

The Blue Mountain NEWS

October, 2019 Edn. 6

Fox Lake

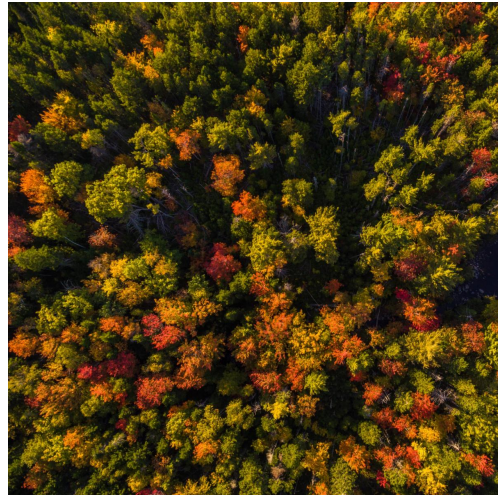
This newsletter is produced by the Friends of Blue Mountain - Birch Cove Lakes Society. It is all about the Blue Mountain - Birch Cove Lakes Wilderness Area and the planned regional, wilderness park for Halifax, Nova Scotia.

Friends of Blue Mountain - Birch Cove Lakes - Mission Statement:

To support and promote the creation and development of the Blue mountain Birch Cove Lakes regional park and to encourage the stewardship and appropriate use of the area.

SPECIAL GENERAL MEETING - OCT 9TH!

Please join us on Wednesday, Oct 9th at Maskwa Aquatic Club, 7-9pm, for a special meeting of our society. After some basic housekeeping (approval of [revised by-laws](#)), members will have an opportunity to meet with our committee chairs to learn more about how you can contribute as a Friends volunteer. Committees include: PLANNING, COMMUNICATIONS, MEMBERSHIP, EVENTS, STEWARDSHIP, and soon to be formed, FUNDRAISING.



Mike Bayer, near Susies Lake

Participants will also be able to meet others with similar interests and to hear first hand of our current plans and needs in a social setting. This meeting is open to members, guests and others who may be interested in learning more about Friends and possibly volunteering.

Note that only members will be able to vote or serve on any of the committees. You can join the society at the meeting or any time via our [JOIN page](#) on the website. A silver collection will be taken for the Maskwa athlete's fund.

BEAVER IN HOBSON LAKE

They have likely been here before, but a new beaver dam can be seen at the Hobson Lake outlet foot bridge. Beaver can be found throughout the BMBCL, but this might be the first time they've decided on Hobson Lake for a home. How they end up shaping

the lake and upstream environment remains to be seen. We're not sure yet if this is a single beaver at work or a larger colony. Reports back are welcome.



BIODIVERSITY IS THE BMBCL!

Biodiversity is the variability among living organisms from all sources, including terrestrial, marine, and other aquatic ecosystems and the ecological complexes of which they are part; this includes diversity within species, between species, and of ecosystems. This term has seen considerable use recently when describing areas that qualify within the [Canada Nature Fund](#). As a new, regional park and a provincial wilderness area, biodiversity is a significant feature of the BMBCL, making it easily worthy of protection for all future generations.



Hairy Goldenrod



Eastern Garter Snake



Hickory Tussock Moth
Caterpillar



Green Frog

VALUE OF VITAMIN N

Considerable recent research has now confirmed the value to our health of spending time in nature. On that note, an enthusiastic crowd showed up at the Keshen Goodman Library on September 9th (just after the hurricane!) to hear Karen McKendry's presentation on the Value of Vitamin N (i.e. N for nature). Thank you Karen! You can find out more about the value of our time spent in nature [here](#).



DORIAN DAMAGE NEGLIGIBLE

Other than a few trees down, from all reports the September 7th impact from Dorian was minimal in the BMBCL. Thanks to those who took the time to clean up some of the trails.



Hobson Lake Trail



Red spruce down... view at the top!



Near Fox Lake

OUR EXPLORERS



Fox Lake Look Off continues to be a popular destination for hikers. Here's a thank you to Karen McKendry, Wilderness Outreach Coordinator, Ecology Action Centre, for leading a Friends hike there on July 28th. The focus was on the natural history of the area. Friends is continuing to work with the Ecology Action Centre, a valued partner, on select projects.



With the fall colours just coming on, our hike to Fox Lake shore side on Sept. 28th was a winner. Thanks goes to Alyssa and Spencer Doue, for their leadership. Alyssa and Spencer are most commonly associated with Halifax North West Trails Assoc., another group where Friends has close ties.

WE WERE THERE

Once again we had our booth in place at MLA Rafah Dicostanzo's summer social on July 28th to answer questions and sign up members for Friends. Thanks goes to this MLA's continued support for our work and for the invite.



MEET A BLUE MOUNTAIN ARTIST!

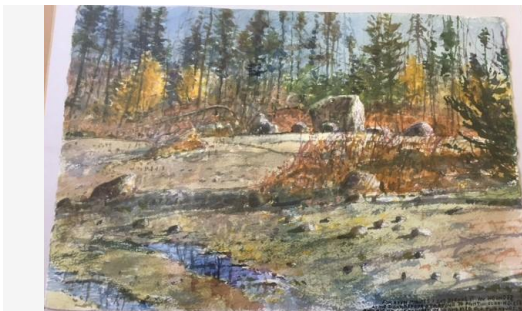
As an ongoing feature of the NEWS, we continue with a profile of one of the painters who contributed to the Blue Mountain art exhibit, September 2018. In this edition, meet Tom Forrestall.



Forrestall, a native of Middleton, Nova Scotia, attended art classes at the Nova Scotia College of Art in Halifax in the 1940s and went on, in 1954, to study Fine Arts at Mount Allison University, where he studied with Lawren P. Harris and Alex Colville. He graduated in 1958 and received one of the first Canada Council grants for independent study which provided him with the opportunity to travel throughout Europe. Upon his return he became assistant curator of the Beaverbrook Art Gallery. He has been a freelance artist since 1960.

Forrestall's art has been classified as Magic Realism – an imprecise term often used to describe the work of a coterie of east-coast Canadian painters who emerged after the Second World War (Alex Colville, Christopher Pratt, Mary Pratt). Although their geographic roots, styles and vocabularies were similar, these artists applied themselves differently, each adapting naturalism in a personal way.

Tom's works, including paintings of the Blue Mountain - Birch Cove Lakes, have been exhibited and represented in every major public collection in the region and beyond, as well as in solo exhibitions in many prominent galleries worldwide. His work has also been reproduced in numerous histories of Canadian art and is featured in 'High Realism in Canada' the 1974 book by Paul Duval. Two monographs on his paintings have been published, 'Shaped by This Land (1974) and 'Returning the Favour: Vision For Vision (1992). A selection of Forrestall paintings can be seen [here](#).



"We lived in a continuous blaze of enthusiasm. Above all we loved this country and loved exploring and painting it." Lawren Harris, Group of Seven

KEY LINKS FOR BMBCL INFORMATION:

- > Friends of BMBCL Society: [Our website](#)
- > Ecology Action Centre: [Historical Timeline](#)
- > Halifax Regional Municipality: [Proposed Park](#)
- > Halifaxtrails.ca: [Blue Mountain](#)
- > Our HRM Alliance: [Call to Action](#)
- > N.S. Dept. of Environment: [BMBCL Wilderness Area Description](#)



Friends of
**BLUE MOUNTAIN -
BIRCH COVE LAKES**

NOTE: We have an active Facebook page with 900 followers, plus Friends is on Instagram and Twitter. Have a look there too for more news!



CONTACT US: If you have requests, ideas, comments, concerns... please let us know c/o [our website](#) or email: bluemountainbirchcovelakes@gmail.com

NEWS Ed: Richard Vinson

NEWS Background: Red Pine, Charlies Lake



Irwin Barrett, Black Duck Brook

