Dorothy's Kitchen Korner

This past month ended with a significant amount of stress and sorry, with the sudden passing of our colleague, Tom MacLean Glenholme. He provided invaluable service to Maurice long before we became associated with the Shoreline. My association with him for the past three years has been nothing but pleasure.

Last month I introduced you to Jennifer Ferguson, Dietitian with Sobeys, Prince Street Truro and indicated I would bring you another recipe. I've chosen:

Pork Tenderloin with Apple-Ginger Sauce

Ingredients:

Sauce:

1 tsp, 5 ml, Compliments canola oil • ½ cup, 125 ml, Onion, chopped ¼ cup, 60 ml, Celery, chopped • 2 tbsp, 30 ml, Gingerroot, minced 2 cloves, Garlic, chopped • To taste Pepper

1 tbsp, 15 ml, Sage, chopped • 2 tbsp, 30 ml, Cider vinegar 1 cup, 250 ml, Compliments Balance applesauce 1/4 cup, 60 ml, Water

Pork Tenderloin:

0.8 lb, 400 g, Pork tenderloin • 2 tbsp, 30 ml, Rosemary, fresh, chopped

Directions:

Preheat oven to 400° F; Heat oil and sauté onions, celery, ginger and garlic until softened; Add pepper, sage and vinegar and simmer for 2 minutes. Add applesauce and water. Reduce heat to low; Remove extra fat from pork loin and place in roasting pan. Rub rosemary over pork; Roast until pork is no longer pink inside. Serve pork with sauce.

Nutrition Information per Serving (75 grams pork + ¼ cup sauce): Calories, 163; Fat, 3 grams; Carbohydrate, 12 grams; Fibre, 2 grams; Protein, 23 grams and Sodium, 63 milligrams. Source: Sobeys Dietitians.

Just prior to tom's passing, Maurice and I started on a diet.

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.

This diet is fast.The secret lies within the principle that you will burn more calories than you take in. It will flush your system of impurities and give you a feeling of well-being. This diet does not lend itself to drinking any alcoholic beverages at any time. Because of the fat build-up in your system. Go off the diet at least 14 hours before any intake of alcohol.

Due to the variety of digestive systems in individuals, this diet will affect everyone differently. After day three, you will have more energy than when you began, if you do not cheat.

After being on the diet for several days, you will find that your bowel movements have changed. Eat a cup of bran or fiber. Although you can have black coffee with this diet, you may find that you don't need caffeine after the third day.

The basic fat burning soup can be eaten anytime you feel hungry during the seven days. Eat as much as you wish. Remember the more you eat, the more you will lose. You can eat broiled, boiled or baked chicken instead of the beef. Absolutely no skin on the chicken. If you prefer, you can substitute broiled fish for the beef on only one of the beef days. You need the high protein in the beef for the other days.

Continue on the diet as long as you wish and feel the difference both

mentally and physically. **DO NOT - DO NOT**: No bread, alcohol, carbonated drinks (including diet drinks). Remember, absolutely no fried foods.

DO - DO - DO: 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.

This diet comes from the Sacred Heart Memorial Hospital that is used for overweight heart patients in order to lose weight rapidly, usually prior to surgery.

Next month I'll bring you the actual recipe.

Remember, I need more recipes.

Please take a few minutes to send along a few of your family's 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 Provincial Capital

As the issue regarding oil and gas drilling and hydraulic fracturing in onshore Nova Scotia continues, I am taking this opportunity to provide you with some information about the practice. Hydraulic fracturing (fracking) is an industrial process used to extract natural gas from shale rock, dense sand and coal beds. In the process, chemicals, sand and water are pumped underground at high pressure to crack the rock and allow the freed gas to flow up into the drilled wells.

The Provincial Government has called for applications for exploration rights on three parcels of land in Cumberland, Colchester and Pictou counties... along the northern shore of Nova Scotia. The deadline for these applications was March 15, 2011. Staff from the Department of Energy have stated that this process is for "exclusive exploration rights" and does not include actual activities like seismic and hydraulic fracturing. It simply means no other company can come into that parcel of land to explore.

Much of the concern from residents has to do with the environmental impact the fracturing procedure can have. In particular, there is the potential for water well damage if the drilling goes through an underground aquifer.

On behalf of my constituents, I have written to the Minister of

Energy, Charlie Parker. (March 17, 2011). In his response he stated that "we do not have an application to use hydraulic fracturing in the province, nor do we anticipate one."

On April 1,2011 the Liberal caucus introduced legislation that would require the province to consult with Nova Scotians and develop regulations on hydraulic fracturing before mid-November. "The legislation would



put an immediate moratorium on any permits for fracking should they come forward, and during that moratorium, it would require government to consult with the public and industry on whether fracking should be allowed and ,if it's allowed, under what regulations would it occur." (Andrew Younger, Energy critic, Liberal caucus)

I appreciate every concern brought to my attention and will continue to provide information and updates as we move through our attempts to protect our residents, our environment and our province.

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

News from our Municipal Council

Hi Folks

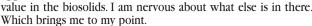
A lot has happened at council over the past month. The new tax rate was set. Residential went up 1 cent. I am relatively happy with this; Preferably, I would like to have no increase however the cost for operations continues to increase. I am however very concerned about next year.

As you may have heard, the Provincial Government has made a decision to dismantle a Memorandum of Understanding with Municipalities, which had been negotiated with previous Government and Municipalities. This will increase the amount of funding we as a municipality will have to pay to the Province for education, corrections and housing. All of this means we have absolutely no say in how this funding is spent or in trying to control the costs. It is estimated this will increase the next year rate by 3 cents. I call this downloading. We will still have to pay for all the services that are current municipal responsibilities, but will now have to increase your tax bill to pay for services which are Provincial responsibilities. There is only one tax payer and from my point of view the Province is trying to balance their books at the expense of municipal tax payers. Currently, approx 24% of the taxes collected by the municipality is directly handed over to the Province. One might say that we are really TAX COLLECTORS FOR THE PROVINCE.

Last Thursday's Council committee meeting was the first I have missed since being elected. At that meeting council voted to

introduce a clear bag system for garbage. I talked at length about this last month and will support it when it is ratified by Council on the 28th.

I have talked many times about biosolids and my opposition to applying them to agriculture land. There are two sides to every debate and I admit there is some merit to some of the opposing side. Yes there is nutritional



Council has asked the provincial Dept of Environment for permission to use the biosolids produced at the Lower Truro Wastewater treatment plant as cover for the bale fill site in Kemptown. Not only would this put all the biosolids in a closed loop system where the leachate from the bale fill is returned to the waste water treatment plant, but it would save the tax payer's approx \$60,000 per year.

The problem is that we have been refused permission. The reason being given is that it is a waste of good nutrients. Not only have we been refused, but the Minister of Environment has for the past 2 months refused to meet Our Mayor to discuss this. I am, to say the least, disappointed.

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

Colchester Trefoil Guild Notes

By Goldie Chisholm

These notes will be an update of our last couple of meetings.

The March meeting was held at Edinburgh Hall, Parkland Estates, Truro with Eleanor Teed as our hostess. Eleanor is a resident there. Many of our Trefoilers had attended the Open House at **Parklands** celebrating Eleanor's 85th birthday on March 5th.

Jeff Morton from NSAC was our guest speaker. The topic was landscaping and we all felt we learned by questions and answers a good deal how to deal with the problem of deer. The opening of their bulb garden is May 18th.

The April meeting was

hosted by our president, Jane Maddin. Information was read regarding the Provincial Semi-Annual Meeting, being held in Hardwood Lands Centreville Baptist Church on Saturday, June 4th. Several members indicated their interest in attending.

Our president reported being invited to attend Winger Camp at Londonderry Community Centre, April 2nd, with the 1st Debert Sparks and Guides. She reported both leaders and girls had a good time. Following the business meeting, we gathered around the table to craft a flower brooch from flower kits previously prepared. We were all able to wear our lovely brooches home.

The May meeting is being held at Knox United Church, Brookfield. With Doreen Matheson as hostess. Someone from the

Truro Taoist Tai Chi society will be doing a demonstration at this time. Looking forward to participation in this event.

Chiganois Elementary Notes

By Linda Harrington

The Spring Jewellry fund raiser was well supported with over \$1900.00 in profits realized. Thank you to everyone who participated. Lights were turned off on April 21st to conserve energy in recognition of Earth Day.

Chiganois has become a paperless school with all newsletters and notices going out via internet and email. Anyone wanting to check out the latest news is welcome to go to the school website http://ces.ccrsb.ca/.

The PTG held a Hawaiian Family Dance recently with \$850 raised. A fun time was held by all. The whole school is going to the Marigold Centre in June to see a performance of "STOMP".

Grade Four students will be going to the Wetlands at the Shubenacadie Wildlife Park to take part in the Webfoot Project.

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ISSUE	DEADLINE	PUBLISHED
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August 2011	July 19	July 27
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For more information contact us at:

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