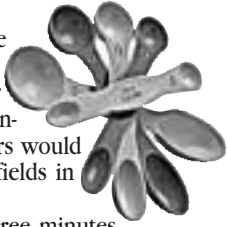


Dorothy's Kitchen Korner

By Dorothy Rees

Here is it late in May and while Maurice and I were driving into to Truro, (he was taking me out for Mother's Day brunch) Maurice mentioned that within three weeks farmers would be making silage in some of the hayfields in Green Oaks.



We hadn't driven anymore than three minutes and what did we meet on a sharp turn, a farmer's truck pulling a forage harvester towards the fields we just passed. Maybe silage making will be underway sooner than we think. Normally, farmers around Shubenacadie are making silage around the 3rd or 4th of June.

That's enough idle chat about what the dairy cattle will eat next winter. Time to head back into the kitchen to see what can be prepared for the silage making crew.

Every time I request recipes, it takes only a few days, until some arrive in the mail. When the recipes arrive, its even more enjoyable, if they are accompanied by a note. Here is a fine example from Irene Cooke in Bass River. After I had finished reading her note, I was overjoyed, she sent along three recipes. Since I have limited space, I'll save two for another month. :

Hi Dorothy....

Along with my renewal request for the greatly appreciated "Shoreline" goes very simple recipes. It's interesting to try the neighbourhood favourites!

Oven Stew – For Two

Cut about ¾ lb of steak into small squares.

Roll in flour and sear in hot fat, then add:

1 tin tomato soup • 1 ½ cup water

¾ cup chopped onion • ¼ tsp basil

Cover and Bake 1 hour.

Then add 2 large carrots and 2 potatoes both cut in small pieces. Add more water.

Cover and bake till tender. Should take about an hour.

I often double the recipe and put the "leftovers" in single serving packages for the freezer. It's a welcome meal on busy or lazy days.

Of course, I must honour my promise to readers and Betty Fulton. Previously, Betty sent in a recipe, and somehow it got misplaced. I asked her to resend it, and I'm pleased to have her "Baked Spaghetti in Wine" recipe as the last favourite recipe for this month.

Baked Spaghetti in Wine

1 lb Spaghetti (3 inch lengths) • 1 lb Ground Beef

1 Medium Onion sliced • 3 – 8 oz Cans Tomato Sauce

¾ Tsp each of Marjoram, Rosemary, Thyme, Basil and Oregano

1/8 Tsp Pepper

1 Tsp Salt • Dash of Garlic Salt

1 cup Burgandy Wine • 1 cup grated cheddar cheese

Saute onions and ground beef in 3 tbsp salad oil, until beef is browned. Add tomato sauce and next nine ingredients. Let simmer for an hour. Cook spaghetti and add to sauce. Add ½ the cheese. Place in casserole in refrigerator overnight. Next day pre-heat oven to 350 degrees. Place covered casserole in oven and bake for an hour. Sprinkle with ½ cheese and bake for another half hour. Serve with Garlic bread and a tossed salad.

I still need more recipes. Please take a few minutes to send along a few of your family favourites. 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

Notes from our Federal Capital

Scrapping the Long-Gun Registry Part II

Last month in my column I discussed scrapping the long-gun registry. Since then there has been further positive developments in this effort that I would like to inform you about.

As you may know the leader of the federal Liberal Party is undemocratically forcing his Members of Parliament to vote against Bill C-391, my colleague Candice Hoepfner's MP Portage-Lisgar (Manitoba), Private Members Bill that would eliminate the long-gun registry. Traditionally, Private Members Bills have been free votes in Parliament and the Liberal leader's position on this Bill is a direct attack on rural Canadians. The Bill is now before committee and Liberal Mark Holland MP Ajax-Pickering (Ontario), the Liberal critic on the committee has done his best to scuttle the fair deliberation of the Act by purposefully omitting supporters of Bill C-391 from the list of witnesses. In fact, his original witness list had only four witnesses in favour of Bill C-391 and dozens that didn't.

Meanwhile, I have been working with Mrs. Hoepfner rallying East Coast support for this Bill. I have been standing up for rural Canadians and working hard to scrap the wasteful and unnecessary penalty on hunters, farmers, and arms collectors.

Notes from our Provincial Capital

On June 9, 2009 a new NDP government was formed in Nova Scotia. They were elected on major campaign promises which have not been kept. Taxes have increased, emergency rooms are not open 24/7, and by the time you finish reading this article, deficit spending by this government will have increased to more than \$750 million - in just under 11 months.

Tough choices are not being made. That is why last week, when members of the Legislative Assembly were asked to support the Financial Measures Act and Finance Act, our caucus said no. The PC Caucus could not support a budget that lacked the fiscal restraint needed to improve the province's finances. Nova Scotia families will carry the burden through higher taxes every day.

Consider the impact of an increase to the HST. This budget includes raising the HST by 2 per cent. Families are now being asked to pay more for their homes, cars and furniture; small businesses are left wondering how they can compete; young Nova Scotians will continue to seek out new opportunities in other provinces; and Nova Scotia's regional competitive advantage is slowly fading because we are the highest taxed province in the country. Raising taxes was not necessary. Other options were not part of the solution, and our province will pay the price now and for years to come. Why did the NDP government not look closer at controlling spending rather than raising taxes. Twelve of the 18 provincial departments actually received an increase in spending in this budget.

News from our Municipal Council

Hi folks. It's that time again and as usual Maurice is waiting on me. I would like to talk for a bit on biosolids. Biosolids are what are left over after our sewage has been treated and released. Any Municipality, Town or City that operates a wastewater treatment plant has these. They must be disposed of in some manner.

In our County they are sent to a local private operator who aerates and mixes with compost material to make products for flower gardens and such, to my knowledge is not used to grow food crops, although I am not absolutely certain of this. This is not something that I personally support but is better than the alternative.

The spreading of biosolids on farm fields is something that has drawn much attention over the past few years and is something that I personally am very opposed to. I should say that I am certainly no expert and to be quite fair I have talked to farmers that use it and have toured the plant in Halifax that treats and resells the waste from Halifax Regional Municipality. These folks are as firm in their belief that it is ok and I think to be fair they have their points as well. However Maurice has given me a soap box to stand on and I am going to give my opinion on this. Many people are I believe mistaken in their belief that sewer sludge or cake, as some call it, is really just human manure. This is not the case.

I have toured the Colchester waste water plant in Lower Truro and the process is quite interesting. All waste water collected in Urban Colchester and the Town of Truro is collected in this plant. This would include regular sewage, sewage waste from industry. I am certain there is medical waste and prescription waste dumped in toilets, any oil, gas, chemicals or whatever that may be on the streets or parking lots that is washed into the storm sewer when it rains etc.

Specifically, through a mail-out household-er we have surveyed Cumberland- Colchester- Musquodoboit Valley regarding Bill C-391. Over 2500 surveys were returned and the results showed that 90 per cent of those that responded to the survey were in favour of this Bill. Following this successful survey, we commenced a formal petition collecting to date over 3000 signatures. On May 25, 2010, I tabled this petition in the House of Commons. I will continue to be very vocal on this issue. I spoke strongly against the long-gun registry on behalf of our Conservative government in my response to the Throne Speech. "I'm standing up for rural Canadians." I can't wait to vote for Bill C-391 that will abolish this wasteful and unnecessary long-gun registry.

Please feel free to contact me regarding any issue or concern you may have. You can reach me at 893-2455 in Truro, 667-8679 in Amherst or toll-free 1-888-752-0552 or visit my website at www.ScottArmstrongmp.ca

Scott Armstrong, Cumberland-Colchester-Musquodoboit Valley



In the past, there were many examples of how governments adjusted spending to accommodate declines in revenue. This was a fact noted by a research report conducted by the Canadian Federation of Independent Business. Expenses can be controlled by the will of a responsible government, but this simply did not happen with this government. Life is now more difficult for today's families.

And finally, consider why Lucentis, a drug that vastly improves the vision of those suffering from macular degeneration, is not being covered in our province. Nova Scotia is officially the only province in Canada that does not pay for this drug.

These are considerations I would ask you to discuss with your family and friends. Discuss what is happening in our province right now, question how you can help to improve the situation, and please know that as your MLA I am always available to address any concerns you may have.

The Progressive Conservative Caucus has a responsibility to hold this government accountable, and as the Leader of our Party, I will continue to serve you and all Nova Scotians to the best of my ability.

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



This goes through a series of treatments and filtering and then goes into tanks and is aerated and treated in such a way to take away all the sewage etc. Throughout this process the water is cleaned treated and released in a way that is acceptable to the Dept of Environment.

At the end of this process we are left with what this process has not eliminated. I am no scientist but it would seem to me that this is not something that should be being applied to agriculture land for food crops. Proponents of this will tell you that this product after being heat treated and added to fly ash that it is safe.

It is tested for I think 10 of the most harmful chemicals and passes the test. I am concerned about the other chemicals and the medical waste that may be included in this.

I know it is unfair of me to use this column to give my uneducated opinion however I have very strong feelings on this and am not happy that sewage sludge that is being created in Halifax is being spread on fields in Colchester.

At this point it is not something Council can tackle. Kings County, I believe, is attempting to limit this or it is possible they have a moratorium on spreading it at this time, but at the end of the day we need to look to the provincial government for leadership on this issue.

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



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2010 Deadlines and Publishing Dates

ISSUE	DEADLINE	PUBLISHED
July 2010	June 22	June 30
August 2010	July 20	July 28
September 2010	August 24	September 1
October 2010	September 21	September 29
November 2010	October 19	October 27
December 2010	November 16	November 24
January 2011	December 14	December 22

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