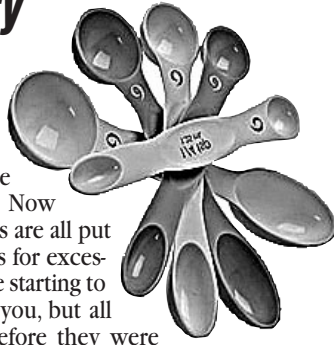


Our Kitchen Korner

Chicken Curry with Vegetables



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, the largest expenditure I made was a new Roku television for my daughter and two grand-daughters. They are moving into a new apartment at the end of January and she needed a "smart" television. At least the girls will be able to watch a variety of programs even though cable service does not exist.

During the week between Christmas and New Years, it was time for some rest and very little work. With the January issue delivered before Christmas, the additional week is about the only opportunity to get an extra week before deadlines for the February issue.

Looked back over previous columns and found one from about five years ago that contained a favourite recipe, which I had forgotten about. Decided it was time to get busy in the kitchen, as this recipe is far from usual fare at Christmas time. Originally found a very similar product / recipe on a trip to the Saint John, NB city market, which is well worth spending a morning there if you are in the city.

The ambiance of enjoying a few hours in Canada's oldest city market is most enjoyable. Great Variety of vendors, and lots of places to get a snack or full meal and cozy places to indulge and do some people watching.

Hope you want to experiment in a new recipe developed in your own kitchen. During winter the aroma of curry throughout the house is a great change now that the Christmas tree has been evicted but the smell of a balsam fire or pine tree still lingers.

Chicken Curry with Vegetables

- 2 tblspns Vegetable Oil • 2 1/2 tblspns 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.

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

I hope many of you made a "new year's resolution" to dig into your recipe box and send along a couple of your traditional favourite recipes from your mother, grandmother or great-great grandmother. I didn't receive as many submissions in 2022 as I would have liked. Please send along a favourite family recipe for the March 2023 issue, please send on or before February 15. Send to:

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

Notes from our Federal Capital

Fresh perspectives and renewed energy

The New Year brings fresh perspectives and a renewed sense of vigor and energy. I was fortunate to ring in the New Year with my wife and family in Truro. After returning from Christmas Holidays, I immediately set about the business of representing my constituents.

Luckily, the House of Commons does not resume sitting until January 30th, so I have been able to spend the entire month in the riding. My first meeting of the year was with Ziba Mashkori of Truro, who is the architect of a powerful and vivid photo exhibition in Truro's Civic Square, commemorating the lives of those who have been murdered for the "crime" of daring to stand up for women's rights in Iran. This is a cause that is dear to my heart, and I will always support those who are standing up to the fascistic, theocratic regime in Tehran.

Among the many constituents that I met with over the past month were Justin McKay, a veteran, and a member of the Amherst Legion, who has worked tirelessly to arrange for the construction

of a monument to the 159 Canadians killed in the Afghanistan war. Mr. McKay has personally known several of these brave men and women, and we should all be grateful to him for working to see that they are remembered. I fully support Mr. McKay's efforts.

I also got the chance to meet with Dr. Gail Tomblin-Murphy of the Nova Scotia Health Authority where we continued to discuss potential solutions to the ongoing healthcare crisis.

Another example of tremendous community service that is all too common in our little corner of Canada is the story of Joanne Hauser of Truro. Mrs. Hauser has dedicated much of her time over the past 16 years toward assisting low-income earners with their tax returns through the Community Volunteer Income Tax Program. It is for this reason that I had the great honor of presenting her with the Queen's Diamond Jubilee pin on January 17th.



Stephen Ellis

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Notes from our Provincial Capital

Coastal construction projects will have restrictions

I would like to begin this month by speaking about the upcoming Coastal Protection Act. These regulations are expected to come into effect in 2023. The regulations will restrict construction projects that can be built along coastlines in an effort to mitigate the damaging effects of sea level rise and severe storms. The work on these regulations first began under the previous government in 2019 and is nearing completion.

It is, I believe, difficult but necessary. Everyone along this shore is well aware of erosion and the impact of storms and these storms are becoming more severe. Many times when homes and business along the coastline are damaged by storms people turn to the tax payer to finance the repairs.

I spent a couple of hours last week with the gentleman at Department of Environment and Climate Change who is leading the work on this. I will say that initially, I was not all that supportive. I recognized the need but, was and still am to some degree con-

cerned about the impact on our landowners, as well as any other unintended consequences. It is quite detailed, so I will basically just give an overview and suggest that anyone needing further information call my office and I will either have the answer or get it.

To begin, there will be a 100 meter buffer along the entire coastline of Nova Scotia. It is divided into two 50-meter zones, with the measurement beginning at the mean high tide line. Before a building permit is issued for any property within this zone, the landowner will have to hire a designated professional, probably surveyor or engineer. There is a standard formula based on soil, slope and those type of geological formations to determine if something can be built.

The two different zones will have different requirements. I wish

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Tom Taggart

Notes from our Municipal Council - District 10

Still have Fiona debris?

Did you know you can find current and past Colchester Newsletters @ <https://www.colchester.ca/news/newsletters>

These publications are a great way to stay up to date and informed about the things happening with your municipality. Colchester.ca is updated regularly with meeting dates and agendas, information sessions etc. The Colchester County Staff work very hard to keep the community informed.

As announced on December 8th Colchester's post Fiona clean up was finished up. We recognize that there are still residents who did not get everything cleaned up as they had hoped. If you still have debris needing to be managed, please give me a call at (902) 890-1493 and I would be happy to discuss options with you. It is my understanding that there is still provincial support in place.

Please visit <https://novascotia.ca/hurricane-fiona-support/>

On January 13th, it was my pleasure to go to the Debert Legion and witness 15 well deserving, community minded individuals be presented with the Queen's Platinum-jubilee-medal. MLA Taggart and Premier Houston both stated how important volunteerism is in our communities. We are so fortunate to have such caring leaders doing what they can to improve Colchester North.

Victoria Lomond is Colchester Municipal Councillor for District 10 and can be reached at: (902) 890-1493, or vlomond@colchester.ca



Victoria Lomond

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May 2023	April 18, 2023	April 26, 2023
June 2023	May 23, 2023	May 31, 2023
July 2023	June 20, 2023	June 28, 2023
August 2023	July 18, 2023	July 26, 2023
September 2023	August 22, 2023	August 30, 2023
October 2023	September 19, 2023	September 27, 2023
November 2023	October 17, 2023	October 25, 2023
December 2023	November 21, 2023	November 29, 2023
January 2024	December 12, 2023	December 20, 2023
February 2024	January 23, 2023	January 31, 2023

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