

Our Kitchen Korner

Say thanks for warmer weather



Now that we've moved to daylight saving time, I appreciate the longer evenings. I'm not one to get up at the crack of dawn, but sure enjoy not having to eat supper when its dark outside. Of course, with the time change there was a sudden much needed change in the weather.

Although not shirt sleeve weather, or warm enough for just a sweater, but sure is nice not to have to bundle up and still freeze even though wearing a couple of sweaters and heavy winter jacket. Even better is disappearance of sheets of ice which meant high risk of falls and broken bones.

Hopefully, weather improves enough so I can get outside soon and don't have to listen to all the "breaking news bulletins" about a new political crisis in Ottawa or Washington or the latest accusations about the Federal election and who is leading in today's polls. I wish somebody could tell me why politicians, and I mean all of them, suddenly, once they get elected, change their appreciation for truthfulness, transparency and adherence to the "Golden Rule".

My expectations from other people is to treat me like I treat them - with honesty, directness and transparency. Equally amazing is how about four years later they can come around expecting me to be excited about supporting them again. If that is what they call a litmus test, unfortunately everyone of them failed. Please vote on April 28th.

I was looking online for something a bit different. Luckily, I came across this rather unique recipe.

Mini Meatloaf Muffins

These mini meatloaf muffins are almost too cute to eat! They have all the classic flavors you love in a bite-sized, hand-held portion.

INGREDIENTS

For the Meatloaf Muffins...

- 1½ pounds lean ground beef • 1 tablespoon vegetable oil
- ½ cup onion, finely diced • ½ cup bell pepper, finely diced
- ¼ cup barbecue sauce • 1 tablespoon Worcestershire sauce
- ¾ cup seasoned breadcrumbs • 1 large egg
- 2 tablespoons fresh parsley, chopped • salt and black pepper, to taste
- 10 small small cubes of mozzarella cheese

For the Glaze...

- ⅓ cup ketchup • ⅓ cup chili sauce
- 1 tablespoon brown sugar • 1-2 teaspoons Dijon mustard

Instructions

Preheat your oven to 425°F. Grease a muffin pan and set aside. In a small bowl, whisk together the ketchup, chili sauce, brown sugar, and Dijon mustard until well combined. Set aside.

Heat the oil in a skillet over medium heat. Sauté the diced onion until softened, about 3 to 4 minutes. Remove from heat and let the onions cool. In a large mixing bowl, combine the ground beef, cooled onions, bell pepper, barbecue sauce, Worcestershire sauce, breadcrumbs, egg, parsley, salt, and pepper. Mix until just combined, being careful not to overwork the meat.

Divide the meat mixture into 10 portions. Take each portion, flatten it slightly, and place a cube of mozzarella in the center. Fold the meat around the cheese and shape into a ball, then place it in a muffin well. Repeat for the remaining portions. Spoon the prepared glaze evenly over the tops of each meatloaf muffin. Bake uncovered for 20-25 minutes, or until the internal temperature reaches 160°F. Allow the meatloaf muffins to rest for 5 minutes before serving. Garnish with additional fresh parsley, if desired, and serve hot. Enjoy!

Notes

Resting: Let the mini meatloaves rest for 5-10 minutes after baking to allow the juices to redistribute. Serving Suggestions: Serve mini meatloaves with mashed potatoes, steamed vegetables, or a fresh salad. They also make great leftovers for sandwiches!

If you have a favourite family recipe and would like it published in the May 2025 issue, please send on or before April 14th. Send to: The Shoreline Journal, Box 41, Bass River, NS B0M 1B0; Fax: 902-647-2194

or email: maurice@theshorelinejournal.com

Notes from our Federal Capital Get out and vote

Over the last week I have had the opportunity to knock on doors in many of our local communities. I have recently visited Parrsboro, Springhill, Stewiacke, Pugwash, Bible Hill, and Oxford. It has been tremendous to have many personal and interesting interactions with people who are concerned about their futures and the future of our country.

The main issues that have been brought forward are those of cost of living, health care and our relationship with United States. Most realize that our national debt has risen significantly and that the cost to service that debt is \$1 billion a week! This is more than the Canada Health Transfer. Canadians are expecting a fiscally responsible government.

Six and a half million Canadians do not have access to primary care. Over the last two years I have had the opportunity to meet with healthcare stakeholders across this country. The decision makers realize that our health care system is in crisis. To help solve this problem we have created a new vision to allow health care providers with international training and experience to get licensed in our country by having their skills assessed by seasoned Canadians. Further, during this time of crisis we need to get more

Notes from our Provincial Capital Keep an open mind

Today, Wednesday, March 26, will be our last day of the spring session and I will be glad to be back in the Constituency. I must say this has been a totally different experience. There is no question the Legislature is always a very partisan place. To be fair, the role of the opposition is to challenge the Government and to raise their profile. This term we have a different opposition. The attacks seem much more personal.

There have always been comments and accusation made that do not truly represent a particular bill as parties vie for the ear of the public or strive to get that clip on the news. I just personally believe that much of the rhetoric is over the top and designed to alarm folks all the while skirting the main purpose of the legislation.

Again to be fair, I am not referencing Bill 6 which is the responsible development of our resources. The opposition has traditionally opposed any kind of resource development so I understand their strong advocacy against. I am speaking more about bills such as Bill 1 Government organization and Administration which is basically about updating and modernization of Government. Or Bill 12 which is responding to

Notes from our Provincial Capital Recruiting Internal Travel Nurse Program

Registered nurses can now apply to participate in the province's first internal travel nurse program. The pilot program will create a Nova Scotia Health travel nurse team to be deployed to emergency departments.

The new program will hire 20 to 30 full-time registered nurses and offer internal and external candidates an opportunity to grow their skills and experience, travel and work in different areas. Expected to launch by the end of March, it is a joint effort of the Province, Nova Scotia Health and the Nova Scotia Council of Nursing Unions.

New Centre for Internationally Trained Physicians Open

Nova Scotia opened a new centre that will see internationally trained physicians get licensed faster to practise in communities across the province. The Physician Assessment Centre of Excellence and its clinic are now open with four internationally trained physicians who will be providing primary care to 2,600 patients. All patients are assigned from the Need a Family Practice Registry.

The internationally trained physicians are supervised by a team of Nova Scotia physicians who will assess them for independent

Notes from our Municipal Council - District 9 Arrival of spring welcome

The arrival of spring has brought fantastic weather, and it's wonderful to see residents enjoying the outdoors—whether taking walks, working in their yards, or watching children ride bikes, scooters, and play in local parks.

As more people are outside, I'd like to remind everyone to drive cautiously and be mindful of pedestrians, especially children at play. For those walking at night, please wear light-colored clothing or carry a flashlight to ensure visibility.

On March 1st, I had the privilege of attending the Onslow Community Center as a judge for the Onslow-Belmont 4-H Club's public speaking event. I was truly impressed by the confidence and poise these young participants displayed while speaking in front of their peers, friends, and family. Some of their topics were incredibly advanced! The competition was tough to judge, but I was so proud of each and every one of them. Participants ranged in age from 7-year-old Cloverbuds to 18-year-old seniors, and their dedication was inspiring.

This Saturday, March 23, the Debert Fire Brigade hosted its Annual Banquet at the Debert Hospitality Centre. It is always a

Canadian trained health care providers into the system faster. I have spoken to the Deans of Canada's 17 medical schools, and they too understand the pressing need for more Canadian graduates. Finally, we will work with the provinces on two more issues, repatriating Canadians who have studied abroad and a national licence for Canadian health care providers.



Dr. Stephen Ellis

I have also had the fabulous opportunity to present the King's coronation medal to many outstanding individuals in Cumberland-Colchester. This was a heartwarming ceremony recognizing those who make a significant contribution to our communities and who often go unrecognized. It was an honor to be able to share their accomplishments and commitment with their families and the community at large. I encourage you to have a look at our social media pages to see the photos of this wonderful event.

As it appears we're heading into an election I want to thank you for your support. It has been an honor to represent your ideas and concerns as your Member of Parliament and to have our con-

continued on page 6

a report from the Auditor General and her concerns relating to oversight of the funding that the Province gives Universities.

I wish to jump back to Bill 6, what I call the Responsible Resource development bill. As it is no secret that the NDP have always opposed Resource development, it is no secret that I have always championed what I refer to as Responsible Resource Development. First this bill does not mean that we are opening our doors and saying come and get it, do as you please. With respect to lifting the moratorium on Uranium. With that in place it eliminates any potential to explore for any kind of critical minerals given that almost any where you would explore in N S would contain some trace of Uranium therefore research and exploration is basically blocked. Nova Scotia is full of uranium.

There is radon gas throughout Nova Scotia. If you are concerned about the actual mining of it I suggest you research it, you will find lots of articles both pro and con. There are lots of what could

continued on page 6

licensure. The program takes about 12 weeks to complete, and individuals who become licensed will be required to sign a three-year return-of-service agreement to practise in the province.

The centre takes over from Dalhousie University's Practice Ready Assessment Program, which did similar work and since 2019, issued 39 licences. The timeline was about 18 months from the date of application to licensure. It is anticipated that once the program is fully implemented, it will issue more licences than have been issued over the last five years. The duration of the new program is 12 continuous weeks if the candidate meets all requirements.

Over time, the centre will expand to include five physician-led teams of up to three internationally trained physicians each. At full scale, the clinic will have capacity for 6,500 patients.

Administrative Efficiency, Modernize Healthcare System

The Province is repealing two acts and amending two more

continued on page 6



Dave Ritcey

pleasure to spend the evening with our local heroes and their loved ones, celebrating their dedication and service to the community.

In District 9, we are fortunate to have the Debert Fire Brigade, Onslow Belmont Fire Brigade, and Colchester Ground Search and Rescue. These organizations not only provide essential emergency services but also come together to support community events. Their countless hours of volunteering and training help keep our communities safe, and for that, we are truly grateful.

Exciting developments are also on the horizon for the Debert Business Park. Over the next few months, the park will undergo improvements, including a new signage plan aimed at enhancing wayfinding and directional signage for business-related traffic. Additionally, there will be new signage for recreational amenities such as the West Colchester United

continued on page 6



Marie Benoit

Notice to Readers and Advertisers

Upcoming Deadlines and Publishing Dates

Issue	Deadline	Published
May, 2025	April 22, 2025	April 30, 2025
June, 2025	May 20, 2025	May 28, 2025
July, 2025	June 17, 2025	June 25, 2025
August, 2025	July 22, 2025	July 30, 2025
September, 2025	August 19, 2025	August 27, 2025
October, 2025	September 23, 2025	October 1, 2025
November, 2025	October 21, 2025	October 29, 2025
December, 2025	November 18, 2025	November 26, 2025
January, 2026	December 9, 2025	December 17, 2025

For more information contact us at:
The Shoreline Journal, Box 41, Bass River, NS, B0M 1B0
Ph: 902-647-2968, Cell: 902-890-9850
Email: maurice@theshorelinejournal.com

The Shoreline Journal

The Season of Giving is here

We will not ignore you! We are here to serve you.
Unlike other print publications serving the local area,
we will continue to provide home delivery via Canada Post.
12 Months of the Shoreline Journal

Please mail this personal subscription to:

Name: _____
Street: _____
Town: _____ Prov: _____ Postal Code: _____
Phone: _____ E-mail: _____
If RENEWAL: Sub # _____ New: _____ Gift: _____
This is a gift subscription from: _____

HST: 890564404RT0001
Enclose Cheque or Money Order payable to **The Shoreline Journal**
LOCAL SUBSCRIPTIONS: B0M / B2N / B6L - \$23.00, PLUS HST = \$26.45 • OTHER PARTS OF NS: \$28.00 plus HST = \$32.20
ALL OTHER AREAS OF CANADA: \$30.00, plus HST = \$34.50
MAIL TO: The Shoreline Journal, P.O. Box 41, Bass River, NS, B0M 1B0

The Shoreline Journal