

Our Kitchen Korner

Off to the polls on November 26



I hope you exercised your right and got out to vote in the province wide municipal election on October 19th. We can't rest or get ready for Christmas. Premier Tim Houston has just pulled the plug and we are off to the polls for a provincial election on November 26th. That's eight months earlier than Houston enacted "fixed-date" legislation not long after he was elected premier, which had set Nova Scotia's election date for 2025.

It more or less proves that regardless of political affiliation, all politicians are opportunists and will do whatever they want when it suits them. On would think, we would receive better governance from a ruling party if a "fixed date" election could only be changed and an election was held earlier if they were defeated on a "non-confidence" vote in the Legislature.

Going to the polls now is not a surprise. Houston had signaled months ago he might go to the polls this fall. Since then his government has been doling out money like there was no tomorrow.

Let me get off politics and give you an outline of something that made me happy when suddenly a recipe arrived in the mail from an unidentified subscriber. It's always nice to get good new surprises at any time, but by mail seems extra special. Even though unsigned, I've decided to print for your consideration and use.

Frozen Cucumber Pickles

(NOTE: The writer added this note to the mailing: I brought this recipe home from a relative living in another province)

- 3 Quarts cucumbers, sliced thin
- 1 bunch celery - cut up
- 1 1/2 lbs onions - cut up
- 2 Green, 2 Red peppers - sliced in small strips
- 1/4 cup salt
- 6 cups white sugar
- 4 cups white vinegar

Method: Heat salt, sugar and vinegar till hot. (Do not boil). Pour over pickles, let stand overnight. In the morning put in plastic containers. Thaw out before use. I used empty used 1 cup size small containers.

Notes: These pickles can be made year round, as ingredients can be purchased or grown.

I am always hoping more people will submit recipes. A few years ago Hazel Hill, Great Village would send me several recipes two or three times a year. However, since her passing incoming recipes are scarce. I encourage people to look through some of the family cook books and send along some entries. Photo copy and drop in the mail, or copy and submit by email to: maurice@theshorelinejournal.com

If you have a favourite family recipe and would like it published in the December issue, please send on or before November 15th. Send to: The Shoreline Journal, Box 41, Bass River, NS B0M 1B0; Fax: 902-647-2194 or email: maurice@theshorelinejournal.com

The Deadline for the December issue of **Shoreline Journal** is November 12

Notice to Readers and Advertisers

Upcoming Deadlines and Publishing Dates

Issue	Deadline	Published
December, 2024	November 12, 2024	November 27, 2024
January, 2025	December 9, 2024	December 17, 2024
February, 2025	January 21, 2025	January 29, 2025
March, 2025	February 18, 2025	February 26, 2025
April, 2025	March 18, 2025	March 26, 2025
May, 2025	April 22, 2025	April 30, 2025
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November, 2025	October 21, 2025	October 29, 2025
December, 2025	November 18, 2025	November 26, 2025
January, 2026	December 9, 2025	December 17, 2025

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Notes from our Federal Capital Stampede and 4-H Provincial Show successful

As we reflect on the incredible happenings in our province and beyond, it's important to acknowledge the hard work and dedication that make events like the Nova Scotia Stampede a success. Held at the Truro Raceway at the end of September, this sold-out weekend was a true celebration of rodeo culture and community spirit, complete with thrilling events and lively concerts. Congratulations to the organizers for creating such a memorable experience! I look forward to collaborating with both the province and the organizers to build on this momentum in future events.

In addition to the Stampede, I want to extend my congratulations to the participants of the 4-H Provincial Show. This annual event allows members to showcase their hard work, dedication, and the skills they've honed throughout the

year. The excitement within the 4-H community as they come together to celebrate their achievements is palpable. It is heartwarming to see young people engaged in agriculture, leadership, and community service, and I am proud to support their endeavors.

Back in Ottawa, our focus has shifted to engaging with a variety of stakeholders to address pressing issues. Recently, I've met with representatives from the Canadian Association of Long-Term Care, the Fraser Institute, the Canadian School Board Association, and the Canadian Cancer Society. These discussions are vital as we seek to find solutions and support systems for our communities.



Dr. Stephen Ellis

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Notes from our Provincial Capital

Column not available for November 2024.

Notes from our Provincial Capital Good-bye, Victoria; Hello, Charlene

The Municipal election results are in and there is no doubt that Politics and public service can be tough!! To Victoria Lomond, be proud of your accomplishments over the past four years! Thank you for the commitment you had to the residents and the communities of West Colchester. It has been a pleasure working with you!

Congratulations to Charlene Fletcher on your successful campaign. I look forward to working with you. There will be a bit of a learning curve and lots of challenges ahead, I will help in any way I can.

I just returned from Edmonton where I represented our Government at the 44th CPA Regional Parliamentary Seminar. Much of this two-day conference was focused around the operations, roles, responsibilities and internal workings of the legislature, which I am confident you folks care little about. However, it was a great opportunity to network with elected

members from across Canada. We all face many of the same challenges. Whether it be a colleague from Toronto or rural Manitoba, Health Care, Housing and Affordability seem to be the most prominent.

I did arrive a day in advance and took advantage of that day to meet with some Municipal leaders and friends that I made while I was a board member of the Federation of Canadian Municipalities. I spent that day touring around their rural communities just outside of Edmonton. Again, many of the same challenges. It was interesting that one of my friends had a son who became a doctor and came back to practice in his home community only to be poached or lured away to British Columbia. As much as my friends were angry at Ottawa about the lack of support for their petroleum industry, and yes, they gave me a job or two



Tom Taggart

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Notes from our Provincial Capital Improving Healthcare

The following items were extracted from MLA Dave Ritcey's October 2024 Newsletter:

Free Tuition for LPNs - We're making it easier for Nova Scotians to start their careers in healthcare! We're covering tuition and books for an accelerated Licensed Practical Nursing (LPN) program at NSCC. In return, graduates will commit to working in continuing care for two years, helping us care for our seniors and build a stronger healthcare system.

This 18-month program is a fast track to a rewarding career, and it's all part of our plan to ensure better care for Nova Scotians.

Autism Action Plan Consultations & Survey - The Province introduced its First Provincial Autism Action Plan this past May, and the community consultation aspect has begun this month. This announcement marks a historic milestone for autistic individuals and families who have, and continue to, advocate

tirelessly for more integrated services and support to better meet their needs.

This action plan will focus on filling the gaps and creating equitable services that the autistic community deserves, across the lifespan and across the province. The action plan will start with community consultations, including first-voice autistic individuals, Autism Nova Scotia regional staff, community members and cross-governmental government support.

Funding for Grief, Bereavement, Mental Health Supports - The Healing Pathways Community Fund has awarded grants to 14 community-based organizations offering grief, bereavement and mental health supports in Colchester, Cumberland and Hants counties. The Healing Pathways Community Fund is providing



Dave Ritcey

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Notes from our Municipal Council - District 10

This space reserved for monthly submission for New District 10 Councillor, Charlene Fletcher.



Victoria Lomond

Notes from our Municipal Council - District 9

This space reserved for monthly submission from Marie Benoit who won re-election for another four years.



Marie Benoit

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