

Our Kitchen Korner

It's been hot and humid



Four years ago we decided, at last minute, to eliminate Kitchen Korner in order to give space to a special story about the Nova Scotia Remembers Legacy Society which was getting organized as a result of efforts by a local group of concerned citizens. The legacy as an organization is no more but many of its objectives have become reality as result of hard work and dedication by others.

Today, the community boasts a new community complex which will help the area in its grieving and healing process. Often similar projects are eagerly organized and built, then enthusiasm fades and over time becomes a financial burden. This project will not suffer the same fate. Thanks to a longterm commitment, Tim Houston's government has provided \$750,000 for ongoing operational funding for the next five years. Municipality of Colchester are trustees and will manage the funds.

We certainly are commencing to experience what climate change is bringing us. Over the last couple of years, we get about the same amount of water, but of spreading over two or three rainy days, we get a dumping in a few hours. Hence, we are seeing more erosion along coastlines, but Flash Flooding often has a tragic ending. A student in the Windsor area lost his life when swept away by flash flooding in a playground.

Last July a similar storm caused extensive damage, loss of life and major highway damage and washouts In HRM, up to the valley and in West and East Hants. These storms are not confined to Nova Scotia. Toronto received over 100mil, a month's supply, in a few hours.

Since pickling and canning time is here I am going to repeat a recipe published four years ago - "Audrey's Bean Pickle Sauce" recipe. This recipe has importance in Maurice's family, because "Audrey" is Audrey Bell. The Bells and Rees' were family friends as far back as they can remember following WWII. Audrey's daughter, Barbara, is married to Maurice's youngest brother, Glendon. Glendon is retired from the RCMP and they live in Guysborough where Barbara recently retired as a community family doctor.

Maurice's mother got the bean/cucumber recipe from "Audrey Bell" years and years ago. There are two components to the recipe. First the sauce, and then preparation of the yellow beans, or cucumbers.

Audrey's Bean Pickle Sauce
(also used for cucumber/mustard)

6 cups Sugar • 6 cups Vinegar

Use 1 of the cups of vinegar for mixing these dry ingredients

**1 cup Flour • 1/2 cup mustard (dry) • 1 tsp Salt
2 Tbsp. Celery Seed**

**2 Tbsp. Turmeric - probably only need 1 Tbsp
Boil for 5 minutes**

Beans:

1 Fruit Basket (approx. 8 Qts beans); cut to size required. Cook Salted as for dinner - till crunchy; Drain beans then pour into hot boiled syrup. Cook for a few minutes. Bottle while hot - tightening lids as you fill each bottle

Cucumbers:

Cut and salt overnight, drain well next day. Mix with hot syrup - heat to boil - simmer a few minutes, bottle as above. If desired, add chopped green & red pepper before put into the syrup.

Now that you starting to get out of the houses, please take time to look up a few favourite recipes and send along. Please reply by August 19th for the September 2020 issue., Regular mail should go to:

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January, 2025. December 9, 2024. December 17, 2024

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Notes from our Federal Capital **Blueberry industry is a vital one for our economy**

I hope everyone is safe, and aware of healthcare precautions to take during this summer of unsettling weather conditions.

Healthcare remains my No. 1 priority as your Member of Parliament, and I am pleased to report that in July, I met with the newly-elected president of the Canadian Medical Association (CMA).

Dr. Joss Reimer and I have a common bond, so our meeting got off to a great start.

During the Covid-19 pandemic, I was the Northern Region (Nova Scotia) Covid-19 team leader, and Dr. Reimer worked as medical lead and official spokesperson for Manitoba's COVID-19 Vaccine Implementation Taskforce.

It didn't take us long to get down to the business at hand.

We all know about the state of healthcare in Canada and that there is a crisis in that Canadians are having great difficulties get-

ting primary healthcare. We agreed that Canada needs more physicians than we can train.

We discussed the Conservative Party's policies specifically as they relate to the Blue Seal program. The plan proposes a national testing standard to license doctors and nurses trained abroad, or in different provinces, thus alleviating Canada's healthcare staffing shortages. Dr. Reimer supports our efforts to provide credentials to internationally educated physicians.

I also challenged the CMA to continue its messaging pertaining to difficulties that Canadian physicians will experience — as it relates to the increase in the capital gains tax, and the potential consequences it will have on reducing Canadians' access to physicians.

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Dr. Stephen Ellis

Notes from our Provincial Capital **Supporting Nova Scotia's Paramedics**

Our medical first responders provide critical care in emergencies and are an essential part of our healthcare system.

But for too long Nova Scotians have not had access to enough paramedics. Those working in the field have said that decades of burnout and feeling undervalued have discouraged more people from entering the profession.

There is good news.

We're recruiting. Thirty Australian paramedics will join our healthcare system thanks to the province's first in-person healthcare recruitment effort in that country earlier this year. We're training. We're covering the cost of tuition for more than 460 people who want to become a primary care paramedic or an emergency medical responder. This means more Nova Scotians will be able to work in their communities and save lives.

We created a new temporary licence so paramedics can start working while they wait to write their licensing exams, getting more people on the job, faster. We're also training emergency medical responders who can assess, stabilize and transport patients to hospital. They won't replace paramedics - they will work side-by-side with them to expand the number of teams available to respond to emergency calls.

This role is new to Nova Scotia but is working well in other provinces to alleviate pressures on paramedics so they can focus on time sensitive emergencies. Over the next two years, 200 people will be trained to do this important work.

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Tim Houston

Notes from our Provincial Capital **NS Loyal program begins again**

Hello, I hope everyone is enjoying their summer. Other than the heavy rains which are very concerning, I feel it has been pretty good so far.

There were many washouts throughout Colchester North, primarily in the central area. Certainly, the most critical and concerning was on Hillvale in the Valley area where residents were stranded with no way out for over 24 hours.

I would like to use another example to illustrate just how serious this issue is. Branch Road is the entrance to a subdivision, this is another area with only one way in or out. On July 11 at around 3 pm I was on this road that has 2 five foot diameter culverts side by side. I took photo's, each culvert had approx. 6 inches of water flowing through them. That night at 10:30pm I went back again and both culverts were running full and were totally submerged.

Additionally, there was enough water washing across the road that I believe not even a third culvert would have contained all the water. The next morning at 8:30am the water was down and the culverts were only half full. You will recall, sadly that a child lost his life in the same storm down in the Annapolis Valley. These are very serious situations and we need to always be aware of how fast this could happen.

When you research the smaller brooks that flood and wash out, you will find the water shed upstream collects a tremendous amount of water and when it all funnels into the one stream it causes a very serious situation. Think about the danger of a culvert that has a tremendous amount of water backed up behind it and

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Tom Taggart

Notes from our Provincial Capital **Several area projects announced**

July in Truro-Bible Hill-Millbrook-Salmon River included on several projects and initiatives. Critical infrastructure and emergency management projects in Truro and Bible Hill will help sustain the communities, support residents and create the conditions for future growth.

In Truro, a high-priority repair to the Lepper Brook dam and reservoir, including the spillway chute structure, is underway. This project will help prevent dam failure, maintain water service without interruption to 4,500 households and allow for future growth. The total cost is \$1.39 million, shared between the Town of Truro and the Province.

The Village of Bible Hill is getting a new, bigger diesel generator to replace the one currently used for emergency backup power. The new generator will service two critical locations - the H. Douglas Boyce Village Hall and the village office. This will allow the

hall to continue to be used as a comfort centre during emergencies and the office to serve as a resource to the regional emergency management office. The total cost of this project is \$249,761 and is cost-shared between the village and Province.

Work on the projects began this spring. The provincial funding is through the Municipal Capital Growth Program, a one-time \$102-million investment in projects across Nova Scotia - a historic provincial investment in municipal infrastructure.

Nova Scotia Insulin Pump Program Expands

All Nova Scotians living with Type 1 diabetes can now apply for funding to cover the cost of an insulin pump and supplies. The Province has removed the age cap on the Nova Scotia Insulin

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Dave Ritcey

Notes from our Municipal Council - District 10 **Grant applications due in October**

I hope you are all getting to spend time with family and friends, bbqing, relaxing, camping, etc and enjoy the sunny summer days when we have them! We have been blessed with a lot of rain, that just makes the sunshine even better when it's here.

If you are ever in Truro on a Tuesday checkout Tidal Tunes starting at noon at the Fundy Discovery Site. There are a variety of musically inclined individuals lined up this summer to entertain you. I wonder why the organizers haven't reached out to see if I am available to sing? Those of you who have heard me try to sing already know the answer to that.

Early reminder that Not For Profit Insurance grant applications are due in October. Colchester received many applications last year and was able to contribute funding to go towards the insurance bills of local community groups. If you would like to chat

about this opportunity, please give me a call (902) 890-1493 or email me at vlomond@colchester.ca You can get more information about all of the grants available through the county at www.colchester.ca

I have mentioned this before but it is definitely worth repeating. Colchester has a sports equipment loan program. There are many different options of what you can borrow. Maybe you have family coming and want to have extra things on hand to do or you want to try a new sport. Give the Recreation Department a call at (902) 897-3185. I can be available to deliver items for you, if needed.

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Victoria Lomond

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