

Dorothy's Kitchen Korner

By Dorothy Rees

In many ways the past month has been filled with many distractions for all of us. Some good, other's somewhat frustrating.

We've finally been getting the nice mild weather we had hoped would have been here in June and July. There were a couple of days in early November, which seemed warmer than what was occurring in early July.



I remember in early July when Maurice and I were at the Bluegrass Festival at Stewiacke River Park, and I thought I was going to freeze. A couple of days in November, I didn't need a sweater.

This month our frustration level increased with all the fuss, confusion and frustration regarding the H1N1 vaccination clinics. Who could get them, the long line ups and sheer fear about being exposed to the flu. Some people are so worried they have been staying home.

It certainly has not been good for the economy. Just think about the lost classes by students, and the huge drain on the economy, with so many people missing work either because of illness or standing for hours in long line-ups.

Now they tell us the wave might have hit is peak and we might get a third wave in February or March. Thank heavens it was not worse than what we have experienced.

When I was looking through my files, to see what would satisfy my sweet tooth, I came across a recipe from Alsleigh Share, Station Road, Londonderry. I chose this one, because Maurice loves banana muffins and chocolate chip cookies. This is a combination of both.

Chocolate Chip Banana Muffins

½ cup oil • 1 cup sugar

1 egg • 1 tsp soda

4 tbsp milk • ½ tsp salt • 1 ½ cups flour

2 to 3 bananas, mashed • ½ tsp vanilla

1 cup chocolate chips (coated in flour to prevent sinking in the muffin)

Preheat oven to 350°F. Cream together the sugar and oil. Add beaten egg and mix until fluffy.

Add bananas, milk, and vanilla. Beat until well mixed. Sift soda, salt and flour. Add chocolate chips. Put into greased muffin tins (or tins lined with muffin wrappers) and bake for 20 to 25 minutes.

Continuing on the road to more chocolate, I wanted to share with you a recipe for Skor Squares sent to me by Freda MacDonald.

Skor Squares

1 box Ritz crackers blue box • 1 can Eagle Brand milk

1 pkg of Skor Chippits. Save 1/4 cup for later method

Crush the box of Ritz until fine
Add the can of Eagle Brand milk and chippits

Bake in 350 oven for 20 minutes. Cool, ice with white icing and sprinkle remaining chippits on top

I still need more recipes. During November and December you are welcome to drop them off to me at Dorothy's T-Shirt Factory (next to Wicker Emporium) at the Zellers Mall in the Truro or send to:

Dorothy Rees, c/o The Shoreline Journal,
P.O. Box 41, Bass River, NS, B0M 1B0,
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2009-2010 Deadlines and Publishing Dates

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August 2010	July 20	July 28
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December 2010	November 16	November 24
January 2011	December 14	December 22

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The Shoreline Journal

Karen Kittilsen

new NACS Executive Director

Submitted by Tom Harrison

Wow what a year it has been! The Northern AIDS Connection Society is showing no signs of slowing down. There has been great growth within the Society this year. NACS is still very committed to the promotion of HIV/AIDS Awareness and Prevention Education in the northern region of Nova Scotia and in addition to the HIV work the Society has the Hepatitis C Aware Project addressing the needs, challenges and barriers faced by the Hep C community.

With all the growth in the organization, NACS went through some restructuring and hired an Executive Director. The new Executive Director is Karen Kittilsen, previously the Hepatitis C Coordinator. Janet MacPhee has moved into the Hep C Coordinator Position. The Society has been very pleased with the performance of this team and continues to grow as an organization. The team at NACS is continuing its work with the Hepatitis C Aware Project by having focus groups in various locations in northern Nova Scotia for Service Providers and for people living with Hep C. The team also consists of Tom Harrison who has been, through a Job Creation Partnership (JCP) funded by Service Canada, working on website development, data-

base development and planning annual events and campaigns.

The Northern AIDS Connection Society is planning a campaign for AIDS Awareness Week leading up to World AIDS Day on December 1, 2009. The Society will have several displays, four pieces of the AIDS memorial quilt and also Candlelight Vigils held in Amherst, New Glasgow and Truro.

The Society has been so busy over the last thirteen years, that it has never had an official Open House, so the Society has decided to make 2009 the year. On December 11th, 2009 NACS, between 1 and 4pm will be open to the general public, partners and local politicians to come to the Northern AIDS Connection Society. You are invited to spend an afternoon discovering the past, present and future of the organization and have an opportunity to meet staff, board members and volunteers. Find out how NACS started its successes and future endeavors. There will be plenty of snacks and refreshments provided so bring your appetites and holiday cheer for a fun filled afternoon with NACS.

If you have any questions please contact NACS at nacs@eastlink.ca or phone (902) 895-0931.

CCJHS Features "In Pink", Live Theatre Presentation



Michael McPhee, plays Travis Price, and Christopher Fowler, plays D.J. Shepherd. The play depicts the true story of two Nova Scotia students who took stand against bullying. (Harrington Photo)

By Linda Harrington

Students at CCJHS enjoyed In Pink on Nov. 3rd, a play depicting the true story of two Nova Scotia students who took a stand against bullying. Respect Ed students Cassidy Langley and Spencer Pellerin, wearing their school's pink t-shirts, introduced the presentation to their classmates. The play was written by Andria Wilson and Michael McPhee, of Left Foot Productions and commissioned by Eastern Front Theatre. It features Michael McPhee, as Travis Price, and Christopher Fowler, as D.J. Shepherd, the two grade 12 students who decided to support a student who was bullied for wearing pink. The play follows the two students through their initial decision, the public scrutiny and the eventual international spotlight. McPhee and Fowler, play several other characters in the 45 minute play, as well.

CCJHS students and staff have had a busy fall. Three authors, Bonna Mae Chapman, Andria Hill-Lehr and Vicki Grant, visited the school in October.

Exploratories began on Nov 5 and will continue each Thursday, throughout November.

A Remembrance Day Service was held on Nov. 10th.

The CCJHS Breakfast Club is up and running. Volunteers are needed to help with the program daily from 7:20 until 8:10 a.m. Bottle returns can be taken to Subway Bottle Exchange and donated to the CCJHS Breakfast Program account. Donations of cash or supplies would be greatly appreciated.

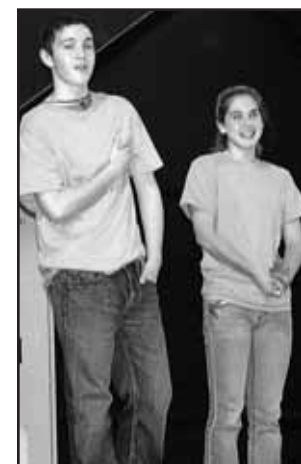
Thanks goes out to

Masstown Market for their donation of fruit to the Breakfast Club and to all those who continue to send in donations. Grade 7 classes enjoyed a trip to the Natural Resources Education Centre in Musquodoboit on Nov. 8th.

The library is looking for any extra board games that are no longer needed at home. These will be used by students on their lunch break.

The CCJHS Ski and Snowboard Club will begin in January. Bussing will be provided (for a fee). Lessons free of charge. To participate, parents and students must attend an information session on either Dec. 2nd or Dec. 3rd at 7 p.m. in the AV room at CEC.

Parents/students can go to www.ccjhs.ednet.ns.ca to check on homework. At the site, click on "homework", then the student's class.



CCJHS Respect Ed students Cassidy Langley (right) and Spencer Pellerin (left) introduced the presentation to their classmates. Students were all encouraged to wear their anti-bullying t-shirts to the assembly in the gymnasium. (Harrington Photo)

Truro UCW Annual on February 9th

By Chris Urquhart

Truro UCW Presbyterial will be holding their Annual Meeting on February 9th at First United Church in Truro. Registration is between 9:30 and 10am. Program will include a memorial service to past members. If your unit has lost someone in the past year please be sure to let Noreen Stark know - 895-1257 or email: ginger@ns.sympatico.ca

The UCW Biennial meeting will be held on April 23-25th, 2010 in St. John's United Church in Fall River.

The national president Ms. McKinnon will be guest speaker. They are looking for stories about cute, funny, interesting or soul inspiring stories for a book they are creating. These stories need to go to our Conference President Letha Mowett. These can be sent to her via the rallies or executive meetings or mailed to her. Please come up with some stories, the last book they did only had stories from out west and Quebec. We need to have the east represented!

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