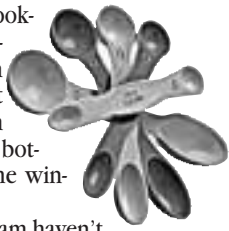


# Dorothy's Kitchen Korner

Maybe readers can help me. I'm looking for a great recipe for mustard pickles. A lifelong neighbor of mine in Cape Breton used to make the greatest mustard pickles, I have ever tasted. In fact she used to supply me with a few bottles, which helped me get through the winter.



Unfortunately, she has passed and I am haven't been able to find a replacement. It's hard to describe them, but her version included the normal of: cucumbers, onions, but also include sweet red and green peppers, cauliflower and perhaps broccoli.

I'm sure there are many similar family favourite recipes tucked away in cookbooks along the shore.

With our summer spent travelling to various events with my t-shirt business, we didn't plant a garden as such, but Maurice did plant some zucchini, tiny cherry tomatoes, and green peppers in front of the shop next door. Zucchini are done for the season, but we are still getting a large supply of tomatoes, which as soon as they are ripe, I boil down and bottle. The bottles will be a great starter for spaghetti and other sauces this winter.

Green peppers, oh heavens, I'm constantly picking them, cutting them up and putting in the freezer. They too will be a great addition to casseroles, stews, omelets. When I need I just grab a handful and add to whatever I'm cooking. They sure make a nice addition to when sautéing onions to add to a some partially pan fried frozen shrimp.

In the next couple of days, I'll have to finish picking green peppers and tomatoes, as the front has already nipped the top of the plants. With an abundance of Zucchini this summer, we made what we call Zucchini Boats, as described below:

## Zucchini Boats

For two people cut 10-12 inch Zucchini in half (length-wise). Increase number of Zucchini depending on how many around the table.

Use tablespoon or round soup spoon to scoop out the seed and pulp centre, creating a boat effect.

Season with garlic powder, salt and pepper (to taste) then place in microwave or regular over. A cookie sheet is great if using regular over. Cook until zucchini is about half cooked.

Remove from oven, and fill cavity.

Cavity filling can vary from Spaghetti Sauce, topped with cheddar cheese or heavily sprinkled with Parmesan; left over casserole, (small size ingredients); scallops or shrimp (pre-cooked) in white garlic sauce - add some sliced mushrooms and a slice of swiss cheese.

(Or use your imagination for cavity filling).

Return to the oven on cookie sheet at 325 heat until the filling is hot, and zucchini is fully cooked. Serve with crusty rolls, side salad, or other vegetable.

I'm still waiting for some special favourite Christmas recipes. I'm sure there are plenty hiding along the shore. In December's issue, I'd like to have numerous recipes which are focused on special meals between Christmas and New Years, or your family's favourites for New Year's family brunch or dinner.

Please take a few minutes to send along a few of your family's favourites, or drop by for a visit. I'll be back at the Truro Mall with t-shirts, on the left at the Sears Entrance. We've changed the name to "tshirtsrus.ca".

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](mailto:maurice@theshorelinejournal.com)

## Notes from our Federal Capital

### Let's Remember our Veterans on Remembrance Day!

As this edition of the Shoreline Journal arrives in your home, let's remember that 92 years ago on the eleventh hour, of the eleventh day, of the eleventh month, silence descended on the battlefields. As a nation we vowed we would never forget.

Recently, my colleague the Honourable Jean- Pierre Blackburn, Minister of Veterans Affairs announced the first of a series of concrete actions the Government of Canada will take to deliver improvements in support and care for our Veteran's and their families.

Our Conservative government, announced increased financial support for seriously injured Veterans, enhanced monthly income for severely injured Veterans who are unable to return at work, and a boost to the minimum annual income for Veterans released at lower salary levels. Minister Blackburn also announced his intention to propose amendments to improve the "Veterans Charter" this fall.

These new measures will remove eligibility barriers and increase the monthly financial support already available to severely injured Veterans that can't return to work. As well, they will increase support for those released from lower salaries. The new measures are expected to benefit more than 4,000 Veterans over the course of the next five years and will very much improve their quality of life.

A total of \$ 2 billion is being provided to ensure that Veterans who have been seriously injured in the service of Canada have access to the support they deserve.

The proposed improvements are as follows:

Veterans who have experienced serious injuries impeding their

return to service and who will not be able to work again will receive \$1,000 more a month for the rest of their lives. This amount will be added onto 75 per cent of their salary, as well as an allowance in the amount of \$536 to \$1,609. Within the next five years, 500 Veterans will be eligible for this monthly additional amount.

Access to the permanent monthly allowance for seriously injured Veterans (in the amount of \$536 to \$1,609) will be expanded. More than 3,500 Veterans are expected to be eligible for this allowance within the next five years (including the 500 mentioned above, who will also receive an additional \$1,000 per month).

Our government will increase the benefit for lost earnings (75 per cent of the pre-release salary) Veterans receive while in rehabilitation to a minimum annual income of approximately \$40,000. This improvement will increase the income of 2,320 Veterans over the next five years.

For further information on Veterans Affairs Canada's programs and services please visit [www.vac-acc.gc.ca](http://www.vac-acc.gc.ca)

Please feel free to contact me with any issue you have of concern. You can reach me at 893-2455 in Truro, 667-8679 in Amherst or toll-free 1-888-752-0552 or visit my website [www.scottarmstrongmp.ca](http://www.scottarmstrongmp.ca)

**Scott Armstrong, Cumberland-Colchester-Musquodoboit Valley**



## Notes from our Provincial Capital

There are over 70 maple producers in Nova Scotia with more than 300,000 taps ... this represents ten per cent of the good producing maple sugar trees in the province. Annual production exceeds 140,000 litres of maple syrup with the bulk of the crop being sold as syrup with the remainder used for products such as maple butter, maple cream, maple jelly, and maple sugar.

Many of the maple producers in Nova Scotia are situated in Northern Nova Scotia including Colchester County, Cumberland County, Antigonish County and Pictou County. Canada accounts for 85 per cent of the world's maple syrup production with over 80% exported to 42 countries around the world. During 2008, the Conservative Government through the Department of Agriculture's Farm Investment Fund assisted maple producers with funding for the purchase of reverse osmosis machines.

In August 2010, Ottawa provided \$4.3-million in assistance to Canadian Maple Syrup producers designed to create new opportunities for the pure quality product. On October 2, 2010 Minister of Agriculture, John MacDonell announced a new insurance program for maple producers. He maintains maple producers in the province will be better able to manage risks with maple syrup production.

The maple insurance plan, developed in consultation with indus-

try, helps producers manage risks such as disease, weather, wildlife, ice storms, drought, insects or fire.

The plan falls under AgrilInsurance, a business risk-management program currently providing protection to 35 commercially grown crops in Nova Scotia. This program will be managed by the Nova Scotia Crop and Livestock Insurance Commission.

Maple syrup producers in the province will be eligible for coverage beginning with the 2010-11 production season.

The details of the plan, including premiums paid by the producer and protection against crop damage will determine how successful the program really is. I encourage maple producers to seek additional information to better determine if they can benefit from such insurance. This information is available through: John (Bill) MacLeod, CEO, NS Crop & Livestock Insurance Commission, 137 College Road, 2nd Floor, Library Building, NSAC Campus, Truro, Nova Scotia B2N 5G9, 902-893-7755

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



## News from our Municipal Council

### Good Morning Folks,

Hope everyone is well and enjoying the leaves. I am away next week to the Union of Nova Scotia Municipalities (UNSM) meetings in Sydney. I enjoy these meetings as they are very educational. UNSM events provide an opportunity to meet other councilors from around Nova Scotia to understand their issues and how they work with them. One resolution I look forward to speaking on involves spreading of Bio Solids on Agriculture lands in this province.

I am disappointed that the Community Credit Union has decided to reduce the hours at the Bass River branch. However I have discussed it with Branch Manager, Will Ross, and understand their point of view. I think it is very important that if we are to continue to have the office in Bass River for many years to come we must do our best to support it.

I am very pleased to report on the first pick up of the green bins in new pick up area of West Colchester we received 5.7 tonnes of green waste. At the same time green bins were introduced to West

Colchester, several areas in other parts of the municipality were added to the regular pickup of green waste.

In excess of 16 tonnes of green waste were diverted from the landfill on the first pick up from the new areas of the municipality. This is a very significant number. Not only, does it show that overall most have accepted the bins, but more importantly, we have diverted an additional 17 tonnes from the bale fill. Hopefully this will continue week after week. Not only will high usage of green bins improve our environment, but will lead to significant cost savings for the tax payers in the future.

My column is a bit shot this month. It's been a hectic week. Enjoy the rest of the fall. Next month I hope to be able to report on some of the things I learned and observed at the UNSM sessions in Sydney.

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



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### 2011 Deadlines and Publishing Dates

ISSUE	DEADLINE	PUBLISHED
December 2010	November 16	November 24
January 2011	December 14	December 22
February 2011	January 18	January 26
March 2011	February 15	February 23
April 2011	March 22	March 30
May 2011	April 19	April 27
June 2011	May 24	June 1
July 2011	June 21	June 29
August 2011	July 19	July 27
September 2011	August 23	August 31
October 2011	September 20	September 28
November 2011	October 18	October 26
December 2011	November 22	November 30
January 2012	December 13	December 21

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