

# Our Kitchen Korner

## No sooner said, than done...



Last month (May) as we were shivering with the cold weather, I mentioned it would not be long before the farmers would be cutting hay, or silage. No sooner had the ink hit the paper and on the next day as I was driving into Truro, just after crossing the Gosse Bridge in South Maitland, there were fields already mowed. Then when I turned onto HWY 236 to go through Old Barnes those ambitious farmers at then former Jim Burrow's farm and onward must have got up early because field after field had been moved. I gave my head a shake it was Tuesday after Victoria Day holiday.

The first crop of silage is in, the fields were immediately dressed with a fresh coat of manure. I can't be totally sure, but this past Friday, but in my mind I am positive, at least one field has been cut for the second time. Sometimes I wonder, which farmers has nurtured his fields and will be able to cut for the fourth time.

Quite possible. Either it grows fast, or I'm getting older and slowing down. It's all amazing since we have had a very dry spring without much rain. Maybe what rain we did get came at just the right time.

Of course when you see the fields being mowed, you realize it's time to check the grocery stores and vegetable stands. Strawberries should soon be available.

Timing was right. Later that day, I stopped into Masstown Market and there they were. Hundreds of boxes of Millen Farms fresh strawberries. I grabbed a box and certainly didn't mind the \$6.99 price. By mid-July and we get some real hot weather, there will be a surplus and prices will have dropped. That's when I will get enough to do two or three batches of jam. Hope I still have some rhubarb. I'll try a combo batch. I've been busy in June. You might call me a slacker. But as soon as I get this issue delivered to the stores, I'll stop at the Garden centre in Great Village to get transplants for tomatoes, several kinds of peppers and brussell sprouts. Finally after two years with no luck, I've been able to get a new supply of tomato cages.

Went search for a timely recipe and the second one I came across caught my eye Hazel's Zucchini Casserole from our good but deceased friend, Hazel Hill, Great Village. She had submitted it in 2016. The way things grow, especially Zucchini, this Casserole recipe should be most timely.

### Hazel's Zucchini Casserole

Ingredients:

- 2 cups hamburger • 4 cups Zucchini, sliced into 1/4 inch slices
- 1/2 cup onion • 4 eggs beaten • 1/2 cup milk
- 2 cups toasted bread crumbs • 1 tblsp margarine
- 1/2 cup shredded cheese - your choice
- Salt and pepper to taste.

Preparation: Combine eggs, margarine, milk, and seasoning. Crumble up hamburger into small pieces

Grease your favourite casserole dish. Put layer of zucchini, then a fine layer of hamburger, add a bit of onion. Repeat layering until done. Pour egg and milk mixture over the base. Sprinkle top with bread crumbs. Finish by adding cheese.

Bake in 325 oven. If using a top rack, cover or add layer of tinfoil. Remove covering for last 30 minutes. If you feel it's a bit dry, gently add 1/2 cup of water, by sprinkling around the edges.

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

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### Notes from our Federal Capital Spending is out of control

In June, it was my duty as your Member of Parliament for Cumberland-Colchester, to rise in the House and address devastating effects that the Trudeau government's fiscal policy is having on people in our constituency.

Here is the text of my speech.

Mr. Speaker,

This government's out-of-control spending leaves Canadians with the grim reality that money is tighter in their households every month. People in Cumberland-Colchester have contacted me almost daily to express their hopelessness and dismay as they watch prices and interest rates climb. This latest interest rate hike and its effect on mortgages will be disastrous. The hard work by Nova Scotians for the betterment of the country has been rewarded by eight years of ridiculous inflationary spending culminating, sadly, in the terrible budget we see before the

### Notes from our Provincial Capital Federal Carbon Tax Unacceptable

On July 1, Nova Scotians will wake up to increases in the cost of gasoline, diesel and other everyday goods.

The Government of Canada, led by Prime Minister Justin Trudeau, is imposing a carbon tax in Nova Scotia and across Atlantic Canada. This is despite our government having a better, common-sense approach to fighting climate change that doesn't punish Nova Scotians, especially those living in rural areas.

Increases in gas may be acceptable in some large cities across the country, but a 14 cent per litre increase in gas is just not fair for a family living, working and attending school outside of a major city centre - where they don't have the options of public transportation or bike lanes.

We agree with the federal government's goal - to reduce carbon emissions across the country. We need to address the climate emer-

### Notes from our Provincial Capital I make NO Apology!!!

Typically, when I make a political comment in my Shoreline Journal monthly article, I will apologize or make some declaration in recognition. Well this month, I make no apology!!! **THE FEDERAL CARBON TAX IS NOT NECESSARY AND IS EXTREMELY UNFAIR TO RESIDENTS OF RURAL NOVA SCOTIA.**

Residents of rural Nova Scotia do not have the luxury to go jump on a bus or some other form of mass transit like those in the cities can. We have to drive to work, we have to drive to get groceries or to get to a doctor or bank. Again, we do not have the luxury of a mass transit system that is subsidised by this very same Federal Government to the tune of millions and millions of dollars, tax dollars that you actually provided. There is lots of rhetoric!

The Provincial Liberal party have been backed into a corner on this and cannot stand up to their Federal Masters so they continue to say if the current government had just kept the Cap and Trade

### Notes from our Provincial Capital Pop-up satellite Office June 29th in Bible Hill

It certainly has been a busy month across the province and the constituency with a variety of exciting events and important announcements. Let's take a look at some recent developments:

The government is investing in 60 new and strengthened clinics that will connect more Nova Scotians to primary care they can count on.

This expansion includes collaborative family practice teams, primary care clinics, after-hours clinics, urgent care centres and urgent treatment centres. Here in the Northern Zone, this includes funding for 29 new positions in Collaborative Family Practice teams as well as funding for two Primary Care Clinics in Truro and New Glasgow.

**Province Invests in Training More Nurses:** The Province is increasing the number of nursing seats across the province, with

### Notes from our Municipal Council - District 10 Plan-It Meetings Completed

Gracious, things continue to be very busy here in Colchester. We have finished our last PlanIt Colchester community information session regarding our county wide planning strategy. I hope you have been able to get out and learn what the process will look like and take part in the online conversations that have taken place. If not, you can visit <https://colchester.ca/plan-it-colchester> for details or call me at (902) 890-1493. Remember this process needs your input.

I was fortunate to be able to participate in the annual Federation of Canadian Municipalities conference in Toronto this year. It is always exciting to network with like minded individuals who have the same care and concern for their residents as I do. Hot topics this year included affordable housing and the climate crisis. If you have ideas on how to help mitigate either or both of these

House now. The Liberals have now approved \$60 billion in new inflationary spending, adding more weight on Canadian families and businesses. These are people with hopes and dreams that cannot be achieved because of Liberal out-of-control spending. The madness needs to stop now.

To see this speech to the House, please visit my website at [drstephenellismp.com](http://drstephenellismp.com) (Click on News&Media)

**Diabetes on the rise:** As Vice-Chair of Parliament's Standing Committee on Health, I am deeply concerned about the rapid rise of Diabetes in Canada and, in particular, cases that are increasing in Cumberland-Colchester.

The Nova Scotia numbers are startling.



Dr. Stephen Ellis

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gency. But we couldn't be further apart on how to achieve it.

Nova Scotia is a leader in reducing greenhouse gas emissions. We have the second-highest reductions in the country. And we already pay some of the highest rates for energy.

We have a realistic plan that is better than the federal carbon tax. It includes some of the most ambitious 2030 targets in the country and policies and programs to meet them.

Part of that plan includes developing opportunities in clean, renewable energy, like solar, wind and green hydrogen to make your homes more energy efficient and save you money.

Nova Scotia's plan creates good-paying jobs, helps reduce en-

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system we would not have to face this punitive tax. That is absolutely not factual!

Under increased and more stringent Federal Requirements, the "Cap and Trade" system was not acceptable to the Feds.

Nova Scotians have been doing their part and paying more than their fair share with respect to Carbon reduction for years in the form of higher power rates. Green energy is not cheap! However, Climate Change is real. We only have to look at recent storms and fires across Nova Scotia and around to world to confirm this and we have paid dearly as a result. These renewable energy costs are not being credited or taken into account.

As I said in the beginning, on July 1 Nova Scotians will pay an additional \$0.11 (11 cents) for a total of \$0.14 (14 cents) as a car-

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many opening this fall. The province will support a new nursing program at Acadia University in partnership with Cape Breton University and add 180 more seats at Nova Scotia Community College. The program at Acadia University will graduate 42 nurses in 2026 and 63 nurses every year after.

NSCC will expand its practical nursing program intake with 30 additional seats at six campuses including Truro which begin September 2023.

The number of doctors in Nova Scotia continues to grow and more new doctors are caring for Nova Scotians. There were 168 doctors who started practicing in Nova Scotia from April 1, 2022



Dave Ritcey

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issues I would love to hear from you. You can email me at [vlomond@colchester.ca](mailto:vlomond@colchester.ca) Often the greatest plans come from collaboration. One thing I learned for sure from being in Toronto is that I am 100% a country girl!

Early in June I had the pleasure of attending the Bass River Fire Brigade Banquet. This was such an exciting afternoon. As I watched the firefighters receive their service awards of 5 years right up to 45 years I couldn't help but think about how very important their role is and how much effort they put in to keep our communities safe. Thank you to each and every volunteer firefighter!

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Victoria Lomond

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