

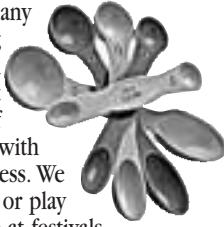
Dorothy's Kitchen Korner

This summer was so hot and dry, many people did not want to think of spending any more time in the kitchen than absolutely necessary. In my case the heat almost did me in, but we spent a lot of the summer traveling around NS and NB with the t-shirts portion of our family business. We don't get much opportunity to socialize or play tourist, but we met a lot of great people at festivals and summer events in: Shediac, Gagetown (twice), Sydney, Middle Musquodoboit, Kennetcook, Truro (twice) and Oxford.

We attended events in 2009 in most of the same communities. It's nice when they recognize us and stop by for a bit of a chat. At most of the events, we take the two lap dogs with us, and it's amazing the number of people, who say they came by to see the dogs.

Not having spent much time checking for recipes this summer, I thought it might be a good time to pick a couple of favourites from the 3rd Edition of the Barbour Cookbook. When choosing a cook book, I prefer to use the older ones, which contain recipes from throughout Atlantic Canada.

If you're wondering what to do with the remainder of your cucumbers, here's a great recipe to use up the larger ones.



Lady Ashburnham Pickles

Cut very fine as for relish; 6 large cucumbers, peeled and with seeds removed. Add ¼ cup of salt and let stand overnight. Drain in the morning and add: 1 qt onions, chopped fine; 1 pt vinegar, 2 cups sugar; 3 tbsp flour; 1 tbsp mustard; 1 tbsp tumeric; 1 tsp mustard seed; 1 tsp celery seed.

Cook one hour and bottle. Mrs. Gordon Lovely.

It still not too late to make your dark Christmas Fruit Cake. Many already have great family recipes, but here's one in the event you don't have one or wish to try another one.

Dark Fruit Cake

1 cup butter; 1 cup brown sugar; 2 cups flour; 2 tsps cinnamon; 1 tsp nutmeg; ¾ cup candied peel; ½ lb blanched almonds; 1 cup molasses; 1 cup fruit juice; 6 eggs; 1 tsp cloves; 1 tsp mace; ½ tsp soda; 2 lbs raisins; 2 lbs currants and 1/2 tsp salt.

Sift the salt, soda and spices with one cup flour and use the rest to dredge the fruit. The fruit juice may be grape juice. Cream the butter and sugar, add beaten egg yolks and beat well. Add flour, fruit, molasses, fruit juice and last of all the beaten egg whites.

This amount makes two loaves. Steam three hours, then dry off in a moderate oven. Two pans 8 x 4. Mrs. George E. Arbo

Helps and Hints

Here are a few tidbits of helpful information gleaned from the 3rd Edition of Barbours:

Cream will whip more readily, if a pinch of salt is added.

If you have no sour milk, use as much Acadia baking powder as soda and you will get the same result.

When tea is spilt on tablecloth, or other clothing apparel, cover the stain at once with common salt. Leave for a little while. When cloth is washed all stains will have disappeared.

Cake icing will not sugar if you add a pinch of salt.

I hope, having printed the dark fruit cake recipe, will spur a few of you to send in some special or favourite Christmas recipes. I'm sure there are plenty hiding along the shore, and I'd like to have some special ones for the November edition.

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 favourites. 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

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2010 Deadlines and Publishing Dates

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November 2010.....	October 19	October 27
December 2010.....	November 16	November 24
January 2011	December 14.....	December 22

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Notes from our Federal Capital

Happy Seniors Day!

This October 1st Canadians from coast to coast to coast will celebrate our Canadian seniors and recognize the important contributions that they continue to make in all our lives. On June 16th, 2010 the Minister of State (Seniors), the Honourable Diane Ablonczy, introduced Bill C-40, An Act to establish National Seniors Day. I was proud to join fellow parliamentarians in support of this Bill, which passed all stages in the House of Commons on June 17th. Currently the Bill remains in the Senate and is unlikely to become law before October 1st, the proposed date for National Seniors Day. This day was chosen to coincide with the United Nations International Day of the Older Persons. However, why should we wait another 365 days to say 'thank-you' to the men and women who have built this country? This October 1st, I encourage you to join me in celebrating the seniors in our community and recognizing the important contributions that they make. For strengthening our yesterday and continuing to shape tomorrow, let's honour them today. Today's diverse group of seniors assume many different roles in our riding. They are remarkable business leaders, devoted mentors, energetic athletes and exemplary volunteers — in fact, according to the National Seniors Council; one of the most important influences on volunteering is age. Seniors volunteer significantly more hours on average than any other group in Canada.

Budget 2010 invested an additional \$5 million per year in the New Horizons for Seniors Program, bringing the total overall budget to \$40 million. This additional funding will support projects that encourage seniors to volunteer and mentor other generations as well as initiatives that aim to increase awareness of financial abuse.

Our Conservative government has also introduced several cost saving measures to benefit seniors. To improve government representation for seniors we created the position of Minister of State (Seniors) to bring the concerns of older Canadians to the Cabinet table, and stand up on their behalf.

The National Seniors Council was established in 2007 to provide advice to the federal government on matters related to the well-being and quality of life of seniors.

Notes from our Provincial Capital

Politicians are not medical specialists. As your MLA I want to be seen, not as a medical specialist, but rather as an advocate for those who need assistance. I want readers to know that I am working towards the availability of quality healthcare in a timely manner for all Nova Scotians.

In recent months a treatment for Multiple Sclerosis has attracted attention in Nova Scotia. MS is a condition that affects the nervous system and over 2,000 Nova Scotians are affected by that condition. The attention to the new procedure called the Liberation Treatment has given many MS patients a reason for hope. This treatment pioneered by Paolo Zamboni, a vascular surgeon from Italy, is intended to unblock narrowing veins in the patient's neck. The narrowing veins are believed by some to be linked to insufficient blood flow in MS patients. This condition is known as CCSVI (Chronic Cerebro-Spinal Venous Insufficiency). The Liberation procedure is helping to positively impact the lives of people affected by MS. The angioplasty type of procedure is done on veins that restrict the blood flow. Preliminary clinic trials on the link between narrow veins and MS have produced conflicting results. This has resulted in the need for more medical research. However, the Liberation procedure is available in countries like Mexico, Germany, Poland and United States.

In the meantime many Nova Scotians have travelled abroad and have received the Liberation treatment and there are many success stories. The expenses related to having the treatment abroad are high; some Nova Scotians report it has cost them up to \$15,000. But let us not forget, the cost of drugs for some MS patients is approximately \$2,000/month. This is in addition to the emotional and physical costs to the individuals and their families.

News from our Municipal Council

Fall and Green Bins are here.

Hope you enjoyed your summer. We look forward to a nice fall right thru until April 1. Previously, I have mentioned green bins. They are here now and I have heard from a few folks, who would prefer not to have them. As I have stated previously, I was originally opposed to this.

However, after being presented with the facts, I realized it was not only the right thing to do, but if not implemented would have a future financial impact on all residents of the Municipality.

I encourage everyone to give the bins a fair try and am confident most will be very pleased to have their compostable garbage and the odor that goes with it outside the home.

Just a reminder, Fall clean up for West Colchester, from Glenholme down is the week of Oct 12- 15 and for the Mastown area Sept 27- Oct 1.

One other note while we are talking about clean up and the environment, I think it is quite ironic the folks in Halifax would not allow biosolids to be spread on the new street mediums in their fair city, but it is alright to spread their biosolids on our farm fields here in Colchester County.

On a more positive note, I was invited to the Onslow Belmont Fire Brigade. This brigade recently took delivery of a new First Responder vehicle.

Our government allocated \$400 million over two years in targeted funding for the construction of housing units for low-income seniors through the Affordable Housing Initiative (to be cost-shared with the Provinces and Territories).

We will spend \$220 million over five years to fund the Targeted Initiative for Older Workers, which has thus far assisted over 10,000 unemployed older workers through over 200 approved projects. We have committed \$13 million over three years for the Federal Elder Abuse Initiative; invested an additional \$5 million per year in the New Horizons Program, bringing the total overall budget to \$40 million per year. Our record to date includes more than \$2 billion in annual targeted tax relief specifically for seniors. We introduced the very popular pension income splitting and increased the maturation age limit for Registered Retirement Savings Plans/Registered Pension Plans from 69 to 71 years of age.

Our government increased the amount of pension income that may be claimed under the Pension Income Tax Credit from \$1,000 to \$2,000, removing 85,000 seniors from tax rolls completely. We have introduced the very popular Tax Free Savings Account, which is particularly beneficial to seniors given that its withdrawals are GIS-exempt.

Notwithstanding these concrete actions our government has taken, our government recognizes that much still needs to be done. I can assure you that we will continue on our path to work hard to meet the needs of Canadian seniors. Along with territorial, provincial and municipal partners, we are continually working to develop sustainable ways to improve the quality of life for senior Canadians. Let's celebrate Canadian seniors!

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

Scott Armstrong, Cumberland-Colchester-Musquodoboit Valley



Our PC Caucus has been advocating on behalf of MS patients. We have been asking the Premier and the Minister of Health to become active supporters regarding research and availability of the procedure in Nova Scotia. As medical advances are made, I believe our province should do everything it can to ensure they are available here. MS patients do not have time to wait. It is important that they have the opportunity to be tested for CCSVI in Nova Scotia. It is also important that if they test positive for CCSVI, that they also have the opportunity, in consultation with their doctor, to have treatment that could halt the negative effects of MS here in their own province.

Through resolutions in the Legislature and through questions to the Premier and the Minister, we have been asking for this opportunity here at home. At a rally held at Province House, neither the Premier nor the Minister took the time to join the MS patients who assembled.

I will continue to ask that this Government recognize the importance of conducting trials and support research so that we can have an opportunity to improve the quality of life for those who suffer from MS. I will continue to remind the Dexter Government that their failure to step up to the plate on behalf of MS patients and their families is a failure to keep their promise of "a better deal for families". Please contact my office should you have additional questions or concerns regarding this issue or any others important to you.

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



In turn, they sold their used one to the Economy Fire Brigade for one dollar. What a great example of mutual aid and cooperation this has demonstrated.

Thanks to Onslow Belmont and Congratulations to Economy. I feel that these Medical first response vehicles and the trained volunteers are critical to the communities along the shore. When a medical emergency occurs and an ambulance is 30 minutes away they are invaluable.

Economy now has a fully equipped medical first response vehicle and professionally trained personnel. Training as a first responder is demanding and time consuming and I am certain quite gratifying. However the time commitment for training makes it difficult to recruit new first responders. Economy has the equipment and the trained personnel, but they need more. I would encourage anyone, male or female, to find the time; join the brigade and get the training. Your community will be grateful. Not only in Economy, but all the brigades along the shore.

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



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