

Dorothy's Kitchen Korner

Merry Christmas and Happy New Year. Most of all, I want you to be safe, water your Christmas tree regularly, turn off the lights to all decorations, before going out, or heading to bed. It's not so important to turn off the exterior lights as there is less chance of a flammable article getting close to them.

Another piece of advice, don't spend more on Christmas than you can afford. If you go overboard, some of those toys will be broken or the children will have gone on to something else before the bills paid.

At this time of year, I always think about those who are less fortunate than most of us. Those families are those, who have difficulty putting food on the table, or furnace oil to keep warm. In days gone by I was one of those families, so my heart always goes out to them. As for Christmas giving, it's the thought that's important, not the size of the gift or how beautifully it was wrapped.

For many of us, within a couple of weeks our thoughts will turn to how much weight we've put on, and how we are going to get rid of it. We should have thought about all this when we were nibbling on all those Christmas goodies..... Oh, just one more chocolate will not hurt me. Sound familiar?

On Christmas Day once the dishes are done we'll probably all think "what am I going to do with all this left-over turkey?" Hopefully, you thought about that a few hours earlier when you were making the gravy. Maurice prepares most of Christmas dinner, especially the turkey and vegetables. He insists on homemade stuffing, saying it helps add flavor to the turkey soup.

Before he leaves the table he de-bones the turkey frame, puts it on the stove in the same pot he used to make the gravy. Basically he divides turkey into three lots. Every year he seems to make gallons of gravy and forgetting the same conversation a year earlier, I soon realize, he's going to make turkey pot pie. He doesn't just make one; he uses smaller dishes making several, freezing them for later.

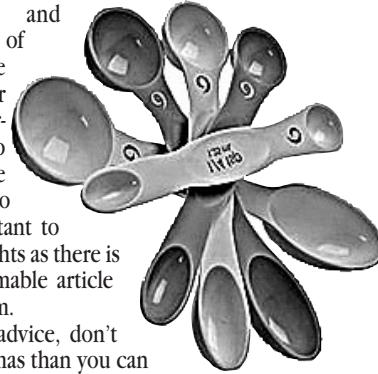
While he's making the soup on Boxing Day, he continues to destroy the kitchen, putting some vegetables on to par-boil in very little water; rolling out his pastry, and placing in casserole dishes. He even has the pastry tops cut and set aside. To the undrained vegetables he adds seasoning and gravy - using a bit more than ½ the left over gravy; then folds in cut up turkey, perhaps adding more gravy and some water to ensure there is lots of fluid. Then he folds into casserole dishes, adds the tops, cooking one and freezing the remainder. If you prefer a simpler process and don't want to make a pastry crust, add ingredients to casserole dish and top with creamed mashed or dig out your potato ricer.

For variety he uses another third of the turkey, mostly white meat, to make turkey lasagna. He says it's simple: use oven ready lasagna noodles, thaw about ½ package of chopped spinach, cut up in thin portions about ½ of a package (500grams) mozzarella cheese. For added flavor he uses one small onion and one or two stalks of celery, parboil in salted water. Make about two quarts of white garlic sauce - flour, lots of butter, milk, and 1 to 2 tsp of granulated garlic powder, salt and pepper to taste. Fold in celery and onion re-heats until starting to bubble.

Layer ingredients as per normal lasagna with lots of mozzarella cheese as top layer. Pour remaining white sauce around edges of pan. Lay a sheet of tinfoil over the top, Bake at 325. If lasagna seems dry pour some milk around the edges. Set on sideboard to cool. Cut into serving portions. Wrap unused portions in saran wrap and freeze. The remaining turkey is left in sealed containers for cold or hot sandwiches. That's where the remainder of the gravy gets used.

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



News from our Federal Capital *Conservative government announces increase to annual contribution limit for tax-free savings accounts*

While the Christmas season is not usually the time we think about saving our hard earned money, a recent announcement by our Conservative Government will be a financial benefit for Canadians from coast to coast all year round.

In late November, The Honourable Ted Menzies, Minister of State (Finance), and the Honourable Gail Shea, Minister of National Revenue, announced that Canadians will be able to save an additional \$500 in their Tax-Free Savings Account (TFSA) starting in 2013, raising the annual contribution limit to \$5,500.

Our Government remains committed to our low-tax plan for jobs and growth and we are very pleased to offer Canadians ways to save on taxes and keep more of their hard-earned money. TFSAs have become an exceedingly valuable savings tool for so many Canadians.

Since our conservative government made TFSAs available in

2009, Canadians have been able to earn tax-free investment income on contributions of up to \$5,000 per year. All Canadians - from students to young families to seniors - can earn tax-free income through a range of investment products. TFSAs have become increasingly popular, with approximately 8.2 million Canadians having opened an account and roughly 2.5 million Canadians contributing the maximum amount in 2011.

Our government is thrilled that so many Canadians have opened Tax-Free Savings Accounts, and that the number is growing. Our Government is committed to helping Canadians keep more of their hard-earned dollars. In fact, the average Canadian family is paying \$3,100 less in taxes a year than when we took office. The TFSA offers yet another opportunity for Canadians to

Scott Armstrong

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News from our Provincial Council

Christmas wishes to all.

We are now into the holiday season with Christmas shopping, Christmas baking, craft sales, church services, Christmas concerts and homes and businesses well decorated. All of these activities provide opportunities for us to celebrate with family and friends.

Christmas is also a time for giving. Children are excited and wait in anticipation for the gifts that they will receive on Christmas morning. The happiness and excitement shows in their faces. It is important however, to remember that not all children are fortunate enough to experience this happiness and excitement and many of those children are here in our own communities.

Many of you do take this opportunity to "make" Christmas for the less fortunate. There is nothing more exciting than shopping for a family who you know is in need. There is nothing more rewarding than seeing the appreciation on the faces of those who

answer the door when you drop off their gifts.

We often forget those in need may be our neighbours. One of the strengths of our province and its rural communities is that people do care for one another. I encourage all of you to pause for a moment, think about the folks in your community and make a commitment to make some child's Christmas morning something to remember. The gift may be small, but it may be the only gift that child receives and even though the gift is small, the reward is huge.

The sense of satisfaction you feel in your heart is one not easily forgotten. Your Christmas morning will be better knowing some child has a smile on their face.

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News from our Municipal Council - District 10

Good Morning Folks,

It's Saturday morning, nine days before Christmas, and what I'm writing about is not what I originally planned. I just cannot get my head around what happened at the school in Connecticut yesterday.

At first I say thank God we live in such a peaceful and quiet place here along the shore in rural Nova Scotia. There is no question I am partially correct about this and that is simply because there are less people here and we are a good distance from a major center. However it could happen anywhere. There will be lots of TV hype and sensationalism about it, but will they ever really tell us or will we ever really know what would cause or motivate a young man to do such a senseless thing?

Unfortunately I think it is all about mental health. There will be lots said about gun control, violent video games and drugs, but in the end I think a lot of it comes down to mental health.

I have a good friend, executive director of a homeless shelter

in Nova Scotia, who told me many of the homeless or marginalized are really just one pill away from being normal everyday productive members of society.

I do not have any answers, but I believe governments need to take another look, re-evaluate and see if there is more we can do. Not only to help these people, but to prevent this from ever happening here. I also think maybe we, as citizens, need to look at ourselves.

Many of us and I admit to this, quite often tend to shun the marginalized in our community. We need to reach out and try to help. Not only will it help them but you can be sure our communities will benefit as well.

Now a bit of good news.

Yesterday I met with Scott Armstrong about the Londonderry

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News from our Municipal Council - District 9

Hi Folks,

I would like to start this month by taking this opportunity to wish you all a very Merry Christmas and a happy and prosperous new year.

I've been very busy, the past few weeks, as your County Councillor. On November 20th 2012, I brought forward a request I had received from the Debert Garden Club to County Council to have a flood light installed, near exit 13 off Highway 104 on MacElmon Road, to illuminate the 'Welcome to Debert' sign. I am pleased to inform everyone that this request has passed through Council and Nova Scotia Power has been directed to install the flood light. I would like to thank the Debert Garden Club for the fantastic work they do keeping this sign looking so beautiful. The Garden Club had taken it upon themselves to install solar lights (at their expense) at this location only to have them promptly stolen. It's very disheartening when a hard working, dedicated volunteer organization such as this, only trying to beautify our

communities has to deal with the selfishness of a few.

My wife, Wanda and I were invited to the annual Onslow Belmont Fire Brigades Christmas banquet and awards ceremony held on December 1st. It certainly was an honor to have this opportunity to thank all of the many volunteers who are there for us 24/7 when an emergency happens.

On November 30th I toured the new Rath - Eastlink Community Centre. Anyone who knows me, I tend to talk quite a bit, but this facility left me speechless. I can't wait for the doors to be open so all the citizens of Colchester County can be proud of what every level of Government and the whole community has accomplished by building this building.

For the past two years I sat as a representative of the citizens of Colchester County on CoRDA's board of directors. I have now

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Upcoming Deadlines and Publishing Dates

ISSUE.....	DEADLINE	PUBLISHED
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
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