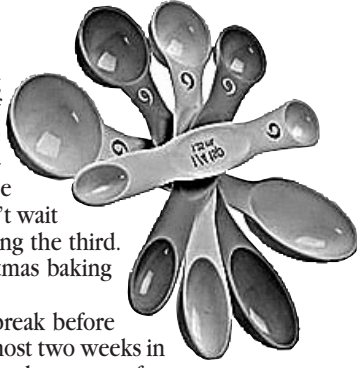


Dorothy's Kitchen Korner

A Second Submission

They say everything works on a basis of threes. If so there is one still to come, as I've received the second recipe submission in a row. Can't wait for someone to send along the third. Haven't done any Christmas baking as of yet.



Decided I needed a break before the holidays so spent almost two weeks in Cape Breton. Glad to have been away from the television as Maurice had his eyes and ears glued to CNN to follow the Impeachment hearings. Of what I did see, it was the same thing over and over, as politicians worked hard to break every rule in the rulebook and to put national security at risk.

Although, I'm fearful sure hope that level of scull-duggery doesn't flow northward towards Canada. The activities in the federal election causes me some worry with a heightened level of lack of trust and respect for other humans. Maybe now that we have a minority government, those in Ottawa, or feed into Ottawa will be forced to act with maturity and "come together" to address the many problems Canada faces.

Last month I mentioned Hazel Hill, because she had a fond spot for Maitland, with some relatives and friends over her, whom I also know. It was timely or ironic as my comment struck one chord, because her grand-daughter, Margie Hill-Dennis, sent in one of Hazel's many delicious recipes. Thanks to Margie she sure saved my bacon as I was able to avoid a last minute panic to find something appropriate.

Here's Hazel's recipe for Whoopie Pie Cookies submitted by Margie Hill-Dennis:

Whoopie Pie Cookies

1/2 cup shortening • 1 cup white sugar • 2 egg yolks
5 tsp cocoa • 1 cup milk • 2 cups flour
1 tsp baking soda • 1 tsp baking powder
1/2 tsp salt • 1/2 tsp vanilla

Filling

1/2 cup shortening • 2 cups icing sugar
2 beaten egg whites • 1 tsp vanilla

Mix shortening, sugar and egg yolks together. Add dry ingredients, milk and vanilla. Drop on greased pan (or you can use parchment paper). The size of a small drop cookie. Bake at 350 degrees for 10-12 minutes or til the tops spring back. Let cool completely before adding the filling between. You can use a little food coloring in the filling, for a more festive look.

Gram used to make these a lot at Christmas. I have used this recipe and they are good, but, not as good when gram made them!! I wanted to share a recipe in memory of my grandmother, after I seen your comment in the last issue of the Shoreline Journal.

Gram was an amazing cook and baker, hard to duplicate.

I suggest any of our readers and followers to look through the family heirloom recipes and do what Margie did. I will do as I did for her, publish with your comments and in memory of your relative.

Please look through some of the family cook books and send along some entries. Photo copy and drop in the mail, or fax to 902-647-2194, or by email to: maurice@theshorelinejournal.com

If you have a favourite family recipe and would like it published in the January 2020 issue, please send on or before December 9th, as we have an early deadline in order to complete and place in the mail for delivery on December 18th. Send to:

The Shoreline Journal, Box 41, Bass River, NS B0M 1B0;
Fax: 902-647-2194 or email: maurice@theshorelinejournal.com

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Upcoming Deadlines and Publishing Dates

ISSUE	DEADLINE	PUBLISHED
January, 2020	December 10	December 18, 2019
February, 2020	January 21	January 29, 2020
March, 2020	February 18	February 26, 2020
April, 2020	March 24	April 1, 2020
May, 2020	April 21	April 29, 2020
June, 2020	May 19	May 27, 2020
July, 2020	June 23	July 1, 2020
August, 2020	July 21	July 29, 2020
September, 2020	August 18	August 26, 2020
October, 2020	September 22	September 30, 2020
November, 2020	October 20	October 28, 2020
December, 2020	November 17	November 28, 2020
January, 2021	December 15	December 23, 2020

For more information contact us at:

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Email: maurice@theshorelinejournal.com

The Shoreline Journal

Notes from our National Capital

MP offices to open December 1

Well folks after an exciting election I have found a new office in downtown Amherst to represent the good people of Cumberland. The Capital Building, 35 Church St, was built in 1959 (a very good year since many of us are '59 babies!) I also met with Deby White, Bill Casey's longtime Cumberland Assistant and she has graciously agreed to stay on. And in Truro I am hiring my longtime, hard-working, loyal MLA office staff - Stephanie MacNeil and Darlene Blair. They will move over to the federal office at 40 Inglis Place. As the saying goes, "If it ain't broke don't fix it!"

Both Amherst and Truro offices will open December 1st as I am not allowed to do anything until after being officially sworn-in as MP later this month in Ottawa.

Meanwhile Matthew Guy of North River, & Alison Graham Fulmore of Truro will be taking on important positions to support me as MP for Cumberland-Colchester.

Alison will become Community Outreach Coordinator and Matthew will be my Chief of Staff - traveling between his home in North River and Ottawa to advise me, coordinate all Staff and run my Ottawa office. Matthew will leave his job at Dalhousie University Agricultural Campus in Bible Hill where he has spent the last 3 years as Director of Student Success. Before that Matthew spent 9 years at Acadia University as Manager of Residence Life and at Leeds University in the UK before that.

Notes from our Provincial Capital

More services for sexual assault victims

More services will soon be provided for Nova Scotians who have experienced sexual assault or abuse. I am pleased to report that those expanded services will be available here in Colchester County. The SANE (Sexual Assault Nurse Examiner) program supports survivors of sexual assault, and a contract to provide those services has been awarded to VON (Victorian Order of Nurses). VON will work with the NSHA (Nova Scotia Health Authority) to train nurses to deliver the program. These are registered nurses who will have advanced training and expertise so they can provide specialized medical and forensic response.

The SANE program provides victims with responses 24 hours per day, 7 days per week. This response can include medical and/or forensic examinations, expert testimony in a court of law, and collection and storage of forensic evidence in co-operation with the victim. SANE services are supportive, non-judgmental and confidential.

As your Government, our goal is to have every hospital in the

News from our Municipal Council - District 10

Hats off to our residents

I would like to begin this month by commenting about how proud the residents of District 10 should be with the Respect and Remembrance shown by residents for our veterans on November 11. This district held 5 different services to honor those who have served. In my 11 years of representing District 10 on Municipal Council the turn-out at these services was the largest. On November 3, a service held in Economy was very well attended. This early date is necessitated because November 11 is basically full and legion members are spread to thin and would be unable to attend.

There was also a memorial service on November 8 hosted by the students of West Colchester Consolidated at Veterans Memorial Park. I was not available but Councillor Pash attended to represent Colchester. On November 11 services were held in Five Islands, Bass River, Great Village and Londonderry. I rotate between Great Village and Bass River services each year. This year I attended Great Village at 11 am. The Faith Baptist Church was packed, standing packed full, 400 programs were printed and they ran out. I also attended Londonderry at 2 pm and the Community center was packed, 100 chairs set up, standing packed and out into the foyer.

Councillor Eric Boutilier represented the Municipality in Bass River and I understand there was great attendance there, perhaps the largest ever. Councillor Boutilier sent me a message stating it was one of the "best services he had ever attended". Deputy Mayor Geoff Stewart represented in Five Islands and reported a full house there.

One thing, I noticed at the services I attended was the number of children and youth in attendance and taking part. They were

I first met Alison when she was Executive Director of the United Way. Then when Bill Casey first asked me to take his place running federally for the Liberal Party of Canada, Alison was the first person to call me to say "Please do it! I'm concerned about my children's future!"

Matthew & Alison have worked with me for the past ten months to materialize our mutual vision to send a strong, progressive woman to Ottawa to best represent the citizens of Cumberland-Colchester with passion and vigour. Together we ran a campaign that proved positive politics work.

There are many several issues I'm passionate about including improving health care and the climate crisis. I look forward to working with the province and municipal governments to make sure the Chignecto Isthmus is protected to make sure Nova Scotia doesn't become an island.

I also plan on working on projects that will bring more tourists to our northern region.

I've visited so many beautiful and unique small communities and seen so much talent and promise in them that my goal is to help build our Creative Economy and put Cumberland-Colchester on the map!



Lenore Zann

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province equipped to provide sexual assault services. Once the team of registered nurses have completed their advanced training, the program will be up and running through the Colchester East Hants Health Centre in Truro.

In the meantime, someone wishing to access these services can report to the emergency department at the hospital where health care teams can complete the medical and forensic examination. Other services available through the SANE program include free legal advice, dedicated sexual assault prosecutors and trauma therapy. Our government is investing \$1.3 million this year to expand the SANE program to communities across the province. I am pleased to have that service available here in Colchester North.

Karen Casey, MLA, Colchester North is also Deputy Premier and President of the Treasury Board.



Karen Casey

proud to be laying a wreath in memory a Great Grandfather or a distant relatives. This, I believe shows exceptional respect and is just one more indicator of how great and caring our rural communities are!

One very interesting event I attend this month was a press release kind of event. On October 29 I was in Halifax where Divert NS, Sobey's and Lake Cities Woodworkers, a not-for-profit which helps folks with Mental health challenges re-establish themselves in the work force, introduced a new planet friendly line of outdoor furniture. Goodwood Plastics Products is a Colchester County business operating just outside Stewiacke. They take recycled plastics, most notably the single use plastic bags we hear so much about and turn them into lumber that does not deteriorate. The owner of Goodwood Plastics has a long History of Recycling and involvement with Lake City. In this case with the support of Divert and Sobey's they have developed a line of outdoor plastic plank furniture such as case picnic tables and benches.

We were told each bench used 16,000 single use grocery bags. Not exactly sure of this number, but 16,000 is on the low side. This fantastic initiative is even better because it is a "made in Nova Scotia solution". I cannot comment on the economics of this, but am very, very supportive of this re-use of plastics and intend to promote it across Canada in my role at Federation of Canadian Municipalities.

I also want to give a tip of the Hat to Sobey's in their support of

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Tom Taggart

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