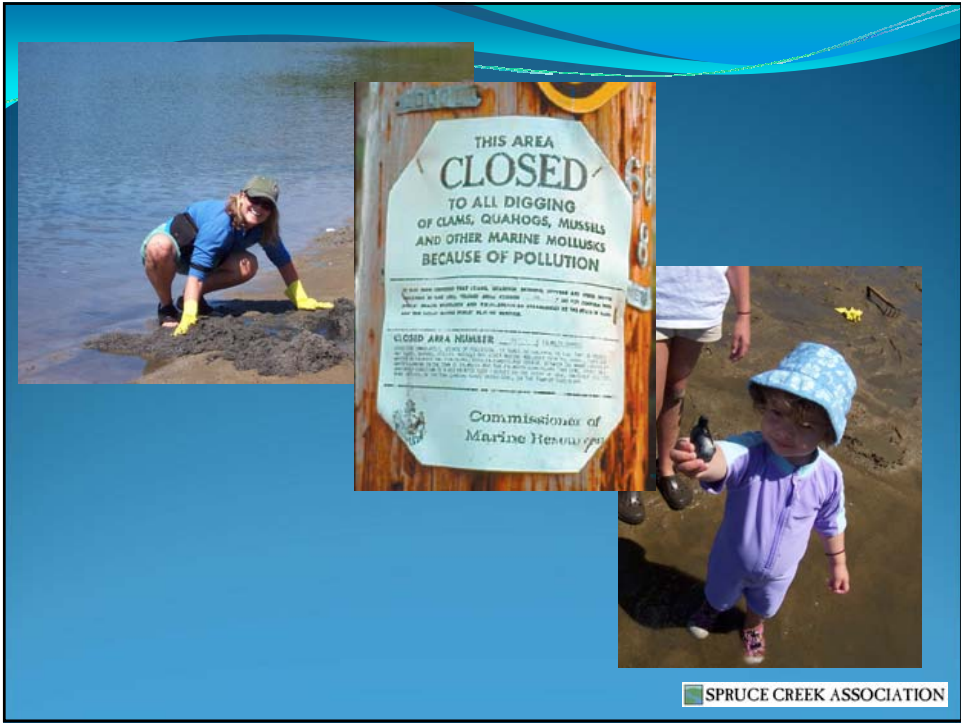
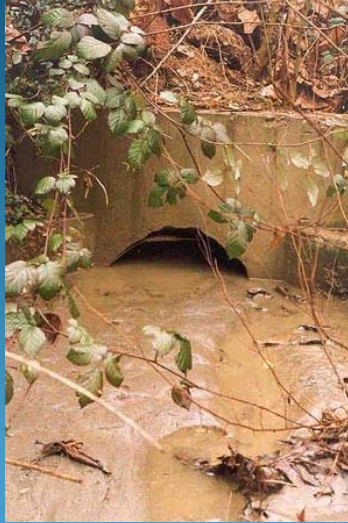


Aerial view of Kittery and Portsmouth, October 2007. (Photo: Phyllis Ford, 2007)

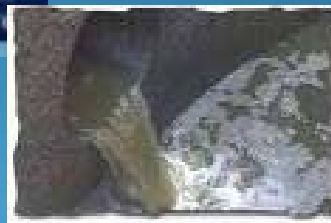


"The more I swim Spruce Creek the more fascinating it becomes. The other day swimming I was followed by a heron all the way up to Route 1. I also am fascinated by the seals who continually check me out. I've been training for a future winter swim to the Isle of Shoals so I have been doing the entire perimeter of Spruce Creek. There is the most beautiful family of 3 great blue heron who live next to Chick Brine Cove across from the Shepherd's Cove condos. They are used to seeing me. It truly is an ornithologist's paradise!" Gary Sredzienski





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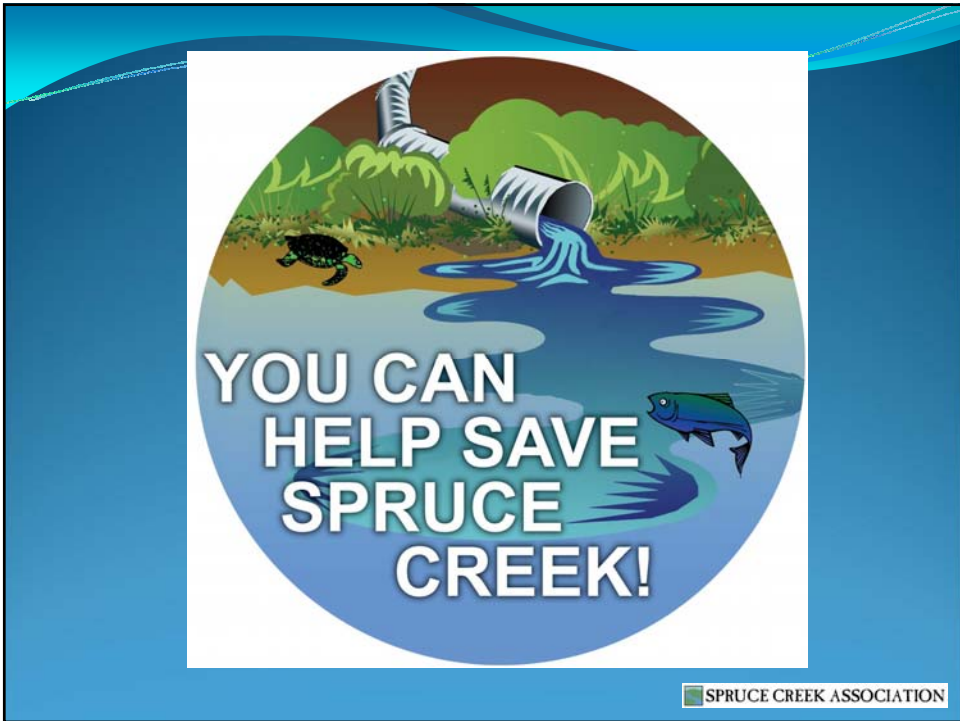
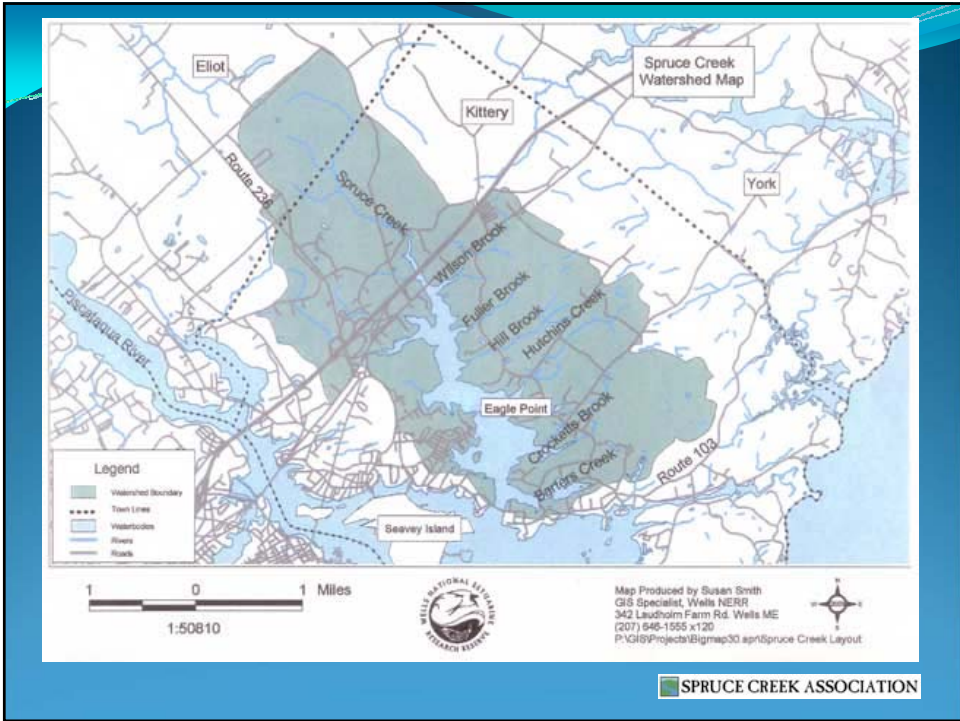
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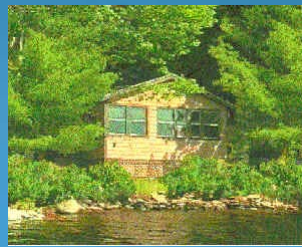
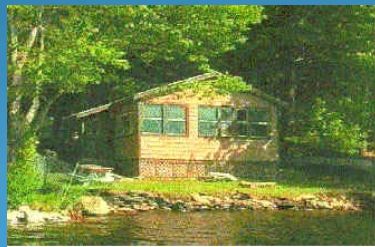


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Attention Dog Guardians
Pick up after your dogs. Thank you.
Attention Dogs
Grrrrr, bark, woof.
Good dog.
District of North Vancouver.
Bylaw 5981-11(i)
www.StrangeCosmos.com



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Web Resources

- www.sprucecreekassociation.org
- www.thinkbluemaine.org
- www.yardscaping.org