

Our Kitchen Korner

It's worse than chaotic, could be worst ever



Last month, this korner reviewed how the world how "THE WORLD IS IN CHAOTIC SHAMBLES". For those who watch a lot of documentaries or the 24 hour news channels, after this past weekend the mind must be thinking "it can't, get worse" blink and it does.

I along with many others spent the winter thinking of doing some major maintenance, or repairs to the homestead. However after this weekend one should think about building a bomb shelter like they do in the mid-east. I can't count the number of news clips or major interviews where reporters are talking about thousands running for the shelter, when the sirens blast giving a ten-minute warning. In some cases the entire 15 minute segment is produced and broadcast to the public from a shelter where the studio looks like it was in a highrise tower in New York.

There was one news channel 15 minute segment /report which quickly grabbed my attention. The reporter was interviewing a doctor in a fully functioning 400 bed hospital in Ukraine. What made it unusual it was underground away from the dangers of normal Russia-Ukraine missiles and drones.

The hospital was set up the day before the interview. The doctor explained they had converted a four storey underground parking garage into a 400 bed hospital in four hours. When asked the doctors replied the hospital was complete with several fully functioning operating rooms, MRI and Catscan facilities.

Having accomplished that task in that amount of time more or less explains why Ukraine has been able to withstand Russia's attacks. It made me wonder could Canadians accomplish a major project like that in equal time.

Food, gardening and the whole lifestyle are being embedded in our youth. There are two major food stories in this issue. Page 1 features West Colchester Consolidated School! Students turned the school yard into a garden thanks to a boost from Plant a Seed & See What Grows Foundation and Farm to Cafeteria Canada (F2CC).

The second story features ROOTED Gala, a first-of-its-kind, farm-to-table culinary experience celebrating local food and farming is set for the Halifax Convention Centre on Wednesday, November 5, 2025. The gala will feature six courses each created by renowned Nova Scotia chefs using local ingredients, a showcase of youth talent, a silent auction, and a surprise special guest. Every plate will tell a story, and every dollar raised will support 4-H in Nova Scotia and youth across the province.

Here's my choice for this month's recipe:

Filipino Chicken Adobo, 6-8 servings; Prep time 10 minutes; Cooking time 50 minutes. Filipino Adobo Chicken will take you on a sweet-savory flavor adventure. Its tasty combo of succulent chicken and bold seasonings will leave you wanting more.

Ingredients

- 4 to 5 pounds of chicken thighs • 1/2 cup white vinegar
- 1/2 cup soy sauce • 4 cloves garlic, crushed
- 1 teaspoon cracked black peppercorns • 3 bay leaves
- 1 teaspoon sugar • Steamed white rice, for serving

Instructions

Add the chicken thighs, vinegar, soy sauce, garlic, peppercorns, bay leaves, and sugar to a large bowl. Cover and marinate in the fridge for at least 30 minutes.

Place a large skillet or Dutch oven over high heat and add the chicken mixture (including the juices). Bring the mixture to a boil, reduce the heat, and let it simmer with the lid on for 30 minutes.

Remove the lid and let it simmer again for about 20 more minutes or until the sauce has thickened.

Serve hot over a bed of steamed white rice. Enjoy!

If you have a favourite family recipe and would like it published in the August 2025 issue, please send on or efore July 14th. 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
Riding Roundup: Alana's Inside Scoop**

What a whirlwind the past five weeks have been! Since Parliament was recalled to Ottawa on May 26th, life has been like drinking from a fire hose. Prime Minister Carney has kept us in into the work of listening and learning at the community level.

This past month afforded me the opportunity to join MLA Tom Taggart in Bass River to honour the sacrifice of Canadian Military personnel serving as UN Peacekeepers as well as joining Colchester County's District 8 Councillor Lisa Patton to celebrate the 35th Anniversary of the Farm Equipment Museum in Bible Hill. Both, great opportunities to appreciate how much the lessons from our past help equip us to face the challenges of today.

An active PRIDE season kept me plenty busy — with absolutely beautiful expressions of support for the 2SLGBTQI+ community in Amherst, Truro, and Ottawa. Seeing our communities come together to celebrate love and equality fills my heart every time. Love is love, and Cumberland-Colchester stands proud!

In Ottawa business — my colleagues elected me Co-chair of the Nova Scotia Caucus and Treasurer of the National Women's Caucus. The first is a group of MPs from Nova Scotia committed to working together on specific policies to benefit our province. The second, a group focused on legislation and regulations that support women all across Canada. Additionally, I was appointed to the Parliamentary Committee for Veterans Affairs, which I am EXCITED to jump into and get started on real-world problem solving with veterans in communities throughout Cumberland-Colchester.

Now, I won't lie — these long weeks in Ottawa have meant de-

lays getting our local offices up and running. After a typical election, new MPs usually have 3 months to get their offices set up and staffed. But because of the Prime Minister's ambitious agenda to confront Trump's Trade War we only had 3 weeks this time around. Sol, I'm looking forward to heading back to Nova Scotia for two solid months starting in July Ottawa for a series of 80-hour weeks that have me eager to get back to Nova Scotia and jump



Alana Hirtle

to hit the ground running TOGETHER. We're building this from scratch, sometimes making it up as we go, but that's what grassroots democracy looks like!

Representing you in Ottawa while staying rooted in our community means constant back-and-forth, early mornings, and late nights. But every single day, I wake up ENERGIZED because I know we're not just building another typical political operation — we're BUILDING COMMUNITIES COMMITTED TO WORKING TOGETHER TO SOLVE REAL-WORLD PROBLEMS!

The local offices will be operating full-time by early July. The community consultations are going to be both informative and ACTION-ORIENTED. Together, we're going to work on the real-world problems of our communities. We're going to test ideas and create opportunities for solutions that might never even occur to more typical politicians.

This is just the beginning of a different approach to politics.

continued on page 6

**Notes from our Provincial Capital
Historic Bass River footbridge to be repaired**

It seems as though my monthly article has become the Colchester North Bridge report. Hopefully that is slowly changing. It appears the bridge in Bass River is close to being finished. The old bridge is gone, the crews are cleaning up and getting ready for paving and landscaping. I believe it is a beautiful bridge that was constructed without any negative impact on the community, specifically, the memorial trees at the veterans Memorial park as well as the historic community store. I wish to personally thank Balodies construction and their staff for their great work and there professional and courteous interaction with the community.

Baring any kind of unforeseen obstacle it is my expectation that we will be travelling across the Portipique bridge before the next article is written. The east end of the structure will be reinforced and stable. It is my understanding that the bridge will now go into the que for replacement at which time the current bridge will remain open and the new bridge will be constructed beside it. Hopefully that will happen in the next year or two, however we must recognize that there are similar needs across the Province as well as across Colchester North. I have a very similar challenge with a bridge on 311 in North River that is causing a very significant inconvenience to residents of North River as well as the commuters.

To finish on Bridges, I note that a group of community minded individuals have taken on the challenge of repairing the historic community footbridge in Bass River. It will require significant work and financial resources. I am sure there will be fundraising projects and hopefully folks will step up in support. I personally want to

thank those that are driving this effort as without them the footbridge has a very short life ahead. I will do everything I can to get Provincial funding but that will always require private community funding as well.

Over the past six months or so there has been much media attention as well as opinion on responsible resource development. I am sure most are very aware that I am and have always been a strong supporter! I wish to make several points on this.

First, the key word is responsible! There is no way that our Government will permit these projects without significant environmental oversight. Long gone are the mines of years ago, any projects will be completed using modern mining methods.

Additionally, our Government will ensure not only will Nova Scotia benefit from the jobs and the wages. We will not permit companies to come to Nova Scotia and profit from our resources and pack up and leave when the project is completed. There will be an expectation that as the project goes along there will be community enhancements similar to the approximately 4 million dollars annually that Everwind will be contributing to the Municipality of Colchester and to the surrounding committees.

If Nova Scotia is to grow and prosper we must find new revenue streams. As an example we often hear media stories about our aging health care facilities, of the need for more beds or more Emergency rooms. We rarely hear about the cost or where the

continued on page 6



Tom Taggart

**Notes from our Provincial Capital
Free Shingles Vaccine for 65+**

May and June were very busy months as farmers were busy planting for the 2025 season, while others were preparing for the summer tourism season. The following is a summary of some of things important to residents of Truro-Millbrook-Bible Hill-Salmon River.

Free Shingles Vaccine Available This Month

Starting May 20, Nova Scotians aged 65 and older can book their free shingles vaccine appointment.

The vaccine costs about \$400 but will be free for seniors starting May 28. People can book an appointment by calling their primary health care provider or at <https://novascotia.ca/routinevaccine>

Updated Code of Conduct Prioritizes School Safety

A stronger code of conduct with clear, consistent direction will help ensure Nova Scotia schools are safe for students to learn and staff to safely do their jobs. The government released the updated Provincial School Code of Conduct Policy including stronger definitions of unacceptable behaviours, new responsibilities for all members of the school community, a requirement to support those affected or harmed by unacceptable behaviours, and provisions for children in pre-primary and students requiring intensive behavioural supports.

The code of conduct will make schools safer by defining acceptable and unacceptable child and student behaviours, including violent behaviours, and directing school response. The update also

has a comprehensive guide that provides detailed direction for school administrators. The guide includes a process for aligning responses and consequences to the severity of behaviours, ensuring responses consider the age and developmental stage of students, as well as intent.

New School Leavers Program

Starting this fall, the new School Leavers Program will support Grade 12 students with disabilities as they move from high school into early adulthood. There's nothing more important than the success and well-being of young people in our community. This program is about making sure students have the support they need to thrive.

Learn more about the program here: <https://news.novascotia.ca/.../new-program-supports-grade...>

Nova Scotia Removes More Interprovincial Trade Barriers

The government is continuing to show leadership by removing more interprovincial trade barriers to grow Nova Scotia's economy and build a stronger Canada.

New regulations will allow more types of commercial trucks and other passenger vehicles to enter and operate in the province, supporting the movement of goods and services across the country.

The proposed amendments to the Nova Scotia Building Code

continued on page 6



Dave Ritcey

**Notice to Readers and Advertisers
Upcoming Deadlines and Publishing Dates**

Issue	Deadline	Published
August, 2025	July 22, 2025	July 30, 2025
September, 2025	August 19, 2025	August 27, 2025
October, 2025	September 23, 2025	October 1, 2025
November, 2025	October 21, 2025	October 29, 2025
December, 2025	November 18, 2025	November 26, 2025
January, 2026	December 9, 2025	December 17, 2025

For more information contact us at:
The Shoreline Journal, Box 41, Bass River, NS, B0M 1B0
Ph: 902-647-2968, Cell: 902-890-9850
Email: maurice@theshorelinejournal.com



The Season of Giving is here

We will not ignore you! We are here to serve you.
Unlike other print publications serving the local area,
we will continue to provide home delivery via Canada Post.
12 Months of the Shoreline Journal

Please mail this personal subscription to:

Name: _____
Street: _____
Town: _____ Prov: _____ Postal Code: _____
Phone: _____ E-mail: _____
If RENEWAL: Sub # _____ New: _____ Gift: _____
This is a gift subscription from: _____

Enclose Cheque or Money Order payable to The Shoreline Journal

LOCAL SUBSCRIPTIONS: B0M / B2N / B6L — \$23.00, PLUS HST = \$26.22 • OTHER PARTS OF NS: \$28.00 plus HST = \$31.92
ALL OTHER AREAS OF CANADA: \$30.00, plus HST = \$34.20 (HST: 890564404RT0001)
MAIL TO: The Shoreline Journal, P.O. Box 41, Bass River, NS, B0M 1B0
We are also happy to receive your E-Transfer at maurice@theshorelinejournal.com

The Shoreline Journal