

Our Kitchen Korner

Where has the summer gone?

Remember, last February we had to pay for this heat. We moaned about being cold; another storm was coming our way, or it as hard work shoveling the walkway. Even though we don't have to shovel, we are still complaining.

Think about wildlife and how much they are enjoying the lush grasses and probably the tops off some of our garden vegetables or flowers. Like us they are probably not enjoying the infestation of flies and insects.

This weekend we have been suffering in another way...We just got dumped on with three months rain in less and 12 hours. Stretching from Liverpool through Queens County, on to Peggy's Cove, then up to Tantallon, next toward Bedford, and on to St Croix and Windsor, it was like a ribbon maybe 15-20 miles wide. Lightning and rain like we've never seen before. Depending on the community anywhere from 55 to upwards of 300 mm.

At one point 70,000 were without electricity. Two days later about 10,000 are in the dark. No need to elaborate, except to add Premier Houston declared a state of emergency province-wide. With the actual storm behind us, guess what we see looking directly at us.

Here we are only five weeks until students will be back in school. Is time going faster, or are we getting older and it just seems to pass us by like we are standing still. Where has the summer gone? It's a bad way to look at it, but I the next column, I'll probably be chatting about drive safe and look out for students on there way to or from school, then the next one, it will be pumpkin pie for Thanksgiving.

On a completely different note, I'll mention that occasionally I think how nice it would be to operate a coffee shop, because people are the happiest once they get their first sip, or cup of coffee. I enjoy people when they are happy. Of course, I'd be able to keep up with all the gossip, as I suspect a waitress with a keen ear would be astounded with all the juicy gossip.

However, during the last week being a waitress in a coffee shop in Colchester County it would not have been as much fun. It would be akin to watching CNN hour after hour, where it's a constant rehash of what former president Trump lied about today, or who he called out, basically the same story.

True or not, it will take a while for the blemishes from the constant bashing bruising we've taken during the last week to disappear. There can be a positive outcome. We don't need or want extreme attitudes to exist anywhere, but we can only control our own space. Maybe people will think before they speak, and be aware maybe we should join others to put a positive stamp on Colchester by ensuring there is inclusiveness and respect for others.

Now that I need to start some activity about what's happening in the kitchen, and stop thinking about the extreme heat wave for the last few weeks, or the recent historic rainfall. Here's a recipe which originated from an elderly lady in Cape Breton, but landed in mainland Nova Scotia about 20 years ago.

Since that time it's been named after her.

Toonie's White Cookies

**1 cup margarine (2 blocks) • ½ cup brown sugar
½ cup white sugar • 1 egg • 1 tsp Cream of Tartar
½ tsp Baking soda • 2 cups of flour (maybe a bit more)
1 tsp vanilla**

Mix ingredients together. Ensure all is moistened and well mixed. Drop spoonfuls onto cookie sheet. (I add a sheet of parchment paper). Bake in 350 over until brown.

If you have a favourite family recipe and would like it published in the September issue, please send on or before August 10th. Send to:

*The Shoreline Journal, Box 41, Bass River, NS B0M 1B0
Fax: 902-647-2194 or email: maurice@thesorelinejournal.com*

Notice to Readers and Advertisers

Upcoming Deadlines and Publishing Dates

Issue Deadline Published

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

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@thesorelinejournal.com

The Shoreline
Journal

Notes from our Federal Capital *The importance of Blue Seal initiative*

The Spring session of Parliament was an exceptionally important one for Cumberland-Colchester, as it relates to the Canadian healthcare system.

As your Member of Parliament and Conservative Party Shadow Minister of Health, I have moved our Blue Seal initiative into the national conversation, and I intend to speak more about it as I travel through our constituency during the summer.

Blue Seal details: As we know, nearly 24,000 people in our constituency do not have the services of a family doctor - and the situation is getting worse. During the spring session of Parliament, as Shadow Minister of Health, I moved the Conservative Party's Blue Seal initiative to the front burner. Announced in March 2023, it is an innovative program that will create a direct pathway, enabling internationally trained doctors and nurses to receive more rapid recognition of their qualifications; thus, ensur-

ing an increase in the number of Cumberland-Colchester residents that could obtain regular face-to-face primary medical care.

I can understand the heartache felt by thousands of international medical school graduates that could more easily be licensed in Canada but can't be, due to the unwarranted degree of government red tape. The Conservative Blue Seal program presents an opportunity to create a national standard of licensing that eliminates the patchwork of qualifications that exists in the provinces across Canada today.

My Private Member's Bill: We know 25 per cent of Canadians have mental health issues, and one out of three Canadians will have mental health issues during their lifetimes. These two facts

continued on page 6



Dr. Stephen Ellis

Notes from our Provincial Capital *Healthcare recruitment efforts paying off*

It's no secret we need more people working in healthcare. Recruitment and retention are the biggest challenges facing our system. It impacts how quickly Nova Scotians get the care they need. And it affects the morale of hardworking medical professionals who are burning out and need support.

Here's the good news - every day more Nova Scotians are stepping up to help.

A record 233 resident doctors began training in July. That includes 80 new family practice residents and many more training in specialty care.

What does this mean for you? More doctors.

Some will be taking over from retiring physicians. Others will open new practices. This is great news! It's the largest medical residency training class in the province's history. That's because peo-

ple want to come here and work here. They see positive changes happening and want to be a part of it (our scenery and seafood doesn't hurt though!).

One of the first things our government did was offer a job to every graduating nurse in this province. I met with nursing students and was surprised to find that even with over a thousand vacancies, nurses were struggling to get hired. Since we made this offer, more than 400 nursing graduates have joined the system.

Our government recently invested in a partnership with Cape Breton University, Acadia University and NSCC to create nearly 250 new nurse training opportunities. This is in addition to the 200 nursing seats we announced last year. I also visited the new class

continued on page 6



Tim Houston

Notes from our Provincial Capital

Thank You: First Responders

As I write this article early on Saturday Morning July 22 it is hard not to reflect on the weather-related challenges, we have faced in the past 10 months. Beginning with Fiona last September; the fires in Tantallon and Shelburne and now this morning severe flooding in St Croix and Halifax. All severe enough to be life threatening and cause very significant damage to property and infrastructure.

It is difficult to deny that our climate is changing, and we must be prepared. As residents and homeowners, we should make sure we have emergency supplies and be ever vigilant. Certainly, as a Government and a Community we need to be prepared and supportive of our local volunteer first responders.

We learned a valuable lesson during Fiona. As rural communities we could easily be cut off and it will undoubtedly take longer to receive repairs to damaged infrastructure. Again, I wish to go back

to those Volunteer First Responders, our Fire Brigades.

This is not really where I had intended to head with this article. However, as I reflect on this morning's and recent events it is impossible not to recognize the critical role they play. Their role has changed so very much over the past 20 years! They have become so much more than the just Fire Fighters!

I do not want to suggest that Fire Fighters are not important, I do want to illustrate or emphasize, how much more they do. Medical First Responders and the role they play in stabilizing, comforting and preparing patients for transport while we await EHS. Comfort centers we can turn to when we are forced from our homes or essential services are not available. For our Brigades

continued on page 6



Tom Taggart

Notes from our Provincial Capital *Province, Doctors Nova Scotia Reach New Four-Year Agreements*

Doctors Nova Scotia and the Province have successfully negotiated new, four-year physician and clinical academic funding agreements. The contracts cover doctors' compensation and benefits as well as funding for clinical and academic responsibilities. Ratification by Doctors Nova Scotia's members was announced on July 20th.

The new agreements provide a new payment model option for family physicians that will increase their compensation based on the hours worked, the services they provide and the number of patients in their practices.

Family physicians compensated through fee for service will be eligible for a grant and will receive an annual payment based on their number of patients. There is also funding in the agreement for family physicians to hire allied healthcare providers, such as

physiotherapists and dietitians, in their offices.

Other investments through the agreements will help improve access to regional specialty services and reduce the surgical wait list; support training the next generation of physicians and support physician recruitment and retention.

The Province is looking for a community-based organization to help design and deliver grief, bereavement and emotional wellness supports in northern Nova Scotia, as recommended in the Mass Casualty Commission's final report.

The successful organization will work with the government, Nova Scotia Health, other health system partners and community-

continued on page 6



Dave Ritcey

Notes from our Municipal Council - District 10

A family tour of District 10

Summer is in full swing. I hope everyone is enjoying the sunshine when it peeks out. I'll admit it is a little too warm for me. I remember learning about climate change when I was younger and boy oh boy the scientists weren't wrong. Colchester is taking many steps to help mitigate the climate crisis we are facing, you can learn more at <https://www.colchester.ca/carbon-free>

At the beginning of the month my family and I did some exploring in District 10. We left Londonderry early starting our day at the Portaupique Market, travelled along the shore to Five Islands to visit the Light House park. The Five Islands fire brigade hosted a well-attended Canada Day celebration. On the way back home, we picked up baked goods and preserves at the Bazaars in Five Islands and Economy. We ended our day with a dip in Little Dyke, an

ice cream in Masstown and a scenic drive home through Folly Mountain. Did you know that all of those communities are in District 10? A list of all the communities I represent can be found at <https://www.colchester.ca/municipal-council#10> 28 communities in total! If you would rather call me to chat about our beautiful district you can reach me at (902) 890-1493.

Colchester was pleased to offer summer camps again this year to children ages 5-12. Details can be found at <https://colchester.ca/fun-in-the-sun-day-camps> or by calling (902) 897-3181. These camps are offered all over Colchester

continued on page 7



Victoria Lomond

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: _____

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

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

.....