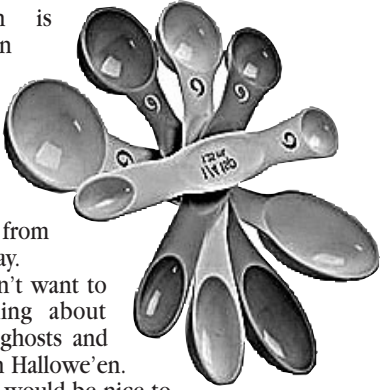


# Dorothy's Kitchen Korner

The two and half month election campaign is behind us, and soon we'll be listening to Christmas music. Here I am, late as usual, writing this column on the 25th and to my horror just realized two months from today is Christmas Day.



Most certainly don't want to see or hear anything about Christmas until the ghosts and goblins come visit on Hallowe'en. It won't happen, but would be nice to celebrate Remembrance Day services before the Christmas rush is on.

I'm not going to back myself in the corner by commenting on the election results, other than to say the surprise was the magnitude of the "red tide". Very hard to believe the score in Atlantic Canada was 32-0.

On a personal basis, on the advice of my doctor I started a couple of years ago to take off extra pounds, and am very pleased with the results, other than when I go into the closet to change the wardrobe from summer to fall and soon to be winter nothing fits.....I can't believe how much room there is in the clothes I used to wear.

Watching what I am eating has caused me to pay more attention to the labels to lessen the intake of sugar and consume less calories. My general health has improved and my blood sugars are much better. If I keep it up, I may never have to use an insulin needle. At least that's my goal and I am afraid of needles.

I'm constantly looking through cookbooks to see what might appeal to me. The other day I was looking in the "low calorie" section and the following recipe caught my eye.

## Sausages with Apple and raisins

- 1 onion
- 2 tbsps butter or margarine
- 2 large German sausages or 4 large pork sausages
- 1 cooking apple
- 3 tbsps raisins
- 3 tbsps clear honey
- 1 tsp paprika pepper
- 1 tsp salt
- ½ tsp white pepper

Peel and thinly slice the onion. Melt the butter or margarine in a frying pan and fry the onion for 5 minutes, then push to one side.

Add the sausages to the pan and fry until well browned on all sides. Meanwhile peel and core the apple and cut into thick slices.

Remove the sausages from the pan and slice. Keep warm. Add the apple slices to the pan and cook until very soft. Strain off the excess fat. Stir in the raisins, honey, paprika, salt and pepper. Mix with the onions.

Return the sausage slices to the pan and heat through before serving.

Serves 2: (about 540 calories per serving).

Variation: Add ½ - ¾ cup drained sauerkraut to the apple mixture.

If you have a favourite family recipe, please send by November 15th, so I can use in the December issue. In fact, I'd like to receive a few special holiday recipes. If you are dropping off recipes to the store, please note we have moved to 94 Esplanade and are located three doors away from Murphy's Fish & Chips or send to:

The Shoreline Journal, Box 41, Bass River, NS B0M 1B0;  
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March 2016	February 23	March 2
April 2016	March 22	March 30
May 2016	April 19	April 27
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

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The Shoreline Journal

## Notes from our National Capital

### Thank you for your support

As you may have heard there was a very interesting federal election recently. Clearly across the country Canadians wanted to have a change and that wave of change included the riding of Cumberland Colchester. When the dust settled, I was very fortunate to be elected as your representative in Ottawa for the next four years.

The election was just days ago and I will be getting organized over the next few weeks. We will have an office in Truro and an office in Amherst as well as the office in Ottawa.

During the campaign I heard very often that people have difficulty accessing government departments when there is an issue that needs attention. One of our primary goals will be to help people access these programs and the departments to deal with their needs.

From a national perspective I believe we will see a much more collaborative approach between the federal government and the provinces. Although many of the issues that we deal with on a day-to-day basis such as healthcare, education, social services, housing

etc. are in the responsibility of the provincial government, the federal government often has a role to play in establishing national standards and providing funding.

It is essential that we have cooperation and communication between the federal government, the provincial government and the municipalities in order to get the best level of services to all Canadians. And that is what this is about... service.

I want to thank all those people who participated in the recent election by having a sign or by voting or by volunteering to work for any of the six candidates. Our democratic system depends on volunteers and candidates to ensure that we have a selection and an opportunity to vote.

Thank you for your support and for the opportunity to communicate with you through the Shoreline Journal.

**Bill Casey is Member of Parliament-elect for Cumberland Colchester and will be sworn in as MP on Nov. 4, when the new cabinet is announced.**



Bill Casey

## Notes from our Provincial Capital

### Community Access-Ability Grant

I was pleased to make a special announcement in the community of Lower Onslow recently at the Lower Onslow Community Centre. This is not my first time in this facility, nor do I expect this to be my last. As I have watched this building transform from a church into a community centre, I am amazed and proud of the community spirit that has allowed that to happen.

A team of volunteers has been the driving force behind the transformation and the team needs to be congratulated for their ability to repurpose what could have been an abandoned building into a centre for community use. Our government is committed to assisting communities where that interest, ambition and drive helped to make projects successful.

On behalf of Community Services Minister Joanne Bernard, I was pleased to officially announce that the Lower Onslow Community Centre has been successful in their grant application

to receive \$10,000 from the Community Access-Ability Grant. This grant covers up to two thirds of the cost of renovations to a maximum of \$10 000. Their application received the maximum amount available through the grant program.

This partnership with the provincial government is a great example of shared responsibility where government can provide financial support for great community projects. These funds have created a new ramp, have provided wider entrances and will soon enable renovations and accessibility to the basement.

These projects are important as accessibility benefits everyone, whether it is infants in strollers, adults with mobility challenges or anyone of us who may at some time need greater accessibility.



Karen Casey

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## News from our Municipal Council - District 10

### Elections Canada needs a shake up

I would like to begin today by congratulating Bill Casey and his team on their election victory. I look forward to working with Bill and continue in what I feel has been very beneficial to all - that being three levels of Government working together in full cooperation. I look forward to working with Bill not only in our Municipality but in my role as a Director of the Federation of Canadian Municipalities.

This opportunity that Maurice has provided me in writing this monthly article is really not supposed to be a soap box for me to rant from, but unfortunately I do not always do as I am told. So here goes.

In MY OPINION Elections Canada needs a shake up, I am not talking about the people that are working the polls, the front lines so to speak, I am talking about the decision makers. They continue to talk about how we need to encourage people to vote, but

they make it more difficult and actually so irritating that some people just will not bother.

For example when my Mother who has lived and voted in the same community for over 80 years, gets turned away from the polls because she did not have her voting card and a piece of ID that matched what Elections Canada has on their paper, something is wrong.

Half the people working in that poll have known her most of their life, still were not permitted to allow her to vote. Unbelievable!!

I understand the need in big cities, but somewhere the Election workers, who have taken an oath to be neutral, need to be permitted to use a bit of common sense. The first step in solving this problem would be to bring back enumeration similar to

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Tom Taggart

## News from our Municipal Council - District 9

### I would like to clarify a few things

For any of you who may have read the article in the Truro Daily News entitled, "Local arenas badly in need of public support", I would like to clarify a few things. First of all let's discuss the \$53,000 deficit the West Colchester United Arena (WCUA) board of directors is projecting for this fiscal year.

The Daily News article implied that I was concerned over the negative impacted outside beverages and snacks were having on the revenue stream from the canteens in our county rinks. This may be true, but it is a very small part of the overall loss in revenue.

I'm sure there are other issues we should be discussing first, like the downturn in hockey registration and the loss of interest in skating as an activity for families. Let's admit - it's a lot more economical on the family bank account to register a child for soccer than it is for hockey.

We also can't overlook the elephant in the room. To believe for

one moment the construction of a sixth ice surface within the County would not have a negative effect on our outlying rinks would be ludicrous. Although that being said it is my understanding there was a consultant hired to conduct a community needs assessment for the Civic Centre components back in 2006 which found this area could support an additional ice surface. (And people wonder why I sometimes am reluctant to invest tax payer's dollars into studies conducted by consultants.)

Times change and situations change and we could spend a lot of time and energy debating the pros and cons of having the Rath Eastlink Community Centre (RECC) in our community, but how would this help solve the \$53,000 deficit the WCUA is facing this year? I'm often told I'm a black and white type of person and so

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Doug MacInnes

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