

Dorothy's Kitchen Korner

Other than one week in February when we had storms that seemed to last the entire week, and was combined with the one day closure of schools due to NSTU's first ever strike, Granted it only lasted one day and was sandwiched in between a Thursday storm, then two solid days of severe winter on Monday and part of Tuesday.



Earlier this week, the snow around here was piled as high as the bucket on the tractor could pile it, Then low and behold, the sun came out, the temperature increased, and combined with some overnight fog, the piles as of this afternoon are half the size.

Missing two days of work due to Masstown Market being closed on the Monday and Tuesday certainly didn't help the pocket book, but at least with the market being closed, I didn't feel guilty about sleeping in late, then basically doing very little all day.

Lately everytime Maurice or I go to the grocery store, different cuts of pork have been on sales and I mean at rock bottom prices. I can't believe the low pricing on two pork tenderloins to a pack. It's been going on so long now that I'm getting tired of thinking of pork.

As a result I started looking around for something different. After checking the deep freezer, I found a package of hamburger. Then off to the cookbook for something different, other than meat loaf or making patties. As a result I stumbled on a great recipe for Sloppy Joes. We had just had turkey, and I had a package of hamburger sitting on the counter. So this month we are going to enjoy the almost traditional recipe I used to crave years ago, when Bradley was home and we wanted something quick.

Sloppy Joes

Ingredients

- 1 pound of extra-lean ground beef or turkey
- 1 onion, small diced
- 2 cloves garlic, minced
- 1 jalapeno, minced
- 1 red pepper, small diced
- 1 1/2 cup no-salt-added tomato sauce
- 2 tablespoons tomato paste
- 1 tablespoon apple cider vinegar
- 1 tablespoon molasses
- 1 tablespoon Worcestershire sauce
- 1 tablespoon mustard powder
- 3/4 teaspoon Salt for Life Sea Salt Blend Black pepper, cracked
- 8 whole-wheat hamburger buns

Preparation

1. Brown meat and onion in large sauté pan. Strain remaining fat and juices from pan. Add garlic, jalapeno and red pepper; cook about 5 minutes more. Stir in remaining ingredients. Reduce heat to simmer and cook 5 to 10 more minutes. Scoop 1/2-cup portion onto each bun and serve.

Serves: 8 sandwiches

If you have a favourite family recipe and would like it published in the April issue, please send on or before March 15th. 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 Bay of Fundy Potential Tourist Hotspot

Every year, the Grand Canyon in Arizona is visited by 5 million or so people.

Combined, Nova Scotia and New Brunswick don't welcome that many tourists in a year, yet we have an equally grand canyon right in our midst.

The only difference is: ours is filled with sea water. For those who live here, it can be easy to forget that the Bay of Fundy is home to incredible history and amazing natural phenomena. But it is vitally important to our rural communities that we take every opportunity to enhance the tourism experience, celebrate our corner of the world and promote the Bay of Fundy as a destination.

All around Cumberland, Colchester and Hants Counties are such attractions as the Joggins fossil cliffs, Cape Chignecto Provincial Park, Ottawa House Museum, Five Islands Provincial Park, Ship's Company Theatre, Shubenacadie river raft adventures,

Notes from our Provincial Capital Nova Scotia's Food Development Agency

Nova Scotia has its own agency focused on developing the province's food industry, Perennia Food and Agriculture Inc. Perennia is a not-for-profit agency owned by the province that helps farmers, fishers and food processors develop new crops, enhance their livestock operations, reach new markets with food safety certifications and develop new products.

There are many things that make Perennia unique, but a key one is that it has specialists who provide comprehensive solutions from the farm or boat to the marketplace. Its team of close to 40 staff works on special industry development projects.

Perennia has offices in Kentville and Bible Hill, including an Innovation Centre which is an environmentally-friendly 25,000 square foot building with a pilot processing facility, product development and analytical labs, and start-up tenant space. One of its latest projects was creating a line of all natural pet treats and pet food toppers including ravioli, ramen noodles and granola

News from our Municipal Council - District 10 Good afternoon Folks

Hope all is well and everyone believes in a groundhog and the power of positive thinking. With that in mind we will understand the past week has just been an anomaly and we have had our last snow storm of the winter.

It is a Sunday afternoon and I have been browsing thru Facebook. I came upon a post by Zylpha's niece who commented "Good on ya Truro". She posted a photo of her children Nathen 8 and Jacob 4 skating on the ice oval at the new Truro Civic Square. It is my opinion the civic square project is the best project undertaken by the Town in many years! They deserve great credit for this! Not only has it played a great part in revitalizing their down town and promoted civic pride, but most importantly, it has motivated residents of all ages to get out enjoy the outdoors and become physically active. A job well done.

Just hold on to that thought for a second and bear with me.

News from our Municipal Council - District 9 West Colchester United Arena meeting - March 2nd

With all the snow storms lately comes cancelled meetings, which in turn, means rescheduling them. That's when my skills for time management kick into high gear. As your councilor, I have many events and meetings to attend and some have been affected by the recent storms. For example, council's joint meeting on February 15th with Truro and Millbrook First Nation was canceled due to a storm. The rescheduled date is March 2nd. This date also just happens to be the same night as a community engagement session planned for the West Colchester United Arena in Debert which I planned to attend. Although I'll miss having an opportunity to network with my fellow councilors from the area that evening, I must prioritize.

That being said, I certainly hope to see many familiar faces at the arena on March 2nd starting at 7:00pm. A local consulting firm, Langille & Colburne, have been hired by the Colchester Recreation Facilities Association to develop a new website with an online booking system. They also will help with marketing and promotion and

Burntcoat Head and Lawrence House Museum.

Elsewhere along the Fundy shores you can visit Fundy National Park in New Brunswick, Stonehammer UNESCO Geopark near Saint John and Grand Pre UNESCO World Heritage Site near Wolfville. The tallest wooden church in North America is in Digby County; Upper Clements Park offers family fun in the summer; and there are world-class resorts at Digby Pines and St. Andrews-by-the-Sea. There are many great points to jump off for whale watching or fishing. And there is always a good supply of seafood.

Although I am looking forward to seeing new attractions developed, such as the view park at Beaubassin near Amherst, due to open late this summer, we can't complain that there aren't



Bill Casey

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using less than five local ingredients, most being crop byproducts and considered waste. Check them out at <https://docksidepets.com/>

Grand Pre Winery's new crème apple liqueur, Pomme d'or, was created at Perennia. They continue to bottle it at the Centre during its start-up phase since it is a milk-based product that cannot be produced in the same facility as their wines. The Centre's pilot plant is currently undergoing renovations in preparation to be certified as a federal processing plant. Right now, products produced there can be sold in Nova Scotia. Once federally-certified, products will be able to be exported, further enhancing opportunities for our food producers and processors.

Northumberland Lamb Marketing Co-operative Ltd. successfully transitioned from a provincially inspected abattoir to being



Karen Casey

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At our January presentations meeting, we had a presentation from Dr Ryan Sommers, Medical Officer of Health Northern Zone and Amy McDonald, Manager of Healthy Communities Northern Zone. They said they wanted to talk to us about Health, not Health Care.

They are of the opinion improving our overall health, so we do not need the service of the health care system, will have a significant positive impact on our health care system, which I believe is inefficient, overwhelmed and out of control. They spoke of our responsibility as local government to do our part to promote and facilitate HEALTHY COMMUNITIES.

As a Municipal Council we get all kinds of presentations and request to provide funding and there is no end to the good ideas and good causes. However, this one really got my attention! They did not

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Tom Taggart

some partnership development. They are now at the stage where it is time to reach out to the community for their input into the future of the West Colchester United Arena.

Considering the thousands of residents who have utilized this facility over the years I would expect to see a huge turnout for this very important community meeting. We have all heard the messages of how important an active life style is to our health and the health of our community. It is time.

We must get together to help ensure this staple of our community is around for another four decades and more. Please join us on March 2nd, 7:00pm at the West Colchester United Arena, Debert to share your thoughts and ideas around the future of a facility which has left so many of us with so many great memories over the years.

Onto a different topic but one I feel very strongly about, because

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Doug MacInnes

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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
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