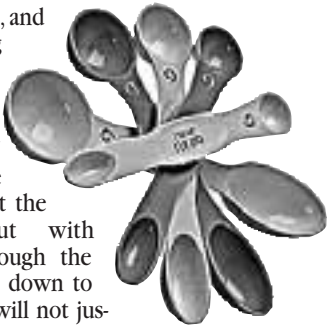


Dorothy's Kitchen Korner

It's been hot, dry, no rain, and field crops are suffering badly. If we don't get some rain soon, it going to cause serious problems for farms with the loss of income. If the dryness continues, we as consumers will feel it at the grocery store checkout with increased prices, even though the amount of money trickling down to farmers in many products will not justify the huge increase in prices.



On another note, received some disturbing news from Vel Kennedy, wife of founding publisher, Ken. Apparently Vel and some others were disappointed with some of the community strawberry suppers when they found out the strawberries were not fresh but last year's frozen. I definitely trust the source, and have not polled local organizations to see if they are guilty. If any group in our area prepared such product, I'd be very, very disappointed.

Earlier this spring Maurice started on a task of trying to find sourdough recipes, primarily for muffins. Michele Michelin was most helpful in providing lots of data and a few recipes. I had intended on printing some more, but go side tracked with great recipes from Hazel Hill and Marilyn Adams and others. I'm not saying Maurice and I started a sourdough movement, but it's interesting, from September 9-11th Mo's in Five Islands has been chosen for a series of workshops on sourdough and yeasted breads. A story, "Learn how to bake bread" outlining the upcoming workshops is included on Page 26 of this issue.

In April, I did some online searching for sourdough recipes, here's one which outlines the process and what is involved in preparing a starter. This gives you the procedures. If you want some recipes, send an email to: maurice@theshorelinejournal.com

Amish Friendship Bread Sourdough Starter

1/2 tsp. active dry yeast • 1 oz. warm water
1 Tbsp. sugar • 1 Tbsp. vinegar
1/2 tsp. salt • 1 cup flour • 1 cup milk

Dissolve yeast in warm water. Place all ingredients into a large bowl and stir until mixture is creamy. This can be a covered bowl or a gallon size zipper bag. You can cover your bowl with plastic wrap or with a tea towel like I did. If you are using a zipper bag you will mush the ingredients around instead of stirring. Also, if the bag gets air in it, please let the air out or it will eventually pop. Let the mixture stand in a warm place to ferment for 2 days. It will bubble and have a sour odor. After the second day, you start your Friendship Bread. You should have 1 cup of starter. Do not refrigerate this starter. Keeping it in the fridge will slow down the growth of yeast and you will not get the desired results from this starter. However, if you need to take a break from the starter (i.e. your going on vacation) you can freeze the starter. Thaw and start over where you left off. You do not want to use a metal bowl or spoon.

Take your 1 cup of starter: Day 1, 2, 3, and 4 - stir each day. Day 5, add 1 cup flour, 1 cup sugar, and 1 cup milk. Stir well.

Day 6, 7, 8, and 9 - stir each day. On day 10 add 1 cup flour, 1 cup sugar, and 1 cup milk. Stir and put 1 cup of mixture in another container. This will be your starter that you keep going. Tomorrow you will begin this process over. Put a lid on the container or use a gallon size zipper bag.

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

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News from our Federal Capital

Harper Government celebrates Royal Assent of Pooled Registered Pension Plans Act with Small Business Owners and Employees

I am pleased to inform our small business community that The Honourable Ted Menzies, Minister of State (Finance), announced that Bill C-25: the Pooled Registered Pension Plans Act has received Royal Assent. The Minister joined representatives from the Canadian Federation of Independent Business (CFIB) and Jetstream Administration Inc. to celebrate this achievement. This legislation implements the federal framework for a new pension option for the millions of Canadians currently without access to a workplace pension plan.

This Bill celebrates an important step towards offering a new, large-scale and low-cost pension option to employers, employees and the self-employed, once operational, Pooled Registered Pension Plans (PRPPs) will allow many small business owners and their employees to have access to such a plan for the very first time.

For example, "Saving for retirement is a real concern for small businesses, as close to 80 per cent have no company retirement plan for the business owner or their employees," said Dan Kelly, President and Chief Executive Officer of the CFIB. "PRPPs will be a welcome addition to the retirement savings toolkit as they are intended to be lower cost, free of payroll taxes and administratively simple."

News from our Provincial Council

Students to learn; teachers to teach

Students go to school to learn. Teachers go to school to teach. Parents expect and want both. It is the responsibility of school boards and staff to create a positive learning environment where both can happen. It is the responsibility of the Department of Education (Province of Nova Scotia) to adequately fund public school education so both can happen.

This seems so simple, but there is one part of this equation that is not in place...the funding of public education by the Province. In fact, the NDP government has chosen to cut funding to schools by 65 million dollars. They have tried to use declining enrollment to justify these cuts. Nova Scotians are not buying that story. What Nova Scotia parents and teachers are most outraged about is the lack of funding to support students in the classroom. The complexities within the classroom are greater today than ever before. Students bring a variety of behavioral and learning challenges to the classroom. Many cannot function without the support of an assistant. Many behaviors are disruptive and interfere with teachers teaching and students learning. Many students have attention challenges and they are unable to focus in a busy environment. Every one of these students deserves the support they need in order to be successful. All students need a positive learning environment so they can be successful.

There are also concerns about class sizes. Although the Minister suggests the average class size is 21 students, parents and teachers know differently. I continue to hear from both parents and teachers who are sharing the real class sizes in their schools. For example, one angry parent tells me the aver-

News from our Municipal Council

Hi Folks, Hope you are enjoying your summer. It really has been a great one so far. Hopefully the rain we had yesterday will be of some benefit to the farmers.

I would like to thank the Nova Scotia Boundaries Commission for doing the right thing and returning the Provincial boundaries for Colchester North to their original locations. I believe this is a case of where there was unanimous opposition to the changes. Mayor Taylor and council, myself as your councillor, MLA Karen Casey, other political parties and I believe our local returning officer even wrote to say how these changes would adversely affect our communities. This is a true case of where constructive criticism made a difference.

It has been a quite month for council and there is not a lot to report there. I believe one issue which requires watching is wind power. Wind power continues to be an issue. Most of you will be aware I am a supporter of wind power, however I do understand the concerns of some.

As a member of the Planning Advisory Committee (PAC) at Colchester County I was involved in drafting our wind turbine bylaws. I believe they are fair and reasonable. There is no doubt commercial wind farms are producing clean and "relatively" cost efficient green energy. Colchester County benefits greatly from tax revenue from them as well.

To date any wind energy producers located in Colchester County have tried to work very closely with the local communities to get their support

"This is an exciting opportunity for our company, and for the many small businesses that we work with, to implement a workplace pension plan," said Jennifer Bauldic, President of Jetstream Administration Inc. "This will help us compete in attracting and retaining long-term employees." Because PRPPs will involve pooling large funds, Canadians will benefit from lower management costs. In effect, Canadians will be buying in bulk, leaving more money in their pockets when they retire. There was unanimous agreement at the December 2010 meeting of federal and provincial finance ministers to pursue a framework for PRPPs as an effective and appropriate way to help bridge existing gaps in the retirement system. Provinces can now easily and seamlessly use the federal legislation as a model to get their own side of the framework up and running. I urge all provinces to adopt PRPP legislation in the near term.

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 Facebook and Twitter.

Scott Armstrong, Cumberland-Colchester-Musquodoboit Valley



age class size in her daughter's elementary school is 27. Other classrooms have over 30 students and some as high as 40 per classroom. The Minister has also increased the cap on class sizes. Hundreds of disgruntled parents have used email to catch the Minister's attention, and over 800 have signed the petition against education cuts. In fact, during the fall sitting of the legislature, leader of the official opposition, Stephen McNeil, tabled documents which contained over 12 thousand signatures of Nova Scotians who were asking that the NDP government identify education as a priority, and focus on KIDS NOT CUTS. The damage that is being done to our public education system by this NDP government will continue to have a negative impact on our students in years to come. We know students who have not learned to read by the end of grade three will struggle through the rest of their schooling. This limits their opportunities to have success in post secondary institutions and in the workforce. It will also negatively impact on their ability to make a valuable contribution to the economy of the province.

Economists around the world continue to remind us in difficult economic times, the last place any government in any country should cut funding is Education. Well, in Nova Scotia it was one of the 1st places the NDP government chose to cut funding.

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



and approval. However, I believe it may be worth looking at our bylaws to better protect our citizens should this not be the case.

It has been a busy month on the shore with different events. According to all reports, the Not Since Moses run was the largest ever. Congratulations and Thank you to the many organizers and volunteers who made this possible. I miss many of these Sunday events as I often work at my regular job on Weekends, but I am always available to address your concerns and issues.

Congratulations to Ed, Lana and Andrew MacDonald on celebrating the 80th anniversary of Maritime Auto Parts Ltd this past week Maritime is and has been a good corporate citizen of and an employer of many in West Colchester for 80 years.

Maurice Rees, publisher, has always counseled me not to use this space as a soapbox for personal gain. However, I would like to take this opportunity to say I have thoroughly enjoyed my last 3 years nine months on Council and that I fully intend to Re offer this fall for another four year term.

Yours truly, Tom

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



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