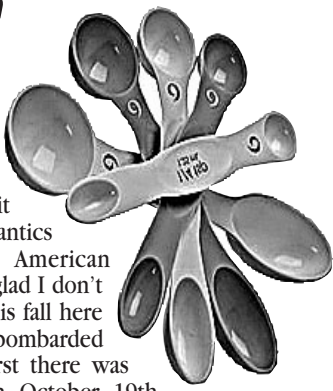


Our Kitchen Korner

Two more great recipes



The last few months it has been nothing but political antics before and since the American presidential election, I am glad I don't live south of the border. This fall here in Canada, we have been bombarded with election activities. First there was the Municipal election on October 19th, which resulted in six new councillors taking a seat around the eleven seat Colchester council table and Cathy Hinton acclaimed as mayor for Truro replacing Bill Mills, who did not re-offer after deciding nearly 30 years in municipal politics was enough.

To finish the fall and get electioneering out of our system, Premier Tim Houston called a snap election for November 26. It will be interesting to see if the difficult road for incumbent governments trickles down to Nova Scotia to any degree.

This fall, the weather has been on the warmer side, but recently the strong winds took care of the leaves which appeared to be hanging on longer than normal. In thinking back to last fall, I seem to remember part of November and December was reasonably warm. We've even had a couple of days when spitting moisture was a bit of snow rather than rain.

Now it's time to stop gabbing and think about the kitchen. I've decided to choose provide two recipes. Nothing special as we work our way towards for Christmas. Just two favourite cookie recipes, Grandma's Molasses Cookies and Brad's Snicker Doodles that are desirable any day.

Grandma's Molasses Cookies

- 1/2 cup shortening • 1/2 cup brown sugar • 1 egg
- 1/2 cup molasses • 1/4 cup warm water
- 1 tsp baking powder • 1 tsp baking soda
- 1/2 tsp salt • 1 tsp ginger
- 1/2 tsp nutmeg • 2 cups flour
- 1/2 cup raisins

Cream together Shortening and brown Sugar. Add egg. Mix together molasses and warm water. Add to mixture. Add dry ingredients. Mix well.

Drop by spoon onto greased cookie sheet. Bake at 380 oven for about 15 minutes.

Brad's Snicker Doodles

- 1 1/2 cup sugar • 1/2 cup margarine, softened
- 1 tsp vanilla • 2 eggs
- 2 3/4 cups flour • 1 tsp cream of tarter
- 1/2 tsp soda • 1/4 tsp salt
- 2 tsp sugar • 2 tsp cinnamon

Heat oven to 400. In large bowl combine first four ingredients, blend well. Stir in flour, cream of tarter, soda, salt, blend well. Shape dough into 1 inch balls. Combine 2 tsp sugar and cinnamon, roll balls in sugar-cinnamon mixture.

Place balls two inches apart on ungreased cookie sheet. Bake at 400 for 8 to 10 minutes or until set. Immediately remove from cookie sheet. Makes 48 cookies.

If you have a favourite family recipe and would like it published in the January 2025 issue, please send on or before December 9th, as the January issue will be published on December 17th, a few days prior to Christmas. Send to: The Shoreline Journal, Box 41, Bass River, NS B0M 1B0; Fax: 902-647-2194 or email: maurice@theshorelinejournal.com

Notes from our Federal Capital Christmas Open Houses - November 18 & 19

As 2024 draws to a close, I look back over the year with satisfaction, as the Conservative Party has proved to Canadians we have the platforms, forward thinking, team building, and expertise to form the next federal government.

As your Member of Parliament and Shadow Minister of Health, I have initiated several important measures that affect Cumberland-Colchester and to the benefit of all Canadians.

The Blue Seal Initiative

The file that I consider to be of utmost importance as Shadow Minister of Health is the Conservative Party's Blue Seal Initiative.

Blue Seal™ national licensing standard for healthcare professionals, beginning with doctors and nurses. This would allow them to easily move between provinces and massively

speed up recognition of the credentials of internationally trained healthcare workers.

I have met with most provincial health ministers in Canada, as well as many other important stakeholder groups to this initiative. These Blue Seal sessions have proved invaluable and will become policy cornerstones in the Conservative government's healthcare policy.

Isthmus of Chignecto

Since coming to office in 2021, the rising waters of the Isthmus of

Chignecto file has also occupied a corner of my desk in Ottawa.

The narrow strip of land between Nova Scotia and New Brunswick supports the Trans-Canada Highway and the main



Dr. Stephen Ellis

continued on page 6

Gwyn Bellefontaine Liberal Candidate Colchester-Musquodoboit Valley

(EDITOR'S NOTE: All candidates in Colchester Musquodoboit Valley were asked to complete a questionnaire unique to the constituency. This reply is from Gwyn Bellefontaine, Liberal Candidate)



Gwyn Bellefontaine

What topic is raised most frequently while campaigning "door to door"?

Concern for Healthcare seems to be at the forefront of the opinions in my district. Concerns that the wait times for an ER visit has doubled, not having a doctor available to them and actually having to go to the ER with a trauma that could have or should have been dealt with long ago before the issue became an emergency. The current leadership has not lived up to his promises of "more affordable" or "more accessible" anything.

The electorate is demanding a higher rate of accountability to their concerns. Nation-wide there is a significant increase of complaints elected officials staff do not return calls promptly. Do you promise "you personally" or "a senior member of your staff" will return a call to constituent within 24 hours?

I will make every effort to deal with the issues at hand within a respectable time.

The lack of suitable affordable housing has become a major problem. Remote rural areas face even great challenges with lack of infrastructure such as: conditions of roads, cellphone, acceptable internet and government service. What will you do to ensure infrastructure to these areas is improved to levels consistent with other areas in order to retain current populations or to attract new families to the area?

I represent this particular question as I live in a rural area. I understand the conditions of the roads, I drive on them, I would like to run or bike on these roads but the safety of doing so can be prohibitive. I have to expect that I will lose the call while driving along certain areas. The struggle for rural residents to have an e-commerce business makes it difficult to compete for business because of the lack of reception and reliability, which may be simply because they live at the bottom of a hill or a backroad. For cities to enjoy a 5G network, rural residents are still making do with 2G and 3G internet connection. I want Nova Scotians to understand that being rural should not denigrate accessibility. I hope to let rural remain rural but enjoying the basics of internet service and road infrastructure should be equal.

What is the most promising asset / resource to achieve economic growth or population growth for Colchester-Musquodoboit Valley?

Much of the assets and resources in this area are the people. The community spirit, the community involvement, the volunteers within the communities. That being said, economic growth and population growth are 2 different things. Having economic success does not mean that we have to live in a city or suburbia or have box stores. Population growth in the Colchester-Musquodoboit Valley has pushed townships close to the limits of being a town. Having a development plan that includes the community's input should be the focus to allow for population growth in a plausible fashion that allows for smart investment in housing and respecting the people, the water and soils, and the demographics of the area.

With changes in the labour supply market, there is a visible increase in service sector employees from other countries. How extensive is "racism and bigotry" a basic and systemic problem in Colchester-Musquodoboit Valley? How will you help change it?

This is not on the radar for this election nor the campaign concerns of the constituents that have I have been discussing with.

What steps should be taken and how will you assist in making Colchester-Musquodoboit Valley among the "least racist" and "most welcoming" constituency in Nova Scotia?

The Colchester-Musquodoboit Valley constituency is already on top of this list.

In which sectors in Colchester-Musquodoboit Valley should government

prioritize its efforts of leadership and funding assistance to achieve a high rate of economic and population growth?

There are regions within the Colchester-Musquodoboit Valley that could be considered a "food desert", the latest term to describe a geographic area with a lack of access to affordable, healthy food options (especially fresh fruits and vegetables) due to the absence of grocery stores within convenient traveling distance. In the Liberal Party platform that was recently released there is a focus to "Improve Grocery Competition", "Actually Support Buying Local", "Invest in Affordable Food Programs" (page 10). There are a few smaller grocery stores within this district that are struggling because of accessibility of products to sell because of restrictive contracts protecting the corporate stores. Let's focus on the smaller grocery stores that are being addressed with the Zach Churchill platform to "ban restrictive covenants that determine where grocery stores can be built. This will increase competition and improve availability of grocery stores across the province, especially in rural areas". Let's allow the independent grocer increased access to grocery products. Allow for grants and loans so they can expand to better serve their communities.

ScotiaPort projects 4,600 jobs within a 20-year development period. Proponents of the project insist a new Highway 104 / 102 interchange, costing upwards of \$50-million, is essential. Your constituency will benefit from increased employment opportunities and benefits to the neighbouring constituency will benefit rural areas as a whole. How hard will you work to ensure the new interchange is built as soon as possible? How soon might you be able to announce progress on the interchange?

The ScotiaPort project offers a lot of potential for our region. I'm not able to comment at this time about how quickly that interchange could be built, but if elected I will work with Canadian Rail Equipment Works and Services, the Department of Public Works, Millbrook, and community members to ensure we're making progress on this project.

How can you assist all three levels of government to ensure the best decisions will be made regarding expanding the "green energy" footprint and possible production of hydrogen from "wind and emptying landfills sites"?

There is opportunity in Green Hydrogen, but I believe our renewable energy resources should benefit Nova Scotians before we look to ship energy overseas. Our top priority should be getting off of coal, and reducing power rates. That's why I support ensuring that new wind energy projects are being used to lower power rates and reduce our reliance on coal.

What existing provincial government program or planned policy is least beneficial to businesses and general population in Colchester-Musquodoboit Valley? Is increased public transportation services needed?

The Liberal Party platform has touched on free public transport but the declaration that is most concerning to the constituents of Colchester-Musquodoboit Valley is that of the "Invest in Rural Community Transport". This is observing that the residents of this constituency will benefit from the transportation deficiencies beyond Halifax and surrounding areas.

Many people are of the opinion the provincial government is directing too much attention to HRM and larger urban areas. What would you do to change the pendulum to place more emphasis on rural Nova Scotia?

Our platform places emphasis on building and expanding 40 health clinics across the province so that people, especially in rural areas, can get the healthcare they need closer to home. We are also committed to investing in highways and rural roads by putting more money into the highways budget than ever before.

Normally MLAs are expected to "toe" the party line. If you are elected on November 26th do you promise to place a higher priority on "constituents wishes / needs" ahead of "party policy" except in "non-confidence" situations?

I am committed to being a strong voice for Colchester-Musquodoboit Valley and I am committed to prioritizing the local needs of the riding.

If you are elected on November 26th what actions will you immediately undertake to achieve economic growth and lifestyle enhancements for the constituency of Colchester-Musquodoboit Valley?

I would like to devote my efforts toward Rethinking Health(care), the Liberal Party's platform on increasing collaborative care and primary care clinics and also focus on health. This includes food accessibility, increased access to recreation, and preventative health measures.

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Upcoming Deadlines and Publishing Dates

Issue	Deadline	Published
January, 2025	December 9, 2024	December 17, 2024
February, 2025	January 21, 2025	January 29, 2025
March, 2025	February 18, 2025	February 26, 2025
April, 2025	March 18, 2025	March 26, 2025
May, 2025	April 22, 2025	April 30, 2025
June, 2025	May 20, 2025	May 28, 2025
July, 2025	June 17, 2025	June 25, 2025
August, 2025	July 22, 2025	July 30, 2025
September, 2025	August 19, 2025	August 27, 2025
October, 2025	September 23, 2025	October 1, 2025
November, 2025	October 21, 2025	October 29, 2025
December, 2025	November 18, 2025	November 26, 2025
January, 2026	December 9, 2025	December 17, 2025

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