



# In With the Tide

Bay of Fundy Discovery Centre Association Newsletter

Volume 1 issue 3

## Islands Students Take a Walk on the Wild Side

By Roger Outhouse for the Bay of Fundy Discovery Centre Association



John Ivens, a member of Fundy Ground Search and Rescue, pictured here with the students who took part in the "Hug a Tree Program" designed to help kids to survive should they become lost in the woods.

Recently, John Ivens and I were asked to create an exploratory based on nature for Islands Consolidated elementary students. John spent the first 45 minutes introducing the "Hug a Tree Project" which centered on preparing young people to know what to do to prevent becoming lost and what to do if you do find you are lost. Students were encouraged to let parents know

where they are headed and to make sure they carry a "survival knapsack" at all times including a survival blanket or large garbage bag for shelter (orange or yellow if possible), a whistle, a flashlight, water bottle, snack foods, and a jacket to ward off cooler nights. Choosing a tree to stay with looking out into the nearest space or clearing is important!

The video accompanying the program was great at showing how search and rescue teams would work to locate them. Once John quizzed the group thoroughly to make sure we wouldn't lose anyone, teacher, Helen Ivens, and I escorted the eleven participants outside for a field trip to a freshwater pond, Freeport Brook, and Northeast Cove's salt marsh.

Armed with colourful

A great group of explorers armed with collection nets by the old skating rink.



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## On the Wild Side, Continued

dip nets and collecting containers the young students had a great time in the beautiful outdoors. Two points were made as we viewed two of the climate change interpretive panels at the head of the cove. One was that we all can do things to slow climate change

and rising tides by saving energy and recycling. The second was to view all the plastics on the beach and realizing how toxic they are to the life in the oceans and why we need to keep our oceans

clean.

There were treasures everywhere: Banded Killifish, Leeches, Backswimmers, Mosquito Larvae, Dragonfly Larvae, Mayfly Larvae,

and Diving Beetles. It was evident that the students were eager learners and they enjoyed creating some art work of their critters back in the classroom. Being good stewards we returned all our catches back to their environment at the end of the day.



The Leech in this bottle created a lot of excitement as it escaped on numerous occasions.



A great art rendition of a water tiger (Dragonfly Larvae)

## Creature of the Cove – The Eastern Red Backed Salamander

Story and photos by Roger Outhouse

Imagine my surprise when I tried to pry a small root from the Fundy View Trail and a small wriggling grey creature tumbled out. These small 4 cm (2”) salamanders are not usually seen as they stay under roots, logs, and rocks during much of the day and only come out on wet nights to hunt for food. Unlike other amphibians the eastern red backed salamander lays from 4 up to 17

eggs in May or June in a moist place under rocks. They hatch out in August as tiny adults having gone through larval stage while still in the egg. They can appear all grey, all red or in this case black with a red stripe down the back and tail. They feed on mites, ants, spiders, beetles, millipedes, centipedes, snails, small fly larvae, moth larvae and sow bugs. Now that is a lengthy menu!





## Salamander, continued

These little guys have no lungs and can only breathe through moist skin and the lining of their mouth and thus must live in damp environments. While trying to handle this amphibian for photographic purposes I could have received another surprise. Apparently their tail falls off easily and while the predator hangs on to the wriggling tail the salamander dashes to freedom. It sure looked happy to return safely to its hiding spot.



Handle with care as its tail can fall off. Biologists believe this allows them to escape predators that hold them by the tail. Don't worry, it grows back!

## Drivewiser Presentation – A Great New Year's Challenge!

Story by Terese Crocker

On November 25<sup>th</sup>, Roger Out-house and I were invited to a DriveWiser presentation in Digby at the Municipality building. As board members of the Bay of Fundy Discovery Centre Association and representatives of the Digby Neck & Islands Gulf of Maine Team we were eager to learn about the project. Both Digby Town Council and Municipal Council were well represented and were the primary audience for the presenters from Clean Nova Scotia's DriveWiser program. The presentation was all about how to drive fuel efficiently and to maintain a fuel efficient vehicle. The presenters were no hypocrites; they pulled up to the Municipality in an awesome white hybrid!

We learned useful tidbits of

information on how easy it is to be a fuel efficient driver. DriveWiser has created a three S rule: smooth sailing, slow to a stop, and slow down. Basically that means do not accelerate quickly and stop abruptly (coast to a stop) and in general do not drive so fast. In the long run you do not save much time by speeding; instead you just waste money and gas, create additional pollution and put yourself and others on the road in danger. Another way to drive fuel efficiently is to decrease idling. Idling for 45 seconds is the equivalent fuel consumption of driving one kilometre, and if you will be stopped longer than 10 seconds shut the car off because starting the car again will actually use less gas.

Maintaining a fuel efficient car

is very easy, and surprisingly inexpensive! Two ways that are completely priceless are to keep your tires inflated to the car manufacture's recommended pressure and to lose extra weight on your car (junk in your trunk, bike racks, roof racks, etc.). Doing both of these could save you around 10% fuel consumption, thus saving you money! Who would have known that being environmentally friendly could be so cost friendly! Other things that do cost money, but are worth it, are, replacing worn out spark plugs, changing your car's air filter when needed, changing the oil regularly, and getting your car's coolant thermostat checked yearly.

It is going to cost money to keep your car in tip top shape,

**DriveWiser, continued**

but it doesn't cost anything to be a good efficient driver. All you need to do is make it a part of your everyday life; just make it a habit. People seem to be able to get habits easily, so why not add this to your list? Some may question, "How is this going to help?" Well the truth is; it won't unless you do it. If every driver in Canada avoided idling for 5 minutes every day then that would be equal to removing 520,000 cars from the roads – equivalent to nearly all the private vehicles in Nova Scotia! It starts with you to make a difference and setting an example. Once more and more people become familiar with DriveWiser con-

cepts, it should be a rippling effect. Why not let yourself be the difference?

Please check out the DriveWiser website and learn all kinds of neat ways you can save money and more importantly protect our health and the environment!

[www.drivewiser.ca](http://www.drivewiser.ca)

Bay of Fundy Discovery Centre Association Board member and Gulf of Maine Team member Terese Crocker (middle) is flanked by Clean N.S. presenters of the DriveWiser Program, Tanya Canam and Kevin Harrison.



# Bay of Fundy Discovery Centre

*Join our team!*

**MEMBERSHIP FORM:**

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Date: \_\_\_\_\_

**Please circle the applicable membership category from the table below:**

Individual Membership	\$10.00	Family Membership	\$25.00
Patron	\$500.00	Association / Organization	\$50.00
Business	\$100.00	OR: One Time Donation	_____

Cheque enclosed: \_\_\_\_\_

**PLEASE MAKE CHEQUE PAYABLE TO: THE BAY OF FUNDY DISCOVERY CENTRE ASSOCIATION AND MAIL TO: P.O. Box 66, Freeport, N.S. B0V 1B0**

## Who are we?

The Bay of Fundy Discovery Centre Association is a charitable not for profit organization. We formed in 2002 to promote the amazing Bay of Fundy through interpretation of our local ecosystems, fishing history, and cultural heritage.

## What do we do?

In the past three years we have:

Assisted the FCDA in the planning and construction of Fundy View Trail and Loyalist Park in Freeport. (project value - \$45,000).

Supported and financially assisted the Gulf of Maine Institute Team from the Digby Neck and Islands in their participation in seven environmental conferences at Acadia University, New Hampshire, Brier Island, Sackville ( N.B.), Bear River, Boston, and Keji Park. The support for our youth is valued at \$30,000 not counting an additional 2,000 hours of organization and supervision.

Developed the “Northeast Cove Climate Change Project” to educate the public about what we need to do to protect our Fundy environment, both land and sea. This project saw 5 interpretative panels erected, educational pamphlets and bumper stickers produced, as well as published articles and ads urging recognition of the need to work together to protect our environment. (value \$40,000)

Worked with the Municipality of Digby and NSCC to make improvements at the Balancing Rock Trail, Tiverton.

Helped the Digby Area Tourism Association with the work to promote the “Fundy- Coastlines and Cultures” brand and develop interpretive panels.

Worked with Destination Southwest Nova in its efforts to produce 15,000 copies of a new “Birding Guide” and 100,000 copies “Visitors Guide” for the 2009 tourism season.

**In order to meet our obligations and continue with our work, we need your financial support. Our goal is to raise \$4000 in membership and support.**

What you can do to help! You could take out a membership or make a donation by filling out the form on the previous page. We issue charitable receipts. Even more importantly you might wish to volunteer your assistance to our Association’s efforts.

**Call: Roger Outhouse – 839-2068 or email [routhouse@cswireless.ca](mailto:routhouse@cswireless.ca)**



## Our Fundy, Our Future

Bay of Fundy  
Discovery Centre  
Board of Directors  
for 2009-2010:

Roger Outhouse (chair),  
Peter Morehouse (vice chair),  
Anna-Marie MacKenzie Kelly  
(Secretary)  
Terese Crocker, Pat Sollows, Bon-  
nie MacLaughlan, Wanda VanTassel  
and Kathleen Shea

## Membership Drive

Our Membership Drive is now in progress Fall. Membership Renewals will be sent out via Canada Post to current members. If you would like to become a supporting member of the Bay of Fundy Discovery Centre, please complete the form on page 3 or contact Roger Outhouse.

## Highlights from the AGM

by Anna-Marie MacKenzie Kelly

The Annual General Meeting of the Bay of Fundy Discovery Centre Association was held Thursday, November 5 at 7:00 pm at Islands Consolidated School.

Roger began with a Power Point photo display and discussion of many of our accomplishments over the year which included:

- Completion of FCDA's Fundy View trail
- Ongoing work at the Loyalist Park
- Completion of the Northeast Cove Project on Global Climate Change
- Ongoing work with the Digby Neck and Islands

GOMI (Gulf of Maine Institute) Team

- Our new e-newsletter, *In With the Tide*
- Assisting with a regional birding guide
- Regular contributions to *Pas-sages* and *GOMI Currents*

The 2009-10 board of Governors and officers were nominated and elected (see box above). Our sincere thanks were extended to Doug Woodman who has been a strong supporter of the BOFDCA team since its inception and served as treasurer for the past few years. We wish Doug the best of luck in his retirement years.

What's next on our agenda?

- Work with area groups to pro-

mote ecotourism

- Plant panels for the Balancing Rock Trail
- Geological panels for Digby Neck & Islands
- Assist the GOMI Team with developing a plan for a *Real Garden/Trail/Outdoor Classroom* at the old Freeport Park
- Support the Municipality in addressing the issues on global climate change
- Support GOMI's plans for a mini-conference in May and a week-long conference in June
- Expand our membership so we can continue to plan and support new initiatives in our natural wonderland.