

Our Kitchen Korner

We are almost out the nastiness of winter, although in April we get a couple of difficult days with wet snow which makes driving more dangerous than the dead of winter. Our salvation is we know the snow will not last long, as the sun is much stronger, and migratory birds are returning.



I haven't seen any robins yet, but I am sure they are arriving in small numbers, or will very soon. The other positive note is tomorrow (Thursday) is a sure sign of spring. It will be "April Fool's Day, so be careful how and to what you react prior to noontime.

Now is the time to think about what vegetables or flowers you want for this summer's garden as we continue to work our way out of the Covid-19 pandemic. Government officials and Health professionals are suggesting we soon will see more openness and perhaps the Atlantic Bubble will be restored soon. Last year there was an abundance of "new" or "renewed" gardeners as people were confined to their property. It is expected most will continue outdoor habits at home, but with less intensity as we will want to get out and around.

If gardening is still on your mind, seed packs are abundant in most retail outlets. If you choose not to plant seeds, you can wait for the garden centres to open, but now is the time to think about different varieties you wish to change things a bit.

The highlight in many communities for the past few weeks and will continue into the first three weeks of April has been the many maple syrup breakfasts, brunches and events. Now that we will be able to attend such events, it is hopeful many of the community groups will continue or resume to historic and enjoyable event. It's always a great feast, lots of local entertainment and the opportunity to stock up on the quantities of locally produced maple syrup to get us through another year.

Regardless if you wish to confine yourself to staying at home or breaking up the time with some day-trips the hospitality industry participants will be glad to welcome you. Restaurants, pubs and local craft and antique shops will be most eager to welcome you.

If you are in a rush doing some of the things you traditionally do around the house this time of year, you might wish to try a different slow cooker recipe as you commence to tidy up the yard and prepare the garden for your invasion.

If you have sweet tooth maybe the family would enjoy an easy to make fudge recipe. Both are presented below.

Cowboy Crockpot Stew

- 1 sm package of stew meat • 1 pkg sausage or kielbasa
- 1 med onion chopped • 1 med potato chopped
- 1 can baked beans, your choice

Place ingredients into a crockpot in the order shown. Cover and cook for 4 hours on high or 8 hours on low. If you are brave or have a desire for a particular spice, you can experiment to your own satisfaction.

Preparation time: 10 minutes. Serves: 6 to 8.

Never Fail, Five Minute Fudge

- 2/3 cup un-diluted evaporated milk • 1 tsp vanilla
- 1 2/3 cup sugar • 1/2 cup chopped nuts • 1/4 tsp salt
- 1 pkg (6 oz) chocolate chips
- 1 1/2 cup diced marshmallows (16 med)

Mix evaporated milk, sugar and salt in saucepan over medium heat. Heat to boiling, then cook five minutes, stirring occasionally. Remove from heat. Add marshmallows, chocolate chips, vanilla and nuts. Stir 1-2 minutes until marshmallows melt. Pour into buttered 8 inch square pan.

Cool. Cut into squares.

If you have a favourite family recipe and would like it published in the May issue, please send on or before April 15th. Please send to:

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

Notes from our National Capital

Zann introduces Private Members Bill C-230

Lenore Zann, Member of Parliament (Cumberland-Colchester) has introduced a Private Member's Bill C-230 - An Act respecting the development of a national strategy to redress environmental racism. If passed this enactment requires the Minister of the Environment, in consultation with representatives of provincial and municipal governments, of Indigenous communities and of other affected communities, to develop a national strategy to promote efforts across Canada to redress the harm caused by environmental racism. It also provides for reporting requirements in relation to the strategy.

The Timeline Journey of the Bill: March 23, 2021 - The second hour of debate at second reading took place. On March 24, 2021 The vote is expected to take place. Upon passing second reading it will go to Committee.

In Zann's private members bill Environmental racism refers to the disproportionate location and greater exposure of Indigenous, Black, and other racialized communities to polluting industries and other environmental hazards. These toxic burdens have been linked to high rates of cancer, reproductive diseases, respiratory illnesses and other health problems in these communities (Bullard, 2002; Fryzuk, 1996; Gosine & Teelucksingh, 2008; Waldron, 2018).

From the decision approximately 60 years ago to offload pulp

mill effluent into Pictou Landing First Nation's once pristine Boat Harbour, and toxic landfills and a dump placed in the African Nova Scotian communities of Shelburne, Lincolnville, and Africville, to mercury contamination in Grassy Narrows First Nation, petrochemical facilities in Chemical Valley in Ontario and in British Columbia, the legacy of environmental racism can no longer be ignored.



Lenore Zann

Bill C-230 is asking the Minister of Environment & Climate Change to develop a strategy that must include measures to: Examine the link between race, socio-economic status, and environmental risk; Collect information and statistics relating to the location of environmental hazards; Collect information and statistics relating to negative health outcomes in communities that have been affected by environmental racism; Assess the administration and enforcement of environmental laws in each province.

The bill also asked to address environmental racism including in relation to: possible amendments to federal laws, policies, and programs; the involvement of community groups in environmental policymaking; compensation for individuals or communities; on-going funding for affected communities and access of affected communities to clean air and water

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Notes from our Provincial Capital

Now is the time to start planning your summer camping adventure. Reservations for the camping season (2021) in our provincial parks open April 6, 7 and 8. All campers must reserve their campsites in advance of their visitation.

A schedule of which campgrounds are open for reservations is posted on the Nova Scotia Provincial Park website. For those of us in Colchester North, please note that the Five Islands Provincial Park season opens on June 4 and closes on October 11.

Other camping and day-use parks are scheduled to open on Victoria Day Weekend (May 21-24). There are 20 camping parks and more than 130 day-use and beach parks in Nova Scotia. I encourage all of us to take advantage of the great outdoors, to enjoy the beauty of our province and to safely explore many sites this summer.

Due to the ongoing COVID-19 pandemic, all public health guidelines must be followed, and new restrictions may impact the date for reservations and park openings. I would encourage visiting the following website for additional and updated information: <https://parks.novascotia.ca/>

As a precaution, we must also respect the burn restrictions, which came into effect on March 15, and continue to October 15. Warmer and drier weather each spring brings on an increased risk

of wildfires. That is why we must put safety first before starting an outdoor fire.

Our provincial BurnSafe map shows areas where burning is permitted each day, including domestic brush burning and campfires. Industrial burning, which includes clearing of agricultural land and blueberry fields requires a permit from the Department of Lands & Forestry.



Karen Casey

Following the burn restrictions and knowing your municipal bylaws will help keep all of us safe, and protect our personal properties and those of our neighbours and friends. Last year in Nova Scotia our provincial firefighters responded to 171 wildfires. We need to work together to significantly decrease that number. For additional information on the map, please visit our website at: <https://novascotia.ca/burnsafe>

Let me close by wishing you a safe and happy spring and summer, and trust that the great job our province has done with managing the COVID-19 pandemic will continue. Our province is the envy of the nation and beyond. Thanks to all of you for respecting public health guidelines. We are in this together, and together we will overcome the virus.

Karen Casey, MLA represents Colchester North

News from our Municipal Council - District 10

Please support and respect privacy

Spring is here and that fresh air, green grass and the feeling of hope and relief many of us associate with spring is just around the corner. It seems like a far to often used phrase, but it has been a tough 12 months. The joy and enthusiasm generally associated with this time of year was missed last year.

Here is hoping this year will be joyful and fulfilling.

April 18 is just around the corner! I am sure it will be nearly unbearable for those who lost their loved one's! We must support them and we must always remember those innocent people who were so unfortunate to be in the wrong place or crossed paths with that evil person. We must also respect the privacy and support those in that community that were woken in the middle of the night to be taken to a safer location or who woke up to find their neighbours had been murdered. That event will forever change our lives and this entire West Colchester Community needs to respect, remember and most importantly support each other.

April 18 will be difficult for many. I know, I will not get this out

right, but please do not be hesitant or be embarrassed to reach out for support. I have discussed this with fellow councillors from both Humboldt Saskatchewan and Marathorpe Alberta and both spoke about the unwillingness for people in their communities to reach out for help in the aftermath of these horrific events.

I just spoke with Director of Victim's Services for the Province. They provide free support, and counselling, and are anxious to help. They can be reached confidentially at 1-800-565-7912 or vicservicescent@novascotia.ca.

Please, do not hesitate to take advantage of this service.

I think I will leave it at that and we will talk Municipal business next month.

Stay safe, Tom

Tom Taggart has served as councillor for District 10 on Colchester Council since 2008.



Tom Taggart

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