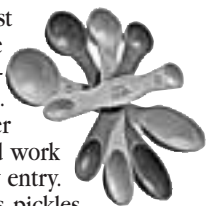


Dorothy's Kitchen Korner

By the time you are reading this most of the exhibitions around the province will have become history, some successful, others struggling to find their place. It's interesting to view the various flower and vegetable displays realizing the hard work that goes into producing each and every entry.



Of particular interest is the jams, jellies, pickles and preserves entries. Granted the array is not as large as it used to be, but of course the younger generation is not in the kitchen as much as the ancestral branches on their family tree. It's my feeling this segment of the various exhibitions and community fairs could generate more interest from exhibitors and attendees, if they took a couple more steps. After the judging was done, additional product from the entrant could be put on sale. This would generate income for the committee because they would charge a "selling fee"; the entrant would receive some monies, and those attending exhibitions would be able to purchase locally made products from local kitchens.

This would not interfere with the upcoming Christmas Craft Shows, because they are approximately two or three months into the future. I think having local products, fresh and preserved, available would be a boost to the local agriculture industry.

Also at the time of this reading the various local wild blueberry festival events have been held with another year of increased success as community groups and church organizations generate significant amounts of revenue from fundraising initiatives. The fall is an important time, with harvesting of thousands of acres in full swing. The impact on the local economy through employment of many more people is very significant. Wild blueberry production is very important to the provincial economy, but none more so that for Colchester and Cumberland Counties, with other local producers located throughout the province.

I was hoping to have a selection of wild blueberry recipes from local kitchens available for this column, but alas, there were none. After some soul searching, on how to obtain some, I decided to use two recipes, which had been included in the Wild Blueberry Festival brochure.

Wild Blueberry Smoothie

6 oz Wild blueberries, fresh or frozen
6 oz Vanilla, blueberry or plain yogurt
1 tblsp honey (if plain yogurt is used)
½ cup cubes (3 cubes)

Blend well and high speed. Serve immediately. Serves 2

Double Blue Wild Blueberry Cupcakes

1 ¼ stick unsalted butter or margarine, softened • 2/3 cup sugar
¼ cup ground almonds • 1 cup self-rising flour
2 large eggs • ¼ tsp almond extract
1/3 cup dried wild blueberries • ¾ cup frozen wild blueberries

Preheat oven to 350. Beat the softened butter together with the sugar until pale in colour. Stir in ground almonds and flour without over mixing. Stir in the eggs, almond extract and dried wild blueberries. Lastly, stir in frozen wild blueberries.

Place 12 paper baking cups into cupcake tray. Fill the cupcake cups ¾ full with the mixture and bake in preheated oven for 15 minutes until well risen and lightly coloured on top. Makes 12 cupcakes.

I am looking for recipes for mustard pickles and mustard bean pickles for next month. I'm sure there are several, so send along your best.

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:

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

Notes from our Federal Capital

Canada well positioned to face global economic challenges.

Canada is well positioned to face global economic challenges despite renewed uncertainty generated by concerns about the U.S. economic and fiscal situation and the continuing debt problems in Europe.

Canada is the only G-7 country to have regained all the output and jobs lost in the global recession. Canada's net debt burden is markedly lower than that in most other major industrialized countries, and our fiscal fundamentals are sound and sustainable over the long term.

We have a low-tax plan for jobs and growth and the resolve to stay the course. The Next Phase of Canada's Economic Action Plan will preserve this country's advantage in the global economy; strengthen the financial security of Canadian workers, seniors and families; and provide the stability necessary to secure our recovery in an uncertain world.

We must acknowledge the volatile economic environment around the world that the global recovery from the financial crisis—especially in the United States and Europe—is fragile and that growth expectations should remain modest.

As we look to the future, in a very uncertain global economic

News from our Provincial Council

2011 Property Tax Rebate for Seniors

Information about programs for seniors is available by calling the Senior Citizens Secretariat toll free at 1-800-670-0065. One program of interest is the Property Tax Rebate, a program designed to help eligible seniors remain in their homes by providing them with an annual rebate on their municipal property taxes. Seniors need to be aware of any programs that are available and whether they qualify for assistance. By sharing this information I encourage you to determine if you meet the requirements and if so I encourage you to make application. This program provides eligible seniors living in their own home with a 50% rebate on the municipal property taxes they paid in the previous year. The maximum amount payable as a rebate is \$600/year. Seniors who are eligible to receive the rebate must meet the following criteria:

- 1) be a recipient of the Guaranteed Income Supplement (GIS) or The Allowance in January 2011 (for the 2010/11 year)
- 2) be living in your own home when you apply for the rebate
- 3) have your 2010 Municipal Residential Property Tax in your

News from our Municipal Council

Hello folks, Hope everyone has had a great summer regardless of all the rain.

Exhibition week was held last week so summer is coming to an end. Best of luck to all 4H club members [future leaders] who competed at the provincial exhibition last week and will be competing in additional competitions.

As a follow up to last month's article, I am happy to report I have asked council to consider raising the threshold and the forgivable amount for the low income tax rebate policy offered by the Municipality. My hope is this will benefit seniors and single parents living on a fixed income. It appears the current allowable income limit is slightly below what a typical couple would receive if they were receiving Canada pension and the income supplement. Raising our limit will provide those families with some property tax relief.

There are many other programs which folks can take advantage of. Last month I read an article from Karen Casey our MLA about a property tax assistance program at the provincial level. The Dept of Environment currently has a program where there will at no charge to inspect your existing sewer system. They will then pay \$200 toward having you tank pumped next time and provide a grant of up to \$3000 for repairs to your current system should they be required.

Another source of assistance is Efficiency Nova Scotia. They made a presentation at the spring UNSM meeting regarding programs to replace older less efficient appliances. Given that Nova Scotia Power tends to increase power rates on a regular basis, this program should have significant benefits.

It is common in a lot of these programs only a portion of those

situation, one of the best strategic contributions that the Government can make to bolster confidence and growth in Canada is to maintain our strong fiscal position.

Our Conservative Government will maintain its plan to return to balance a year early, by 2014-15, through our deficit reduction action plan, which will achieve \$4 billion in annual savings once it is fully implemented three years from now.

Our government will continue to monitor developments closely and provide an update of the economic and fiscal outlook for this year and beyond in the Update of Economic and Fiscal Projections, to be released this fall.

For further information, please visit this website: <http://www.fin.gc.ca/n11/11-069-eng.asp>. 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



own name. The Rebate is issued against the taxes for one civic address and is issued once per year per civic address

4) have your 2010 Municipal Residential Property Taxes paid in full

5) have your application postmarked no later than December 31, 2011.

The Seniors Property Tax Rebate is not retroactive. Seniors must apply for the Property Tax Rebate each year they are eligible. If there has been no disruption in your GIS or The Allowance and if you sign Section 3 on the application form, seniors will automatically be mailed an application next year.

The Property Tax Rebate is a program administered by Access Nova Scotia. Application forms are available through Access Nova Scotia or through my office at 30 Duke Street, Truro. If you have questions about the process please call 893-2180 or email at karencasey@ns.aliantzinc.ca.

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



eligible actually apply, mostly because folks are not aware. Should you have any questions please call and I will help find the info.

Here is where I really get in trouble. **CLEAR BAGS.** The clear bag program comes into effect next month. There will be a phase in over the next 4 months. It will be mandatory on January 1, 2012. The current County newsletter should have lots of info in it. There will be information sessions at the Economy Recreation Centre, September 21st; Great Village Fire Hall, Sept 22nd and Debert Legion on Sept 28th.

I am pleased to advise of my selection to become a member of the Sustainability Committee, Nova Scotia Union of Municipalities. I am sure you are aware from earlier articles, I have a keen interest in alternative energies such as wind and tidal, new ways to manage waste, both waste water and solid waste and generally new ways to sustain communities for the generations which follow us. I am excited to be on this committee and look forward to the knowledge it will provide.

In closing I would like to say **SHAME** on Nova Scotia Power for applying to the Nova Scotia Utilities Review Board for a rate increase, in part, to pay millions of dollars in bonuses to their senior staff. I think they are really out of touch with reality. Enjoy the fall.

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



Notice to Readers and Advertisers

2011 Deadlines and Publishing Dates

ISSUE	DEADLINE	PUBLISHED
October 2011.....	September 20	September 28
November 2011.....	October 18	October 26
December 2011.....	November 22	November 30
January 2012.....	December 13.....	December 21

For more information contact us at:

The Shoreline Journal, Box 41, Bass River, NS, B0M 1B0

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

Email: maurice@theshorelinejournal.com

The
Shoreline
Journal

The Season
of Giving is here

A Wonderful
Gift for the whole year...
12 Months of the Shoreline Journal

Please send this Personal Gift Subscription to:

Name: _____
Street: _____
Town: _____ Prov: _____ Postal Code: _____
Phone: _____ E-mail: _____
If RENEWAL: Sub # _____ New: _____ Gift: _____
Country/Special Mail Instructions: _____

This Personal Gift Subscription comes from:

Name: _____
Street: _____
Town: _____ Prov: _____ Postal Code: _____
Phone: _____ E-mail: _____

HST: 890564404RT0001

Enclose Cheque or Money Order payable to The Shoreline Journal

LOCAL SUBSCRIPTIONS: B0M, B2N and B6L - \$23.00, plus HST = \$26.45 • ALL PARTS OF NS: \$26.00 plus HST = \$29.90

ALL OTHER AREAS OF CANADA: \$28.00, plus HST = \$32.20 • USA SUBSCRIPTIONS: \$40.00

MAIL TO: The Shoreline Journal, P.O. Box 41, Bass River, NS, B0M 1B0

The
Shoreline
Journal