

Our Kitchen Korner

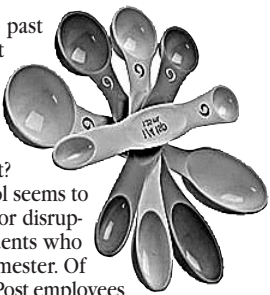
A Week Of Stress, That's Enough

With all that has happened in the past month one loses their appetite let alone cook. It is a bloody shame the number of people who have been murdered or assassinated in the United States in recent months. One wonders how much worse it could get?

Thankfully the first month of school seems to have come and gone without any major disruptions. I can't say the same for Dal students who have lost 3 weeks out of the first semester. Of course it has finally happened, Canada Post employees are on strike. It wasn't a surprise. We've known since spring the day would come. Better now and get it over maybe government and postal officials can get busy redesigning the beast and stop losing \$10-Million a day. We of course are severely impacted. The result is we'll work a bit harder to get over the second Canada Post disruption in nine months.

This month I've chosen two recipes Marry Me Tortellini and Baked Dijon Salmon

Both are delicious.



Marry Me Tortellini

Marry Me Tortellini is creamy, dreamy, and ready in 30.

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1/2 teaspoon red pepper flakes
- 1/2 cup sun-dried tomatoes, chopped
- 3/4 cup heavy cream
- 1/2 cup chicken broth
- 3/4 cup grated Parmesan cheese, divided
- 1/2 teaspoon Italian seasoning
- Salt and black pepper, to taste
- 1 (20-ounce) package refrigerated cheese tortellini
- 2 cups baby spinach
- Fresh basil or parsley, for garnish (optional)

Instructions

- Heat olive oil in a large skillet over medium heat. Sauté the minced garlic and red pepper flakes for about 30 seconds, until fragrant. Stir in sun-dried tomatoes and cook for 1 minute.
- Pour in cream, broth, 1/2 cup parmesan, and Italian seasoning. Bring to a boil, then reduce heat to low. Simmer for 3-4 minutes, stirring occasionally, until thick. Season with salt & pepper.
- Stir in tortellini and cook according to package instructions, about 3-5 minutes. If the sauce thickens too much, add a splash of broth to loosen it.
- Stir in the baby spinach just before serving and cook for 1-2 minutes, until wilted.
- Sauté garlic and red pepper in a large skillet over medium heat. Add sun-dried tomatoes and cook for about 1 minute.
 - Make the sauce. Pour cream, broth, parmesan, and Italian seasoning. Simmer for 3-4 minutes, or until sauce has thickened. Season with salt and pepper.
 - Add tortellini and cook according to package instructions. If the sauce thickens too much, add a splash of broth to loosen it.
 - Add spinach just before serving and cook for 1-2 minutes, until wilted.
 - Serve. Ladle tortellini into bowls and top with parmesan and basil or parsley. Serve and enjoy!

Baked Dijon Salmon

This simple Baked Dijon Salmon is healthy, packed with flavor, and on the table in 20 minutes or less. Dinner doesn't get easier or tastier than this.

- 2 tablespoons Dijon mustard
- 1 tablespoon honey
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- Salt and pepper, to taste
- 4 (6-ounce) salmon fillets
- Fresh parsley or dill (optional, for garnish)

Instructions

- Preheat oven to 400 degrees Fahrenheit. Grease a baking sheet or line it with parchment paper.
- Whisk together mustard, honey, lemon juice, olive oil, garlic, salt, and pepper in a small bowl.
- Place salmon fillets on the baking sheet, skin-side down. Spoon glaze on top.
- Bake for 12-15 minutes until the salmon is cooked and flakes easily with a fork.
- Garnish with parsley or dill. Serve and enjoy!

If you have a favourite family recipe and would like it published in the November issue, please send on or before October 10th. Send to: The Shoreline Journal, Box 41, Bass River, NS B0M 1B0; Fax: 902-647-194 or email: maurice@theshorelinejournal.com

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February, 2026	January 20, 2026	January 28, 2026
March, 2026	February 17, 2026	February 25, 2026
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ALANA HIRTLE
MEMBER OF PARLIAMENT CUMBERLAND-COLCHESTER NOVA SCOTIA

Notes from our Federal Capital

Alana's Riding Roundup: August 2025

What a whirlwind month September has been! After a summer spent listening to you – hearing your ideas, your concerns, and your creative solutions – I headed back to Ottawa with a clear mission: turn those conversations into real action.

Let me tell you, I'm feeling the energy as I move throughout Cumberland-Colchester, and I'm bringing every bit of it with me to the work in Ottawa.

Getting Ready to WORK for You

Before the House of Commons even opened on September 15th, I spent a full week in intense preparation. Two days with the Atlantic Caucus, two days with the Women's Caucus, and three days with the National Caucus – all focused on one thing: making sure the voices from our distinctive communities are heard loud and clear in Ottawa.

Notes from our Provincial Capital

Wind West: Canada's First Offshore Wind Development

I was thrilled to see the federal government recognize Wind West and the Eastern Energy Partnership as a project of national interest. This is incredible news.

Wind West will be Canada's first offshore wind development and will drive economic growth in Nova Scotia for decades. It will do so by unlocking tens of billions of dollars in private investment.

The potential for this project is massive. The world needs clean, green energy, and Nova Scotia can supply it.

We have incredible wind speeds – it blows a lot here. We can produce the equivalent of up to 27 per cent of Canada's energy needs and drive as much as \$75 billion in new investment and economic activity across Canada.

The construction phase alone will provide significant economic development benefits by purchasing materials and procuring labour locally. It will create thousands of jobs in every field you can think of: architecture, catering, administration, engineering and the trades.

Notes from our Provincial Capital

I was 10. It was special

I hope everyone has enjoyed their summer. Fall is in the air! The leaves are turning.

Unfortunately, I did not get out and about as much as I should have over the summer as I had a knee replacement and it was difficult to be on my feet.

My first topic this month will be about the changes to the Provincial hunting regulations. Hopefully adding time to the open season for big game, most notably the deer season will help manage the deer population. I spend a tremendous amount of time driving around Colchester North as well as back and forth to Halifax. The number of deer strikes along the road is concerning.

However, on a much more positive note. Based on the positive comments I have received more young people; couples and young families are enjoying hunting. I have not hunted in years and as a result have become basically out of touch with those that do. When I first read the proposed legislation, I thought, gee, 12 years old is young to be carrying a gun in the woods. So, I begin a trip down memory lane. I recall how special it was when Mom took me partridge hunting for the first time. I am sure I was no more than 10 years old and when I look back, it was pretty darn special. Another

Notes from our Provincial Capital

GEO-Park is your oyster!

I was honoured on September 24 to release a new 5 year strategy for the tourism sector. Tourism is a vital part of our economy, and this sector strategic plan will help the industry thrive and strengthen Nova Scotia's position as a world-class destination is a collective effort to grow a sustainable, resilient and inclusive tourism sector that benefits people across the province."

Last year, tourism spending generated \$3.5 billion in revenue and supported more than 55,000 jobs in the province. The government is investing \$4.5 million in programs in 2025-26 to support tourism businesses and community destinations and \$13.8 million in tourism marketing activities. The recently held Nova Scotia Stampede held at the Nova Scotia Provincial Exhibition Grounds was very successful and is a prime example how multi-day tourism events generate economic growth in every area of Canada's Ocean Playground.

Two other examples are the upcoming World's Under 17 Hockey Tournament to be held at the RECC. The biggest prize of all is the UNESCO approved GEO Park will stimulate not only the economy of every community abutting the Bay of Fundy, but will

Those weren't just meetings; they were strategy sessions. Every conversation I had with veterans this summer, every innovative idea I heard from local leaders, every challenge facing our families – I brought it all to those rooms. Because that's exactly where those stories need to go if we're ever going to make a real difference.

Moving Beyond Short-Term Solutions

Here's something that has me genuinely excited: in my very first week back in the House, I put forward a motion that could unlock incredible opportunities for our veterans and, really, the entire community. This motion would give the Federal Government the tools to explore creative partnerships for breathing new life into properties that the government has designated as "surplus". My hope is that this effort will move us beyond short-term solutions when it comes to preserving the value of these important community resources. And yes, I'm thinking specifically about the Ralston Armoury in



Alana Hirtle

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The overall impact on Nova Scotia's economy will be significant. More importantly, for the first time in generations, Nova Scotia will become a "have" province, and our people will see opportunities here.

What does this all mean for you – your children, grandchildren, the community?

More doctors, more nurses, better jobs, better roads, better rinks, investments in new schools and community centres. The list goes on and on.

We must stand together and capitalize on this opportunity. Generations of Nova Scotians will thank us.

I'm incredibly optimistic about the opportunities that Wind West can bring for Nova Scotians.

You can learn more about the project at:

<https://novascotia.ca/wind-west/>

Tim Houston, Premier of Nova Scotia can be reached at:
premier@novascotia.ca or 902-424-6600



Tim Houston

great memory was when my grandfather gave me an old single shot 12 gauge, pointed me into the woods and said follow that gully and I will meet you on the Pleasant Hills road. The only thing that I got out of that hunting experience was a bruise on my shoulder. I believe the partridge eventually passed of old age. Many of those childhood days were spent out and about in the woods, on our own building brush tents, no video games and just enjoying life. I am pleased to see this outdoor life making a resurgence and pleased that our government is proposing legislation to allow more to enjoy it.

I am sure that most are aware that as a government we are currently projecting a deficit in this 2025 /2026 budget year and for someone that has always felt I was a "fiscal Conservative" this has my attention. I am aware that throughout government efforts are being made to find savings. I do, first want to point out that, in recognizing the financial challenges that many families face our spring budget was focused on affordability. That budget reduced the HST by 1% de indexed the income tax rates. Those two measures alone

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bring tourists from every corner of the world offering a very unique experience not available anywhere else.

Tourism's success is built on numbers which are proportional to the services offered. Since numbers matter, let's look at comparison's that are understandable. Let's presume the population of Halifax and Dartmouth is a modest 375,000 and the GEO-Park was honoured each of the urbanites came via bus to visit us for a day. What would that mean?

If you could spread those 375,000 visitors evenly every day, based on 45 day-trippers per bus, the shores of the Bay of Fundy would host 9,375 buses over the period of a year. WOW, that is 180 buses per week plying our shores. Break it down even further would see 26 buses per day.

Should each person spent the equivalent of a BIG Mac Meal Deal (\$15.00 ave) that translates into \$5.625-Million.

Think about the opportunity. How many people would it take

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