

Our Kitchen Korner

Is winter over?



Effective Five days from Publishing Day (March 27th), March is behind us. Just because April Fool's Day is still to come, we don't need the weatherman to play a trick on us by providing another major snowstorm. (Remember the age old adage - "March in like a lamb and out like a lion". We've had enough and we're done with it!! Yes, we had some undesirable days, but in an overall aspect, this winter was not as cold as it could have been. Occasionally the snow has helped insulate us and we've probably burned less furnace oil than last year, which is good because the price was far higher than last year.

Remember March during CoVid. Naturally people did not like having to self isolate; non essential businesses were mandated to close. Any eatery with sit-down seating was closed, but those with drive-thru or take-out services could operate. When barber shops and hair salons are not allowed to open their doors, we were liable to look like hippies from the 60's when CoVid was over. Closing the provincial borders and requesting people separate themselves from others by at least six feet shows the seriousness and potential disasters. CoVid is still with us and we must be careful. Where it's presence is still rampant is on the business side... Struggling to get customers back in stores and restaurants; overcoming the changes in human resources, where not enough workers are available to do the jobs.

The other noose hanging around the neck of small businesses is trying to pay back the emergency CoVid funding they received. If they cannot meet the repayment schedule, they lose the forgivable portion. (If a business received \$60,000 CoVid Emergency Funding, repaying on time they pay back \$40,000 and \$20,000 is forgiven. Since CoVid restrictions were reduced then eliminated their struggle has been generating enough revenue to keep the doors open. Unfortunately many small businesses may not survive.

This month's recipe selection is "Chicken Cacciatore" which can be found on Page 230 of the Five Roses Cookbook. I can't give you the volume number as it's not in the best of shape as both covers disappeared ages ago.

Chicken Cacciatore

**1-3 lb Chicken, cut up • ½ cup Five Roses Flour
3 tsp Olive Oil • 1 cup chopped onions
1 garlic clove, finely chopped • 14 oz can Tomato Paste
1 cup Canned tomatoes • ¼ cup white wine (optional)
1 tsp Salt • ¼ tsp Pepper • ¼ tsp Oregano
1 Bay leaf • 1 cup Sliced Fresh Mushrooms**

Coast chicken pieces with flour (I like to put in bread bag and shake), brown in olive oil over high heat. Remove chicken and set aside. Add onions and sauté over medium heat until tender but not brown. Remove excess fat. Combine remaining ingredients, except mushrooms, in a bowl. Return chicken to skillet and pour tomato sauce on top. Cover and simmer until sauce thickens and chicken is tender, about 45 minutes. Add mushrooms 15 minutes before end of cooking. Remove bay leaf skim off excess fat.

Serve with rice or noodles.

For a vegetable anything is fine, but for colour on the plate something green is recommended. Fresh asparagus, green beans, brussell sprouts (my favourite), or broccilli fit nicely.

I'm always in need of recipes. I'm trying to be an optimist. Think fiddle heads or BBQ. If you have a favourite family recipe, please send by April 21st, for the May issue. Regular mail should go to:

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

Notes from our Federal Capital
A turbulent month on many fronts

March has been a turbulent one on many fronts, from reports of criminals using drones that drop drugs into federal prisons, to Canadian small businesses getting the short shrift from the Trudeau government that owes them \$2.3 billion in outstanding carbon tax rebates.

So, I begin on a positive note to cheer springtime renewal in general, and a Jost Winery employee in particular, for receiving a national recognition that shatters the glass ceiling.

Gina Haverstock is the recipient of the prestigious Karl Kaizer Canadian Winemaker Award, and she is the first Nova Scotian to win the competition, historically claimed by British Columbia and Ontario vintners. Gina is also the first woman to capture the award.

Congratulations, Gina!

Prison inspections: I was alarmed with conditions at the

Springhill Institution, a medium security men's prison, as well as the Nova Institution for Women in Truro.

There have been nine instances of drones dropping contraband into the Springhill prison since December. This consists of body armour-piercing ceramic knives, money, and drugs. Correctional officers are, as a result, highly concerned for their personal safety.

I see a significant contradiction here, in that the prison also has a safe injection site, where drugs obtained illegally by inmates can, with the prison system blessing, be injected by prisoners. People I have talked to are shocked that this is occurring inside our prison system.



Dr. Stephen Ellis

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Notes from our Provincial Capital
Building Nova Scotia, Faster

Our government is building Nova Scotia, faster.

Nova Scotia is a different province than it was 20, 10 and even five years ago. We are now seen as a province of opportunity - a place where young people can build their careers, and where businesses can thrive.

On February 29, my government tabled a budget that reflects this shift. But what does it mean for you?

It means building up Nova Scotians by making life more affordable.

Starting on January 1, 2025, we are indexing tax brackets, basic personal amounts and certain tax credits. Every Nova Scotian who pays income tax will benefit. From that day on, Nova Scotians will see less tax coming off their paycheques so they can keep more money in their pockets. These measures amount to the largest tax

break in the province's history and will save Nova Scotians up to \$160 million per year in taxes by 2028.

It means building up our communities.

What better way to do that than by supporting our children? Children need good nutrition for their learning and well-being and the rising cost of food is placing pressure on many families. That's why this year we will launch the first-ever, province-wide school lunch program. The program will build on our school breakfast programs and roll out over the next four years.

It means building up our healthcare system.

This budget provides more resources to fix healthcare and im-



Tim Houston

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Notes from our Provincial Capital
The Bridge is Coming... almost here

I am pleased to say that the tender for the new bridge in Bass River has been released and will be closing early in April. It is my expectation this project will be completed before the snow flies. During the discussion leading up to the tender there was much concern raised with respect to any potential impact on neighbouring properties.

Most of us are aware the new bridge really did create many very unique challenges with respect to location. Trying to site a new bridge, with a much larger footprint, in the very center or hub of a community is tough.

In this case there were challenge, given that we had to meet mandated engineering standards, as well as, current intersection radiuses. The question was not who or what do we impact the most, but was more about who or how could we mitigate the im-

act on everyone.

In the process, in an attempt, to reduce the overall height Public Works suggested we look at a wooded bridge. I was very happy, as this dramatically reduced impact on the Veterans Memorial Park. For me this actually gave a feeling of history or pride, recognizing the historic role the lumber/char making industry has played in my home community. On that very spot, all land impacted by the new bridge was once Dominion Chair Company land.

So this Bridge will need a name. There is a process that has to be followed. At this time I do not have and can not find the actual process, however I will get it and provide in the next article. However, the operations of Dominion Chair Company, logging, truck-



Tom Taggart

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Notes from our Provincial Capital
Five Important Budget highlights

The house has been sitting so must of my time in recent weeks has been attending the legislature on Hollis Street, Halifax. This month, I will focus on five important areas in the budget that affects all Nova Scotians. The areas are: healthcare; investing in kids; making life more affordable; more affordable housing and Long Term Care.

On 29 February 2024, Allan MacMaster, Finance and Treasury Minister of Nova Scotia presented the budget for 2024-2025. The Nova Scotia government estimates \$15.8 billion in revenue, \$16.5 billion in expenses, and a deficit of around \$4,674 million.

Healthcare - Budget 2024-25 is focused on delivering healthcare solutions for Nova Scotians. This is why it is the largest area of provincial investment, as this year, a total of 7.3 billion dollars will be spent on healthcare: In the last year alone, we have had 2,600

more surgeries, the surgical waitlist has been reduced by 27%, over 25,000 more CT scans and ultrasounds have been completed, and 60,000 more primary care appointments have been made available; new support to diabetics with a \$7.2 million investment that will help cover the cost of sensor-based glucose monitors; investment in the battle against cancer continued with \$61 million more, which will provide patients with new precision medicine and digital imaging technologies that will deliver better outcomes and investing in mental health through an investment of \$36 million more in funding that will make progress on our commitment to offer universal mental health care to Nova Scotians.

Investing in our Kids - The government is committed to sup-



Dave Ritcey

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Notes from our Municipal Council - District 10
Community Centres are the happening place

Bingo, breakfast, auctions, yard sales, craft nights, cooking classes, movie nights, trivia nights and so much more are happening at a community centre near you. Did you know that volunteers work day in and day out keeping our community centres operational? Thank you to each and every one of you who keep our local community halls running.

If you would like to volunteer and don't know where to start please reach out and I can put you in touch with someone who can help you find your place. My contact information is vlomond@colchester.ca or by telephone (902) 890-1493

As always things are busy in Colchester County! We are getting ready for an excellent summer full of exciting opportunities. If you are a student looking for work you can find jobs at <https://colchester.ca/>. What a great way to earn money for school! I want to take a moment and give a shout out to West Colchester United

Arena. Over the winter season there have been several opportunities for families to skate and practice their hockey skills. Many of these events were free to attend. Thank you to those who made this possible, including Colchester Recreation department. It is important for families to take advantage of activities that keep us moving.

Did you know the Colchester Food Bank and local food cupboards are the busiest they have ever been? It is no surprise in our economic climate that finances just get keep getting tighter and tighter. Our county is fortunate to have so many options for folks to get assistance when



Victoria Lomond

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Notice to Readers and Advertisers

Upcoming Deadlines and Publishing Dates

Issue	Deadline	Published
May, 2024	April 23, 2024	May 1, 2024
June, 2024	May 21, 2024	May 29, 2024
July, 2024	June 18, 2024	June 26, 2024
August, 2024	July 23, 2024	July 31, 2024
September, 2024	August 20, 2024	August 28, 2024
October, 2024	September 17, 2024	September 25, 2024
November, 2024	October 22, 2024	October 30, 2024
December, 2024	November 19, 2024	November 27, 2024
January, 2025	December 9, 2024	December 17, 2024

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