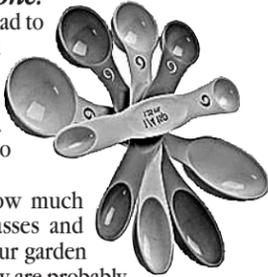


Dorothy's Kitchen Korner

Where has the summer gone?

Remember, last February we had to pay for this heat. We moaned about being cold; another storm was coming our way, or it as hard work shoveling the walkway. Even though we don't have to shove, we are still complaining.



Think about wildlife and how much they are enjoying the lush grasses and probably the tops off some of our garden vegetables or flowers. Like us they are probably not enjoying the infestation of flies and insects.

Here we are only five weeks until students will be back in school. Is time going faster, or are we getting older and it just seems to pass us by like we are standing still. Where has the summer gone? It's a bad way to look at it, but I the next column, I'll probably be chatting about drive safe and look out for students on there way to or from school, then the next one, it will be pumpkin pie for Thanksgiving.

On a completely different note, I'll mention that occasionally how nice it would be to operate a coffee shop, because people are the happiest once they get their first sip, or cup of coffee. I enjoy people when they are happy. Of course, I'd be able to keep up with all the gossip, as I suspect a waitress with a keen ear would be astounded with all the juicy gossip.

However, during the last week being a waitress in a coffee shop in Colchester County it would not have been as much fun. It would be akin to watching CNN hour after hour, where it's a constant rehash of what President Trump tweeted today, or who he called out. basically the same story. Locally, it would have been a matter of paying attention to determine who was taking what side and if they thought the alleged racist comments attributed to two councillors was true or not.

True or not, it will take a while for the blemishes from the bruising we've taken during the last week to disappear. There can be a positive outcome. We don't need or want such attitudes to exist anywhere, but we can only control our own space. Maybe people will think before they speak, and be aware maybe we should join others to put a positive stamp on Colchester by ensuring there is inclusiveness and respect for others.

Now that I need to start some activity about what's happening in the kitchen, I spent a few minutes leafing through the recipe binders I have accumulated over the years. Not long ago, I was talking to an elderly friend of mine in Cape Breton, and within a day or so, when I opened up the binder, there was a recipe she gave me several years ago.

Toonie gave me the recipe about 10 years ago. At that time she was in her early 90's. She's still going strong and I promised her, I'd drop by for a visit on my next trip to Cape Breton. Here's the recipe just as she gave it to me.

Toonie's White Cookies

- 1 cup margarine (2 blocks)
- 1/2 cup brown sugar
- 1/2 cup white sugar
- 1 egg
- 1 tsp Cream of Tarter
- 1/2 tsp Baking soda
- 2 cups of flour (maybe a bit more)
- 1 tsp vanilla

Mix ingredients together. Ensure all is moistened and well mixed.

Drop spoonfuls onto cookie sheet. (I add a sheet of parchment paper)

Bake in 350 over until brown.

If you have a favourite family recipe and would like it published in the September issue, please send on or before August 10th. Please send to:

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 maurice@theshorelinejournal.com

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The Shoreline Journal

Notes from our National Capital

Summer Safely

A week ago, a member of our team had a terrible scare. The phone rang one sunny afternoon and she learned that her son had been in an accident and was being airlifted to Halifax. That was his first ride in a helicopter, and as his mother quickly said, his last ride on a motorcycle.



The young man had been touring along the North coast of Nova Scotia with a group of other motorcyclists. As we all know, the coastal roads are winding, and full of bumps and dips where frost has left its mark.

Somewhere near Antigonish, our friend lost control and slammed into a guard rail. As of this writing, he has been through a couple of surgeries

and more to come. He is not in good shape.

Summer is short in Nova Scotia. Generally it's rainy and changeable through the month of June, July can be a toss-up, and August and September are most often fine. Then it's several weeks of rain followed by winter. By February, everyone has seen enough snow and ice, but winter isn't done with us yet.

With the beauty of our scenery and the lure of our country roads, beaches, lakes and parks calling out, it can be tough to pack all of our summering into those few months when we have the time and the weather will co-operate.

My advice, as someone who has spent 72 summers in this province, and counting, is to slow down and enjoy it as it comes. If you're rushing, you're missing the whole point of summer, and it might just be your last.

Our friend will live; how long and painful his recovery will be, we can't yet say. I know he has learned a hard lesson, but at least he will live to apply what he has learned. I hope we all have a safe and relaxing season of sunny drives and smooth rides, fun-filled festivals and sun-filled days on the water.

Bill Casey is MP for Cumberland-Colchester



Bill Casey

Notes from our Provincial Capital

Community Centre gets \$15,000 grant

Making physical and community activities a part of our daily lives is very important. One of the ways our government provides support is through investments in the Recreation Facility Development Program. These investments help communities remain connected and vibrant. They are also part of the Culture Action Plan.

This year a total of \$1.8 million has been provided across the province to establish new facilities and/or to upgrade existing ones to support that priority. These grants help community groups and not for profit organizations development facilities and increase public participation. A total of 60 projects have received funding.

I am pleased to announce that the Lower Onslow Community Centre is one of the recipients. This Centre is a vital part of the Lower Onslow community. The new investment of \$15 000 through the Recreation Facility Development Program will enhance the Community Centre with a new play space that will promote an active lifestyle. Natural play spaces take advantage of our surroundings and encourage and promote outdoor activity.

Volunteers at the Lower Onslow Community Centre are to be congratulated for their ongoing work at the Centre and I want to thank them for the continued growth in the community. Volunteerism comes from the heart and these volunteers do tremendous

work.

I am pleased to see this investment in a very worthwhile project and encourage other community groups and not for profit organizations to take advantage of our government investment opportunities.

Another opportunity available to communities is through the Community Facility Improvements Program. This program provides funding for community projects that allows them to upgrade their facility. In many communities these facilities are the hub of activity and the Liberal Government continues to work with our communities through investments in their projects.

The Bass River Community Centre Association has done great work through fundraising and the efforts of volunteers to revitalize the Centre. This Centre has been a hub of activity and the need to replace windows in the building is supported by government with a grant through the Community Facility Improvements Program.

In addition, constituents in Londonderry have expressed their concern to me about their community centre and I am pleased that our government is providing funding for maintenance upgrades, including roof, foundation and washrooms. Many of us who

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Karen Casey

News from our Municipal Council - District 10

Mostly Personal Thoughts

Good Morning Folks,

I am writing this at the last minute. It will be short and mostly discuss personal thoughts. I had planned to talk about a roadside litter issue I have been discussing with other councillors across Nova Scotia with the idea to begin in our council and move to the Provincial level later this year. However events of the last week have taken much of my time. I have released a statement on this and I believe it is printed in this Journal.

I have received tremendous support throughout this week with many commenting today's society has become too sensitive. Initially I was in agreement and understand how some of us may feel that way.

However, I have reached out to Chief Gloade via message with an apology and an offer to apologize to his council. Understandably the Chief is a bit cool at this time but we have been in touch and I truly hope that time and dialogue will re-build that bridge.

In our messaging Chief Gloade commented as to how people that have not been subject to racism or discrimination over time may not be as sensitive as those that have.

He also commented, and this really struck me, and I feel this is very important!! He said his true concern is for the young people and how things like this can influence and impact them as they

grow and move forward in life. Now these are not his words exactly, but is my sort of interpretation of them. He is so right and I think when folks like me make these stupid statements we better keep this in mind.

Now I would like to comment on the media who have jumped on this story and reported it across Nova Scotia. I believe they like to credit themselves or refer to themselves as fair and unbiased reporters.

This unfortunate issue has been reported by many mainstream media outlets. I wrote a statement to have available in the event that I would be contacted. Many media outlets have contacted and received statements and reported from others involved in this story. However the only mainstream media that was fair and had the professional decency to contact me for a statement was the Truro Daily News. Is that fair balanced and unbiased reporting?

On a very personal note, many of you will know my mum and will know that she has been and is struggling with dementia. Yesterday we moved her to East Cumberland Lodge, Pugwash. Although I expect she is a bit disappointed with us right now I am confident that she will come to enjoy this place and be happy.

If any of her old friends or students are in the area and have

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Tom Taggart

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