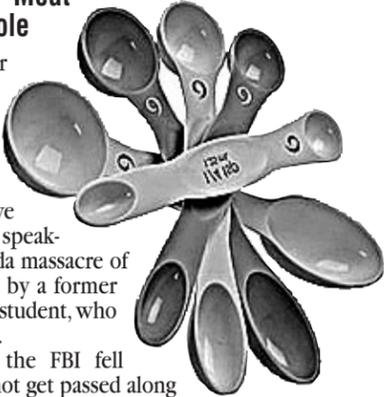


# Dorothy's Kitchen Korner

## Cabbage and Meat Layered Casserole

The last week or so has been very discouraging. I am yet to figure out where society is heading and how we are going to solve problems. Yes, I am speaking about the Florida massacre of 17 school students by a former 19 year old former student, who had a troubled past.



Very troubling the FBI fell short and tips did not get passed along to area offices. Although unfortunate, the FBI failed, I commend them on owning up to failures of staff to take appropriate actions. Yes, they have a part to play, but the problems are much more systemic.

The USA systems, including Canada and others, need to be overhauled and soon. I fail to see why it would not be possible for instances of mental illness, or a person suffering with depression, and multiple police calls to the residence could not be put into a database available to all departments nation-wide.

Even though I don't agree with the right to bear arms, the USA's Second Amendment is part of their constitution. In 1776, when written many things we have today were not developed. About all I can say is I don't think assault rifles should be sold to someone who is mentally ill or a criminal record, particularly to a teenager who is not legally permitted to buy beer or liquor.

I love making cabbage rolls. Being raised in Cape Breton instead of having lobster or other seafood, my mother developed the tradition to have a cabbage roll feast on Christmas Eve. Even though I'm on the mainland the tradition continues, alternating with lobsters which Maurice first developed when he moved to Yarmouth in the '70's.

One of the things which always irritated me is what to do with all the smaller and broken cabbage leaves. Almost seems like half a cabbage remains. You can only eat so much cabbage over the next few days. Then one day while browsing through "The Best of Cooking" cookbook with over 600 illustrated recipes, I came across what I determined would be the solution, "Cabbage and Meat Layered Casserole". After a cabbage roll making session in early February, I decided to try it out. I was impressed it would be a solution, I decided to reproduce it here.

### Cabbage and Meat Layered Casserole

- 1 small white cabbage • 1 stale roll
- 1/4 cup water • 1 lb ground meat
- Pinch of grated nutmeg • 1/2 teaspoon celery salt
- 2 teaspoons paprika pepper • 1 teaspoon salt
- 1 red pepper, sliced • 2 tablespoons butter
- 3 tablespoons all purpose flour • 2/3 cup beef stock
- 5 tablespoons cream • 5 tablespoons grated cheese

If you don't already have cabbage from making cabbage rolls, core cabbage and separate the leaves. Cook in boiling salted water for 15 minutes. Drain. Soften the roll in the water; squeeze out; break into small pieces.

Mix the meat with bread, nutmeg and seasonings. Arrange half the cabbage leaves in a greased ovenproof dish. Top with half the meat mixture and half of the sliced pepper, then repeat for another layer.

Melt the butter. Stir in flour and cook for one minute. Stir in the stock, bring to a boil and simmer, stirring until thickened. Remove from heat and stir in the cream. Pour over the meat mixture and sprinkle on the cheese.

Bake in 400 oven for 35 minutes. Serves 4-5. Ideally serve with mashed potatoes, or rice. I'm looking for some great traditional family recipes. If you have a favourite family recipe and would like it published in the April 2018 issue, please send on or before March 10. Send to:

The Shoreline Journal, Box 41, Bass River, NS B0M 1B0;  
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 maurice@theshorelinejournal.com

## Notice to Readers and Advertisers

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ISSUE	DEADLINE	PUBLISHED
April 2018	March 20, 2018	March 28, 2018
May 2018	April 17, 2018	April 25, 2018
June 2018	May 22, 2018	May 30, 2018
July 2018	June 19, 2018	June 27, 2018
August 2018	July 17, 2018	July 25, 2018
September 2018	August 21, 2018	August 29, 2018
October 2018	September 18, 2018	September 26, 2018
November 2018	October 23, 2018	October 31, 2018
December 2018	November 20, 2018	November 28, 2018
January 2019	December 11, 2018	December 19, 2018
February 2019	January 22, 2019	January 30, 2019

#### For more information contact us at:

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## Notes from our National Capital

### Rail's Return?

VIA Rail says it is planning a daily return service to begin this fall, connecting Moncton and Halifax, with stops at existing active stations (Sackville, Amherst and Truro).

The service will use a 3-car configuration which is self-propelled with no separate locomotive. The cars, last used in the 1980s, are being refitted for the new service.

A one-way ticket will cost around \$48 for the Moncton-Halifax journey, which—with station stops, speed restrictions and competing freight traffic on the CN-owned line—will take about 4 hours to complete, landing in Halifax around 10:00 a.m.

For those with mid-day meetings in the City perhaps medical appointments, this new service will be a welcome, hassle-free way to do their business without worrying about parking or tolls.

Just as exciting, this could presage a day when a viable commuter service offers more rapid intercity service for workers commuting to and from the major centres of Halifax and Moncton.

The potential to improve property values and revive retail services in smaller centres like Truro, Amherst, Springhill and Stewiacke would be welcome.

## Notes from our Provincial Capital

### WE ARE MOVING

PLEASE NOTE A CHANGE IN THE LOCATION OF THE COLCHESTER NORTH CONSTITUENCY OFFICE. EFFECTIVE APRIL 1ST WE ARE MOVING TO 10653 HWY. 2 (LOCATED IN THE GREY OFFICE BUILDING TO RIGHT OF THE PETRO CAN OPPOSITE THE MASSTOWN MARKET). OUR NEW CONTACT NUMBERS WILL BE PRINTED IN NEXT MONTH'S ISSUE. THE TRURO OFFICE WILL BE CLOSED FROM MARCH 19 - 30 TO MAKE THE MOVE, HOWEVER, WILL BE CHECKING VOICEMAIL.

One of the priorities for the Liberal Government in Nova Scotia is to promote a more inclusive and accessible province. This is a vital part of the Nova Scotia Culture Action Plan and in order to improve that accessibility our Government is providing funding to support small businesses throughout the province.

One in five Nova Scotians identify as a person with a disability. We know that small businesses need support as they improve accessibility in their own facility. Our Government will fund up to 66% of project costs to small businesses through the Small Business ACCESS-Ability Program.

It is encouraging to see the leadership displayed by business owners as they become partners in helping to reduce access bar-

## News from our Municipal Council - District 10

### I have started to go walking

Promise, No garbage talk this month, I may rant a little bit, but no garbage.

First lets talk about the Civic Center. You are all aware that I have at times been very critical of this facility. Mostly critical of the "supposed professionals" in whom we put our trust and paid handsomely to protect our interest.

One of the reasons for building this facility was to enable a healthier society. In that case, this facility and its management should be credited with its resounding success.

Approximately one year ago when writing about this facility, I indicated the new manager had set a goal of 1500 memberships by year end.

For obvious reasons, I have started to go to the walking track in the mornings. I had no idea how busy that facility really is. On one particular morning the facility was overflowing. There was a group on stationary bikes out in the hall, every bike being used. There was a group working at some type of exercises that I could not even think about, out in the entryway by the aerobics room. The aerobics room was full, the leisure pool was full and there was a group, not that large, in the competitive pool. I could not really see inside the gym, but I assume it was full. The walking track was very busy, in the 30 or so minutes I was there, I would estimate that approximately 100 people were using the track. People of all ages, were running, and walking, and pushing walkers, and pushing baby strollers. I really had no idea! So I enquired as to how many current memberships! Approx 3000, imagine, this time last year

Stewiacke's forward-thinking council has already opened discussions with VIA and CN about the necessary infrastructure to make a regular scheduled stop in the town.

The greatest limitation faced by VIA, and by communities along the existing rail line, is undoubtedly the fact there is not a second parallel line, as there was until the early 1990s when CN determined it did not need or want to maintain it. The congestion of the single line by freight trains—which always have priority—hinders the viability of an efficient passenger service. You have only to look at how long it takes the Ocean—VIA's Montreal to Halifax service—to get between those two cities, to understand just how difficult it is to run a passenger service on CN's single line. One could drive to Montreal and back in the time it takes the Ocean to travel one way.

Investment by the federal and provincial governments in dedicated track for VIA to offer viable commuter services within 90 minutes' reach of major centres would be a game changer for our region.

Bill Casey is MP for Cumberland-Colchester



Bill Casey

riers for people with disabilities, whether it is to access services from the business or whether it is to provide employment opportunities for person with disabilities. Both customers and employees will benefit from these improvements.

Under the new program, cost shared grants to small businesses can include improvements to the physical environment, such as removing physical barriers to the building, provision for accessible parking and the installation of automatic door openers. Other supports for services include web design signage and assistive technical devices to enable the blind, deaf, and hard of hearing. Eligible guidelines and expenses, as well as application process are available through the Department of Communities, Culture & Heritage and the following contact information: Wayne Matheson, Facility Development Coordinator; Work: 902-424-4408; Cell: 902-499-9944; Fax: 902-424-0710; Toll Free: 1-866-231-3882

Visit: <https://cch.novascotia.ca/small-business-access-ability-grant-program>

Karen Casey is MLA for Colchester North



Karen Casey

the goal was 1500 or 1600. Hopefully their yearend financial will reflect this to some degree, but it is hard to dispute this success.

Would like to remind everyone the walking track is free, no membership required. As for the economic benefit of events at this facility, I will gather that information and report at a later date.

Over the years I have been afforded the opportunity to write these articles, and discuss issues affecting this Municipality, I have done my absolute best to ensure I never allowed my political views to creep in. I want to assure you my following rant is not politically motivated, but motivated by my concern for our community and youth.

Quite frankly, I could care less who or how many adults smoke or eat Cannabis, that is their business and quite frankly many are friends and great community supporters. I am also very pleased and supportive of the idea of de-criminalizing. In de-criminalizing it removes simple possession from the Criminal Code of Canada. That ensures young people or really anybody who makes a mistake or gets caught, however you wish to phrase it, will not have this criminal record following them around for the rest of their life. As a matter of fact, I would like to see government issue a pardon to anyone who has a simple possession conviction.

What I am absolutely opposed to is legalization. Two totally different things. We have been told legalization will rid us of the drug dealers and the black market. This will be a revenue stream to help

continued on page 6



Tom Taggart

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