

Our Kitchen Korner

Chicken Curry with Vegetables

We were awaiting Christmas at time of last writing. Now that's long past, decorations are all put away and for some the bills for Christmas spending are starting to arrive. Don't know about you, but my presents were paid before they were wrapped.



Again this year was celebrated in non-traditional way - no festive parties, or dinners; mostly alone due to CoVid lockdowns or warnings not to travel or assemble in groups not normally in you "close bubble". This is the second solitary Christmas, hope there is not a third. But in saying that, far better to be safe and in good health, rather than feel sorry for ourselves, go out and get infected.

While we are on the subject of Christmas and family events around special times, we might as well accept that CoVid is going to be around us for many years. Do not be surprised, if you are encouraged to avoid large crowds and have a mask at the ready for two or three years.

Not what any of us want to hear, but we can save ourselves a lot of anxiety and stress, if we accept those possibilities and be ready to adjust our lifestyle. Look at it this way. Prior to CoVid, if you were going to visit friends or family, and just before your visit you learned they were "sick with the flu", did you visit anyway, or did you stay home? Operate on the same premise and you will be safer, healthier and less stressed.

Normally, the week between Christmas and New Years is a time to visit relatives or friends. Just prior to Covid, Maurice took off for a couple of days to visit his sons and families in Saint John. Since 2020 he has stayed put and not seen them in the interim.

Whenever he goes to Saint John he likes to go to the Saint John City Market, the oldest one in North America. It is surprising what products from Nova Scotia are available at the market. At one of the stalls, he found a lobster chowder powder mix produced by a company from Port Williams. Then at another stall he got real interested in frozen Chicken Vegetable Curry. It would serve six people and was priced around \$25.00. He resisted the purchase, but as soon as he was home, there he was on the computer looking for a recipe.

Here is one picked out at his favourite.

Chicken Curry with Vegetables

- 2 tblspns Vegetable Oil • 2 1/2 tblspns Curry Powder
- 1 yellow onion, sliced with grain
- 2 chicken breasts, cut into cubes
- Salt and freshly ground black pepper
- 1 1/2 cups broccoli florets • 1 1/2 cups chopped carrots
- 1 tsp dried basil • 3 cloves garlic, minced • Zest of 1/2 lime
- 1 1/4 cups coconut milk • 1/4 cup chicken stock
- 14 ounce can diced tomatoes • Lime Wedges, for squeezing.

Cook 1 tablespoon vegetable oil, curry powder and onions in a large sauté pan on medium heat, constantly stirring, but let it sizzle, for 5-6 minutes. Pat chicken dry, sprinkle with salt and pepper and add the remaining oil. Cook the chicken in the onion-curry mixture until golden brown on all sides. Add the broccoli, carrots, basil, garlic and lime zest and cook, stirring until the vegetables are coated, about 2 minutes. Add the coconut milk, chicken stock and tomatoes. Bring to a simmer. Let the chicken simmer until cooked through and the sauce begins to thicken - about 20 minutes. Squeeze with lime juice before serving over rice, egg noodles, or your favourite pasta.

Should serve 4-6 people. Prep time is 10 minutes and about 35 minutes cooking for total time of 45 minutes.

If you have a favourite family recipe and would like it published in the March 2022 issue, please send on or before February 10.

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Notes from our National Capital Expecting busy session of parliament

As January wraps up - I would like to take this opportunity to reflect on critical issues in my riding of Cumberland-Colchester and Canada.

In December, I contacted various government Ministers on a range of issues that are presently affecting Cumberland-Colchester.

In response to the closure of the Debert Cadet Flying Training Centre (DCFTC), I wrote to the Minister of National Defence, Anita Anand. In my letter, I state, "I whole heartedly disagree with eliminating programs that are in place for our youth. As a government who trumpets that youth are our future - the elimination of programs for their benefit is contradictory."

I wrote a letter with my colleague, the Shadow Minister of Health, Luc Berthold, to the Minister of Health, Jean-Yves Duclos, to critique the government's response to the Omicron variant. We highlighted seven measures that are essential in the fight against Omicron and COVID-19. We, in Cumberland-Colchester, expect a better plan going forward, not just more restrictions and lockdowns.

My final letter focused on the Isthmus of Chignecto - the land that connects Nova Scotia and New Brunswick. The dikes that protect the isthmus are in dire need of repair or replacement. I reiterated to the Minister of Transport, Omar Alhabra, and the Minister

of Environment and Climate Change, Steven Guilbeault, how the feasibility study, commissioned by the federal and provincial governments, was due in February of 2021. It is nowhere to be found. I plan to continue to pressure the government to release this particularly important study. To see a video of the water at the dikes, follow my Facebook page at: <https://www.facebook.com/DrSDEllis>.



Stephen Ellis

Given the urgent need to address the ongoing pandemic and a path forward, my Conservative colleagues and I requested an emergency Health Committee meeting which included the Minister of Health. In this meeting on January 18th, I asked Minister Duclos questions about the recruitment of medical professionals in Canada, the sparse number of hospital beds in Canada, and the lack of availability of rapid tests in Canada. To watch the entirety of the meeting, you can visit:

<https://www.ourcommons.ca/Committees/en/HESA/Study>.

Please feel free to reach out to my office with any federal related questions and concerns. The House resumes sitting on Monday, January 31st and we are looking forward to a busy session.

Dr Stephen Ellis is MP for Cumberland-Colchester and can be reached at 902-895-2683, or E-mail: stephen.ellis@parl.gc.ca

Notes from our Provincial Capital A heartfelt thanks to many employees

I would like to begin by thanking the men and the women from Nova Scotia Power as well as Nova Scotia Public works. Whether we are happy with NS Power or Public Works we must appreciate those that went out in that storm and in many cases risked their lives. I recall laying in bed that Friday night with the wind gusts hitting, actually, rattling our home. I thought we would be without power for a week. It was out for 20 hours, I know, many waited much longer and I know it was tough in that bitter cold. However, when I got out and about on Sunday and saw the trees down it was easy to understand and appreciate the challenges they faced.

It was the same for the men and women driving the snow plows. The challenges they faced during the storm were complicated with the wind and the drifting, just trying to keep Hwy 2

open. Unfortunately, I am getting to the age where I can say, "I have been around a long time" but I have. I know it was not the biggest snowfall and probably not the biggest windstorm, but I do not believe I have ever seen so snow accumulation in certain places. I was out and about on Sunday going over roads from North River to Lower Five Islands. I never got to the North shore until Monday.



Tom Taggart

However, it is my view that the area from Debert to Portapique was the hardest hit. Monday morning the crews were still trying to get several places on trunk 2 wide enough for two lanes. I have photos of two machines trying to open up two lanes at the end of Five Houses Road. I have never seen that before. So you know the

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Notes from our Provincial Capital

We are at the end of the first month of 2022 and our government has been hard at work, listening to Nova Scotians' concerns and taking direct action through the announcement of support programs to help Nova Scotians. I was particularly pleased to issue a news release announcing funding for three arena facilities in Colchester.

The three facilities received a total of \$50,153 in funding of which \$11,609 was earmarked for the West Colchester Recreation Association, Debert. Curling clubs, arenas and permanent outdoor rinks that are open to the public are eligible for funding under the PC Rink Revitalization Fund. The types of projects receiving funding include purchasing a score clock, installing accessible entrance doors, upgrading refrigeration, foundation repairs and replacing rink board glass.

Winter is often a challenging time of year and the pandemic

certainly has presented its additional obstacles. We introduced the Heating Assistance Rebate Program to help low-income Nova Scotians with the cost of home heating and offer rebates ranging from \$100 to \$200 and you can apply until March 31, 2022. We've also introduced the Seniors Care Grant which helps low-income seniors with the cost of household services like snow removal, grocery delivery, lawn care and small home repairs. Grants are up to \$500 for each household and applications will be accepted until May 31, 2022.



Dave Ritcey

A lot of great progress is also being made with our province's major infrastructure including the Five Year Highway Improvement Plan, which outlines our government's approach to building, re-

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Notes from our Municipal Council - District 10

Many exciting projects in spite of CoVid-19

Over the last couple of years it has been difficult to focus on the positive things happening in our world. The uncertainty of living in a pandemic has been challenging by times, frustrating by others and a down right struggle for some. The ebb and flow of COVID-19 restrictions has shown us that flexibility is key for Nova Scotians.

No matter what we have been dealt we have been Nova Scotia Strong. Our communities band together to help each other when needed, folks reach out to one another and lend a hand when they can. It is remarkable to witness.

There have been several noteworthy items in the media recently. The province released the five year plan for investing nearly \$500 million dollars in bridges and roads. There are more than 150 major construction and improvement projects proposed for

2022/23. You can learn about the plans at https://linkprotect.cudasvc.com?url=https://3a2f2fnovascotia.ca%2ftran%2fhighways%2f5yearplan%2f5-year-Highway-Capital-Plan-2022-2023.pdf&c=E,1,j8vyZjZ7wmQA9ElaHKcmzZazlhrgBrqjpo2wTJlv_PZIMrDLvC-ktELO1zNmnrkknj4T7c8ThKq3tWzMBDTepeFKKmxASfdDw0Ec0YJ3stGs85Unf&typo=1



Victoria Lomond

You may have read about The Debert Business Park Advisory Committee and The Municipality of Colchester hosted a virtual public engagement session on January 26th, 2022 to discuss future plans of residential opportunities for a 40 acre unit of land off of Hudson Street. I believe the housing crisis in our area cannot be denied by anyone and this seems like a giant

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