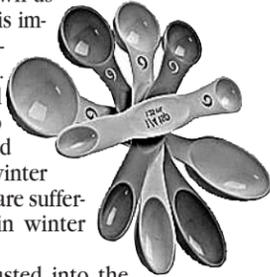


# Dorothy's Kitchen Korner

Ole man winter has only shown us a slight image of himself and it is impacting how we normally prepare for winter's icy blast. Warmer weathers far into the fall caused many dedicated golfers to get in that "one last game" instead of heading to the garage to get winter tires installed. Clothing retailers are suffering from the lack of interest in winter coats, boots and mittens.



The extremely milder fall lasted into the early part of November, and was a concern to hunters who had to deal with many leaves still on the trees and the lack of colder weather to get "the deer moving".

I could go on and on to mention the number of birds who delayed their migration south and are still sticking around. On the other hand, we have not had storm day school cancellations other than some isolated instances where wind storms have caused power outages in the windier parts of Nova Scotia.

It's hard to believe in exactly three weeks, we will experience the shortest day of the year. Does that mean with an additional two to three minutes of sunlight per day that spring is close at hand?

When I started to look for a recipe, Maurice mentioned maybe it's the season to make Turkey Lasagna. A few days after our Christmas feast of turkey, we wonder "What can I do with all this turkey. I'm tired of it". Everytime we have turkey and get tired of it, Maurice gets into the act with his own recipe. So here goes.

## Turkey Lasagna

- 1 pkg oven ready lasagna noodles
- 3 - 4 cups (maybe more) cooked diced turkey
- ½ cup onion, finely chopped • ½ cup green pepper, finely chopped
- ½ cup red pepper, finely chopped
- ¼ cup celery, finely chopped (optional)
- 1 pkg Mozzarella cheese – thinly sliced

### Sauce

For the sauce consider you are making gravy. Using a thick bottom medium size sauce pan (low heat) make a white sauce which includes:  
 4 - 6 tblsps (maybe ¼ lb) Butter  
 Flour - maybe add water, as if making gravy  
 Melt butter, add flour, constantly stirring, cooking slowly until thickened.

To make liquid sauce gradually add milk until you have desired consistency. Actually thinner the better. (Probably saucepan half full).

Add seasoning - salt and pepper - to taste.

Then stir in granulated garlic powder (quantity to your taste). Maurice likes lots of garlic.

### Baking dish

Choose traditional lasagna dish. Warm dish, coat bottom and sides with shortening. Layer lasagna and ingredients in traditional way.

Pour approximately 1 cup sauce over layer of noodles, turkey, veggies and mozza. Repeat layering. Should have at least three layers. Make sure lots of mozza on top layer. Add remainder of sauce.

Before putting in 325 oven, go around edges with spatula, to ensure noodles don't touch the side. Add more sauce if available, or fill cavity with water or milk. Cover with tin foil and bake. Near end of baking check sides and add more water or milk around the sides to ensure moist lasagna.

Let cool, Cut into individual portions. Wrap with plastic wrap and freeze. Put individual frozen pieces on plate and heat in microwave. When partially thawed, remove from microwave and cut into smaller pieces. Finish in microwave, probably 3 minutes 30 seconds. Enjoy.

I'm looking for some great traditional family recipes. If you have a favourite family recipe and would like it published in the January issue, please send on or before December 10. Send to:

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

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| ISSUE          | DEADLINE           | PUBLISHED          |
|----------------|--------------------|--------------------|
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| February 2018  | January 23, 2018   | January 31, 2018   |
| March 2018     | February 20, 2018  | February 28, 2018  |
| April 2018     | March 20, 2018     | March 28, 2018     |
| May 2018       | April 17, 2018     | April 25, 2018     |
| June 2018      | May 22, 2018       | May 30, 2018       |
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## Notes from our National Capital

### Our Island Home?

Nova Scotia is sinking. I hadn't realized this until recently, but ever since the glacier that used to cover North America went into retreat so many thousands of years ago, the middle of the continent has been springing back up, and the edges - that's us - have been sinking.

Meanwhile the changing climate that is melting polar ice caps and causing more severe weather around the globe is leading to a slow and steady increase in sea levels. The result is that the net rise in sea levels around Nova Scotia is exaggerated.

And nowhere are sea levels ever more exaggerated than the Bay of Fundy, where a two metre tide at the South end becomes a 16 metre tide in the Minas Basin. The Bay's shape amplifies the sea's relentless power, and shapes and scours the bottom and the shores.

At the head of the Bay lies the Tantramar Marsh, an area which we know to be vulnerable to seasonal and storm-related flooding.

## Notes from our Provincial Capital

### Five Islands Provincial Park enjoying increased usage

In my earlier article in this paper, I wrote about the opening of provincial parks across the province. Of course, the one of great interest "along the shore" is the Five Islands Provincial Park.

I wrote about the hundreds of tourists who visit Nova Scotia each summer, and many of those tourists enjoy camping in our parks. With the tourist season officially over, our province can boast having the best tourist season on record with over 1.9 million folks choosing Nova Scotia as their destination.

That increase in tourists resulted in a significant increase in the number of campers to Five Islands Park, 4,371 visitors enjoyed the overnight camping experience in our Park in 2017.

That is an increase of over 1,000 visitors since last year. In fact, the number of visitors has increased consistently since 2014, when the number of camper sites was 2,003.

That steady and significant increase in camper sites is due to a

## News from our Municipal Council - District 10

### Hello again from West Colchester

Most of you will be aware of the very unfortunate fire this past month that destroyed a home on Five Point Road in Glenholme. I happened to be passing thru Glenholme at the time so I stopped in. Unfortunately, the home was a total loss. I believe this is understandable result as firefighters responded to a fire that was fully engulfed in a one hundred year old wood framed home overlooking the Bay, with a strong wind blowing. However, I must say the Volunteer Fire Brigades who responded did so in a very professional manner.

I will admit it has been many years since I have been an active member of a Fire Brigade. I have always supported volunteers and recognized what a value they are to our communities. Mostly I have spoken about their value as medical first responders. What I witnessed on this occasion was a very professional well trained and organized group of men and women. I never truly recognized

## News from our Municipal Council - District 9

### My first council meetings

After being sworn in by Mayor Blair as the newly elected councillor for District 9, I have had opportunity to sit at the council table for two meetings, and my third will be council's November meeting on Thursday, November 30th.

My first meeting, immediately after taking the oath of office, on November 6th, which was a duly called Special Council meeting was the monthly presentation meeting. As a council we got to listen to a very interesting presentation by Wendy Robichaud updating council on the work done by the VON. I was astounded to learn that VON nursing staff provided over 81,071 home visits and Home Support Staff 220,111 visits which included personal care, meal preparation, light housekeeping and caregiver respite.

Second item on the agenda was a request for implementation of a Noise Bylaw from presenters Wayne Edgar and Stephanie Banks. They are part of the group of West Earlton residents, who

Across this area runs critical infrastructure: communications and electricity transmission conduits; natural gas lines; the Trans-Canada Highway; and the CN Rail.

But it is more than a list of things. The Port of Halifax can exist because CN Rail links Halifax to North America. Freight and passengers coming to and from Newfoundland, more often than not, comes via the Sydney Ferry Terminal, which depends on the Trans-Canada Highway across the Tantramar Marsh to link up with everything west of Amherst.

The dykes that once protected the Tantramar Marsh from the tides were not built to cope with the sea levels and the storms we see today, let alone with the sea levels and storms we will experience as climate change continues.

We need to get to work now to ensure that the link between Nova Scotia and Newfoundland and the rest of Canada and North



Bill Casey



Karen Casey

number of factors. During that 4 year period, our Liberal Government has made significant investments in the Park.

This began with the upgrade to the park road to a smooth and greatly improved surface.

The road is jointly owned by Departments of Natural Resources and Transportation.

I continue to thank the Ministers responsible, Minister Zach Churchill and Minister Geoff McLellan who listened to my concern and who responded accordingly.

In addition, the Park expansion has provided additional camp sites, and just recently, the tender was awarded for the install of additional hook-up services to 15 sites. Over \$100 000 has been committed to that improvement.

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how well trained they are and the Professional way in which they go about their business.

At least four brigades responded with men/women and equipment. There was a seamless operation of tankers shuttling water. It was extremely well organized, efficient and they never came close to running out of water. Fire Brigades operate solely on a Volunteer basis and most firefighters are also employed, manpower and womanpower is always a concern when fire strikes in the middle of a work day. Not the case here due to Mutual aid and cooperation of our brigades.

Most impressive and totally new to me was the function of the Accountability Officer. Every firefighter who is active at a fire scene has a tag. Those tags are accounted for at all times. There is one officer who's sole responsibility is not fighting the fire but ensuring

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Tom Taggart

are facing additional noise from a Motor Cross (MX) track which started operation in September this year.

In concluding their presentation Edgar and Banks implored council to exercise leadership and recognize its responsibility to protect the interests and well beings of its rural residents.

At the end of their presentation, Mayor Blair explained the county used to have a noise bylaw but it was rescinded in 1999, at the urging of the RCMP, who indicated they would enforce noise issues.

My second meeting around the table was council committee meeting on November 16th. But in between being sworn in on the 6th and committee on the 16th, there was three days attendance at the UNSM meetings in Halifax. Also wish to note and congratulate fellow councillor, Geoffrey Stewart, from the Brookfield

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Bob Pash

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