

Our Kitchen Korner

Less than a week until Christmas



Where did the time go? It seems like yesterday, we thought "there's lots of time" so no need to rush for Christmas. As you are reading this month's submission there is less than a week before Christmas, or if you got busy, trying to catch up, maybe the "big" day has come and gone.

If it has past you probably are like me, can't wait to take down the decorations for another year. At least I won't have to wait for January to bring the bills. Followed my own rule made a few years ago, "if it's for Christmas, it has been paid before I bring it home". What a nice feeling compared to 40+ years ago, when mine were wee ones and it was a struggle to get what they wanted either because it was out of stock, or money was tight.

I haven't been spending much time in the kitchen. I hate winter and it came much too fast, and with several cold windy days. Since I haven't won the lotto and can't afford to find much warmer climate, guess I'll have to hibernate until spring comes.

Our household is not much for deserts and sweets, but we do like the occasional chocolate. In most cases it is routine to go back for seconds, rather than clear a path for dessert. Over the holidays, I seems like it becomes a habit to nibble on sweets when visiting or entertaining.

On cold winter evenings, it seems fair to have the occasional craving for a warm / hot filling desert. One favourite from days gone by in the era of grandparents is Radio Pudding. The name might sound odd, and no you don't par-boil or bake an older radio.

The recipe is out of Barbour's Cook Book from probably the 50's or 60's. It's easy to make and is best served warm.

Radio Pudding

1 cup flour
½ cup white sugar
1 tsp soda
2 tps cream of tartar
¼ tsp salt
½ cup raisins (optional)
½ cup milk
½ tsp vanilla.

Sauce for pudding:

½ cup brown sugar
butter size of walnut
2 cups boiling water

Pour sauce over dough - do not stir. If your oven runs hot, either reduce time, or add few tablespoons boiling water. Want to create lots of sauce and to keep the dough / pudding moist. Bake in 350 oven for 30 minutes.

If you have a favourite family recipe and would like it published in the February 2019 issue, please send on or before January 15th, Please send to:

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

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Upcoming Deadlines and Publishing Dates

Issue	Deadline	Published
February 2023	January 17, 2023	January 25, 2023
March 2023	February 21, 2023	March 1, 2023
April 2023	March 21, 2023	March 29, 2023
May 2023	April 18, 2023	April 26, 2023
June 2023	May 23, 2023	May 31, 2023
July 2023	June 20, 2023	June 28, 2023
August 2023	July 18, 2023	July 26, 2023
September 2023	August 22, 2023	August 30, 2023
October 2023	September 19, 2023	September 27, 2023
November 2023	October 17, 2023	October 25, 2023
December 2023	November 21, 2023	November 29, 2023
January 2024	December 12, 2023	December 20, 2023
February 2024	January 23, 2023	January 31, 2023

For more information contact us at:

The Shoreline Journal, Box 41, Bass River, NS, B0M 1B0
Ph: 902-647-2968, Cell: 902-890-9850
Email: maurice@thesorelinejournal.com

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Notes from our Federal Capital

Historical moments - Miners and Halifax Explosion

The Holidays are here! December is a busy time between Christmas get togethers, community events and day to day activities in the House of Commons.

Over the past month, I had the opportunity to speak on two very important historical moments in Nova Scotia, I paid tribute to the historical sacrifices of miners in Nova Scotia, especially those from our corner of the province. Cumberland County was home to the Springhill coalfield, which was the sight of three mine disasters in 1891, 1956, and 1958. On December 7th, I commemorated the Halifax Explosion in the House of Commons, paying tribute to the nearly 1400 who lost their lives in one of the most traumatic events in our province's history. From those tragic events we learn of great struggle and suffering, and of even greater heroism.

I have been very active on the Health Committee along with my colleagues in resolving the national healthcare crisis. We have also been fortunate to consider two crucial private members bills

- Bill S-203, which will establish a national autism strategy, and Bill C-224, which will establish a national data-sharing framework to combat job-related cancer among firefighters.

Speaking of Firefighters - on December 6th I had the great pleasure of meeting a delegation of fire chiefs led by Greg Jones, the indefatigable Chief of the Amherst Fire Department, who deserves so much credit for the valuable work that he has done over the past several years.

I have also met with Mr Tokuro Furuya, the Deputy Head of Mission at the Japanese Embassy in Ottawa. We discussed the importance of closer ties between Canada and Japan, as well as lessons that Canada can gain from the Japanese medical system.

My effort to resolve the nationwide shortage of family doctors continues. As part of my work on this difficult subject, I met with a small group of doctors from India and Iraq who have been con-



Stephen Ellis



Tom Taggart

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year, tentatively for January 2023, there will be an additional Primary Care Collaborative practice in Masstown that will provide 3 additional primary care providers. There will be at least one Doctor, although , I believe we have approval for 2 if we can recruit them and another Nurse Practitioner.

As I understand it once you are a patient of any one of the physicians within the Collaborative Practice you will be able to see any one of the others. Your Medical records will be available to all the professionals within that group. I have to say I am very proud of these two accomplishments and again extremely appreciative of the support I have received from both Minister Thompson and the leadership at Northern Region Health. I will continue to work to improve or add to this practice. It is my hope that at some point in the future we will add some form of specialized seniors care as

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Notes from our Provincial Capital

I said last month that I hoped to be able to announce some positive news on local Health Care. I expect that by the time this is published Northern Region Health will have scooped me on this, as yesterday I received a copy of the flyer they are sending out. Before I start with the important details, I wish to thank the Staff at Northern Region Health as well as Minister Thompson for the work they have done in support of Colchester North. In particular the more outer reaches of Colchester North. They will also be announcing an Urgent Care Center at the Lilian Fraser Hospital in Tatamagouche.

With respect to West Colchester and the Primary Care Collaborative Practice Model, which should eventually ensure that everyone from this region currently on the need a Doctor list will have primary health care. As everyone knows we currently have 2 Nurse Practitioners providing care at the West Colchester Medical Society. The plan going forward is for NS Health to take over the Clinic, renovate the building and sign a long term lease. Early in the new

Notes from our Provincial Capital

Community Members awarded the Queen's Jubilee Medal

This has been a busy fall. We have several weeks of the Legislature being in session, which meant, I spent most of the time in Halifax. The current session has ended and now I can spend most of my time in the constituency.

On Sunday, December 11th as MLA for Truro- Bible Hill- Millbrook-Salmon River, I had the pleasure of presenting the Queen Elizabeth II Platinum Jubilee medal to 15 community members at a ceremony that was held at the H. Douglas Boyce Village Hall in Bible Hill.

The exceptional people, who made a significant contribution to their communities, were presented with a medal featuring the Queen's likeness and Canadian title, which symbolizes and recognizes their dedication and service.

During the ceremony, I said, "The individuals who were recognized today, with this medal are truly making a difference in our community. I am honoured to pay tribute with this prestigious medal acknowledging the contributions and dedication

of these deserving members of our community".

Nova Scotians nominated around 5,000 residents to receive the awards. The following people were awarded the Queen Elizabeth II's Platinum Jubilee medal at the December 12th ceremony: Lloyd Coady, Dr. Ryan Sommers, Wayne Talbot, Dr. David Gray, Miriah Kearne, Dr. Christopher Cook, Ronald Bourne, Laura Whiteland, Wayne Smith, Mia Maloney, Farida Gabbani, John Nolan, Darrell MacPhee, Raj Makkar and John C Gloade.

As always, I remain deeply appreciative of the opportunity to be your MLA. If you know of anyone who may be interested in receiving upcoming newsletters, please reach out to Jill at the Constituency Office to be added to the list of subscribers. Our office is open from Monday - Friday, 9 am - 4 pm.

We can be reached by telephone at 902-897-0884 or by e-mail at mlaritcey@bellaliant.com.



Dave Ritcey

vломond@colchester.ca I will do my best to direct you to the right place.

Just another reminder the deadline for grant applications for the Community Trail Funding Program is January 27, 2023. Grants to Non-profit Organizations applications are due on January 31, 2023. If your organization needs assistance with either of these applications please contact me at the above contact methods.

As we begin a new year I am hopeful for the future. I believe we are stronger together and with a little elbow grease and a lot of kindness we can accomplish whatever we set our minds to! Please let me know what your community needs and wants.

Victoria Lomond is Colchester Municipal Councillor for District 10 and can be reached at: (902) 890-1493, or vломond@colchester.ca



Victoria Lomond

Notes from our Municipal Council - District 10

Communities driven by Volunteers

What a wonderful time of year. Really and truly I am so proud to live in Colchester County. The amount of volunteerism I have witnessed over this past month has been incredible. I have attended Community Meals, Farmers Markets, Cookies with Santa, Santa Claus/Christmas Parades, Craft sales, Christmas Caroling, Workshops, and meetings (just to name a few) over the past month and what is most apparent is the fact that your communities are driven by very reliable and talented volunteers. Keep up the great work.

This past month I have been busy helping folks tie up loose ends from the aftermath of hurricane Fiona. Some of the struggles folks faced during this time have been very difficult and my hope is that everyone is finally getting to a point where the things they need taken care of are happening. If this is not the situation you find yourself in, please call me at (902) 890-1493 or email me at

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