



Hoping to Help the Feisty Fish

In Ken Whiting's basement there is a 50-year old snapshot of him as a kid, grinning and almost dwarfed by two big winter flounder caught off Nauset Beach.

There are other pictures of Whiting tacked up as well: different ages, different fish, but the same smile and the photos are surrounded by fish of different sizes and colors that he has carved himself and hung on the walls.

All the moments, like so many in Whiting's life, connected by fish.

The fish that helps make all those memories possible is herring, and it is that small fish Whiting has spent the last 10 years paying special attention to through his work volunteering for the Harwich Conservation Trust (HCT).

Counting for a cause

"I never anticipated doing it this long," said Whiting with a smile as he stood by the Hinckleys Pond fish ladder where the silver fish climb from the Herring River to their spawning destination.

The counting spot where Whiting spends his Sundays in the spring is tucked behind homes on a quiet cul de sac, but some of the land along the river has been protected over the years. Just north of the spot where the volunteer herring counters take their place as sentinels, the Brown family donated land to the HCT-in part because Barbara Brown loves to watch the herring come into the pond where they'll spawn and then swim out downstream via their namesake river.

More than 60 HCT volunteers will spend this spring carefully cataloguing the number of herring they observe passing a certain point on the Herring

River during pre-determined 10-minute intervals. This information is vital in helping the state estimate the relative number of river herring in order to evaluate population health and, hopefully, recover a once thriving fishery.

Tyler Maikath, HCT's Outreach & Stewardship Coordinator, new to

the Trust already understands the connection.

"I am definitely an avowed fan of our two herring species. They make an incredible journey and have persevered despite the odds against them. Anadromous fish are a real keystone species for our ecosystems, and the better we can manage their populations, the healthier our ecosystems will be," said Maikath, who also organizes the volunteer herring counters for HCT.

Although Whiting will occasionally visit the run in the winter, the herring won't arrive until spring, perhaps late March or early April. Their arrival usually coincides with the coming of the male red-winged blackbirds, John Hay writes in his 1959 book, The Run, his inspiring story about the determined river herring.

Inspired as a kid

Whiting's familiarity with herring goes back just as long, to his childhood in Whitman when he and his family used to go to the run in Pembroke.

"Back then we could catch herring and eat them," Whiting remembers. Now, because of low numbers, the state has a ban on taking the fish

River herring swim against the current through the herring ladder into West Reservoir as a juvenile kingfisher keeps watch.

Opposite: A feisty river herring is determined to reach its spawning pond upstream.



Left to Right: Michael Lach, Tyler Maikath, AmeriCorps member Ben Cockrell, and Ken Whiting chat by the herring counting spot on Hinckley's Pond where the Herring River starts.

Root family Welch family donated a **Chandler family** 24-acre donated a donated 1.44 acres 5-acre conservation to HCT in 2013 restriction to conservation **HCT in 2007** restricton to **HCT in 2003** Long Pond Seymour's Pond BREWSTER **Bates family** donated 1.5 acres to HCT in 2013 **Brown family** donated 7.2 acres to HCT in 2017 **Hinckleys** Pond Herring River

Over the years, thanks to land donors and HCT members supporting the Trust's land-saving work, significant herring spawning shoreline has been preserved, but there's still more land left to protect.

that sits at the base of the food chain. The herring are important forage fish for striped bass, bluefish, and other species.

The runs were bigger then, and there seemed to be more predator fish (like stripers and blues) around, too. Whiting would come down to the Cape with his aunt and uncle who lived in Eastham and fishing was one of their favorite pastimes.

They would dig their own sea worms and fish for schoolies and stripers.

"Sometimes we would trade them for lobsters down at the fish pier," in Chatham, Whiting remembered.

Skinny striped bass

The bass were chunkier, he said, which probably had a lot to do with the amount of herring around. Whiting isn't the only one who feels that way. Both commercial and recreational fishermen have talked about fish they love to catch being thinner—a disappointment to the pysche and the palate.

"You'll have skinny striped bass and it's because they aren't eating enough. It is hard to put an economic value on that, but it is real," said Brad Chase, Diadromous Fisheries Project Leader for the Massachusetts Division of Marine Fisheries.

As a fisherman, Whiting has seen first-hand the value of herring and the obstacles it faces. Last summer, he went fishing with his son-in-law. The first day they were successful and caught a nice-sized tuna.

"We saw a bunch of ocean herring in its belly," said Whiting.

They went again two days after and saw four midwater trawlers, working in pairs. Whiting and his son-in-law caught a tuna that weighed more than 20 pounds less, with no herring in its belly.

"They just cleaned up all the herring," said Whiting of the industrial-scale boats. "It really opened my eyes."

Although there are greater protections in place now for ocean herring—thanks to efforts by the Cape Cod Commercial Fishermen's Alliance and the Cape community—herring, both ocean and river, could use more.

"There is a lot of competition for them," said Whiting, explaining the harvest of river herring is still prohibited because the numbers are so low.

He is hoping that changes. Volunteering to count herring and help decipher the health of the population is just a natural extension of respecting and valuing the ecosystem for Whiting.

As a member of the Cape Cod Salties, a sport fishing club, he was involved in cleaning up herring runs in Dennis.

Ecosystem all-stars

Last year, Chase said, the Harwich Herring River run hit 800,000, which is the top in the state. And all those fish help the entire ecosystem.

"They go out in Nantucket Sound and feed everything, their importance can't be overstated," Chase said, adding researchers in Maine had even observed cod hanging out by the mouths of rivers to ambush the tasty herring.

"We don't want to lose herring. We have lost too much already. We can't lose the essence of why we are here." – Ken Whiting, Volunteer

Chase was lucky enough to see a large school, several football fields in size, pass under his boat last year. "It sounded like rain. It was just mesmerizing," he said.

Still, Whiting worries. Freshwater smelt had been a part of his child-hood, and now they are much diminished, much the same has happened with bay scallops and eel grass.

"We don't want to lose herring. We have lost too much already," Whiting said. "We can't lose the essence of why we are here."

Save land to protect water and herring

That is why he appreciates the work of the Harwich Conservation Trust, which preserves land in its natural state and in doing so, protects water quality as well. In fact, over the years through eight different land-saving projects, HCT has preserved nearly 55 acres with more than 5,000 feet of shoreline along both the Herring River and herring spawning ponds.

HCT has preserved over 2,000 feet of shoreline on Hinckleys Pond, the primary surface source water for the Herring River. And HCT continues to proactively pursue pondfront parcels through its Harwich Priority Ponds Project.

The Trust also gives him another reason to spend time outdoors, ostensibly counting fish, but his 10 minutes of data collection—everything from water temperature to cloud cover—often turns into much longer as he watches kingfishers and other pond dwellers.

"You get an appreciation for how fragile nature is. It's hard to imagine these fish not being around," Whiting said, looking out across the pond.

One can see that his appreciation for herring and HCT are linked by walking into the Trust's headquarters—hanging on the wall is one of his carvings. The subject? River herring of course.

By Doreen Leggett

Community Journalist and Communications Officer

Cape Cod Commercial Fishermen's Alliance

Sign up for Alliance eNews: capecodfishermen.org

Sign up for HCT's eNews: harwichconservationtrust.org

WAYS YOU CAN GET INVOLVED...

Volunteering can be a great way to engage in the community, meet new people, and make a difference for land, water & wildlife.

Explore volunteer opportunities with HCT, by visiting harwichconservationtrust.org and click the Volunteer link.

Right now we're looking for walk leaders, photographers, trail stewards, a flower gardner, and carpenters. If you have other interests or skills, by all means, click the Volunteer link to fill out our Volunteer Interest Survey. We look forward to discussing ideas.



On the Path with Patti Smith

On most mornings, Patti Smith and Boomer the black lab can be found trekking to the Robert F. Smith Cold Brook Preserve.

Back in 2001, the Harwich Conservation Trust (HCT) acquired the landscape found in the heart of busy Harwich Port. The more than sixty acres of upland and wetland comprise a long since retired cranberry bog system bordering the slow moving waters of Cold Brook that meander to Saquatucket Harbor on Nantucket Sound.

HCT had studied the potential for bringing back cranberries, but site conditions and a market surplus from areas like the mid-West made bog renovation unrealistic. So, HCT started on a path of ecological restoration. "I take Boomer out and try to do a mile and a half to two almost every day," Patti says. "We do the medium trail there. It's nice. You see other people along the way. It's beautiful. I've even snow shoed there."

Patti loves the way the landscape changes with the seasons. Boomer likes the exercise, she says with a smile.

The land also holds a special place in Patti's heart since the Preserve was named in her late husband's honor. Back in 1988, Robert F. Smith (Bob) was a founding trustee of the Harwich Conservation Trust, and the board's decision to name the land in 2015 shortly after Bob passed away, celebrates his legacy of saving special places.

"He would have liked that," she says.

Local Land Trust Forms

The story of the Smiths' arrival in Harwich is a familiar one. Both had vacationed on the Cape growing up. They met in college, married and moved to the Cape when Patti's mother passed away and left a vacation home in town to Patti.

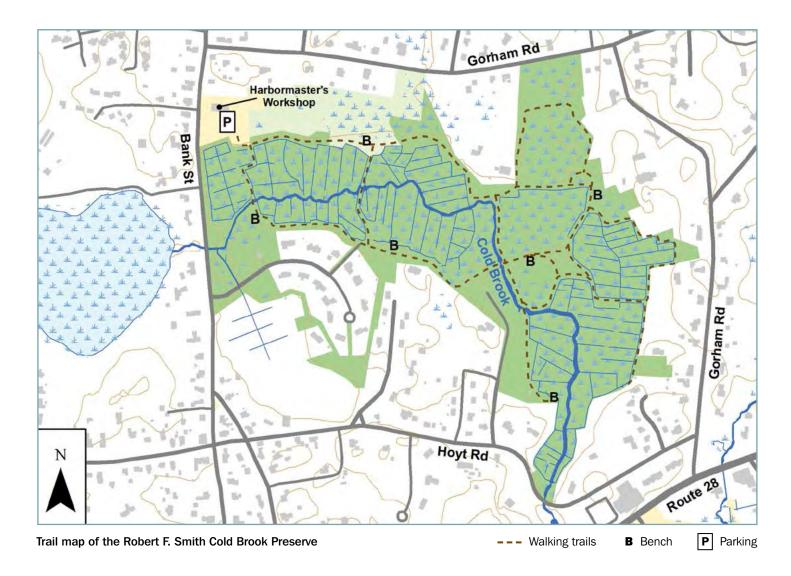
They eventually sold that home and moved into the large antique house they lived in for decades. The move to Harwich Port came as the couple got older and wanted to downsize.

It wasn't any one particular event or conversation that inspired Bob to join in the effort to start a land trust in Harwich, Patti recalls.

"There wasn't one thing that said we need to start a trust," she says. "It was more a general understanding of what was going on. In the seventies, lots of condos went up, development was increasing. And it wasn't just in Harwich, it was Cape-wide. He found himself with a group of like-minded people, and the trust was formed."

Today, Harwich Conservation Trust is one of many Cape town land trusts that work independently and collaboratively to preserve properties. HCT now protects more than 575 acres.

Michael Lach, Patti Smith, and Patti's trusty lab Boomer enjoy a walk at the Robert F. Smith Cold Brook Preserve.



"When you preserve land, you maintain our wildlife and our water quality. It makes for a better place to live... It's hard to imagine not being able to walk down and see a clean beach or walk a trail through the woods." – Patti Smith

"Harwich Conservation Trust carries the banner of letting people know how important it is to preserve land. When you preserve land, you maintain our wildlife and our water quality. It makes for a better place to live," Patti says.

"It's hard to imagine not being able to walk down and see a clean beach or walk a trail through the woods. I was thinking the other day that the signs on HCT property send a message to visitors and homeowners and second homeowners that this is a town that cares about the environment and is willing to put money into protecting it."

Ecological Restoration Evolves

The Robert F. Smith Cold Brook
Preserve is the largest of HCT's
conservation properties and does
more than protect wildlife habitat
and water. Buried deep within the
wet earth, in the wandering animal
trails and ancient ways, in what grows
there now and what doesn't, lies a
history of Harwich and its people.

Through the Cold Brook Ecological Restoration Project, HCT and project partners are working to restore the site to a more natural setting. "The more I learn about it, the more excited I get," Patti says. "All the sand is not original. It was brought in to create the commercial cranberry bog. Going down through it, eventually it turns to peat. That's original."

Patti explains that once the over burden of sand is removed, the underlying soil and peat contains the seeds of original wetland plants that grew there. With fresh sunlight, water and air, those seeds will be inspired to grow into plant life that thrived in the area long before the cranberry industry boomed in Harwich.





With the Cold Brook Eco-Restoration Project, HCT seeks to restore wetland habitats and stream sinuosity with a variety of restoration actions including removal of dilapidated flumes like these that inhibit flow.

The restoration project is complex, involving the state Division of Ecological Restoration and the federal U.S. Fish & Wildlife Service as well as Town partnership.

More than a century of agriculture resulted in an unnaturally straightened Cold Brook, steep stream banks, and deteriorating water control structures that inhibit water flow. When the area is restored to a more natural state and Cold Brook is able to flow more freely, migrating eels will benefit and the state Division of Marine Fisheries is also studying the potential for a restored river herring run.

Corks for Conservation

In addition to serving on HCT's Board of Trustees, Patti created a new and different way to raise funds and reduce waste, one cork at a time. Several years ago, when she and Bob were moving out of their former home, clearing the attic, they found a bag of used wine bottle corks.

"I have no idea what we were saving them for," she says with an infectious laugh. "We were selling things on eBay, crazy things: old graduation gowns, a bag of corks." To their surprise, the corks were snapped up quickly online.

"That got us thinking that it might be a project for the Harwich Conservation Trust," she remembers.

Since then, Patti estimates they've sold more than 100,000 corks through the unique "Corks for Conservation" campaign. The corks sell from between 3 cents apiece to 10 cents. Patti boxes and sells them in 500-cork lots.

Crafters use them, Patti explains. She's heard from some people that they've used them for back splashes, wreaths, even a floor.

"It's fun and a little different," she says, explaining corks are collected from restaurants and friends collect from other friends, then deliver them to HCT's office. "It raises money and keeps something out of the landfill. It gets people involved in a fun way."

Laughing, Patti remembers a call from an elderly woman who said she'd been collecting corks for years. When they went to her house to pick them up, the woman had a small bag with a handful of corks.

HCT's Executive Director Michael Lach recalls another time when a fellow stopped by the HCT office with two 4-foot high bushel bags of corks, and as he lugged them inside, he made sure to clarify that "these are not all mine..."

Help Build the Nest

Beyond her volunteer work, Patti has supported HCT financially, too. Recently, Patti explains she made a donation through her Individual Retirement Account or IRA. When she needed to take a distribution from her IRA, she chose to give it to the Trust.

The process of donating was simple, she explains, and was handled quickly and easily by the investment company with whom she has her IRA. She points out that people interested in contributing that way don't have to give the entire distribution, it can be done partially as well.

"We ask you to stand with us through time to help protect our shared quality of life."

- Michael Lach, Executive Director of Harwich Conservation Trust

Through her will, Patti has also planned for a bequest to help support HCT's "Help Build the Nest" endeavor. The goal of HCT's "Help Build the Nest" effort is to create a sustainable source of funds that can help proactively preserve priority lands as well as steward them over time.

Their "Help Build the Nest" brochure describes HCT's aspirations with vision and inspiration:

"Help us build the nest to preserve this special place. Established over 300 years ago, Harwich with its sandy beaches, sweet salty air, and welcoming beauty is a fragile place. We walk, bike, swim, and enjoy the outdoors in a setting that offers diverse natural habitats, a variety of wildlife, and scenic lands to discover.

But our quality of life is at risk from too much development. Harwich Conservation Trust (HCT) believes that saving land is smart, practical, and necessary for all of us and future generations. We are dedicated to land preservation, land stewardship, and community education. We ask you to stand with us through time to help protect our shared quality of life."

The brochure describes four ways to "Help Build the Nest" including annual gifts, donations to endowment, bequests via will, and "homes for habitat" where a property owner can gift their house to HCT. At least two homeowners have participated in the "homes for habitat" program.

"By contributing to an endowment fund, donors are building HCT's nest egg of funds that can make a real difference in preserving and caring for sensitive natural lands for all time," says Michael Lach.

"What I've done is plan for a percentage of my estate that will go to HCT," Patti explains. "It's a nice thing to do. I understand that some people, as they get older, don't feel comfortable making an outright donation. They want their money to last. But by putting HCT in your will, you're still making a lasting commitment. The older you get, the more you think of the next generation, and the one after that, and after that. It's nice to think those generations will be able to enjoy what we're enjoying."

Land will always be expensive, Patti points out. By contributing to HCT's financial future in her will, she's helping to create a legacy of protected land and water for both people and wildlife.

Patti says she loves Harwich and the Cape and feels blessed to live here. Her volunteer work with HCT and philanthropy are reflections of that love.

"It all goes back to helping the overall, larger picture," she says.
"If I can help in ways to support the organization, which really cares about the environment, and takes care of the environment, well that brings me jov."

By Susanna Graham-Pye

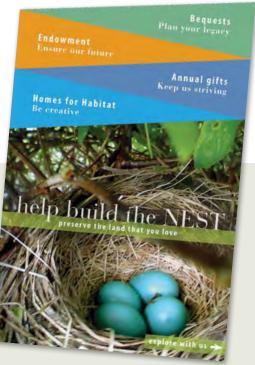
LEAVE A LEGACY TO SAVE SPECIAL PLACES

Placing HCT in your will (also known as a bequest) is a forward-thinking way to support our land-saving work.

If you are interested, please call Executive Director Michael Lach at 508-432-3997 or email mike@harwichconservationtrust.org. Thank you for considering a legacy that will save special places.

Find more information at: harwichconservationtrust.org/planned-giving.

HCT's "Help Build the Nest" brochure (pictured) offers creative ways (including bequests) to make a difference with your philanthropy.



MEET YOUR LOCAL FARMERS EVENT

Kicks Off Growing Season

On the sunny, chilly Saturday afternoon of March 23rd, the town community center gym became a place for celebrating an activity that is older than Cape Cod itself.

Local farmers came together with their patrons and supporters to inaugurate a new growing season, share information, sell and purchase home-grown products, and renew a connection that will for many continue into next fall.

A few of the farmers even brought some animals with them for those attending to enjoy.

The 10th annual Meet Your Local Farmers event, sponsored by the Harwich Conservation Trust (HCT) and the Cape and Islands Farm Bureau, welcomed the 2019 growing season, featured some 48 exhibitors, and was attended by more than 1,000 members of the public.

Local farms, local products

While exhibits included information by government and other agencies that support local farming and represented larger farms and programs, the majority were for small family farms, cottage industries or personal hobbies.

For most, the growing season will run roughly from May through mid-October, during which time their products will be for sale at stands located at their farm sites, in local grocery stores, and to a significant degree at farmers markets held



"We're grateful to all of the farmers and farm supporting groups for sharing their time, tips, and experiences with the community."

- Michael Lach, HCT Executive Director

in several towns across the Cape throughout the season.

The wide range of exhibitors, including Ron Hutcheson who runs Ron's Vegetable Garden as "my retirement hobby," sheds some light on the changes that have resulted in recent years. "I plan to grow many vegetables but since I am a gardener with square

feet of growing space instead of a farmer with acres of growing space, my quantities will be limited," he said.

While most farmers receive income from the seasonal sale of their products, some, like Eldredge Farm and Nursery in Brewster, offer a "Produce Subscription Program" (also known as "Community Sponsored Agriculture") as a way for the food-buying public to create a direct relationship with the farm where members receive a weekly half bushel basket of produce over the 20-week harvest period.

A program of particular interest at the event was "Buy Fresh Buy Local Cape Cod," whose mission is to connect people on the Cape with locally grown farm and sea products by public information and promotion of its local farming partners.

"This event is a great way to highlight local farming as well as the land stewardship synergy between local farming and land conservation since we can all appreciate the importance of healthy soils, clean water, and our vibrant Cape Cod sense of place," said Michael Lach.

By Russ Allen, Cape Cod Chronicle

LIFE ON THE FARM TOURS

Join HCT to learn about "life on the farm" at each of these local farms including their history, homegrown products, efforts to preserve surrounding lands, and tips for your own gardening aspirations.

Join HCT to learn about "life on the Hokum Rock Blueberry Farm: Sat., May 18th • 8:30-9:30 a.m.

Cape Abilities Farm: Sat., June 8th • 8:00-9:00 a.m.

Cape Cod Lavender Farm: Sat., June 29th • 8:30-9:30 a.m.

\$10pp to join each tour. Reserve at harwichconservationtrust.org

Exhibitors

- Barnstable Bee Club
- Barnstable County Extension Service
- Buy Fresh Buy Local
- Cape Abilities
- Cape & Islands Farm Bureau
- Cape Cod Cranberry
- Cape Cod Cranberry Harvest
- Cape Cod Lavender Farm
- Cape Community Equestrian
- E & T Farms
- Edible Landscapes
- Eldredge Farms
- Fluffy Butt Farm
- Foss Farms
- Hammersmith Farms
- Harwich Conservation Trust
- Harwich Farmers Market
- Harwich Garden Club
- · Harwich Historical Society
- Hidden Acres Farm
- Hokum Rock Blueberry Farm
- Lilac Hedge Farms
- Lola's Local Food Lab
- Massachusetts Farm Bureau
- · Nobska Farms, Inc.
- Not Enough Acres Farm
- Oak Tree Farm
- Orleans Winter Farmers Market
- Pleasant Lake Farm
- Seawind Meadows
- Stella Farms
- Sustainable Cape
- The Floral Factory
- The Local Juice
- Three Fins Coffee Roasters
- Tuck-A-Way Farm
- USDA Natural Resource Conservation Service















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- John Burroughs

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Patti Smith

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The Thatcher Family

Teresa Halloran

Dick & Rae Tucker

John O'Dowd

The Weinbaum Family

Burton & Joyce Weinbaum



UPDATE: THANKS TO YOU...

15 acres on Cornelius Pond is now preserved

Thank you for making a land-saving dream that started in 2015 become a reality in 2019 by preserving 15 acres to protect pond health and drinking water quality as well as wildlife habitat.

The success of the Cornelius Pond Woodlands Project is a shining example of how partnership makes a difference for our shared Cape Cod quality of life. Many HCT donors including individuals, couples, families, foundations, and businesses contributed funds to this grassroots effort. Last May, Town Meeting voters also unanimously approved \$200,000 in Town Community Preservation Act funds to support the purchase.

A Conservation Partnership grant announced in January by the Commonwealth of Massachusetts completed the \$850,000 fundraising campaign. **HCT plans to open a walking trail by fall 2019 or spring 2020.** You as a supporter of HCT's land-saving work alongside our Town and State partners truly make a difference by preserving special places like Cornelius Pond Woodlands.

© Don Schall

Rare *Plymouth gentian* (Sabatia kennedyana) wildflowers grow along the shore of Cornelius Pond.



You're Invited...

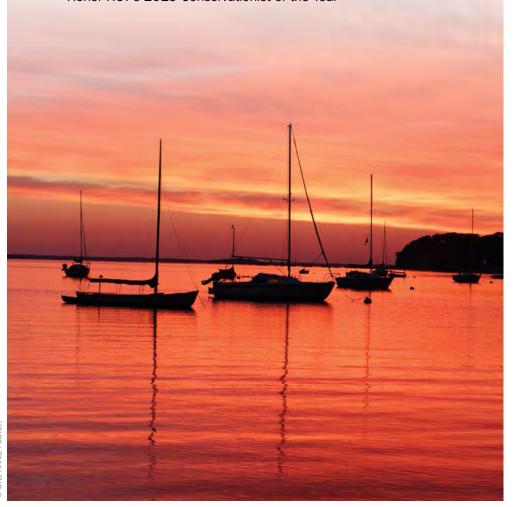
HCT's 31st **Annual Meeting & Celebration** hosted by the Wequassett Resort on Pleasant Bay

Monday, August 12, 2019 • 4:30-6:30 p.m.

Free, but space is limited, so please register by email to: events@harwichconservationtrust.org

Hors d'oeuvres, cash bar

- · Enjoy water views
- Connect with your fellow HCT members
- Learn about our shared successes to protect land, water & wildlife
- Honor HCT's 2019 Conservationist of the Year



STAY INFORMED

For updates on HCT's wild happenings from walks & talks to land stewardship and land-saving success to innovative volunteer citizen science projects visit harwichconservationtrust.org



Stay tuned for an inspiring nature symphony experience

Harwich Conservation Trust (HCT) is partnering with the Cape Symphony to celebrate how local land trusts protect Cape Cod's land, water, wildlife, and our shared quality of life. We will celebrate the Cape's natural beauty—plus Beethoven's own ode to nature! Beethoven's "Pastoral" Symphony, filled with babbling brooks, bird calls, and storms will be the highlight.

We're creating a multimedia experience with an aerial view of our beautiful Cape landscapes accompanied by an evocative new soundtrack inspired by the amazing environment that surrounds us.

Tan Dun's "Secret of Wind and Birds" uses bird songs and Stella Sung's "Oceana" features ship horns and the calls of humpback whales to create the experience of nature.

If you don't already receive HCT's eNews emails, be sure to sign up in the upper right corner of our website: harwichconservationtrust.org.

We'll email you when tickets go on sale for the Saturday, Sept. 21st (7:30 p.m.) and Sunday, Sept. 22nd (3:00 p.m.) concerts. Seats range from \$30.00 to \$71.00 per person.

Join us for a rare symphony experience to relax, listen, watch, and appreciate the natural beauty of Cape Cod.



P.O. Box 101 South Harwich, MA 02661

Address Service Requested

We're here for you...

Web: harwichconservationtrust.org

Email: info@harwichconservationtrust.org

Phone: 508-432-3997

MISSION

Preserving land to protect woods, water, wildlife and our shared quality of life in Harwich.

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On the cover: This quiet moment of Herring River reflection was captured by Stephanie Foster.

