

# EASTERN SHORE COOPERATOR

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In her new novel, *Sweet Brackish Salt*, Marike Finlay turns her decades of experience sailing into a quest novel that goes from the Great Lakes (Sweet) to Chesapeake (Brackish) to Nova Scotia (Salt) while the woman skipper learns what it means to navigate history and to care and take care in the face of life and death.

A new documentary on the long-running local band One Night Stand premieres this month. Three of the current members have been playing together for 55+ years. Back row: David Jenkins – Gary Purcell (aka G1) – Lance Purcell - Gary Staple (aka G2) Front row: Gary Rudolph (aka G3) – Brian Staple

Mackenzie Myatt of Musquodoboit Harbour, a nationally ranked cross-country mountain-bike racer, holds her new book of poetry, *In Defense of Big Dreams*, inspired in part by her years of cycling. Photo Credit: Artur Sagat

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**Branch 161**  
**Gaetz Brook Legion**  
**September Entertainment** (Must be over 19 years old)

**TGIF** Every Friday night at 5pm. Homemade meals \$12 and desserts \$3.  
Watch for Flyers put out every week to provide details on what we are serving.  
Everyone welcome.

**October 6 and 20th - Karaoke** from 6-10pm.

**October 13 and 27 - Trivia.** Starts at 7pm.

**Chase the Ace** definitely starts in October. Flyers will be posted with info.

**Bingo** every Saturday night at 6pm.

There will be no **Kitchen Party** on October 29 as it is the Legion honour roll. It is a calling out of all the names of members and veterans that belong to the Legion since it started in Gaetz Brook. Remembering our past and the people who put their time in to make the Legion what it is, is important. Everyone, along with the families of the members that passed are welcome. Please come and remember all the good they did.

There will be a reception and a little music after so we can mingle and talk and remember.



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## Inspired by Nature, Rooted in Passion

By Mary Elizabeth O'Toole

Saltwater Soul is located on a hill in Murphy's Cove, overlooking a sheltered cove with stunning views of the 100 Wild Islands. Owner Jackie Barkhouse has created a haven of gardens filled with herbs and flowers and a hardworking flower shed. She describes this workspace, dubbed 'The Shedquarters,' as a shabby-chic fish shack, which she jokes was made mostly from things that blew into the yard. There you will always find seasonal flowers hanging from the ceiling to dry among a variety of floral offerings and inspiring quotes.

It is a serene and welcoming space. Barkhouse takes care to appreciate simple, beautiful moments. "Every morning, the first thing that I do is make 2 small bouquets, one for inside and one for outside," Barkhouse said in an interview. "And I put some flowers in the birdbath. That is when we sit outside for our morning coffee so we start our day with peace. I often work in silence because that lets me be more aware of nature around me."



Barkhouse used to live life at a different pace. "For years, I lived a challengingly public life," she said. "I held views that were still very unpopular at the time, like the reality of climate change, a regard for sustainability, and respect for the environment. I fought so hard to bring these issues to the political surface that

for a period, I was lost in the fight." Eventually, she became tired and ill and knew she needed a drastic change: "Something pointed the way back to this place I knew as a child, so I could find the peace I desperately needed to regain clarity of mind, and healing for body and soul."

While going through this difficult transition, Barkhouse was seeking new approaches. "I was reading a lot, seeking something, anything, that might inspire my way forward," she said. "One day I came across this quote: 'The cure for anything is salt water – tears, sweat, or the sea' by Isak Dinesen. Those words resonated with me. With that quote, front of mind, Saltwater Soul became my path forward!"

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