

# Dorothy's Kitchen Korner

No need for me to complain about the awful weather during the month of May, as everyone else has been doing it. I noticed on Thursday, the 26th a farmer had mowed his first field and is getting ready to make silage. Once farmers start mowing, we know strawberries are not far behind. Twenty one days from today is the longest day of the year.

Last Month I printed out the instructions and expectations from the Sacred Heart Memorial Hospital recipe used for overweight heart patients to lose weight rapidly, usually prior to surgery. Both Maurice and I lost 10 pounds. Make sure you drink plenty - at least 6 to 8 glasses - of water a day, as well as any combination of the following beverages: black coffee, unsweetened fruit drinks, cranberry juice and skim milk.



## Sacred Heart Medical Diet

This 7-day eating plan can be used as often as you like. If correctly followed, it will clean out your system of impurities and give you a feeling of well-being. After only 7 days of this process, you will begin to feel lighter by at least 10 pounds and possibly 17 pounds, and experience an abundance of energy.

**SOUP:** 1 or 2 cans of stewed tomatoes; 3 plus large green onions; 1 large can of beef broth (no fat); 1 pkg. Lipton Soup mix (chicken noodle); 1 bunch of celery; 2 cans green beans; 2 lbs. Carrots; 2 Green Peppers.

Season with salt, pepper, curry, parsley, if desired, or bouillon, hot or Worcestershire sauce. Cut veggies in small to medium pieces. Cover with water. Boil fast for 10 minutes. Reduce to simmer and continue to cook until veggies are tender.

This soup can be eaten anytime you are hungry during the week. Eat as much as you want, whenever you want. This soup will not add calories. The more you eat, the more you will lose. You may want to fill a thermos in the morning if you will be away during the day.

**DRINKS:** Unsweetened juices, Tea (also herbal), Coffee, Cranberry juice, Skim milk and Water, water, water.

**DAY ONE:** Any fruit (except bananas). Cantaloupes and watermelon are lower in calories than most other fruits. Eat only soup and fruit today.

**DAY TWO:** All vegetables. Eat until you are stuffed with fresh raw, cooked or canned veggies. Try to eat green leafy veggies and stay away from dry beans, peas or corn. Eat veggies along with the soup. At dinnertime tonight reward yourself with a big baked potato and butter. Don't eat any fruits through today.

**DAY THREE:** Eat all the soup, fruit and veggies you want. Do not have a baked potato. If you have eaten as above for three days and not cheated, you should find that you have lost 5-7 pounds.

**DAY FOUR:** Bananas and skim milk: Eat at least 3 bananas and drink as much milk as you can today, along with the soup. Bananas are high in calories and carbohydrates, as is the milk but on this particular day, your body will need the potassium and carbs. Proteins and calcium to lessen the cravings for sweets.

**DAY FIVE:** Beef and tomatoes: you may have 10 to 20 ounces of beef and a can of tomatoes, or as many as 6 tomatoes on this day. Eat the soup at least once today.

**DAY SIX:** Beef and veggies, eat to your heart's content of the beef and veggies today. You can even have 2-3 steaks if you like with green leafy veggies but no baked potato. Be sure to eat the soup at least once today.

**DAY SEVEN:** Brown rice, unsweetened fruit juice and veggies, again, be sure to stuff yourself and eat the soup. You can add cooked veggies to your rice if you wish.

By the end of the 7th day, if you have not cheated on this diet, you should have lost 10 to 17 pounds. If you have lost more than 17 pounds, stay off the diet for two days before resuming the diet again.

Remember, I need more recipes.

Please take a few minutes to send along a few of your family's favourites. Please send to:

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## Cuts to Education funding affects ALL students

The public school system in Nova Scotia is one of which we can all be proud. There are many good programs and services available designed to meet the needs of our students. However, we must always strive to be better. One of the most important steps in improving the quality of our education system is to work with our school community so that everyone feels a part of the final decision. The school community includes parents, students, teachers, administrators, support workers, elected school board members, Department of Education and the Minister of Education. Everyone in the school community brings a different perspective to the table, but the implementation of the final decision directly impacts students, parents and classroom teachers. Unfortunately, some recent decisions have been announced by the Minister of Education and they have failed to demonstrate that parents and classroom teachers were involved. In fact, when the Minister was asked who she consulted with prior to making some of the recent decisions, she was unable or unwilling to identify any groups who helped her make her decision.

I would be the first to acknowledge that there are opportunities to achieve savings within every school board, however, it would appear that the outcome of the Minister's decisions are more related to balancing a budget than they are to student learning and student outcomes. The Minister has maintained that funding cuts to school boards will not impact student learning, this is completely false. Removing programs like Reading Recovery from every Grade 1 classroom in the province will definitely have a negative impact on struggling young readers.

## News from our Municipal Council

Hi Folks

It is often said we don't know how good we got it. As I sit down to write this column the news is coming in about the devastation and the death toll from the tornado which struck Joplin, Missouri. I have spent the past 2 weeks grumbling about the wet, cold spring. Just imagine!

I look at the flooding in the west and Quebec, the fires in Alberta. Mother Nature is tough. So as this year's Atlantic hurricane season approaches make sure you pay close attention to the forecast and be prepared.

I would like to write on the issue of illegal dumping in West Colchester. Many of you may have read the news article where Gary Webb of Montrose found an illegal dump along the Mines Bass River Road. I myself got a report of illegal dumping at the school bus turn on the Great Village Lornevale Road. Upon inspection, sure enough, it was a disgrace. There is absolutely no excuse for this. Every home in the Municipality pays taxes to have their garbage picked up. Use this service!!

Colchester County just implemented the clear bag system to reduce the amount going to the bale fill and increase the amount being diverted. I received more calls on this than any other issue since being elected to council. Without question the biggest concern was that those that did not want to recycle would just throw any rejected bags in the woods.

I want to be very clear on this, as far as I am concerned there will be no mercy for anyone caught throwing garbage in the woods or over a bank. I would ask that anyone who sees this happen call me at 647-2025 and I will investigate or have County staff investigate and try to identify the culprits. Should they be identified, once again there will be no mercy and I will do my best to ensure charges are laid.

I am not sure of the timing for distribution for this month's issue, but would like to mention next Sunday's activities at the Veterans memorial park to honor the international day of the United Nations peace keepers. Hopefully everyone will get out to

Supporting a recent report to reduce the number of Education Assistants in our classrooms will negatively affect all students in our classrooms. Education Assistants are provided to support students who may otherwise be unable to function successfully in a classroom. All students' needs are assessed before an EA is assigned. Parents know their children best and they are worried about their child once the EA support has been taken away. The classroom teacher is worried because they know this responsibility will be downloaded onto them. Classroom teachers know that all students in the classroom will be negatively impacted by the removal of this support.



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

Rather than accept a recommendation from a consultant from Ontario who knows very little about the public education system in Nova Scotia, the Minister should engage our own parents and teachers in a process that assesses the importance of Education Assistants before she reduces the number currently providing support. Every student deserves the best opportunity possible to learn in our public schools. Removing programs and supports that help our students is taking away opportunities for them to be successful.

this great park and show their support for our peacekeepers.

I need to say I am a bit disappointed that as the resident councilor, I was not asked to say a few words at this event. I do recognize the need to keep the ceremonies to a reasonable time to avoid asking the veterans and seniors from standing too long, and this lowly councilor did not make the cut. As a result I am using the Shoreline to say my few words.



The organizers and volunteers of Veterans Memorial Park have done a fantastic job creating this park and recognizing our veterans. I think it is very important we recognize the role West Colchester residents, current or former, have played, or currently are playing in peace keeping or humanitarian aid. It's amazing, the number of service members from our shore who are currently serving or have served over the last 20 years.

Their involvement has made a difference around the world. Many have served in Afghanistan. Some 3 times, others have been involved in missions such as patrolling off the horn of Africa protecting shipping lanes from pirates. Many sailed in the first Gulf war. Others, provided humanitarian aid during the current crisis in Haiti; patrolling the coast of Haiti a few years ago rescuing those fleeing in small boats and others in the search and recovery during Swiss Air tragedy off Peggy's Cove.

It is truly amazing when you really set down and think of what the locals have done or accomplished in their service of our Country. We should be proud of them.

In closing, one more Thank You to Maurice and Dorothy Rees on a job well done in the celebration of the 90 & 90+ birthday party at the Economy Rec Centre on May 7th.

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

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