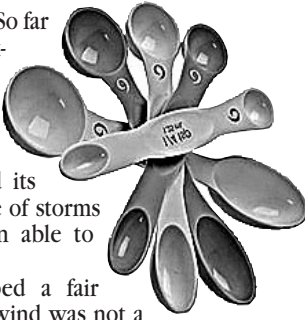


Our Kitchen Korner

We've been relatively luck so far

Occasionally, we get lucky. So far this winter, we have been extremely lucky in comparison to previous years. All along we feared, snow storms and accumulation might rival last year, but so far we have escaped its rage. Sure we've had a couple of storms and students have had been able to enjoy a few storm days.



The recent storm dumped a fair amount of snow, but luckily wind was not a factor and the next morning we wondered what the weekend and previous day's fuss was all about. The lasting problem is the ice that was created following the freezing rain. Not other way 7 to say it other than it is treacherous.

Now that we are almost into March, as bad as it might get, there's only about six weeks left and the sun will be so strong any amount of snowfall won't last long. During nine years of commuting, in late 90's and up until 2004, Halifax-Dartmouth the storms in early April were dreaded, because more often than not, each storm was wet packy snow making driving treacherous.

With all the political fall-out in the USA, wonder if there will be a resurgence of interest from our USA friends to relocate to Canada, when borders open after the pandemic subsides. Five years ago a Cape Bretoner created a lot of interest with his Facebook invite for those wishing to escape Trump's wrath.

It seems a large number of Americans are serious that if Donald J. Trump continues being a prominent force in political circles they are out of there. As the pandemic continues to surge, it is interesting to hear about the number of Atlantic Canada properties, which have been purchased "sight unseen" by Americans and some from Western Canada, who wish to start enjoying the East Coast lifestyle.

With the tourism and hospitality industry in the dumpster, anything that contributes to an increase in population or more visitors, will help our fledging economy.

One thing that is most noticeable is the increases in costs when we visit the grocery store. Meat, particularly beef is through the roof. Veggies are up substantially, but we still have to eat. We don't use much of it, but Cabbage is not too bad. I went looking and came across a recipe for Cabbage and Macaroni Salad recipe, which Hazel Hill submitted to the Shoreline nearly 8 years ago. A nice home-made salad is a nice break during the winter.

Cabbage Macaroni Salad

Ingredients:

- 1 - 8 oz box of ring or small shell macaroni
- 3 cups grated or chopped cabbage • 1 green pepper, chopped
- 1 onion, chopped • 1 cucumber, chopped
- 2 stalks celery, chopped fine • 1 red pepper, chopped, (Optional)

Cook macaroni to desired tenderness. Drain and let stand few minutes cool. Add cooked macaroni to other ingredients and let stand, while preparing the dressing.

Dressing:

- 1 cup salad dressing • 1/3 cup vinegar • 1/2 cup sugar

Mix these three ingredients together. Be sure to stir long enough to ensure all the sugar is absorbed into the fluid. This makes a very large salad. If you wish adjust recipe to make only half.

Even though you will have salad left over add the dressing to all the vegetable ingredients. This recipe keeps well in the refrigerator.

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:

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ISSUE	DEADLINE	PUBLISHED
April, 2021	March 23	March 31, 2021
May, 2021	April 20	April 28, 2021
June, 2021	May 18	May 26, 2021
July, 2021	June 22	June 30, 2021
August, 2021	July 20	July 28, 2021
September, 2021	August 24	September 1, 2021
October, 2021	September 21	September 29, 2021
November, 2021	October 19	October 27, 2021
December, 2021	November 16	November 24, 2021
January 2022	December 14	December 22, 2021

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Notes from our National Capital Royal Canadian Legion branches receive funding

(The following is a recap of various press releases issued by Lenore Zann since January 29, 2021)

Seven branches of the Royal Canadian Legion have been selected by the RCL Dominion Command to receive support under the Veterans Organizations Emergency Support Fund (VOESF) to distribute \$20 million in financial aid to help Veterans groups with operational costs and financial shortfalls incurred during the COVID-19 pandemic. This includes \$14 million in funding for the Royal Canada Legion (RCL).

Lenore Zann, Member of Parliament for Cumberland-Colchester is making personal visits to each of the legions listed below to congratulate them on being recipients of this special funding, and also to take the opportunity to present them with a Certificate of Appreciation for the great work they do for veterans and their families. The first visit and presentation occurred on February 6th when, MP Zann met with Frank Beck and other members of the 64 Tatamatouche Legion

The following branches were awarded the special funding. Amount of the funding is included in brackets for each branch: Joggins, (\$13,460.00); Colchester, (\$13,762.74); Parrsboro, (\$13,762.74); Peace - Pugwash, (\$13,400.00); Tatamagouche, (\$13,000.00); Cobequid - Great Village, (\$6,980.00) and Debert,

(\$13,500.00).

With Covid-19 still rampant and eliminating face to face meetings, on February 12th, Lenore Zann MP held a virtual consultation with constituents as part of the Government of Canada's pre-budget consultations ahead of the upcoming federal budget. This meeting allowed MP Zann to hear the best ideas from members of their community about how Budget 2021 can support them and Cumberland-Colchester through the pandemic and help us build back better.

Many organizations have faced financial challenges as a result of the pandemic. This roundtable provided MP Zann with an opportunity to discuss the very real challenges facing organizations and individuals and hear about ways in which the government can ensure a robust recovery that leaves no one behind.

During the meeting, MP Zann asked participants to share their ideas and priorities about how the government can best invest to create jobs, strengthen the middle class, and build a greener, more competitive, more inclusive, more innovative, and more resilient economy.

In a small ceremony on Friday, January 29, Lenore Zann, MP of Cumberland-Colchester County presented Dr. Donald Julien, Ex-



Lenore Zann

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Notes from our Provincial Capital Premier Stephen McNeil's accomplishments

As Stephen McNeil's leadership as Premier in Nova Scotia concludes, it is important to reflect on his accomplishments and the legacy he leaves across this province. During his 17 years as an elected Member of the Legislative Assembly (MLA), he has demonstrated through both words and actions that he cared for Nova Scotians regardless of their socio-economic status or for the political party they supported. He saw himself as one who represented and advocated for every Nova Scotian, and he did. He showed compassion for those less fortunate, and for those who had been harmed by governments in the past. For example, his apology for those who were residents at the Home for Colored Children, those who were abused by the people charged with their care. He followed that apology by establishing a team that was led by, and included, members of the African Nova Scotian community. He built a level of trust with the leaders of that community, and determined that future decisions by government would Do No Harm to their residents.

He embraced those with intellectual challenges, and became a strong advocate for Special Olympian athletes. He introduced the Boat Harbour Act which made a commitment to clean up the effluent from Northern Pulp Mill, which had for years contaminated

waters around Pictou Landing First Nations community as well as many private properties owned by Pictou County residents. This contamination, considered to be one of the worst cases of environmental racism in Nova Scotia had been known by, and ignored by Premiers and Governments in the past. Many promised, but none delivered to begin the cleanup. Stephen McNeil promised, and he did. It was the right thing to do. It takes strong leadership to make difficult decisions. A leader cannot be paralyzed by inaction or fear. Neither can they be influenced by the loudest voice or the largest protest. Policy must reflect needs and fairness.

Settling wage contracts at the expense of programs in Health and Education is unfair to those who need those programs, like our students. Stephen McNeil respected the needs of all Nova Scotians and made decisions that were fair and that the province could afford.

Prior to COVID in March of 2020, the economy of this province was very strong. It was our Premier's focus on good fiscal management, investing in businesses here in Nova Scotia, expanding our export growth and working with the private sector that earned

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Karen Casey

News from our Municipal Council - District 10 Striving for Carbon Free Colchester

Winter has arrived for a few days. Hopefully a couple of more days of cold and we can start melting the snow. It is starting to get a little bit busier at Council. Once again a noise bylaw has reared its head. While this may seem a simple thing it is actually anything but. You have heard me say "unintended consequences" many times and this is a prime example of that. This time it is because of a few irresponsible people and fireworks.

I readily agree this is something which must be addressed. The anxiety this causes some residents as they hear the initial pop, pop, pop and gunshots flash thru their mind. Also and I was not previously aware of this but for some reason fireworks absolutely terrifies some pets. Therefore we need to control regulate in some fashion which does not become too intrusive or cumbersome.

However, a broad all encompassing noise bylaw is not the way. A noise bylaw will just create division and dispute that will cause folks to dig in. For example it will be used when someone starts a lawn mower or a power saw too early in the morning or operates it too many hours. Or when someone is annoyed because their neighbors children are driving their ATV too much or the farmer is making too much noise or construction working too late.

These examples may sound silly or petty to some but I have had the calls! Again, as I have said before, we live in rural Colch-

ester because we do not want someone telling us what to do, within reason on our land. That luxury occasionally comes with a few consequences.

One day earlier this month I attended a meeting, virtual of course, where Department of Municipal Affairs was presenting. They spoke of roadside beautification and \$25,000 annual funding for signage and flowers and such. I brought that back to council and asked to send to staff to come back with information, suggestion on cost and design sort of thing to clean up and pretty up around the exits off the 104 that lead to our communities. Exit 10 Great Village, Exit 12 Masstown, Exit 13 Debert and the Robie St exit off 102 to the discovery center as well as others. I think it would be nice to showcase the entrance's to our communities. Flowers instead of coffee cups and fast food bags would be nice.

I have also been actively involved in a new committee led by Municipality of Colchester staff but including the Town of Truro, as well as local business leaders, called Carbon Free Colchester. It really is interesting and engaging! I believe it is in our or my best interest to be involved and have a better understanding of the challenges and success of carbon reduction.

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Tom Taggart

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