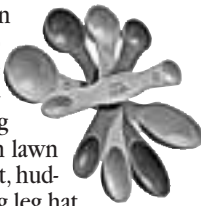


# Dorothy's Kitchen Korner

It is interesting how some people can express an opinion or show deep humour without saying a word. I've never been that gifted. When I was heading into town on Saturday, as I was driving along I noticed a person on their ride-on lawn mower, bundled up in a large winter coat, huddled over wearing a Santa Clause stocking leg hat with a long tassel hanging down past her shoulder.



It struck me so funny, I almost had to pull over the side of the road. Now, even looking out at the lawn, causes me to smile and think about Santa's hat. It was a good change from the dismal state of affairs with Canada Post being on strike.

It's strawberry time and soon to make some more jam. Nice to see local growers are making investments in product development. With their entrepreneurial spirit, the local strawberry season will be four months longer as some varieties will still be producing into October.

There's a great story elsewhere in this issue, which details how Curtin Millen using raised beds will be supplying the local market. The berries will be more expensive than when the market is flooded in July, but it's nice to see we will have local products rather than those from California and elsewhere.

The other day I was chatting with Josh Bragg, the young ambitious son of the late Ross Bragg, Collingwood. Josh mentioned when he was very young, a nightly treat was to take some frozen blueberries place in a bowl, add milk and brown sugar. He said it didn't take long for the berries to thaw and it was delicious. It's my suspicion, that even today it's a favourite of his.

A while ago, I received a recipe from Tracy White, who didn't provide here address, but I thank her anyway. Tracy's recipe included this note, "we tried this recipe from Campbells' Recipes and it was great".

### Tomato Chicken and Pasta Bake

- 1 can (10oz/284ml) Campbell's condensed tomato with basil and orgeano soup
- 1 soup can of water
- 2 - 1/4 cups uncooked rotini pasta
- 2 cups chopped fresh spinach • 1 cup mushrooms
- 4 boneless skinless chicken breast halves
- 1/2 cup shredded mozzarella cheese
- 1/4 tsp cracked black pepper

I substituted green pepper for the spinach and added more cheese.

Then, I received more recipes from my good friend, Freda Cooke, Sydney, which included:

### Brown Sugar Cookies

- 1 cup shortening • 1 cup brown sugar
- 2 eggs • 1 tsp vanilla
- 2 cups flour • 1 tsp baking soda
- 1 tsp cream of tarter • 1/2 tsp salt

Mix well, roll out on a floured counter, cut out with a cookie cutter, cook some dates and put a tbsp on each cookie, then fold over and press ends with a fork. Bake 350 oven for 10 to 12 minutes or golden brown.

Remember, I need more recipes. 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](mailto:maurice@theshorelinejournal.com)

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December 2011 .....	November 22 .....	November 30
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## Notes from our Federal Capital

On May 2nd Canadians spoke with a loud voice, and elected a strong, stable, national, majority Conservative government. I would like to take this opportunity to thank the voters of Cumberland - Colchester- Musquodoboit Valley for their support in the recent federal election. I am humbled by the mandate I have received, and I will continue to represent all the citizens of this great riding. On June 13, our government passed budget 2011- the next phase of Canada's Economic Action Plan. What does this mean for our citizens? Eligible low-income seniors will receive additional annual Guaranteed Income Supplement benefits of up to \$600 for single seniors and \$840 for couples. Small businesses will receive a one- time credit of up to \$1,000 to encourage additional hiring. A new family caregiver tax credit on an amount of \$2,000 for caregivers of loved ones with infirmities, including, for the first time, spouses, common-law partners and minor children. A \$3,000 tax credit for volunteer firefighters who bravely serve our communities. Forgiving a portion of the federal component of Canada Student Loans for new doctors and nurses practising in under-served rural and remote communities. Removing the limit on the amount of eligible medical expenses that can be claimed on behalf of a financially dependent relative. Extending the ecoEnergy retrofit -Homes Program to help families lower their heating and electricity costs by making our homes more energy efficient. New children's arts tax credit that provides up to \$500 in eligible fees for arts, cultural and recreational activities

On June 9th, I rose in the House of Commons to speak about a subject very near and dear to my heart bullying and cyber bullying. In Cumberland-Colchester-Musquodoboit we are very proud of our children, but in recent months our chil-

## News from our Provincial Council

The spring session of the House of Assembly has been completed and some items of interest were debated, including the Budget, Bill # 59 -The Elections Act, Bill # 17 - Fair Drug Prices Act, Resolutions 295, 930 and 1241 (Cuts to Public Education). Although the intent of government legislation appeared on the surface to be positive, there were items within the legislation that were of grave concern to me as your MLA. The same is true of funding within the provincial budget, in particular, to education.

Bill # 59 -The Elections Act spoke to changes that were intended to encourage more participation in the electoral process. However, within that there was a change that would allow personal information about you and me as voters to be shared with political parties. The Liberal Caucus spoke out against this as we believe it is a violation of your privacy and mine and in no way do we believe it would encourage voter participation. In fact, the opposite may be true. That personal information is currently available to the Chief Electoral Officer, but has never been provided to political parties. In fact both the Chief Electoral Officer and the Privacy Review Officer expressed concerns about that information being shared. The Privacy Review Officer stated "the collection, retention and distribution of name, address, birth year and whether a person voted could lead to privacy breaches and identity theft". It is not the business of any political party where I live, what my phone number is or whether I have voted in the past. It is the sharing of this information that the Liberal Caucus opposed. However, the PC Caucus voted with the NDP Caucus to support the passage of this legislation.

Bill # 17 - Fair Drug Prices Act is designed to address the cost of prescription drugs in the province. Again, the intent of the Bill is good, however, within the Bill the future of small rural pharmacies in

## News from our Municipal Council

Hope everyone is having a great summer

I know this is getting to be old news, me talking about garbage and illegal dumping. However, it is something I get a lot of calls on and something I truly care about. I encourage anyone who knows of illegal dumping to call me and to let the Shoreline Journal know about it for their contest.

This will keep the illegal dumpers on their toes and help us keep things green. Garbage or solid waste and recycling is the number one issue about which I get calls. Garbage is one of the larger expenditures for the Municipality. Its also the number one thing residents hate to see on their tax bill. Maybe, some day we will find a better way to deal with it perhaps turning it into electricity.

The issue which generates the second highest number of calls is roads and highways. I always strive to help residents with any of their problems and concerns. In all cases I will do what I can to assist. However, it is important for areas residents to understand the municipality is not responsible for any roadways outside the urban core, for sure, none in West Colchester. I am not saying this to discourage anyone from calling me on this issue, as I am happy to pass any complaints forward on your behalf. In fact, the mayor meets with Transportation department officials every

dren have faced a new and dangerous threat, a threat that is taking the lives of our children. In Nova Scotia over the past several months four children have lost their lives due to cyber bullying and Internet intimidation, two of them sadly in our riding. As a former educator, I have witnessed first hand the effects of bullying in all its forms. As adults and leaders of our country, it is our responsibility to keep our children safe and secure. For parents, please supervise what your children are sending to others on the Internet and also supervise what they are receiving from their peers. For children in our riding who are feeling alone, bullied and intimidated, do not stay silent. You are not alone and should tell your parent or your teacher. They are there to help you. This is a priority issue for me and I look forward to working in conjunction with the Cyber Cop Program launched by the Truro Police Department and with my colleagues in the House of Commons to find solutions as we deal with this new and very dangerous threat.

Please feel free to contact me with any issue you have of concern. You can reach me at 893-2455 in Truro, 667-8679 in Amherst or toll-free 1-888-752-0552 or visit my website [www.scottarmstrongmp.ca](http://www.scottarmstrongmp.ca) and I am also on Face book and Twitter. **Scott Armstrong, Cumberland-Colchester-Musquodoboit Valley**



the province was threatened. Over 30 pharmacists appeared before Law Amendments, asking the government to delay the passage of the Bill until negotiations on a tariff agreement had been finalized. The pharmacists were not opposed to what was in the Bill, nor were they opposed to fair drug prices for Nova Scotians. They were only asking that its passage be delayed. The Liberal Caucus introduced amendments to delay the Bill.

Many rural pharmacies are the centre of their communities. In Colchester North that includes Tatamagouche and Bass River. Many health care services are available through those small pharmacies and my fear is the health and wellness of residents in small communities will be at risk if these pharmacies are forced to close and folks must drive to Truro to receive those services. Again however, even after hearing all of the presentations at Law Amendments and those put forward by the Liberal Caucus, the NDP government, with its majority, ignored the requests to delay the passage of the Bill by two months and pushed it through without due respect or consideration for the concerns raised.

To conclude, please understand that I continue to speak out on behalf of public education. The cuts to programs and staff will have a negative impact on teaching and learning in the classroom. Hundreds of teachers and parents have expressed that concern. I personally have asked the Minister of Education to reconsider her decision and to show more respect for the good things that are happening in our schools.

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



quarter and discusses more critical issues more frequently with transportation officials.

Now, I want to be clear, I do not mind the calls. In fact I see it as part of my job; I just want everyone to know that this is a provincial responsibility. I can get in enough trouble on my own.

Last month I was to the Federation of Canadian Municipalities annual meetings in Halifax. It was one of the largest ever held. It would seem that Nova Scotia appealed to many other municipalities. The interesting thing, as I talked to counterparts from across Canada, the majority from the west it was clear many were staying over four or five days to tour around. Guess what? For certain the second most popular destination, second only to Cape Breton was the Bay of Fundy. The exposure that our Bay has received with the 7 wonders of the world competition is going to pay dividends for our communities. Have a great summer, Tom.

**Tom Taggart, Councilor District 10, Municipality of the County of Colchester**



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