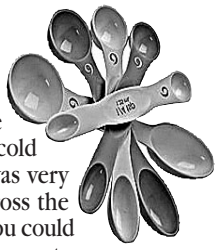


# Our Kitchen Korner

**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 April. From your gaze across the yard or towards the edge of the woods, you could almost imagine the leaves starting to come out.

We're not smiling now and it seems since first week of February we are getting more winter, colder and much more ice than we did all of last year. Add to that, noticed a long range weather forecast indicates spring is going to be cold and wet and approximately two weeks later than normal.

Seems like, within the last decade or so, the seasons have moved about 2-3 weeks from what I seem to remember. I know we don't get as much snow as when I was in elementary school. So it's understandable if seasons have moved a few weeks. Later spring, and then the fall tourist season spreads into early November.

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.

I'll suggest guns, arrogance and extreme racism are the basis of a majority of their problems. I'm not suggesting it's happening only south of the border. We have plenty here to be ashamed and concerned about.

Even though I don't like many things he has done or is doing, but thank goodness, Justin's government seems to be focusing on changing life's lot with the aboriginal people, now he's retiring and will be replaced within a couple of weeks.

It is going to take a decade or so to eliminate most of the plight of many aboriginal people. Working hard with them and getting the rest of Canada to help eliminate racism will be most helpful and provide a quicker transition.

Now back to the kitchen. When in Halifax for some medical appointments, we came across this great recipe for "Pulled Pork". Thought I would share it with you.

### Pulled Pork - Slow cooker

- 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?) • 1 cup pineapple juice
- 2 cups crushed tomatoes • 2 Tbsp worcestershire sauce

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 and would like it published in the April or May 2025 issue, please send on or before March or April 12th.

Send to: The Shoreline Journal, Box 41, Bass River, NS B0M 1B0; Fax: 902-647-2194  
or email: [maurice@theshorelinejournal.com](mailto:maurice@theshorelinejournal.com)

### Notes from our Federal Capital Conservative government will meet the challenges

As we move closer to a federal election, our Conservative Party of Canada is ready and eager to deal with whoever replaces Prime Minister Justin Trudeau March 9, the day a new Liberal leader is chosen.

Canadians have had enough of reckless spending, broken promises, failed programs, and the downward spin of economic growth that is directly related to Canada's current lower living standard. The list goes on.

To address these pressing matters, I was in Ottawa February 14, where a full party caucus also formed policy that reacts to U.S. President Trump's threat of sweeping tariffs, as well as his threat to annex our country. We will deliver our platform over the coming weeks.

I fully support the previously announced tariff response plan that includes dollar-for-dollar retaliatory tariffs, with 100-per cent of the proceeds going toward reimbursing businesses and workers affected by Trump's tariff position.

Once we form government, we will dismantle interprovincial trade barriers that hinder Canada's economy. I feel Canada will become stronger if we have free trade within our own country!

#### Valuable natural resource

I attended the Forest Nova Scotia annual meeting in Halifax. I was brought up to date regarding one of our most important natural resources, thanks to Todd Burgess, executive director of the association.

The annual meeting was held in the shadow of U.S. President Donald Trump's announcement of across-the-board tariffs on a wide variety of Canada's natural resources.

Nova Scotia exports an estimated \$600 million worth of lumber annually to the United States. I learned that a 25 percent tariff, for example, would be challenging for the sector. Forest products are exported as far as Florida. It is difficult to understand that our valuable forest products are in demand south of the border, yet Trump has decided that our resource is unfairly cutting into American forest products.

#### Meetings with law enforcers

While the House of Commons remains in prorogation, I made it a point to meet with chiefs of police in Truro and Amherst, as well as the regional RCMP. They are Truro Police Chief Dave MacNeil, Amherst Police Chief Dwayne Pike, and Staff Sergeant Marc Rose, RCMP commander for the Colchester district. It is important to me that lines of communication with our police departments are not only maintained but also improved. I am pleased to report that those that serve and protect are meeting the wide-ranging challenges of 2025.

### Notes from our Provincial Capital

#### With respect to our abundant natural resources.

I believe the topic that is gaining the most attention in Nova Scotia currently is the Premier's comments with respect to our abundant natural resources.

To begin with I wish to say that I personally believe that our Premier is different than some that have preceded before him. I believe that Premier Houston has a real vision, he looks out farther the next election cycle and is not afraid to make difficult decisions. I personally believe that the work that has been done and the programs and policies that were put in place over the past 3 1/2 years will in time ensure that Nova Scotians are leaders in health care delivery. Beginning with the new school for doctors at the University of Cape Breton, which will train 30 Nova Scotian students annually with a focus on rural medicine. The new Nova Scotia International Medical Graduate Assessment Center is a new clinic that will assess the skills of internationally trained doctors to practice medicine in NS.

There are many other examples I could use like the Patient Access to Care Act, new electronic record-keeping, data collection, one patient one record, these changes will allow for informed decision-making, create efficiencies and modernize our health care system for years to come.

The Premier has now turned his attention to affordability, to prosperity, economic growth and to becoming more self-reliant. He is focusing on providing good quality and creating economic wealth for our families as well as the much-needed income to the province that will pay for the services we need in years to come. Premier Houston has announced that he wishes to move forward with developing the Natural Resources that are abundant in our Province.

### Open communication

It is essential to me that as your Member of Parliament, I keep lines of communication open with Conservatives on the local level.

With this in mind, I attended the annual meeting of the Nova Scotia Progressive Conservative Party. I congratulate Dave Ritcey (MLA Truro-Bible Hill, Salmon River, Millbrook), who has been elevated by the premier to be Minister of Communities, Culture, Tourism and Heritage, as well as Minister of Gaelic Affairs and Minister responsible for the Heritage Property Act. Congratulations also to Scott Armstrong (Colchester South) on his appointment as Minister of Opportunities and Social Development; Tory Rushton (Cumberland South) who maintains his portfolio as Minister of Natural Resources; and to Tom Taggart (Colchester North) on his re-election.

I know these portfolios are in capable hands!

#### Briefly speaking

While the House of Commons remains in prorogation, I made it a point to meet with chiefs of police in Truro and Amherst, as well as the regional RCMP. They are Truro Police Chief Dave MacNeil, Amherst Police Chief Dwayne Pike, and Staff Sergeant Marc Rose, RCMP commander for the Colchester District. It is important to me that lines of communication with our police departments are not only maintained but also improved. I am pleased to report that those that serve and protect are meeting the wide-ranging challenges of 2025.

I met with 98-year-old Cecil Allen, who was part of the Pictou Highlanders during the Second World War. These days he is a Truronian ... and wouldn't you know ... a fellow New Brunswicker by birth! I spent some time listening to his words of wisdom - particularly his post-war stories as a lineman for Nova Scotia Light and Power. Mr. Allen is a prime example of a war veteran, that we refer to as a member of The Greatest Generation.

I had a pleasant visit in Wallace with seniors for coffee and conversation. We discussed healthcare and the cost of living. The seniors host this event every Tuesday from 1 to 3 p.m. at the Wallace Community Hall.

I met with Dr. Brock Nicolucci and Mr. David Gentili from the Ontario Dental Association. We discussed dental care in Canada, recruiting and retaining dentists, especially in rural communities.

**Dr Stephen Ellis is MP for Cumberland Colchester. He can be reached at: 902-895-2863, or E-mail: [stephen.ellis@parl.gc.ca](mailto:stephen.ellis@parl.gc.ca)**



Dr. Stephen Ellis

This will not come without challenges and political risk. Change is never easy! Those that know me or have followed my articles or opinion pieces in the Shoreline Journal over the years will know that I have always been an advocate for responsible resource development. They will also know that I have a history of supporting green initiatives as well as carbon reduction. Proper regulation and oversight will allow for resource development, with the environment and prosperity going hand in hand.

In closing, I would like to acknowledge that not everyone will agree with me on this. I fully understand! However, I have been engaged with the wind industry for years and the hydrogen industry more recently, and I feel it is my responsibility to make decisions based on the greater good of the residents of Colchester North. I am very proud and pleased with the Premier's decision to review our provincial policy on resource development! I welcome your feedback, and I will provide more information in future articles. It will take time, but I believe this is the beginning of a great future for Nova Scotia. A future where our children and grandchildren will not be tempted to move away for better jobs.

Where they can live and prosper in a province that will have state-of-the-art health care, supporting our seniors in the way they deserve. Where they can continue enjoying the natural beauty embedded in the way of life that we enjoy today.

**Tom Taggart, MLA Colchester North can be reached at (0) - 902-641-2335, [tom.taggartmla@gmail.com](mailto:tom.taggartmla@gmail.com)**



Tom Taggart

## Partnership to benefit Tatamagouche area

Reporting on tourism initiatives, Jenn Martin, EDO, updated council on February 13th by explaining The Municipality of Colchester partnered with Tourism Nova Scotia (TNS) through the Compelling Tourism Communities (CTC) Emerging Destinations Program to identify opportunities to attract travelers in the fall shoulder months and determine short-term actions to increase awareness of the Tatamagouche area for 2025.

A Colchester getaway story has been created for Tatamagouche and will be featured on [NovaScotia.com](http://NovaScotia.com) Tatamagouche community page. This ongoing partnership with Tourism Nova Scotia creates an opportunity to encourage businesses in Colchester to apply for a [novascotia.com](http://novascotia.com) listing, and other programs offered by Tourism Nova Scotia.

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