

Our Kitchen Korner

After affects of Fiona

The leaves are turning, and the nights are getting cooler, although we are still getting some warm sunny days with temperatures in the mid-20's. In fact toward the end of the week temperatures were mid-20's with warm breezes being pushed into Atlantic Canada I advance of Fiona. With hurricane centre projecting Fiona could be the most intense hurricane to come our way.

Even though I knew the recipe, I intentionally delayed completion so I could recount damage from Friday evening until Mid-day Saturday. Forecasters were correct. Fiona inflicted a lot of damage. Initial projections are 72-84 hours (midnight Tuesday) without electricity. Glad I bought a new generator, last one within 30 miles. Value of meat in the freezers more than cost of generator.

In looking at the calendar, it's less than two weeks before some of us will be stuffing ourselves with Thanksgiving turkey and pumpkin pie, while others will take one day of that weekend to make a trip to Ski Wentworth to enjoy the fall colours.

In October it will be 25 years since Colchester's Materials Recycling Facility (MRF) started operation. It's hard to believe that it's almost a generation since Nova Scotia started to get serious about recycling and waste reduction to avert a lot of material from the landfills.

Handling waste is so expensive now, and siteing a new landfill is almost impossible we need to wasteless and recycle more or use less. Here in East Hants, where we live, each residential property pays \$220.00 per year as waste management fee.

I did get a couple of batches of beet pickles made in the last month. My next project this week is to cut the kernels off and put in zip-lock bags for the freezer. I find it takes up a lot less room. We don't blanch them, just put in the bags and pop into the freezer.

Here is a recipe received in 2016 from Chris Urquhart was kind enough to send along a recipe from Val McCabe for Cheesy Potato Beef Bake which we are pleased to highlight

Cheesy Potato Beef Bake

**1 lb. hamburger • 1 can mushrooms
1 can corn, peas, etc. optional
1 pkg. of scalloped cheesy potato mix
3 cups boiling water 1 cup milk
2 tbsp. butter, optional
1 cup grated cheese
Spices of choice in hamburger**

Cook hamburger until well done. Add drained mushrooms and drained vegetables. In large bowl mix up scallop mix with water, milk and if using, butter. Pour over hamburger mixture. Bake uncovered in large casserole dish in a 400°F oven for 30 minutes. Sprinkle with grated cheese. Cook another 5 minutes, until cheese is melted. Let set for 10 minutes before serving. Serves 8.

Now that fall is here, maybe people will have more time, and as it gets cooler, they will be spending more time indoors. If so, I'd love to have some of your favourite family recipes. My supply is getting low. The November issue would be most ideal for some great Christmas recipes, that may have been handed down through various generations.

Even though they didn't have the same resources and equipment as we do, they were great cooks.

If you have a favourite family recipe and would like it published in the November issue, please send on or before October 15th. Please send to:

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



Notes from our Federal Capital *A lot has happened in one year*

A year ago, the great people of Cumberland-Colchester elected me as their Member of Parliament. It is hard to believe how much has happened in only one year. I am honored I get to work on your behalf and share the issues you care about in the House of Commons. While I have many federal priorities I want to address, I will especially focus on the cost-of-living and the healthcare crisis.

Earlier this month, the Conservative Party leadership race came to an end and the Honourable Pierre Poilievre was chosen as the Leader of the Official Opposition. I look forward to working with Mr. Poilievre and the rest of our Conservative caucus as we continue to seek answers to questions Canadians have been asking.

On September 8th, the world was sad to learn of the passing of Her Majesty Queen Elizabeth II. To properly mourn the death of Her Majesty Queen Elizabeth II, Parliamentary business was postponed, and we resumed sitting on September 20th. This allowed for commemorative services to be planned across Canada.

I attended the provincial commemorative service at the Cathe-



Stephen Ellis

dral Church of All Saints in Halifax. It was an honour to meet Bob Grant, a former Commanding Officer of the Nova Scotia Highlanders, his father, General JJ Grant, who is also a former Commanding Officer of the Nova Scotia Highlanders, and the Lieutenant Governor of Nova Scotia, the Honourable Arthur J. LeBlanc.

The following day, I flew to Ottawa to attend Parliamentary procedures, including a committee meeting.

This meeting took place in the Standing Committee of Health (HESA), where we discussed committee business. We will continue to study children's health in later meetings. If you are interested in keeping up with this study, click here. (If clicking does not work contact my office and we will get a workable link)

I have also attended several Parliamentary receptions held by different Canadian organizations. The Forest Products Association

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Notes from our Provincial Capital

2 Np's, 2 Dr's in Bass River & Masstown?

Hi All, I am writing this on the Friday in advance of Fiona, and am expecting it to be a tough weekend. I hope you have all weathered the storm and are safe and dry.

Wednesday evening the West Colchester Medical Society and Nova Scotia Health held a public meeting in Bass River. They discussed the pros and cons of Nova Scotia Health taking over the day to day operations of West Colchester Medical Clinic. There would be no staffing changes and the Society would still have an advisory role just not the financial responsibility. At this meeting Nova Scotia Health advised their intention to form, what I refer to as a Rural Collaborative Care model here in West Colchester. I have advocated with the Minister for this since I was first elected and I believe, I most likely wrote about it in the journal.

The intention is to have two Nurse Practitioners based in Bass River and 2 Doctors based in a new clinic in Masstown. However, these four positions would be working as a team and I believe trav-

eling between locations if needed. Any patient of any one of the four health professionals would in fact be a patient of all and their health records would be available to any of the health professionals in that care model.

They gave the numbers of those in West Colchester on the "need a doctor list" and the expected patient roster of each doctor and it is clear that once the doctors are recruited and the new clinic renovated there should be no one in this area requiring a doctor. There is a way to go, but this is very positive news.

One other note on that meeting. Dr. Burgess from Truro who is, I am not sure of his title, is in a leadership role in local Dr recruitment. Dr. Burgess told of a new pilot project at the Truro Hospital Emergency Department that is really paying dividends. Once a pa-

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Notes from our Provincial Capital

Getting back to regular routines

Our beautiful summer season has ended and fall is in the air! Many people are now getting back into their regular routines; students across the province are back for the 2022/23 school year, and MLAs are preparing to go back to the Legislature. The 64th Session of the Nova Scotia House of Assembly will begin on October 13.

Let's take a look at some of the great things happening this month:

Expanded Seniors Care Grant Open for Applications: Older Nova Scotians can now apply for grants to help with the cost of household chores, healthcare services and home heating. The Seniors Care Grant program provides up to \$500 to help support eligible seniors to live well at home. People applying for the grant are also able to apply for a new, one-time grant of \$250 to help with heating costs. Expansion of the Seniors Care Grant program is part of Action for Health, the government's strategic plan to im-

prove healthcare in Nova Scotia.

The Seniors Care Grant helps cover the costs of services such as snow removal, small repairs, lawn care, transportation, and grocery and medication delivery. The list of eligible expenses has been expanded this year to include phone and internet costs, and health services like eye exams, dental work, mental health supports, physical therapy and foot care.

The new \$250 home heating grant is available to eligible Nova Scotians 65 and older, including people who have already received money through the Seniors Care Grant or Heating Assistance Rebate Program in the past year. The grant is available for the cost of furnace oil, natural gas, propane, firewood, wood pellets and electricity.

More information about the grants, including how to apply, who

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Notes from our Municipal Council - District 10

Two surveys need your attention

I sure hope everyone has been enjoying the summer, we have certainly had our fair share of nice weather. We are so fortunate to live in Colchester County and be able to experience the natural beauty we are blessed with. Did you get out to visit any of the parks near you?

There are a couple of things I would like to be sure you haven't missed with the busyness that summer brings. Both items are surveys that you can find at colchester.ca. First, I would like to talk about The Boundary Review Survey you can find at <https://colchester.ca/boundary-review-survey-2022>. A paper copy was also sent to residents of Colchester County. The information received will be used to help determine if our district boundaries need to be adjusted. My understanding is basically each councillor should have an average number of constituents to best support the residents of Colchester. There is very thorough explanation in the mail-out and on the website. The deadline for the survey is September 30, 2022.

Secondly, I would like to ensure you are up to date with the county's Wind Turbine By Law Review. All of the information regarding this can be found at https://www.colchester.ca/index.php?option=com_content&view=article&layout=edit&id=340. There is also a survey to fill out. It is important to have your voice heard in matters like these. I have completed the survey, it is well set up and easy to navigate.

I would like to congratulate the Economy Fire Brigade on a successful open house. Unfortunately, I had a previous engagement and was not able to attend, however the pictures I saw circulating on social media showed everyone attending having a great time.

As always I am happy to connect with you. Feel free to reach out to me via telephone at 902-890-1493, email at vломond@colchester.ca or in person, please call to set up an appointment.

Victoria Lomond is Colchester Municipal Councillor for District 10 and can be reached vломond@colchester.ca or 902-890-1493.



Victoria Lomond

Notice to Readers and Advertisers

Upcoming Deadlines and Publishing Dates

Issue	Deadline	Published
November 2022	October 18, 2022	October 26, 2022
December 2022	November 22, 2022	November 30, 2022
January 2023	December 13, 2022	December 21, 2022
February 2023	January 17, 2023	January 25, 2023
March 2023	February 21, 2023	March 1, 2023
April 2023	March 21, 2023	March 29, 2023
May 2023	April 18, 2023	April 26, 2023
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

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