

Our 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 do like to start some of the days watching a fantastic sunrise as there are many awesome sunrises in Maitland.

Conversely I do 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. I am not so smitten with spring that I realize early in April we can still get a couple of bad snowstorms. A thick blanket of snow can provide some of the most treacherous road conditions experienced all winter. The snow is wetter and quickly packs on the road to create a slippery layer of white that is as slippery as pure ice. All I suggest if we get a storm, drive carefully.

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, or additional bombings in Ukraine. 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 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 tsp butter
- 1 cup uncooked rice (Jasmine)
- 2 1/4 cup chicken broth
- 1 tsp lemon zest + 3 tbsp lemon juice
- 1 tsp dried parsley
- 1 whole lemon, cut into slices.
- Optional add bit more butter, if desired

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:

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

Notes from our National Capital

Other MP's tour area

March has been an especially busy month. While Parliament was in a two-week recess this month, it afforded me the opportunity to spend more time in my riding of Cumberland-Colchester. A unique part of my job is being able to invite other Members of Parliament to visit important parts of my riding. Three of my federal colleagues, MP Melissa Lantsman (Thornhill), MP Rick Perkins (South Shore St. Margarets), and MP Scott Aitchison (Parry Sound Muskoka) visited the Masstown Market for lunch, the Isthmus of Chignecto and Coldstream Clear Distillery production facility as part of a Nova Scotia Tour.

As expected, the lunch at Masstown Market was well received and some even had the famous Masstown Market milkshakes! One beauty of the Masstown Market is, on clear days, you can see the

Bay of Fundy in the distance from the top of their full-size lighthouse.

After lunch we departed for the Isthmus of Chignecto, where we were joined by Elizabeth Smith-McCrossin, MLA from Cumberland North. The Isthmus of Chignecto is a critical infrastructure issue I have spoken about consistently in the House of Commons. A recent preliminary plan for protecting the protection of isthmus land has been released. I will continue to advocate for said protection until project completion. The last stop of that day was the Coldstream Clear Distillery production facility in Truro. This distillery is well known for its unique and delicious spirits, distilled



Stephen Ellis

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Notes from our Provincial Capital

Assisting Firefighters, food bank and more

Well Spring is here. Now if the smelts would just show up and leave I would be happy. I spoke last time about being cranky. I can't really say that this time, but I will say, I am a bit anxious. We as a Government removed the CoVid restrictions, (with the exception of children in Schools), which I think was a relief to many.

However, make no mistake.

Covid is still around us, possibly more than it was when we removed the restrictions! I think we are at a point, we will just need to live with it. My biggest concern is the burden we place on the hospitals and the health care systems. There is no question this virus has been a tremendous burden to the Health Care staff. It has also tremendously increased the surgery backlog. I guess the point

of last month's little rant is we cannot let our guard down, CoVid must still be taken very seriously.

Masking is an effective way to avoid spreading germs!

I am very pleased with the announcement last week supporting our Volunteer Firefighters who are stricken with cancer, as a result of the different carcinogens they come in contact with while protecting our communities. There were 19 different types of cancer added to the firefighter insurance coverage.

The numbers are very clear when comparing or analyzing the

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Tom Taggart

Notes from our Provincial Capital

Minister's meet with local stakeholders

Over the last few months, I have had the opportunity to welcome various Ministers to our community, to determine first-hand where the most significant needs are and how we can effectively address them by listening to and speaking directly with healthcare providers in their respective fields.

The Honorable Brian Comer, Minister of Mental Health and Addictions visited and spoke with local stakeholders about the support needs for mental health and addictions in our community. A special thank you goes out to Millbrook First Nation, Colchester East Hants CMHA, and the Truro & Colchester Chamber of Commerce for welcoming us and facilitating some great discussions.

We also recently had the opportunity to welcome the Minister

of Health and Wellness, Michelle Thompson, to the area to meet with stakeholders, businesses, and some of our local Physician Recruitment Team members.

One of Minister Thompson's visits was to the NSCC Truro Campus to speak with students and faculty from their Practical Nursing Program. During the visit, we had the unique opportunity to observe a Clinical Simulation which provides students the opportunity to learn real-life clinical lessons in a risk-free environment. Thank you, NSCC Truro Campus students and faculty for an interactive and informative afternoon!

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Dave Ritcey

Notes from our Municipal Council - District 10

Do you want to help your community?

Are you looking for a fulfilling role within your community? I will do my best to put you in touch with organizations within your community where you can spend your time volunteering and making a difference. There are many non-profit groups in Colchester County who would love to see some new volunteers, no matter how many hours you may have to offer.

As of Monday, March 21, 2021 the COVID-19 restrictions that we have been living with for over 2 years came to an end in most of our province. I have to say it feels a little strange to see smiles once again. What has the pandemic taught you? Living in a state of emergency has taught me to stop taking things for granted, the world around us changes so quickly. I have learned that now more

then ever that we should not be judging one another for the choices we make.

Do you read the Municipal Council meeting minutes? In the March Council Committee minutes you will read that our very own Great Village School Playground Committee was awarded \$40 000 (21% of the project total cost) pending other funding and budget approval. I know that these folks have been working hard for quite some time to upgrade the current playground at the school. I was delighted to hear this news especially because I went to school at Great Village Elementary as did my daughter and now my son. I re-

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Victoria Lomond

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