

Dorothy's Kitchen Korner

Birthdays Party a Success

It's still spring. One day I feel its too hot and the next day I'm freezing. I'm sure on Saturday, the temperature during the day must have dropped 15 degrees within an hour and it felt colder because there was a strong breeze.

At least we're not like New Brunswick a little over two weeks ago that in certain areas got a dumping of snow. We've been more on the lucky side. Listening to the CBC Halifax, the metro area has been blanketed with fog and of course cool temperatures. The fog in the city has been so thick its been almost impossible to see the deck of the bridges.

When I hear how cool it was in Halifax, I looked out and the sun was shining brightly. That was mid-week on one of my days off and I had every window in the house open as part of my desire to clean the air throughout the house after a long winter.

I can't get over how fast the grass is growing and overnight there is a new crop of dandelions. Seems like the lawn needs mowed every other day.

Time is slipping by quickly. Rest assured within a week some of the dairy farmers will be making their first cut of the hay fields, either for silage or some large round bales.

I'm sorry I couldn't get to the 90 & 90+ birthday party, but I was working and couldn't get a replacement. Maurice was telling me how well it went and how pleased everyone was with the young curlers, Karlee Burgess, and Janique LeBlanc. He said they were awesome and went around to every table speaking to the guests and showing their medals.

If they decided to give up curling, they could take up singing, as they lead everyone in singing Happy 94th Birthday to Keith Graham, who was celebrating his birthday on May 7th.

Maurice was very proud to receive a Certificate of Accomplishment from Karen Casey, for accomplishments in the Better Newspaper Competition. He was equally proud to show off the trophy he picked up at the Newspaper Atlantic conference for Best Circulation program.

Some Cape Breton friends of mine who now live in Yarmouth were in Truro this past weekend for the TOPs Convention, so I got to see them for a few minutes. I've decided this summer I am going to take a few days and go to Yarmouth for a visit. That's one of many places in the province, I have not visited.

By not getting to the party, I missed my annual visit with Hazel Hill, but it didn't take long for her to send in some more recipes. The one chose today, didn't have a name, so I'll call it:

Hazel's Monterey Chicken

Ingredients:

3 1/2 cups hot mashed potatoes, prepare with cream cheese and on a little milk, no butter

1 1/2 cups cubed chicken • 1 - 10 oz can Cream of Chicken Soup
1/4 cup milk • 1/2 teaspoon dry mustard
1/4 teaspoon garlic powder • 1/4 teaspoon pepper

Topping:

1 1/2 cups shredded cheese or Monterey Jack Cheese

Grease shallow 2 qt baking dish

Spread mashed potatoes on bottom and sides of baking dish. Top with chicken filling. Top with 1 1/2 cups shredded or Monterey Jack Cheese Bake uncovered at 375 for 40 minutes.

Hazel's Note: "I have not tried this recipe yet, but it looks good. (I intend to try it one day) Love Hazel."

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

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The Shoreline Journal

Notes from our National Capital

Plenty of Ocean for All

I have been promoting tidal power development in the Bay of Fundy since before the October, 2015 election. I believe this burgeoning industry could, if found viable, have huge economic potential for many of our communities.

As we are all acutely aware, many towns and villages in Cumberland and Colchester counties are struggling to keep body and soul together. The out-migration of young people to points West; the small schools that have closed, stagnating home prices and struggling retail districts are symptoms of a long-term problem.

There is no question of the fishing industry's importance - it simply goes without saying. To the fishers it is more than a job; it is a way of life, usually passed down from generations. Many little businesses up and down the shore of the Bay of Fundy serve the fishing industry. If one boat brings in say 10,000 pounds of shellfish a year, that means about \$50-60,000 circulating in that com-

munity. Multiply that by the dozens of boats, and that means a lot in rural Nova Scotia.

Everybody working in the ocean has a responsibility to be mindful of their impact—individually and as part of an industry. I grew up boating on the Ocean and I still love to boat in the Bay of Fundy. I agree with fishermen when they call for thorough assessments of the impact of tidal power development on the Bay of Fundy. It is, after all, the biggest tidal research project in the world today.

I expect the same care would be taken if we were talking about exploratory drilling for minerals, aquaculture or dragging. Nobody has a monopoly on the ocean's resources, and no industry alone bears the burden of ensuring that our oceans are healthy and activity carried on there is sustainable.

In the near future, two turbines will be lowered into the Minas



Bill Casey

Notes from our Provincial Capital

Two free nights of camping under Grade 4's Outdoor Program.

It is the season when provincial parks across Nova Scotia celebrate their opening dates. As seasonal parks, most are open to the public from early June until early October. During that time families have the opportunity to enjoy outdoor activities in our parks. We also welcome hundreds of tourists who come to our province and to also enjoy what our parks have to offer.

In particular, we celebrate the opening of the Five Islands Provincial Park. The Park offers over 80 open and wooded campsites, 300' cliffs overlooking the Minas Basin and great opportunities for hiking, beachcombing, rock collecting, clam digging and other outdoor activities. A view from many points within the Park has been described as "a million dollar view".

The Five Islands Park was officially opened on July 17, 1965. It is a treasure along the shore and includes Moose Island as part of the provincial park lands. The original lands that now are park

lands were settled in the 1800's and the civic address of the provincial park (Bentley Branch Road) recognizes some of the first landowners.

In fact, an oak tree planted by Mrs. Noah Bentley in 1865, still stands near the administration office in the Park. Since the Park's opening in 1965, the capacity of the Park has expanded and includes the re-opening of Red Head Trail in 2012. The Park is governed by Nova Scotia Provincial Parks, which is a branch of Nova Scotia Department of Natural Resources and is promoted through Tourism Nova Scotia.

Having grown up along the shore, I have watched the expansion of the Park and I have also heard concerns, in particular, about the condition of the Bentley Branch Road. I have travelled the road and understand that those concerns were very real. As



Karen Casey

continued on page 6

News from our Municipal Council - District 9

Garbage.

I am sure as folks begin to read this article they will say, Can't that boy talk about anything but garbage! Most of you know by now that Municipal solid waste is very costly and touches every resident of Colchester.

At this Thursday's council meeting we will have second and final reading on a bylaw that prohibits municipal solid waste from leaving Colchester County. The natural question is WHY? Especially since it costs so much to process here in Colchester. Would it not be cheaper to ship away? The answer is not that simple.

Some years ago, it was legislated garbage could no longer be burned. In order to comply, the Municipality of Colchester spent Millions of your tax dollars to construct a facility that would meet these requirements. The current cost to collect and dispose of this residential garbage is currently approx \$130 per household, billed directly to your tax bill.

Commercial garbage is much different and is picked up by private haulers, however clearly it must be treated in the same manner. They pay by the tonne thru what is called a tipping fee. Commercial garbage is approx 40% of the daily volume. There are many fixed costs in the daily operation of this facility. Without the commercial revenue the cost per tonne would increase thus be passed on to the tax payers.

Now there is a private solid waste facility in another Municipality that has cut their rate in order to increase their business and we are passing a bylaw to protect the investment that has been made on your behalf that enable's us to meet the standards mandated by the Nova Scotia Dept of Environment.

The Obvious questions are, How can they truck commercial solid waste at least 3 times as far away, sort to ensure compliance

continued on page 6



Tom Taggart

News from our Municipal Council - District 9

We cooperate in many ways

I recently had the opportunity to attend the Union of Nova Scotia Municipalities (UNSM) spring conference held at the Old Orchard Inn in Kings County. All the presentations which I attended were very informative but there were two I really want to share with you.

The first was a short but extremely inspiring presentation by Hope Blooms that virtually didn't leave a dry eye in the room. Hope Blooms was founded in 2008 by Jessie Jollymore, a Community Dietician in the inner city of the North End of Halifax. This is the same group who became an overnight sensation after their appearance on the Dragons Den. One of these young community leaders of tomorrow summed up what they have created like this:

"6 years ago, the city gave us a piece of abandoned land in the middle of our community that was full of garbage and weeds. What used to be weeds is now full of herbs and vegeta-

bles, all organic, that we use for our dressings. People used to look at us like we are gang people and going nowhere. We started with a small plot and now help look after 27 family plots and 42 youth. We also have our own greenhouse and a commercial kitchen where our magic happens. We love growing a social enterprise and it's awesome because you don't have to be a certain age; it doesn't matter where you come from or what color you are, you can work hard, use your imagination and create something that grows hope. Hope Blooms is a great product and gives back to the community. Our motto is "When you change the way you look at things, the things you look at change".

-Tiffany, age 12

The community garden and salad dressings these young peo-

continued on page 6



Doug MacInnes

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