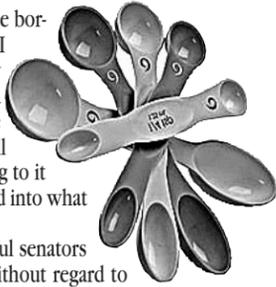


# Dorothy's Kitchen Korner

## Two Great recipes

I am glad I don't live south of the border. I don't want to be political, but I do have to have my say on how women are treated. During the USA judiciary hearings into the Supreme Court nomination process, that is all Maurice would watch. After listening to it for a while, I got my ears more tuned into what was happening.



It appalled me to watch powerful senators navigate to approve Kavanaugh, without regard to what has happened to other people, particularly women who claim they have been sexually assaulted many years ago, have finally been able to gather the strength to come forward exposing themselves and family to the world.

That is bad enough, but to be ridiculed, receive death threats, have to move out of their home and not one of the 51 GOP senators, or president Trump to put a stop to further harassment. Seems like they were marching to Trump's orders. Don't they have a mind of their own? Don't they realize right from wrong? I'm just glad I'm not there.

I won't go on about the weather, or what happened during the last month, like I normally do because, I have two recipes I wish to bring you this month. The second is pickled beets handed down from Maurice's mother. However, the first I wish to present is Cowboy Casserole, which Chris Urquhart sent along with last month's Masstown Community News. Thanks to Chris, she is a consistent submitter, and here's her recipe.

### Cowboy Casserole

1 lb hamburger • 4 potatoes

3 to 5 carrots • 1 large onion • 1 can tomato soup  
1 can baked beans in pork & molasses

Place a layer of potatoes sliced thin, with a few dabs of butter in the bottom of a casserole dish. Next place a layer of carrots sliced thin. Then add a layer of onions, sliced thin. Cover with hamburger using your choice of spices. Then cover with baked beans. Last, cover the whole lot with tomato soup. Cover dish and bake in a 350°F oven for about 1 hour, until potatoes are cooked through.

Another ideal recipe for this time of year is Pickled Beets. Without a doubt they are my favourite. I have my own recipe, but I wanted to share with you the recipe Maurice's sister, Gloria, sent down from his mother's recipe collection. The recipe was given over the phone years ago when Gloria was living in Winnipeg, but had a yearning for "Mum's Beet Pickles".

### Mum's Beet Pickles

Cook your beets, about 10 lbs, salting as for dinner. (Don't overcook. You want a little crunch to your pickle). Skin beets and slice as you want. As sliced, put beets in hot sterilized bottles.

Meanwhile put lids and caps into saucepan and heat until water boils. Turn of heat, but leave on burner.

Put 1 Cup Vinegar and Pickling Spice (large palm of hand size) in saucepan, bring to a boil. Boil vinegar and spices together for a few minutes. Then strain to remove spices. Vinegar to Sugar ratio will be 1 to 1 regardless of quantities.

**FLUID / SAUCE:** Four cups vinegar and four cups of white sugar. Use the above spiced-vinegar as one of your cups of vinegar. Mix vinegars and sugar together, boil till dissolved and is syrupy. Prepare syrup before cutting beets.

Make sure the jars are quite hot when you put the beets in. (To sterilize them, after washing, turn upside down and put in oven (275). Put hot bottles on cutting board or cake cooker rack.

Fill with sliced beets. Pour Hot Syrup over cut beets in the bottle. Tighten each bottle as you fill it. Leave bottles on cake cooker rack, but space about 1" apart.

As bottles cool you'll hear the lips popping all evening. Next morning, re-tighten each bottle to ensure tightness.

**YIELD:** Probably 6-7+/- pints. (6-7 x 250 ml jars). Time: An hour, or less, after beets are cooked.

If you have a favourite family recipe and would like it published in the December 2018 issue, please send on or before November 15th. Send to:

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ISSUE	DEADLINE	PUBLISHED
January, 2019	December 11	December 19, 2018
February, 2019	January 23	January 31, 2019
March, 2019	February 19	February 27, 2019
April, 2019	March 19	March 27, 2019
May, 2019	April 23	May 1, 2019
June, 2019	May 21	May 29, 2019
July, 2019	June 18	June 26, 2019
August, 2019	July 23	July 31, 2019
September, 2019	August 20	August 28, 2019
October, 2019	September 17	September 25, 2019
November, 2019	October 22	October 30, 2019
December, 2019	November 19	November 27, 2019
January, 2020	December 10	December 18, 2019

### For more information contact us at:

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The Shoreline Journal

## Notes from our National Capital

### Climate change causes rising sea levels in NS

The storms of a century are becoming yearly events; witness the historic flooding in NB last spring or flooding along coastal areas of Nova Scotia during a winter storm last January. Strong high tides combined with strong winds and the resulting storm surges are becoming a regular part of life in coastal areas. No part of our coasts is immune, including the Isthmus of Chignecto, the narrow strip of land that joins Nova Scotia to the rest of North America.

In 2007 the United Nations Intergovernmental Panel on Climate Change released a report that identified the Isthmus of Chignecto as one of the most vulnerable areas in North America for negative impacts from rising sea levels driven by climate change. New Orleans was the other area with the highest risk.

Since then, I have worked to raise this issue both federally and provincially. The looming danger from flooding was also on the radar of researchers in the province and in 2009 the Nova Scotia Community College published an applied research survey identifying high risk areas vulnerable to flooding due to rising sea levels.

These include the Isthmus of Chignecto, the River Philip area, the Minas Basin, Halifax Harbour, Lunenburg and Port Maitland areas. The situation has not improved any in the nine years since this study and coupled with subsidence in Nova Scotia, the rising sea levels are a real not-so-near-future threat to these communities

and infrastructure. The most critical from an infrastructure and trade corridor perspective is the Isthmus of Chignecto.

Located between Nova Scotia and New Brunswick, the isthmus is home to both the Trans-Canada Highway and the main CN rail line connecting the Halifax Harbour container port with the rest of North America. Each year approximately 400,000 containers are off loaded at the harbor terminal with the overwhelming majority shipped by rail to the rest of the continent. Coupled with trucking of goods across the isthmus, the trade corridor has approximately \$50 million worth of goods shipped on the highway and rail line each day.

Photos taken during storms at high tide show the rising sea levels are encroaching on the CN rail line bed, with the high-water line within inches of the actual rails. This is the only thing holding the water back from the Trans Canada Highway. Between the rail bed and the highway, a wetland has reestablished itself; the Tantramar Marsh reclaiming the old two-lane highway. In another area further out towards the bay, the remains of the old Chignecto Ship Railway are now lapped by the high tides.

In May, the Federal Government, provided \$350,000 of funding

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Bill Casey

## Notes from our Provincial Capital

### Community groups approved for solar energy

Community groups in northern Nova Scotia are adding more clean, renewable solar energy to our electricity grid with support from the province. Five organizations in the region have been approved for the solar electricity for Community Buildings Program through the Department of Energy and Mines.

"This is a pivotal time in Nova Scotia's push toward our cleaner energy future, and this program offers local groups the chance to participate in, and benefit from, our potential," said Ms. Casey. "Together we are reducing emissions and building on Nova Scotia's successes as a leader in fighting climate change."

We have been hearing a lot about climate change and Nova Scotia's cleaner energy activities go back more than a decade. Nova Scotians have been clear. Addressing climate change is a priority. Today, we are leaders in addressing climate change by reducing emissions. Over the last decade, no province has reduced its emissions as much as Nova Scotia.

We have already reduced our total emissions by more than 30 per cent from 2005 levels. The province is on track to meet the legislated target of having 40 per cent of our electricity generated by renewable sources by 2020. Nova Scotia is outpacing Germany in the speed of our transition away from coal. We have installed

more wind per capita, than any province - with the exception of our neighbour, PEI.

Nova Scotia ratepayers have invested significantly to bring hydro electricity from Newfoundland...across the Cabot Strait... to Cape Breton. We continue to reduce energy use each year through energy efficiency programs.

Nova Scotians have made a significant investment, and they should be proud of the results they have achieved. Today, we build on those successes through the Solar Electricity for Community buildings Program. This year, more Nova Scotians than ever before are adopting clean, renewable solar electricity. Through the community program, local organizations have the opportunity to participate in our cleaner energy future.

The approved projects are: Colchester County: Rath Eastlink Community Centre, 75 kilowatts; Don Henderson Memorial Sportsplex, 75 kilowatts. Cumberland County: Dr. Carson & Marion Murray Community Centre, 75 kilowatts and Fundy Ocean Research Centre for Energy, 25 kilowatts. Town of Amherst, Amherst Stadium, 75 kilowatts Pictou County's, Plymouth Community and Recre-

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Karen Casey

## News from our Municipal Council - District 10

### New contract to save \$1.8-Million

Hello from West Colchester. Fall is in the air and I hope it stays right thru to March. It has been a busy month!

I will start off with the savings council have achieved in the tender for garbage pick-up. With the tender results there will be a saving of \$1.8-Million over the eight years of this tender. This was achieved by awarding a joint tender with the Towns of Truro and Stewiacke, which I believe caused the companies into a much more competitive position. This is a great example of the benefits of Municipal Cooperation and something that we should focus on in the future. This should provide a small savings in the solid waste line of your tax bill next year.

Most or possibly all of the costs and activities associated with Municipal solid waste system are a direct result of legislation created by the Province. I am not pointing this out to be critical of the Province as these regulations are necessary. However, it is probably safe to say a significant part of our efforts to date have been in meeting these regulations and doing it right. Frankly, I believe as a result of the dedication of staff and cooperation of residents, we in Colchester are leaders in Nova Scotia. This is, in my opinion not just a boast, as my work and involvement provincially provides me with knowledge and understanding of other municipal operations across the province.

Garbage or Municipal Solid waste is the 4th largest budget line

in this Municipality. With this in mind and upon returning from a meeting of the provincial solid waste priorities committee, which had just awarded a tender for an efficiency study of the overall Nova Scotia Solid wastes systems.

I asked council to consider an overall financial audit of our solid waste system. This audit is to include Composting, Recycling, actual burying of the waste, disposal of Construction Demolition materials, leachate collection and treatment, as well as the bond we must carry for eventual closure and perpetual care of the bale fill. Council has agreed and this audit is underway, I expect this to be a real eye opener and will enable us to work toward efficiencies and savings.

I am also pleased to report that the Planning Advisory Committee has begun reviewing kenneling bylaws from other Nova Scotia Municipalities and will soon be advising a schedule of public meetings and consultations with an eye towards sending a recommendation to council by February

In other articles I have written about responsible resource development, it is my opinion for this province to grow and prosper, particularly in rural communities we must develop our natural resources. In the past year it has become public knowledge there is

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Tom Taggart

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