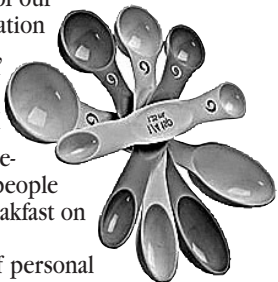


Our Kitchen Korner

Now that we are coming out of our two years of pandemic hibernation and everything being shut down, it's nice to see various community events starting up again. A month or so ago Maple breakfasts slowly started to reappear. The Debert Legion is getting back into hosting people for great food with a Pancake breakfast on May 14th.



In addition to causing a lot of personal havoc, CoVid had a several and painful way of almost ruining church and community suppers. Not only did it cause financial woes to the organizations, because of the lack of fundraising, but all those volunteers, who are mostly seniors, have been out of the game for an extended period of time.

Two questions come to mind, when considering long term CoVid impact.

First, did the two year shutdown cause those seniors who for decades had worked tirelessly to support their church or community and to help make rural living more enjoyable cause them to consider, "I am too old to do this anymore"? Their dedication can be viewed as if they were an athlete. Stop and you get out of shape and it is difficult to resume what was "normal" community involvement.

Secondly, and this is meant more for those who have young families, or perhaps younger than 50, is there a chance CoVid has caused us to be more aware of the closeness of smaller circles; value living in our community and more appreciative of what we have?

Let's hope we have learned a few lessons. Consider this, we often hear people mention how "Impersonal and not overly community minded people are in the big cities. Rural Nova Scotia is in a situation similar to walking a tight rope or picket fence. If we have strong feelings life in the country is good, we must work to preserve and improve it. If we have not realized rural Nova Scotia has been built on "caring and trust". Regardless of our age, we must commit energies and time to our community. I am hoping those from 13-50 make a commitment to themselves and community to do more. Now is the time for these people to step forward and ensure all the previous community events continue.

When I was much younger what was never considered enjoyable food for the table has been gathering a lot of traction in recent years. Kale started to become more prominent about 10 years ago. Perhaps to my own detriment my use of Kale is rare and even though I see it in the produce section I haven't gotten to be an occasional or frequent user. The following recipe caught my eye for two reasons: What is consider adding to the garden is right around the corner, and I really like Garlic. Those who are leaning to healthier eating have chosen Kale because it is readily available, not overly expensive and proponents say "Kale is supposed to have cancer-fighting properties".

Easy Garlic Kale

- 1 bunch of Kale
- 2 TBLSPNS Olive Oil

4 cloves of Garlic, or appropriate amount of minced garlic.

Soak kale leaves in a large bowl of water until dirt and sand begin to fall to the bottom, about 2 minutes. Lift kale from the bowl without drying the leaves and immediately remove and discard stems. Chop the kale leaves into 1-inch pieces.

Heat olive oil in a large skillet over medium heat; cook and stir garlic until sizzling, about 1 minute. Add kale to the skillet and place a cover over the top.

Cook, stirring occasionally with tongs, until kale is bright green and slightly tender, 5 to 7 minutes.

If you have a favourite family recipe and would like it published in the June issue, please send on or before May 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 Observing silences on Portapique Tragedy

April and into May will continue to be busy as we move into the last two months of this Spring parliamentary session.

I want to use this month's column to reflect on the somber and horrific tragedy of April 18th to 19th of 2020, which occurred in my riding of Cumberland-Colchester; specifically in the village of Portapique. This horrendous event dampened the light of our community and stole the beautiful lives of 22 people and one of an unborn baby. This has left our community shaken, heartbroken and in mourning.

It is shocking that something of this magnitude could happen in a picturesque village where people live quietly and raise their families. Two years later, the members of this community, Nova Scotians, and Canadians across the nation remain shocked by this mass tragedy. As we reflect on the second anniversary of the mass shooting, we are left with questions. Why did this happen? How could this happen? How can we be sure this will never happen again?

There are no sufficient answers that can change the outcome

Notes from our Provincial Capital "They will always be in our thoughts"

I am writing this article on Monday April 18, Easter Monday at 7 am and the sun is shining in the window, it is an absolutely beautiful morning. It is setting the stage for a wonderful spring day. I am so full of optimism and looking forward to a wonderful spring and summer.

This past Wednesday evening I had the pleasure of attending a reception where the Lieutenant Governor Arther J Leblanc and his wife Patsey presented the residents of Portipique with the Lieutenant Governor's Community Spirit award. Communities selected for this award promote citizen engagement, civic pride and a positive outlook on the future. I do not know how there could be a more deserving community.

Two years ago tonight this community experienced a horror that we pray no community will ever have to face again. That night and the days and weeks that followed were indeed very dark and difficult. Many of these residents were deeply traumatized, had lost

Notes from our Provincial Capital Province Invests in Community Housing for Truro

Community housing is set to improve in Truro thanks to a \$121,400 investment by the Houston Government, Truro-Bible Hill-Millbrook-Salmon River MLA Dave Ritcey said today.

Wenjikwom Housing Commission Society will receive \$57,500 and DownTheMarsh Community Land Trust will receive \$63,900 from the Community Capacity Building Program.

"Both of these organizations do excellent work," said MLA Ritcey. "There is a definite need to address the housing crisis, and I'm glad our government can work with them to do that."

The grant is part of a \$916,000 investment from the Community Housing Capacity Building Program.

"Today, we're taking real action to provide more Nova Scotians with a safe, comfortable and affordable place to call home," said Municipal Affairs and Housing Minister John Lohr. "This project is

Notes from our Municipal Council - District 10 Everyone should help Clean Up Colchester

The warmer weather is a sure sign that summer is coming and with it bringing job opportunities for summer students nearly everywhere you look. There are many summer student positions with the Municipality of Colchester. The deadline for applications was April 14th, 2022.

Another sign of summer we are seeing is all of the garbage that was laying in piles hiding under the snow. Colchester Clean began on Earth day (April 22) and will continue for 2 weeks. Colchester Clean is an event planned by the Colchester Waste Resource Management Team. The event includes the participation of many! From individuals, community groups, schools, sports teams, and local businesses everyone will take charge of cleaning up Colchester County. More information can be found at <https://www.colchester.ca/colchester-clean>

On April 13, 2022 I had the pleasure of watching the residents of Portapique be presented with The Lieutenant Governor's Community Spirit award. Erin MacKinnon, a local resident, made a touching speech that emphasized how important it is to support your neighbors. Congratulations everyone!!

of this tragedy. The feelings continue to be raw, and the sorrow continues, to be at times, overwhelming. However, we will never forget those lives lost and we will continue to honour them.

On April 7th, in the House of Commons, my federal colleagues and I had a moment of silence to remember those 23 lives. I also made a statement that day, I said: Mr. Speaker, I rise today to recognize an incident that sadly will live in infamy, and in the minds of the citizens of Portapique, Nova Scotia, and indeed of all Canadians. I refer to the incidents of April 18 and 19, 2020. Over this less than 24-hour time span, 23 lives, including that of an unborn baby, were senselessly taken.

The families, community members and all of us continue to mourn. This unfathomable act of violence occurred in small-town Canada. All of us continue to question the whys and the hows of



Stephen Ellis

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friends neighbours and loved ones. This small quiet community became known around the world and became synonymous with Tragedy. Last Wednesday, Although I am sure they will never forget, this community turned the page and it was absolutely heart warming! The reception was very well attended and for me, the most amazing part was the amount of children and young adults from the community present.

The award showcased the work of this community, supported by the Rotary Club in building the new playground and rebuilding the Community Hall, known as the Portipique Community Buildup + Project. Portipique has overcome a lot, they have united, they have said we will win, we will grow and prosper! They have a wonderful future ahead and I am very proud of them.

I also wish to recognize the Lieutenant Governor and his wife.



Tom Taggart

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a great example of how governments can work with our partners, both in the private and non-profit sectors, to address the housing crisis in Nova Scotia."

The Community Housing Capacity Building Program is jointly funded through the Canada-Nova Scotia Bilateral Agreement under the National Housing Strategy.

The grants will fund governance and operations reviews, growth, and development plans, create community land trusts and other capacity building needs.

Dave Ritcey, MLA, represents Truro Bible Hill Millbrook Salmon River. His office is located at 141 Victoria Street, Truro, Nova Scotia, B2N 1Z3. He can be reached at 902-897-0884 (office) or mlaritcey@bellaliant.com



Dave Ritcey

Checkout <https://www.facebook.com/groups/416085799377880/?ref=share> to see more information about the Portapique Community Build up+ project.

COVID-19 restrictions continue to ease around the country and many non profit organizations are beginning to get there feet back underneath them. The Economy Rec Centre has been hosting many events as you can see on the Facebook page <https://www.facebook.com/groups/928641470502909/?ref=share>. They certainly are keeping themselves busy. You may have noticed The Londonderry Community Centre is also starting to open it's doors again which is promising!

I noticed there is a memorial Dart Tournament being held in Great Village. Do you have an organization that is doing something exciting? I would love to know about any events that our communities are offering, please email me the details at vlomond@colchester.ca or give me a call at (902) 890-1493.

Victoria Lomond is Colchester Municipal Councillor for District 10. She can be reached at vlomond@colchester.ca 902-890-1493



Victoria Lomond

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July 2022	June 21, 2022	June 29, 2022
August 2022	July 19, 2022	July 27, 2022
September 2022	August 23, 2022	August 31, 2022
October 2022	September 20, 2022	September 28, 2022
November 2022	October 18, 2022	October 26, 2022
December 2022	November 22, 2022	November 30 2022
January 2023	December 13, 2022	December 21, 2022

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