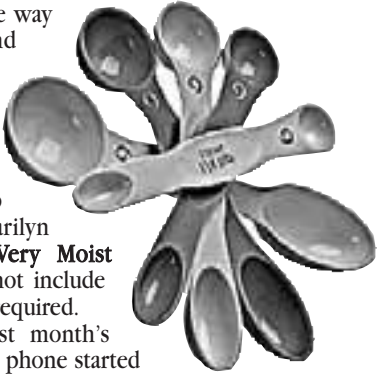


# Dorothy's Kitchen Korner

I guess there is one way to get attention and with that omission one would certainly have a “very” moist mixture if you forgot to include the flour. How embarrassing to have printed Marilyn Adams’ recipe for **Very Moist Blueberry Cake** and not include how much flour was required.

Not long after last month’s paper was printed the phone started ringing, and then the emails started to arrive. The first three to send an email were: Dorothy Booth, Leah Palmer and Tina Kaulback. The recipe calls for three cups of flour.

To ensure everyone has the correct recipe, I’ve reprinted Marilyn Adams’ recipe for those who are clipping or copying them:



**Very Moist Blueberry Cake**  
1 cup margarine • 2 cups white sugar • 3 eggs  
1/2 cup milk • 3 cups of flour. • 1 1/2 tsp baking powder  
1 tsp almond extract • 4 cups fresh blueberries

Mix margarine, sugar, and eggs until blended. Add milk and flour 1 cup at a time. Add baking powder and almond extract. Finish by folding blueberries in. Put in bunt pan. Bake at 350 degrees for 1 hour.

In between travelling this summer to a large variety of festivals, and exhibitions from Sydney to Liverpool, Digby, New Glasgow, Pictou, Middle Musquodoboit, Sussex and Village of Gagetown with our t-shirt business, we’ve been trying to find retail space in a shopping centre for November and December.

While at the festivities in New Glasgow, Pictou, Middle Musquodoboit and even in Digby at the Wharf Rat Rally on the Labour Day weekend, we had people asking if we were going to have our store at the Truro Mall. New Glasgow and Middle Musquodoboit generated the most amount of calls with about 8-10 inquiries each.

The Wharf Rat Rally in Digby was a surprise because we had three couples from New Glasgow and two from Sydney ask about the store. Each claiming they don’t have similar stores in their area and they made a point of making a trip to the mall each December for the purpose of getting t-shirts for Christmas Gifts.

Our preferred location has been the Truro Mall, but in 2011, they adopted a policy of no short term leases during the Christmas period so we have been on the hunt to find a suitable location. We are pleased to announce we have secured a great location in the former A.J. Walker Hardware building on Prince Street, Truro. The store will be open by the end of October.

Because I printed Marilyn Adams’ recipe wrong last month, I’ve have chosen her Spiced Beef and Rice submission. Local onions and green peppers are in abundance and it’s getting cooler and time for a casserole type meal.

**Spiced Beef and Rice**  
1/2 lb lean ground beef • 1 small green peppers(diced)  
1 small onion(diced) • 1 can stewed tomatoes  
1/2 tsp each of chili powder, dry mustard, oregano & hot pepper sauce  
1 1/2 cup cooked rice • 1/4 cup shredded cheddar cheese

Brown beef, green pepper, and onion in a large skillet. In a lightly greased casserole dish combine all ingredients except the cheese, cover and bake at 350 degrees for 20 minutes. Add the cheese on top and bake uncovered for 10 minutes.

**Marilyn Adams**  
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:

Dorothy Rees, c/o The Shoreline Journal,  
P.O. Box 41, Bass River, NS, B0M 1B0,  
or email to: [maurice@theshorelinejournal.com](mailto:maurice@theshorelinejournal.com)

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### 2012 Deadlines and Publishing Dates

ISSUE .....	DEADLINE .....	PUBLISHED .....
November 2012 .....	October 23 .....	October 31
December 2012 .....	November 20 .....	November 28
January 2013 .....	December 11 .....	December 19

For more information contact us at:  
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## News from our Federal Capital

**Federal Government helps 3000 young Canadians find jobs**

This month, I would like to update readers on a new approach that the Harper Government recently unveiled to help approximately 3000 young Canadians find jobs in high demand sectors of the economy. The Honorable Diane Finley, Minister of Human Resources and Skills Development and I made this announcement at the Nova Scotia Community College.

This initiative will help address labour shortages by equipping youth with skills and experience, and creating opportunities for them to start careers in high demand fields.

Addressing existing and future skills shortages is critical to ensuring Canada’s continued economic growth and long-term prosperity. That is why our government is taking action now, through Economic Action Plan 2012, to better equip our young people as they make career decisions by introducing a new initiative that will connect young Canadians with jobs that are in high demand and help them develop the skills and gain the experience they need.

Under the existing national Youth Employment Strategy, this new \$50 million initiative will be dedicated to projects that will connect a total of approximately 3000 young Canadians with private sector jobs in fields that are in high demand, such as the skilled trades and tourism. The projects will help employers fill labour shortages while providing youth with the all-important, on-the-job experience they need to transition into a career.

This announcement was one of a series that took place across the

country. Minister Finley kicked off the nation-wide events by launching two Calls for Proposals to deliver the funding—one for Career Focus and one for Skills Link—both of which are existing programs under the Youth Employment Strategy.

Youth employment programs are part of our Government’s broader strategy to create an educated, skilled and flexible workforce. Today’s youth are tomorrow’s workforce, so by investing in them we are helping contribute to Canada’s long-term growth, competitiveness and overall prosperity.

The Calls will open on September 5, 2012 and close on October 19, 2012. Organizations across Canada are invited to apply. Organizations, including but not limited to, businesses, not-for-profit organizations, crown corporations, educational institutions, Aboriginal organizations, and provincial, territorial and municipal governments can apply for funding. Information is available at [servicecanada.gc.ca](http://servicecanada.gc.ca).

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](http://www.scottarmstrongmp.ca) and I am also on Facebook and Twitter.

**Scott Armstrong, Cumberland-Colchester-Musquodoboit Valley**



## News from our Provincial Council

As winter approaches and our energy demands increase, Nova Scotians continue to be worried about their power rates for electricity through Nova Scotia Power. Stephen McNeil, Leader of the Official Opposition, has continually asked that the government (NDP), intervene and stand up for Nova Scotians against Nova Scotia Power. Premier Darrell Dexter has refused to do this. Most recently, Stephen McNeil went before the Utility and Review Board to make a request on behalf of all Nova Scotians to deny Nova Scotia Power their request for another increase. Please see below his release regarding the hearing.

**September 18, 2012**  
**McNeil: Deny Rate Increase, Reduce Rate of Return**  
*Liberal leader Stephen McNeil says Nova Scotia Power’s rate request should be rejected and its rate of return should be lowered in his opening statement presented to the Utility and Review Board.*

“We respectfully ask that the Board deny the request for rate increases in 2013 and 2014 and the rate stabilization plan put forward by Nova Scotia Power Incorporated,” McNeil told the board. “The

reduction in the corporation’s rate of return to nine per cent from 9.2 per cent is a token reduction and wouldn’t produce meaningful savings for ratepayers. Evidence before you states the rate could be reduced to seven per cent.” McNeil noted his caucus’s demands and the Consumer Advocate’s support for greater competition in Nova Scotia’s energy market, saying it will force NSP to curb costs and find efficiencies. “The Consumer Advocate rightly pointed out that in the absence of competition, there is little to no evidence that Nova Scotia Power has taken the steps other private companies had to address this issue without going to its customers.”

“We believe the settlement proposed results in more questions than answers and raises concerns related to the true financial picture of the company,” said McNeil. “It is our firm belief the rate request should be denied, in full, at this time.”

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



## News from our Municipal Council

*Tom Taggart’s column about municipal council is not available this week due to the municipal election. A column for the successful councillor for District #10, will resume following municipal council swearing in ceremonies.*

**Environment – Made-in-Nova Scotia approach saving money, lowering emissions.**  
*The following is an op-ed by Environment Minister Sterling Belliveau*

As the Premier said earlier this month, every time you open your power bill, the price you see reflects the choices of previous governments. For decades, the Liberals and Conservatives failed to take action to reduce the province’s dependency on coal, leaving both our economy and the environment vulnerable, and increasing your power bill.

Now we know there is only one way to make sure we’re getting the lowest, fairest prices: make the shift from imported coal to stable renewable energy from right here in Atlantic Canada. This NDP government has made that a priority from Day 1.

Now, the federal government has released new stringent coal-fired electricity regulations that would mean Nova Scotia’s eight coal-fired plants in Trenton, Lingan, Point Tupper and Point Aconi would have to close prematurely at a cost of up to \$1.3 billion to Nova Scotia ratepayers.

It’s only thanks to the NDP’s renewable energy plan that Nova Scotia has a better option. Not only will the province avoid that massive billion-dollar hit to Nova Scotia families – saving households thousands of dollars – but our government has come up with a plan that will replace coal with renewables at a pace that keeps rates as low as possible, and protects ratepayers from the volatility of imported coal.

This government has negotiated the draft Canada-Nova Scotia Equivalency Agreement for Coal-Fired Electricity, which will reduce the province’s depend-

ency on coal by replacing it with clean, renewable resources that will result in stable prices for Nova Scotians over a longer term. In just over three years, this government developed and then gradually implemented a range of clean, renewable energy policies that will result in improved air quality and stable prices for Nova Scotians for the long term. Nova Scotia can now reach 30 per cent of its power from renewables on a windy day. That’s more than double what it was in 2009 and well on our way to our 40% target by 2020. Wind, tidal, biomass and hydroelectricity from Lower Churchill must all be a part of that mix.

Nova Scotia is the only jurisdiction in North America with hard caps on greenhouse gas emissions for electricity providers, reducing 25 per cent of GHGs in the electricity sector by 2020. With the additional GHG reductions up to 2030 as required by the equivalency agreement, Nova Scotia will cut emission by more than half. Recently, Liberals and Conservatives have said they would abandon clean energy projects and the Lower Churchill agreement. Stephen McNeil’s plan would not only increase rates by 30-50 per cent - as that approach has in Ontario and Alberta - but it would also dismantle the equivalency agreement, adding that \$1.3 billion hit to NS ratepayers. And he would put the HST back on home electricity. Nova Scotia ratepayers can’t tolerate this.

This NDP government will keep working hard to get control of our energy future, making sure you’re getting the lowest, fairest rates, while protecting our environment.

**Sterling Belliveau is Nova Scotia’s Minister of Environment**

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