

Our Kitchen Korner

This summer amid the CoVid-19 pandemic we have been subjected to a provincial and federal election and Colchester residents in District 10 are going for their third on November 6th with a special by election to replace veteran councillor Tom Taggart who switched to provincial politics winning Colchester North as the MLA replacement for Karen Casey.

It is absolutely amazing how beautiful the weather has been this fall. Granted there have been some miserable days, but overall we have been blessed. From what I remember, it seems weather patterns have shifted extending the warmer fall season into the first week of November. My memory seems to indicate a decade ago most of the fall foliage was gone in early October almost missing the Thanksgiving holiday weekend. With the shift to lateness, it has mean the onset of hot summer weather doesn't start until very late May or even into mid-June.

As long as we get a few good months I will take them. The lateness into the fall surely causes staffing problems for major players in the tourist sector. Students, who are a significant part of the human resources must return to classes right after Labour Day. Years ago tourism based businesses started shutting down Labour Day weekend. If locally owned businesses wish to be aggressive and participate in a market which has extended almost to Remembrance Day they must find ways to keep staffing levels to an acceptable level.

Within a couple of weeks, we'll be heading to the cenotaph in observance of Remembrance Day for the areas which will hold non-virtual ceremonies. On that note, it is disappointing to learn, due to CoVid-19 Veterans Memorial Park, Bass River has been forced to go virtual this year.

With the weather becoming more conducive to getting back into the kitchen, two things are on my priority list. I have a 10 lb bag of beets waiting to be converted into pickles, and knowing I could not get to it right away, I picked up a box of Millen's frozen blueberries for jam and a few patches of muffins. I'll wait for a couple of cooler or rainy days to undertake these two projects.

For this month, I have chosen a relatively low calorie recipe for Sausages with apple and raisins for this month.

Sausages with apple and raisins

1 onion
2 tbsps butter or margarine
2 large German sausages or 4 large pork sausages
1 cooking apple
3 tbsps raisins
3 tbsps clear honey
1 tsp paprika pepper
1 tsp salt
½ tsp white pepper

Peel and thinly slice the onion. Melt the butter or margarine in a frying pan and fry the onion for 5 minutes, then push to one side. Add the sausages to the pan and fry until well browned on all sides. Meanwhile peel and core the apple and cut into thick slices. Remove the sausages from the pan and slice. Keep warm. Add the apple slices to the pan and cook until very soft. Strain off the excess fat. Stir in the raisins, honey, paprika, salt and pepper. Mix with the onions.

Return the sausage slices to the pan and heat through before serving. Serves 2: (about 540 calories per serving).

Variation: Add ½ - ¾ cup drained sauerkraut to the apple mixture.

If you have a favourite family recipe, please send by November 15th, so I can use in the December issue. In fact, I'd like to receive a few special holiday recipes.

Please mail or e-mail to:

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Upcoming Deadlines and Publishing Dates

Issue	Deadline	Published
December, 2021	November 16, 2021	November 24, 2021
January 2022	December 14, 2021	December 22, 2021
February 2022	January 26, 2022	February 2, 2022
March 2022	February 22, 2022	March 2, 2022
April 2022	March 22, 2022	March 30, 2022
May 2022	April 19, 2022	April 27, 2022
June 2022	May 22, 2022	June 1, 2022
July 2022	June 21, 2022	June 29, 2022
August 2022	July 19, 2022	July 27, 2022
September 2022	August 23, 2022	August 31, 2022
October 2022	September 20, 2022	September 28, 2022
November 2022	October 18, 2022	October 26, 2022
December 2022	November 22, 2022	November 30, 2022
January 2023	December 13, 2022	December 21, 2022

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Notes from our National Capital

Success is result of knowledge and being engaged

I would like to take this opportunity to thank all the constituents for their wonderful support during the election. Voters were engaged and knowledgeable about the process. For a democracy to be successful, this is essential.

I am honored to be elected as your Member of Parliament and to serve the great constituents of Cumberland-Colchester. We have a participatory democracy that has endured for 154 years, and it is a privilege to be part of the decision-making process for the greatest country in the world, Canada.

Since the election many things have happened, including the orientation to the House of Commons, specifically the orientation for the Conservative Party of Canada, caucus meetings, reaching out to constituents and stakeholders, and responding to their concerns.

During the election, the main issue brought forward was the lack of access to primary healthcare. As first steps, I have met with Dr. Kevin Orrell, the CEO of the Office of Healthcare Professionals recruitment. Dr. Orrell and I share many common goals with respect to healthcare professional recruitment and we have made plans to meet in the near future.

Notes from our Provincial Capital

Portapique Community Playground a great asset

Old habits die hard. I actually started this column with Hello from West Colchester.

Hello from Colchester North. Hope everyone is doing well. It's been a great fall to date.

I certainly am happy with our government. I am very happy with our leader, Premier Houston. He is decisive, approachable and committed to moving forward with election commitments.

This is our second week in the legislature. When the legislature is in session it makes for busy days. I must be in Halifax 4 days each week which leaves limited time for constituency duties. However, Holly keeps things rolling along at the office. She is in daily contact with me and is working continuously to support residents. Holly can be reached at 902-641-2335.

Not surprisingly, given such a wide rural riding, we get many calls about roads and either Holly or I are in regular contact with Public Works. I wish to say as soon as the house rises and I am back home I will begin a process of driving every road in Colchester North, I will be completing an assessment of condition and beginning a plan as to what needs are and how I can best advocate with both local staff and with the Minister of Public Works.

We have introduced several bills for debate and approval. Surprisingly the bill that is getting the most push back is fixed election dates. I would have expected more debate on some of the more challenging

I also plan to meet with mental health stakeholders to strategize ways in promoting local mental health projects. Such early meetings will allow us to form strong partnerships and to develop concrete plans that I can bring forth in Ottawa.

The House of Commons will be reconvened on November 22nd to elect a Speaker. In contrast to last year, this will be done in person! Prior to this we will have our swearing in ceremonies, currently this date is still to be determined.

We are in the process of hiring staff and opening offices in both Truro and Amherst. We will announce soon when we can welcome constituents. In the meantime, if you have any federal related questions, issues to raise in the House of Commons, case file updates, meeting/event invitations or requests for congratulatory scrolls - please email our office at stephen.ellis@parl.gc.ca.

Overall, it is a busy and exciting time to be your Member of Parliament and I look forward to representing your federal issues in the House of Commons.

Dr. Stephen Ellis is Member of Parliament-elect for Cumberland Colchester and can be reached at stephen.ellis@parl.gc.ca



Stephen Ellis



Tom Taggart

ing bills around housing or health care. Not that I do not see the value in fixed election dates. I personally cannot see any downside to fixed dates, it takes the politics out of it. A party can no longer go to the polls early or late because of their standing in public opinion or that sort of political maneuvering. Those who intend to run can make a plan with firm dates and that will have less of an impact on their current employment.

I was thrilled to be at the grand opening of the New Portapique Community Playground. It was very heart warming to see all the children there. I must congratulate and thank the organizers, the community residents and the Rotary Club for the work and commitment to this project. I am confident there will be many photo's and great coverage in this paper as both Maurice and Linda from the Shoreline Journal attended.

Please take note of the playground, design and infrastructure. It is exceptional!! Garnet, Lexie McLaughlin and staff from Cobequid Consulting from right here in West Colchester must be very proud of their work.

Enjoy the rest of the fall and some of the very spectacular foliage around our great constituency.

Tom

Tom Taggart, Colchester North, MLA can be reached at 902-641-2335 or tom.taggartmla@gmail.com

Flu Vaccine Now Available

The seasonal influenza vaccine is available for free from most pharmacies, family doctors, family practice nurses and nurse practitioners across the province as of October 25. All Nova Scotians over six months old are highly encouraged to get a flu vaccine this year in order to protect themselves, their loved ones and their communities.

It can take up to two weeks for the vaccination to provide protection. Nova Scotians should get vaccinated in the coming weeks to see the full benefit before flu season arrives, which is usually late December to early January.

Flu symptoms often in-

clude a sudden high fever; headache, general aches and pains; fatigue and weakness; cough, nasal congestion and sore throat. People with flu symptoms should stay at home. People cannot catch the flu from receiving the influenza vaccination.

This year, due to COVID-19 precautions, the process for getting the flu vaccine will be different than in previous years.

Changes may include pre-screening for illness or exposure to COVID-19, requiring an appointment rather than accepting walk-ins, keeping physical distance whenever possible and wearing your mask indoors.

For more information on the flu and the vaccine, visit:
<http://novascotia.ca/flu>

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Heating Assistance Now Available

Nova Scotians living on low incomes will receive help with home heating costs. Applications for the Heating Assistance Rebate Program (HARP) opened on October 18, for the 2021-22 heating season.

The annual program provides a rebate of up to \$200 to low-income Nova Scotians who pay for their own heat. The income threshold to qualify for the program is \$29,000 for single-income households and \$44,000 for family-income households.

"Heating costs can be very

stressful, particularly for people with a low-income," said Colton LeBlanc, Minister of Service Nova Scotia and Internal Services. "The Heating Assistance Rebate Program is here to help with those costs. It's a quick and simple application process with an option for direct deposits."

HARP runs through March 31, 2022. Applications are available at <http://www.novascotia.ca/heatinghelp> and through Access Nova Scotia, Community Services and MLA offices.

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