

# Our Kitchen Korner

## Hurricane Season & Schools In

The past few weeks we've been complaining about high heat and humidity for three or four days then a period of slightly lower temperatures, clouds, showers or torrential downpours. Seems like vacationers and camper have not had the best of luck. Occasionally it has rained either Saturday or Sunday, or both. Which brings to mind, the joke. What do you call the day after two days of rain? ANSWER: Monday.



Yes, we've complained, as usual in Nova Scotia style about the weather... Humidity, rain, heat and feeling uncomfortable. After watching television of weather events in other areas we need to stop complaining about the weather or anything related to it.

At one point temperatures and humidity was in the 48-51 degree range in British Columbia while the province was facing nearly 230 wild forest fires, causing Nova Scotia to send a crew of firefighters out west. I haven't been glued to CNN or other American stations, but have heard reports of massive heat in excess of 100 degrees Fahrenheit, massive forest fires in California, Washington and Oregon and farmers plowing down fields of cash crops, cattle suffering from the heat; no hay for winter feeding and water sources so low there are restrictions and possibly rationing.

This past weekend Hurricane Henri hit New York and Long Island, for the first time in 30 years, before moving up the New England coast before venturing out to sea, avoiding a direct hit over Nova Scotia. At one point there were 40-Million Americans under hurricane and flash flooding warnings.

Although we complain about the weather we really don't have much justification. Yes, it can change quickly, with temperature along the coast dropping 10 degrees in an hour or so when a bank of thick fog comes ashore.

A drop of 10 degrees is minor compared to massive hurricanes, tornados, blazing temps in excess of 100F, people suffering from heat strokes, massive wildfires, and all the ills that accompany volatile weather changes. I'll stop complaining if assured we can continue with thick fog coming ashore; a few days of blackflies and mosquitos, and the occasional Nor' Easter. Give me the province's beauty, quality of life, less population and opportunity to get either deep in a forest, or walk a beach in just over an hour.

When my stomach started to remind my brain, it soon would be time to have supper. As I thumbed through some recipes my eyes focused on Swiss Steak, perhaps because earlier in the day, I noticed a slab of round steak in the freezer.

Instantly my mind was made up.

### Swiss Steak

- 3 tbsp flour • 1 tsp dry mustard • ½ tsp salt • 2 tbsp oil
- 1 can of tomatoes • Garlic (fresh or dry minced) • 1 cup water
- 1 large onion (chopped) • 1 large green pepper (cut up)
- 1 cup celery cut into pieces similar to carrot dollars)
- 1 cup carrots (cut round like a coin) • ½ cup fresh mushrooms
- 1 - 1 ½ lbs round or sirloin steak

Cut up vegetables and set aside. Cut steak into 1" pieces. Heat oil in a large dutch oven; if you wish sprinkle flour over meat, or add meat to saucepan then sprinkle in the flour, add salt and dry mustard. Brown meat on all sides with medium heat. Stir frequently to avoid sticking. Once meat is browned, add water and stir thoroughly to ensure nothing is stuck to bottom.

Add remainder of ingredients, stir thoroughly, bring to a gentle boil, reduce heat and let simmer 5-10 minutes. Continue cooking for 1-2 hours on top of stove until vegetables are as desired. If your saucepan is oven proof slip into 325 oven. Sometimes, I'll use in a slow cooker for about just over an additional hour.

If you have a favourite family recipe and would like it published in the October issue, please send on or before September 10th. Send to:

The Shoreline Journal, Box 41, Bass River, NS B0M 1B0  
 Fax: 902-647-2194 or email: maurice@theshorelinejournal.com

## Notice to Readers and Advertisers

### Upcoming Deadlines and Publishing Dates

ISSUE ..... DEADLINE ..... PUBLISHED

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



Notes from our National Capital - Lenore Zann's column is not available because she is a candidate in the federal election.

### News from our Municipal Council - District 10

#### Good bye as councillor, hello as MLA

Hello from West Colchester and Colchester North. This will be a bit of a different column as I transition from Councillor to MLA. On the Council side, I will be delivering my resignation to Council on Thursday evening August 26. At that time council will have 6 months to have a by-election. In the meantime, should you have Municipal questions, I recommend a call to the Municipal Office at 902-897 3160.

The past 12 plus years as your Municipal Councillor has been an honor and I thank you all very much for having given me that opportunity.

August 27 2021 Elections Nova Scotia will officially declare me as elected Member of the Legislative Assembly and on August 30 I will be officially sworn in. The past week has been very busy and exciting as I prepare for my new role. I have secured the same office as Karen had in Masstown and am in the process of hiring a constituency assistant. Both my assistant and I will have a lot to learn.

It is my hope to have my office open to some degree by Monday August 30. However as yet do not have a phone number or email address, so please be patient as we get our feet under us. I will say that, in just this first week I have received many calls and lots of challenges to be addressed.

With respect to the election, I would first like to thank my op-

ponents for a hard fought and respectful campaign. While there is no doubt that knocking on doors and chatting with folks is rewarding it is also very hard work, especially during those extremely hot days.

To the residents of Colchester North, Thank you. This has been a lifetime dream or ambition of mine. This is a very exciting new chapter in my life. There is no doubt there will be challenges, there will be victories and there will be disappointments. I promise to do my very best to advocate on your behalf to solve our constituency challenges.

I will work with a new government to ensure the voice of Colchester North and rural NS is heard loud and clear and do my absolute best to ensure that our communities and our residents have every opportunity to grow and prosper.

In closing I would like to thank Karen Casey for her years, (I think 15), of service. She has always been very supportive and worked with me on several Municipal Projects. Thanks, and Great Job Karen!

Tom

Tom Taggart has been District 10 Municipal Councillor since 2008 and is now transitioning to role of MLA for Colchester North.



Tom Taggart

# How to Apply for Geopark Board Position

The Cliffs of Fundy UNESCO Global Geopark is actively recruiting Board Members who are interested in supporting, through leadership that demonstrates equity, diversity and accessibility, the development of the Geopark into a world-class destination.

Board members will be elected at the Annual General Meeting (September 27, 2021) and shall serve for a term of two (2) years, with the potential to serve for three consecutive two-year terms. Board members must be members of the Cliffs of Fundy Geopark. Memberships are available for a nominal annual fee; be of legal age or have the written consent of their legal guardian.

Cliffs of Fundy Geopark board is searching for candidates in the following categories: Geoconservation representatives; Community representatives from Cumberland and/or Colchester Counties; Youth living, working, or attending school in Cumberland and/or Colchester Counties; Representatives of the Indigenous community and Educators from the secondary or post-secondary sector.

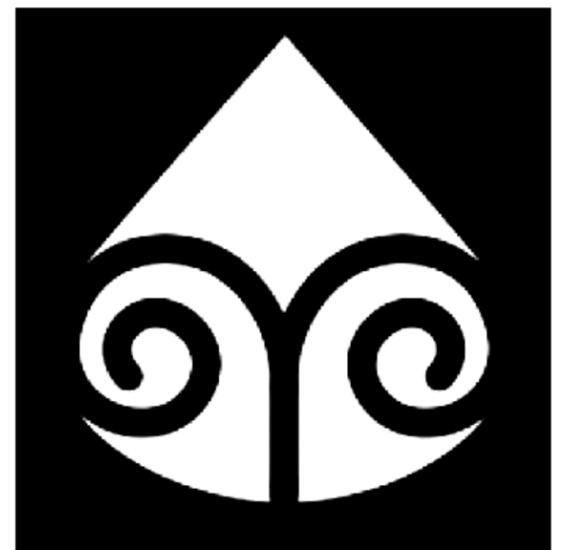
Board meetings are held quarterly, with the possibility of additional meetings in ex-

traordinary circumstances. In addition, an Annual General Meeting is held, usually in September. Generally, meetings are held as a combination of in-person and by virtual platform.

Board members are expected to attend all meetings of the Board as well as relevant committee meetings. All reports for Board meetings, are circulated in advance of each Board meeting in order for Board members to read these materials prior to the meeting. The Cliffs of Fundy Geopark requires that Board members are familiar with and comply with the Duties and Responsibilities of the Board as set out in the Board's Bylaw and policies. Board members will understand their fiduciary duties, as legally required of Directors of Canadian Not-for-Profit Corporations. New Board members will be provided with orientation and any required training by the Executive Director prior to attending their first meeting.

Board members are expected to:

- Advocate for the Mission, Vision and Values of the Cliffs of Fundy Geopark within our communities, and with our partners, stakeholders and funders;



- Contribute, according to their own means and abilities, the resources of time, knowledge, networks and/or financial support;
  - Be open to and aware of diverse community voices and learn from others;
  - Be respectful at all times and engage in collaborative decision making at every possible opportunity;
  - Be self-motivated to advance the strategic priorities of the organization;
  - Commit to excellence and good governance
- To apply send your CV via email to: Beth Peterkin, Executive Director, at [beth.peterkin@fundygeopark.ca](mailto:beth.peterkin@fundygeopark.ca) along with a letter of intent indicating the nature of your interest in the Board of the Cliffs of Fundy Geopark.
- Applicants will be interviewed and selected for nomination according to the needs of the organization.
- Deadline for application is 5 p.m. on September 7, 2021.

**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: B0M / B2N / 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

