



DR. STEPHEN ELLIS

MP | CUMBERLAND—COLCHESTER

***Working for You
in Cumberland-Colchester
and on Parliament Hill***

Newsletter July 2023

FEDERAL GOVERNMENT FINANCES OUT OF CONTROL

In June, it was my duty as your Member of Parliament for Cumberland-Colchester, to rise in the House and address devastating effects that the Trudeau government's fiscal policy is having on people in our constituency. Here is the text of my speech.

Mr. Speaker,

This government's out-of-control spending leaves Canadians with the grim reality that money is tighter in their households every month. People in Cumberland-Colchester have contacted me almost daily to express their hopelessness and dismay as they watch prices and interest rates climb.

This latest interest rate hike and its effect on mortgages will be disastrous.

The hard work by Nova Scotians for the betterment of the country has been rewarded by eight years of ridiculous inflationary spending culminating, sadly, in the terrible budget we see before the House now.

The Liberals have now approved \$60 billion in new inflationary spending, adding more weight on Canadian families and businesses

These are people with hopes and dreams that cannot be achieved because of Liberal out-of-control spending.

The madness needs to stop now.

To see this speech please visit my website at; www.drstephenellismp.com



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Diabetes on the rise

As Vice-Chair of Parliament's Standing Committee on Health, I am deeply concerned about the rapid rise of Diabetes in Canada and, in particular, cases that are increasing in Cumberland-Colchester.

The Nova Scotia numbers are startling.

Diabetes (type 1 + type 2 diagnosed + type 2 undiagnosed) in 2022 were 173,00, or 17 per cent of our province's population. In 2023, so far, there are an estimated 202,000 cases, or 20 per cent of the population. (Nova Scotia Health and Wellness)

Chronic diabetes in Cumberland-Colchester certainly has my attention

So, it was with a great deal of interest when I held a second meeting with representatives of Novo Nordisk, a leading global Diabetes healthcare company, to discuss implementation of the National Diabetes Foundation, and to share details of a proposed new obesity and chronic disease prevention partnership.



**Unique stunning vistas in
Cumberland-Colchester**

One of my priorities as your Member of Parliament for Cumberland-Colchester is promoting the Cliffs of Fundy UNESCO Global Geopark.

This majestic park stretches 165 kilometres across the north shore of the Bay of Fundy, spanning 77 communities from Lower Truro to Apple River. Tourists from around the world visit the park's captivating and unique scenery and adventurist activities.

Within this park are wonders such as the highest tides in the world, the Not Since Moses run along the Five Islands beach floor, and Ottawa House By-the-Sea Museum, which was the summer residence of Sir Charles Tupper.

It's all about the pace.

Slow and steady, so that you can just plain enjoy.

Everyone here is a friend that they have never met.

It's summer in Cumberland-Colchester, and in this part of Nova Scotia, visitors can view in world's highest tides; rock formations that are millions of years old, swim in the warmest salt water north of the Carolinas, savour our cuisine, sip our fine wines, tour our towns and small communities steeped in history.

Check out these sites as samplers!

Cumberland County

<https://www.trip.com/travel-guide/destination/cumberland-county-1542371/>

Colchester County

<https://www.trip.com/travel-guide/attraction/colchester-county-1535820/tourist-attractions/>



I am pleased to introduce Amanda Saxe. She will be working in our Ottawa office this summer as a Conservative Party intern.

Amanda is bright, energetic and brings a strong work ethic to our office.

Welcome, Amanda!

Acknowledgements

A few highlights in Cumberland-Colchester that I would like to acknowledge include events such as the D-Day ceremony in Amherst; a Filipino flag raising in Truro; the grand opening of prominent artist Alan Syliboy's new gallery; Nova Scotia Community College graduations in Truro and Amherst; an Autism walk at the Rath Eastlink Community Centre; an event at the Confederation of Mainland Mi'kmaq Centre; and National Police Week ceremony in Springhill. Congrats All!



Filipino flag raising in Truro



NSCC graduates celebrate in Amherst and Truro



Alan Syliboy opens art studio



Hope Not Hunger

Food challenges are greater than ever

We are being bombarded with issues such as inflation, jet thruster rent/mortgage increases, soaring food costs, and the carbon tax, among others, raining down on our umbrellas. These are the major talking points.

Today, however, I am going to write about a deep concern for me.

During a recent tour of the Colchester Food Bank with Executive Director Shelly DeViller, I sensed her urgency to meet increased client numbers, the ever-challenging drive to supply adequate food boxes for people requiring supplementary foods, fundraising, private donations and lastly, uncertainty about continuance of government financial support.

Considering all these factors, while sitting in Shelly's office, I was amazed at the sense of confidence that new and existing programs are -- and will be -- available to food bank clients that will educate them to become more food-preparation savvy.

Shelly and I discussed several possible projects, including new food supply chain model that eliminates the exchange of cash for products, such as eggs, milk, and vegetables.

Such a food distribution system, from the farm field to a needy family's kitchen table, is on my agenda to enable better lives and full stomachs for every constituent that needs a helping hand.

It involves tapping into a cutting-edge way of thinking, Food Bank Executive Director Shelly embraces the concept readily, because under the present food bank model, costs of doing business are outpacing the ability to meet the demand for food.

She told me that, "We have a 13-per cent increase in new clients this year. We served 1,428 meals in May. Of those, 104 were brand new clients." This monthly increase has become the norm.

Alarmingly, "We are seeing clients from working families." This complex problem has a simple solution. Food banks in general and Colchester's in particular, receive substantial food donations from the major grocery chains. All of the bases, however, are not covered.

For instance, essentials such as eggs, milk and other dairy products must be purchased. This sector has seen dramatic price increases in the post-pandemic age.

As Shelly indicated to me, "We have to pay full price for milk and eggs. There is no discounting at all."



MP Stephen Ellis on the steps of the Colchester Food Bank

Under the barter system, producers could exchange \$1,000 worth of eggs for a tax receipt in kind, from the Colchester Food Bank. Producers receive a different form of payment, and the food bank gets the eggs. The same could apply to dairy ... to vegetable producers.

New data disturbing

New data finds number of food insecure Nova Scotians jumped to 22 per cent in 2022.

Nearly a quarter of Nova Scotians can't consistently and reliably afford healthy and nutritious food, according to new numbers released by Statistics Canada.

The situation is more dire for young people and people from marginalized communities.

Nearly one-third, or 31.4 per cent of children in Nova Scotia, are living in food-insecure households. The data also shows the highest percentage of people living in food-insecure households are Black and Indigenous.

This has to stop.

My commitment

It is my firm belief that food is a right for all Nova Scotians, not just for people that can afford the essentials of life.

I will be working with the applicable federal Conservative shadow cabinet ministers over the summer. Food availability for the poor will be on my agenda when Parliament resumes in the fall.

Food bank director calls for more funds due to increased clientele

I have spoken with Colchester Food Bank Executive Director Shelly DeViller about her addressing an immediate challenge of supplying food to newcomers in our area. The Nova Scotia government is to be applauded for its rapid response to cut red tape and admit foreign healthcare professionals into the province. There is, however, an oversight in that new residents have not been issued money for housing or food.

Shelly has advised me that healthcare professional newcomers welcomed to Nova Scotia through its accelerated immigration program ought to receive a signing bonus to cover immediate costs such as food, rent and other related expenses.

Shelly says, “additional funding is immediate in order for us to meet the demand.”

These healthcare professionals are forced to turn to the Colchester Food Bank because there is a minimum three-to-four-week delay before the receive salaries from their employers.

Food banks are feeling the pressure from two sides. We pay more for food and more people require food. Food banks have not recently received government funding to assist in the added pressures we face from inflation.

We need to do better.

When people are forced to make a choice between paying rent or buying groceries, most will choose to pay the rent, forcing them to the food bank door for groceries.

The Colchester Food Bank served 1,424 individuals in May 2023 and 104 of those were new clients. In May 2022, the food bank served 839 individuals and there were 28 new cases.



Colchester Food Bank Executive Director Shelly DeViller

What does the Colchester Food Bank do?

- * Provides emergency food services three times a week.
- * Provides educational programming onsite and remotely.
- * Five-week crockpot cooking classes (learning cooking skills and receive a crockpot to keep).
- * Low-cost cooking (learning what to do with what is in the food hamper).
- * Back to Basics (seniors mentor youth from gardening to processing and canning).
- * Cooking in the schools with children at risk of food insecurity.
- * Market Green Project – brings fresh produce to Portapique Market to sell at a low cost and free to those who require it.



Board Chair Vera Faye Smith



Dr. Ralph and Donna Hopkins preparing butterballs