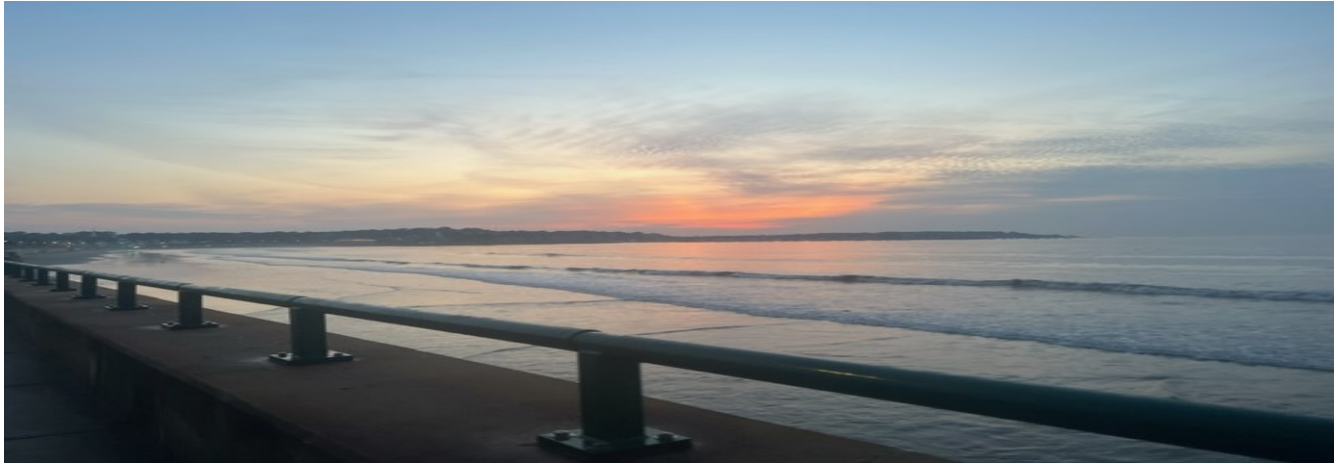




With the Tide



Summer Recap

Photo: Tiffany Bevis

Despite the rainy summer the Friends Concerts Series at Red Rock Park was a success with six concerts during July and August. The Dirty Floorboards performed at the first concert on July 3rd followed by the City of Lynn fireworks. One concert and the Movie Night co-sponsored by the City of Lynn and the Friends had to be cancelled because of rain.

The Friends beach clean up on August 19th was a success. Many thanks to Robin Grace for organizing the clean up and a big thank to all those who volunteered. It was great to see volunteers who weren't Friends members participating along with a number of city officials.

The Department of Conservation and Recreation (DCR) made a number of improvements at Lynn and Nahant Beach Reservations. The handrails at the four ramps going to the beach from the Nahant to Swampscott along Lynn Shore Drive were replaced and a section of the seawall at one of the ramps was repaired. Some sections of the large seawall railings along Lynn Shore Drive were also replaced. The Ward Bathhouse brick pointing and brick replacement is almost finished. A new Welcome Sign at Red Rock Park was installed. The Friends have been advocating for these improvements for a number of years. Thank you to Senator Crighton and State Representative Armini for their efforts to have DCR prioritize the improvements and DCR Supervisor Michael Tomaiolo, Dennis Kelley and their staff for the outstanding great work they do on the daily maintenance at Lynn and Nahant Beach Reservations.

The Friends continue to partner with other organizations to advocate for a solution to the pollution and poor water quality at King's Beach. Unfortunately King's Beach again this year scored the lowest of any other beach in the state for poor water quality that made it unsafe for swimming most of the summer. It's unacceptable that Lynn's only beach has been closed more than it's been open. Both Lynn and Swampscott along with state officials including Lynn's state delegation are making efforts to address the problem. The Friends will continue to work with all involved to identify the best option to improve the water quality at King's Beach.

Bob Tucker
President FLNB

Beach Testing Information

Given the issues at King's Beach, it seems like a good time to go over a few key components. The Department of Conservation and Recreation (DCR) manages the Lynn portion of the beach. From Memorial Day to Labor Day, DCR tests three locations for operating the beach— at Eastern Avenue, Pierce Road, and Kimball Road. It also tests the combined drainage water coming out of the pipes but that is just for monitoring purposes and not for beach open/closed decisions. From Memorial Day to July 4th, the water is tested weekly. From July 4th to Labor Day, it is tested daily. State regulations only require weekly testing at all beaches. The town of Swampscott manages the Swampscott portion of the beach and tests it weekly from mid/late June to Labor Day.

For DCR, if any of the three beach locations exceed the single sample limit for bacteria, a red flag will be flown at that location. If two of the three locations exceed the limit, DCR will close the entire beach and fly all red flags. If the geometric mean (geomean) of the results from the three locations exceed the state limit for bacteria, the entire beach is closed and red flags fly. If water quality meets state limits, blue flags will fly.

The test for bacteria takes 24-hours to be processed. This is standard throughout the country. The samples have to be collected, transported to a laboratory, and analyzed. In every situation, the results arrive a day later. While we wish it was sooner, at many beaches it matters very little since the results are usually low (think Nahant Beach).

There are two standards used— the geometric mean (geomean) and the single sample maximum (SSM). The geomean is a type of average that lessens the impact of outliers (such as a really high result). Health studies were conducted in the 1980s to develop an average bacteria level in beach water that was associated with an “acceptable” number of illnesses. While everyone wishes for no illnesses, the researchers understood that ocean water has bacteria in it and trying to get levels to zero (in particular in urban areas) was unlikely. The geomean standard for marine beaches assumes an acceptable level of illness of 19 people per 1,000. So when a beach meets the standards, 19 out of 1,000 people could still become sick.

The SSM was developed NOT to be a decision-making number but to identify situations that required further examination— it was not intended to be an open/close beach standard. It was meant to cause beach managers to further investigate what was going on to cause that level of bacteria. States however adopted it as an open/close threshold.

Most beaches are not required to close unless they exceed the SSM in samples collected on consecutive days. Beaches with a history of pollution, like King's, are required to close after a single SSM exceedance.

The bacteria that it tested for (Enterococci) is an “indicator” bacteria. It itself isn't harmful but is associated with bacteria and viruses present in sewage. There are so many possible bacteria and viruses in sewage that it is impossible to test for all of them. So an indicator bacteria is used.

In a future newsletter, we will look at some of the recent testing data to see what it's telling us.

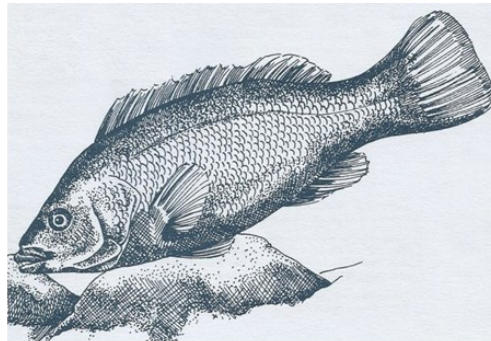
In Memoriam: Tom Cullinane, Sr

On August 26th, Tom Cullinane, Sr passed away. Tom was many things— a son, a husband, a father, and a grandfather. And to the Friends, he was also a long-time member and volunteer. Tom volunteered at many children education events from Kids Day at Red Rock Park to the Brickett Elementary School beach field trips. He was often found right next to his son TJ. The Friends were grateful to be the beneficiary of \$625 donations in his name- which will go towards future education efforts. Tom will be sorely missed.



Nature Notes by T.J. Cullinane

Editor's note: This is a reprint of a Nature Notes from 2014. It was selected by the Editor because it speaks to the special bond TJ had with his father.

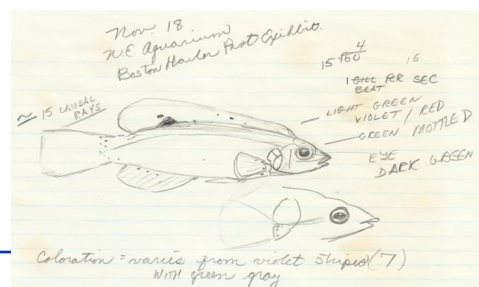
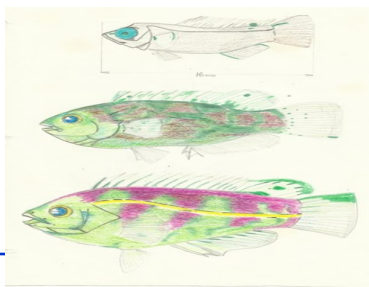


The Cunner, *Tautoglabrus adspersus*

Courtesy of the Massachusetts Division of Marine Fisheries

Dear Friends,

Sometime back in the sixth decade of the last century, with my father having chased off all the wharf rats (both the two and four-legged variety), I sat down on a pier located behind the present Port Hole Pub and cast out my fishing line. After waiting what seemed to be an interminable length of time, I pulled in my first catch, a colorful, squirming little beauty called the Cunner. My proud Dad said, “Hey, you got yourself a pin fish,” and when the little critter’s dorsal spines dug into my palm, I quickly learned how the Cunner received its other nickname. A member of the Wrasse family, Cunnners are notorious bait stealers, capable of denuding a hook of a sea worm within seconds with their tiny, cone shaped teeth. Never growing more than 17 inches in length or straying very far off shore, they are capable of chameleon like skin changes to better blend in with the surrounding seascape. Cunnners are extremely common off Red Rock and I would spot them many times in my youth as I explored the inshore waters and tide-pools of the park. Seen below are some sketches I made of Cunnners caught off the rocks as well as specimens on display at the New England Aquarium. Although I devote my time to chasing after much bigger prey these days, I’ll never forget the thrill of my first catch, the colorful little pin fish.



Senator Crighton Speaks at Friends October Meeting

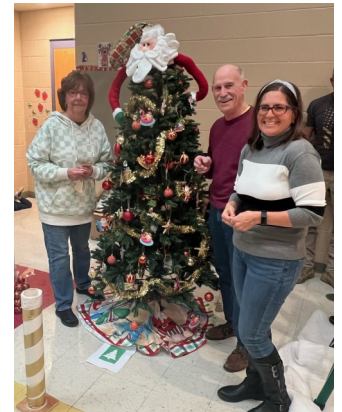
Senator Brendan Crighton was the guest speaker at the Friends October 11th online meeting. Other special attendees included Rep. Jenny Armini, Lynn City Councilors Hong Net and Coco Alisung, Nahant SWIM President Vi Patek, and Save the Harbor/Save the Bay Executive Director Chris Mancini. A total of 47 people attended the meeting.

Senator Crighton provided updates on the pollution at King's Beach, which led to a lively discussion about the various issues at play. Several comments of note included:

1. Year-round bacteria testing at the beach is needed since it is used by body surfers, paddleboarders, and others outside of the summer season.
2. Better notification of whether the beach is open or closed is needed. This is a constant source of frustration for many.
3. An ongoing program to confirm that new illicit connections into the pipes aren't happening.

Friends Support Lynn Tech's Festival of Trees

The Friends supported the Lynn Tech Alumni Association's annual Festival of Trees held at the Lynn Tech Annex in November. People, organizations, and businesses donate decorated trees and wreaths that visitors to the Festival try to win in a raffle. The Friends have donated a beach-themed tree for the last several years. This year the decorating team were Tiffany Bevis, Ginger Cahill, and Les Racowsky. All of the money raised goes towards scholarships for Lynn Tech graduates.



Friends Engagement

The Friends have many ways to stay in touch. We have 4,200 followers on Facebook, 750 on Instagram, and 550 on X (formerly known as Twitter). We have 216 paid memberships—including over 20 new members this year. We communicate with members about events and meetings on email and social media. Members who haven't shared their email address with us miss out on the email communications. If you haven't shared your email address with us, please consider doing so by sending an email to lynnnahantpres@gmail.com. We do not share our email lists with anyone else.

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.

Name: _____

Address: _____

Email: _____

Membership

Senior: \$15 Individual: \$25

Family: \$50 Contributor: \$100

Patron: \$200

Mail To: Membership

Friends of Lynn & Nahant Beach

P.O. Box 2264

Lynn, MA 01903

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

You can pay online at www.lynn-nahantbeach.org or mail a check.