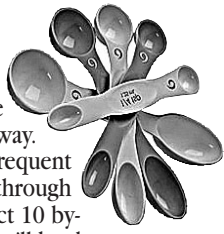


Our Kitchen Korner

Green Tomato Mincemeat



It's hard to believe October is here and Thanksgiving is just two weeks away. Other than rainy weekends, the most frequent things have been elections. We've got through two of them, only the Municipal District 10 by-election on November 6th to go and we'll be done running to the ballot box for a while.

I can't believe that summer is gone and the leaves are starting to turn, and before writing another column the trees will be void of leaves. Where has the year gone?

What's even worse is we are just about 12 weeks away from Christmas. It weather patterns repeat themselves this winter, it also means we are less than 15 weeks away from another winter with potential of significant snow storms and everyone complaining about the efforts of shoveling.

It's getting near that time what all vegetables need to be harvested prior to a visit from Jack Frost. Most gardens probably still have lots of green tomatoes. If you have made several batches of green tomato chow with enough to give as Christmas gifts to family and friends, you might wish to consider using up some more tomatoes with a couple of batches of "Green Tomato Mincemeat". When you taste in a tart or pie, it's hard to tell the difference from real mincemeat.

With the high cost of meat right now, about 50% more than this time last year, green tomato mincemeat is great way to get the texture, smell and flavour, and still be able to serve to those to refuse to eat meat. I'll share it with you in case you have a surplus of green tomatoes:

Green Tomato Mincemeat

Makes about 6 X 500 ml jars Green Tomato Mincemeat is a savvy and delicious way to use green tomatoes at the end of the harvest season: excellent for gift giving during the holidays

Ingredients

- 8 cups (2000 ml) cored, quartered green tomatoes
- 4 cups (1000 ml) cored, finely chopped apples
- 2 cups (500 ml) raisins
- 1 cup (250 ml) dried currants
- 1/2 cup (125 ml) mixed candied fruit
- 1/4 cup (50 ml) candied orange peel
- 1/4 cup (50 ml) candied ginger
- 2 tsp (10 ml) ground cinnamon
- 1 tsp (5 ml) allspice
- 1 tsp (5 ml) salt
- 1/2 tsp (2 ml) ground cloves
- 1/2 tsp (2 ml) mace
- 1 cup (250 ml) lightly packed brown sugar
- 1 1/2 cups (375 ml) granulated sugar
- 1 cup (250 ml) apple juice
- cup (75 ml) apple cider vinegar
- 1/4 cup (60 ml) lemon juice
- 1/2 cup (125 ml) brandy, optional

In a large stainless steel saucepan, combine all ingredients except brandy; stir constantly. Bring to a boil over medium-high heat in a pot that has a thick bottom; reduce heat, boiling gently, stirring frequently for 1 1/2 hours until mixture thickens. Stir in brandy, if using, and remove from heat.

Ladle hot mincemeat into hot sterilized 500 ml (Pint jars). Be sure to tap the jar, or thump on the counter to remove any air pockets. Seal with sterilized lids. Let sit until total cool. Tighten lids again before storing away for later use. One jar will make one large pie.

If you have a favourite family recipe, please send by October 15th, for the November issue. Please mail or e-mail to:

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

Notice to Readers and Advertisers

Upcoming Deadlines and Publishing Dates

Issue	Deadline	Published
November, 2021	October 19, 2021	October 27, 2021
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 - Lenore Zann's column is not available because she is a candidate in the federal election.

News from our Provincial Capital - Colchester North

Tom's first column as MLA - Colchester North

This is my first column as MLA. I was sworn in on August 30 and as of that date became official and allowed to sign for an office, hire an assistant get phone number and other necessary things in place. We now have an office located at 10653 Hwy 2 Masstown in the same location as Karen had her office.

I have hired Holly Grue as my Constituency Assistant, our phone number is 902-641 2335, email tom.taggartmla@gmail.com and we are open daily from 8:30am to 3 pm. We will be doing our best to get this information out via different types of media over the coming months.

To say we are totally settled in would be false, both Holly and I are learning a new job and feeling our way forward. Even though we are not as totally organized as we would like there is no shortage of requests for assistance. We are working daily on the concerns of our residents.

As I said, we are learning a new role. I believe the role is to facilitate and advocate for you. We cannot change policy or develop new policy from that office however we can advocate and most importantly help you navigate the maze of bureaucracy. We can help determine where and what available programs are best suited for you.

We have a new government with a new Cabinet. The new Ministers are learning their roles and responsibilities and I am working to build good solid relationships with the Cabinet Ministers which I expect will put me in good standing as I advocate on your behalf.

As of writing this article our Government is 24 days old and clearly our focus has been on Health Care. This week the Premier and Minister of Health are touring the Province, visiting Hospitals and asking for feedback, concerns and potential solutions.

Actually, I was scheduled to attend those meetings Monday at both Tatamagouche and Truro. Unfortunately, the Northern Health region is going into code red today. This is as a result of elevated cases which impacts gathering limits in the Hospitals.

The announcement of a vaccine certificate has most certainly caused some angst and concern from some constituents. I understand! I personally am not anxious to have government telling folks what they can and cannot do with or put in their bodies.

However, these are clearly extraordinary times and Government has a responsibility to make decisions on what we consider to be the Greater Good. A couple of things that I wish to point out. The vaccine certificate is expected to be temporary. The Government has not placed any restrictions on essential services, such as Health care, groceries or employment. I have heard every angle or opinion on this. The science says this, the science says that! At the end of the day Covid is killing people! The fact is that while some people infected were fully vaccinated, the vast majority of those infected and dying have never been vaccinated.



Tom Taggart

Health care, more specifically Primary Health Care is a Top priority of this government. There is a tremendous amount of work to be done both in the short term and the long term! We must start by ensuring residents have access to a family Doctor. With this in mind, Premier Houston announced on Thursday we would be expanding the Virtual Care Nova Scotia Pilot Program that was brought in by the previous Government.

To be eligible for this service you must be on the "Need a family Practice" registry. It is my understanding once on this registry you will be contacted. Please note the intent is not to replace a doctor, only to fill a need until additional Doctors and other Primary care providers can be recruited.

It may be that a virtual care model is successful and a useful tool. I expect it will be re-evaluated at some point in the future. Anyone who needs assistance with registering should call Holly at my office 902-641-2335

With respect to physician recruitment in West Colchester, I am pleased to comment we have achieved some success. The West Colchester Medical clinic now has a full time nurse practitioner on duty as well as a Doctor on a 3 month term. Certainly there are hopes they will be able to secure him full time in the future. In the meantime, I will be working with Health Minister, Michelle Thompson, to recruit additional full time Doctors and Nurse Practitioners for all communities throughout Colchester North

Tom Taggart, Colchester North, MLA, 902-641-2335,
tom.taggartmla@gmail.com

Introducing steps on Arthur

(Formerly Colchester Community Workshops)

Submitted by Diane Standing

We are excited to share the news regarding the evolution of our organization and how this will benefit us all. We are proud to announce that as of September 20, 2021, Colchester Community Workshops will now be known as STEPs on Arthur.

As we move towards the completion of our expansion project, we recognize that Delaney House, in collaboration with Rotary House, will significantly enhance our ability to serve our participants and our community.

After collaboration with our stakeholders, it was determined that the name Colchester Community Workshops no longer accurately reflected the times we are living in nor the services we provide to our participants. It also failed to capture the vision and plans for the future.

Hence, the adoption of STEPs on Arthur, Supported Training Employment Programs.

We believe the new name and accompanying logo respects the history of our organization and acknowledges the growth of our participants and programs. Progress, like all journeys begins with the first step. We are proud of the many steps already taken and we anticipate with enthusiasm the challenge of those to come.

We believe that this progressive change will instill a great sense of pride in our clients and will be carried forward into our community.

We sincerely thank you for your support of Colchester Community Workshops/STEPS on Arthur. We hope you share our excitement as we make our STEPs forward into the future!

Diane Standing can be reached at:
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www.ccwfoundation.ca



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