

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;
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ISSUE	DEADLINE	PUBLISHED
February, 2020	January 21	January 29, 2020
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

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The Shoreline Journal

Notes from our National Capital

Zann Tables Petition on problematic RCMP Comm Centre Move

(As Lenore Zann gets used to trips to Ottawa and handling details of the Cumberland-Colchester constituency, it may take a while to get in the groove of supplying a monthly column to the Shoreline Journal. The following press release was received just hours before this issue was sent to the printers. We've used it to fill her column space, and it's a very timely topic of great importance to the Colchester and Truro areas)

On Friday Dec 13, Member of Parliament Lenore Zann rose in the House of Commons to table a petition calling on the Minister of Public Safety to reverse the decision to move the RCMP Operational Communications Center from Truro to Dartmouth.

The petition, signed by residents of Cumberland-Colchester, calls upon the Minister of Public Safety and Emergency Preparedness to honour the commitment to have an independent study to thoroughly review the potential risks of moving the Nova Scotia RCMP Operational Communications Centre (OCC) from Truro to Dartmouth and immediately halt all work related to the proposed move pending the outcome of an independent review and risk assessment.

On tabling this important petition in the House of Commons, MP Zann said: "I made a commitment to do four things as soon as I arrived in Ottawa: -Table this petition to keep the RCMP OCC office in Truro; My first Member's Statement in the House of Commons would be to read the letter I received from L'Ecole Acadienne students about their School Strike for Climate and the urgency of the Climate Crisis; My first speech would be about the need for reconciliation with First Nations and in that spirit work-

ing together with other political parties and Talk to the Justice Minister about the need to act on human trafficking and Non-State Torture.

I'm glad to say that as I prepare to head back home to Nova Scotia after my first week, I fulfilled each of these self-imposed duties. And like Bill Casey before me, I will work hard to make them become a reality."

Prior to tabling the petition, MP Zann met with the Honourable Bill Blair, Minister of Public Safety to outline her concerns about concentrating both the major Nova Scotia Emergency Communications facilities in one community.

MP Zann pointed out that reports and guidelines from all the leading emergency continuity authorities indicate that geographic separation is the main requirement for emergency communications services. These experts include the U.S. Federal Emergency Management Agency (FEMA), the National Emergency Number Association (NENA), the National Fire Protection Association (NFPA), and the RCMP themselves.

The required "geographic separation" now exists with one emergency communication center in Truro and one in Dartmouth. The proposal to consolidate both emergency communications centers in one coastal community is the exact opposite to what is required by all recognized authorities.

In the event of a disaster in Dartmouth, having "all of our eggs in one basket" could result in all Nova Scotians being without full 911 emergency call service.



Lenore Zann

Notes from our Provincial Capital

Give thanks to all for freedom and safety

To all of my constituents and to all the readers of The Shoreline Journal, let me extend my sincere best wishes for a safe and happy holiday season. Take time from your busy schedules to pause and give thanks for your family, your friends and your freedom to live in a community, a province and a country that is safe.

Many of our homes and businesses are brightly decorated to reflect the festive season, and they bring joy, happiness and hope to all of us. I want to thank the countless volunteers who have been busy organizing community events that allow us to celebrate the Season together.

The Christmas Season is also a time for giving and for helping those less fortunate. Many of you take this as an opportunity to "make" Christmas for those less fortunate. It is exciting to shop for a family in need. It brings a true sense of satisfaction when you see

the smiles and the tears of appreciation in the faces of others when you deliver those gifts to their homes. One of the many strengths of our rural communities is that we care for one another. This Holiday Season, let's pause for a moment, and commit to making some child's Christmas morning a positive one. The gift may be small, but the reward is huge. Your own Christmas morning will be better knowing you have helped put a smile on the face of a less fortunate child.

Let me take this opportunity to thank all of you for your continued support over the last 13 years, and wish you and your family all the best in 2020.

Karen Casey, MLA, Colchester North I also Deputy Premier and Minister of Finance



Karen Casey

News from our Municipal Council - District 10

Host Families is only limitation

Hello again from West Colchester. Because this is the Christmas edition I am writing early Sunday December 8. It is a beautiful early December day, nice sunny, brisk wind, a good start to the winter. I do not have a lot to speak about as I missed the Council meeting late November. I was in Ottawa at FCM meeting. I will have some comments in a separate article, which Maurice has asked me to submit.

On the first Tuesday evening of each month we have what we call Presentation night. It usually consists of groups who are pitching their particular project or program, longer detailed presentations from staff on program updates that are detailed and too long for council meetings. Or it could be a presentation from groups or organizations that council has requested come to present information that would provide a better, more detailed understanding of some community issue.

Last Tuesday, I thought two in particular were very interesting and may possibly interest you folks. First we heard from the Local organizers for the "Nova Scotia International Student Program". They are asking us to promote this program. They tell us the only limit to the number of international students is the need for more host families.

Over 60% of these students wish to live in rural Nova Scotia. Besides the life long bonds and friendships established with the students and their families there are many other positive outcomes for the host families and our communities. The host families are

compensated for hosting, but the overall communities benefit as well. First I think most would agree we need more residents, in particular, young residents. In 2019/2020 school year there are 296 students participating in the Chignecto Central Region. Historically 38% remain in N S after Graduation and an additional 15% remain in Canada. In This Chignecto Central region it is estimated that the economic impact of these 296 students is in excess of \$5,000,000. As I said, very interesting and informative presentation. Anyone interested in what could be a very rewarding experience should contact should contact Lisa Hartly, Director at 902-896 5515.

The second presentation was about the Solar Colchester Program. The very same project Colchester won the 2019 Nova Scotia Federation of Municipalities "Climate Change Leaders award". This program began in April 2019 and its purpose was to find financial efficiencies in purchase and installation of modern PV solar electric systems by bulk purchasing of both product and professional installation services. It is reported that this provided savings of between 7% and 10%. The Municipality provided \$300,000 in interest bearing loans to those that chose to participate. I should note that these loans are attached to the participants tax bill therefore there is no risk to Municipal tax payers.

The program opened on April 2 2019 and 27 residents applied

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Tom Taggart

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