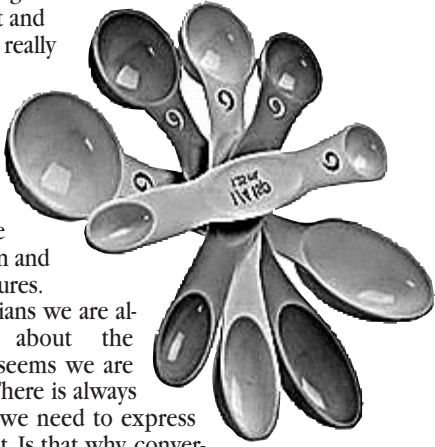


Our Kitchen Korner

For most of August is has been too hot and far too humid to really enjoy life, although come a few months, especially January and February, we'll be wishing we had some of this strong sun and higher temperatures.



As Nova Scotians we are always talking about the weather, but it seems we are never satisfied. There is always something that we need to express an opinion about. Is that why, conversations always seem to get around to mentioning the weather?

Farmers and field crop specialists certainly have not been pleased with the lack of rain. The lack of rain along with other tragedies such as the loss of armed service personnel in freak overseas helicopters accidents; crash of one of the Snow Bird jets and loss of life of Nova Scotians; Canada's largest mass murder which started in Portauapique and ended thirteen hours later in Enfield certainly have made 2020, a year we don't want to repeat.

Add to that the CoVid-19 pandemic, which has crippled the global economy; caused thousands to die, and millions to be infected, some with apparent long time side effects we certainly have had an undesirable late winter and summer way of life. Be prepared to the "new" way of life to be with us for a year or so, or perhaps a worrisome matter for the rest of our lives.

If we want to stay healthy and avoid CoVid-19, if possible, the rule is simple. Wear masks in public and not possible to observe social distancing. We got used to wearing seat belts while driving, so we need to get used to these two important warnings.

As the gardens are starting to deliver the produce we so dearly love, it's time to now focus on the kitchen. This month, I'll focus on Mum's Beet Pickles, which are easy to make, and delicious when we are less likely to be outside.

Mum's Beet Pickles

Cook your beets, salting as for dinner, but don't overcook. You want a little crunch to your pickle. Skin beets, cut into chunks and put into your bottles.

One cup vinegar, sugar and Pickling Spice - 2 tbsps or large palm of hand size. Boil vinegar, sugar and spices together for a few minutes and strain, if desired. Vinegar to Sugar ratio will be 1 to 1, regardless of volumes. Use the above one cup of spiced-vinegar as one of your cups of vinegar.

Meanwhile make rest of pickling juice by mixing together equal quantities of vinegars and sugar; boil till dissolved and is syrupy. Add the one cup of spiced syrup. Return to boil.

Pour Hot Syrup over cut beets in the bottle; tighten each bottle as you fill it. A couple of tips: try to make sure both the jars and beets are quite hot when you pour the hot syrup on them.

QUANTITY SUGGESTIONS: About 9 1/2 lbs of beets; 3 cups sugar and 3 cups vinegar (with 1 cup vinegar having been boiled with 2 Tbsp pickling spice and strained). If you wish make more liquid add 1 cup water and sprinkled in some all-spice, cinnamon and cloves once the liquid came to a boil. Yield: Approximately 6 pints.

If you are still nervous about getting out of the house, please take time to look up a few favourite recipes and send along. Please reply by September 18th for the October 2020 issue. Regular mail should go 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 CoVid-19 has changed almost everything

This Summer has found my staff and I incredibly busy. Since we've only been in office as MP for 9 months we have nothing to compare it with, but due to Covid-19 my offices in Truro and Amherst have been open all summer - we have been helping many people, with no time for a break.

Also due to the pandemic I've been home from Ottawa since mid-March - working from my home office where, like many others, I quickly learned how to use Zoom in order to take part in virtual meetings including daily Caucus briefings, twice-weekly Government Committee meetings, and French class three night per week.

I was very careful not to attend any public gatherings in the early spring as per instructions by provincial health authorities, and I have aging parents who I did not want to take any risk being exposed to the virus and then bringing it home to them.

And with most events canceled anyway, I stayed in my home office in Truro and just worked round the clock.

But by late spring I ventured out to take part in two important events: Black Lives Matter rallies in Truro and Amherst and Raising the Pride Flag in Stewiacke and Truro. In Summer I attended a Fundraiser at the Cumberland Museum in Amherst, a Truro Lions Track & Field Meet, and on Aug. 5th I took part in a most amazing event at Five Islands Lighthouse Park: the celebration of the Cliffs

Notes from our Provincial Capital Do you qualify for Home Heating program?

Although temperatures within the last month have not caused us to think cold weather, it is that time of year we need to prepare for the upcoming colder season. The government of Nova Scotia continues to provide programs to assist low income families in keeping their homes warm.

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. It is 100% free to all qualified home owners in the province.

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 in the home	\$25 673 or less per year
2-4 people in the home	\$47 703
5+ people in the home	\$67 937

News from our Municipal Council - District 10

Hello again from West Colchester.

I have just hung up on a zoom meeting of the West Colchester Medical Society, therefore a brief update. The Society has been meeting weekly. As was reported last month the Covid situation has put us in a very difficult situation. However, having said this, I really am quite optimistic, almost confident that we will have continued primary health care in place in some fashion when Dr Ewing retires.

In the past 30 days things have been quite active. Media coverage has resulted in contact with Doctors from other communities in NS expressing interest in supporting our clinic through these challenging times. We have met with MLA Casey, she and I have met with staff responsible for recruiting doctors, letters have been written to different NS Health staff asking for support for different potential solutions.

I must say that some of this may sound a bit cryptic, but please understand it would not responsible to publicly comment, it is very complicated, and in some cases confidential. However we as a Society along with Dr Ewing and MLA Casey are working hard and feel we will succeed and want to ensure those concerned about losing our Doctor, there is a light at the end of the tunnel.

One thing is clear. One very important consideration in attracting doctors is COMMUNITY and I believe that gives us a slight advantage. At some time in the near future, we as a Society will be holding a public meeting to discuss and get your thoughts.

of Fundy being designated a UNESCO Global Geopark.

The day was gorgeous - a deep blue sea and sky with our spectacular red, black and grey Fundy cliffs in centre stage!

The event was spectacular, with approximately 150 people and music from the Upshore, Downshore, Knot Sure Band, and the Iron Tide traditional Drum group from Millbrook First Nation, along with young Mi'kmaq dancers displaying their skills and gorgeous homemade regalia.

I was honoured to represent the Government of Canada as one of the speakers and took part in the ribbon-cutting along with Deputy Premier (and MLA) Karen Casey, Colchester County Mayor Christine Blair, and Cumberland Councillor Don Fletcher, who is also chair of the local board of directors.

Following the official ceremony, it was great to converse with many local residents of the Fundy Shore who are promoting our spectacular shoreline - including Michael Fuller of Creative Parrsboro and Dr. John Calder, retired provincial Sr geologist and Chair of the Canadian Geoparks Network who was instrumental in achieving the UNESCO designation.



Lenore Zann

continued on page 6

The program supports all heating types (electric, oil, wood, coal, natural gas, etc.) and on average, people who go through the program can see an annual savings of up to 20-30% off their annual heating bills.

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 conducted to determine the energy efficiency upgrades required. To determine if you are eligible contact Efficiency Nova Scotia at 1-877-434-2136 (toll free) or by visiting HomeWarming.ca. Information and Home Warming program applications are also available at my Masstown office. A Home Warming representative will contact you within three weeks of receiving your application.

Karen Casey, MLA Colchester North; Deputy Premier and President of the Treasury Board can be reached at her constituency office at 902-641-2200



Karen Casey

Tonight we have a council meeting and I am hopeful that we will be advised that we have finally completed negotiations with our service provider and that we will be formally signing a contract to provide high speed, high quality broadband across both Colchester and Cumberland. It has been a long haul, but I believe the end is in sight.

You can be sure that when that happens there will be public announcements with all the players attending. The next challenge will be managing expectations on timing as well as being provided with a tentative work schedule. This is a big contract and it will take time to get the fibre on the poles or in the ground. Once again as I have details I will be providing to residents.

I'm disappointed, I will not have in time to provide in this edition of Shoreline, but hopeful they will be available next month. I will post on Facebook so keep an eye out there. Now for a little self promotion, I will say that I am very proud to have been one of the leading advocates for this at our council and have been actively involved in negotiations and working with the joint Colchester / Cumberland committee along the way.

The 2020 Municipal elections are drawing close. As I have often said before, it is an honor and a pleasure, to serve as your elected

continued on page 6



Tom Taggart

The Season of Giving is here

A Wonderful Gift for the whole year...
12 Months of the Shoreline Journal

Please send this Personal Gift Subscription to:

Name: _____
Street: _____
Town: _____ Prov: _____ Postal Code: _____
Phone: _____ E-mail: _____
If RENEWAL: Sub # _____ New: _____ Gift: _____
Country/Special Mail Instructions: _____

This Personal Gift Subscription comes from:

Name: _____
Street: _____
Town: _____ Prov: _____ Postal Code: _____
Phone: _____ E-mail: _____

HST: 890564404RT0001

Enclose Cheque or Money Order payable to The Shoreline Journal

LOCAL SUBSCRIPTIONS: BOM / BZN / B6L - \$23.00, PLUS HST = \$26.45 • OTHER PARTS OF NS: \$28.00 plus HST = \$32.20
ALL OTHER AREAS OF CANADA: \$30.00, plus HST = \$34.50 • USA SUBSCRIPTIONS: \$45.00

MAIL TO: The Shoreline Journal, P.O. Box 41, Bass River, NS, B0M 1B0

Notice to Readers and Advertisers

Upcoming Deadlines and Publishing Dates

ISSUE	DEADLINE	PUBLISHED
October, 2020	September 22	September 30, 2020
November, 2020	October 20	October 28, 2020
December, 2020	November 17	November 28, 2020
January, 2021	December 17	December 23, 2020
February, 2021	January 19	January 27, 2021
March, 2021	February 16	February 24, 2021
April, 2021	March 23	March 31, 2021
May, 2021	April 20	April 28, 2021
June, 2021	May 18	May 26, 2021
July, 2021	June 22	June 30, 2021
August, 2021	July 20	July 28, 2021
September, 2021	August 24	September 1, 2021
October, 2021	September 21	September 29, 2021
November, 2021	October 19	October 27, 2021
December, 2021	November 16	November 24, 2021
January 2022	December 14	December 22, 2021

For more information contact us at:

The Shoreline Journal, Box 41, Bass River, NS, B0M 1B0
Ph: 902-647-2968, Cell: 902-890-9850
Email: maurice@theshorelinejournal.com

The Shoreline Journal

The Shoreline Journal