



With the Tide



Photo Credit: Tiffany Bevis

A Productive Second Half of 2022

Dear Friend:

The Friends events returned this year starting with the return of the Red Rock Summer Concert Series. The Friends first concert was on July 3rd with Lois Lane & the Daily Planets performing at Red Rock Park followed by the City of Lynn Fireworks.

Six more concerts were held on Thursday evenings at Red Rock Park with the final concert featuring the 12:01 Blues Band on August 18. It was nice to see the concerts were well attended with folks dancing and enjoying themselves to the free concerts overlooking Lynn Beach.

On August 19 the Friends co-sponsored with the City of Lynn a Movie Night at Red Rock Park showing the movie Encanto. It was a beautiful night for a movie at Red Rock Park with about 400 adults and kids enjoying the movie along with free popcorn and candy.

The Friends Outreach Team of Tom Cullinane Sr. and T.J. Cullinane attended six events representing the Friends of Lynn & Nahant Beach. Two of the events were the Lynn Summer Art Fair sponsored by the Goldfish Pond Association and Lynn Public Schools S.T.E.A.M. Fair at Lynn Tech on October 22nd. Northeastern University Marine Center joined the Friends at this event.

The Friends participated in the Festival of Trees held in November at Lynn Tech. The Friends donated and decorated a tree along with dozens of other organizations and residents. All proceeds raised went to student scholarships. A big thank to Friends members Jane Cahill, Ginger Cahill, Tiffany Bevis, Les and Judith Racowsky for decorating the Friends tree.

Best Regards,
Bob Tucker, President FLNB

2023 Friends Calendar

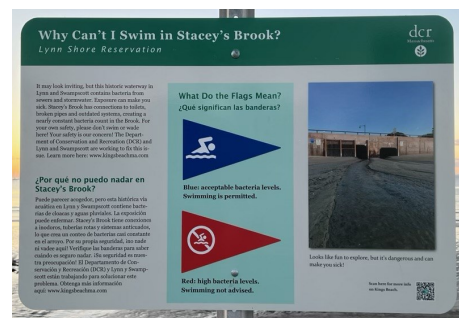
Enclosed with this newsletter is the 2023 Friends of Lynn & Nahant Beach monthly calendar. What began in 2014 has now become an annual tradition. VP Michael Celona spends time looking online to find and purchase new images, such as postcards, press photos, and sketches. Each calendar includes new images— 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 \$1,400 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.

King's Beach Updates

King's Beach had another beach season marked by poor water quality and it is unlikely to improve soon. Importantly, both communities of Lynn and Swampscott are making efforts to address the issue. Most notably, both are conducting infrastructure improvements to decrease the amount of sewage entering the pipes that eventually empty onto King's Beach. In addition, an ad hoc group of officials from both communities, along with elected officials and Save the Harbor/Save the Bay have been meeting to discuss short-term actions to treat the water to kill the bacteria and viruses before it goes onto the beach. The work of that group continues and is researching using chlorine or ultraviolet (UV) light to kill the organisms.

Other positive steps include:

- ⇒ A new sign designed by Save the Harbor/Save the Bay and manufactured by DCR was placed near the outfall pipe and explains the beach flags and dangers of the water (see right).
- ⇒ Save the Harbor/Save the Bay has setup a new website- www.kingsbeachma.com to post information about water quality and related information about the beach.
- ⇒ The Friends were lucky enough to have an intern over the summer– Valerie Vong, who was finishing her degree at Clark University. She conducted an online survey that gathered information about peoples understanding of the water quality issue at King's Beach and suggestions for improving communication about it. The survey was taken by 259 people and some of the highlights were:
 - 93% feel at risk from water contamination from King's Beach
 - 86% are aware that the pipe water is polluted
 - 79 - 93% are supportive of existing signage
 - Suggestions for better signage included other languages, larger signs, less words, more flags



Finally, the Friends October member meeting involved a long discussion about the beach and potential options for treating the water and similar discussions will continue into the future. We will work with officials and others to see that the best option is selected and moved on in a timely fashion.



Common Limpets as seen off the Shetland mainland in Scotland

All photos by T.J.

Dear Friends,

I took an eco-tour of Scotland in October and what a “*pure barry*” -that is to say, “totally wonderful time” it was! I was surrounded by Harbor Porpoise in Scapa Flow and watched in wonderment as Northern Gannets plunged from the skies into the North Sea off Shetland. Fantastic! Naturally, I filled my pockets with seashells at every opportunity, with the Common European Limpet, *Patella vulgata*, taking up the most space. As it turns out, this humble shell is a truly amazing creature. Its teeth are amongst the strongest found in Nature. Seen under an electron microscope, their dentition is as formidable as that of the Great White Shark. Composed of strands of goethite, one of the strongest existing natural elements, the limpet uses this impressive set of chompers to graze on algae and marine plants. Their teeth are so strong that they actually scar the rocks they graze upon; very cool! I’ve had several people ask me if I dared to try the Scottish delicacy called haggis (stuffed sheep’s bladder), to which I reply in the affirmative. I hasten to add that it was washed down with some of Scotland’s famous whiskey! On that note my dear Friends, I shall close with the fondest hope that each and every one of you have a safe and enjoyable holiday season.



New and Improved Website



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Dedicated to the Preservation of Lynn & Nahant Beaches

We are the Friends of Lynn & Nahant Beach, a non-profit organization dedicated to the preservation and improvement of the Lynn Shore and Nahant Beach Reservations.

Friends member Pam Poppe took the lead and redesigned the Friends website. The new layout is much friendlier on mobile devices and is easier to update. In addition, it now allows members to renew their memberships online as well as new members to join and everyone to donate. We can't do our important work to improve our areas without you. Many thanks to Pam for all her work to make the new website a reality.

Everyone can still donate through the mail. Please take a moment to renew, join, or donate using our new website or the form below. Thank you!

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

Patron: \$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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