

Our Kitchen Korner

In for the Long Haul?



Don't be surprised if our movements will be severely restricted until August. I believe we are in for the "long haul". Unfortunately, it is possible students might not go back to the classroom in September, of if they do it will be wearing a mask. Certainly "home schooling" will be preferred by many parents I understand education officials are working on a possible "home schooling" model.

With all the self isolation many people had to find ways to keep busy and not go "shack wacky". Some decided to edit their clothes closets by setting aside items they would no longer wanted; put away the winter attire, and bring out spring and summer which had been put away last fall. Some decided to start the dreaded chore of spring housecleaning.

I can understand people wanting to get out, but I fail to understand why people would drive to a park or beach when they were warned and each of those previously public places were barricaded and there were plenty of signs. Other's we out walking in groups and not observing social distancing. These things are the only things which have kept Covid-19 from being much worse.

It is totally inconceivable why certain people were so blatantly ignoring or uncaring. Each fine ranging from \$697.50 to \$1,000 is well deserved. I just hope when the courts are reopened the judge throws the book at them and puts them behind bars until the fine is paid.

Others, wanted to spend some time in the kitchen, Laura Fisher, Truro decided to make one of her favourites, Black Olive Chili, then sent along the recipe. I haven't tried it yet, but Laura says she really likes it and freezes well. Laura describes it as "Beef chili, no beans ..I use sliced black olives instead of traditional kidney beans. I also use green peppers, onion, mushrooms and diced zucchini".

Black Olive Chili

1 tuna of diced tomatoes • 1 tin of tomato paste • 1 cup of tomato sauce
1 onion minced • 1 green pepper minced • 1 pkg Mushrooms, quartered
1 tin of sliced black olives • 2 cups of diced zucchini, if you like,
1 1/2 pound med ground beef cooked loose

While ground beef is cooking in a large saucepan, make sure beef is cooked loose, arrange and prepare all ingredients. Add to meat, saving mushrooms and zucchini until later, stirring well and bring to bubbling boil on medium heat. Add mushrooms, and after about five minutes add zucchini.

Laura says, I make a mexican spice mix I use but you can just put in 2 or 3 table spoons of chili powder and some garlic powder to taste, Add sauce and simmer until veggies are soft and the way you like it. Salt to taste.

Mexican Sauce for Chili

I double the recipe and keep it in a jar. It is great for tacos and fajitas or even rice. If you wish to double size of sauce mix, double the quantities below. I use 4 Tbsp of the seasoning mix for the chili recipe.

4 Tbsp chili powder • 2 Tbsp ground cumin • 1 TBSP celery salt
2 tsp garlic powder • 2 tsp onion powder • 2 tsp smoked paprika
1 tsp dried oregano • 1 tsp ground black pepper
1/2 tsp crushed red chili flakes

For excess amount put into appropriate size containers and freeze. When you want a quick meal, let thaw slightly, or empty into saucepan and heat on very low heat until mixture is totally thawed. Then heat slowly on medium heat. Stir frequently.

Now that you are house-bound, please look up a few favourite recipes and send along. Please reply by May 19th for the June 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

Notes from our National Capital

On the morning of Sunday April 19, 2020, the citizens of Cumberland-Colchester awoke to discover a devastating tragedy had played out in our normally peaceful little corner of the world.

Words cannot express my sorrow for the families, friends, fellow workers, & communities who, overnight, lost someone dear to them - and in such a horrific way. My heart goes out to everyone affected by this senseless act of violence.

Notes from our Provincial Capital

As our province grieves the recent loss of life from the tragic events of April 19th and 20th, let me express my sincere sympathies to families and friends who have been impacted. There are no words that can help to ease your pain, but I do want you to know I care.

I have represented the area for over 14 years, I grew up here and I return every year for several months in Bass River. These communities are special places for all of us where we felt safe and where we enjoyed our neighbours, our friends and our families.

I do hope the senseless and violent acts of one individual will not prevent us from returning to that peaceful sense of commu-

Our lives have changed!!

Many of us have lived our lives in this Community of West Colchester. Loving our quality of life, secure in the thoughts that we were safe in our homes. Could not imagine in our wildest dreams that one deranged person could bring this kind of hell down on us. The tragic way he has forever changed and destroyed families, stolen our sense of peace and security.

We as a community have a long road ahead. We, first, have the challenge of supporting those families and helping them rebuild their lives and their faith in humanity. WE, then need to reassure ourselves and our neighbours we are that same community; we are safe and we still have that same quality of life and one person cannot take that from us. This tragedy has without question has impacted our nation.

Since being identified in news reports as the local Councillor, I have been overwhelmed by the messages of Condolences and offers of support. I have received photos of flags at half mast as far away as Vancouver City Hall, hundreds and hundreds messages of support and condolences. Messages or calls from people I have never met or have never been to Nova Scotia. They just wanted to

Meanwhile we Northern Nova Scotians are strong. We will rise again to fight another day.

Lenore Zann is Member of Parliament for Cumberland-Colchester with offices in Amherst and Truro.



Lenore Zann

nity.

I am saddened to know that these acts have left many in our communities with scars that will never heal. However, as the healing process begins, let us be comforted and strengthened by the love and care we have for each other.

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



Karen Casey

say how deeply saddened they were and how they wanted the families of the victims to know they cared, often in tears before they could finish.

Eventually we will be O K, probably stronger. Please, God Bless the families. All of this and we still have the Covid crisis to contend with. I actually thought that is what I would be writing about. I am uncertain when we will have that behind us and I will talk about it next month. Possibly, we will be able to see a light at the end of the tunnel.

I am confident your Municipality will do everything it can to support or soften the impact to our residents in particular, our most vulnerable. I assure you there are better days ahead. Keep the faith. One day we will look back at this as just a difficult period in our life.

Tom

Tom Taggart is Colchester Municipal Councillor for District 10.



Tom Taggart

Letters to the editor

Continued from page 4
card as "Real Property Costing" and is added to **all Colchester proposals**, but not to the Dartmouth "H Div HQ" location.

Somehow, the RCMP score card indicates that the Dartmouth H Div location has "zero rent", even though RCMP and Public Works documents both indicate the "current rental rate is \$547 per square meter" for that exact space.

By falsely overstating the expenses of the Millbrook and Colchester options, and by understating the expenses of the Dartmouth option, the RCMP "competition" was rigged to guarantee that only the Dartmouth option could

possibly win.

If the Government of Canada or the RCMP conducts a "competition" and keeps score, Canadians should have every right to expect that the scoring will be done fairly and honestly. It was not in this case.

Millbrook First Nation has respectfully asked the RCMP and Minister Blair for an objective competition to be done but with no manipulations and no pre-determined outcome this time. Millbrook is not asking for "special measures" as promised under UNDRIP obligations.... just a level playing field.

If you agree as I do that this is a fair request, please add your voice. The safety of

Nova Scotians should be the priority, not pressure to fill vacant space.

Thank you, Bill Casey, Former Member of Parliament



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