



S. Nunn photo

Sandy Lake - Sackville River Regional Park Coalition News October 12, 2024

Hello member groups of the Sandy Lake - Sackville River Regional Park Coalition. Please share this newsletter with your membership.

1. New Sandy Lake water quality testing results confirm dire prospects if housing goes ahead

A long-standing, main point of our Coalition has been that a large housing development in the headwaters of Sandy Lake risks ruining the lake's health, and other great features about the area. A recently released report by Dr. David Patriquin on the state of Sandy Lake provides more evidence of the potential for harm to the lake if development were to proceed. Read a synopsis of the work, or the full report, on the [SLCA website](#).

Dr. Patriquin and his team have for years monitored the lake's water quality, including monthly tests of conductivity as well as periodic limnological profiles. The new results have been combined with historical data and they confirm the long-term trend of decline in the water quality of Sandy Lake. They underscore the fact that a housing development in its watershed will do irreparable and lasting harm to this ecological gem.

These science-based results and interpretations have been sent to political leaders, including the Premier, Mayor, and to provincial and municipal staff working on planning in the Sandy Lake area. YOU can lend your voice to this call for evidence-based decision-making by writing to elected officials in your area about Dr. Patriquin's latest findings.

[Provincial "Who's My MLA" tool](#)

[Municipal “District Look-up” tool](#)

If you get this newsletter before the Municipal Election of Oct 19, 2024, please ask your members to bring the Sandy Lake situation to the attention of candidates in HRM districts and candidates for mayor: <https://www.halifax.ca/city-hall/elections/voters/candidate-list>

2. Research study on the health benefits of time in nature... at Sandy Lake!

We're delighted to announce we've partnered with Dalhousie University and the Canadian Association for Physicians for the Environment (CAPE) to conduct a research study at Sandy Lake, similar to studies that document the benefits of “forest bathing” in Japan. The study involves taking a one-hour guided walk at Sandy Lake. We are looking for participants! The study will take place on Sunday, Oct. 27. Find out more here: <https://forms.gle/9Tr9fZqwB7F3tkEBA>

Please advertise this opportunity to your members!

3. Sandy Lake's future Councillors

Much of Sandy Lake Regional Park, and the lush lands and waters around it, lie in [HRM District 14](#). Reach out to the 3 candidates for Councillor in District 14 to find out what they know about Sandy Lake, and what they would DO to protect the area.

[John Young FB page](#)

[John Walker FB page](#)

Ed Giles (no contact info online)

A small piece of the park lies within the District 15 boundary, and of course Bedford citizens have an interest as well because Sandy Lake Park is a Bedford park. In fact, the coalition that is working to protect this area reside across the Province and in all parts of HRM <https://www.halifax.ca/city-hall/elections/voters/candidate-list>

4. Learn about Sandy Lake through talks and walks

And as always, Coalition steering committee members are happy to work with you on a guided hike, in-person presentation, or online talk for your organization about the state of the Sandy Lake – Sackville River area, and its future. Just get in touch through sandylakecampaign@gmail.com

5. Please help us post Save Sandy Lake signs all over the province, and send letters to the Premier asking him to Save Sandy Lake: <https://www.sandylakecoalition.ca/copy-of-about>

Thank you for your help and support to date. We need to ask if there is something more you can do to help...perhaps include the Sandy Lake issue again in your media work? And, we need more signs posted and voices sending letters now, more than ever!

This has been a long campaign, but we are at a crucial stage now.

- Karen Robinson and Walter N. Regan, Co-chairs, Sandy Lake-Sackville River Regional Park Coalition



Have you ever happened upon an OH MY tree? Hikers did just that at Sandy Lake Park this weekend having discovered this massive Eastern white pine with a girth of 345 cm and a diameter of 109 cm! This majestic tree has stood for decades, possibly even centuries. Let's work together to conserve this area and protect this natural giant for future generations.

The Sandy Lake, Bedford, ecosystem was identified in 1971 by the Canadian Wildlife Service as an important natural area to preserve as a Regional Park. Fifty-three years later the effort continues to protect this watershed for future generations to share in the marvel of OH MY trees. August 26, 2024 [#oldgrowthforest](#)