

Dorothy's Kitchen Korner

The holiday season is long gone, but not the bills. January is a different month, we never quite know what to expect. From a business standpoint, there's always a flurry of business created from the hype about boxing day sales. If I can write my own advertisement for the store we've located in the A. J. Walker building, we don't get into the large discounts because our products are not seasonal, nor do we have extensive mark-ups permitting us to run sales with large savings.

What normally happens is during the cooler or cold weather people switch from short sleeve to long sleeve or choose a hoodie. This year is a bit different because we are switching from a seasonal store to a 12 month operation. The Shoreline Journal has a bit of space to establish a downtown Truro presence and we have some great things planned for 2013.

One big asset for my t-shirt business has been the addition of licensed product enabling us to provide customers with a large selection of bands and musicians. I can't believe how popular Elvis and Johnny Cash have been. But the big hype, almost to the hysteria level of the Beatles back in the early 60's, has been "Sons of Anarchy".

This column probably has a bit of a different tone, as I wrote the basis of it before New Years as I was leaving with my cousin for my first ever cruise on January 4th and won't be back until the end of January. I asked Maurice to make some minor adjustments throughout the month if there was a need.

Not sure what recipes would arrive later after the holidays, I choose a recipe my sister-in-law, Gloria Foster - Maurice's sister sent along for me to share. She had obtained it from her Ontario neighbour, Nalini Bateman.

Ravioli lasagne with sausage and mushrooms

Ingredients:

- 1 tsp olive oil • 1 medium onion, diced
- 2 garlic cloves, minced
- 500 g Italian sausage, removed from casing
- 796 ml can crushed tomatoes • 1 tsp dried oregano leaves
- 1/2 cup 35 percent cream • 1/2 cup milk
- 227 g pkg cremini mushrooms
- 700 g pkg fresh ravioli, preferably spinach and cheese
- 1 cup grated mozzarella cheese

Preheat oven to 350F. Heat a large pot over medium. Add oil, then onion and garlic. Cook until onion is soft, about 3 min. Add sausage meat. Mash with a fork, stirring often to keep meat crumbly. Cook until no longer pink, about 5 min. Add tomatoes and oregano. Season with fresh pepper. Stir in cream and milk until combined. Set aside 1 cup of sauce. Add mushrooms and ravioli to pot. Stir to coat.

Pour into a 9 x 13-in. baking dish. Press down to even out ravioli. Pour reserved sauce over top, then sprinkle with mozzarella. Bake in centre of oven, uncovered, until ravioli are cooked through and cheese is melted, about 20 min.

Notes:

I used hot Italian sausages...you can also use turkey sausages. I would use a flavoured spaghetti sauce instead of just plain tomato sauce. I would add parmesan cheese to the sauce. I would let it stand for about 20 minutes before serving. Consider using cream cheese instead of milk and cream. You could also add other vegetables to the sauce.

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

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The Shoreline Journal, Box 41, Bass River, NS, B0M 1B0
Ph: 902-647-2968, Cell: 902-890-9850
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The Shoreline
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News from our Federal Capital

Economy and Jobs still Priority for 2013 - Budget Consultations Underway

Happy New Year! This is my first column this year and by the time you read this, MP's from all political parties have returned to Ottawa to begin another busy year of work for our Country. During my Christmas break travels throughout the riding, constituents of Cumberland - Colchester - Musquodoboit Valley told me that jobs and economic growth remain at the forefront of their minds.

Our Conservative Government's Economic and Fiscal Update last November showed that despite worldwide economic troubles, our Government is committed to returning Canada to balanced budgets in the medium term. We'll also continue to help create jobs and economic growth for hard-working Canadian families through our Economic Action Plan.

To date, that plan has helped create over 880,000 net new jobs since the summer of 2009. In the fall, we delivered the Jobs and Growth Act 2012, which implements key measures from our

Economic Action Plan to help grow Canada's economy, fuel job creation and secure Canada's long-term prosperity.

With the soundest banking system in the G7, Canada was able to weather the storm of the global economic recession due to the stability of our equity markets and the strength of our economic policy. Canada has been a top performer among the G7 in Gross Domestic Product (GDP) growth and is expected to remain so through 2012-13.

Canada ranks first as the best country for doing business among the G7 over the next five years, according to the Economist Intelligence Unit. Canada also ranks first in the G7 in terms of the likelihood for economic prosperity in the year 2020, based on data from the Organization for Economic Co-operation and Development (OECD).

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Scott Armstrong

News from our Provincial Council

It was with great pride that I accepted an invitation to be a "special guest" at a recent event at Charles P. Allen School in Bedford on January 5th. This was an invitation to join 9 students from the school to make contact with Canadian astronaut Chris Hadfield who has just begun his 5 month assignment on the ISS (International Space Station) which is orbiting the earth at "high speed". The contact between the students and Chris Hadfield was a first for any school in Atlantic Canada. The students, teachers and others are to be commended for seizing the opportunity an educational opportunity those students will remember for a lifetime.

In preparation for the "contact", students and audience listened to Marc Garneau, another Canadian astronaut who has travelled to space three times, as he delivered an informative message on the history of the space program in Canada, as well as his own personal experiences as he trained and participated in his missions.

With the ISS travelling at speed of 28,000 kilometers per hour, the window of opportunity to make contact with students as it passed over Nova Scotia was short ... in fact, it was only 12 minutes. Marc Garneau was making the initial contact. The room was silent, a deafening silence, as we waited for a response from Chris Hadfield. The 12 minutes were passing; faces were somber as the first few attempts failed. However, to the credit of the amateur radio team on site, Chris' voice came through loud and clear. Somber faces lit up, clapping erupted and the first student asked her question of Chris. The audio was great, and his responses were clear. There was a collective sigh of relief, knowing these students, and their teacher Paul Geddes,

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Karen Casey

News from our Municipal Council - District 10

Hello folks,

I want to address a meeting that I attended in Debert Tuesday evening, January 15th. This meeting was called by Mr. Don Wilson and Mr. Roger Hunka to provide information to the residents of the area about fracking and their concerns as they pertain to wastewater containing radioactive norms that are currently being held in storage lagoons at AIS in Debert.

Now there is no question these are legitimate concerns. My problem is much of what they were saying was not factual and it would appear it was a deliberate attempt to mislead the public.

They made statements like: Colchester County Council was being irresponsible. That County Council was contravening their own bylaws and the Municipal Government Act. They insinuated the Director of Public Works for the Municipality of Colchester was not working in your best interest and they continued to reference a meeting which was held and presentations made to Council at a December meeting.

Mr. Hunka told the public meeting that he was not permitted to speak at the meeting, when in fact he was given time to make his presentation to council and was given the opportunity to answer questions and give his opinion to council so that council could make an informed decision. What he was not permitted to do was to interrupt the speaker that followed.

I would like to state the facts as they were presented at that meeting. Council was informed that Atlantic Industrial Services of Debert had taken possession of in excess of 1 million litres of fracking wastewater from the Triangle Petroleum site in Kennetcook and this waste water had higher than acceptable levels of natural occurring radiation materials commonly called NORMS. (At the meeting Mr. Hunka referred to these as nuclear waste). Council was informed that at some point

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Tom Taggart

News from our Municipal Council - District 9

Hi Folks,

Let's start this month by saying congratulations to Home Hardware on the completion of a land sale in Debert that will see their facility expand by another 200,000 square feet. This had been a long and sometimes frustrating struggle over the past seven years for all parties involved. I would like to say thank you to everyone who worked so diligently over this time period, putting in so many hours of hard work into coming to this satisfying conclusion. Along with a special thank you to Home Hardware for being such a great corporate citizen with the "Patience of Job".

There are many reasons why I chose to run for the job of County Councillor for District 9 but I have no problem telling anyone that the number one priority was and is the expansion and growth of the Debert Air Industrial Park along with the celebration of a historical 13,000 year old Paleo Indian site.

Yes this may very well be a bit of a juggling act but with the support of the citizens of not only district 9 but all of Colchester

County we can move forward to make our area one of the most prosperous in the Province.

On January 14th at 7pm I received an email from Mr. Don Wilson inviting me to an information meeting that he had organized and would be chairing at the Debert Fire Hall on January 15th at 7pm concerning fracking waste water being held in containment ponds at Atlantic Industrial Systems (AIS) site in Debert. Luckily for me I had already marked this on my calendar as I had been informed of this meeting by local area residents that had received an invitation in their mailboxes about such a meeting days before hand. Most residents that had contacted me were concerned that the invitation was not signed by anyone or any organization.

The issue of fracking waste water containing naturally occurring

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