

Our Kitchen Korner

The holiday season is around the corner



As we look up and check the condition of the leaves, which Tropical Store Lee left us, we commence to realize the beating they took was not as massive from the winds of Dorian in 2019 and Fiona last year. In historical fashion blankets of fall foliage have seemed to reach their peak just in time for Thanksgiving. With three weeks to go for Thanksgiving, the amount of colour is sparse. However over the years the timing of reaching their magnificence seems have been delayed closer to Halloween. Lateness from Climate change gradually started over three decades ago. The veracity of the hurricanes in the last three years and torrential rain this summer is disturbing, but is not the only thing which disturbs me.

Trouble in the many places around the globe, Russian continued destruction of Ukraine, mass showing in USA, and daily revelations of ill-intended actions of many in Canada is becoming more deep-rooted. I wonder where are we headed?

Equally appalling as climate change, humanity has become lax. We seem to have let ethics and beliefs on how to treat others to gradually erode. Unfortunately, when we reach the breaking point and say, "enough is enough" it will be our responsibility to accept we have arrived at this point, because we let things continue.

It is simlaas not paying attention to a pimple until it turns into a boil. Shame on us!

As we prepare for the final gasps of summer with fall foliage all around us it is time to think about the holiday season. If we wish to maintain some of the family traditions, we need to think about the traditional Dark Fruitcake. I wonder if home-made fruit cake is retaining its popularity. Here's my choice for the month.

Dark Fruitcake

- 3 cups all-purpose flour • 1 tsp. baking powder
- 1/2 tsp. baking soda • 1/4 tsp. salt • 1 tsp. cinnamon
- 1/2 tsp. allspice • 1/2 tsp. nutmeg • 1 cup butter, softened
- 2 cups packed brown sugar • 1/2 cup dark molasses
- Grated zest and juice of 1 orange and 1 lemon
- 3/4 cup brandy, rum, red wine, or grape or orange juice (Choose one)
- 2 1/2 cups mixed dried or candied fruit of your choice (cranberries, cherries, dates, figs, dark raisins, apricots, candied orange peel)
- 2 cups coarsely chopped walnuts and/or pecans
- 1 1/2 cup dates • 1 1/2 cup currants • 1 1/2 cup golden raisins

Directions:

Preheat the oven to 300°F and grease a Bundt or tube pan or a few loaf pans really well; coat with flour and tap out the excess. In a medium bowl, stir together the flour, baking powder, baking soda, salt, cinnamon, allspice and nutmeg. In a large bowl, beat the butter and sugar for a few minutes, until light and creamy. Beat in the molasses and orange and lemon zest and juice.

Add the flour mixture in 3 parts, alternating with the brandy, rum or juice in 2 parts. Stir in the fruits and nuts and scrape into the pan.

Bake for 3 1/2 hours. "The cake may appear done at 2 1/2 hours; simply ignore this." If the cake is darkening too quickly on top, cover it loosely with foil for the last 30-60 minutes. Cool in the pan on a wire rack, then invert onto a plate. Store well wrapped at room temperature. If you were ambitious and did yours early, try wrapping it in rum-soaked cheesecloth - several layers, then two layers of aluminum foil. Store well wrapped at room temperature perhaps in metal cookie tin.

Do you have any favourite pickle or chow recipes you would like to share? If you have a favourite family recipe and would like it published in the November issue, please send on or before October 15th. Send to:

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Upcoming Deadlines and Publishing Dates

Issue	Deadline	Published
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December 2023	November 21, 2023	November 29, 2023
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Notes from our Federal Capital

Price increases in every sector

- The cost of living.
- The cost of living.
- The cost of living.

These are the three primary issues I have taken back to Ottawa for the Fall Session of Parliament, and they are part of a major focus that came out of September's National Conservative Party Caucus held in Quebec City. The Caucus recognizes that Canadians are suffering from price increases in every sector — from food, housing, and energy — that could even threaten insolvency for many folks in Cumberland-Colchester.

Axe the Tax

I am pleased to report that I spent a good part of the summer meeting with constituents. Over and over, it was the same thing. We know that the 16 cents per litre carbon tax invoked July 1 by the Trudeau government disproportionately affects us on the East

Notes from our Provincial Capital

Making mental health care universal

All Nova Scotians should be able to access free mental health care - no matter where you live in the province, regardless of your ability to pay out of pocket.

We're pulling every lever to make it happen. We hit the ground running and launched a suite of new services to support mental health.

Services like: Single-session counselling through Access Wellness for concerns like anxiety, job loss, grief, relationship issues and substance use ; A new peer support line (1-800-307-1686) where people struggling with mental health and substance use can talk to people who have overcome similar challenges and On-line tools like Tranquility that provide coaching for people with mild to moderate depression and anxiety.

All are available right now. All are absolutely free.

Notes from our Provincial Capital

Colchester North benefits can not be ignored

I will begin this month with reminders. First would be the Seniors Care Grant which opened for applications on Sept 1 2023. This years Seniors Care Grant provides \$750 to residents who are 65 years or older and have a household income of \$37,000 or less. Please call Andrea or Janice at the office if you have any questions or need assistance. One note or question that always comes up is, do I have to claim this on my income tax, will it be included in my income and impact my income threshold?

The answer is absolutely not!! Additionally, for any that may have viewed or investigated this program on line, there is an expanded list of eligible expenses. That list includes heating oil, which raises the question, will this impact my ability to apply for the Heating Assistance Rebate? Again, the answer is no! The HARP program will be open for applications on Oct 16 2023 and will run through to March 31 2024.

Notes from our Provincial Capital

Curling cub goes solar.

Summer was busy; early fall has been extremely wet and now the fall sitting of the Legislature will begin October 12th. Now we are into the fall rush to complete all our personal projects before winter sets in. There have been many events, taking place through the constituency. It has kept me busy attend and of course to help constituents where ever possible. I have had a great pleasure to attend or make announcements to money flowing into the area from a variety of grants and programs. One was to announce \$200,000 for Truro Curling Club to soon harness the power of the sun to help operate the facility. With this funding, the Truro Curling Club will purchase and install a solar energy system, which will help power the club and make ice for the curling rink. Generating electricity from sunlight will create long-term cost savings and reduce the club's environmental impact.

Notes from our Municipal Council - District 10

Cozy Colchester program relaunched September 18th

By Victoria Lomond

Summer, if that's what we can call it this year has come to an end. The ducks have had a lovely season with all of the rain we've had. Before we know it, the leaves will fall and days will start getting shorter and shorter.

October brings Colchester's annual Art Acquisition. The deadline for entries is October 27, 2023. All of the details can be found at colchester.ca We have always had such talented folks put their work forward for selection, I am sure this year will be not be any different. The 2023 application for the Seniors Care Grant and Home Heating rebate are available at <https://beta.novascotia.ca/apply-help-household-healthcare-and-home-heating-costs-seniors-care-grant> or you can stop by your local MLAs office. These funds can be used for a variety of things

Coast, because we are essentially a rural area and we have to drive places. Most of us live in single-family dwellings, and whether we like it or not, we heat our homes with furnace oil. People are afraid of the consequences that heating their homes in the upcoming winter will bring.

And so, Conservatives have two priorities this fall:

Reversing the housing catastrophe that Justin Trudeau has caused and axing the Trudeau-NDP carbon tax to bring down the cost of food, gas and heat. Under Trudeau, housing costs have doubled. Mortgages have doubled, down payments have doubled, rent has doubled. For the first time in Canadian history, 9 out of 10 young Canadians don't believe they will ever own a home.



Dr. Stephen Ellis

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We've opened two Mental Health Acute Day Hospitals, where people can get intensive treatment during the day and still go home to their loved ones at night. And we now have Recovery Support Centres in five communities across the province where Nova Scotians struggling with addictions can get treatment and support.

Recently, we launched two new pilot projects that could be game changers for the future of mental health.

To tackle lengthy waitlists for autism and ADHD assessments, our government is paying private practice psychologists to help. Under the pilot, the Province will pay the specialist for your care - a first in Canada and an important step toward universal mental health care.



Tim Houston

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As your MLA, I fully understand the challenges we are currently facing with respect to inflation and affordability. It is a National challenge and we will do our best as a Government to help as much as possible. Understandably heating this winter will be a significant challenge to many. Given that Nationally, Atlantic Canadians most notably those in rural Nova Scotia, who do not have access to natural gas, predominantly heat with oil. Hopefully our Prime Minister will soon come to his senses and remove the additional 17 cents per litre he has added to Heating oil as a result of the Carbon tax and remove it ASAP.

This past month I had the opportunity to officially open the West Colchester Collaborative Care Center located in Masstown. This center which combines clinics in Bass River and Masstown

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The fund helps organizations with the cost of upgrading equipment used in response to fires or other emergencies.

Seniors can apply to the annual Seniors Care Grant program, which helps with expenses that allow them to stay in their homes longer and improve their quality of life. The grant has been increased to \$750 and now includes home heating as an eligible service. To qualify, Nova Scotians must be 65 years or older by March 31, 2024, live in a home they own or rent, and have an annual household income of \$37,500 or less.

More information about the grant, including how to apply, who is eligible and eligible services is available at the program web-



Dave Ritcey

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to help seniors stay in their homes.

The very popular Cozy Colchester program has relaunched as of September 18th. Details for this program can be found at <https://www.colchester.ca/cozy-colchester> This is a great way to upgrade your home's efficiency and help the environment.

The Petro-Pass sign, which I have been advocating for its removal for ages, has finally been removed. As always, I look forward to hearing from each and every one of you. My contact information is vlomond@colchester.ca or (902)890-1493. Stay in touch!

Victoria Lomond is Colchester Councillor for District 10 and can be reached at (902)890-1493 or vlomond@colchester.ca



Victoria Lomond

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