

# Dorothy's Kitchen Korner

**Lawn is getting greener and weeds are growing**

One day it is spitting snow along with the heavy rain, then the next day the sun comes our warms up and you can also hear the weeds grow as the lawn gets greener. If anyone was worried about the level of water in their well, they should be able to relax. With all the rain we have had in the last two weeks, a quick check should find them almost full to the brim.



The ground is too wet and we are about four weeks away from when it will be okay to set out some transplants or plant seeds. Always nice to get an early start, but sometimes, like last year, haste actually leads to double the work. Remember last June's heavy frost?

Let's hope we don't suffer the same tragedy.

Last week I posted on my Facebook page, I have decided, I need to get another lap dog. My last one, a 6 lbs Pomeranian, got terminally ill, so I had to put him down. I'd had him since he was about 8 weeks old. Didn't live all that long, he was almost sick, but like humans, they occasionally suffer from a terminal disease.

Maurice also put a posting on the Shoreline Journal Facebook page, but to date no success. I am not concerned about the breed, as long as in the 8-9 lb range and gets along with cats. Could be a pup, or an adult which needs to be re-homed. Occasionally seniors to who are moving into a different style of residency need to find a new home for their four legged friend.

Easter Monday, Maurice and I went to his daughter's to deliver some Easter treats to all, including the grand-daughter, then stayed for family dinner. Shannon made a special dish I was not aware of. Whenever she is going to a family pot-luck, her specialty, Marshmallow-Sweet Potatoes is always requested.

I didn't watch her make it, but as I remember, she boiled the cubed sweet potatoes, mashed and seasoned them, with a couple pats of butter. Then she turned into a casserole dish, covered with a lay of miniature marshmallows put into the oven long enough to re-heat and melt the topping.

Personally, I'm not a sweet potato fan, but overall it was quite tasty. Maurice really liked it so Shannon backup up the left over and sent it home with him.

After thumbing through my various binders of collected recipes, my eyes fixed on "Mary's Lemon Loaf", which I obtained about 30 years ago, and brought along with me from Cape Breton nearly 18 years ago.

## Mary's Lemon Loaf

- 1 c sugar
- ½ c shortening
- 2 eggs
- ½ c milk
- 1 ½ c flour
- 1 tsp baking powder
- ½ tsp salt
- ½ c nuts
- Rind of 1 lemon
- ¼ c sugar
- Juice of 1 lemon

Cream shortening and sugar. Add eggs. Mix dry ingredients, alternating with milk. Add nuts and chopped rind of lemon. Bake at 350 in loaf pan for one hour.

Dissolve ¼ cup sugar n juice of one lemon. Pour over loaf, immediately, upon removal from oven.

If you have a favourite family recipe and would like it published in the June 2019 issue, please send on or before May 14th. Send to:

The Shoreline Journal, Box 41, Bass River, NS B0M 1B0;  
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ISSUE	DEADLINE	PUBLISHED
June, 2019	May 21	May 29, 2019
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August, 2019	July 23	July 31, 2019
September, 2019	August 20	August 28, 2019
October, 2019	September 17	September 25, 2019
November, 2019	October 22	October 30, 2019
December, 2019	November 19	November 27, 2019
January, 2020	December 10	December 18, 2019

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The Shoreline Journal

## Notes from our National Capital

### Isle Haute achieves National Wilderness area status

This week we were finally able to announce Isle Haute is now Canada's newest National Wilderness Area. Isle Haute is a majestic island that resides about 15 km offshore from Advocate Harbour and sits in the middle of the Bay of Fundy. It is about 2 ½ km long and about 1 km wide. It is completely uninhabited... except for wildlife.

For many decades it served the Coast Guard as a lighthouse location which included a full fledged lighthouse, farm house, barns etc. The lighthouse burned down in 1957 and was replaced by an automatic light which is now serviced by a Coast Guard helicopter.

The island is home to thousands of sea birds and hundreds of seals. It hosts endangered species and wide range of biodiversity. It is essentially the same as it was when Samuel de Champlain landed there in 1604 and named the island Isle Haute because of the high cliffs. The island seems to just jut right out of the ocean and the cliffs on one side are vertical, 300 feet high. These cliffs are the homes for many of those seabirds and they are everywhere.

In January 2001, I was reading the Canadian Geographic Magazine and came across a story with the headline "For sale - One Island". I was floored to read the island being discussed was Isle

Haute. The Coast Guard had decided the island was no longer required for their purposes and they were proposing to "divest" the island. Having visited the island many times I felt very strongly that it would be a huge loss to see the island sold to foreign interests or a corporation somewhere.

I immediately sought out the Minister of Environment and gave him my strong opinion the island should not be sold. This started an effort that took 18 years by a lot of people but it finally came to a wonderful conclusion this week. With the announcement Environment and Climate Change Canada will assume control of the island, and management will now be in the hands of the Canadian Wildlife Service, we can take down the "For Sale" sign forever.

It is not easy to visit Isle Haute because of the tides and the rocky beaches. However those who have made the effort to visit the island never forget it. It is an awesome experience to walk along the rugged shore and see the seals follow you along. It is amazing to hear the squawk of the sea birds from a boat just off shore. It is fascinating to watch the tides come up on the shoreline so fast and then recede just as quickly.



Bill Casey

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## Notes from our Provincial Capital

### Lyme disease in Nova Scotia

As the temperature rises, many of us will be spending more time enjoying the outdoors in Northern Nova Scotia. It is important to take steps to reduce the risk of being bitten by a tick.

Nova Scotia is a suitable climate for many types of ticks. The black-legged tick (also called the deer tick) can carry and transmit the bacterial infection that causes Lyme disease. This infection initially appears as a rash near the tick bite. It may look like a bulls-eye target, and it usually appears 7 to 10 days after the bite. It can show up approximately 3 to 30 days afterward. Infected individuals also can experience flu-like symptoms such as fever, headaches, tiredness, stiff neck, joint and muscle pain. If identified early by a health care professional, it can be treated with antibiotics. Here are some things you can do to help prevent tick bites and Lyme disease:

Recognizing what a black-legged tick looks like is an important first step. Black-legged ticks are much smaller than dog ticks. They have no white markings on the large part of the body; whereas dog ticks usually have white markings or silver colored spots. Unattached ticks can also vary in size depending on the stage of their life cycle. Very small (young) ticks, called nymphs, can be the same size as a poppy seed. Larger adult male and female ticks are similar in size to a sesame seed.



Left to right: female black-legged tick, groundhog tick, dog tick (https://novascotia.ca/ticksafety/)



Top to Bottom: Engorged female dog tick, engorged female black-legged tick (https://novascotia.ca/ticksafety/)

Black-legged ticks are found throughout our province, and Northern Nova Scotia is now considered a higher risk area for

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## News from our Municipal Council - District 10

### Tax Rate up ½ cent

Hello from West Colchester. I hope everyone enjoyed their Easter weekend, despite the rain. I must say how nice it is to be able to have the window up at night and wake up to that fresh spring air and the birds chirping.

As many are aware Dr Ewing will be retiring in Sept 2020. I am sure she will be appropriately thanked for her service to our community, however I would like to thank her now for advising us at this early date and allowing us 18 months to recruit a replacement. There has been a committee struck and is actively working. Our first step will be to make a presentation to the Truro /Colchester Doctor recruitment committee at a meeting in early May. There is no doubt this will be a challenge, however I am confident we will prevail.

It has been a busy month at council. The two ongoing major projects which I plan to keep everyone up to date on are the Cliffs of Fundy Aspiring GeoPark application as well as the Rural Broadband work. In both cases we are working jointly with Cumberland County. Unfortunately, due to other commitments I missed both regular committee meetings of the Geo Park Committee. However I was able to attend the public meeting in Bass River. I attended and spoke on behalf of Mayor Blair in Advocate Harbour as MP Casey announced that Isle of Haute will be protected as a National Wildlife Area. This will strengthen our application.

On the Broadband project we continue to push forward, actively discussing with different service providers and lobbying both Federal and Provincial for financial support. Council, as a whole, has had a busy month as we prepare the budget for the year 2019-2020 and establish the tax rate. I am really going out on a limb here, I expect the vote will take place before the Shoreline goes to print therefore I will say that my expectation is that the rate will increase by one half a cent. If that does not happen on Thursday night I will be in BIG TROUBLE.

We need to also be aware that there will be an additional increase in that the actual homeowners assessment or the assessed value of your home, increased by 1.85%. As I do every year I would remind you 48% of the property taxes collected by the Municipality are transferred directly to the provincial government for things such as education, policing, corrections and community services.

My first budget was in 2009-2010 year. At that time the tax rate was \$0.79 and the transfer to other governments was \$10,879,770. In 2019-2020, ten years later the tax rate is \$.0885 an increase of 9.5 cents and the transfer to other governments for services required by our Municipality, that I mentioned above are

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Karen Casey



Tom Taggart

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