

Dorothy's Kitchen Korner

Days are getting longer

Every day daylight lasts approximately two minutes longer. We can count our lucky stars. I can't wait for another two months to pass and the sun gets stronger. By then, it will be much more comfortable. As you can detect, I don't like winter.



Overheard an oil delivery man telling a friend, this winter the degree days have been stronger. Simply means we are putting through the furnace to keep warm. Most furnace oil companies are smacking their lips, as this year the degree days have been much more in their favour than they have been for six years.

When I was complaining how cold it was Maurice reminded me that about 16 years ago, in January / February there was strong North-Westerly winds for about 10 days. He said he was never so cold. Thanks heavens we have not had much in sustained strong winds for a long period of time as I would have been very uncomfortable.

Whenever it has snowed, we get a couple of days with warming temperatures, more snow, then 24 hours of rain to take away the snow, but leaving everything covered in a sheet of ice. As a result I have spend most time inside, watching curling and tennis, rather than venturing out to put my brittle bones in danger.

I've given up watching corruption unfold south of the border. I don't agree with all that is going on in Canada, but I'm glad, I don't have to put up with the antics in USA. Although I would enjoy a couple of weeks of Florida sunshine, this time of year.

Heard on the television one day, the emergency departments in Halifax were overloaded and people were waiting for hours. Most common ailment was broken hips and other fractures due to icy sidewalks. Thankfully, I was able to stay inside.

This winter, I have had two or three cravings for Chili.

Here's a recipe, I've made before from the Five Rises Cookbook. Thought I would share with you, as it's always a family treat. If you make enough of it, it is easy to heat up and serve the next day.

Chili Con Carne

- ¼ cup vegetable oil
- 1 ½ cups coarsely chopped onions
- 1 tbsp finely chopped garlic (Garlic powder will do)
- 1 lb ground beef
- 1 tsp salt
- 3 tbsp chili powder
- ¾ tsp oregano
- ¼ tsp pepper
- Pinch - cayenne pepper
- 5 1/2 oz can tomato paste
- 3 cups beef broth
- 2 - 19 oz cans red kidney beans

In saucepan, cook onion, and garlic in oil over medium heat. Add meat and brown. Add seasonings and tomato paste. Stir well and add beef broth. Bring to a boil, partially cover and simmer for 45 minutes, stirring occasionally. Add well drained beans and cook 215 minutes longer.

Serve with crusty bread and a salad.
Cooking time is about an hour. Serves 4.

If you have a favourite family recipe and would like it published in the March 2019 issue, please send on or before February 15th, Send to:

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ISSUE	DEADLINE	PUBLISHED
March, 2019	February 19	February 27, 2019
April, 2019	March 19	March 27, 2019
May, 2019	April 23	May 1, 2019
June, 2019	May 21	May 29, 2019
July, 2019	June 18	June 26, 2019
August, 2019	July 23	July 31, 2019
September, 2019	August 20	August 28, 2019
October, 2019	September 17	September 25, 2019
November, 2019	October 22	October 30, 2019
December, 2019	November 19	November 27, 2019
January, 2020	December 10	December 18, 2019

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Notes from our National Capital

Two pieces of Good News

The cabinet shuffle last week had two pieces of good news for rural Nova Scotia, including Cumberland Colchester. For the first time ever, there is now a minister whose total focus will be on the rural economy in Canada. The second piece of good news is that the new Minister Responsible for Rural Economy will be the Hon Bernadette Jordan, the Member of Parliament for the riding of South Shore in Nova Scotia.

Over the past seven years, sixteen of the eighteen counties in Nova Scotia have declined in population with only two counties increasing. In my view, this is the biggest challenge facing Nova Scotia. What makes it worse is that younger people are moving out of rural Nova Scotia.

As a result, the average age of those of us in rural Nova Scotia is increasing making the situation worse. With a declining and aging population it is very difficult to maintain schools and hospitals and attract businesses in our rural communities.

For the very first time, the Government of Canada has recognized rural Canada has unique needs and has appointed a dedicated minister to deal with them. There will be a minister at the cabinet table to promote rural projects and ensure that all departments make decisions only after considering how they will affect rural areas.

Notes from our Provincial Capital

Casey attends tree lighting

With Christmas 2018 now in our past, we can take time to reflect on time spent with family and friends during the holiday season.

In my previous note in the Shoreline, I spoke of the great opportunity and the great privilege to represent our province at the annual Christmas Tree Lighting in Boston. One of the best ways to share that great experience with my constituents is through the pictures that tell a thousand words. (see photos on Page 24).

The Christmas tree which was cut on private lands in Oxford was magnificent, with its many lights and grandeur in Boston Commons. I had the opportunity to attend the tree cutting at the private owners' woodlot where we were joined by students from Oxford Regional Education Centre. It was a bitter cold day, but warm toques provided by the Province of Nova Scotia and lots of hot chocolate and cookies helped keep the spirits bright. Students sang Christmas carols and watched safely as the 46 foot white spruce was cut and loaded onto a tractor trailer where it began its journey to Boston.

Once in Boston, the tree was welcomed as it has been for years by both children and adults who I found to be very knowledgeable about the Halifax Explosion and the symbol of the tree as our gift

News from our Municipal Council - District 10

Three initiatives gaining traction

Hello From West Colchester, I am going to touch on three topics our Municipality have been working on that are beginning to gain some momentum.

Doctor shortages. In late summer even though it is not considered a core municipal responsibility, Colchester Council chose to become engaged in Doctor recruitment. A committee was formed between Truro, Colchester, the NS Health Board and I believe Truro Colchester Partnership for Economic Prosperity. I cannot speak to this in detail as Mayor Blair and Councillor Masters represent council on this. However what I can say is that there are new doctors in Town and at least two are taking new patients. They are located near the collaborative care center in the mall.

Lack of Broadband, you are all aware I have been ranting about this for some time. I am certain I have indicated previous that Councillor Gregory and myself were named to a committee to work on this along with Staff. I believe we are beginning to make headway. At this time I cannot get into details, but can say we are working together with Provincial Government and Deputy Premier Casey, as well, Federal Government and MP Casey and believe we are making progress. The reason I speak to this is to lead into some information, I believe indicates how absolutely critical it is that all Colchester receives the same level of wireless capabilities as urban areas. Last week I attended a Real-estate workshop. Of course the subject was markets for selling homes; who and

Over the past three and a half years I have had the pleasure of getting to know MP Bernadette Jordan. She is absolutely steeped in rural issues and understands the rural situation very clearly. She is a very passionate spokesperson for her rural riding and for Nova Scotia. She takes no guff from anyone, and she speaks her mind. She is compassionate and passionate.



Bill Casey

She is determined and persistent. She does not hesitate to stick her neck out. She has proven to be a very effective Member of Parliament and I know she will do a great job in her new role as Minister for Rural Economic Development.

One essential key to survival for rural Nova Scotia is access to broadband, internet and cell phone coverage. People cannot operate small businesses without these basic technologies, and tourists will even avoid areas with no internet and cell service. The good news is that Minister Jordan is keenly aware of this need and it will be her priority to find ways to increase coverage in rural areas.

Part of the problem is that areas with small populations or populations that are spread out do not offer a good financial return for cable and internet providers. Both federal and provincial gov-

continued on page 6

to them to say thanks.

The Explosion in the harbour on December 6, 1917, was followed by fire and a severe snowstorm which destroyed hundreds of homes and completely levelled parts of the north end of the City of Halifax. More than 2 000 men, women and children died and over 9 000 were injured. Many were blinded as they were watching the fire in the harbour where the two ships collided and at the time of the explosion windows shattered all across the city.



Karen Casey

Within 24 hours emergency responders, fire fighters, medical personnel and others were on route from Boston to Halifax with much needed medical supplies. Since that time Nova Scotia has shown their appreciation for this immediate response by sending a Christmas tree to Boston.

Each year a representative from Nova Scotia visits an elementary school in Boston and these pictures are evidence of the excitement shown by the kids who, much like the Oxford kids, were wearing Nova Scotia toques and singing Christmas carols.

In 2017 a book entitled "The Little Tree by the Sea" was pub-

continued on page 6

what is driving the market. International and inter-provincial is what is driving the market.

For our rural communities to grow we need people. We need these people. I will also comment the majority of the home sales I had last year were people moving from Ontario to retire. These are early retirees and they most certainly contribute to our communities. They had many boxes to tick in their search, however one most important was reliable internet connection. They had to be able to stay in touch with their children and grandchildren.



Tom Taggart

However here is what I am driving at. Since 2016 12,700 immigrants have become permanent residents of Halifax while approx. 2500 have scattered out around the remainder of the province. There are many reasons why the vast majority reside in Halifax, Universities, larger Multi Cultural communities etc. I would suggest the largest reason is jobs. These jobs are to a large degree a result of rapidly growing tech sector.

In this presentation they also referred to growing job opportunities in NS, guess what, the undisputable leader in job growth is the tech Sector and digital animation. Let's take this one step further. Last spring, I attended the Halifax Chamber of Commerce annual dinner. One person at my table was the out-going Chamber President who was the owner of a large TECH company in Halifax. As we became acquainted I asked, "How do we get some of these jobs in Colchester?" He replied

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