

Our Kitchen Korner

Hurricane Season & Schools In

The past few weeks we've been complaining about the heat and that for the past two months it has not rained. Likely when it starts to rain it will come down in torrents, which we don't want. Or it will rain every week-end for as long as we have gone without. It's been so long since we have had rain we forget the old joke forget joke: What do you call the day after two days of rain? ANSWER: Monday.

Yes, we've complained, in the past about the weather..... Humidity, rain, heat and feeling uncomfortable. This year just the opposite our complaints include lack of rain; bans on fireworks, outdoor fire and even banned from walking in the woods. After watching television about weather around the globe we should stop complaining about the weather or anything related to it.

It was eight years ago we were glued to CNN or other American stations, but after seeing the havoc Hurricane Harvey brought to Texas, we need to really thank our lucky stars that we live where we live. Can you imagine the personal trauma of living through a night of 140 Mile/hr wind and rain and then be told the storm had stalled and another 4-5 days of rain was headed your way.

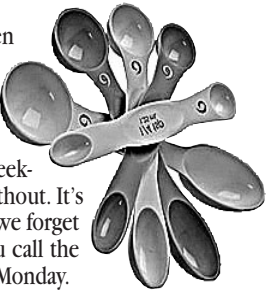
On CNN a meteorologist commented on the airport outside Houston received 10 inches in 90 minutes. It's only Sunday and some areas have 30 inches of rain, and forecasters say the rain will continue until Thursday or Friday and 40-50 more inches expected in some areas.

When major storms hit an area with all the damage to trees, power poles, and anything that was standing it will be weeks, months or years before people will be back in their neighbourhoods. Not only don't they have electricity, or cell phone service, the urban areas are like a time bomb all the natural gas lines snapped or punctured and gas flowing freely into the atmosphere.

With Trump as president, I don't want to move there anyway, but with weather of that potential magnitude I'm happy to stay right here and watch the Bay of Fundy tides come and go.

Within the next week the wee ones and those not so young will be heading back to school. Please remind yourself students will be near the road as they await a school bus or a walking to school. Everyone has a responsibility, but remember your vehicle is a lethal weapon.

When my mind turned to what to cook for dinner, I reached over and grabbed my binder of hand written recipes collected over the years. Not that I was thinking about it, but when I opened one of the pages, a certain recipe seemed to "jump off" the page. Hence I decided to prepare some Swiss Steak.



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. However, I put mine in a slow cooker for about just over an 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, 2025	September 23, 2025	October 1, 2025
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Notes from our Federal Capital Alana's Riding Roundup: August 2025

What a month August has been! As I write this, I'm still buzzing with energy from all the incredible people I've met and the potential I see throughout Cumberland-Colchester.

Connecting With Veterans & Service Members

The overarching theme for my calendar in August was clear: connecting with our Veterans across every corner of the riding. As a member of the Veterans Affairs Committee, I made it my mission to sit down face-to-face with Veterans in their own communities, at their Legion branches. What I heard was both heartbreaking and inspiring – stories of struggle, yes, but also incredible resilience and a burning desire to see real change happen.

I visited eleven Canadian Legion branches throughout the month – Parrsboro, Amherst, Colchester, Debert, Great Village, Oxford, Pugwash/Peace, River Hebert, Springhill, Stewiacke, and Tatamagouche. At every stop, Veterans came out and shared their experiences with such honesty and courage. They told me about navigating bureaucracy, waiting for benefits, and sometimes feeling forgotten by the system they served so faithfully. But here's what struck me most: they're not asking for handouts. They're asking for respect, and systems that actually work.

These conversations have been a critical piece of a bill I will be putting forward that will provide tangible, real-world support for Veterans in Cumberland County – support that could become a pilot program for the entire country. I'm talking about real-time solutions to real-world problems, not more bureaucracy or red tape.

The momentum behind this initiative is already building in ways that honestly amaze me. I've had conversations with the Prime Minister's office, Veterans Affairs, and the Defence Minister. Twenty-five MPs and counting have already thrown their support behind what we're proposing. This isn't just political talk – this is about creating change that Veterans can feel in their daily lives.

Motorcycles & Memorials

Speaking of momentum, the community of motorcycle-riding veterans has been absolutely incredible to work with. The Highway

of Heroes BBQ at the RECC brought together riders from across the region, and the energy was electric. Watching the Rolling Barrage's coast-to-coast rally roll through our communities was a powerful reminder of the bonds these men and women share. Participating in the memorial for RCMP Constable Heidi Stevenson in Shubenacadie was deeply moving – a beautiful tribute to someone who gave her life in service to others. (Photo on page 6).

Community & Culture

But August wasn't only about Veterans Affairs. This month was also about celebrating the incredible diversity and spirit of our communities. Emancipation Day events reminded us of the rich history and ongoing contributions of African Nova Scotians in our region. The Malagash Festival showcased the artistic talent and community pride that makes our area so special. The Provincial Exhibition in Bible Hill was a fantastic celebration of our agricultural heritage, and the Millbrook Powwow was a beautiful display of Mi'kmaq culture and tradition. I was honoured and delighted to have a chance to participate in. (Photo on page 6).

The Wild Blueberry Festival was a perfect example of what I love about our communities – taking something we grow right here and turning it into a celebration that brings people together from near and far. Things like the blueberry pie eating contest is one of those moments that showcase what makes this place so unique... and at times, messy.

On the housing front, I was thrilled to join the Housing Minister in Pugwash to announce Sunrise Landing – 40 new housing units that will make a real difference for families in our community. But we're not stopping there. The Regional Housing Roundtable I hosted focused on actionable steps to start building here in Nova Scotia. We need housing solutions that work for real people with real budgets, and I'm committed to making that happen.

Climate change and infrastructure got some serious attention

continued on page 6



Alana Hirtle

Notes from our Provincial Capital Statement on U.S. Tariff Increase

As much as we all hoped Canada could reach a trade deal with the U.S. by August 1, we knew it would be incredibly difficult. Today, we are learning that we still have more work to do.

We never wanted to be in this position. No one wanted tariffs. This has been a long and difficult road.

I want to thank the federal government, Prime Minister Carney and his team, who have been working tirelessly on this file. I know you've carefully considered the concerns premiers have raised.

Our government will continue its part to support our province and the rest of Canada.

Make no mistake: at the provincial level, we will not hesitate to implement retaliatory measures again if they are needed.

For now, we're focusing on what we can control.

Like building our economy. Becoming more self-reliant. Seizing the opportunities that are before us. Diversifying to new trade markets. Removing internal trade barriers. Supporting local Nova Scotians and Canadian businesses. And looking out for the best interests of Nova Scotians.

I will always look out for the best interests of Nova Scotians.

We remain hopeful a deal can be reached.

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



Tim Houston

Notes from our Provincial Capital Different than predecessors

Summer is winding down on us, I hope everyone is enjoying it. I have not been out and about much as I had knee replacement surgery end of July and have been mostly sticking close to home. I did attend two events of note. On August 16 Great Village and District Volunteer Fire Brigade celebrated their 100th anniversary with a community fun day. I attended and presented them with a plaque and thanked them for their dedication and commitment to supporting their community. As I have said many times and honestly cannot say enough. They are the Heart and Soul of our communities. They are who we turn to every time there is a crisis, and they are Always there.

The second event was at the Portipique Community center. The center joined with the boat building shop at the Maritime Museum of the Atlantic provide a weeklong workshop for young people on boat building. Over the week the students built a skiff, which they launched in Little Dyke Lake last Saturday. This was a remarkable success. It gave these young people a chance to work in a traditional industry, using their hands to create something that they could and were immensely proud of. I personally believe that we could use more of these types of camps or opportunities where we gave our youth the opportunity or experience under qualified staff to learn basic skills in traditional occupations. Basically, learning life skills and safe use of tools.

I wish to comment on the province wide ban on forest travel and open fires. I have received a few emails from residents who believe that the Government has gone too far! I do fully understand their view and their desire to enjoy nature and take advantage of our abundant natural resources. Additionally, I do believe that 99% of our residents are responsible and care for the safety of their fellow residents as well as our forests, there are those out

there that are not responsible and quite frankly do not care.

I want to be clear that I absolutely stand 100% in support of this ban. Short term pain for long term gain! Look at the devastation across Canada.

Think back to the damage and the losses from the fires in 2023. For the most part, Nova Scotia has been fortunate this year. Think about the big fire down in Annapolis County. I believe there were approximately 100 residents had to evacuate, fortunately the wind was right and pushed it away from communities. Thanks to the quick reaction of Volunteer Fighters and Nova Scotia Dept of Natural Resources staff multiple fires were contained throughout N S avoiding tragedy and significant financial cost to the province. It seems the financial piece of this is never discussed.

I am sure the cost will be in the millions before this summer is over. Every penny of that will come out of Nova Scotians pockets. It will mean that some other project does not get done. A new school somewhere, or a long-term care facility or any number of much needed investment will be delayed. Extraordinary times call for extraordinary measures. Hopefully, the rain is not far away!

We cannot forget about the toll this drought has taken on our agriculture community. Keep this in mind as you do your shopping. They need our support.

We received notice this week that the Legislature will be recalled on September 23 which means I will be in Halifax four days a week.

To close off, I wish to thank the staff in my Office, Andrea, Janice and summer student Caleb for the great work they do in supporting me as well as the residents of Colchester North.

Tom Taggart, MLA Colchester North (O) - 902-641-2335



Tom Taggart

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