

Dorothy's Kitchen Korner

This summer Maurice and I have attended many community festivals, large flea markets and exhibitions in Nova Scotia and New Brunswick again this summer. Two stand out because of the tremendous growth in attendance. Digby Wharf Rat Rally on Labour Day weekend and the Queens County Fair in the small Village of Gagetown in neighbouring New Brunswick.

The rat rally continues to astonish everyone at its constant growth, with over 25,000 motorcycles. Two weeks later the 66th annual fair in Gagetown was unbelievable in the large crowds. I don't know where all the people came from, but I noticed each of the food venues had long line-ups and five of the food concessions, sold out and closed by 7:00 pm on the Saturday.

Last month I asked for people to send along some recipes for mustard pickles, which are my favourite. Luckily, I've received three recipes. Two were sent in by Hazel Hill, our dedicated correspondent who authors MacCaull Villa Notes each month.

In her note, Hazel said, "I always made lots of pickles, when I lived on the farm and the family loved them".

Mustard Pickles

12 medium sized cukes, cut in small pieces. Sprinkle with ½ cup coarse salt. Let stand overnight. Next morning drain well.
3 cups brown sugar • 4 cups white sugar • 1 ½ cups flour
1 cup mustard • 2 tbsps celery seed (tied in a bag)
2 tbsps turmeric powder
2 quarts cider vinegar • 3 lbs small button onions
Add 1 cauliflower, which had been cut up and soaked in cold water for a while.

Method: Cook the sauce, add the cauliflower and onions. Let stand for an hour. Then add the cukes, stir well and bottle hot. (This makes a large amount).

As I am running out of space, I'll save Hazel's "Cucumber Sweet Pickles" until next month as there will still be lots of ripe cucumbers available.

The third recipe arrived in my inbox as the result of a conversation with a new friend, Annette in Village of Gagetown, New Brunswick the weekend of September 17th. Lady Ashburnham is one of Maurice's favourites.

Lady Ashburnham Pickles

6 large cucumbers (cut small, peeled with seeds removed)
1/4 cup salt • 4 cups onions, chopped fine • 2 cups sugar
2 1/2 cups vinegar • 3 Tbsps. flour • 1 Tbsp. dry mustard
1 Tbsp. turmeric • 1 tsp. mustard seed • 1 tsp. celery seed

This is definitely a two day process. Cut your cucumbers and onions into small pieces (if you are using a food processor, take care not to over do it), and mix together in a large pot. Add salt to cucumbers and onions, and let sit overnight.

Wash salt off the next day, and add the remaining ingredients. Cook over low heat for 45 mins, making sure to stir the pickles often. Bottle in sterilized jars, and allow the pickles to cool before refrigerating.

These pickles have a tangy taste to them but you can add extra sugar to them or instead of sugar my friend makes this recipe with the same amount of splenda. Good luck Annette

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 October 20th, so can share them with readers in the November 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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Notes from our Federal Capital

Celebrating Canada's First National Seniors Day

Seniors play an important role in communities across Canada. They have shaped our country, raised a generation and fought for our rights and freedoms. Today they continue to share their knowledge, time and expertise.

Seniors are vibrant, powerful and influential mentors, and leaders. They have contributed generously, building our families, our communities, our workplaces and our country.

That is why the Government of Canada created National Seniors Day—an official day to recognize the significant ways in which seniors have and continue to contribute to our communities.

October 1, 2011 will mark Canada's first annual National Seniors Day.

Our Conservative government understands the importance of supporting seniors and seniors' issues, and we are working hard to ensure that our policies, programs and services are meeting—and will continue to meet—seniors' needs.

We are proud of Canada's seniors. We value what they have

done for our country, and they deserve our thanks. National Seniors Day is our time to join together as a nation to honour Canadian seniors.

I encourage you to find your own unique way to celebrate the seniors in your life. Perhaps send a simple thank-you note to a senior, whom you know. Or put up a National Seniors Day poster in your workplace.

To all the seniors who continue to help build this country, thank you.

For tips and resources, or to learn more about National Seniors Day and other Government of Canada initiatives for seniors, visit www.seniors.gc.ca or call 1 800 O Canada.

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 and I am also on Facebook and Twitter.

Scott Armstrong, Cumberland-Colchester-Musquodoboit Valley



News from our Provincial Council

Safety at the Intersection

With progress comes change. There is no greater success story "along the shore" than the Masstown Market. As residents and visitors to Colchester County, we have witnessed the growth and expansion. The Jennings family (Eric, Laurie and Wade) are to be commended for their entrepreneurial spirit. Not only do they support local farmers by marketing their products, but they also provide employment "close to home" for many, including hundreds of students whose first real job was at the Market. With the success of the Market has come the challenges of parking and traffic flow.

A Transportation Review completed in 2006 included collision data and recommendations for improvements at the intersection of # 2 and # 4 at Masstown Market. We were successful in widening the apron at the approaches to # 4, and to construct turning lanes onto the # 4. Traffic moving through the intersection to # 2 (towards Masstown) and from the west-bound ramp is required to come to a full stop.

I have spoken to the Traffic Supervisor regarding the increased

volume of traffic at this intersection and asked that he consider additional changes that would add to the motorists safety. This could include posting signs to alert motorists that they are approaching a dangerous intersection, reducing the speed limit on the approaches, installing flashing overhead lights at the intersection or installing traffic lights, although having traffic lights bringing vehicles to a full stop on a trunk highway is not common. Both the Traffic Supervisor and Area Manager with TIR indicated they had not been receiving calls of concern recently about this intersection, but both did agree to further discuss the issue in the interest of safety. In the meantime, I encourage all motorists to be defensive in their driving as they approach the intersection, and to be alert to oncoming traffic. The adherence to and enforcement of existing speed limits and stop signs may be all that is needed to ensure the safety of the motoring public.

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



News from our Municipal Council

Good Afternoon Folks,

As you may have heard or seen I have asked the RCMP for the accident statistics for the intersection at Masstown. It is my hope that after we receive this report we will have grounds to ask the Dept. of Transportation to do a very thorough traffic analysis there. My concern is that this be done in the summer months and not in January when the traffic is not near as heavy. It is my wish that there be dangerous intersection signs on all three entrances to this intersection, complete with flashing amber lights on the thru portion and advance flashing red lights at the stop signs.

I would like to comment if I could for a moment on the controversy over expenses for councilor in Town. I will not really give my opinion as those in my position should not throw stones. However I do want to be clear that I believe the majority of our council would be no where near that amount. However we are two totally different councils and I have no idea what different project or responsibilities those councilors have. I will say that I personally find it of great value to go to annual meetings of the Nova Scotia Union of Municipalities and when it is my turn the Canadian Federation of Municipalities annual meetings. There is no question in my mind that the education, networking and information gathered from other elected officials at these conferences greatly benefit our communities. In this current year I have attended the spring semi-annual meeting of the Nova Scotia

Assoc. in Digby, the Canadian annual meeting in Halifax and will attend the Nova Scotia annual meeting in Halifax. The total of these expenses will be approx. \$2500.

Clear bags and garbage collection continues to be a contentious issue. By the time this article goes to print you will all have had a chance to go to the information sessions around the County. I truly recognize the difficulties and concerns this brings to our residents and will do my best to make things easier or better. However, the provincial government mandates that we reduce the amount of waste that goes into landfills and landfills. I do support them in this effort. It is the Municipality's responsibility to facilitate this effort. We are doing the best we can and always looking for better more efficient and less expensive methods. We all need to be aware that the cost of this - beyond the collection rate that is on your taxes - is in the millions annually. When you consider the cost of sorting, baling, composting, collecting the leachate or (runoff from the balefill), hazardous waste and building new cells for the garbage. We continually look for that silver bullet and hopefully new technology is not far off, but we are not there yet. Tom

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



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