

# Our Kitchen Korner

## Attitudes have changed, big time



Surprising how people's attitudes changed as a result of and after Co-Vid.

It seems no one is happy or content. As upset as we might be or get nothing pleases most folks. Unlike Canadians from the past, we have become short-tempered; don't trust any level of government; almost despise or are jealous of our neighbor.

Please give your head a shake and think about them calm, easy-going ways of your grandparents and earlier generations. Some believe and say, in due course, we will find the root causes of the rapid changes will be based on social media platforms especially smart phones, when most people are staring at a screen and texting instead of communicating with people face-to-face.

In reflection when looking back five or seven years, most of the talk, in smaller rural areas centered on wanting to keep our schools open. The pendulum has changed. More younger families are moving to areas, where the grass is greener, air is fresher, and building lots are not as expensive. Maybe we will have to build larger and more modern schools.

In rural areas we need to press for more equitable treatments as in urban centres. Get the community to come together working first with your local municipal councillor, get them to mobilize expertise within the municipal structure to then bring in the provincial and federal people. Out-migration could be curtailed, if jobs could be created.

If there is little local employment and churches, schools, gas stations and other community services are to continue to be closed, you can not expect young families to stay. It would be akin to asking them to live off the grid and raise their family in a cabin deep in the woods.

That's my take on how we can stop or curtail the constant downward spiral of further decline of rural communities from the eastern tip of Cape Breton to Yarmouth and all points in between.

### Now back to the kitchen.

This month I've chosen "Dutch Cheese Salad". Perhaps we can support the local economy by getting the Gouda cheese from That Dutchman's Farm in Economy.

#### Dutch Cheese Salad

8 oz gouda cheese

½ green pepper • 1 red pepper

1 sweet dill pickle • 1 cucumber • 1 apple

1 cup diced cooked ham • 2/3 cup plain yogurt

1 tblspn sour cream • 1 tblspn lemon juice

½ tsp grated horse radish root • 2 tsp chopped dill

1 tsp each of salt, pepper and sugar

Cut the cheese into strips, see and dice the peppers, chop the pickle, dice the cucumber, and chop the apple. Mix together the prepared cheese, ham, peppers, pickle and apple.

Blend together the yogurt, sour cream, lemon juice and horseradish. Add the dill and season with the salt, pepper and sugar.

Mix the salad ingredients with the sauce and leave to chill for 30 minutes. Serves 4.

#### Variation:

Use ½ cup diced cooked ham and ½ cup diced continental sausage or salami.

If you have a favourite family recipe, please send by July 15th, so I can use in the August issue. 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 Four topics mentioned consistently

The Conservative Party's agenda during the fall and spring sessions of Parliament has been resonating with Canadians across the country. The four messages we have been consistently communicating are Axe the tax, Build the home, Fix the budget and Stop the crime.

These four pillars have huge approval ratings from Canadians, as Conservatives continue to expose Trudeau government financial and political misdoings. Millions and millions of dollars have been channeled to Liberal Party friends for questionable programs, some of which don't even achieve business plan results.

#### Green Slush Fund

In the latest misappropriation of funds, a Parliamentary investigation is studying money awarded to Sustainable Development Technology Canada (SDTC), in what we refer to as the Green Slush Fund. Liberal Party friends received a total of \$123M, including

\$76M given to Liberal supporters within the SDTC. Astonishingly, the Trudeau government's hand-picked chair, Annette Verschuren, subsequently siphoned \$217,000 of those funds to her privately-owned company.

This brazen mishandling of public money follows a distinct pattern of misrepresentation in the Trudeau government.

#### Medicago

Let's recall the \$150M awarded to Medicago, a Canadian biotechnology company whose contract was to procure Covid-19 vaccines that were never fulfilled. The World Health Organization blacklisted the company because of its ties to tobacco company Phillip Morris. Medicago's parent company Mitsubishi closed the company, as a result, and



Dr. Stephen Ellis

continued on page 6

### Notes from our Provincial Capital More Ways to Access Healthcare

Nova Scotians deserve access to healthcare when and where they need it. Now there are more ways to access care than ever before.

You can get care at your local pharmacy. Through the work of our government to expand their scope of practice, our pharmacists can now diagnose, treat and prescribe for a wide range of common illnesses, like strep throat, that would have otherwise required a doctor's office or emergency department visit.

There are now 25 pharmacy clinics offering appointments for patients with common illnesses and those who take medications for chronic diseases. There are also several pharmacy walk-in clinics and ALL pharmacies can renew some prescriptions.

More than 130,000 Nova Scotians have accessed care this way and the feedback they are providing has been very positive. Often,

they can get diagnosed faster, closer to home.

You can also get care virtually, with the assurance that if you need more care, you'll be seen in person.

That's right. Virtual care is available for free to all Nova Scotians through the YourHealthNS app. Virtual care is working for many Nova Scotians, but there are times when we all need to be seen in person or to have our care monitored over time.

There is a solution for that. If you need more than virtual care, you can be referred to a primary care clinic.

These clinics provide in-person appointments for anyone on the Need a Family Practice Registry who goes through virtual care,



Tim Houston

continued on page 6

### Notes from our Provincial Capital A time to celebrate and reflect

Next weekend we will celebrate Canada Day. We are so lucky to live in such a great Country, a great Province and very special communities within that Province. Before I expound on those communities. I think we should reflect back on those Canadian Veterans that stormed the beaches of Normandy, who fought to ensure that Canada and Canadians here at home could live in peace and security. So that we could enjoy the quality of life.

We could enjoy the beautiful views out over the bay, we could relax on the beach or fish bass. Drive along the shore and smell the newly cut hay, watch the cattle grazing or pick fresh picked strawberries. I feel fortunate to live in our small rural communities and those communities are active and growing. I get invited to a lot of events and meet a lot of people. As I set here this morning and reflect on the present and our future, I feel pretty good.

In particular, it feels like we are really moving away from the challenges of the past few years. We are finally getting out and enjoying life. The isolation of COVID is behind us. The silver lining of COVID is the new families who moved to West Colchester to enjoy our quality of life. We are becoming open and interactive communities again.

One of the events I attended was an open house at the Bass River Fire Brigade. I was amazed at the folks I met right here in my home community. All the young families together enjoying the day, catching up with old friends and making new ones. Last night I attended the awards banquet at the Economy Fire Brigade. It was a wonderful time. Just one of our communities that is growing.



Tom Taggart

continued on page 6

### Notes from our Provincial Capital Early intervention gets better results

Mental Health Week, is always celebrated the first week in May. As compassionate Nova Scotians we recognize mental health requirements need to be Top of Mind, (TOMA) everyday. If we know someone, or even ourselves, who is suffering undo stress, please reach out to help.

As part of the recommendations from the Mass Murder Commission, addition support for grief, bereavement and trauma are frequently being announced. Be sure to check with your healthcare specialist.

Early intervention results in quicker betterment results. Help is available for anyone, anytime. Services and supports available to Nova Scotians include:

**Access Wellness** - provides a single session of counselling for individuals, couples or families dealing with mental health concerns, such as anxiety, job loss, grief, relationship issues and substance use. Counselling sessions can be on-line, by phone or in person in Sydney, Halifax, Kentville or New Glasgow. People do not need a diagnosis or a referral to use the service. Appointments can be booked by calling 1-833-691-2282 (toll-free).

**Peer Support Phone Service** - a toll-free, non-crisis service, available to all Nova Scotians 18 or older. It is staffed by trained peer supporters, who have personal or family-based lived experience with mental health, substance use and addictions. It is available at: 1-800-307-1686 (toll-free).

**Kids Help Phone** - a national helpline for young people between the ages of five and 20. Confidential and anonymous support is available 24 hours a day, seven days a week from trained



Dave Ritcey

continued on page 6

### Notes from our Municipal Council - District 10 Lomond re-offering in municipal election

Happy June Everyone (or should I say July?)! Either way the weather is beautiful, the trees are rich greens and the flowers are in bloom. Sometimes, it's hard for me to believe that this is where we get to live! Amazing, isn't it? I sure hope you are able to take the time to enjoy your community.

I was able to attend the Cliffs of Fundy Geopark Annual General Meeting in mid June. This group of mostly volunteer board members work very hard to keep the status of a designated UNESCO Geopark. "A Geopark is a designation that attracts tourists wishing to explore the connections between geology, local communities, culture, and nature. Geoparks are designed to promote tourism and celebrate a region's uniqueness, and do not prohibit any land use." Quote taken from https://fundygeopark.ca/ Our geopark boasts 165km of beautiful shoreline stretching from Lower Truro

all the way along the shore to Apple River. Please check out the website to find out more.

Do you know the song "Greatest Love if All" sung by Whitney Houston? It starts out with, "I believe the children are our future. Teach them well and let them lead the way." These words resonate with me deeply. This month I put a motion on the floor at Council Committee to investigate how we can engage our local youth at a municipal level, which I am pleased to say passed unanimously. I am so excited to see how we can include our younger generations, learn what is important to them and apply it in meaningful ways.



Victoria Lomond

continued on page 16

## Notice to Readers and Advertisers

### Upcoming Deadlines and Publishing Dates

Issue ..... Deadline ..... Published

August, 2024 ..... July 23, 2024 ..... July 31, 2024

September, 2024 ... August 20, 2024 ..... August 28, 2024

October, 2024 ..... September 17, 2024. ... September 25, 2024

November, 2024 ... October 22, 2024. .... October 30, 2024

December, 2024. ... November 19, 2024. ... November 27, 2024

January, 2025. .... December 9, 2024. .... December 17, 2024

#### 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@theshorelinejournal.com

The Shoreline Journal

**The Season of Giving is here**

**We will not ignore you! We are here to serve you.**  
 Unlike other print publications serving the local area,  
 we will continue to provide home delivery via Canada Post.  
**12 Months of the Shoreline Journal**

Please mail this personal subscription to:

Name: \_\_\_\_\_  
 Street: \_\_\_\_\_  
 Town: \_\_\_\_\_ Prov: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
 Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_  
 If RENEWAL: Sub # \_\_\_\_\_ New: \_\_\_\_\_ Gift: \_\_\_\_\_  
 This is a gift subscription from: \_\_\_\_\_

HST: 890564404RT0001  
 Enclose Cheque or Money Order payable to **The Shoreline Journal**  
 LOCAL SUBSCRIPTIONS: B0M / B2N / B6L = \$23.00, PLUS HST = \$26.45 • OTHER PARTS OF NS: \$28.00 plus HST = \$32.20  
 ALL OTHER AREAS OF CANADA: \$30.00, plus HST = \$34.50  
 MAIL TO: The Shoreline Journal, P.O. Box 41, Bass River, NS, B0M 1B0