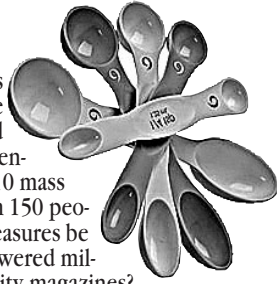


Our Kitchen Korner

Cabbage and Meat Layered Casserole



Every day one's head spins when trying to figure out where the world is headed. In two and half months since turning the calendar for January there have been 110 mass shootings south of the Border with 150 people losing their lives. Why can't measures be taken to reduce access to high powered military-style guns and/or high capacity magazines?

Yesterday's news included two police officers killed while responding to a domestic call in Edmonton. They were shot before having a chance to reach for their side arms. The 16-year-old seriously wounded his mother, then ended his own life.

Every day or so there is something been very discouraging. I am yet to figure out where society is heading and how we are going to solve problems.

On a positive side we are lucky we live where we do. It's been a mild easy winter; no torrential rainfalls, flooding, or tornados, which have been devastating most of continental USA, especially California and adjoining states.

In the USA and Canada, not to mention other democratic countries, systems need to be overhauled and soon. More attention must be paid to and the stigma concerning Mental Illness eliminated. I fail to see why it would not be possible in cases of mental illness, or a person suffering with depression, and multiple police calls to the residence could not be put into a database available to all departments nation-wide. I don't think assault rifles should be sold to someone who is mentally ill or a criminal record, particularly to a teenager who is not legally permitted to buy beer or liquor.

Because we live where we live and do not have to fear a bomb or another form of armed aggression dropping in our kitchen, perhaps it is time to head there to see what kind of mess can be made.

Recently, I have had a craving for cabbage rolls. I was reminded of them, when I noticed some fresh cabbage in the grocery store the other day.

One of the things which always irritated me is what to do with all the smaller and broken cabbage leaves. As a result I bought a small one, so I only had to deal with smaller leaves in the beginning. When I got home I started browsing through "The Best of Cooking" which contains over 600 illustrated recipes, I came across what I determined would be the solution, "Cabbage and Meat Layered Casserole". I determined my problem of too much cabbage was solved. I was impressed, so here it is.

Cabbage and Meat Layered Casserole

- 1 small white cabbage • 1 stale roll • ¼ cup water
- 1 lb ground meat • Pinch of grated nutmeg • ½ teaspoon celery salt
- 2 teaspoons paprika pepper • 1 teaspoon salt • 1 red pepper, sliced
- 2 tablespoons butter • 3 tablespoons all purpose flour
- 2/3 cup beef stock • 5 tablespoons cream • 5 tablespoons grated cheese

If you don't already have cabbage from making cabbage rolls, core cabbage and separate the leaves. Cook in boiling salted water for 15 minutes. Drain. Soften the roll in the water; squeeze out; break into small pieces.

Mix the meat with bread, nutmeg and seasonings. Arrange half the cabbage leaves in a greased ovenproof dish. Top with half the meat mixture and half of the sliced pepper, then repeat for another layer.

Melt the butter. Stir in flour and cook for one minute. Stir in the stock, bring to a boil and simmer, stirring until thickened. Remove from heat and stir in the cream. Pour over the meat mixture and sprinkle on the cheese.

Bake in 400 oven for 35 minutes. Serves 4-5. Ideally serve with mashed potatoes, or rice.

I'm looking for some great traditional family recipes. If you have a favourite family recipe and would like it published in the May 2023 issue, please send on or before April 15th. Send to Send to:

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Upcoming Deadlines and Publishing Dates

Issue	Deadline	Published
May 2023	April 18, 2023	April 26, 2023
June 2023	May 23, 2023	May 31, 2023
July 2023	June 20, 2023	June 28, 2023
August 2023	July 18, 2023	July 26, 2023
September 2023	August 22, 2023	August 30, 2023
October 2023	September 19, 2023	September 27, 2023
November 2023	October 17, 2023	October 25, 2023
December 2023	November 21, 2023	November 29, 2023
January 2024	December 12, 2023	December 20, 2023
February 2024	January 23, 2023	January 31, 2023

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Notes from our Federal Capital Food Bank proposal being developed

During the third week of March, as your Member of Parliament, I spent a week in Saskatchewan meeting healthcare specialists and discussing their present challenges, most of which are similar to ours in Cumberland-Colchester.

In my additional capacity as the Conservative Party of Canada's Shadow Minister of Health, I was hosted by Saskatchewan MP Brad Redekopp. I met with Saskatoon's University of Saskatchewan's Health Science leadership, provincial politicians and most important, public healthcare professionals.

With the healthcare crisis on the top of Canadian's minds, we discussed solutions a Conservative government would take to get new doctors in residency, including recognizing foreign trained doctors and nurses.

I had the privilege of seeing firsthand, some of the outstanding health research the University of Saskatchewan 'Canadian Light

Notes from our Provincial Capital Healthcare Worker Retention

The last few years have been long and hard, especially for our healthcare workers. They have contributed so much and sacrificed so much to keep us healthy and safe. Working through a pandemic ... hurricanes ... staff shortages.

But they've kept going. As their workloads grow and staff shortages persist. Our healthcare teams - nurses, paramedics, telehealth staff, continuing care staff, ward clerks, housekeeping and food service staff and so many others - take it all on with a 'do not quit' attitude.

To say thank you, we are giving up to \$10,000 bonuses to nurses working in our publicly-funded healthcare system. There is more on the table for nurses who commit to continue working in the province. We are also giving \$5,000 bonuses to many other healthcare workers in recognition of their important contributions.

I expect about 55,000 people across the province already have or

Notes from our Provincial Capital Historic budget focuses on Health Care

Hello from Colchester North.

Spring brings a new year in government. We released the 2023-2024 budget this past week. It is a historic 14.2 Billion Dollar budget focused primarily on Health care. There is much to comment and dissect in this budget, and I will touch on some of what I consider the high points as I go along.

However, I wish to comment first, that these budget increases are possible because of a very strong economy in Nova Scotia as well as growth in our population. That growth has been primarily folks of working class age with young families. This is by design and a result of targeted programs are bringing predominantly skilled trades and professionals that are desperately needed to grow and build our communities and as a result, our economy. However, this is also a double edged sword, a real balancing act as growth brings service challenges. Challenges like, Housing, and Health Care.

Notes from our Provincial Capital Colchester Legion Stadium Rink gets \$1-million

The Legislature is back in session for a few weeks. I'll be spending most of my time in Halifax, but my staff at the Truro office will be able to help you. I was pleased to be involved in several announcements during the past month.

The biggest and perhaps the most important for the local area was Colchester Legion Stadium receiving \$1 million to fund repairs to structural damage sustained from Hurricane Fiona, allowing the facility to reopen.

"Thanks to this funding, the Stadium will once again serve as a place for us to come together, building community spirit and promoting physically active lifestyles, I'm very much looking forward to seeing the facility reopen in the near future."

Colchester Legion Stadium is one of 14 facilities across the province that received over \$18.3 million in funding for repairs and

Notes from our Municipal Council - District 10 'Tis the season - maple syrup time

What a winter we have had. Today as I write this column it looks like Spring is just around the corner! I have been to several pancake breakfast/supper fundraisers this month-YUM!! Everywhere I drive I see trees being tapped for syrup, 'tis the season. Please let me know if your community is hosting any type of gathering, I love getting out and about to meet people and have a chat. This is your county; I love hearing from you.

The county staff are busy as always. We have recently launched PlanIt Colchester. This is a project to develop a County-Wide Municipal Planning Strategy (MPS) and Land Use Bylaw (LUB). I implore you to stay informed and have your say in what you want and need in your communities, as well as what you do not want! Chat with your neighbours, make sure everyone in Colchester knows that this endeavor is happening. Information can be found

Source' facility enables, on drug development and diseases like osteoporosis, cancer and cystic fibrosis

I also met with Hon. Paul Merriman, Minister of Health and Hon. Everett Hindley, Minister of Mental Health and Addictions and we discovered many shared priorities to improve Canadians healthcare.

I look forward to continuing these important discussions and relationships.

Also on Saskatoon, I had the opportunity to visit the Tribal Council Health Centre. The opioid epidemic is ravaging our communities, destroying lives and devastating families.

Conservative's will build on the work being done by the STC Health Centre. We will make sure all Canadians can access treat-



Dr. Stephen Ellis

continued on page 6

will soon get a bonus. More than 8,000 of these people work in the northern zone of the province, including Colchester and Cumberland counties.

Our nurses and healthcare teams do an amazing job, day in and day out. They have earned these bonuses, and I'm proud to recognize them and their commitment. I want them all to know that we appreciate them.

When I said our government would do what it takes to fix our healthcare challenges, I meant it. We are making progress, but transformational change takes time.

I want our healthcare workers and team members to know that we are grateful, we value their commitment and we need them. Money isn't everything, but it's something. It's one way to show

continued on page 6



Tim Houston

Health Care alone consumes 6.5 Billion or slightly more than 44 % of the total budget. That is almost 22% increase since we became government 19 months ago. It is primarily focused on retaining and attracting healthcare workers. As I have said before the biggest challenge in Health Care is human resources, with nurses the most in demand across Canada. We face strong competition from recruiting campaigns from other regions, particularly Western Canada. There is also a significant investment in new technology and finding efficiencies.

Seniors and long term care are included in the 6.5 Billion Health Care portion. The focus is attracting and training Continuing Care Assistants and building additional long term care beds, so we are prepared to support our aging population.

continued on page 7



Tom Taggart

upgrades through the Department of Communities, Culture, Tourism and Heritage. Another important announcement included \$191,000 to Canadian Mental Health Association (CMHA) in Colchester-East Hants to provide non-clinical support and intervention for individuals living with mental health concerns and those who care for them in a community-based setting.

This local development is among 25 community groups benefiting from the Hous-ton Government's \$7.4 million investment to support mental health programs across the province. Programs range in scope and variety, from focusing on specific mental health care to encouraging overall mental health and wellness.

continued on page 6



Dave Ritcey

at <https://colchester.ca/plan-it-colchester> You can also reach out to the project team via email at consultation@uplandstudio.ca for information or myself at vlomond@colchester.ca or by phone (902) 890-1493.

Colchester.ca is a great place to visit to learn about what is happening at council meetings, job opportunities, request for proposals and tenders, garbage collection schedules as well as many other interesting communications. You will find upcoming meeting dates and how you can join us. As always, I am happy to hear from you.

Victoria Lomond is Colchester Municipal Councillor for District 10 and can be reached at 902-890-1493 or vlomond@colchester.ca



Victoria Lomond

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