

# Our Kitchen Korner

## Days are getting longer



Every day daylight lasts approximately two minutes longer. We can count our lucky starts. I can't wait for another two months to pass and the sun gets stronger. By then, it will be much more comfortable. As you can detect, I don't like winter.

Overheard an oil delivery man telling a friend, this winter the degree days have been stronger. Simply means we are putting through the furnace to keep warm. Most furnace oil companies are smacking their lips, as this year the degree days have been much more in their favour than they have been for six years.

16 years ago, in January / February there was strong North-Westerly winds for about 10 days. Many said they were never so cold. Thanks heavens we have not had much in sustained strong winds for a long period of time as I would have been very uncomfortable.

Whenever it has snowed, we get a couple of days with warming temperatures, more snow, then 24 hours of rain to take away the snow, but leaving everything covered in a sheet of ice. As a result many spend most time inside, watching curling and tennis, or simply hibernating rather than venturing out to put their brittle bones in danger.

The political antics south of the border are unbelievable. I don't agree with all that is going on in Canada, but I'm glad, I don't have to put up with the antics in USA, because I can turn the television off. Although a couple of weeks of Florida sunshine would be enjoyable this time of year.

Heard again on the television, the emergency departments in Halifax were overloaded and people were waiting for hours. Most common ailment was broken hips and other fractures due to icy sidewalks or respiratory problems.

This winter, I have had two or three cravings for Chili.

Here's a recipe, I've made before from the Five Rises Cookbook. Thought I would share with you, as it's always a family treat. If you make enough of it, it is easy to heat up and serve the next day.

### Chili Con Carne

- 1/4 cup vegetable oil
- 1 1/2 cups coarsely chopped onions
- 1 tbsp finely chopped garlic (Garlic powder will do)
- 1 lb ground beef
- 1 tsp salt
- 3 tbsp chili powder
- 3/4 tsp oregano
- 1/4 tsp pepper
- Pinch - cayenne pepper
- 5 1/2 oz can tomato paste
- 3 cups beef broth
- 2 - 19 oz cans red kidney beans

In saucepan, cook onion, and garlic in oil over medium heat. Add meat and brown. Add seasonings and tomato paste. Stir well and add beef broth. Bring to a boil, partially cover and simmer for 45 minutes, stirring occasionally. Add well drained beans and cook 215 minutes longer.

Serve with crusty bread and a salad.

Cooking time is about an hour. Serves 4.

If you have a favourite family recipe and would like it published in the March 2024 issue, please send on or before February 15th, Send to:

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### Upcoming Deadlines and Publishing Dates

Issue	Deadline	Published
March, 2024	February 20, 2024	February 28, 2024
April, 2024	March 19, 2024	March 27, 2024
May, 2024	April 23, 2024	May 1, 2024
June, 2024	May 21, 2024	May 29, 2024
July, 2024	June 18, 2024	June 26, 2024
August, 2024	July 23, 2024	July 31, 2024
September, 2024	August 20, 2024	August 28, 2024
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November, 2024	October 22, 2024	October 30, 2024
December, 2024	November 19, 2024	November 27, 2024
January, 2025	December 9, 2024	December 17, 2024

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### Notes from our Federal Capital Cost of living a major burden

Having an opportunity to speak before a group of engaged community leaders is not only an important part of being your representative - it is vital! It allows me to hear from the grassroots and what their issues, concerns and goals are for our community. So, I thank the Truro & Colchester Chamber of Commerce for an opportunity and platform to address the membership.

More than 50 Chamber members, guests, and politicians were in attendance, as we discussed challenges facing our economy, healthcare, housing, and immigration.

In financial terms, it is critical for a federal government to come to grips with its spending. Canada has a \$1.2-trillion debt at the

beginning of 2024 and, in easy-to-understand-terms, that's about \$30,645 for every Canadian. Interest costs are skyrocketing. In 2021, debt interest cost us \$23.3-billion; in 2023-24 it doubled to \$46.5-billion. This is an unsustainable direction.

Healthcare delivery, funding, staffing, and the ability to meet an ever-growing demand for services are issues we read about and see every day was discussed with Chamber of Commerce members. We also considered the housing crisis and immigration.



Dr. Stephen Ellis

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### Notes from our Provincial Capital Enhancing Cancer Care for Nova Scotians

"Cancer" is a word we hear far too often. It touches every Nova Scotian in one way or another. A cancer diagnosis is a frightening and stressful experience for patients and their families and Nova Scotians deserve to know they are getting the best possible care.

Fixing healthcare includes improving cancer care. It means keeping pace with the latest advancements in technology, equipment and training, and delivering services closer to home. That's why we are investing millions in research, innovation, screening and treatment.

What does this mean for Nova Scotians?

It means a new lung screening program that will help prevent

and detect lung cancer earlier. This will save lives. It means improving access to cancer care. We have added more resources to the province's cancer centres in Sydney and Halifax to shorten wait times and improve communication among healthcare teams and with patients.

It means access to essential treatments like CAR T-cell therapy, which is now offered through Nova Scotia Health. Previously, patients had to travel to Boston or Toronto to get it. It means providing more



Tim Houston

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### Notes from our Provincial Capital New Bridge being tendered very soon.

I hope this article finds you all well, safe and warm. Warm being the key word at this time. The Home Energy Assistance Top up fund opened for applications on Jan 15. This program is administered by the Salvation Army and is funded by the Government of Nova Scotia. The key message from me is that there is not unlimited funding in this program and once the funding is gone the program is over. Its First come first serve! This is open to all residents of Nova Scotia who have an amount owing on their heat source bill or are in need of a delivery and did not receive a rebate last calendar year (2023)

Additionally, as a single you must have an income below

\$29,000; a household with 2 to 4 persons below \$47,703 or a household of 5 or more below \$67,937. You must provide a heating source bill, proof of income and a heating Suppliers name and account number. A reminder that this program is being administered by the Salvation Army and they have advised any INCOMPLETE APPLICATION WILL NOT BE PROCESSED and they will not be following up on those applications. If you have any concerns and would like assistance, please call Andrea in my office at 902-641-2335



Tom Taggart

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### Notes from our Provincial Capital New Approach to Hiring Travel Nurses

A change to how the Province employs travel nurses will help create more stability in healthcare and long-term care in Nova Scotia.

On December 4, Premier Tim Houston announced that travel nurses working for Nova Scotia Health, IWK Health or a government-funded long-term care facility can only be hired for a maximum 180 days.

"Travel nurses have been a critical part of maintaining our healthcare system while we work to train and hire more nurses. But the associated costs are much higher and there is always the risk of them leaving, creating instability in the system," said Premier Houston. "There will always be nurses who want to travel, but the

change we are making today will encourage more to take on permanent positions where they are needed most. I'm calling on premiers across the country to consider doing the same."

Effective December 15, the change applies to all government contracts for travel nurses. They must wait one year before they can be assigned to work as a travel nurse for these institutions again. They may choose to take a permanent assignment in Nova Scotia or continue to work as a travel nurse in another



Dave Ritcey

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### Notes from our Municipal Council - District 9 Fundy Shore Winter Carnival, Feb 15-19

Hey! As we welcome a new year, I would like to offer well wishes to each of you in 2024. I am not one to enjoy the winter season yet it is upon us, and we should make the best of it! Nova Scotia really has so many beautiful locations no matter the season. I invite you to stay up to date with the upcoming Fundy Shore Winter carnival happening between February 15th - 19th with events happening between Debert and Joggins. Check out <https://www.facebook.com/FundyShoreWinterCarnival> to follow the complete list of events.

The Debert Legion had a great turn out for Trivia night with Eric Barnhill asking the tough questions and they also had a deli-

cious Chinese supper with Marcia Eastcott on January 13th, check out their Facebook page for upcoming events.

There is a new EV Charging station almost completed in Debert on Plains Rd, near the Debert Military Museum. The installation is completed for the 2-charge station just waiting for the final inspection to be done by NS Power prior to usage.

In my last column I spoke on Plan It Colchester, and this is currently where it stands after our first round of public engagement sessions. I can't



Marie Benoit

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### Notes from our Municipal Council - District 10 Teaming up with Maggie's Place

The first month of 2024 has come and gone. As I get older, I genuinely understand the phrase, "Time flies." I hope everyone had a wonderful holiday season and came into the New Year with good health and happiness.

As always things are busy in your county. Applications for Not-for-Profit Grants were due at the end of January. Grant season is a very exciting time for me, I love learning about all of the exciting things that community groups are planning to do over the year.

Many of our community centres in district 10 have teamed up with Maggie's Place (Truro) to offer a great variety of activities. You can find details at <https://colchester.ca/> there are coffee dates, play groups and tons of other opportunities to network.

Did you know there are sorting guides right at your finger tips? Check out <https://www.colchester.ca/sorting-guides> to ensure you have the most current information on how to sort your items headed to Kemptown. You can also find the garbage collection guidelines and schedule there.

As always, I look forward to hearing from you! Please contact me at (902) 890-1493 or email [vlomond@colchester.ca](mailto:vlomond@colchester.ca). Thank you district 10!

Victoria Lomond is Colchester District 10 councillor and can be reached at: [vlomond@colchester.ca](mailto:vlomond@colchester.ca) or 902-890-1493



Victoria Lomond

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