

Dorothy's Kitchen Korner

Truro Farmer's Market

For several years, there have been very few Saturday's I was either working or had a full schedule and could not get into Truro. However, this past Saturday, Maurice and I had to take the dog to the animal hospital. We got there earlier than anticipated, so we dropped by the Truro Farmer's Market.



I was totally amazed how much it has grown. We didn't get there until around noon and it was packed.

If you haven't been there for a while, or ever, I really recommend you take the time. Probably a great place to meet up with friends you haven't seen for a while.

Changes in eating habits and emphasis on "buy local" certainly has helped vendors. Every stall was busy and there was lots of money changing hands, which bodes well for the local economy.

I was disappointed, no one was selling cabbage rolls, which I love to make. Not bragging, but I do get a lot of compliments. Maurice suggested, I should get a table and give it a try. He asked the price I would charge, if I did do it. I tossed out a figure and he said I was too low.

Later in the day, he had to go back into town, so he did some deli shopping from one of the large grocery stores. He couldn't find cabbage rolls, but did bring home a few samples of other products. When I looked at the prices charged, I was amazed. For a small quiche, about three inches across he paid almost 50% more than I thought people would pay for a cabbage roll.

It's got me to thinking. As a result, I thought I'd share my version. I've been making them so long, that I don't have a recipe, so I can't tell you 1/2 cup of this and one cup of that. You'll have to be content to determine your own volumes. (When I make them, I normally make 50-60 at a time, then freeze them for later).

Here goes:

Cabbage - choose a firm one - probably the largest in the store. I boil mine, lightly salted until I figure it's about half done. Remove from stove and let with in water for 20-30 minutes (cooler is easier to handle). Put cabbage on counter, or large roaster and gently remove the leave one by one. (Put leaves in the top of roaster.

If you get towards the centre and the leaves are too crisp and won't remove easily. Return to water and boil a few more minutes.

Meat filling - I prefer lean or extra lean. Season (to your taste) with salt and pepper, minced or powdered garlic, perhaps a bit of cayenne pepper. (Some people like to had a bit of left over cooked rice). Occasionally, I'll add a bit of tomato sauce or juice - just enough to make the meat mixture a bit moister. Mix all together. (Get in there with your hands, make sure there are no lumps of meat.

Rolls - Put meat mixture into one leaf. Put near base of leaf and roll tightly until all leave is used. Squeeze, lightly, to make sure it stays together. Then place each roll into bottom of roaster, which is very lightly greased.

Sauce - I use a combination of tomato paste, sauce and tomato juice. One or two 48 oz cans. Season your liking with salt, pepper, garlic (minced or powder) and cayenne or crushed red pepper). Pour over cabbage rolls and bake in covered roaster. I use the same one as I cook a turkey. 350 oven. Probably at least an hour maybe two. A bit under cooked is better, if you are going to freeze.

If you have extra ingredients after using all the cabbage, you can always use for a meat loaf or put in the refrigerator and dream up another use, or use to make spaghetti sauce.

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The Shoreline Journal

Notes from our National Capital Black Caucus visit a Historic Event

Last month, history was made in Truro. The federal Black Caucus came to Nova Scotia on their first tour outside Ottawa. It was the culmination of several other historic firsts: this is first Black Caucus ever in Parliament, formed by the most Black Members of Parliament ever elected (six); and we were joined by the first Black female senator from Nova Scotia, Dr. Wanda Thomas Bernard.

Greg Fergus, MP (Hull-Aylmer) was the first to arrive. When I first met Greg, he was a student and a page in the House of Commons. This was 1988. Greg has been involved in politics and social issues ever since, and was elected for the first time in 2015. His riding is just across the river from Ottawa.

Celina Caesar-Chavannes, MP (Whitby) then landed with her young son, Johnny, in tow. Over the next couple of days I got to know her better. The daughter of Caribbean immigrants, Celina has overcome struggles with depression to be an incredibly successful entrepreneur and an MBA in each hand. She was elected to her riding outside Toronto for the first time in 2015.

Marc Miller, MP (Ville-Marie—Le Sud-Ouest—Île des Sœurs) met us in Truro. Marc, candidly, is not Black. But he is a remarkable young man, an accomplished lawyer and a first-time MP. He joined

Black Caucus because he has a significant Black population in his riding. Some of Canada's most celebrated Black Canadians, including Oscar Peterson, Michaëlle Jean and Oliver Jones, hail from Little Burgundy in the Sud-Ouest of Montreal.

Marc spoke about the privilege he was born with as a white man. He talked about the fact that he never will know what it's like to be a person of colour; but he will advocate for people who are, so that they don't have to always advocate for themselves in a society and in systems where racism is often silently, invisibly ingrained.

Our meetings in Truro were well attended, including by representatives of the Truro & Colchester Chamber of Commerce, Mayor Bill Mills, Councillor Cheryl Fritz, Councillor Wayne Talbot, Councillor Doug MacInnis, and MLA Terry Farrell. The Caucus also spent some time with Black students at the high school in Truro, and at a tutoring program.

The day we spent in Truro, and the following day at the Black Cultural Centre and Africville, reminded me of the diversity of

continued on page 6



Bill Casey

Notes from our Provincial Capital

is not available this month due to the Nova Scotia provincial election.

This column will return in the July issue of the Shoreline Journal.

News from our Municipal Council - District 10

Geopark designation prestigious and difficult to achieve

I trust everyone enjoyed Mothers day and are looking forward to the long weekend.

I would like to begin by speaking a bit about the Geopark that is being proposed for the Fundy Shore from Economy to Apple River. I have received a few calls from folks with some concerns. For the most part these concerns were a result of a proposal from many years ago that had a very similar name. That proposal was soundly defeated mostly due to indications that private land owners would be restricted in what they could and could not do on their land.

When this new Geo Park (actually proper name The Cliffs of Fundy Geopark) was initially proposed I was a bit skeptical and others were as well. I did receive calls of concern and opposition. The Municipality was approached to support this and we advised we would not support without a full understanding of what this entailed.

On May 2 council received a presentation from Mr John Calder from Dept of Natural Resources. This gave council an opportunity to ask questions in a public form and on the record. I asked specifically if this project would restrict land use in any way, or if it

would in any way restrict the local weir fisherman or clam diggers from using motorized vehicles. Also would it, in any way adversely affect anyone who was currently enjoying the Bay of Fundy for recreation. The answer to all questions was NO.

This designation is, I believe very prestigious and difficult to achieve. This is basically a designation that will recognize the unique geology and natural beauty of this region World Wide. This will draw visitors to our shore and our communities.

As I noted earlier, to those who have been skeptical, I would like to say that I too was skeptical, based on previous experience. However it certainly appears that this is a win-win for our shore. There is a steering committee in the process of making this application. I have volunteered to be part of the committee, as a Municipal Representative. Even though I am confident that this is in the best interest of all, I can assure anyone who is concerned, that should I become aware of any negative affects I will bring them before the public as well as Council.

continued on page 6



Tom Taggart

News from our Municipal Council - District 9

Bill Casey: Thanks for the Black Caucus Visit

Along with my regular duties, as your representative on council, every once in awhile a unique opportunity comes along. One such opportunity came my way recently.

It was in the form of an invitation from our Federal MP, Bill Casey to join him in welcoming the Canadian Black Caucus to Truro and Colchester. First, I would like to thank Bill, not only, for the invitation, but also, for undertaking the initiative to bring such an influential group to our area to discuss some very serious issues in today's society.

Members of the Black Caucus visiting our area included MP's, Celina Caesar-Chavannes, Greg Fergus and Marc Miller along with Senator Wanda Thomas Bernard. I was fortunate to be able to sit with Senator Bernard and MP Marc Miller for the luncheon which was well attended by community leaders and many members of our African Nova Scotian community.

It was nice to see so many students from Cobequid Education Centre in attendance at the luncheon. The Members also visited CEC that afternoon.

The focus of the conversation from each member was on inspiring and motivating young people to strive, but they also spoke

about racism and diversity within our communities. They all spoke from the heart sharing their own experiences with racism. Have you ever imagined what it must be like to walk into a store and be followed by security personnel because of the color of your skin or even the cloths you were wearing?

Although I know racism exists in our community as I see and hear it far more to often than one would expect, I am also proud of the diversity within our community which I see everyday. For the most part, people do understand each individual is unique and recognizes our individual differences. No matter what form racism comes in whether it be race, ethnicity, gender, sexual orientation or other ideologies it is all hurtful and damaging to us all.

In closing I would like to say congratulations to two of the most motivated individuals I've had the pleasure of meeting in a long time. Congratulations goes out to Marie Benoit and Shannon Barnes both of Debert for receiving 2017 Volunteer of the Year Awards from the Municipality of the County of Colchester. I first

continued on page 6



Doug MacInnes

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