

In With the Tide

The Bay of Fundy Discovery Centre Association Newsletter



Our Fundy-Our Future

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Photo: Removing a deadfall from the trail.

GOMI Youth Give Balancing Rock Trail Spring Tune Up

By Team GOMI

The following is an excerpt of an email directed to Gordon Wilson, Deputy CAO for the Municipality of Digby.

On April 7th the Digby Neck/Islands GOMI Youth Team went to the Balancing Rock Trail and had a good time accomplishing the following:

- clearing the vegetation around the parking signs making them more visible to the travelling public
- clearing roadside alders along sight lines to the parking signs
- trimming some of the vegetation at the parking lot entrance to improve safety for entering and

- exiting vehicles
- trimming the encroaching vegetation back from the trail with loppers
- using a buck saw to clear three dead fall trees from trail
- clearing debris from the trail
- sweeping the 300 plus steps descending to Balancing Rock
- picking up the garbage along the trail (but in all honesty there was very little)





Photo above: GOMI Team poses in front of the world famous icon.

Photo right: After the work and climbing the hundreds of steps the team takes a deserved break.



Gordon Wilson expressed appreciation for GOMI's continued efforts to support the Balancing Rock Trail and indicated that there are other efforts being considered to make improvements to the trail.

A Letter of Concern and Thanks from Nature Conservancy of Canada

Craig Smith
 Nature Conservancy of Canada
 April 15th, 2013

In late January, several interpretive signs installed by the Nature Conservancy of Canada at Pond Cove were destroyed.

Over the years, NCC has received a significant amount of feedback indicating that the organization should do something to help accommodate and enhance use of NCC's property on Brier Island, by both local folks and visitors alike. In response to this, and following an open house at the Community Centre in 2010, NCC hired local folks to help improve the state of the trail around the southern portion of Brier Island. Parking lots were roughed in, several sections of muddy, poorly drained trail were significantly improved and interpretive signage was installed. The work culminated in an event last May that saw 30 students from Digby Regional High School, Islands Consolidated and St. Mary's Bay Academy take part in a work day that was

enjoyed by all. The day was a tremendous success and was featured on CTV's Live at Five evening news.

While there is still work to do, this work represents a significant investment of time and resources into the Brier Island Nature Preserve. Our organization is striving to engage residents of Westport in our work on the island and we dearly hope our efforts will be respected.

We sincerely hope the destruction of signage that occurred in January was an isolated event and that there will be no further or future damage to signs or other elements of trail. The Pond Cove site is a treasure and beloved by all who visit, whether you've been on the island 100 years or 1 day. Please help us keep this site clean, safe and enjoyable for everyone.

We extend a thank you to Frank Garron who reported the damage to me, and who, along with friend Haydan Titus collected the salvage and stored it. Your assistance is greatly appreciated, Frank and Haydan.

Wonderfully Weeding and Whacking (or Four hours not connected to a mobile device or computer!)

by Anna-Marie MacKenzie Kelly

What happens when you bring together a group of secondary students, a recent high school graduate (Terese Crocker), a retired teacher, an almost retired teacher and a man with a tractor? Lots of stuff!

Two Tuesday afternoons in May, GOMI students and mentors pulled, whacked and dug their way through the weeds and rambling shrubs on the property at the Freeport Development Centre helping to get it ready for another growing season. Last season's ornamental grasses needed cutting down, the butterfly bushes were out of control, the weeds were outnumbering the ground cover plants and the alders were blocking the view.

It is amazing how many different discussions can take place during four hours of wondering what to save and what to eliminate. The young participants talked about their course choices for next year, pondered their plans for the future, asked Terese numerous questions about university programs and life and sang songs. They also discovered and discussed many life forms besides the unwanted ones they were extracting-

Is this a centipede or a millipede?

What is this fat white thing that looks like it is growing legs?

Oh no, I cut a worm, oh well now there are more worms to aerate the soil!

Aren't weeds plants, too?

Is this ornamental grass or just grass?

is it true dandelions are good to eat?

When I was little I used to... I won't do that now.

When I have my own home, I won't have a garden that needs to be weeded!

As the pile of branches, grasses and weeds grew, Andy Moir took away the larger stuff with his tractor and trailer. Two compost bins were

filled and the piles continued to grow.

Most of the time, I listened and observed as I dug and tugged. Young people continue to amaze me. They have plans for their futures, they are concerned about the environment, they have fun while getting dirty and they can function without a mobile device in their hands. Give them a chance and they will shine.



Some members of the weeding team are all smiles after their hard work at the Centre.

The area looks better but there is still work to do to maintain the gardens. If you decide to go out for a walk in Freeport, take along a garden trowel or fork and stop by the centre for ten minutes and pull a few weeds. Imagine what more could be done!

While out enjoying our beautiful coastal areas, this summer, look for natural things to turn into remarkable memories for the Christmas tree such as a starfish:

Keep your eyes open for more throughout this issue...



GAEL Tours is planning for a busy summer

We feature two tours, one an excursion along the Bay of Fundy shore called Plankton, Periwinkles and Predators and the other a guided walking tour of the Town of Digby called Stones, Steeples, Ships and Seafood.



Plankton, Periwinkles and Predators

Take a tide pool peek into the Fundy Aquarium Ecozone

Tour Highlights

- Collect and observe plankton from the waters of the Bay of Fundy. See what attracts the great whales to our area
- Explore tide pools with amazing diversity.
- See predator-prey relationships; life and death battles live in action.
- Observe barnacles in a feeding frenzy.
- Zoom in on the zones with a field microscope.
- Sample some succulent seaweed.
- Search for the elusive sea anemone and beautiful sea slugs.



...Or maybe a naturally decorated scallop shell



Stones, Steeples, Ships & Seafood

Historic and cultural experiences. Interpretive walking tour of the Town of Digby

Tour Highlights

- Settlers and seafarers
- Trinity Anglican Church - *Gothic Revival architecture, one of the most beautiful churches in Nova Scotia*
- Admiral Digby Museum - *mid 1800s Georgian Style Home*
- A stroll along the Admiral's Walk, Digby waterfront and Marina, history in a mural
- Fisherman's Wharf and the Scallop Fleet
- Succulent seafood sampling

GAEL Tours 902-245-4689

Greg Turner
R.R. #1,
33 Wilson Lane
Smith's Cove, N.S.
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From Seascapes to Streetscapes: Natural History,
Historic and Cultural Tours of the Digby Area

<http://www.gaeltours.ca> info@gaeltours.ca

High Cliff Cove – Let It Change Your View

-by Roger Outhouse

A recent invitation from Wanda VanTassel to tour the Gulliver’s Cove High Cliff Cove Trail was an eye opening experience. I have observed and continue to proclaim that we live most of our lives in our home area and never get to personally experience the hidden treasures at our own doorstep.

A short 10-15 minute stroll from Gulliver’s Cove Beach northward along a seaside trail to a headland confirms my conviction. Great views of the ocean, sea life, flitting warblers, basalt formations, busy fishing boats, and soothing medicine for the soul are all there. One picnic table is positioned part way along the trail at a lovely vantage point but the highlight is High Cliff Cove which has a picnic table and benches to relax and watch the mood of the sea and the rippling tides making their powerful presence along the shore.

Wanda’s description during the trek out and back made it even more compelling to visit again with friends; in her words a “gift to share with everyone”. It may be a short visit but it has the power to surprise and inspire long after you leave its

presence. Wanda assures me that people walk the trail year round and each visit

varies with the mood of the Bay of Fundy.

So the next time someone asks what to do in the area recommend this to them and better still visit it yourself – you won’t regret it!



Photos clockwise from top left:
Gulliver’s Cove from a viewpoint along the trail
Large burls decorate trees along High Cliff Cove Trail
A magnificent vantage point from High Cliff Cove
The MOST important ingredient missing in this photo is YOU!



...Count yourself lucky if you find a sand dollar.
Scallop shells are in abundance- you can even use them for nut or candy dishes!



Arts 'n Adventures

By Dorothy Outhouse

What subject would you like to learn more about? Is there something you've always wanted to do for a hobby but was unsure where to start? Interested in mucking about on the mudflats or identifying birds or flowers? Is it safe to eat that weedy looking plant growing in the middle of nowhere? Do you have a craving to hear more local history stories or learn how life used to be lived on these islands? Then come join us for the Arts 'n Adventures programs which will provide these opportunities on a daily basis at 324 Overcove Road, Freeport, at what is commonly known as "**The Warner House**".

Our summer "soft- adventure" tourism program will see local volunteer "instructors" lead classes on a variety of subjects. These workshops will take place from 2 to 5:30 p.m. each day from June 21st to September 15th and each will be comprised of three parts: an introduction to the subject, time spent in the "field" exploring the topic and then doing – whether that is making paper, learning book binding, cooking edible wild plants or quilting your own pot holder.

The calendar of workshops will be posted on our website –

www.artsnadventures.com, (currently under construction), our Facebook page or through notices you will be able to find in your local stores or post offices. Sessions are \$6.50 for Adults and \$5.00 for Seniors and Students. **Arts 'n Adventures** will have an employee to take reservations or answer questions about the "program of the day". You can call 839-2144 after June 17th or email artsnadventuresinthecove@yahoo.ca

In addition to the programs mentioned above, others currently planned are: *Mudflat Tours*, *Masonry*, *House "Deconstruction"*, *Weir Fishing stories*, *"Heroes In Petticoats – Women's Liberation in the 1800s"*, *Edible Plants and Lobster 101*. Each topic will be repeated 3 times during the summer so if you miss it the first time, you can come back and catch up!

If you're not interested in the workshops, come take a walk through this historic house with roots back to the original Loyalists and hear its unique story. We have so many talented people on these

islands – I'm sure anyone who visits us this summer will be enriched and enjoy a greater understanding about what makes rural Nova Scotia the great place it is!



Top left: Lobster 101 -Learn how to properly cook and eat one of our freshly caught lobsters - the industry that supports our communities

Top right: You may not be able to construct one of these beautiful bed coverings after our workshop, but you will be on your way with some basics to help you get started.

Centre: The "Warner House" is built on property belonging to a Hessian Loyalist soldier, John DeGreiben, who surveyed Brier and Long Island in 1785.

Bottom left: A foreign government has taken all your possessions and you're a widowed lady in 1785 with children to support - Where do you go from here??

Bottom right: Exploring the diversity of North East Cove - who knows what is lurking under that mud??

Try Hooking This Summer!

Hooking By the Sea Retreats B&B & Brier Wood Farm

Come and enjoy a hands on experience with Victoria, she will show you how to enjoy rug hooking with many fibres that she raises right here on Brier Island.

We do packages such as, rug hooking, spinning, wine tours plus whale watching! You will learn the history of Joshua Slocum and much more!

We can accommodate any size group. Let us plan you experience with us.

Call [902-839-2607](tel:902-839-2607)

33 Church St, Brier Island N.S. B0V 1H0

E-mail [*hookerbythesea@gmail.com*](mailto:*hookerbythesea@gmail.com)

<http://www.hookingbythesearetreats.com/>>



Photos
from
Hooking
By the
Sea
Website.

And the Lucky The Winners Are...

Just prior to Good Friday the winning names were drawn for the Robert Bateman Prints Lottery. We raised \$650.00 that was split evenly to support the Islands Consolidated Elementary Bird Art Contest conducted by Heather Prime and the Digby Neck/Islands Gulf of Maine Institute (GOMI) Team.

The winners were Nadine Tidd of Tiverton, Joanne Whitenect of Freeport, Charles Vidito of Digby, Connie Finigan of Digby and Sarah Crocker of New Brunswick. Sarah graciously gifted her winning print back to the Bay of Fundy Discovery Centre Association for a future fundraiser.

Thank-you to Aubrey Prime of Winnipeg for making this fundraiser possible and to all those who sold and purchased tickets.



Plant of the Cove: Rosa Rugosa or EXOTIC BIG HIPPED INVADERS CAPTURE SHORELINE

by Roger Outhouse

Sorry, I had to do something to get your attention. The truth of the matter is I am going to write a few articles about plants found in our area. For many reasons most people, scientists, and even governments forget about plants and concentrate on the living critters with much more passion and interest. If the truth is told, none of those creatures, including ourselves, would be alive today without plant life. This article attempts to introduce the story of a plant found in our coastal area that has a story worthy of telling.

Not long ago, I was at a meeting where a logo was being considered by an organization and many were attracted to the Rosa rugosa as a Nova Scotia native who would represent our region of the Bay of Fundy. It was a surprise when it was realized that this beautiful rose that we all grew up with originated in eastern Asia. This import was introduced as an ornamental plant in Europe in the late 1700s and much later transferred to our shores.

This rose can create very dense shrubby growth and is armed with incredibly sharp spines. Very few plants or animals attack its structures and leaves. Usually its growth averages 1-1.5 metres in height but can at times exceed 3 metres. It grows outward by extending suckers, can be started from cuttings and even the rose hip fruit can float in salt or fresh water for nearly a year with the seeds stored inside and ready to germinate. Once the seeds are exposed they are further able to resist seawater for many weeks.

It has adjusted well to shorelines along the coast where its white or dark pink blossoms

decorate the shores and put out a very pleasant odour. The blooms are great feeding areas for humming birds, bees, and other insects from summer through autumn and in the fall the "BIG" rose hips the size of cherry tomatoes are an attractive food source to mammals, birds and even humans.

It is an attractive plant and we often give it nicknames to reflect our observations so in the western world it goes by beach tomato, plum tomato, sea tomato, saltspray rose and beach rose.

The remarkable traits of this specie are its ability to live with extreme exposure to salt and to flourish in the poorest of soils. No wonder they can be seen growing right out on beaches where no other land plants can survive. Not only do

they thrive in the brutal environment, but they create a robust root system that "CAPTURE" and hold the soil against coastal erosion.

With the current threat of sea levels rising, more frequent and violent weather events, and storm surges, our shores may have an ally in its defence. While we ponder the role that this rugged rose and other

natural vegetations might have in helping slow the effects of climate change it is also necessary to point out that not all is positive about this plant. In Sweden,

Norway and Denmark, Rosa rugosa is classed as an invasive specie which means it spreads in ways that can take over the local habitat making it difficult for native plants and the animal life they support to coexist. Attempts to remove it range from cutting, digging it up, spraying with herbicides and using the only animal (goats) that are known to graze on the plant. None of these have worked well and repeated efforts are usually necessary to keep it under control. .



The beautiful and fragrant Asian rose is invitingly beautiful but its lethal looking thorns are something to avoid. The bright red rose hip fruits contain 50 times more Vitamin C than an equal amount of orange and were eaten by sailors of the early British Navy to prevent scurvy.

Even twenty-one US states, including all of New England, have classed this plant as an invasive species.

In our Bay of Fundy area the plant is rather mild mannered and tends to grow along the shores where it is introduced and in parks and gardens where it is planted. In short it is seen to be less threatening to other species and is relatively “well behaved”. For several centuries it has been with us and we have learned to make wine, jam, jelly, and syrup with the fruit and its

fragrant petals have made pot-pourri and rose flavoured butter. It is protective cover for migrating birds and some have made nests in its foliage.

One major patch of the Asian Rose near Northern Point on Brier Island, Nova Scotia has a colony of plants large enough to be seen on Google Earth. This incredible land dweller lives an extreme life in a hostile environment through amazing adaptations – something to ponder when you see the beautiful blooms of summer.

Sackville, N.B. hosts GOMI Youth Teams

By Dan Earle

Digby Neck/Islands, North Queens, Tantramar Wetland Centre, and Barrington comprised the four-team event

Over 30 youth and adult participants met from April 12-14, 2013 at the Tantramar Wetland Centre for their annual mini conference to engage in a full weekend of environmental activities.

After check-in on Friday afternoon the group had dinner together at Jennings Hall at Mount Allison University. Dinner was followed by team introductions and presentations, action games in the auditorium and a presentation on natural and cultural evolution of the Tantramar area by Colin MacKinnon in preparation for Saturday’s field trips. It started to snow, unusual for this time of year.

Saturday morning we awoke to a frosting of snow and a bit of a chill but nothing that could not be overcome for the outdoor adventures.

After big breakfast at the Aulac Big Stop the group headed to historic Fort Beausejour for a walk to the Acadian and more recent dykes



Colin MacKinnon was a great help in our dyke tour and visit to the amazing “quaking bog” with special plant life. Here he explains how the rods driven into the peat moss indicate bog depth to be 15 feet.

below the fort. Subjects of interest were salt marsh zonation, tidal amplitude and salt marsh recovery.

After that adventure the group headed to Sunken Island Bog, a very interesting formation of peat bog and its unique vegetation. The bog is ringed by a habitat zone of Larch and another zone of Black Spruce. For demonstration, a probe 15 feet in length was easily pushed down through the peat to a depth of 14 feet. Jumping together set up a rolling motion in the marsh surface as the wet subsurface reacted. All were ready for lunch at Jennings Hall.

The afternoon started with track and scat identification in the Wetlab. Then it was time for a



Youth taking part in a Migration Game aimed at teaching the perils ducks face as they fly north and south.

wetland walk and invertebrate critter and water sampling in the Tantramar marsh. The ponds had lost their ice and the ducks and geese were returning. Back in the Wetlab the group did water testing of the collected samples and found the



Saturday afternoon Critter dipping at the Wetlands Centre's marsh. Turns out to be a favourite activity for all ages.

marsh water was satisfactory in all parameters measured. Then it was off to Jennings Hall for supper.

Evening events included a hike to Jolicure

Camp for a bonfire, s'mores and owls then back to the Wetland Centre for late night social time and off to bed.

Sunday morning. Snow again. Up early for breakfast at the Wetland Centre. There were short presentations by John Terry on the Drifters projects, Dan Earle on the GOMI Facebook and Web sites, and Roger Outhouse on plans for the Summer Workshop at Acadia University in Wolfville, NS.

Last good-byes and packing done all headed for home. Wet roads but no snow.



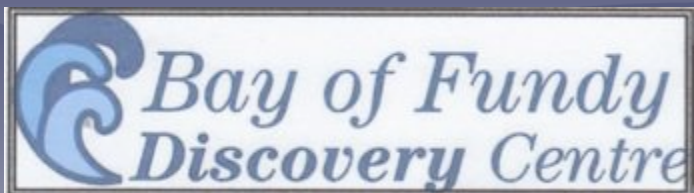
The four youth teams all presented their home team projects. Digby Neck / Islands Team are explaining what they are doing locally.

A Rough Winter

Another lobster season has come to an end. The winter was particularly nasty with hazardous weather and plummeting prices. Here's hoping all the boats return safely and the fishers get a chance to rest.



Little River at high tide awaits the return of the lobster boats while bait bags lay drying to store until October.



Bay of Fundy Discovery Centre Association Board of Directors for 2012-13

- Roger Outhouse (Chair)
- Peter Morehouse (Vice Chair)
- Anna-Marie MacKenzie Kelly (Secretary)
- Bonnie MacLachlan (Treasurer)
- Pat Sollows, Wanda VanTassel, Terese Crocker



The Bay of Fundy Discovery Center Association

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