

Our Kitchen Korner

The Sun is Brighter and Stronger

Even though the sun is brighter and stronger, I we still have some winter ahead of us. It could be 4-5 weeks, or spring could come early. Preference would be a bit more winter, and for May and June to be more like early summer. Lately we have been focused on the Mass Casualty Commission public hearings and the Freedom Convoy which occupied downtown Ottawa for three weeks and how the face of Canada has changed.

When the sap starts running, it won't be long until there are a number of community maple breakfasts with CoVid protocols. They are always a lot of fun, great food, good local music and lots of locally made product.

Power-Air-Fryer Ovens have become a rage in recent years. Many are very impressed with them, while others prefer traditional methods of what comes out of the kitchen.

To keep within the family food budget, we have to search long and hard to nutritious food since costs have risen rapidly within the last year. The surge in prices has at least two contributing factors: Climate change and storms affecting transportation and CoVid-19 protocols, which have reduced production output from factories creating shortages. This will be the second and third year when more families start to grow more food in gardens and raising their own meat, beef, pork and poultry. CoVid has affected many garden supplies. It is recommended if you wish to avoid disappointment, make your list and shop early. For instance is has been near impossible to purchase tomato cages, if you are into growing tomatoes in your garden.

What meat you can afford to purchase is a weekly task. If you do decide to purchase chicken, and have some home-made tomato sauce left over from last year, you might make Chicken Cacciatore. I went searching and decided to make it my choice for this month.

Chicken Cacciatore

Ingredients

- 1 broiler/fryer chicken (3-1/2 to 4 pounds), cut up
- 1/4 cup all-purpose flour • Salt and pepper to taste
- 2 tablespoons olive oil • 2 tablespoons butter
- 1 large onion, chopped • 2 celery ribs, sliced
- 1 large green pepper, cut into strips
- 1/2 pound sliced fresh mushrooms
- 1 can (28 ounces) tomatoes, cut up and juice reserved
- 1 can (8 ounces) tomato sauce • 1 can (6 ounces) tomato paste
- 1 cup dry red wine or water • 1 teaspoon dried thyme
- 1 teaspoon dried rosemary, crushed
- 1 teaspoon dried oregano • 1 teaspoon dried basil
- 3 garlic cloves, minced • 1 tablespoon sugar
- Hot cooked pasta • Grated Parmesan cheese

Directions:

Dust chicken with flour. Season with salt and pepper. In a large skillet, brown chicken on all sides in oil and butter over medium-high heat. Remove chicken to platter.

In the same skillet, cook and stir the onion, celery, pepper and mushrooms for 5 minutes. Stir in the tomatoes, tomato sauce, tomato paste, wine, herbs, garlic and sugar. Bring to a boil. Reduce heat; cover and simmer for 30 minutes.

Return chicken to skillet. Cover and simmer for 45-60 minutes or until chicken is tender. Serve over pasta and sprinkle with Parmesan cheese.

Freeze option: Cool chicken mixture. Freeze in freezer containers. To use, partially thaw in refrigerator overnight. Heat through slowly in a covered skillet until a thermometer inserted in chicken reads 165°, stirring occasionally.

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

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



Notes from our National Capital *Thankfully the Emergencies Act is over*

Since Parliamentary business has resumed in the House of Commons, much has happened in Ottawa! I am using my role as the Deputy Shadow Minister of Health and Special Advisor on COVID-19 to study multiple issues on the Health Committee. On February 16th, we started a study on Canada's health workforce. It is also highlighting the tremendous burnout experienced by frontline health professionals. This is just one of the major issues that the pandemic has amplified.

In future studies, the committee will examine children's health. Specifically, how COVID-19 has impacted children's physical and mental health. I am excited to get to work with my colleagues and to achieve great things to benefit the health of all Canadians.

There have also been changes to Shadow Minister portfolios. I will now be working with MP Michael Barrett, as our new Shadow Minister of Health. He was a key player in committee hearings during SNC-Lavalin and the WE Scandal. I look forward to working with him and benefiting from his experience as a Parliamentarian. I thank Luc Berthold for his friendship and mentorship during our time together on the health file.

The Freedom Convoy came to Ottawa with a message that it was time to end all federal mandates concerning COVID-19. I believe in the right to lawfully protest - after three weeks it was time

for the blockades to end urgently and peacefully. Sadly, it was clear the Prime Minister had no intention of engaging with the protesters, instead he chose to invoke the Emergencies Act.

My Conservative colleagues and I opposed the imposition of the Emergencies Act. The government did not meet the key thresholds outlined in the Act to justify this legislation therefore, I voted against invoking the Emergencies Act.

After this vote took place on Monday, February 21st the motion passed through the House with the help of the NDP voting in favour. The Prime Minister decided on Wednesday, February 23 the Emergencies Act was no longer necessary. We knew it was wrong and by the vast amount of emails I received from constituents, they knew it was wrong too.

Lastly, I would be remiss not to acknowledge the unprovoked attack on Ukraine. This attack is a violation of Ukraine's sovereignty and territorial integrity. It is also a violation of international law and the Charter of the United Nations. I stand with Ukraine, its people and constituents here in the Ukrainian communities. If you have any questions regarding family members, please contact our

Stephen Ellis

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Notes from our Provincial Capital *I've been cranky lately, soon to change*

Even after over 12 years of writing a monthly column for the Shoreline Journal, I am not really sure where to start with this article. A couple of days ago, I was all cranky about the events in Ottawa and how divided our Country is. Cranky about the weather. Cranky about the way the Mass Murder Inquiry was getting started. Cranky because someone I was in trying to help was in a mental Health Crisis and having difficulty finding support and Cranky even though I fully supported our provincial restrictions I was, like many others just getting tired of it. I was thinking, I have never or at least rarely written a "sort of not positive" article.

Hopefully, today February 23 is the start of better days ahead. The Prime Minister, just revoked the Emergency Measures act. We as a Province announced that we were ending vaccine passports

and further easing restrictions and gathering limits with the expectations that all restrictions be gone in 30 days. This decision was made based on science, health professionals and the fact hospitalizations were clearly trending down. It is time we begin to live with this virus. We are moving in a POSITIVE direction, I was even outside in my shirtsleeves this afternoon.

However, before I get too POSITIVE, I will comment, spring is on the way and roads will be getting muddier and bumpier, before they get better.

There is a new bridge scheduled for Bass River in the construction year of 2024-2025. That is great news and long overdue. However as a result of modern engineering standards which were

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Notes from our Provincial Capital *Graduating paramedics can work sooner*

Fixing the Healthcare Crisis in Nova Scotia was a focus of our message to voters during the election campaign. I am proud to say that we have been taking the initiative to make impactful changes to improve our healthcare system.

VirtualCareNS Pilot Program Expansion - In an innovative approach to expanding access to healthcare, VirtualCareNS gives people on the registry the option to access a primary-care provider online. It is a free program for patients delivered through Maple - one of Canada's leading virtual-care platforms - with Nova Scotia primary-care providers. Our government is investing \$1.3 million in the expansion of VirtualCareNS, which is already available in the Northern and Western health zones.

Better Wages for Continuing Care Assistants - The Province is investing approximately \$65 million in health authorities, long-term

care and home care to increase pay for continuing care assistants so they will become the highest paid in Atlantic Canada. Wages for unionized and non-unionized CCAs at all levels in the publicly funded sector will increase by approximately 23%. For most full-time CCAs, this is an annual increase of close to \$9,000 a year.

Public Safety Personnel Online Therapy Program Launches

A new program aimed at improving the mental health of Nova Scotia's first responders and other public safety personnel launched earlier this month. PSPNET, a free, confidential program is designed for paramedics, police, firefighters, correctional workers, search and rescue, 911 operators, border services officers and others in the public safety field. These

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Notes from our Municipal Council - District 9

Heart's Haven Memorial Park – an attainable goal

As we get close to the end of February, I know we are all hopeful for more of those spring-like temperatures that we were teased with during the second weekend.

I would like to start by saying thank you to the plow drivers that have been out all hours of the day and night when we have had storms piling on top of each other. With less than perfect conditions, you have done your best in keeping the roads clean so those of us who needed to be on the roads could do so safely.

I do understand frustrations when waiting for a road to be plowed, I often share a plowing schedule on my District 9 Facebook page entitled "When will my roads be plowed?"

If you have any questions or concerns regarding the Department of Public Works, whether it be plowing or soon will be grading, potholes, calcium spray, bridges etc. please call 1-844-696-7737 and re-

port your concerns and ask for a ticket number so you can reference that number if you need to call back for an update.

I wanted to mention the municipality's newest programs they have rolled out called Cozy Colchester and Solar Colchester. I reached out to one of our Energy Concierge members. They are very knowledgeable and are there to help you discuss ideas on how to manage improvements on your home to be more efficient and to eliminate barriers such as financial or knowledge. A few examples of areas this program covers are: solar panels, windows and doors, and heat pumps. To learn more feel free to email, info@cozycolchester.ca or phone (902)920-0615.

At our February 10th Council committee meeting, Council ap-

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**Also see the column by Victoria Lomond, District 10 Councillor
for Municipality of the County of Colchester on page 7**

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