

Dorothy's Kitchen Korner

Passing of an Era - Twice

Even though there was good news for the province that the \$25-billion ship-building contract was awarded to Halifax Shipyards, on a local level it was offset with the discouraging news that two business Icons in Truro will be no more.



On the weekend of October 15th, Cavanagh's Food Market, Bible Hill closed its doors for the last time. It is a devastating blow to those who prefer locally owned grocery store and an even bigger tragedy for local farmers and produce growers. Let's hope that some entrepreneurs can take over the space to provide locally owned services, particularly in downtown Truro since Margolians was the major attraction to Inglis Place.

On the other side of my career, I have to apologize to Truro area customers, of t-shirtsrus.ca (formerly Dorothy's T-Shirt Factory) for not having our store at the Truro Mall. The store had been at the mall years before I took it over in fall of 2008.

We wanted to go back there again this year, but in late summer, mall management advised us, they were not doing any short-term seasonal leasing. Their message continued by saying if we were interested in discussing a minimum three year lease, we could talk. So, if you see vacant spaces in the Truro Mall, it's not the seasonal short term vendors who are at fault. Mall management, it appears is more interested in dealing with the national chains and big box stores.

As a result, we have established our seasonal store at the County Fair Mall, New Minas. Loyal customers in the Truro area needing t-shirts for Christmas gifts please call me at 902-897-5630 or send an email to: customtshirtsrus@gmail.com.

Now onto the real purpose of this column. Last week, sister-in-law, Lorraine called from New Brunswick, and during a conversation mentioned she had a great Salsa recipe to use up a large supply of Zucchini.

An ideal way to use up the larger Zucchini, which might not be good for other recipes.

Zucchini Salsa

10 cups grated zucchini (not peeled) • 4 cups chopped onion
2 cups chopped green pepper • 2 cups chopped red pepper
¼ cup, plus 1 Tbsp Coarse Salt
Let soak overnight, drain in the morning.

Sauce

2 tblsp Dry Mustard • 2 tblsp Garlic Powder • 1 tblsp Cumin
2 tblsp Corn Starch • 1 tblsp or less Nutmeg • 1 tsp Tumeric
1-2 tsp Crushed Chili Pepper • 1 tsp Pepper • 2 cups white vinegar
1 cup brown sugar • 2 - 5 oz cans Tomato Paste
5 cups diced tomatoes or 28 oz can diced tomatoes

Mix and heat. Pour sauce over vegetable. Bring to a boil, reduce heat, stirring slowly and often until thickened. Pour into hot jars.

This recipe will make 11-12 pint jars of delicious Zucchini Salsa.

If you still have Zucchini left. Grate without peeling and put 2 cups into zip lock freezer bags. Remove as much air as possible. Place in Freezer. During the winter when you wish to have a Zucchini loaf, remove from freezer, thaw and add with moisture to batter.

Before you get busy baking up a storm and preparing your families favourites for Christmas, please take a few minutes to send some along by November 15th, so I can share them with readers in the December issue, which should give them some time to try your favourites.

Remember, I need more recipes. Please take a few minutes to send along a few of your family's favourites or recent nutritional ones added to your family's menu. Please send to:

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or email to: maurice@theshorelinejournal.com

News from our Provincial Council

Maintenance Enforcement Program requires attention

The Maintenance Enforcement Program (MEP), under the direction of the Department of Justice for the province of Nova Scotia, registers, collects and enforces court orders or agreements registered with the court for child and spousal support. The program is mandated to facilitate payment to the recipient and to take action when payments are not made. Currently there are close to 9000 Nova Scotia families owed over \$80 million through the MEP. Of these, almost 2200 families are owed in excess of \$10 000.

Over 200 families are owed in excess of \$50 000. Too many cases are in arrears and too many dollars are owed to families who urgently need the financial support. The Justice Department needs to be more efficient in respecting these court-ordered commitments and in ensuring these payments are made.

I have been contacted by constituents who are not receiving the support to which they are entitled. Families are asking why

so many cases are in arrears. The government has the responsibility to respond to this situation. That may include additional staff, or more effective use of existing staff. Whatever the reason, action is required. Many single-parent families are suffering and doing without because court-ordered commitments are not being enforced.

As a new school year begins, many families are feeling the financial pressures that go along with purchasing new clothes and school supplies. Registration for sports and other extracurricular activities, whether in school or community, must be paid.

These families need every dollar they are owed. I am calling on the provincial government to make a true commitment to help. "The children of Nova Scotia deserve better."

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



News from our Municipal Council

I would like to begin this week by congratulating two West Colchester Businesses for their success at this week's Truro and District Chamber of Commerce Small Business Week awards banquet.

Pearl and Daisy Natural Soap Company was awarded the Exporter of the year award. Pearl and Daisy owned by Rebecca and Dan Taylor of Londonderry produce a variety of all natural soaps and bath products as well as all natural lip balms using beeswax supplied by another West Colchester company, Kittlesons honey products. What started as a home based business has now expanded to the Debert incubator mall. They currently sell thru 70 different locations across Canada and United States. Their product is available locally at various locations, most notably the Masstown Market who just happen to be the winners of this year's Business Achievement Award.

There is very little I can say about the Masstown Market that you do not already know. They continue to grow year after year and have become a destination or a must stop for everyone traveling between Moncton and Truro. The market is renowned for its support of local farmers and producers as well as what they produce themselves.

Therefore I would like to once again congratulate the Jennings family as well as Rebecca and Dan Taylor. The one thing that both award winners showed yesterday at the banquet was their enthusiasm, drive and respect for their community.

Other local companies were recognized yesterday as well and deserve our recognition. Sea Shell Design, owned and operated by Valerie Austin of Great Village and the Shoreline Journal owned and operated by Maurice and Dorothy Rees were in nominated for awards as well.

There are many other very successful business mostly home grown businesses operating with connections to West Colchester, farmers that export across North America, fishermen, welders etc. They all play a very important role in the sustainability of our communities. It was very pleasing to see these above mentioned business recognized by the Chamber of Commerce for their achievements.

This all comes at a time that we hear that Margolin's a local business that has operated in Truro for as long as I can remember is closing their doors. This truly illustrates the need for us to recognize the value of Buying Local and supporting local business.

Operating a small business is not easy, I know that first hand. Local business employs people and support the economy. So before you make your next trip to Halifax or Moncton, think for just a minute about your local business owners.

Tom Taggart, Councillor District 10, Municipality of the County of Colchester



How does Physical Activity benefit our Health?

By Robin Norrie

We all know what we are supposed to do to lead a healthy lifestyle. It's not like it's a secret. And we know that exercise and physical activity play a part in that. And we want a healthy lifestyle because of the health benefits it provides. However some people wonder what those benefits are exactly.

Many studies have been done to determine the amount of physical activity necessary for health benefits and just what effects it has on our health. Here are some examples:

Cardiovascular disease: Regular physical activity significantly reduces risk of cardiovascular disease and coronary heart disease in men AND women of all ages. By 20%-50%!

Cancer: There is a clear relationship between physical activity and lower risks of colon cancer (~30%) and breast cancer (~20%) and growing evidence of reduced risk for other cancers.

Diabetes: Participation in regular physical activity reduces the risk of type 2 diabetes.

High Blood Pressure: Regular physical activity is very effective in the treatment of hypertension and high blood pressure.

Osteoporosis: Weight-bearing exercise (especially resistance exercise) improves bone density. In fact physical activity has been shown to prevent or reverse 1% of bone loss per year. In addition, physical activity reduces the risk and number of falls and fractures compared with inactive individuals.

Protective Effect: Inactivity is a more important risk factor than smoking or a poor diet. Physical activity has a protective effect. Inactive individuals can substantially lower their risk with even minor increases in their activity levels.

Mental health: Regular, moderate physical activity reduces symptoms for depression and is associated with lower anxiety; not to mention improved self-esteem, self confidence and overall life satisfaction and feeling good about oneself.

How does physical activity help? Our bodies are designed to move! To walk, stretch and bend. When when we are active, we improved the ability for the body to deal with glucose, fat, insulin and other hormones and an improved overall immune system.

In addition, improved balance, muscle

control, mobility and flexibility have a role to play in the reduced risk of falls and fractures.

How much is enough?

There are national physical activity guidelines to tell us how active we should be. But a good start is thirty minutes of moderate intensity (e.g., brisk walking, playing) activity 3-5 days for most people. The guidelines can be found at: www.csep.ca/guidelines

Prolonged Inactivity

It is also known that sitting for long periods can offset any activity that you do and it can be as bad for you as smoking or a poor diet. So as well as being active, it is suggested that you try to avoid sitting for more than 30 minutes at a time. Take regular breaks to get up, move around and stretch.

It only makes sense! Our bodies are meant to move! Living an activity lifestyle has so many health benefits! Get up, get active now!!

Robin Norrie is Fundy Active Community Coordinator and can be reached at: Robin.norrie@gov.ns.ca

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