

Our Kitchen Korner

Hot dry summer I like it...



The only thing most people have had to complain about it has been far too hot. I have not hear any official numbers or data, but it is my guess summer 2022 has been the hottest and driest for many years. Without any amount of rain, I was getting concerned how the vegetable crops would be doing. Haven't hear much in the way of complaints, so everything must be okay.

Normally, I don't mind the heat. Humidity on a hot day is when I seem to suffer, or feel most uncomfortable. Yes, it has been hot for several weeks, but only a few occurrences of high humidity.

My home office has large windows facing west, so from 2 pm onward it can be brutal. Might seem strange, but when I knew it was going to be a scorcher, I would go to work around 5 am and hope to finish shortly after lunch. Worked well, but my internal body clock adjusted itself and now even though it is not hot, I am awake and could go to work shortly after five. Only think it did was remind me that during winter I am always going to work long before the sun rises.

Last Friday when it was hot and humid, one radio announcer reminded us, it was four months until Christmas Eve. His short statement sent me searching for some favourite Christmas recipes. I found two of my mother's favourites, which were a mainstay around our house at Christmas time. Here are my choices:

Wartime Cake (Fruit)

- 2 c sugar • 1 c shortening • 2 c cold water
- 1 lb seeded raisins • 1 tsp salt
- 1 tsp cinnamon • 1 tsp cloves
- 1 tsp allspice 1 tsp nutmeg

Put all together and boil 3 minutes. Let cool and add:

- 1 egg, well beaten • 2 tsp vanilla
- 3 1/2 c flour • 2 tsp soda - dissolved in 2 tsp warm water.

Makes two loaves. Bake in 350 oven.

Cape Breton Pork Pies

(These are hard to find on the mainland, but occasionally can find in Shubenacadie)

SHELL:

- 2 cups flour • 2 tbsp icing sugar • 1 cup butter

Sift together flour and icing sugar, cut in butter. Form into balls, and press into pan. Bake in oven about 16 minutes.

FILLING:

- 2 1/2 cups chopped dates • 1 cup water • 3/4 cup brown sugar
- 1/4 tsp salt • 1 tsp vanilla

Combine dates, water, brown sugar and salt in a pan. Bring to slow boil, stirring constantly until dates are soft and mixture is uniform. Remove from heat and stir in vanilla. Cool.

Preheat oven to 325. Bake about 15-16 minutes.

ICING:

- 1/4 cup butter • 2 1/4 cup icing sugar
- 2 tbsp milk • 1 tsp maple extract

Cream 1/4 cup butter with mixer. Add 1 cup sugar. Add milk and 1 1/4 cup sugar and maple extract. Beat on high until smooth. Add icing as soon as removed from oven. Let cool.

If you have a favourite family recipe and would like it published in the October 2022 issue, please send on or before September 15th, send to:

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

Notes from our Federal Capital

Enjoyable summer touring Cumberland Colchester

As summer comes to an end, I would like to thank all my constituents for making my first summer as your elected representative for Cumberland-Colchester a tremendous experience. I have enjoyed meeting new people and catching up with old friends at many local events.

I spent most of my summer attending events, meeting local businesses and organizations in the riding.

I started off the month by visiting an organization in Valley called, Judy's Garden of Hope. This beautiful garden works closely with the Colchester Food Bank in Truro to provide everyone with access to fresh food. Their profits are donated to Pancreatic Cancer Canada, as Judy Holmes, for whom the garden is named after, lost her life to this form of cancer. This garden is a wonderful tribute to Mrs. Holmes.

A few days after this visit, I went to Amherst to meet with multiple business owners in the area. I met with Jeff Bembridge at one of his restaurants, Breakfast at Britney's. We discussed the opportunities and challenges he has faced as a business owner. We also chatted about his other restaurants: Bambino's Pizzeria and Duncan's Pub.

Later, I met with Stephen Emmerson of Emmerson Packaging and toured his facility. Emmerson Packaging has been an industry leader in flexible packaging for over 60 years and is one of

Amherst's largest employers.

On my way out of town, I stopped by Lions Park to talk with the Amherst Lions Club about all the work they've accomplished since 2015, which includes adding splash pads, tennis and basketball courts, a walking trail, picnic tables, and a playground to Lions Park. It was a fun way to top off a great day in Amherst.



Stephen Ellis

In Truro, I attended the Emancipation Day event. Deputy Mayor Wayne Talbot delivered a powerful speech. He reminded us that the people of African descent have lived in Nova Scotia for the past 400 years and encouraged us to continue to fight against racism. It's important that we work towards making Nova Scotia the inclusive home that we all want it to be.

Later in the month, I attended the Truro Amateur Athletic Club (TAAC) announcement, where Dave Ritcey, MLA for Truro-Bible Hill-Millbrook-Salmon River, announced the new all-weather field being built in Truro. It's a wonderful addition to our community.

The following weekend, I attended the Millbrook Pow Wow where many Mi'kmaq individuals competed in traditional dances. Powwows are sacred social gatherings held by Indigenous communities to meet, dance, sing, and honour their cultures. I enjoyed learning more about the cultural practices of our Mi'kmaq

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Notes from our Provincial Capital

Legitimate concerns about healthcare

I spent portions of the past two days attending the 4-H show at the Exhibition Grounds in Truro. It is very enjoyable to watch these young leaders as they proudly displayed cattle, sheep, goats, chickens, woodworking and other projects.

With Ontario's Premier Ford and the Atlantic Premiers meeting there is lots of media the last couple of days with respect to healthcare. For my 2 cents worth, it is clear that we cannot continue in the same direction and expect different results. I personally support and believe that collaborative health care or Collaborative health care Clinic's is the best direction for rural N S and Colchester North. As everyone knows I always have an opinion and I always need to use the disclaimer that this is my opinion not the government's.

Having said that, there is much being said about private health care. There is clearly a legitimate concern with respect to "Two Tier Healthcare" however if there is a way to manage this and reduce wait times, as well as ensure that the costs do not exceed the current costs within our own Department of Health, then I say let's try it.

Continuing on with Health care, and thinking locally, there is very little I can say other than I am very confident that we, in Colchester North, will have significant improvement in Primary Health care and the need a doctor in the near future.

Now lets talk about the Carbon Tax.

No secret here, I am opposed!!

First, I will note the Previous Government had an agreement with the Federal Government called "Cap and Trade" which I know very little about other than, it was good for Nova Scotians. Unfortunately, the Federal Government will no longer accept that program. They want to impose the 14 cent per litre Carbon Tax. The rational behind this is that higher the price of gas the less will be consumed. As I understand it, actual numbers will confirm when gas was recently over \$2 per litre there was very little reduction in the consumption. It is projected that a carbon tax will reduce carbon 2% by 2030. Nova Scotia is a leader in carbon reduction, our Government has made a commitment to get off coal and ensure that 80% of our electricity production will be from green renewable energy by 2030.

Current projections indicate this will reduce carbon by 17%. This does not come without a cost and Nova Scotians will be paying that bill. I personally believe we are doing the right thing, why should we be burdened with an additional tax.

I believe that the majority of the GHG produced in Nova Scotia comes from production of Electricity as well as the use of gasoline

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Tom Taggart

Notes from our Provincial Capital

I am proud of our first year accomplishments

It has been a terrific and nice to see people out enjoying themselves after been restrained for two years. It has been so busy this month, I asked Maurice to extract some of the highlights from my newsletter, as I believe it is most important to have a monthly column in the Shoreline Journal.

Last week, August 17, marked the one-year anniversary of the 41st Provincial General Election and our first year in government. We are proud of what we have been able to accomplish together over the past year and excited for the great things to come.

Investments in Mi'kmaq Centre for Healing and Resilience

The government of Nova Scotia and Canada are investing more than \$8 million to support the construction of the new Resilience Centre in Millbrook First Nation.

A first of its kind in Canada, the Resilience Centre will be run by the Nova Scotia Native Women's Association and will be dedicated to healing and resilience for Indigenous women, girls, 2SLGBTQIA people and their families.

The Government of Nova Scotia is contributing \$1.4 million to the project. The Government of Canada is investing more than \$6.5 million through the Green and Inclusive Community Buildings (GICB) program, and \$232,000 is coming from Indigenous Services Canada.

Funding for Truro Amateur Athletic Club Revitalization Project

The province is investing \$2.67 million toward major renovations and accessibility upgrades at the historic TAAC (Truro Amateur Athletic Club) grounds.

The Truro Amateur Athletic Club has been part of the Truro community for more than 120 years. With this investment, we are improving the experience for the families who use the grounds and making it more accessible so that people of all ages and abilities can benefit from the facilities they need to live active, healthy lives.

The project will include the refit of the existing grounds with a multi-sport all-weather field, track facilities and a revamped, barrier-free baseball field with upgraded amenities.

The renovated facilities will be equipped to host major competitions, which will help boost tourism, benefiting the entire region. As well, the project will meet the 2030 Rick Hansen gold accessibility standards.

The federal government is contributing \$3.2 million to the project. The Town of Truro is contributing \$500,000, the Municipality of the County of Colchester is providing \$350,000 and community support exceeds \$2 million.

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Dave Ritcey

Notice to Readers and Advertisers

Upcoming Deadlines and Publishing Dates

Issue	Deadline	Published
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
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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