

# Our Kitchen Korner

## Hurricane Fiona, what's next?



We watched with disbelief how Hurricane Ian came ashore and with extremely high winds and several days of rain all but totally destroyed several towns and cities from Florida up the coast wreaking havoc wherever it went. Days later after pulverizing USA, in Nova Scotia we suffered some of the affects, but nothing like our neighbours stateside, or what was to follow.

Hurricane Fiona did a number of Nova Scotia, PEI, and NFLD. Those in the know say Fiona was the most vicious storm ever to hit Nova Scotia. Three weeks later some people still don't have electricity and many more don't have the pleasure of talking on their house phone (land line), watch television or be connected to the outside world with internet.

In some ways those are the lucky people. At least their real estate holding appear to be habitable, or can be repaired. Without phone, television, and internet is aggravating, but it's like a step back in time with conveniences not readily available or did not exist. Those suffering much more are in three categories: families who lost a winter's worth of frozen vegetable, meat and fish; others who suffered significant wind and water damage to their home, apartment, or mobile home. Those with the largest problem are those whose proper was destroyed beyond repair.

Many of them have been comforted, if that is possible by the generosity of family, friends and neighbours. Everyone pitched in to provide food and accommodations at the height of the emergency. Long term solutions will be more difficult. Lack of housing, emergency funding to get through one day and look forward to the next; red tape, slowness of putting relief in one's hand will cause major heartache.

The long term worry is we know with climate change, the intensity and frequency of storms is only going to increase. One can never be prepared for such devastation, but we can and must do our utmost to reduce the impact when similar devastation comes our way.

If there is a bit of luck, we can only thank our lucky stars, Fiona happened in September and not as part of a freezing cold winter blizzard. Imagine the additional problems. 100% of us would have been facing mammoth expense bills from frozen pipes along with other winter woes.

Whether Fiona was a result of climate change, or a freak storm in addition to, it worries me what type of and intensity of unwanted weather will be facing in the next year.

If warmer waters in the Gulf Stream contributed to the intensity of Fiona, I wonder what affect it might have on the lobster and groundfish industries. Might at some time in the future these species abandon the Atlantic coastline, in a way similar to how the Alaskan crab fishery has been cancelled this year, because the crab have disappeared.

With all of that it's time to head back to the kitchen. This month I have chosen "Mary's Lemon Loaf", which has been a favourite for years.

### Mary's Lemon Loaf

1 c sugar • ½ c shortening • 2 eggs • ½ c milk  
Rind of one lemon • 1 ½ c flour • 1 tsp baking powder  
½ tsp salt • ½ c nuts

Cream shortening and sugar. Add eggs. Mix dry ingredients alternating with milk. Add chopped nuts and rind of lemon. Put into your favourite loaf pan. Bake at 350 for 1 hour.

Dissolve ¼ cup sugar in juice of one lemon. Pour over loaf immediately on removal from oven.

I'm looking for some great "old time" special Christmas baking recipes. If you have a favourite family recipe and would like it published in the December issue, please send on or before November 10th. 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 Suffering the aftermath of Hurricane Fiona

October has been a challenging month. However, despite the many hardships Nova Scotians have endured, I am proud of Nova Scotians' resiliency and their drive to help those in need.

As you know, Nova Scotia, Prince Edward Island, Newfoundland, New Brunswick, and Quebec were hit by Hurricane Fiona. From September 24th to October 10th, many Nova Scotians lived without power and water. The aftermath of the hurricane led to property damage, injuries, food shortages, and delays in returning to work and school.

I visited many constituents and businesses in my riding to listen to their concerns, needs and questions.

I met John and Cheryl in North Shore to witness the damage to their property. Their home sits along the coastline, so there was also coastal erosion.

Later, I visited Peter Dickie's Maple Sugar Farm in Lower Five Islands. Many of the trees on his property were uprooted, which will significantly impact his business because the growth of rock

maple trees is very slow.

That afternoon, I drove to Tatamagouche to speak with Laughlin about the destruction to his home, barn, shed and crops. Laughlin - and many farmers across Nova Scotia - are in dire situations because of the damage to their livelihood.

I also spoke to Bill, who lost the mast of his house after a tree damaged it during the hurricane, and as a result has had to spend most of his days in his truck.

These are just a few stories that highlight the devastating aftermath of Hurricane Fiona. I plan to bring the Minister of Atlantic Canada Opportunities Agency, the Honourable Ginette Pettipas Taylor, to Cumberland-Colchester to assess the damage to the maple sugar industry. I have also reached out to all local and federal elected officials to ensure that hurricane relief will go to all of those impacted by the hurricane in our riding. Finally, I have



Stephen Ellis

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### Notes from our Provincial Capital We must plan and do better.

I wish to start this article by personally thanking all those residents and community organizations for stepping up and supporting their friends and neighbours in the aftermath of what was the worst storm to ever make landfall in Canada. Helping others in need and supporting our communities is a common trait in Colchester North.

Having said this, I will say the past three weeks has been one of the most difficult and frustrating times of my time in Municipal and Provincial Government.

As your elected representative I take my job seriously. It is frustrating to have people reaching, needing help and rightfully expecting their MLA to help. There were many, many times when I felt I was not able to provide that support.

There were lots of media reports about the Military or the Red Cross. There were tremendously inaccurate reports on restoration times, people accepting these reports and making plans only to

find out they would be an additional 3 days and then an additional 3 days. There was one time when Andrea, called NSP from my office and got a recording that said "Call your MLA's Office"

I have to say actually amazed at how patient and accepting people were for the first 7 days. For the most part and in true rural Nova Scotia people recognized the severity of the storm and often were more concerned for their neighbour, than they were for themselves. However as time dragged on that good faith went away and in some cases it was squandered. I fully understand that!

I understand. It has been reported it was the most destructive storm in Canadian History. There were a tremendous number of hard-working women and men who worked tirelessly to trim tree, restore power fix roads and telecommunications. We cannot thank



Tom Taggart

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### Notes from our Provincial Capital Heating Assistance Rebate applications being accepted

The Legislature is back in session, so over the next few weeks, I will be spending most of my time in Halifax. My capable staff will be available to handle any of your inquiries. On days the Legislature is not sitting, I will be in my office working on your behalf.

I encourage all Nova Scotia property owners, who are eligible, to apply for the Heating Assistance Rebate Program (HARP) 2022-2023. Processing of applications began Monday, October 17th. Service Nova Scotia and Internal Services administers the Heating Assistance Rebate Program, providing tens of thousands of rebates to low-and modest-income Nova Scotians to help offset their winter heating costs.

HARP offers an annual rebate of up to \$200. To qualify for HARP, applicants must pay to heat their home and meet the income thresholds. Single households with an annual net income of \$29,000 or less, and households of two or more people with an annual net income of \$44,000 or less can qualify. Applicants who

receive the Guaranteed Income Supplement (GIS) administered by Service Canada or receive Income Assistance from the Department of Community Services can also qualify.

The program is accepting online applications at [www.novascotia.ca/heatinghelp](http://www.novascotia.ca/heatinghelp). Applying online is safe, secure and the fastest way to receive the rebate. Further information about the program is also available on the website. Paper application forms are available at MLA offices.

I am pleased to have been appointed to the Treasury and Policy Board as a non-voting member in an announcement made by Premier Tim Houston on October 13th.

As always, I remain deeply appreciative of the opportunity to be your MLA. If you know of anyone who may be interested in re-



Dave Ritcey

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### Notes from our Municipal Council - District 10 Best interest of residents at heart

I would be remiss if I did not start this month's article with a huge THANK YOU to all of you who worked so hard to get your communities back on track after the devastation that Fiona showed us. So many of you helped where you were able to and made sure your neighbourhoods had what they needed, I am very proud to call you MY neighbours.

This was the first major "catastrophe" since I have been a Municipal Councillor I was amazed at how many moving parts were involved in remediation and emergency control. The organizations and families who opened up comfort centres to make sure everyone had a safe space to warm up, get water, charge electronics and some even offered a good homecooked meal showed strength and resilience. This is truly what Community is all about.

I want to say a special "Thank you" to the many Colchester County staff who went above and beyond for the residents of our fine county. The efforts put forth were nothing short of exceptional. With so many issues to give consideration to and the sheer

magnitude of the disaster that we were left with over the last several weeks the county staff really stepped up and prioritized what needed to happen within a very short timeline. This goes to show that our County staff have the residents best interest at heart with everything they do.

If you have not applied for any of the disaster relief funding that us available you can do so at the link listed here: <https://novascotia.ca/hurricane-fiona-support/> I am happy to assist with any of these forms, please call me at (902) 890-1493. The forms are quite user friendly.

The 2022/23 Heating Assistance Rebate Program launched on October 17, 2022. You can find the information online at <https://beta.novascotia.ca/apply-heating-assistance-rebate-heating-assistance-rebate-program> If you or someone you know need assistance filling out applications please contact me. Papercopies will also be available at your local MLA offices.



Victoria Lomond

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February 2023	January 17, 2023	January 25, 2023
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April 2023	March 21, 2023	March 29, 2023
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February 2024	January 23, 2023	January 31, 2023

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