

# Dorothy's Kitchen Korner

When I last wrote, we were awaiting Christmas. Now that's long past, decorations are all put away and for some the bills for excessive Christmas spending are starting to arrive. Don't know about you, but all my presents were paid before they were wrapped.



However, we did spend a bit more than anticipated, because just before Christmas the large television went on the blink. We checked around and got a new one the first day when the stores opened. Hadn't planned on it, but you have to do what you have to do.

During the week between Christmas and New Years, Maurice took off for a couple of days to visit his sons and families in Saint John. I was going to go, but it was cold and I wasn't feeling up to par, so I stayed home with the pets and minded the home front.

While in Saint John, he got to go with his oldest son to visit the Saint John City Market, the oldest one in North America. At one of the stalls, he found a lobster chowder powder mix produced by a company from Port Williams.

Then at another stall he got real interested in a frozen Chicken Vegetable Curry. It would serve about six people and was priced over \$25.00. He resisted the purchase, but as soon as he was home, there he was on the computer looking for a recipe.

We haven't tried it yet, but I've picked out his favourite.

## Chicken Curry with Vegetables

- 2 tbsps Vegetable Oil
- 2 1/2 tbsps Curry Powder
- 1 yellow onion, sliced with grain
- 2 chicken breasts, cut into cubes
- Salt and freshly ground black pepper
- 1 1/2 cups broccoli florets
- 1 1/2 cups chopped carrots
- 1 tsp dried basil
- 3 cloves garlic, minced
- Zest of 1/2 lime
- 1 1/4 cups coconut milk
- 1/4 cup chicken stock
- 14 ounce can diced tomatoes
- Lime Wedges, for squeezing.

Cook 1 tablespoon vegetable oil, curry powder and onions in a large sauté pan on medium heat, constantly stirring, but let it sizzle, for 5-6 minutes. Pat chicken dry, sprinkle with salt and pepper and add the remaining oil pan.

Cook the chicken in the onion-curry mixture until golden brown on all sides.

Add the broccoli, carrots, basil, garlic and lime zest and cook, stirring until the vegetables are coated, about 2 minutes. Add the coconut milk, chicken stock and tomatoes.

Bring to a simmer. Let the chicken simmer until cooked through and the sauce begins to thicken - about 20 minutes. Squeeze with lime juice before serving over rice or egg noodles, or your favourite pasta.

Should serve 4-6 people. Prep time is 10 minutes and about 35 minutes cooking for total time of 45 minutes.

I'm looking for some great traditional family recipes. If you have a favourite family recipe and would like it published in the March 2018 issue, please send on or before January 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
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
July 2018	June 19, 2018	June 27, 2018
August 2018	July 17, 2018	July 25, 2018
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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### Notes from our National Capital Australia's Mi'kmaq Collection

In 1892, a retired clerk, aged about 76, died in Melbourne, Australia. His collection of Mi'kmaq artifacts was bequeathed to the Museum Victoria located there, and for 126 years, that is where this Mi'kmaq regalia pictured above has been stored.



The story begins in 1816, when Samuel Huyghue was born in Charlottetown to a British army officer and his wife stationed there. Huyghue grew up in the Saint John, New Brunswick area it

seems, but was actively pursuing a career as a writer. So his thoughts and inventions showed up in papers from Halifax to London, UK.

Huyghue was particularly fascinated by the Indigenous cultures of the Maritimes—the Mi'kmaq and the Malecite. He was not merely curious but compassionate, writing in his 20s of the degrading circumstances the Indigenous peoples had been placed in by European settlers, and seeing as the likely outcome their eventual extinction.

Perhaps it was this that drove him to meet and hunt with Indigenous men, and to purchase or acquire handcrafted objects significant of their cultures. In or around 1843, Huyghue purchased the chief's regalia pictured here from a Mi'kmaq craftswoman. He brought it with him when he moved to Eng-



Bill Casey

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### Notes from our Provincial Capital

#### Nova Scotia one of three provinces with financial balance

The 2017/18 Budget is the first Budget of your Government's second mandate. Your Liberal Government was returned in May 2017. This is the first back to back majority for a government in Nova Scotia in close to 30 years. As we begin 2018, it is important that all Nova Scotians understand the success of Premier McNeil and your Government in restoring the fiscal health of the province. As the Minister of Finance and your MLA in Colchester North, I was pleased to recently present our second consecutive balanced Budget.

We want to continue our work to build a stronger province, not just for families today but for future generations. That starts with our own fiscal health and we have laid out a clear, reasonable and sustainable fiscal plan. In fact, our Bond rating from Standard & Poor's has improved. As well the Parliamentary Budget Office has stated that Nova Scotia is one of three provinces in Canada to have

achieved financial balance.

This improvement has been realized through your Government making some difficult, but necessary decisions. One of the largest expenses of Government is to pay the interest on the current provincial debt. That debt is \$15 billion. The 2016/17 surplus has allowed us to make a payment on the provincial debt and Nova Scotia has not been in that position to reduce the debt since 2011.

We are working very hard to ensure that we do not live beyond our means and that we do not continue to add to that debt for future generations to pay. Matching revenue to expenses and balancing the cheque book of the province is not unlike managing our own personal cheque book. It often means making difficult decisions.



Karen Casey

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### News from our Municipal Council - District 10

#### If a ban on plastic bags, it needs to be province-wide

Hello Folks.

Hope you are enjoying winter. I am going to comment today about 2 issues that have been in the news of late. Of course you know one is plastic bags and recycling, but we will leave it to last.

Over the past week there has been much reported about emergency messaging given the two instances, one in Hawaii and one in Japan where false emergency broadcasts have alarmed many people. The news and talk shows have been having a field day.

On two different occasions I have heard radio talking heads speak about what is the Provincial Emergency Response notification system in Nova Scotia. If I understand correctly it is a software system that has the ability to span many different communication paths, including, but not limited to Public broadcasting, TV and radio, email, text messaging and social media.

At last weeks council committee meeting we passed a motion to subscribe to a software that would permit Colchester staff to broadcast Emergency and other communications en mass throughout our Municipality. It will be connected to the provincial system but will also allow us to communicate regularly with non emergency notifications as well. I look forward to this as not only pro-

viding the security of the Emergency broadcasting but will allow our staff to better communicate different programming and services to our residents.

Now let's move onto my usual subject, garbage and recycling. I believe Donald Trump is the only person or thing that has gotten more press in the last couple of weeks than single use plastic grocery bags.

As the Chairman of the Northern Region Solid Waste Committee, I have been very involved in these discussions. The Nova Scotia solid waste system is divided into 7 regions. Each region has a chair and as I indicated, I chair the Northern Region. On January 11th the 7 chairs met with Environment Minister Iain Rankin to discuss solid waste and recycling concerns in the Province.

Understandably given the inability to sell our plastics, which I spoke to last month, was a hot topic. Before I go on I would like to say that I believe the Minister is truly engaged in working to find a solution. During this meeting the regional chairs agreed to go back to our respective regions and councils and have a discus-

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Tom Taggart

### News from our Municipal Council - District 9

#### Stating a Pet Peeve for the month

Another month has zoomed by. Dealt with some complaints - hopefully dealt successfully with them all. As I attend regular council, council committee, and other committee or community meetings, each month, I find myself still catching up on things that I came got involved in the middle of when I joined council last fall. The residents of Colchester are very fortunate to have a very competent and hardworking staff who look ahead and are way ahead of almost all of the municipalities in Nova Scotia.

As your councillor, I'm going to start a pet peeve for each month. This month I am very concerned and disappointed with the amount of garbage along our roads - especially Tim Horton's cups! We have a very beautiful county - No need to toss garbage

out on the roads. Not only is it unsightly and unhealthy it take a lot of volunteer time by those who are similarly concerned, but it costs taxpayers good money to have it cleaned up - Smarten Up!!!

I wish to do my best to address your concerns. If you have a problem or a compliment about the work council is doing, please get in touch. I am as close as a phone call to: 902-899-0271, or E-mail: bpash@colchester.ca  
 Until next month.  
 Robert G. Pash

Robert G. Pash is Colchester Municipal Councillor for District 9



Bob Pash

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