

# Dorothy's Kitchen Korner

Sometimes you do things, subconsciously, for no apparent reason, but eventually how your mind worked and why comes to the forefront. I forgot about starting this month's column when I was finishing last months. When I was researching recipes for last month I picked "Oven Beef Stew" and a biscuit recipe. I ran out of space so the biscuits and notes got saved for this month.



The reason I picked biscuits to go with the oven stew was they could be cooked in the hot oven just as the stew was finishing, and they would have been ideal either the stew or use for strawberry shortcake.

What I found mindblowing, when I opened the file was it was given to me many years ago, by my Cape Bretoner friend, Freda, who was about 20 years my senior. She and I worked together in the kitchen's of senior's homes in Sydney many years ago, and maintained a close friendship through thick and thin.

I last saw Freda earlier this winter, when I attended her husband's funeral. We chatted a couple of weeks ago, and I told her I'd be in to see her later in July, when I headed to Sydney to have a weekend with two of my other close friends.

On Saturday, July 19th, Maurice was in Parrsboro at Old Home Week, and I was starting to put into my suitcase, when I received a call from Freda's daughter. I was shocked to learn she was hospitalized. I called Maurice and told him I would be leaving on Sunday morning to go see Freda.

Sunday morning at 8 am, the phone rang. Freda passed away at 7:30 am. I left on Tuesday to attend her wake and funeral, then stayed on for the "girl's weekend". Now you know what was mind blowing and a shock when I opened up this month's recipe file. There was Freda's Tea Biscuit recipe staring me in the face. I wondered if I should seek another recipe, then thought, "NO", this is my memorial contribution to Freda.

## Freda's Tea Biscuits

**3 cups flour • 6-8 tsp baking powder**  
**¾ cup shortening • 1 tsp salt**  
**2 tblsp sugar • 1 ½ cup of milk**

Blend flour and shortening with hands until no large lumps of shortening. Add other ingredients to the milk, stir well, then pour into flour mixture. Mix ingredients together in bowl until liquid is distributed throughout the flour. Don't over mix or kneed, as it will make the biscuits tough. Roll out onto a floured surface to your desired thickness - at least an inch thick. Cut into circles, place on baking sheet. Bake in 400 oven for 15-20 minutes.

I love pickled beets and it's the one pickling session I like to do each fall. Another good friend, Iva in Cape Breton gave me this recipe over 20 years ago. If you are cooking beets for dinner, throw a few more in the pot. If you don't want to pickle right away, let them cool in the juice and do them tomorrow.

## Iva's Pickled Beets

**2 c vinegar • 2 c sugar • 2 c water**  
**1 tblsp salt • 1tblsp allspice • 2 tblsp cloves**

Boil for five minutes, stirring constantly. Peel and cut beets to required size, put in sterilized pint jars. Pour hot fluids over beets. Close bottles with lids, set aside on cake rack to cook. After cooling, check covers to ensure tightness. Enjoy next winter.

I'm always in need of recipes. Please send to me by August 15th, so I can get in the September issue.

Please send to:

The Shoreline Journal, Box 41, Bass River, NS B0M 1B0;  
 Fax: 902-647-2194 or email: maurice@theshorelinejournal.com

## Notice to Readers and Advertisers

### Upcoming Deadlines and Publishing Dates

| ISSUE.....           | DEADLINE .....     | PUBLISHED ..... |
|----------------------|--------------------|-----------------|
| September 2014 ..... | August 19 .....    | August 27       |
| October 2014.....    | September 23 ..... | October 1       |
| November 2104.....   | October 21 .....   | October 29      |
| December 2014.....   | November 18 .....  | November 26     |
| January 2015.....    | December 9 .....   | December 17     |
| February 2015.....   | January 20 .....   | January 28      |

For more information contact us at:

The Shoreline Journal, Box 41, Bass River, NS, B0M 1B0  
 Ph: 902-647-2968, Cell: 902-890-9850  
 Email: maurice@theshorelinejournal.com



## Notes from our National Capital

### Strengthening the Value of Canadian Citizenship

Canada's immigration system is well recognized as one of the most the most generous and welcoming in the world, but we must make sure that it continues to protect and promote Canadian interests and values. Our Conservative Government has already taken important steps to improve the efficiency and integrity of our immigration system, and the Strengthening Canadian Citizenship Act— the first comprehensive reform of the Citizenship Act in a generation—will build on our accomplishments.

These reforms include important measures to strengthen the value of Canadian Citizenship, while continuing to improve the citizenship system and protect taxpayers. Our Government's changes are a reflection of the belief that Canadian citizenship is not just a passport of convenience. Rather, Canadian citizenship comes with rights and responsibilities, and a commitment to Canada and Canadian values.

To help ensure that citizenship applicants maintain strong ties to

Canada, we are extending the residency requirements to four of the six previous years for which a physical presence in Canada is required. We will also require that applicants between the age of 14 and 64 years of age meet language requirements in French or English and pass a knowledge test. These requirements will help ensure that new Canadians are fully prepared to participate in Canadian society.

We are helping improve the integrity of our immigration system, as we crack down on citizenship fraud with stronger penalties for fraud and misrepresentation. We are making sure people who commit serious crimes abroad can't become Canadian citizens. We are also revoking Canadian citizenship from dual-nationals convicted of terrorism, high treason, spying offences or who take up arms against Canada. What's more, any permanent resident who commits any



Scott Armstrong

continued on page 6

## Notes from our Provincial Capital

### Shaping the future of education in Nova Scotia

The 2013-14 school year has ended, proms and graduations are over and students are enjoying their summer vacation. That does not mean, however, work at the Department of Education has ended. In fact, some very important work which will shape the future of public education in Nova Scotia schools is well underway.

As you will recall, as the Minister of Education, I announced on February 19, 2014 a review of the public school system, appointed a Minister's panel to lead the review, and asked parents, students, teachers, business leaders, community members and all Nova Scotians to participate in the review.

I know that many of your readers took time to respond, and I appreciate that. In fact, on June 18th I announced that more than 19,000 Nova Scotians answered the call for action and shared their concerns, opinions and suggestions on a variety of topics related to what we deliver, and how we deliver programs in our schools. As the

Minister, it is my responsibility to provide our students opportunities to acquire the skills and knowledge they need to be successful upon graduation.

The members of the panel, along with staff at the department are preparing a detailed analysis of the data received. That analysis will identify strengths, as well as areas of concern that were identified. They have been asked to prepare a Report to the Minister, due in October. There has not been such a review of our public school education system in Nova Scotia for more than 25 years. The incredible responses shows the passion Nova Scotians have for education, and the recognition that we need to make changes. Student success is our collective responsibility and I thank those who participated in the process.



Karen Casey

Karen Casey, MLA, Colchester North

## News from our Municipal Council - District 10

### The Ladies of Five Islands

Hope everyone is enjoying their summer; There is not a lot to speak of from council this month as we do not meet in July. Although, I must say it has probably been the busiest month I have ever had in dealing with constituents' concerns. However, that is all good

Many times over the years I have spoke about the communities and the people that make up district 10. Today I just want to bring to your attention some of the special things these folks have done.

Last week Mayor Taylor forwarded me an email from a gentleman who wanted to know, who "The Ladies of Five Islands" were. This man's daughter had, had surgery at the IWK Children's Hospital and when she returned to her room there was a quilt there for her that was made with love from the Ladies of Five Islands.

The young girl has made a thank you card and needed to know where to send. After making some calls I spoke with Mrs Rose Lewis,

who informed me that she and a group of ladies that operate the Five Islands Bazaar have been making and sending quilts to the IWK for some years now. What a great thing to do and I expect it is very rewarding to hear back from those that have benefitted.

Earlier this month a group of family and friends held a surprise birthday party for Kathy Corbett. Kathy was a long time resident of Bass River who currently resides at Four Seasons Manor in Oxford. It is very difficult for Kathy to return home to visit her friends and neighbors', there was a large group and you can be certain this was very special to her.

Also this month I was able to deliver some funding to the Londonderry Community Association for a park they are building there. They have a very strong group of Volunteers there that have for



Tom Taggart

continued on page 6

## News from our Municipal Council - District 9

I hope everyone escaped tropical storm Arthur relatively unscathed. I spoke to friends in some areas of the County who went without power for five days. I have also heard there were still some residences without power or phone service seven days after the storm. I agree with Premier Steven McNeil when he says Nova Scotia Powers response was inexcusable. In my opinion this company needs to spend as much time focusing on customer service as it does on guaranteeing their shareholders a very sizable annual return on their investment.

Bob Hanf the CEO for Nova Scotia Power apologized to Nova Scotians for problems the company had communicating estimated restoration times to its customers. I don't think Bob Hanf or any of the well paid executives at Nova Scotia Power get it. They don't get the fact we are done with paying some of the highest power bills in the country and not receiving the service we expect and deserve.

I realize this storm went through our Province in July when all the leaves were in full bloom causing trees to uproot themselves. This

does not give Nova Scotia Power a free pass by saying they can't control Mother Nature. With a proper storm preparedness plan, vegetation management program and a communications policy focused on customer service many of these outages could have been avoided. Remember Nova Scotia Power even though you have a monopoly on electricity in this Province (for now) the customer still comes first not the shareholder.

I was pleased to read in last month's Shoreline editorial (Rees' Pieces) that Maurice Rees was impressed with my presentation on the co-operative relationship between the Municipality of Edmundston and the Madawaska Maliseet First Nation in New Brunswick. Although Maurice and I may agree on many economic development issues we don't always agree on everything. I very much appreciate Maurice's support and at the same time disagree with his



Doug MacInnes

continued on page 6

**The Season of Giving is here**

# A Wonderful Gift for the whole year...

12 Months of the Shoreline Journal

Please send this Personal Gift Subscription to:

Name: \_\_\_\_\_  
 Street: \_\_\_\_\_  
 Town: \_\_\_\_\_ Prov: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
 Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_  
 If RENEWAL: Sub # \_\_\_\_\_ New: \_\_\_\_\_ Gift: \_\_\_\_\_  
 Country/Special Mail Instructions: \_\_\_\_\_

This Personal Gift Subscription comes from:

Name: \_\_\_\_\_  
 Street: \_\_\_\_\_  
 Town: \_\_\_\_\_ Prov: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
 Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

HST: 890564404RT001

Enclose Cheque or Money Order payable to **The Shoreline Journal**

LOCAL SUBSCRIPTIONS: B0M / B2N / B6L - \$23.00, PLUS HST = \$26.45 • OTHER PARTS OF NS: \$28.00 plus HST = \$32.20

ALL OTHER AREAS OF CANADA: \$30.00, plus HST = \$34.50 • USA SUBSCRIPTIONS: \$45.00

MAIL TO: The Shoreline Journal, P.O. Box 41, Bass River, NS, B0M 1B0

