

In With the Tide

The Bay of Fundy Discovery Centre Association Newsletter

Boars Head Lighthouse Achieves Municipal Heritage Status By Roger Outhouse



recognition but also becoming a registered heritage lighthouse recognized by the federal government. He went on to explain that the association and community residents are very proud of the Boars Head Light and their efforts to save this icon for future generations. Craig thanked the many organizations and people involved in creating the day's celebration.

This was concluded with Craig and Warden MacAlpine unveiling the plaque to the audience and a reception followed so people could exchange stories about the lighthouse and the light keepers who served over the years. It was only a few weeks previous that an onsite monument to commemorate the keepers (and assistant keepers) of the Boars Head Light was celebrated with an official ceremony organized by the Central Grove and Tiverton Heritage Association.

The newly established monument in thanks to all the past light keepers and their assistants who served here.



On Friday October 5th, 2018 a formal presentation was made at the Tiverton Community Hall to commemorate the importance of this iconic property with the formal unveiling of a plaque designating the status. Digby Municipal Heritage Officer Rob Hersey gave a brief historical background of the lighthouse. He stressed its importance to the growth and safety of the lucrative shipping commerce that flourished throughout the Yarmouth to Saint John, New Brunswick region that eventually lead to the establishment of the Bank of Montreal. Petit Passage was a frequent shortcut (saving time and money) for these ships and of course the fishing boats in the region also benefitted greatly from the safety offered by its bright guiding light and the equally important foghorn.

Jimmy MacAlpine, Municipal Warden, spoke to those assembled about the importance of saving many of our heritage structures and was pleased to note that Council recognizes that it is not only beneficial to tourism initiatives but is vital to our own residents who need to see and experience our history. He indicated that our region has much to offer and feels that we are growing more and more into what makes us stand out as a destination.

Craig Buckman, the chairperson for the Central Grove and Tiverton Heritage Association, summarized their efforts in coordination with the municipality, Fisheries and Oceans, and federal government departments in a lengthy process in gaining Municipal Heritage



Our Fundy-Our Future

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Left to Right: Craig Buckman (Central Grove and Tiverton Heritage Association Chairperson), Dennis Blinn (son of past Boars Head assistant light keeper, Albert Blinn), Jim MacAlpine and Rob Hersey

The Lighthouse now proudly bears the Digby Municipal Heritage plaque as it keeps watch over the turbulent Bay of Fundy waters.

Bear Cove Clean-Up

Submitted by Helen Ivens

Many thanks to all those who turned out on August 1st for the First Annual Beach Sweep, Work Party and Wiener Roast at Bear Cove.

Special thanks goes to Sheldon Dixon, his tractor, all his lobster crates and crew (Will, Stephano and Ado) who cleaned the beach in just a couple of hours with the help of Connor



Pyne, Dianne and Al Outhouse, Ben Dixon and Helen Ivens. Also we would like to thank Jonathan Riley, Trails Co-ordinator, Seth, Daniel and Jeff for joining us from Digby to help clear alders and branches along the road with Roger Outhouse. And thank you to the Sunshine Bible Class for providing the food for the workers as they took time to relax and enjoy the beauty of Bear Cove.

Try to find time to walk back and see this picturesque cove for yourself. Relax on the bench at the top of the look-off and enjoy the scenery, the peace and quiet and maybe watch the whales out in the bay. Or, explore the shoreline with its interesting



sculptured rocks, driftwood and other beach treasures. Perhaps you might pack a picnic lunch or some wieners and marshmallows and have a wiener roast of your own. Enjoy!

Erratics on the Move

Submitted by Greg Turner



On June 16, the Fundy Erratics hiked from Little River up and over the North Mountain to White's

enjoyed lunch at the Schoolhouse Café at Digby Neck Consolidated School in Sandy Cove.

Photos by Jeff White and Daniel McMillan



Cove. Led by Erratics' members Melissa Merritt and Jeff White, the 17 hikers enjoyed a beautiful Bay of Fundy panorama as they exited the trail at the Cove. This was a new hike location for the Erratics, but there are plans to return and hike further along the shore. After the hike, the group



Enjoying a Coastal Walk

By Jonathan Riley

Trail and Open Spaces Coordinator, Municipality of the District Digby

Never in my wildest dreams did I expect to see a leatherback turtle – but then you never what will come “In With the Tide.”

It was the August long weekend and my favourite hiking partner was away – in fact everyone was busy with long weekend stuff, so I just figured I’d go for a long walk on the shore. I hadn’t been beyond the shipwreck monument in a couple years and hadn’t seen the “Secret Waterfall” in that time either. I was also thinking I might see some orchids or other wildflowers. I did in fact find lots and lots of purple-fringed orchids and was already considering the hike a great success.



cobble beaches. There are a couple of pinch points under the House Cliffs where, if you aren’t careful, you can get trapped by a rising tide. And in between a couple of those pinch points is a little cove with a narrow waterfall deep in the corner. I like to call it the Secret Waterfall because you can’t really see it unless you are right there in the cove. I was looking up at the trickle of water coming down when I smelled the turtle.

That’s the way with dead things on the beach. You usually smell them before you see them. I have seen lots of dead seals and dolphins, a few porpoises and bigger whales – minke, sperm and humpbacks. I have seen sunfish and even a whale shark but I never expected to see a leatherback turtle.

When I got home I called the hotline

number and gave the researcher the exact GPS coordinates and the tag numbers I had seen and I sent her photos of what turned out to be a fairly well-known turtle.

It wasn’t until I read the recent Vanguard story that I learned the turtle’s name and that DFO had picked up her body for an autopsy. I had been back to the site a week later and knew the turtle was gone but just figured it had washed back out to sea.

I encourage everyone to take slow walks on the shore – I can’t guarantee you’ll see orchids or waterfalls or even leatherbacks – but there’s a very good chance you’ll find something surprising.

Reporting turtle sightings: The Canadian Sea Turtle Network asks you to call 1-888-729-4667 immediately, anytime 24/7, to report sightings of live or dead sea turtles.



West of the shipwreck monument the cliffs get higher and the shore gets harder to walk on with big piles of tumble down basalt rocks and slippery



It was a full house at the Digby Neck Fire Department’s Fall Turkey Supper. The meal was delicious and the service was amazing. Many thanks to everyone who prepared food and donated mouth-watering pies to support our community volunteer services.



The Digby Area has many assets, including beautiful scenery, vibrant tourism and fishing industries, friendly people and a strong sense of community. There are also many challenges that face the residents of Digby – challenges that include high poverty rates, seasonal employment, housing issues and difficulties with accessing medical care. These challenges are too big and complex for any one agency to tackle effectively, on its own.

Inspiring Communities is a non-profit organization that works with communities to create partnerships and a collaborative approach to achieve real and lasting change, to find solutions to the challenges each community identifies.

Inspiring Communities has begun to meet with residents, community groups and politicians in the Digby Area to develop a strategy for positive change. Part of developing this plan is conducting a survey that documents the voices of *all* parts of our diverse community.

Over the next few weeks, you may be approached by someone to complete a short survey and to hear your thoughts and opinions on issues that affect you. We want to hear about what is working and what concerns you. Your opinions and insights matter!

If you're interested and want to participate, please contact:

Jill Balsler (Project Leader) at:

jbalsler@inspiringcommunities.ca

Tel: 647 268 7459 (mobile) or 902 245 6218

Inspiring Communities is looking for 10-12 people to work as Research Assistants to help conduct the surveys from late October to mid-December. Each Research Assistant will receive an honorarium and out-of-pocket expenses such as transportation costs and child/elder care. Experience as a Research Assistant is not necessary as we will provide training.

We are looking for people from all populations/communities in the Digby area who are:

- Committed to positive change
- Passionate about their community
- Well-connected and trusted in their community
- Friendly and comfortable talking with people
- Comfortable writing down people's responses or willing to work with someone who is comfortable doing this
- Able to complete 30-40 surveys with members of their community

If you are interested in applying for a Research Assistant position, please contact Jill Balsler, Project Leader, at her contacts listed above.

Bridging the Gap

By Anna-Marie MacKenzie Kelly

For months, many wondered what the narrow 'bridge to nowhere' being built across Highway 101 just past the Digby exit was all about. Many complained it was a waste of money. Many said it was an ATV bridge. There were many stories...



The bridge is part of the multi-use Rails-to-Trails project

transforming the railroad beds into trails for everyone- walkers, hikers, cyclists, horseback riders and ATVs. Prior to the construction of the bridge, trail users had to dash across highway 101 with the fear of a

vehicle coming quickly around the corner. I experienced this 'dash' a number of times during my early morning walks when I worked in Digby.

Now, with the construction of the wider and extended 101 to Marshalltown and the new exit for Digby, it was definitely important to build the bridge as a safety factor for trail users.

The bridge was officially opened under bright blue skies on 29 September 2018. There was a large crowd gathered including walkers, cyclists, horseback riders, ATV riders, officials from the Provincial ATV Association and Department of Transport and Federal, Provincial and Municipal Politicians.

With the bridge in place, everyone can enjoy a much

safer journey along the trail. Now, one can easily enjoy a stroll to Smith's Cove in one direction or for a longer adventure and a brief detour in Weymouth, go all the way to Yarmouth. Everyone can benefit by having the opportunity to get outdoors, walk the trail and enjoy the natural beauty Digby County has to offer. There are a number of places within the Town of Digby where one can access the trail. So, get out and get active!



The volunteers behind the Van Tassel Lake Trails want your feedback and ideas. The Van Tassel Lake Trails Association is working with [Trailflow](#) (trail designers from Wolfville) on a master plan to help focus their efforts in the Town of Digby's watershed area. The goal of the plan is to make sure they are creating a trail system that serves the needs and wants of the community and therefore, the first step is to ask the community what they want.

Trailflow has created [a short easy survey](#) with questions about your current trail use and how you would like to see the trails used in the future. The survey has 15 quick easy questions and should take less than 5 minutes to complete. The VTLTA is hoping to hear from as many people as possible - PLEASE: help us create a trail system that you will love and use often!

Click on the link below to answer the survey questions:

<https://www.surveymonkey.com/r/VanTasselLake>

Thank you in advanced for your input and contribution to this project.

Jonathan Riley
Trail and Open Spaces Coordinator
Municipality of the District of Digby
Phone: 902-245-2861

Our Energy Future

By Tony Kelly

On Oct 11, an energy symposium was held at the Pines Hotel and sponsored by the Municipality of Digby and Pollution Probe, a national environmental charity. The purpose was to allow local businesses, government, and interested citizens to network with the aim of having participants work to more clearly define their common energy future.

The biggest immediate problem

for developing energy resources is the inferior grid capacity of the electrical system in this part of the province. This poses challenges for the area in terms of being able to develop alternative energy sources such as wind or tidal and being able to store and distribute the resultant 'new' energy. In cooperation with local government the launch of this exchange is aimed at helping Digby and area overcome this immediate challenge and to

work towards a greener future.

The timelines for effective change are tight given that mid century is widely viewed as the point past which there will be no hope given the rise in global warming. The energy symposium appeared to offer a glimmer of hope and optimism given the severity of what communities are sure to face as the decades unfold. More information on the Digby Project can be found at the Municipal office or online at pollutionprobe.org.

12 Years and Still Going

by Anna-Marie MacKenzie Kelly

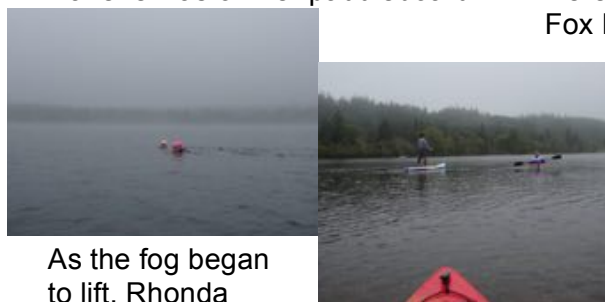
One sunny May morning in 2007, while out for a run, I thought I needed a new challenge and before I returned home, I dreamt up the "Terry Fox Triathlon". I had been participating in the Terry Fox Run every year since our son was a baby and thought adding a challenge to this day would be perfect. I called my friend, Cindy, and explained my thoughts about the triathlon and she agreed to join me. Little did I realize we would still be completing the triathlon 12 years later!

Our unofficial Terry Fox Triathlon includes swimming the length of Lake Midway, bicycling to Little River wharf and back from the lake and ending with a run (and some walking) to Centreville wharf and back to the lake.

Terry Fox Day always lands on

the third Sunday of September and one never knows what the temperature of Lake Midway will be that late in the month and we have not had much success convincing others to join us!

This year, our group was the biggest, yet. While Cindy and I swam the lake in thick fog, we had three supporters/lifelines accompany us. Paula and Rhonda were in kayaks and Davene was on her paddleboard.



As the fog began to lift, Rhonda joined us for the bicycle leg. It was a great ride under a bright blue sky and the warm sun was welcome after the cool, foggy swim.

By the time our group of three was ready for the run, the sun was very hot as it bounced off the pavement.

It was not easy for some of us (namely me!) to get going into a run and I concluded that it is okay to walk some and run some! More importantly, we were out supporting the Terry Fox Foundation in their continued work to beat cancer.

Maybe next year, we will make it an official event!



Plant of the Cove: Japanese Knotweed- No Easy Fixes

By Christina Prime and Teri Chace

Few plants fill homeowners, landscapers, and botanists with dread like Japanese knotweed does. It's a bad one—very aggressive, very hard to stop. It's an increasing problem out here on the Neck and Islands.

First let's make sure we all know which plant we are talking about. It's a fast grower forms dense, tall stands. Some people call it Japanese bamboo because, like bamboo, the mature stems are hollow. It has heart- or oval-shaped leaves and, in late summer and early autumn, lacy tresses of white flowers. Winter tends to kill everything aboveground, but new growth returns every spring with a vengeance. It is said to favor damp ground, but it's not fussy.

Left alone, this plant will expand its territory every year. It grows so thickly that nothing else can get in or compete. Native plants are shoved aside, including ones that important to wildlife like cattails, grasses, and brambles. If you have it in your yard and want to have a garden or even just a lawn or clear driveway, good luck...it can and will stomp all over your plans.



This beast has several official names, including *Reynoutria japonica* and *Fallopia japonica*; an old name is *Polygonum cuspidatum*. Evidently some plant scientist somewhere delved into which genus it really belongs in (oh great, it may have some nasty relatives). We will say this: we wouldn't trust a person with this many name changes/aliases!

How long has it been on the Neck and Islands?

Roger Outhouse explains that Japanese knotweed has probably been around here for generations (likely as an ornamental cover) and is mostly seen in backyards and highway borders. In recent years, though, it's been spreading.

This plant lowers property values as people learn more about the plant and are unwilling to buy properties when the plant is even on a neighbor's land.

How does it get around or move into new areas?

Many ways. Japanese knotweed is able to regenerate from stem and root fragments. Also, the flowers go to seed and blow around, or get transported by birds or animals. Water is also a factor and can even get it across a road (rain, a stream).

Highway crews may dump contaminated fill, or a bush-hog can push plant pieces further on down the line. It's also possible that seeds and plant fragments travel via our pets or vehicle tires.

Does cutting down work?

It might. Cutting Japanese knotweed back when it is actively

growing in spring and summer isn't very satisfactory. That's because all movement in the plant is surging upward (this is also why spraying it in spring and summer doesn't kill it—the weedkiller will not be translocated downward).

However, if you really keep after it, eventually the roots starve, dwindle, and die.

Cutting back in late summer works best of all. Then, all the plant's energy is going down—to provide the roots with starch reverses for next year's resurgence. This is also the time to bring out the weedkiller, if you are willing to use it.

Is there a safe way to dispose of it?

Aha—good question. Your best bet? Burn the whole plant and roots—only after they have been removed from the ground—in safe way. If you try to burn it on the ground or while it is still rooted, you are only leaving yourself open to possible uncontrolled grass fires with a good chance of property damage.

Also: do not leave the pieces in place or dump them anywhere! Definitely do not add them to a compost pile. One idea (this works with any weed) is to bag it all and let the bags sit so the contents break down and dry out, then send it away with the garbage.

Green bin? No! The contents of the green bin go to municipal compost and Japanese knotweed will be back to haunt us, or somebody else.



What other non-chemical things can you try?

Things that may work on other weeds, such as salt, vinegar, even gasoline don't work on this one.

Covering over a chopped-back area is worth a try. Use a big heavy tarp or large old carpet, and anchor out past the edges of the patch. (Using thin materials or several smaller overlapped covers doesn't work because this wily plant finds and pokes through the gaps.)

Digging out by the roots? Good luck, if it's an established patch. A mature patch's root system can be 20 to 30 feet/6 to 9 meters deep.

Do pull out (or constantly mow down) baby plants. As with any other weed, it's always easiest to yank out most or all of the root system when the ground is damp after a good rainfall.

If you are willing to use chemicals, what should you do...and when?

If you use a weedkiller such as Roundup on it in August or September, your chances are much better. Roundup is a "systemic" herbicide that gets carried down into the root system, killing the entire plant.

Don't spray wily-nily or spray the foliage. Instead, "hack-and-squirt." Squirt the weedkiller into the cut, hollow stems, one by one, using a syringe or turkey baster.

But wait: even this might not work, believe it or not! It turns out that Japanese knotweed, like certain other weeds (Quack grass, Russian olive, ailanthus), has the ability to shut down its crown when it senses a threat. A young man who works at an arboretum on Martha's Vineyard—his job is to protect all the special arboretum plants from weedy invaders—told of his technique. After he chops it back in late August, he fertilizes the area, tricking the plant into "staying open." A day or two later, he returns to squirt the weedkiller down the stems. It's fatal, he reports. Wow. FYI. If you try this, please observe all laws and cautions; Roundup cannot be used in wetlands. Protect yourself and any nearby wanted vegetation.

Once you have dead plants, burn them safely or follow the above cautions about disposal.

"An ounce of prevention"

- Do not buy or use potentially contaminated fill, especially roadside fill.
- Do not leave open areas where it can invade. "Nature abhors a vacuum" and Japanese knotweed will move in to open areas. If you clear out an area, be sure to plant something else or cover it until you are ready to do so.

- Patrol your property. Pull out baby sprouts and dispose of them promptly and correctly.
- Do not let the plant go to seed. As soon as you see the flowers, cut or shear them off.
- If a neighbor has a patch, tell them these things and/or offer to help.

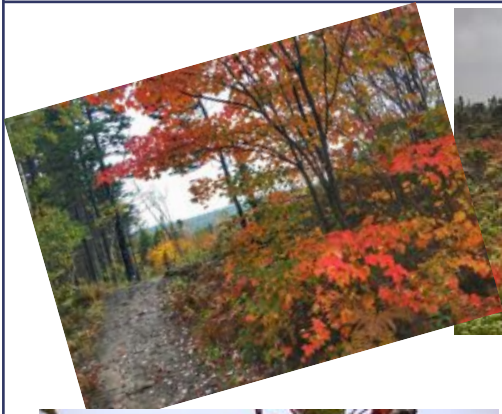
Living with Japanese knotweed

Originally this plant was marketed as a good "screen" plant because it grows thickly and as tall or taller than a person. You can leave a stand in place and mow or chop it repeatedly when it tries to move beyond the area you want it in. In any event (this bears repeating) never let it go to seed. Get out there in late summer, cut off the flowers, and dispose of them properly.



Christina Prime is a busy lawn-and-yard care professional in Freeport, along with her husband Larry and brother Mark.

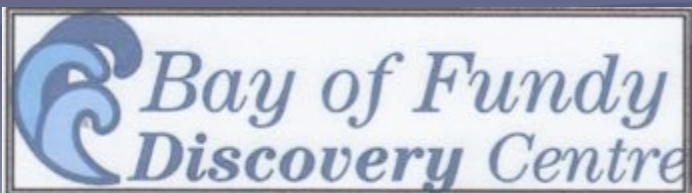
Teri Chace is a summer resident of Freeport. She is a best-selling gardening author and speaker down in the States; one of her titles is *How to Eradicate Invasive Plants* (Timber Press).



Autumn is in the air!

- Beautiful fall leaves photos by Jonathan Riley
- Crabapples, mountain ash, wild aster, rosehips and one last rose bud photos by Anna-Marie
- Lobster traps and pile of buoys photos by Anna-Marie
- Buoys hanging in a row photos by Tony Kelly





Our Fundy-Our Future

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 Centre Association is currently looking for a treasurer. If you are interested in joining our team or you know someone who would enjoy working with us, please let us know.
We continue to welcome new members. Please consider joining our Islands and continue to make this a wonderful place to live and visit.
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

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