

Our Kitchen Korner

Sauerkraut Chocolate Cake

We have several things to be thankful for, even though I have not hear of anyone local winning the lotto. If we won the "big one", other than having a lot of money in the bank, feeling nice from paying off our children's mortgage and helping a few of our closest friends, we might not be any happier.

In fact with many hounding us to borrow money; invest in their business there might be days we were headed to the food bank.

However, I do know a few non-monetary things which are making me happier: it's getting warmer; soon will be time to de-winterize the travel trailer; and perhaps most of all, we don't have to deal with all the political crap; almost daily mass shootings at mosques, churches, shopping centres, street corners and schools with AR15'S. We have enough of those type of problems becoming more common in Canada.

I've made arrangements for a neighbor/ excavation contractor to bring his small excavator to rid an area of weeds, then dig a few trenches which will be the base for raised vegetable beds. Most of the bed trenches will be four feet by eight feet by 10" deep. Each will be framed with 8" boards. Also will have a five foot wide between each bed.

With an aisle five feet wide, I'll then cover the areas between beds with carpeting people have taken out of their homes. My goal is no weeds or mowing between beds.

It will not be cheap. I plan on six 4 x 8 beds, plus one long trench two feet wide by about 50 feet long, which will be the new home for raspberry and blackberry canes, with a few strawberry plants in the middle. Forgot to mention, each bed and the trench will have a layer of landscape fabric, before backfilling with compost and good top soil.

I enjoy gardening, but detest if I have to spend a large amount of time, mowing or pulling weeds.

The other things which are bringing joy is the Mass Murder Commission has delivered its final report. Not that I say I am agreeing with all the recommendations. The joy is "it's over" and we can get moving on healing.

When she was renewing her subscription to the Shoreline, Vronnie Rushton, Londonderry sent in a recipe for Sauerkraut Chocolate Cake. She says it is very good and very moist. So here goes:

Sauerkraut Chocolate Cake

Ingredients:

- 1 2/3 cup white sugar • 2/3 cup shortening • 2 eggs
- 1 tsp vanilla • 1 cup black coffee
- 2 1/4 cups flour • 1/2 cup cocoa
- 1 tsp baking soda • 1/2 tsp baking powder
- 1/4 tsp salt • 2/3 cup sauerkraut (rinsed and drained)

Method

Mix all ingredients, then same as any cake. Adding the sauerkraut last and mixing in by hand. Bake in 9" x 13" pan for 20 to 30 minutes at 350.

Icing

- 1 cup brown sugar • 1/2 cup soft butter
- 1/2 cup canned milk • 1 cup coconut.

Spread then icing over the cake while it is still hot and place it on the lowest rack in the oven under the broiler until it browns and bubbles. Check after 4 minutes.

I'm looking for some great traditional family recipes. If you have a favourite family recipe and would like it published in the June 2023 issue, please send on or before May 15th. Send to:

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

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Upcoming Deadlines and Publishing Dates

Issue Deadline Published

June 2023.....	May 23, 2023	May 31, 2023
July 2023	June 20, 2023	June 28, 2023
August 2023	July 18, 2023	July 26, 2023
September 2023....	August 22, 2023	August 30, 2023
October 2023.....	September 19, 2023 ..	September 27, 2023
November 2023	October 17, 2023	October 25, 2023
December 2023	November 21, 2023 ..	November 29, 2023
January 2024	December 12, 2023 ..	December 20, 2023
February 2024	January 23, 2023 ..	January 31, 2023

For more information contact us at:

The Shoreline Journal, Box 41, Bass River, NS, B0M 1B0
Ph: 902-647-2968, Cell: 902-890-9850
Email: maurice@thesorelinejournal.com

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Notes from our Federal Capital
Plan to eliminate GST & HST in mental health sectors.

Mass Casualty Commission

I rose in the House of Commons on Wednesday, April 18 to pay tribute to the families and communities that were reflecting on the third anniversary of the worst mass murder in Canadian history. It was an unheard-of event that occurred in the constituency I represent.

April 18-19, 2020 were horrendous days, where within a 24-hour period, 22 lives and an unborn baby, were senselessly taken. The families, community members and all of us continue to mourn. This unfathomable act of violence occurred in 'small-town Canada,' and all of us continue to question the why is and the how is of this mass tragedy.

As I prepared to address the House, I thought back to the day in late March, where I joined hundreds of people in Truro, who

had gathered to receive the final report given by the Mass Casualty Commission.

I was impressed with the sense of sorrow and respect that flowed through the gathering. It was all about the families. We were all deeply moved.

Blue Seal initiative

As we know, nearly 24,000 people in our constituency do not have the services of a family doctor - and the situation is getting worse. During April, as Shadow Minister of Health, I moved the Conservative Party's Blue Seal initiative to the front burner.

Announced March 19, it is an innovative program that will create a direct pathway, enabling internationally trained doctors and nurses to receive more rapid recognition of their qualifications -

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Dr. Stephen Ellis

Notes from our Provincial Capital **New Legislation to Help Fix Healthcare**

Nova Scotians want and deserve to get the care they need, faster. We need to use every tool at our disposal to create solutions to make that happen.

That's why we were pleased to recently pass the Patient Access to Care Act, a significant law that will improve access to healthcare in our province.

We know we need to recruit doctors, nurses and other healthcare providers. Nova Scotia is the best place in the world to live, but there is a national shortage and we're competing with other provinces and beyond.

This law makes it quicker and easier for healthcare providers to come here from other parts of Canada. It requires their applications be processed within five business days and removes application fees. It also makes it easier for healthcare professionals

licensed outside of Canada to come here.

We also need our healthcare professionals working to their full scope of practice. This law will allow them to use all of their skills to benefit their patients. For example, we've had great success working with pharmacists to expand their scope. They can now assess and prescribe for some illnesses, like strep throat.

We all want healthcare providers to spend their time caring for Nova Scotians, not filling out unnecessary paperwork.

With the new Act, employers can no longer ask for doctor's notes, except in specific situations. This has been a waste of valuable time for our doctors, time they can't afford to waste. This one change could free up to 50,000 hours of physician time. That's like

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Tim Houston

Notes from our Provincial Capital **They are strong, PROUD and growing**

This past week has been an emotional week for many of us along the shore as we remember those we lost during those terrible hours of April 18 and 19 2020. I wish to take this opportunity to say to those who lost loved ones, as well as those who endured the terror and trauma of losing friends; of losing their sense of safety and security. Zylpha and I think of you always.

As I go about my job, particularly this week, I often get asked about our communities and our residents. I choose to answer positively, to speak to how strong they / we are. How things will never be the same, and how for some the unimaginable loss will never be replaced, but how the communities are moving forward. I point to some positives, like the Hearts Haven Park in Debert, a park that provides a place of remembrance and solace, as well as a playground where the children of the community as well victims children and grandchildren can enjoy themselves for years to come.

Portapique, the community that will always be synonymous with this terrible tragedy is doing better than could be expected. I believe they have chosen to show everyone as a community they are more, they are better and they will not be that "poor old Portapique" community that some want to view them as. They are strong, PROUD and growing.

As I think of and view this community, the way they have come together with community pride, the way they grown, I wish to use them as an example!

I receive many, many call from folks with their thoughts and concerns. One call this past week really struck me! This person expressed their concern for the overall mental health of the shore. They spoke mostly of their concern for the children and their lack

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Tom Taggart

Notes from our Provincial Capital **Several positive things happening in Truro-Colchester**

I am pleased I was asked to announce proud of our government's focus on Town of Truro and County of Colchester which will receive a total of \$2,610,901 for enhancements to their municipalities.

Town of Truro will receive \$1,065,723 which can be used to improve the community in a variety of ways, while The Municipality of the County of Colchester will receive \$1,545,178 for the same purpose throughout the broader region.

This funding can be used for projects such as: the creation of services, accessibility, housing and improvements to transportation services. The Municipalities will have until March 31, 2025 to spend this funding and demonstrate the positive impact it has on the community.

Residents of Truro, Colchester and East Hants will have access

to increased support when it comes to navigating social challenges and improving their mental health.

Canadian Mental Health Association (CMHA) in Colchester-East Hants will receive \$191,100 towards providing non-clinical support and intervention for individuals living with mental health concerns and those who care for them in a community-based setting.

As a way of thanking Nova Scotia's nurses while encouraging more of them to keep working in the province, on March 20, Premier Tim Houston announced a \$10,000 bonus for nurses in Nova Scotia's publicly funded healthcare system.

Another \$10,000 incentive will be paid next year to nurses who

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Dave Ritcey

Notes from our Municipal Council - District 10

Second year budgeting not easier

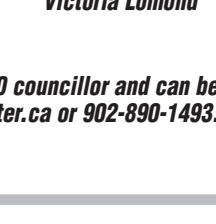
The informational Open Houses have been set for Plan It Colchester; these sessions will be helpful when learning about county wide planning. This is also a great time to tell the consultants what is important to you about where you live. You can find the dates here <https://colchester.ca/plan-it-colchester> If you have questions or concerns please reach out.

Step into Spring began on March 25th and is now in full swing. "Simple and fun, the Step into Spring 10,000-step program is a great way to boost your current physical activity level and motivate you to get moving and Step into Spring!" There have been weekly prizes awarded to registered participants. What a neat way to encourage folks to get in a few extra steps. Our Recreation department has been busy tally up all of those step.

This past month council has been up to our eye balls with 2023 budget deliberations. I thought my second year may be easier, boy was I wrong. Thankfully the municipality has some of the best staff around and they have made the process much less painful. We work very hard to ensure Colchester County residents get the best bang for their tax dollars!

As always, I love hearing from you. Please contact me at (902) 890-1493 or by email vlomond@colchester.ca

Victoria Lomond is Colchester District 10 councillor and can be reached at: vlomond@colchester.ca or 902-890-1493.



Victoria Lomond

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