

Our Kitchen Korner

I miss the Birthday Party.



Every time I drive through Economy I realize how much I miss the Birthday Party for 90+/- which we sponsored on the Saturday of Mother's Day weekend for 10 years. The event was humming quite nicely, and became a tradition, or was expected. In fact about half way through the 10 year span some of the seniors would call or send a note in early February asking if it was still on, and would they be invited.

Even in their 90's they were getting ahead of me. When it was first started, one of the amazing things, several people who had gone to school together but lost track of one another were reunited after a four decade absence.

At our first event, we enjoyed the company of and fed over 100 birthday celebrants, and one or two family members, or friends who were acting as driver, or caregiver. However, as time went on and life took its toll, the numbers dropped by over 50%.

Then we were all inflicted with CoVid-19, which brought similar events to a screeching halt. Having been forced to curtail the enjoyable event for three years, it's been hard to get restarted. Like even a good show on television, I believe with the dropping numbers, it may have run a very successful course and CoVid may have occurred at the appropriate time.

I have been trying to come up with an appropriate event but the brain just hasn't been working that great lately. Ideally, something which could become as iconic as the 90+/- birthday party, and could be held around the same time - on Saturday of Mother's Day weekend.

We'd like to start something of interest along the shore, and are open for suggestions. If anyone has thoughts of something they feel the Shoreline Journal should organize and sponsor for the benefit of many along the shore, please contact Maurice Rees, publisher at 902-647-2968 or email: maurice@theshorelinejournal.com with your idea.

Even though its been a nice spring with a warm day or two, then back to colder weather and threatening snow flurries. Actually, I am waiting for warmer weather, but that will also be the start of black fly season. If we wish to head into the kitchen its time to think of a recipe. With Mother's Day held a couple weeks ago, I've come across a special recipe, which for lack of a better name, I will call "My Mother's Favourite". It's simple to make, throw it in the oven and it's a complete meal.

"My Mother's Favourite"

(Problem with this recipe, I don't have quantities. With your years of experience knowing your family's love of food, I'm sure you will adjust accordingly. Primarily depends on how many sausage links, or how much I want to make)

- Potatoes - peel and slice as if scalloped potatoes**
- Large Onion - (maybe two) - peel and slice like potatoes**
- Italian or hot sausage - (at least a pound - more if you wish) - slice like a tooney - 1/4" maybe bit thicker**
- 28 oz Canned Tomatoes (More tomatoes if very large casserole)**
- 5 oz can tomato paste or 14 oz can tomato sauce**
- Tomato Juice - top up to cover**
- Seasoning - salt and pepper, plus your favourite.**

Put all in your casserole or baking dish, except tomato juice. Stir until all mixed up and tomatoes are crushed, if you chose whole tomatoes. Add tomato juice to cover.

Cover casserole, place in 350 oven. Cook until potatoes are softened or cooked the way you like. Under cook potatoes a bit, if you are going for leftovers or freeze.

(Make an extra large casserole to ensure enough left to put in the freezer for another easy to prepare meal).

If you have a favourite family recipe and would like it published in the July 2023 issue, please send on or before June 15th. Send to:

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

Notice to Readers and Advertisers

Upcoming Deadlines and Publishing Dates

Issue	Deadline	Published
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@theshorelinejournal.com



Notes from our Federal Capital Appointment to Leadership Team

I am pleased to report my appointment to the Conservative Party's Leadership Team as the interim Atlantic Representative and Committee Coordinator, enabling your Cumberland-Colchester Member of Parliament to bring your concerns to the highest level of the Conservative Party.

My priorities remain the same: your personal healthcare; attracting doctors and nurses to our region; regional economic development along the Fundy Shore; environment and climate change concerns, such as rising waters that threaten Colchester and Cumberland shorelines.

There are solutions to these challenging post-pandemic times, where most of us daily feel challenges of maintaining household food security/mortgage payments, rent/clothing. I am confident that my additional responsibilities in Ottawa will achieve positive changes in Cumberland-Colchester.

Notes from our Provincial Capital Improving Access to Primary Care

Nova Scotians deserve access to healthcare when and where they need it.

Whether you're attached to a primary care provider or not, access has been a challenge for too many. Over the past decade not enough was done to recruit for doctor retirements or plan for population growth.

Many Nova Scotians are attached to a family care provider but can't easily get an appointment. Others have access through virtual care, primary care clinics, mobile clinics or at their local pharmacy - but may want to be attached to a consistent provider who can follow their care.

Our government is working to improve both access and attachment so Nova Scotians get the care they need the way they want to receive it.

Recently we announced plans for more than 60 new and

Notes from our Provincial Capital "Social Determinates of Health"

Hello from Colchester North. I hope everyone has enjoyed a great Victoria Day weekend. Granted we had some rain on Sunday, but it was much needed.

I wish to begin this month by promoting a great program that I personally had forgotten about over the years, WAR AMPS!

As many of you know, I set on the Veterans Affairs Committee and last week we had a representative of the Nova Scotia Branch of War Amps in as a witness. They do awesome work! For example, the CHAMP PROGRAM, which offers comprehensive services to child amputees and their families.

Additionally, they work to support veterans, as well as, Amputee's helping Amputee's to name a few. In particular, I had forgotten about the key tag services. When considering the value of today's key fobs, it is certainly a valuable service! You can find them on the web at waramps.ca or call 1 800 267 4023.

Notes from our Provincial Capital 15 affordable housing units preserved

I am pleased to announce funding for The CTCL- Colchester Transportation Cooperative Limited, who receive \$83,577 to offset rising fuel, maintenance, and insurance costs. Low-income riders using the service will also benefit from an investment in the Fare Assistance Program, which helps reduce costs for low-income Nova Scotians looking to access their local transportation service.

"Investments in public transportation make a big difference in the lives of people who rely on the service," said Dave Ritcey, MLA for Truro-Bible Hill-Millbrook-Salmon River. "Thanks to this investment, residents will continue to have access to the necessities and amenities within our community."

Affordable Housing Units in Truro

The Province is helping the Nova Scotia Co-operative Council Ltd. preserve 15 affordable housing units through the purchase of

Notes from our Municipal Council - District 10 Public Meeting in Debert on June 7th

We have one more open house information session for folks to learn about the county wide planning that is being done as required by the province. On June 7th from 6:30pm to 8pm at the Debert Legion. It is important to learn about this process so residents know what to expect. I have attended 2 of the sessions so far and the consultants from Upland are wonderful, they are knowledgeable and friendly!

One thing I would like to encourage everyone to do, is to reach out to me and tell me what you love about where you live, what you don't love about where you live and anything you think would make your life living in Colchester better. Feel free to call me at 902-890-1493 or email vlomond@colchester.ca Please let your voice be heard. The "Fun in the Sun" day camps have been announced for this sum-

Health Committee Update

I continue to represent our constituency as Vice-Chair of Parliament's Standing Committee on Health (HESA). Meetings are held Tuesdays and Thursdays. The issues are many and all are important. For example, in April and May, the committee heard presentations regarding potential health dangers created by breast implants. HESA also received testimonials about patented medicines costs and availability.

As HESA's Vice-Chair, I also had the opportunity to question Health Minister Jean-Yves Duclos, at length, regarding influenza vaccine stockpiles. As it turns out, Canada does not have any serum stored in preparation for the next onslaught. America, on the other



Dr. Stephen Ellis

continued on page 6

strengthened clinics, including collaborative family practice teams, primary care clinics and urgent treatment centres across the province.

What does that mean for you?

As clinics open, patients who might have had to go to an emergency department or wait weeks to see a provider will get better care, faster.

Expanding options and team-based clinics will help get Nova Scotians off the Need a Family Practice Registry and boost options for same-day/next-day appointments. It will also mean more healthcare providers will get the support they need.

This is just one of many actions we're taking to improve primary care.

continued on page 6



Tim Houston

On the first of May the Province and the Federal Government announced \$18 million in Mental Health funding for Cumberland, Colchester and East Hants over 2 years in response to the Mass Casualty Commission report. Should you wish to speak with or be put in touch with any mental health services, regardless of the severity or cause you can call 1-888 429 5167 24 hours a day or you can call my office 902-641-2335 for a confidential referral.

My office has direct contacts within the N S Health system and we will have them help you navigate the system and find the service you wish. The Departments of Mental Health and Dept of Health have offered clinics in Bass River, Masstown, Wentworth and East Hants over the past 2 weeks. Admittedly they were some-

continued on page 7



Tom Taggart

three buildings in Truro. It is an honour to be part of this important announcement by sharing the statement made by Hon John Lohr, Minister.

"We're pleased to help the co-op council buy these rental properties so that the residents can continue to live in a place they know and where they can access the community supports and services they may need," said Municipal Affairs and Housing Minister John Lohr. "This is great news for the community and for those people living in these units."

Through the Community Housing Acquisition Program, the government provided the council a \$1.7-million low-interest mortgage to purchase the property.

continued on page 6



Dave Ritcey

mer. For information you can visit <https://colchester.ca/fun-in-the-sun-day-camps> or call our county office at 902-897-3155. These have been well attended and prove to be something FUN for your children again this year.

It was reported at the Council Committee meeting this month that county staff will be cataloging and finding appropriate storage of the items left at the Portapique church to honor those who lost their lives on April 18 and 19, 2020. I would like to take a moment to thank the owner of the church, Cees, very much for holding on to these important tokens over the last few years. I would also like to thank Maurice at the Shoreline for offering assistance on this file. As we

continued on page 6



Victoria Lomond

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

The Shoreline Journal