

# Our Kitchen Korner

## Hurricane Season & Schools In



The past few weeks we've very unusual. Two of the last five we have had torrential rains and devastating flooding causing millions of dollars of damage to homes and property. Not only did four people - two adults and two children lose their lives, the damage to highways and bridge was unrepresented.

Even Maitland did not escape. There were two significant washouts on Highway 215 in South Maitland. At the end of the Rock Road heavy flooding caused a creator - 30" by 30" feet and least 30 feet deep. The other site just 100 feet down the road was not as large, but was still a gaping hole across both lanes.

Initially to get to Truro residents from Maitland & Noel areas had to detour to Kennetcook head out to Cheese Factory corner to get onto Route 14, then to Milford. An extra distance about 80 KM. Normally they could have headed toward Kennetcook, taken the Georgefield Road to Shubenacadie but it was impassable for the first week.

It took nearly two weeks for repairs to be completed at South Maitland opening Hwy 215 to Maitland. Repairs were completed on Friday, August 4th, but lasted only 18 hours, when another rain storm causing flash flooding in Truro just past noon on August 5th also caused a wash out in South Maitland. It took four days for repairs to re-open the road.

Yes, we've complained, as usual, about the weather... Humidity, rain, heat and feeling uncomfortable. Think about the total destruction in Hawaii, with possible loss of over 1,000 people from high winds and wild fires. Count your blessings, we are lucky.

Hurricane season is just around the corner, so get prepared. I'm happy to stay here and watch the Bay of Fundy tides come and go.

Within the next week the wee ones and those not so young will be heading back to school. Please remind yourself students will be near the road as they await a school bus or a walking to school. Everyone has a responsibility, but remember your vehicle is a lethal weapon.

When my mind turned to what to cook for dinner, I reached over and grabbed binder of hand written recipes collected over the years. Not that I was thinking about it, but when I opened one of the pages, a certain recipe seemed to "jump off" the page. Hence I decided to prepare some Swiss Steak. Luckily had some cubed beef in the freezer.

### Swiss Steak

- 3 tbsp flour • 1 tsp dry mustard • ½ tsp sale
- 2 tbsp oil • 1 can tomatoes • Garlic (fresh or dry minced)
- 1 cup water • 1 large onion (chopped)
- 1 large green pepper (cut up)
- 1 cup celery cut into pieces similar to carrot dollars)
- 1 cup carrots (cut round like a coin)
- ½ cup fresh mushrooms • 1 - 1 ½ lbs round or sirloin steak

Cut up vegetables and set aside. Cut steak into 1" pieces. Heat oil in a large dutch oven; if you wish sprinkle flour over meat, or add meat to saucepan then sprinkle in the flour, add salt and dry mustard. Brown meat on all sides with medium heat. Stir frequently to avoid sticking. Once meat is browned, add water and stir thoroughly to ensure nothing is stuck to bottom.

Add remainder of ingredients, stir thoroughly, bring to a gentle boil, reduce heat and let simmer 5-10 minutes. Continue cooking for 1-2 hours on top of stove until vegetables are as desired. If your saucepan is oven proof slip into 325 oven. However, I put mine in a slow cooker for about just over an hour.

If you have a favourite family recipe and would like it published in the October issue, please send on or before September 10th. Send to:

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### Upcoming Deadlines and Publishing Dates

Issue	Deadline	Published
October 2023	September 19, 2023	September 27, 2023
November 2023	October 17, 2023	October 25, 2023
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February 2024	January 23, 2023	January 31, 2023

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### Notes from our Federal Capital

#### August, much to report

**Natural Health Products:** My office has been overwhelmed by emails and phone calls regarding changes to Natural Health Products. The Liberal government has proposed significant new fees on the import, manufacture and sale of natural health products whilst simultaneously imposing new labelling laws that will massively increase the cost of these products.

These regulations are being applied to many products Canadians use everyday such as protein powder, vitamins, and other supplements.

This is unfair, unrealistic, and so costly that it will force many small-sized businesses to shut down, opening the door to takeovers of the entire NHP sector by foreign companies.

Not only that, but this legislation is inflationary.

The burden of these costs will be passed down to the consumer. Once again, Justin Trudeau is making life more expensive for Canadians.

### Notes from our Provincial Capital

#### Making strides in healthcare

August 30th marks two years since I was sworn in as Premier of this province, the greatest place in the world. It is an honour and a privilege to serve on behalf of Nova Scotians. I was elected to fix healthcare and that remains our top focus.

This past year we held three Health Summits, bringing together leaders in healthcare to focus on solutions. These summits were the first of their kind and now regulators, unions and leaders are working in partnership to reach our healthcare goals.

We also passed the Patient Access to Care Act, a law that makes it quicker and easier for foreign-trained healthcare providers to come and work here. It means more healthcare providers working to their full scope of abilities and spending more time with patients. This act will make a huge difference in recruiting healthcare professionals - and getting you the care you need, when you need it.

### Notes from our Provincial Capital

#### Colchester North: a destination for commercial windfarms?

Hopefully the rainy season is over and we will enjoy a long and mild fall.

Last month I held a community meeting in Bass River to discuss the new bridge. The meeting was well attended, and many views and concerns were expressed. Of the three initial options, two would mean the expropriation and demolition of the community store. That is not an option that I can support. The store is important to the residents of Bass River and surrounding communities.

Those in attendance asked for a fourth option that would take the road down along Birch Hill cross the river and enter trunk 2 by the old service station. Now I have had a couple calls with concern with this, I want to be clear, this is preliminary, if it becomes a viable option there will be a tremendous amount of work to be done before anything could proceed.

The three main concerns or requests coming out of the meeting

### Notes from our Provincial Capital

#### August Highlights.

It's been a very busy month, and rather than repeat myself, this month, I'm going to extract some highlight from my August Newsletter.

**New LifeFlight Airplane Unveiled:** A new Emergency Health Services (EHS) LifeFlight airplane will soon transport non-critical care patients from Yarmouth and Sydney to Halifax for tests and treatment.

The new service will free up ambulances and paramedics for local emergency calls - reducing wait times - and save patients hours of travel by road. Travelling by plane from Yarmouth or Sydney to Halifax will take about an hour, compared with about five hours by ambulance. It will also be more comfortable for patients. The plane will carry two to four patients per trip with three round trips daily. That means up to 12 ambulances a day will be staying in communities.

The Province's contract with PAL Aerospace for one airplane for critical care transports has been amended to include this second plane,

### Notes from our Municipal Council - District 10

#### You are the reason

Community involvement has always been something that is really important to me. It is something I am working very hard to instill in my children. I am honored to be representing such and active District 10 in Colchester County. YOU are the reason our communities are thriving. We are so lucky to have such dedicated volunteers.

Some of the events that have been happening around our area lately are: The Masstown Community Association had a Party in The Park; The Londonderry Community Centre hosted a family and teen Dance as well as a memorial washer toss tournament; there was another memorial washer toss event in Bass River; there were a couple Community Days/Open House with our fire brigades (Great Village and Economy);

Great Village Wellness celebrated their grand opening; The Portauisque Market continues to provide a great space to get together

Consumers will lose access to the health supplements that they choose to use, as a result of red tape and bureaucratic gatekeeping, rather than health impact.

I met with Jean-Yves Duclos, the former federal health minister, and I asked if these changes would affect international manufacturers in the same manner as Canadian ones. He could not answer the question.

Further, the international accounting firm Grant Thornton reports the new mandatory rules are complex, reporting deadlines are short, and the non-compliance penalties are high.

This terrible legislation will price Canadian manufacturers out of the market and do nothing to improve the safety of these products.

**Isthmus of Chignecto:** I had the pleasure of holding an interview



Dr. Stephen Ellis

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New deals were also reached with doctors and nurses that will make the province an even more attractive place to work. These deals will help keep our hardworking healthcare professionals already in the system and attract new people.

We have plans for more than 60 new and strengthened clinics in communities across the province. There are also 32 pharmacy clinics offering appointments for patients with common illnesses or who take medications for chronic diseases. And all Nova Scotians on the Need a Family Practice registry can access virtual care.

We're also working hard to improve the emergency experience across the province, including introducing patient advocates in Emergency Departments and adding a new LifeFlight plane that will trans-

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Tim Houston

were, the fourth option mentioned above. A 3-D sketch or drawing would hopefully be able to bring some clarity to the recommended option. Safety concerns with respect to students from WCCS and pedestrian traffic in general. With that in mind I have asked the Department of Public Works to produce a preliminary routing, costing and impact assessment for option 4, a 3-D drawing, additionally a Traffic Engineer would do a safety assessment on safety of pedestrian traffic. I am told that this work should be available by Thursday, Sept 28. With that in mind, I have scheduled a meeting for that night.

I wish to touch on windfarms as Colchester North is fast becoming a destination for Commercial wind developers. There is the long running application development / potential development of Higgins Mountain which is an approximately 100 MW project which is part of

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Tom Taggart

a specially outfitted PAL Beech 1900 turbo-prop. Quick Facts: the projected cost of this new service is \$5.9 million per year; the number of daily round trips is expected to increase from three over time and EHS LifeFlight's critical care aircraft (one plane and two helicopters) complete about 1,200 air medical missions each year.

**New Master's Program to Train Physician Assistants:** On August 3, the Province introduced a new physician assistant program at Dalhousie University that is expected to begin in January. The two-year master's program will be open to 24 students. Priority will be given to Nova Scotian applicants who meet the program's eligibility criteria. This will be the first physician assistant program in Atlantic Canada

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Dave Ritcey

each weekend and hosted a Wellness event; the Geopark hosted several events my favorite being the Fundy Food trail! There is always something going on at the Great Village Arts Centre, have you been? Bingo anyone? Economy Rec Centre is not too far, neither is the Great Village Legion or Five Islands!!

I guarantee that I have missed some of the things we have going on in our beautiful district, there are so many. If you have something happening in your community I would love to hear about it. Please call me at (902) 890-1493 or email me at vlomond@colchester.ca

**Victoria Lomond, Colchester District 10 councillor can be reached at: 902-890-1493 or email me at vlomond@colchester.ca**



Victoria Lomond

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