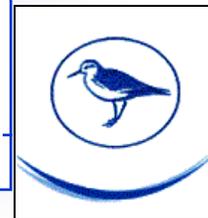




With the Tide



Friends of Lynn & Nahant Beach

Volume 6, Issue 1

PRESIDENT'S YEAR END REPORT

I am glad to report the Friends of Lynn and Nahant Beach (Friends) had another successful and busy year in 2011. Our membership continues to grow as the Friends continue to partner with organizations to provide free events at our local beaches.

The Friends participated in Save the Harbor / Save the Bay April Cupid Splash at Nahant Beach that raised money for our Summer concerts, co-sponsored with the City of Lynn the July 3rd Fireworks seen by thousands along Lynn Shore Drive, co-sponsored with the City of Lynn Department of Community Development a Family Movie Night at Red Rock Park, and co-sponsored with the Lynn Community Association a beach clean-up along Lynn Beach.

Of course, none of these events would have been possible without membership support, donations, grant support from Save the Harbor / Save the Bay, Lynn Arts, Massachusetts Cultural Council, Eastern Bank, Lynn City Council, Mayor Judith Flanagan-Kennedy and support from the Department of Conservation and Recreation along with the hard work of Friends volunteers.

The Red Rock Park Summer Concert Series was well attended, regularly attracting several hundred people to each of the eight Thursday night concerts. The concerts have become so popular that we have a lengthy list of bands waiting for a spot on the performance schedule. The Second Annual Kids Day and Concert was a huge success. Balloon animals, marine animal touch tanks, arts and crafts, and the Toe Jam Puppet Band made it an enjoyable time for day for the kids.

DCR Commissioner Edward Lambert spoke at the Friends April 2011 Annual Meeting (and will be at the upcoming April 2012 meeting!) promising that the Lynn and Nahant Beaches' full time staff would remain, and announced a new three year landscaping contract for Lynn Shore Reservation despite major budget cuts for the DCR.

The Nahant Causeway Rehabilitation Project is on schedule. Already we can see improvements from the \$20 million rehabilitation project. Once completed, it will be a major improvement for Nahant and the thousands of folks who use Lynn and Nahant beaches.

I want to once again thank you for your continued support of the Friends. Because of you the Friends have made major improvements to Lynn and Nahant beaches. Let's continue the good work and make 2012 another successful year!

Bob Tucker, President



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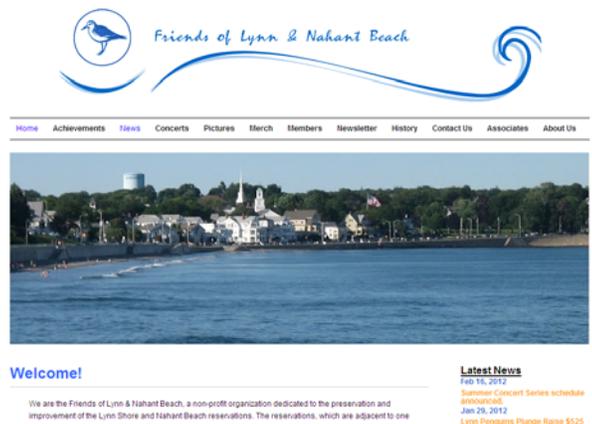
Lynn Penguin Plunge

On January 1st, a local group called the Lynn Penguins took their annual dip in the ocean at Kings Beach to celebrate the new year. This year, the Penguins also took it upon themselves to raise money for the Friends. Through their efforts, they raised \$525. A big Thank You to all who participated, especially Terrence and TJ Cullinane. TJ is a Friends member who also writes the Nature Notes column in this newsletter. He also runs an educational activity at the Kids Concert.



Website Revamped

Recent visitors to our website will have noticed that it has been redesigned by our volunteer website coordinator, Brendan Thurber. He has improved the look and the layout of information. A big Thank You to Brendan for his recent efforts, and his continued work managing the information on the website. See the new look at our website: www.lynn-nahantbeach.org



Annual Meeting on April 11th, with Special Guest DCR Commissioner

The April membership meeting is the Friends annual meeting. Members of the Friends will be able to nominate and vote on three seats on the board of directors. The meeting will be held on April 11th at 7PM at the residence of Jane Cahill, 169 Lynn Shore Drive in Lynn.

DCR Commissioner Ed Lambert, Jr. will be joining us for the beginning of the meeting.

A Thank You to Jane for continuing to allow the meetings to be held at her residence and for providing the refreshments during the social time following the meeting. New members or individuals interested in joining are always welcome at the bimonthly membership meetings.

WITH THE TIDE NEWSLETTER

Please let us know what you think of the newsletter. Also, would you like to receive future issues via email? Please send comments to Michael at LynnNahantVicePresident@gmail.com or 978 835 7724.

Spring Calendar

Saturday, March 24, Noon: Cupid Splash. Join us at the Ward Bathhouse and participate or watch as people take a dip in the ocean. Refreshments will be available.

Wednesday, April 11, 7PM: Annual meeting and April membership meeting of the Friends. Cahill residence. 169 Lynn Shore Drive, Lynn.

Saturday, April 21, 9AM: Park Serve Day. Meet at Red Rock Park to help weed & clean the area between Red Rock Park and the Compass. Rain date: April 28.

Friday, April 27, 4PM: Lecture at the Northeastern University Marine Science Center in Nahant. Title: The Evolutionary Diversity, Ecological Complexity, and Future Fate of Coral Reefs, by Dr. Nancy Knowlton of the Smithsonian Institution, National Museum of Natural History.

Thursday, May 10, 6-9PM: Spring Fundraiser. Join us at the Tides Restaurant in Nahant, where a portion of **all** sales between 6-9PM go to the Friends.

Wednesday, June 13, 7PM: June membership meeting of the Friends. Cahill residence. 169 Lynn Shore Drive, Lynn.

Cupid Splash

Save the Harbor/Save the Bay, a non-profit organization that advocates for clean beaches in metro Boston, is organizing its second annual Cupid Splash on Saturday, March 24th at noon. The Cupid Splash, so named because it was originally scheduled for Valentine's Day weekend last year, is a fundraiser where participants agree to take a dip in the ocean and raise money in the process. Save the Harbor/Save the Bay uses the money that it raises at this event to provide grants to organizations like the Friends. Last year, the Friends received \$3,500 to support our summer concert series, which was tied for the largest amount given to any organization.

There are "Splashes" taking place at numerous metro Boston beaches, including Nahant Beach in Nahant. The Friends will be there providing refreshments and cheering for participants.

Registered participants in the Splash are eligible to win round-trip tickets from Jet Blue to anywhere in the United States, and are invited to an after-party at the Tides Restaurant in Nahant. If you are interested in participating or supporting those who are participating, please visit www.cupidsplash.com.



HARPOON HELPS CUPID SPLASH!
to benefit Save the Harbor / Save the Bay
SATURDAY, MARCH 24 @ NOON
At BCYF Curley Community Center, M Street Beach, South Boston
& on a beach near you from Nahant to Nantasket

Show your **LOVE** for the Boston Harbor by taking the plunge at your local **BEACH**, and warm up afterwards with a **HARPOON** beer!

Love Beer. Love Beaches. Harpoon. 

The graphic features a blue background with white clouds and a large red heart containing a white 'H' and a harpoon. There are also smaller red hearts and a Harpoon logo in the bottom right corner.

DCR Park Serve Day

On Saturday, April 21st, the Massachusetts Department of Conservation and Recreation (DCR) is sponsoring Park Serve Day at state parks across the state. In years past, the Friends have refurbished parts of the playground at the Ward Bathhouse and planted perennials at the Nahant Rotary and traffic islands. This year, we plan on cleaning the overgrown area between Red Rock Park and the nearby stairwell heading towards Woodbury Point. Many plants that are growing there are non-native and are out-competing the shrubs and grasses that were planted there when the area was renovated in early 2000s. We will be supplying work gloves and bags, but if you have non-motorized tools (clippers, shovels, rakes, etc) that you would like to bring, please do. We will be meeting at 9AM and hope to be done by 11AM. We will have refreshments available. Please email Michael at LynnNahantVicePresident@gmail.com if you are interested in coming. If there is inclement weather, it will be re-scheduled for the following Saturday, April 28th. Thank you.



Scope Project

The shoreline along Kings and Lynn Beaches provides great views of the horizon, sunrises, seabirds, and boats, to name a few things. Have you ever wanted a closer look at the ships that pass by on their way to Boston, the birds bobbing in the ocean, or Egg Rock? To help facilitate this, the Friends have been pursuing funding options for purchasing two non-coin operated telescopes, or scopes, that would be installed near Woodbury Point in Lynn. The scopes would be near each other: one would be standard and one would be handicapped accessible. Since the scopes would be subjected to salt-water, waves, and urban wear, they would need to be very durable. We have identified a couple of companies that manufacture scopes for difficult marine environments, but unfortunately, they are very expensive.



We identified two potential funding sources: the Massachusetts Environmental Trust (MET) and the DCR Parks Partnership Grant. MET is a funding entity that is financially supported by the purchase of environmental-themed license plates. Over the years, MET has distributed over \$16 million to local environmental organizations. While the scope of our project is fairly small versus those that typically apply for MET funding, we did submit a preliminary application for funding. However, as expected, the project was not selected for further review.



We subsequently applied for partial-funding from the DCR Parks Partnership Program. We have successfully applied to this program for funding in the past, including for the interpretive signs along Kings and Lynn Beaches. As of this writing, we have not received formal word of our grant application being accepted, but we have received some positive feedback. If we do receive partial funding from DCR, we will likely conduct fundraising activities to raise the remaining funds needed to purchase and install the scopes.

One final note: the scopes will have a limited turning radius to ensure that visitors stay focused on the ocean. If you have any questions or would like to contribute towards the purchase of the scopes, please contact a Board member or send a check to the address on the back of the newsletter with the word SCOPES written on the memo line.



The Dogwinkle: One Tough Customer

Mixed in with the periwinkles clinging to the rocks in the intertidal zone at Red Rock Park is another marine gastropod known for its great variations in color and redoubtable diet. For while the periwinkle is content to graze on algae growing on the rocks and seaweed, the Dogwinkle feasts on much harder fare, having taken a liking to barnacles and Blue Mussels.

The Dogwinkle gains access to the soft parts of mussels by means of a radula. The radula acts almost like a chain saw, allowing the Dogwinkle to bore a small neat hole into its victim. An organ on the animal's foot secretes a chemical which softens the shell making it an easier job for the radula. With the hole made, the Dogwinkle injects chemicals into shell that turn the insides of the animal into a soupy liquid. This the Dogwinkle sips through a built-in straw called the proboscis. The Dogwinkle also uses the proboscis to push apart the plates of the barnacle. It takes about a day for a Dogwinkle to consume a barnacle and a week to polish off a mussel.

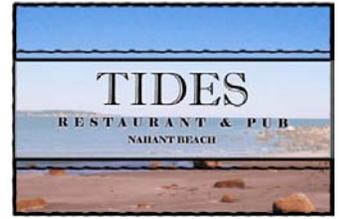
A Dogwinkle's coloration is thought to be influenced by its diet. Lighter Dogwinkles apparently feed on barnacles, with the darker ones consuming mussels. Most of the Dogwinkles I find around Red Rock are white. The darker ones pictured above came from Plum Island. Dogwinkles for their part are fed on by birds and crabs. The Eider Ducks and Scoters that you may observe diving in Deer Cove in the winter months swallow Dogwinkles and other mollusks whole. Talk about a tough stomach! Crabs try to pull the soft part of the Dogwinkle out through the large opening of the snail called the aperture.

And so Friends, on your next walk with the kids by the tide pools of Red Rock, you'll know that there's more to meet the eye when your glance comes across a Dogwinkle "casually resting" on a formation of barnacles. You may in fact be witnessing a marine predator in action.

Do you have a nature note to share? Contact T.J. at tjandteresac@hotmail.com

Tides Fundraiser A Success- Spring Fundraiser Scheduled

The Fall Fundraiser at the Tides Restaurant and Pub had great results. The Friends raised \$230. Thank you to those who came out to support the Friends and to the Tides for supporting local nonprofits. Our Spring fundraiser is scheduled for May 10th from 6-9PM. Come enjoy good food and friends, or watch the Red Sox battle the Cleveland Indians. Mark you calendar!



Eastern Bank

The Friends would like to thank Eastern Bank for their support of the Summer Concert Series. The Friends recently switched their banking to Eastern Bank as a small Thank You for their continued support.



Membership Renewal

The Friends rely on the generous support of its members for the financial support of the organization. Our membership continues to grow as the Friends become more involved with other community groups, and we continue to be vocal advocates for the Lynn and Nahant Beaches.

Membership dues help pay for the Summer Concert Series, publication and printing of the newsletter, Friends T-shirts, sweatshirts and hats, postage, refreshments for volunteers at the beach clean-ups and the Friends contribution towards matching grants for special projects.

We want to thank all members for returning their 2012 membership forms (which were mailed in January) and welcome all of our new members. The Friends need your continued financial and volunteer support so our organization can continue to be a strong advocate for our beaches.

Membership in the Friends of Lynn & Nahant Beach

Yes, I would like to join or renew my membership in the Friends of Lynn & Nahant Beach.

Membership entitles you to:

- An invitation to programs and events
- Periodic updates on our progress and the condition of the Beaches
- The satisfaction of knowing that you are acting locally to impact the environment in a positive way.

Membership

Student/Senior: \$15 Individual: \$25

Family: \$50 Corporate: \$100

Sponsor: \$200

I am already a member. Please accept my gift of \$_____.

Name: _____

Address: _____

Email: _____

Mail To: Membership

Friends of Lynn & Nahant Beach

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