterred by these. I truly believe Waltham is a better place thanks to the work they do!

WLT: Do you see yourself staying in Waltham and still supporting the Land Trust in some manner? We sure hope so!

Susy: I can't say for sure I'll stay in Waltham long term, but I don't think I'll stray too far. I plan to still support the Land Trust on some level - just not sure what that will be yet!

WLT: Why do you support the Waltham Land Trust? Susy: Despite Waltham being quite urban, we are still home to a lot of wonderful green spaces. I think these areas are tremendous assets for the community - not only are they aesthetically pleasing and provide opportunities for recreation and enjoying nature, but they also have great environmental benefits. Green spaces help mitigate the impacts of greenhouse gases and contribute to maintaining and improving water quality. The Land Trust will help ensure that Waltham does not lose these vital resources.

50 Shades of Green

By Joyce Nett

Joyce has been a Board Director since 2011. She has a love for nature and science, and enjoys introducing others to the outdoors. She works in Waltham as an artist and a teacher.

Let me start by saying that I haven't read the book with a similar title! However, I was walking with a friend on a Greenway trail this summer and mentioned that green was my least favorite color? "WHAT?" she exclaimed, stopping in her tracks, "You're one of the greenest people that I know. What are you talking about?" A bit later, I wondered what was I talking about? So I started to do some investigating, trying to analyze what it is I don't like about green.

If you walked into my house you might think that green was my preferred color: the kitchen (where I spend most of my time) sits a story above the ground and overlooks oak, pine and maple trees, there several large pieces of green (a hutch, shades, a counter top), and potted gardens decorate the decks and window sills. A wall of trees, defining the edge of the Western Greenway, creates a curtain of green around my back yard. And, although I truly enjoy the space, much of the color choices were my husband's.

Our color perception is closely linked to evolution, emotions and language. Scientists think that evolutionally primates learned blue and yellow first and that those colors have hard-wired emotional connections. Red and green, however, developed later from our need to see them (for food or danger). In fact, the number of words a culture has for color is dependent on how much the people need them. And, having different words for colors effects how we process colors.

While the English speaking world uses 11 categories for describing color, members of the Himba tribe of northern Namibia use only 6. When presented with two very close shades of green, one slightly dark (zoozu) and one slightly blue (borou), that westerners can barely differentiate, they easily distinguish the two shades. Scientists think this is because their culture has different words for the two colors. Yet when they are presented a green and a blue shade, both within the borou group, they have great difficulty distinguishing. Having a different word for the shades of green allows them to process the colors differently (from BBC "Do You See What I See", available online at http://www.bbc.co.uk/news/science-environment-14421303).

All well and good (and mildly interesting) but why, then, do I feel negative emotions around green? I think, in fact, my emotional response is to a green that is flat, plastic, middle green (think balloons from the 1960s.) I don't find that shade of green particularly interesting and turn the lack of interest into a negative emotion. But, when I go into the woods and distinguish subtler shades of greens (e.g., spruce green, dusky green, bronze green, deep lichen green, artichoke green), my emotional experience is different. And, as I learned from my research, by discerning and identifying colors I can actually change my brain's perception of the colors.

Don't worry if you are not familiar with 50 shades of green, it is easy enough to become acquainted with them. You may search for a palette of greens on-line (the Pantone website alone has over 400 shade samples), or pick up paint sample cards. Learn the names of the new shades and see if you can find them the next time you're out walking. The more you practice the more you retrain your brain. This may not be the stuff that makes a racy best seller, but it certainly is something to try!

Watching Wildlife continued from page 3

is under her purview) and the City's Conservation Commission (the screen will be within 200 feet of a natural resource—Shady's Pond), the Land Trust recruited seven Crew Leaders to split up responsibility of twisting 100 circles. At an on-site training in September, these Crew Leaders learned how to identify bittersweet, harvest the vines, dispose of leaves and berries into the TRASH, and twist the vines to create circles. They were also taught how to attach the circles within each other to make the "bull's-eyes" needed for



the viewing blind. After two hours, each Crew Leader left with a bull's-eye of their own, loppers, twine, and the directive to complete 15 more circles by October 13. Be sure to join us that day at 10 am when we will make the panels and attach them to the trees at Shady's Pond!



UPCOMING EVENTS

Shady's Pond Nature Blind Installation Party

Saturday, October 13, 10 a.m. Parking location TBD

Help install our funky organic nature viewing blind! Crew Leaders and Artist Teams will attach the two panels made of bittersweet circles to three trees facing Shady's Pond to make a screen so that folks can observe wildlife at the Pond without disturbing it.

Let's Move Waltham Walks At Stonehurst

Sunday, October 14, noon to 4 p.m.
Stonehurst, 100 Robert Treat Paine Drive
Let's Move is a national initiative of First Lady Michelle
Obama that has been endorsed by the City of Waltham.
Join us for a kid's tour of the grounds at 1 p.m. and a walk
on the new stretch of the Western Greenway at 2. Bring
a picnic lunch to enjoy on the lawn. We'll offer healthy
Halloween treat alternatives, craft activities, and more.
Wear your costume!

Race Around the Reservoir For Open Space

Saturday, October 20, 10 a.m. start time Starts at Reservoir Woods parking lot, 850 Winter Street Sign-up now to run 5 miles around the Cambridge Reservoir. Don't want to run but still be part of the fun? Call Sonja to volunteer! We need folks to watch participants' belongings, hand out water, help with recycling, and many other tasks. This is going to be great time.

Waltham Land Trust 13th Annual Meeting

Tuesday, October 23, 7 p.m.

First Parish Church in Waltham, 50 Church Street
Hear speakers, receive reports, vote on new/returning
Directors, and meet other members.

Crossing Bishops Forest Drive from page 2

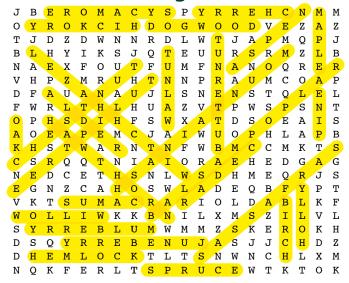
Forest residents are now involved in our Chester Brook Greenway Stewards program. With all of the brouhaha behind us, our request of the smaller association to run the trail across their piece of Bishops Forest's wooded waterfront went like clockwork. Now, after a five year campaign, we are signing papers with both boards, and meeting to discuss the details of signage, roadwork and ribbon cutting. WLT and our partners in the Friends of the Western Greenway anticipate completing this last 250 yards of the seven mile trail sometime next spring.

Recycle Old Cell Phones with Constant Contact

The locally-based company, Constant Contact, has selected us to be the recipients of proceeds generated by recycling old cell phones. Through the program Phones4Charity, the employees of Constant Contact here in Waltham and in Colorado filled three huge boxes with approximately 30 phones each and mailed them to Phones4Charity. That effort netted almost \$200 for the Waltham Land Trust.

But there is still one more box to fill with old cell phones, working or not! Please bring your phones (and their attachments if you have them) to the next WLT event, or contact Sonja to make drop-off arrangements.

ANSWERS: New England Trees



HELP WLT GO PAPERLESS!

Join the 120 Land Trust members who have selected to have their Journals sent to them electronically. By opting out of the mailed hard copy, these supporters are helping WLT reduce our carbon footprint and save on costs associated with printing, postage, and transportation. You can also receive the Upcoming Events postcards electronically. Please send an email with your name to swadman@walthamlandtrust.org, with the subject header "Electronic Journal" (and/or Event postcard) if you'd like the next Journal (and/or postcard) emailed to you. Please remember that receiving The Journal is a privilege of membership. Be sure you are up-to-date with your dues so you don't miss the Spring 2013 Journal!



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ADDRESS SERVICE REQUESTED

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An electronic file (pdf) of this newsletter is available on our web site, <www.walthamlandtrust.org>.

Officers: Nadene Stein (President), Diana Young (Vice Pres.), David Kehs (Clerk), Marc Rudnick (Treasurer)

Directors: Kate Buttolph, Marie Daly, George Darcy, Marjory Forbes, Maureen Fowler, Susannah King, Dee Kricker, Betsy Lewenberg, Daniel Melnechuk, Joyce Nett, Stephen Rourke, Mike Squillante, Lesya Struz

Please renew or join

To renew or join please use the enclosed membership application and send to:

Waltham Land Trust PO Box 541120 Waltham MA 02454-1120

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Waltham Land Trust's Mission

To create a legacy of land conservation in Waltham by promoting, protecting, restoring, and acquiring open space.

We envision growth in public appreciation of natural resources, preservation and restoration of native habitat, and increased biodiversity to foster a healthier environment.

SPECIAL GIFT MEMBERSHIP

Have a friend, neighbor, or relative you think would enjoy being part of the Waltham Land Trust? Why not give them a gift membership? We are offering a special promotion for a limited time: 6 months for only \$10! (The normal price of an individual membership is 12 months for \$25). Provide someone with the gift of supporting open space for a birthday, special occasion, or the holidays!

Like **Waltham Land Trust** on Facebook. *Follow us* on Twitter **@walthamlandtrst**

Please send any comments to the return address, or email to <memberlink@walthamlandtrust.org>.

If you're not already a WLT member and have received this complimentary copy, please consider joining today!