

Our Kitchen Korner

Ready for Dark Fruit Cake?

Although it is about six weeks away, we could say the luck of the Irish has been with us this winter, in that although we are mired in the Covid-19 pandemic, we have not had our normal winter storms. Basically no snow, and temperatures up to and above 10 on many days and nights. As I sit here on a Friday afternoon, CBC radio is reporting for about a 30 mile circle around HRM it is snowing heavenly and roads are treacherous with traffic creeping along on the margins, of Berwick, Shubenacadie and down to Bridgewater.

Those of us who detest snow have been in our glory, but those with snow sleds, skiers, and those who enjoy getting on snowshoes are lamenting the open winter. The pandemic has changed life, and the ways to get outdoors and fill our time with healthy outdoor activities, because we are restricted from visiting friends, or a day shopping at the mall.

Instead of spending much time over a hot stove, I decided to re-organize one of the cupboards. When I finished I realized we had almost all the ingredients to make Dark Fruit Cake. Yes, I know we are just finishing up the remainder from Christmas, but fruit cake is better when it has lots of time to season. 10 months in advance is not too long.

Here's a cherished recipe from the Five Roses Cookbook.

Dark Fruit Cake

3 cups sultana raisins • 1 cup chopped dates
1 cup chopped figs • ½ cup chopped candied fruit
½ cup glazed cherries, cut in halves
½ cup citron peel • ¼ cup lemon peel • ¼ cup orange peel
1/3 cup cognac, brandy, rum or fruit juice
1 cup sliced blanched almonds • 1 cup chopped nuts
½ cup flour • 1 cup shortening • 1 cup brown sugar
6 eggs • ½ cup molasses • 1 ¼ cups flour • ¼ tsp salt
¼ tsp baking soda • 1 tsp allspice (Jamaican pepper)
1 tsp cinnamon • ¼ tsp nutmeg • ¼ tsp mace

Preheat oven. Combine fruits, add cognac and mix well. Cover and let soak overnight. Line a tube pan with heavy brown paper; grease well. (Maurice prefers loaf pans, prepared the same way). Add almonds and nuts to fruit mixture and mix well; sprinkle with ¼ cup flour and mix well. Cream shortening and gradually add brown sugar beating between additions. Add eggs one at a time, beating well after each. Add molasses, mix well. Combine flour, salt, soda and spices together. Gradually blend dry ingredients. Fold in fruit and nut mixture. Fill prepared pan.

Place a shallow pan of hot water on bottom rack of oven. Place cake pan(s) in centre of oven. Bake in slow oven (275 degrees) for 1 ½ hours. Remove pan of water and bake about 1 ½ hours longer or until toothpick inserted into centre of the cake come out clean. (Loaf pans may take less time so check regularly after second 45 minutes). Cool on wire rack before removing from pan(s).

STORING: If cake is to be used within a few weeks, do not remove brown paper. Wrap in two thicknesses of aluminum foil. If cakes are to ripen longer, remove brown paper and wrap cakes in cognac (or whatever flavour used) soaked two or three thicknesses of cheesecloth. Place cake in a tight container. Moisten cloth from time to time. To ripen cakes for a few weeks only, store in a cool dry place. If cakes are to ripen longer, store in a very cool place. (Ideal storage container is a metal cookie tin). If you wish you can wrap cakes in two thicknesses of aluminum foil and placed in chest freezer for up to 12 months. Thaw cakes in aluminum foil wrapper.

If you have a favourite family recipe and would like it published in the March issue, please send on or before February 15th. Please 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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July, 2021	June 22	June 30, 2021
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October, 2021	September 21	September 29, 2021
November, 2021	October 19	October 27, 2021
December, 2021	November 16	November 24, 2021
January 2022	December 14	December 22, 2021

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The Shoreline
Journal

Notes from our National Capital *2020 was an extremely difficult year*

Hi folks!

Well I would be lying if I didn't first say 2020 was an extremely difficult year for all of us. Which meant families, friends, governments and communities needed to pull together as never before - supporting each other in many ways.

We are not out of the crisis yet, but we do know now the new year has arrived - along with Covid-19 vaccines - the pandemic will finally be halted. Thank God!

We will get through this, together, by continuing to do what we know will keep each other safe: washing our hands, keeping 2 metres apart, staying home as much as possible, and listening to our local public health authorities.

Supporting each other is such an important part of who we are. Prime Minister Trudeau and our entire team remain steadfast in our commitment to do everything it takes - for as long as it takes - to keep Canadians safe and supported through this global crisis.

Notes from our Provincial Capital *Donating organs now automatic*

The month of April is Organ Donation Month. In the past, we have all had an opportunity to change, and even save, the lives of our family, friends or others through Organ Donation. We did this by recording our decision to be a donor on our Health Care Card. But that has now changed.

Effective January 18, 2021, the Human Organ and Tissue Donation Act came into effect. This new law was introduced by Premier Stephen McNeil in the Legislative Assembly, and received unanimous support from all Members. It will make it possible for more Nova Scotians to donate their organs and tissues at the time of their death. As Premier McNeil stated at the time of introducing the Bill, "This change will help more people get the good news they have been waiting for, and ensure more potential donors have the chance to save and improve lives of others". Medical research tells us that a single organ donor can save up to 8 lives; a single tissue donor can improve up to 75 lives. There are currently over 100

News from our Municipal Council - District 10

United Way interested in helping

Hello from West Colchester. I would like to begin with a quick update on the West Colchester Medical Clinic. As I have mentioned previously, we have secured a permanent Nurse Practitioner position. The position was posted, there were 3 applications, interviews and a candidate was selected. Unfortunately, at the last minute that person chose to remain in Ontario. The other two applicants, I believe were directly out of training and a decision was made that without a permanent doctor to work with and mentor it was probably best to try again. The position has been re-posted and we will hope for better results. Doctor recruitment continues, however I do not expect much success until we win the battle over the virus. Currently the clinic is being supported by doctors from Truro and I am personally very appreciative of this support. It is my understanding most of the calendar is full for February and we are getting the backlog cleared up.

I received a call earlier in the week and met today with

Notes from our Municipal Council - District 9

We have a serious litter problem

Good day to you all! I think it is safe to say we are all happy to see 2020 come to an end, with all the tragedy's we have endured and also the pandemic which has caused its own path of destruction with the loss of jobs, source of income, businesses forced to close, families losing loved ones and not being able to see others for extended periods of time, I can only hope for a positive 2021!

I am proud of how we have come together as a community, municipality and a province to take care of each other. The compassion and love people have shown over the last year. Many times strangers have been truly heartwarming and it makes me very delighted to be a part of a Nova Scotia Strong family.

I would also like to thank all the frontline staff who put themselves at risk on a daily basis. I have worked in the Healthcare sector for a number of years starting in long term care and now at the Colchester East Hants Health Care Centre. I know they work incredibly hard but having Covid on top of that is an extremely

stressful time on each and every frontline staff, caregiver, and the housekeepers who go above and beyond the cleaning protocols. I applaud you!

2021 is going to be a crucial year as we still have a long road to recover during the pandemic, I am happy to see the coolers

being installed at the hospital for the vaccines and they are in the process of being administered. With that being said Nova Scotia is doing great, I believe everyone is doing their part and

wearing your masks when you are out and keeping the social distancing and following and adhering to Dr Strang's health guidelines.

My first couple of months in joining council has been quite the whirlwind to say the least. It has been overwhelming with all the support that has led me to being your District 9 Councillor. I have

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Lenore Zann

Nova Scotians waiting for an organ transplant.

Nova Scotians who do not record a decision on their Health Card, and are an eligible donor, will be agreeing to be a donor after death. This is known as "deemed consent". This consent does not apply to living donation or donation for scientific research. Those who are not eligible for "deemed consent" are people under the age of 19, those without decision-making capacity and those who have lived in Nova Scotia less than 1 year.

It is important to know, however, that individuals, who wish to do so, can change their decision at any time. And as a family, we still have the ability to say NO at the time of death of a family member. There are very clear lines and opportunities that all Nova Scotians need to understand. The Nova Scotia Health Card Registry

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Karen Casey

Sarah Flemming of the Colchester United Way. They have received corporate funding to support the communities closely affected by the April tragedy. She talked about providing our communities services typically only available in Truro. Things like possibly Big Brothers Big Sisters, Maggies Place Family resources and Mental Health kind of thing.

Before I start some incorrect messaging, none of this is committed, these are just examples of potential services. It could be anything. Maybe it's a bus to take folks to Truro for swimming. I am just throwing things out there but am thrilled the opportunity is here to support our rural communities.

A quick update on Broadband and I will try to keep folks as informed on this as I can. I believe, I indicated earlier the new towers erected in Great Village and Debert are Xploronet, but not part of

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Tom Taggart

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Marie Benoit