



In With the Tide

Bay of Fundy Discovery Centre Association Newsletter

Volume 2 Issue 3

GULF OF MAINE INSTITUTE DEFENDS THE FORT

By Roger Outhouse

While celebrating the 10th Anniversary of GOMI, the teams from Newburyport, Chelsea, Concord, Sackville, Shelburne, Barrington, and Digby Neck/Islands had a busy week-long Summer Workshop at the Annapolis Basin Conference Centre. Day one allowed all of us to tour the area visiting the Habitation at Port Royal, Fort Anne, the Annapolis

Tidal Power Plant and wetland marsh, and an environmentally friendly farm operation.

That evening each of the local teams presented a summary of their year's work around the Gulf. A wide range of work included, fighting invasive species, protecting endangered species and habitats, promoting recycling programs, combating climate

change, promotion of growing and eating local foods, cleanups of watershed and coastal areas, promoting green space and wetlands and educating the public on all these issues.

Next, teams were split up among all of the theme topics for three days so each team would take back new skills and insights to share with their home team. The

Inside this issue:

- Cycling the Islands* 3
- Seashore Excursion* 5
- Toymaker's Marsh* 6
- Cove Creature* 7
- Hiding in Plain Sight* 8
- Terry Fox Challenge* 9



GOMI youth and leaders pose outside the Habitation fortifications as they prepare to share and learn ways to protect the Gulf of Maine watershed.

Gulf of Maine Institute, continued

finale to this was the youth presentations of each theme to a panel of community leaders and representatives of education, natural resources, science researchers and environmental groups.

The major themes and presentations for the week were:

1. A study of the Moose River as to its tested water quality along with projection of a plan to establish the waterway as a future sustainable habitat for wildlife and salmon. The Moose has great potential with stewardship.
2. Buffer Zones and their management so as to protect animals and habitats. The endangered Wood Turtle was the featured focus of this team's efforts. Gaining public support will be critical to having a happy ending to this story.
3. Use of Photography as a skilled art form to add perspective and effectiveness to reach the public. An amazing exhibit resulted. This will impact future public presentations.
4. Art work in hands-on mediums centered on nature as an expressive way of connect-

ing and communicating with others. Personal testimonials and a power point from this art team added new dimensions to the work of GOMI.

5. A study of the Toymaker's Marsh at the head of Saint Mary's Bay as a way of protecting this green space for future generations and to educate the public as to the importance of wetlands to the whole Gulf of Maine including our fisheries.
6. A study of the Acadian Forest with a look to protecting old growth forests and gaining a healthy respect for plants and animals that share this incredible ecosystem.

During this week long event there was time to share and connect with the wonderful youth and adults who are great stewards and ambassadors for the Gulf of Maine. The one thing that we all agreed on was that this 10th summer conference was a truly well organized event and probably rates as the most successful in GOMI's history.

Participants get a chance to relax with a seaside bonfire, sing-along and s'mores party.



IT HAPPENED, AGAIN!

By Anna-Marie MacKenzie Kelly

Yes, it happened, again, but this time I remembered my camera. August 21st was a beautiful sunny day and I had only been back in the province five days. I stopped at my friend, Cindy's house in Lake Midway at noon to bring her two baskets of peaches and within 10 minutes, she had convinced me to bicycle with her and another friend, Gail, to Brier Island. The plan included joining up with a group of cyclists from the Valley, spending the night in Westport and taking a relaxing pedal back home on Sunday.

I hopped on my bicycle and headed for home in Little River to quickly pack a few things and by 2:30 pm, we were cycling onto the ferry to Tiverton!

As I mentioned last year, the Islands are perfect for cycling. The road is in good shape and the shoulder is bicycle friendly. Cyclists are well respected by most of the drivers of four-wheeled vehicles. (I had to say most, this time, because one SUV driver did honk and yelled at us to get off the road.) The temperature was a comfortable 22°C with a very light breeze- perfect for cycling.

We made our first stop in Tiverton to purchase some juice and snacks then headed for Central Grove Picnic Park for a late lunch. The slow pace of a bicycle

and the clear blue sky allowed for beautiful views of St. Mary's Bay and the Clare coastline. The picnic park offers a spectacular view of the bay with a relaxing feeling that time is not important. Unfortunately, we did have another ferry to catch as we wanted to get showered before heading back to Freeport for supper. We made note to hike the trail from the picnic park to the Bay of Fundy on our next visit. (I did hike this trail many years ago and I remember beautiful specimens of trees, plants and mosses as well as great exploring along the rocky coastline.)

As we headed into Freeport, we had a fear we would miss the 5:00 pm ferry. Cindy made it on

time and the wonderful crew on the ferry waited a few extra minutes but Gail and I were left behind- ahh, but it was summertime and yes, there was an overload in Westport, just our luck!

Following a delicious meal at Lavena's and interesting conversation with the additional 19 cyclists from the Valley, we headed back to our 'cozy nook' in Westport where we hosted an Island kitchen party for any of the cyclists who still had any energy (they had cycled from Digby). Thanks to the musical talents of Charlie Thibodeau, Jennifer Tidd and Bill Slights, we had a wonderful end to a perfect day.

Jennifer Tidd and Charlie Thibodeau brought life into aching cyclists' bones



It Happened, Again, continued



Peter Eaton and Bill Slights are ready for the road.

ditional trails along the shore that we must explore on our next visit (I think this is becoming an annual event!).

Back on the mainland, we enjoyed a late lunch outdoors at Petite Passage Whale Watch Canteen overlooking Petite Passage and slowly made our way home to Little River (for myself) and Lake Midway for Cindy.

shore, eating raspberries and early blackberries along the way.

Up bright and early Sunday morning, with the sun sparkling off the water and the temperature once again perfect for cyclists, we hopped on our bikes to the other end of Westport to see our cycling friends off to Meteghan. They were taking a short cut aboard a whale watch boat with plans to peddle back to their vehicles in Digby.

After a delicious breakfast, Cindy and I headed for the 10:30 ferry for our 'unrushed' peddle back to Digby Neck. We stopped at the Loyalist Park in Freeport and hiked the trail to the Fundy

Thanks to the many volunteers of the Freeport Development Association and the Bay of Fundy Discovery Centre, this is a well maintained trail with look-off points

that include panels explaining what one sees. It was high tide and we sat on the rocks enjoying the natural sounds of the water



Cindy soaks in the sights and sounds after hiking the trail from the Loyalist Park in Freeport.

and wildlife while basking in the sunlight- if only we could do this every day! Once again, we made note of ad-



All aboard for an early morning crossing to Meteghan

Digby Neck and Islands Scenic Drive is a perfect ecotour route for visitors and indeed local residents. The route must be enjoyed slowly because each village and cove has so much to offer and time must be ignored (I actually left my watch at home). Whether one travels by foot, bicycle or motorized vehicle, take the time to stop, relax and breathe in the fresh air!

SEASHORE EXCURSION with Amber Stroeder & Sophie Prayal-Brown

Sophie and I went down to Digby Neck and Islands to help coordinate a few youth events on the Monday and Tuesday of August 16th and 17th. We were warmly welcomed by the residents in each of the communities. We had intentions of creating outdoor youth activities that would be lead by mentors in the area who know a great deal about the flora and fauna within the region.

The seashore excursion started out on the Fundy View Trail on Long Island just behind the development centre in the village of Freeport. Roger Outhouse was the mentor for the two boys that joined in on the activities for the day. Roger has helped establish this trail and is as-



Natural metallic film on puddles

sisting with others on the islands. He is able to explain the geology, biology and grandeur of the area explicitly.

The Fundy View Trail's entrance takes you to a lookout point where you can view much of the village's residential housing and the topography of the land. The basalt rocks that surround the seashore were formed by molten lava and have

been around since the extinction of dinosaurs. The boys were able to enjoy some of the vegetation along the trails scooping up some blackberries and raspberries. The touch-me-not plants were a favourite because of the spring mechanism the plant uses to open the seed capsule when touched in order to disperse its seeds. Roger then took us along the path to the Fundy shore at low tide, which allowed us to observe sea critters that thrive in areas with varying levels of water availability.

We cut off from the trail along Cow Ledge Road. Going past the Ferry we continued our walk to a secluded little alcove further down the road at Northeast Cove. At that point we were ready to get our hands dirty. We all put on some rubber boots and grabbed some specimen collection dishes that would house our collection of ocean wildlife. We were prepared to get a little wet and have some fun balancing on the rocks and algae along the seashore. The inlet has an interpretive display board of what we might see while exploring the area.

Within the brief time we spent



A teeny, tiny starfish

down there we saw most of the specimens exemplified and even a few that were not included. The sea creatures we encountered include: green crabs, rock crabs, rough peri-



Under the rock, there is...

winkles, common periwinkles, a green urchin, a sea spider, dog whelks, rock gunnels, a green anemone, amphipods, chitins, a blood worm, spiral tube worms, horse mussels, a scale worm, and a sea squirt. The area also had numerous algae species including large kelps such as finger seaweed, sea lettuce, Irish moss, and a number of fucus species, among others.

After the hike we returned to the Freeport Development Centre where we observed the critters we had collected under magnifying glasses. We also were able to use some of the rocks, driftwood, and sea shells we collected to assemble mobiles the boys were able to take home as souvenirs from the day's event. Roger then returned the collection of sea life we had gathered and we concluded the fun-filled day along the coast of the Bay of Fundy.

A WALK AT THE TOYMAKER'S MARSH WILDLIFE SANCTUARY

With Amber Stroeder, Sophie Prayal-Brown and Lauren Kay



The Toymaker's Marsh

We met up with Roger Outhouse and Warren Paton at Perry's Barber shop at 9:50 on August 17th. There were two youth from the same family who participated in the activity. In total we were seven; two youth, two mentors and three CPAWS employees. Roger brought nets, binoculars, collecting jars and rubber boots for the trip.

We took Warren's van to the dykes where we drove along a traditional dyke with the salt water on one side and fields of hay on the other. He explained the importance of dykes to the first settlers as well as how it works. At the same time Roger showed the kids how to focus and use binoculars. We saw a few shorebirds as well as people on the shore gathering clams. We then turned around and headed towards the marsh wildlife sanctuary. Once at the marshland, we drove

down a narrow dirt road and stopped on a bridge where the right side of the road was flooded; we learned that this was the result of a beaver who constructed a dam nearby. On the other side there was a field with cows and this caught the attention of the kids. Warren told the youth that cows are considered as predators as they will eat chicks and eggs found in nests on the field – something I never knew.

We left the van for a few minutes to check out a big puddle on the road. We collected a mink frog



Spot the green frog!

with only one back leg, whirligig beetles, a water strider, and a water-boatman. We also saw a couple of different species of birds. Roger, Amber and the kids continued further by foot and the rest of us continued by van as we didn't have the proper footwear. The road ended near a large pond. We collected more specimens at the pond; a green frog, a wood

frog, a water scorpion, a dragon fly nymph as well as a couple of fresh water snails. Roger and Warren informed us about the invasive plant species known as the purple loosestrife and how it is taking over the marshes in Nova Scotia.

In the end, the youth showed particular interest in catching the frogs as there were many! We took pictures of the specimens as well as pictures of all of us.

As we didn't have time to make an art project, Warren showed us a sample of jewellery he used to make which was inspired by the female alder tree cones. It was a silver necklace with a silver alder tree cone as a pendant that he produced from a mold. This was a great example of transforming nature into artistic jewellery.

On our way back one of the youth spotted a hawk circling the marsh, a perfect sighting to end our day.

Our group at the Toymaker's Marsh



CREATURE OF THE COVE: Cedar Waxwing (*Bombycilla Cedrorum*)

By Roger Outhouse

These birds are outgoing and noisy with little fear. They are equally at home in both rural and urban environments so long as sugary berry fruit trees are available. In short they are social creatures on a sugar rush whose feeding frenzies on berries have earned them the nickname “glutton” birds. They are remarkable in their appearance and the skilful ways they make a living.

Fruit of the dogwood, serviceberry, cedar, juniper, hawthorn, and winterberry are on their list while tree saps and flower petals round out the vegetarian section of their menu. While 85% of the diet comes from plants they are dependant on insects to survive in the late spring and summer and to feed their young a high protein diet during the first few days after hatching. I have

watched small flocks of waxwings hunting flying insects above marshes

with amazing flight acrobatics. On several occasions while seated in my living room a waxwing appeared on the eves trough outside the picture window. The bird would fly down and hover in front of the glass and pluck large spiders right out of their webs. This was repeated over and over

till all the arachnids were eaten.

The Cedar waxwing is smaller than the American Robin. It has a silky looking brownish head and chest, soft grey wings and tail feathers with lemon yellow tips. The head has a jet black mask and brownish crest which droops toward the back of the neck. Tear shaped red spots are also found on



A Cedar Waxwing perched on the edge of a marsh just waiting for an insect to take flight. They have a real field day when Mayflies hatch by the thousands.

the secondary wing feathers. The red marks are only obvious on the more mature birds.

The birds are found in the United States and every province in Canada and will migrate to the south in winter with some going as far as Panama and Costa Rica. In spring, they move to their

northern breeding grounds. They choose mates by romantically passing little food gifts (berries or flower petals) back and forth repeatedly until the deal is sealed. This ritual is also accompanied by a little hopping dance that solidifies the engagement.

The birds build a sturdy cup shaped nest, usually in a lone tree,

from 1 to 12 meters off the ground. The nest lining is usually made of hanging tree mosses but when they are located near farms the liner is sheep’s wool. The female lays 4 to six blue-grey eggs with brown and black spots and incubates them for about 12 days. During that time the male stands guard and brings her food. Once hatched the young leave the nest in about 14 days. Waxwings can have two broods per season. Typically they have their young late in summer so there will be lots of ripe fruit for their young.

These entertaining social animals have a bright future because they have increased their numbers and range to match human settlement in North America.

HIDING IN PLAIN SIGHT

By Kristy Herron

Recently, with the help of Roger Outhouse of Freeport, children participating in the Digby County Family Resource Centre's Tiger Tottie's Summer Fun Program discovered a whole new world that was hiding in plain sight. As a Tri-County educator, Roger became affiliated with the Gulf of Maine Institute (GOMI). When he retired, he continued to pursue his passion to encourage good stewardship of the Gulf of Maine watershed through special projects, environmental initiatives and education. Hence, with this in mind, he agreed to spend the afternoon with some very inquisitive children.



Exploring what our home has to offer- the best way to enjoy a summer day.

It was a hot day and a walk to the shore between the Digby Wharf and the Fisherman's Memorial Park was a welcome diversion, but it was also an eye opener for these young people. Roger came armed with collection bottles, dip nets and his vast knowledge about the multitude of creatures that make their home in the intertidal region of the Bay of

Fundy. With his help, that afternoon, they became aware of the diversity that exists in the Annapolis Basin. They discovered many different species of sea plants, invertebrates and shore birds. They also became aware of the many interesting uses for some very common sea life. For example commercial ice cream is thickened with an additive called carrageenan that is derived from seaweed. They also learned that one very pervasive species of periwinkle, is actually relatively new to North America, arriving possibly as rock ballast in the 1800's. The youngsters were also

quite intrigued by the knowledge that there are many types of sea gulls that frequent our shores.

The group followed the tide as it receded. Roger explained the connections between the water, plants and animals, stressing that there was a cycle and a balance that needs to be understood and pre-

served. Each child had a clear bottle which was used to collect something of interest. Once the item had been placed in the bottle it was passed around for all to view. It

was wonderful to see their sense of delight as Roger identified each treasure.

At the end of the day, at Roger's suggestion, they returned the sea life they had collected in their jars to the water from which it came.

They had many questions that day, and as time passes they have become even more curious. I doubt that any of them will ever look at a beach in the same way. Sure the sand is great for building and the water is cool and refreshing, but they came to the realization that there is much to learn and discover about the place in which they live.

The same is true for many of us. We are surrounded with so much natural beauty, ecological diversity and scientific potentials. Could it be that our sense of wonder has been clouded by the familiarity or have we forgotten to make time to enjoy what we have so close to home?

It was a perfect day for these young adventurers.



Bay of Fundy Discovery Centre Board Member Takes on a Fundraising Challenge



I will be participating in my fourth Digby Neck Terry Fox Triathlon Challenge on Sunday 19 September 2010. 2010 is the 30th anniversary of the Terry Fox Run for Cancer Research and the 16th year I will be participating.

This year, I will be completing the triathlon in memory of a very good friend, Graham Davies. Graham was husband to my best friend, Susan. In November 2009, Graham was diagnosed with invasive melanoma and he passed away just a few months later, in May 2010. Graham was 55. Graham, Susan and their 2 sons spent much time together enjoying the outdoors. They were avid campers and cyclists and spent many summer vacations canoeing the lakes of Killarney Provincial Park in Ontario.

Whenever they came to visit Nova Scotia, we always spent at least one day exploring the trail and coastline at Tommy's Beach in Little River. We were planning to join them on their next canoe trip in Kejimikujik National Park.

The triathlon starts with an 8:00 am swim of the length of Lake Midway followed by a 20 km bicycle ride to Little River then to Digby Neck Consolidated School and ending with a 10 km run.

Anyone interested in sponsoring me for this worthwhile cause to help continue the Terry Fox initiative can do so at the link to my personal fundraising page:

<http://my.e2rm.com/personalPage.aspx?registrationID=961860> or through www.terryfoxrun.org

Thank you, Anna-Marie MacKenzie Kelly



Our Fundy, Our Future

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