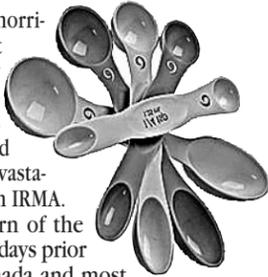


Dorothy's Kitchen Korner

I have pity for Caribbean residents

Last month I wrote about the horrible condition in Texas as a result of Hurricane "Harvey" and how awful it must have been to go through so many days with areas receiving fifty inches of rain. As bad as that was it is nothing to the devastation in the Caribbean islands from IRMA.



I realize back around the turn of the century from the 1800's into the days prior to World War I, residents in Canada and most places around the world did not have the comfort and luxury of electricity, telephones and other modern conveniences. Can you imagine the trauma of being inside your poorly built home (shack to us) and listening to 160 mph winds, then all of a sudden the house is blown away and you are left huddled with your family.

After the storm has passed, you look around realizing there is no electricity; communication towers lay in a twisted heap in front of you; no clean water to drink and no stores to buy food if you did have some money. My heart goes out to all 3.5-Million residents in Puerto Rico who are being advised it could take a month to restore electricity to hospitals and those hospitals, which are currently operating with generators, will soon lose service when generators run out of diesel.

Heard on the radio today, in some of the islands, it could take up to six months to restore basic services and they are suffering from extremely high temperatures and no air conditioning. What bothers me is as citizens of USA their plight seems to be forgotten while President Trump, plays verbal "chicken" with leaders of North Korea and engages in a Twitter fight with professional athletes, primarily NFL players, who cross their hearts and kneel during the singing of the American Anthem.

Sometimes I think he does these twitter "dust ups" to divert focus away from his continued racial traits not wanting to help those whose skin is not as pale as his.

Regardless of how much we complain about the weather or dread the onslaught of winter, nothing we experience can hold a candle to what these people are suffering. Just say "thanks" for where we live and what we experience.

Enough of my rant for this month. Time to get back into the kitchen. Pork is still relatively cheap and occasionally, I find a real hot price on Pork Tenderloins. In fact, I have two or three twin packs in the freezer. Looking for something a bit different, I chose a great recipe for Apricot Glazed Pork Tenderloin.

Apricot Glazed Pork Tenderloin

2 pork tenderloins (about 1 lb each) • 1 tsp Olive Oil
Salt and Pepper to personal taste • 1 cup apricot jam
½ - ¾ cup spicy brown mustard

Heat broiler with rack 4" below the heat. Line a rimmed baking sheet with foil. Rub pork with oil, season with salt and pepper. Broil for 10 minutes. Meanwhile whisk together jam and mustard, then warm until jam is melted. Remove from heat. Transfer ½ of mixture to small bowl for drizzling - keeping jam mixture sauce warm.

Remove pork from broiler brush with half the sauce. Continue broiling until pork is blackened in spots and registers 150 on meat thermometer. Broil for another 5 - 10 minutes. Remove from heat and loosely cover pork with foil and let sit at least five minutes before slicing. Drizzle sliced pork with remaining warmed sauce.

I like it served with white rice and garlic buttered green beans - slightly undercooked. Drain beans, return to the hot burner, adding 1-2 tbsp butter and minced or powdered garlic. (Shake pot to saturate and mix beans with butter and garlic. Cover pot and let sit 2 minutes.

I'm looking for some great "old time" special Christmas baking recipes. If you have a favourite family recipe and would like it published in the November issue, please send on or before Oct. 10. Send to:

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

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The Shoreline Journal

Notes from our National Capital Consultations and Excitations

There aren't many people who have an in-depth understanding of the Income Tax Act, and I am certainly not one of them. Those who do, dedicate their working lives to it.

So when the government kicked off consultations on changes to the Income Tax Act that focus on the use of Canadian-controlled private corporations for tax planning purposes, I didn't forecast the strength of the reaction.

Since then, I have had an education. While some have commented that the government's 75-day consultation period was too short, I have received a great deal of input from the communities of Cumberland-Colchester in the past two months, and feel very well-informed about the views and opinions of business people, incorporated professionals and tax advisors.

While the official consultation period is drawing to a close, my door is always open and I hope that constituents will continue to get in touch and communicate their views.

The rhetoric around these changes has been very heated. Those supporting the changes have claimed they would only affect the "1%" and that these "loopholes" need to be closed. Those opposed have said the changes will cause our health care system to collapse and economic growth to stop.

The name calling and the sky-is-falling views are both unhelpful. I

Notes from our Provincial Capital

Happy Birthday

Birthdays are always special occasions to share with family and friends. Each year Maurice helps those along the shore who have reached the age of 90 come together to celebrate. For many of those who are 90+, it is a great opportunity to socialize. He's already looking for those who will turn 90 in 2018. I suggest you contact him, or contact my office.

As the MLA, I have participated in those celebrations and it is always a pleasure to join other elected officials at the Economy Rec Centre.

Another group who will be celebrating this month are those who are celebrating their 75th birthday in 2017. Ten years ago folks who grew up along the shore gathered at the Economy Rec Centre to celebrate their 65th birthday. Most are still residents along the shore, two live elsewhere in the province and one returns to Nova Scotia from Alberta.

The event for 2017 will be held on September 30th. Once again

News from our Municipal Council - District 10

Striking a balance with Responsible Resource Development

Many of you will have heard me comment about RESPONSIBLE Resource Development. Quite frankly, I believe if Colchester and indeed Nova Scotia are going to prosper or at the very least maintain our quality of life going forward we will need to strike that balance.

It seems that each and every project that is suggested or started faces a challenge in regards to environmental stewardship or negative impact, real or perceived on our quality of life. I believe quality of life and our true natural assets must be protected. As a society we must trust our governments and they must respect that trust! Governments have a responsibility to protect and give us comfort and ensure environmental stewardship will be maintained.

Events which I have been involved with in Colchester County over the past nine years have not always left us with that comfort! Issues such as treated fracking wastewater; Quarry expansion in Glenholme; wind turbines, salt caverns, tidal power, burning of tires and most recently the foul odors from the EnviroSystems plant. These odors are absolutely putrid and totally unacceptable.

I cannot with certainty say governments have let us down in the protection of our environment. However, I can certainly say they have let us down in communicating and gaining our trust!

Are they ensuring our communities they are on guard and have our best interest at heart? I also recognize the difficulty they face in delivering this message. The World Wide web is out there. There is the continual barrage of statements, mostly all negative some a long way from factual. At the very least they are not balanced and in most cases are used to promote individual or corporate positions. We are often faced with what I refer to as dueling scientists.

agree that there is the potential for unintended consequences, and I, like many of my colleagues, have urged the Finance Minister to look at those possible side-effects very carefully. A phased roll-out of any changes might also help. No one is more sensitive to the risks faced by small business than someone who sold domestic cars for a living when interest rates were at 22% - yours truly.



Bill Casey

But I also appreciate that Canada is a good place to do business. We have the lowest corporate tax rate in the G7; the tax rate is especially low for small businesses' first \$500k of profit. Innovative companies can reduce taxes with scientific research & development credits; and all employers benefit from Canada's single-payer healthcare system and subsidized public universities and colleges. Capital gains are taxed at half the rate of regular income, and the first \$836,000 is tax-free in many cases.

A tax system which promotes both prosperity and fairness is a valid goal. It is through that lens that I will examine the proposals should they ever be part of an actual bill before Parliament.

In the meantime, please continue to send your thoughtful insights and views.

Bill Casey is MP for Cumberland-Colchester and has offices in Amherst and Truro.

family and friends will gather, share stories, fun and laughter together. They will also remember with fondness those who are unable to attend.

Such an event takes organization and communication. Thanks to Carole Dibbon and others who make this possible.

As a family member whose sister (Heather Thompson Tomm) will be arriving from Alberta for this event, I too am looking forward to the stories, fun and laughter that they are sharing. Being much younger than this age group, I can really only listen rather than remember!!! That aside, I do look forward to the event and to see how happy they are to get together on this special occasion.

Karen Casey, MLA represents Colchester North and is Minister of Finance and Deputy Premier



Karen Casey

Now before I go to the point I have set out to make, I would like to speak about the EnviroSystems odors in Debert.

Firstly, what I know of this, or should I say what I think I know, from discussions with company officials, municipal staff and the unfortunate residents who have had to put up with this over the past several years.

Number one. It can never be allowed to happen again, ever.

EnviroSystems has assured everyone they know what the cause is and will be correcting as soon as the cooler weather arrives. They tell us it will take time and it will not be pleasant. When this is corrected we as a community, as governments, Municipal, Provincial and Federal and as industry must ensure regardless of the cost this operation must meet more stringent environmental regulations. In this particular case treatment of contaminated wastewater.

This type of environmental service is what I call a necessary evil. In today's society with all the products and services we want, need, enjoy or take for granted pollution is often an unfortunate reality. In all likelihood, in years gone by these oil spills would have gone untreated. That is no longer accepted and environmental remediation is necessary. It is critical cost not be a factor in remediation and the polluters must pay.

Is the odor problem in Debert a result of not using the most modern, efficient and result oriented methods available?

I cannot answer that question.

It just happens as I am writing this column, I am in Fort Mc-

continued on page 6

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