



# With the Tide



Photo Credit: Perry Wechsler

## Better Days Ahead

Dear Friend:

I hope you and your family are doing well. I have several updates to report.

- In early December, \$5 million was directed by the Legislature to the Lynn Water & Sewer Commission and the town of Swampscott to address poor water quality at Kings Beach. This is much needed funding as Kings Beach continues to have terrible water quality and poor publicly available information. The funding was the result of both lobbying efforts by the Friends, Save the Harbor/Save the Bay, and residents of Swampscott as well as the prioritization of this issue by Representative Lori Ehrlich and Senator Brendan Crighton. We look forward to working with others to ensure that these funds are put to good use.
- We are continuing our monthly online Photo Contest of Lynn Shore and Nahant Beach Reservations. Photos are submitted on social media and each winner gets a \$50 gift card to either the Tides Restaurant or Christopher's Café, two long-time supporters of the Friends.
- DCR made a number of infrastructure improvements to both reservations. These included replacing sidewalks near and around the Ward Bathhouse, new and upgraded items for the playground, and repaving Lynn Shore Drive. Representative Ehrlich and Senator Crighton were instrumental in getting Lynn Shore Drive paved after it was delayed repeatedly. More information and photos are on page 4.
- We held two virtual membership meetings, which were attended by 25-30 members and elected officials. We heard about Kings Beach water quality and improvements to the parks.

Importantly, next year, we are planning for a return to concerts and public events.

Best Regards,  
Robert Tucker, President

## 2022 Friends Calendar

Enclosed with this newsletter is the 2022 Friends of Lynn & Nahant Beach monthly calendar. What began in 2014 has now become an annual tradition. VP Michael Celona spends time looking online to find and purchase new images, such as postcards, press photos, and sketches. Each calendar includes new images— none have been repeated. Postcards are probably his favorite, especially ones with interesting messages written on them. While the calendars are provided free to members, the Friends have raised over \$1,000 in donations from happy recipients. In the future, Michael hopes to get all of the images loaded onto the Friends website so that they will be available to anyone who is interested in seeing them.

## Friends Monthly Photo Contest

Since the start of the pandemic, the Friends have run a monthly online photo contest that featured gift cards from two businesses that have been long-time supporters of the Friends: Christopher's Café on Lewis Street in Lynn and the Tides Restaurant in Nahant. Each month, the Board reviews the photos posted on our social media pages (Facebook, Twitter, and Instagram) and the winner receives a \$50 gift card to either Christopher's Café or the Tides. This is just another way that the Friends are staying active and positive during these challenging times. Check out our social media pages to see the photos or to post your own!

## Kings Beach Work Continues

It's a broken record but Kings Beach had another beach season marked by poor water quality. Importantly, though, more people are taking notice and taking action. Some Swampscott residents organized, held meetings, and contacted their elected officials. The Friends organized a postcard mailing campaign to ask state legislators to include money for Kings Beach as part of the state plan for spending funds from the American Rescue Plan Act. As noted on the previous page, in early December, the Legislature allocated \$5 million in funding for Kings Beach. This is great news!

Several Friends members attended a meeting of the Lynn Water & Sewer Commission Executive Board to hear plans for further testing to help identify the sources of pollution.

The US Environmental Protection Agency did its own testing in the stormwater system in Lynn that ends at Kings Beach and found evidence of sewage in 100% of the locations. The Friends have been saying for years that sewage is emptying onto the beach through Lynn's stormwater system while the Commission Executive Director Dan O'Neill has been quoted in the media blaming it on racoons. The EPA results confirm what has been obvious for years.

We will continue to work with likeminded individuals, including our elected officials, to pressure the Commission to finally identify the problem areas. We will also work to ensure that the recent funding will be used to identify and/or address the water quality issues.



Baltic Isopod, *Idotea balthica*, Pallas, 1772  
Photo by T.J.

Dear Friends,

We're all familiar with the roly-polies and pill bugs that live in our backyards but may not realize that similar creatures from the order Isopoda live in the waters of Nahant Bay. A species called the Baltic Isopod is often seen in the tide pools of Red Rock Park during the summer. The name Isopod is derived from the Greek root words "iso" meaning equal and "pod" meaning foot. As implied by their name, the Baltic Isopods feature seven pairs of jointed legs under their central section of their body, termed the thorax. They also have paired antennae and five appendages located to the rear of the thorax that aid in respiration.

Growing up to an inch and a half, Baltic Isopods vary greatly in color ranging from dull green to brilliant silver and black patterns evocative of the Las Vegas Raiders Football team. Males are typically larger than females. Baltic Isopods can be omnivorous, but in our area, they prefer to graze on rockweed and algae. They reproduce in the warm summer months. Researchers in Scandinavia have observed females producing two broods in exceptionally warm summers. Females carry their young in brood pouches under the thorax in an effort to let them grow and have a better chance of survival once they are on their own. I have many fond memories of these fascinating creatures from long ago, when as a wee lad, I would fill the moat of my sandcastle with a school of Isopods. Times were much simpler back then!

# Reservation Improvements

DCR spent this past year making improvements to the Lynn Shore and Nahant Beach reservations. At the Ward bathhouse, workers replaced broken stairs and sidewalks and repaved the outdoor patio area. At the playground, memory foam padding was installed along with some new play equipment (see photos below). Portions of the railings along the seawall were painted. Major repairs were done to the irrigation system. Finally, Lynn Shore Drive was repaved.



Photos by Michael Tomaiolo

## 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 work to improve the Beaches
- The satisfaction of knowing that you are acting locally to impact the environment in a positive way.

### Membership

Senior: \$15     Individual: \$25

Family: \$50     Contributor: \$100 (free shirt or hat)

Patron: \$200    (free shirt and hat)

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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