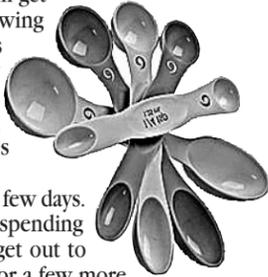


# Dorothy's Kitchen Korner

We are almost there. Guess I'm getting older and either I'm slowing down or the passage of time has speeded up. Seems only a few months ago the stocking were hung, the baking was nearing completion and the little ones were getting excited.



Yes, Christmas arrives in just a few days. Then it will be left-over turkey, spending time with family and trying to get out to visit friends, kids out of school for a few more days, then we'll settle in for about eight weeks of winter until it starts to warm up in March.

Not sure how the retailers fared over the heavy shopping season. The stores didn't appear to be as busy and shopping mall parking lots not as congested. However, it's probable a significant increase in on-line shopping will be reported just after we right in the new year.

Not sure if the scurrying of all the courier delivery vans and Canada Post rural drivers making their daily trek with vehicles piled full of parcels is any sign, but early in December our local post mistress expressed amazement at the increase in parcels.

Hope everything purchased online fits and meets expectations, because it can become a hassle if returns are required. In our household we cut back on purchasing, not be we went on-line, but due more to the fact an our age a lot less is required. I much prefer love and affection and friendship.

Also because of watching the waistline, I decided we needed less in the sweet department, so I spent a lot less time in the kitchen or fretting about it. A couple of presents, a nice Christmas dinner and good health are our priority. Hope to fine a couple of days of fine weather in between Christmas and New Years so we could perhaps make a quick trip to Saint John, NB to see Maurice's two sons, spouses and grand children.

Was wondering what to research for this month's recipe, when without prodding, John MacLean came to the rescue. He sent along a recipe which Jeanette Bartlett had sent to his family, with the following note:

Some of you expressed interest in the icing used on your Dad's birthday cake - here is the recipe".

### Corner Brook's Mystery Icing

- 1 c. boiling water • 1 Tbsp. white sugar
- 2 rounded Tbsp. custard powder (e.g. Bird's) mixed with a little cold water
- Lemon or orange flavouring
- 1 c. butter • ½ c. white sugar

#### Procedure:

In a small saucepan, dissolve 1 Tbsp. sugar in the boiling water.

Add dissolved custard powder to water-sugar mixture & cook until colour changes, stirring constantly. Let cool. Add flavouring.

Cream butter well; add ½ c. sugar a small amount at a time, beating until very creamy.

Add custard mixture, a teaspoon or two at a time, beating well after each addition.

The recipe can be found in the 4th edition of "Corner Brook's Favorite Recipes", Bentley Club, First United Church, 1960.

Before I close off, Maurice and I would like to wish all Shoreline Journal subscribers, families and readers a VERY MERRY CHRISTMAS and Happy New Year filled with good health and prosperity in 2018.

I'm looking for some great traditional family recipes. If you have a favourite family recipe and would like it published in the February 2018 issue, please send on or before January 10. Send to:

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

## Notice to Readers and Advertisers

### Upcoming Deadlines and Publishing Dates

ISSUE	DEADLINE	PUBLISHED
February 2018	January 23, 2018	January 31, 2018
March 2018	February 20, 2018	February 28, 2018
April 2018	March 20, 2018	March 28, 2018
May 2018	April 17, 2018	April 25, 2018
June 2018	May 22, 2018	May 30, 2018
July 2018	June 19, 2018	June 27, 2018
August 2018	July 17, 2018	July 25, 2018
September 2018	August 21, 2018	August 29, 2018
October 2018	September 18, 2018	September 26, 2018
November 2018	October 23, 2018	October 31, 2018
December 2018	November 20, 2018	November 28, 2018
January 2019	December 11, 2018	December 19, 2018
February 2019	January 22, 2019	January 30, 2019

#### For more information contact us at:

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



### Notes from our National Capital Preparing for Implementation of UNDRIP

Canada has committed to implementing the United Nations Declaration on the Rights of Indigenous Peoples. Indeed there is a private members' bill before the House of Commons right now—C-262—that would do just that.

Its implementation will not be merely symbolic. The substance of the declaration is significant and will have real consequences for Canada—as it would have for most countries in the world.

Canada and its provinces and territories may find with implementation of UNDRIP, more needs to be done to ensure educational standards and opportunities are appropriate for Indigenous children, particularly with regards to Indigenous languages.

We may also find current land claims settlements processes fall short of vindicating the rights which the UNDRIP purports to recognize. In particular, where treaties do not exist, where lands and resources remain "unceded," there could be significant work to be done.

### Notes from our Provincial Capital Safe and Happy Holiday Season

Let me begin by extending to all my constituents and to all readers of The Shoreline, wishes for a safe and happy holiday season. It is a wonderful time of year, and we need to pause, to enjoy our family and friends, and to support those less fortunate.

It is also a time to reflect on the past year, to give thanks, and then to look forward with hope and excitement. It is a time when communities come together to decorate and to celebrate. Countless volunteer hours are given to transform our homes, our businesses and our communities into a Winter Wonderland. I wish to acknowledge and thank those who have been busy organizing events that allow us to celebrate the Season together. These events provide great opportunities to meet, to laugh, to share and to enjoy one another.

One of the strengths of our province and its rural communities is that we care for one another. It is a pleasure and a privilege to

### News from our Municipal Council - District 10 Start using reusable tote bags

Well I guess I got a little ahead of myself when I wished you all a Merry Christmas in the last addition. Just means I will get to do it twice.

I attended a very interesting meeting last week. Council members from Stewiacke, Millbrook, Truro and Colchester were invited to meet with representatives of The Nova Scotia Health Authority to discuss primary healthcare. This meeting focused on the current doctor shortage and what they were doing to improve the situation.

My first impression is there is a fair bit of animosity between Nova Scotia Doctors and the Nova Scotia Health Authority. It appears the health authority recognizes this and has started to build better relationships. Hopefully, this will be successful.

Another important and I believe valid point is many doctors today are looking for a better quality of life and they do not wish to have 2500 patients and work 80 to 100 hours a week. Often times when a Dr with a high patient number retires it may take two doctors to replace and serve the equivalent number of patients.

### News from our Municipal Council - District 9 Christmas: Busy time for councillors

My first full month has been a busy one, especially at this time of year. Regular council meetings, Christmas suppers and other community events have kept me busy. As part of my responsibilities, I attended a Debert and Area Community Christmas tree lighting. It's nice to see our community spirit at work with lots of people coming out to continue enjoying fellowship and Christmas spirit.

As a member of the committee for District 9, I attended the Debert Water Resource meeting. I'm getting up to date on all matters of council as I come on board one year into the four year mandate. Thanks to all the councillors for their help and patience.

I've had opportunity to listen to several problems with my constituents and hope all was dealt with satisfactorily. I encourage

But to those who may be worried UNDRIP will up-end ways of life for non-Indigenous Canadians, I say, Fear not. Nothing about UNDRIP's implementation will be sudden or shocking. Moreover, we as Canadians are very well adapted to negotiating, and are adaptable to power shifts and imbalances.



Bill Casey

There will be much negotiation involved in implementing UNDRIP, and like all politics, it will be different in every locality. But, I for one, am not worried. I have a great working relationship with the Millbrook First Nation in Colchester County, and know whatever impact this may have on the local area, it will be positive.

Looking to more Northern and remote Indigenous communities, there is no doubt, in my mind, UNDRIP has the potential to be transformative if it is implemented in good faith. That is not to

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represent a rural constituency, and I take every opportunity to see provincial policy and legislation through that rural lens. We have something special in rural Nova Scotia. At every coffee shop, restaurant, grocery store, gas bar, Legion, Fire Hall, business, Post Office... folks are happy to greet, laugh, talk about "the news" and show compassion to one another.



Karen Casey

We care about the less fortunate. Let us make an effort this year to help make their Christmas one to remember in a good way. The sense of satisfaction that you feel in your heart when you give to others is not easily forgotten.

As your MLA since 2006, let me continue to show my appreciation for the support that you have given to me over the last 11 years, and to say thanks for the confidence you have placed in me

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Their main focus was to promote Collaborative Care Centres. The centres would house four or five Doctors possibly two nurse practitioners, therapists and other support staff. This does appear to be a good idea and should work quite well in the Urban Core.



Tom Taggart

However once again, I believe it will be one more example of a lack of consideration for rural Nova Scotia. We are currently very fortunate in West Colchester with the Dr's office in Bass River and we pray this will continue. However others are not so fortunate.

CBC did a piece this week on how the Dr shortage is having a negative effect on folks wishing to move to rural communities to retire. There was a lady from Ontario speaking. She indicated she and her husband have been planning for years to return home to Nova Scotia upon retirement.

Unfortunately they have been told it could be up to five years

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everyone to bring their concerns and questions to my attention. My apologies go out to another tireless group, the Onslow Belmont Fire Brigade, for missing their banquet.



Bob Pash

My other pet is the Debert Legion Branch 106 - Lots of activities there - come out and join up or volunteer in one of many ways.

Seasons Greetings to all,  
 Robert G. Pash was elected as Councillor District 9 in an October 2017 by-election. As listed on the Colchester website, he can be reached at: Ph: 902-899-0271, or Email: bpash@colchester.ca  
 Bob Pash is councillor of Colchester District 9

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