

# Forest Medicine

By Savayda Jarone, Herbalist

A special feature of our Nova Scotian identity is the annual fall colour display as our deciduous forests make their seasonal transition. As the sun fades and the cold settles in, the trees stop producing chlorophyll, resulting in a break down of the leaves, in a grand farewell of red, yellow and orange before falling to the ground.

Fall is a great time to practice “forest bathing” or “shinrin-yoku” as it is called in Japan, where the phrase was created based on the research Dr. Qing Li began in 1982. It simply means to spend time in the forest for relaxation and restoration, an activity that many of us naturally gravitate to because it feels good. Many doctors and researchers have provided the science to verify what traditional practices and everyday human experience have always indicated – that time spent in nature is good for us.

There is conclusive evidence of various measurable health benefits from a walk in the forest – stress reduction being key, along with lowered heart rate and blood pressure, better sleep, improved mood, an increase in natural killer cells (involved in immunity), an increase in anti-cancer proteins, and many more. I have provided a few links below to research studies, and an internet search or library visit will provide lots more detail on the benefits of forest bathing.

An herbal-focused forest walk encourages engagement of all the senses. To enhance a walk in the forest, go at a slow pace, tuning into all the senses – sight, sound, smell, taste, and touch. Here’s where herbal medicine comes in – our forests have an abundance of plants and trees that are edible, fragrant, medicinal, textural, and beautiful.

Two of my favourite forest scents are bayberry and sweet fern, both native plants commonly found along forest pathways. Wintergreen and balsam fir sap provide a burst of flavour. A quiet rest on a bed of moss does wonders for frazzled nerves.

Trees are at the heart of forest bathing: on my various walks throughout the province, I have counted at least twenty-five that have medicinal uses. Their medicine may come from their leaves, flowers, fruits, roots, cones, sap, or bark. Fall is the traditional season for harvesting bark, when the flow of sap starts to slow down, and the winds blow down branches perfect for harvest.

Notable examples of bark medicine are willow, a source of salicylic acid used to make Aspirin; witch hazel, used as an astringent remedy for cuts and after shave; birch for skin infections and fever; and sugar maple for coughs and blood purification.

Forest medicine comes in many forms, and since forests make up 75% of our provincial landscape, we are blessed with immeasurable benefits.

In return, we can care for our forests by preventing their needless destruction, individually and collectively. For more information, look for local organizations such as the Ecology Action Centre, The Healthy Forest Coalition, the Eastern Shore Forest Watch Association, and The Herbalist Association of NS.

Join me for an herbal forest walk on the Musquodoboit Trailway on October 12 at 5 pm. We will identify medicinal and edible plants and learn how to harvest tree bark. This event is by donation, as a fundraiser for

the Musquodoboit Trailways Association. Details can be found on the calendar page of my website: [www.bloominstitute.ca](http://www.bloominstitute.ca).

More on Forest Bathing: <https://pubmed.ncbi.nlm.nih.gov/17903349/> and <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5579495/>

*Forest Bathing: How Trees Can Help You Find Health and Happiness*, by Dr. Qing Li



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**HOMELESS ON THE EASTERN SHORE**

Living accommodations desperately being sought in this area. I’m a retired senior on a pension and living in my old car as a home. Thus far, I’ve been unable to secure a small apartment or even a room to live in. To complicate matters, I suffer from Type 2 Diabetes and other health issues.

If you know of anybody who can offer me a place to live, I’d really appreciate hearing from you.  
I can pay a monthly rent in the range of \$400-\$600.

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# Documentary Premier on Long-lived Local Band

By Richard Bell

The long-awaited documentary on the Eastern Shore’s longest-lasting rock’n’roll band, One Night Stand: Rocking the Shore Since ’86, will have its public premier on October 18 at Dartmouth’s Cineplex theater.

One Night Stand (ONS) has been performing vintage-style rock’n’roll up and down Nova Scotia’s Eastern Shore – for over 38 years, from its first performance in 1986 raising funds for the Petpeswick Yacht Club to almost every one of the long-gone church hall dances. Three of the original performers (Gary Purcell, Gary Staple, and Brian Staple) have stood on stage together for 55+ years.

Jeff Quigley of Quigley Creative, working with his sons Ethan and Liam, spent the better part of a

year gathering archival video and still footage from the band’s early days in the late 1980s, doing live interviews at the Old Number 7 restaurant in Head of Jeddore, mixed with a recording of the current band doing three of its favorite tunes at the restaurant.

After looking at the final cut, founding band member Brian Staple said he was “blown away with the workmanship and the attention to detail and composition. Jeff has captured the essence of how those of us now in our mid-60s and early-70s have kept our dreams alive through all the ups and downs of the music business.”

The trailer for the film is online at <https://www.jeffquigley.com/ons-doc>.

**Emergency Response Grant**

Sheet Harbour and Area Ground Search and Rescue has received a \$20,000 grant from the province’s \$1.5 million Emergency Services Providers fund to purchase a backup generator, a sidescan sonar, and CO2 lifejacket cylinders. “Search and rescue is such a difficult task for volunteers so we continue to support their efforts through funding for updated safety equipment,” said Eastern Shore MLA Smith. “Our community is grateful for the dedication of our first responders.”

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# MLA MEMO

## Applications Open for Increased Seniors Care Grant

The province is helping seniors stay in their homes longer and improve their quality of life with the Seniors Care Grant Program. This grant has been increased to \$750.

To qualify, Nova Scotians must be 65 years or older by March 31, 2024, live in a home they own or rent and have an annual household income of \$37,500 or less.

This grant helps seniors cover a range of healthcare and household utilities to ensure seniors can choose to live independently longer.

More information and applications are available online at: <https://beta.novascotia.ca/apply-help-household-healthcare-and-home-heating-costs-seniors-care-grant> or, MLA offices.

## Heating Assistance Rebate Program (HARP)

Applications for the Heating Assistance Rebate Program (HARP) open between October 16th, 2023 and March 31st, 2024. More details will be made available once the program re-opens mid month.

## Making Life More Affordable for Seniors

The government believes in putting more money back in the pockets of seniors through the Guaranteed Income Supplement Rebate Program (GIS). Nearly \$17 million in provincial income tax will be returned to seniors to help offset household expenses. To qualify for this refund, a person must:

- Be 65 years of age or older
- Report income on line 14600 of their T1 return in the taxation year
- Have provincial income tax payable on line 42800 in the taxation year

If eligible, seniors can expect a minimum refund of \$50 and a maximum of \$10,000 based on

the amount of provincial income tax paid. No application is required for this rebate; cheques will be mailed automatically.

## Increasing Access to Care with More Physician Assistants

The province is expanding access to healthcare professionals with the launch of a Masters Program to train Physician Assistants at Dalhousie University.

Physician assistants provide healthcare services such as performing minor surgeries, prescribing medications, ordering blood and radiological tests, and many more services that will deliver more healthcare faster.

The two-year medical program will be open to 24 students.

This program will be the first physician assistant program in Atlantic Canada and one of only four in the country.

## Trunk 7 Paving Project

Paving of 5.8km of Trunk 7 from the Musquodoboit Harbour Bridge to Dolby Hill Road (Head of Jeddore) is ongoing. Delays are to be expected; your patience is appreciated!

## Investing in the Future of Business

The province continues to invest in the future of young entrepreneurs in our province, with a \$600,000 investment in the non-profit organization Futurpreneur.

Futurpreneur provides mentorship, financing, and resources to young entrepreneurs between the ages of 18 and 29.

This investment will build the future of business in our province and shows our confidence in the next generation as these young entrepreneurs launch 120 businesses over the next three years.

For more information on Futurpreneur programs and resources visit: <https://www.futurpreneur.ca/en/>

## New Year New Opportunity for Public School

Enhancing education is vital for the future of our province. This year the province has a brand-new slate of opportunities and investments to improve our children’s learning which include:

- Students will learn important life skills through a variety of new courses that cover: finance, healthy living, civics, and indigenous knowledge. They will also have more opportunities to engage in physical activity.
- Attendance and Engagement Policy
- Hiring more term substitutes to address shortages.
- Investing in technology like 10,000 Chromebooks for students

These investments will go a long way to ensure that our students are being prepared for the next stage of their lives.

For more information visit: <https://www.ednet.ns.ca/capitalplan>

## Strong Action on Climate Change

Nova Scotians are leaders when it comes to preserving and protecting our climate for future generations. Whether it be greening our grid, protecting more land, or building the future green economy and industry, we are all in.

## Some of our highlights this past year include:

- Protecting 9,300 hectares of land and more to come.
- Moving forward on eight new on shore wind energy projects to help move us off coal.
- Approving two green hydrogen facilities, a new industry that will fuel our future economy.



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**Musquodoboit Harbour & District Lions**  
**We are Lions!! Hear us ROAR!!**  
**Where there's a need, there's a Lion**



The fall colors are just starting as we begin the transition from summer to winter. Autumn is a wonderful time of year, generally characterized by dryer days and cool crisp evenings. A welcome change after a summer of record rainfall. The Lion's Club is looking forward to a busy fall season of fundraising activities and opportunities to both support and interact with the community.

For those of you who are interested in becoming a Lion we meet the second Monday of every month. Feel free to drop in or contact us at 902-889-2725 or via Facebook for information. Being a Lion is a wonderful way to meet locals and to support the community.

**Monthly Breakfast** – September 30th – October 28th – November 25th

The Lion's Club took advantage of the summer break to upgrade our kitchen to better serve the community. As with all projects these days, we were faced with some unexpected delays which we expect will be resolved shortly. In the event the delays impact the **September 30th** breakfast we will post an advisory to **Facebook** and our community bulletin boards on the East Petpeswick Road and the #7 Highway. Fingers crossed all will be resolved before the end of the month.

**Weekly Cribbage Games:** Thursdays at 7:00 PM 

**Thanksgiving Dinner:** Saturday October 7th – **Take Out Only**  
Meals must be pre-ordered – call Debra at 902-293-5645 to place your order. Thanksgiving dinner is our opportunity to thank the community for their support – as such there is No Charge – this is a free will offering only. 

Hosting an upcoming event, the Lion's Club Hall, 43 East Petpeswick Road, Musquodoboit Harbour, is available for rent.

The Lion's Club is here to support the community, if you, or anyone you know, needs assistance do not hesitate to reach out.

We can be reached at 902-889-2725 or follow us on Facebook. 



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**Nova Scotians can return up to four regulated used tires at a time for recycling to any tire retailer in the province, free of charge.**

**What's Accepted** 

When you are purchasing new tires, or putting on winter/summer tires, you can simply leave the following types of unwanted or worn-out tires at the tire retailer.

 Car and truck tires

 Camper tires

 Motorcycle tires

 Trailer tires

**What's Not Accepted** 

Tires that are not accepted (see below) as part of Divert's tire program should be taken to and disposed of at the Otter Lake Landfill.

 Tires larger than 24.5 inches

 Tires from farming and other heavy equipment

 Off-road tires from All Terrain Vehicles (ATVs)

 Tires sold in Nova Scotia but delivered or shipped out-of-province

HALIFAX

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