

Dorothy's Kitchen Korner

It's Pickling Time



Did anyone come up with a different recipe for Hodge Podge time?

I was in Cape Breton most of the month enjoying some great times with family and friends. As a result I didn't get in on Maurice's craving for Hodge Podge.

He tells me he really enjoyed having a potful all to himself. Of course, he was at liberty to spice it up a bit and add more cream than I would wish.

Of course, Maurice never fails to surprise me. When my cousin, Rose and I made a one-day visit to Halifax, when we stopped in at home on the way back, there was Maurice hobbling around after his Sciatic attack. I immediately wanted to stay, but he insisted go back to the isle of my dreams to continue my visit and go to a family wedding as he had a walker and cane coming the next day, and would rather deal with things on his own.

My long term concern is he might not get full use of his left leg, as the knee just keeps buckling which adds to the problem he doesn't have much lateral resistance and can easily turn an ankle. Even if it does improve dramatically, he will have to be very careful, especially on uneven ground, as it is easy to lose balance or turn an ankle and end up in a heap unexpectedly.

When I did return home the following week, he was much improved and getting around carefully but within reason. I wasn't home for more than a day or so and he brought up it was getting cooler and it would soon be time to think about making some pickles. My preference is beets, but he wants to go some chow, and of course mustard bean pickles.

Knowing, Maurice will not be a happy camper if we don't make the effort and make a couple batches of Mustard Bean Pickles, I looked up a recipe which his mother had for years. I think his family grew up on them. I

The first time I was to his mother's house for a festive dinner, she had bean pickles on the table.

Mom's Bean Mustard Pickles

- 16 cups beans
- 6 cups sugar
- 6 cups vinegar
- 1 cup flour
- 1/2 cup dry mustard
- 1 tsp salt
- 2 TBSP celery seed
- 2 TBSP turmeric (ONLY use one)

Use one of the cups of vinegar to mix the dry ingredients. Mix these together and boil 5 minutes.

Cook beans salted as for dinner till crunchy, drain beans and pour into hot boiled syrup. Cook for a few minutes. Bottle while hot tightening lids as you fill each bottle. After jars have cooled and lids popped, be sure to tighten lids again when you clean the outside of the bottles.

Do you have any favourite pickle or chow recipes you would like to share? Anyone have a good recipe for Green Tomato Mince-meat? If you have a favourite family recipe and would like it published in the October issue, please send on or before August 15th. Send to:

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Notes from our National Capital

Nova Scotia very vulnerable to climate change

I was pleased to see the study on rising sea levels at the head of the Bay of Fundy will begin shortly. A call for proposals has gone out for this \$700,000 examination of the vulnerability of the transportation links between Nova Scotia and New Brunswick as sea levels rise.

All of the rail, highway and power links connecting Nova Scotia with the rest of Canada are now at risk of inundation by the sea. The only thing holding back the ocean for several kilometers is the CN rail line, which was never intended to be a breakwater. However, on the highest tides with onshore winds the waters of the Bay of Fundy come right up to the tracks of the rail line. Often there is driftwood left right at the tracks.

If that rail line were to be breached, virtually all of our transportation connections into and out of Nova Scotia would be lost. An estimated \$50 million worth of goods and materials pass through this corridor each day and such a breach would be devastating to our provincial economy. The Port of Halifax would be a significant victim as most of the 500,000 containers handled by the port travel over this rail line to central Canada and the USA. If the rail line/breakwater did fail, there would be no quick fix and our transportation links would be disrupted for a considerable period.

Notes from our Provincial Capital

Nova Scotia tops in doctors per capita category

As we continue our investments in Health Care, and in particular in doctor recruitment, there are some facts and some information that it is important for my constituents and all Shoreline readers to know.

Nova Scotia, like all other provinces in Canada, is faced with a shortage of doctors, in particular, in Family Medicine practices. Looking at our province in comparison to all other Canadian provinces, the Canadian Institute for Health Information reports that Nova Scotia has the highest number of doctors per capita in Canada. We are fortunate to be in this position. However, many of those doctors are in specialist areas, in research or in teaching at the Dalhousie Medical School. We need those doctors to be practicing in Family Medicine in our own communities. Our focus continues to be finding a family practice doctor to take over the patient roster when an older doctor retires.

Our experience over the last few years has shown many family doctors entering the profession are looking to achieve a greater balance between their personal and professional commitments. This often means when one of our older doctors retires, it requires up to 3 new doctors to cover the patient roster. So for every family doctor who retires, we often need to hire 3 new recruits to assume that practice. Although that presents a real challenge for us in rural

News from our Municipal Council - District 10

Just one rant, but an important one.

Hello from West Colchester. I know this is not surprising, but I am going to stray a little bit from Municipal news and talk or rant a bit about today's CRTC ruling and the response from the big national communication companies like Bell Aliant and Rogers.

It really amazed me. Last year, when I was in Southern Jordan in some of the most desolate and remote terrain I have ever been in, mountainous and isolated, residents clearly were not affluent yet every single solitary person had the most up to date communications devices.

In contrast, most are likely aware Canadians pay some of the highest internet and cell phone rates in the world. In the event you have not heard, the CRTC has finally taken steps that will begin to limit the ability for these big national companies to gouge. They have finally legislated the max amount that small local service providers can be billed to tap into their fiberoptic lines and as a result, should ensure competition and create lower cell and internet fees.

You may ask, why does the CRTC have the right to do this? When all these large main fiber lines were installed across Canada, they were funded in part with Government or public money. As a result, they were mandated this service be available to other companies at a price. However, the price was never regulated and to no one's surprise the big National Corporations charged exorbitant prices and as a result we paid dearly and actually made this unaf-

The study to be done with this funding is intended to identify the three best solutions. Any proposal will call for a huge investment and a lot of work, as there are no easy answers here.

The urgency of this challenge was highlighted in a report of the 2007 United Nations Panel on Global Warming which pinpointed the head of the Bay of Fundy as one of two locations in North America most at risk.

Another study entitled "Global Regional Sea Level Rise Scenarios" done by the U.S. National Oceanic and Atmospheric Administration predicts the Bay of Fundy area could be one of the hardest hit by rising sea levels as the ice in the Antarctic melts. This report indicates the ice shelf is melting from the inside out, which could result parts breaking off and suddenly sliding into the ocean. This could cause a very rapid rise in sea levels.....much faster than previously predicted.

A third report called "Canada's Changing Climate" by Environment and Climate Change Canada predicts the Bay of Fundy area will experience sea level rise higher than the global average. There are many other reports and academic papers confirming



Bill Casey

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Nova Scotia, we are making progress. It is encouraging to note Statistics Canada ranks Nova Scotia in 4th place when it comes to connecting patients with a health care provider.

Our recruitment strategy is focused on both short and long term plans. In the short term, we are providing many incentives to work in Nova Scotia. Some of these include:

Tuition relief program for both Canadian and International Medical School graduates, up to a maximum of \$120 000;

Return for service bursaries for Family Medicine Residents (\$60 000) who agree to practice here for 3 years; debt assistance plan (between \$20 000 - \$45 000) for new Medical School graduates

locum support (administered for Government by Medavie Blue Cross) for practicing doctors in rural communities to help cover medical care for their patients if/when the family doctor is away from the office due to illness, vacation or medical study.

We also provide financial support to community groups who are actively engaged in the recruitment process for their own areas.

In the long term, we have invested heavily in new infrastructure

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Karen Casey

fordable to some. There are a couple of points I want to make. First Bell immediately responded by saying they would lose \$100-Million and they were going to reduce their expansion into rural Canada. For starters \$100- Million to Bell is \$100 to me. Check out their profit reports. Secondly, Bell has no real interest in expanding in Rural Nova Scotia. I can tell you when Cumberland and Colchester went to market with a request for proposals for companies interested in providing high speeds to 100% of our residents, there was only one Company who offered to provide the 100% coverage. There will be announcements with respect to that in the near future.

Of the remaining proposals, the maximum expansion was 40% and of course this was just the communities surrounding the urban core. I cannot remember for sure, but I do not believe Bell even responded, so they clearly were not overly concerned about rural. Thankfully, Government has finally recognized in today's world, for communities to grow and prosper, for our youth to be educated and on a level playing field, high speed is an essential service.

This CRTC ruling should reduce costs and allow small providers such as North Nova, and Seaside to provide better pricing and hopefully allow them room to upgrade their infrastructure. I am confident

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Tom Taggart

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