

Dorothy's Kitchen Korner

Have you been enjoying our hot humid summer heat? It sure came upon us quickly. One week we were wearing a sweater at 14-15 degrees, then within five days, we were sweltering in 33+, with humidex running in excess of 39-41.

Either I am getting old and can't remember, or climate change is upon us. I used to think that "dog days", as we called them didn't show up until August. It is surprising how quickly our seasons have changed by about three weeks. Spring seems longer and cooler, but as soon as we turn the calendar to July, it's like a blast furnace.

We used to get a few days of rain, but now, we seem to get a week or month's supply within a few hours. Think about New Brunswick last week with 120-145 mm dropped on them in a few hours. Prince Street in Truro didn't escape either. Rain came in such an abundance that the area around the Post Office was under water.

I just hope that when the heat leaves us, our summer will not be over. I'm actually looking forward to a nice warm fall running at least until the end of October and I can do without any major hurricanes. We don't need any more weather drama. We've had enough for a while.

With work, heat and humidity, I can assure you, I did not spend much time in the kitchen, nor did I receive any recipes.

Now that local produce is readily available, everyone has been thinking about Hodge Podge. Nearly every family has their favourite version, but for those who don't

I've been noticing the large chain grocery stores are pushing green and red peppers in bags of four. This caused me to think that perhaps a good meal might be stuffed green peppers.

Soon you'll be able to harvest some from your own garden. When I went looking for a recipe, I remembered one from my mother from many years ago.

Stuffed Green Peppers

**4 large green peppers • 1 lb hamburger • 1 medium onion
1/4 tsp pepper • 1 1/2 cups cooked rice • 1 can tomato sauce.**

Saute the onions, salt, pepper and hamburger in a pan until there is no more pink in the hamburger. Add rice and tomato sauce stir until evenly distributed.

Prepare peppers by cutting off the top and removing seeds and any membranes. Add filling to the peppers. Place peppers in saucepan, cover with wax paper or tin foil. Cook on high heat for 10-15 minutes or until peppers are tender.

Serve immediately with another vegetable or salad.

While I was looking through my mother's recipes, I came across a recipe for pickled eggs which she used to make all the time. She'd pack them in my father's lunch box or we'd have them as a snack after school.

Pickled Eggs

**12 eggs • 1 1/2 cup vinegar
1/2 cup water • 1 tsp salt • 2 tsp pickling spice**

Boil eggs until hard, let cool a few minutes, then shell.

Put all ingredients in a saucepan and bring to a boil. Put eggs in a bottle pouring sauce over them. Eggs are best if left for a few days to absorb the vinegar and spices.

I see some of the churches are advertising home made apple pie sales. Two years ago the UCW here in Maitland made over 1,100 pies and sold them all.

I'm always in need of recipes. Can someone send me their favourite apple, blueberry, raspberry and raisin pies with instructions for freezing. I'd like to print some in the August and September issues.

Please send to:

*The Shoreline Journal, Box 41, Bass River, NS B0M 1B0;
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**The Shoreline
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Notes from our National Capital *New option for Old Age Security now available*

The Old Age Security (OAS) program is the cornerstone of Canada's retirement income system, providing benefits to most Canadians 65 years of age and over. The program consists of the basic pension, the Guaranteed Income Supplement (GIS) and monthly allowances for eligible low-income people 60 to 64 years of age.

Canadians are living longer and healthier lives; there will be nearly twice as many seniors in 2030 as there were in 2011, growing from 5 million to 9.4 million. This will place significant pressures on the OAS program.

In recognition of this, the Government introduced changes to the OAS in Budget 2012, which I have outlined below, to ensure the program's sustainability and to improve flexibility and choice.

Voluntary deferral: The Government of Canada has introduced a voluntary deferral of the OAS pension, giving people the option

to defer receipt of it by up to five years in exchange for a higher monthly amount.

For every month people delay receipt of their OAS pension, they will receive an increased monthly benefit of 0.6 percent, up to a maximum of 36 percent at age 70. For example, for Canadians turning 65 today who decide to delay receiving their pension for one year, their monthly amount would increase by 7.2 percent (0.6 percent x 12 months).

Canadians should consider their personal situation when deciding when to start receiving their OAS pension. It is important to note that people who delay their OAS pension will not be eligible to receive the GIS, and their spouse or common-law partner will not be eligible to receive the Allowance until that person's OAS pension begins.

continued on page 6



Scott Armstrong

Notes from our Provincial Capital

Another Sad Day for Small Business in Nova Scotia

My position on support for small business owners in Nova Scotia has been made clear and I continue to acknowledge and appreciate their contribution to the economy of Nova Scotia. I have also expressed my concern about the lack of support from the Dexter government for small business in the province.

First the NDP gave over 600 million dollars of taxpayers' money to 6 large corporations and those corporations have failed to deliver on the employee targets that were set. Some have gone bankrupt, others have closed their doors. I have stated, "this is not in any way an effective use of tax dollars".

Just last week the Dexter government once again turned its back on small contractors. He has failed to protect them in a receivership issue with a housing co-operative. The North End United Housing Co-operative in Halifax went into receivership last year. This is a provincially-owned housing co-operative and

last month the Dexter government took it over. At that time the Co-op owed eleven contractors more than one million dollars for renovations they had completed. At the request of government, the court allowed government to wipe out the 1.1 million dollar debt, leaving eleven contractors on the hook for the cost of those renovations. One more time Stephen McNeil has spoken out on behalf of small business owners.

"Our small businesses employ half of Nova Scotia's workforce, yet Darrell Dexter refuses to respect the people who own and operate those businesses. If you don't run a bank or a multi-billion dollar corporation, this government will not acknowledge your commitment to the economy of this province and to its people".

continued on page 6



Karen Casey

News from our Municipal Council - District 10

Hi Folks, to start I would like to congratulate the Folks in Five Islands on a wonderful, successful lighthouse days. Twenty years ago many communities had summer festivals, and most have died off for one reason or another. In this case a large group of community volunteers stepped up and put on a great festival, on a great day in a great location.

I usually try and stay away from controversy in these columns, but I think I will be bold today. The past 6 months on council have been tough and council has endured more controversy than at any time in my previous 4 years. I am going to touch briefly on a few issues.

Mayor's raise: Well this is not just a raise for the Mayor; every councillor at the table will get a raise. The issue arose because the executive committee which I sit on choose to forward a proposal that reflected a wage level that better reflected the responsibilities and the work load of the Mayor.

At the end of the day the Mayor is the person responsible for

an annual budget of over thirty million; a Municipality with assets of over one hundred thirty million and one hundred twenty two employees. Yes we have a CAO to run this however, he answers to the Mayor and the Mayor answers to the people. That is where the buck stops and I for one expect to be able to call the mayor and get an informed, educated answer along with a plan on how to attempt to solve an issue. Big or small.

Winding down of CoRDA: Back in February, the Federal and Provincial governments stopped funding CoRDA. The Province then announced a new economic development scheme, with the funding greatly reduced and the boundaries spread out over Cumberland, Colchester, Pictou, Hants and part of Halifax Counties. Council decided that it was not in our best interest and

continued on page 6



Tom Taggart

News from our Municipal Council - District 9

As I write this article I'm sitting on the deck of our cottage on Shaw Little Lake in Halifax Co. It's very beautiful here; we're on a small lake all by ourselves. It's approximately 13 Km back in the woods and very private and quiet. As much as my wife and I love this spot it is no where near as beautiful as where we spent last Sunday July 14th.

With our Granddaughters and my dad in tow we all piled into the vehicle and headed for Five Islands. Our final destination was the Five Islands Lighthouse Park. It was Lighthouse Day at the park and this year was extremely special because of the fact the Lighthouse was celebrating its 100th birthday. As most of you already know this Lighthouse was moved from its original location at Sand Point Beach Camp Ground. The Lighthouse is owned by the County but is preserved by the Five Islands Lighthouse Preservation Society. This dedicated group of volunteers continues to work hard in preserving this very important part of our history.

There was a huge crowd on hand for what turned out to be a gorgeous day. The view of the Five Islands from the park is absolutely breath taking. Mayor Taylor and area Councillor Tom Taggart along with local MLA Karen Casey unveiled a plaque during the ceremonies officially proclaiming the 100 year old Lighthouse a heritage property by the County of Colchester. If you get a chance this summer drop by and check out this jewel in Lower Five Islands. It is definitely worth the scenic drive down the shore line.

Summer is that time of the year when we get to enjoy our properties by having a family BBQ on the back deck, working in the gardens or just lounging back and getting some rays. Unfortunately for some of us in District 9 this isn't possible at certain times due to a foul odor in the air.

continued on page 6



Doug MacInnes

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