Quincy Beach Guide

2011

from the collection of Tom Galvin, City Historian

Produced by the Quincy Beaches and Coastal Commission in conjunction with the City of Quincy Department of Informational Technology.

Printed by The City of Quincy Department of Informational Technology

Quincy Beach Guide

Table of Contents

Letter From the Mayor 2
Quincy Beaches and Coastal Commission 3
Upcoming Events with the Beaches Commission 5
A Year with Quincy Beaches Commission 6
Map of Quincy Beaches and Islands 8
Quincy Beaches 9
Why is the Ocean Salty? 14
Tide Charts 15
Quincy Beach Water Sampling Program 19
Beaches Environmental Assessment and Coastal Health Act 23
City Ordinances 24
Flip Flop Flap 26
But I Know How To Swim! 27
Water Safety Tips 28
Manners Apply on the Beach, Too 30
Play It Safe In The Sun 31
Safety Tips for Recreational Boats 37
The Catch 38
Fishing Lines 39
Best Days for Fishing 40
Top Tips For Preserving the Coast: A Beach-Goer 42
Quincy Connected Harbor Islands 44
Fun Things To Do At The Beach 45
Beach Fun 50
Leo's Top Ten 53
Surfing Quincy and Beyond 54
Who to Call 55
Thank-you 56

City of Quincy, Massachusetts

City Hall

THOMAS P. KOCH
MAYOR

June, 2011

Dear Friends:

The weather is beginning to warm up, and summer is upon us. In that spirit, and on behalf of the Quincy Beaches and Coastal Commission, I present the 2011 Quincy Beach Guide.

Thanks to the hard work of the members of the Beaches and Coastal Commission, the Friends of Wollaston Beach, the Quincy Park Department and the Department of Public Works, as well as the hundreds of volunteers who selflessly donate their time to beautify our City, we have magnificent natural resources that can be enjoyed by each and every Quincy resident.

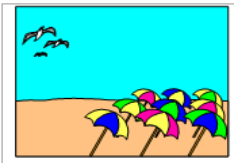
I encourage you to get out and enjoy the spectacular natural beauty that can be found close to home, and I hope that this year's Beach Guide is a helpful tool for you and your family.

Have a safe and happy summer!

Sincerely,

Thomas P. Koch
Mayor

Letter from the Chairman



Quincy Beaches and Coastal Commission
City of Quincy

Thomas P. Koch
Mayor

Leo J. Kelly
Chairman

One Merrymount Parkway
Quincy, MA 02170
(617) 773-1534

June 2011

As the Chairman of Quincy Beaches and Coastal Commission, I am delighted to present this year's *Beach Guide* to the residents of the City of Quincy.

The commission was formed under former Mayor James Sheets. Consisting of members from the City of Quincy, over the past eleven years we have held fast to our mission statement "…to restore, conserve, protect and enhance the environmental, recreational and educational resources of the Quincy coastline". The commission promotes public awareness and encourages community participation to ensure prudent use and sustainability for current and future generations. We are a small group, but large on what we believe in … Quincy's best natural resource is our 27 miles of coastline.

This past year, the commission has overcome many hardships. Due to serious illnesses of three of our members, the beaches commission mission was carried on by absolutely the best members we could have. I want to publicly "thank" these members for all the hard work and effort they made to keep the commission going.

With our 12th edition of the *Beach Guide*, you will find many new and exciting features as well as some old favorites. I hope you will find the 2011 edition interesting, animated, informative and lots of fun!

Please check local media for upcoming event sponsored by the Quincy Beaches and Coastal Commission.

Remember, these are your beaches. Please take care of them and enjoy!

Leo J. Kelly

Mission Statement

The Quincy Beaches and Coastal Commission is committed to restore, conserve, protect and enhance the environmental, recreational, and educational resources of the Quincy coastline. The Commission promotes public awareness and encourages community participation to ensure prudent use and sustainability for current and future generations.

Vision: We envision a healthy, thriving, accessible, and vibrant recreation destination for Quincy and surrounding communities.
Values: Pride, communication, diversity, building community, education, stewardship and service.

Quincy Beaches and Coastal Commission Members:

- **Leo J. Kelly, Chair**
- **Douglas Gutro, Vice Chair**
- **Margaret Milne, Secretary**
- **Chickie Abdallah, Treas.**
- **Kristen Awed-Ladas**
- **Mary Bucella**
- **Brad Croall**
- **P.J. Foley**
- **Richard Herbert**
- **Laura Innis**
- **Joyce King**
- **Philomena Lewis**
- **Patrick Morrisey**
- **John (Jack) Nigro**
- **Andrew Scheele**
- **Sandy Stover**
- **Chris Walker**

Upcoming Events with the Beaches Commission

MAY

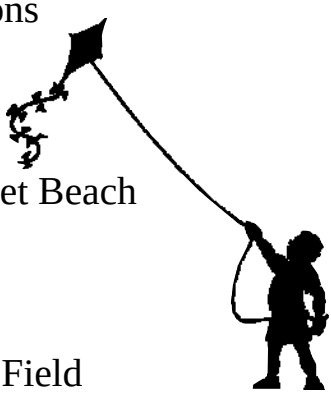
Cleaner Greener

JUNE

Fireworks Cruise

Germantown Beach Bash

Swim Buoy Installations



JULY

Movie Night on Mound Street Beach

AUGUST

Kite Festival at Pageant Field

Movie Night on Mound Street Beach

see you on the sand

For all our events check the city website

www.quincyma.gov

6th Annual Hancock Plunge

January 2012

Through the years with Quincy Beaches

Front Beach, 2010

Mound Beach 1971

Nickerson 1930

Germantown Bash 2009

Boardwalk 2008

The Long Island Bridge

John Hancock 2008

Skyline from Houghs Neck

More Quincy Beaches and Coastal Commission

Can you pick out the Smart Kid?

Quincy's Finest keeps close watch

John Hancock Plunge 2011

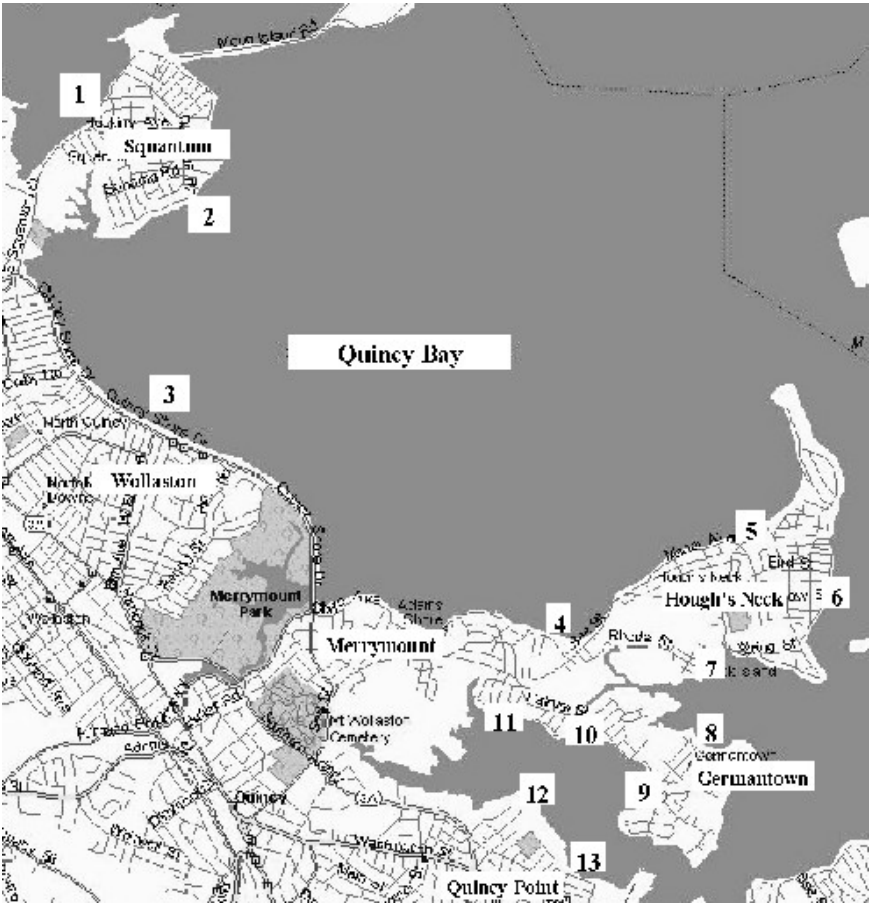
Bonus Quiz: Find the Pirate!

IN

OUT

Chickens!

Map of Quincy Beaches



1. Nickerson Beach
2. Orchard Beach
3. Wollaston Beach (Department of Conservation and Recreation)
4. Front (Heron) Beach
5. Perry Beach (Parkhurst)
6. Edgewater Drive Beach
7. Rhoda Beach
8. Fire Station Beach (Doane)
9. Sailors Snug Harbor Beach
10. Baker (Broady) Beach
11. Back Beach
12. Mound Street Beach
13. Avalon Beach

1 Nickerson Beach: Squantum

Nickerson Beach, located on Dorchester Street, is a small neighborhood beach with 15-20 yards of beachfront. Adjacent to the beach is a park for picnics with a walking path near Squaw Rock. Views of the Boston Harbor Islands are breathtaking. On street parking is available but limited. The beach is on an M.B.T.A. bus route.

2 Orchard Beach: Squantum

Orchard Beach, located on Baystate Road in Squantum, is a moderately narrow neighborhood beach with approximately 100 yards of beachfront. Although accessible by car, it has limited on street parking. The beach offers swimming and walks along the Squantum peninsula.

3 Wollaston Beach

Quincy Shore Reservation was conceived in 1899 by the Metropolitan Parks Commissioners, and remains as the formal/legal name of Wollaston Beach, Caddy Park, and Moswetusset Hummock. The 'birth' of Wollaston Beach occurred in 1908 with the completion of the "Metropolitan Boulevard" from Atlantic St to Fenno St. The Department of Conservation and Recreation manages Wollaston Beach including lifeguards and maintenance. The Friends of Wollaston Beach is an organization promoting public use of Wollaston Beach, preserving and protecting the fragile ecosystems, and addressing the quality of life issues relating to the Beach. To learn more about the organization or it's events visit: http://www.wollastonbeach.org/.

An Open Letter to Quincy Beach Lovers

Just over a century ago, a new roadway was laid on the banks of Quincy Bay which led to the creation of Wollaston Beach. Today, millions of dollars in capital improvements have made Wollaston Beach a premiere recreational destination south of Boston.

This summer, thanks to a state and local partnership, eleven new interpretive signs will be installed throughout the reservation explaining historical, cultural, geographical, and natural attributes of Wollaston Beach and Quincy Bay. Informational signs will advise beach goers on amenities, activities, and rules.

The Friends of Wollaston Beach has again joined with the Quincy Beaches and Coastal Commission to organize and promote a series of wonderful family events including a spring Kite Festival, Arts on the Shore, annual Volley ball Tournament, and Wollaston Wheels autumn car show.

Learn more about these events and how to protect and improve our beaches by visiting www.wollastonbeach.org.

If you haven't visited Wollaston Beach lately, you've haven't visited Wollaston Beach! Pack your flip flops, sun tan lotion, and beach guide, and spend the day eating clams and getting reacquainted with one of the South Shore's true coastal treasures.

All the best,

Douglas S. Gutro

Vice Chairman, Quincy Beaches and Coastal Commission

Ward 5 City Councilor

4 Front (Heron) Beach: Adams Shore

Heron Beach, or Front Beach is located in Adams Shore It is a long and narrow beach area with 75-100 yards of beachfront. It offers swimming with a playground nearby. There is limited on street parking. The M.B.T.A. has a bus route to the beach.

5 Perry Beach (Parkhurst): Hough's Neck

Parkhust/Perry Beach is located on the corners of Parkhurst Street and Bayswater Road in Hough's Neck. It is a narrow beach with 160 yards of beachfront. On street parking is available and the M.B.T.A. has a bus route close by. There is a children's playground on the beach.

Don't Forget the Sunscreen!

6 Edgewater Drive Beach: Hough's Neck

This long and narrow beach, with 150-200 yards of beachfront, is located on Edgewater Drive in Hough's Neck facing East of Quincy Bay from Bell Street to 173 Edgewater Drive. The beach is adjacent to Raccoon Island. Edgewater Drive Beach offers residents amenities such as swimming, park benches and picnic tables.

7 Rhoda Beach: Hough's Neck

Rhoda Beach is a small neighborhood beach located in the Hough's Neck area of the City. It has two small beachfront areas, each 50 yards apart. There is no parking within the beach area.

8 Fire Station Beach (Doane): Germantown

Owned by Quincy Housing Authority, this little-known beach is on the Fore River and Rock Island Cove. Beautiful and picturesque, this beach is one of Quincy's hidden environmental jewels. This year, a NEW boardwalk leads to the sandy beach.

9 Sailors Snug Harbor: Germantown

Owned by Quincy Housing Authority, Sailors Snug Harbor lies on the banks of the Town River. Left mostly in its natural state, the beach offers easy walking and views of tankers coming into Town River Bay.

10 Baker Beach (Broady): Germantown

This small neighborhood beach in Germantown is located on Palmer Street near Broady Street, on the Town River. Amenities include a playground and a picnic area. Parking is difficult because the Palmer street entrance to the beach is on a main road. However, the M.B.T.A. does have bus routes that travel to the beach on a frequent basis.

11 Back Beach: Adams Shore

Back Beach at the base of Town River Bay is a neighborhood beach on Delano Avenue and Utica Street. It is excellent for long distance swimming. There is no parking within the beach area and no jet skis or motor boats are allowed. There are bus routes within walking distance of the beach.

12 Mound Street Beach: Quincy Point

Located on Mound Street in Quincy Point, Mound Beach is a moderately sized beach that has close to 180 yards of beachfront. It is one of the City's largest sandy beaches and offers swimming, benches, picnic tables, adjoining soccer fields, and playgrounds. There is parking and the M.B.T.A. has a bus route that will drop you close to the beach.

13 Avalon Beach: Quincy Point

This long narrow beach is located on Avalon Road in Quincy Point. From Washington Street, turn left onto Washington Court and then bear right onto Avalon Road. It borders Twin Rivers and the Marina. With approximately 150-200 yards of beachfront, it offers swimming, park benches, shade trees and picnic tables. On street parking is available and the M.B.T.A. has a bus route close to the beach.

Salty Sea

Why is the Ocean Salty?

If you get into folk stories and mythology you will find that almost every culture has a story explaining how the oceans became salty. The actual answer is really very simple. Salt in the ocean comes from rocks on land. Here's how it works:

The rain that falls on the land contains dissolved carbon dioxide from the surrounding air. This causes the rainwater to be slightly acidic due to carbonic acid (which forms from carbon dioxide and water). The rain erodes the rock and the acid breaks down the rocks and carries it along in a dissolved state, as ions. The ions in the runoff are carried to the streams and rivers, and to the ocean. Many of the dissolved ions are used by organisms in the ocean and are removed from the water. Others that are not used up and are left for long periods of time result in an increase of their concentrations.

The two ions that are present most often in seawater are chloride and sodium. These two make up over 90% of all dissolved ions in seawater. The concentration of salt in seawater (salinity) is about 35 parts per thousand. In other words, about 35 of 1,000 (3.5%) of the weight of seawater comes from the dissolved salts. By some estimates, if the salt in the ocean could be removed and spread evenly over the Earth's land surface, it would form a layer more than 500 feet thick, about the height of a 40-story office building.

Information courtesy the of Argonne National Laboratory
www.usgs.gov/edu

Norse Myth

There once was a king who had a magic salt grinder that had a magic handle which turned itself. Now salt was very valuable in the olden days, for it preserved food and was vital to animals, including man, who got too little salt in their diet. Thus the king was very glad as the grinder piled up salt when it filled his royal warehouses and even when it covered much of his land. But when it buried his castle and family, he threw it into the sea, where it continues to grind out salt to this day.
And that is why the ocean is salty.

Voyage upon life's sea, to yourself be true, And, whatever your lot may be, paddle your own canoe- Sarah Bolton

Weymouth Fore River Bridge Tide Chart

JUNE													
Day/ Date		HIGH				LOW				SUN	
		AM	Hgt	PM	Hgt	AM	Hgt	PM	Hgt	rise	set
Wed	01	12:02 PM	9.04 ft			5:44	0.24 ft	5:50	1.24 ft	5:09	8:13
Thu	02	12:04	10.39 ft	12:43	9.14 ft	6:25	0.03 ft	6:32	1.11 ft	5:09	8:14
Fri	03	12:45	10.54 ft	1:25	9.25 ft	7:07	-0.14 ft	7:15	0.99 ft	5:09	8:15
Sat	04	1:27	10.64 ft	2:07	9.36 ft	7:50	-0.26 ft	8:00	0.89 ft	5:08	8:15
Sun	05	2:11	10.67 ft	2:52	9.50 ft	8:34	-0.32 ft	8:47	0.81 ft	5:08	8:16
Mon	06	2:58	10.62 ft	3:38	9.66 ft	9:20	-0.32 ft	9:37	0.73 ft	5:08	8:17
Tue	07	3:48	10.50 ft	4:28	9.86 ft	10:09	-0.25 ft	10:31	0.64 ft	5:07	8:17
Wed	08	4:42	10.31 ft	5:20	10.10 ft	11:01	-0.14 ft	11:28	0.51 ft	5:07	8:18
Thu	09	5:40	10.09 ft	6:15	10.38 ft	11:55	-0.01 ft			5:07	8:18
Fri	10	6:40	9.91 ft	7:11	10.68 ft	12:28	0.31 ft	12:51	0.10 ft	5:07	8:19
Sat	11	7:42	9.80 ft	8:08	10.99 ft	1:29	0.03 ft	1:48	0.16 ft	5:06	8:20
Sun	12	8:44	9.77 ft	9:05	11.27 ft	2:30	-0.31 ft	2:45	0.17 ft	5:06	8:20
Mon	13	9:44	9.82 ft	10:01	11.49 ft	3:29	-0.64 ft	3:42	0.13 ft	5:06	8:21
Tue	14	10:43	9.90 ft	10:55	11.61 ft	4:26	-0.91 ft	4:37	0.09 ft	5:06	8:21
Wed	15	11:38	9.97 ft	11:48	11.61 ft	5:20	-1.07 ft	5:30	0.08 ft	5:06	8:21
Thu	16	12:30 PM	9.99 ft			6:11	-1.09 ft	6:21	0.14 ft	5:06	8:22
Fri	17	12:39	11.46 ft	1:20	9.94 ft	7:01	-0.96 ft	7:11	0.29 ft	5:06	8:22
Sat	18	1:28	11.19 ft	2:09	9.84 ft	7:48	-0.70 ft	8:00	0.50 ft	5:06	8:22
Sun	19	2:16	10.81 ft	2:56	9.69 ft	8:35	-0.35 ft	8:48	0.77 ft	5:07	8:23
Mon	20	3:04	10.36 ft	3:42	9.53 ft	9:21	0.07 ft	9:37	1.06 ft	5:07	8:23
Tue	21	3:53	9.87 ft	4:29	9.38 ft	10:06	0.51 ft	10:28	1.32 ft	5:07	8:23
Wed	22	4:42	9.39 ft	5:16	9.27 ft	10:53	0.93 ft	11:19	1.52 ft	5:07	8:23
Thu	23	5:33	8.96 ft	6:04	9.21 ft	11:41	1.31 ft			5:07	8:24
Fri	24	6:26	8.62 ft	6:52	9.22 ft	12:12	1.63 ft	12:29	1.60 ft	5:08	8:24
Sat	25	7:20	8.40 ft	7:42	9.30 ft	1:06	1.62 ft	1:20	1.79 ft	5:08	8:24
Sun	26	8:15	8.31 ft	8:31	9.46 ft	2:00	1.49 ft	2:10	1.85 ft	5:08	8:24
Mon	27	9:08	8.34 ft	9:19	9.69 ft	2:53	1.26 ft	3:00	1.80 ft	5:09	8:24
Tue	28	9:59	8.47 ft	10:06	9.96 ft	3:42	0.96 ft	3:48	1.64 ft	5:09	8:24
Wed	29	10:47	8.68 ft	10:52	10.26 ft	4:30	0.60 ft	4:35	1.40 ft	5:10	8:24
Thu	30	11:32	8.94 ft	11:36	10.56 ft	5:15	0.23 ft	5:21	1.12 ft	5:10	8:24

The cure for anything is salt water - sweat, tears, or the sea. -Isak Dinesen

Weymouth Fore River Bridge Tide Chart

JULY

Day/ Date		HIGH AM	HIGH Hgt	HIGH PM	HIGH Hgt	LOW AM	LOW Hgt	LOW PM	LOW Hgt	SUN rise	SUN set
Fri	01	12:16	9.23 ft			5:59	-0.13 ft	6:06	0.83 ft	5:10	8:24
Sat	02	12:21	10.82 ft	1:00	9.53 ft	6:43	-0.45 ft	6:52	0.54 ft	5:11	8:23
Sun	03	1:06	11.01 ft	1:44	9.83 ft	7:27	-0.68 ft	7:39	0.29 ft	5:12	8:23
Mon	04	1:52	11.08 ft	2:29	10.12 ft	8:12	-0.81 ft	8:28	0.11 ft	5:12	8:23
Tue	05	2:41	11.00 ft	3:16	10.37 ft	8:58	-0.80 ft	9:19	0.00 ft	5:13	8:23
Wed	06	3:31	10.78 ft	4:05	10.56 ft	9:46	-0.66 ft	10:13	-0.04 ft	5:13	8:22
Thu	07	4:25	10.45 ft	4:57	10.70 ft	10:37	-0.40 ft	11:10	-0.03 ft	5:14	8:22
Fri	08	5:22	10.07 ft	5:52	10.78 ft	11:31	-0.09 ft			5:15	8:22
Sat	09	6:23	9.70 ft	6:49	10.83 ft	12:09	-0.01 ft	12:28	0.21 ft	5:15	8:21
Sun	10	7:26	9.42 ft	7:49	10.89 ft	1:11	-0.04 ft	1:26	0.44 ft	5:16	8:21
Mon	11	8:29	9.29 ft	8:48	10.95 ft	2:14	-0.12 ft	2:26	0.56 ft	5:17	8:20
Tue	12	9:32	9.30 ft	9:47	11.03 ft	3:15	-0.26 ft	3:24	0.58 ft	5:17	8:20
Wed	13	10:31	9.40 ft	10:42	11.08 ft	4:12	-0.41 ft	4:20	0.52 ft	5:18	8:19
Thu	14	11:25	9.53 ft	11:34	11.07 ft	5:06	-0.53 ft	5:13	0.45 ft	5:19	8:19
Fri	15	12:15 PM	9.65 ft			5:56	-0.56 ft	6:04	0.41 ft	5:20	8:18
Sat	16	12:23	10.97 ft	1:01	9.72 ft	6:42	-0.50 ft	6:51	0.44 ft	5:21	8:18
Sun	17	1:09	10.77 ft	1:44	9.73 ft	7:25	-0.34 ft	7:37	0.53 ft	5:22	8:17
Mon	18	1:53	10.49 ft	2:26	9.70 ft	8:07	-0.09 ft	8:22	0.68 ft	5:23	8:16
Tue	19	2:37	10.13 ft	3:07	9.62 ft	8:48	0.23 ft	9:06	0.88 ft	5:23	8:15
Wed	20	3:20	9.72 ft	3:49	9.52 ft	9:30	0.59 ft	9:52	1.09 ft	5:24	8:15
Thu	21	4:06	9.29 ft	4:32	9.41 ft	10:12	0.97 ft	10:40	1.31 ft	5:25	8:14
Fri	22	4:53	8.87 ft	5:17	9.30 ft	10:57	1.34 ft	11:30	1.48 ft	5:26	8:13
Sat	23	5:43	8.50 ft	6:05	9.24 ft	11:44	1.65 ft			5:27	8:12
Sun	24	6:36	8.23 ft	6:56	9.25 ft	12:23	1.57 ft	12:35	1.86 ft	5:28	8:11
Mon	25	7:31	8.10 ft	7:48	9.36 ft	1:17	1.54 ft	1:27	1.94 ft	5:29	8:10
Tue	26	8:27	8.14 ft	8:40	9.60 ft	2:12	1.36 ft	2:20	1.85 ft	5:30	8:09
Wed	27	9:21	8.34 ft	9:31	9.94 ft	3:05	1.04 ft	3:13	1.60 ft	5:31	8:08
Thu	28	10:12	8.68 ft	10:21	10.35 ft	3:56	0.60 ft	4:04	1.23 ft	5:32	8:07
Fri	29	11:00	9.11 ft	11:09	10.77 ft	4:44	0.11 ft	4:53	0.77 ft	5:33	8:06
Sat	30	11:47	9.59 ft	11:57	11.12 ft	5:31	-0.38 ft	5:41	0.29 ft	5:34	8:05
Sun	31	12:32 PM	10.08 ft			6:16	-0.79 ft	6:29	-0.16 ft	5:35	8:04

The man who has experienced shipwreck shudders even at a calm sea. -Ovid

Weymouth Fore River Bridge Tide Chart

August

Day/ Date		HIGH				LOW				SUN	
		AM	Hgt	**PM**	Hgt	**AM**	Hgt	**PM**	Hgt	rise	set
Mon	01	12:44	11.35 ft	1:17	10.53 ft	7:01	-1.07 ft	7:18	-0.51 ft	5:36	8:03
Tue	02	1:32	11.40 ft	2:03	10.88 ft	7:47	-1.19 ft	8:08	-0.73 ft	5:37	8:02
Wed	03	2:22	11.26 ft	2:51	11.10 ft	8:34	-1.10 ft	9:00	-0.77 ft	5:38	8:01
Thu	04	3:14	10.93 ft	3:41	11.16 ft	9:23	-0.84 ft	9:54	-0.66 ft	5:39	7:59
Fri	05	4:08	10.46 ft	4:34	11.09 ft	10:15	-0.44 ft	10:51	-0.43 ft	5:40	7:58
Sat	06	5:06	9.94 ft	5:30	10.92 ft	11:09	0.03 ft	11:51	-0.16 ft	5:41	7:57
Sun	07	6:08	9.47 ft	6:31	10.72 ft	12:07	0.46 ft			5:42	7:56
Mon	08	7:12	9.13 ft	7:33	10.57 ft	12:54	0.06 ft	1:09	0.78 ft	5:43	7:54
Tue	09	8:18	8.99 ft	8:36	10.51 ft	1:59	0.16 ft	2:11	0.92 ft	5:44	7:53
Wed	10	9:21	9.04 ft	9:36	10.52 ft	3:02	0.14 ft	3:11	0.90 ft	5:45	7:52
Thu	11	10:19	9.20 ft	10:31	10.57 ft	3:59	0.04 ft	4:07	0.77 ft	5:46	7:50
Fri	12	11:10	9.40 ft	11:21	10.58 ft	4:51	-0.05 ft	4:59	0.62 ft	5:47	7:49
Sat	13	11:55	9.58 ft			5:37	-0.10 ft	5:47	0.50 ft	5:48	7:47
Sun	14	12:06	10.52 ft	12:37	9.71 ft	6:19	-0.07 ft	6:31	0.43 ft	5:49	7:46
Mon	15	12:48	10.38 ft	1:15	9.78 ft	6:58	0.04 ft	7:12	0.44 ft	5:50	7:45
Tue	16	1:29	10.17 ft	1:52	9.80 ft	7:36	0.22 ft	7:54	0.51 ft	5:51	7:43
Wed	17	2:08	9.89 ft	2:30	9.76 ft	8:14	0.47 ft	8:35	0.66 ft	5:53	7:42
Thu	18	2:49	9.55 ft	3:09	9.66 ft	8:53	0.77 ft	9:18	0.86 ft	5:54	7:40
Fri	19	3:31	9.17 ft	3:50	9.52 ft	9:34	1.11 ft	10:03	1.09 ft	5:55	7:39
Sat	20	4:16	8.78 ft	4:34	9.37 ft	10:17	1.44 ft	10:50	1.32 ft	5:56	7:37
Sun	21	5:05	8.43 ft	5:22	9.25 ft	11:03	1.73 ft	11:42	1.48 ft	5:57	7:36
Mon	22	5:57	8.17 ft	6:13	9.21 ft	11:54	1.93 ft			5:58	7:34
Tue	23	6:52	8.07 ft	7:08	9.32 ft	12:37	1.50 ft	12:48	1.97 ft	5:59	7:32
Wed	24	7:49	8.17 ft	8:03	9.58 ft	1:33	1.35 ft	1:45	1.81 ft	6:00	7:31
Thu	25	8:45	8.48 ft	8:58	9.98 ft	2:29	1.00 ft	2:40	1.45 ft	6:01	7:29
Fri	26	9:38	8.97 ft	9:51	10.46 ft	3:22	0.50 ft	3:34	0.91 ft	6:02	7:28
Sat	27	10:27	9.57 ft	10:42	10.94 ft	4:12	-0.06 ft	4:26	0.28 ft	6:03	7:26
Sun	28	11:15	10.22 ft	11:32	11.32 ft	5:00	-0.60 ft	5:17	-0.36 ft	6:04	7:24
Mon	29	12:02 PM	10.83 ft			5:47	-1.03 ft	6:07	-0.91 ft	6:05	7:23
Tue	30	12:22	11.54 ft	12:49	11.32 ft	6:34	-1.29 ft	6:57	-1.30 ft	6:06	7:21
Wed	31	1:12	11.55 ft	1:36	11.63 ft	7:21	-1.33 ft	7:48	-1.46 ft	6:07	7:19

Follow the river and you will find the sea -French Proverb

Weymouth Fore River Bridge Tide Chart

SEPTEMBER

Day/ Date		HIGH				LOW				SUN	
		AM	Hgt	PM	Hgt	AM	Hgt	PM	Hgt	rise	set
Thu	01	2:03	11.33 ft	2:25	11.72 ft	8:09	-1.15 ft	8:40	-1.38 ft	6:08	7:18
Fri	02	2:55	10.92 ft	3:17	11.58 ft	9:00	-0.78 ft	9:34	-1.07 ft	6:09	7:16
Sat	03	3:51	10.38 ft	4:12	11.26 ft	9:52	-0.26 ft	10:32	-0.62 ft	6:10	7:14
Sun	04	4:50	9.81 ft	5:10	10.86 ft	10:49	0.29 ft	11:33	-0.14 ft	6:11	7:12
Mon	05	5:53	9.32 ft	6:13	10.47 ft	11:49	0.77 ft			6:13	7:11
Tue	06	6:59	9.01 ft	7:19	10.20 ft	12:37	0.25 ft	12:52	1.09 ft	6:14	7:09
Wed	07	8:06	8.93 ft	8:23	10.08 ft	1:43	0.45 ft	1:57	1.19 ft	6:15	7:08
Thu	08	9:07	9.04 ft	9:24	10.08 ft	2:46	0.49 ft	2:58	1.09 ft	6:16	7:06
Fri	09	10:02	9.26 ft	10:17	10.12 ft	3:42	0.43 ft	3:54	0.89 ft	6:17	7:04
Sat	10	10:49	9.49 ft	11:04	10.14 ft	4:30	0.36 ft	4:43	0.67 ft	6:18	7:02
Sun	11	11:30	9.69 ft	11:46	10.10 ft	5:13	0.33 ft	5:27	0.49 ft	6:19	7:01
Mon	12	12:08 PM	9.84 ft			5:51	0.35 ft	6:08	0.37 ft	6:20	6:59
Tue	13	12:25	10.01 ft	12:43	9.93 ft	6:28	0.44 ft	6:47	0.32 ft	6:21	6:57
Wed	14	1:03	9.85 ft	1:18	9.96 ft	7:04	0.58 ft	7:26	0.35 ft	6:22	6:55
Thu	15	1:41	9.63 ft	1:54	9.92 ft	7:41	0.77 ft	8:05	0.47 ft	6:23	6:54
Fri	16	2:20	9.36 ft	2:32	9.81 ft	8:19	1.01 ft	8:46	0.66 ft	6:24	6:52
Sat	17	3:01	9.04 ft	3:12	9.65 ft	8:59	1.29 ft	9:29	0.90 ft	6:25	6:50
Sun	18	3:44	8.72 ft	3:55	9.47 ft	9:41	1.57 ft	10:16	1.13 ft	6:26	6:48
Mon	19	4:31	8.43 ft	4:43	9.33 ft	10:28	1.81 ft	11:06	1.29 ft	6:27	6:47
Tue	20	5:22	8.25 ft	5:35	9.28 ft	11:19	1.95 ft	11:59	1.92 ft	6:28	6:45
Wed	21	6:17	8.23 ft	6:32	9.37 ft	12:15 PM	1.92 ft			6:29	6:43
Thu	22	7:14	8.44 ft	7:29	9.63 ft	12:57	1.17 ft	1:13	1.68 ft	6:30	6:41
Fri	23	8:10	8.87 ft	8:27	10.02 ft	1:53	0.83 ft	2:11	1.20 ft	6:32	6:39
Sat	24	9:04	9.49 ft	9:23	10.49 ft	2:48	0.34 ft	3:07	0.53 ft	6:33	6:38
Sun	25	9:55	10.21 ft	10:16	10.95 ft	3:40	-0.20 ft	4:01	-0.21 ft	6:34	6:36
Mon	26	10:44	10.93 ft	11:09	11.30 ft	4:30	-0.70 ft	4:54	-0.93 ft	6:35	6:34
Tue	27	11:33	11.56 ft	11:59	11.48 ft	5:18	-1.08 ft	5:45	-1.51 ft	6:36	6:32
Wed	28	12:21 PM	11.99 ft			6:07	-1.27 ft	6:36	-1.86 ft	6:37	6:31
Thu	29	12:52	11.44 ft	1:10	12.18 ft	6:56	-1.24 ft	7:28	-1.92 ft	6:38	6:29
Fri	30	1:44	11.19 ft	2:01	12.10 ft	7:46	-0.99 ft	8:20	-1.69 ft	6:39	6:27

Quincy Beaches

Water Sampling

Program

Summer 2011

Quincy Beach Water Sampling Program

Safe recreational swimming is a major concern to all, as the warming temperatures begin to draw residents and tourists alike to the many coastal beaches found in the City of Quincy. In an effort to keep the public informed, the Quincy Health Department performs water sampling of ten city beaches on a weekly basis. Such sampling and analysis serves merely as a potential indicator of water pollution on the date the water is sampled.

When is bathing beach sampling performed?

Quincy beaches are tested weekly for water quality indicators. Ten samples are collected by an agent of the health department each Wednesday, from late June to early September. The MDC collects samples from four locations along Wollaston Beach. All samples are sent to a certified laboratory for the analysis, which takes a minimum of 24 hours to complete. The results of all 14 beach locations are reported to the Health Department by Thursday or Friday of each week and are then reported to the local media (press, radio and cable) and public for distribution on Friday and/or Saturday.

(web site: http://www.quincyma.gov)

How is water testing done?

Beach water testing involves counting the number of enterococci bacteria per 100 milliliters of water. A single sample count of 104 or more organisms (or a geometric mean of 35 or greater for the most recent five samples) may be considered an indicator of health risk and therefore swimming or bathing is not recommended.

What does enterococci bacteria indicate?

Enterococci bacteria are microscopic organisms normally found in the intestines of humans and other mammals. The presence of enterococci bacteria in bathing water may indicate that the water has been contaminated with a pollutant such as sewerage.

Enterococci counts may be higher after a period of rainfall (1 inch or greater per day), when sewage may be discharged into the harbor from pipes and drains which contain overflow waste water in combination with rainwater. It is important to realize that the results of water sampled on Wednesday may not be an accurate reflection of water quality as reported on Thursday or Friday to the media, particularly if rainfall is experienced after Wednesday's sampling. It is strongly recommended that persons refrain from swimming or bathing for a period of 48 hours after a rainfall to allow for the natural flushing action of the tides to dilute and cleanse the water.

What happens if the enterococci count is 104 or greater?
The City's health department does not actually close any beach, as it is impossible to staff beaches with personnel capable of preventing the public from swimming or bathing. Rather, a sign will be posted at each affected beach that will state:

WARNING! NO SWIMMING
SWIMMING MAY CAUSE ILLNESS

In addition, water from those beaches will be immediately resampled and sent to a laboratory for analysis. The posted warning will remain in effect until the water reveals an enterococci count of less than 104.

I've been reading in the paper that pollutants are being released into the storm drains that empty into Quincy Bay. What is being done to correct this?

The City of Quincy has been involved in a Bathing Water Quality Improvement Program over the past several years. This program has involved the detection and repair of problems within those sewer and storm drain pipes that adversely affected Quincy Bay. A $5.8 million sewer replacement project along Quincy Shore Drive began in the fall of 2002. The City's Department of Public Works will, of course, continue with routine maintenance practices such as street sweeping, drain cleaning and tide gate inspections.

Beach sand needs to be carefully selected. Never dump sand from a sandbox or other source. It may contain contaminants that make the beach unsafe.

QUINCY HEALTH DEPARTMENT
BATHING BEACH WATER TESTING RESULTS 2010

	Jun			Jul				Aug				Se	Season Score
	16	23	30	07	14	21	28	04	11	18	25	01	
Rain last 24 hrs?	***N***	***N***	***N***	***N***	***Y***	***N***	***N***	***N***	***N***	***N***	***Y***	***N***	
AVALON	10	20	10	41	30	5	5	5	350	20	5490	74	27
MOUND	5	10	5	5	122	5	5	5	10	31	6015	20	14
MERRYMOUNT	10	10	5	31	10	31	5	5	20	30	1370	63	19
CHICATABOT	10	5	5	41	31	5	5	5	30	5	677	5	13
HERON	5	10	5	10	20	31	5	5	1670	5	530	10	18
DELANO	30	96	20	20	52	41	10	5	160	19	723	5	30
BAKER	5	31	5	10	31	20	345	41	185	5	637	20	21
FIRESTATION	10	5	10	10	41	5	31	5	189	31	41	5	14
PARKHURST	5	31	20	30	75	10	695	5	243	5	74	122	39
EDGEWATER	31	5	5	10	10	31	5	5	2060	5	187	5	18
RHODA	86	5	10	10	52	10	41	20	399	5	74	5	24
ORCHARD	5	10	5	5	10	5	5	5	5	10	233	5	8
NICKERSON	20	5	20	20	20	5	5	10	1920	5	368	5	16

DCR-Wollaston Beach
BATHING BEACH WATER TESTING RESULTS 2010

	Jun			Jul				Aug				Sep
	16	23	30	7	14	21	28	4	11	18	25	1
Milton	2	145	<10	74	41	10	10	<10	999+	10	999+	20
Channing	6	20	41	20	397	<10	10	<10	156	85	999+	20
Sachem	2	<10	<10	52	30	<10	107	10	41	10	999+	127
Rice	6	<10	20	10	20	<10	<10	<10	183	41	538	10

Enterococcus counts greater than 104 indicate the waters are unacceptable for swimming/bathing and beaches will be posted as such.
For up-to date information regarding City beaches call (617) 376-1288 or check out the Beach Test Results on line: www.quincyma.gov

For up-to-date information regarding Wollaston Beach contact the DCR (617) 626-4972.

Beaches Environmental Assessment and Coastal Health Act

In October of 2000, the United States Congress passed the Beaches Environmental Assessment and Coastal Health Act, commonly known as the Beach Act. This act authorizes the Environmental Protection Agency (EPA) to award grants to help eligible states to develop and implement beach water quality and notification programs. These grants also help states to develop programs to inform the public about the risks of exposure to disease-causing micro organisms in coastal waters.

In 2006 at Quincy's Edgewater Beach, the U.S. Environmental Protection Agency announced the availability of more than $256,000 to monitor Massachusetts' coastal beaches. Through this federal Beach Act funding, more than 500 coastal beaches in Massachusetts - including all public beaches in the City of Quincy - are sampled regularly to ensure that swimming conditions are safe.

DON'T DUMP, PLEASE PUMP!

After millions of dollars and years of polluted water our beaches are clean and people are swimming. If you are a boater, it is important for you to know that Boston Harbor was designated a "No Discharge Area" on July 24, 2008. There are 34 pumpout locations nearby and no excuse to use our water. Please visit: http://www.mass.gov/czm/nda/pumpouts/boston__harbor_pumpouts.htm to find a pumpout station.

BILGE WATER HANDLING

Dumping oily bilge water directly into the water can harm marine life, and is illegal.

The following website provides boaters with the information you need to minimize the impacts of contaminated bilge water.

http://www.mass.gov/czm/marinas/guide/pdf/cmg_chapter_4-4.pdf

For more information on the EPA's Beach Act,
go to these websites:
www.epa.gov/beaches
www.epa.gov/waterscience
www.epa.gov/region1

Is there anything I can do to help reduce the amount of pollutants that are emptied into Quincy Bay from the storm drains?

Yes, if you are a pet owner, and in particular, a dog owner, please make every effort to clean up after your pet. And, remember, no dogs are allowed on any beach in Quincy from May 1 to October 31. Animal waste can make its way into Quincy Bay either from being deposited directly on the beach, or deposited in and around the catch basins found along most city streets. Even waste left on or near a sidewalk can be washed into the drainage system during a rainfall event. Such waste may contribute to the high enterococcus counts that can cause the closure (posting) of certain bathing beaches. So, in addition to being a common courtesy to the public it's also important to remove and properly dispose of animal waste to help reduce the pollution of Quincy Bay.

City of Quincy

Ordinance Governing Discharges to the Municipal Storm Drain System

Ordinance 13.10.70 Prohibited Activities

(A) Illicit Discharges. No person shall dump, discharge or cause or allow to be discharged any pollutant or non-storm water drainage into the municipal separate storm sewer system (MS4), into a watercourse or into the waters of the Commonwealth.

13.10.110 Enforcement

(D) Non-criminal Disposition. As an alternative to criminal prosecution or civil action, the City may utilize the non-criminal procedures set forth in G.L. Ch. 40 section 21D in which case the Commissioner of Public Works or authorized agent of the City, shall be the enforcing person. The penalty for the 1st offense shall be more than $500. The penalty for the 2nd offence shall be $750. The penalty for the 3rd offense shall be not more than $1,000. Each day or part thereof that such violation occurs shall constitute a separate offense.

Ordinance Relating to Pets

Quincy enforces Title 6: Restricting dogs and other animals from City beaches:
Ordinance 6.04.030 Restrictions - Urination and defecation:
An owner or keeper of an animal shall remove, and dispose of any feces left by such animal on any sidewalk, street, park or other public area, or on any private property which is not owned or occupied by such owner. If an animal defecates on property other than that of the owner or keeper, the owner or keeper of the animal is responsible for the immediate removal of the feces.
Ordinance 6.04.100 Restrictions - Beaches

An owner or keeper of an animal shall not permit or suffer such **animal to go on any beach** under the jurisdiction of the City of Quincy **during the period from May 1st through October 31st.**

First offense - $50.00
Second offense - $75.00
Third offense - $100.00

Dog poop is a big problem for our beaches and the public health. The rain eventually carries it through the storm drains and into the ocean.
One pile has enough bacteria to close a beach.

Remember: Dogs are not allowed on any beach May through October.

Wherever you walk your dog, don't forget your pooper scooper!

Happy Tails

Foot Doctors in Flap over Flimsy Flip-Flop Fad

As versatile as they are comfortable, the rubbery sandals are worn by the young and old, the fashion conscious and fashion oblivious. People don them with suits, three-piece and swim varieties.

Too bad, then, that podiatrists and researchers say flip-flops hurt our feet and lead to lower-leg injuries.

Podiatrists say flip-flops -- and even more stable sandals -- should be worn only for short durations. Flip-flops do not absorb the impact of steps, forcing the arch, heel calf or back to bear the brunt of the force.

So, it's perfectly fine to waddle from the pool to the car in flip-flops, not so great to wear them to work for eight hours.

High-end brands with higher price tags, such as Teva, Merrell and Bite, support much like an athletic shoe and can be worn longer, says Tracy Basso, a Davis, Calif., podiatrist and past president of the California Podiatric Medical Association.

FLIP TIPS

DO:

- Look for flip-flops made of high-quality, soft leather to minimize the potential for blisters and other irritation.
- Look for flip-flops that carry the American Podiatric Medical Association Seal of Acceptance, which are those that allow for the most normal foot function.
- Gently bend the flip-flop from end to end, ensuring that it bends naturally at the ball of the foot. Shoes should never fold in half. Ensure that your foot doesn't hang off of the edge of the flip-flop.

DON'T:

- Wear them year after year. Toss them if the soles are severely worn out .
- Ignore irritation between toes, where the toe thong fits. It can lead to blisters and even worse irritation.
- Walk long distances in them. Even the sturdiest ones offer little shock absorption and arch support.
- Do yard work in them. Wear a shoe that fully protects the foot when mowing the lawn or using a string trimmer.
- Play sports in flip-flops.

Source: American Podiatric Medical Association.

But I Know How To Swim!

It's important to know your limits when it comes to playing in the water. You could develop a cramp (where a muscle in your body suddenly tenses up and causes pain) or other physical problem that makes it hard to swim. If you get a cramp, get out of the water for a while and give your muscles a rest.

Waves can knock you down or push you to the ocean floor. Stay close to an adult or get out of the water when the waves get rough. People also get into trouble when they start to panic or become too tired to swim. It is important to know your limits.

Here are some other good water safety tips:
Learn to swim. Ask your parents to contact your local American Red Cross or Community Center for information on boating or water safety courses.
Always put on plenty of sunscreen before you go outside.
Stop swimming or boating as soon as you see or hear a storm. Remember, lightning is electricity - electricity and water are a dangerous combination.
Don't swim in the dark.

And Finally: **Wherever you're swimming, do have a waterfall of fun!**

Health Benefits of Swimming

The Perfect Exercise: Swimming is the perfect workout for your whole body, improving cardiovascular health, muscle strength, endurance, posture, and flexibility. Your cardiovascular system benefits because swimming distributes oxygen from head to toe without overworking the heart.

Stress Reduction: Water is soothing. The moment you jump in you start to relax. Swimming forces you to breathe properly. Since our bodies consist of about 60% water, buoyancy makes you feel perfectly balanced.

Total Body Conditioning: Swimming tones your upper and lower body and uses all the major muscle groups.

Other benefits include: Low Risk of Injury, it is a Low Impact Exercise, and according to medical studies, it helps to Lower Blood Pressure.

Best of all: It's **FREE:** Going to the neighborhood beach is free. There are many additional benefits to being in tune with the tides and being in salt water.

Water Safety Tips

General Water Safety Tips

- Learn to swim. The best thing anyone can do to stay safe in and around the water is to learn to swim. Always swim with a buddy; never swim alone. The American Red Cross has swimming courses for people of any age and swimming ability. To enroll in a swim course, contact your local Red Cross chapter.

- Swim in areas supervised by a lifeguard.
- Read and obey all rules and posted signs.
- Children or inexperienced swimmers should take precautions, such as wearing a U.S. Coast Guard-approved personal floatation device (PFD) when around the water.
- Watch out for the dangerous toos - too tired, too cold, too far from safety, too much sun, too much strenuous activity.
- Set Water Safety rules for the whole family based on swimming abilities (for example, inexperienced swimmers should stay in water less than chest deep).
- Be knowledgeable of the water environment you are in and its potential hazards, such as deep and shallow areas, currents, depth changes, obstructions and where the entry and exits are.

Keeping Children Safe In, On, and Around the Water

- Maintain constant supervision. Watch children around any water environment (pool, stream, lake, tub, toilet, bucket of water), no matter what skills your child has acquired and no matter how shallow the water.

- Dont rely on substitutes. The use of floatation devices and inflatable toys cannot replace parental supervision. Such devices could suddenly shift position, lose air, or slip out from underneath, leaving the child in a dangerous situation.
- Enroll children in a water safety course. Your decision to provide your child with an early aquatic experience is a gift that will have infinite rewards. These courses encourage safe practices.

Swim Buoys for Quincy's Beaches

27 miles of coastline dotted with beaches surround the city of Quincy. We can swim, walk, and play on the beach minutes from home. Swimmable beaches help sustain property values and contribute to the economic base of the city.

Quincy's neighborhood beaches are much cleaner than in past years, so a lot more people are coming back into the water. And since boaters can be surprised to see someone swimming, and to protect the safety of swimmers, the Quincy Beaches and Coastal Commission received funding from Blue Hills Community Health Alliance (CHNA 20) to purchase markers for the beaches in Adams Shore.

The Quincy Marine Police Unit joined the effort and purchased buoys last year for Avalon and Mound Street beaches. It is our hope that swim buys will be installed at all of Quincy's neighborhood beaches, designating safe areas for residents to enjoy the many health benefits of swimming.

Revitalizing a neighborhood beach helps to bring a community together, making us all healthier and wealthier. Please visit our beaches during the summer of 2011. The markers chosen for each beach and a picture of that style swim buoy are shown below.

Rope Design	Floating Markers
• Avalon Beach	• Back Beach (Delano Ave.)
• Mound Beach	• Orchard Beach
• Perry Beach (Parkhurst)	• Edgewater Beach
• Fire Station Beach	• Rhoda Beach
• Baker Beach (Broady)	• Merrymount/Wollaston Area
• Front Beach (Heron)	
• Nickerson Beach	

Manners Apply On The Beach, Too...

Informal rules often ignored on sunlit sand

Excerpted from an article written by John Curran, Associated Press

Looking for your place in the sun?

Fine. Just don't lay your blanket too close to mine. And don't shake it out here, the sand's getting in my eyes.

And whatever you do, don't feed the gulls. Once you do, they'll stick around, squawking and flapping and - when nature calls - playing an icky version of beach blanket bingo.

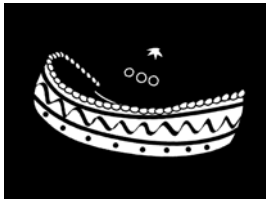
When it comes to beach etiquette, there is a way to act and a way not to. Even the great outdoors has rules, it turns out. Problem is, they're mostly unwritten and often ignored.

'The beach is such an informal, relaxed kind of place,' said etiquette expert Honore McDonough Ervin. 'People who might normally have good manners, all good reason just flies out of their head and they do things that are offensive to others.'

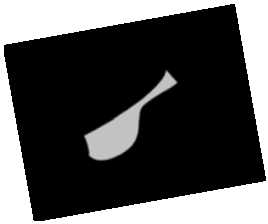
Some **no-nos** are explicitly listed on lifeguard stands or boardwalk signs: alcoholic beverages, dogs, picnic lunches, ball playing and Frisbee throwing, for example, are banned on many beaches, although enforcement varies. Others are obvious enough: not crowding other beach-goers, kicking up sand around people, playing music loudly or leaving trash or cigarette butts.

Some **taboos** are less obvious. Digging deep holes in the sand and leaving them unfilled is discouraged, because they are a hazard to walkers. Beach umbrellas, too, can be hazards when not adequately fastened. Not keeping tabs on boisterous young children is rude, too, especially if they are kicking sand on or otherwise bothering other sunbathers, according to Ervin, co-author of the etiquette guide 'Things You Need to Be Told.'

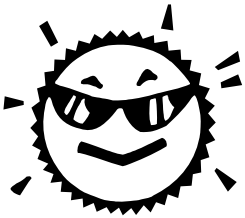
The general rule: Leave nothing on the beach, except footprints.



safety



in the



Sun

Basic Sun Safety Tips

Summertime, And the livin' is easy
Fish are jumpin', And the cotton is high
-George Gershwin

- Limit outdoor activities between 10 a.m. and 2 p.m. in the summer months. Therefore, play golf, tennis, swim, etc., in the early morning or late afternoon.
- Wear a good pair of sun glasses to ward off the sun from your eyes and some kind of protection -- the looser the better -- on your head.

- Clouds and particulate matter in the air scatter sunlight. Therefore, you may receive a "surprise sunburn" even on a cloudy day.
- Some drugs & cosmetics -- Tetracycline, diuretics, major tranquilizers -- may increase susceptibility to sunburn because they contain substances that cause the skin to absorb more of the sun's radiation. These "photosensitivity reactions" may also be caused by birth control pills. Your physician can advise you about medications that can cause problems in the sun.

Read more: http://artists.letssingit.com/george-gershwin-lyrics-summertime-hct6q2r#ixzz1OW80eQbQ
LetsSingIt - Your favorite Music Community

- Babies under 1 year of age should stay out of the sun. Use lightweight, light-colored clothing. Always cover a baby's head with a hat.
- Use sunscreen with a PF of at least 15. Do not use a sunblock with a PF of more than 4 on babies under 6 months old due to the possibility that the baby's skin could absorb the chemical and his or her system could not eliminate it.
- Use extra caution around reflective surfaces.

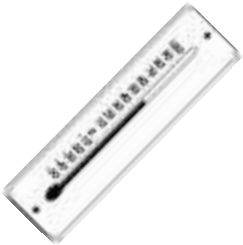
What to do if you get a Heat-related Illness

The 3 Stages of Heat-Related Illness

Cramps: Heat-related illness comes in stages, the first being heat cramps or spasms that usually develop in the abdominal or leg muscles. The loss of water and salt from heavy sweating causes the cramps. Get the person to a cooler place and have him or her rest in a comfortable position. If the person is fully awake and alert, give a half glass of cool water every 15 minutes. Do not let him/her drink too quickly. Do not give liquids containing alcohol or caffeine. Remove or loosen tight clothing and apply cool, wet cloths such as towels or wet sheets. Then gently stretch the cramped muscle and hold the stretch for about 20 seconds. Gently massage the muscle and repeat if necessary. When the symptoms are gone, the activity may be resumed.

Heat Exhaustion: This stage is much more serious and the symptoms often include cool, moist, pale skin (the skin may be red right after physical activity). Other symptoms are headache, dizziness, weakness, and nausea.

Heat Stroke: This is the last stage and the most serious. The symptoms are vomiting; decreased alertness level or loss of consciousness; high body temperature; rapid, weak pulse; rapid, shallow breathing; moist skin or the victim may stop sweating and the skin may be red, hot and dry.



This last stage is life threatening. Call 911.

What To Do For Heat Emergencies

1. Cool the body
2. Give fluids
3. Minimize Shock

Children and the elderly are at the greatest risk for a heat-related illness. Those who have heart disease, lung disease, diabetes and those who are obese are at an increased risk. But, remember, anyone is susceptible if they are not used to the heat and humidity, they overexert themselves and/or they do not keep themselves

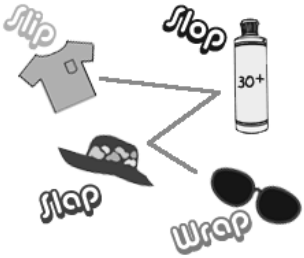
Dress for Success... in the Sun

How can I protect myself from the sun? Slip Slop Slap… AND Wrap!

Slip on a shirt: choosing a fabric that casts a dense shadow.

Slop on sunscreen: SPF30+ broad spectrum, water resistant sunscreen.

Slap on a hat: wear a wide brimmed hat, not just a sun visor or baseball cap.



And remember to WRAP: Wear suitable sunglasses.
Encourage indoor or shade activities between 11:00am and 3:00pm
Keep in mind, sunscreen is not meant to allow your kids to spend more time in the sun than they would otherwise. Sunscreen reduces damage from UV radiation, it doesn't eliminate it.

Make sure you take all of the above measures to protect yourself against the sun.

How to put Sunscreen on Moving, Squirming Children

- Play connect the dots! Place dots of sunscreen on children's bodies and have them connect the dots by rubbing it in.
- Have children apply it themselves.
- Give children a sticker every time they put it on.
- Some children enjoy putting sunscreen on when it's treated like make-up.
- Sing a nursery rhyme while applying it.
- Ask the children where you should put it. Let them squeeze the bottle. Give them some control.

Finally , Choose Your Cover

Summer weekends last year showed that more people were sunburned around the head and face than any other part of the body. The best way to avoid a sunburned face if you are outdoors is to wear a good hat. You need sunscreen for your face also, applied thickly, before you go out in the sun. But unfortunately, sunscreen will wear off and sweat off. You need to re-apply it frequently. Many of those who use sunscreen get burned, probably because they rely on it too much and use too little of it.

Choosing Good Hats

When choosing hats, here are some things to remember:

- Make sure the hat is made of a tightly woven fabric which doesn't let the sun's rays through.
- Choose a hat that shades your face, nose, neck and ears.
- Make sure it feels comfortable - cool, but firm around the headband.
- A darker color will keep out the sun's rays better.
- You'll need a hat that stays on in the wind.
- A brimmed hat or cap with flaps offers the best protection.

Lastly, make your hat a fun part of summer, and choose something that you like and feel good wearing.

If you wear a cap, protect the ears and neck with hair, collar, bandanna or sunscreen.

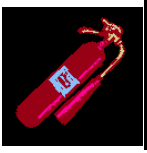
- For most effective protection, apply sunscreen generously 30 minutes before going outdoors. And, don't forget to protect ears, noses, lips and the tops of feet which often go unprotected.
- Take sunscreen with you to reapply during the day, especially after you and/or your child swims or exercises. This applies to "waterproof" and "water resistant" products as well.

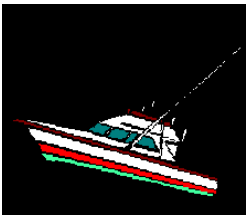
Before you Depart (the dock, that is...)

Know your vessel. Before departure, always be sure your vessel is in good working condition and properly equipped for emergencies. Avoid inconvenience and potential danger by taking a few minutes to check the following:

Boater's Checklist

Minimum Federal Required Equipment	Yes	No
State Registration Documentation		
State Numbering Displayed		
Certificate of Documentation		
Lifejackets (PFDs) - one for each person		
Throwable PFD		
Visual Distress Signals		
Fire Extinguishers (fully charged)		
Proper Ventilation		
Backfire Flame Arrestor		
Sound Producing Device(s)		
Navigation Lights		
Oil Pollution Placard		
Garbage Placard		
Marine Sanitation Device		
Navigation Rules		
Any Additional State Requirements		





Safety Tips for Recreational Boats

Safety and Survival Tips - Operator's Responsibilities

Your water fun depends on you, your equipment and other people who, like yourself, enjoy spending leisure time on, in or near the water. Let's take a look at your responsibilities:

- Stay out of Swim Areas.
- Make sure the boat is in top operating condition and that there are no tripping hazards. It should be free of fire hazards and have clean bilges.
- Safety equipment, required by law, is on board, maintained in good condition, and you know how to properly use these devices.
- File a float plan with a relative or friend.
- Have a complete knowledge of the operation and handling characteristics of your boat.
- Know your position and know where you are going.
- Maintain a safe speed at all times to avoid collision.
- Keep an eye out for changing weather conditions and act accordingly.
- Know and practice the Rules of the Road (Navigation Rules).
- Know and obey Federal and State regulations and waterway markers.
- Maintain a clear, unobstructed view forward at all times.

Law Enforcement

A vessel underway, when hailed by a Coast Guard vessel is required to heave to, or maneuver in such a manner that permits a boarding officer to come aboard.

Other federal, state and local law enforcement officials may board and examine your vessel, whether it is numbered, unnumbered or documented. Coast Guard law enforcement personnel may also be found aboard other vessels.

The coast Guard may impose a civil penalty up to $1,000 for failure to: comply with equipment requirements; report a boating accident; or comply with other Federal regulations. Failure to comply with the Inland Navigation Rules Act of 1980 can result in a civil penalty up to $5,000.

Improper use of a radio-telephone is a criminal offense. The use of obscene, indecent or profane language during radio communications is punishable by a $10,000 fine, imprisonment for two years or both. Other penalties exist for misuse of a radio, such as improper use of Channel 16 VHF-FM.

The "CATCH"

Recreational Fish of Massachusetts
Massachusetts Saltwater Fishing Permit Information
Online: www.mass.gov/dfwele/ for more details

Saltwater Angling Permits are *now required* for recreational saltwater angling, available on-line at www.mass.gov. A commercial permit is required when any fish are sold.

Recreational Lobster/Crab Fishing requires a non-commercial permit and holders are limited to 10 pots. Permits are available to Massachusetts residents and non-residents who own real estate in Massachusetts. A recreational lobster permit endorsement is needed for diving. Daily limits: up to 10 lobsters or 50 crabs (25 blue crabs maximum) for family use per day. Annual catch reports are required of all Non- Commercial Lobster/Crabbing Permit holders before renewals can be issued

Fresh Water Fishing and Sea Worm Permits are issued through the City Clerk's Office. Recreational Spear Fishing while diving does not require a permit. Taking of lobster by spearing is prohibited

Prohibitions

No discard of legal size dead striped bass. Fish must be transported with head, body and tail intact to allow for measurement. Snagging, snatching of Anadromous Fish: including shad, smelt, white perch, striped bass, trout and salmon, but excluding alewives or river herring, is prohibited.

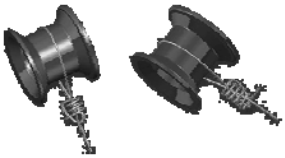
For anyone, except the owner, to handle, destroy or molest any lobster or crab pot or other fishing gear including gear swept up on the shore, beaches or flats whether public or private, or to take fish from there is illegal. Selling fish without a commercial permit is prohibited.

Three-fer

Good things come to those who bait.
Nothing makes a fish bigger than almost being caught.
Just like fish, people get into trouble when they open their mouths.

Fishing Lines

Monofilament line is a thin string made from a single fiber, derived from the melting and spinning of polymers. Because of monofilament's strength and low cost, most fishing line is made from it. Improperly discarded monofilament lines present a serious environmental issue. The lines are extremely difficult to spot when submerged in water, making it possible for fish, birds, and other marine life to easily become entangled. Monofilament lines also present a risk to swimmers and scuba divers.



No Line Left Behind

The Quincy Beaches and Coastal Commission has started the No Line Left Behind Program. Through this program, the QBCC has installed monofilament recycling stations at local marinas, public fishing access areas, and along favorite shoreline fishing points. We hope to educate local boaters, fishermen and the general public regarding the hazards of marine debris while doing our part to support the coastal environment.

Best Days for Fishing in 2011

When The Moon is Between New & Full

January 4-19
February 2-18
March 3-17
April 4-19
May 3-17
June 1-15
July 1-15
August 28– Sep 12
September 27-Oct 11
October 26-Nov 10
November 24-Dec 10
December 24-31

Best Times for Fishing

The best times to fish are when the fish are naturally most active. The Sun, Moon, tides, and weather all influence fish activity. For example, fish tend to feed more at sunrise and sunset. During a full Moon, tides are higher than average and fish tend to feed more. However, most of us go fishing when we can get the time off, not because it is the best time.

- One hour before and one hour after high tides, and one hour before and one hour after low tides. Inland, the times for high tides correspond with the Moon is due south. Low tides are halfway between high tides.
- During the "morning rise" (after sunup for a spell) and the "evening rise" (just before sundown and the hour or so after).
- The barometer is steady or on the rise. (But even during stormy periods, the fish aren't going to give up feeding. The smart fisherman will find just the right bait.)
- There is a hatch of flies—caddis flies or mayflies, fisherman will have to match the fly with the hatching flies or go fishless.
- The breeze is from a westerly quarter rather than from the north or east.
- The water is still or rippled, rather than during a wind.

Tackle Box Checklist

.

- Fishing line
- Bobbers
- Swivels, to keep fishing line from twisting
- Leaders
- Sinkers
- Different sizes of hooks
- Pliers, to help remove hooks
- Stringer, to hold all the fish you catch
- Sharp knife
- Ruler/scale
- Flashlight
- First-aid kit
- Insect repellent
- Sunscreen

Top Tips for Preserving the Coast

More than half the U.S. population lives along the coast and the average American spends 10 recreational days a year at the coast. With so many people at the coast, beaches can fall victim to the strain. You can reduce the impact you have on the beach by following these tips:

- **Stay off beach dunes and grasses.** Beach dunes are the first line of defense against coastal storms. When people walk, drive or bike over them, the dunes collapse leaving the beach vulnerable.
- **Watch for public access signs.** These signs, posted by your states coastal program, indicate places - beaches, public piers, walkways, and parking lots open to everyone.

- **Don't drive on the beach.** Beaches are fragile! The sand, shells, grasses and animals that make up a beach can be crushed and destroyed under the weight of vehicles.
- **Pick up after your dog.** Pet waste is a natural fertilizer that encourages marine plants to grow out of control, killing crabs and other fish and damaging the entire food chain.
- **Clean up the beach.** Pick up trash, even if it's not yours, and dispose of it in trash receptacles.

- **Never throw cigarettes onto the ground or out the car window, especially at the beach.** Rainwater washes everything on the ground into rivers, bays and eventually to the beach. Cigarette filters don't break down and can cause harm to sea birds, and the entire food chain.
- **Never leave fishing line or hooks on the beach.** Fishing line strangle marine animals. Hooks kill the fish that eat them and pose a threat to other people and animals walking on the beach.
- **Cut loops from six-pack yokes** and other plastic items before disposing of them in trash receptacles. Marine animals swallow or become entangled in plastic and die, which threatens our entire food chain.
- **Recycle the containers you use at the beach.** Recycling reduces waste and marine pollution.

Quincy's Clean Coast Commitment

Now that our water is clean again, these 10 tips will help keep it that way.

1. Clean up after your dog.
Whatever part of the city you live in, pet waste should never be left behind. One dog, one time can make the water unsafe. Please do not flush any kitty litter down the toilet.

2. Get a composter or leave yard waste for the city.
The ocean is full of nutrients. Putting leaves and grass clippings in the water harms the natural balance killing fish eggs and other sea life. Limit the use of fertilizers and pesticides.

3. Leave the plants and trees that are natural to the area.
They are natural filters from pollution and storms and home for many species. Marsh grass helps prevent the spread of invasive species which alter the delicate balance.

4. Dispose of trash properly.
Much of the trash found at our beaches blew away from people's yards. Computers, televisions and other electronics contain heavy metals and toxic chemicals and should be appropriately recycled.

5. Clear storm drains and NEVER throw anything in.
Storm drains provide a direct route for cigarette butts, dog waste, water bottles and other plastics straight to the beach.

6. Let ducks, geese and other wild birds feed themselves.
Beaches can easily become contaminated when well meaning people feed the birds.

7. Make it harder for mosquitoes to breed.
Empty standing water and bail boats regularly.

8. Use pump out stations and never throw trash in the water from your boat. Saturday morning many beaches are littered with beer cans from boaters the night before.

9. Enjoy the many benefits of living in a city surrounded by coast. Share these tips with your children and neighbors.

10. Get involved. There are opportunities for you to help.
Contact the Quincy Beaches and Coastal Commission if you'd like to help improve our beaches and our health.

Quincy Connected Harbor Islands

Long Island 214 acres. 1.75 miles long. Long Island is the largest and longest Boston Harbor Island. The Long Island Bridge connects Long to Moon Island. In 1634, tenant farming on Long Island began with 40 families. The Long Island Lighthouse was built in 1794. In 1863, Fort Wightman, later renamed Fort Strong, was built. In 1891, the City of Boston established a poor house for 650 people. By 1941, it had morphed into the 60-acre Long Island Chronic Care Hospital, now a homeless shelter with 387 beds. The Shelter offers medical and mental health care.

Moon Island: 44 acres. Once known as "Manning's Moone" the grass-covered Moon Island was used for grazing and farming. The massive granite settling tanks and tunnels were built in the 1880s when Moon Island became the world's most modern sewage facility. The Boston Fire Department built a training facility here and the Boston Police Department set up a firing range. Moon Island is connected to Squantum by a causeway.

Spectacle Island is located west of Long Island, The name comes from its original shape, two hills joined by a narrow sidebar, resembling a pair of spectacles. Colonists used the island for pastureland and timber amd between 1717 and 1737, the island housed a quarantine hospital. In 1847, two resort hotels with casinos were built. In 1857, after a brothel was discovered, police closed the hotels. Later uses included horse rendering and reclaiming grease from garbage. Boston dumped garbage on the island until 1959. Starting in 1992, Spectacle took millions of cubic feet of dirt from Boston's Big Dig project, and it now features a marina, visitor's center, two sandy beaches, and five miles of walking trails that will lead visitors to the crest of a 157 foot-high hill, offering magnificent panoramic views of the harbor and Quincy.

Thompson Island measures 170 acres, and it is accessible at low tide across a sandbar from Squantum. In 1626, the Scotsman David Thompson established a trading post to trade with the Neponset Indians on the island that now bears his name. For the next two centuries, Thompson Island was leased to several families for farming.
In 1833, the Boston Asylum for Boys was moved to the island, and in 1835 the asylum merged with the Boston Farm School Society to become the Soton Farm and Trade School. Its vocational and farming emphasis remained until the middle of the 20th century when it was renamed Thompson Academy. In 1971 a fire destroyed the main school building. The school continued to operate for another four years, closing in 1975.
The island is currently owned by the Thompson Island Outward Bound Education Center with programs for more than 5,000 students and 3,000 adults, and the Thompson Island Conference Center.

Fun Things to Do at the Beach

Woods Hole Oceonographic Institute Ships and Technology PUZZLE

						Q	P	S	R	E	P	J						
					B	D	Y	E	F	W	T	Z	V					
				H	A	T	L	A	N	T	I	S	B	W				
			H	M	T	M	H	B	R	U	F	Q	D	I	Y			
		E	R	Z	H	M	H	E	O	P	K	A	G	N	O	A		
	P	Q	F	R	Y	O	Y	A	S	R	S	L	O	C	U	M	B	
I	P	S	U	E	M	C	B	M	E	C	V	W	E	H	B	I	S	I
L	R	F	Z	T	E	N	N	O	T	K	N	A	L	P	O	O	Z	E
T	E	E	R	E	T	E	M	O	T	E	N	G	A	M	X	Y	C	K
C	N	Y	R	M	R	S	L	R	E	U	L	O	A	Q	R	S	C	A
W	T	N	G	O	I	S	V	I	S	S	G	P	R	O	A	X	E	D
L	E	D	O	M	C	G	A	N	A	S	E	N	T	R	U	M	M	N
F	C	H	S	S	M	X	G	G	M	R	I	A	P	O	G	E	E	H
	N	D	P	I	A	H	O	Y	P	V	V	S	B	W	A	I	O	
		U	N	E	P	J	I	B	L	R	U	D	I	E	J	W		
			K	S	D	W	T	A	E	E	V	Z	D	R	D			
				H	I	T	T	S	R	M	B	E	Z	X				
					H	V	B	E	R	U	M	C	Q					
						O	N	X	X	S	Q	E						

ABE
Alvin
APOGEE
Atlantis
bathymetric map
BIOMAPER
box corer
buoy
CTD
Jaguar
Jason
Knorr
magnetometer
medea
MOCNESS
model
mooring
Nereus
observatory
Oceanus
REMUS
rosette sampler
SEABEAM
SeaBED
seismometer
Slocum
Spray
Tioga
winch
zooplankton net

The Woods Hole Oceanographic Institution is dedicated to research and education to advance understanding of the ocean and its interaction with the Earth system, and to communicating this understanding for the benefit of society. WHOI is the largest private non-profit oceanographic institution in the world.

Sandcastles

We all know they can be built. We've seen them. Cast, intricate works of architecture, brought forth by their builders from the sand that lines the edges of oceans, lakes and ponds. Why do our efforts to build even the simplest sand structures often end up in disaster?

There are three factors that greatly influence Sand Castling: The sand, the process and the mindset of the builder.

SAND

The idea is to find sand that is moist enough to stick together, but dry enough to maintain a form. Use the sand near the high-water line just after the tide has begun to move out. As this area provides the widest time frame in which to work. Note:Rocks, seaweed and other objects hinder the sand's ability to hold its shape

THE PROCESS

Don't build a castle from the bottom up. While molds are great for simple structures, or to stand alone, the sand from a bucket just isn't packed tightly enough to support more weight.
Start by making a pile 12-18" high. How long and wide it is will depends on your vision. Pack the pile down fairly hard, and smooth off the top so it is flat. You may use a mold to make a tower, on top of the flat "base."
Now use the edge of a shovel - or a ruler or playing card - to "carve" down the rest of the side of the tower, and to form the walls of your castle. By moving down the pile in staircase fashion, you can create multiple levels, position additional tower molds, and otherwise exercise your creativity.

THE SAND CASTLING STATE OF MIND

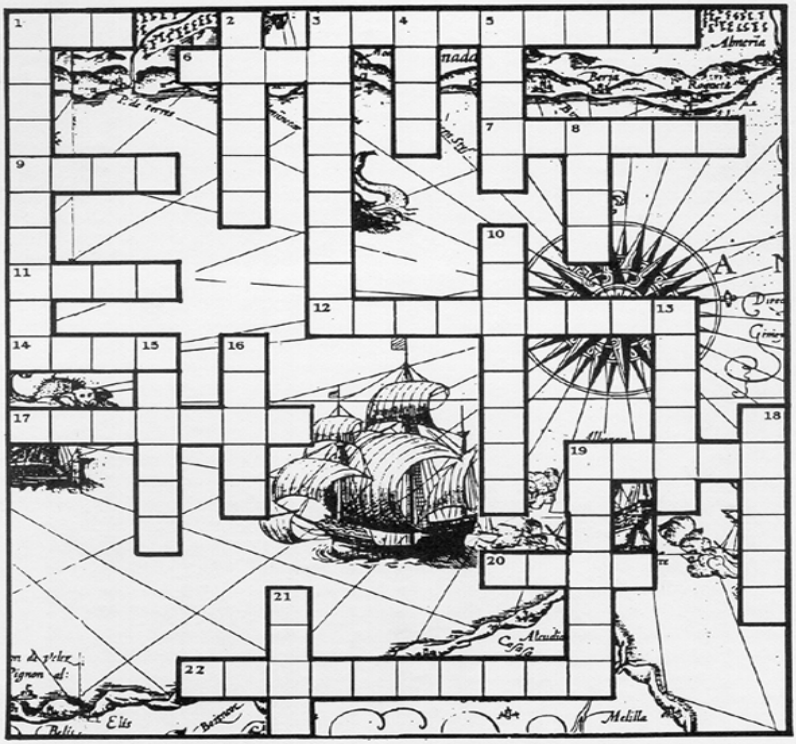
Sand is, above all else, an extremely temporary medium with which to create. Remember, when you complete a sand castle, it's okay if you don't like how it came out, because in but a few hours, it will be gone, as the sea takes back the shore.

If something doesn't come out as planned, or a tower topples over, or a wall looks too jagged, don't despair - improvise. Just as the sea remains constantly in motion, so too must the creative vision of the sandcastler.

Remember, first and foremost, you are doing this to have fun. Keep a relaxed and stress-free outlook on the project, and enjoy yourself. You'll be surprised at how soon people are coming up to YOU on the beach, and asking for pointers on building castles.

CROSSWORD PUZZLE

Anchors Aweigh



ACROSS
1. The front of a ship.
3. A paddlewheel ship that uses sail or steam power.
6. The long pole rising from the keel through the deck of a ship.
7. A group of ships traveling together for protection is called a _ _ _ _ _ _.
9. Rope on a ship.
11. The frame of a ship.
12. A fast ship that has many uses.
14. The left side of a ship.
17. See 10 down.
19. The back of a ship.
20. The bathroom on a ship.
22. A person who prefers the land to the sea.

DOWN
1. A modern ship with the heaviest guns and armor.
2. Stairs on a ship.
3. The right side of a ship.
4. "Swab the _ _ _ _," the floor of a ship.
5. The lookout, or what you where on your wrist to tell time.
8. You will learn about ships on your visit to The _ _ _ _ Museum.
10. A ship that launches planes.
13. When the _ _ _ _ _ _ is turned, the bow of a ship moves in the same direction.
15. The revolving structure on a warship that holds guns mounted inside.
16. A group of ships.
18. Drop the _ _ _ _ _ _ to hold the ship in place.
19. See 3 across.
21. A sailor sleeps in a _ _ _ _ on board a ship.

Fourth of July Word Search

Find and circle all of the words that are hidden in the grid.
The words may be hidden in any direction.

V	N	I	K	S	N	A	F	B	P	R	V	I	P	S	Y
J	P	A	K	B	R	O	A	I	V	I	N	E	R	X	R
E	A	L	T	A	F	S	I	L	R	D	C	E	G	B	O
M	R	A	X	I	E	Z	G	T	E	E	M	N	Q	N	T
S	A	K	U	B	O	A	R	P	A	A	W	Z	I	M	S
I	D	K	A	A	Y	N	E	L	E	R	D	O	O	C	I
T	E	L	C	R	R	N	A	R	A	G	B	D	R	X	H
O	L	S	F	B	D	Q	T	L	W	V	E	E	E	K	X
I	M	V	N	E	K	S	B	Y	A	E	I	L	L	I	S
R	G	M	N	C	E	K	R	Y	R	N	X	N	T	E	Q
T	Q	C	B	U	N	D	I	F	H	O	T	I	R	F	C
A	E	P	T	E	D	S	T	E	N	C	Z	H	L	A	N
P	D	E	M	O	C	R	A	C	Y	Y	M	A	E	L	C
H	O	L	I	D	A	Y	I	N	B	U	G	R	E	M	N
Q	R	I	W	G	I	S	N	O	O	L	L	A	B	O	O
E	U	L	B	E	T	I	H	W	D	E	R	J	P	M	T

BALLOONS
BARBECUE
BASEBALL
CARNIVAL
CELEBRATION
DEMOCRACY
FIREWORKS
FLAG
FREEDOM
GREAT BRITAIN
HISTORY
HOLIDAY
INDEPENDENCE
NATIONAL ANTHEM
PARADE
PATRIOTISM
PICNIC
RED WHITE BLUE
STREAMERS

Beach Fun

Although all children seem to love being on the beach, sometimes you need to have some ideas for keeping them entertained above and beyond swimming and building sandcastles. We have tried to provide some inspiration here.

Beach activities:

Dig a channel to the sea.

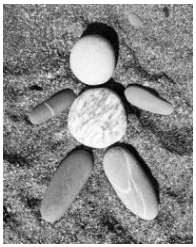
Make a dam (use sand, pebbles and other beach finds).

Dig a hole and try to fill it up with water!

Have a go at **sand sculpture**. What about making a turtle or a mermaid?

Search for driftwood, shells, seaweed, crabs, sea glass etc See if you can find a pebble or shell with a ready-made hole in it, to string on a cord for **a necklace**.

Collect pebbles, shells, seaweed and other "found" objects and make them into pictures on the beach.



Award a prize - real or honorary - for the person who can bring back the **most interesting "find".**

Build a boat or a car in the sand big enough to sit in. Great for imaginary journeys.

Draw pictures, words and puzzles in the sand with a stick.

Design pictures using pebbles, rocks, seaweed & shells , whatever you can gather.

Build a city - not just a sandcastle.

Build a "sandman" - the sand equivalent of a snowman. He should turn a few heads!

Make footprints in the sand. They don't have to be your own .. why not try some dinosaur footprints instead?

With a little bit of preparation you can **make a cast** of your children's feet, hands, or perhaps some interesting objects that they have found. You will need to take a container

in which to mix up your Plaster of Paris (use bottled water, not salt water). For really smooth edges you might want to take a container (perhaps a box or a cake tin) in which to make your mould, or you can just use the sand directly on the beach. First, make sure the sand is damp enough to hold a shape but not too wet.

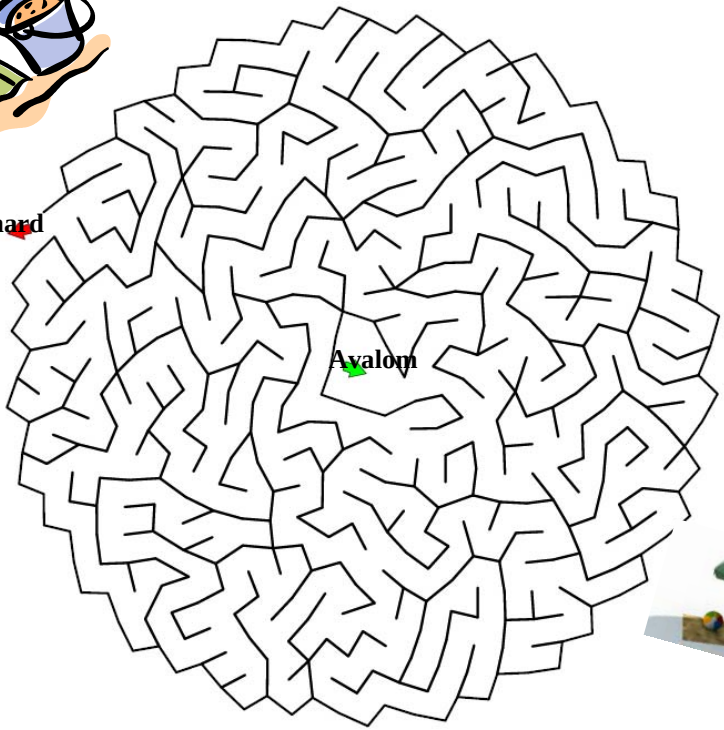
Press your object or body part into the sand to leave a good impression. Mix up your Plaster of Paris and quickly pour it into the mould. It should be dry enough to lift up carefully in about half an hour: wrap it loosely in bubble wrap or newspaper and take it home to dry completely before trying to remove any clinging sand.

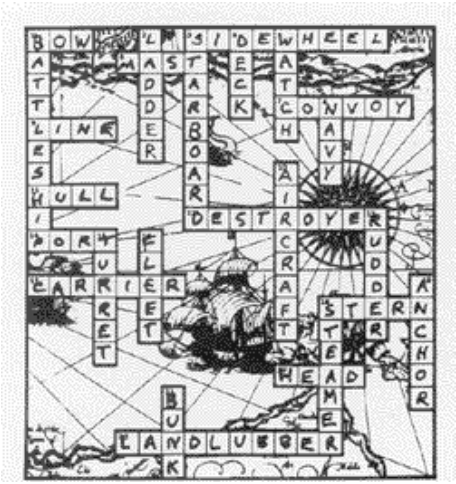
Sacramento Bee *Published: Tuesday, July 22, 2008*

There's always room on the beach
for another sandcastle!

The Quincy Maze

Find your way from **Avalon Beach** to **Orchard Beach**





Answer to Anchors Away Crossword, p 48

Leo's Top 10 for the Beach Bag

10. Water resistant sunscreen (include a spray sunscreen for hair/scalp)

9. Medicated lip balm with SPF

8. Wide brimmed hat to give you a break from the sun

7. Bottled water - remember, the sun and salt will dry you out

6. UV protected sunglasses

5. Spray bottle with water

4. Oversized beach towel in case the sun goes in

3. Snack food. Bring something healthy like fruit or a power bar

2. Radio, CDs, or MP3 player

And of course, the #1 item for your beach bag is....

1. The Latest Copy of the Quincy Beach Guide!

Surfing Quincy and Beyond

City of Quincy Home Page	www.quincyma.gov/
Commonwealth of Mass Home Page	www.mass.gov
DPH Office of Healthy Communities	www.mass.gov/dph/ohc
United States Government Home Page	www.usa.gov
Boston Navigation Buoy	www.dial-a-buoy.com
Weather	www.weather.com
Tides, Sun and Moon Charts	www.boatma.com
Harbor Express	www.harborexpress.com
Massachusetts Nautical Links	www.maineharbors.com
NWS Taunton, MA	www.nws.noaa.gov/er/box
Bluehills/Webcam	www.hazecam.net/bluehill.html

Ocean Prediction Center	www.opc.ncep.noaa.gov
Storm Prediction Center	www.spc.noaa.gov
American Meteorological Society	www.ametsoc.org/ams
Doppler Radar Images	www.nws.noaa.gov/radar
Friends of Boston Harbor	www.fbhi.org

Other Sites

www.mms.gov/sandandgravel/KidConnection.htm
(The Ocean's Sand)
www.spaceflight.nasa.gov/realdata/sightings/
(Where is the Space Station?)
www.USPS4kids.org
www.creativekidsathome.com/
www.epa.gov/beaches/
www.epa.gov/waterscience

Who to Call

IN CASE OF EMERGENCY CALL 911

City of Quincy

Connecting All Departments 617-376-1000

Fire Department	617-376-1010
Harbormaster - Police	617-376-1957
Health Department	617-376-1270
Park Department	617-376-1251
Police Department	617-479-1212
Police Marine Unit	617-376-1957
Public Works Department	617-376-1957
Recreation Department	617-376-1394

Commonwealth of Massachusetts

Executive Office of Environmental Affairs	617-626-1000
Coastal Zone Management	617-727-3180
Department of Conservation & Recreation	617-626-1250
Department of Environmental Protection	617-727-3180
Environmental Police	781-740-1163
Marine Fisheries	617-727-3193
MWRA	617-242-6000
Norfolk County Mosquito Control Info	781-762-3681

United States Government

Coast Guard Info Line	800-368-5647
EPA Region 1	617-918-1111
National Park Service Boston Harbor Islands	617-223-8666
National Weather Service/Blue Hills	617-698-5397

Consult your local telephone book for more listings

IN CASE OF EMERGENCY CALL 911

A "Plunging" Thank You

For the Generosity and Support from Area Business on the occasion of the

5th Annual John Hancock Plunge
for
Interfaith Social Services

Jeanie Communications
Coffee Break Cafe
Coop's Bar & Grille
Fallon Ambulance
Quincy Police Marine Unit
City of Quincy, Park Department
Friends of Wollaston Beach
and the
Department of Conservation and Recreation

Explore Boston from the Water with...

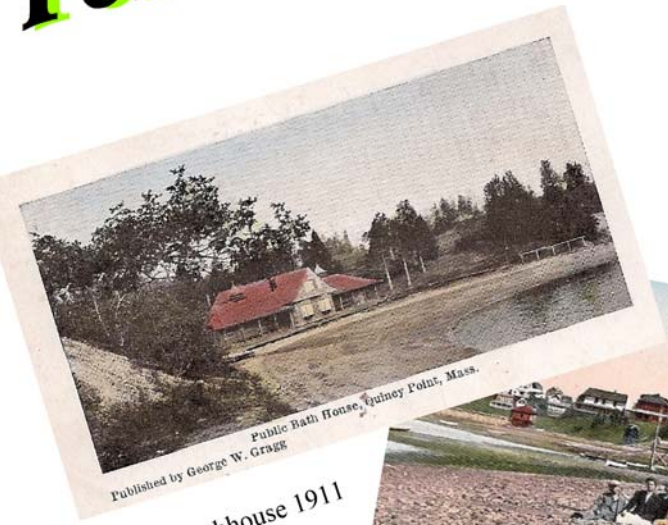
BOSTON'S BEST CRUISES

Board the Harbor Express out of Quincy's Fore River and be transported to Georges Island or Downtown Boston.
Looking to go further? The Harbor Express will take you to Logan Airport.

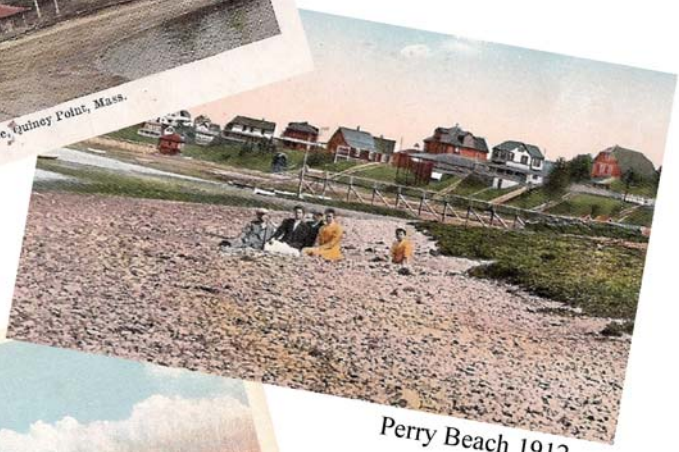
From Boston's Long Wharf, board the Salem Ferry, travel to the Boston Harbor Islands, or enjoy Boston's Best harbor tour and sunset cruise. Show your Harbor Express ticket stub to receive $4 off any of these adventures and for discounts at our local *Cruise & Play* Partners.

bostonsbestcruises.com
617-770-0040
703 Washington Street , Quincy, MA 02169

Postcards from the Past



Mound Bathhouse 1911



Perry Beach 1912

Rock Island 1912

Manet Beach 1913

From the collection of
Tom Galvin, City Historian