

# Dorothy's Kitchen Korner

With today's technology, one never knows who is reading them from where. On March 14th, we received an email from Carmel Howcroft, Brampton, Ontario, who had been surfing online looking for newspaper recipes. (See Letter to Editor on Page 4).

In the rush of dealing with winter's snow storms in February, I totally forgot March being nutrition month. We've been observing poor eating habits for over 20 years. More and more we are being encouraged to read the labels, buy nutritional foods. Many think eating nutritionally is expensive. It's not really. Our problem is we are now into the second generation of people who don't know how to cook.



In the days of our grandparents, the selection of "prepared meals" was not available, but also a trip to town was once or twice a month, when necessary. The staple items of flour, sugar, molasses and yeast were foremost on the list.

They lived on a farm grew most of their own food, avoided preservatives and food additives, ate nutritionally and got lots of exercise because all family members worked hard.

In mid-march Maurice was contacted by Jennifer Ferguson, Dietician with Sobey's in Truro inquiring if we would be interested in publishing information on nutrition. In the month of April, Jennifer will be conducting 8 nutrition events at the Prince Street store. The first event is "Diabetes Label Reading Tour" wish is Free. I was interested because I am diabetic, but not on the needle.

During that session, Learn to read labels to manage your diabetes on April 6th, 10:30am-12:00pm. Pre-registration is required. To register or learn about the other 7 April events contact: Dietitian Jennifer Ferguson at 895-7382 or jennifer.ferguson@sobeys.com

Jennifer sent along three great recipes, but I only have room for one. The other two are Fresh Fruit with Yogurt Dressing and Pork Tenderloin with Apple-Ginger Sauce. I'll plan to find room in upcoming columns.

This collection of recipes will make a balanced and healthy meal on the still cool nights of spring. Any favorite root vegetable could be added to the mixture. Sweet potatoes, celeriac, fennel, beets or turnip would make delicious additions.

Leftovers would go well with rice or pasta for the next day's lunch or to use in a soup with the leftover roast for the next night's meal.

This meal gives servings from the Vegetables and Fruit and Meat and Alternatives group. Adding a whole wheat roll and a glass of milk will provide servings from the other 2 food groups, Grain Products and Milk and Alternatives.

Fruit could be used for breakfast the next morning, either topped with a crunchy cereal or blended into a smoothie to put in a to-go cup for the drive to work.

## Maple Roasted Vegetables

**Serves 6. Ingredients:**  
**3 large Parsnips, peeled, cut in 1½ inch chunks**  
**3 large Carrots, peeled, cut in 1½ inch chunks**  
**1 Red onion, cut in chunks**  
**1½ cups, 375 ml - Butternut squash, peeled, cubed**  
**2 tbsp, 30 ml - Compliments Balance margarine, melted**  
**1 tsp, 5 ml - Thyme, dried • 1 tsp, 5 ml - Pepper**  
**2 tbsp, 30 ml - Maple syrup**

### Directions:

1. Preheat oven to 400° F.
2. Mix all ingredients except maple syrup in a large bowl. Spread on a large parchment lined baking sheet.
3. Roast in oven, turning occasionally, until tender and browned (about 30 to 45 minutes).
4. Drizzle with maple syrup, stirring to coat. Return to oven and roast until glazed (about 10 minutes).

Nutrition Information per Serving (1 cup): Calories -141; Fat - 4 grams; Carbohydrate - 26 grams; Fibre - 4 grams; Protein - 2 grams and Sodium - 34 milligrams. Source: Sobey's Dietitians

Remember, I need more recipes.

**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)

## Notes from our Provincial Capital

SO WHAT IS READING RECOVERY

As the debate continues about education budgets, we must not forget what it is we value in public education. Graduating our young men and women with the skill set they need to be successful in post secondary education, the workforce and as citizens in our communities is of utmost importance. Having a well educated workforce is the foundation on which the economy of our province must be built. Research has shown a direct link between quality education and economic prosperity. As Robert Zoellic of the World Bank said "tough economic times are not the time to cut education spending". (Dec 2010)

Within public education, research has also shown that students who struggle with learning to read need early intervention and that if the intervention has not taken place and the students are not reading at the same level as their peers by the time they are in Grade 3, they will continue to struggle and lag behind their classmates throughout the rest of their schooling.

In every school board across the province the early intervention program that is being used successfully is Reading Recovery. So you may ask what is Reading Recovery? Reading Recovery is a highly structured research based program where the lowest 20% of all Grade 1 students in the province receive individual attention by a specially trained teacher. This early intervention program is designed to assist early readers and was introduced into the schools in Nova Scotia in 1995. Since that time over 23 000 Grade 1 students have benefitted from the program and have gone on to be successful in the public school system. Students are tutored for 30 minutes a day for a maximum of 20 weeks in order to bring their reading

level to the average for a Grade 1 student. This includes much reading and writing and the use of special language strategies. The lessons are delivered in a one-on-one setting, and are designed to meet the individual needs of each student. Parents are very involved in the program as are the classroom teachers. Out of 153 reading programs researched in the United States recently, Reading Recovery was ranked the best. This is the program that the Minister of Education has stated will be discontinued and has suggested that it will be replaced by other programs. A replacement program has not yet been identified and anyone involved in education would know that an effective program must be research-based. Research takes time. While the research is taking place to find another program, how many Grade 1 students in the province will be denied the opportunity to get the support they need so they too can be successful in our public school system? I would ask the Minister of Education to reconsider her decision to cut this program from our public schools. Wait until a replacement program that produces the same, or better results can be found. The cost per student for this one-time investment is much less than the costs to provide ongoing supports and remediation for students through to Grade 12. It is also much less than the social costs related to young men and women who struggle to find employment because of their poor reading and literacy skills.

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



## News from our Municipal Council

I guess its time we talked about clear bags. Although I am personally in favor of clear bags, I am on the fence on how I will vote on this issue. I've received many calls from those opposed or concerned about this issue, so I would like to pass on some info pro and con and ask that you e-mail me at councilordistrict10@colchester.ca with your opinion.

The most frequent complaint is the privacy issue. People don't want others to see what's in their garbage. I am certain that should clear bags be instituted there will be a policy in place to deal with this. Two possibilities are, allowing one privacy bag per pick up or allowing each clear bag to contain one of the white kitchen-catcher type bag in each clear bag. The reason council is considering clear bags is to reduce the amount of waste going into the bale fill. We are all aware disposing of garbage is costly and we must do everything in our power to control these costs. The cost to construct a new cell at the bale fill will run in the millions. The more we divert the less it will cost the tax payer. Everyone needs to be aware the Province has set goals, of the number of kgs per household allowed to be placed in the bale fill. Counties are mandated to meet these goals. Exceeding these guidelines brings financial penalties, which would ultimately be passed on to the taxpayer. Often, I hear from residents they do their best to recycle and sort their garbage, however on pickup days they put out 2 or 3 bags and their neighbor or someone down the road puts out 6 green bags and they never see them putting out any recyclables. Clear

bags will force these folks to recycle.

It is estimated clear bags will reduce the waste going in the bale fill by 25% to 50%. However, there is the legitimate concern those continuing to refuse to sort and recycle will then just take their garbage and dump it in the woods. I can assure you that if this happens I for one will be asking for very severe punishment for those that are caught.

There are additional ways to reduce the amount going to the bale fill, which needs exploring. This would include commercial waste and waste from apartments and it must be addressed very soon. However, I do support clear bags as the right thing to do. I feel, if not addressed those who are recycling will have to pay the bill for those that are not. Therefore we need to force the issue, unfortunately we need clear bags to do this and it will undoubtedly take some getting used to.



As I said earlier, I am on the fence only because I have had so many calls opposed, and I really do not want to vote against the residents of district 10. Please contact me at 647-2025 or email: councilordistrict10@colchester.ca.

That's it for now. Enjoy the spring it's my favorite time of year.

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

## Preparing Flower Beds For The Summer

By *Chris Urquhart*

"Oh Mary, quite contrary, how does your garden grow?" As spring is now here, how is your garden? It is the time to start cleaning up the old dead plant growth out of your flower beds and to start adding mulch and fertilizer to them. Once the ground is soft enough to work it is good to give it a head start before deciding what you will plant in there this year.

If you are like me you have

bulbs coming up that you planted last fall (or maybe a few falls before last!). Once they are done blooming and their leaves start to wilt, why not dig them up, separate them, let them dry out over the summer to give them a rest and replant them this coming fall?

This ensures healthy bulbs and a less crowded space for them to grow in. Don't throw away those extra bulbs, give them or trade them with

other gardeners.

Some of your regular plants may need thinning out so you may want to give them to your new neighbours; if someone has moved in to a house near you. What a nice way to spread a friendly welcome! Share some plants from your garden!

This is also a good time to rake your lawn and spread fertilizer on it. Yes, I know you feel you mow too much now, but a healthy lawn is a happy

lawn and you shouldn't have to mow it more than you do now. It is especially good not to cut your lawn too short and to leave the cuttings on top of the lawn.

This helps keep moisture in the lawn and also feeds the roots as the grass cuttings decay. Making sure that any garbage that has blown into your yard over the winter has been picked up also helps your lawn, as well as the look of your yard.

We will soon be dragging out lawn chairs and patio tables. Hurray for Spring.

## Notice to Readers and Advertisers

### 2011 Deadlines and Publishing Dates

| ISSUE               | DEADLINE          | PUBLISHED    |
|---------------------|-------------------|--------------|
| May 2011.....       | April 19.....     | April 27     |
| June 2011.....      | May 24.....       | June 1       |
| July 2011.....      | June 21.....      | June 29      |
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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  
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