

# Our Kitchen Korner

## Apologies for last month

Last month in this space, we decided at last minute to eliminate Kitchen Korner in order to give space to a special story about the Nova Scotia Remembers Legacy Society which is getting organized as a result of efforts by Tiffany Ward,



Getting their message out was more important than a column which has not been missed since February 2008, but there is always a first time. Helping promote the goals and aims of the Legacy Society is one of the most important things which can be done to the community, families and others heal from the mass murders which occurred on April 18, 19, when it took the killer 12 hours and traveling about 200 Km to several communities from Portapique, Wentworth, Debert and onward to Enfield where RCMP officers unexpectedly spotted him and ended the rampage, which took 22 lives.

2020 has been a year of unwanted and unexpected events, including CoVid-19 pandemic which has thrown the global economy into tatters. Not unexpected is commencing July 21st, we must wear facial masks when out in public, and preparations are being made for students to return to the classrooms.

The pandemic will possibly be with us forever, just as we still fear outbreaks of mumps, measles and other diseases.

Everyone has a duty to themselves and others to do their part to keep transmission of the disease to a minimum. The requirements might not be comfortable, but in reality are easy. Change our habits to ensure social distancing, where possible avoid large crowds and if we must be among others, ensure we are wearing a facial mask and urge others to do the same.

This year many families have decided to use gardening as a means of passing the time and help keep us sane. As produce from the garden starts to come into the house there is opportunity to use our time to put down several batches of "home-made" pickles, and jams.

In a quick search of some recipe's from Maurice's family, I came across "Audrey's Bean Pickle Sauce" recipe. This recipe has importance in his family, because "Audrey" is Audrey Bell. The Bells and Rees' were family friends as far back as they can remember following WWII. Audrey's daughter, Barbara, is married to Maurice's youngest brother, Glendon. Glendon is retired from the RCMP and they live in Guysborough where Barbara is a community family doctor.

Maurice's mother got the bean/cucumber recipe from "Audrey Bell" years and years ago. There are two components to the recipe. First the sauce, and then preparation of the yellow beans, or cucumbers.

### Audrey's Bean Pickle Sauce

(also used for cucumber/mustard)

6 cups Sugar • 6 cups Vinegar

Use 1 of the cups of vinegar for mixing these dry ingredients

1 cup Flour • 1/2 cup mustard (dry)

1 tsp Salt • 2 Tbsp. Celery Seed

2 Tbsp. Turmeric - probably only need 1 Tbsp

Boil for 5 minutes

### Beans:

1 Fruit Basket (approx. 8 Qts beans); cut to size required. Cook Salted as for dinner - till crunchy; Drain beans then pour into hot boiled syrup. Cook for a few minutes. Bottle while hot - tightening lids as you fill each bottle

### Cucumbers:

Cut and salt overnight, drain well next day. Mix with hot syrup - heat to boil - simmer a few minutes, bottle as above. If desired, add chopped green & red pepper before put into the syrup.

Now that you starting to get out of the houses, please take time to look up a few favourite recipes and send along. Please reply by August 19th for the September 2020 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 National Capital

### Zann speaks out on string of abusive calls, veiled threats

After advocating for increased gun control I received a barrage of hate calls and messages. As a result a home security system will be installed, in response to abusive online and telephone comments received after advocating for increased gun control and a feminist analysis of the Nova Scotia mass shooting.

There was an increase in the vitriol after I supported the government's introduction of a ban of many assault-style guns and joined a call for a probe into the role hatred of women played in the April 18-19 shootings that claimed 22 lives.

My constituency assistant, Darlene Blair, says after supporting the gun ban, there was a steady flow of calls through May with "unkind, vile, disgusting" language on at least 15 occasions specifically targeted gender.

My assistant says one caller left the Nazi anthem on the phone and another man warned that people he was friendly with had firearms, and "he wanted to warn there was going to be blood spilt on the ground."

More recently, a Truro resident who said he'd grown upset with my policies directed an obscenity at me on his Facebook account and said he wanted "her head on a platter." The RCMP were contacted the RCMP about the call and I was contacted by the Truro police about the Facebook post.

The man who posted the hate message has since deleted the

posting and indicated he was sending an apology. He indicated his posting wasn't driven by my call for a feminist analysis in a potential public inquiry into the mass shooting or by the Liberal government's position on gun control.

Apparently he had grown angry over the focus on those topics, rather than on issues such as rural poverty, addictions and a lack of community economic development in Truro and surrounding areas.

I feel coming on the heels of my comments in favour of feminist analysis of the shootings was unacceptable and made me uneasy.

It was brought to my attention by Cheryl Paris, the chairwoman of the Lotus Centre, a women's centre in Truro, abusive language directed toward women in politics has become too commonplace, and that citizens should understand that the incidents aren't isolated. I feel the comments online and the veiled threats to my office reinforce my view women in politics frequently endure hateful comments.

I feel U.S. President Donald Trump's use of social media to make angry comments has emboldened citizens to make excessively crude comments to politicians.



Lenore Zann

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## Notes from our Provincial Capital

### "Get the Blazes Out"

Since mid March and before, our province, our nation and in fact, countries around the world have been battling the COVID-19 virus. We have all seen our lives change dramatically, whether it was our employment, our access to childcare, public schools, public healthcare systems or all professionals who deliver services to our communities.

Together with strong advice from our Chief Medical Officer, Dr. Robert Strang and strong leadership from our Premier Stephen McNeil, Nova Scotians have made sacrifices and worked hard to manage this pandemic. We have been able to significantly reduce our positive cases. However, during the past four months many businesses and professional services have had to close. Restaurants, bars, lounges, recreational facilities, sports training camps and professional offices (doctors and dentists) to name a few, have been heavily and negatively impacted by this shutdown.

Borders have been closed to help contain the virus and that has been effective. However, it has greatly impacted the number of tourists who can visit our province. We are already into the second month of our tourism season.

Our province had a strong economy and had continually lived within our means through good fiscal management. We had also achieved one of the highest credit ratings and we have been able

to maintain that. We are now however in a position to start re-opening our province and our economy.

As we begin this process to recover from COVID-19, I have joined finance ministers from across Canada as we work together to identify the components of our restart program. This restart agreement will focus on funding to support many core areas that have been negatively impacted or that require additional support.

These core areas include: testing, contact tracing and data management; health-care capacity and mental health services and addictions; vulnerable populations, including long-term care facilities; personal protective equipment; early learning and child care; municipalities, with a proposed new public transit element and sick leave.

Our businesses negatively impacted will feel the impact for months to come. That is why federal funding to address these financial challenges is greatly appreciated. The majority of the federal funding will be allocated on a per capita basis. This will supplement our own provincial programs for small businesses so that they can work to recover from their financial losses.

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Karen Casey

## News from our Municipal Council - District 10

### Read my letter about Doctor replacement

Hello all from West Colchester, it has been a busy month and I have a lot on my mind. I will try to be relatively brief. I sent a letter to Maurice, publisher of The Shoreline earlier with respect West Colchester Medical Society and our efforts to get a doctor. I ask you review that letter and also you be prepared to take part in any public advocacy action we may choose to take in the future.

I have just watched the press conference with respect to the review of the events that took place in Portapique on the night of April 18 and am trying to form an opinion or response. It is clearly not what I was hoping for as I am most concerned about the events leading up to that night and what role if any did the police play in the killers life prior to his killing rampage.

I just am not able to satisfy myself that there is critical information we are not aware. I cannot satisfy myself this is just some spur of the moment thing that happened just because of domestic violence and stress over Covid. I believe those questions must be asked and answered under oath. On the other side, I am happy to see it appears those most directly affected will not have to re-live that horror, night after night on the news. We will have to see where this takes us.

I have been active, as well, working with the Federation of Canadian Municipalities and advocacy with the Federal Government

and Covid impact on Rural Canadians. Recently, I sent an opinion letter to most major news papers across Canada referencing the need for a national broadband strategy.

On a local level, I am confident we as a Municipality will finally be able to announce the actual final signing of the Cumberland/ Colchester and Develop Nova Scotia agreement to bring modern state of the art broadband to our Municipality. In the short term Develop Nova Scotia in response to Covid and the challenges faced by rural residents has invested in excess of \$1,000,000 to have the service provider hook up 19 towers in 100 days. I know at least 2 of those towers are located in West Colchester and when turned on will provide 25 MGB down for all residents served by these new towers. This is very good news. Especially given the main 100 MGB project is a very large project and will take at least 2 years to complete, very likely longer.

I have no information yet as to where and when the work is scheduled to begin, however I will absolutely make a tentative schedule available as soon as I have it. For those who are asking why so long to get contract signed, well I am asking as well. How-

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Tom Taggart

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October, 2020 ..... September 22 ..... September 30, 2020

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