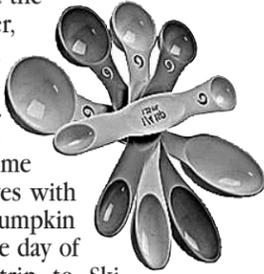


# Dorothy's Kitchen Korner

The leaves are turning, and the nights are getting cooler, although we are still getting some warm sunny days with temperatures in the mid-20's. In looking at the calendar, it's less than two weeks before some of us will be stuffing ourselves with Thanksgiving turkey and pumpkin pie, while others will take one day of that weekend to make a trip to Ski Wentworth to enjoy the fall colours.



Maurice was telling me that on Saturday, October 1st, the Colchester Bafill Facility, or Colchester's Materials Recycling Facility (MRF) will be holding an open house to celebrate 20 years. It's hard to believe that it's almost a generation since Nova Scotia started to get serious about recycling and waste reduction to avert a lot of material from the landfills.

Handling waste is so expensive now, and siteing a new landfill is almost impossible we need to wasteless and recycle or use less. Here in East Hants, where we live, each residential property pays \$220.00 per year as waste management fee.

I did get a couple of batches of beet pickles made in the last month. My next project this week is to cut the kernels off and put in zip-lock bags for the freezer. I find it takes up a lot less room. We don't blanch them, just put in the bags and pop into the freezer.

Chris Urquhart was kind enough to send along a recipe from Val McCabe for Cheesy Potato Beef Bake which I am pleased to use.

## Cheesy Potato Beef Bake

- 1 lb. hamburger
- 1 can mushrooms
- 1 can corn, peas, etc. optional
- 1 pkg. of scalloped cheesy potato mix
- 3 cups boiling water 1 cup milk
- 2 tbsp. butter, optional
- 1 cup grated cheese
- Spices of choice in hamburger

Cook hamburger until well done. Add drained mushrooms and drained vegetables. In large bowl mix up scallop mix with water, milk and if using, butter. Pour over hamburger mixture. Bake uncovered in large casserole dish in a 400°F oven for 30 minutes. Sprinkle with grated cheese. Cook another 5 minutes, until cheese is melted. Let set for 10 minutes before serving. Serves 8.

Now that fall is here, maybe people will have more time, and as it gets cooler, they will be spending more time indoors. If so, I'd love to have some of your favourite family recipes. My supply is getting low. The November issue would be most ideal for some great Christmas recipes, that may have been handed down through various generations.

Even though they didn't have the same resources and equipment as we do, they were great cooks.

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

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 Fax: 902-647-2194 or email:  
 maurice@theshorelinejournal.com

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### Notes from our National Capital

#### Wild Blueberries 50% more expensive in China than necessary

There is nothing quite like the wild blueberry. There are hundreds of growers in our riding and thousands across the Maritimes and Quebec who manage and encourage naturally-occurring vines. Smaller than the cultivated, "high bush" variety, they are nonetheless sweeter and packed with anti-oxidants.

In a world where Canada is seen as a country of plenty, with an unparalleled reputation for the safety and desirability of its foodstuffs, our wild blueberries are in demand and very popular in markets from Europe to the United States to Asia.

But there is undoubtedly a challenge. Researchers and growers have been making great strides in improving the productivity of wild blueberry fields and developing new land. This has led to an increase in supply without a similar increase in worldwide demand.

The result has been stagnating prices: 2015 saw a farm gate price of only \$0.50 per pound; 2016 has reached a new low of

\$0.30 per pound. At that price, some growers are thinking of getting out of the business altogether.

Yet there is considerable untapped demand. The growing middle class in China would love to buy our wild blueberries if only they were a little more affordable. But thanks to tariffs imposed by the Chinese government, our frozen blueberries are 50% more expensive than they should be in China.

I was surprised to learn this, and recently I spoke to Prime Minister Justin Trudeau and International Trade Minister Chrystia Freeland about the trade barrier that is hurting wild blueberry growers. The next week, they were both in China meeting with government officials and business leaders.

If growers shut down or fields lay fallow too long, the pro-  
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Bill Casey

### Notes from our Provincial Capital

#### Province contributing \$43-Million for 90 projects

The Government of Canada and the Government of Nova Scotia have reached an Agreement under the new Infrastructure Funding Program that will benefit residents in Colchester North. I am pleased that the Province of Nova Scotia is contributing to Clean Water and Wastewater Infrastructure projects. This is an excellent example of co-operation, and that co-operation will benefit hundreds of constituents right here at home.

In total, the Province of Nova Scotia, as announced by Premier Stephen McNeil, is contributing \$43 million to support over 90 projects across Nova Scotia. These projects are designed to ensure that we have the necessary infrastructure to support our residents. The projects will focus on repairing and upgrading existing facilities. The Federal Government has contributed \$86 million to this Program.

To be specific, residents in Debert will see upgrades to water

and sewer services, as well as stormwater conveyance and management systems. These upgrades are part of the future development of the Debert Gateway Project. Total project is \$750 000, with \$560 000 funded jointly by the Federal and Provincial Governments. In addition, the construction of a new, larger pumping station in Debert will be made possible with over \$1 million of Federal and Provincial funding. A third project in Tatamagouche is designed to improve their Sewage Collection System, with the replacement of aging clay tiles and concrete pipes.

In addition to the Federal/Provincial Agreement, the Province of Nova Scotia is supporting eligible projects through a cost-sharing arrangement with the Municipality. Under the Flood Risk Infrastructure Investment Program, the Province of Nova Scotia is  
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Karen Casey

### News from our Municipal Council - District 10

#### Please make the effort to vote on October 15th

Hello folks, Hope all is well throughout West Colchester. Each month as the month progresses things happen, I attend events etc and I always say, I must write about that in the next Shoreline. Well I guess I need to start keeping better notes because right now I am sort of drawing a blank. Therefore I will start and I am certain things will sort of float thru my head.

To begin with, I am sure most are aware that I am unopposed in the October 15th Municipal election. For that I say a great big THANKYOU to all residents for placing their faith and trust in me. I know I am repeating some of what I said last month, but it truly is an honor and a pleasure to serve as your Councillor. Representing the residents of District 10, at the council table is a responsibility I take very seriously.

In this election on Oct 15 there are no local candidates so to speak as both Jim Grue on the CCRSB school board and myself

have been acclaimed. However there is still a vote for Mayor and as I have said in both my two previous elections, "it is important, so please take time to vote".

Now I said I was not sure what to write about. As I am having writers block so to speak and I scrolled around the web, and low and behold I stumble on an article by a Dalhousie associate professor who states that we should have party politic involved in Municipal politics. I personally feel, they need to give their head a shake. Most of you know that I have been involved in Party Politic all my life. I got started out on my grandfather Fletchers knee, I can confidently say I enjoy it and understand it. Trust me when I say, it has absolutely NO place at the municipal level.

One of the things I truly love and respect about our council is that we may have our politic and we often banter with fellow  
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Tom Taggart

### News from our Municipal Council - District 9

#### Ongoing odours a problem for many residents

The 2016 Municipal elections are in full swing across the province this month. All but two of the districts in Colchester were acclaimed including yours truly. I would like to say thank you to my constituents in district nine for allowing me the opportunity to represent them over the past four years. I will continue to do the best I possible can to address any concerns residents may have.

I very much enjoy being on council and look forward to being able to have the opportunity to help find solutions to a few ongoing issues yet to be resolved. I would like to share some of the ongoing issues I've been struggling to resolve over the past four years with you.

The first I will elaborate on more than the others due to the fact I have received more complaints on this issue than the others over the past four years. These are not listed in any type of priority but rather as they were brought to my attention over the

past several years.

The first are the odors being emitted into the air from Atlantic Industrial Systems (AIS), now known as EnviroSystems site located on Plains Rd in Debert. This company is a leader in industrial cleaning and waste disposal in Atlantic Canada. EnviroSystems offers a necessary service in today's business world and do a very fine job delivery this service. I should note EnviroSystems operates under a permit issued by the Nova Scotia Department of Environment (DOE). The issue lies with the open holding ponds on their site in Debert. The ponds are a necessity for the company in order for them to carry on their operations.

The next part of this issue is where it gets hung up. County engineers who have toured the facility and are very familiar with  
*continued on page 6*



Doug MacInnes

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