

Coastal Chronicle

Bluenose Coastal Action Foundation Quarterly Newsletter



Issue 10 / Spring 2018

Celebrate Our Oceans This Summer!

Glancing out my window just now, there is a deluge of rain pouring down across the province. Heavy rains always remind me of eels and - especially during spring - elvers, now arriving to Nova Scotia from the Sargasso Sea. These heavy spring rains can actually inhibit the elvers' trip upstream, but they are hanging around our freshwater outlets as I type, waiting for their chance to make the final leg of their journey to our lakes and rivers. Stay tuned on our social media sites for more updates on the elvers.

Coastal Action has a number of events and activities planned for the upcoming spring and summer months, including our Annual General Meeting on Thursday, June 21; the Morton Centre Open House and Family BBQ on Saturday, July

21; and as you'll read in this issue, we are hosting a World Oceans Day event here in Lunenburg on Saturday, June 9! See Ariel's article on page 2 for a sneak peek of what you can expect at this engaging event to celebrate our oceans.

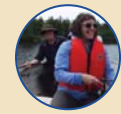
Also in this issue, Andy gives us the deets on how you can take part in our new ecotourism / citizen science initiative via our Atlantic Whitefish Project; Clare offers up an extensive review of our upcoming Environmental Education Programs taking place throughout the summer at the Morton Centre; and we introduce you to Lisette Jones, with whom our staff recently completed a professional writing workshop. So take off your rain jackets and enjoy!

Jennifer McKinnon, Editor

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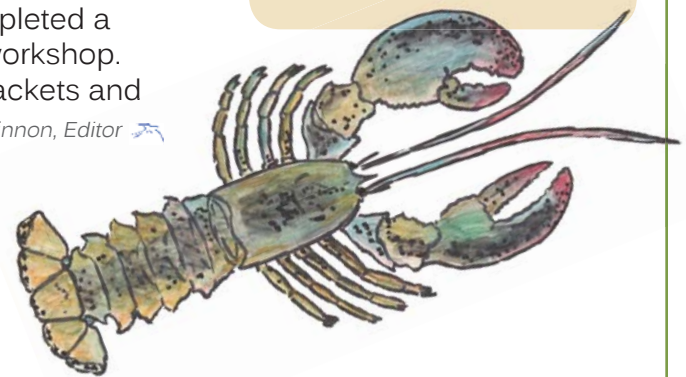
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View from the top: a little rain doesn't stop Coastal Action staff from hiking up Castle Rock for March 2018 Staff Day.



Bluenose Coastal Action Foundation is a charitable organization that addresses environmental concerns along the South Shore region of Nova Scotia. Our goal is to promote the restoration, enhancement, and conservation of our ecosystem through research, education, and action. Our vision is a healthy environment for future generations.

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World Oceans Day 2018 in Lunenburg!

by Ariel Smith

When: Saturday, June 9

Where: Lunenburg Waterfront,
Bluenose Drive

It's that time of year again: a chance to celebrate the ocean! To mark the occasion, Coastal Action will be leading activities on the historic Lunenburg waterfront. In partnership with a variety of community groups - including surfers, sailors, artists, and environmentalists - the event will highlight this year's World Oceans Day theme of *Preventing Plastic Pollution*.

Information-sharing booths and activities will engage the public in various marine debris issues and their global impacts, as well as coastal and

marine ecosystems surrounding Nova Scotia. Activities include marine debris art and sculptures, boating, sailing, and kayaking activities provided by community members who sustainably use and care for our oceans. The event is in collaboration with the Fisheries Museum of the Atlantic, Surfing Association of Nova Scotia, Cape LaHave Adventures, and Boomerang Bags Lunenburg. Stay tuned for more details and partners!



Beneath the surface of the ocean in south west Nova Scotia.

Coastal Action Summer 2018 Ecotours

by Andy Breen

Bluenose Coastal Action Foundation presents

Citizen Scientist Eco-Tours

Help Coastal Action researchers protect the globally endangered Atlantic whitefish!

- Check the fish-way fish trap
- Sample any fish caught in the Robary Screw Trap
- Remove invasive fish from the Petite watershed
- Invasive species stomach content analysis (optional)
- Learn about Atlantic whitefish and threats facing them
- Learn the rich history of the area

Atlantic whitefish in the fish trap at H&L Lab

Water sample at Petite woods

Robary screw trap at H&L Lab

Atlantic whitefish

Flower branch on H&L Lab

Unleashed Atlantic whitefish

Catch the 80 gram whitefish

Record in a smallmouth bass

Interested in helping the Atlantic whitefish? Sign up for one of our Ecotours for a hands-on experience!

Coastal Action is pleased to offer the opportunity for you to become a Citizen Scientist for the day. Join our experienced research staff in search of Canada's rarest fish species, the Atlantic whitefish (*Coregonus huntsmani*). Learn all about the life history of this species and the threats facing this globally endangered fish. The Petite Rivière watershed in Lunenburg County is the last place on the planet that these fish still exist. Our guests on the fisheries and wildlife ecotour will assist staff in their efforts to control two recently introduced invasive species: the chain pickerel and the smallmouth bass. Guests will help with our angling study and, perhaps, check the rotary screw trap and the floating trap net. The tours vary slightly throughout the summer depending on the priorities at that time of year.

All tours run on either Tuesdays or Thursdays from May to October. Please contact Andrew Breen at andrew@coastalaction.org for pricing and more details.

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Morton Centre Environmental Education Programs by Clare Kellock



Nature Detective camper making a 'whiff sundae' - a unique mixture of forest aromas.

Did you know that this is Coastal Action's 6th year delivering environmental education programs at the Morton Centre on Heckman's Island? The programs have grown significantly since the 2013 pilot year, when 180 children and youth were engaged. In 2017, 290 children and youth were engaged, and Coastal Action strives to continue growing these programs to reach even more youth and families in Lunenburg County.

Our goals are to get youth outside and appreciating the



Wild Adventurers hiking back to the Morton Centre after a camp-out in tarp shelters.

natural world, to increase environmental stewardship and awareness within the community, and address the lack of environmental programming within the school system and community, primarily through the Earth Education (EE) method.

EE is focused on connecting youth to nature through the head, the heart, and the hands - in other words, through understanding, feelings, and action. Tied together with an engaging narrative and a variety of activities, the programs aim to: 1) improve the participants' understanding of scientific concepts (i.e., learning how the water cycle works), 2) create an atmosphere in which the participants feel a sense of wonder in the surrounding environment and appreciate the natural world (i.e., sitting silently in the forest and listening), and 3) incite action in the form of something the participant can do at home or in their community to reduce their impact on the environment (i.e., planting a garden).

Magic is another key component of our programming style. Each program has a unique storyline, theme, and set of outcomes designed to appeal to different age groups. The storyline, along with props (letters, codes, puzzle pieces, rune stones, etc.) help to organize the activities and make them relatable to the participants. The storylines also help to keep



Wild Adventurers camper learning how to set up a tarp shelter.

youth engaged in learning; moreover, helping them to get the most out of each program.

This summer Coastal Action will be offering an Environmental Leadership Training program for youth, four day camps for children ages 6-12, and eight Family Nature Events. We hope you will join us for one or more of our programs to experience the magic of EE!

If you're interested in learning more about the 2018 summer lineup, please contact clare@coastalaction.org



A magical potion made by a camper during World of Wizards.

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Profile: Lisette Jones - ThinkSmart Training & Consulting

by Jennifer McKinnon

Coastal Action staff recently completed a Professional Writing for the Workplace course. This comprehensive program - facilitated by the Nova Scotia Department of Labour and Advanced Education - was led by Lisette Jones of ThinkSmart Training & Consulting. Lisette tailored the program specifically to meet the writing needs of those working for an environmental non-profit organization such as Coastal Action, and covered topics ranging from basic grammar to proposal writing (and everything in between) and was delivered over the span of two months.

Lisette truly enjoys her work: "I absolutely love what I do and get to meet new, fantastic people all the time". Based out of Cape Sable Island, Lisette has close to eighteen years experience delivering workshops and

classes covering topics like HR, marketing, conflict management, and leadership. In her spare time, Lisette loves watching mysteries, doing yoga, and hanging out with her cat. Coastal Action sends a *big* thank you to Lisette for her consummate and valuable training! 🐾



Lisette (centre, in pink) surrounded by Coastal Action staff after receiving their Professional Writing for the Workplace certificates of completion.

Want to hear more about topics covered in this issue ?

If you'd like to read further, in-depth information regarding the stories highlighted in this issue, please visit our website (www.coastalaction.org) where we post more detailed updates on all of our projects. We have lots on the go here at Coastal Action: research, education and outreach, public engagement activities, and volunteer opportunities. If you'd like to see a report on one of our projects or events in the *Coastal Chronicle*, send us an email at info@coastalaction.org.



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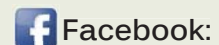


Our home: Captain Angus Walters House in Lunenburg.

Coastal Action is a not-for-profit conservation organization. By donating financially to any of our projects we will provide charitable donation tax receipts. We also sell various articles of clothing, accessories, and maps; all proceeds go to Coastal Action!

Website:

www.coastalaction.org



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