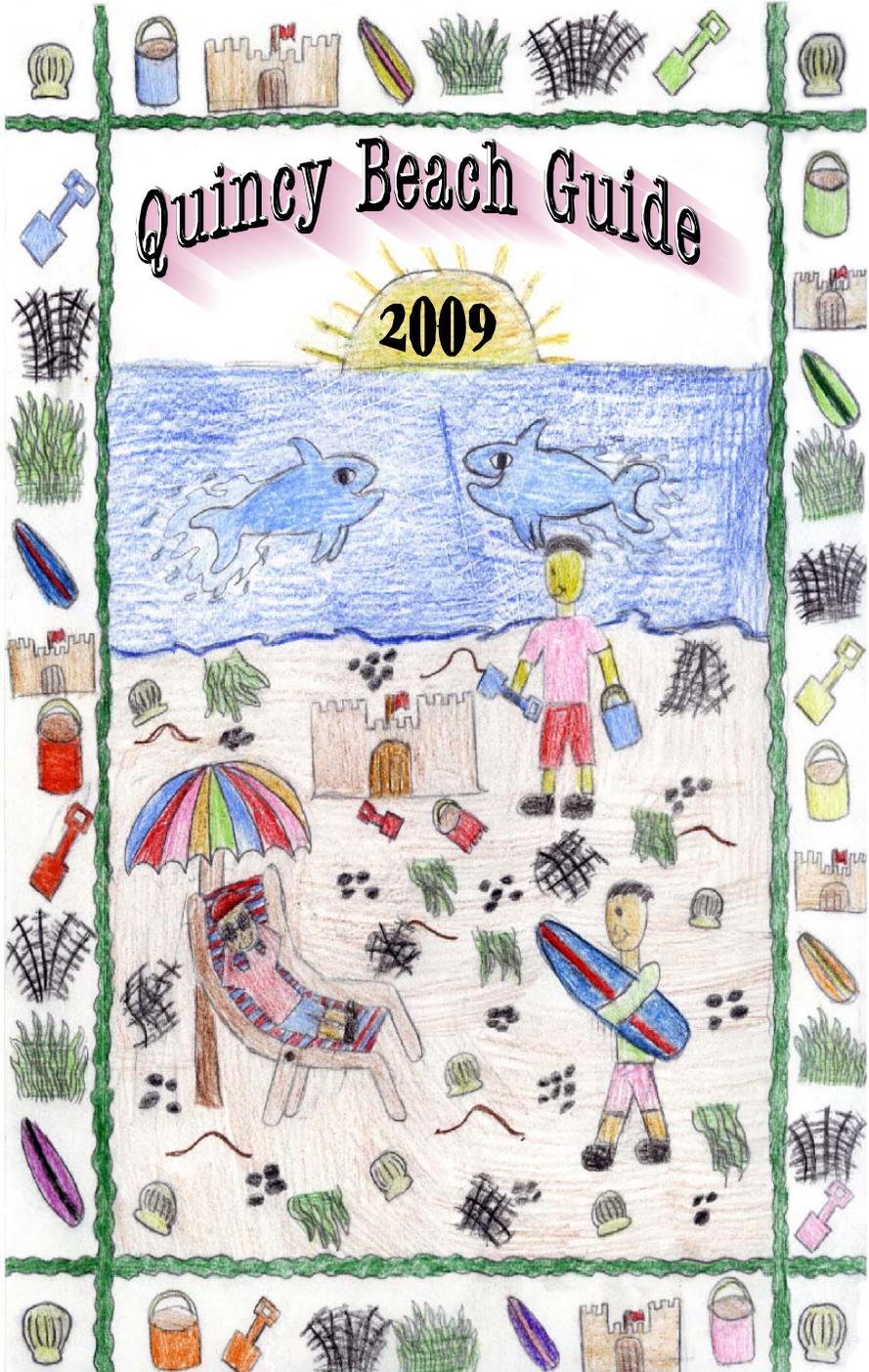


# Quincy Beach Guide

2009



# Quincy Beaches and Coastal Commission

## Quincy Beach Guide “Cover” Contest

The QBCC conducted a contest inviting all 3rd, 4th and 5th Graders in Quincy to design the cover of this year’s Quincy Beach Guide. Each of the 12 schools selected a winner and the public voted at the Quincy Environmental Network’s Earth Day event.

Alan Chen, Montclair School was the first prize winner and we are pleased to share his design as this year’s cover. The entries were excellent and we appreciate the student’s participation. Special thanks to the Quincy Public Schools.

	<b>Student Name</b>	<b>Grade</b>	<b>School</b>
#1	Alan Chen	5	Montclair
#2	Yinyu Ji	4	Wollaston
#3	Caroline Hannon	3	Merrymount
	Wilson Chong	5	Snug Harbor
	Michaela Pettinelli	3	Lincoln-Hancock
	Alissa Tam	4	Bernazzani
	Jay Macaibay	5	Point Webster
	Emily Butruccio	3	Atherton Hough
	Angela Wu	3	Beechwood Knoll
	Ariana Alpert	3	Clifford Marshall
	Andy Chen	4	Parker
	Alex Feng	3	Squantum



**Mayor Tom Koch and Councillor Leo Kelly  
at the Boardwalk Dedication**



**Fire Station Beach  
Boardwalk Dedication  
October 8, 2008**



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*City of Quincy, Massachusetts*  
*City Hall*

THOMAS P. KOCH  
MAYOR



June, 2009

Dear Friends,

It is with many thanks to the Quincy Beaches and Coastal Commission that I introduce this year's Quincy Beach Guide. This is a truly wonderful time of year, and I wish you and your family a happy and safe summer.

Thanks to the hard work of the Beaches and Coastal Commission, our 10 city beaches are constantly improving and we continue to see the historic renewal of Wollaston Beach thanks to the Friends of Wollaston Beach. Both these groups do great work every year to make our beaches one of Quincy's premier attractions.

I again wish to thank to the Beaches and Coastal Commission for their work on compiling this informative guide, and I encourage everyone to enjoy everything that Quincy's 27 miles of coastline has to offer.

Sincerely ,

Thomas P. Koch, Mayor

# Letter from the Chairman

## *Quincy Beaches and Coastal Commission*

May 2009

As the Chairman of Quincy Beaches and Coastal Commission, I am pleased to present this year's *Beach Guide, 2009* to the residents of the City of Quincy.

We are an all volunteer commission that is quite rather small, but large on what we all believe is Quincy's best natural resource, our 27 miles of shore and coast line.

The Commission was formed under former mayor Jim Sheets in 1989. Consisting of residents from the Quincy, we have held fast to our Mission Statement, "...committed to restore, conserve, protect and enhance the environmental, recreational and educational resources of the Quincy coastline. We have surveyed the residents of Quincy on what they would like on their beaches, added signage to these beaches, supplied sand to those same beaches, provided a sand rake for cleaning the sand on the beaches, championed numerous "beach bashes" throughout the City, sponsored "off-season" programs, wrote and received grants, participated in various public events regarding the environment, instrumental in securing funding for "Boardwalk to the River", coastal trails and that all in the first 10 years!

With our 10<sup>th</sup> edition, the Commission has added many new and exciting features, as well as old favorites. *Mr. Beach Ball* will be making appearances at various events the Commission will be sponsoring this summer season. As we begin our eleventh year, QBCC, is still committed to our Mission Statement we wrote back in 1989. We have varied somewhat, but we are just as stanch in our thinking as we were ten years ago.

I hope you will find *Beach Guide 2009* interesting, animated, informative and fun!!!

Look in local media for upcoming events sponsored by the Commission.

Remember, these are your beaches. Enjoy!!!

Leo

# 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
- ◆ Nancy Callanan
- ◆ Brad Croall
- ◆ P.J. Foley
- ◆ Robert Galligan
- ◆ Richard Herbert
- ◆ Laura Innis
- ◆ Joyce King
- ◆ Philomena Lewis
- ◆ Patrick Morrissey
- ◆ John (Jack) Nigro
- ◆ Andrew Scheele
- ◆ Chris Walker



# Upcoming Events with the Beaches Commission

## **MAY**

Cleaner Greener

Author Night

Island Tour

## **JUNE**

Island Tour

Arts on the Shore

(w/Friends of Wollaston Beach)

## **JULY**

Harbor Cruise Fundraiser

Movie on the Beach

## **AUGUST**

Kite Festival Beach Bash

Movie on the Beach

## **SEPTEMBER**

Nature on the Boardwalk

Lot 23 Tour

For all our events check the city website

[www.quincyma.gov](http://www.quincyma.gov)

**4th Annual Hancock Plunge**

**January 2010**

# A Walk Through Quincy Beaches and Coastal Commission History



*Photo by Dana Williams*  
**Rare Canadian Hooded Seal  
Visits Quincy's Back Beach  
July 2007**



**Chairman Leo Kelly &  
Mayor Tom Koch at Fire  
Station Beach Boardwalk  
Dedication**



**Arts on the Shore July 2008**



**Chairman Leo Kelly**



**John Hancock Plunge  
January 2009**



# More Quincy Beaches and Coastal Commission History



Beach Bash 1999



Mound Beach Lessons 1976

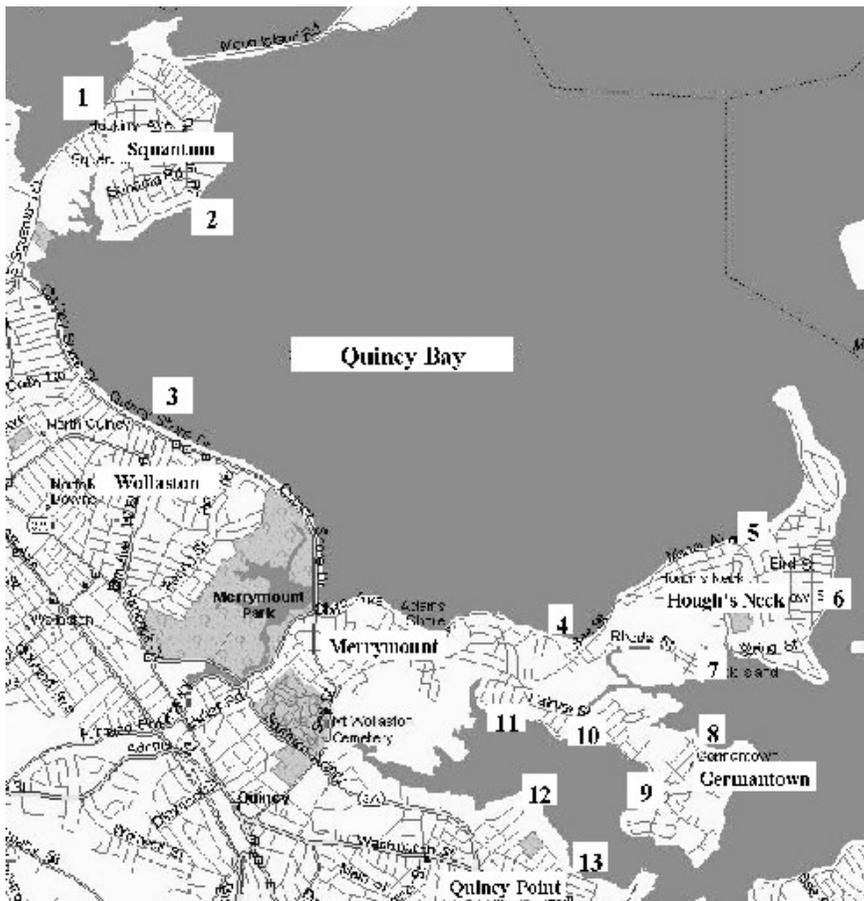
Where were you?



# Beach Bash July 2009 GERMANTOWN!



# 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

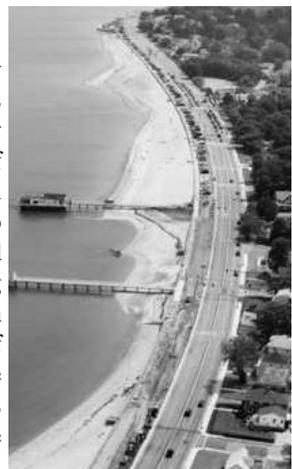
Orchard Beach, located on Baystate Road in Squantum, is a moderately narrow neighborhood beach with approximately 100 yards of beachfront. Although accessible by car, it has limited on street parking. The beach offers swimming and walks along the Squantum peninsula.



### 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 Moswetuset 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](http://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

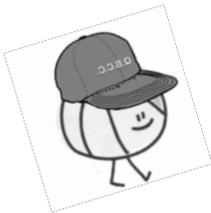
#### 4 Front (Heron) Beach: Adams Shore

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

Parkhurst/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](http://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.*

# Time and tide wait for no man

-Chaucer



## Weymouth Fore River Bridge Tide Chart

### June

		HIGH				LOW				Sun	
		A.M.	Hgt	P.M.	Hgt	A.M.	Hgt	P.M.	Hgt	Rise	Set
MON	1	6:44	10	7:20	10	12:26	1	12:53	0	5:09	8:13
TUE	2	7:48	10	8:16	10	1:29	1	1:50	1	5:09	8:14
WED	3	8:49	9	9:09	10	2:31	1	2:45	1	5:08	8:15
THU	4	9:46	9	9:59	10	3:28	0	3:37	1	5:08	8:16
FRI	5	10:38	9	10:45	10	4:20	0	4:24	1	5:08	8:16
SAT	6	11:25	9	11:28	10	5:07	0	5:09	1	5:07	8:17
SUN	7	-	0	12:09	9	0:24	0	5:53	1	5:07	8:18
MON	8	12:09	10	12:50	9	6:31	0	6:34	1	5:07	8:18
TUE	9	12:50	10	1:30	8.9	7:12	0	7:15	1	5:07	8:19
WED	10	1:30	10	2:09	8.9	7:51	0	7:57	2	5:07	8:19
THU	11	2:11	10	2:49	8.8	8:31	1	8:39	2	5:06	8:20
FRI	12	2:52	10	3:31	8.8	9:12	1	9:23	2	5:06	8:20
SAT	13	3:36	10	4:13	8.9	9:53	1	10:09	2	5:06	8:21
SUN	14	4:21	9	4:57	9	10:37	1	10:58	2	5:06	8:21
MON	15	5:09	9	5:42	9.2	11:22	1	11:49	2	5:06	8:22
TUE	16	6:00	9	6:29	9.4	-	0	12:10	1	5:06	8:22
WED	17	6:53	9	7:18	9.8	12:43	1	1:00	1	5:06	8:22
THU	18	7:49	9	8:09	10	1:38	1	1:52	1	5:06	8:23
FRI	19	8:45	9	9:01	11	2:33	1	2:45	1	5:07	8:23
SAT	20	9:41	9	9:54	11	3:29	0	3:39	1	5:07	8:23
SUN	21	10:37	10	10:48	12	4:23	-1	4:33	0	5:07	8:23
MON	22	11:32	10	11:42	12	5:17	-1	5:27	0	5:07	8:24
TUE	23	-	0	12:27	10	0:26	-1	6:21	-0	5:07	8:24
WED	24	12:37	12	1:21	10	7:03	-2	7:15	-0	5:08	8:24
THU	25	1:32	12	2:15	11	7:55	-2	8:10	-0	5:08	8:24
FRI	26	2:27	12	3:09	11	8:47	-1	9:06	-0	5:08	8:24
SAT	27	3:24	11	4:03	11	9:40	-1	10:03	0	5:09	8:24
SUN	28	4:21	11	4:58	11	10:33	-1	11:02	0	5:09	8:24
MON	29	5:21	10	5:54	10	11:28	0			5:10	8:24
TUE	30	6:21	10	6:50	10	12:03	0	12:23	1	5:10	8:24

For you I know I'd even try to turn the tide  
 -Johnny Cash

Weymouth Fore River Bridge Tide Chart  
**July**

		HIGH				LOW				Sun	
		A.M.	Hgt	P.M.	Hgt	A.M.	Hgt	P.M.	Hgt	Rise	Set
Wed	1	7:23	9	7:46	10	1:05	1	1:19	1	5:11	8:24
Thu	2	8:24	9	8:40	10	2:07	1	2:15	1	5:11	8:23
Fri	3	9:22	9	9:32	10	3:05	1	3:09	2	5:12	8:23
Sat	4	10:16	9	10:21	10	3:59	1	3:59	2	5:12	8:23
Sun	5	11:04	9	11:06	10	4:47	1	4:45	2	5:13	8:23
Mon	6	11:47	9	11:48	10	5:30	1	5:29	2	5:14	8:22
Tue	7	-	0	12:28	8.8	6:10	0	6:11	1	5:14	8:22
Wed	8	12:29	10	1:06	8.9	6:48	0	6:52	1	5:15	8:22
Thu	9	0:05	10	1:44	9	0:31	0	7:32	1	5:16	8:21
Fri	10	1:47	10	2:21	9.1	8:03	0	8:13	1	5:16	8:21
Sat	11	2:26	10	2:58	9.2	8:41	1	8:55	1	5:17	8:20
Sun	12	3:07	10	3:37	9.3	9:20	1	9:39	1	5:18	8:20
Mon	13	3:49	9	4:17	9.4	10:00	1	10:25	1	5:19	8:19
Tue	14	4:35	9	5:01	9.6	10:43	1	11:14	1	5:20	8:18
Wed	15	5:24	9	5:48	9.8	11:30	1			5:20	8:18
Thu	16	6:17	9	6:39	10	12:08	1	12:22	1	5:21	8:17
Fri	17	7:15	9	7:34	10	1:05	1	1:17	1	5:22	8:16
Sat	18	8:15	9	8:32	11	2:04	0	2:15	1	5:23	8:16
Sun	19	9:16	9	9:31	11	3:04	-0	3:14	1	5:24	8:15
Mon	20	10:16	9	10:29	12	4:02	-1	4:12	0	5:25	8:14
Tue	21	11:13	10	11:26	12	4:58	-1	5:09	-0	5:26	8:13
Wed	22	-	0	12:08	10	5:51	-1	6:04	-1	5:27	8:13
Thu	23	12:22	12	1:01	11	6:44	-2	6:58	-1	5:28	8:12
Fri	24	1:16	12	1:53	11	7:34	-2	7:52	-1	5:28	8:11
Sat	25	0:09	12	2:45	11	0:35	-1	8:46	-1	5:29	8:10
Sun	26	3:04	11	3:36	11	9:14	-1	9:41	-0	5:30	8:09
Mon	27	3:59	11	4:28	11	10:05	-0	10:38	0	5:31	8:08
Tue	28	4:55	10	5:21	10	10:57	0	11:35	0	5:32	8:07
Wed	29	5:53	9	6:16	10	11:51	1			5:33	8:06
Thu	30	6:54	9	7:12	9.8	12:36	1	12:47	2	5:34	8:05
Fri	31	7:55	8	8:10	9.6	1:37	1	1:44	2	5:35	8:03

*The tide recedes, but leaves  
behind bright seashells on the sand.*  
-Unknown

**Weymouth Fore River Bridge Tide Chart**  
**August**

		HIGH				LOW				Sun	
		A.M.	Hgt	P.M.	Hgt	A.M.	Hgt	P.M.	Hgt	Rise	Set
Sat	1	8:55	8	9:05	9.6	2:38	1	2:40	2	5:36	8:02
Sun	2	9:50	8	9:56	9.7	3:34	1	3:33	2	5:37	8:01
Mon	3	10:38	8	10:43	9.8	4:22	1	4:21	2	5:38	8:00
Tue	4	11:21	9	11:25	9.9	5:05	1	5:05	2	5:39	7:59
Wed	5	-	0	12:00	8.9	5:44	1	5:47	1	5:40	7:57
Thu	6	12:05	10	12:37	9.1	6:21	0	6:27	1	5:42	7:56
Fri	7	12:44	10	1:13	9.3	6:56	0	7:07	1	5:43	7:55
Sat	8	1:21	10	1:48	9.5	7:32	0	7:46	1	5:44	7:54
Sun	9	1:59	10	2:24	9.6	8:08	0	8:27	1	5:45	7:52
Mon	10	2:39	10	3:01	9.8	8:46	1	9:09	1	5:46	7:51
Tue	11	0:14	10	3:41	9.9	0:39	1	9:55	1	5:47	7:50
Wed	12	4:05	9	4:25	10	10:10	1	10:45	1	5:48	7:48
Thu	13	4:55	9	5:14	10	10:58	1	11:39	1	5:49	7:47
Fri	14	5:50	9	6:09	10	11:52	1			5:50	7:45
Sat	15	6:51	9	7:09	10	12:39	1	12:51	1	5:51	7:44
Sun	16	7:54	9	8:12	11	1:41	0	1:53	1	5:52	7:42
Mon	17	8:57	9	9:14	11	2:43	0	2:56	1	5:53	7:41
Tue	18	9:58	10	10:14	11	3:43	-1	3:56	0	5:54	7:40
Wed	19	10:55	10	11:12	12	4:39	-1	4:53	-0	5:55	7:38
Thu	20	11:48	11			5:31	-1	5:48	-1	5:56	7:36
Fri	21	12:07	12	12:39	11	6:22	-1	6:41	-1	5:57	7:35
Sat	22	12:59	12	1:28	11	7:10	-1	7:33	-1	5:58	7:33
Sun	23	1:50	11	2:16	11	7:58	-1	8:24	-1	5:59	7:32
Mon	24	2:42	11	3:04	11	8:45	-1	9:16	-1	6:00	7:30
Tue	25	3:33	10	3:53	11	9:34	0	10:08	0	6:01	7:28
Wed	26	4:27	10	4:45	10	10:24	1	11:04	1	6:03	7:27
Thu	27	0:22	9	5:39	9.7	0:47	1			6:04	7:25
Fri	28	6:21	8	6:36	9.4	12:02	1	12:12	2	6:05	7:24
Sat	29	7:22	8	7:36	9.2	1:03	1	1:11	2	6:06	7:22
Sun	30	8:22	8	8:33	9.3	2:04	1	2:09	2	6:07	7:20
Mon	31	9:17	8	9:27	9.4	3:00	1	3:03	2	6:08	7:19

*Never give up, for that is just the  
place and time that the tide will turn*

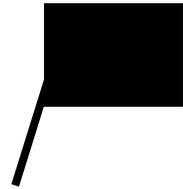
-Harriet Beecher Stowe



**Weymouth Fore River Bridge Tide Chart  
September**

		HIGH				LOW				Sun	
		A.M.	Hgt	P.M.	Hgt	A.M.	Hgt	P.M.	Hgt	Rise	Set
Tue	1	10:05	9	10:14	9.6	3:49	1	3:53	2	6:09	7:17
Wed	2	10:48	9	10:57	9.8	4:32	1	4:38	1	6:10	7:15
Thu	3	11:26	9	11:38	10	5:10	1	5:19	1	6:11	7:13
Fri	4	-	0	12:03	9.5	5:46	1	6:00	1	6:12	7:12
Sat	5	12:16	10	12:38	9.8	6:23	0	6:39	0	6:13	7:10
Sun	6	12:54	10	1:13	10	6:59	0	7:19	0	6:14	7:08
Mon	7	1:32	10	1:49	10	7:36	0	8:00	0	6:15	7:07
Tue	8	2:12	10	2:27	10	8:15	1	8:43	0	6:16	7:05
Wed	9	2:55	10	3:09	10	8:57	1	9:30	0	6:17	7:03
Thu	10	0.15	9	3:56	10	0.4	1	10:21	0	6:18	7:02
Fri	11	4:33	9	4:48	10	10:34	1	11:18	1	6:19	7:00
Sat	12	5:31	9	5:48	10	11:31	1			6:20	6:58
Sun	13	6:34	9	6:52	10	12:19	1	12:34	1	6:21	6:56
Mon	14	7:39	9	7:58	11	1:23	0	1:39	1	6:22	6:55
Tue	15	8:43	9	9:02	11	2:25	0	2:42	1	6:24	6:53
Wed	16	9:42	10	10:02	11	3:24	-0	3:42	0	6:25	6:51
Thu	17	10:36	11	10:58	11	4:19	-1	4:39	-1	6:26	6:49
Fri	18	11:27	11	11:50	11	5:09	-1	5:32	-1	6:27	6:48
Sat	19	-	0	12:14	11	5:58	-1	6:23	-1	6:28	6:46
Sun	20	12:41	11	1:01	11	6:44	-1	7:12	-1	6:29	6:44
Mon	21	1:30	11	1:46	11	7:30	-0	8:00	-1	6:30	6:42
Tue	22	2:18	10	2:32	11	8:16	0	8:49	-0	6:31	6:40
Wed	23	3:06	10	3:19	10	9:02	1	9:38	0	6:32	6:39
Thu	24	3:57	9	4:08	9.9	9:50	1	10:30	1	6:33	6:37
Fri	25	4:50	9	5:01	9.5	10:42	2	11:25	1	6:34	6:35
Sat	26	0.24	8	5:58	9.1	0.48	2			6:35	6:33
Sun	27	6:45	8	6:58	9	12:24	2	12:35	2	6:36	6:32
Mon	28	7:43	8	7:56	9	1:22	2	1:34	2	6:37	6:30
Tue	29	8:37	8	8:50	9.2	2:17	2	2:29	2	6:39	6:28
Wed	30	9:25	9	9:39	9.4	3:06	1	3:20	2	6:40	6:26

# Bathing Beach Water Sampling Program



Summer 2009



**S**afe 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

(web site: <http://www.quincyma.gov>) for distribution on Friday and/or Saturday.

### **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.

## **QUINCY HEALTH DEPARTMENT BATHING BEACH WATER TESTING RESULTS 2008**

The Quincy Health Department announced that all Quincy Beaches passed the year's last water testing on **Wednesday, September 3, 2008**.

The results are as follows:

<b>Beach Name/ Location</b>	<b>Enterococcus Result</b>	<b>5-Sample Geomean</b>	<b>Acceptable For Bathing (YES/ NO)</b>
Avalon	less than 2	3	YES
Mound	less than 2	2	YES
Merrymount	less than 2	3	YES
Chickatabot	6	10	YES
Heron	less than 2	4	YES
Back (Delano)	2	3	YES
Baker (Broady)	less than 2	2	YES
Fire Station (Doane)	less than 2	2	YES
Perry (Parkhurst)	17	8	YES
Edgewater	less than 2	7	YES
Rhoda	28	21	YES
Orchard	43	18	YES
Nickerson	less than 2	3	YES

The DCR beaches was sampled on: August 31, 2008

\*\*\* If 2 or more locations are unacceptable then all of Wollaston is posted.

<b>Beach Name/Location</b>	<b>Enterococcus Result</b>	<b>Geomean</b>	<b>Acceptable for Bath- ing (YES/NO)</b>
Rice Road	20	N/A	YES
Sachem Street	20	N.A	YES
Channing Street	30	N/A	YES
Milton Road	20	N/A	YES

Enterococcus counts greater than 104 indicate the waters are unacceptable for swimming/bathing and beaches will be posted as such.

5-sample geomean values of greater than 35 are also deemed unacceptable.

For up-to date information regarding City beaches call (617) 376-1288

or check out the Beach Test Results on the City's home page:

[www.quincyma.gov](http://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 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](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/cm\\_g\\_chapter\\_4-4.pdf](http://www.mass.gov/czm/marinas/guide/pdf/cm_g_chapter_4-4.pdf)

For more information on the EPA's Beach Act,  
go to these websites:

[www.epa.gov/beaches](http://www.epa.gov/beaches)  
[www.epa.gov/waterscience](http://www.epa.gov/waterscience)  
[www.epa.gov/region1](http://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?*

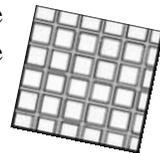
Yes, if you are a pet owner, and in particular, a dog owner, please make every effort to clean up after your pet. And, remember, no dogs are allowed on any beach in Quincy from May 1 to October 31. Animal waste can make its way into Quincy Bay either from being deposited directly on the beach, or deposited 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 offense 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

The City of Quincy has recently amended 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*

## First Place at Obedience School!



1. Remember: I'm not allowed on any beach May through October.
2. And don't forget my pooper scooper when you take me for a walk off your property.



## 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.
- ◆ Wear 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.
- Don't 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

Most neighborhood beaches pass the clean water test 100% of the time. People are coming back into the water. Boaters are often surprised to see someone swimming. The Quincy Beaches and Coastal Commission wrote grants to purchase Swim Area Buoys for Quincy Beaches.

Funds from Blue Hills Community Health Alliance (CHNA 20) and requested from Community Preservation Committee (CPA funds) will provide markers for each neighborhood beach. There are two styles of swim buoys, floating markers or a rope barrier. Input was gathered through the Health Department, Commissioner Andrew Scheele, Quincy Access Television, Harbor Master, Pat Morrisey and residents to choose the best design for each beach.

27 miles of clean coastline dotted with beaches surround the city of Quincy. We can swim, walk, and play on the beach minutes from home. This should help sustain property values and the economic base of the city. Revitalizing a neighborhood beach brings a community together. Shared vision and the many benefits of our beaches can make us all healthier and wealthier.

Please visit our beaches during the summer of 2009. The markers chosen for each beach and a picture of that style swim buoy are below. If we get the needed funds, buoys will be installed this spring.

<b>Rope Design</b>	<b>Floating Markers</b>
	
<ul style="list-style-type: none"> <li>● Avalon Beach</li> </ul>	<ul style="list-style-type: none"> <li>● Back Beach (Delano Ave.)</li> </ul>
<ul style="list-style-type: none"> <li>● Mounds Beach</li> </ul>	<ul style="list-style-type: none"> <li>● Orchard Beach</li> </ul>
<ul style="list-style-type: none"> <li>● Perry Beach (Parkhurst)</li> </ul>	<ul style="list-style-type: none"> <li>● Edgewater Beach</li> </ul>
<ul style="list-style-type: none"> <li>● Fire Station Beach</li> </ul>	<ul style="list-style-type: none"> <li>● Rhoda Beach</li> </ul>
<ul style="list-style-type: none"> <li>● Baker Beach (Broady)</li> </ul>	<ul style="list-style-type: none"> <li>● Merrymount/Wollaston Area</li> </ul>
<ul style="list-style-type: none"> <li>● Front Beach (Heron)</li> </ul>	
<ul style="list-style-type: none"> <li>● Nickerson Beach</li> </ul>	

# 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.

Play it



Safe



in the Sun



## Sun Safety

*Roll out those lazy, hazy, crazy days of summer  
You'll wish that summer could always be here*

by Hans Carste and Charles Tobias

These wonderful days of summer make everyone happier. Gone are the heavy clothes of winter. Gone are the cold winds that make hibernation the acceptable thing to do. Our doors and windows are now thrown open to a more comfortable and relaxed way of life. But just as winter weather creates its hazards, so does summer. Warm weather means more outside activities and a lifestyle that takes advantage of more time in the sun. Whether we work outside or simply enjoy playing outside, we must be vigilant and protect ourselves from the heat and sun.



Even though our bodies have a built in cooling mechanism, circumstances can eradicate it. Normally, our body lets heat escape through our skin by the evaporation of our sweat. But if we're not careful and our body is unable to cool itself properly, we may suffer from a heat-related illness.



If you've been out in the sun and/or heat for hours, either working or playing, and you develop a headache, it could be a warning sign that you're becoming dehydrated or suffering from heat exhaustion or heat stroke. These are very serious conditions and can become deadly if left untreated.

There are steps you can take to prevent heat-related illnesses.

**Dress for the heat.** Make sure your clothing is lightweight and light-colored so it will reflect away some of the sun's energy. Also, wear a hat or use an umbrella, especially if you are at a beach or in direct sunlight.

**Drink water.** Make sure you drink plenty of water, juice or sports drinks even if you do not feel thirsty. Avoid alcohol and caffeine, as they will dehydrate your body by causing you to lose even more fluid.

**Eat small meals and eat more often.** Avoid foods that are high in protein, which increase metabolic heat.

**Slow down.** Avoid strenuous activity. If you can't avoid it, then schedule it during the coolest part of the day, which is usually in the morning between 4 and 7.

**Stay indoors** whenever possible.

Take regular breaks when engaged in physical activity. Take time out to find a cool place. Remember, have fun, but stay cool!



# Heat can Cause 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 hydrated.

Make sure you drink plenty of water, stay in the shade and use your common sense during any outside activity and you will have a fun, safe and healthy summer.



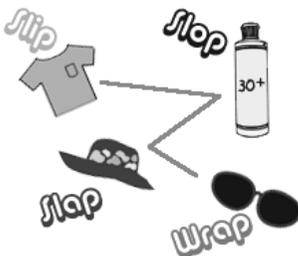
# Dress for Success... in the Sun

**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	<input type="checkbox"/>	<input type="checkbox"/>
State Numbering Displayed	<input type="checkbox"/>	<input type="checkbox"/>
Certificate of Documentation	<input type="checkbox"/>	<input type="checkbox"/>
Lif jackets (PFDs) - one for each person	<input type="checkbox"/>	<input type="checkbox"/>
Throwable PFD	<input type="checkbox"/>	<input type="checkbox"/>
Visual Distress Signals	<input type="checkbox"/>	<input type="checkbox"/>
Fire Extinguishers (fully charged)	<input type="checkbox"/>	<input type="checkbox"/>
Proper Ventilation	<input type="checkbox"/>	<input type="checkbox"/>
Backfire Flame Arrestor	<input type="checkbox"/>	<input type="checkbox"/>
Sound Producing Device(s)	<input type="checkbox"/>	<input type="checkbox"/>
Navigation Lights	<input type="checkbox"/>	<input type="checkbox"/>
Oil Pollution Placard	<input type="checkbox"/>	<input type="checkbox"/>
Garbage Placard	<input type="checkbox"/>	<input type="checkbox"/>
Marine Sanitation Device	<input type="checkbox"/>	<input type="checkbox"/>
Navigation Rules	<input type="checkbox"/>	<input type="checkbox"/>
Any Additional State Requirements	<input type="checkbox"/>	<input type="checkbox"/>



# **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:

- 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



Saltwater Angling Permits are *not required* for recreational saltwater angling, however, a commercial permit is required when any fish are sold.

Recreational Shellfishing is permitted in designated clean areas and regulated by the individual towns. Contact your town department of Natural Resources for local regulations and permit acquisition.

Recreational Spearfishing while diving does not require a permit.



Recreational Crab Fishing is allowed up to 50 crabs for family use per day taken by methods other than potting. No permit needed.

Recreational Lobster Fishing requires a non-commercial lobster permit and holders are limited to 10 pots, Permit eligible only to Massachusetts residents and non-residents who own real estate in Massachusetts. If diving, a recreational lobster permit endorsed for diving is needed.



### 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 aelwives or river herring , is prohibited.



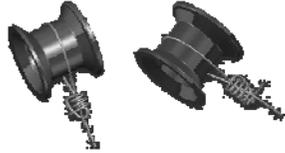
For anyone, except the owner, to handle, destroy or molest any lobster or crab pot or other fishing gear including gear swept up on the shore, beaches or flats whether public or private, or to take fish from there is illegal.



To take crabs by pot without a permit is prohibited.  
Selling fish without a commercial permit is prohibited.

# 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 2009

Courtesy of

**The OLD FARMER'S ALMANAC**

January 1-10

January 26-February 9

February 24-March 10

March 26-April 9

April 24-May 9

May 24-June 7

June 22-July 7

July 21-August 5

August 20-September 4

September 18-October 4

October 18-November 2

November 16-December 2

December 16-31



## Best Times

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.

# Bayswater and Lot 23

In 2006, the City of Quincy purchased the former Bayswater Boatyard in Houghs Neck and a portion of Lot 23 located in Squantum. Both of these unique properties, located on opposite ends of Quincy, are special in their own right.



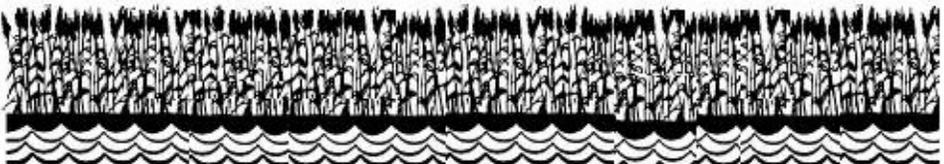
The Bayswater Boatyard includes the boatyard property and over 50 feet of beach front for all residents of Quincy. Working with the Bayswater Advisory Committee and the Quincy Beaches and Coastal Commission, a compiled list was sent to the Mayor with suggestions on how to best use the boatyard facilities. Plans have been made for a family area with horseshoes, canoe and kayak rentals, playground and a possible “snack shack”. This new facility will be open during the summer months and run by the Park Department.



## Lot 23



A beautiful natural area located on a portion of former lot 23 in Squantum, will be used for walking, bird watching and just admiring the natural scenery. This passive area has already been “found out” by many naturalists. Quincy residents will have the opportunity first hand to view this extraordinary location.



# Top Tips for Preserving the Coast

## A Beach-Goers Guide

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 can collapse and leave the property behind them 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.



# What is Beach Sand?

Beach Sand is a mixture of fragments worn down from rocks and shells. Although the purest sand consists of quartz or coral material alone, most of the sand between our toes is a blend of about two-thirds quartz and some combination of feldspar, rock fragments, clay minerals, calcium carbonate and organic materials.



Exotic black sand beaches, such as those found in Hawaii, are dominated by grains of black volcanic glass. As lava flows into the ocean, it chills and the glassy rinds shatter. In contrast, gray sand beaches tend to be composed of mixtures of gray weathered basalt and white calcareous foraminiferans and fragments of mollusk shells, calcareous algae, sea urchins, and corals.

Some white sands are of biological origin, such as the calcium carbonate White Cliffs of Dover. These chalk cliffs and beaches were created over millions of years by billions of Cretaceous microscopic marine plankton. In tropical regions such as the Bahamas, the white sand beaches are largely derived from bleached and crushed corals and mollusk shell rubble.



The “roundness” of individual sand particles reflects how far the sand has traveled, and for how long. Sand is usually created when water and/or wind break off small pieces of pre-existing rock. If the particle is “newly” broken off, it tends to have an angular look, but if the particle has traveled by water or wind for a long time it becomes rounded. Desert sand has the roundest grains of all, because the winds keep the particles shifting and hitting against one another constantly.

Whether it’s the brilliant white “sugar” sands of Panama City Beach, Florida or the dunes of Punaluu, Hawaii, sand makes the beach.



Information Sources:

Digital Microscope Global Website: [www.mic-d.com](http://www.mic-d.com)

Rock Cycle: [www.ms-nucleus.org](http://www.ms-nucleus.org)

Beaufort County Public Library: [www.co.beaufort.sc.us](http://www.co.beaufort.sc.us)

# Fun Things To Do

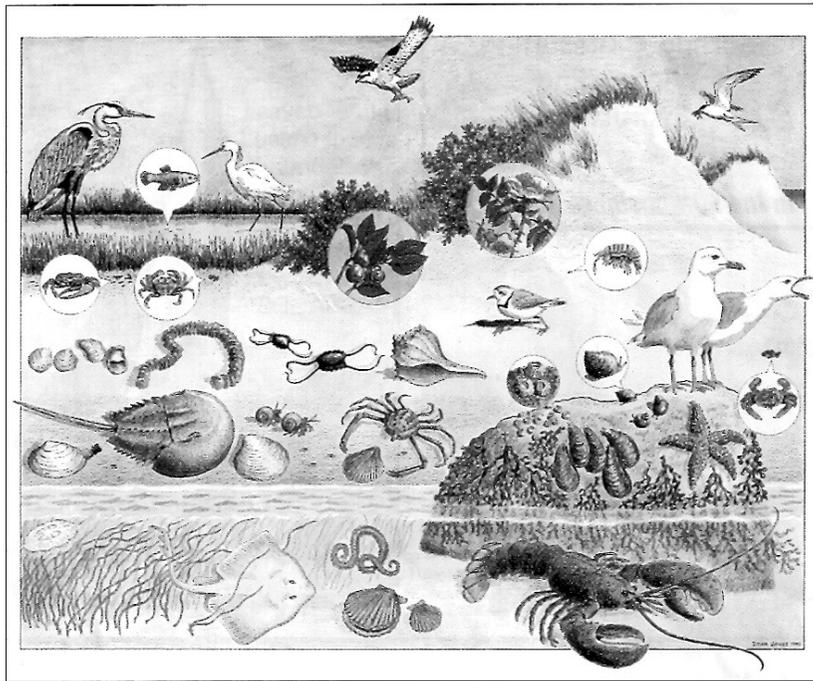


## at the Beach



## Beachcombers Guide

—How many can you find?



1. Beach grass
2. Beach flea (sandhopper)
3. Rugosa rose
4. Arctic tern
5. Osprey
6. American lobster
7. Skate
8. Skate egg case
9. Northern bay scallop
10. Seaworm
11. Starfish
12. Spider crab
13. Horseshoe crab
14. Whelk (conch)
15. Whelk egg case
16. Herring gull
17. Moon jelly (Aurelia)
18. Soft-shell clam
19. Fiddler crab
20. Mummichug minnow
21. Green crab
22. Slipper shell or boat shell
23. Hermit crab
24. Blue mussel
25. Barnacle
26. Quahog (hard clam)
27. Jingle shell ("toenail shells")
28. Salt marsh cordgrass
29. Beach plum
30. Piping plover
31. Great blue heron
32. Periwinkle
33. Lady crab (calico crab)
34. Eelgrass
35. Egret
36. Rockweed
37. Blood Ark (Cockle)

Developed by Cape Cod Cooperative Extension, Barnstable County, University

# Sandcastles

by John Haley,  
Former Quincy Beaches and  
Coastal Commission Member



Building a sand castle can be fun and encourages creativity. It can be a fun activity for a child to do alone, with other kids or as a family. And one added incentive, its basically free! Here are a couple of tips:



1. Draw your ideas on paper first. This allows you to work out the kinks in your plan.
2. Decide what materials you need in advance.
  - a. For the basic structure, a pail, different sizes or shapes of Tupperware, small garbage can or plastic cups could be used. TIP: cutting the bottom off pails or cups can make the un-molding process easier!
  - b. A garden trowel, plastic shovel or small shovels are always a good bet.
  - c. For carving, use a kitchen utensil, putty knife or popsicle sticks.
3. Choose your site. Find a spot that can be cleared flat and packed down firmly. TIP: Remember the tides come in; picking a site too close to the water might wash away your hard work!
4. Fill your bucket with water and sand. Dry sand will result in your castle crumbling. Dig deep for the wet sand or mix water with the dry sand.
  - a. Pack sand firmly to remove air space, thus making a stronger structure.
  - b. Be patient. Some containers can be difficult to remove. Pat container sides or slightly wiggle to break seal.
5. Stack largest (on the bottom) to smallest. Again, be creative!
6. Carving can be fun too. Use the plastic utensils or sticks to carve in windows, doors, or to round off the edges.
7. Every home deserves to be decorated! Use shells, seaweed, or small rocks to decorate your castle. Candy wrappers make great flags (just be sure to pick up after yourself).



*Finally, have fun! I like to make many small castles to form a community, make roads and driveways, and drive my matchbox cars between them! Oh, and dont forget the sunblock!*



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

## Boston Harbor Islands Search

Try to find . . .

- |         |               |
|---------|---------------|
| BUMPKIN | GREATBREWSTER |
| CAMPING | LOVELLS       |
| FERRY   | PEDDOCKS      |
| FISHING | PICNIC        |
| GEORGES | SCOOING       |
| GRAPE   | SEASHELLS     |

Created with help from [www.discoveryschool.com](http://www.discoveryschool.com)  
and [www.puzzlemaker.com](http://www.puzzlemaker.com).

**Odyssey School of South Boston High School**

# Sea Glass

*From [www.wikipedia.org](http://www.wikipedia.org)*

Sea glass (or beach glass) is glass found on beaches along oceans or large lakes that has been tumbled and smoothed by the water and sand, creating small pieces of smooth, frosted glass. Sea glass originates from



bottles and jars that enter the water as litter and become broken up by the waves and rocks. Green, clear, brown, and amber beach glass is common



(consider the most common colors of beer-bottles), though light blues, yellows and pink varieties have also been know to appear. Much more rare are grey, purple and bright red varieties. Red sea glass is found only one for every 5,000 pieces found.



Like gathering shells or stones, collecting sea glass is a hobby among beach goers, and many enjoy filling decorative jars or making jewelry from their finds. Generally, the sea glass that one finds has local origins; glass found in a particular location generally would have begun its transformation within the immediate vicinity. This is not always the case - some beaches have a much higher rate of transitory particulate, in which case beach glass particles may travel for several miles. It is rare for sea glass to have traveled farther than this.



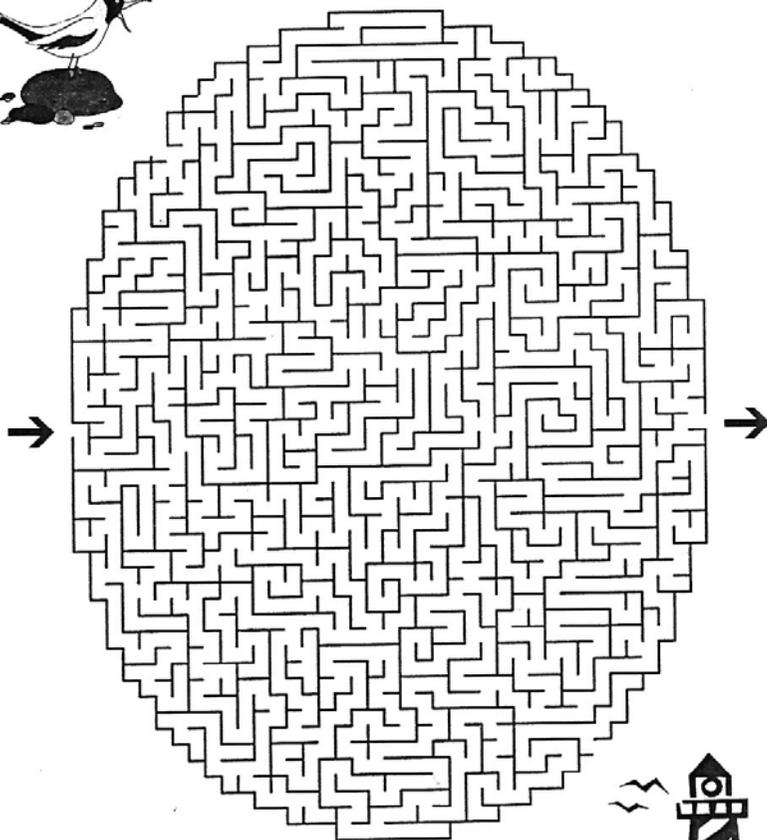
Sea glass can also be produced artificially by using a rock tumbler, and some companies sell artificially produced sea glass to tourists or make jewelry from it.

Sea glass is one of the only objects made valuable by the actions of the environment on man-made litter.



# Great Brewster Maze

Try to find your way from Great Brewster . . .



. . .to Boston Light  
and Little Brewster!!!

Created with help from [www.discoveryschool.com](http://www.discoveryschool.com)  
and [www.puzzlemaker.com](http://www.puzzlemaker.com).

**Odyssey School of South Boston High School**

## Leo's Top 10 for the Beach Bag

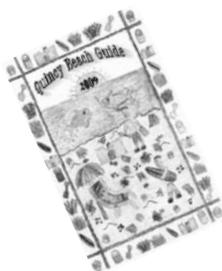


10. Water resistant sunscreen (include a spray sunscreen for hair/scalp)
9. Medicated lip balm with SPF
8. Wide brimmed hat to give you a break from the sun
7. Bottled water - remember, the sun and salt will dry you out
6. UV protected sunglasses
5. Spray bottle with water
4. Oversized beach towel in 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!



*Keep your Beach Bag ready to go!*



# 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).

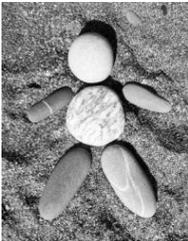
**Dig a hole** and try to fill it up with water!

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 and 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!**

# Surfing Quincy and Beyond



Quincy Beaches and Coastal Commission

[www.ci.quincy.ma.us/AboutBeachesCommPage115.html](http://www.ci.quincy.ma.us/AboutBeachesCommPage115.html)

## City of Quincy Home Page

[quincyma.gov](http://quincyma.gov)

DPH Bureau of Environmental Health [www.mass.gov/dph/environmentalhealth](http://www.mass.gov/dph/environmentalhealth)

Commonwealth of Massachusetts Home Page [www.mass.gov](http://www.mass.gov)

United States Government Home Page [www.usa.gov](http://www.usa.gov)

Boston Navigation Buoy [www.dial-a-buoy.com](http://www.dial-a-buoy.com)

Weather [www.weather.com](http://www.weather.com)

Tides, Sun and Moon Charts [www.boatma.com](http://www.boatma.com)

Harbor Express [www.harborexpress.com](http://www.harborexpress.com)

Massachusetts Nautical Links [www.maineharbors.com](http://www.maineharbors.com)

NWS Taunton, MA [www.nws.noaa.gov/er/box](http://www.nws.noaa.gov/er/box)

Bluehills/Webcam [www.hazecam.net/bluehill.html](http://www.hazecam.net/bluehill.html)

Ocean Prediction Center [www.opc.ncep.noaa.gov](http://www.opc.ncep.noaa.gov)

Storm Prediction Center [www.spc.noaa.gov](http://www.spc.noaa.gov)

American Meteorological Society [www.ametsoc.org/ams](http://www.ametsoc.org/ams)

Doppler Radar Images [www.nws.noaa.gov/radar](http://www.nws.noaa.gov/radar)

Friends of Boston Harbor [www.fbhi.org](http://www.fbhi.org)

## Other Sites

[www.mms.gov/sandandgravel/KidConnection.htm](http://www.mms.gov/sandandgravel/KidConnection.htm)

(The Ocean's Sand)

[www.spaceflight.nasa.gov/realdata/sightings/](http://www.spaceflight.nasa.gov/realdata/sightings/)

(Where is the Space Station?)

[www.USPS4kids.org](http://www.USPS4kids.org)

[www.creativekidsathome.com/](http://www.creativekidsathome.com/)

[www.epa.gov/beaches/](http://www.epa.gov/beaches/)

[www.epa.gov/waterscience](http://www.epa.gov/waterscience)





# Who to Call



## **City of Quincy**

### **Connecting All Departments 617-376-1000**

Fire Department	617-376-1010
Harbormaster - Patrick Morrissey	617-376-1219
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**

# In Memorium

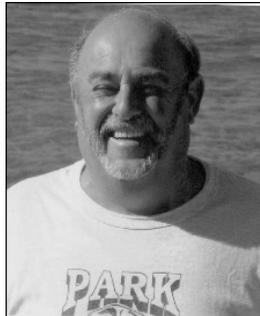


**Henry W. Bosworth Jr.**

The longtime publisher and editor of The Quincy Sun was well-known throughout Quincy for his support of many community activities. He was a highly respected journalist, known for his fairness and commitment to the city he played a part in for more than 40 years.



**Bernard Reisberg**  
Quincy Harbormaster



**Paul Zambruno**  
QBCC Member



**Robert Lescinskas, Sr.**  
QBCC Member

# A "Plunging" Thank You



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



## **3rd Annual John Hancock Plunge for Interfaith Social Services**



**Coops**



**Fallon Ambulance**

**Friends of Wollaston Beach**

**Mass. Department of Conservation and  
Recreation**

**Jeannine Communications**

