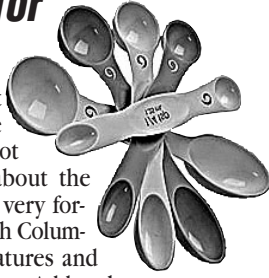


Our Kitchen Korner

We are heading for different times



July has been a much different month. Cool and wet on some days, and extremely unbearably hot on others. However, complain about the weather as most of us do, we are very fortunate. Imagine if we were in British Columbia with extremely high temperatures and humidity hovering around 50 degrees. Add to that almost 300 wild forest fires raging out of control not only destroying communities, but also creating hundreds of deaths. Get used to it, we are heading into much different times and weather.

The smog or smoke filled atmosphere moved east and was experienced in some parts of Nova Scotia. Climatologists reported on CBC radio that even as far away as Nova Scotia is from British Columbia there are dangerous chemicals in the foul air driven our way.

At least we can start getting out and enjoying life with CoVid-19 restrictions being eased or eliminated, and borders are opening for friends and relatives from across Canada to come enjoy our hospitality and relatively clean environment. Almost 18 months of being cooped up and practically isolating has taken its toll. What is yet to be determined is how will the Delta variant affect the lives of students who will be returning to class in just over a month.

We are not out of the woods with regard to the pandemic. We must continue to observe social distancing and if we are not totally sure the ones around us are vaccinated, we must always have a mask "at the ready". Respiratory professionals are telling us the Delta variant is 1000 times more transmissible than the original "alpha" strain.

If we want to stay healthy and avoid CoVid-19, if possible, the rule is simple. Wear masks in public and observe social distancing. We got used to wearing seat belts while driving, so we need to get used to these two important warnings.

As the gardens are starting to deliver the produce we so dearly love, it's time to now focus on the kitchen. This month, I'll focus on Mum's Beet Pickles, which are easy to make, and delicious when we are less likely to be outside.

Mum's Beet Pickles

Cook your beets, salting as for dinner, but don't overcook. You want a little crunch to your pickle. Skin beets, cut into chunks and put into your bottles.

One cup vinegar, sugar and Pickling Spice - 2 tbsps or large palm of hand size. Boil vinegar, sugar and spices together for a few minutes and strain, if desired. Vinegar to Sugar ratio will be 1 to 1, regardless of volumes. Use the above one cup of spiced-vinegar as one of your cups of vinegar.

Meanwhile make rest of pickling juice by mixing together equal quantities of vinegars and sugar; boil till dissolved and is syrupy. Add the one cup of spiced syrup. Return to boil.

Pour Hot Syrup over cut beets in the bottle; tighten each bottle as you fill it. A couple of tips: try to make sure both the jars and beets are quite hot when you pour the hot syrup on them.

QUANTITY SUGGESTIONS:

About 9 1/2 lbs of beets; 3 cups sugar and 3 cups vinegar (with 1 cup vinegar having been boiled with 2 Tbsp pickling spice and strained). If you wish make more liquid add 1 cup water and sprinkled in some allspice, cinnamon and cloves once the liquid came to a boil. Yield: Approximately 6 pints.

If you are still nervous about getting out of the house, please take time to look up a few favourite recipes and send along. Please reply by August 18th for the September 2021 2020 issue. Regular mail should go to:

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December, 2021 ... November 16 November 24, 2021

January 2022 December 14 December 22, 2021

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Notes from our National Capital

Nova Scotian families to benefit from early learning and child care agreement

Every child deserves the best possible start in life, and all parents should have the ability to build both a family and career. Yet, too many families across Canada lack access to affordable, inclusive, and high-quality child care. The global COVID-19 pandemic has also made it clear that without access to child care, too many parents - especially women - cannot fully participate in the workforce.

That is why, in the most recent federal budget, the Government of Canada laid out a transformative plan to build a Canada-wide, community-based system of quality and affordable early learning and child care, which aims to achieve, on average, \$10 a day child care spaces for Canadian families. Investing in early learning and child care provides jobs for workers, makes life more affordable for families, enables parents - especially mothers - to build careers, and gives every child a real and fair chance to succeed.

The Prime Minister, Justin Trudeau, and the Premier of Nova Scotia, Iain Rankin on July 13th announced an agreement that will significantly improve early learning and child care for children in the province. As part of the agreement, the Government of Canada will invest \$605 million over the next five years to help improve regulated early learning and child care for children under six years of age in Nova Scotia.

Through this agreement, the governments of Canada and Nova

Scotia will work together to improve access to quality, affordable, flexible, and inclusive early learning and child care programs and services. With the federal funding provided through the agreement, Nova Scotia will achieve an average parent fee of \$10 per day for all regulated child care spaces for children under six by the end of fiscal year 2025-26. By the end of 2022, Nova Scotians will see a 50 per cent reduction in average parent fees for children under the age of six in regulated child care. This agreement will lead to the creation of 4,000 new regulated early learning and child care spaces for children under the age of six within two years, and a total of 9,500 spaces by fiscal year 2025-26 following consultation and engagement with stakeholders and communities.

This agreement will fund critical services, and grow a strong and skilled workforce of early childhood educators, including through the creation of a wage grid and greater opportunities for professional development. It will expand not-for-profit and public delivery of early learning and child care with the goal of moving to a fully not-for-profit and publicly managed system. The system will be supported by a new provincial organization that will manage all regulated child care in the province. The agreement will also support a child care system that is fully inclusive of children



Lenore Zann

continued on page 6

Notes from our Provincial Capital

Karen says "Thank You and Good-bye"

As my time as your MLA in Colchester North is drawing to a close, I want to take this opportunity to express my appreciation for your support and your respect as we worked through issues and concerns, ideas and possibilities, and understanding of each other's positions.

This has been an extremely rewarding opportunity and privilege for me to be your voice in government since 2006. During those 15 years I have met and made friends with hundreds of constituents. It is my hope that many of those friendships will continue and as I have often said, "if politics destroys a friendship, there was never much to start with".

The responsibilities of your elected Member and the office of the elected Member must always be nonpartisan and I worked hard to respect that. It is very rewarding and gratifying to know that as the MLA I have been able to help many of you "navigate the system" and make a connection to an individual or a department that can provide support.

I have seen our province grow significantly in the last 8 years when our government was able to find a balance between revenue and expenses, to increase our population through immigration and inter-provincial migration back to Nova Scotia. More young people are finding job opportunities in our province and more businesses understand the economic stability that exists in Nova Scotia and is recognized across Canada. We are on "the march to a million" as these factors all come together to make Nova Scotia and Colchester North a good place to live. There are more people living in Nova Scotia now than ever in our history.

One of our strengths is in our care that we show for others and that is so evident in our constituency. Let me close by saying thank you for your understanding, respect, cooperation and friendship and I wish you well in the future.

Karen Casey is MLA for Colchester North and is retiring effective when new government is sworn in following the August 17th election.



Karen Casey

News from our Municipal Council - District 10 - Tom Taggart's column is not available because he is a candidate in the provincial election.

Notes from our Provincial Capital - Dave Ritcey's column is not available because he is a candidate in the provincial election.

Several Bike Racks Already Installed

By Maurice Rees

Colchester council's discussion and passing a request to staff on May 13th concerning possibility of installing bike racks on Cobequid Trail or at its trailheads has revealed racks are already installed in several locations throughout the municipality. After initial analysis staff is suggesting the only destination on the Cobequid Trail where this would be relevant is the Fundy Discovery Site.

In the submission to council on June 24th, staff identified locations which have bike racks. Currently, there are four bicycle racks at Fundy Discovery Site (installed 2019) with capacity for 8 bicycles: two are beside the Visitor Information Centre and two are beside the washroom building. A bicycle repair station is also located beside the washroom building. In January 2020 the Fundy Discovery Site was certified as Bike-Friendly through Bicycle Nova Scotia's program. Staff also encouraged other organizations and businesses to consider the Bike-Friendly certification. Two such destinations, Masstown Market and the Geopark Welcome Centre in Economy, are now both certified Bike-Friendly. The Butter Trail/Short Line Trail on the Northumberland Shore is a destination for cyclists. There are already numerous bicycle racks at Creamery Square.

Bicycle racks and bicycle repair stations were purchased in 2020 and are scheduled to be installed in 2021 at Nelson Memorial Park and, in cooperation with Tatamagouche Area Trails Associa-

tion, at the Tatamagouche Station Road trailhead. Five Islands Light-house Park has a bicycle rack (installed 2013).

A bicycle rack has been purchased and is scheduled to be installed in 2021 at Stewiacke River Park. Staff are looking at options for bike parking at the Municipal office at 1 Church St.

In 2017, bike racks were installed in 14 school and community locations. These racks were purchased with partial funding from a NS Connect2 grant and following an inventory of bike parking at community destinations. Staff identified locations with inadequate bike parking, or where existing racks were in very poor condition and in need of replacement.

Staff worked in partnership with CCRCE staff and community organizations to identify suitable locations, number of parking spaces, and rack colour. Racks were purchased and installed at Bible Hill Junior High, Brookfield Elementary, Central, Colchester Junior High, Debert Elementary, Great Village Elementary, and Hilden Elementary.

Racks were also installed at community destinations including Cobequid Interpretive Centre (now Geopark Welcome Centre) in Economy, Brookfield Fire Hall, Don Henderson Memorial Sportplex and Elks ball park (Brookfield), Lillian Fraser Memorial Hospital, West Colchester United Arena, North Shore Recreation Centre, and JK MacDonald Memorial fields.

The staff submissions stated, "For the past several years, Recreation has had a budget line for bicycle racks, cycling and walking programs, and related initiatives".

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