Issue 2, Number 1, Spring 2017

To the Point

The publication of the Lynde Point Land Trust, serving the Borough of Fenwick, Old Saybrook, Connecticut

Our Mission

The Lynde Point Land Trust seeks to conserve and protect, mainly through the conservation easements, the natural resources within the Borough of Fenwick, including land, water, plant, animal life, and natural terrain for the ecological, educational, recreational, and scenic value therein.

In practice we strive, for fair and equal application of easements, for constructive working relationships with landowners, for voluntary, negotiated resolutions to easement violations and to inform and educate the public, both young and old, as to our environmental activities.

Presidents Letter

Protecting Fenwick's Seashore

ne of the biggest challenges the Fenwick community now faces and will continue to challenge us for generations to come is the ravaging effects of global warming on our community and how we can become more resilient through conservation efforts. Past practices have included hardening our shores with seawalls, bulkheads, and groins; sadly these choices appear inadequate or worse yet have not worked. The current scientific thought is to use natural and nature-based features using a variety of structural and organic materials such as wetland plants, submerged aquatic vegetation, oyster reefs, coir fiber logs, sand fill, and stone. This "Living Seashore" approach belatedly is being embraced by the DEEP, and it is vitally important that we take advantage of their new perspective while we can. Please see the informative article on page two that describes a plan suggested by DEEP that the

What's Inside

Our Living Seashore pages 2 & 3

How do tides affect Fenwick's seashore? Illustrated tide tables pages 4 & 5

Fenwick's Flowers, Fauna and Birds, *pages 6–9*

Fun activities for parents and kids page 10



A healthy section of our "Living Seashore" with seagrass and other natural erosion barriers.

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Land Trust, Burgesses and Borough commissions are vetting for possible implementation in the area of the Hepburn Preserve. Two other parts of The Borough's shoreline—the eastern shoreline along Sequassen Avenue and the area of Scum Beach in the west end—also have been under siege from storms this past winter and will need similar reconstruction.

If you are interested in reading more about conservation efforts of the coastlines in our area please look into "Wrack Lines: A Connecticut Sea Grant Publication", published biannually featuring articles where science is put to work for American coastal communities. Another timely read is Rachel Carson's, The Sea Around Us (1951).

Both the Land Trust and the Burgesses have deemed shoreline preservation as a top priority if we wish to retain the Borough's character as we now know it.

All of us in the Borough are indebted to Bill Webster who not only spearheaded the Marsh Restoration in 2004 but since then has continued to explore countless other ways to preserve the marsh. Bill recently met with the DEEP and Borough representatives to explore ways to shore up the Hepburn Dune (see article at right) and to curtail the erosion along our eastern shoreline from the lighthouse to the Schmitt's cottage. The Land Trust would like to acknowledge Bill for his contributions to our conservation efforts here in the Borough.

Jessica Gay, President, LPLT

New Options to Protect Our Fenwick Shorelines

This past winter, recurring storms and high seas once again eroded Fenwick's vulnerable eastern shoreline along Sequassen Avenue and along the south shore in the area of the Hepburn preserve. At times the sea was within inches of overwhelming the Hepburn dune, which now is only a sliver of what it used to be. Much of the Sequassen dune ended up on the road. Our environmental consultant, Juliana Barrett, has forewarned that a breach of these dunes not only will change the salinity and character of the marsh we have painstakingly restored but also may undermine its continued existence.

The Land Trust and Burgesses have long fretted over how to strengthen these weak links in the Borough's perimeter. A Living Seashore Committee, headed by Bill Webster, was formed several

Recent erosion



(above)
West edge of the easterly wetlands patch.
(upper right)
View looking west of beach/dune. Note cobble composition of beach.
(lower right)
Wetland edge showing erosion of marsh peat. years ago to investigate our options. A previous recommendation by All Habitat to plant artificial Filtrexx logs along the Hepburn dune proved to be a failure as subsequent erosion obliterated them. Clearly, something more formidable is needed.

With that history in mind, the Borough's General Manager, Larry DeBlasiis recently met with representatives from DEEP and the Living Seashore Committee onsite at the Hepburn dune to discuss a possible restoration project. The DEEP's senior environmental analyst, Peter Francis who is quite knowledgeable on the design of living seashores, recommended the "claw" shaped approach shown in the aerial photograph on page 3. Rock walls would be constructed in the water on each side of the eroded area (as symbolized by E), and new sand would fill the area inside those 'claws' (the area labeled **C**) with a protective ledge along the front edge shown as **D**. The





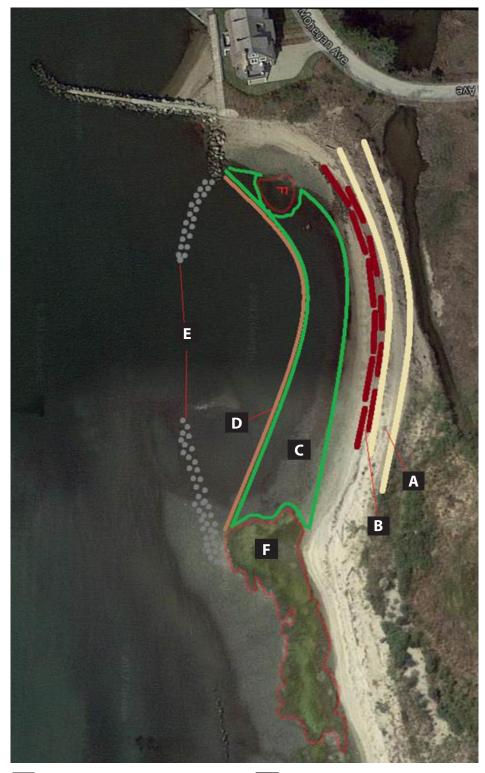
Let's all get To the Point...

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objective then is to populate area C with sea grasses, like that which already is growing along the edges, to absorb wave action causing erosion. Indeed, it is the constant barrage of waves that cause most of our shoreline erosion according to Peter Francis whereas the powerful storms break down the dune itself. Hence, at least the foot of the existing dune, and perhaps the entire waterside, needs to be reinforced as well. Peter suggested fiber 'coir' logs or some other hard material (the red bars along the dune shown as B) that will allow beach grass to grow and hold sand in place. What is left of the dune is demarcated as A.

This approach of harnessing nature to reverse erosion has been successful elsewhere, although we understand that conditions in Fenwick are particularly challenging. In order to move the project forward, the Board of the Land Trust is providing financial support to hire a coastal engineer to determine the appropriate scale of the project along the Hepburn preserve and to finalize plans for construction. A similar living seashore, if built on sufficient scale, would be a possible remedy to the erosion along Fenwick's eastern shore along Sequassen Avenue ... and perhaps along Scum Beach in the west end of the Borough as well. The Board of Burgesses has made our shoreline the top priority on its list of desirable capital improvements in the Borough and also has approved funding for a coastal engineer to proceed.

Next steps will include design finalization for the Hepburn preserve area, estimation of construction and maintenance costs, further discussion with DEEP and engineers on a similar design for the Sequassen dune and inquiries into any potential grants that might be available for such work. The success of Marsh Madness and revitalization of the marsh have played a huge role in maintaining the Borough's natural habitats and scenic beauty and clearly ranks as one of Fenwick's great accomplishments. Continued support from Borough residents will be needed to ensure its survival.





A Remaining existing dune



B Fibre 'coir' logs

C New sand fill planted with seagrass

D Protective ledge





Fenwick's Living Seashore

"Time and tide wait for no man" St. Marher, 1225 AD

Erosion

Beaches and dunes are dynamic coastal features and are affected by short and long term changes in waves, wind, tides, storm surges, sand availability and sea level rise. Storm impacts occur over a very short period but recovery of the beach may occur with seasonal change or over a much longer period of time. If the storm is severe, recovery of the beach may not occur at all. Erosion compromises the ability of the beaches and dunes to protect neighboring property, provide habit for plants and wildlife, and accommodate recreational uses. Erosion in Connecticut is generally caused by wave action, storms, changes in sand availability, rising sea level, and is exacerbated by the construction of the very structures that were designed to prevent or slow erosion: jetties, groins, and seawalls.

There is, however, a much greater factor affecting coastal erosion than manmade structures - sea level rise. The Town of Old Saybrook published a report in December 2015 stating that "we have found that sea level rise (SLR) and associated climate change may be the greatest challenge facing Old Saybrook in the coming decades."

Modeling of SLR by the U.S.Army Corps of Engineers predicts the potential increase in sea level of 1 to 5 feet by the end of this century. Another analysis of climate data by Dr. James Hansen, NASA'S former climate scientist, suggests SLR could be as much as 10 feet by 2100. In the short term, a slowly increasing sea level results in higher high tides and more frequent nuisance flooding. However, a rise in the baseline sea level will magnify the impacts of flooding and storm surge.

> Constant wave action along the beach is great for bathing and shell collecting but it is a major cause of beach erosion.

Rosa Regosa may be beautiful to look at but it is not so great at restraining erosion.



Date		High		Low		Full
		AM	PM	AM	РМ	Moon
1	Saturday	5:12	5:50	11:28		
2	Sunday	6:14	6:47	12:13	12:20	
3	Monday	7:13	7:39	1:10	1:11	
4	Tuesday	8:05	8:25	2:04	2:00	
5	Wednesday	8:52	9:09	2:53	2:47	
6	Thursday	9:35	9:50	3:37	3:31	
7	Friday	10:18	10:32	4:16	4:13	
8	Saturday	11:01	11:13	4:54	4:53	
9	Sunday	11:45	11:55	5:32	5:33	
10	Monday		12:29	6:10	6:13	
11	Tuesday	12:35	1:12	6:49	6:56	
12	Wednesday	1:16	1:54	7:30	7:43	
13	Thursday	1:55	2:35	8:14	8:35	
14	Friday	2:37	3:18	9:01	9:30	
15	Saturday	3:22	4:05	9:49	10:28	
16	Sunday	4:13	4:58	10:39	11:26	
17	Monday	5:13	5:56	11:31		
18	Tuesday	6:16	6:54	12:24	12:25	
19	Wednesday	7:17	7:50	1:23	1:21	
20	Thursday	8:14	8:43	2:20	2:19	
21	Friday	9:07	9:35	3:16	3:16	
22	Saturday	10:00	10:26	4:09	4:12	
23	Sunday	10:53	11:18	4:59	5:05	
24	Monday	11:46		5:48	5:58	
25	Tuesday	12:11	12:40	6:36	6:51	
26	Wednesday	1:03	1:34	7:25	7:46	
27	Thursday	1:55	2:26	8:15	8:43	
28	Friday	2:46	3:19	9:07	9:42	
29	Saturday	3:39	4:14	9:59	10:41	
30	Sunday	4:36	5:11	10:52	11:39	
31	Monday	5:36	6:10	11:44		

Tides July 2017





Fenwick's Living Seashore

continued

Erosion continued

What can be done to protect our beaches and dunes? The Town of Old Saybrook's SLR Committee recommends investigating the use of living shorelines as a means to protect sections of Old Saybrook's shore. The State of Connecticut has passed legislation to encourage "feasible, less environmentally damaging alternatives" of shoreline erosion control. A living shoreline provides ecosystem services, such as a marsh habitat, that a hard structure, such as a seawall, does not. Living shorelines have long been successfully used in the Chesapeake Bay area. Although Connecticut has not formally adopted a definition for living shoreline, the Connecticut DEEP Office of Long Island Sound Programs states that living shorelines may include structural features that are combined with natural components to attenuate wave energy and currents.

What is best for Fenwick? The most vulnerable section of our shoreline is the Hepburn Dune. This area would greatly benefit from a hybrid version of a living shoreline (We call it Living Seashore). We would combine a hard structure, like "rock claws," to slow the wave energy and current with a marsh habitat behind it. This same approach could be employed at the Sequassen Dune on the Connecticut River.



Seagrasses are one of the champions at slowing beach erosion. Notice on the outer beaches how these grasses create miniture "alto planos" where they grow in abundance along the beach..

Large trees and such which

a helping hand in slowing

beach erosion.

wash up on our beaches give

Wave action created by motor boats especially those with large deisel engines contribute to beach erosion along our river beaches.

Date		High		Low		Full
		AM	РМ	AM	РМ	Moon
1	Tuesday	6:38	7:06	12:35	12:35	
2	Wednesday	7:34	7:57	1:28	1:26	
3	Thursday	8:24	8:44	2:18	2:16	
4	Friday	9:09	9:27	3:03	3:02	
5	Saturday	9:52	10:08	3:44	3:46	
6	Sunday	10:34	10:48	4:23	4:27	
7	Monday	11:16	11:27	5:01	5:08	
8	Tuesday	11:57		5:39	5:49	
9	Wednesday	12:07	12:38	6:18	6:33	
10	Thursday	12:46	1:18	6:59	7:19	
11	Friday	1:27	1:59	7:42	8:11	
12	Saturday	2:10	2:43	8:28	9:07	
13	Sunday	2:57	3:32	9:19	10:06	
14	Monday	3:50	4:28	10:12	11:06	
15	Tuesday	4:50	5:31	11:08		
16	Wednesday	5:57	6:36	12:05	12:07	
17	Thursday	7:01	7:36	1:04	1:06	
18	Friday	8:00	8:31	2:02	2:06	
19	Saturday	8:54	9:22	2:57	3:04	
20	Sunday	9:45	10:12	3:49	3:59	
21	Monday	10:35	11:01	4:38	4:51	
22	Tuesday	11:25	11:50	5:25	5:42	
23	Wednesday		12:15	6:10	6:31	
24	Thursday	12:38	1:04	6:56	7:22	
25	Friday	1:27	1:54	7:42	8:14	
26	Saturday	2:16	2:44	8:30	9:09	
27	Sunday	3:06	3:36	9:20	10:05	
28	Monday	4:01	4:31	10:13	11:01	
29	Tuesday	5:00	5:31	11:07	11:56	
30	Wednesday	6:03	6:32		12:00	
31	Thursday	7:03	7:27	12:48	12:53	

Tides August 2017



Let's all get To the Point...

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New tree arrives at the beach! It is now planted and its beautiful!

Sadly, the old iconic tree along the hedge at the beach was split and half was dying. Tree cutting, a regulated activity under the conservation easement, required action by the LPLT. The board met and reviewed an application for the removal of over 30 trees. Most were kept but some had to go due to locations that presented safety issues. Four trees that were removed will be replaced, including this one at the beach.

Thanks to all the people who made this possible: the standards and practices committee who developed the application process for changes to lands under easement, the LPLT board for reviewing and adopting the application process, the LPLT secretary who persevered in getting this particular application in place, LPLT board members who participated in a long meeting to review the trees and vote to maintain conservation values and scenic vistas, Frank Keeney for getting burgess approval, and Darryl Arresco for working with us on species and placement.... And most importantly, a huge thank you to Nancy and Tim Haviland, who selected and donated this very beautiful native specimen maple tree!







Beach Cleanup May 2017





A big "thank you" goes out to over 30 people who joined in the annual beach cleaning. The most numerous items found were "Bic" type lighters and bottle caps.

Fenwick Flora

Goldenrods... Not the enemies you may think they are!

Fenwick has many beautiful meadows filled with beneficial native plants, but many of us don't know much about them, and some consider them all "garbage", needing to be mowed down. However many of these plants are essential to the birds and wildlife that share the borough with us, and it will benefit us all to learn more about them.

Seeing as it is allergy season, let's debunk a common myth: Goldenrod does not aggravate allergies! The pollen is too heavy to fly in the wind and instead sticks to the legs of the insects and butterflies that feed on its nectar. People suffering from hay fever sometimes wrongfully blame Goldenrods, which bloom about the same times as the wind-pollinated Ragweed, the true allergy-causer.

To North Americans, goldenrod is often considered a roadside weed, evicted from gardens as an undesirable invader, yet Europeans cultivate it as an ornamental for the sunny border. John Muir described goldenrod in almost religious terms: "The fragrance, color, and form of the whole spiritual expression of Goldenrod are hopeful and strengthgiving beyond any others I know. A single spike is sufficient to heal unbelief and melancholy."

Indeed, goldenrod was prized by native americans and early colonists for its medicinal qualities as an antiinflammatory, and certain varieties were used to flavor medicines due to their sweet taste. After the Boston Tea Party in 1773, patriotic colonists devised a substitute for China tea called Liberty Tea, made from equal parts of sweet goldenrod, betony, red clover, and New Jersey tea. Later, sweet goldenrod became a cash crop in the United States; it was even exported to China, where it sold at high prices as a tea substitute. It was also used by colonials as a dye.

Native bees rely heavily on this late season bloomer to give them the energy they will need to make it through the long winter. Bumblebee colonies, in particular, store little honey; if they can't get a steady supply of nectar, they die out. Goldenrod is often the last flower visited by nectar-sipping butterflies before they migrate. Once the flowers are gone, the plants are adorned with seed heads that last well into winter, providing a valuable food source for birds, like chickadees, finches and sparrows.

Pollen-rich flowers like goldenrod play a significant role in maintaining nature's system of checks and balances. In addition to their role in pollination, the insects visiting the flowers of the goldenrods act as natural biological controls, helping combat garden pests like slugs, snails and aphids without recourse to chemicals. Regular visitors include pirate bugs, solider beetles, and hoverflies – these are bugs you want in your garden! The larvae of hoverflies feed on aphids; one larva can eat 400 aphids during its short lifetime. Soldier beetles feed on grasshopper eggs as well as the larvae of corn rootworms and cucumber beetles. Pirate bugs feed on thrips, spider mites, and leafhopper nymphs, and are adept at finding harmful insects hidden deep within the goldenrod's flowers.

As you walk around the many magnificent meadows in Fenwick, look for goldenrod, and watch the birds, butterflies and bees that are sustained by it. Goldenrod is usually alive with activity. We should all treasure this life sustaining and beautiful plant!



Fenwick Fauna

Fenwicks Ancient Friend: The Lowly Opossum

Most people think opossums are just large rats, ugly and good for nothing. However, do not overlook the positive aspects of this uniquely fascinating animal. In a recent study into the effect mammals have on tick populations, researchers found that, on average, about 50 percent of the ticks on whitefooted mice fed to repletion and then dropped off alive, but only 3.5 percent of ticks on opossums survived to drop off. Why? It turns out that the fastidious opossums were killing their ticks in the process of grooming—scratching, licking and chewing away at ticks in their thick fur. This is significant because during late summer, when ticks are most abundant, the average opossum may be walking around with roughly 200 ticks on its body, and might have killed an astonishing 5,500 larval ticks that week! Human risk for Lyme disease is a function of the abundance of infected ticks in the environment, so having an opossum in the neighborhood is a very good thing. This study not only determined that opossums serve as ecological traps for larval ticks, but loss of opossums redistributes the ticks to other more ubiquitous animals like the white footed mouse, which highly elevates the disease risk. In general, disease risk is elevated in habitats with the lowest host diversity, and although not directly related to opossums, a number of studies have shown that biodiversity also reduces disease risk of West Nile Virus, bartonellosis, schistosomiasis, and hantavirus pulmonary syndrome.

When opossums feel threatened they may drool and hiss and carry on, leading people to believe they are rabid. However, because of their low body temperature opossums rarely get rabies, and are 8 times less likely to carry rabies than, for example, wild dogs. Additionally, opossums have been found to be immune to the sting of honeybees and scorpions, to toxins such as botulism and even to the venom of poisonous snakes, and they have a resistance to Lyme disease.

Under extreme stress, opossums fall on their side, curl into a ball, and "play dead". This is actually an involuntary physical response, and the opossum will not regain consciousness for 40 minutes to 4 hours. They are able to fool predators because while passing out they also emit a putrid smell. An opossum in this state can be picked up and carried away without responding!

Opossums are the only marsupial in the US. They're one of the oldest species of mammal around, with fossil records tracing the ancestral origins of the opossum back to the period just after the extinction of the dinosaurs some 65 million years ago. Their tail serves as a veritable fifth limb, allowing them to climb trees like monkeys. They can even carry grass and other vegetation (material they use to line their dens) in their coiled tails. Opossums are smart at some things, doing better than rats, cats and dogs in maze and memory tests. Opossums life span might only be 2-3 years on average, given their habitat loss, inability to withstand extreme

cold, lack of defenses, and "playing dead" which leads to their being run over.

Being marsupials, female opossums have double sets of reproductive organs, and the male's reproductive organ is forked, resulting in as many as 20 young in a litter. Their gestation period is 12 days, the briefest of any mammal. When born, the blind and hairless grain-ofrice sized newborns crawl through the mother's fur into her pouch where they nurse for 100 days. As they grow they can be seen climbing in and out of her pouch and riding on her back.

As for the opossum diet, "anything" best describes the menu. Eggs, mice, rats, insects, snails, nuts, garbage—it's all fair game. In gardens, opossums may sample your tomatoes, but they also eat planteating insects, moles, shrews, slugs, grasshoppers and other pests. And they are also useful role as seed dispersers.

It's in our best interest to be kind to our opossum neighbors! This means keeping their habitat intact with thoughtful landscaping including hedgerows and brush piles, leaving large old tree trunks for nesting habitat, tolerating them in our yards, and avoiding rat and other poisons.







What's new with our birds...

Bingo!

We've got nesting Piping Plovers

Each spring the DEEP is required to survey beaches in Connecticut for Piping Plovers and their nesting activity. The Piping Plover is a small migratory shorebird, which is Federally protected, breeds on beaches and lays eggs in a small depression in dry sand.

One pair of Piping Plovers was identified in Fenwick last year but a nest was never found. This year, however, we're in luck. Rebecca Foster of the DEEP spotted a pair of Piping Plovers and located their nest on Long Beach between the Jarvis and Haviland cottages. The DEEP has roped off the area and placed a wire cage over the nest, which allows the adult birds to move in and out easily. This prevents disturbance which could cause the birds to abandon their nest and also protects the eggs from predators. A yellow warning sign has been posted asking people to



keep their distance. Beachgoers are encouraged to walk as close to the water as possible when walking near the nest site and to keep dogs on

leashes. Parents are urged to explain to their children the importance of staying away from the roped off area while letting them know they can take a quick look from a distance.

Please be aware that lingering near the nesting area will cause the Plover to leave the nest in order to lead you away from it. Time spent away from the nest means less time incubating the eggs, which can only be left unattended for brief periods of time before the embryos die.

The eggs will hatch in about 28 days, which in this case should be sometime around July 12 plus or minus a few days. Once hatched, the chicks will need another 30 days to grow and fly. The protective cage will be removed and the chicks will run about on the beach. The Piping Plover family may stay close to their nest site or they could relocate to another part of the beach. At this time beachgoers should be very careful as the little chicks are easily stepped on. Be aware of the actions of the adult Plovers who will attempt to draw attention to themselves and away from the chicks if you get too close.

Late Breaking News

Sadly the eggs in our photo were washed out to sea in the storm of the 19th but chances are good that this breeding pair will try again. We'll keep you posted.



(below) A recent family luncheon on the Webster's beach was very well attended



Hello Birding Fenwickians! A Note from Andy Griswold

The 2017 Nesting Season is here and all adult birds are back for total occupancy of the seven Osprey platforms plus...a new nest in one of the cedar trees out near Webster's. These two birds were late arrivals, so they are still setting up house. I'm not sure if they will have success this year as Osprey tree nests are very susceptible to collapse from wind and poor support, and in all likelihood, this a young, inexperienced pair. In the established nests, the females are sitting high, an indication that the eggs have hatched. You should now see daily arrivals of fish (brought in by the male), most of which is menhaden (a.k.a. bunker). There are large schools in the river now, easily noted by their eager surface feeding frenzies and key to the success of the Fenwick Osprey colony.

In the summer of 2017 The Lynde Point Land Trust is proud to present two free events open to all Fenwickians.

(center)

Spend a morning with Andy Griswold learning the habitats and behaviors of the birds nesting in Fenwick. This two hour walk will visit osprey nests, purple martin housing and more.

Bring your binoculars and meet at Crab Creek Bridge at 8-10 am on Sunday, July 23, 2017. Adult oriented but children welcome. For more information contact Jessica at jgay96@gmail. com or 860.388.6577

(far right)

Back by popular demand: Family Nature Walk with Frank Conroy on Thursday, August 17.

For any kids old enough to take a 2.5 hour nature walk! There will be 2 "rest and water" stops. Walk will be followed by ice cream at the tennis courts!

Parents are invited to join in. See Tennis court bulletin board for more information.

Visit the birds nesting in Fenwick with Andy Griswold

ndrew Griswold has been the Director of EcoTravel for Connecticut Audubon Society (CAS) since 1996. Andy leads trips for CAS to Canada, Texas, South Florida, Brazil, Costa Rica, Cuba, and many other unique destinations. For Osprey Nation, Andy is also the Senior Steward of all the osprey nests in Fenwick and that's where we come in! Among other things Andy will show you how to safely observe ospreys on their nests. From a low of 8 known nests in 1970 we now have nests in Connecticut in five counties and 42 towns. Ospreys are increasing in abundance with a recorded 150 fledged chicks in 2014. There are seven active nests in Fenwick alone. These are:

Osprey Nation Name				
OS #10/ Fenwick				
OS #9/Fenwick				
OS #19/Fenwick				
OS #8/Fenwick				
OS #18/Fenwick				
OS #11/ Pettipaug Ave				
OS#24/Fenwick				



Take a family nature walk with Frank Conroy and friends...

rank is a hand engraver/artist who specializes in custom wildlife engraving projects, such as jewelry, fly rods, trophies, and firearms. He grew up in the Berkshire Mountains and Vermont, where he was a hunter and an avid fly fisherman.

While living in Connecticut in the 1970's, Frank painted watercolors of the shore life in our area. He was also involved in insect studies with the State of Connecticut.

In 1978 he moved to Vermont with his family and resided there for twenty-four years. While living near the White River, he was very involved in Trout Unlimited and Vermont's salmon restoration.

Returning to Connecticut in the early 2000's, Frank became involved with the Lynde Point Land Trust and was responsible for the Fenwick bird count, a number that has now reached well over 100 species.



