

# Dorothy's Kitchen Korner

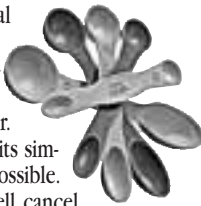
When the Chignecto-Central Regional School Board released its version of cuts to achieve what was perceived as a 22% reduction over 3 years, it didn't take long for people in this area to curtail talking about the weather.

I'm not adept at planning or math, but in its simplest forms, cuts of this magnitude are impossible. However, if that is the outcome, might as well cancel classes, keep the children home, and let them go visit and help the neighbor with chores around their property. They would learn more at the neighbor's than they would in a system so de-engineered that the marrow was taken from the bones.

I wish to apologize to Norma Pike for changing her recipe for "Lady Rose Pickles in the last issue. Everything in the recipe was correct, except to the amount of salt to make the brine for overnight. Directions should have read: "Combine cukes, and onions in brine of 1 Qt hot water, 1/2c salt. Let set overnight. Rinse and rinse again".

To celebrate our busy days and long hours at the store in the mall, Maurice and I decided to get some lobsters for Christmas Eve. Guess what. Each of us stopped by the lobsterman from Yarmouth in the Canadian Tire parking lot on Robie Street.

Needless to say we had more than we could use as fresh lobster, or for sandwiches. On Boxing Day, Maurice decided to make Seafood lasagna. Without a recipe, he started from scratch. Ingredients included: lobster meat, small baby scallops, and shrimp (frozen tails on).



## Lobster and Seafood Lasagna

**Lobster Meat • Scallops (Fresh or Frozen)**  
**Shrimp (Frozen with or without tails).**  
**Butter • Salt • Black Pepper**  
**Lasagna Noodles - ready to cook • Olive Oil**

## White Garlic Sauce Ingredients:

**Butter • Flour**  
**Salt • Pepper • Garlic Powder**  
**Milk - Regular milk and Blend**

Partially thaw shrimp. Saute in cast iron frying pan with lots of butter; when partially cooked remove the tails; add more butter (not margarine) lobster meat and shrimp, a bit of black pepper, sprinkling of salt.

Saute on low heat, - three or four minutes - just until some of the red colour from the lobster and appears in the butter. Remove from heat, but leave in the frying pan.

Make normal white sauce - melting butter in pan and sprinkling in white flour, adding black pepper, salt and garlic powder (lots). Cook until thick, adding a combination of blend and milk (not skim or 1%). Taste to your satisfaction.

Next add seafood mixture to the sauce. Stir thoroughly. Remove from heat and set aside.

Proceed layering as normal lasagna. Slightly grease lasagna pan (bottom and sides) with olive oil. One layer of ready to use noodles; layer of seafood and sauce mixture, sliced block of mozzarella cheese as thick as cheese slices. Repeat. Then add one layer of noodles topped with lots of Mozza.

*(Quantities are not defined, because you have to determine how much lasagna you want and your taste. Quantities can be comparable to normal lasagna with meat and tomato sauce.)*

Cover dish with tinfoil - tinfoil keeps moisture in and eliminates top layer from browning. Bake in 325 oven 35-40 minutes. Remove tinfoil, continue baking. Top will brown.

(If a bit, dry add about ¼ to ½ cup water around the edges of the pan. (More water if needed or desired).

Remove from oven. Let stand about 15 minutes before serving. Great with Caesar or garden salad.

Cut remaining lasagna into serving size pieces, wrap individually in Saran wrap and freeze. To serve, place frozen pieces in microwave for slightly over 2 minutes.

**Please take a few minutes to send along a few of your family's favourites. Please send to:**

Dorothy Rees, c/o The Shoreline Journal,  
P.O. Box 41, Bass River, NS, B0M 1B0,  
or email to: [maurice@theshorelinejournal.com](mailto:maurice@theshorelinejournal.com)

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#### 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](mailto:maurice@theshorelinejournal.com)

**The Shoreline Journal**

## Notes from our Federal Capital

### Canada Summer Jobs 2011.

As we experience the peak months of winter, it is never too early for students to start thinking about potential summer employment. Recently, the Government of Canada announced a significant investment in the Canada Summer Jobs program.

Canada Summer Jobs is an initiative that helps employers create summer job opportunities for students. It is designed to focus on local priorities while achieving tangible results for both students and their communities.

This program will provide funding to not-for-profit, public-sector and small private-sector employers with 50 or fewer employees to create summer job opportunities for young people aged 15 to 30 years who are full-time students intending to return to their studies in the next school year.

Proposals will be assessed using the following guidelines: Service to local communities; jobs that support local priorities; jobs that provide career-related experience or early work experience; jobs with a salary that contributes to the student's income; employers who provide supervision and mentoring; project activities that are directed toward members of, and support the vitality of, an official language minority community; and employers who intend to hire priority students (students with disabilities,

Aboriginal students and students who are members of visible minority groups).

Starting in 2011, the Government of Canada is permanently increasing the budget for Canada Summer Jobs by \$10 million, bringing the total program budget to \$107.5 million.

Applications for interested employers will be available February 1st and must be submitted by the end of February. Interested employers can apply on line at [www.servicecanada.gc.ca/csj2011](http://www.servicecanada.gc.ca/csj2011) or at our local Service Canada Centre.

For more information on the Canada Summer Jobs program or any issue you have of concern please feel free to contact me. You can reach me at 893-2455 in Truro, 667-8679 in Amherst or toll-free 1-888-752-0552 or visit my website [www.scottarmstrongmp.ca](http://www.scottarmstrongmp.ca) and I am also on Face Book and Twitter.

**Scott Armstrong, Cumberland-Colchester-Musquodoboit Valley**



## Notes from our Provincial Capital

Public education in the province of Nova Scotia affects every man, woman and child, either directly or indirectly. With the recent attention to the possibility of cuts to education, it is important that we protect and strengthen the system in this province. I am concerned about the process that has been used by Premier Dexter and the NDP Government. It suggests that they lack an understanding and an appreciation for education in this province. I would agree that inefficiencies can be found in every government department. Education is no exception.

However, I would suggest that a more responsible approach to changes in the way we deliver programs in our schools would be to first determine what outcomes we expect, and what skills we want our students to have upon graduation.

The next step would be to identify the programs that are required in order to meet those outcomes, and the third step would be to cost those programs and their delivery. The education of our young people must be a priority for this government. It would appear that there is a pre-determined outcome to this education exercise that school boards have been

directed to follow. Until last Thursday, the provincial union leaders had been silent, yet their membership would be drastically affected should a 22% cut become a reality. The CUPE union leader, Danny Cavanaugh, suggested at the recent public meeting held by the school board that an increase in education tax should be considered. Is this another way for this NDP Government to ask Nova Scotians one more time to pay more taxes for a service that should be one of the pillars of our government and the strength of our province?

As your MLA, former educator and former Minister of Education, please understand my passion for education. I will always work for what is in the best interest of our students.

**Karen Casey, MLA, Colchester North Ph: 902-893-2180**



## News from our Municipal Council

Happy New Year everyone. I am actually starting this column early as there is a bit of quite time this week and I have something on my mind. Hence an early start.

Over the years, I have watched as the stream bed continued to rise around the bridge in Bass River. I mention this bridge only because there has been community concern about this situation. However, this is no different than most of bridges around West Colchester.

I brought the concern with the bridge in Bass River to Peter Merriott, the new Regional Manager at Dept of Transportation. He advised he would have staff have a look at it. (Please note. I originally wrote this article in early January. I am pleased that on January 18th, the Department of Transportation are doing stream bed remediation around the bridge in Bass River. I would like to thank Mr. Merriott for his support on this. As well, I would like to acknowledge the work of Karen Casey, Jim Grue, Maurice Rees and many others in lobbying for this work).

Everybody says "when I was a young fella" but when I was a young fella Harold Corbett was in that river every 2nd or 3rd year with a dozer making sure the river channel was open and there were no concerns with losing the bridge or even worse the water coming out and going down thru the village in a flood situation. Those days are gone and had Harold done that anytime in the last 20 years, he would have likely had free room and board in Springhill.

I understand the concern for the environment, but there are methods to remediate stream beds without causing environmental damage. I also understand concern for the Fisheries, however, I do not understand where this balance comes in.

Where's the balance between: personal cost to the residents of any community; costs to insurance companies; the cost to taxpayers when Government has to step in "after the fact" to clean up and make repairs, and the possible loss of a few fish or fish eggs that may be disturbed during remediation of the stream bed. I caught a lot of fish around that old bridge abutment when Harold was working there.

Most would agree weather patterns are changing and we can expect more heavy rains and flooding events. Granted, a considerable amount of this flooding around the province was from storm surges and high tides, which we cannot control.

However, a significant amount was caused by flooding around streams and bridges. Much of this could have been avoided if there was a stream bed maintenance program available.

This costs money, and who is going to pay? There is no question Governments at all levels are stretched financially (we just cannot pay enough taxes to keep everybody going). So where are we going to get the cash?

I suggest it comes out of other departments, such as Transportation or

Emergency measures. It's called PREVENTATIVE MAINTENANCE and it SAVES money. No one has yet said what the clean up cost will be from these latest storms, but when I was at the UNSM meetings in Sydney this fall Premier Dexter told us that he had spent over \$7-Million repairing the roads and bridges in and around Meat Cove after a heavy rain event there this summer from a localized storm. It will be quite scary when we find out the cost of these recent wider raging storms.

Colchester County has a flood advisor committee, which I sit on. It has a very small budget. One evening we were debating where we should and should not be spending money. I asked, "Who was really responsible?"

The County started a small flood program years ago to try and help out with small projects when it became apparent the larger Governments were backing away, cutting funding or moving funding to other priorities. So, who is really responsible?

It seems nobody is sure or maybe nobody wants to take responsibility. After a storm with extensive damage, the Province will step in thru EMO. After another financial benchmark the Federal Government will step in with some disaster relief. My point is that all this is being done "after". How much money could have been saved with preventative maintenance.

Preventative maintenance would have eliminated much of this damage and costs. Perhaps preventative maintenance has not been carried out over the past number of years for fear of, or the Guidelines of the Dept of Environment and the Dept of Fisheries.

It is reasonable to expect governments and their departments to work together to solve problems. Presumably this can be done at no additional cost as any money spent should be returned in savings. Perhaps some elected government officials will need to step up and explain to some bureaucrats that "yes" our environment and inland streams need to be protected but not at "any cost".

The Chronicle Herald has reported, Deputy Premier Frank Corbett is calling for a Coastal Strategy because of the storms and their damage to the coastline. This is great although there is currently one underway and has been for a few years. Corbett's action underlines how we as politicians react to things after the fact.

It is my firm belief that stream bed remediation on inland waterways is of great concern. The municipality needs to be Pro-Active on this. I will ask our council to take the lead and press for funding and support for an inland waterways stream bed remediation program.

**Tom Taggart, Councilor District 10, Municipality of the County of Colchester**



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