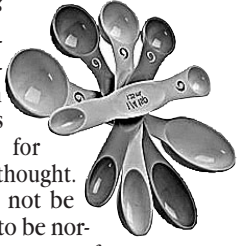


Our Kitchen Korner

Do you have a crystal ball?



Last month in this space, I mentioned our movements could be restricted well into August. However, in the past month, I feel we will have this pandemic continuing in our midst for much longer than any of us originally thought.

To me one thing is sure. We will not be able to return to "normal". What used to be normal will now be a part of history. As we move forward and things settle down, we will have to adjust to "the new normal", and no one can describe what that will be.

The probability students will not return to the classroom - five days a week - in September is increasing more and more each day. Here's a couple of tell-tale signs from recent happenings. Shortly after CoVid-19 became evident, the provincial government through its mandated organization, Develop Nova Scotia, added over \$15-Million to the broadband initiative to speed up the construction process. Within the last couple of weeks, Develop Nova Scotia announced over \$2-Million in additional funding, for a 100 day initiative to have chosen ISP provided speed up construction.

In Cumberland-Colchester, Xplornet has been asked to erect 19 new towers within 100 days. You many ask, why is 100 days important and when does that end? Basically 7 100 days takes us to mid-August. That timing is important, because the Department of Education wants as many students as possible to have access to wide broadband in the event "on-line" learning is needed should students not be going back to the classroom for a full five day week.

These thoughts are purely speculative, as no one the government will confirm, but the stars are aligned for that to happen. But even that poses, at least, a few problems, which I will highlight here:

With many families needing computer, or to upgrade an existing one to handle the needs for "on-line" education, the pandemic has broken the supply chains and they can not get the parts.

Many families have been impacted with less income because a family member or both adults lost their job, or were laid off from work, so they don't have additional money to buy a computer.

With less disposable income and if "on-line" education becomes a real necessity will the province be forced to provide gift certificates, or subsidize the cost of a computer for those households on the bottom rungs of the economic ladder?

If so, would a \$500 certificate per unit be in order?

Let us know your thoughts and how you visualize things will evolve.

Back to the kitchen. This time of year Fiddleheads are a delicacy preferred by many. Maurice's younger sister, Gloria, who lives just outside Hartland, NB shared the following recipe.

Fiddlehead and Ham Casserole

4 Tbsp Butter • 2 cps milk • 1 tsp parsley, chopped
 1 1/2 cps cooked and diced ham • 3 cps cooked fiddleheads
 4 Tbsp flour • 1/2 tsp salt (see notes) • 1 tsp chives, chopped
 Some buttered bread crumbs

Make a white sauce of butter, flour, milk and salt (NOTES: I omit the salt and add some garlic powder, celery salt, pepper and Montreal steak spice to flavour the sauce) add parsley and chives to the sauce (I use dried). In a casserole, alternate layers of ham, cooked fiddleheads and white sauce till filled, ending with a layer of sauce. Cover top of casserole with buttered bread crumbs, bake @ 350F until sauce bubbles and crumbs are browned, about 30 mins.

Alternatives: you can swap in chicken, broccoli, cauliflower or other vegetables.

Now that you are house-bound, please look up a few favourite recipes and send along. Please reply by June 19th for the July 2020 issue. Regular mail should go to:

The Shoreline Journal, Box 41, Bass River, NS B0M 1B0;
 Fax: 902-647-2194 or email: maurice@theshorelinejournal.com

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ISSUE DEADLINE PUBLISHED

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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 Provincial Capital

Coming together in solidarity to support

As our communities, our families, our friends, our neighbours and our co-workers grieve the loss of 22 beautiful, innocent souls; we have come together in solidarity to support one another. As your MLA and Minister of Finance, I have worked closely with other Government Departments to provide access to the various supports available. Navigating the system can often be challenging and it was my intent to make that process as easy as possible.

Under the leadership of the Attorney General, Minister Mark Furey, the various levels of support were co-ordinated and communicated to you. Connecting with Care, a Support Navigator Program was implemented and available to all communities impacted. This program includes a team of professionals who are trained in a variety of support services...grief and trauma counsellors, social workers, family resource staff, financial advisors, wills and estates advisors and supports for children and youth. These services are FREE.

Information cards have been distributed through Canada Post. In addition, I was able to deliver cards to retail stores in Five Islands, Bass River, Great Village, Masstown, Debert and Wentworth. Services have also been available at Portauisque Community Hall and Chiganois Elementary School in Masstown. Both had trained professionals on site and were most accommodating and informed when I met with them recently.

News from our Municipal Council - District 10

I will help where I can

Hello again from West Colchester.

It is not often I am at a loss for words! Covid, Killings, Tragedy along with our regular day to day challenges it is like it will never end. I first wanted to say well let's just shake it off and get on with it, but I do not think that is reasonable or even possible.

People's lives have been changed forever. Very possibly, we all may have been changed forever. We need to begin, and we need to seek out some positives. I am not going to pretend I know what to do or how to make things better. I have done a lot of thinking/reflecting.

Many things that I thought were, oh so important, in hindsight are irrelevant. Most of us, with the exception of the families of those murdered, or Young Dylan or the Helicopter or Snowbird tragedy, are very fortunate indeed. We live in a beautiful community, with wonderful proud strong friends and neighbours.

I believe / hope that this time has shown us how important that is. Spring is coming, the weather is warming and we need to take advantage of the sun to lift our spirits.

Covid. Where is it taking us, and where will it end? Another question that is difficult to answer. I do want to say I very much support the measures our Premier and Dr Strang are taking to keep us safe. These decisions are causing us some hardship.

I believe, I said this before, but I am glad I am not the one having

I want everyone to know what services are available and how you can connect with the service providers. Even after the two locations are closed, it is important to know that help is only a phone call away. Please reach out. We all grieve differently and we all need different supports. Please make use of these services when you feel the need. Take care, be safe and we continue to be Stronger Together.



Karen Casey

Contact Information:

Mental health and wellbeing (<https://novascotia.ca/mental-health-and-wellbeing/>)

Psychologist single-session support (Association of Psychologists of Nova Scotia)

(<http://www.nshealth.ca/news/nsha-government-psychologists-collaborate-enhance-support-people-affected-tragedy>)

Stronger together: share your condolences and support (<https://novascotia.ca/iga/stronger-together/>)

Victim Services Program (https://novascotia.ca/just/victim_Services/)

Call: 1-800-565-7912 (toll-free)

Email: VicServices-Cent@novascotia.ca

Novascotia.ca/community-support-navigator-program

Karen Casey, MLA, Colchester North is Finance Minister; Deputy Premier and President of the Treasury Board.

to make these decisions, balancing our physical safety and our economy! With respect to Covid, what can I do to help? Quite honestly I have been a bit disengaged as many of us focused on the local tragedy.

What can I do? I am sure there are people out there who are in need because of restrictions or loss of work as a result of Covid restrictions. What can your Municipality do for you? Call me. If I can help I will do it.

My first thought goes to the food bank and the travel distance. The fact residents often relied on friends and neighbours for travel and that is not currently available/ permitted/ advised in keeping with social distancing. I spoke with the food bank this morning to ask if they delivered. The answer was yes, but they depended on volunteers and most did not wish to travel too far from town.

So I will find volunteers, myself included, locally that will be available and "CONFIDENTIAL". In speaking with the food bank, I was advised all you need to do is call, 902-893-4566. If already registered place an order. If you are not registered, just a simple registration and order. They will contact me and we will go from there.

There may be issues, concerns or challenges, I am not aware of.

continued on page 6



Tom Taggart

Letters to the editor

Continued from page 4

Federal Emergency Management Agency; The National Emergency Number Association and The National Fire Protection Association

Moving the 911 Emergency Call Center to Dartmouth contravenes the primary standard of "geographic separation" set by these experts, but the RCMP is doing it anyway.

During the 2014 shooting in the House of Commons, the emergency communications system failed. A forensic re-

view determined the system lacked an alternative offsite communication center with "geographic separation". That system was created for the protection of ministers and MPs. However for regular Nova Scotia citizens, that protection is being taken away.

In the interest of public safety, emergency preparedness, fiscal responsibility and common sense, I respectfully ask that Government of Canada ministers intervene to ensure that the safety of the

Nova Scotia Emergency Communications system takes priority over RCMP office space preferences.

Thank you,

Bill Casey

Former Member of Parliament

See also: 'Letters to the Editor' on page 14.



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