

In With the Tide

The Bay of Fundy Discovery Centre Association Newsletter

Ready for the Summer

By Anna-Marie Mackenzie Kelly



Our Fundy-Our Future

In this Issue:

Beauty on Brier	2
Come and See!	3
The Sky is Falling!	3
Creature of the Cove	4
Making Memories	5
Come by Bicycle	5
A Busy Day in Sandy Cove	6
Farmers' Market	6
An Amazing Backyard	7
From the Archives	7
From Our Readers	7
Who Are We?	8
Join us!	8



The Balancing Rock is an island icon and has been visited by people from all over the globe. Islanders take great pride in welcoming visitors and showing off what the Islands and the Bay of Fundy have to offer. Each Spring, volunteers from the community, The Options and Opportunities (O2) Class at Islands Consolidated School and staff from the Municipality of Digby come together to work on the trail to the Rock to ensure it is clean and safe for the new summer season.

Drizzle was dampening the Neck and Islands on the morning of May 25th but plans went ahead to meet in the Balancing Rock Parking lot. As I parked my bicycle by the picnic table, the sun appeared and was soon followed by the Municipality of Digby pick-up loaded with wood and tools and the school bus of O2 students ready with work boots, vests, gloves and enthusiasm.

The group of volunteers was small but everyone set to work with gusto and much was done. Rotted stairs were removed and debris was carted out, new wood was carried to the area to begin the repairs, two interpretive signs were repaired, brush along the trail was trimmed and the stairs were swept of dry leaves.

How many kilometres the volunteers walked over the course of the day is unknown, but trust me, it was many! Well done, everyone!



Fog and the wildflowers of Brier Island

By Jonathan Riley

If you're in a hurry, and a little immune to beauty, you can walk around Brier Island in a day. That was our plan; start at six in the morning, keep the water on our right, and put one foot in front of the other, until we end up magically right back where we started.

We started early at Northern Light in a dungeon of fog. Usually when I walk round Brier I keep my head up scanning the water for seals and whale tails and spouts and I miss the abundant beauty literally under my feet.



This time, ironically, the thick fog helped us see the wildflowers blooming all around. Some of the blooms you

could never miss: the bright yellow discs of Sow Thistle (*Sonchus arvensis*); or the tall stands of white puffy Meadow Rue (*Thalictrum pubescens*) and the house-sized bushes of scenty sweet Rugosa roses. In places the trail plunges through perfumed but scratchy tunnels with red blooms and plum-sized rose hips over your head on both sides.

Fields of Swamp Candles (*Lysimachia terrestris*), Fireweed (*Chamaenerion angustifolium*) and Daisies (*Leucanthemum vulgare*) paint swaths of the island in yellow, purple and white.

Harder to spot, the island has a bunch of lovely little orchids and this is a great time of year to catch them in bloom – we saw six species of orchids on our walk:

- the Ragged Fringed Orchid (*Platanthera lacera*), a.k.a., the “bad hair day” orchid
- the Hooded Ladies Tresses (*Spiranthes romanzoffiana*)



Ragged Fringed Orchid

- Club Spur Orchid (*Platanthera clavellata* – we saw lots and lots of these)
- Purple Fringed Orchid (*Platanthera psycodes* – again very common)
- Slender Ladies Tresses (*Spiranthes lacera*)



Bluebells and Yarrow show up better than Western Light through the fog on Brier

- White Bog Orchid (*Platanthera dilatata*)

Easier to spot are the tall thistles; we saw lots of Bull Thistle (*Cirsium vulgare*) – the one you know as the floral symbol of

Scotland. We saw the pale pink and by times even white Canadian Thistle or Creeping Thistle

(*Cirsium arvense*). And we saw the Swamp Thistle (*Cirsium muticum*), the only one of these three native to North America and it's a little less invasive if you want a showy thistle in your garden.

Of course the thistle-esque Knapweed (*Centaurea nigra*) isn't strictly speaking a thistle but is everywhere in big floods of purple.

Another weedy but fun plant is Silverweed



Walking amongst the Rugosa Roses- they thrive in the salty environment on Brier Island



whose leaves, when turned over the by the footsteps of the walker ahead of you, leave a glittering trail of silver through the green grasslands.

The fog burned off by the time we reached our lunch spot on the southern side of the island – the sun was shining on the Lego-like basalt rock and fin whales were surfacing just off shore. I never saw another plant.

The Fundy Erratics hiking club has planned a two-day two-part group hike/ circumambulation of the island Aug. 18 and 19. Look for details on the Facebook group or email me at

jriley@municipality.digby.ns.ca.



The fog lifts as we walk through the Brier Island Daisies

Knapweed is everywhere on Brier

Jonathan Riley Photos



Learn about lobster traps and fishing past and present

Come in and See!!

By Helen Outhouse

There have been some exciting changes in the Woodrow Outhouse Center in Tiverton--arts, crafts and a fisheries exhibit--COME AND SEE, COME AND SEE!!

We would like to invite islanders and visitors alike to come and browse through art work and crafts made by very talented local artists. If you are an artist yourself and would like to add your work to our growing collection, please contact Helen Ivens at (902) 247-5497.

Also wander through the fisheries exhibit and sift through the sand to find beach treasures or try banding (if that is not something you already do all winter). The display changes often, so if you have something to add or ideas, please send them along to Helen as well. We would be happy to have your input and delighted to have you drop by.

The Sky is Falling!

By Anna-Marie MacKenzie Kelly

seagulls have chosen Little River to assist them with opening their daily feast. Thousands of shells have been dropped on the road and individual driveways and as time passes, the shells are being crushed into small white bits by passing vehicles. Hmm, maybe we can use this to fill potholes...I digress.

Why has this practice started now and from where are the quahogs coming? Everyone is asking these questions. And, until I was walking along the road carrying and looking over an open but unbroken shell, I was composing this article in my head. I was just about to write, 'Everyone with whom I have



Hand crocheted afghans by Donna

Socks with a nautical message by Brittany



And Sea Glass Jewelry by Alicia

Crushed shells on the road

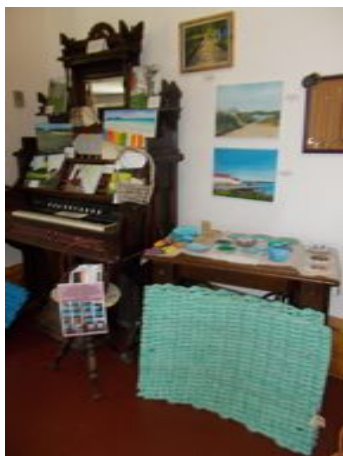


spoken has not actually seen a seagull drop a shell...' when, as I was crossing the bridge, I looked up and there was a lone seagull with a shell in its beak. The tide was low and the rocky riverbed was exposed. The gull let go and the shell plummeted to the rocks. I heard the CRACK! Down swooped the gull. Upon landing he first scoped out the area for possible moochers then enjoyed his evening meal. Yes, I finally saw a drop in action!

Now, I have yet to see one dropped on the road but I am keeping my eyes open and pondering wearing a helmet...



Find Sea Glass Art by Lorena



Paintings by Kathy, Rope Mats by Clayton, Island photo cards by ICS and Rope Baskets by Susan from the Basket barn



This one landed on the grass and weight 115 g.

I have been living in Little River since August 1985

and have never felt the need to protect myself from objects falling from the sky. Well once by the wharf, I did get struck by seagull excrement. That was not pretty! For weeks now, the road to the wharf in Little River has been littered in bits of clamshells, quahogs, I am told. These are not your small clams but heavy duty, thick-shelled clams. I am sure one landing on a head would cause a concussion. It seems the

Creature of the Cove: Dragonflies (Pond Hawks)

By Roger Outhouse

While many may wonder how such small beautifully coloured insects that fly and hover with such ease could be compared with a bird of prey such as a hawk. This is possible because as great a predator as hawks might be the dragonfly has a rap sheet as long as your arm. They are studied by military researchers because of their fierce intercept techniques as they attack flying insects from behind and beneath using unbelievable vision and neural processing. The prey never knew from where and indeed what hit them. The huge eyes of a dragonfly are so positioned and equipped with lenses that allow them to see 360 degrees and like the surround video screens that entertain humans, these brilliant flyers can see everything without even moving their head! We often consider raptors (eagles, owls and hawks), great white sharks and lions as master predators of air, sea, and land. They do however miss in their hunting attempts on numerous occasions while the dragonfly rarely misses in taking down its aerial prey. Their beautiful colour patterns coupled with their body structures make them masters of aerial antics allowing them to hover, dive, accelerate quickly and fly at impossible angles including reverse and upside down.

No wonder they are a magical fascination of people around the globe and have appeared on postage stamps, t-shirts, ornaments, paintings, coins, household items, books, dishware, necklaces, bracelets, hair clips and hundreds of other items. Fossil records indicate that the dragonflies originated about 300 million years ago and the higher oxygen in the early Earth's

atmosphere allowed some early species to have a wingspan of nearly 75 cm (36 inches). Today small species wingspans may be a few centimeters with the larger ones about 16 cm.

Speaking with a scientist recently, the combined number of dragon fly and damselflies species seen in Nova Scotia is 115 but some may be rare visitors and it is more likely that the common ones stands at around 75. Given that many species are similar and have such a wide range of colors it is difficult to exactly identify many of the species as they speed along.



Can you see the dragonfly?

Many people are concerned about the dragonflies because of their appearing close to swimmers along beach areas. Although some folks think the animal will bite, there are no reports that indicate we have anything to worry about. While they would try to defend themselves if grabbed, scientists indicate that the jaws are not capable of penetrating human skin. However, their mouth parts are very effective at grinding up butterflies, moths, flies, flying ants, midges, smaller dragonflies and mosquitos. Reports indicate a single

dragonfly can eat its weight in mosquitos each day. I can recall many family visits to Kejimikujik National Park where we would go at dusk for presentations at an outdoor theatre. As dusk approached the mosquitoes would turn out in droves to snack on the humans followed by large dragonflies whizzing up and down the seating rows feasting on the mosquitoes. Call it the pre-show entertainment!

A typical day for a dragonfly is to spend most of it in the air where they hunt, eat, mate and some species actually migrate great distances as part of their natural life cycle. Once they mate in midair the female will lay eggs in fresh water habitats. When the gill breathing larvae hatch they may spend weeks or even years growing before emerging and entering as fantastic winged adults. Until that happens these water larvae attack and devour any small creature including amphibians, insects and fish. They are crafty stalkers of their prey and can even shoot out their jaws to capture their victims. It reminds me of the horror science fiction movie Alien.

We need to understand how vital this beautiful creature is to controlling a balance in nature and why we need to protect the wetlands which are vital to their survival. My summer hint goes to those of you who have been attacked by nasty horseflies or deer flies. Consider purchasing a handcrafted dragonfly to pin on your hat or garment (easily visible) as they are effective at repelling the nasty flies that consider them as deadly predators. Often they are available in sporting stores or online.

Year-End Adventure

By Casie Tidd, teacher, Digby Neck Consolidated

Casie Melanson's Grade 4/5/6 Class of Digby Neck Consolidated embarked on a 3 day trip June 20th that they will never forget. Piling into vehicles on Wednesday morning they headed to Halifax where they learned hands on about the Age of Sail, explored the waterfront, and viewed a 360 degree film screening about the life of a Right Whale. From there the class boarded the Harbour Hopper for a history filled tour of the city from land and water.

The next day, after spending the night at Dartmouth Crossing, the

class headed to Lunenburg where they learned all about The Bluenose, from it's launch to present day; and got to explore our native sea-life around the aquarium. From there the class took the La Have Cable Ferry to Risser's Beach Campground where they set up camp for the night. Lots of laughs were had around the campfire while everyone enjoyed the longest day of the

year under the open sky.

A huge thanks goes out to everyone who donated bottles and played Chicken Splat Bingo that helped raise funds for this trip. And an even bigger thanks goes out to the Chaperones who accompanied us on this trip: Sarah and Travis Frost, Roycie and Jana Elderkin, Matt Melanson and Amy Theriault; thank you for donating your time, patience and resources.



I have been cycling along Digby Neck & Islands for close to 30 years and, it's finally

happening! Nova Scotia is becoming a bicycle friendly province. The Blue route is slowly growing around the province, Bicycle Nova Scotia is offering guided tours and local establishments can register to be 'Bicycle Friendly'.

Bicycle Friendly

By Anna-Marie MacKenzie Kelly

The Schoolhouse Café located in Digby Neck Consolidated School in Sandy Cove has Bicycle Friendly status and will soon have a bicycle rack installed and the school has a water bottle filling station. To achieve bike friendly classification, restaurants, cafés, and pubs with food services are required to have (visit bikefriendlyns.ca for more information):

1. Short-term bike parking
2. Washrooms available for cyclists
3. Knowledgeable staff that can provide direction to bicycle shops and rental locations

Having healthy food choices is a bonus! For cyclists interested in stopping by, the café is open from 8:00 am - 2:00 pm Tuesday through Saturday and the C@P/Information Centre in the school is open 9:00 am - 4:30 pm Monday through Friday.

A visit to the map at bikefriendlyns.ca shows the Schoolhouse Café as the first business in our area to register. Digby Neck and Islands have so many beautiful vistas for cyclists to explore so spread the word! Let's make Digby Neck and Islands a cyclist's destination.

Call it a Busy Day

By Anna-Marie MacKenzie Kelly

Where does it all come from and will it ever end? In the middle of May, friends of Sandy Cove Beach had already filled one very large dumpster with garbage washed ashore so who could imagine how much more refuse was there just a few weeks later on June 5 when the Digby Pathfinders & Rangers joined staff from RBC and community members for their annual Sandy Cove Beach Sweep.



Following three hours of hard labour many volunteers headed home with the satisfaction that they have helped prepare the beach to welcome summer visitors.

area below the falls and had wished they had brought garbage bags with them. Next time!

Light rain continued to fall but the girls were not deterred.



The views, rain, fog or shine are always spectacular on Digby Neck! And, as often happens, the sun emerged and warmed the air on the final stretch from TR Falls.



The light mist in the air did not stop the volunteers from hauling up mounds of rope and collecting thousands of colourful lobster bands. The quantity of lobster bands was so distressing, we ended up thinking we should clean them up and sell them to lobster fishers.



Since the Digby Pathfinders and Rangers were preparing for their August adventure to Gros Morne National Park in Newfoundland, they stayed on the beach to enjoy a light lunch then continued their day with hikes up Mount Schubal, then on to TR Falls and down to the beach at the base of TR Falls. They were saddened by the amount of garbage at the beach

Many thanks to community resident and hike leader, Janet McNeill for guiding the girls on their hikes.



Digby Neck Farmers' Market

The summer Farmers' Market has returned to Digby Neck Consolidated School this summer with many new vendors and lots of delicious food. The market runs every second Thursday from 3:00-6:00 pm- the perfect stop to pick up a tasty supper on a muggy summer evening! The next market day will be Thursday 16 August 2018



What's in Your Backyard?

By Anna-Marie MacKenzie Kelly

Larry and Greta Goodwin of Acacia Valley have many acres of backyard and are sharing its beauty by building a web of trails throughout the diverse woods. One could stand in one spot and see many, many different species of trees, shrubs and flowers- a true sign of a healthy forest.

Just two days before spending the day cleaning Sandy Cove Beach and hiking the trails in Sandy Cove, the Digby Pathfinders & Rangers, with members from Long Island, Digby Neck, Digby, Bear River, Deep Brook and Annapolis, spent an evening with Larry and

Greta exploring, identifying and battling black flies. Yes, the black flies and ticks were abundant but the natural beauty of the area was breathtaking.

Test yourself, can you identify these plants we identified in the woods?

If you have some time to explore, do head out to the Acacia Valley Trails, open year-round, on the Ridge Road. I guarantee you won't be disappointed no matter what the season.



Can you identify this young man celebrating his birthday circa 1986?

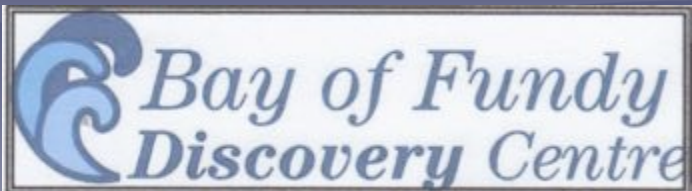


From a Valued Reader:

Dear Roger,
 Ken and I read the most informative articles today. With the illustrations, this has become a very professional and enjoyable newsletter. Keep up the excellent work!
 Very best regards,
 Sharon

- We continue to welcome new members. Please consider joining the Bay of Fundy Discovery Centre Association and continue to make Digby Neck & Islands a wonderful places to live, explore and enjoy.

- We want your stories and photos. Please let us know what you are enjoying along our beautiful Bay of Fundy. Please send your stories, photos and dates of upcoming projects to anna-marie.mackenzie-kelly@mail.mcgill.ca



Bay of Fundy Discovery Centre Association Board of Directors for 2017-18

- Anna-Marie MacKenzie Kelly (Chair)
- Peter Morehouse (Vice Chair)
- Roger Outhouse (Secretary)
- Bonnie MacLachlan
- Shealee Newman
- Jeff White
- Melissa Merritt
- Frank Garron



The Bay of Fundy Discovery Center Association

PO Box 66
Freeport, NS
B0V 1B0

righthouse51@gmail.com

In With the Tide:

anna-marie.mackenzie-kelly@mail.mcgill.ca

MEMBERSHIP FORM

Name: _____

Mailing Address: _____

Email: _____

Telephone: _____ Date: _____

Please circle the applicable membership category:

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

Please make cheque payable to: The Bay of Fundy Discovery Centre Association and mail to the address above. Charitable receipts are issued.