

Dorothy's Kitchen Korner

Are there many positive things to say about our late spring and the first few days of summer? There must have been enough rain and heat units to cause the grass to grow, because I noticed the dairy farmers along Old Barnes cutting hayage and silage on May 19th on an unusually dry day but cool enough I was still wearing a jacket and shivering.

As we continued into June, the weather didn't get much better. One day the sun is out, and the temperature is hovering around the high 20's almost reaching into the 30's and we are complaining about the heat and humidity, the next day it's around 15-16 and we're looking for an extra sweater.

Not only is the weather disappointing, but it's very disturbing not to have plenty of local strawberries. The disaster faced by the local farmers is very disturbing. Not only has it caused them a lot of financial hardship, it has impacted the economy with a lot of people not able to get work to supplement their livelihood.

The apparent shortage of local berries has caused the larger grocery stores to bring in less quality berries from south of the border. Not only are we facing imports, but this spring's aphid problems has permitted them to dump berries into our market and are being sold at a lower price.

Let's hope the action taken by farmers will eliminate the problem and next year we'll be back to an abundant supply of the red juicy locally grown fruit.

With the gardens starting to develop it will not be long before a good supply zucchini is available. To get us into the summer mood, I wanted to use a recipe sent to me by my life-long friend, Freda Cooke, Cape Breton.

Zucchini Loaf

**3 eggs • 1 cup of oil
2 cups white sugar • 2 tsp vanilla**

Mix well

Add to: 3 cups of flour, 3 cups grated zucchini, 1 cup raisins, 3/4 cup walnuts, 1tsp salt, 3tsp baking powder, 1tsp soda and 1tsp of cinnamon. Makes two loafs. Grease and flower loaf pans, bake for 1 hour in a 350 oven.

Hopefully, the weather will warm up, with some consistency, so we can plan ahead on when to have a family bbq. With that in mind, I wanted to present a great recipe provided to me last year by Jeff Layton, who writes:

Here is a recipe that has been a summer family favorite for a couple of years. The hamburger comes out very flavourful and juicy, even for those who like burgers "well done".

1 pound ground beef

**2 cloves garlic, minced • 2 tablespoons extra virgin olive oil
1 1/2 teaspoons salt • 1 teaspoon freshly ground black pepper
1/2 teaspoon dried basil leaves • 4 hamburger buns, split**

Directions

Preheat an outdoor BBQ for high heat. Mix together the ground beef, garlic, olive oil, salt, pepper, and basil. Divide into four balls, and flatten into patties.

Cook the patties for about 3 to 5 minutes on each side, or to desired doneness. The internal temperature should be at least 160 degrees F (70 degrees C). Remove from grill and place onto hamburger buns.

Top with desired toppings and condiments.

I'm always in need of recipes. Hopefully the weather will improve and BB-Q's will be used regularly. Perhaps, before the bbq season really gets here, you will take a few minutes to send along some of your family's favourite summer recipes.

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**The Shoreline
Journal**

Canadians can celebrate record job growth during this Canada Day!

Canada Day is a wonderful opportunity to travel throughout the riding, meet with constituents, and celebrate what it means to live in the greatest country in the world.

On July 1st, 146 years ago, the British North America Act came into effect and the dream of a unified Canada had become a reality. As you know, Canada Day is about more than simply commemorating the signing of our founding document. Canada Day is a time to celebrate our past accomplishments as a nation and look forward to our future with optimism. It is a celebration of what it truly means to be Canadian.

The founding values in the BNA Act: peace, order and good government, have helped Canada stand out as a beacon of freedom, hope and prosperity; a country that other nations model themselves after, and a country that we can be proud of.

It is our job to continue to build on our strengths, to build a stronger Canada. As we celebrate this Canada Day, I encourage you all not to lose sight of the principles of democracy and free-

dom that have made Canada the proud nation it is today.

Despite the on-going instability that other countries face, our country continues to excel and lead on the world's stage. Recently, the **OECD** reported Canada ranks among the top countries in the world in the **Better Life Index**. It measures areas of well-being such as jobs, income, health, education, life satisfaction, civic engagement, and housing to name a few.

Last month, Statistics Canada reported 95,500 new jobs were created. This represents the second largest monthly gain in Canadian history. This brings the total number of jobs created in Canada since the recession to over one million. Of these, 90% are full time and nearly 80% are in the private sector. This is the best job creation record in the G-7. I was also encouraged to see that

continued on page 6



Scott Armstrong

Notes from our Provincial Capital

Small Business/Rural Nova Scotia

We continue to read about very large cheques being written by the Dexter government to very large businesses in Nova Scotia. In fact, when we look at the deals this government has made with big businesses, these deals have cost Nova Scotians dearly. Any agreement to provide funding to any business in Nova Scotia that provides employment and helps boost the economy of our province should be good news. Although, this is part of the initial announcement of many of the NDP deals, their government has failed miserably to deliver on the promises.

In fact, over 600 million dollars of taxpayers' money has been handed out to 6 large corporations. The success of those corporations and the number of people employed has been pathetic. Some of those companies went bankrupt, others closed and in others the employment targets have not been met. This is not in any way an effective use of tax dollars.

News from our Municipal Council - District 10

Hi Folks.

Hope you are enjoying the summer. Please take note that on Sunday July 14 the good folks of Five Islands will be celebrating light house days. This year's event will be extra special in that they will be celebrating the 100 birthday of the lighthouse.

During the celebration a plaque will be unveiled designating the lighthouse as an Historic Property. It really should be a great day! I am not sure what all is planned, but you can be sure they will have musical entertainment, the firemen and women will be cookin up some fine food and the kids will have a chance to play on the pirate ship. All of this while taking in one of the most beautiful views in Nova Scotia. So please mark your calenders and join in the fun.

I have a little tip or information that most of you probably all know. My green bin is a mess, this time of year! Smelly, crawly and just down right terrible. I was on a tour of the waste management facility last week and I complained about this.

News from our Municipal Council - District 9

Hello again everyone

I would like to take a few moments of your time to talk about choices this month and why we choose to do some of the things we do in life.

For those of you who are familiar with me and my family you would recall my parents choose to be foster parents for many years. Our family very much enjoyed this time in our lives. It was personally rewarding to know your family was making a difference in an infant's or a young child's life when literally there was no one else who this child could count on. I say personally because I can guarantee you it certainly wasn't financially rewarding. The meager compensation received from the Children's Aid Society at the time didn't even start to cover the cost it actually took to raise a young child properly. This being said mom and dad continued to be foster parents for many years covering the cost of many items out of pocket simply because it was the right thing to do and this choice in their life brought them great joy and hap-

iness.

Well guess what, they recommended that I put a bunch of old paper in the bottom, old cardboard etc in. I thought this was only for green waste, but apparently if we put the paper and cardboard in it helps their process and I expect it will help keep my bin a bit cleaner. Probably everyone else knew this and it is only their COUNCILLOR that is not paying attention. I hope this helps a bit.

Now the fracking news. Over the past 2 weeks I have been hearing rumblings the Town of Windsor was going to generate some new revenue by allowing AIS to release the fracking waste into their waste water treatment plant. Clearly this would be very disappointing. I read in an article from the Hants Journal that has been posted on facebook where the COO for Windsor was saying they needed a new revenue source.

continued on page 6



Karen Casey

This is not unlike the reason I choose to run for County Council. I believed then and I still believe that I can help make Colchester County a more prosperous and healthy place to live and raise a family. By doing this I would be giving back to a community that has supported me and my family our whole lives. I certainly didn't run for this position to increase my income. I spoke to a number of passed councillors before I choose to run and knew the amount of time and effort required for me to do this job right. I also understood at the time that a County Councillor's job paid somewhere in the vicinity of \$16,000. It wasn't till after I had won that I was informed that it actually paid \$18,335 per year. I guess you could say in my mind I got a raise the first day I started as a councillor.

continued on page 6



Tom Taggart

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