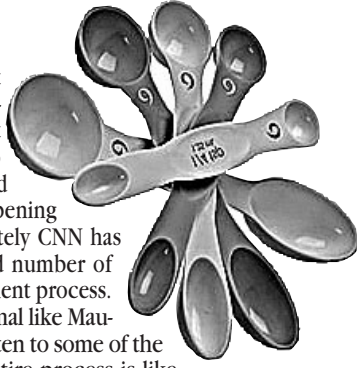


# Our Kitchen Korner

Two previously published recipes



I won't go on about the weather, or what happened during the last month, like I normally do because, I am so agitated with what has been happening in the political world. Lately CNN has been spending an untold number of hours with the Impeachment process.

I'm not a political animal like Maurice, but I occasionally listen to some of the comments. To me the entire process is like nothing I have ever seen or heard before. When I sit back and think about it, both sides seem to be as deceiving and sly as the other, although I do understand the DEMS are promoting "protecting the constitution".

To me it is hard to believe after the impressive testimony from the professionals in the various departments has failed to alter or change public opinion. Seems like everyone is polarized and unwilling to change their thought process contrary to the preachings from party officials.

The irony of the entire situation is what will the millions of voters think of the actions and beliefs held by both parties, when it comes time to vote in November 2020. I'm sure it something of similar nature occurred in Canada, people would be changing how they think or would vote.

Perhaps you might think I've become lazy but decided to review some of the more famous recipes published in the last couple of years. The first was from the late Chris Urquhart who submitted Cowboy Casserole.

### Cowboy Casserole

1 lb hamburger • 4 potatoes  
3 to 5 carrots • 1 large onion

1 can baked beans in pork & molasses • 1 can tomato soup

Place a layer of potatoes sliced thin, with a few dabs of butter in the bottom of a casserole dish. Next place a layer of carrots sliced thin. Then add a layer of onions, sliced thin. Cover with hamburger using your choice of spices. Then cover with baked beans. Last, cover the whole lot with tomato soup. Cover dish and bake in a 350°F oven for about 1 hour, until potatoes are cooked through.

One week, John MacLean sent along a recipe which Jeanette Bartlett had sent to his family, with the following note: Some expressed interest in the icing used on your Dad's birthday cake - here is the recipe".

### Corner Brook's Mystery Icing

1 c. boiling water • 1 Tbsp. white sugar  
2 rounded Tbsp. custard powder (e.g. Bird's) mixed with a little cold water  
Lemon or orange flavouring • 1 c. butter • ½ cup white sugar

#### Procedure:

In a small saucepan, dissolve 1 Tbsp. sugar in the boiling water. Add dissolved custard powder to water-sugar mixture & cook until colour changes, stirring constantly. Let cool. Add flavouring. Cream butter well; add ½ c. sugar a small amount at a time, beating until very creamy. Add custard mixture, a teaspoon or two at a time, beating well after each addition.

The recipe can be found in the 4th edition of "Corner Brook's Favorite Recipes", Bentley Club, First United Church, 1960.

Before I close off, Maurice and I would like to wish all Shoreline Journal subscribers, families and readers a VERY MERRY CHRISTMAS and Happy New Year filled with good health and prosperity in 2020.

If you have a favourite family recipe and would like it published in the February 2020 issue, please send on or before January 15th. 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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### Upcoming Deadlines and Publishing Dates

ISSUE	DEADLINE	PUBLISHED
March, 2020	February 18	February 26, 2020
April, 2020	March 24	April 1, 2020
May, 2020	April 21	April 29, 2020
June, 2020	May 19	May 27, 2020
July, 2020	June 23	July 1, 2020
August, 2020	July 21	July 29, 2020
September, 2020	August 18	August 26, 2020
October, 2020	September 22	September 30, 2020
November, 2020	October 20	October 28, 2020
December, 2020	November 17	November 28, 2020
January, 2021	December 15	December 23, 2020

#### For more information contact us at:

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The Shoreline Journal

### Notes from our National Capital

#### Zann elected Vice Chair of National Liberal Women's Caucus

The House of Commons has not even started sitting for the year (the house resumes January 27th) but it has been a busy first week of 2020 back in Ottawa. I have been discussing big issues that affect all Canadians as well as those focused more on the Northern Nova Scotian region.

The week included:

The first meeting of the new "Special Committee on Canada-China Relations". I am the only newly elected MP appointed by the PMO (Prime Minister's Office) as one of the six Liberals in this 12 member all-party committee. At the first meeting I nominated Hon. Geoff Regan (Halifax West), who was elected chair. The committee is expected to meet at least weekly over the next few weeks to further their work.

Caucus meetings including the Atlantic Caucus, Rural Caucus, National Liberal Caucus and the Women's Caucus.

I have been working all week to bring forward issues of importance to the people of Cumberland-Colchester and rural Nova Scotia; spoke at caucus meetings about important issues and also used the opportunities to discuss concerns with Ministers, Parliamentary Secretaries, fellow MPs and the Prime Minister's Office (PMO).

Specific issues include:

- obtaining federal funding for TAAC Revitalization Project in

Truro, work started by Lenore's predecessor Bill Casey;

- plan by the RCMP to close the OCC (Operational Communications Centre) in Truro and move over 70 jobs to Dartmouth;
- plan by the Department of Defence to close and divest the Amherst Armouries;
- request from a seafood processing plant in Wallace to improve the rules in hiring Temporary Foreign Workers similar to the ones that already exist in the Agricultural Industry.

On the environment and climate change, the PM and I (and the entire Liberal caucus) are dedicated to doing as much as we can, as quickly as we can, to improve Canada's environmental programs and look at all decisions through a green lens. We want this to be the greenest budget in history. That is our goal and we take the fires in Australia very seriously as a wake-up call to what can happen anywhere.

I spoke to the Minister of Indigenous Crown Services to inquire about Millbrook First Nation's historic 1919 Land Claim Settlement and was assured by the Minister and staff that it should be completed by the end of the fiscal year (March 31).



Lenore Zann

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### Notes from our Provincial Capital

#### Dorian disaster assistance available

September 7, 2019 will be remembered by many as the weather event known as Hurricane Dorian struck our province. The results of the hurricane were felt in both rural and urban communities and varied in strength across the province. Damage resulting from the hurricane also varied across the province. For example: in Halifax the collapse of a crane from one of the construction projects attracted a lot of attention and caused significant damage and loss of property value in the city.

In 2016, a weather event that included extensive flooding, also caused damage in certain parts of the province. As we did then, Government introduced the Disaster Financial Assistance Program to help those who were impacted. This program is designed to help individual property owners, as well as small businesses for uninsured losses.

This Disaster Financial Assistance Program covers up to \$200,000 /house and there is no deductible. Based on information Government has received from Municipalities and Provincial Departments, the damages from Dorian are estimated to be \$11 million.

Nova Scotians can apply to this program as of January 8, 2020.

The program is designed to help recover costs to repair or replace uninsurable essential basic property losses. Repair and replacement costs for insured items are not eligible for assistance. Neither is food lost during Hurricane Dorian eligible for assistance. If you are a property owner or a small business owner and you believe you have incurred costs for uninsured losses you may visit the following website for details on the program and how to apply. There is no cost to apply. <https://beta.novascotia.ca/government/emergency-management-office>.

Applications are processed through the Emergency Management office and may take 6 - 8 weeks. As additional information is required or if the application is incomplete, process time may take longer.

I encourage all property owners and owners of small businesses to visit the website and to determine if they are eligible and to take advantage of this program that Government is offering.

Karen Casey, MLA for Colchester North is also Deputy Premier and President of the Treasury Board.



Karen Casey

### News from our Municipal Council - District 10

#### Colchester is a provincial leader

Time flies. Here we are beginning a new year and what will be the final year in this 4 year term of Council.

As Christmas season is usually a quiet time for council and most committees avoid meetings over the holiday season, I will reflect on the past year and comment about what I see going forward.

Overall the past year, I feel in some ways, was a bit of a struggle in terms of public perception. Certainly, the dog kennel issue was managed and messaged very poorly initially and allowed social media to needlessly alarm folks. I believe messaging is one of the places where we as a Municipality have failed. With today's social media challenges and the fact that for the past 2 years at least the mainstream media only report on the negative side. Thankfully for me the Shoreline Journal reports extensively on council, but their reach is somewhat limited primarily to areas from Truro along Highway to Parrsboro, including Belmont, Debert and Londonderry.

Having said this, my personal opinion is that overall our council is doing a good job of managing the Municipality even if much of what we do is not particularly newsworthy. I would point to the fact that building permits are up this year, commercial development is up with two large industrial expansions in Debert, amongst other development.

Colchester is Nova Scotia's leader in Solid Waste management and we meet all current federal and provincial Wastewater treatment standards. Our financial position is good and we have strong reserves which will protect us against any emergency or unforeseen circumstances, all the while maintaining one of the lowest property tax rates in Nova Scotia.

Looking forward to 2020 I am very optimistic especially when it comes to West Colchester. I know the wheels of Government turn very slow, and I have been and continue to wait for announcement, Re modern efficient leading quality Broadband. It will happen trust me!

Cliffs of Fundy Geo Park will be a game changer for our residents, there will be tremendous tourism business opportunities, tourism jobs and I expect property values to increase. Although it has not been formally ratified by the UNESCO governing body, the approval has been forwarded and recommended with the expectation it will be ratified in April.

With the Geo Park success in mind I want to personally thank Marlee Leslie for the work she has done. Marlee is no longer with the Geo Park, but she was the one person employed and did a



Tom Taggart

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