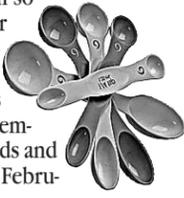


Our Kitchen Korner

It's seems to have been unusually warm so far this fall. I was amazed how much longer the leaves seemed to stay on the trees. Perhaps a contributing factor is we didn't have any torrential rains and heavy winds around Thanksgiving. As we enter into December, we must realize fall is over, and icy winds and snowstorms will await us in January and February.



Even though we continue to have the CoVid pandemic, people continue getting "cabin fever" and what to get out to enjoy a drive in the country, before weather turns to winter and causes many to stay off the roads. Normally, in mid-October just as fall foliage is getting beautiful people think about taking a day or so to get out into the county or drive through the Wentworth Valley or take a trip around the Cabot Trail, we get heavy rains and high winds removing much of the foliage.

Lucky us that didn't happen this year. So far it has been an excellent fall, but we were treated with a few days of cold weather, perhaps to remind us what lies ahead.

Quite some time ago Maitland neighbor, Gilda De Sousa sent in one of her recipes. Which was included in the December 2015 issue. Over the years, Gilda could be seen regularly taking her dogs out for a walk up the dyke and then down the highway to get back home.

Here's her recipe for Pineapple Crunch Bars. Gilda has been a resident of Maitland for almost 20 years describing herself as a deranged cook, not so much baking.

Here's part of the note, which accompanied her recipe submission: Whilst growing up in Toronto when we were young my sisters would run home to watch soap operas, hence the fighting began. I would negotiate terms with bribery on some occasions so I could watch my heroes Julia Child "The French Chef" and "The Galloping Gourmet" with Graham Kerr. (I actually had a crush on him) and the oh so interesting new way of cooking with "Wok with Chan" Thank goodness for them. When I was just a wee one, to keep an eye on me, while my mother made dinner, I was told to sit at the kitchen table and watch!

For years I have been commended on my cooking. I have always admired the true "baker". Here is a recipe I found when I was a young mother and the kids needed a sweet Christmas tradition!

Hope you like it. Maybe it may be your favourite too!

Pineapple Crunch Bars

Base: (Your basic crust)

1-1/2 cups of All purpose flour.

1/3 granulated sugar 1/2 cup of soft or melted butter

Combine all in a mixing bowl, make sure your mixture is crumbly. Press in an ungreased 9"X 13" pan. Bake in a 350° pre heated oven for 10-12 or so minutes remove from oven cool

Topping:

1 can crushed pineapple juice (drained well)

(Drink juice! You know you want to)

2 cups of coconut flakes (any size)

1 1/2 cups of granulated sugar

1/2 cup melted butter • 2 eggs • 1 tsp. of vanilla

Combine all topping ingredients together. Mix well. Spread over cooled baked crust. Bake at 350° for 30-35 minutes until set and golden on top (you may want more of a crunch by having a quick broil) I said quick keep an eye on it. Cool and cut into bars

Hope you enjoy them as much as we do.

If you have a favourite family recipe, please send along like Gilda did. This time please send by December 8th, so it can be used in the January issue, which will be published before the holidays. Please send to:

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

Notes from our National Capital

Unfortunately, Lenore's column not available this month



Lenore Zann

Notes from our Provincial Capital

Keeping warm with low incomes

The Government of Nova Scotia continues to provide programs to assist low income families in keeping their homes warm. Two programs that are of particular interest to some families are available for those who meet certain criteria.

The Heating Assistance Rebate Program (HARP) offers rebates that range from \$100 to \$200. This helps low income Nova Scotians with the cost of heating their homes. Each winter the program helps thousands of Nova Scotians manage their heating costs.

The HARP program is available to Nova Scotians who buy energy to heat their homes with oil, electricity, natural gas, wood, wood pellets, coal, or other heating source. To qualify for the rebate, the income threshold for one-person households is \$29 000 and \$44 000 for households with more than one person.

To apply you must pay for your own heat and meet ONE of the following criteria:

- Have a net income of \$29 000 or less and live alone with no kids or dependents
- Have a combined net income of \$44 000 or less and live with

kids, dependents, or other adults

- Receive Income Assistance from the Department of Community Services
- Receive the Guaranteed Income Supplement (GIS) or the Allowance from Service Canada

Make sure you have:

- a heating bill or receipt for oil, electricity, natural gas, wood, wood pellets, coal or other heating source dated between 01 January 2020 and 31 March 2021
- signatures for all adults in the application
- social insurance numbers and dates of birth of all adults in your home
- 2019 Canada Revenue Agency Notice of Assessment for you and any other adults in your home
- Proof of change in marital status
- Landlord Declaration Form if you rent and pay for your own heat
- Firewood Declaration Form if you harvest your own firewood to heat your home



Karen Casey

continued on page 6

News from our Municipal Council - District 10

Land Use regulations coming

Hello again from West Colchester.

Hoping all are well as we huddle inside our Atlantic Bubble. I am very grateful to live in our relatively safe rural communities and thankful residents recognize the importance and are responsible and respective in following health protocols thus insuring our communities remain healthy and safe.

Time is progressing and times are changing.

Our Municipality we will see change as well. One change coming down the line for Colchester will be County-wide land use regulations. The Province has advised Municipalities this is or will be required / expected. This is something, I have opposed since I was first elected.

I have always maintained we live in the country, because we do not want someone else telling us what we can and cannot do on or with the land we own. I still feel the same way, however, I recognize to grow, prosper and to revitalize our communities we must adapt. I also recognize more and more people are recognizing the value of our quality of life relating to the space, privacy, sense of community and fresh air.

I could write an article on just the opportunities and the challenges before us that can enable Colchester to grow. In fact, I believe

we are at a time where there is great potential for growth. However I will leave that for another day.

Back to county-wide land use. A decision was made by the last council to move forward with this. The Planning Advisory Committee will lead these discussions. There will be public meetings, I will ensure everyone is notified well in advance and I will be urging you to participate. I can absolutely assure you changes will impact us in some way.

For the past eight years I have chaired this committee. I have made the decision, I will not continue on this committee. I believe I can better influence these policy changes at the council table. I do not want to be in a position where I may have to temper my comments, should they put me in conflict with the recommendation of the Committee.

This is not a criticism of the committee, as I am sure, they will do great work, only that policy's recommended by this committee, to council for adoption will impact local landowners in West Colchester. Again, these changes will not necessarily be negative, may be positive, but I assure you they will impact and we need to

continued on page 6



Tom Taggart

Liberal Government Secrecy holding back Truro-Bible Hill-Millbrook-Salmon River

The current Liberal government has overlooked local issues in the communities of Truro-Bible Hill-Millbrook-Salmon River; made worse by not recalling the legislature until 2021.

It will be almost two full years where the riding will not have its voice heard through questions at province house.

"It is frustrating to watch this Liberal government ignore our community" says Dave Ritcey, MLA for Truro-Bible Hill-Millbrook-Salmon River. "First the Premier refused to call a by-election in 2019 resulting in the community being left with no representative until just before the pandemic. Now that I'm here, he won't go to work to focus on our issues."

Ritcey highlights a number of local issues that this government has ignored including the TAAC Grounds Project, the moving of RCMP command centre and new courthouse construction; all while housing and poverty challenges are going unaddressed and unsupported.

COVID-19 has also increased the need for access to healthcare, but surgeries continue to be delayed causing a backlog of people

waiting.

"There is no accountability with this government. The people of Nova Scotia deserve answers on community issues that impact their daily lives," says Ritcey. "The secrecy of the McNeil Liberals does a disservice to everyone."

Ritcey says Nova Scotians deserve answers on how the government is spending the \$228 million dollars of federal COVID-19 relief money, and without a proper sitting, the needed accountability just isn't there.

"I take great pride in working for the people in my community. They deserve an opportunity to get answers on the changes that are happening, says Ritcey. "This is not transparent governing. It is secrecy and self serving behavior."

David Ritcey is MLA Truro - Bible Hill - Millbrook - Salmon River with offices at 141 Victoria Street Truro, NS B2N 1Z3 and can be reached at 902-897-0884.



David Ritcey

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ISSUE	DEADLINE	PUBLISHED
January, 2021	December 17	December 23, 2020
February, 2021	January 19	January 27, 2021
March, 2021	February 16	February 24, 2021
April, 2021	March 23	March 31, 2021
May, 2021	April 20	April 28, 2021
June, 2021	May 18	May 26, 2021
July, 2021	June 22	June 30, 2021
August, 2021	July 20	July 28, 2021
September, 2021	August 24	September 1, 2021
October, 2021	September 21	September 29, 2021
November, 2021	October 19	October 27, 2021
December, 2021	November 16	November 24, 2021
January 2022	December 14	December 22, 2021

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