

Dorothy's Kitchen Korner

For many families the routine of summer is quickly coming to an end with Labour Day not many moons away and the yellow buses will be running up and down the roads carrying students back to school. Which is a reminder, drive with extra caution especially in school zones.

Don't forget highway crews have been busy installing new signage reflecting the change in speed in school zones from 50 down to 30 Km/Hr. Rest assured the RCMP will be patrolling school areas with intensity at least the first few days.

We all must be getting older or slower. Time goes by so quickly. Wonder where the summer has gone. Don't want to alarm you, but on Saturday, it was only five months to Christmas and we won't miss that time either.

In our backyard we have a cherry tree and this year it was loaded. The fruit ripened fast, and almost two weeks earlier than normal. The birds were lagging a bit behind, because we were able to get the cherries picked before the flocks of birds had a feast.

One of our tenants, who is really growing a green thumb picked a lot of them and sold in the store next door. They were the sweetest cherries I have ever seen. Got a few bottles of cherry jam, but on the last one, there was enough fruit left for about 2 ½ batches.

Decided to try something a bit different. I cooked it all up as for one batch of jam. Of course it didn't set. I didn't want to waste the fruit, but wanted to make as a sauce for ice-cream and to be used as sauce for cheese cake, etc.

With the extreme heat, fine sunny weather, high humidity and attending many festivals and exhibitions with the t-shirts, I've spent as little time as possible in the kitchen.

I'd like to receive submissions from anyone who has gotten into "sourdough" starter. Last month, I chose an Amish Friendship Bread Sourdough Starter. With fall coming sourdough is a great way to enjoy fresh muffins every morning. Of course sourdough is not limited to muffins.

With Nova Scotia being the world's largest producer of wild blueberries, with a heavy concentration of growers in Cumberland and Colchester Counties, there are hundreds of family favourites. The month of August has become Blueberry Festival time and these events are just ending with great overall success.

This month I've chosen a great recipe for Very Moist Blueberry Cake submitted by Marilyn Adams.

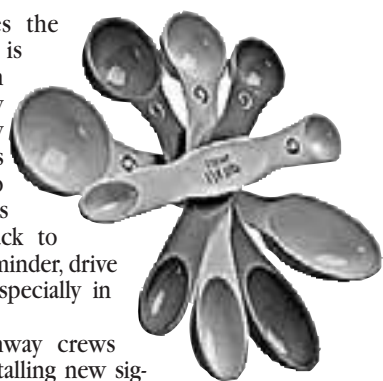
Very Moist Blueberry Cake

1 cup margarine
2 cups white sugar
3 eggs
1/2 cup milk
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.

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



News from our Federal Capital

Supporting Jobs and Growth

On March 29th, our Government introduced Economic Action Plan 2012. It is a prudent, long-term plan to grow Canada's economy, create jobs, and get back to balanced budgets (more information about Economic Action Plan 2012 is available online at www.budget.gc.ca).

When discussing this Plan, we must consider it in a global context.

We all know that, with the help of our Government's Economic Action Plan, Canada's economy has performed well relative to other countries in recent years. Job creation in Canada has been the strongest among G-7 countries with over 765,000 net new jobs created since July 2009. Canada's economic growth leads the G-7 as forecasted by independent organizations such as the IMF and the OECD. Canada also has the lowest debt level ratio in the G-7 – by far. But the global economy remains a different story. In Europe, tremendous economic challenges remain, of which we are reminded all too frequently. In the United States – our largest trading partner – the economy continues to struggle.

In these uncertain times, Canada's economic stability depends on the implementation of a clear plan to safeguard our economy. This situation demands Canada not be complacent. We cannot allow political gridlock and instability to stall vital economic and fiscal reforms – as witnessed in the US and Europe.

As the challenges our economy faces are not small or one-dimensional, neither is our plan. Economic Action Plan 2012 is comprehensive and ambitious because it must respond to the magnitude of the threats Canada faces in an uncertain period of global economic turbulence and a rapidly changing global marketplace. Economic Action Plan 2012 includes

numerous measures to create jobs, strengthen our local economies, and position Canada to compete in the global economy now and over the long-term. Our Conservative Government is supporting job creation by streamlining the regulatory process for major economic projects and extending the hiring credit for small business, to help local businesses hire more workers.

Our Government is eliminating barriers to participation in the work-force by providing new support to Canadians with disabilities who want to be part of the workforce and assisting youth to increase their skill-set and connecting them with available jobs.

Our Government is encouraging business innovation by supporting value-added internships and helping local businesses invest in research and development. Our Government is eliminating wasteful and duplicative spending of taxpayers' dollars through initiatives such as modernizing our currency by doing away with the penny; a measure which has long been over-due. The positive and targeted measures we take today, to help support jobs, growth and long-term prosperity, will shape the Canada we all want for tomorrow.

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



News from our Provincial Council

CHOCOLATE MOCHA CHEESE CAKE - \$100.00

The recent Heritage Days in Bass River provided many opportunities for the community to celebrate their past, as well as to provide activities for the large crowd to enjoy.

One of the annual events is the Cake Auction, where delicious home cooked cakes are auctioned, with the proceeds this year going to the Riverside United Church. I was attracted to this event last year, where I was the successful bidder on a Black Forest Cake that was the envy of most bidders there. I was determined to participate again this year, and, like a child waiting for Christmas, I arrived early and sat patiently for the auction to begin.

There are many great cooks in the community, and any cake would have been a treat, and more than I ever have in my kitchen. However, I viewed the list, and set my sights on the chocolate mocha cheese cake. I also checked out who had created this delicacy, and learned it was Denise Gilley ... need I say more ... famous for her cheese cakes. So the auction began ... and I waited, and waited. Close to the end, and after much fun watching earlier bidders and the excitement as the successful bidder was

presented with their cake, out came the chocolate mocha cheese cake. I was ready. Bidding started at \$20.00 and went to \$40.00 very quickly. There seemed to be one familiar voice bidding against me, so I scanned the crowd and yes, it was the same voice each time ... Nora Faulkner. In fact, after \$50.00 there were only 2 voices ... hers and mine. Now this is a friendly competition and all for a good cause, so I moved to join Nora, and we laughed as we outbid each other ... until we reached \$100.00. It was a great afternoon of fun, and the proceeds for the auction were for the church ... I even invited Nora to the cottage to share my winnings.

RECIPE FOR A GOOD LIFE

Start with a generous blend of love, laughter, and sharing.

Add family and friends and mix well.

Stir in plenty of time to smell the flowers and learn new things along the way. Blend in equal parts work and play.

Sprinkle with gratitude and savor!

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



News from our Municipal Council

Hi Folks, I think it's fair to say we really have had a very good summer. We can complain about the humidity and the lack of rain, but in the end we got the rain. I think the crops are doing good, the only bad thing that I am aware of is the forest fire in Lynn and thanks to the quick response of the Five Islands and District Volunteer Fire Brigade and Dept. of Natural Resources disaster was averted. As for the humidity I am sure we will have fonder memories of it in January.

Speaking of the Volunteer Fire Brigade, a job well done on the rescue of some unfortunate tourists over the past month.

I am pleased to advise two community groups in West Colchester have received funding for community recreation over the past 2 months. The Municipality has provided funding to a community group in Five Islands to assist in rebuilding the outdoor skating rink and to allow for a concrete base which will allow for both winter and summer events.

A group from Bass River and Economy has received funding for upgrades to the Ball field, the tennis/ basketball court, the running track and to create some walking trails on the Property behind the WEST Colchester Consolidated School. I am thankful for the community minded folks who have taken on these projects to enhance our communities. I am also thankful for the support of the recreation staff at the County as well as County Council. This support from the Municipality has enabled the local groups to apply for and receive provincial funding as well.

As your municipal representative I have tried to support as many local projects as possible. With the end of my first full term as your Councilor fast approaching I would like, in next month's column discuss some of what I would consider to be local success I have had. I just need to discuss with Maurice to make sure it is appropriate.

In closing I would like to say it has been a great summer along the shore. We have had great weather, there have been many festivals, large and small in all the communities which has attracted visitors from near and far. These events have showcased some of the very best communities and some of the very best scenery in Nova Scotia.

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



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