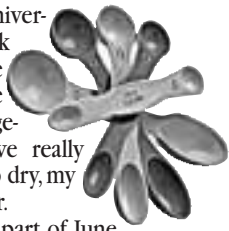


Dorothy's Kitchen Korner

There's one thing which seems universal in Nova Scotia. When there's a break in the conversation, it can always be re-started with a reference to the weather. Is that because it is so changeable? Speaking of weather, since we really didn't have a winter and spring was so dry, my fear is we may be in for a wet summer.



The last week of May and the first part of June indicates we may be headed that way. Meteorologists say it is going to be extremely hot. Even so, it can also be very wet, with lots of rain and day after day of high humidity. Let's just hope the farmers have a great growing season.

However this year two additional topics are on the tip of people's tongues: Will the oil from Gulf of Mexico have much impact on this area, either from travelling up the New England coast, or an impact on migrating birds.

The other topic is which financial overseer will be the next to be stonewalled by some level of government or public agency in pursuit to determine if public monies have been spent appropriately and efficiently? Seems like those spending the money want to continue doing it without public accountability.

Another regular favourite topic is talking about pets. Most Canadians, who are pet lovers, spend more on their pets than they do on "out-of-pocket" expenses for personal healthcare. Which reminds me, Maurice and I encourage everyone who has a pet to send along a recent picture with a few details. Who knows you may get published and receive a \$20 gift certificate.

Now back to the purpose of this column, sharing recipes from readers. I'll start off with the two additional recipes from Irene Cooke, Bass River, which were held over from last month.

Coconut Candy

Beat 1 egg.
Add ½ cup brown sugar
1 ½ cup unsweetened coconut
1 tsp vanilla, and a pinch of salt
Roll in balls and bake at 350 for 10 minutes.

Blueberry Desert

Make a simple white care, folding in 1 ¼ cup blueberries.
Bake as usual in 350 oven.
Lemon Sauce: In a saucepan mix:

½ cup sugar • 1 Tbsp Cornstarch and pinch of salt

Add: 1 ¼ cup hot water.
Boil until it is thickening. Leave on low heat for 5 minutes.
Remove from heat. Add 2 Tbsp butter or margarine and 2 T lemon juice. (Add more juice if desired). To Serve: Put a serving of cake on each plate and add sauce - hot or cold.

This month we are favoured with a new recipe provider. Not only am I grateful to Jeff Layton for sending one along, but I also encourage other men who enjoy being creative in the kitchen, and creating their own mess to get busy and send along more recipes. Along with his submission, Jeff says: Here is a great recipe for the summer.

Avacado-Tomato Salsa

1 avocado - peeled, pitted, and diced • 4 medium tomatoes, diced
1 jalapeno pepper, seeded and minced • 3 cloves garlic, minced
• 1/2 cup chopped fresh cilantro • 1 teaspoon salt
• 2 tablespoons fresh lime juice • 1/4 cup chopped red onion
• 3 tablespoons olive oil

Directions: In a medium bowl, combine the avocado, tomatoes, jalapeno, cilantro, and garlic. Stir in the salt, lime juice, red onion, and olive oil. To blend the flavors, refrigerate for about 30 minutes before serving.

I still need more recipes. Please take a few minutes to send along a few of your family favourites. 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

Notes from our Federal Capital

Government of Canada moves to end entitlements for prisoners.
This month in my column, I wish to discuss how our Conservative government is working to end entitlements for criminals and prisoners.
Our government recently introduced a new Bill that will amend the Old Age Security Act and terminate payment of the Old Age Security (OAS) benefits to prisoners.
Your government is following through on our commitment to treat taxpayers fairly. We are ensuring that public funds are put to good use. Canada's taxpayers should not be funding (OAS) benefits for prisoners as well as the cost of their incarceration, which already cover their basic living needs.
This government is putting victims and taxpayers first ahead of criminals. The suspension of the (OAS) benefit payments to prisoners does just that.
The Bill was tabled June 1st in the House of Commons by the Honourable Diane Finley, Minister of Human Resources and Skills Development.
In Canada's Jobs and Growth Budget, the Government has stressed that

Notes from our Provincial Capital

One-year has passed since a New Democratic government was elected to lead our province. Darrell Dexter promised an era of change to Nova Scotians.
As leader of the Progressive Conservative party, I acknowledge that Nova Scotians wanted change. Our party has accepted that, however, the guaranteed change by the NDP which included transparency, accountability, and genuine leadership, has not materialized.
The Premier was given an opportunity that anyone would welcome, a majority government. Nova Scotians gave him that opportunity. In the best interest of Nova Scotians, I wished him well. Nova Scotians' expectations were high, based on the promises that the NDP made, and the real hope that the new government would deliver and honour their commitments.
It has become obvious that the first year of NDP government has been disappointing, and, in fact, has revealed that those commitments and those promises have not been kept.
Equally disappointing is that Nova Scotians were misled during the campaign and are now regretting the decisions made on June 9, 2009. To be specific, Nova Scotians will experience a 2 percent tax increase on July 1. During the election campaign the NDP promised there would be no increase in taxes.
During debates in the House of Assembly this government was made aware of the negative impact such a decision would have on the economy of the

News from our Municipal Council

Hi Folks.
Before I start to talk about County info, I would like to congratulate a few people from West Colchester. On Monday I was at the Convocation ceremonies at the Nova Scotia Community College Truro Campus, as two of my children were graduating. During the graduation, I became aware at least fourteen adult residents of District 10 were graduating as well.
Adults, who have been out of school for several years and in some cases have raised families, have had the courage to go back to school and improve themselves. For that, I believe they need to be recognized and congratulated.
They are Candace Smith, Stephanie McIntosh, Ray Tobin, Joanne Gamble, Trina Hanky (honours), Darlene Hill (honours), Cheryl Murphy, Deborah Merritt, Natasha McMullin (honours), Amanda Washington (honours), Merle Murphy, Katelyn Hunter, Paula Gorman/Sadilier (honours) and Cathrine Rushton (honours). If I have missed anyone I apologize. These folks deserve our congratulations and respect.
This month both the Five Islands and Economy Fire Brigades held raters meetings to increase their respective tax rates to the average rate of the other brigades in the County. This will only cost their residents on average between twenty-five and thirty-five dollars per year. However the move allowed the brigades to access an additional twenty thousand dollars from the County under the Base Level of service funding program. A wise decision.
This month I traveled, on behalf of the County, to the Federation of Canadian Municipalities annual Conference in Toronto. This was my first opportunity to attend one of these conferences and I found it to be very worthwhile and informative. There were many meetings, speakers and workshops on a variety of topics such as: growing your communities, affordable housing and sustainable communities. The meeting I most enjoyed was dealing with rural municipalities and ensuring these rural regions are represented and can have their needs and concerns brought forward.

it is committed to treating taxpayers fairly. The (OAS) program is funded through general tax revenues and is designed to help our seniors meet their immediate, basic needs and maintain a humane standard of living in their golden years. Since a prisoner's basic needs, such as food and shelter, are already met and paid with public funds, there is no reason for Canadian taxpayers to also fund any income support through (OAS) benefits.



Upon passage of the Bill, implementation will begin with prisoners who are incarcerated in federal penitentiaries for two years.
Please feel free to contact me regarding any issue or concern you may have. You can reach me at 893-2455 in Truro, 667-8679 in Amherst or toll-free 1-888-752-0552 or visit my website at www.ScottArmstrongmp.ca
I wish everyone a safe and enjoyable Nova Scotia summer.

Scott Armstrong, Cumberland-Colchester-Musquodoboit Valley

province. They ignored that solid advice and Nova Scotians now have less disposable income and our province has lost its competitive edge in respect to neighboring provinces.
Secondly, within the first year of government, one billion dollars has been added to the provincial debt as a result of two deficit budgets. This is one hundred thousand dollars per Nova Scotians that has to be repaid by you and me. During the campaign, the NDP promised to present a balanced budget.
Thirdly, emergency rooms continue to experience closures. During the election the NDP promised to keep all ER rooms open 24/7 across the province. They paid a consultant \$100,000.00 to give them information that the Department of Health already had. Since forming government ERs across the province have been closed more than 19,000 hours. This hurts every Nova Scotian directly or indirectly, and was not what Nova Scotians were promised.
The poor decisions and lack of leadership shown by this government have caused Nova Scotians to pay more for less, work harder for less, and lose hope about the future for them and their families.



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

As I said earlier, we had many guest speakers, Prime Minister Harper, Mr. Ignatieff and Mr. Layton. However the speaker I most enjoyed was Paul Martin. Without the pressure of being a current elected official, he spoke very comfortably and informally about the increasing responsibility of Municipal Governments to lead the growth of communities; about the need for local governments to identify and promote future needs and to forward those to Provincial and Federal Governments.



The conference included a very large trade show comprising most companies who deal with or service Municipalities. It was very obvious green and sustainability are the future.
Having spent much time of late thinking of a way to promote growth in rural Colchester County, outside of the urban core or really outside of sewer serviced areas, I was very interested to see several different companies promoting sustainable, or what they call wetland sewer systems for smaller rural communities.
These are a series of small lagoons or wetlands where different kinds of plants are grown to aerate and break down the sewer before releasing it into a stream or other acceptable channel. This is done without using chemicals and, on a smaller scale, is very environmentally friendly. These systems can be used in growing small communities outside the sewer service area.
I know this may seem a bit of a stretch, but the process is being used in places today. Looking forward it may be of benefit to us in the future. Have a good summer.
Tom Taggart, Councilor District 10, Municipality of the County of Colchester

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