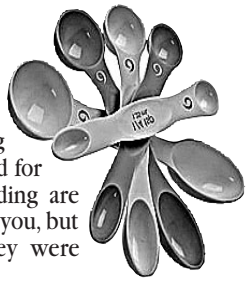


# Our Kitchen Korner

## Chicken Curry with Vegetables



We were awaiting Christmas at time of last writing. Now that's long past, decorations are all put away and for some the bills for Christmas spending are starting to arrive. Don't know about you, but my presents were paid before they were wrapped.

Again this year was celebrated in non-traditional way - no festive parties, or dinners; mostly alone due to wanting not to travel or assemble in groups not normally in your "close bubble". This is the second solitary Christmas, hope there is not a third. But in saying that, far better to be safe and in good health, rather than feel sorry for ourselves, go out and get infected.

While we are on the subject of Christmas and family events around special times, we might as well accept that CoVid in smaller quantities is going to be around us for many years. Do not be surprised, if you are encouraged to avoid large crowds and have a mask at the ready for two or three years.

Not what any of us want to hear, but we can save ourselves a lot of anxiety and stress, if we accept those possibilities and be ready to adjust our lifestyle. Look at it this way. Prior to CoVid, if you were going to visit friends or family, and just before your visit you learned they were "sick with the flu", did you visit anyway, or did you stay home? Operate on the same premise and you will be safer, healthier and less stressed.

Normally, the week between Christmas and New Years is a time to visit relatives or friends.

Didn't even get to Saint John to visit two eldest sons. When there a trip to the Saint John City Market, the oldest one in North America, is a must do. It is surprising what products from Nova Scotia are available at the market. At one of the stalls was surprised to find a lobster chowder powder mix produced by a company from Port Williams. Then at another stall he got real interested in frozen Chicken Vegetable Curry. It would serve six people and was priced around \$25.00. Barely back home and it was time on the computer to find a similar recipe.

Here is one picked out at his favourite.

### 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. 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, 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.

If you have a favourite family recipe and would like it published in the March 2025 issue, please send on or before February 10.

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or email: [maurice@theshorelinejournal.com](mailto:maurice@theshorelinejournal.com)

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### Upcoming Deadlines and Publishing Dates

Issue	Deadline	Published
March, 2025	February 18, 2025	February 26, 2025
April, 2025	March 18, 2025	March 26, 2025
May, 2025	April 22, 2025	April 30, 2025
June, 2025	May 20, 2025	May 28, 2025
July, 2025	June 17, 2025	June 25, 2025
August, 2025	July 22, 2025	July 30, 2025
September, 2025	August 19, 2025	August 27, 2025
October, 2025	September 23, 2025	October 1, 2025
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January, 2026	December 9, 2025	December 17, 2025

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The Shoreline Journal

### Notes from our Federal Capital A Look at January 2025

As we begin 2025, Canadians are adjusting after the holiday season, but the political landscape remains turbulent and full of change. January brought a significant shift in the nation's leadership, with Prime Minister Justin Trudeau stepping down from his position and resigning his role as the leader of the Liberal Party. This marks the end of a chapter in Canadian history that has been fraught with controversy and challenges for many of us. While some may feel a sense of relief, the question remains: does Trudeau's departure truly signal change?

#### A Changing of the Guard — But Will Anything Really Change?

Every current Liberal MP and potential leadership contender has been complicit in shaping the Canada we know today. This includes their active support for controversial policies such as the carbon tax, a tax that has hurt Canadian families and businesses. And the Liberal's continued push to quadruple this tax over the next five years suggests that a change in leadership may not result in the substantive policy changes many are hoping for.

The current Liberal leadership race is beginning to shape up with contenders who are more of the same. So, with so much un-

### Notes from our Provincial Capital

#### New bridge naming process to be determined

We are now getting into the early days of our new Government. My first 3 1/2 years in government has been a tremendous learning curve! My time in Municipal government provided me with great personal development and educational opportunities and most importantly has been very rewarding in the opportunities I have had to support the residents of Colchester North. It would be easy to think that with a returning government that everything would just carry on. It is not quite that simple! A new government is a new start, a new mandate. That mandate should reflect the current challenges facing Nova Scotians!

In the 2021 election, it was absolutely clear Health Care was a Priority. While there is still a lot of work required there have been improvements. Like every other Province in Canada, Human Resources or staffing is one of our greatest challenges. We implemented a lot of policy changes with respect to training opportunities, who can practice where and different models of care that are working to ensure the most highly trained health care professionals treat the most acute and critical patients with other less complicated health concerns directed to the appropriate pro-

### Notes from our Provincial Capital

#### I coached in World U17 Hockey Challenge in 2005 & 2013 2025 World U17 Challenge to be held in Truro

On December 17, I had the pleasure of announcing the Rath Eastlink Community Centre in Truro will be the host of the 2025 World U17 Challenge, starting October 31 through November 8th, 2025.

This announcement is particularly special to me. The World U17 Hockey Challenge holds a significant place in my journey, as I had the privilege of coaching in this tournament twice—once in 2005 and again in 2013—as the Head Coach of Team Atlantic. I'll always treasure the memory of winning a bronze medal in 2005. The World U17 Challenge represents an incredible opportunity to welcome people from around the world to our beautiful province and community.

For more information: <https://hockeynovascotia.ca/.../truro-to-host-2025-u17...>

#### Cabinet Ministers Swearing-In Ceremony

On December 12, I was incredibly honoured and grateful to be sworn into Premier Houston's cabinet, as the Minister of Commu-

### Notes from our Municipal Council - District 9

#### Speeding still major concern

Good evening,

The holidays have come to an end and the kids are back to school, I would like to put out a reminder as there is continued concern with speeding in communities. I have been in touch with RCMP for more patrolling in certain areas with residents have concerns. Please leave a few minutes early if needed to be safe driving the speed limit while realizing kids and seniors and really everyone could be out walking or to and from the school bus. This has been an ongoing issue; it really is up to us as drivers to obey the speed limits.

In December, I was honoured to be a guest at the Onslow-Belmont Fire Brigade's banquet held at the Debert Hospitality Center with nothing less than a delicious meal and fantastic service. I would like to recognize Cory Moore, PJ Moore, Nancy Whalen and Rob Dove for 5 years, also Clair Peers with a remarkable 40 years of service.

Also, in attendance was honorary members with over 50 years of service Charles McKenzie, Ian Crowe and Chester Sabeau. Congratulations to all those that received awards.

certainty, it's time for Canadians to have their say and we must call an election now.  
**Local Engagement and Policy Work:  
Focusing on What Matters**



Dr. Stephen Ellis

As your Member of Parliament, I value the opportunity to engage with stakeholders and constituents who help shape the future of our communities. January has been an opportunity to re-establish and develop those connections. Recently, I was in Halifax to meet with key stakeholders including HealthEMe, the Dartmouth General Hospital, and the Ocean Tracking Network. These meetings were insightful, providing me with valuable perspectives on the challenges facing these organizations and the opportunities for collaboration.

In addition to these visits, I've been working diligently with municipal leaders from Cumberland-Colchester. It's vital that all levels of government maintain strong working relationships to address the issues most important to our communities. So far, I've met with the town councils of Truro, Colchester County, and Amherst, with

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professionals. Like I said, there is still lots to do. However, I believe, the changes made have modernized health care in N S, the data we now collect will inform and many of the bills passed (Patient Access To Care Act) are and will continue to improve Health Care in Nova Scotia.

Back to the New Government / New Mandate I started with. I believe it was clear at our new mandate is / will be about affordability. Clearly there is much work to be done. I am, as anxious, as you folks and look forward to this beginning to roll out over the next 6 months. I expect there may be some delays as the Premier and Senior Leadership are currently focused on the impact and mitigating challenges we as a Province may face with the incoming President of United States.

It was announced this week we will be back in the Legislature beginning February 14. We will be presented with a budget that will inform /determine the direction of this first year of our Government. My role will change to some degree. In addition to my

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nities, Culture, Tourism & Heritage and Minister of Gaelic Affairs at a ceremony presided over by Lt. Governor Arthur J. LeBlanc.

I am excited to get to work with our Premier, some incredible colleagues and the teams at CCTH and Gaelic Affairs to make it happen for Nova Scotians.

Thank you to my family, colleagues and constituents of Truro-Bible Hill-Millbrook-Salmon River for your continued support and trust.

More information and a list of Cabinet Ministers can be found in the news release: New Cabinet Builds on Victory to Make it Happen for Nova Scotians | Government of Nova Scotia News Releases.

#### 2024 CEC Sports Wall of Fame Induction

It is always a pleasure to attend the CEC Wall of Fame induction ceremony which honors the athletic accomplishments of local ath-

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To all our volunteer firefighters, I would like to say thank you for your service and dedication as well to you family members.

You may have seen some activity working across from the Mi'kmawey Interpretive trail, construction has begun on the driveway and utility corridor for the future world-class Mi'kmawey Debert Cultural Center. Debert is one of the largest and oldest Paleo-Indian archaeological sites in North America.

They are delighted to have a place to bring back artifacts that are now placed at the Smithsonian Museum.

This centre will be beautiful, it will offer workshops, education programs, ceremonies, feature artifacts, while hopefully will offer reconciliation, healing and education. They still have \$5 million to raise if you would like to donate go to <https://www.mikmawey-debert.ca/campaign/>

Also wanted to mention some changes happening this year at

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