

Our Kitchen Korner

Wild Blueberry Smoothie, a real treat

It's hard to get into the Christmas spirit with all the war like activities going on around the world: Russia invading Ukraine, which has placed on the back burner now that the Israel-Hamas war has occupied everyone's attention and filled all the news channels hour after hour and day upon day.

The locally many homeowners who pre-paid for furnace fuel, only to have Maritime Fuels go bankrupt owning approximately \$57-Million and showing only about \$8-Million in assets. Oh, yes let's not forget about the rapid rising in homelessness and many sleeping on the streets or in tents. fine weather we've been having. At time of this writing less than four weeks, before that fat old guy tries to come down the chimney. On the bright side, there are many of us who have a steady job, good health, a roof over our head and family members who love us. the furnace has not had to work very much, so I'm liking the savings in heating costs.

The wetter and less sunshine this past summer is still having an effect on us. Christmas Tree farmers are complaining they would have liked more sunshine to get a better tree. Tomorrow is dumping day for lobster fishermen in Southwestern Nova. Let's hope no lives are lost and the warming Gulf of Maine did not cause lobsters to be softer shells and half full. Warming ocean temperatures doesn't give lobsters time for the shells to harden up. In the last few years, I've noticed the shells are softer and they Yarmouth lobsters are not as full as they were 20-30 years ago. I always try to get our lobsters from the Yarmouth area fisherman, who is selling from his truck in Truro. Last year it was even worse. A lot more softer shelled lobster around. Climate change is already affecting lobsters.

If that's the case, it doesn't speak well for the lobster industry as climate change becomes more noticeable. If you think of that as something on the negative side, you should think about the plight of wild blueberry producers, who are facing prices lower than expected.

When I was searching for this month's recipe, I came across one Linda Harrington gave me after attending two days at the Wild Blueberry Producers annual general meeting. Before you read on, I must give credit for use of these recipes to Prevention, June 1999 for the smoothie and the WBPANS website for Wild Blueberry Sauce.

Wild Blueberry Smoothie

- 1 1/4 c wild blueberries • 1 c. orange juice, chilled
- 2 c. fat-free yogurt • 1/4 c. fat-free or 1% milk

Combine all ingredients in a blender. Blend until smooth. Pour into two large glasses. (Prevention, June 1999)

Wild Blueberry Sauce

- 1/3 c. sugar • 1 Tbsp. cornstarch
- 1 1/2 c. wild blueberries • 1/4 c. water • 1 tsp. lemon juice

Mix sugar and cornstarch in a saucepan. Add wild blueberries and water. Cook and stir over medium heat until slightly thickened. Remove from heat and stir in lemon juice. Great with pancakes and waffles.

PLEASE NOTE Hoping you will want to use some of the older recipes uploaded to the Nova Scotia Archives. Reading and interpreting the old recipes can be challenging. For example, the ingredients are given by weight and not by cups, tablespoons, imperial or metric measure. Ingredients were also known by different names. For example, baking powder was called pearl ash and gelatin was called isinglass. Today's equivalents for several of the recipes tried by archives' staff are found in the modern methods section. What's Cooking is the latest addition in a continuing series of digital products developed and released by the archives. For more information about archives' offerings, go to <https://archives.novascotia.ca/>. If you have a favourite family recipe and would like it published in the January issue, please send on or before December 6th. Please send to:

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Issue	Deadline	Published
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April, 2024	March 19, 2024	March 27, 2024
May, 2024	April 23, 2024	May 1, 2024
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Notes from our Federal Capital **Hundreds of millions of dollars disappear**

Over the past month, as your Cumberland-Colchester Member of Parliament, I have been deeply involved in investigating three major scandals that have cost Canadians hundreds of millions of dollars, directly attributable to considerable financial mismanagement by the Liberal/NDP coalition.

As the House of Commons Health Committee (HESA) Vice-Chair, I called for and led discussion at an emergency meeting delving into a \$150M Covid-19 vaccine procurement contract that was never fulfilled – particularly about how the money disappeared into thin air.

At issue is a 2020 Liberal/NDP deal with vaccine maker Medicago, partly owned by tobacco giant Philip Morris International. For clear reasons, the World Health Organization refused to accept its vaccine for emergency use due in 2022, because it was partly owned by a tobacco company.

Following this development, the company's majority owner

Mitsubishi Chemical Group, announced it was shutting the company down in light of "significant changes" to the vaccine market three years into the pandemic.

Not only has the \$150M disappeared, but \$170M in infrastructure costs paid to set up the vaccine delivery system is gone as well!

I have called for the Health Committee to require testimony from the minister of health, the minister of industry, the Parliamentary Budget officer, the president of Health Services Canada and the president of the Treasury Board.

I will also seek answers to why this approximate \$330 million money squander is hidden two-thirds into a four-inch thick 2023 Public Accounts Report. I contend that the Liberal/NDP coalition knew they were investing in a company that was doomed to fail.

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Notes from our Provincial Capital **YourHealthNS - Healthcare in Your Hands**

Nova Scotians have many ways to access healthcare. With virtual care, pharmacies, walk-in clinics, mobile clinics, primary care clinics, urgent treatment centres and more, there are more options than ever.

That's a good thing. But navigating the system can be overwhelming. How do you know which option is the right one? How do you know what's available at various times and locations, or find out where to go?

As a government, we need to make sure Nova Scotians know what options are available and how to access them.

Now, there's an app for that.

YourHealthNS, a new mobile app, is a one-stop shop for healthcare information, resources and services.

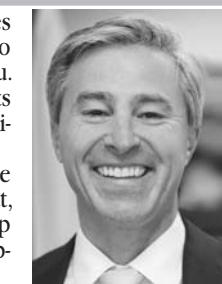
You can find it where you get your mobile apps or on your computer at: www.YourHealthNS.ca

The app is simple to use and includes many features, including a search tool to find and book health services nearest you. You can book blood tests, x-rays, flu shots and vaccine appointments or access vaccination records.

Can't find what you need? Not sure what you need? No problem. You can chat, in real time, with a care navigator to help you find information and the healthcare option that is right for you.

YourHealthNS is also your path to virtual care in Nova Scotia. And now we've made it available to everyone.

If you are on the Need a Family Practice Registry, you'll continue to have access to virtual care. This includes comprehensive



Tim Houston



Tom Taggart

Notes from our Provincial Capital **Drives available to get your flu-shot / CoVid shot.**

It is that time of year and flu season is upon us. I wish to remind folks that the high dose flu shots are available for seniors and paid for by the province this year. Should you require a drive to get your flu shot, covid shot or any medical appointment you can call 902-893-5820 or e-mail: PublicHealthTransportation@nshealth.ca. Additionally, you can pick up Covid tests at my office.

We have just finished up our fall Legislative Session. Much was reported in the media, mostly about controversial bills. One of those was the new Memorandum of Understanding with Municipalities across Nova Scotia. During my 12 years in Municipal Government this was one of the most sought-after changes that we advocated for.

I am proud to be a part of the Government that actually took the bold step to move forward and modernize the MOU and make it more inline with today's challenges. However, what I really

wanted to bring to your attention were a couple of bills that got very little media. We passed amendments to the Health Services and Insurance Act which will now allow the minister of Addictions and Mental Health to establish insured service programs to deliver mental health and addictions care as part of a publicly funded healthcare system. We also passed crucial legislation to address the opioid crisis and hold responsible those who have harmed or residents.

I wish to applaud the Municipality of Colchester for defeating a very contentious motion that would have put a Moratorium on Wind Turbines until their County Wide Land Use Bylaws were complete, scheduled for Jan 1 2025. This would have delayed or set back the development of the proposed billion-dollar wind farm in

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Notes from our Provincial Capital **Two long-term care facilities to be replaced**

Better access to healthcare and building more housing were the focus of this fall's historic session of the House of Assembly. Some key features include: First-of-its-kind app for Nova Scotia: A home screen that can be personalized with information most important to the individual; the ability to book blood tests, X-rays, flu shots and COVID-19 vaccine appointments; a search tool to find the nearest health services; predicted emergency department wait times; access to vaccination records; access to free, same-day virtual care and the option to chat with a care navigator to help find the best service or information needed and, if appropriate, direct people to a virtual care visit.

Nova Scotians who are attached to a primary care provider will also have access to virtual care, which will include general consults

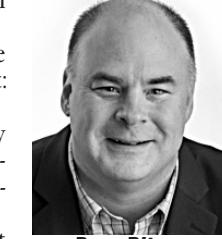
and prescription refills. The province will cover two visits per year.

Nova Scotians without a mobile device can access YourHealthNS online at: <https://www.yourhealthns.ca/>

The Province is creating consistency across healthcare professions in Nova Scotia and making it easier to respond to future changes in their fields.

The Regulated Health Professions Act will replace 21 acts currently in place for self-regulated healthcare professions. The Naturopathic Doctors Act and the Medical Professional Corporations Act will be repealed.

Nova Scotia's volunteer firefighters and volunteer members of



Dave Ritcey



Victoria Lomond

Notes from our Municipal Council - District 10 **Colchester a wonderful place to work**

Colchester County often has many job opportunities. You can find information on County employment offers at colchester.ca. I have heard from several folks that Colchester is a wonderful place to work.

In the "Plan It Colchester" exercise which we have been doing over the last several months the consultants at Upland explained to us over and over again that the constituents who engaged in the process made it abundantly clear that they want to preserve the rural nature of our fine county.

I heard this common thread in the 100s of conversations I had just in the last several weeks. I have a duty to uphold the wishes of my constituents whenever I am legally able to do so. I believe the reason I am here is to be your voice at this table. I represent all of the residents of Colchester County and what you want and do not want in their communities.

The Province tasked all municipalities to develop County Wide Planning and the implementation of Land Use By Laws. On Thursday, November 16th Colchester Council voted on the second reading of the amendment to the Wind Development By Law, which would put a pause on accepting any new applications for wind development until the county wide planning exercise was completed and the Land Use By Laws were put in place. Councillor Benoit made the motion to approve second reading and I was the seconder of the motion. We were not successful on this motion, it was defeated 7 to 4, the other two councillors in favor were MacKenzie and Sandeson.

Our obligation to get a planning strategy in place should take precedent to any and all major industrial development in our county no matter what project it may be.

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