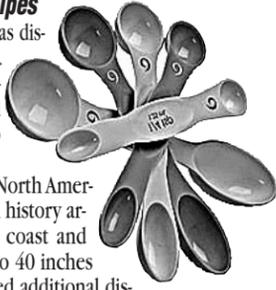


# Dorothy's Kitchen Korner

## Pickling memories – family recipes

For the most part, the humidity has disappeared as we turn towards fall. Within a few days we went from sweltering heat and humidity to a "cold wave" with temperatures dropping so low, I almost turned on the furnace.



The pace of change is gripping North America. Florence, the worst hurricane in history arrived and devastated the Carolina coast and over a couple of days dropped up to 40 inches of rain in some area which propelled additional disaster as a result of sustained winds, record levels of storm surge disrupting lives of 25-million Americans. Add to that the damaging political winds against the Trump presidency with the release of Woodward's book, Fear, and the Op-Ed published in the New York Times.

Just as the track of Florence changed to turn southward, the political climate throughout the USA is changing. As American voters inch closer to the mid-term elections in early November, Trump's approval Vs disapproval rating is changing.

Some pundits suggest the Democrats will take control of the house and there's an outside possibility, if changes intensify, they could upset Trump's last two years of his first term in office by having a majority in the Senate. It's pure speculation, but the outcome of the mid-term elections will provide interesting times south of the border.

There are days, when I'm not happy with political events in Canada, but when I look South of the border, I'm thankful I'm on the northern side.

After visiting Truro's Farmer's Market, Maurice came home with a large bag of yellow beans announcing we should make a batch of mustard bean pickle using his mother's recipe. When he couldn't find it, he sent an email to his two sisters in New Brunswick. Both replied, but Gloria provided the most informative prelude to the actual recipe.

Gloria indicated, she was living in Winnipeg, at the time in the mid to late 80's. Missing mom's cooking, she developed a craving for bean pickles. The recipe was sent by snail mail, because the internet didn't exist.

Maurice's mother got the recipe, for both bean and cucumber mustard pickles, from her good friend, Audrey Bell, probably back in the 60's. As a bit of trivia, it's interesting to note how things go full circle. Slightly over forty years later, from getting the recipe, Barbara Bell, Audrey's daughter, married Maurice's youngest brother, Glendon.

When Glendon, retired from the RCMP he chose Guysborough, where he was stationed upon exit from the Musical Ride. He's enjoying retirement, while wife, Barb is one of the medical doctor's serving the residents of Guysborough and area.

### Audrey's Bean Pickles (also used for cucumber/mustard)

#### Sauce:

6 cups Sugar • 6 cups Vinegar

Use 1 of the cups of vinegar for mixing these dry ingredients

1 cup Flour • 1/2 cup mustard (dry) • 1 tsp Salt

2 Tbsp. Celery Seed • 2 Tbsp. Turmeric - probably only need 1 Tbsp

Boil for 5 minutes

#### Beans:

1 Fruit Basket (approximately 8 Qts beans) • cut to size required. Cook Salted as for dinner - till crunchy • Drain beans then pour into hot boiled syrup. Cook for a few minutes. • Bottle while hot - tightening lids as you fill each bottle

#### Cucumbers:

- cut and salt overnight. drain well next day
- mix with hot syrup - heat to boil - simmer a few minutes.
- bottle as above.
- If desired, add chopped green & red pepper before put into the syrup

As with any preserving or pickling project, be sure to re-check and tighten the lids once the bottles have cooked, preferably overnight.

There will be plenty of beets in early November. I'll provide Maurice's mothers recipe for pickled beets. Beets are my favourite pickle.

If you have a favourite family recipe and would like it published in the November 2018 issue, please send on or before October 15th. 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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The  
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## Notes from our National Capital

### I will serve you until the last day

Last week I announced that I would not be running again in the 2019 election. Rosie and I have decided that it is just time for us to make this decision. I am in good health but there is no denying that I will be 74 when the 2019 election happens, and I feel the difference.

This decision has made me think back to the changes that I've seen over the years. I will celebrate my 30th anniversary of my first election in two months and so much has changed in that time and yet maybe some things have stayed the same. I have served under six prime ministers and ten party leaders, and learned from each of them.

When I first started in politics there were no such words as email, Internet, Wi-Fi, tweets, hashtag, etc.....they didn't exist. There were no cell phones! All mail was sent with a stamp and put in the mailbox. Almost all mail is now done by email which is quicker and less formal. However I often think a good old-fashioned letter is more effective, and I still use them.

When I was first elected to the House of Commons, questions in Question Period could be one, two or even three minutes long and answers could be the same. In the mid 1990s parliament changed the rules so that so all questions are now a maximum of 35 seconds and all answers are a maximum of 35 seconds. The

Speaker has a large screen at his feet which acts as a stop watch, each question and each answer is timed. Once the questioner reaches 35 seconds the Speaker stands up and the questioner is cut off whether they're finished or not. This goes for all MPs, ministers and the Prime Minister. It makes for a very fast and effective Question Period.



Bill Casey

When I first started there was only a men's washroom adjacent to the House of Commons chamber. In the mid 90s that facility was divided so that now there is a women's facility and a men's facility. For the first eighty years of this parliament building there was no women's facility for MPs because there were so few female MPs.

Now we have a cabinet made up of half men and half women.... although we do not have enough women MPs as yet. I chair the Standing Committee on Health and we have seven Liberal MPs involved but only one is a woman. I recently approached the Whip about this lack of balance on health issues and he told me he just does not have enough women MPs to go around. We need to work on that even harder.

I fly to Ottawa every week and I have seen tremendous changes

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## Notes from our Provincial Capital

### Supporting communities with Sustainable Transportation Grants

Residents in Northern Nova Scotia will have more ways to walk or cycle to key areas in their communities with support from the province's Sustainable Transportation grant program, Connect2. Sustainable transportation is about driving less and moving more. It means providing more mobility options to more people, and greater connectivity between the places we need to go.

Convenient, safe, clean, and attractive modes for sustainable transportation are key to building vibrant, livable, and low-carbon communities that are suitable for aging populations, young people, newcomers, and small businesses.

The Connect2 grant program expands Nova Scotian communities' options for walking, biking, rolling, shared mobility, and transit while reducing greenhouse gas emissions by funding great projects that create sustainable transportation options and build infrastructure for short-distance sustainable travel. Projects that use new ideas or best practices to connect destinations and decrease dependency on personal vehicles by improving transportation hubs and integrated mobility are eligible for up to 50% funding.

The program considers applications under two categories, Sustainable Transportation Infrastructure and Design and Sustainable Transportation Enabling. This program is open to any type of or-

ganization registered under Nova Scotia Registry of Joint Stock Companies that is seeking progressive and practical solutions to sustainable transportation issues in Nova Scotia. The primary partner must be based in Nova Scotia and ideally will be based in the community or region the project will serve.

Finance Minister Karen Casey, on behalf of Energy and Mines Minister Derek Mombourquette, announced recently \$83,900 for three projects that support physical mobility options.

"We know that people are more likely to walk, run or cycle within their communities when the right infrastructure is in place," said Ms. Casey. "These projects will help residents choose healthier transportation options, while reducing carbon emissions for all Nova Scotians."

The Springhill Communities in Bloom Committee will receive \$50,000 to create a two-kilometre trail. The project will see the development of a safe and accessible walking path around the pit pond property, with connectivity links to key assets around the community. The path will provide significant opportunity for safe

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Karen Casey

## News from our Municipal Council - District 10

### Kennel by-law and FCM's priority for all parties

Hello everyone, I am writing this article while sitting in the airport in Frankfurt. You may recall a mention in the last article, I would be going on this Global Affairs Canada Mission to Jordan. I will provide further details on this later in this article or, if timing allows I will forward photos and information to Maurice for a separate article.

First, I would like to speak about what was a rather difficult past month. I would say it was, most likely, the worst of my 10 year Municipal career, the Dog Kenneling issue. I am not going to dwell on this but there is a point I want to make.

This whole fiasco began when as a Municipality were asked to review our dog kenneling bylaw. Legal advised we should implement a temporary moratorium while this review was taking place. We as a Municipality communicated this very poorly. The message became very distorted and it rightly and understandably caused alarm and distress to many innocent folks. That is old news as I pretty much said the same thing last month.

The point I want to make is! I am fully aware elected officials at any level are often viewed with skepticism and rightly or wrongly and sometimes have their credibility challenged. I think anyone who enters politics believing they are somehow exempt from that skepticism are very naïve. I am not naïve!

However I will say, and take this as you wish. When I speak di-

rectly to you and tell you something as frank and simple as "this is temporary" and "this will be debated and discussed in public session" you can take that to the BANK. I need to say that I was a bit disappointed, when I explained this in detail, and some folks did not believe or have trust in me.

Now that statement and this temporary moratorium are behind me, the following is how this will play out.

Council has sent this to Planning Advisory Committee to review and bring back recommendations. As you may know I have chaired that committee for the past six years. PAC has not met as yet but will as soon as I return from this mission. This committee has a history of guiding the Municipality through difficult issues having been the lead on both the Fracking Wastewater hearings and the very controversial development of guidelines for Windmills.

I cannot say exactly what the process will be, but in discussing with Mayor Blair, it is our intention to have at the very least, public meetings to get information from the current kennel owners, dog breeders, and groomers. A second public meeting inviting the public to express their opinions and to meet with veterinarians. It is uncertain if this will be in a public form as this will be determined

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Tom Taggart

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