

Our Kitchen Korner

Crowds growing at 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, as the pandemic restrictions have been easing, I've been able to get into the Truro's Farmer's Market, at least for a quick walk-through.

Even though the market's viability has been stretched by the pandemic for a couple of years, it is nice to see crowds starting to grow. If you haven't been there for a while, or ever, I really recommend you take the time. It's a great place to meet up with friends you haven't seen for a while.

Since dining-in has been restricted, the pandemic has resulted in more people cooking at home. Changes in eating habits and emphasis on "buy local" certainly has helped vendors.

I was disappointed, no one was selling cabbage rolls. They are delicious and a bit troublesome to make, but it is my opinion if someone specialized in this product, they would do well.

Here's a basic Cabbage Rolls recipe, which might serve you well, if you get ambitious or wish to try your own:

Cabbage - choose a firm one - probably the largest in the store. Par-boil, lightly salted until 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 - Best results from lean or extra lean hamburger. Season (to your taste) with salt and pepper, minced or powdered garlic, perhaps a bit of cayenne pepper. Many people like to had a bit of left-over cooked rice, or make a new batch and mix with the meat and spices. Rice helps create more filling and cuts down on the cost of hamburger, the price of which has gone through the roof. By volume use about 1/4 to 1/3 rice to volume of meat. Add a bit of tomato sauce or juice - 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.

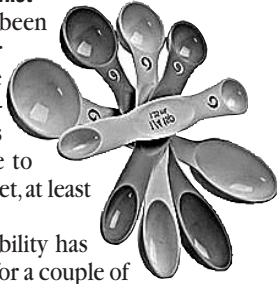
Rolls - Put meat mixture into one leaf. Put near base of leaf and roll tightly until all leave is used. Squeeze, lightly, to make sure it stays together. Close with toothpick if you are concerned about staying close. Then place each roll into roaster, which is very lightly greased.

Sauce - I use a combination of tomato paste (5 oz), sauce (14 oz) and tomato juice (One or two 48 oz cans of juice). 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. If you are going to freezer, under cooked is better. You can cook today's meal longer to get to get them to level you prefer.

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. If you have small pieces of cabbage, add meat, sauce and spices to make a mulligan, for a separate meal, with some masked potatoes and vegetables of choice.

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

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



Notes from our National Capital 75 Platinum Jubilee pins presented to residents

This past May has been exceptionally busy between my parliamentary duties, developments in the Conservative Leadership race, and events taking place in Cumberland-Colchester.

In Ottawa, I had the pleasure of meeting Averi Winn, she is from Cumberland-Colchester and currently in the Page Program in the House of Commons. We had a great discussion about her role and how much she is learning in the program. The Page Program is an exceptional program for young people interested in the parliamentary process.

I was able to ask numerous questions in Question Period ranging from federal mandates to the cost the living and airport wait times - we continually ask the government to act on these issues. During my SO-31, I proudly stood and shared with all my House of Commons colleagues that Amherst Little League was a recipient of the Rogers Field of Dreams funding to go towards a new ball field. A much need investment in the community. I look forward to visiting and hitting a few balls out of the park!

Notes from our Provincial Capital They just could not explain how this happened

Good day all, As usual I am writing at the last minute. As usual I am sitting here wondering just what to write about. I expect I have had the opportunity to write an article in the Shoreline for at least 12 years. Typically I just start writing and things come to my mind. I do have a lot more on my mind these days, but it is still a challenge to start and probably more of a challenge as to what I should be saying as well as trying to make sure I do not cross the line and be too political or too opinionated.

I was very proud this month to be able to attend an awards presentation at which Agriculture Minister Greg Morrow presented Jonathan and Brandon Millen of J and B Farms / Millen Farms with the Ministers Award for Outstanding Young Leaders in Agriculture. They were also asked to take part in a new panel of which the purpose is to advise the Minister. Minister Morrow will be very fortunate to have these positive and aggressive young farmers on this advisory committee.

Notes from our Provincial Capital New health service being piloted in Colchester

May has been a busy month with plenty of very positive announcements. Now that the spring session of the Legislature is over, I'll be able to spend more time in the constituency helping and advocating for your concerns. The pilot program, VirtualEmergencyNS, is being piloted at the Colchester East Hants Health Centre in Truro, Nova Scotia. I wish to express my thanks for Dr. Janet (Jan) Sommers for her leadership & the emergency care team at the CEHHC.

VirtualEmergencyNS will provide more timely access to care for patients who present with urgent but non-life-threatening conditions. Information about the program can be found at: <https://www.nshealth.ca/news/nova-scotia-health-pilots-virtual-care-program-colchester-east-hants-health-centre-emergency>

The CoVid-19 pandemic played havoc with operation of Community Rink in the County. I was pleased to make the announce-

Notes from our Municipal Council - District 10 The speakers were very enthusiastic.

At the beginning of the month I experienced my first Nova Scotia Federation of Municipalities conference which was hosted along the beautiful South Shore at White Point Beach Resort. It was great to be able to network with like minded folks in person. The agenda proved to be empowering and the speakers were very enthusiastic.

On May 14th I was honored to be invited to the presentation of The Canadian Platinum Jubilee pin. Dr. Stephen Ellis, MP presented 75 individuals from Cumberland-Colchester who were nominated by members in their communities for doing great things within their neighborhoods and beyond with one of these beautiful pins. This beautiful pin "was created to mark the 70th anniversary of Her Majesty Queen Elizabeth II's accession to the Throne, a historic milestone. The emblem is a symbolic statement of the enduring relationship between Canada and the Crown, as personified by Her Majesty The Queen, Canada's Head of State". It is so important to recognize people who take pride in their communities and help wherever they can. Information about the pin itself can be found at <https://www.canada.ca/en/canadian-heritage/campaigns/platinum-jubilee/emblem.html>

An interesting behind-the-scenes experience took place where I was afforded the opportunity to receive a tour of the ongoing renovations of Centre Block. This historic and prestigious building is an exceptional landmark of Parliament and is what most Canadians think of when they think of the House of Commons.



Stephen Ellis

In Health Committee, I have been asking health experts for the scientific benchmarks and federal mandate review so that Canadians can have an idea of when the COVID-19 mandates will be lifted. Many federal employees across Canada have lost their jobs simply because of their personal medical choices - this is unacceptable. As the rest of the world continues to lift mandates, Canada should be following suit. This is an issue I will continue to address in the House of Commons.

In the riding, it was an immense pleasure to be present at the *continued on page 6*

I spent a bit of time attending the Mass Casualty Commission this month. There is not much I can say, most is self explanatory to anyone that has been following. Two comments! First much of the testimony this month has been from the Command structure of the RCMP. The decision makers on that night!! I just cannot fathom how it could possibly be that, it appears most everyone from the 911 dispatchers to the boots on the ground to the initial responding (and brave) officers were aware of what he was wearing, what he was driving and that there was an additional exit road out of Orchard Beach. But NOBODY IN COMMAND knew. That is very hard to understand, especially given the information as to who the killer was, was included in much of the same conversation /messaging. Somehow, they only heard his name! They mostly all testified that they were not aware



Tom Taggart

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ment on behalf of Pat Dunn, Minister of Communities, Culture, Tourism and Heritage. Within my constituency the RECC received \$122,000, while two other rinks in Colchester received funding. North Shore Recreation Centre received \$62,769.25 and West Colchester Recreation Association, Debert, \$100,000.



Dave Ritcey

Across the province 25 rinks in need of upgrades and repairs were allotted more than \$1 million through the Province's Rink Revitalization Fund. The Central Nova Scotia Civic Centre Society received \$122,000 to upgrade the Zamboni and score clock at the RECC.

The high cost of gasoline and diesel is bringing undue hardship for all motors, whether a commercial enterprise or residents going *continued on page 6*

itage/campaigns/platinum-jubilee/emblem.html

On Wednesday, May 18th I attended Care and Connect hosted in partnership by Cobequid Supper Club, Along The Shore Community Health Board and Canadian Mental Health Association in Great Village. I enjoyed a delightful bowl of soup with lovely baked goods and a candid conversation regarding mental health and what it means to you. Thank you to all involved in organizing this event. It was a great opportunity to freely discuss what mental health means to YOU and share coping strategies. Hopefully events like this will repeat themselves in our communities. Stay tuned for details.



Victoria Lomond

If you or some one you know could benefit from talking to someone about mental health or mental illness please reach out to Colchester East Hants Mental Health Association at <https://ceh.cmha.ca/> Please know you are not alone!

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