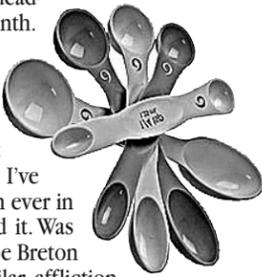


# Dorothy's Kitchen Korner

My apology for missing the deadline for this rambling last month. However, I was so sick with the cold / flu or whatever it was going around that I barely had enough energy to put one foot in front of another. Memory has not escaped me, but I know for sure I've never had a cold, or such a cough ever in my life. Seems like everyone had it. Was talking to a friend of mine in Cape Breton and a friend of hers had a similar affliction that lasted nearly 10 weeks.



From what I understood, Sandy caught his around Christmas time, and in early April was just back from his second time to the doctor, his second prescription and still had a puffer from the first visit.

I missed a few days work and also paid my visit the emergency department.

Maurice just got back from the annual newspaper conference and we were honoured to receive the Award for the "Best Circulation Promotion" beating out 64 other community newspapers from throughout Atlantic Canada in the Newspapers Atlantic Better Newspaper Competition. In total approximately 20 awards were given out at the ceremony.

The other amazing thing is the "Chase the Ace in Sydney" will continue for at least one more event. Hard to imagine the event has been going for 47 weeks. On the next draw only five cards will be on the table. Jackpot was \$2.4-Million. The consolation prize was \$380,000. Not a bad payday in itself. Next draw will be on May 7th.

The Chase the Ace was started in Kennetcook about five years ago. It is totally amazing how it has grown and become a novel way for community groups to raise a lot of money. Those groups who are able to start their own, and get a bit of luck that the ace is not drawn for a few weeks, most certainly captures the interest of a larger number of people.

Back to Sydney for a moment, just think of the money spent in that city on the weekend, as they anticipated population to swell by 30,000. Locally the Debert Legion is having a bit of a run with theirs. A while ago, Maurice spoke with Danny Martell, so said their jackpot us just under \$4,000.00. Getting a prize up to that range, Debert will start to see more and more people dropping by for a few hours on Saturday afternoon. Let's not forget how the Big Brothers / Big Sister 50/50 draw in Truro has grown. The number of plays has that pot approaching a pay-out of almost \$9,000 each week.

Kale seems to becoming the rage this year. My son, Bradley has started using it. Maurice and I haven't gotten to be frequent users, but because Maurice really likes Garlic, here's a recipe which will soon become most often used. Not sure if it's scientifically proven, but proponents say "Kale is supposed to have cancer-fighting properties".

## Easy Garlic Kale

- 1 bunch of Kale
- 2 TBLSPNS Olive Oil
- 4 cloves of Garlic, or appropriate amount of minced garlic.

Soak kale leaves in a large bowl of water until dirt and sand begin to fall to the bottom, about 2 minutes. Lift kale from the bowl without drying the leaves and immediately remove and discard stems. Chop the kale leaves into 1-inch pieces.

Heat olive oil in a large skillet over medium heat; cook and stir garlic until sizzling, about 1 minute. Add kale to the skillet and place a cover over the top.

Cook, stirring occasionally with tongs, until kale is bright green and slightly tender, 5 to 7 minutes.

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

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

## Notice to Readers and Advertisers

### Upcoming Deadlines and Publishing Dates

ISSUE	DEADLINE	PUBLISHED
June 2016	May 24	June 1
July 2016	June 21	June 29
August 2016	July 19	July 27
September 2016	August 23	August 31
October 2016	September 20	September 28
November 2016	October 25	November 2
December 2016	November 22	November 30
January 2017	December 12	December 20

For more information contact us at:  
The Shoreline Journal, Box 41, Bass River, NS, B0M 1B0  
Ph: 902-647-2968, Cell: 902-890-9850  
Email: maurice@theshorelinejournal.com



## Notes from our National Capital Growing Success in Colchester and Cumberland Counties

All economic activity is important, but when we sell something to somebody beyond our borders, or sell goods and services to tourists visiting our area, suddenly money that wasn't here before starts to circulate in our local economy.

There are sectors of the Cumberland and Colchester economies that have long histories with exports. Stanfield's Limited, Scotsburn Ice Cream, LED Roadway Lighting, Oxford Frozen Foods, Ropak Canada, Phoenix Agritech and Stokdijk's Greenhouses are just a few of the successful businesses manufacturing and exporting from our region today.

Most farmers export too: we grow more food in Cumberland and Colchester than our 80,000 souls can consume, and the quality is second to none. Tree farmers, harvesters and saw mills are also exporters: lumber, pulpwood and Christmas trees from Cumberland and Colchester find their way onto the global market.

## Notes from our Provincial Capital Volunteerism - a basic human behavior

Volunteerism can be described as one of the most basic of human behaviours. It is founded on the principle of donating time and energy for the benefit of others in a community. Most important, it is a social responsibility and is carried out to fulfill that purpose rather than for any financial reward.

Volunteerism describes how individuals use their energy, their talents, their knowledge and their resources for mutual benefit. The coming together of these forces has the potential to enhance the well-being of individuals and of their communities. In fact, many communities would be hard-pressed to function without volunteers.

In the province of Nova Scotia, volunteers are the key threads that make up the social and economic fiber of the Province. There are several opportunities for the Province to raise the profile of volunteers. These include the Provincial Volunteer Awards, pre-

## News from our Municipal Council - District 9 A special Thank-You to our volunteer Firefighters

Hello again folks Today I would like to talk about the value of Volunteer Fire Brigades. Last Saturday evening I had the pleasure of attending the annual awards banquet for the Great Village and District Volunteer Fire Brigade. I was amazed to learn that just that one brigade responded to one hundred sixteen emergency calls last year. These calls ranged from Structure fires, to Medical Emergencies, Motor Vehicle Accidents, and Mutual aid for other Brigades. For those of use that are not directly involved in these Brigades it is surprising to see how much time these men and women actually give to protecting their communities. One hundred and sixteen calls mean they responded on average once every 3 days. and that does not include the time spent on fundraising, hall and equipment maintenance and most importantly training.

It is clear the community supports these volunteers. Any time

## News from our Municipal Council - District 9 Harvesting Nova Scotia - 'chipping 30 year old hardwood is wrong'.

I recently had the opportunity to attend a Forestry Workshop held in Pictou County. It was hosted by the Union of Nova Scotia Municipalities (UNSM). I attended this workshop because I've always been a firm believer the issues we have with flooding in our county are directly connected with the Department of Natural Resources (DNR) forestry harvesting practices.

Two of the subjects discussed were giving municipalities a greater role in the management of Crown Lands and encouraging municipalities to develop eco-tourism opportunities through utilizing the natural environment including the forests.

We have been harvesting the forest of Nova Scotia since the arrival of the French in 1605. The status quo is no longer an option, we have to reduce if not in most cases eliminate clear cutting. I understand there are circumstances where clear cutting is the best and only option at times.

For the most part the clear cuts I witness are mainly done for

Professional services provided in centres like Truro and Amherst are consumed not only by local clientele, but customers across the province, the country and even the globe. And the tourism and hospitality sector is huge, and is poised for growth. Near Truro, the town and county are working, with ACOA's help, on a Bay of Fundy Gateway project; near Amherst, Parks Canada is working on a plan to develop the historic Acadian village at Beaubassin; and in every town and village from Advocate to Stewiacke to Tatamagouche, councils, businesses and volunteers are finding innovative ways to draw in visitors from around the province and the world.

But we can do more! Scientific Research & Experimental Development tax credits are available to help companies innovate. Export Development Canada can provide insurance to give businesses greater security when entering new markets. ACOA



Bill Casey

sented at a ceremony in Halifax on April 4, 2016. On that date, Premier Stephen McNeil acknowledged 65 families, youth and community groups by presenting them with their awards. This is an annual event and Nova Scotians are invited to recognize outstanding volunteers by nominating them for a Provincial Volunteer Award. "You exemplify the very best of what the human spirit has to offer" said Premier McNeil.

One of the greatest examples of volunteerism is that of a firefighter. Their time, talent, skill and knowledge often go unrecognized and frequently unnoticed. Firefighters spend hundreds of hours of training, so they can respond to the many and varied emergency calls they receive. They risk their lives as they bravely face the unknown. They leave families behind as they hasten to the

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Karen Casey

they have a fund raiser, whether it is an auction or turkey dinner the community always turns out in support. This is great, however in some cases they need more than just your financial support. It is no secret that volunteer Fire Brigades across this province struggle to keep their memberships up. It is little wonder when you consider the time commitment required. Given the safety requirements it is no longer possible to just show up at a fire. Significant training is required to ensure that you as well your fellow firefighters are properly prepared and safe.

As I said this requires a time commitment and one of the greatest challenges' that rural brigades face in recruiting new members. To reduce the requirement for fundraising, several years ago I asked the Municipality for, and received what is called "base

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Tom Taggart

the all mighty dollar with no respect for what is suppose to be a renewable resource. If we as a community were to have more say over how and when a forest is harvested along with a mandatory replanting program, wouldn't we save money on flood mitigation?

In 2015 we had 100,000 hectares of forest land under protection in the province of Nova Scotia. From 2011 to 2014 we clear cut 110,000 hectares of forest lands. These numbers may make sense to pulp mills but as a councilor and a citizen they don't make sense to me. As one very large harvesting contractor who recently retired was quoted as saying, "When you are chipping 30 year old hardwood something is wrong."

One of the initiatives discussed at this workshop was Community Forests. A community forest is a public forest area,

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Doug MacInnes

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