

# Dorothy's Kitchen Korner

**Finally, a submitted recipe**



I hope you exercised your right and got out to vote on October 21st. Maurice and I did some comparative checking on past elections in 2011 and 2015. We were amazed to find in 2011, the population of the entire riding was 87,895. In Cumberland-Colchester there were 69,188 eligible voters (2011) with 40,367 of them making the trek to the polls for a turn-out of 58.3%.

Data for the 2015 election was presented in slightly different format. The riding was redistributed in 2012 and through some voters going to other ridings, and out-migration the population dropped from 87,895 (2011) to 80,590 for the 2015 election. Along with the decrease in population, the number of eligible voters dropped from 69,188 (2011) to 64,923 (2015).

Ironic as it may seem Cumberland-Colchester, bucked the modern trend of less people turning out to vote, sending 6,143 more people to the polls in 2015 even though the number of eligible voters decreased by 4,265 from 2011.

I can not give you similar data for the 2019 election, nor name of the winning candidate as this column is being written two weeks in advance of election day. Even if I had waiting until after the election, the complete finer data with population, eligible voters and official results would not be available at press time. Of course election day evening or the next morning you will know who won, locally and nationally.

Let me get off politics and give you an outline of something that made me happy earlier in October.

When Maurice picked up the mail on October 4th, he couldn't wait to hand me a recipe from an unknown reader. Even though unsigned, I've decided to print for your consideration and use.

### Frozen Cucumber Pickles

(NOTE: The writer added this note to the mailing: I brought this recipe home from a relative living in another province)

- 3 Quarts cucumbers, sliced thin
- 1 bunch celery - cut up • 1 1/2 lbs onions - cut up
- 2 Green, 2 Red peppers - sliced in small strips
- 1/4 cup salt • 6 cups white sugar • 4 cups white vinegar

### Method:

Heat salt, sugar and vinegar till hot. (Do not boil). Pour over pickles, let stand overnight.

In the morning put in plastic containers. Thaw out before use.

I used empty used 1 cup size small containers.

### Notes:

These pickles can be made year round, as ingredients can be purchased or grown.

I am always hoping more people will submit recipes. A few years ago Hazel Hill, Great Village would send me several recipes two or three times a year. However, since her passing incoming recipes are scarce. I encourage people to look through some of the family cook books and send along some entries. Photo copy and drop in the mail, or copy and submit by email to: [maurice@theshorelinejournal.com](mailto:maurice@theshorelinejournal.com)

If you have a favourite family recipe and would like it published in the December issue, please send on or before November 15th. Send to:

The Shoreline Journal, Box 41, Bass River, NS B0M 1B0;  
Fax: 902-647-2194 or email: [maurice@theshorelinejournal.com](mailto:maurice@theshorelinejournal.com)

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ISSUE	DEADLINE	PUBLISHED
December, 2019	November 19	November 27, 2019
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February, 2020	January 21	January 29, 2020
March, 2020	February 18	February 26, 2020
April, 2020	March 24	April 1, 2020
May, 2020	April 21	April 29, 2020
June, 2020	May 19	May 27, 2020
July, 2020	June 23	July 1, 2020
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January, 2021	December 15	December 23, 2020

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### Notes from our Provincial Capital Community Workshop is very special

There is something special about the Colchester Community Workshop on Arthur Street in Truro. It is true, they have a great Board of Directors who have guided decision making over the years, and who continue to move the Workshop into the future. Those decisions support and enhance the lives of adults with intellectual disabilities.

The Workshop also has a great network of business leaders and caring individuals throughout Colchester County who provide financial support through charitable donations. These contributions help maintain, enhance and expand the services and opportunities for clients. There is a great network of staff and volunteers who give tirelessly of themselves each and every day to ensure the clients are cared for and supported while at the Workshop or out in the community.

But the most special part of the organization is the clients themselves. They work hard, they greet you with a smile, they are filled with pride and purpose, they learn and practice new skills every day, they become more independent and they make a valuable contribution to society. The Colchester Community Workshop is their home away from home. The Workshop is a not-for-profit society that provides professional development, educational, social and training programs for their clients. The Workshop partners and supporters are passionate about removing barriers for Nova Scotians with intellectual disabilities. The Workshop currently serves 80 clients.

### News from our Municipal Council - District 10 Businesses and residents open their wallets

Thank God that is over. How many of us said that on Monday night or Tuesday morning. I have been involved in politics and elections before I was old enough to vote. While most people prefer to avoid or are uncomfortable in being politically involved, I have been proud to be part of what I see as democracy. I have made many good friends as a result on, all sides of the spectrum and have and will always respect them and their opinion. What we have seen over the past 40-plus days was an embarrassment.

There is lots of blame to go around from party leaders, (those who we trust to manage our Country) to our mainstream media, which we expect to provide the news, not try and make the news or sensationalize it; to the social media sites that allow a bunch of social media trolls to sit safely behind a computer screen and discredit others.

Locally, I believe our candidates deserve credit for the professionalism they displayed. Nationally was another story.

Municipally it has been a busy month for me. Mostly all focused around recycling, and solid waste. The provincial solid waste efficiency study was released along with challenges in the recycling resulted in four days of meetings, which also included the Geo Park, broadband and regular council duties. There is lots to talk about in the Municipal world, and I will do that another time. Today I would like to update a couple other projects that I feel deserve recognition.

In October I attended the official opening of the new Community Mental Health Center in Truro. First I need to say it may be in Truro but facility serves folks from all over Colchester. It is my opinion this is a game changer in addressing the mental health needs of our community and removing some of the perceived stigma sometimes associated with this medical condition. It affects all segments of society and with acceptance, support and medication can allow those struggling or coping with it to live more normal lives. The acceptance and support is where this new facility fits.

The special part of this story is this milestone was accomplished almost entirely without government money or assistance, the only exception being our Municipality with a \$100,000 donation over five years. Believe it or not, this pales in comparison to support from the local business community.

I know I am using the word "Community" a lot, but it's our Community is what made this one \$1,700,000 building and renovation possible and is proof positive that we as a society really truly care!! It also fits well with the fact the Community Credit Union has as part of their \$350 000 commitment secured the naming rights to this building.

On Saturday, October 19th, the Workshop launched their Capital Campaign, one designed to raise funds for their next project. In Phase I of the project, the former Hallidays building adjacent to the existing Workshop was purchased. This will not only allow space for expansion of training and skills area, but it will also include housing units for some current and future clients. What an exciting opportunity for these adults to experience a more independent lifestyle.



Karen Casey

Through the Department of Community Services, and with the full support of our Premier, Stephen McNeil, I was both pleased and proud to contribute \$800,000 towards their Capital Campaign. This will support all aspects of Phase II, and the opportunities for their clients is huge.

Whether it is training and skill development, life enhancement opportunities, pre-employment skill building, job coaching, it will make a huge difference. The pride and confidence on the faces and in the minds and hearts of the clients should move all of us, both as business leaders, as various levels of government and as individuals to reach out and support those less fortunate, and who face life-long challenges each and every day. They need our love and support.

**Karen Casey, MLA Colchester North also serves as Deputy Premier and President of the Treasury Board.**

The next obvious question is now you have a building how do you support it over the years. The answer is for years the Colchester East Hants branch of the Canadian Mental Health association has provided services from rented office space in and about the community. They are now leasing out space in a modern energy efficient facility with private professional offices facing Prince. There is a solid vetted business plan in place and the future is secure.



Tom Taggart

I have been a member of the board of this association for the past five years and have chaired the committee challenged with fund raising. I am very proud of this new facility. It is very open and welcoming; with a small public café as you enter. I would urge you to stop in support the café and just wander around to see what has been accomplished. I will provide Maurice with a couple photos of the official opening, for the opening feature he is planning for next month's Shoreline Journal. Most impressive is the large crowd which turned out to witness and support.

In keeping in this same theme I have just returned from a meeting at Joy Laking's where a presentation was made in support of the Colchester Community Workshops Foundation. Another great organization that supports residents of our overall Colchester County Community. Many of them we know well. (Once again there's that Community word). Most of us are well aware of their current facility with the thrift store and café on Arthur St. They actually do much more in supporting the professional development, education and social training for clients with intellectual disabilities. They currently support 80 clients.

The Workshop has 10 different programs ranging from the Thrift Store, to producing ribbons and buttons to reconditioning TV remotes. They have run out of space, they have a waiting list of clients needing employment and opportunities to contribute and be accepted and they have additional business opportunities awaiting their services. To alleviate the shortage of space problem they have purchased the adjacent property, the old Hallidays building and are in the process of expanding. Currently they are in the midst of a Capitol fundraising campaign. Maurice has told me in her column in this issue Karen Casey has talked about the community workshop program and the provincial government recently donated \$800,000. It is very gratifying and says a lot about the businesses and general public from this area who are being most supportive of the capital fundraising campaign.

I cannot help but digress here. Think about this the next time you think about heading off Halifax to shop. Our local business

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