

# Dorothy's Kitchen Korner

Say thanks for warmer weather



Now that we've moved to daylight saving time, I appreciate the longer evenings. I'm not one to get up at the crack of dawn, but sure enjoy not having to eat supper when its dark outside. Of course with the time change there was a sudden much needed change in the weather.

Although not shirt sleeve weather, or warm enough for just a sweater, but sure is nice not to have to bundle up and still freeze even though wearing a couple of sweaters and heavy winter jacket. Even better is disappearance of sheets of ice which meant high risk of falls and broken bones.

Hopefully, weather improves enough so I can get outside soon and don't have to listen to all the "breaking news bulletins" about a new political crisis in Ottawa or Washington. I wish somebody could tell me why politicians, and I mean all of them, suddenly, once they get elected, change their appreciation for truthfulness, transparency and adherence to the "Golden Rule".

My expectations from other people is to treat me like I treat them - with honesty, directness and transparency. Equally amazing is how about four years later they can come around expecting me to be excited about supporting them again. If that is what they call a litmus test, unfortunately everyone of them failed.

For this month's recipe, after thumbing through hundreds of recipes, I've gathered up over the years, I chose "Lemon Chicken Rice Skillet". I find the lemon adds just enough tang to the rice to make it more than enjoyable.

## Lemon Chicken Rice Skillet

- 4 boneless chicken breasts
- Salt and pepper
- 1 tsp garlic powder
- 1 tsp diced parsley
- 2 tbsp uncooked rice (Jasmine)
- 2 ¼ cup chicken broth
- 1 tsp lemon zest + 3 tbsp lemon juice
- 1 tsp dried parsley
- 1 whole lemon, cut into slices.
- Butter, as required.

Heat a large skillet (with lid). Season chicken with salt and pepper, garlic powder and parsley.

Add butter to the skillet and cook chicken in hot butter until browned, but not cooked all the way, (about 2 minutes on each side). Remove chicken and set aside.

Add rice, chicken stock, lemon zest, lemon juice and parsley to hot skillet. (Cook on mid-heat). Let rice come to a small boil, then simmer. Then place chicken on top of rice. Cover with lid. Let cook 20-25 minutes or until rice is tender.

Serve with choice of vegetable. I prefer carrots, but Maurice prefers asparagus or whole green beans.

If you have a favourite family recipe and would like it published in the May 2019 issue, please send on or before April 14th. Send to:

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ISSUE	DEADLINE	PUBLISHED
May, 2019	April 23	May 1, 2019
June, 2019	May 21	May 29, 2019
July, 2019	June 18	June 26, 2019
August, 2019	July 23	July 31, 2019
September, 2019	August 20	August 28, 2019
October, 2019	September 17	September 25, 2019
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December, 2019	November 19	November 27, 2019
January, 2020	December 10	December 18, 2019

For more information contact us at:

The Shoreline Journal, Box 41, Bass River, NS, B0M 1B0  
Ph: 902-647-2968, Cell: 902-890-9850  
Email: maurice@theshorelinejournal.com



## Notes from our National Capital Amherst's POW Camp at full capacity

One hundred years ago, the largest Prisoner of War Camp in Canada was operating at full capacity in Amherst, Nova Scotia. The Government of Canada had taken over the former Malleable Iron Foundry on Park Street and converted it to a POW Camp. The camp operated from 1914 to 1919 and housed over 850 prisoners, mostly German.

The first of the German prisoners were sailors brought to Amherst after their ship, the SS Kaiser Wilhelm der Grosser was sunk near Africa by the British Navy. The Kaiser Wilhelm started life as a passenger ship but at the outbreak of World War One was armed and served as a German war ship. She successfully destroyed several ships before being defeated by the HMS Highflyer.

One story is that the British sank the ship but the other account is that she was scuttled by her crew. In any case, she sank off of North West Africa after the battle in August 1914. A total of 640 German sailors were captured and brought to Halifax, and then taken by armed trains to Amherst.

During their internment at the camp, many of the soldiers and sailors produced amazing models, furniture, ornaments, instruments and other crafts. The POW Camp had a small shop where these articles were sold to the public. Many of these wonderful crafts are still in Cumberland County. The Nova Scotia Highlander

Regimental Museum in the Armouries has some of the crafts as does the Cumberland County Museum and Archives in Amherst.

My father grew up just down the street from the camp and must have walked by the POW camp every day on his way to school. He would be eight when it closed in 1919. Growing up, we always had this wooden ship model in our house which is one of the models made by the Prisoners of War at the camp. Many times I tried to determine if it was the model of a specific ship or just a generic model. When I read that some of the prisoners were from the Kaiser Wilhelm der Grosser, I looked up photos of the ship and it is the exact same ship as my model. The German sailors made a model of their own ship. It has suffered a bit over the 100 years and my nephew Matthew is rebuilding the rigging, the bridge, and lifeboats. It also needs new propellers and small pieces but it is looking good.

A couple of months ago I pointed out to Her Excellency Ambassador Sabine Sparwasser, Ambassador of Germany to Canada that this is the 100th anniversary of the closure of the Amherst POW Camp. After several discussions, we are working together on a plan to have a small German military band and several represen-



Bill Casey

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## Notes from our Provincial Capital Capital budget is \$691.3-Million

One important part of the Nova Scotia Provincial Budget is the Capital Plan. This Plan supports infrastructure projects in communities across the province. The Capital Plan for 2019-20 is \$691.3 million. The infrastructure projects include roads, schools, health care facilities and other Capital grants.

Each year the Department of Transportation & Infrastructure Renewal (TIR) prepares and publishes a 5 Year Capital Plan.

This portion of the Plan is announced in November/December of each year and outlines the major Capital projects that will be completed over that 5 year period. Included in those projects are major construction for 100 series highways, improvements and asphalt projects for 100 series highways, routes and trunks and bridge replacements. This Capital Plan is announced early so that construction companies and the Nova Scotia Road Builders Association can prepare their business plans and their responses to tenders called by TIR. The Capital Plan for TIR for 2019/20 is \$300 million.

The second major part of our Capital Plan is related to school construction. For the first time this year the Department of Education has also prepared and presented a 5 Year Capital Plan. This also allows for the next 5 years. That plan includes new school con-

struction, school additions and alterations. The Capital for Education for 2019/20 is \$63.1 million.

Aging infrastructure in our hospitals and other primary health care facilities requires significant investment in Capital dollars to replace many of these facilities. Nova Scotians have told us that Health Care is their priority... it is also our priority.

From new and renovated operation rooms, to improving cancer care services, to the construction of new community outpatient centres, we are transforming where some of the province's most special health services are delivered.

Significant investments in the Health Care Redevelopment Project for Cape Breton, the QEII New Generation Project, and the IWK Emergency Room Expansion will be made possible with a Capital Investment of \$156.9 million.

The remainder of the investment in the Capital Plan will focus on IT services, capital grants to support other health care facilities, and vehicles and equipment. Our efforts have focused on putting Nova Scotia on a fiscally sustainable path and this has allowed us to build the capacity to invest in Capital projects that Nova Scotians need and deserve.



Karen Casey

## News from our Municipal Council - District 10 20% feeds and fuels the engine driven by 80%

Finally spring is here, not only does the calendar say so, but the last few days have been nice, typical spring days frosty at night, sunny during the day. I hope the sap has been flowing. I was talking with someone at the plaza this morning and they said we were having a smelt storm this weekend. I think that is being a bit optimistic!

It has been another relatively busy month at council. Started out with a presentation from Force Tidal on the environmental effects monitoring program relating to the massive electric turbine placed in the Minas Passage. It was a very interesting presentation, really got a better understanding, of the tidal flows as they move through that narrow and turbulent section of the bay.

We got a bit of an understanding of the measures that are being taken to establish some baseline as to catches of both lobsters and other fish species. It was disappointing in the sense that I had asked for this presentation some time ago when we became aware that a turbine had been placed in the bay, the company then went into receivership and the turbine was not being monitored.

I was unhappy as I have many times spoken in support of Responsible resource development and this was clearly not responsible. It appears we asked the wrong people, as this lady has no involvement or responsibility for who or what is placed in the water, only just environmental monitoring. The only real factual

info we got on the turbine is that it is, not turning and may very well be the biggest and most expensive man-made reef in the Bay.

I have also been fairly busy with Committee work and we have been making progress on the new Dog Kennel bylaw, working towards bringing modern, fast broadband to Cumberland and Colchester as well as working on the Cliffs of Fundy Geo Park project. I would like to remind residents along the shore that there will be a public meeting to update residents of the progress to date; this will be at the Victoria Hall in Bass River on the 16 of April.

I ended last month by saying how upset I was about the RCMP moving their Tele-com operation and the jobs that go with it to Halifax. There is no real rational for this and it would seem the powers to be do not really care about small towns and rural communities across Canada. Just want to be clear, that I am not pointing at our local government representatives as they are working hard on this. I want to make the point that there is in my opinion a sentiment that only the big cities matter and rural communities are too spread out and too small to have much impact on the national scene.



Tom Taggart

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