

Dorothy's Kitchen Korner

Snow in the Highlands
June 25th

It's hard to believe the weather we have been having. I've been waiting for some consistent summer-like weather. At least a few days in a row.



I'm getting tired of the variables. Heavy frosts in mid-June that have decimated agriculture crops in many areas. In addition to money-losing prices for the past couple of years, blueberry farmers are now facing the possibility of up to 75% of this year's crop will be lost due to frost. Is that nature's way of eliminating the glut of berries in storage? A significant drop in 2018 tonnage might cause prices to raise and reverse the downward spiral.

Blueberries are not the only crop suffering from frost damage. It extends to almost everything Nova Scotia farmers grow - apples, pears, grapes, and strawberries. Luckily Colchester strawberry growers do not seem to have suffered as much damage as other areas.

However, there are a few things, I don't understand. Around here, many fields are soaking wet, and most days the grass is too wet to mow the lawn. Then I listen to the radio and around the province, the report the forest fire index is dangerously high. What gives?

I did get home to Cape Breton for a couple of days in early June. Weather was reasonably good, but certainly not good enough to head to the beach. What really confuses me about what is going on with the environment, is meteorologists were calling for "snow in the Cape Breton Highlands on June 25th. What gives?

Is it pointless to check out my sun bathing apparel, and dust off my beach-cooler?

Enough lamenting about the weather. Time to think of something good to eat. Might as well throw something together and use the oven to take the chill off the kitchen. Maybe I won't have to turn on the furnace today. My sweet tooth is calling, so might as well go with the season. Off I went to pick off a few stocks of rhubarb

Rhubarb Crisp

5 c rhubarb, chopped
 ¾ c white sugar • ¼ c cornstarch
 ½ c butter, cold, cubed
 ½ c brown sugar • 1 ½ c rolled oats
 ½ whole wheat flour

Preheat oven to 375. Lightly grease pan. In a bowl stir together rhubarb, sugar, corn starch. Pour into pan. In a large bowl combine butter, brown sugar, oats, flour until crumbly. Spread over the rhubarb. Press lightly. Bake for 35-40 minutes. Let sit for 10 minutes.

Since hot days of summer might be here soon, I thought this would be appropriate for our four legged companions.

Dog Ice Cream

3 ripe bananas • 32 oz plain yogurt
 1 cup peanut butter

Blend together. Pour into ice cube trays. Freeze.

If you have a favourite family recipe and would like it published in the August 2018 issue, please send on or before July 15th. Send to:

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October 2018	September 18, 2018	September 26, 2018
November 2018	October 23, 2018	October 31, 2018
December 2018	November 20, 2018	November 28, 2018
January 2019	December 11, 2018	December 19, 2018
February 2019	January 22, 2019	January 30, 2019

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The Shoreline Journal

Notes from our National Capital

Post Traumatic Stress Disorder

Last week I was invited to say a few words at the Society of Atlantic Heroes Association announcement of plans for a new facility for Nova Scotia first responders and veterans who have suffered through Post Traumatic Stress Disorder. Recently at the Standing Committee on Health in Parliament, we heard from first responders including paramedics, firefighters, nurses, emergency room personnel, and veterans about the horrible effects of Post Traumatic Stress Disorder.

Some of the most moving public testimony was from firefighters in Vancouver who have had to repeatedly pick up the same fentanyl drug victims on the streets of that city... night after night. Some of these victims have survived and some have not. But these events all had an impact on the first responders who came to their aid.

However the most compelling testimony was from Natalie Har-

ris, a young woman who achieved her goal of becoming an emergency paramedic. Because of the traumatic and horrific scenes she had to deal with, she eventually had to hang up her uniform and seek treatment for PTSD. Below is a paragraph from her testimony at the Standing Committee on Health. Her words describe her situation far better than I ever could.



Bill Casey

Natalie Harris... "In October 2014, PTSD had caused me to live in a world filled with fear and sadness that constantly undervalued my fundamental necessity to breathe. It caused me to live in a world filled with darkness, distorted thinking, and illogical reasoning. It caused me to live in a world that harboured powerful voices that told me that I should hurt myself because I was worthless, and that everyone would be better off without me. In October 2014, PTSD caused me to know for certain

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Notes from our Provincial Capital

Farmers to be commended for renewed interest

With spring turning into summer, the focus on agriculture in Colchester North is obvious. Newly cultivated fields, crops planted and growing, and first cuts of silage remind us that one of the primary resources and industries in our province is making a comeback. It is so encouraging and positive to see farm lands that have been lying fallow for many years are now in active production. I commend those young farmers who see a future in the agriculture sector.

Although blueberry producers have had a recent difficult season, I am also encouraged by those growers who are staying with the product through difficult times. Hundreds of acres are yielding thousands of tons of blueberries. The challenge is to find new markets and our Minister of Agriculture continues to promote the product, both markets locally and in foreign markets, including China. With the uncertainty facing trade with the United States, it is important that we diversify our export markets.

We know that the US provides one of the greatest export markets and we are optimistic that market will continue in the future. However, working both with Europe and Asia will help to secure

a trading partner and allow blueberries and other agricultural products to find a market.

It is also encouraging to see young farmers expanding their farms to include beef and pork, in particular, I want to acknowledge Joe and Carolyn Cooper of Balamore Farms and Curtis and Anne Millen of Millen Farms. In addition to providing beef and pork for human consumption, they are raising purebred cattle for breeding. In particular, Balamore Farms are raising purebred beef cattle (Limousin) and are attracting buyers from across Canada to their annual bull sale. They are also hosting the Canadian Junior Limousin Show this August, the first for Atlantic Canada.

Many other young farmers throughout Colchester North are to be commended for their renewed interest in agriculture.

As the sign says at Smitty's Restaurant in Truro: "If you have eaten today, thank a farmer".

Karen Casey, MLA represents Colchester North and also serves as Minister of Finance. 902-641-2200



Karen Casey

News from our Municipal Council - District 10

FCM recognizes value of Rural Communities

It may not seem it, however, they tell us summer is just around the corner. The weather has not been kind to us over the past month, hopefully it turns around soon.

As we begin this article I would like to congratulate all those students who have graduated, from high schools, community colleges and universities. Please take the time to relax, reflect and be proud of yourselves and your accomplishments, as you move on to the next chapter in your life.

I wish to especially congratulate Nancy Davis of Lower Five Islands, who at age 62 has graduated from the Nova Scotia Community Collage with both her grade 12 diploma and a certificate as a Continuing Care Assistant. Many of us recognize the courage and commitment it must have taken to fulfill this dream after all these years. Well done Nancy.

June has been a busy month beginning with the Federation of Canadian Municipalities meetings in Halifax. My only comment from this meeting is that as I begin my fourth term on this board

I am pleased to report this very influential organization, which lobbies on behalf of Municipalities across Canada, continues to recognize the value of rural Communities. This is evidenced with the release of a major policy paper entitled "Shaping the Future of Rural Canada, Rural Challenges and National Opportunities". This document speaks to building the next generation of telecommunications infrastructure; a housing strategy for rural communities, connecting rural communities to global markets and recognizing the value that agriculture plays in ensuring all Canadians have a safe and secure source of food. This document outlines the direction FCM will focus its lobby efforts in the years to come.

Also this month I attended along with many of my fellow councillors, a meeting with the Nova Scotia Health Authority to address the doctor shortage in N S. It was very informative and focused on

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News from our Municipal Council - District 9

Column not available.



Bob Pash

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