

Our Kitchen Korner

It's pot hole season



Even though we had a relatively mild winter there was enough frost in the road beds, and is now gone for another season, it has left behind pothole large enough to cause serious damage to the front end of any car, and in many cases could cause an accident. Interesting, how over the years we have progressed. Now we have craters in them roads. I remember as a teenager growing up in rural New Brunswick when the 8 foot snow banks finally melted and frost was coming out of the road it was a soupy mess of muck.

When the three mile road to Red Bridge got impassable my father would take two cedar fence posts and lean them against a barrel in front of our house. The barricade would remain in place for two or three weeks. Our 1935 Chev did not move until the barricades were removed.

And to think about it, farmers are not finished planting this year's crop. Some fields are still too wet to be worked. This time last year, at least within the next 10 days of reading this some farmers were making their first cut in the hay field and working like busy beavers storing silage, or hayage.

Normally, this time of year, I am wanting to get some fiddleheads, but I haven't even noticed them in the stores yet, but they might be there. I haven't been shopping for groceries for over two weeks. Out near Maitland, many head down to "the caves" a spot near here, and pick a few. Being from New Brunswick you could pick fiddleheads almost anywhere.

It seems almost like a tradition but with many birthdays in June, including this paper's publisher Maurice's it is to best start getting prepared. He's not much on traditional birthday cake. His annual request is Tomato Soup Cake with cream cheese frosting dotted with some shredded coconut.

Tomato Soup Cake

2 cups all-purpose flour • 1 1/3 cups granulated sugar
4 teaspoons baking powder • 1 1/2 teaspoons ground allspice • 1 teaspoon baking soda
1 teaspoon ground cinnamon • 1/2 teaspoon ground cloves
1 can (10 3/4 ounces) Campbell's Tomato Soup
1/2 cup vegetable shortening
2 eggs • 1/4 cup water

Frosting:

1 package (8 ounces) cream cheese, softened
2 tablespoons milk • 1 teaspoon vanilla extract
1 package (16 ounces) confectioners' sugar

Heat the oven to 350°F (I prefer to cook at 325 or 335) Grease a 13x9-inch baking pan.

Stir the flour, granulated sugar, baking powder, allspice, baking soda, cinnamon and cloves in a large bowl. Add the soup, shortening, eggs and water. Beat with an electric mixer on low speed just until blended. Increase the speed to high and beat for 4 minutes. Pour the batter into the pan.

Bake for 40 minutes or until a toothpick inserted in the center comes out clean. Let the cake cool in the pan on a wire rack for 20 minutes.

Beat the cream cheese, milk and vanilla extract (Maurice prefers almond extract) in a medium bowl with an electric mixer on medium speed until the mixture is creamy. Slowly beat in the confectioners' sugar until the mixture is the desired consistency. Maurice likes coconut, so I add some to the mixture and stir fold in with a large spoon. Frost the cake with the cream cheese mixture. I then sprinkle a bit on top of the frosting.

If you have a favourite family recipe, please send by June 18th, so I can use in the July issue. Send to:

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Issue Deadline Published

July, 2024 June 18, 2024 June 26, 2024

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

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The **Shoreline** Journal

Notes from our Federal Capital Five weeks in Ottawa

As we approach our warm days of early summer, I will be in Ottawa for five-weeks of House of Commons sittings, paying special attention to several important issues here in Cumberland-Colchester.

In Cumberland, I will be ramping up efforts for a federal commitment that would see dikes at the Isthmus of Chignecto raised and restored. Rising waters due to climate change make this project critical, not only for Cumberland, but for the entire region. The Isthmus sees \$100 million worth of goods pass through it every day, including food that feeds Canadians, imported vehicles, forestry products, critical supplies for manufacturing in other parts of the country, and more.

Still in Cumberland, the Amherst Armoury file is 'open and active on my desk.' I met with community leaders in May and am committed to a project that would see the landmark refitted to

Notes from our Provincial Capital Not available this month...

Notes from our Provincial Capital We are gaining ground

Early this month I went to a community meeting with updates from Northern Region Health Care. This was a public meeting held in Truro, unfortunately there was a very low turnout mostly I believe because of lack of awareness. It is hard to understand in today's world of technology and social media, but with the decline of the mainstream media it is extremely difficult to find ways to reach the general public.

This meeting provided lots of positive information and reports. The one that stood out the most was the new health care app. I am no different than many of my age group in that I am not overly comfortable or adapt at technology. However, I am sold on this and encourage everyone to take the time and download this app, and educate themselves on the use. It is quite user friendly!

Like most things over the years delivery of health care is changing! The shortage of Health Care Professionals and the challenges this presents is not unique to Nova Scotia. In fact, it is a challenge across Canada! It is my understanding that here in West Colchester we are actually bucking the trend and while in many regions in

Notes from our Provincial Capital Highlights for May

May has been a very busy month trying to catch up on constituency work after spending about six weeks in the Legislature while the house was sitting. For this month's article in the Shoreline I will pick a few highlights of recent announcements which staff have highlighted in the upcoming newsletter.

First Provincial Autism Action Plan - Nova Scotians with autism and their families will see improved services and supports with the development of a new provincial autism action plan. The action plan will: Describe and identify the current services, supports, interventions and programs for children, youth and adults on the autism spectrum and their families in Nova Scotia and identify current government strategies, action plans and initiatives that could be used to better support the current needs of Nova Scotians with autism and their families identify gaps and make recommendations for supports and services within

Notes from our Municipal Council - District 10 Do you like to swim?

This year is flying by, I feel like I blinked my eyes and May is already gone! Maybe the saying, "Time flies when you're having fun" is true after all. I truly am having fun as your municipal councillor, even in the tough times!

Budget season has come and gone, I am so pleased Colchester was able to hold the tax rates the same. You can find details about this at <https://colchester.ca/council-approves-2024-25-operating-budget-no-rate-increase> We were able to provide funding to many not-for-profit organizations for a variety of upgrades and events. Thank you to all the volunteers who keep these Community Centres running for us to enjoy.

I attended the Spring Conference hosted by the Nova Scotia Federation of Municipalities at the beginning of May. It was a great time for networking and finding out what is happening in other municipalities in Nova Scotia. There was a wonderful presentation about the importance of giving our youth a voice. I have always been passionate about recognizing the youth in our world. If you know of

meet the community's needs.

In Colchester, I have been working with organizers of the Nova Scotia Stampede, a new undertaking that will bring down-home charm of the Maritimes with the excitement of a world class professional rodeo and 4-H in a Nova Scotia agricultural showcase. It will be a September weekend filled with thrilling professional rodeo events such as saddle bronc, bareback riding, bull riding, gymkhana, and barrel racing, with live musical entertainment, delicious food, the 44th annual 4-H Nova Scotia Provincial Show, as well as an array of fun activities for all ages.

Our Historical Society

Full marks are extended to The Colchester Historical Society,

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Dr. Stephen Ellis



Tim Houston



Tom Taggart

Nova Scotia the numbers of those without an assigned doctor remains unchanged, we are reducing the number significantly here. We have made wonderful gains.

I reflect back to the summer of 2021 when I was first elected, the West Colchester Medical Clinic was beginning to rebound from the loss resulting from the retirement of Dr. Ewing and Dr. Rowe had moved on to other opportunities. We had a locum doctor as well as a nurse practitioner. Folks were skeptical when it was announced that Department of Health was taking over the day-to-day operations of the clinic. The concern was this was the first step in closing it.

Today it is obvious that that was not the case as there has just been a major renovation / modernization of the offices and a long term contract signed with the building owner. Stability!!! Then there was the opening of the clinic in Masstown and the announcement of the collaborative practice between the two clinics.

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the public, private and community sectors

New Wig Rebates for Cancer Patients

- Nova Scotians being treated for cancer and dealing with hair loss can now get help with the cost of a wig through a one-time rebate of \$300. To be eligible for the program, people must: be a resident of Nova Scotia with a valid health card; have a gross family income no greater than \$35,000 per year; be enrolled in the Drug Assistance for Cancer Patients Program and not have private insurance that covers the cost of a wig. People can apply at: <https://novascotia.ca/dhw/pharmacare/cancer-assistance.asp>

More Access, Improved Wait Times for MRIs - Four new magnetic resonance imaging (MRI) machines and a partnership with a medical

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Dave Ritcey



Victoria Lomond

any youth that would like to chat with me about my experience in municipal council or anything really, please give them my contact information; vlomond@colchester.ca or (902) 890-1493.

Do you like to swim? We are very fortunate in Colchester to have 2 lovely swimming facilities available for us to enjoy. My family uses both pools when we go swimming depending on what we want to do while we are there. I encourage you to check out Scotia Pool and The RECC whenever you get a chance.

Check out colchester.ca for upcoming Day Camps and other interesting news. Have a great month!!!

Victoria Lomond is District 10 Councillor, Municipality of Colchester. She can be reached at: (902) 890-1493 or vlomond@colchester.ca

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