

# Our Kitchen Korner

## We're not smiling now!

In January and early February, we were all smiles. No snow, no really harsh cold days and when you looked outside, it was very similar to late March. From your gaze across the yard or towards the edge of the woods, you could almost imagine it maple syrup time.

This winter we did not have prevailing strong gusts of wind when it was extremely cold. We had about a week of above average temperatures we are back into a cold snap. Will March come in like a lion or lamb?

Keeping a close eye on the weather fronts coming our way from the New England seaboard and Ontario, one could easily assume more snow is on the way, but temperatures need to moderate from what I experienced when poking my nose outside the last couple of mornings.

The weather is totally unpredictable. Took coffee break long enough to catch the weather on CNN. California, it you can believe it, is receiving up to eight feet of snow high in the mountains, and about five feet farther down. Weirdest of all was up to 10 inches for certain areas not far from Los Angeles.

Around here, I am not going to predict, or act surprised regardless what comes our way.

As long as it is warm enough for the leaves to start to come out by mid-May. However, I vaguely remember as a kid, we got about a foot of snow in New Brunswick on June 9th. The date is memorable because that was my father's birthday.

Luck is on our side for not living south of the border. Too many mass shooting. So far this year they have experienced 88 events. That is almost two per day. If we are looking south of the border, we certainly don't have many reasons to smile. School shootings, drive-by killings, Trump's extra activities even from 10-15 years ago, all coming at us in a rush. Very overwhelming. I know things change, however, if today is the standard, I'm not looking forward to the future.

Even though I don't like many things he has done or is doing, but thank goodness, Justin Trudeau's government seems to be focusing on changing life's lot with the aboriginal people. Not enough, but a start.

Now back to the kitchen. I think, even though the cost is high, it might be a good time to present this recipe for "Pulled Pork". Thought I would share it with you.

### Pulled Pork – Slow cooker

#### INGREDIENTS

**2.5 Kg Pork – bone in (Excess fat trimmed)**  
**1 tsp salt • 2 tsp Oil - canola preferred**  
**2 carrots, grated • 1 onion, finely chopped**  
**2 jalapenos, minced • 2 cloves garlic, minced**  
**2 Tbsp chili powder • 2 tsp cumin**  
**2 tsp smoked paprika • 2 ½ cups chicken broth (low sodium?)**  
**2 cups crushed tomatoes • 1 cup pineapple juice**  
**2 Tbsp worcestershire sauce • 2 Tbsp apple cider vinegar**

Pat meat dry and season with salt all over. Heat a large frying pan on medium heat, add oil. Brown pork on all sides, about three minutes per side. Then transfer to slower cooker.

Add onions, carrots, jalapenos and garlic to the pan. Cook until softened, about 3-5 minutes, stirring often. Stir in spices and cook another minute. Scrape mixture onto meat in the slow cooker.

Add chicken broth, crushed tomatoes, pineapple juice and worcestershire sauce.

Cook on low for 10 hours. Remove pork from insert to large bowl. Strain sauce into a large frying pan, reserve vegetables and add to pork. Skim off any fat from the sauce.

Boil liquid, stirring often, until reduced to syrupy consistency, about 30-35 minutes. Stir in vinegar.

Using two forks, remove bone and shred meat. Combine with sauce. Serve over rock or on buns.

Prep Time: 15 minutes; Cook time: 10 ½ hours; Serves 12

I'm looking for some great traditional family recipes. If you have a favourite family recipe perhaps an Easter Favourite and would like it published in the April 2023 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 Federal Capital *Healthcare is primary concern*

As we enter March 2023, healthcare is clearly the primary concern in Cumberland-Colchester.

In my most recent meeting with Conservative Party Leader Pierre Poilievre, I impressed upon him my commitment to addressing the crisis where thousands of our constituents are forced to spend long hours in hospital emergency waiting rooms, suffer severe doctor and nurse shortages, and endure a sense of helplessness in our once-efficient healthcare system.

Pierre agrees, and as your Official Opposition Shadow Minister of Health, I am continuing to work toward forcing Trudeau's Liberals to undertake what a Conservative government would do: restructure a broken healthcare system from the bottom up, as opposed to throwing billions of dollars toward band-aid solutions in hopes of covering a gaping wound.

**Continuing to advocate.** As the vice-chair of the House Standing Committee on Health, I will continue to advocate for the health issues affecting our constituency of Cumberland-Colchester.

What is required and expected from Canadians is leadership. Pierre listened attentively and asked appropriate questions and greenlit the ideas to move through the next steps.

Canada's healthcare system suffers an acute shortage of licensed doctors. We must understand how to ensure international medical graduates have a place to work in Canada while meeting Canadian standards.

Over the past month, I have met with people in our local areas, so many expressed deep concerns about never-ending cost-of-living

*continued on page 6*



**Stephen Ellis**

### Notes from our Provincial Capital *Tackling Long-Term Care Challenges*

For too long, too many Nova Scotians have been waiting to get into long-term care. This is incredibly stressful on those who need it and their loved ones. It also places strain across the entire healthcare system as Nova Scotians who need long-term care remain in hospital beds.

The continuing care sector has been underfunded for years and my government is focused on changing that.

We're making progress. One of the first things we did was establish the first dedicated provincial department in Canada solely focused on the needs of seniors as they move through the later stages of their lives.

Demand for nursing homes is expected to grow, so we're adding 1,200 new long-term care spaces to the system and renovating 2,300 more spaces by 2027.

Our healthcare workers are the heart of the system. This time last year, 500 long-term care beds were closed because of staffing pressures. We worked closely with our partners in the sector to get them the support they needed to open those beds.

Through temporary efforts like travel staff and other strategic investments, we've opened every bed that was closed due to staffing. That's right — at the time of writing that this article was submitted, no beds were closed for this reason.

Travel staff are a necessary, but temporary, way to provide care. While we work to recruit, we need to make sure there is enough staff in place to keep beds open, protect patient safety and support our nurses in the system.

*continued on page 6*



**Tim Houston**

### Notes from our Provincial Capital *Personal Information not to be included*

Hello everyone, I would like to begin by addressing this rumor going around that our Government will be providing the Prime Minister with personal health information in return for health care funding. That is absolutely not true.

The information which will be forwarded is basically health statistics with no personal information attached. It will be information such as how many men between 60 and 80 years developed prostate cancer? Is there a higher instance of cancer in a given region? This data will be used to make informed health decisions in the future..

Last month in my comments with respect to the Coastal Protection act I indicated they would be implemented in 2023. I do not believe I was accurate on that. This will impact our residents and we want to get it right. I wrote on that subject to give folks lots of time to bring concerns or comments forward. I received 2

calls!

Last month I indicated I would speak to some of the challenges faced and initiatives undertaken to improve Health Care in our Province. As usual, I need to caution everyone the thoughts and opinions are mine and mine alone. However any initiatives I include will simply be a list of those previously announced.

It is fair to say in the beginning that these challenges are not unique to Nova Scotia but are faced all across Canada.

It is my opinion our biggest challenge is human resources, Doctors and Nurses. Given that every Province has this same problem, we are just poaching help from other jurisdictions and they from us. So what is the answer? We announced a new Medical School

*continued on page 7*



**Tom Taggart**

### Notes from our Provincial Capital *Two important primary care projects in Colchester*

It gives me great pleasure to be involved in and able to help promote two unique projects for Colchester County. First is the inclusion of The Medicine Shoppe, Prince Street, Truro as one of twelve sites for a pilot program for primary health care.

The second is a new marketing campaign showcasing Truro and surrounding area to doctors looking for a new place to practice will be launched soon. The local campaign will be delivered by the Truro and Colchester Partnership for Economic Prosperity.

The Medicine Shoppe at 664 Prince St., Truro joins a select group of 12 participating pharmacies to increase access to primary care and support the broader healthcare system. The project is expected to be expanded in the spring.

"My community needs this. I am so proud to be part of the solution for better healthcare," says Tera Paley-Walser, Pharmacist and

Owner of the Medicine Shoppe.

Pharmacists at these locations will have a greatly expanded scope, allowing them to set aside time where they can help patients with common illnesses, and chronic diseases. They can also diagnose and treat strep throat, a service previously unavailable through pharmacies.

Independent of a doctor, these pharmacists will now be authorized to prescribe medications for diabetes, cardiovascular disease, asthma and chronic obstructive pulmonary disease (COPD).

Residents can book appointments in person at one of the participating pharmacies over the phone, or online at: <https://pans.ns.ca/cppcc>

*continued on page 6*



**Dave Ritcey**

### Notes from our Municipal Council - District 10

#### *Washrooms open during Winter*

Can it already be the end of February?

We have fared quite well in the snow department, depending on how you look at it. Are you a winter sports lover? Or do you prefer the beach? Whichever season is your favorite you will still be able to access The Fundy Discovery Site (weather permitting). The road is maintained year-round and recently Colchester Municipal Council has agreed that the family washroom will be open during the winter months. This is exciting news, especially since Shubanacadi Sam saw his shadow early in the month- 6 more weeks of winter. If for any reason, they remain locked the information will be posted on the Fundy Discovery Site Facebook page.

It has been a busy month around Colchester County. Our Public Works team worked hard to find a waterline leak in Tatamagouche.

We are so fortunate to have such dedicated, knowledgeable and hardworking county staff to keep our county running smoothly. Thank you, Tatamagouche residents, for being patient during this issue.

You may have heard that the second reading of the amended Wind Turbine by-law was accepted on Valentine's Day. Our council heard feedback, comments and concerns from a number of individuals regarding the proposed changes. You can find the Wind Turbine by-law at <https://colchester.ca/wind-turbine>. This was a steep learning curve for myself and many other folks I know. Our county staff were extremely helpful answering all of our questions.

*continued on page 6*



**Victoria Lomond**

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