

Dorothy's Kitchen Korner

Not much on television this weekend. It's been all about the 50th anniversary of JFK, and building the hype for Sunday's Grey Cup Game. Very interesting documentary regarding JFK's assignment on CBC this weekend. I thought it was well done.

Certainly both of television's flavour of the weekend did not host much interest for me, it certainly was a break about Ottawa's senate scandal and who did what, who knew what and when did they know it, and the unflattering image of Toronto with all gums flapping about Mayor Rob Ford and what he's been doing, saying and going to do.

On the Toronto situation I did catch a piece which said that Ford and members of Ford Nation played an important part on the Conservatives successful penetration to get many MP's elected in Canada's largest city. Some pundits are starting to question if Ford Nation's hold on the city starts to disappear, what it might do to affect the outcome of the next federal election.

Business is really starting to increase at the store. When I think about it only four more weeks to go. I'm tired already. When it gets real busy I'll have to round up some additional help. I do know that as in previous years, when it's over, I'll be totally exhausted.

Ruth Thompson often stops in for a visit during the day, and has recently been telling me how she is enjoying curling on Thursday mornings. That's something she couldn't do when she lived up on the shore.

Once day when Maurice happened to come in, she and I were talking about Christmas baking and for some strange reason plum pudding came up. Maurice said we'd be too busy and she should make us some.

It didn't take her any more than 24 hours to send through an email with the list of ingredients, and a note... I'll make the plum pudding for you, but you need to get me the ingredients and a large pot so I can steam it.

Maurice took care of the store on Saturday, so I could get a couple of days off. This weekend I've been busy doing domestic chores around the house and haven't had much time to think about recipes or getting into the kitchen.

As a result I've grabbed Ruth's recipe and am pleased to share it with you.

Plum Pudding

**1 cup molasses • 1/2 cup brown sugar
2 cups sour milk
1 cup suet (I use margarine)
4 cups flour • 1 pound large raisins
1 pound small raisins
1/2 pound of currants (can put some cut up dates if you wish)
1 tsp cloves,
2 tsp. Cinnamon
1 tsp nutmeg**

Mix together well, if it will all fit into your can (48 oz tomato or apple juice suggested)
Steam 4 hours until done.

I'm always in need of recipes. If you have some Holiday recipes, or some tips for New Years festivities please send to me by December 8th, so I can get in the next issue, which is published December 18th.

Please send to:

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maurice@thesorelinejournal.com

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March 2014	February 18	February 26
April 2014	March 19	March 26
May 2014	April 22	April 30
June 2014	May 20	May 28
July 2014	June 20	June 28
August 2014	July 22	July 30
September 2014	August 19	August 27
October 2014	September 23	October 1
November 2014	October 21	October 29
December 2014	November 18	November 26
January 2015	December 9	December 17
February 2015	January 20	January 28

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The Shoreline Journal, Box 41, Bass River, NS, B0M 1B0
Ph: 902-647-2968, Cell: 902-890-9850
Email: maurice@thesorelinejournal.com

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Notes from our National Capital Canada EU Trade Agreement - Opening Canada to New Markets

Today, with one in five Canadian jobs dependent on exports, our prosperity hinges on opening new markets for Canadian goods, services and investment.

This is why our Conservative Government launched the most ambitious trade agenda in Canadian history. We are working to open new markets to create jobs and opportunities for all Canadians. Prime Minister Stephen Harper recently announced that Canada has reached an agreement in principle on a trade agreement with the European Union.

This is the biggest deal Canada has ever negotiated. Whether you are a fisherman in Atlantic Canada, a forestry worker in Québec, an auto-worker in Ontario, a Prairie farmer, or an engineer from the West - you will benefit from the Canada-European Trade Agreement.

It will open new markets to Canadian exporters throughout Europe and generate significant benefits, jobs and opportunities

for all Canadians. The benefits of this agreement are equivalent to creating almost 80,000 new jobs or increasing the average Canadian household's annual income by \$1,000.

Canadian families will have greater access to European goods at a lower cost, as 98% of all tariffs, both ways, will be removed. This will significantly boost trade, investment and job opportunities for all Canadians.

Canadian businesses will have access to half a billion affluent customers - the world's single largest market. With this agreement, the number of countries with which Canada has a free trade agreement will triple from 14 to 42. It is expected to inject \$12 billion per year in Canada's economy.

What's more, our Government is also keeping the three pillars

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Scott Armstrong

Notes from our Provincial Capital

Changes are coming

Some changes that will impact all residents in Colchester North and the entire province are scheduled to come into effect on August 23, 2014. Those changes are in the telecommunications industry. As your MLA, I want to share the most recent information with you.

Starting August 23, 2014, residents in Nova Scotia and Prince Edward Island will be asked to dial 10 digits - the area code followed by the phone number - for all local calls. Furthermore, a new area code - 782 - will be introduced starting as of November 30, 2014. These measures are the result of a decision by the Canadian Radio-television and Telecommunications Commission (CRTC).

The ever-growing popularity of new telecommunications services and changes in the competitive environment are driving a huge increase in demand for phone numbers in the region. The area code 902 will soon reach full capacity. That is why 10-digit

local dialing will be required for all local calls. Ten-digit dialing has already been successfully implemented in many Canadian provinces, and will soon be the norm across North America.

There will be a public information campaign in order to ensure a smooth transition to this new local dialing method. The date for beginning the 10-digit dialing is August 23, 2014, and it is expected the project will be completed by November 16, 2014.

Consumers and businesses need to be well-informed of these changes. For more information on how this change will affect you, and how to better prepare for the 10-digit dialing, you may visit the Telecommunications Alliance at www.dial10.ca.

Remember, this does not come into effect until August of 2014, but I do want you to be aware that the change is coming.

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



Karen Casey

News from our Municipal Council - District 10

Hello folks.

Last evening I attended a very interesting meeting to be briefed on the Truro/ Colchester Joint Municipal Climate Change action plan. This action plan is a required to allow our Municipalities to receive funding from the Federal Gas Tax fund. Part of that report indicated the Northern Shore of the Minas Basin (from Five Islands to Little Dyke) is the most susceptible to and has had the most erosion of any other shoreline in Nova Scotia.

The folks who prepared this report have data and mapping indicating this as well as detailed information on how best to mitigate it. It is my hope I can get this info and hold a public information meeting over the winter. Depending on the interest and what may be presented, we may consider asking the three levels of Govt to invest to some kind of pilot project and possibly some assistance in armouring the most highly affected areas.

News from our Municipal Council - District 9

I would like to start this month by saying how great it makes one feel to see the pride we all have for our veterans. Once again this was very apparent by the number of people attending Remembrance Day ceremonies held at cenotaphs around the County on November 11th. I attended the ceremonies in Debert and as usual there was a large crowd on hand. My wife and I also attended the annual Remembrance Day banquet at the Debert Legion were this year three WW11 veterans were in attendance. Each year the number of WW11 and Korean veterans decrease but we can't forget that there is a new generation of veterans from conflicts such as Afghanistan.

On November 14th I had an opportunity to sit down and discuss a few issues with our local MP Scott Armstrong and I started with the struggles some of our younger veterans are having receiving the proper health care and benefits they deserve. Mr. Armstrong explained his government does not believe this is as much a financing issue as it is a lack of qualified medical and psy-

I have had many enquiries as to what is to become of the Elementary school in Bass River. The policy in Colchester County is that once the school is declared surplus by the School Board it is then offered back to the Municipality. It has been the practice of Colchester County to access the value of the school and to determine if the property is of value, or if it is in fact a liability. The cost of demolition of many of these old schools has been very high, often due to the presence of asbestos and other materials and the overall cost of trucking etc.

I will be holding a public meeting at the Bass River Fire Hall at 7 pm Dec 4 to gather public opinion. I have several concerns in this respect. The number 1 concern is if the Municipality refuses

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chiatic physicians.

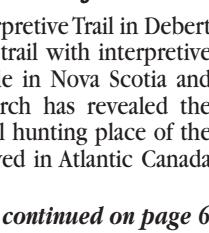
He reassured me his government is working to make sure every veteran in Canada receives the care they are entitled to. Mr. Armstrong also asked me to pass along the message anyone with concerns in this matter to please contact him personally.

I was invited by The Confederacy of Mainland Mi'kmaq to attend the 10th anniversary of the Mi'kmawey Debert Interpretive Trail in Debert on October 25th. This trail is a woodland trail with interpretive panels telling the story of the First People in Nova Scotia and their life in Debert. Archaeological research has revealed the Mi'kmawey site in Debert was a traditional hunting place of the First People (Paleo-Indian people) who lived in Atlantic Canada between 11,000 and 13,000 years ago.

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Tom Taggart



Doug MacInnes

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