

Our Kitchen Korner

In for the long haul?

A few years ago we were being asked by then Premier McNeil to stay home to help curb the spread of CoVid-19. At that time, we were afraid we might be in for the "long haul". Covid is still with us, but the intensity has dropped significantly, although it will be with us maybe for generations.



We will become accustomed to its presence, but our mindset will be similar to how we treat a bad outbreak of flu, or the common cold or measles.

Some unfortunate souls contacted and still occasionally get the "long haul" strain of CoVid. Probably not a special stain, but rather how their immune system reacts.

Unfortunately, within last couple of years, we have been bombarded with something that is affecting social as a whole and if we don't find a way to curb it, could become even more widespread than CoVid or any plague. Instead of continuing with "love thy neighbour", many are turning to "hatred" when you have something bad to say about anyone who doesn't smile when two pairs of eyes focus on one another. Others take it beyond words, and take the role of violence and encourage others to participate. Take for instance the battling between Republicans and Democrats, or the occupations happening on university campuses. College students should have opportunity to demonstrate and voice their opinion just as they did during the "hippie" wars while the war in Vietnam was at its peak. The problem with college occupations today is not the students (some go too far), but it is the non-campus professional agitators, who show up to 'create utter hell'.

It has to stop and as a society all of us must revert to "LOVE THY NEIGHBOUR".

During those "stay at home" days, many turned to gardening, some to renovating the home, while 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. 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 tomatoes 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
1TBSP 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 until hot. 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 issue., Regular mail should go to:

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Issue	Deadline	Published
June, 2024	May 21, 2024	May 29, 2024
July, 2024	June 18, 2024	June 26, 2024
August, 2024	July 23, 2024	July 31, 2024
September, 2024	August 20, 2024	August 28, 2024
October, 2024	September 17, 2024	September 25, 2024
November, 2024	October 22, 2024	October 30, 2024
December, 2024	November 19, 2024	November 27, 2024
January, 2025	December 9, 2024	December 17, 2024

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The Shoreline Journal

Notes from our Federal Capital During recess: speak one-on-one

The two-week Parliamentary recess in late March and early April gave me a perfect opportunity to speak one-to-one with numerous individuals, community groups, and business concerns in Cumberland-Colchester.

I met with the Truro Outreach Society, a nonprofit and charitable organization that works to address housing insecurity. Its facility, Haven House, provides emergency and transitional beds, personal care supplies, food, housing support, eviction prevention, and advocacy to anyone over the age of sixteen. I believe in the TOS, for its dedication and commitment to the communities homeless.

I was interviewed by CBC Radio's Information Morning, promoting the Conservative Party's position to Axe the Carbon Tax, that is adversely affecting so many people in Cumberland-Colchester.

Notes from our Provincial Capital Health Homes, Access Options Mean More Care, Faster

When I talk to Nova Scotians about healthcare, I often hear two things: Nova Scotians are open to new ways to receive primary care and they want access to a family doctor.

The good news is that the changes we're making focus on both.

Many Nova Scotians are used to the traditional approach - find a doctor, make an appointment, get care. It wasn't even all that long ago that a family doctor would make house calls.

But with a global shortage of doctors and healthcare professionals, we need to modernize our system.

What if your doctor retires? What if they move? What if you move? For too long the options were limited.

We're changing that. We are recruiting more family doctors, nurse practitioners and healthcare professionals to expand and

Notes from our Provincial Capital Optimistic about strategic position

Hello all, Spring is here the grass is growing and I personally look forward to a wonderful summer ahead. It will come as no surprise that I am receiving lots of calls about gravel roads. I agree many are in need of grading. However, we cannot lose sight of the fact it is springtime in NS. I traveled many gravel roads in the past week and can say with confidence many roads have spots where the frost is not out or the road still has soft spots until that time the roads can not be properly graded.

By that, I mean they can not be cut deep enough and consistent enough to actually cut the pothole out. With out actually cutting the hole out all you really do is spread the gravel over the hole filling it in and after the first rain it is back. Common practice is that graders will start at one end of their area and proceed across all roads in their area doing spot

Notes from our Provincial Capital 50th Provincial Volunteer Awards Nominations 50th Provincial Volunteer Awards Nominations

Because the legislature was in session and must finish recently, this month I would like to focus on the 50th Annual volunteer awards which will be coming to the RECC on September 18th. People can now nominate outstanding Nova Scotians for the annual Provincial Volunteer Awards to recognize the contribution of volunteers to organizations and communities.

This year marks the 50th volunteer awards celebration. Details were announced April 12, at the Rath Eastlink Community Centre in Truro, which will host the awards ceremony September 18. Actor Jonathan Torrens will emcee, and singer Heather Rankin and others will perform.

"Every day, Nova Scotians share their time, skills, compassion

Notes from our Municipal Council - District 10 Litter is everyone's problem

It is a busy time of year at the municipal council table. Budget season. You can trust that county staff and all of council are making fiscally responsible decisions with your tax dollars. We received several Not for Profit grant application this year. These funds are used to keep community organizations available for you to enjoy.

As the county continues work on land use by laws I encourage you to reach out to let your councillor know what you want your community look like. Details about PlanIt Colchester can be found on the website: www.colchester.ca It is important to have your voice heard!

Colchester Clean is ramping up. You'll see clean up crews all over this fine county picking up litter. It is thanks to dedicated volunteers that we have a cleaner county. Litter is everyone's problem.

Bike Week is coming June 1-9, 2024. Details can be found at

I accepted an invitation from the Truro Colchester Chamber of Commerce to attend its Awards Night. I was impressed by the number of entrepreneurs that were recognized for their commitments to advance business in our region.

At the request of Conservative Party Leader Pierre Poilievre, I travelled to Sydney calling for repeal of the Trudeau government's carbon tax. As with the rest of Nova Scotia, Cape Bretoners are hard hit with the levy's effects on gasoline prices. We live in rural areas that sadly lack public transportation systems. In this respect, the subsidy put in place by the Liberals in the form of additions to the Carbon Tax rebate, are miserly.

I met with representatives from the College of Physicians



Dr. Stephen Ellis

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strengthen more than 60 clinics across the province to become 'health homes.'

So, what's a health home?

Health homes are made up of teams of healthcare professionals, like doctors, nurse practitioners and nurses, working together collaboratively.

Health homes mean a shift toward patients belonging to a practice, rather than a single doctor. They may also have additional supports, such as dieticians or social workers, on-site. So, if you need medical attention you have a home clinic to call for treatment, where they will have your files so that there is continuity of care.



Tim Houston

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grading. Cutting too deep too early will damage the road and bring wet mud to the surface.

When the first pass through or spot grading is completed, it hopefully times up with the frost being all out at which time the process starts over again. This time the pots holes are cut out and the gravel passes across and the road shaped up for summer. Nothing ever works perfectly, but that I what they attempt to do. Having said this, I absolutely understand the frustration of many. However, to some degree Public Works operates at the discretion of Mother Nature.

Many of you are aware, from previous articles I am a proponent of green energy, solar, windmills and most recently Hydrogen. In an attempt to better understand the challenges

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and creativity to support the well-being of our neighbours and communities." I said when making the announcement on behalf of Allan MacMaster, Minister responsible for the Voluntary Sector. "This year is a significant milestone as we celebrate 50 years of honouring the positive impact volunteers have made in the lives of others."

Nova Scotians can nominate people in three categories: the Youth Volunteer Award, for a volunteer aged 13 to 24; the Family Volunteer Award, which honours a family of two people or more living in the same community and the Nova Scotia Strong Award, recognizing resilience during a time of tragedy or struggle.

Matt Moore, General Manager, Central Nova Scotia Civic *continued on page 10*



Tom Taggart



Dave Ritcey

<https://www.colchester.ca/colchester-bike-week> or you can give me a call at (902) 890-1493 to chat about how to get involved. There will be prizes and lots of activities, stay tuned for a schedule.

All of the county parks and trails will be getting spruced up over the coming weeks. If you see anything that needs attention please let us know. We are very fortunate to have so many beautiful parks and trails to enjoy.

As always, I want to hear from you. Please reach out via email at

vlomond@colchester.ca or by phone listed above.

Victoria Lomond is District 10 Councillor, Municipality of Colchester. She can be reached at: (902) 890-1493 or vlomond@colchester.ca



Victoria Lomond

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