

Dorothy's Kitchen Korner

No sooner said, than done...



Last month as we were shivering with the cold weather, I mentioned it would not be long before the farmers would be cutting hay, or silage. No sooner had the ink hit the paper and on the next day as I was driving to work, there were fields already mowed. Since it was near noon-time, Jim Burrows crew in Green Oaks had been in the field long before I was ready to put my feet on the floor.

Since then the silage is in, the fields have been spread with a fresh coat of manure. The way time goes by so fast, they might be on the fields for a second crop before the first of August. Quite possible since either it grows fast, or I'm getting older and slowing down.

I was able to get two additional days off work and in fact just got back from four days with friends in Cape Breton. A trip up there really re-charges my system. With the warm weather and spending time on the Mira, it was hard to take my feet out of the water, put my sandals on and head back home.

When I got home, I noticed Maurice had picked up a few transplants while I was away. Looks like two 4-pac of Brussel Sprouts and two different kinds of peppers. I know they just came from the garden centre, but he best get them in soon.

I can't get over the volume of recipes that Hazel Hill generates and sends to me. Being away, I didn't get into the kitchen, so I've been on a mad rush to find one that is seasonably appropriate. The way things grow, especially Zucchini, this Casserole recipe should be most timely.

Hazel's Zucchini Casserole

Ingredients:

- 2 cups hamburger
- 4 cups Zucchini, sliced into 1/4 inch slices
- 1/2 cup onion
- 4 eggs beaten
- 1/2 cup milk
- 2 cups toasted bread crumbs
- 1 tblsp margarine
- 1/2 cup shredded cheese - your choice
- Salt and pepper to taste.

Preparation:

- Combine eggs, margarine, milk, and seasoning
- Crumble up hamburger into small pieces
- Grease your favourite casserole dish,
- Put layer of zucchini, then a fine layer of hamburger, add a bit of onion.
- Repeat layering until done.
- Pour egg and milk mixture over the base.
- Sprinkle top with bread crumbs
- Finish by adding cheese.

Bake in 325 oven. If using a top rack, cover or add layer of tinfoil.

Remove covering for last 30 minutes. If you feel it's a bit dry, gently add 1/2 cup of water, by sprinkling around the edges.

If you have a favourite family recipe and would like it published in the August issue, please send on or before July 15th. Please send to:

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Notes from our National Capital

A Good Start

The federal government has had an ambitious agenda in its first 8 months. Mr. Trudeau's government has restored the retirement age to 65, signed a treaty to curb climate change, re-instated the long-form census, made historic commitments to aboriginal Canadians and passed assisted dying legislation.

The assisted dying bill was notable for giving both chambers of Parliament - the House of Commons and the Senate - significant input into the law. I believe Mr. Trudeau is determined to let all Parliamentarians - not just MPs but senators, too—have a voice and a role to play.

MPs, for their part, are enjoying greater freedom. Several of my Liberal colleagues have voted against government bills with which they disagreed, and in favour of private members' bills which the government opposed.

That goes as well for the opposition MPs, who don't always vote on party lines.

Notes from our Provincial Capital

Encouraging a healthy lifestyle

The health of all Nova Scotians is always a priority for us as individuals and for our families and friends. As a Government, we continue to support and encourage Nova Scotians to follow a healthy lifestyle and to exercise regularly. Along with healthy eating and a physical active lifestyle, we do need to have access to quality health care from our medical professionals. This means focusing on what people need to be healthy and to providing supports in the community so that care can be accessed.

With the establishment of one Nova Scotia Health Authority, physicians are advocating for better health and working as part of a team to provide the services and supports we all need and deserve. Our Government has made a commitment to work toward the goal of having access to a family doctor for every Nova Scotian. At the present time 90% of Nova Scotians do have a family doctor, however, for the remaining 10% who do not have

Parliamentary committees are holding most of their meetings in public, and are working independently of the government to study important issues.

The other day I was asked if the Health Committee's current topic of study—which is a national pharmacare program—is urgent, given it was not part of Minister's mandate letter; but the government has not given the Health Committee any mandate at all.

The committee is free to study what the members decide, and at the moment that happens to be a pharmacare.

Parliament has now adjourned until September. Please don't hesitate to get in touch over the summer. I hope you and your family have the opportunity to relax, get around this beautiful province we call home and experience all it has to offer.

Bill Casey is MP for Cumberland-Colchester



Bill Casey

a family doctor, it is frustrating and disappointing and makes managing our own health a challenge.

To that end, our Government continues to introduce and create opportunities for us to move towards better health. Premier Stephen McNeil recognizes that this work which has already started needs to continue with our goal, as we move closer to a family doctor for every Nova Scotian.

Some facts about physicians in Nova Scotia:

90% of Nova Scotians have a family doctor - this is well about the national average - 3rd in Canada

31 new doctors have started practice in Nova Scotia this year

14 new doctors are set to start within the next 5 months

incentive programs have resulted in 134 doctors coming to

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Karen Casey

News from our Municipal Council - District 9

It is SHAMEFULL!

Good Afternoon from Sunny West Colchester.

Today, I am going to go on one of my usual rants. Last week Moneys Worth magazine got a lot of press when it announced that Truro was way down on the list of places to live in Canada. Now keep in mind I never read this garbage, am just going on what was reported locally. It is very unfortunate that one person, an irresponsible journalist, can give their opinion and damage the reputation of what many have worked hard and spent millions of dollars.

First why would a Rural Municipal Councillor care about a town? Well it is my opinion the prosperity, growth and well being of the Town and the Municipality are intrinsically connected. As goes the Municipality, so goes the town.

Before I start many may not be aware that the Municipality begins along Robie Street, by the Cemetery. All the businesses

from there out to Lower Truro are in the Municipality. A very large part of the urban core surrounding the town - Valley, Salmon River, Bible Hill, Princetown Heights and Truro Heights are part of the Municipality. We really are one big REGION that has it all, including many very strong and beautiful rural communities.

Now how is it possible that of the fifty Municipalities outside of Halifax Regional Municipality only two, Kings County and Colchester have shown growth, all be it Modest Growth, year over year can be discredited like this??? It is SHAMEFULL!

If it is so bad, why would a private developer be investing in two new retail/residential apartment buildings that will house approx 100 new apartments in the downtown area. This will clearly revitalize this part of town.

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Tom Taggart

Shopping local brings Prosperity and Security

It's Sunday June 19th and as I sit down to write this article I believe it appropriate to give a belated big shout out to all you Dads out there. I hope you all enjoyed this beautiful warm Fathers Day. My plan is to keep the article short this month so I can go spend time with my daughter, her partner and our three gorgeous grandchildren and our step grandson. Let's see how I make out with that!

Economic development and the role different stakeholders play within it has been consuming much of my councillor time lately. This is not a new issue by any means, but a very important one which affects us all no matter what age you are or what part of the County you live in.

A strong, lively local economy not only creates jobs to help retain our youth but also assists in providing almost every service a municipal government delivers to its citizens. The municipality contributes to the health of the local economy virtually every time we invest your tax dollars into local infrastructure. Whether

we are investing in a new water tower in Debert, sewer lines in Onslow, the RECC or our investment in the new regional Library, anytime we invest in infrastructure that helps facilitate business or population growth we are investing in economic development. The bottom line is, the stronger our local economy is the less individual tax payers have to pay to maintain the services provided to them.

On the other hand, the business community plays a huge role in maintaining a growing economy. They are the risk takers; the visionaries that aren't scared to not only predict the future but to invest their hard earned money in it. These are the business people who create the jobs, invest in commercial properties and pay a commercial tax rate of \$2.27 per \$100 of assessment.

In my opinion there is a vital role for businesses to play in our

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Doug MacInnes

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