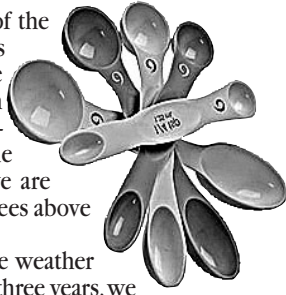


Dorothy's Kitchen Korner

Warming ocean temperatures

The warming temperatures of the gulf stream most certainly has been changing our climate. Some say it's global warming, but I'm not qualified to confirm. However, I do know I appreciate the above average temperatures, we are having, and it looks like 4-5 degrees above normal will continue a while.



Neither Maurice or myself are weather experts, but over the last two or three years, we have noticed a change in live lobster, which we treat ourselves to around Christmas time. In the past lobsters purchased in December had very hard shells and they were full of meat, but not so recently.

Last year when purchasing from a lobster seller from Yarmouth in a parking lot in Truro, Maurice inquired about the quality and shell hardness. The seller mentioned he really had to carefully pick what he was going to sell. Shells were a lot softer and not full because warmer waters were causing the molting season to be extended into the fall. He suspected it would take another month for lobsters to return to the "norm". Maybe we'll change our tradition by having cabbage rolls at Christmas waiting until later in January to splurge on a feed of lobsters.

If those suspicions are true it could have a very negative impact on Southwestern Nova Scotia, as lobster is one of the most important economic drivers.

To follow up on the warmer weather lasting later in the fall on October 17th Maurice received the annual fall and winter Accu-Weather forecast for Canada which stated: Snowstorms to frequent Ontario, Quebec; Dangerously cold air to grip the Prairies. A snow-filled winter is in store for much of eastern Canada (Ontario & Quebec) as storms frequent some of the country's most populated cities.

Projections are for several significant snow events from Windsor through Toronto and up into Ottawa and Montreal this winter, especially in January and February. While much of the Great Lakes and St. Lawrence Valley will face a snowy winter.

For Atlantic Canada, we might be luckier than most. The Accu-Weather forecast milder conditions for Atlantic Canada. Cloudier and milder conditions will prevail in cities such as Saint John, Halifax and Charlottetown.

The expected track of storm systems and the warmer-than-normal waters in the North Atlantic will help to keep the bitter cold of winter at bay. This may also increase the potential for some major ocean storms during the winter that may target Newfoundland with rain or snow.

With all of that it's time to head back to the kitchen. This month I have chosen "Mary's Lemon Loaf", which I've had tucked away in my recipe file for ages.

Mary's Lemon Loaf

- 1 c sugar • ½ c shortening
- 2 eggs • ½ c milk
- Rind of one lemon
- 1 ½ c flour
- 1 tsp baking powder
- ½ tsp salt • ½ c nuts

Cream shortening and sugar. Add eggs. Mix dry ingredients alternating with milk. Add chopped nuts and rind of lemon. Put into your favourite loaf pan. Bake at 350 for 1 hour.

Dissolve ¼ cup sugar in juice of one lemon. Pour over loaf immediately on removal from oven.

I'm looking for some great "old time" special Christmas baking recipes. If you have a favourite family recipe and would like it published in the December issue, please send on or before November 10th. 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 Jamaica and Nova Scotia Share History...and a Future

We live in a diverse and interesting province. Nova Scotia, positioned as it is at the extreme Eastern edge of the North American continent, saw a lot of action in the early days of Western European exploration. Not all that history can be celebrated, but all of it shapes our communities in ways that have become imperceptible today.

In 1796, six hundred Jamaican Maroons—descendants of African slaves who rebelled against colonial rule, both Spanish and British—were deported to Nova Scotia by the British. This was not the first time former slaves were deported to Nova Scotia, with promises of freedom and a better life.

In 1792, 15 ships left Halifax carrying freed American slaves who had tried life in Nova Scotia and found it wanting. They were not granted land of the size or quality granted to British settlers, and found the weather impossible. The British Sierra Leone Company relocated them to what is now Freetown.

A similar fate befell the Maroons, who were settled on rocky infertile land in Preston and who did much of the heavy lifting to construct the Halifax Citadel. After just four years, in 1800 they too went to Sierra Leone. There should be no illusion that conditions they were met with in Sierra Leone were better (other than the weather, of course).

Trading relations between Atlantic Canada and the Caribbean are another historical tie. Sugar and rum, salt cod and other commodities were traded back and forth by sea.

There continues to be a special relationship between Nova Scotia and Jamaica. In our region, hundreds of Jamaican seasonal workers are employed every year in agriculture, particularly on fruit and vegetable farms. The program which brings them here has been in place for over 50 years, and some workers have been making the trek to Canada for as many as 48 seasons. Imagine that!

Without these workers, many of these businesses would fail. Strawberries would be imported from California even at the peak of summer. It would be hard on our rural economy. Likewise, it would be hard on Jamaican workers and their families.

I will be working to strengthen ties between our region and Jamaica in the weeks to come. I recently met the High Commissioner of Jamaica in Ottawa and look forward to meeting the Jamaican Minister of Labour soon. There is much more to the story of Nova Scotia and Jamaica still to be written.

For more information on the history mentioned here, consider a trip to the Black Cultural Centre in Cherry Brook, just outside Dartmouth, NS.

Bill Casey is MP for Cumberland-Colchester and Truro.



Bill Casey

Notes from our Provincial Capital Heating Assistance Rebate available

It is that time of year when many of us are thinking ahead to the winter season and that means among other things, prepare our homes for the cold weather that we can expect. One of the steps homeowners take at this time is to look at ways to reduce heat loss in our homes. In a typical house, 80% of that heat loss is caused by drafts around doors and windows and as a result of poor insulation. Upgrades like improving insulation, installing new windows and doors and general draft proofing can help keep our homes warmer in the winter.

The Liberal Government of Nova Scotia continues to provide programs to assist low income families in keeping their homes warm during the winter season.

Home Warming is a program for low income families made available through Efficiency Nova Scotia and supported by Clean Foundation, Nova Scotia Power and the Province of Nova Scotia. Home Warming asks us to think about ways to reduce heating and

power bills and provides upgrades to those Nova Scotians who qualify. Home Warming offers no-charge energy assessments to eligible Nova Scotians.

You may be one of those Nova Scotians and the Home Warming initiatives will help make your home more energy efficient. To be eligible your maximum annual household income (line 236 from your Notice of Assessment) must meet this criteria.

| | |
|------------------|----------|
| 1 person | \$21 487 |
| 2 - 4 people | \$39 926 |
| 5 or more people | \$56 861 |

In addition to your income you must own a single unit home and be able to provide proof of ownership and it must be your current primary residence and it must be your year round home. If you qualify for Home Warming an energy audit will be con-

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Karen Casey

News from our Municipal Council - District 10 November 11 most important day of the year

Good afternoon folks, it is another beautiful fall day. As usual I am getting up against a deadline. As much as I enjoy writing these articles, sometimes I have trouble picking a topic until I get going. The past month has been a bit uneventful at our council table, so I am going to just note or comment on some of the events or meetings I attended last month that were sort of outside regular council duties. Similar to what I and other council members would present as a month end report to council.

On the evening of Sept 26, I attended the community liaison meeting with Enviro Systems in Debert. I was there as an interim member, in the absence of the Councillor from District 9. The newly elected councillor will take their place on this committee for the next meeting. Basically, this is a committee of Enviro-Systems staff, municipal representatives and community members formed to discuss issues that affect the business and the industry. As would be expected the discussion revolved around excessive odors.

The following week evening of Oct 3, I also attended the EnviroSystems Open House at the Debert Hospitality Center. This meeting was fairly well attended and gave residents an opportunity to ask questions and express their concerns directly with Enviro Systems upper management. In the end, I believe the central message here is that the process of cleaning and dredging the settling pond is or will soon be underway and a cover, I believe permanent, is being installed. It is hoped the cool weather will contain some of the odor, but there is little promise of improvement until this work is complete late spring of 2018. There is an expectation that once complete this will not be permitted to happen again.

As a Board member of Divert N S, formally the Resource Recovery Fund Board, representing a Municipality in Nova Scotia I spent the day of Oct 11 at an Innovation Summit which showcased new innovations in terms of recycling or reuse of materials currently banned from landfills. There were several new and interesting projects underway. Believe me when I suggest we are going to need new products if we are going to continue to recycle. Nova Scotia has been a leader in recycling for many years, however as more and more regions and countries get into the recycling business the markets are fast becoming saturated. Without markets, recycling becomes a very expensive proposition.

The afternoon of September 27, I attended a meeting of the Dangerous and Unightly Committee of Council. The purpose of this committee is to provide oversight and authority to staff charged with implementing council policy. Staff receives official but totally confidential complaints about dangerous or unsightly properties. Most cases are simply staff visiting and determining if the complaint is valid under the actual criteria of Dangerous and Unightly.

Most often, if there is a violation, staff will discuss with the property owner and ask the problem be dealt with. In most cases that is the end of it. However, the property owner does have an opportunity to appeal the actions of staff. That is where our committee comes in. Also, occasionally a property is deemed to be dangerous and the recommendation of staff is that the property

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Tom Taggart

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| February 2018 | January 23, 2018 | January 31, 2018 |
| March 2018 | February 20, 2018 | February 28, 2018 |
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| November 2018 | October 23, 2018 | October 31, 2018 |
| December 2018 | November 20, 2018 | November 28, 2018 |
| January 2019 | December 11, 2018 | December 19, 2018 |
| February 2019 | January 22, 2019 | January 30, 2019 |

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