

Dorothy's Kitchen Korner

The holiday season is around the corner!



As we look up and check the condition of the leaves, which Hurricane Dorian left us, we commence to realize the beating they took as massive winds swept through Nova Scotia. When I was growing up in Cape Breton, blankets of fall foliage seemed to reach their peak just in time for Thanksgiving.

However over the years the timing of reaching their magnificence seems have been delayed closer to Halloween. Climate change gradually started over three decades ago. The veracity of Dorian is not the only thing which disturbs me.

Trouble in the mid-east with bombings of oil facilities; daily revelations of ill-intended actions in the White House and now deep-rooted Canadian racism. I wonder where are we headed?

Equally appalling as climate change, humanity has become lax. We seem to have let ethics and beliefs on how to treat others to gradually erode. Unfortunately, when we reach the breaking point and say, "enough is enough" it will be our responsibility to accept we have arrived at this point, because we let things continue.

It is similar to not paying attention to a pimple until it turns into a boil. Shame on us!

As we prepare for the final gasps of summer with fall foliage all around us it is time to think about the holiday season. If we wish to maintain some of the family traditions, we need to think about the traditional Dark Fruitcake. Even though I am diabetic, I started searching for tradition. Here's my choice for the month.

Dark Fruitcake

- 3 cups all-purpose flour • 1 tsp. baking powder
- 1/2 tsp. baking soda • 1/4 tsp. salt • 1 tsp. cinnamon
- 1/2 tsp. allspice • 1/2 tsp. nutmeg • 1 cup butter, softened
- 2 cups packed brown sugar • 1/2 cup dark molasses
- Grated zest and juice of 1 orange
- Grated zest and juice of 1 lemon

- 3/4 cup brandy, rum, red wine, or grape or orange juice (Choose one).
- 2 1/2 cups mixed dried or candied fruit of your choice (cranberries, cherries, dates, figs, dark raisins, apricots, candied orange peel)
- 2 cups coarsely chopped walnuts and/or pecans
- 1 1/2 cup dates • 1 1/2 cup currants • 1 1/2 cup golden raisins

Directions:

Preheat the oven to 300°F, and grease a Bundt or tube pan or a few loaf pans really well; coat with flour and tap out the excess.

In a medium bowl, stir together the flour, baking powder, baking soda, salt, cinnamon, allspice and nutmeg. In a large bowl, beat the butter and sugar for a few minutes, until light and creamy. Beat in the molasses and orange and lemon zest and juice.

Add the flour mixture in 3 parts, alternating with the brandy, rum or juice in 2 parts. Stir in the fruits and nuts and scrape into the pan.

Bake for 3 1/2 hours. "The cake may appear done at 2 1/2 hours; simply ignore this." If the cake is darkening too quickly on top, cover it loosely with foil for the last 30-60 minutes. Cool in the pan on a wire rack, then invert onto a plate. Store well wrapped at room temperature

Do you have any favourite pickle or chow recipes you would like to share? If you have a favourite family recipe and would like it published in the November issue, please send on or before October 15th. Send to:

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ISSUE	DEADLINE	PUBLISHED
November, 2019	October 22	October 30, 2019
December, 2019	November 19	November 27, 2019
January, 2020	December 10	December 18, 2019
February, 2020	January 21	January 29, 2020
March, 2020	February 18	February 26, 2020
April, 2020	March 24	April 1, 2020
May, 2020	April 21	April 29, 2020
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September, 2020	August 18	August 26, 2020
October, 2020	September 22	September 30, 2020
November, 2020	October 20	October 28, 2020
December, 2020	November 17	November 28, 2020
January, 2021	December 15	December 23, 2020

For more information contact us at:

The Shoreline Journal, Box 41, Bass River, NS, B0M 1B0
 Ph: 902-647-2968, Cell: 902-890-9850
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Notes from our National Capital

Casey authors Farewell Letter

Dear Constituents of Cumberland Colchester:

As the next election draws near, this stage of my political career as your Member of Parliament comes to an end. I just wanted to say thank you for giving me this opportunity and for the privilege of serving as your Member of Parliament through seven elections. I am very grateful for the chance to represent the interests of Cumberland Colchester in the Parliament of Canada.

My career has taken some political twists and turns but my focus has always been on the riding of Cumberland Colchester,

our province of Nova Scotia and the people in it. It has been fascinating to get to know people in every corner of the riding and to see how they support their communities.

I want to thank my wife Rosemary for her patience for over 30 years in politics. I also want to thank my staff who have served me well and always made me look better than I am.

Finally I want to thank you for your support and for leaving me with some wonderful memories.

Thank you very much,

Bill Casey, Member of Parliament, Cumberland Colchester



Bill Casey

Notes from our Provincial Capital

Province launches trails strategy

Working with the Nova Scotia Trails Federation and other partners, a host of volunteers, municipalities and not-for-profit organizations has translated into our province launching the first Trails Strategy in the province. As announced by Minister of Lands and Forestry, Honourable Iain Rankin, the chair of the Trails Federation agreed that "this shared strategy is a testament to the value of our trails and the dedicated volunteers who build and maintain them". In fact, Beth Patillo said the trails community was "ecstatic" over the announcement.

Trails in Nova Scotia run across Crown, municipal and private lands, and are part of a broad network that is known as the Trans Canada Trail System. Those who use the trails are often the best stewards of our environment, including forests, rivers, lakes and other natural resources. These trails allow us access to sites where we can explore and appreciate nature, and support a healthy and active lifestyle. As a province, we recognize the need to financially support the work of our partners in building and maintaining these trails. Both the Recreational Trail Expansion Grant and the Trail Maintenance Grant are designed to do that. Over \$1 million is made available, upon successful application, to support the volunteers in our communities who take pride in the trail system we have here in our province.

I recently had the privilege to present funding to successful grant application recipients in Colchester County. The Municipality

of the County of Colchester received a grant to continue the development of the Cobequid Trail. One section of this trail is built along the dykes of the Salmon River in Lower Truro/Old Barns, and provides a beautiful view of the mouth of the Bay, and the historic Tidal Bore. New funding will support connecting to the Fundy Discovery Site, as well as signage and the kiosk at the Trail Head in Lower Truro.

Another project in Tatamagouche provided an opportunity to meet with, and hear of the work already underway by the Tatamagouche and Area Trail Association. Their members will continue the development of an Information/Signage/Rest area and parking at the main Trail Head on Station Road. This Association is responsible for building and maintaining 26 kms of the Short Line Trail that passes through Colchester County. This trail system connects communities today as the railway did nearly a century ago. In many areas of the province, trail development includes the conversion of rail beds to trails for ATV's, bicycles, hikers, walkers and other recreational use.

None of this would be possible without the teams of volunteers who take great pride in the work they do. Let's all give them a big "Thank-you".

Karen Casey, MLA, Colchester North also serves as Deputy Premier and president of the Treasury Board.



Karen Casey

News from our Municipal Council - District 10

No Waste to Energy

Good morning from West Colchester on a beautiful fall day.

Hope all survived the Hurricane. I was away, actually just left home at noon as it was beginning. I bring this up so I could point out that as I drove from home, at least as far as the Quebec border I met a steady stream of power trucks heading towards Nova Scotia, wish I had counted them, but I estimate at least fifty.

I recognize that, for many, the wait for their power to be restored was long and difficult, but do want to recognize the coordinated effort and support from neighbouring provinces and jurisdictions. We would be in big trouble without them. A good friend of mine was telling me that a friend of was telling me that he knew one of the power corp guys that spent a lot of time in a helicopter scouting and accessing damage, had commented that should we have a storm like this come thru in the winter with the trees heavy with snow it could take months.

Considering scientists are projecting more severe weather, and with Municipalities having some responsibility for Emergency preparedness, we should begin having these discussions. Life is much different today than 50 years ago. Insurance companies, as well as, overall safety have eliminated probably 90% of wood heating systems. As a result most all other heating systems are reliant on electricity, we need to be pro active in preparation.

Any who read my articles are more than aware that for some time I have been a supporter / promoter of Waste to Energy. Unfortunately, I have come to the conclusion that it is not going to happen in the near future. While it is a great concept and will likely succeed at some point, after much research and a fair degree of

understanding of the overall process. I must concede there is too much risk or more risk than I am prepared to support.

Having said this, I wish to make two points. First, I will continue to research and try to understand potential waste solutions. I expect a process using just one feedstock will succeed on a financially sustainable basis in the near future, however mixed streams solutions, I believe are some ways off. These mixed streams are succeeding in straight incineration for steam energy, but are in my opinion not real environmentally friendly certainly, cleaner than years ago but not really where I want to go.

I recognize waste to energy, to some degree, is being used in Europe. However, given that European Countries are generally smaller and much more heavily populated they do not have the ability to properly site and operate a landfill. As a result they are prepared or forced into waste to energy regardless of the cost.

This brings me to my second point. It is clear to me Colchester will landfill its Municipal Solid Waste for some time. I want to provide some understanding of the environmental safety of this operation. The balefill is located on a five hundred acre parcel of land, the garbage is baled and placed in what are cells which are lined to ensure no contaminated water (leachate) can seep into the ground.

Legislation ensures no organics are permitted in land fills. Therefore, largely reducing the production of methane gas (10 times worse than GHG). More important, the site is designed so that all

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Tom Taggart

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