

Dorothy's Kitchen Korner

As many of you know, my store is located in New Minas this year, because we were unable to negotiate a short term retail space lease in Truro. At first I was hesitant about not being able to serve our Truro area customers, who have been very loyal for the past few years. Add to that entering a new market, where we were not known, then having to take out an apartment since the driving distance was too far after an eleven and a half hour day at the mall.

However, I am pleased to be able to say it has been a great experience. The experience has been enhanced, because son, Bradley who was in British Columbia for four years has moved back to Nova Scotia. He's working full time at the store and I get to spend half the week working with him.

I anticipate he will remain "home" until the spring, when it's time to resume his "lead chef" duties at the mining camps up north. The camps are located about three hours flying time north of Yellowknife.

Regardless of how the seasonal business evolves, I can say it has been made much better when my only child returns back home, even if just for a few months.

But before moving on, I can't say enough about our new customers in the Annapolis Valley. Surprising to me was we've seen a few customers from the Truro area, who decided to give the valley a try for a shopping experience. From what they told us, they enjoyed and will be doing it again.

Whenever, I feel I'm getting low on recipes, it seems like someone from above is watching over my shoulder and one of our loyal readers or correspondents comes through. This month is no exception as Hazel Hill, Great Village sends in a recipe for Christmas Marmalade. In her note, Hazel says, "I used to make this every year for Christmas."

Christmas Marmalade

- 1 can crushed pineapple
- 3 lbs sugar
- 3 oranges
- 1 lemon
- 1 small bottle Maraschino cherries
- 1 cup water

Put oranges and lemon through a food chopper. Cut cherries up fine, save juice. Boil oranges, lemon and pineapple, cup water and cherry juice for 30 minutes.

Add sugar and boil until thick and clear. Add cut up cherries after removing from heat.

Pour into jelly jars and seal.

In anticipation you will have plenty of "left-overs" - turkey, ham, or goose and other foods from Christmas feasting to be turned into value added meals for later this winter, why not share with readers? If you submit some favourite recipes on how to turn left-overs into delicious meals for enjoyment in mid-winter, I can include in the January issue.

We have an early deadline for the January issue, please email or use snail mail, so I receive by December 13th.

I need more recipes. Please take a few minutes to send along a few of your family's favourites or recent nutritional ones added to your family's menu. 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

Notice to Readers and Advertisers

2012 Deadlines and Publishing Dates

ISSUE	DEADLINE	PUBLISHED
January 2012	December 13	December 21
February 2012	January 17	January 25
March 2012	February 21	February 29
April 2012	March 20	March 28
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June 2012	May 22	May 30
July 2012	June 19	June 27
August 2012	July 17	July 25
September 2012	August 21	August 29
October 2012	September 18	September 26
November 2012	October 23	October 31
December 2012	November 20	November 28
January 2013	December 11	December 19

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Notes from our Federal Capital

During the November by-election in 2009 and the May General Election in May 2011, I committed that I would work hard and fight for our law-abiding hunters and farmers and scrap the wasteful and ineffective long-gun registry. On October 25th, 2011, our Conservative Government introduced into Parliament the Ending the Long-Gun Registry Act. This legislation would remove the unnecessary burden on Canadians to register their non-restricted firearms (long-guns). Our Government has always been clear; by eliminating the wasteful and ineffective long-gun registry, we can instead focus our efforts on measures that actually tackle crime and make our streets and communities safe. Once passed, this legislation will repeal the requirement for long-gun owners to register their hunting rifles and shotguns. Provide for the destruction off all records pertaining to the registration of long - guns currently contained in the Canadian Firearms Registry and under the control of the chief firearms officers. Firearms owners will still require a valid firearms licence to purchase or possess firearms and to purchase ammunition. They will also still be required to undergo background checks, pass a firearms safety training course and comply with firearms safe storage and transportation requirements.

The legislation will also require that individuals be in possession of a valid firearm licence when a firearm is purchased. The legislation will not affect the registration process for restricted and prohibited firearms and the Canadian Firearms Registry will continue to maintain records on these firearms. The legislation clarifies the controls over the transfer of restricted and prohibited firearms, specifically the requirement for a business or an individual to notify and receive the authorization of the Chief Firearms Officer in order to transfer the restricted and prohibited firearm to an individual. The Government of Canada has also introduced other measures in the past to ease the burdens on firearms owners and make our firearms laws and regulations more effective, including: In 2006, the Government transferred the Canada Firearms Program and responsibility for the administration of the Firearms Act and regulations to the Royal Canadian Mounted Police (RCMP); In 2008, the Tackling Violent Crime Act (Bill C-2) was implemented which imposed stronger mandatory penalties on the use of firearms by criminals, particularly those who are linked to gangs and organized crime and introduced measures to facilitate compliance with the Firearms Act, including: Fee waivers for Canadians renewing or upgrading their licence; An

News from our Provincial Council

How Legislation Could Help Nova Scotians With Diabetes

The health care of Nova Scotians is a concern to all of us. The health care system responds in a variety of ways to improve the lives of all Nova Scotians, but the statistics around some diseases are alarming. As politicians it is our responsibility to work toward legislation that better responds to the health needs of our constituents.

Diabetes is a good example of how a government can better respond through new and more effective programs. In 2010 over 87 000 people in Nova Scotia were living with either Type 1 or Type 2 Diabetes and this number is increasing every year. Adults living with diabetes often develop long term complications and their life expectancy may be shortened by 5 - 10 years. Diabetes occurs when the pancreas is unable to produce enough insulin or when the body cannot effectively use the insulin that is produced. The alarming statistics also tell us that diabetes is increasing not only in the adult population, but also is increasing in children. Research continues to look for treatment options for diabetic patients.

One medical device that has proven to be very effective in the management of diabetes is the Insulin Pump. There is compelling evidence to support the medical benefits of the insulin pump. The use of the pump replaces multiple daily injections of insulin. The insulin pump technology also leads to better health outcomes. In addition it is also a cost effective method of addressing the financial burden of diabetes on the government. It does this by reducing the number of serious complications experienced by people living with Type 1 Diabetes. It is these complications that increase health care costs to the

News from our Municipal Council

Hello Folks

I thought I would take a minute today to talk about some of the things that I learned while attending the Union of Nova Scotia Municipalities Annual Meeting last month.

I am sure, some of you, are aware of Canada Post and their review of rural mailboxes and the move to more group boxes. Until now most of District 10 have been spared, however I spoke with representatives of Canada Post during the meetings and was advised they will be in our area after Christmas.

Those representatives have assured me they will be to Council before starting their work. What happens here is that under the guise of a safety audit Canada post staff (I need to be clear here, it is not local mail drivers) check every mailbox to ensure it is safe for the drivers to pull into and out of.

If it is not deemed safe then your box must be moved to a group box somewhere in the neighborhood. I asked why that was necessary as almost all mail boxes are located at a driveway the Dept of Transportation has already checked and determined to have adequate sight distance. They said that may be so, but not everybody drives the speed limit and therefore some are not safe.

What they do is they set on the side of the road and check the speed of some cars and determine what the average speed is and then determine the sight distance. So when they arrive I will do my best to advise the communities and for "goodness sake" please do not speed for a few days or we will all be getting our mail at group boxes. Sounds kind of silly, but it is true.

Another issue that is going to arise is the new provincial Coastal strategy. This I believe is a worthwhile strategy, however it will be done by a group

amnesty to protect non-restricted firearms owners from criminal prosecution while bringing themselves into compliance with licensing and registration requirements; and, Enabling holders to renew expired Possession Only Licences. The Government of Canada is taking steps to ensure that gun control in this country is focused on fighting crime, keeping firearms out of the wrong hands and minimizing burdens on law-abiding gun owners.

Additional information about the roles and responsibilities of firearm owners in Canada or for information on how recent and proposed changes affect your obligations, please contact the RCMP's Canada Firearms Program at 1-800-731-4000, or visit their website at <http://cfc-cafc.gc.ca>. Bay of Fundy still our Wonder of Nature. Even though we not successful in moving forward in the New 7 Wonders of Nature campaign, I'm sure you will agree that for those of us who work and live near the Bay of Fundy and surrounding communities, the Bay and its magical tides will always be a Wonder of Nature. I would to thank Terri McCulloch, the Bay of Fundy Tourism Executive Director and her staff for their phenomenal effort over the last many months. Terry estimates that the Bay of Fundy received \$8 million of high profile media exposure which will bode well for the future of tourism for the Bay. I would also be remiss if I didn't express a huge thank-you to all those citizens right across the country who either voted on-line or texted their vote in support of the Bay of Fundy. A job well done! Merry Christmas. At this special time of the year, Tammy and I and our entire family, would like to wish you and yours a very Merry Christmas and a healthy and prosperous New Year.

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 and I am also on Face book and Twitter.

Scott Armstrong, Cumberland-Colchester-Musquodoboit Valley

province. Research has shown that the savings to the province will exceed the cost of implementing an Insulin Pump Program. Insulin pumps are expensive and beyond the financial means of many Nova Scotians. The cost of an insulin pump is approximately \$6 000, and has a lifespan of 5 years. Diabetes patients all deserve to have the benefits of an insulin pump.

On April 6, 2011 the Liberal Caucus introduced a Private Members Bill entitled Diabetic Persons Support Act which spoke specifically to Insulin Pumps. Our Caucus recognizes the importance of a publicly funded Insulin Pump Program. This Bill received 1st Reading and we are asking the NDP government to call this Bill during this fall sitting of the Legislature. This Bill calls for the funding of insulin pumps to be covered under our current MSI plan, so all diabetes patients can have access to an insulin pump, regardless of their financial means.

The Canadian Diabetes Association continues to lead the fight against Diabetes as it works to find a cure. To show my ongoing support for assistance to those suffering from diabetes I will be attending an event on Wednesday November 16th sponsored by the Canadian Diabetes Association. Staff and volunteers of the Nova region will be hosting this event for all MLAs.

Take control of your own health. Click on to diabetes.ca or call 1-800-BANTING. It's time to "Get Checked Now!"

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

from Halifax who will go around to public meeting attended by a few. Actually, I believe they have already had their public consultation. Did you know about this? I know I did not but I could have easily missed it. It is hard to imagine public consultation on a Coastal Strategy without out a meeting along the Bay of Fundy. However, like I said, I may have missed it. Regardless there is good and bad in the report. The one thing that concerns me is setbacks for buildings. The draft calls for mandatory setbacks for building along the shoreline. The rumor at the meetings was that it was going to be 500 ft. That may very well just be fear mongering but it certainly got my attention. As I said, I have read the report and it only talks about the setbacks, but not a distance. Council committee on the 15 of Nov, voted to send notice to this committee asking that setbacks be determined by local Councils Planning Advisory Committees and that we be allowed representation on that committee. Also there are 2 areas in this district or at least on the mountain adjacent to it which are being considered as protected areas. I am told that there will be public meetings. We will have to watch for those notices. I am not suggesting I am for or against, only that we need to be aware and take part in these discussions.

In closing my family and I, all wish you and yours a very safe and happy holidays and we all look forward to a positive and prosperous new year.

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

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