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# IN WITH THE TIDE



## A Perfect Day for a Hike

by Anna-Marie MacKenzie Kelly & Roger Outhouse

After the unpredictable Spring weather we have been experiencing, who would believe that the 9 April 2017 was a spectacular day for hiking? The Fundy Erratics hosted a hike from Seawall on Digby Neck along the coast to Timpany Lane. Nicole Oliver coordinated the

hike with support from Nova Scotia Museum of Natural History Geology Curator, Deborah Skilliter, who specializes in palaeontology (the study of ancient plant and animal fossils) and retired Islands Consolidated Science teacher/Bay of Fundy Discovery Centre Association director, Roger Outhouse.

Over 80 hikers of all ages, including babies in snugglies explored this coastline spattered with fossils from centuries ago. The rock to the left contains worm fossils. The red sandstone rock formations are from the Triassic Period dating back to a period beyond 250 million years ago. Absolutely amazing.



Take some time this summer to explore this coastline and if you are lucky enough to have a warm day, the beach at Seawall is a wonderful swimming spot.



## A Nova Scotia 2017 Summit

By Jeff White

We who love to discover the Bay of Fundy area also appreciate discovering any other regions of our world. And we have many opportunities. One weekend of discovery is the annual "Summit" of Hike Nova Scotia, two and a half days of hiking, presentations, and camaraderie that this year brought together 200 people in the Tatamagouche area.



Hosted by the Cobequid Eco-Trails Society, this year's Summit was an excellent time to experience some newer trails in the Cobequids of Colchester County, and the Northumberland coast. Hiking the trails themselves is a joy, in late April, with the earliest flowers and shoots appearing on the forest floor and birds taking their place in the landscape. Species we don't see in Digby County, such as Spring Beauty (*Claytonia caroliniana*) and Dog-tooth Violet (*Erythronium americanum*) almost carpet the maple and beech woods, and catch the eye of any explorer. Such 'spring ephemerals' put on a show of leaves and blossoms now, but with summer they disappear from the forest floor, dried and hidden with the autumn leaves. The last melting snow and recent rains filled the brooks and waterfalls.



It is always informative to travel hiking trails with locals who have helped develop them. We see the common experience of this kind of work. The planning and cooperation of hikers, landowners and local businesses mirrors our own trail development here. And the thousands of hours of volunteer labour is evident too. In the middle of the 'Cape to Cape' trail being developed in the Cobequids, is the Rogart's Mountain trail, a highlight of the Hiking Summit. This hill had not even been named until the development of the trail.

Seminars, PechaKucha presentations, and keynote addresses filled out the time of learning and sharing the rich experience of the outdoors. Networking and developing relationships across the province (and beyond) is inspiring and helpful. The kinds of collaboration BFDA has had through the years with many other organizations is seen repeated across our province. The annual Hiking Summit gives one a glimpse of the kind of cooperation that is possible, and the creative ways discovery of Nova Scotia is being encouraged. So much is waiting for you out there!

Bay of Fundy Discovery Centre Association directors, Melissa Merritt and Jeff White, enjoyed participating in the 2017 Hike Nova Scotia Summit.



## NSCC Annapolis Campus Provides Professional Help to ICS

By Roger Outhouse

Last spring the Bay of Fundy Discovery Centre Association (BoFDCA) was contacted by the Islands Consolidated Home & School with their idea of helping to create an outdoor classroom for student use. Teachers assisted in the process by giving input as to their ideas for its uses at various grade levels. Once staff were in support the NSCC Annapolis Campus were contacted to see if they could add their professional support of the Centre of Geographic Sciences (COGS) staff and second year students to the project. This fall Helen Ivens representing the Home and School and Anna-Marie MacKenzie Kelly and myself representing the BoFDCA travelled to meet with students Erin Van Deudekom, Sarah Jeremy and Randy Fredericks along with faculty member Ed Symons of the Geomatics Department.

We gave a presentation regarding the outdoor classroom, location of the school, and some of the features regarding class sizes, student needs and interests of staff. The students asked lots of questions and showed us other projects that students worked on that had components of what they might be able to incorporate into an outdoor classroom design. The whole experience was most impressive and we were excited to see the energy and ideas generated by these skilled students. They indicated that they would consider the project of designing maps and plans for the project and during the second semester let us know if they would do the project. On Jan. 23 of 2017 Ed Symons advised that the team would begin the design project and on Jan. 25<sup>th</sup> the team of students arrived at Islands Consolidated where they met with Helen Ivens, school principal Scott Webster and teacher Casie Tidd's Options and Opportunities class. Much of their day involved using GPS gear, measuring tapes and rods, and digital cameras to gather base data on the elevation, current/historic mapping, soils, vegetation, etc. of the proposed site.



Graphic Design/Cartography Instructor Ada Cheung is also working with the team in their efforts to construct 3-D mapping for the design work. We look forward to seeing their ICS Outdoor Classroom Site Design Project Plans in the future.

Photo taken by Roger Outhouse in front of a panel showing another outdoor classroom designed by COGS students.

Left to right Helen Ivens, Anna-Marie MacKenzie Kelly, students Randy Fredericks, Sarah Jeremy, faculty member Ed Symons and student Erin Van Deudekom

## Creature of the Cove – Burrowing Sea Anemone (*Cerianthus borealis*)

by Roger Outhouse

Visiting the shoreline during extremely low tides actually allows one to venture along the mud flats and encounter some truly amazing marine life. I had the pleasure of taking some visitors out on a mud flat tour this summer in Northeast Cove and had the good fortune to encounter burrowing sea anemones feeding in the shallows. While most species of smaller anemones creep around on the



This secretive specie of burrowing anemone is truly a beauty of nature that may be key to marine life as we know it!

surfaces including rocks and wharf pilings these secretive burrowing anemones inhabit burrows beneath the mud and can grow as large as 45 cm in length with feeding tentacles having a diameter of 22 cm. The wide tube body is coated in mud held together with mucous and is designed to burrow deep into the soft bottom in shallow areas and in deep water. Only two purple like circular rows of tentacles are exposed on the surface. The inner shorter whorl and longer outer whorl of waving purple tinted tentacles are flower like in appearance. These tentacles are armed with poisonous stinging cells which can subdue tiny animals that contact them. The prey is then moved into the mouth for digestion. After digestion the wastes are excreted through the same mouth opening.

*Cerianthus borealis* digs deep and if disturbed can contract its exposed surface body parts in a lightning move protecting them from predators. Literature suggests that fishing gear dragging the bottom is a real threat that can destroy both the anemone and their habitat.

While it is true that this creature is indeed a predator their sting is too weak to affect humans. The visitors that day were fascinated and were asking questions while taking photos and videos of these animals. While attempting to answer questions about them I realized that I knew very little about them and I had to admit that there is often very little research done on most non-commercial invertebrates.

We all get worked up when we hear about edible commercial species declining but little research is being done to understand the importance of non-commercial marine life. Mention was made of the possibility that this anemone might provide protective cover for small developing redfish. Another thought is that their presence as a natural predator of drifting scallop larvae allows for a healthier distribution and growth rate for scallop populations. The fate of so many of our commercial fisheries and the very existence of our communities and oceans may rely heavily on whether we can gain a better understanding of these anemones and other invertebrates impact our ocean food webs.



## Yoga? AnyBody?

Let me introduce myself, I am Colleen Collins, owner of AnyBody Yoga, born and raised in Dartmouth, Nova Scotia and have been living in St. Catherine's, Ontario. Thirteen years ago, I found my passion while attending my first yoga class. Yoga set me on a different path in life and one I have never regretted for a second. My first of many yoga teacher trainings was 6 1/2 years ago in Rishikesh, India. I absolutely love teaching yoga and specialize in: teaching Hathaway yoga to seniors (both on and off the chair), Restorative Yoga, Yoga for Osteopenia/ Osteoporosis and Yoga for Chronic Low Back Pain. I am presently working towards certification as a Yoga Therapist through the International Association of Yoga Therapists.

While visiting Halifax in March 2016, it was surprising how much it still felt like home, especially since it had been years since moving away; the Maritimes are absolutely in my blood. Upon arriving back in Ontario, I started looking into buying a home in either PEI or Nova Scotia. My hope was to find a place where I could live year round, be an active part of the community, run destination yoga retreats, do teacher training workshops, offer some local classes and do one-on-one lifestyle coaching.

During a road trip to the Maritimes in August, I ended up on Brier Island for a whale watching cruise with Penny Graham and also to meet with Realtor, Andy Moir. There was plenty of time to explore both Brier and Long Islands and I absolutely fell in love with them. I found that wonderful destination spot I was looking for- Freeport! An offer was placed on a house and accepted. My hope was to be there in mid-April to start preparing for the new chapter in my life.

Once renovations are finished on the yoga studio, there will be an open house for those interests in yoga or in taking part in a retreat. I would love my retreat package to include whale watching with Penny, nature walks with Roger Outhouse, jewelry making with Monica Stark, dinner at Lavena's Catch Café, seaweed body wraps and/or facials and daily yoga practices (maybe even on the bluffs) and an a,aging creative vegetarian/vegan menu.

There is a need for people to help with the retreat during the summer months in the following capacities:

- Massage therapist/esthéticiennavailablevone or two days/afternoons per week
- Someone to help with housekeeping Thursday afternoons
- Driver for pick-up and return of guests to Halifax Stanfield Airport
- Handyman

Retreats will be 5 or 6 nights starting on Friday evening and ending Thursday morning and commence 4 August 2017, if all goes well and by 2018 we should start end of June and run through to the first week of September.

I am really excited about my new home and meeting new friends.

Feel free to email me at [ccollinsanybodyyoga@gmail.com](mailto:ccollinsanybodyyoga@gmail.com) if you are interested or know someone who is interested. Check out my services and the retreat at [www.anybodyyoga.ca](http://www.anybodyyoga.ca)

## Wander with Wonder



Wander with Wonder is a new endeavour of local resident Melissa Merritt, combining her two passions hiking and yoga. Melissa has worked in the local dental offices over the last twenty plus years, and always making conversation with the public and coworkers was the favourite aspect of her career. Being able to be outside, especially in the company of others was how she spent weekends and holidays, so it seemed like a natural transition when she decided to leave the world of office work and find something that felt more in tune with her spirit. A few of Melissa's endeavours include being a group leader with the Fundy Erratics hiking club, a director of the Bay of Fundy Discovery Centre Association, a director of the Digby Neck Collective and the Schoolhouse Café.

She is now available to lead small groups of friends or families on leisurely walks through trails in the Digby Neck area, along the way she can provide information on the history and wildlife of the area. Melissa will lead you in a relaxing yoga practice in a lovely natural setting if you choose. Guided meditation is also an option, or you can choose to spend some quiet time with your group taking pictures and enjoying the sights.

You can book a morning or afternoon wander by calling 902-308-1669 or messaging on FB.

Mornings you can book 8am-10am or afternoons 3pm-5pm. Special bookings are available to catch sunrise or sunset. Please call anytime to book your wander.

## Schoolhouse Café

The Schoolhouse Café is a new social enterprise project of the Digby Neck Collective. All profits from the café will return to the community through workshops, social programming, environmental discussions, health and wellness projects and many other avenues.

The cafe will be located at Digby Neck Consolidated School and will take advantage of the summer tourist season but will also remain open Thursday and Friday evenings and Saturdays through the school year. The menu will include as many locally sourced items as possible, highlighting homemade soups, sandwiches, baked goods and Sissiboo coffee.

The café is well on track to open on July 4th, 2017. This is a volunteer based social enterprise so any help anyone can offer would be greatly appreciated. Please call Melissa at 902.308.1669 or Gwen at 902.834.2866 to let us know how and or when you can help out. Everyone has something to offer, prepping vegetables, making coffee, tidying up, baking cookies or even running an errand can be a huge help, plus you get to spend time with friends. If local residents work together during the summer we can make this beautiful place an even better community through the fall and winter. Imagine the programs you would like to see here on Digby Neck, by working together we can make it happen.

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## What's up with the Ferry Dock Project?

By Ann Schweitzer

The May Provincial Elections have slowed the process of establishing funding from that source. We are hoping that June will pick up some momentum and decisions from Nova Scotia funds to match up with ACOA (federal) support.

In the meantime, the design and materials for planters and benches are being collected so that the O2 students can start work on them ASAP. We're still looking for a few more adults to volunteer an afternoon or two to help with their construction at the school.



Tiverton members conducted a 'walk-around' their ferry dock to start fine-tuning the plans there, especially the bathroom and the turning loop and parking concerns.

Whale design is moving forward and we are discussing ways to improve visibility of this art/ interpretive installation. Also looking for just the right material that will be tough and resistant to sun and salt spray.

Just off the press from Sharon Palermo!

I'm delighted to announce that our Plan for the Ferry Docks Areas has been chosen Winner of the 2017 Award for Planning Excellence in Urban Design by the Canadian Institute of Planners (CIP). The award will be bestowed at the annual CIP Conference, this year in Calgary, on Monday, June 19, 2017.

After several community meetings and the call for tenders, the Cities and Environment Unit (CEU) of Dalhousie University was hired by the FCDA to prepare the plan and document. Congratulations to the CEU, the Ferry Dock Areas Committee, and to local community members who have attended meetings and workshops and participated by expressing their feelings and aspirations for the Ferry Dock areas.

Interested in becoming a member of the Bay of Fundy Discovery Centre Association? Please send your name, address, telephone number and email address along with the appropriate payment to the address listed. Memberships are renewed annually

Individual membership: \$10.00

Family Membership: \$25.00

Patron: \$500.00

Business Membership: \$100.00

Association/Organization: \$50.00

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We welcome your stories and photos of your adventures along Digby Neck and Islands and the Bay of Fundy.

### Bay of Fundy Discovery Centre Association Board of Directors for 2016-17

Anna-Marie MacKenzie Kelly (Chair)

Peter Morehouse (Vice-Chair)

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