

# Dorothy's Kitchen Korner

It's been hot and humid and I mind the heat, so needless to say not much time has been spent in the kitchen. In addition, I decided to make my annual summer trip to Cape Breton to spend a few days camping with my long time friends, Nancy & Angela.



Operating the store and helping with the Shoreline doesn't leave much time for summer relaxation, so I have to grab the days whenever my friends are able to get away. As a result, I have decided for this issue to use a submission from Chef Roger.

## From the Egg to the Apple, or from Soup to Nuts.

### Eggnition Expounds On Value of Eggs

*(Previously published by The Advocate Publishing Group, Truro Magazine, Feb. 2009)*  
By H. Dumpty, Eggnitian

Although food and water are considered to be the co-joined staff of life, we can survive much longer without the former, but must have the latter. But all the same, food does more than sustain us. It, in fact, determines our quality of life and our longevity.

From the egg to the apple, a roman expression dating back to Horace (ab ova ad pomum), or from soup to nuts (a more recent Victorian take), eating is much more than just a necessity. It is essential to our very survival, and, once past the notion that a 'man without bread lives for bread alone', it can become a mission, a passion, an addiction or possibly a required chore.

Some say the population is divided, albeit unequally, between those who live to eat and those who eat to live. A fairly simplistic and arbitrary division but all the same it raises up the notion of quality.

Because it would be falsely ambitious to take on the culinary legions in a short piece, I decided to pick something out and focus upon it...

The noble simple and perfect egg. A self-contained cradle for the new life within, the egg is championed by dietitians and cooks alike for its wealth of benefits and for its role as the cement that holds together the castle of cookery.

Roman feasts began with a seasoned egg, a tradition still carried on in the orthodox Passover sader, and many of us to this day begin our day with an egg in one fashion or another, be it boiled, fried, poached, baked, hiding in a protein shake or muffin, or handed over at the drive-through or plated at the diner.

Eggs have style and panache. They lift cakes, bind salad dressings, can be deviled, sliced, chopped, and be part of the glorification of hollandaise, béarnaise, and mayonnaise - three of the mother sauces of French (i.e. classic) cuisine. Over and above that, they are the symbol of resurrection and life which led us neatly through Lent into the welcoming arms of the Easter Bunny.

As a source of protein, eggs are probably first on the list which includes milk, cheese and peanut butter. For those in search of protein minus the fat and cholesterol, the simple egg white is a clear option. For those who like to add eggs to a protein shake or smoothie, the use of pasteurized whole or white of eggs is strongly recommended to eliminate the possibility of salmonella.

Those who feel they should wash eggs before use (particularly if they come directly from the chicken or from a carton with cracked or broken inmates) they should be washed just before use as they are naturally covered in a water soluble coating which resists the absorption of outside elements. Washing eggs with bleach (yup, I heard of it) is not a sound idea as the shell is not impervious to air or liquid. That's why fresh eggs are best kept away from stinky neighbours in the fridge.

And how to tell fresh from not, or fresh from hard boiled (which really look identical?) A fresh egg will not float in a bowl of water because its weight is not overcome by the size of its envelope (that potential chick needs to breathe). If you try to spin a fresh egg on its pointier end it will just fall over.

There is a lot to be said about eggs, which we tend to overlook as we use them every day in one way or another. Just for fun, see if you can get through a single day without the influence of an egg - or an apple for that matter - next stop after the banquet.

Roger

If you have a favourite family recipe, please send by August 15th, so I can use in the September issue. With the Wild Blueberry Festival underway later this month, perhaps a few unique recipes will come my way. If you are dropping off recipes to the store, please note we have moved to 94 Esplanade and are located three doors away from Murphy's Fish & Chips or send to:

The Shoreline Journal, Box 41, Bass River, NS B0M 1B0;  
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The Shoreline Journal

## Notes from our National Capital

### High-speed Internet for more than 356,000 homes

Minister of Science and Technology the Hon. Ed Holder visits Bible Hill and together we announced major investment bringing fast, reliable Internet services to 14,000 homes in North - Eastern Nova Scotia

Everyday tasks that were once done in person, such as shopping, communicating, learning and banking, are now done online. To help Canadians have better access to these and many other online opportunities, the Honourable Ed Holder, Minister of State (Science and Technology) visited Bible Hill recently and together, we announced the federal government will provide approximately \$6 million to Seaside Wireless to bring expanded and improved high-speed Internet to approximately 14,000 households and businesses in Nova Scotia.

The project will serve households in rural parts of 10 counties throughout North-Eastern Nova Scotia, from Cape Chignecto on the Bay of Fundy to Meat Cove on the Northern tip of Cape

Breton Island

The project is expected to be completed by August 2018, delivering average Internet speeds of 5 megabits per second (Mbps).

For Nova Scotians who live in communities with slow or no Internet, access to high-speed services will lead to new economic opportunities and the creation of new jobs, products and services.

By Canada's 150th birthday in 2017, over 98 percent of Canadian households will be able to subscribe to new or improved high-speed Internet services, delivering on the Conservative Government's commitment to rural Canadians.

Through Economic Action Plan 2014, the Government of Canada created the Connecting Canadians program, backed by a \$305-million commitment to connect an additional 280,000



Scott Armstrong

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## Notes from our Provincial Capital

### Legion Capital Assistance Program

Royal Canadian Legions play an important part in preserving and celebrating the history of our nation. They also undertake many projects which support local communities and community events.

Legions have been a gathering spot for anniversaries, dinner, Remembrance Day services and fundraisers. Members of the Legion contribute considerable time and energy and play a crucial role in supporting seniors and youth across the province.

The Royal Canadian Legion Branch No. 106 in Debert is no exception. On behalf of Municipal Affairs Minister Mark Furey and the Government of Nova Scotia, I was happy to announce funding for improvements to the Debert Legion, as well as 17 other Royal Canadian Legion Branches across the province.

Government is investing more than \$108 000 under the Legion Capital Assistance Program. This program provides assistance for improvements such as upgrade heating systems and washrooms, roof repairs, siding and window and door replace-

ments. The program provides up to 50% of eligible costs to a maximum contribution of \$10 000.

Two Legions in Colchester North were recipients. Branch No. 106 in Debert received a grant of \$9 965 to upgrade their heating system and Branch No. 64 in Tatamagouche received a grant of \$4 100 to assist with roof repairs.

"I commend the government of Nova Scotia for its continued support of Legion branches throughout Nova Scotia through the Legion Capital Assistance Program," said Steve Wessel, president of Nova Scotia/Nunavut Command of The Royal Canadian Legion. "This cost-sharing program for capital improvements to Legion branch buildings greatly assists the Royal Canadian Legion in its delivery of programming and services to veterans, their families, youth and seniors."



Karen Casey

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## News from our Municipal Council - District 10

### The key here is private property.

I would like to begin today with a topic I have had many calls about over the past months. Mobile camper trailers along the shore have been a hot topic. Some folks are concerned that they are taking away from the natural scenic view of the bay. Here is what I know. As long as the camper has wheels, is mobile and has a holding tank for sewage they are permitted to be on private property.

The key here is private property. It has been suggested I try and pass some sort of land use bylaw that restricted the number of units. This is not something I could support. This has or will upset some folks. However, something that I, as a rural resident feel very strongly about is those who own property have a right to do as they wish on their property provided it is not dangerous or unsightly.

As for the issue of holding tanks and sewage, it is my understanding the Dept of Environment has been around checking on this. Now having said that I understand some peoples concern, so

I ask those land owners who have mobile trailers on their property to please be conscious of their property and respect others view of our beautiful bay as much as possible and we will all move happily forward.

I would like to take a moment to thank all the folks that volunteered their time to help make our Canada day celebrations a success. I visited Great Village and Masstown and it was great to see families out and about enjoying themselves.. I had an opportunity to speak in Great Village and I want to repeat one small part of it. We are indeed very fortunate to live in a Country as great as Canada, the **REALLY LUCKY ONES GET TO LIVE IN WEST COLCHESTER.**

Today is the deadline for this issue of the Shoreline Journal, and I am getting ahead of myself on this, but.. I have received



Tom Taggart

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## News from our Municipal Council - District 9

### Colchester County BEDAC

You will quite often hear me voice my opinion on how slow government moves especially when change is involved. In the business world many successes depend on the company's ability to adjust to and in many cases being the first to implement change.

Change for the Municipality of Colchester in the way it fosters economic development started with the demise of the Colchester Regional Development Association (CoRDA) back in early 2014. There were many factors to consider before this change happened which made it a slow process. There were a number of concerns by many people and questions like, "What role does municipal government play in local economic development?" How does Council spend tax payer's dollars on economic development? How can residents get the best bang for their buck? How can our area attract more business and create more jobs?

Some of the most recent changes include a new Business and Economic Development Advisory Committee (BEDAC) which will

report directly to council. This committee is made up of four county council representatives, the CAO of the County of Colchester, our Economic Development Officer for the County, the president of the Truro & Colchester Chamber of Commerce and three citizen representatives.

Another new development is the creation of a new Regional Economical Development committee comprised of representatives from The County of Colchester, Town of Truro, Town of Stewiacke and the Millbrook First Nation. As the Councillor for District #9 I am fortunate to be able to sit on both of these committees while representing not only the interest of Colchester as a whole, but also, both the Debert Business Park and the Debert Airport.

Both of these committees are in their infancy with the new



Doug MacInnes

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