

Our Kitchen Korner

Hodge Podge time - Was it hot enough?



Almost similar to last year, we were transferred from a cold, miserable, rainy June, to being thrown into the fire with extreme heat and high humidity. Yes we finally, we got a week of nice weather in early July to provide a preview of what was ahead.

The week of July 15th, it was like being in a bake oven. As bad as it seemed, we certainly did not experience the "heat dome" experienced by about 200-million friends to the south and parts of central Canada.

The weather didn't break here until Sunday afternoon, when it clouded over and a thunderstorm rolled in. Within a couple of hours, we must have received a couple of inches. I can't remember when it rained that hard.

As probably many of you know, I've been looking for a new lap dog, since early spring when my "Moe" got sick and that was the end. I thought I had struck it lucky when I learned someone needed to "re-home" a four year old Yorkie. We made a deal and I had him for a couple of days, but the previous owner missed him so much, he went back home.

I'm still looking for my new "four legged best friend". Just before the heat wave arrived, we were able to convert four boxes into three batches of jam. Two strawberry and one strawberry-rhubarb. Actually Maurice did most of the work. When I commented, that is too much sugar, he decided to take over, as it was measured out accurately according to CERTO.

Of course, Maurice visited Truro Farmer's Market on Saturday and you guessed it, he came home with a bag of HODGE-PODGE ingredients. We have a good recipe, but I decided to see how it's made in other regions.

It's amazing the variations. Some included lots of garlic, shrimp and scallops. I did find one which seemed like a mid-winter one. Called Hodge Podge Chowder it used partial bags of frozen vegetables from the freezer. One to two cups of whatever you have: yellow, green beans; peas, broccoli, corn, spinach, etc. It suggested: 4 cups of beef broth; 28 oz can crushed tomatoes, plus garlic, salt and pepper to taste and grated parmesan cheese for sprinkling.

Here's the recipe we used this week. Sure was yummy. A great change

Nova Scotia Hodge Podge

(Ingredients came in large bag, so we divided into two. Will make the second one within a few days. Determine size you want. Veggies about equal quantities of each.)

- Green beans, cut into 1/3 or half • Yellow beans, cut into 1/3 or half.
- Peas in pod, snip ends, then cut to size include pods.
- New potatoes, cut into 1.5" cubes • Fresh new baby carrots - cut to size
- green onion with top, snipped to size • Salt, pepper and parsley, to taste.
- ¼ to ½ cup butter • 1.5+ tbsp flour • whole cream, milk

In small amount of water simmer veggies in water with salt and pepper, until almost done. Do not drain. We combined butter and flour into frying pan, which we had just cooked burgers. (Extra oil and pieces of onions, added some zest). When thickened, we added cream and milk to make thinner sauce. Salt and pepper again to taste.

Pour creamy sauce over vegetables, and re-heat until thoroughly mixed. Add more cream or milk as desired. Serve and enjoy.

Surely someone has some great new BBQ, jam or pickle recipes. If you have a favourite family recipe and would like it published in the September issue, please send on or before August 15th, 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 Touring the Constituency in summer

This past month I have enjoyed working and travelling around my riding of Cumberland-Colchester.

It has been so nice to meet with my constituents in person and discuss the issues that are important to them, including: COVID-19 mandates, insufficiencies in healthcare, the high cost of living, and seniors' benefits. I appreciate hearing everyone's thoughts on how I can serve them best.

Beyond formal meetings, I have also attended many events and visited local businesses.

It was my first Canada Day as your Member of Parliament. My team and I had a blast visiting as many celebrations as we could. I had the opportunity to participate in the Bible Hill Canada Day parade alongside the Honourable Candice Bergen and brought greetings on behalf of the federal government. I also attended the Pugwash Harborfront Centre for their Canada Day festivities, which included delicious food and live music. My staff went to the Amherst Canada Day Ceremony and the Ottawa House by the Sea

in Parrsboro on my behalf. We ended the day by meeting at Civic Square in Truro for the Canada Day Concert.

On July 9th, I attended the Government of Canada's National Apology to the No. 2 Construction Battalion in Truro. It was an honour to march with the Royal Canadian Legion Members of Branch 26. I was ecstatic with the re-naming of the TAAC ground announcement. It was an historic day for the battalion and all residents of Cumberland-Colchester.

In mid-July, I participated in the 16th annual Heartland Tour, where I biked 50km to raise awareness on cardiovascular health. This campaign is presented by the Cardiac Cycle Society of Nova Scotia - a not-for-profit society - that encourages Nova Scotians to enjoy at least 150 minutes of physical activity each week. It was a pleasure to speak at this event and meet some new faces. Kudos to Hub Cycle, Dr. Nick Giacomantonio and Raj Makkar.

That same day, I drove down to Parrsboro for the Old Home



Stephen Ellis

Notes from our Provincial Capital Be aware of excessive Heat

I hope everyone is enjoying their summer. It looks like a hot stretch coming so please be aware of excessive heat.

I will start by advising everyone, they should be aware of the speed limits as they travel along Hwy 2 from Onslow to Lower Five Islands. I have constantly been receiving complaint of excessive speed particularly within communities that are typically 60km zones. I have been requesting RCMP enforcement and will say there have been numerous charges filed over the past 2 weeks. Just yesterday one charge of 103 km in a 60 zone. So, I would advise that we all be more cognizant of our speed and **don't say you were not warned**. Also, I have decided to get some of those lawn signs made that say "Please slow down, we care about our children and residents" If you would like one please call Andrea at the office 902-641-2335.

There has been lots going on in Colchester North over the past month. I was happy to have the Premier and Minister of Economic

Development in Masstown for the Roll out of the Nova Scotia Loyal Program. This program was a commitment during the Election Campaign. The visit to Masstown was the beginning. There are ongoing roll out /discussion/ information /fact finding visits across Nova Scotia over the summer. Basically we will be rewarding consumers for being loyal to Nova Scotia producers. The challenge and the rationale for the current fact finding sessions is to determine the best ways to succeed in that we do not create a burden on vendors, as well as to ensure we can easily capture everyone from the National Grocery Chains to the roadside markets and farm markets. This is something that I am extremely supportive of and hope to write an opinion piece article in the near future. Not sure it will make this edition of the Shoreline, but truly believe that by supporting local producers we



Tom Taggart

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Notes from our Provincial Capital Three projects receive \$775,409

I was honored to be part of ACOA's announcement on July 19th to assist Truro's desire of seizing growth opportunities to bolster tourism, business revenue and visitation. The Honourable Ginette Petitpas Taylor, Minister of Official Languages and Minister responsible for the Atlantic Canada Opportunities Agency (ACOA), announced total investments of \$775,409 for three projects in Colchester county.

The investments are made through ACOA's Rediscover Main Streets Initiative (RMSI) and the Innovative Communities Fund (ICF).

The funding will support the Town of Truro as it implements Phases I and II of the master plan for the Railyard Mountain Bike Park, known locally as the Railyard; the Rath Eastlink Community Centre to obtain equipment to meet broadcasting and hosting requirements for national and international events; and the Truro & Colchester Chamber of Commerce to undertake a collaborative

marketing program and promotional plan to encourage residents and tourists to revisit community main streets and downtowns. These projects will strengthen recreational spaces, attract high profile events, and support local businesses by drawing residents and visitors to the communities' main streets.

During the announcement, I made the following statement on behalf of Pat Dunn, Minister of Communities, Culture, Tourism and Heritage: "We are so happy to be able to partner with ACOA and make this significant investment in the Railyard Mountain Bike Park. The Railyard, and wider Victoria Park, is a major destination for mountain biking, hiking, and so much more. The Railyard draws mountain bikers from all over Atlantic Canada in all seasons."

Perhaps less well known that the Chamber of Commerce, or

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Dave Ritcey

Notes from our Municipal Council - District 10 Have a safe and happy summer

Happy Canada Day. Wasn't it great to see all of the local Canada Day festivities? I am feeling hopeful in response to seeing the COVID-19 restrictions lifting. It appears life may be shifting to some sort of normalcy which is exciting. I look forward to joining you for any community events you may be hosting, you can send details to the contact information listed below.

The municipality does not formally meet for Committee or Council meetings during the month of July, that being said all of your councillors will still be out and about taking care of county business. I was able to meet with a few different community groups this month. I am happy to attend any of your community group meetings when possible, please call (902) 890-1493 or email me at vlomond@colchester.ca

A joint meeting of Cumberland and Colchester Municipal Councils provided us with an update of the Xplornet contract. The company continues to work towards connecting folks with high speed

internet. Although they have had some hiccups along the way they are still working hard to ensure everyone in our communities will have access to high speed internet.

As you have likely seen in the news and in social media our emergency response teams are keeping very busy in our communities. It is important to note that many of the individuals showing up to these safety situations are volunteers. I would like to extend a heartfelt "thank you" to everyone working hard to keep us all safe.

Have a safe and Happy Summer everyone!! If you would like to see me at an event or community party, please reach out. I love meeting new people and networking.

Victoria Lomond is Colchester municipal councillor for District 10 and can be reached at 902-890-1493, or vlomond@colchester.ca



Victoria Lomond

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Upcoming Deadlines and Publishing Dates

Issue	Deadline	Published
September 2022	August 23, 2022	August 31, 2022
October 2022	September 20, 2022	September 28, 2022
November 2022	October 18, 2022	October 26, 2022
December 2022	November 22, 2022	November 30, 2022
January 2023	December 13, 2022	December 21, 2022

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