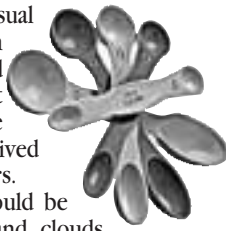


Dorothy's Kitchen Korner

The last month has been most unusual in many ways. Rain, rain and more rain to the point that many experienced some level of flooding. At least in West Colchester, we were luckier than those in Yarmouth County where they received almost 12 inches of rain in 72-96 hours.



I just can't imagine what that would be like. As soon as the rain stopped and clouds passed by, we were basking in weather typical of late spring with temperatures hovering 20 degrees.

Typical of this coastal province, within a week, we were in the minus category on the thermometer and received two or three inches of snow.

Contrary to what some pundits say my last column demonstrates people are still reading newspapers and reading them seriously. I put out a call for a recipe for Mustard Pickles and that plea delivered recipes and a sample.

Thanks to Dorothy Adams, Debert, who she arrived at the store in the mall bringing three recipes and a small sample jar of her mustard pickles.

After she left, I keep admiring how nice they looked. I couldn't resist. Before long I was opening the bottle. They were absolutely delicious, just as I remembered them or perhaps even better. I must confess there wasn't much left for Maurice to sample, although I did save him a couple of spoonfuls.

My success continued later in the month, when I received a mustard pickle recipe from Norma Pyke, Valley. I thank both Dorothy and Norma for adding to my mailbox. Now that readers have started sending in recipes, please don't stop. Dorothy Adams did provide a recipe for "Butter Buds", which would be good for Christmas.

Mustard Pickles (Dorothy Adams)

12 large cucumbers (peeled, seeds removed and cut small)

6 medium onions • 1 pkg celery, cut up

1 red pepper • 1 green pepper • 1 cauliflower

Cut everything up and put in Pot.

Sauce

7 ½ cups white sugar • 3 tablespoons dry mustard

3 tablespoons table salt • 1 ½ teaspoons turmeric

3 ½ cups vinegar • 1 cup flour

Mix dry ingredients together. Add vinegar, bring to soft boil and cook until celery is done. About 1 ½ or 2 hours. Remove from heat and bottle immediately.

Butter Buds (Dorothy Adams)

1 cup shortening • 1 cup brown sugar

2 eggs • 2 teraspoons vanilla • 4 teaspoons baking powder

2 ½ cups flour • ¼ teaspoon salt

Method: Cream shortening, add sugar gradually, then eggs one at a time. Sift 2 cups flour with baking powder and salt. Combine mixtures, add vanilla. Add remainder of flour to make quite stiff. Roll dough into ball. Press down with fork. Bake in 350 oven until golden brown.

There is still a week to go in November, and the next issue will be published on December 22nd, those wishing to get into the baking mood would have a couple of days before carving the turkey. Should you decide to answer my second plea, please ensure its mailed or emailed so we can receive by December 14th. There wasn't enough space to use Norma's recipe, but promise I'll print it next month.

Please take a few minutes to send along a few of your family's favourites, or drop by for a visit. I'll be back at the Truro Mall with t-shirts. We've changed the name to "tshirtsrus.ca". 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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2011 Deadlines and Publishing Dates

ISSUE	DEADLINE	PUBLISHED
January 2011	December 14	December 22
February 2011	January 18	January 26
March 2011	February 15	February 23
April 2011	March 22	March 30
May 2011	April 19	April 27
June 2011	May 24	June 1
July 2011	June 21	June 29
August 2011	July 19	July 27
September 2011	August 23	August 31
October 2011	September 20	September 28
November 2011	October 18	October 26
December 2011	November 22	November 30
January 2012	December 13	December 21

For more information contact us at:

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The Shoreline Journal

Notes from our Federal Capital

Cutting-Edge Energy Project for Parrsboro and Atlantic Canada

This month I wish to discuss a new future for energy and Parrsboro will become the centre of Tidal Power Production in Eastern Canada.

Nova Scotia will soon play a leadership role in a clean energy project that will harness renewable energy from the bay of Fundy. I had the pleasure of joining the Honourable Peter MacKay, Minister of Defence, and John Woods, Chairman of the Fundy Ocean Research Centre for Energy (FORCE) to announce support of up to \$20 million from the Clean Energy Fund for Nova Scotia's demonstration of Tidal In-Stream Energy Converters in the Minas Basin.

Investments in clean energy like this project will help ensure Nova Scotia plays a key role in securing Canada's position as a clean energy superpower. Our Conservative government is supporting this project, and others like it, to encourage clean energy innovation and help create high-quality jobs for Nova Scotians.

With this project, we are creating good jobs, growing the economy and taking another step toward a cleaner environment and more stable electricity prices for Nova Scotians. We are establishing ourselves as a world leader in tidal energy. We have aggressive targets, clear regulations and an incredible natural resource with the largest transmission capacity in the world.

The project is Canada's first deployment of commercial-scale tidal turbines. It will investigate how four submarine cables function, including their reliability to deliver electricity to Nova

Notes from our Provincial Capital

On May 6, 2010, I had the pleasure of introducing a resolution in the Legislature regarding the funding of Lucentis for patients suffering from Wet Age-Related Macular Degeneration. In the House at that time were family members of Eva Giddens, they were her adult children Betty Jennings, Barb Reid, Gwen Davis and Larry Giddens. They were joined by members of CNIB. I was disappointed when members of the NDP government refused to support the resolution, the operative clause being "all members of this House of Assembly ask the NDP Government to explain to the people of Nova Scotia why they are not covering the cost of Lucentis". On that same day, I asked the Premier during question period "will you recognize the refusal to cover Lucentis was the wrong decision and will you add it to the provincial formulary". His response was "we do not have the \$....". I presented, on behalf of the visitors in the House, and their families, neighbours and community members a petition asking that "the Nova Scotia Government re-examine their decision to withhold covering Lucentis injections for all Nova Scotians afflicted with Macular Degeneration".

I called for the Minister to meet with the members of the Giddens' family. The Minister resisted having me in attendance at that meeting. However, I commend the family who insisted that they were not prepared to meet with the Minister without me. The meeting was held and the Minister continued to state that this NDP government would not fund Lucentis for patients with Wet AMD.

But our efforts were not in vain. The family and friends of Eva Giddens continued to raise public awareness and collect support for their petition which now contains over 5 000 names. The

News from our Municipal Council

Hello again Folks..

Fall is here and Christmas is getting closer. I don't usually get too excited about Christmas, but this year we are empty nesters and I am looking forward to my kids all being home, so for a change. I am getting excited about it.

Hopefully, everyone took a few minutes on Nov 11 to remember our veterans. I attended services at Economy, Five Islands and Bass River, as well as a dinner at the Great Village Legion. It was great to see such a great turn out at each event, they seem to be getting larger and larger each year.

One only has to look at the striff, terror, lack of respect for human life and suffering, ruthlessness by dictators and lack of democracy in other parts of the world to truly understand what our veterans fought for and won for us.

I watched a program last week about the landing on Juno Beach. The veterans talked about the fear and terror they felt as

Scotia's power grid and operational functions of the equipment that is connected to the submarine cables. The information gathered will be analyzed and used to enhance future research for tidal energy and energy regulations. The four cables will give FORCE the largest offshore transmission capacity of any in-stream tidal energy site in the world, with potential capacity to power over 20,000 homes.



As part of Canada's Economic Action Plan, the Clean Energy Fund is investing \$795 million over five years in clean energy technology, development and demonstration. The Government of Canada is supporting nearly 20 projects under the renewable and clean energy portion of the Clean Energy Fund, totalling up to \$146 million.

Having just completed my first year as your member of Parliament, I would like to express to you and your family warm wishes for a very Merry Christmas and a healthy and prosperous New Year in 2011 from the entire Armstrong family.

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

Scott Armstrong, Cumberland-Colchester-Musquodoboit Valley

local media gave the issue coverage and we did not give up hope. We were determined and committed to having the NDP government do "the right thing". Knowing this would again become a topic of questions in the Fall sitting of the House ..., the Minister did make an announcement on October 20, 2010 that funding for some Wet AMD patients would be available, effective January 1, 2011.



Patients and their families were pleased with the acknowledgement by the Minister but, as Eva Giddens stated "it's not enough". The provincial commitment will fund treatment for 800 people ... statistics from CNIB show there are over 4 000 Nova Scotians suffering from this condition. There are many unanswered questions: 1) Who are the 800 patients? 2) Who determined who they would be? 3) What is the clinical criteria used to assess patients?

Patients are currently paying \$1 800 - \$2 000 for Lucentis therapy and they require 6 or more injections per year. That is \$2 000 x 6 treatments for a total of \$12 000 per year. Many cannot afford this treatment. This issue is not over. I will continue to ask, on behalf of all patients, for answers to the outstanding questions. I congratulate Eva Giddens and her family who continue to campaign on behalf of all those suffering from Wet Age-Related Macular Degeneration.

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

they charged the beach as 18 and 19 years old. When the machine guns opened up on them, seeing their friends dying and washing on the beach, men crying and bloody, no choice but to charge forward.

Think about it. Then think about the men, women and children who came out of the rubble of bombed out buildings to greet them as they liberated their country. Think about the life we live today and why we are able to live in comfort, free of fear and show up at next year's Remembrance Day services.



Tom Taggart is Municipality of County of Colchester councillor for District 10.

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

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