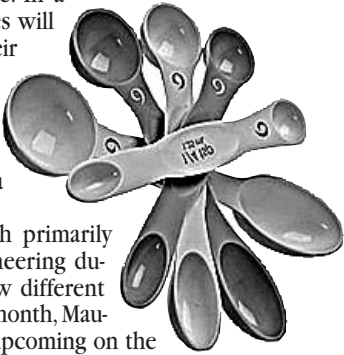


Dorothy's Kitchen Korner

Finally summer is here. In a day or so the school buses will stop running and take their turn at annual summer maintenance, while students are enjoying two months of a more relaxed lifestyle and hopefully a nice vacation with family.



I spent the last month primarily doing my domestic engineering duties, but did arrange a few different things. As I looked at the month, Maurice's 70th birthday was upcoming on the 17th, plus I had a call from Cape Breton that a good friend and neighbour of many years was gravely ill and friends were going to have a retirement party for a long standing friend, also on the 17th.

My challenge was to arrange my life so all could be accomplished.

I got lured by the Casino Nova Scotia advertisements of all you can eat Prime Rib and lobster tails for \$9.99 on Friday and Saturday evenings, so to celebrate Maurice's birthday, we decided to celebrate a week early. It was a great time and an enjoyable meal. Prime Rib was excellent, but the lobster tails were not up to my liking. However, hard to complain when two meals and one beer with taxes comes in at \$30.13.

As I was going some running around in preparation for my trek to Cape Breton, I discovered my car needed to visit a mechanic. It took a couple of days to make arrangements and get the parts, so my drive was delayed later in the week. By the time I got to Sydney my friend and neighbour had passed, but I was able to get there in time for the wake and funeral.

Back home now after a very enjoyable week to my old stomping grounds and doing the stomping with long-time friends.

Earlier in the month, I decided that the next day or so, we'd fire up the BBQ to enjoy some chicken breasts. Of course, you know my luck. The weather changed and it was raining hard and the wind was howling, so I had to go to plan "B". I came across a Chicken Dijon recipe I had found a couple of years ago. So I decided to give it a try. Turned out to be a good choice when you don't want to BBQ in the rain.

Chicken Dijon

- 4 skinless, boneless chicken breasts
- 3 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 cup chicken broth
- 1/2 cup half-and-half cream
- 2 tablespoons Dijon-style prepared mustard

In a large skillet, brown chicken in butter/margarine for about 15 to 20 minutes or until cooked through and juices run clear. Remove from skillet and place on a warm oven-proof platter. Preheat oven to 150 degrees F (65 degrees C).

Stir flour into skillet drippings. Add broth and deglaze skillet by stirring vigorously until flour is somewhat dissolved and liquid has the consistency of a sauce. Add cream. Simmer, stirring, over moderate heat for about 10 minutes until sauce is a little thick. Stir in mustard and heat through. Pour mustard sauce over chicken breasts. Put platter in warm preheated oven for about 10 to 15 minutes, then serve!

If you are going to keep the chicken on hold for a few minutes, or just to keep food moist, cover chicken with aluminum foil. Additional benefits are it cooks evenly and makes clean-up easier.

If you have a favourite family recipe and would like it published in the August issue, please send on or before July 10th. Please send to:

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maurice@theshorelinejournal.com

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ISSUE	DEADLINE	PUBLISHED
August 2017	Jul 18, 2017	Jul 26, 2017
September 2017	Aug 22, 2017	Aug 30, 2017
October 2017	Sep 19, 2017	Sep 27, 2017
November 2017	Oct 24, 2017	Nov 1, 2017
December 2017	Nov 21, 2017	Nov 29, 2017
January 2018	Dec 11, 2017	Dec 20, 2017

For more information contact us at:
The Shoreline Journal, Box 41, Bass River, NS, B0M 1B0
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Notes from our National Capital

Not So Simple

There have been many changes during my years in politics, but one thing that has remained constant is the urge to centralize.

Across the decades, regardless of who is in power, bureaucrats have always tended towards centralizing their operations. Departments and agencies of government want to simplify their own lives by centralizing their operations in a few large urban centres.

Take Parks Canada, for example. It currently operates six conservation facilities across Canada. Archaeological artifacts from Parks Canada properties and elsewhere are curated, stored and studied in these centres.

One of these facilities is in Dartmouth, in a purpose-built facility that was constructed in 2009 and leased for 20 years. But just 3 years later, Parks Canada decided to close all six facilities and centralize the services—and the artifacts—in the national capital region.

Then there is the Department of National Defence. The J. Layton

Notes from our Provincial Capital

Second majority government in 30 years

The election of 2017 is over and I am very pleased with the support I have received to continue as the MLA for Colchester North. Our Liberal Government has made history with the election of a second consecutive majority government, "the first in 30 years for the province". This sends a very strong message that Nova Scotians are satisfied with our leadership. They acknowledge the good work our Premier and Liberal Government have done and they want us to continue to build on that firm foundation we have established.

In 2013 when we formed Government, there was much unfinished business. In particular, there was a need to have the province live within its means. Settling contracts and spending more money than we had in revenue would have continued us on a path to increase the debt of the province and to leave a legacy of repayment to the next generation. That was not our choice and that was not

News from our Municipal Council - District 10

Broadband feasibility study approved

Good Evening Folks I hope this finds everyone well and looking forward to a great summer. Congratulations to Karen on her victory in the Provincial election. I look forward to working together on behalf of the residents of District 10.

I would like to also send out Kudos to both Rebecca and James for putting their name forward in support of Democracy. All three candidates deserve credit for running what I believe was a very positive and professional campaign.

Ten days from tonight we will be celebrating Canada's 150 birthday. I believe we should be very proud of our country and what we as Canadians stand for. We live in such a Great Country! As Canadians we are, I believe Great People!

At no time in my lifetime has it ever been so clear. Just look around the world today. Poverty and starvation in many African nations, Religious wars, hatred and human rights abuses in the Middle

News from our Municipal Council - District 9

Canada Post to move Belmont boxes again.

June has been a very busy month for myself as your councillor in district nine. I'll start by explaining why it is much more difficult to watch a ball game from the comfort of your car in Belmont than it has been in the past.

For as long as I can remember seniors or someone with a disability who found going down the bank to field level difficult was able to park up in the parking lot next to the road and watch the game. Thanks to Canada Post the view of the ballfield is now blocked with a line of new postal boxes. There are many within the community who are very unhappy with this fact and have expressed their concerns with me. Let me explain how this all developed.

In early May Canada Post, contacted staff asking permission to move the existing boxes from there location beside the old store to the ballfield in Belmont. Apparently, some residents had been threatened while picking their mail up by someone who did not

Ralston Armoury in Amherst is home to the Nova Scotia Highlanders Regimental Museum, and the only monument to the 486 North Novies who did not come home from the Second World War. But the sandstone structure is not being well-maintained, and the Canadian Armed Forces maintain no presence there. Yet, \$130 Million wasn't too much to ask for the Halifax Armoury to be restored and modernized.



Bill Casey

And then there is the RCMP. In our corner of Nova Scotia, the RCMP is who we depend on to keep us safe, and we appreciate them for it. We also appreciate that the RCMP's operational communications centre is located in Colchester County, because it provides good-paying jobs in our community.

But the RCMP is considering moving that facility to Halifax, where their Nova Scotia headquarters are located. That is despite

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our priority.

Nova Scotians have said thanks to Premier McNeil for making difficult decisions as he prepares our province for a positive future. Nova Scotians have told us they want us to continue our investments in education. They have told us there is more work to be done in healthcare and they have endorsed our platform to treat all government employees fairly and to invest any surplus we have achieved in programs that support those in need.

Having achieved two consecutive balanced budgets has demonstrated our commitment to turn the province around. No longer will we add money to the debt and expect our children and grandchildren to pay that debt. One of the largest budget items that must be paid before any other programs can be funded is the service on that existing debt. That interest alone is over \$800 million. As a

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East, Terrorism throughout Europe and I not really sure how to describe what is going on with our good friends and neighbours to the south. All the while we live in relative peace and security in what I consider to be the Greatest Country in the world.

On July 1st please take time to enjoy your friends and family and to reflect and appreciate all we have as Canadians.

Over the past two articles I have touched briefly on the need for better broadband services in rural Colchester County. We are not alone in our need. Recently at the FCM annual meeting we held 4 days of workshops, plenary and round table discussions. Any of them that focused on rural Municipalities clearly identified the need for good quality reliable broadband as their number 1 priority.

With his in mind I am pleased to advise at last Thursdays Coun-

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want the boxes at this location any longer. Instead of calling the police and reporting this behavior Canada Post chose to appease this individual and move the boxes. Staff gave permission to Canada Post to move the existing boxes to the ballfield location if they placed them parallel to the railway tracks. This would have alleviated the issue of blocking the view of the ballfield.

My understanding is the problems started when Canada Post showed up with twice as many boxes as they had at the old location. Then due to CN Rail regulations they were not permitted to place them parallel to the tracks as suggested. With out permission, they placed them across the parking lot blocking the view of the ballfield.

My first conversation was with a Canada Post representative who first introduced himself as a Municipal relations specialist

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Tom Taggart



Doug MacInnes

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