

# Dorothy's Kitchen Korner

It sure is nice to live in Nova Scotia: great weather, no real fear of earthquakes, or violent thunderstorms and tornados like they experience on the west coast or southern states. However, we do experience the occasional storm of high winds and flooding from heavy rain as experienced recently that caused a lot of havoc in Belmont, Debert, Great Village, Londonderry and Wentworth.



The somewhat freak storm caused a lot of damage, but thankfully there were no injuries or loss of life. In the long term, we should be concerned this type of storm will become more frequent due to climate warming.

In recent years fine summer weather seems to come a bit later, but our fall is extended closer to Christmas. A week ago, when the moon was changing, we experienced a week of cooler weather and heavy frost, but now within a week, we are back to temperatures approaching the mid-20's and we couldn't ask for a better day.

One thing about this type of weather in late September is we have less humidity and the leaves are rapidly changing colour. The finer weather at this time of year helps to extend the tourist season. With the economy in the USA improving, we are noticing a slight increase in senior Americans joining us to enjoy our scenic beauty and clean air.

Earlier today Maurice was talking to a couple from San Diego, California, who were totally amazed at our climate, and mentioned at least we are outside the earthquake zone. They wanted to spend some time in the area to watch the high Bay of Fundy tides come and go.

Back into the kitchen, I've chosen a couple of recipes, Hazel Hill, Great Village sent along a while ago.

## Cheese Biscuits

- 2 cups all purpose flour • 1 tbsp baking powder
- ½ tsp salt • ½ cup shortening
- 1 cup grated cheese • 1 beaten egg
- ½ cup milk (may take more)

Mix dry ingredients together. Cut flour mixture and shortening together until all shortening is fine molecules. Add egg and milk until uniform mixture. Flour a flat surface roll out dough to about 1 inch thick. Cut into circles. Bake in 400 degree oven.

While the oven is on and the biscuits, maybe you'll want to start a batch of Peanut Butter Cookies.

## Peanut Butter Cookies

- ½ cup butter • ½ cup peanut butter
- 1 unbeaten egg • ½ cup brown sugar
- ½ cup white sugar • ½ tsp baking soda

Mix soda and flour together. Cream sugar, butter and peanut butter. Add egg and sifted dry ingredients. Mix until uniform mixture. Roll in balls, press down with a fork.

Bake in 350 oven for 10-12 minutes.

Now that the exhibitions and festivals are over for the summer, Maurice is home on the weekends and able to take over some duties in the store. Maybe I'll be able to spend three days at home. This will give me some time to catch up on domestic duties at home, before much colder weather arrives.

If you are going to drop into the store, bring along a couple of your favourite recipes.

I'm always in need of recipes. Please send by October 17th, so I can use in the November issue.

Please drop off at the store at 914 Prince Street or send to:  
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The Shoreline Journal, Box 41, Bass River, NS, B0M 1B0

Ph: 902-647-2968, Cell: 902-890-9850

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The Shoreline Journal

## Notes from our National Capital

### Better off than a decade ago

Canada's middle income families and seniors are better off now than they were just a decade ago. That's because our government's policies of economic growth and cutting taxes are making a big difference for Canadians.

We all know that the GST was cut from 7% to 5% but did you know that we have actually cut taxes more than 160 times since forming government in 2006? From enhancing the Working Income Tax Benefit to the Child Tax Credit to Tax Free Savings Accounts these tax cuts have helped the average family keep over \$3,400 a year in their own pockets.

Canada also has one of the lowest poverty rates among seniors in the world. In 2003 6.8% of seniors lived in poverty and by 2011 that number had decreased to 5.2%. We still believe that is far too many people living in poverty which is why we are continuing to support seniors with programs such as Pension Income Splitting for Seniors and increasing the Age Credit and Pension Income

Credit.

As well, since the worldwide economic downturn nearly 1.1 million jobs have been created in Canada and our economy continues to grow at a pace that is the envy of developed countries around the world.

Even the New York Times has taken notice. In April the newspaper published a story stating that Canada's median middle class incomes increased nearly 20% between 2000 and 2010 and for the first time our middle class was earning a higher after-tax income than those in the United States.

That is a huge accomplishment for our government and one that doesn't just happen on its own. Here are a few more examples of what's been done so far:

- One million Canadians have been removed from the tax rolls,  
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Scott Armstrong

## Notes from our Provincial Capital

### Fire Brigades get well deserved funding

Once again the Government of Nova Scotia makes funding available to volunteer fire departments through the Emergency Services Provider Fund. This is a fund provided by the Department of Municipal Affairs and Government contributes 50% of the eligible costs towards projects designed to assist fire brigades with life saving equipment.

As the MLA for Colchester North, I am proud to announce that three volunteer fire brigades have been successful in their application for funding in 2014. Each fire brigade identifies their needs and submits an application that supports their request for funding.

Great Village and District Fire Brigade purchased self-contained breathing apparatuses for their members and their application for funding of \$6,923 was approved to help with their purchase. I commend the members of the brigade for their ongoing

efforts to be progressive with their life saving equipment, not only for the members themselves, but to assist them in their response to emergencies in their communities.

I was pleased to join Chief Dave Lundie, Firefighter Pat Flemming, Fire Commissioner Betty MacNeil, Deputy Chief Larry Kinsman, Fire Commissioners Keith Smith, Bobby Patriquin, and Audrey Fields and thank them for their hours of volunteer service to their communities.

The funding from our Government is designed to support the special needs of each community. In Tatamagouche the volunteer fire department submitted a project that would allow them to purchase water supply and suppression equipment designed to

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Karen Casey

## News from our Municipal Council - District 10

Hello Folks, I have just returned from India and Maurice is waiting for this so it will most likely be short. It is my understanding there has been some controversy over this trip. Here are my comments.

Why would Colchester County be interested in a Waste to electricity plant?

To begin, presently 2014 the Municipality spends well in excess of one million dollars annually on Electricity. Does anyone care to take a guess what we will pay in 2024 ten years out. Secondly, the cost to bury garbage, to collect and treat the leachate, the cost to build new cells and to cap old ones as well as to sort and divert from the landfill. The cost for these items runs in the millions annually.

Keep in mind when I say we pay I refer to the Municipality and by extension you the tax payer. While many Municipalities across Nova Scotia are struggling to meet current environmental

guidelines in terms of solid waste management and wastewater treatment. The Municipality of Colchester is in very good shape. Thanks to the vision and commitment of Councils long before I became elected, and thank god we are not saddled with the extreme cost that some are facing trying to bring their Municipalities to just the base standard. Having said this I feel it would be irresponsible of council not to investigate this type of technology.

The second question that seems to be on everyone's mind is why did they need to send five people? 1. Ramesh Umat is our CAO. He speaks the language, and is a brilliant engineer. 2 Wayne Wambolt, Director of Solid Waste and the person who would operate this plant should we go ahead, and 3 elected members,

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Tom Taggart

## News from our Municipal Council - District 9

### Canadians drink 2.2-billion litres of bottled water

I was amazed recently to discover Canadians drink approximately 2.29 billion litres of bottled water each year according to Statistic Canada. What is even more amazing is the fact these multinational companies are bottling this ground water from our aquifers at absolutely no charge. If this was any other natural resource whether it is oil, natural gas, gold or our forest industry there would be some sort of tax or levy placed on the product. In other words the residents in the area where this type of industry was located would benefit financially from this multibillion dollar industry.

The water bottling companies drawing water from an aquifer in Colchester County are located in Valley. Canadian Springs being the largest with three wells and Sobeys drawing from another well which they truck water out of to their bottling facility in Stellarton.

Without some sort of monitoring device it is impossible to

determine how much water these two companies draw from the aquifer each day. The reason for this is because there are no permits, no reporting, no tracking, no nothing. When it comes to depleting the resource, or abusing the resource, there is no regulation.

In talking with people within the industry I would put a conservative estimate of approximately 150 million litres of water being drawn from these four wells each year. Our water in this aquifer is some of the purest, cleanest water in all of Canada. Why are we sitting back watching this natural resource be depleted at such a rapid rate? A study done back in 2009 showed that it takes the planet 16 months to generate the amount of water being used around the world in a 12 month period.

Our Council was accused of trying to drive the price of water  
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Doug MacInnes

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