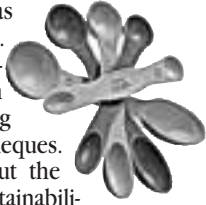


Dorothy's Kitchen Korner

Last month, at this time, everyone was worried about the Canada Post strike. Concern was viewed from numerous factors. Individuals were wondering when the strike and we could start receiving mail, especially those end of month cheques. Business owners were concerned about the strike's impact on cash-flow and the sustainability of business.



We were all worried and concerned, but the largest loser is the corporation itself. Without any way to ship or deliver product a significant number of small business owners switched to couriers and are happy right where they are. It's going to take a long time for Canada Post to succeed in a win-back program.

Once the berry season started, the weather sure changed, from cool, damp and miserable to extreme heat. It's a shame because berries were ripening so fast growers were having problems picking them fast enough and with the high heat, quality can drop if not immediately moved to cooler buildings for preparation for shipping.

It would be so pleasant to have a bit less heat and a bit of moisture during the peak strawberry season. It might lengthen our a week or so, which would take a glut off the market and help growers by maintaining the price.

It really irked me the other day to walk into the supermarket and right there staring customers in the face were raspberries and blackberries from USA. I'm not again product from other countries, but one would think the large chains would have more compassion and want to carry local product.

Wonder if they will expect customer loyalty, when they really start feeling the pinch from locally owned fruit stands, and butcher shops?

Received a great submission from Jennifer Ferguson, P.Dt with Sobey's on Prince Street. Here's the note preceding her recipe for Maritime Hodge Podge.

August is coming and strawberry season is coming to a close, but the fresh vegetables keep rolling in. I know I am looking forward to my first bowl of hodge podge. For those of you who have never experienced this, it's a celebration of fresh vegetables and very easy to do. Enjoy your August and I hope to see you in the store.

Maritime Hodge Podge

- 1 lb (450 g) new potatoes, cut into quarters if large
- ½ lb (225 g) new carrots, cut into 2" pieces
- ½ lb (225 g) fresh yellow beans, snapped, cut into 2" pieces
- ½ lb (225 g) fresh green beans, snapped, cut into 2" pieces
- 1 lb (450 g) new peas, shelled
- 1/8 tsp (0.5 ml) pepper
- 2 tbsp (30 ml) margarine
- 1 sprig thyme
- 1 cup (250 ml) milk

Directions:

Wash and prepare all vegetables. Bring a large pot of water to a boil. Add potatoes and carrots. Return to a boil and cook until barely tender. Add beans and peas and cook for another 2-3 minutes or until all vegetables are tender. Drain vegetables and return to pot. Add pepper, margarine, thyme and milk. Heat gently until milk is hot. Do not boil. Remove thyme sprig and serve immediately.

Serves 4

Remember, I need more recipes. Please take a few minutes to send along a few of your family's favourites or recent nutritional ones added to your family's menu. 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

Notes from our Federal Capital

Good News for Seniors in Budget 2011

The Government of Canada values what seniors have done for this country and is helping them meet their needs.

This year, Canadians will receive close to \$72 billion in benefits through the Canada Pension Plan, Old Age Security and the Guaranteed Income Supplement (GIS). Over the years, the GIS has contributed significantly to reducing poverty among Canadian seniors. In fact, the incidence of poverty among seniors in Canada has dropped from a rate of 21 per cent in 1980 to 5.2 per cent in 2009. The Government of Canada strives to ensure that this positive trend continues.

This is why our government introduced new measures through Budget 2011 to improve the financial security of older Canadians, expand their opportunities and enhance their quality of life.

Beginning this month (July), seniors with little or no income other than the Old Age Security and the GIS will receive additional benefits up to \$600 for single seniors and up to \$840 for couples per year — the most significant increase for the lowest-income seniors in over 25 years.

This will improve the financial security of more than 680,000 of Canada's most vulnerable seniors, many of whom are women.

The Government also wants to support seniors in staying active and involved in their communities. For this reason, they are building on the success of the very popular New Horizons for Seniors Program by providing an additional \$10 million over two years.

Since 2006, the Government of Canada has taken action on many issues important to seniors including: providing Canadians with close to \$72 billion this year through Canada's public pension system; providing \$2.3 billion annually in additional tax relief to seniors and pensioners

through measures such as pension income splitting and increasing the Age Credit; providing \$400 million over two years under Budget 2009 for the construction of housing units for low-income seniors; supporting positive and active aging through the collaborative Age Friendly Communities Initiative, Physical Activity Tips for Older Adults, and falls prevention initiatives; appointing a Minister of State (Seniors)—someone who can bring the concerns of older Canadians to the Cabinet table and stand up on their behalf; establishing October 1st as National Seniors Day to recognize the significant and ongoing contributions seniors make to families, communities, workplaces and society; creating the National Seniors Council in 2007 to provide advice to the federal government on matters related to the well-being and quality of life of seniors and investing \$13 million over three years in support of the Federal Elder Abuse Initiative (FEAI), which successfully concluded on March 31, 2011. Building on the momentum created through the FEAI, which featured an awareness campaign, the Government of Canada remains active in addressing elder abuse through the New Horizons for Seniors Program.

As seniors enjoy the opportunities and meet the challenges that come with getting older, the Government of Canada will continue to do its part.

Please feel free to contact me with any issue you have of concern. 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 and I am also on Face book and Twitter.

Scott Armstrong, Cumberland-Colchester-Musquodoboit Valley



News from our Provincial Council

The organization of summer events along the shore requires hundreds of hours of volunteer time by community members. It is only through the hard work of volunteers that these activities can be held and the excitement and pride that they bring to the community is evident. I want to thank all of the volunteers for the leadership they have shown and encourage residents and visitors to enjoy what the communities along the shore have to offer.

The list of community activities is impressive and includes but is not limited to: Village Follies Dinner Theatre in Debert; Holocaust Remembrance Day Ceremony at Veterans Memorial Park in Bass River; 90 + Birthday Celebrations in Economy; Debert Military Museum Opening; International Day of United Nations Peacekeepers at Veterans Memorial Park; Thirsty Church celebration in Londonderry Station; Official Opening of the Masstown Fish Market; Fundraiser for Maya in Londonderry; Not Since Moses Run in Five Islands; Farmer's Market in Great Village every Saturday; Bizarre in Five Islands; Bizarre in Economy; Elizabeth Bishop Centenary in Great Village; 250th Anniversary of the New England Planters

in Glenholme and area; Church Suppers; Wheels To Meals in Great Village; Kenomee Trail Events in Economy; ATV Trail Rides in West Colchester; Canada Day Celebrations; Vacation Bible Schools; Umbrella Relay Walk in West Colchester; 4H Achievement Day in Bass River; Fishing Derbys; 75 Km Yard Sale in West Colchester; 240th Anniversary of the Upper Londonderry Pastoral Charge - Erskine United Church in Glenholme; Masstown Community Summer Fun Day; Bass River Heritage Day; Debert & Area Kitchen Parties; Blueberry Festival; Bluegrass Festival and Five Islands Lighthouse Day Celebrations.

These events are organized for your enjoyment. Please participate and thank the volunteers in your community. Have a safe and happy summer.

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



News from our Municipal Council

7 Wonders of the World

As many of you may be aware, the Bay of Fundy has been nominated for and is one of 28 finalists for the 7 Wonders of the World competition. The Bay of Fundy entry is the only one from Canada and is one of two entries from North America. The American competition is the Grand Canyon.

The benefits to our region would be fantastic should we be fortunate enough to place in the top seven in this competition. In order to be successful at this, we must make a concerted effort to lobby all our friends, relatives etc across Canada to vote in support. We are competing against places like the Grand Canyon.

Think about it, our bay that we have grown up with and taken for granted, competing against the Grand Canyon and the Great Barrier Reef. In the past 2 weeks I have shown properties along the shore to a couple from Toronto, it is an understatement to say that they and their son were amazed to set on Economy mountain at 11 am and see the bay basically empty and then go back at approx 2 pm and see it near full with a still tide.

From my own point of view, as I said, having taken it for granted, I have to say that there are places, looking out from Broderick Beach, Five

Island Park, Soleys Cove, Jacobs Lane or fishing on the bar in Bass River as the sun comes up are second to none. Look at what the Cabot Trail has done for Cape Breton and it is not nominated as one of the 7 wonders. Once again, Imagine what this designation would do for us. So I encourage all residents and business along the shore to take an active part in this campaign.

As your councillor I am going to start or should I say have my daughter start for me a face book account to promote this cause. I will also, with some assistance begin an email campaign to all councillors, mayors and wardens across Canada asking for their support as well as asking CoRDA and CNTA to put together a committee to work exclusively on this project.

For your vote to count to get the Bay of Fundy into the "top 7" votes must be cast by November 11, 2011. To vote please go to www.new7wonders.com Have a good summer Tom

Tom Taggart, Councillor District 10, Municipality of the County of Colchester



Notice to Readers and Advertisers

2011 Deadlines and Publishing Dates

ISSUE	DEADLINE	PUBLISHED
September 2011	August 23	August 31
October 2011	September 20	September 28
November 2011	October 18	October 26
December 2011	November 22	November 30
January 2012	December 13	December 21

For more information contact us at:

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