

# Dorothy's Kitchen Korner

## 90 & 90+ Birthday Party.

This time of year is always a happy and joyous time for Maurice & me. Not only because winter weather is getting behind us - even though we could still have a few miserable days - but the lawn is starting to turn green, but because on the Saturday prior to Mother's day, we will be holding the 8th Annual 90 & 90+ Birthday party at the Economy Recreation Centre.



Eight years ago, when Maurice came up with the idea, I'll admit I wasn't that keen, as I did not think people at that age would want to go out. WOW, was I wrong. I was totally amazed how excited they were. It was also amazing to see friendships from decades ago reunited. In some cases, they might have lived at each length of the shore and met through normal college, or training to be nurses, or perhaps grew up as next door friends in their youth, but go separated with one having moved farther up the shore.

Ironically, I've seen cases where caregivers, drivers or guests for another reason meet up with a school friend 25-30 years ago. Maurice and I always look forward to the event, and early in March, he will get the occasional call wondering if the event is one for another year, or asking for the date. Then in early April he is finalizing the mailing list to send out the invites.

Also about the same time, Maurice is getting anxious to see if the Shoreline Journal has been selected as a standing finalist in the Better Newspaper Competition, during which the Shoreline competes against about 50 other community newspapers in the Atlantic Provinces. Right now Maurice is rejoicing because within the past 24 hours, he learned the Shoreline is standing finalist in three categories. Winners will be announced in Halifax on June 1st.

However, the biggest news is on April 28th, Maurice will be inducted into the Atlantic Journalism Awards - AJA Hall of Fame at a ceremony in Halifax. He will be inducted along with Don Connolly, CBC radio morning (42 years); Jim and Linda Gourlay, Saltscapes magazine for 50 & 20 years; Dirk van Loon, Liverpool, Rural Delivery (41 years) and Aleta Williams, 40 years, New Glasgow, (posthumously), first African Nova Scotian woman to work in the province's mainstream journalism industry. Maurice tops them all for longevity with 55 years.

Needless to say, not much time in the kitchen, although my sweet tooth has been craving some affection. Today, I've chosen "Chocolate Fudge Balls" to whet your appetite and start your cravings.

### Chocolate Fudge Balls

- 3 squares of unsweetened chocolate • 3 Tbspns butter
- 1/3 cup mashed potatoes • 1/8 tsp salt
- 1 tsp vanilla • 3 cups icing sugar
- 3/4 cup finely chopped walnuts (Coconut may be used)

Melt chocolate and butter in top of double boiler. Add potatoes, salt and vanilla. Mix well. Blend in sugar, one cup at a time, thoroughly mix, and knead gently. Shape into small balls and roll in walnuts, or coconut if you, family or friends have nut allergies. Set on wax paper to dry before storing.

I'm going to freeze the most of mine. I'll be able to take them out, a few at a time, so I don't overdo it in one day.

I'm looking for some great traditional family recipes. If you have a favourite family recipe and would like it published in the June 2018 issue, please send on or before May 12th. 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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ISSUE	DEADLINE	PUBLISHED
June 2018	May 22, 2018	May 30, 2018
July 2018	June 19, 2018	June 27, 2018
August 2018	July 17, 2018	July 25, 2018
September 2018	August 21, 2018	August 29, 2018
October 2018	September 18, 2018	September 26, 2018
November 2018	October 23, 2018	October 31, 2018
December 2018	November 20, 2018	November 28, 2018
January 2019	December 11, 2018	December 19, 2018
February 2019	January 22, 2019	January 30, 2019

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### Notes from our National Capital

#### Pharmacare By the Numbers.

Twenty percent - that's roughly the proportion of Canadians who either don't fill or follow prescriptions because of cost. Twenty-six - the number of developed (OECD) countries that have lower prescription drug prices than Canada.

113,000 - the approximate number of public and private drug plans in Canada. The sheer number of drug plans in Canada means the buying power of 35 million Canadians is not effectively harnessed to achieve lower prices; hence our poor showing among OECD countries.

The cost of prescription drugs is the biggest factor limiting universal access to prescription medicine outside hospital for Canadians; hence the millions of uncovered or under-covered Canadians for whom cost is a decisive factor when filling or following a prescription.

But if Canada had a single buyer, negotiating for 35 million Canadians, instead of 113,000 plans, 130 private insurers and 80

public pharmacare plans for target populations; if Canada had a comprehensive list of drugs that must be available to all Canadians with a prescription, in any province; then we would not have the 20% problem or the 26th place problem.

So I and the other Liberal members of the Health Committee have recommended in our 128-page report on National Pharmacare prescription drugs be made available outside hospital as an insured service under the Canada Health Act.

This is the unfinished business of medicare. A far greater proportion of treatment therapies are administered outside hospital with prescription drugs than was the case when universal medicare was first enshrined in law 5 decades ago.

And it is necessary to begin this important work now for sev-

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Bill Casey

### Notes from our Provincial Capital

#### Nova Scotia is moving forward

Through hard work, prudent fiscal management, controlled departmental spending and strategic investments, Nova Scotia is moving forward. The province is committed to fiscal sustainability, with a focus on disciplined public spending and responding to the needs of Nova Scotians.

On March 20, I was proud to table the 2018-19 budget. It was the 3rd consecutive balanced budget for our province. The importance of balancing the provincial budget is three fold...it demonstrates the ability of a province to live within its means...ensuring revenues of the province exceed expenses. This is not unlike managing our own personal finances, where one may be tempted to overspend, but fails to recognize this is only a short-term solution.

For a province like Nova Scotia that does not have a resource-rich stream of revenue, we must be wise and prudent in our spending. We are only one of two provinces that have been identified as being on a fiscally sustainable path. In fact, our 4 year fiscal plan

(2018-2022) is projecting a balanced budget for each of those years.

The second important aspect of a balanced budget is the impact it has on our credit rating. There are times when a province must borrow to invest in infrastructure projects like twinned highways, bridge construction, as well as new schools and hospitals. With our record of good fiscal management, three of the major national bond rating agencies have improved the credit rating of Nova Scotia. In 2013 the Nova Scotia Commission on Building Our New Economy challenged the province to achieve a Net Debt to Gross Domestic Product (GDP) of 30% by 2024. We are on target to achieve that goal.

But the 3rd and most important aspect of a balanced budget is

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Karen Casey

### News from our Municipal Council - District 10

#### Not promising too much

Hello again from West Colchester. You may remember last month I promised spring was just around the corner. Well it still is just around the corner. It's just a long extended sweeping corner. However if we ever get all the way around we will once again enjoy the benefits of living in the most beautiful districts is Colchester.

Over the past month, I have had several calls about my comments on the importance of quality broadband, and my desire to encourage council and other partners to work toward improving this vital infrastructure. All in support, but some expressing skepticism.

I have also been advised by some I was promising too much and I was raising expectations too high. So, on that point, here is my version of what the media would call walking that back a little bit. I will acknowledge it may very well not be realistic to service absolutely every home in every isolated location in Colchester. When you look at a map showing all residences, it shows the vast majority follow a pattern and are not very far removed. We are not

really that scattered. It may not be easy but I believe it is a reasonable expectation to service at least 95%.

I admit given the research to date, this will take time and likely be a slow frustrating process, but as Winston Churchill said "We will never Surrender". Last council meeting we had a staff report on Broadband. It was a very good report. One thing that stood out to everyone including the presenter, this is very complex. Where do we start? What is the correct technology? If we invest in this type will it be redundant in five years?

This project is going to be expensive and your money will be invested, so we must complete our due diligence before we invest. I will be asking council, during budget discussions, for funds to hire an independent third party, if there is such a person, to advise and provide opinions.

Speaking of budget, it has been a busy month as we are and

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Tom Taggart

### News from our Municipal Council - District 9

#### Busy, but interesting time

Welcome to Spring - Colchester County!

This has been a very busy, but interesting time for me. The budget planning process for the county makes for some hard, but necessary decisions. It a long detailed process with lots of meetings - sometimes until midnight.

I have had to deal with the problems dealing with the odor problems at Atlantic Industrial in Debert. Last year AIS held a series of open house meetings and promised once winter was over, they would be undertaking extensive work to remediate the problem. Hopefully all will be okay by mid-May.

My Wednesdays have been - me, selling tickets at the Masstown Market on Chase the Ace for the Debert Legion. While there for eight hours, I have had the privilege of talking to many of my con-

stituents and what concerns them. One thing that pops up a lot is the major bump on the old highway in Lower Onslow. I intend on trying my best to push the Provincial Government to act on this problem.

Now that winter is over, Debert and area seems to be getting very busy. The busier pace will continue to increase as summer arrives and then it will quicken even more into the fall as people rush to get things done prior to winter.

If you have any concerns, you can call me at 902-899-0271 or if you like, come to the Market on Wednesdays when you purchase your Chase the Ace tickets.

**Bob Pash is Colchester Municipal Councillor for District 9.**



Bob Pash

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