

Our Kitchen Korner

Do you have a crystal ball?

Every day Covid-19 surges are changing our lives. As we adapt and follow safety protocols it seems like we are going in circles. Do one thing today and tomorrow in the opposite direction.



Last month we believed movements could be restricted well into August. In the past couple of weeks, we have experienced surges, resulting in almost total shutdown in communities surrounding Halifax. The province bubble will not re-open as expected.

Women's hockey tournament has been cancelled and most summer events are being cancelled. This pandemic will continue much longer than any of us originally thought. I don't want to appear to be negative, but we might be under some sort of restrictions this time next year.

We will not be able to return to "normal". What used to be normal will become part of history. We will have to adjust to "the new normal", and no one can describe what that will be.

Cases within the schools are increasing rapidly and causing much more worry and grief for parents and educators. The mental health and ability to get a quality education causing more concern each day. Although difficult to accept or adapt, adults are more pliable than our youth.

Yes, the government and educators have done a tremendous job of changing the methods of teaching and providing electronic devices and tools for "in-home" learning, but it does not provide the social interaction which students need to have a "rounded" education.

Covid has demonstrated how vulnerable rural and un-served areas have become as we transgress to a "new" society. In order to remain competitive businesses need access to connectivity at the same level as urban centres. Connectivity is important for the mental health and education of adults and youth, alike and competitiveness for business.

We can do all the masking, social distancing and adhering to health protocols, asked of us. However, the one thing most needed in rural areas is better communicating services, whether it be cell phone or internet service.

The nearly 1-million residents of Nova Scotia must "band together" to DEMAND governments place high speed broadband, for all areas, at the top of the list. We must ensure "heaven and earth" are moved to make this happen NOW. Otherwise rural areas will die an earlier death.

Let us know your thoughts; what you will do to make it happen and how you visualize things will evolve.

Back to the kitchen. This time of year Fiddleheads are a delicacy preferred by many. Maurice's younger sister, Gloria, who lives just outside Hartland, NB shared the following recipe.

Fiddlehead and Ham Casserole

- 4 Tbsp Butter • 2 cps milk • 1 tsp parsley, chopped
 - 1 ½ cps cooked and diced ham • 3 cps cooked fiddleheads
 - 4 Tbsp flour • ½ tsp salt (see notes) • 1 tsp chives, chopped
- Some buttered bread crumbs

Make a white sauce of butter, flour, milk and salt (NOTES: I omit the salt and add some garlic powder, celery salt, pepper and Montreal steak spice to flavour the sauce); add parsley and chives to the sauce (I use dried). In a casserole, alternate layers of ham, cooked fiddleheads and white sauce till filled, ending with a layer of sauce. Cover top of casserole with buttered bread crumbs, bake @ 350F until sauce bubbles and crumbs are browned, about 30 mins.

Alternatives: you can swap in chicken, broccoli, cauliflower or other vegetables

Now that you are house-bound, please look up a few favourite recipes and send along. Please reply by May 15th for the June 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 Sunset community receives \$44,530

During the past month, Lenore Zann's office provided a release on her visit and cheque presentation to the Sunset Community, Pugwash with a non-repayable contribution of \$44,530 to create more vocational opportunities for adults with disabilities

The announcement was made on behalf of the Honourable Mélanie Joly, Minister of Economic Development and Official Languages. The Sunset Community helps adults with disabilities to develop their strengths and build the skills they need to successfully live satisfying and meaningful lives.

This contribution will help The Sunset Community strengthen its social enterprise division by expanding its commercial laundry service. Upgrades include new equipment, improved accessibility and a more functional workspace. These improvements will allow The Sunset Community to provide more training and programming for clients, improve its financial sustainability and meet growing demand for its commercial laundry service from local businesses.



Lenore Zann

During the presentation, Zann said, "Ensuring workplace inclusion takes more than encouragement. It requires thoughtful policies, adequate funding and strong government support. Sunset Industries has been doing this important work, in both Oxford and Pugwash, which is vital for those living with disabilities in our rural communities. The opportunities it provides help make life fulfilling for them - and their families. Today's announcement demonstrates our commitment to help adults with disabilities access the training and resources that help them succeed. Together, we can break down the barriers to quality employment and independent living."

The current laundry facility, operated by members of The Sunset Community, supplies services to several local small and medium-sized businesses as well as to the public.

Lenore Zann, Member of Parliament for Cumberland-Colchester

Notes from our Provincial Capital Congratulations for strength and resilience

Let me take this opportunity to acknowledge and congratulate the residents of Portapique for their leadership, their strength and their resilience over the last 12 months. They have been harmed and hurt by the tragic events of April 2020 when 13 members of their community lost their lives. They bare scars that may never heal, but they have come together to strengthen and celebrate their sense of community spirit.

The Portapique Community Build Up Project was launched by the residents last year and it has become an important part of the healing process. It sees neighbours working together to renovate and expand the 200 year old community hall. It sees the development of sports fields, children's playground, walking trails, multi-purpose courts, picnic area, and floral gardens. It has become a gathering place that embraces a sense of safety and community identity. It sees partnerships and support from organizations like the Boys and Girls Club in Truro, the MacPhee Centre for Creative



Karen Casey

Learning in Dartmouth, the Lawrencetown Education Centre, the Rotary Club of Truro, the Municipality of Colchester and the Provincial Department of Communities, Culture & Heritage to name a few.

They have established the We Rise Again Fund to accept donations to support the project. Many individuals and organizations have been generous. They understand the purpose and in the words of one donor "it just feels good".

I commend the community members for their bold initiative. In the midst of those tragic events, they will not let that define their community. This Build Up Project is such a beautiful way to honour and remember those 13 special souls who will always be in our hearts and minds.

Karen Casey, MLA, Colchester North

News from our Municipal Council - District 10 Stop and Reflect

The past week has most certainly has been a difficult time for our friends and families along our shore. A year has passed and a lot of difficult emotions have returned. I have answered many media questions. Most important, what have you learned, has there been any positive?? Yes there has, I have learned how much people in our small communities truly care about our friends and neighbors!

On the positive side, I believe we or at least I have realized what is truly important in life. When some trivial or unimportant thing gets us down or stressed, just stop and reflect, think about what has happened and focus on the really important things in life, our family, our friends and our community.

Quickly I just want to comment on the virus. We have been very cautious, and we have for over a year respected our governments advice and respected others. Many of us, of late, have felt secure and relaxed our protocols. Possibly recently we might not have been as diligent as we could be. We have remained relatively safe while other Provinces and communities have been in crisis.

This virus is knocking on our door! The border has closed and 25 new cases reported in Nova Scotia yesterday (April 21). It is deadlier than ever and spreading faster (super spreaders they call them). Anyone who has let their guard down need to pick it up to help ensure the safety of our friends and family. Lets get our needles and be safe. If you are having trouble getting booked or getting to a vaccine appointment, call me. I will help and I am absolutely certain that if I or we put out a call there will be lots of folks willing to help.

Most of you are aware I sell Real Estate and there has been a lot of focus and conversation on the current market conditions. It has been great for those who are sellers, however it has made home ownership almost unaffordable for locals, in particular the youth we want to remain in our communities. This is something, I believe Governments at all levels must work to manage and think out of the box to find ways to encourage developers to build housing

that is efficient and priced to be attainable for young families.

The vast number of homes sold recently are high priced and sold sight unseen, to people wishing to get out of the cities and enjoy the freedom, openness, the quality of life we have always taken for granted. It is great to see our communities grow. When I look at recent history, newcomers have and continue to engage becoming good neighbors and residents. As these new neighbors arrive, lets reach out and welcome them and encourage them to be involved.

With all this said, I wish to caution some of our new residents will be escaping from cities, just wanting to get to a safer environment so to speak. They may have some preconceived notion or opinion about things. In cities or urban centers there is often restrictions on what can and cannot be done on one's properties.

They may wish for us to conform, so to speak, to some of the conditions or restrictions they are used to. It is my opinion the best way to mitigate these concerns is to reach out, build relationships with our new neighbors and help them understand what makes out communities special, just as they are.

This leads me back to the biodiversity act and my very adamant opposition. I have been vocal and debated this much over the past month. I know it has been watered down and passed. For me that is still not acceptable! I take exception to the idea that people who predominantly live in the urban core, who have paved over ever frog pond or diverted every stream into a pipeline drainage system and who plant a bit of grass or a tree in a little green space amongst a sea of asphalt and concrete, have now turned to us and indicated they want some control over our properties. They want to make sure we don't do what they have already done in their quest to jam everyone into their small spaces. They have all the conveniences they require, they have built their big entertainment districts and the big box store business parks. They have all the

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Tom Taggart

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