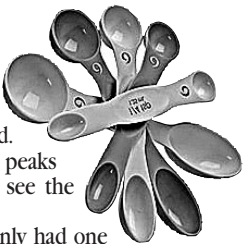


# Dorothy's Kitchen Korner

By Dorothy Rees

Will the rain ever stop? This summer has been a downer in many ways, because the weather has not cooperated. It seems just about the time, the sun peaks through and looks at the calendar to see the weekend coming, it runs and hides.



So far by my calculation, we have only had one weekend (July 10-12) this summer, when it didn't rain between Thursday afternoon and lunch time on Sunday. Outdoor activities, such as flower and vegetable gardening, or even mowing the lawn has been a challenge.

Received a nice letter from Cathy Hayward, formerly of Londonderry. Cathy says she had been enjoying the Shoreline Journal, since her return to the area after spending 34 years in Yarmouth.

She included several of her favourite summer recipes, of which the most of them use local ingredients, and has used them so much, she had forgotten their original source. I chosen the following three:

## Easy as Punch

2 Litres of Ginger Ale  
48 oz Fruit Punch  
48 oz Pineapple Juice  
1 can frozen Raspberry concentrate

Mix together in a punch bowl. Add orange slices for garnish, (or steal Nancy (Langille\_ Matthews beautiful frozen fruit ring - thanks Nancy, and lots of ice.

## Fresh Strawberry Dressing

1 cup chopped fresh strawberries, 1 Tbsp white wine vinegar  
1 ½ tsp liquid balsamic vinegar, 1tsp liquid honey (optional)  
1 tsp freshly ground pepper

Process all five ingredients until smooth. Use on fresh greens (I like romaine with a few halved strawberries and a handful of candied almonds. Or, use on spinach salad with strawberries. Or use it to perk up a tossed green garden salad, or ... use your imagination. (This recipe makes about a cup of dressing. Don't store it too long).

## Raspberry Salad

3 cups Spinach leaves, ¼ cup feta cheese, crumbled  
¼ cup Pine nuts, toasted  
2 cups chicken breasts cooked and diced (optional)  
¼ cup vinegarette (see recipe below), 1 pear, halved and sliced  
½ cup fresh raspberries

Combine spinach, cheese, nuts (and chicken) in a bowl and toss. Pour in half of the vinegarette. Do not toss. Add fruit. Pour over the remaining vinegarette. Do not toss.

## Vinegarette

2 Tbsp red onion, minced, 2 Tbsp sugar, 1/4 Tsp dry mustard,  
¼ Tsp salt, 3 Tbsp red wine vinegar, 1/3 cup olive oil.  
Combine in blender and chill.

Another cheese can be substituted for Feta, if desired. - I'm not a big feta fan). In a pinch, commercial raspberry vinegarette dressing (such as Kraft) can be used.

## Please send your favourites 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)

# Is stress running your life?

By Christine Urquhart

Are you under a lot of stress? Do you find it hard to sleep because you keep running different scenarios in your mind?

Would you believe that laughter is a form of stress relief? It is, and this is no joke.

When it comes to relieving stress, more giggles and guffaws are just what the doctor ordered. Whether you're overcome with giggles during the most hysterical moments of a Monty Python movie or you twitter away at the highbrow humor of a New Yorker cartoon, laughing does you good.

Laughter helps you deal with a variety of maladies, including the stresses of daily life. Laughter's health benefits are no joke. A good sense of humor can't cure all ailments, but here are some facts about the positive things laughter can do. Short-term benefits: a good laugh has great short-term effects.

When you start to laugh, it doesn't just lighten your load

mentally, it actually induces physical changes in your body. Laughter can stimulate your organs. Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain. Laughter can activate and relieve your stress response.

A rollicking laugh fires up and then cools down your stress response and increases your heart rate and blood pressure. The result? A good, relaxed feeling.

Laughter can soothe tension and stomachaches. Laughter can also ease digestion and stimulate circulation, which helps reduce some of the physical symptoms of stress. Laughter isn't just a quick pick-me-up, it has long-term effects too! It's good for you over the long haul and may improve your immune system, relieve pain and increase personal satisfaction.

Negative thoughts manifest into chemical reactions that can impact your body by bringing more stress into your system



The 78th Highlanders Halifax Citadel Pipe Band, had the exciting opportunity to play Mull of Kintyre along with Paul McCartney on stage at the Halifax Commons, July 11th. Thomas Harrington, of Glenholme, a piper with the 78th Highlanders, is pictured on the left side of the photo, next to Sir Paul.

and decreasing your immunity. In contrast, positive thoughts actually release neuropeptides that help fight stress and potentially more serious illnesses. Laughter may ease pain by caus-

ing the body to produce its own natural painkillers.

And, best but not last, laughter can also make difficult situations a little bit easier. Have you had your laugh for today?

# Masstown Community News

By Christine Urquhart

Summer is well under way and most of us are enjoying nice warm days with cool nights. The gardens are into their summer blooming's and look wonderful as I drive around our lovely community. The yards look lush and green and the trees have lots of leaves and new growth on them. We are so lucky to live in a place as nice as Masstown!

Canada Day at the Park was great fun this year! We had lots of children present who seemed to enjoy the games, face painting, cookie decorating, being in the parade, the Fire truck and the RCMP car. If you were unable to attend you missed a great afternoon! Thanks to Constable Pascalle who not only came in her red serge but spent the whole afternoon talking to every-

one there. She even went in the Children's Parade holding on to a little one's hand! A very good sport and a great example of a police officer. I am sure that many of our children now look at the RCMP in a whole new light.

Thanks to John Cook and the Onslow Belmont Fire Brigade. John brought the fire truck to the park and he had candy to throw out to the kids. It was a warm afternoon and every time he threw out some of the candy he sprayed the kids with the hose! Some of us adults even got a little wet! We had a very tasty Canada Day Cake which was donated by the Masstown Market - thanks to them for that! Everyone had a big piece of cake and there was even a little bit of it left over to send home for those who couldn't attend.

# Londonderry Council News

continued from page 4

Sydney, formerly of Lornevale. Cindy is Verna's daughter and a sister of Donna and Bruce Carroll.

Judy (Adams) Leaman held a family gathering at the Community Center on July 19 for the Adams side of her family. The ballfield and grounds around the Center are looking very nice, thanks to Patrick O'Brien who is extremely

thoughtful to volunteer his services to our community.

Please remember and support our troops in Afghanistan and on other dangerous missions around the world. Canada lost five members of the military in Afghanistan this month bringing the total to 125.

There will be no card parties or Council meetings until September. Contact Fred Gamble for hall rental inquiries.

Thanks to Cavanagh's Food Market for the cookies which the kids decorated and thanks to Irene Gratto for looking after that for us. Thanks to Paula Weatherbie for doing the face painting, this is always such a high light for the children (and the adults who watch you work!).

Thanks to Keith Baas and Rhonda Adams for looking after the games and to Rhonda's daughter Haley Adams for leading the Children's Parade. Thanks to our faithful bar-b-que'ers - Trevor Livingstone and Darrell Currie, the hot dogs always taste so-o-o good bar-b-que'd! And thanks to Ron Urquhart for doing Red Cross First Aid.

We drew the winning Quilt Ticket at the end of the day and our winner was Carol Nichols of G. Porter Road here in Masstown. Congratulations Carol! A great time was had by all! See you there again next year!

The Masstown Community Park is there for everyone to use. Come up and have a game of baseball, or basketball! Have a game of horse shoes using the horse shoe pits behind the building. Bring a picnic lunch and enjoy it under the trees. There is a port-a-potty on sight and the well with a hand pump has great, clean water for drinking. Thanks to those who keep our park clean and mow the lawn. Please take your garbage with you when you use the park, for unfortunately the raccoons like garbage very much!

There will be our Annual

Blueberry Pot Luck Supper on August 22nd, 4:30-6pm, at the Masstown United Church. Adults \$8, Children under 12 \$4. Everyone Welcome! Come for a very tasty variety of pot luck dishes and a choice of many different blueberry desserts.

The DGM Men's Club will hold their Breakfast meeting on August 1st, 8am at the Double C Restaurant with all men welcome to come and join in. I hear they have lots of fun at these meetings and often have very interesting guest speakers. For more information on the DGM Men's Club call Keith Baas 662-2255.

Steve and Jodi Barley were home from West Vancouver for a short visit with his parents Jack and Mary Barley. Scott and Brenda Trenholme were home from Ontario to visit his mother Rosemary Baas.

Congratulations go out this month to Kelly and Amanda Densmore on the birth of their daughter Isabella Mary Densmore; and to Lorne and Leticia Putnam on the celebration of their 50th Wedding Anniversary.

Condolences go out this month to: Fred Rushton and family on the death of his wife Peggy Rushton; to Verna Walker and family on the death of her daughter Cindy Lou Worthington; to Jennifer Fisher and family on the death of her mother Marjorie McLellan; and to Robert Fredericks Sr. and his family on the death of his wife Gloria Fredericks.

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### 2009 Deadlines and Publishing Dates

ISSUE	DEADLINE	PUBLISHED
September	August 24th	September 2nd
October	September 21st	September 30th
November	October 19th	October 28th
December	November 16th	November 25th
January 2010	December 14th	December 22nd

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