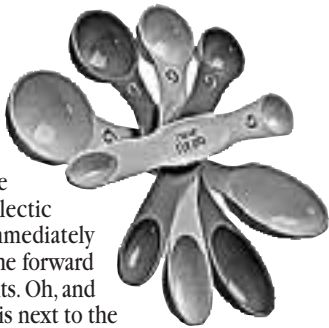


# Dorothy's Kitchen Korner



Yes, the transplants are growing well and many are already planted. What isn't is as of now, will be within the next week. Guess what two things, Maurice arrived home with yesterday? A new electric whipper snipper and immediately handed it to me. Then he came forward with 25 new strawberry plants. Oh, and the spot for the strawberries is next to the rhubarb. Should I think that eventually, he will want a strawberry pie and lots of jam and for me to get into the rhubarb too? Now that the weather is much warmer and as I look at the calendar, we'll soon be attending festivals and events almost on a weekly basis from early June until late September. Right now I see only two weekends, where nothing is booked. One new event we are really looking forward to is 2012 Pugwash HarbourFest, which will also include at least two Tall Ships visiting for the weekend of July 27, 28 & 29th. WOW, what a response to my request to find a bran muffin recipe, which can be kept in the refrigerator for a few weeks. In over four years of writing this column, I've never had such a high volume response. First to respond was Micheline Sterling, Debert who sent several; then Mildred Jaeger, Woodbridge, ON; a link was sent to several recipes by Esther Nelson, which also included some great Amish sourdough recipes. Doreen Putnam, Masstown send along a great recipe, when she renewed her subscription. Doreen's recipe can be kept in the refrigerator for up to six weeks and makes six dozen large muffins. It was hard to choose, but I for this issue, I've chosen Mildred's recipe from Ontario, which included this note: Hello Dorothy, Just read in the Shoreline Journal that you're looking for a muffin recipe from the 60's and 70's. I remembered having this kind of recipe so I went through my "old" recipes and found this one.

### Two-Month Muffin Mix

- 5 1/2 cups all-purpose flour • 2 1/2 cups white sugar
- 2 cups All-Bran cereal • 3 cups Bran Flakes
- 8 tsp baking soda • 1 tsp salt • 1 1/2 cups vegetable oil • 4 eggs
- 1 quart buttermilk • 1 cup raisins • 1 cup chopped dates

Lightly grease muffin tin and fill 3/4 full. Bake 20 minutes at 350 degrees. Keep remainder of batter in the refrigerator in a tightly closed container for up to two months. Makes about 5-6 dozen muffins.

Hope this is helpful. Have a good summer! Mildred Jaeger, Woodbridge, ON

Then I just had to use one of the several from Micheline Sterling, which is as follows: Bran muffins recipe using sour milk, found it in an old cookbook called Telephone Pioneer Oven Cook Book, Acadia Chapter #49

- 2 cups of flakes or health bran
- 2 cups boiling water poured over bran until water is soaked up
- 2 cups of raisins, pour hot water over, let stand and drain, squeeze dry
- 2 cups of dates chopped, (do not scald)
- 1 cup of shortening • 2 to 3 cups of white sugar
- 4 eggs • 2 cups of sour milk (sour milk with lemon juice or vinegar)
- 5 cups of flour • 1 tsp salt • 5 tsps baking soda
- Add raisins last. Bake 25 minutes at 350 F oven

This dough may be kept covered in fridge for up to 6 weeks. Do not stir batter, just remove by spoonful to put into muffin tins. Any amount can be used.

Now I have to find a way to find some space to include several recipes all at once. I always need more recipes. Please take a few minutes to send along a few of your family's favourites or recent nutritional ones added to your family's menu. 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](mailto:maurice@theshorelinejournal.com)

### News from our Federal Capital

*Federal Transfers to Provinces and Territories will Benefit Nova Scotia*

Nova Scotia will continue to receive significant support through major federal transfers in 2012-13. Federal support to provinces and territories will reach an all-time high of \$59 billion, which is \$3 billion more than last year. Total amounts for each major transfer will see year-over-year growth again in

2012-13. In addition to this increased support, there is an extension, by one year, of total transfer protection to provinces to ensure no province experiences a decline in its combined entitlements under the CHT, CST and Equalization.

For Nova Scotia, major transfers will total almost \$2.9 billion in 2012-13. This long-term, growing support helps ensure that Nova Scotia has the resources required to provide essential public services, and contributes to shared national objectives, including health care, post-secondary education and other key components of Canada's social programs.

Almost \$1.3 billion through Equalization, an increase of \$101 million from last year. \$797 million through the Canada Health Transfer,

### News from our Provincial Council

Unfortunately, the issue of cyberbullying continues to make news in our province, and in fact, in our own community. There is no question, it is a major social issue, and is actually a symptom of a larger problem ... that being the deterioration of respect we have for one another.

Bullying is not new, but with the advances in technology, it has now become more prevalent through many forms of social media. It has been identified as a growing concern in our society, and is being played out at an alarming rate in our schools. In May 2011, a Task Force was struck by the government to provide the Minister of Education with a Report and Recommendations. Nine months later, that Report was presented to the Minister. During this sitting of the Legislature, the Minister introduced a very shallow piece of legislation that proposed changes to the Education Act. These changes fell miserably short of addressing the real problem. Much of the new legislation focused on data collection and changing the language used in the Act. Response from many of the Task Force members was that they were disappointed in the Legislation. After almost a year of study, it lacked any concrete steps to immediately address the problem. Pam Murchison, whose daughter Jenna took her own life after relentless bullying, said she is not satisfied with the Government's response. She also stated that more data collection is not the answer. As written by Marilla Stephenson in her April 28, 2012 article that Minister Jennex "not simply acknowledge the problem is real and get on with doing something about it?"

As the Education critic for the Liberal caucus, I presented to the Law Amendments Committee changes to the Act which were intended to strengthen the Act. They contained actions that could be implemented immediately in our schools and in our communities. When these amendments were presented on May 3, both Dr. Wayne McKay and Pam

### News from our Municipal Council

Hi Folks, What a great time of the year to live in West Colchester. As you drive along the shore, all the new green grass as you look out over the bay, the clean fresh air it is just great. Many times in the past I have used this column to criticize the Provincial Government on issues such as Bio-solids and too many environmental regulations. Today I would like to take the time to applaud them. Their decision to de-centralize and move jobs from Halifax to rural Nova Scotia is a great one. The decision to move the head office of Dept of Agriculture to Bible Hill is the right decision, and once again, I applaud them for that. Agriculture has always played a very important role in the economy of Colchester County and in particular West Colchester. When I set and think about the economic impact of agriculture to District 10 it truly is significant and sometimes overlooked.

Often we talk and dwell on the demise of or the pressures faced by the small family farm, and there is no question that those pressures are there, I would like to speak of the successes. From the outside looking in, I believe that agriculture has a bright future in West Colchester.

We have many farms that are showing growth. We have many family farms that are currently operated by what I call aggressive young farmers. We have a number of dairy farms, a very significant egg producing farm, I believe one of the largest beef producers in Atlantic Provinces; one of the largest suppliers of fresh produce to Sobeys in Atlantic Canada as well as many mixed farms. Our farmers produce and export, cranberries, honey, corn, blueberries, strawberries, raspberries, strawberry plants, new flower plant tips and seeds, beef, lamb and I am sure many other products. I speculate that the ever growing concerns over

an increase of \$172 million since 2005-06. \$458 million in payments related to the 2005 Offshore Accord. \$322 million through the Canada Social Transfer, an increase of \$56 million since 2005-06. \$13 million in total transfer protection. Nova Scotia will also benefit from continued direct targeted support in 2012-13, including: \$14 million for labour market training as part of a commitment of \$500 million a year in new funding to provinces and territories, beginning in 2008-09. \$7 million for the Wait Times Reduction Fund as part of the 10-year Plan to Strengthen Health Care.

Please free to contact me on any issue you have of concern. You can reach me at 893-2455 in Truro, 667-8679 in Amherst or toll-free 1-888-752-0552 or visit my website [www.scottarmstrongmp.ca](http://www.scottarmstrongmp.ca) and I am also on Facebook and Twitter.

Scott Armstrong, Cumberland-Colchester-Musquodoboit Valley



Murchison, along with Constable Todd Taylor from the Truro Police Force (who was a member of the Task Force) spoke in support of the changes and additions being proposed. These changes included separating cyberbullying from severely disruptive behavior. Cyberbullying is often done in a private, quiet, sly, discreet manner and in no way should be considered severely disruptive. The changes also would require schools and school boards to identify inappropriate behavior, including cyberbullying, and equally important, the consequences for those who are found guilty of this behavior. There is also a provision that requires where a school board is satisfied there has been an instance of cyberbullying, they have the responsibility to immediately notify the person's Internet or cellular telephone service provider that one of their accounts has been used inappropriately. It is then the responsibility of the service provider to determine what action they make take.

The last amendment is that the Province of Nova Scotia enter into negotiations immediately with the Federal Government to make changes in the Criminal Code with regard to bullying by electronic means (Internet and cell phones).

The NDP Government is being asked to put some "teeth" into this Bill and to strengthen it so action can take place now. They have the Task Force Report with 85 recommendations. They have the amendments proposed by the Liberal caucus. They have the passionate messages from Dr. Wayne McKay, Constable Todd Taylor and Jenna's mother Pam Murchison. They now need to take responsibility and act.

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



ulate that the ever growing concerns over food safety will allow these farmers to expand and explore more opportunities. My point being that these farmers have a very significant impact on our communities and deserve our support and the Dept of Agriculture was correct in moving their head office to Central Nova Scotia. I cannot sign off without talking about the intersection in Masstown. Since the last accident there I have received many calls and emails from residents with concerns and some very novel, low cost suggestions on how to improve safety there. Council has asked for a meeting with the new regional manager at Transportation and Infrastructure. It is my hope that given the department's responsibility for public safety and with an opportunity to set down with the new regional manager we may be able to come up with a solution that will satisfy us all. In closing I would once again like to thank Maurice and Dorothy Rees and the Shoreline Journal on the superb job they did in recognizing the birthdays of those 90 years and over at the Economy Recreation Center last Saturday in the Shoreline Journal's 2nd Annual 90 & 90+ birthday party. Maurice told me they are already planning for next year and encourage those who will be 90 to contact the office.

Enjoy the summer. Tom

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



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