

The Most Underutilized Resource on The Eastern Shore!

By Dennis Manuge

I met Lori Taylor at the beginning of the summer in 2015. I reached out to ask her for help with my recovery journey from trauma and physical chronic pain. I was receiving limited help or support for my mental health or chronic pain from the medical world. I was burned out from taking on the Federal Government (in a class action lawsuit) on behalf of thousands of disabled Canadian Forces Veterans, like me. My psychologist who had been treating me for depression, anxiety, and PTSD (trauma) had been suggesting I try yoga for several years to help with my breath, movement, and overall well-being. I think she knew if I tried this path, I would begin to transform and find my way.

Lori is a healer and an intuitive

practitioner in all the domains she operates in. She is a certified fitness trainer and a trauma informed yogi. However, her greatest skill is in helping others to meet their life, spiritual, fitness, or recovery goals. She accomplishes this by meeting people where they are and lighting the path for them to find their way home.

From Buddha: “No one saves us but ourselves. We ourselves must walk the path.” In my experience, Lori took me gently by the hand and walked me back to my own path and empowered me to transform myself back into a healthier, happier, more engaged human being and for this I am forever grateful. She can help you as well!

This past June 2023, I had the honour of participating in Lori’s first offering of “Wild Yoga.” We departed from Pope’s Harbour and boated out to 100 Wild Islands and Shelter Cove. This was an unbelievably powerful opportunity for further healing. We took part in a short meditation and yoga practice while exploring one of the most beautiful and rugged areas of our province. The comradery only enhanced the group’s experience.

As a young child, Lori would have been described as a sensitive child. She felt most at home, and free to be herself, when in Nature. Lori met Mother Teresa at age 9 and was deeply affected by the fact that there is great suffering in the world while listening to Mother

Teresa’s life-altering stories. As Lori grew up, she developed a strong life purpose to meet the people of the world and to learn how she could be of service in others healing journeys.

Lori’s latest offering, Wild Yoga Experience, takes participants by boat to the 100 Wild Islands. Here, it is possible to connect with the stunning beauty of Mother Earth and explore ways to heal, to reconnect to self and the land and sea while dropping limitations that do not serve us. Wild WARRIOR Yoga is a special offering for those with PTSD. Tours leave from Pope’s Harbour Contact Lori Taylor: labjot@yahoo.ca or 902-449-1993.

### Eastern Shore Cooperator Pricing 2023

	FULL COLOR	BLK
FULL PAGE SIZE: 10.25"W X 12.56"T	\$485	\$430
HALF PAGE SIZE: 10.25"W X 6.21"T	\$253	\$225
THIRD PAGE SIZE: 10.25"W X 4.1"T	\$175	\$155
QUARTER PAGE SIZE: 5.05"W X 6.21"T	\$143	\$125
SIXTH PAGE SIZE: 5.05"W X 4.1"T	\$96	\$85
BUSINESS CARD SIZE 3.35"W X 2.125"T	\$50	\$45
DIRECTORY SIZE 3.35"W X 1.2"T	\$30	\$26
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**MULTIPLE LISTING ADS MUST BE PAID 2 WEEKS AFTER RECEIVING INVOICE BEFORE 2ND MONTH CAN BE PLACED.**

**PLEASE NOTE:**  
Directory ads do not qualify for multiple listing discounts.  
Pay for three months, get **half off third month**.  
Pay for five months, get **sixth month free**.  
Pay for the year, get **2 months free**.  
Non-profit organizations are **discounted at 20%**.  
  
**Prices in effect for MARCH 2023 Issue.**

**For all Advertising Needs**  
*please contact Sandra for a faster response.*

**sandra@easternshorecooperator.ca**  
**902-452-0520**

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## EASTERN SHORE COOPERATOR

## NOVEMBER DEADLINE – OCTOBER 18<sup>TH</sup>

## Libby Dean: A Visual Poet

By Dee Dwyer

On a warm September morning, Libby Dean came to my house to discuss her studies and work, and her choice to live on the Eastern Shore. She works with a wide range of groups and communities (Indigenous, corporate, community, non-profit) as a visual note-taker or graphic recorder.

“I draw on really big pieces of paper during workshops and meetings,” Dean said. “I convey concepts with images and (few) words.” After listening to her talk, I realize that she is a visual poet who finds the essence of important issues and concerns.

Libby Dean grew up in the US, and at 17 travelled and studied with an alternative environmental education program for two years. It was not textbook learning but was experiential learning. Dean encountered coal miners and fishermen, learning their folk songs, and listening to stories about their daily lives and concerns. In this unusual learning environment, she spent time in Indigenous communities (Hopi, Zuni, and Navajo), Nova Scotia, and Newfoundland & Labrador. She later studied at the College of the Atlantic at Bar Harbor, Maine graduating with a BA in Human Ecology.

After several years living in Scotland, Libby returned to Nova Scotia, attending Dalhousie University to do a Master of Environmental Studies (MES). She had been motivated to return to school after spending two summers in Nunatsiavut (northern Labrador) working with Inuit youth on environmental projects.

Libby worked at Inuit Tapiriit Kanatami, the national Inuit organization in Ottawa, as a Senior Program Coordinator. Eventually leaving federal-level work behind, Libby pursued community-focused work and, with her partner Andy Kekacs, returned to Nova Scotia in 2010, moving to West Jeddore in 2014. Andy is Executive Director of the Nova Scotia Woodlot Owners & Operators Association and the Family Forest Network.

Libby now combines her research and community engagement background with work as a visual facilitator or recorder. “I am privileged to be a part of many important conversations,” she said. “I listen for key points and create images, trying to show the essence of the conversation.”

This task is not always easy. During the 2022 Hudson Bay Summit with 250 Cree and Inuit representatives from the region, Libby said, “I was keenly aware of my deficit with the Cree and Inuktitut languages.” However, one of the Cree interpreters there told Libby to see herself as an interpreter – taking what is said and making it into a visual language, which many people find helpful.

Libby works frequently in Labrador, sometimes in the winter. “The NunatuKavut Community Council asked me to join polar bear workshops they were holding in remote coastal communities, on bear biology, migration and safety issues as people encounter them. I had to carry my coloured markers inside my parka so they wouldn’t freeze while we travelled by snowmobile”.



Other work involves issues that are closer to home. “A recent research contract,” says Libby, “was with Saint Mary’s University, looking at coastal communities in Nova Scotia, and their planning and resilience. In May I did graphic recording at the Housing Summit convened by the New Brunswick Real Estate Association and the Province of New Brunswick, informing a provincial housing strategy. And for three years I was a volunteer co-chair for the Eastern Shore Musquodoboit Community Health Board.”

For the last three years, Libby has been co-host for a weekly online ‘Draw Jam’ affiliated with the Sequential Artists Workshop, a non-profit creative community for artists “which includes people from Dartmouth to Mumbai and many places in between.”

Libby Dean feels “fortunate to live on the Eastern Shore, which is a vibrant place with authentic communities.” I can say the same about Libby, an authentic vibrant artist with a variety of important interests and concerns.

## ... Jackie Barkhouse Continued

Saltwater Soul reflects an eclectic style inspired by nature. Self-described as a whim-driven artist, Barkhouse creates botanical creations with fragrant flowers and herbs, inspirational greeting cards, jewellery and more, often incorporating vintage and reclaimed treasures.

Barkhouse spent a lot of time alone walking by the seaside. Before long, she was aware that her walks were having an impact: “I realized that nature was healing me, inside and out. I began thinking about how wonderful it might be to share, just enough, to perhaps inspire others. I knew that I wanted to do that in a thoughtful and gentle way. I started by working and learning with a small circle of creative friends and sharing glimmers of hope and joy on Instagram(@ssoulinspired).”

“I have shed many tears, had my heart

broken, and had days when I thought I couldn’t go on. But there have also been many moments of great joy. And I have discovered that even glimmers of a purpose-led, perfectly-imperfect lifestyle matter. And for that I am grateful.”

*Barkhouse was one of the Witches of Saltwater Marsh, along with her friend, artist Monika McEwen (@bluelobstergallerie), who was profiled in a recent Cooperator article. Find Saltwater Soul and friends this season at Witches & Wellness (Oct 28), Seaside Christmas with Blue Lobster Gallerie & Saltwater Soul (Nov 17-19), and A Yule Moon Pop-up (Dec.9). Follow @ssoulinspired on Instagram and Facebook for updates – including notice of openings for The Shedquarters.*

**Celebration Event**  
**Eastern Shore Forest Watch**  
**Invites You!**  
**Sunday October 22**  
**10 AM-3 PM**  
**The Deanery Project**  
751 West Ship Harbour Road  
Lower Ship Harbour

All ages and families welcome! Come celebrate ESWF 25 years caring for our beautiful Eastern Shore environment.

- Trail run and cycle (morning)
- Workshops and forestry demonstrations
- Eco art activities
- Puppetry workshop for children (afternoon)
- Displays and presentations on our environment

**FREE TREE GIVEAWAY and tree planting workshop**

**2 PM “The Raven and the Mermaid” Performance**  
**by Don Rieder**



LIVE MUSIC (afternoon)  
FOOD for purchase on site

For more information contact:  
[thedeaneryproject@gmail.com](mailto:thedeaneryproject@gmail.com)  
902-845-1888  
No registration required

Eastern Shore Forest Watch would like to thank all the individuals, organizations and businesses as well as the Province of Nova Scotia for their support in making this gathering possible.





What Bugs Me This Month

By Jeddore John

We have a winner!

The lucky winner of this month’s Stupid Ad of the Month Contest is... wait for it... Balance of Nature, with its expensive freeze-dried fruit, vegetable, and spice capsules and ceaseless web and social media testimonials.

What set you apart from the squirming mass of other deceptive advertisers? One thing was your global approach. The two Russian studies on Russian rats supporting the claimed benefits of your products were truly inspired. The fact that your product slowed tumor growth in 10 rats, and increased lactation in 12 others should be comforting to pregnant cancerous rats everywhere. And heavy drinkers will be happy to hear that a third study showed a slowed progression of cirrhosis—a double-whammy for drunken pregnant cancerous rats.

But my editor is a stickler for confirming the validity of any claims made in his paper, especially when I couldn’t find these rat studies in any scientific journals. So I was forced to see if it was possible to squeeze two servings of fruits and vegetables into a handful of gelatin capsules.

I took a cup of mixed veggies (corn, lima beans, green beans, peas, and cubed carrots), a small cored apple, and half a peeled banana and put them in my dehydrator. Once they were dried out, I crammed them into my blender and pressed the “Totally Destroy” button. I found some old magnesium capsules under our bathroom sink about the same size as the B.O.N capsules, emptied them out, and started stuffing my dried vegetable powder into them.

Guess what I found out? Turns out you can’t put all the nutritional goodness of even one serving of fruits and veggies into any reasonable number of capsules. And a family of 3 could spend up to \$365.70 CA\$ per month on these pills—you could buy 150 lbs of fresh produce instead.

I don’t think we should be bothered by the fact that you were issued a Warning Letter on August 20, 2019, from the U.S. Federal Drug Administration after an inspection of the plant and a review of the company’s claims on its website and other social media.

In short, the FDA concluded, “The inspection and our review of your product labeling revealed serious violations of the Federal Food, Drug, and Cosmetic Act (the Act) and applicable regulations.” Here are a few of the failures the FDA detected:

- “You failed to implement a system of production and process controls to ensure the quality of the dietary supplement and that the dietary supplement is packaged and labeled as specified in the master manufacturing record....
- “You failed to establish and follow written procedures to fulfill the requirements related to product complaints....
- “Specifically, our review of your product labels revealed that your products are misbranded....
- “You failed to establish and follow written procedures for the responsibilities of the quality control operations, including written procedures for conducting a material review and making

a disposition decision, and for approving or rejecting any reprocessing...”

And why would anyone worry that B.O.N. recently paid \$1.1 million to settle a lawsuit brought by the District Attorney’s Office of Santa Clara County in California? According to a July 26, 2023 press release



from the DA’s office, “The company made false advertising claims for its dietary supplements, including that the supplements could reduce the risk of cancer... Prosecutors alleged that Balance of Nature made unlawful claims about its products that were not supported by competent and reliable scientific evidence.... Balance of Nature also used customer testimonials to make false claims.”

No Biggie. The Russian rats didn’t mind, so why should we? Regular readers of this column will likely also notice that B.O.N. has used the power word “Love” as their discount code in their ads.

So, once again Balance of Nature, good work! Your reward, as you are probably aware, is a stately marble and brass trophy topped by the solid brass effigy of a turd on a hot dog bun. It will be shipped to you for your enjoyment shortly.

Your Health, Your Community  
News from Nova Scotia Health

Virtual urgent care is now available for Eastern Shore and Musquodoboit Valley residents.

Nova Scotia Health’s new virtual urgent care service provides another way to access care in the community. The program redirects people with minor or non-life-threatening health concerns so that a visit to the emergency department or urgent treatment centre isn’t required.

To access the virtual urgent care service, please call 1-833-413-0277 during the hours of operation below. Following an initial screening patients will then be given instructions regarding a virtual urgent care appointment or will be redirected to a more appropriate point of care, such as the emergency department.

Virtual urgent care is available on Monday through Friday, from 11 a.m.

to 7 p.m. and from 9 a.m. until 1 p.m. on weekends. Hours of operation may change due to staffing issues.

There is no additional cost for using virtual urgent care and it is available to all Nova Scotia-based patients with valid health cards, email and audio/video capable devices.

Virtual urgent care is not a replacement for in-person care, primary care, or emergency care. It represents Nova Scotia Health’s ongoing effort in testing innovative approaches to provide Nova Scotians more ways to access care.

Urgent Care Surveys

Have you accessed urgent care services at Eastern Shore Memorial or Musquodoboit Valley Memorial hospitals?

Nova Scotia Health would like your

feedback. Please scan the provided QR codes and complete a brief survey about your experience.

Survey for Eastern Shore Memorial Hospital



Survey for Musquodoboit Valley Memorial Hospital



Quick Facts About Virtual Urgent Care

Virtual urgent care is staffed by emergency physicians, emergency

trained nurses and supporting health professionals who can assist with the following health concerns:

- Prescription refills or renewals (excluding prescriptions related to controlled substances)
- Mild strains/sprains
- Body aches
- Mild Headaches
- Earaches
- Sore throat
- Minor infections
- Skin and eye irritations
- Mild asthma
- Minor respiratory issues
- Cough, flu, or cold symptoms
- Fever
- Nasal congestion and sinus infection
- Nausea
- Diarrhea with stable vitals
- Bites and stings
- Tick bites
- Nail infection
- Painless red eye
- Eyelid redness or bump
- Urinary tract infections
- Mental health concerns