

Evergreen Medicines on a Winter’s Walk

By Savayada Jarone, Herbalist

Most plants are in winter slumber mode. But there are a few medicinal herbs dwelling in our forests that are available for harvest year-round. In addition to the familiar evergreen trees, the evergreen herbs are found closer to the earth, which, depending on ice and snow cover, may require a little digging to reveal their greenery.

Pine (white)

They grace our forests with their majestic height and branches that sing with the wind; they are the tallest growing conifer in eastern Canada. The bottom 2/3rds of the tree is often branchless. The needles are long, soft, and slender, grouped in clusters of five. They sometimes drop their needles for regenerative purposes, with new needles quickly replacing the old.

I like to add pine needles to fire cider –

a spicy cider vinegar preparation used to clear respiratory congestion, made with ginger, garlic, chillies, and other spices.

Balsam Fir

Identified by the raised resinous blisters found on the trunk of young trees. The needles are flat, and white underneath with a green line running through the middle. Oft confused with its close relatives, the spruces, which have round needles, no sap blisters, but sometimes ooze a white sap, which as a child you may have chewed as “spruce gum.”

Fir has a pleasant and stimulating scent which is released upon rubbing the branches. The resinous sap from the blisters is tasty and fragrant. Use the branch tips as a steam inhalation for respiratory congestion, or a blues-

busting foot bath.

Wintergreen

An evergreen covering most forests in our region, the leaves are tough, dark green, sometimes burgundy in areas with full sun exposure.

The essential oil produced from the leaves is a popular flavouring for candies, gum, and toothpaste and is also used in topical preparations for sore muscles, joints, and sciatica. It has an uplifting flavour for occasional use in teas, but not used long-term due to potential irritation to the kidneys.

Partridgeberry

Usually found near wintergreen in mossy patches along forest pathways, it has a trailing stem, up to a meter-long, with sets of opposite leaves along the full length of the stem. The leaves

are oval, dime-sized, with a whiteish line down the middle of each.

The leaves are a traditional medicine used by herbalists and midwives to support women in late-stage pregnancy, and to ease menstrual disorders.

Mayflower

Also known as trailing arbutus, the sweet-scented flower is sought after in the spring, but try finding it in the winter – look for a low growing, creeping branch system, with clusters of leaves, usually found along forest paths.

Mayflower leaves were used as a folk remedy for urinary ailments.

Goldthread

Typically found in mossy patches in the

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EASTERN SHORE COOPERATOR

MARCH DEADLINE

FEBRUARY 14TH

Eastern Shore Wellness: Bringing Healthcare Services Closer to Home

Located in the new Porters Lake Plaza strip mall, Eastern Shore Wellness is a healthcare clinic owned by Erin Maxwell, a registered massage therapist with 26 years of experience. After residing in British Columbia for 15 years, Erin alongside her husband Angus and their two dogs Stella and Omar, moved home to Nova Scotia in 2021 to be close to family.



Erin has always been driven to make a positive impact in people’s lives. Upon realizing that residents had to travel to Dartmouth or Halifax for necessary healthcare services, she was inspired to establish Eastern Shore Wellness, a wellness clinic offering quality comprehensive treatment and services all in one convenient location.

Despite never having envisioned herself as a business owner, Erin was convinced to take the leap by her uncle Gerard DuGas, who was constructing the ten-unit plaza on Stella Drive at the same time she was moving home.

For two years now, Eastern Shore Wellness has been successfully serving the community, offering a range of services including Registered Massage Therapy, Traditional Chinese Medicine (TCM) Acupuncture and Tuina Massage, LPN Footcare, Osteopathy, and a Canadian-made basswood Infrared Sauna fitted with Himalayan Salt panels for added health benefits. Eastern Shore Wellness offers convenient online booking and direct billing for most services.

If you are a registered healthcare professional or an experienced medical esthetician looking for a stress-free working environment, don’t hesitate to get in touch at erin@easternshorewellness.ca.



Coastal Voices Men’s Choir Begins Exciting Season

CVMC has started the year with its largest ever number of choristers. With the addition of three new members and 2 returning members from pre-covid times, the choir is nearly 30 strong!

Under the direction of Music Director Ross Thompson and Accompanist/Composer John Plant, the choir has already begun practicing for a busy concert season for which we are most excited. Our first choir performance begins on Sunday February 18th, 2-4pm at the Deanery with selections by CVMC and several Eastern Shore singer/songwriters performing their own creations.

CVMC is proud to have commissioned the Eastern Shore’s own internationally recognized composer John Plant to write a new piece of music for our choir. It will be one of the selections of our year end concerts in May. It’s very exciting and an honour to be able to participate in this unique opportunity as the composer will be there as our accompanist!

We appreciate all the support we receive from the community and hope to see you at one – or – more one of our concerts.

Grant Spearman
CVMC President



...Evergreen Medicines Continued

forest, with stems barely 5 cm tall, topped with three glossy leaves, each the size of a quarter. The golden, thread-like roots branch in many directions, not far below the earth’s surface.

Goldthread roots can be chewed to relieve canker sores in the mouth or tinctured as a bitter remedy for indigestion and stomach flu.

I challenge you to get out for winter walks and identify all these evergreens, found abundantly in forests along the Eastern Shore – add a few to your warming winter tea brews.

Municipal Budget 2024/25

The municipality is working through the budget and business planning process for 2024/25. Each year, citizens have an opportunity to speak directly to Regional Council about their budget priorities. During each meeting, time is set aside for the public to provide insight and comments and residents are encouraged to pre-register to speak in a meeting.

**Access the full list of in-person meeting dates and times for all budget presentations by visiting halifax.ca/budget or calling 311.*

How to Participate

Registration is required to be added to the speakers list. Please contact the Clerk’s Office at 902.490.4210 or by email at clerks@halifax.ca. Virtual participation will also be available and residents who wish to speak through the virtual option must still pre-register by no later than 4:30 p.m. the business day prior to the meeting.

During the meeting, after all pre-registered speakers have been called, the chair will call three times to ask if there is anyone else present who would like to speak. At that time, anyone who has not pre-registered will have the opportunity to speak to the Budget Committee.

**Meeting dates may be subject to change and any new dates will be communicated on halifax.ca/budget.*



311



HALIFAX

Great Year for Christmas Wishes!

By Pearl Akers

This year has been an exceptional year for the Children’s Christmas Wishes, to say the least. First, 75 children were listed by the Foodbank for tags for the Wishes tree, but 10 were assigned to donors before the tree was even up. Usually there are tags for 40-45 children on the tree, so 65 was a substantial increase. Sign of the economic times!

Second, the response by donors was phenomenal! Despite the economic times, tags disappeared off the tree in the first week and all but two were registered. Those two were rehung and gifts were donated for them.

for the 65 children. This project would not be possible without the participation of the following organizations:

- The Musquodoboit Harbour Foodbank collects the wishes during October and early November;
- From mid-Nov to mid-Dec, Sobeys at Head Jeddore provides the tree and space for it to hang the tags;
- The Musquodoboit Harbour Library provides a convenient drop-off location for the gifts till mid-Dec;
- The Foodbank distributes the gifts with their hampers just before Christmas.

The generosity of the community is so heart-warming. In addition to the quick and total response for donations, the gifts donated were very generous, and many donors gave more than one gift. A record-setting approximate \$6000 of gifts were donated by 38 donors



Thanks to you ALL for the generosity of spirit from the staff of these organizations and the community.

An Otter Surprise!

By Lynda Mallett

Eight years ago I was on my way to drop a friend off to see the late Barbara Markovits, a passionate advocate of the environment and the chair of Eastern Shore Forest Watch.

There was deep snow, and the roads were icy.

As we were driving to Barbara’s house in Clam Harbour, we spotted an otter running over the frozen inlet away from us towards the sea.

I stopped on the small causeway and took some quick pictures.

After dropping off the friend, I drove back over the causeway to Jeddore to do some shopping.

I later drove back to Barbara’s house and picked up our mutual friend and drove back along the road – now for the fourth time.

We spotted an otter returning towards the same narrow road causeway where we had seen it hours before when driving in the opposite direction.

I got out of the car, and it kept running straight towards me. It disappeared under the causeway through a culvert right in front of me and suddenly appeared on the other side!

I took a photo of the otter popping up from the culvert.



It was amazing! We were so close, and it was looking directly at me.

A real otter surprise!

But even better ... it swam to a snowbank only a few feet away from me and proceeded to roll, play, slide, and pose for me. The otter knew I was there, often making real eye contact and not bothered by my taking photos and video.

It continued to do this for a long time until a truck coming down the hill on the opposite side of the road disturbed it and it sank under the water and didn’t come back.

It was an incredible moment of wildlife connection. Had I been driving back along the road only moments before, I would have missed it.

As a photographer I always say “you’ve got to be there” but somehow that otter made sure I was there!

Look out over frozen inlets in the winter and you have a good chance of seeing an otter running, sliding, and having fun in the snow.

[Editor’s Note the Eastern Shore Forest Watch Association display with the author’s photos of this playful otter will be on display at the Musquodoboit Harbour Library through the end of January. Don’t miss these unique photos!]

Learning the Power of Pronouns

By Bethana Sullivan

As a child of the 1950s, I was used to the common he/she gendered pronouns but as a young adult of the 60’s and 70’s a shift began to emerge. The gendered world expanded greatly, resulting in a much broader understanding of who we are and who we may be.

Like any deep cultural change, it’s not surprising that the increased emphasis on using a person’s chosen pronouns would generate some strong pushback. I was lucky enough to make a new transgendered friend whom I will call Riley, who walked me through why pronouns are so important in understanding the reality of who a person is. (Riley now uses the pronouns they/them.)

Riley began their journey by talking with their family and close friends about their beginning to question the sexual identity they had been assigned at birth, gradually building confidence and a stronger sense of personal self. But it took moving away from home to an urban centre that led Riley to be more assertive and upfront with friends, colleagues, and eventually strangers about what pronouns to address them with.

“During this process of exploration, I discovered that I didn’t just want to change my gender expression – how I presented to the world – but I also wanted to change how I was perceived,” Riley told me. “The more I explored my gender expression and gender

identity, the more I recognized that, throughout my life, I had been denying a part of myself, the feminine part of myself. For the most part, this denial was driven by shame and fear of violence. It became clear to me that I was not a cis man. When this occurred, I started to go by different pronouns.”

Riley said that using these new pronouns meant a great deal to them: “When I first started using they/them pronouns, it was a means of both signalling my sense of self, as well as a way of allowing me greater space to explore my gender identity and expression. Pronouns are extremely important, since they reflect how we want to be understood and treated. It is not merely a linguistic game, but like all language, it is a gesture towards the real”.

After listening to Riley, I came away with a much clearer sense of why using the right pronouns is a cultural way of acknowledging the reality of who that person is, a recognition of their concrete presence in our shared world of similarities and differences. Talking with my friend has educated me and shown me their lived reality. For this I am grateful.

Shrove Tuesday Supper

Pancakes, Sausages & Assorted Desserts

First United Church

Musquodoboit Harbour

February 13, 2024

4:30-6:00 PM

Adults \$10

Children \$5



2024-2025 COMMUNITY GRANTS PROGRAM

Halifax Regional Municipality’s Community Grants Program will begin accepting applications from registered non-profits and charities located within Halifax Regional Municipality. The Program will open January 3rd, 2024, for the 2024-2025 program. The application deadline is April 1st, 2024. Application forms and program guidebooks are available from:

- www.halifax.ca/business/doing-business-halifax/community-grants
- Visiting one of our Customer Service Centres:
www.halifax.ca/home/311#ContactCentres
- Alderney Gate, 40 Alderney Drive, - Dartmouth, 1st floor
- Musquodoboit Harbour Strip Mall, Corner of Hwy #7 & East Petpeswick Road
- Bayers Road, 7071 Bayers Road, 2nd floor
- Contacting 311 - www.halifax.ca/home/311
- E-mail - nonprofitgrants@halifax.ca

Organizations considering an application to the Program are encouraged to review the guidebook. For further information, please email nonprofitgrants@halifax.ca or call 902.497.0479

Acct # A811 – 6912



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