

Our Kitchen Korner

Lawn is getting greener and weeds are growing



One day it is spitting snow along with the heavy rain, then the next day the sun comes out warms up and you can also hear the weeds grow as the lawn gets greener. If anyone was worried about the level of water in their well, they should be able to relax. With all the rain we have had in the last two weeks, a quick check should find them almost full to the brim.

The ground is too wet and we are about four weeks away from when it will be okay to set out some transplants or plant seeds. Always nice to get an early start, but sometimes, like last year, haste actually leads to double the work. Remember previous June's heavy frost?

Let's hope we don't suffer the same tragedy.

The federal election is over and now all we need to do is unite even further and focus on stopping Trump's desire to convert us into the 51st state. United we will win, but we might have a Trump created recession to work our way through.

One day this recipe popped up in my email. I thought it to be quite appropriate for the season.

Mexican Beef and Rice Skillet

This Mexican beef and rice skillet is a hearty, satisfying meal everyone loves! With ground beef, beans, corn, tomatoes, and cheese, it's so full of flavor.

Ingredients

- 1 tablespoon olive oil
- 1 pound lean ground beef • 1 onion, diced
- 1 bell pepper, diced • 3 cloves garlic, minced
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 cup long-grain white rice, uncooked
- 1 (14.5-ounce) can diced tomatoes, undrained
- 1 cup salsa
- 2 cups low-sodium beef broth
- 1 (15-ounce) can black beans, drained and rinsed
- 1 cup frozen corn kernels
- 1 1/2 cups shredded Mexican blend cheese
- chopped fresh cilantro, for garnish

Instructions

In a large skillet, heat the olive oil over medium-high heat. Add the ground beef, diced onion, and bell pepper. Cook, breaking up the beef with a wooden spoon, until the meat is browned and the vegetables are softened. (About 6-8 minutes.) Drain any excess grease if needed.

Stir in the minced garlic, chili powder, cumin, and paprika. Cook for about 1 minute, stirring constantly until fragrant.

Add the uncooked rice, diced tomatoes (with their juices), salsa, and beef broth to the skillet. Stir well to combine. Increase the heat to bring the mixture to a boil, then reduce the heat to low. Cover and let simmer for 20-25 minutes. Or until the rice is tender and has absorbed most of the liquid.

Remove the lid and stir in the black beans and frozen corn. Cook, uncovered, for an additional 3-5 minutes, or until the beans and corn are heated through.

Sprinkle the shredded Mexican blend cheese evenly over the top of the skillet. Cover again and let it sit for 2-3 minutes, or until the cheese is melted.

Remove from the heat, sprinkle with fresh cilantro, and serve hot. Add any desired toppings like sour cream, avocado, or guacamole for extra flavor.

If you have a favourite family recipe and would like it published in the June 2025 issue, please send on or before May 14th. Send to: The Shoreline Journal, Box 41, Bass River, NS B0M 1B0; Fax: 902-647-2194

or email: maurice@theshorelinejournal.com

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Issue	Deadline	Published
June, 2025	May 20, 2025	May 28, 2025
July, 2025	June 17, 2025	June 25, 2025
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September, 2025	August 19, 2025	August 27, 2025
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November, 2025	October 21, 2025	October 29, 2025
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January, 2026	December 9, 2025	December 17, 2025

For more information contact us at:
The Shoreline Journal, Box 41, Bass River, NS, B0M 1B0
Ph: 902-647-2968, Cell: 902-890-9850
Email: maurice@theshorelinejournal.com

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Notes from our Provincial Capital

Free Trade Bill Leads to More Resilient Nova Scotia

The government laid the groundwork for a stronger, more resilient and self-reliant Nova Scotia during the latest session of the House of Assembly, which ended March 26. "Last fall, we asked Nova Scotians for a stronger mandate to govern and they gave us just that," said Premier Tim Houston. "When we campaigned, we were not in the middle of a tariff war and no one knew about the threats of annexation that were coming."

Nova Scotia is leading the country with game-changing legislation that will remove borders on inter-provincial trade. "We're one country. It doesn't make sense that goods and skills can't flow easily from one province to another," said Premier Houston. "Canadian provinces have high standards and we need to trust that what our neighbours have to offer is also good enough for Nova Scotia."

"Our bill on free trade within Canada has received national attention and Nova Scotia is leading the way - we should be proud about that."

Premier Houston joined Join Ontario Premier Ford for MOU

Notes from our Provincial Capital

Portapique bridge closure, replacement explained

Its that time of year, spring is finally here and I cannot wait to drive up along the shore and view the fresh new beautiful green grass running down to the shoreline. As I have commented in previous articles, it's been a long winter and a tough wet spring and the gravel roads have been particularly bad this year.

As always in the spring, better times are on the horizon. I would expect that by the time this goes to press the frost will be totally out of the roads and Public Works will be able to properly grade the roads and prepare them for summer.

I cannot help but comment on the obvious improvement the newer gravel specifications make on the roads that have been recently gravelled. Portapique Mountain is the best example. I often travel that way as opposed to the detour in Portapique. I recall that the first year I was elected, cars were driving almost in the ditches to get around the potholes.

It received capitol gravel last summer and to the best of my knowledge it has not been graded this spring. There is hardly a bump in it. That is because the current spec ensures that each

Notes from our Provincial Capital

Nova Scotia's First Child & Youth Psychology Doctorate Program

A major step forward for mental health care in Nova Scotia is underway! The Province is funding a groundbreaking doctoral psychology program at Mount Saint Vincent University, dedicated to training child psychologists who will directly address the mental health needs of young people.

A new on-campus clinic will provide free, compassionate care to more than 200 children and families each year. This initiative is a powerful step toward brighter, healthier futures for children and families across Nova Scotia.

Funding to Prevent Gender Based Violence - Community-based organizations across the province are receiving funding to support their work to address gender-based violence. The funding is through the 10-year National Action Plan to End Gender-Based Violence, an agreement with the federal government. This year, \$5.1 million is being invested to support projects that will enhance prevention efforts, increase supports for victims and survivors, and ensure that Nova Scotians can access culturally appropriate services.

Of 28 projects, 26 are receiving multi-year funding to ensure

Notes from our Municipal Council - District 9

New signage for Debert Business Park

The arrival of spring has brought fantastic weather, and it's wonderful to see residents enjoying the outdoors—whether taking walks, working in their yards, or watching children ride bikes, scooters, and play in local parks.

As more people are outside, I'd like to remind everyone to drive cautiously and be mindful of pedestrians, especially children at play. For those walking at night, please wear light-colored clothing or carry a flashlight to ensure visibility.

March 22nd, the Debert Fire Brigade held its Annual Banquet at the Debert Hospitality Centre. It is always a pleasure to spend the evening with our local heroes and their loved ones, celebrating their dedication and service to the community.

In District 9, we are fortunate to have the Debert Fire Brigade, Onslow Belmont Fire Brigade, and Colchester Ground Search and Rescue. These organizations not only provide essential emergency services but also come together to support

Signing inn Toronto on April 16th to sign a memorandum of understanding on breaking down trade barriers. Also attending was Vic Fedeli, Ontario Minister of Economic Development, Job Creation and Trade

The Premier said Trump's tariff threats reinforce the need for greater economic and energy security.

"A strong Nova Scotia is an economically self-sustaining Nova Scotia," said Premier Houston. "We cannot let the future of our province be determined by those outside our province - Nova Scotians must control Nova Scotia's destiny."

Premier Houston pointed to bills on internal trade and resource development as foundational elements of a stronger and more independent province: "We have resource wealth and new markets that we could not tap into because of bad legislation and too much red tape. We have laid the foundation to unlock our resource wealth and find new markets for our prod-

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Tim Houston

piece of material in the overall mix must have fractured edges. The gravel we used to get was crushed stone and sand and it rolled around on the road and did not bind together. Typically to meet the current specification it must be from rock that is blasted which eliminates the sand that has no ability to bind.

With respect to the Bass River Bridge, my last update pretty well stands with tentative opening mid June.

I wish I could give a firmer timeline on the Portapique Bridge. (See detour barricade on Page 1). To give the full story. Every bridge in Nova Scotia receives what is referred to as a level 1 inspection every year. If structural damage or deterioration is observed it is moved forward to a level 2 inspection by an engineer specializing in bridges.

Earlier this month I received a call from Public Works that the Portapique Bridge was failing and needed o be closed and detoured. There was damage or deterioration to the piles on

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Tom Taggart

long-term impact. Projects align with Standing Together, the Province's action plan to prevent domestic violence, and recommendations from the National Inquiry into Missing and Murdered Indigenous Women and Girls, the Mass Casualty Commission's final report and the Desmond Fatality Inquiry final report. This is the second year of funding; last year, the Province provided more than \$3.1 million to support 16 projects.

Housing Plan Progress Exceeds Targets - The province of Nova Scotia is delivering more homes, faster! With housing starts up by 38% and 51,352 new units on the way—125% of the 2028 goal—that means more options and better opportunities for homebuyers are within reach.

Here are some of the key achievements made from April 1, 2023, to December 31, 2024: Affordability has been improved for 16,200 households; the five-year goal is 17,250 households; Development fees have been frozen in Halifax Regional Mu-

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Dave Ritcey

community events. Their countless hours of volunteering and training help keep our communities safe, and for that, we are truly grateful.

Exciting developments are also on the horizon for the Debert Business Park. Over the next few months, the park will undergo improvements, including a new signage plan aimed at enhancing wayfinding and directional signage for business-related traffic. Additionally, there will be new signage for recreational amenities such as the West Colchester United Arena, Elsie's Off-Leash Dog Park, Mi'kma'wey Debert Interpretive Trail, and Hearts Haven Park. Outdated signage will be removed, and businesses interested in advertising opportunities should contact Lindsay Cochrane, Business Development Officer, at 902-843-4199 for more details.

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Marie Benoit

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