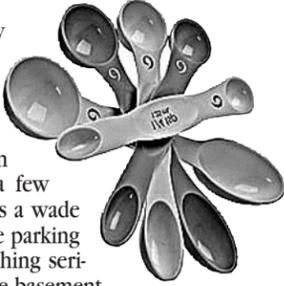


Dorothy's Kitchen Korner

Pothole season in full swing

Now that the snow is slowly melting away without much in the way of flooding, although I'm sure there are many who have localized flooding on the property or too much water in their basements. There was a few days, at our place, when it was a wade of a few inches to get from the parking area to the front step, but nothing serious and no danger of filling the basement.



I find it disturbing Premier McNeil continues to stay on track to do what he has promised, but so far his minister's don't seem able to implement major program changes without getting themselves or the government in trouble.

Then again we don't know if the minister is derelict, or if senior management from within the public service is complicating things. As residents of rural areas, we place a very high level of importance upon heritage and culture. Just look at the musical talent from my native Cape Breton. Who has done more to promote the music side of our culture than many talented fiddlers from Cape Breton?

Similarly, many Nova Scotians are proud of our successes making movies and popular television shows. Maybe, the high level of subsidy paid was out of line, maybe it needed to be downgraded. However, when something is important to our hearts as the film industry, major changes should only be made after consultation and "buy-in" from the industry. When industry jumps on board, they also help sell the changes, which none of us really like.

I keep asking for readers to submit recipes, but very few are forthcoming recently. I'll put out a plea at the 90th birthday party on May 9th. I'm sure they will respond in kind with several recipes, which will keep me going through the rest of the year.

This month I've selected a recipe, sent to be a few months ago, by Sobey's Dietitians.

Psyllium Oatmeal Squares

Ingredients:

- ¼ cup 60 ml Margarine, non hydrogenated
- ½ cup 125 ml Brown sugar • 2 tbsp 30 ml Molasses
- 1 large Egg, beaten • ½ cup 125 ml Applesauce, unsweetened
- 1 cup 250 ml Flour, all purpose • ¾ cup 175 ml Psyllium husks
- ¾ cup 60 ml Oats, quick cooking • ¼ cup 60 ml Oat bran
- ½ tsp 2 ml Corn starch • ½ tsp 2 ml Baking powder
- 1 tsp 5 ml Cinnamon

Directions:

1. Pre-heat oven to 350° F. Prepare an 8"X8" pan with non-stick cooking spray.
2. Mix the margarine, brown sugar, molasses, egg and applesauce in a large bowl.
3. Combine all dry ingredients in a separate bowl.
4. Stir the two mixtures together. Transfer into baking pan and pat it down with a wet spoon.
5. Bake in oven for about 15-20 minutes.
6. Allow to cool and cut into squares.

For those who keep track, here's the nutrition information per serving: Calories 136; Fat 4 grams; Carbohydrate 24 grams; Fibre 6 grams; Protein 2 grams and Sodium 57 milligrams. This recipe serves 16.

Tip: Sweeten it up by adding some raisins to this recipe

If you have a favourite family recipe, please send by May 19th, so I can use in the June issue. If you are dropping off recipes to the store, please note we have moved to 94 Esplanade and are located three doors away from Murphy's Fish & Chips or send to:

The Shoreline Journal, Box 41, Bass River, NS B0M 1B0;
Fax: 902-647-2194 or email: maurice@theshorelinejournal.com

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Upcoming Deadlines and Publishing Dates

ISSUE	DEADLINE	PUBLISHED
June 2015	May 19	May 27
July 2015	June 22	July 1
August 2015	July 21	July 29
September 2015	August 18	August 26
October 2015	September 22	September 30
November 2015	October 20	October 28
December 2015	November 17	November 25
January 2016	December 15	December 22

For more information contact us at:

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The Shoreline Journal

Notes from our National Capital

Support for our Nation's Veterans

Canada's men and women in uniform make tremendous sacrifices on our country's behalf. Our Conservative Government is committed to supporting them during their service, and when their service is done. Since assuming office, our Government has taken strong action to improve the services and benefits available to Canada's Veterans. We've invested \$5 billion in new funding to support Veterans programs. We remain focused on that strong record, and to help ensure that Veterans and their families have the support and care they need.

We are investing in new and expanded mental health initiatives, and launched the Mental Health Services for Veterans Action Plan to ensure Canada's Veterans have access to these services in a timely manner. We opened a new Operational Stress Injury clinic in Halifax, with front-line mental health professionals, and we are opening additional satellite clinics across Canada. We are also investing in mental health research, digitizing

Canadian Armed Forces member health records, expanding the Road to Mental Readiness education campaign, and more.

Our Conservative Government has set out to make accessing services and benefits easier for Veterans. We have cut red tape - eliminated unnecessary paperwork between Veterans and Veterans Affairs. We improved the My VAC Account, launched a partnership with Service Canada to provide more than 600 points of service across the country.

Recognizing the unique challenges Canada's men and women face when transitioning into civilian life, our Conservative Government has also targeted measures to ease the transition. We are helping Canada's Veterans build meaningful second careers in the public sector with programs like Hire a Veteran and Helmets to Hardhats. Through the Veterans Hiring Act, we will provide



Scott Armstrong

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Notes from our Provincial Capital

Early Intervention Programs

Early Intervention Programs (EIP) in Nova Scotia are designed to deliver services to young children who are diagnosed with, or at risk for developmental delay. These services help both the child and their family from birth to when the child enters public school. There are approximately 63,000 children ages 0 - 6 in Nova Scotia (Stats Canada 2012).

Research has shown early identification of the needs of young children, followed by appropriate intervention programs can make a significant difference. Evidence shows the early years in a child's life are critical in terms of their development, health and well being. There currently 17 EIP centres in Nova Scotia providing support to over 900 children. Referrals to the program most often come through the IWK, where concerns are identified at birth, or in the very early years. Some, but not all children who are referred have been diagnosed with autism, Down's Syndrome or other challenges. Access to programs is at no cost to the family,

and includes care services, home visits, transition to school planning and family support.

In 2013, the Liberal government made a commitment to increase both support and funding to Early Intervention Programs. This commitment was made to continue the support to families, but most important, to address the waitlist of children and families who need the services provided, but were unable to access it.

One of my first actions as Minister of Education was to completely review where, what, how and by whom the Early Intervention Programs were being delivered. The results of this review showed a need for more Early Interventionists (trained staff who deliver programs). With a maximum case load of 20 children, we immediately posted positions to hire additional staff. We



Karen Casey

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News from our Municipal Council - District 10

Well looks like spring is finally here.

For starters, I am pleased to advise there will be no increase in the tax rate for the fiscal year 2015/2016.

Some may have heard by now that the municipality has purchased the Old Palliser property. Although this purchase was not taken lightly, council felt it was critical to secure this property to ensure that any future development be in the best interest of the Municipality and its residents. The Bay of Fundy and the Tidal Bore are recognized worldwide and have for years drawn visitors to our region.

Since closing, the facility has fallen into a state of disrepair and we have had numerous complaints from tour bus operators and tourists. Initial plans are to clean up the property and to place a tourist info center at this location. I feel this could greatly benefit our shore as well as other parts of the county. Once we have the tourist stopped there we will take advantage and promote the

natural beauty as well as all the different attractions we have to offer.

I would like to advise everyone the sewer use appeals committee has chosen May the 21 to hold a public meeting to hear the appeals regarding the treated fracking waste water from AIS in Debert. Details are yet to be worked out, but it is planned for the Debert area and will follow very much the same format as did the previous appeal in 2013. The tentative schedule is, Appeals May 21, committee to meet May 25 and decision to be released at Council meeting on May 28.

This issue has been a long and drawn out affair. I understand the concerns of residents, and I want to assure everyone council takes this matter very seriously as was evident in 2013. However



Tom Taggart

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News from our Municipal Council - District 9

"Our Bay"

It's been a very harsh winter over the past few months but at least the end is in sight. A few more smelt storms and we should be in the clear. Spring is also the time for Council to pass the operating budget for 2015/16.

There will be no change in the tax rate for the 2015/16 budget over the prior year, tax rates of \$0.85 per hundred of assessment for residential and \$2.25 per hundred of assessment for commercial properties will remain unchanged. The total operation budget approved by council for 2015/16 is \$22.9 million. Council also approved the transfer of \$350,000 from general operations in the 2014/15 fiscal year to the Operating Reserve Fund.

Council has also set a number of strategic priorities for this year. Included in these is the development of a Debert Master Plan reserve fund. Council has approved the transfer of \$75,000 into this fund for the 2015/16 fiscal year.

Another priority for council is the maintenance of the Debert airport. I'm very pleased with the direction our council has chosen in moving forward with expansion and growth of the Debert Business Park. There are endless opportunities available to us through the expansion of the airport, growth of existing businesses within the park and the attraction of new business.

On another note our Sewer Use Appeals Committee met on April 16th and has set a date of Thursday May 21st for a public hearing on the discharge of treated fracking waste water into the Debert sewer treatment system. The location and time of this hearing is the Debert Legion at 6pm. Anyone who filed an appeal on this issue will be invited to speak at this hearing.

Over the past few years, the issue of releasing treated fracking

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Doug MacInnes

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