

# Our Kitchen Korner

**Election First, then Remembrance Day, followed by the Christmas Season... in order, please.**



It is about three weeks until the Municipal elections on October 19th. It won't be long until the leaves will turn to their multi-coloured brilliance and not long after that we will be wearing our Remembrance Day Poppies and going to the services on November 11th. Time will pass by quickly when you are reading this column on September 25th and to our horror three months from today is Christmas Day.

Most certainly don't want to see or hear anything about Christmas until the ghosts and goblins come visit on Hallowe'en. It won't happen, but would be nice to celebrate Remembrance Day services before the Christmas rush is on.

I'm not going to back myself in the corner by commenting on the election result forecasts or showing preference. However I will say thank you and congratulations to all the candidates who put their name forward to run to be a councillor or mayor. It is a mammoth decision and takes a great commitment of personal sacrifice, but you do get paid.

A warning or piece of advice to the electors (taxpayers). If you don't vote on October 19th, you do not have the taxpayer's right to complain who is councillor or decisions they are making during the next four years.

**GET OUT AND VOTE ON OCTOBER 19.**

I'm constantly looking through cookbooks to see what might appeal to me. The other day I was looking in the "low calorie" section and the following recipe caught my eye.

## Sausages with Apple and raisins

- 1 onion
- 2 tblspns butter or margarine
- 2 large German sausages or 4 large pork sausages
- 1 cooking apple
- 3 tblspns raisins
- 3 tblspns clear honey
- 1 tsp paprika pepper
- 1 tsp sale
- ½ tsp white pepper

Peel and thinly slice the onion. Melt the butter or margarine in a frying pan and fry the onion for 5 minutes, then push to one side.

Add the sausages to the pan and fry until well browned on all sides. Meanwhile peel and core the apple and cut into thick slices.

Remove the sausages from the pan and slice. Keep warm. Add the apple slices to the pan and cook until very soft. Strain off the excess fat. Stir in the raisins, honey, paprika, salt and pepper. Mix with the onions.

Return the sausage slices to the pan and heat through before serving.

Serves 2: (about 540 calories per serving).

Variation: Add ½ - ¾ cup drained sauerkraut to the apple mixture.

If you have a favourite family recipe, please send by November 15th, so I can use in the December issue. In fact, I'd like to receive a few special holiday recipes. Send to: The Shoreline Journal, Box 41, Bass River, NS B0M 1B0; Fax: 902-647-2194 or email: [maurice@theshorelinejournal.com](mailto:maurice@theshorelinejournal.com)

### Notes from our Federal Capital Advocating for you issues

With Parliament back in session, I'm eager to dive into the important work that lies ahead. The Conservative Party is ready to continue fighting for priorities and issues that matter most to Canadians. Our commitments remain clear: we will axe the tax, build the homes, fix the budget, and stop the crime. I am particularly excited about these initiatives because they address some of the core concerns of our communities. Cost-of-living and housing remain top priorities as well.

As your Member of Parliament, I will continue to advocate and communicate these issues to ensure your voices are heard.

Recently, I participated in a Childcare Roundtable alongside two of my dedicated Conservative colleagues, MP Michelle Ferreri, Shadow Minister of Families, Children and Social Development and Deputy Leader MP Melissa Lantsman. We had

a crucial discussion about the accessibility of the \$10-a-day childcare program. It became evident that this initiative isn't reaching all those in need, particularly at the grassroots level. We need to tackle these gaps to ensure that every Canadian family can benefit from affordable, quality childcare.

In addition to this, I made my way to Advocate, one of the most beautiful areas in Cumberland County, to attend the Advocate District Development Annual General Meeting, along with a meet-and-greet. This was a fantastic opportunity to connect with the local community and share the work I've been doing in Ottawa. Our conversation



Dr. Stephen Ellis

*continued on page 6*

### Notes from our Provincial Capital

Because the Legislature was in session, Premier Houston and staff did not have time to prepare a special article. Two statements be made during the month where chosen as replacements.

#### Statement on the Chignecto Isthmus

In the face of federal inaction, the Province of Nova Scotia continues moving forward with necessary work to protect the Chignecto Isthmus.

With nearly \$100 million of trade passing through the Chignecto Isthmus every day - \$35 billion every year - this infrastructure is truly of national importance. It is remarkable that the federal government continues to deny its responsibility on this file.

While project priorities continue to be met and tenders issued, every dollar that the province spends on this is a dollar that is taken away from healthcare, other provincial priorities and Nova

Scotians.

This is a shame. This is why we asked the Nova Scotia Court of Appeal to determine whether the federal government or the Province is truly financially responsible for the Isthmus. Lawyers are confident that the courts will determine that the Federal Government is responsible for key infrastructure connecting our country and our detailed, compelling factum has been filed with the court.

We are also hopeful that when the court makes its determination that the federal government is responsible, Ottawa will continue its history of covering one hundred per cent of the costs of infrastructure projects that are of national im-



Tim Houston

*continued on page 6*

### Notes from our Provincial Capital

#### I love growth, and optimism

I first wish to apologize for not writing my article last month. It was the first time in 15 years that I have missed. The doctor had advised that I should not make any important decisions while taking the medication. When I look at some of the emails I returned to constituents during that time, I do agree with him. Therefore, I guess it was a wise decision.

Municipal Elections are underway, and I want to thank all the people that have chosen to put their names forward and wish them all well. Municipal Government plays a very important role in our lives everyday.

Much has been said recently about population growth in Nova Scotia. I wish to comment on how I believe it has im-

pacted Colchester North from both a Municipal and Provincial view. I believe that my past experience and understanding of Municipal responsibilities as well as my current Provincial position allows a bit of a unique view.

As I drive around and work within Colchester North, I see all the new housing starts and new young families in Colchester North. We have grown significantly. Given that the Municipality gets its revenue from property taxes. With this new home construction coupled with a noticeable increase in older homes being renovated.

Combine this with the fact under the rules of the capped

*continued on page 9*



Tom Taggart

### Notes from our Provincial Capital

With the Legislature opening on September 5th I have spent the majority of my time in the Legislature on Hollis Street now that it has ended I can get back to more normal life in the constituency. I've asked for a few items from recent newsletter be used to keep you informed about healthcare.

#### YourHealthNS to Include Ultrasound Reports

Nova Scotians can now access more information about their ultrasound results through the YourHealthNS app. Ultrasound reports completed from August 5 onward will start to be available in the app as of August 19. The report includes the body part examined, the reason for the ultrasound, findings and a comparison with any previous ultrasounds. Reports completed after August 5 will be available through the

app 14 days later.

Ultrasound reports will add to the information - date, time and location of the scan, body part scanned and the provider who requested the ultrasound - currently available through the app. Images will not be available.

The Province recently expanded access to electronic health records to people provincewide with a valid Nova Scotia health card who are 16 and older and made X-ray reports available.

Providing Nova Scotians access to their electronic health records to better manage their healthcare is part of a larger dig-



Dave Ritcey

*continued on page 9*

### Notes from our Municipal Council - District 10

Column not available due to Municipal election on October 19<sup>th</sup>.



Victoria Lomond

### Notes from our Municipal Council - District 9

Column not available due to Municipal election on October 19<sup>th</sup>.



Marie Benoit

## Notice to Readers and Advertisers

### Upcoming Deadlines and Publishing Dates

Issue	Deadline	Published
November, 2024	October 22, 2024	October 30, 2024
December, 2024	November 19, 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
June, 2025	May 20, 2025	May 28, 2025
July, 2025	June 17, 2025	June 25, 2025
August, 2025	July 22, 2025	July 30, 2025
September, 2025	August 19, 2025	August 27, 2025
October, 2025	September 23, 2025	October 1, 2025
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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