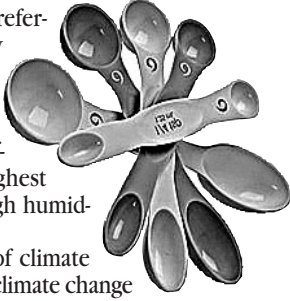


Dorothy's Kitchen Korner

Can you believe our weather?

Last month I was drawing reference to frost in June and snow accumulation in Cape Breton Highlands and Newfoundland on June 25th. Things changed significantly and July were suffered through some of the highest temperatures and extremely high humidity.



Some proclaim it's a result of climate change. I don't know, but if it is climate change looks out for the years ahead. What I do know is the weather certainly has changed since I was a teen. Or at least as I get older I mind the variances in weather patterns a lot more.

If memory serves me correctly, almost immediately after Labour Day fall weather seemed to arrive instantly. Now we get some of our best and most enjoyable weather late into October and the first week or so of November.

I did get home to Cape Breton for almost a week the week of July 15th. However, I had to shorten my visit by four days, when "Moe" my 4.5 lb Pomeranian took sick and I rushed him to the Vets in New Glasgow. He lost the use of his back legs and I was afraid of the prognosis. Compared to possible the news was relieving. The vet diagnosed him as having a "slipped disc". He seems to be recovering well, is able to stand and should be home as you are reading this.

All eyes were glued to the television last week to keep track of the NATO, and visits to London to meet with the UK Prime Minister May and the Queen, plus Trump-Putin events in Helsinki and the outfall from what was said and what might have been the true meaning of two hours of secret talks and the 45 minute press conference. Walking back on international public meetings and trying to explain things away between "would" and "wouldn't" doesn't bode well for the most powerful man in the world.

Needless to say with the heat, humidity and my ventures back home to Cape Breton, spending time in the kitchen has been very far from my mind.

Considering how fast time travels, here's a couple of recipes for consideration for fall and winter enjoyment. If you have a surplus of green tomatoes, or a hankering for Chow Chow and mincemeat, you might wish to try these.

Green Tomato Chow Chow

20 apples of your choice (macs are very good)

20 green tomatoes (must not show any signs of ripening)

5 teaspoons ground cinnamon • 5 teaspoons ground nutmeg

2-1/2 teaspoons ground cloves • 5 cups sugar

5 teaspoons butter • 5 teaspoons salt • 2-3 cups of raisins

Core and peel apples. Cut tomatoes into chunks. Run the tomatoes and apples through a grinder with a coarse blade. (Do not use a food processor). Add spices and raisins and bring to a boil for 15-20 minutes. Seal in clean jars using the hot pack method. The longer it sets the better the taste. Yield: 8 pints

Green Tomato Mincemeat

16 cups finely sliced green tomatoes

8 cups sliced onions • 3 cups vinegar • 6 cups sugar

1/3 cup coarse pickling salt

1/2 cup pickling spices, in a cheesecloth bag

In a large pot, sprinkle the tomatoes and onions well with pickling salt, and let sit overnight covered. In the morning drain the liquid off of the tomatoes and onions. Add them to a large pot, add the vinegar, the sugar, and the pickling spices in a cheesecloth bag.

Put the large pot on the stove and turn to medium. Cook the tomato mixture until it is soft and somewhat thickened, about two hours. Stir often, don't let it burn to the bottom of the pan. Seal in hot sterile mason jars. Makes about 6 pints.

If you have a favourite family recipe and would like it published in the September 2018 issue, please send on or before Aug 15. Send to:

The Shoreline Journal, Box 41, Bass River, NS B0M 1B0;
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Upcoming Deadlines and Publishing Dates

ISSUE	DEADLINE	PUBLISHED
September 2018	August 21, 2018	August 29, 2018
October 2018	September 18, 2018	September 26, 2018
November 2018	October 23, 2018	October 31, 2018
December 2018	November 20, 2018	November 28, 2018
January 2019	December 11, 2018	December 19, 2018
February 2019	January 22, 2019	January 30, 2019

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The Shoreline Journal

Notes from our National Capital

Outside the box thinking nets World Champions

It's amazing what can happen when we think outside the box. This year the Down Syndrome World Swimming Championships will be held in Truro, Nova Scotia. Previous locations for this event have been Rome, Taipei, Portugal etc.

This event will attract 300 athletes from over 25 countries and thousands of visitors. It is the first time the event is being held in North America and it is only because of the initiative of people in Truro who recognized the opportunity and then made a proposal.

This is a world-class event which will bring a focus on Truro, Colchester County and Nova Scotia. The event will be held in the Rath Eastlink Community Centre which will receive some funding assistance from the federal government, the provincial government and the two municipalities of Truro and Colchester. Opening ceremonies took place Friday July 20 at the Truro Civic Square.

Notes from our Provincial Capital

What an educational opportunity

As one of the prime industries on which the economy of this province has been built, it is important to highlight what remains of the fishing industry in Colchester North. The Minas Basin in particular, has been a source of employment and opportunity for years. Many residents remember the importance of seafood from the Minas Basin as part of their regular diet. This included salmon, bass, shad, herring, mackerel, flounder, as well as clams from the flats along the Minas Basin.

Although there are fewer people making their living from the Basin, it is encouraging to see some activity continuing to survive, in particular, the use of weirs to catch and market several species of fish.

A recent visit to an active weir off Carrs Brook provided a first-hand opportunity to experience the work done there by the owners. From early March, the important and hard work has to begin. This includes mending, repairing and rebuilding the weir as there is always damage from winter storms and ice flows. This is challenging with the uncertain weather and hard labour to rebuild the weir for the later months when the catch is good. Another challenge for those owning and tending the weir is the necessity to harvest the catch on a schedule that is determined solely by the

Some of the countries sending competitors to Truro include Albania, Argentina, Australia, Brazil, Costa Rica, Croatia, Denmark, Estonia, France, Gibraltar, Great Britain, Hong Kong, Ireland, Italy, Japan, Kosovo, Mexico, Portugal, Romania, Russia, South Africa and the United States. Of course Canada will be well represented.

This is an amazing accomplishment for a community the size of Truro which competed with many other centers around the world to hold this championship event. The planners and organizers deserve a great deal of credit for having the inspiration and determination to submit an application and then follow through until it succeeded. A great example of thinking outside the box.

Bill Casey is MP for Cumberland-Colchester



Bill Casey

News from our Municipal Council - District 10

Buy local - Pay yourself

Hello again folks, Council does not meet in July so there is not that much to speak of directly related to council, so I am going to get on my soap box for at least the beginning of this article.

While perusing my way through that great factual newsworthy monstrosity called Facebook, two weeks ago, I saw someone talking about getting a deal on Strawberries at Costco. These Strawberries were a product of USA. That is where my rant starts! And it does not have anything to do with Trump, at least not yet.

Over the years we have had different and continuing "buy local" campaigns. Support your local farmer, support your local business!! It has always been about supporting someone as if we were doing them a favor.

I believe when you support local you are actually either leaving or putting money directly back in your own pocket. Even when you are paying say 10% more, you are actually saving money.

Now we can argue governments of all levels waste or spend too much money. On the contrary we could suggest the public demands too much. Let's set that argument aside for a minute and agree government requires a certain pot of money to operate for each fiscal year. How do they get this pot of money? Taxes of

tides. This means two trips to the weir in every 24 hours, day and night regardless of time or weather.

On my most recent trip to the weir in Carrs Brook, I had the opportunity to help my two grandchildren understand the importance of the design of the weir, to see the many different kinds of fish that were captured in the weir, to understand the regulations that determined which fish could be kept and which to be released and to learn from the weir owners some important facts about each species.

But perhaps the most important lesson they learned was about the hard work, the danger from the tides, the commitment to the visits to the weir both night and day and the unexpected weather patterns that those tending the weir must endure. (Elsewhere in this issue see three pictures Karen took on the educational tour with her grandchildren).

I do believe anyone who has an opportunity to learn or understand will have a greater appreciation for those whose lives depend on this employment and who I hope will thank those fishers the next time they enjoy a meal taken from our waters.

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Karen Casey

course! Therefore the more people who pay taxes the larger the pool is to draw from and hopefully less demand on individuals.

Back to the strawberries. That box of strawberries from USA, that someone saved 25 cents on. Let's assume it cost \$4.00 compared to say \$4.25 in Masstown. Of the \$4 spent on imported berries, probably 25 cents went to the person that stocked the shelf and the person that put them through the cash register line. So 25 cents went back to work in the Nova Scotia economy for someone to spend and the Government to collect HST and income tax on. Say 25 cents into that pool. Hopefully the plant that the strawberry was grown on came from Great Village!

Now lets look at the box of strawberries that was grown locally and possibly sold for 25 cents more at \$4.25. To be fair, let's assume one dollar of that leaves the country leaving \$3.25 to be spent over and over again. Spent by the people who sold the fuel for the tractors; the people that drive the tractors and fix the tractors. The people that produce the fertilizer, and plant the plants and make

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Tom Taggart

May Building Permits up \$1.524-Million

Building permit values for May 2018 were \$5,975,438 up \$1.524-Million above May 2017 total of \$4,451,700. Fourteen Single residential permits lead the way up \$1.143-Million to \$3.636-Million from May 2017, \$2.493-Million.

Two farm buildings permits valued at \$1,005,000 were well above five permits in 2017 totalling \$262,000 in a May over May comparison. Twenty two permits for garages totalling \$506,000 was above May 2017 10 permits valued at \$240,000.

Nine of the permits with total value of \$460,000 were located in the Bass River, Little Dyke, Debert, Great Village and Upper Econ-

omy areas. Five permits were for garages, two were residential single unit and one shed.

In the first five months of 2018, 56 permits valued at \$5.976-Million were far below 58 permits totalling \$24,753,000 for May 2017. On the fiscal year, May 2018 is \$9,302,178 slightly ahead of May 2017, \$9,037,000.

Council received a report on development reports in May 2018, 27 were issued compared to 35 in 2017. There have been seventy six development permits in the year to date. Six plans have been approved for May 2018 while nine had been approved for May 2017. For January to end of May 2018 seventeen plans have been approved.

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