

Dorothy's Kitchen Korner

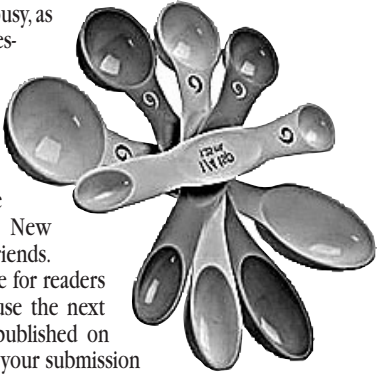
Guess everyone was busy, as I didn't receive any suggestions of your family's favourite Christmas or New Year's celebration recipes. If you have a few moments, send along a recipe you like to prepare for family festivity or New Year's home party with friends.

There will still be time for readers to try your recipe, because the next issue (January) will be published on December 19th. I'll need your submission December 10th.

One nice thing about having a store in Truro is the number of Shoreline readers or subscribers who drop by just to say hello and have a chat. Each year, I can count on Evelyn Sutherland, Upper Economy. She is always so bubbly and fun. She comes to shop, but comes in to renew subscriptions she sends as Christmas Gifts.

Maurice, who worked the store on Saturday, told me at Debbie Weatherby, who delivers mail and writes the Onslow-Belmont Notes. Debbie and a friend spend a fair amount of time in the store.

Now back toward the kitchen. I was reviewing some recipes, which could be adapted to the Christmas season and I found one from by good friend, Freda Cooke from up near Sydney.



Land of Nod Cinnamon Buns

20 frozen rolls • 1 cup brown sugar
1/4 cup vanilla instant pudding • 1-2 tbsp cinnamon
3/4 cup raisins • 1/4 to 1/2 cup melted butter

Before you put out the cat and turn out the lights, grease a 10 inch Bundit pan and add the frozen rolls.

Sprinkle with brown sugar, pudding powder, cinnamon and raisins. Pour melted butter over all cover with a clean damp cloth. Leave out at room temperature turn off the lights and say good night. In the morning preheat oven to 350 and bake for 25 minutes. Let sit for 5 minutes and then turn out on serving plate. Now aren't you clever.

Submitted by Freda Cooke, Cape Breton.

My suggestion: When sprinkling the buns with other ingredients add a dash of clove powder, or your favourite spice. Once cooked turn the buns onto a work surface or serving plate. Drizzle with some almond flavoured dressing, sprinkle with small pieces of red and green cherries, and slivered almonds, which you might have from other baking projects.

Normally Christmas brings the great aroma of a mince pie, but not everyone enjoys mincemeat, especially since it's difficult to get good home-made mincemeat. If you're family tradition is cream and fruit pies, that is great, but if you want to create a choice here's a couple of suggestions.

Since we're not real big sweet eaters, Maurice likes to get a bottle of Black and Crowell's mincemeat, fill five or six of the pre-frozen Tenderflake "mini-tart" shells (18 to a box) and bake when he's got a roast in the oven. Put remaining mincemeat in the refrigerator.

Instead of mincemeat pie you might like to try an Old Fashioned Raisin Pie.

Old Fashioned Ratsn Pie

2 Cups Raisins • 2 Cups Water
1/2 Cup Brown Sugar • 2 Tbsp Cornstarch
1/2 Tsp Cinnamon • 1 Tbsp Vinegar • 1 Tbsp Butter

Combine raisins and water. Boil for 10 mins. Blend sugar, cornstarch and cinnamon. Add to the raisins and cook stirring until clear. Remove from heat and stir in vinegar and butter. Cool slightly. Put raisin mixture in pie crust and bake at 425 degrees for 30 mins.

Submitted by Marilyn Adams

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:

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Upcoming Deadlines and Publishing Dates

ISSUE.....	DEADLINE	PUBLISHED
January 2013	December 11	December 19
February 2013	January 22	January 30
March 2013	February 19	February 27
April 2013	March 19	March 27
May 2013	April 23	May 1
June 2013	May 21	May 29
July 2013	June 18	June 26
August 2013	July 23	July 31
September 2013	August 20	August 28
October 2013	September 17	September 25
November 2013	October 22	October 30
December 2013	November 19	November 27
January 2014	December 10	December 18
February 2014	January 21	January 29

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News from our Federal Capital Tough on War Memorial Vandals

It is a sad day when it becomes necessary to enact legislation against those who desecrate our country's war memorials and cenotaphs. One would hope that vandalizing tributes to the men and women who bravely defend our country would be so distasteful that no one would even attempt it. Unfortunately, that is not the case. Recently across Canada we have seen a growing trend of vandalism of these sacred memorials. Some have been simply acts of ignorance and others have had a more political motive behind them.

Either way I believe it is high time we send a strong message to those who would disrespect our Veterans and war dead in this cowardly way. That is why Conservative MPs voted in lockstep to support Conservative MP David Tilson's private member's bill. On October 31st. the bill received third reading and passed through the House of Commons.

Bill C-217 Mischief Relating to War Memorials seeks to impose

News from our Provincial Council Update on Legislation in Nova Scotia

In May, 2012, my article in this paper was about cyberbullying. At that time, I stated it is an issue which continues to make news in this province, and not in a positive way. It is a social issue that often plays itself out in our school classrooms.

At that time (May 2012) the NDP government introduced Bill 30 which they said would address the problem. It was a very weak and shallow piece of legislation. It ignored the excellent work that had been done by the Nova Scotia Task Force on Bullying and Cyberbullying. At that time, the Chair and other members of the Task Force, along with parents and teachers, spoke out to express their disappointment in the legislation.

They were upset that the Minister of Education had failed to make it a bill with some substance. The bill called for "more data collection." The Minister said, "More study is needed." Everyone knows there is a problem and everyone knows collecting more

News from our Municipal Council - District 10 Hi Folks,

It's been a busy month for me; Remembrance Day is always a good day and a busy day. As councilor I was invited to 5 different services in West Colchester. I also attended services in Economy on Sunday Nov 4. This is arranged a week in advance to allow for the local legion in Great Village to take part. The service was well attended and a great lunch followed. November 11 was busy with services in Bass River at the Veteran's Memorial Park at 11am, Londonderry at 2 pm and then a great roast beef dinner at the Great Village Legion Hall at 6 that evening.

Very special thanks to Deputy Mayor Bill Masters for placing a wreath at Great Village and Five Islands on my behalf. It is an honor to be given the opportunity to pay my respect to those who have served, fought, and gave their lives, often in conditions most of us cannot even imagine, so we could live our lives in freedom and without fear.

I would like to take a few minutes to talk about the new Civic

News from our Municipal Council - District 9

Maria Robinson, the first female President of Ireland, said, "No one can go back and start a new beginning but everyone can start today to create a new ending".

On October 20, 2012, the residents of District 9 voted for change and the start of a new ending. I am honored to have been chosen as your councillor on this journey. Thank you for your votes, your words of support and the fantastic conversations we had on your door steps during the campaign.

As they say, I have certainly hit the road running, as the #1 concern I heard while knocking on doors during the campaign was about the back flow fracking water being held in containment ponds at Atlantic Industrial Services (AIS) in Debert and the ongoing odors which are regularly emitted from this location.

A letter has been sent to AIS requesting their cooperation in implementing a Citizen Monitoring Committee and a meeting has been set between Mayor Bob Taylor, the Department of Environment and myself. All the Council members are firmly

opposed to flushing such materials down our sewer system in Debert and are working to resolve this issue in a timely manner.

My first official duty as the newly elected councillor for District 9 was to lay the wreath on Remembrance Day at the Cenotaph in Debert. You can't help but feel a sense of pride when seeing so many residents out to show their support for our veterans.

With the number of young faces in the crowd it is a certainty we will never forget the sacrifices our men and women in uniform give so that we can live free in this great country.

Also on November 11th, my wife, Wanda and I were invited to the annual Remembrance Day banquet and award ceremony held at the Debert Legion. This event was also attended by Mayor Bob Taylor and local MLA, Karen Casey. We all enjoyed a very lovely



Scott Armstrong

data will do nothing to make it safer for children and youth who are the victims of cyberbullying.

Wayne McKay, who chaired the Task Force, was disappointed. After nine months of work and 85 recommendations to the Minister about what is needed, all the Minister could include in the legislation was to collect more data. As Wayne McKay told CBC News at the time, "Surely we don't have to wait until somebody dies or is injured before we do something."

As Education Critic for the Liberal Caucus, I introduced changes to be added to Bill 30. They were designed to make it stronger. The NDP refused to support them.

Fast forward to October, 2012... another piece of NDP legisla-

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Karen Casey

Center. I was questioned on this many times during the election. Of late, it has become a target for all the naysayers to take pot shots. I would like to explain my position and give my thoughts.

I voted in support of this and I did it with the knowledge a number of the residents of my district would be opposed and because of proximity would get less of a benefit. However, please consider this is a major project likely to happen only once in our lifetime.

We have a responsibility to grow our County and our communities, and there is no question this will do that. It is much more than just an ice surface; it is a state of the art conference center, a competition size pool, as well as a leisure /therapeutic pool, along with a climbing wall, fitness center and walking track.

These things will help grow our County providing modern

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Tom Taggart



Doug MacInnes

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