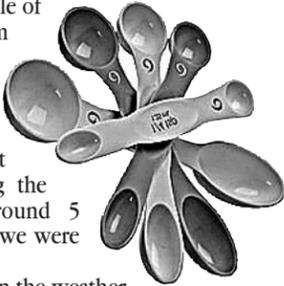


# Dorothy's Kitchen Korner

Now that we've had a couple of days of summer weather, I'm already finding it too warm. Not sure it that's because as Nova Scotians we always have something to say about the weather or because last Thursday and Friday evening the temperature was down around 5 degrees, and within 48 hours we were in the mid-20's.



The change, for the better, in the weather sure has changed the attitude of shoppers. They are finally coming out of hibernation and even have smiles on their faces, as they start to stroll around in their summer wardrobe.

It's not hard to tell summer is here, for another reason. The paving crews are out. As bad as our roads are, we get irritated when the flagging crew hold us up for a bit, and as workers clean out the ditches, and install new culverts, we get further upset with the sections of gravel and bumps created once the culvert installation is complete.

Seems like we are never satisfied. We complain about the potholes, then complain even more about the minor inconveniences while the road is being repaved.

The produce departments are starting to show signs of some local produce. Locally grown produce seems to taste so much better, and it gives us a good feeling to be supporting farmers and market gardeners from our area. It won't be long until some of those ambitious gardeners put up their little stands at the end of the driveway to sell some surplus resulting from their long hours in the garden. Strawberries will soon be in abundance, then after a few good feeds, we'll be thinking about how we might find a new recipe for jams and jellies.

Nice to hear after a disastrous 2013, strawberry growers are anticipating an abundant crop. Many experts thought it might take two or three years for them to bounce back, but they are a resilient bunch and have been able to solve their problem within a year. Let's hope they are able to keep the aphids away for many years.

The other day when it was raining I decided to look through the binder with a collection of family recipes I had collected over the years. Even though we're into BBQ season, there might be a craving on a cooler rainy day for a casserole. Here's my selection for the month:

## Oven Beef Stew

- 1 1/2 lb beef • 1/4 cup flour
- 6 onions • Potatoes
- Carrots • Garlic
- Turnip • 3 cups of water
- 1 1/4 cup bouillon • 1 can tomato sauce
- 1 tsp thyme • 1/2 tsp oregano
- 1/4 tsp pepper • 1/4 tsp salt.

Cut beef into stew size pieces, roll in flour, cut vegetables into the sizes preferred by your family. Use the amount of vegetables you think best suits your family's needs. I try to use the same amount of each of potatoes, carrots and turnip. Layer vegetables and meat in roaster, large covered baking dish, or I prefer a thick bottom covered dutch oven.

Mix together spices, water, bouillon and tomato sauce then pour over meat and vegetables. Bake covered in 325 oven for 3 hours.

Enjoy the summer and all the visiting you will do with friends and family.

I'm always in need of recipes. Please send to me by July 15, so I can get in the next issue.

Please send to:

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The Shoreline Journal

## Notes from our National Capital

### Protection of Communities and Exploited Persons

Recently, our Government responded to the Supreme Court of Canada's ruling in *Canada v. Bedford* to ensure that Canada's laws and the criminal justice system continue to address the significant harms that flow from prostitution to those engaged in prostitution and to other vulnerable persons, while protecting Canadian communities.

The Protection of Communities and Exploited Persons Act is a "made in Canada" model, which directly targets the demand for this dangerous activity and would take tough action to crack down on pimps and johns.

Prostitution hurts Canadian communities and the most vulnerable Canadians. We are committed to protecting Canadian communities by making it illegal to sell sexual services in or near any public place where children could be present.

The proposed legislation would protect our communities - in particular women, children, and those who are at risk of being

drawn into prostitution - from the dangers associated with prostitution, including violence, drug-related crime, and organized crime.

This Canadian model involves a significant overhaul of the Criminal Code's treatment of prostitution and related activities. It would: Criminalize those who fuel the demand for prostitution, i.e.: purchasers of sexual services; Continue to criminalize those who financially benefit from the exploitation of prostitutes, such as pimps and those who procure others for the purpose of prostitution; Prohibit advertising for the sale of others' sexual services in print or online; Immunize prostitutes from criminal liability for any part they play in the purchasing, material benefit, procuring or advertising offences and Protect our communities by criminalizing communicating for the purpose of sell-



Scott Armstrong

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## Notes from our Provincial Capital

### Two local schools receiving \$935,000 in upgrades

Forty-nine schools across the province are receiving upgrades, repairs and improvements this year as part of an expanded capital repairs program. This investment will extend the life of the schools and prevent the need for major renovations that could be necessary if the outstanding maintenance issues are not addressed. It is really a preventative move so that smaller investments now will prevent the need for larger investments in the future.

In December 2013, the Department of Education and Early Childhood Development announced it would increase capital repairs funding by \$9 million, for a total of \$15 million, for smaller projects such as window replacements and roof repairs.

School boards were notified of the schools that have been approved for capital repairs funding and are preparing to move forward with renovations as soon as possible. In Chignecto-

Central, for students in schools in Colchester North, the following projects were identified by the School Board, these were assessed by Department staff and funding was made available for the following: Cobequid Education Centre, \$715 000 and Central Colchester Junior High, \$225 000.

"This year we have increased the funding for capital repairs to address smaller projects across Nova Scotia that will improve our schools for years to come," said Education and Early Childhood Development Minister Karen Casey. "It is important students learn in a well-maintained, safe and healthy environment, and these projects will ensure just that."

Capital repairs projects include roof repairs, window replace-



Karen Casey

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## News from our Municipal Council - District 10

### What sticks in your mind?

Have you ever seen or heard something that just really sticks with you? Well that is what is on my mind today. I attended the International Day of the Peace Keepers at the Veterans memorial Park on June 7. One of the speakers was Barry Mellish, many of you may know Barry. For those that do not, Barry is a retired RCMP officer who, I believe has had 3 tours of Duty as an RCMP officer on peace keeping missions in Bosnia and Croatia. I have heard him speak on several occasions. I have great respect for Barry and without question he is more than qualified to speak on this matter.

The year's peace keeper ceremony was just days after the brutal murder of three police officers in Moncton

The statement he made was he felt that in these countries, he used Afghanistan as an example, 85% of the people where good people who just wanted to live in peace, raise their families and

better themselves. However there were 15% of the people who where evil. They were murderers, bullies and tyrants who used fear and torture to intimidate their fellow countrymen. That 15% have absolutely no mercy and control these countries.

He went on to say that in countries like Canada there are probably 15% of the population that would, if permitted be in that same category. The difference is that our countries over decades have evolved into democratic Countries with militaries and civilian police forces which do not allow that to happen. Without the engrained rule of law and knowledge bad people will be punished we could be the same situation.

Now this certainly is not exactly how he said it but more how I understood it. But it really hit me and stayed with me.



Tom Taggart

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## News from our Municipal Council - District 9

I was working in my home office one day last week when a customer in Bible Hill called asking if I could drop by. My buzz over to Bible Hill quickly turned into a half hour drive as I forgot about the construction work taking place in the Onslow area. With the new sidewalk running from the Junior High school to Hills farm and the new sewer line being installed from Granville Drive to Highway 102 it's a very busy area.

Also the ongoing construction at the new privately owned commercial industrial park in this area means you should allow a few extra moments for your morning commute and have lots of patience. Projects like these not only benefit the residents in the immediate area but also the hole of Colchester County.

The County's investment in this infrastructure will generate growth and in turn generate tax dollars. Council also recognizes the importance of preserving the integrity of this rural community and will be looking at changing the zoning in this area. A public meeting will be announced in the next few weeks for resi-

dents to voice any concerns or ask questions about the sewer project.

On October 29, 2013 in Winnipeg the Federation of Canadian Municipalities (FCM) launched a new program called First Nations - Municipal Community Economic Development Initiative (CEDI). The call went out looking for Municipalities and First Nation communities interested in forming long term partnerships with their neighbors to address economic challenges. This would not only strengthen relationships, but move the communities forward together.

Over two hundred applications were received, but do to funding restraints only six partnerships were selected through a nation-wide selection process.

One of these partnerships has been formed between the



Doug MacInnes

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