

# Our Kitchen Korner

## Weather Patterns Changing



Overall, we have not suffered a severe winter. Last fall, many were fearful we would have an "Old fashioned" winter with lots of snow; being snowbound; schools closed and several days without electricity. Fortunately, we have not had those experiences in Colchester and Cumberland.

It is noticeable how the weather patterns have changed. Since White Juan, a period of twenty years, when a storm, particularly a "Nor'easter" made landfall anywhere along the South Shore from Liverpool to Bridgewater, it continued as in a straight line through Halifax to just east of Amherst / Pugwash over to PEI and then toward Newfoundland. Time and time again, the intensity of a storm would be on the Eastern side of that imaginary line.

Late last summer, weather pattern changes were noticeably. In late July, the heaviest rain falls and subsequent damage followed a line for Peggy's Cove to Windsor. Anything to the right of that line (Bedford, Lr Sackville, Mount Uniacke, and Windsor) were in for big trouble.

Even in South Maitland at then junction of Hwy 236 & 215 there was a major washout - probably 30'x30'x 30' which has withstood the test of time for 100 years. No sooner did NSTIR complete the remediation - three weeks later - on Friday than another heavy rainstorm washed the road out again - within 12 hours.

This time NSTIR took repairs much more seriously and within two weeks, performed extensive repairs that I am will hold up. If there is a storm large enough to erase this intersection from being passable, just as a warning don't go looking for Truro or downtown Halifax, because they will no longer exist.

Now the winter pattern shifted toward the east. Anything to the East of Pictou toward Guysborough will now be the focus of storm intensity. Will this pattern last for 20 years as it did from White Juan?

After White Juan there was a snow drift nine feet high clear across Hwy 215 in Maitland - 50 feet from my house between me and Frieze & Roy General Store. This most recent storm, when Sydney got 150 cm of snow (equates to 5 feet, there was not enough snow on my lawn to "make a snowman". Go figure!!

The cost of groceries, particularly meat, is through a roof. Years ago, one could make a down payment to buy a house for the same price we pay today for two large thick t-bone steaks. Now I look for a package of ground meat to make Sloppy Joes. I can use ground beef or turkey. A handful of home made French fries and we are no longer hungry.

### Sloppy Joes

#### Ingredients

- 1 pound of extra-lean ground beef or turkey
- 1 onion, small diced • 2 cloves garlic, minced
- 1 jalapeno, minced • 1 red pepper, small diced
- 1 1/2 cup no-salt-added tomato sauce
- 2 tablespoons tomato paste • 1 tablespoon apple cider vinegar
- 1 tablespoon molasses • 1 tablespoon Worcestershire sauce
- 1 tablespoon mustard powder
- 3/4 teaspoon Salt for Life Sea Salt Blend Black pepper, cracked
- 8 whole-wheat hamburger buns

#### Preparation

1. Brown meat and onion in large sauté pan. Strain remaining fat and juices from pan. Add garlic, jalapeno and red pepper; cook about 5 minutes more. Stir in remaining ingredients. Reduce heat to simmer and cook 5 to 10 more minutes. Scoop 1/2-cup portion onto each bun and serve.

Serves: 8 sandwiches

If you have a favourite family recipe and would like it published in the April issue, please send on or before March 15th. Please 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 4 Art Pieces in Ottawa Office

The past month has been a turbulent one in our country, with Trudeau government scandals uncovered on a regular basis, bringing into question the Liberals' legitimacy - and how much longer folks in Cumberland-Colchester can stand to see these things unfold every time we turn on the TV.

I will get to these issues, but first I feel the need to speak to you about the positivity put forth in the Conservative Party's four pillars that will bring about a return to economic stability, as well as the much-needed inter-personal decency in our daily lives.

Number 1: Axe the crippling carbon tax. From the farm gate to the dinner plate, producers and consumers are suffering on a level not seen since the Great Depression of the 1930s. Everything is affected - from the cost of food to rents/mortgages, even the clothes we wear. And it's only going to get worse.

Effective April first, the Trudeau Liberals will increase the carbon tax by 23 per cent. In perspective, a \$1.65/litre of gasoline will cost \$2.03. The effects will be enormous heading into the planting season.

Number 2: Build the houses.  
 Number 3: Fix the budget.  
 Number 4: Stop the crime.

None of these things can be considered in isolation. The four broad ideas are the ways and means to move this country forward, to increase the finances so that Canadians can have a decent place to live, to ensure that the future is better, by having fiscal responsibility, not leaving trillions of dollars in debt to future generations, and to ensure that Canadians feel safe in their own communities, earning a living and bringing home powerful pay cheques.



Dr. Stephen Ellis

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### Notes from our Provincial Capital YourHealthNS Making a Difference

As a government, we have a responsibility to make it easy for Nova Scotians to find and access the healthcare they need.

With YourHealthNS, we've done that. The app is a one-stop shop for healthcare information, resources and services.

And it's making a difference. Since its launch in November, the app has been downloaded or accessed on the web more than 180,000 times.

The app isn't done - far from it. We are continuing to add more features and I'm excited to share details about a new pilot program. In January, more than 10,000 Nova Scotians were given access to their own medical records through the app. We're starting small, but we're looking forward to sharing this feature across the province.

Participating patients can log in and securely access their

records, including information about doctor and emergency department visits, hospital stays, medications they've been prescribed and results from some tests and scans they've received.

Before the app, people would have to seek out this information, or in some cases, pay to see it.

Not anymore. No more filling out forms or making requests to get information that has always been theirs. With YourHealthNS they now have unprecedented access to information that they rightfully own.

It's simple to use, safe, and they can see their file any time, from anywhere.



Tim Houston

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### Notes from our Provincial Capital Thank You Public Works

I wish to begin by thanking all the Public Works employees and private contractors who worked extremely hard to get roads open, and keep them open, during the storm earlier this month. I also appreciate the patience of the residents of Colchester North, particularly those on the north shore, some of whom waited four days to get their road open. I travelled many of these roads late that week, and some locations had a tremendous amount of snow!

I will take some space to talk about green energy, wind power, and our province's future.

I believe the key word is "future". One of the reasons Nova Scotia and Canada get into situations that currently exist concerning housing, health care or other current challenges is the inability of Governments to plan for the future, beyond the next election cycle!

This month I will speak in the context of green energy. Next month, it will be health care!

Many of us, myself included, were often referred to as "climate deniers." When I look at the climate related emergencies which have taken place in Nova Scotia since our government was elected less than 3 years ago: Hurricane Fiona; wildfires in HRM and Shelburne, as well as the tragic floods in Hants County. It is hard to deny weather patterns are changing. I've also made comments such as why we are being subjected to legislated rules which put Nova Scotians and Canadians at an economic disadvantage, while other countries with less stringent carbon legislation are shipping products into Canada and Nova Scotia at a price we cannot compete. I am still in that camp.



Tom Taggart

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### Notes from our Provincial Capital New Approach for Grief, Bereavement & Emotional Wellness Services

A not-for-profit organization with a three-decade history in Nova Scotia will co-ordinate a new approach to grief, bereavement and emotional wellness support. The Nova Scotia Hospice Palliative Care Association (NSHPCA) will work with the government, communities and Nova Scotia Health to design a model of care for the province. NSHPCA will partner with local community-based organizations to design and deliver grief, bereavement and emotional wellness services within the community.

"The Mass Casualty Commission's final report talked about the need for more grief and bereavement services in our communities," said Brian Comer, Minister of Addictions and Mental Health. "This approach allows us to tap into the considerable expertise that exists in our communities. As the hub organization, NSHPCA

will work directly with partners to ensure supports are offered closer to home and are responsive to the needs of the people, families and communities now and into the future."

The work will be focused in the Colchester-East Hants area and Cumberland County this year and expanded across the province in 2025. It is supported by a two-year funding commitment of \$2.3 million, part of the \$18-million funding commitment from the Province of Nova Scotia and the Government of Canada announced in spring 2023 following release of The Mass Casualty Commission's final report. Since May 30, 2023, an action team co- led by the Office of Addictions and Mental Health and Nova Scotia



Dave Ritcey

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### Notes from our Municipal Council - District 10 It truly takes a Village!

Well, well we have certainly had our fair share if snow in February! I hope you are all safe, shoveled out and warm while reading this month's article. It is times like these that make me extremely proud to live in Colchester County. I have heard of so many heart warming stories of people helping each other, neighbors checking on neighbors and people just generally being kind. It truly takes a village!

A few important numbers to know for times like this are Nova Scotia Public Works 1-844-696-7737, Nova Scotia Power Outage line 1-877-428-6004. You can find out where snow plows in your area are at <https://novascotia.ca/tran/winter/plowtracker.asp> at anytime if you need anything and are not sure who to contact you can call me at (902) 890-1493.

Have you been to the Fundy Discovery Site? It is a lovely spot to visit for the whole family! Eventually, the plan is to install a

pedestrian bridge connecting the park to Onslow. Currently, there is a request for proposals to create the bridge. Details can be found at <https://colchester.ca/tender-fundy-discovery-site-pedestrian-bridge>

You may have heard that a 3% Marketing Levy will be required on overnight accommodations in Colchester County beginning in April. This fee will be used to "implement its [regional destination marketing group] annual tourism marketing and event attraction." If you would like more information or have question about the Marketing Levy please contact Jenn Mantin at (902) 897-3160 or email [jmantin@colchester.ca](mailto:jmantin@colchester.ca)



Victoria Lomond

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## Notice to Readers and Advertisers

### Upcoming Deadlines and Publishing Dates

Issue	Deadline	Published
April, 2024	March 19, 2024	March 27, 2024
May, 2024	April 23, 2024	May 1, 2024
June, 2024	May 21, 2024	May 29, 2024
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
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December, 2024	November 19, 2024	November 27, 2024
January, 2025	December 9, 2024	December 17, 2024

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