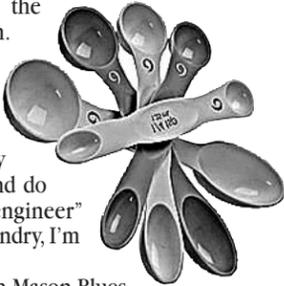


Dorothy's Kitchen Korner

Not much time spent in the kitchen in the last month. Maurice has been busy traveling around to the various festivals and exhibitions for our t-shirt business, and I've been in the store six days a week. By the time I tend to the pets, and do the necessary "domestic engineer" duties of meals, dishes and laundry, I'm ready to go to bed.



The 10th Anniversary Dutch Mason Blues Festival and the Nova Scotia Provincial Exhibition are recorded in the history books. Within a week, students and teachers will be in the classroom and we'll be preparing for the "Indian summer" and the leaves to turn.

I don't want to think what will follow Thanksgiving. I always find peppers in the garden seem to come later, or I like to wait until they are larger in size. Now that time is here, I've chosen a "Stuffed Green Pepper" recipe, which has been in our family for years:

Stuffed Green Peppers

- 4 large green peppers • 1 lb hamburger
- 1 medium onion • 1 tsp salt
- ¼ tsp pepper • 1 ½ cup cooked rice
- 1 can tomato sauce

Brown hamburger, with salt and pepper and half of the onion, which has been chopped small. When hamburger is ready turn off burner or remove from heat, add rice and rest of onion, mix well. (Sometimes I add 1/3 of the tomato sauce to the mixture). Fill peppers, cover with wax paper, cook on high heat for 10 minutes, or pepper are almost tender. Pour remaining tomato sauce over peppers. Continue cooking for 3-5 minutes.

Serve while hot with other vegetables, or perhaps creamed mashed potatoes. (Pour remaining sauce from pan over peppers.

Thanksgiving is just six weeks away, and possibly you are already thinking what can I do with all the left-over turkey once the family and friends whom you have invited to dinner have gone back home with a full tummy. Here's a recipe, which was a family favourite for many years.

Turkey Casserole

- 2 cups cooked turkey
- 2 cans Cream of Mushroom soup • ½ can of cold water
- 1 can Chow Mein noodles • 1 cup celery
- 1 cup onion • 1 green pepper
- 1 can sliced mushrooms

Heat soup and water just enough to form a sauce. Mix all ingredients together, add warm soup and put in a greased casserole dish. Bake 45-50 minutes in 350 over. (I prefer to keep the casserole covered for most of the cooking, removing cover for last 15 minutes.

If you want to plan ahead, you can increase the ingredients in proportion and make several casseroles and freeze them for later. You can freeze in an oven proof dish without cooking, or you can cook, cool and place in the freezer.

If you choose to cook, then freeze, pour about a ¼ to ½ cup of water around the top edges of the casserole and cover with tin foil if the casserole dish doesn't have a cover. This will help make the casserole moist.

Well, its time to get ready to head to the store. Would be nice if readers dropped in for a visit at 914 Prince Street, Truro. Maybe you can bring along a couple of your favourite recipes.

I'm always in need of recipes. Please send to me by September 12th, so I can get in the September issue.

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January 2015..... December 9 December 17

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Notes from our National Capital

Harper Government brings common sense to firearms licensing

Recently the Honourable Steven Blaney, Canada's Minister of Public Safety and Emergency Preparedness, announced the coming-into-force of an expanded Order Declaring an Amnesty Period (2014). This Order will ensure that law-abiding owners of CZ 858 or Swiss Arms family of rifles are now able to fully use their property.

Additionally, the Government of Canada announced its intention to table the Common Sense Firearms Licensing Act, which will:

- Merge the Possession Only License (POL) and the Possession and Acquisition License (PAL);
- Restrict the ability of Chief Firearms Officers to make arbitrary decisions;
- Create a grace period at the end of the five-year licence to stop people from immediately becoming criminalized for paperwork errors;
- End needless paperwork around Authorizations to Transport

Notes from our Provincial Capital

Increased accessibility for seniors and people with disabilities

It was with both personal and professional pride that I participated in the recent Government announcement for funding to increase accessibility for seniors and people with disabilities in the province. Over \$400 000 has been allocated to organizations across the province, including one in Colchester County.

As the MLA for Colchester North, it was great to provide assistance to rural communities where public transit is not always an option, and where accessible transportation is not always available. The Colchester Transportation Co-operative Limited was the local organization that received financial support to assist with a seven-passenger accessible van.

At the announcement I spoke of one of the pioneers in Colchester County who took on the work of increasing public awareness for persons with disabilities....Lewis Forbes. Lewis was known to this area as a young man who grew up in Truro,

by making them a condition of a license;

- Require mandatory firearms safety courses for first-time gun owners; and
- Strengthen firearms prohibitions for those who are convicted of domestic violence offences.

The amnesty for law-abiding owners of the CZ 858 or Swiss Arms family of rifles will expire on March 14, 2016.

The Order Declaring an Amnesty Period (2014) will allow owners of the impacted firearms to use their property.

"These measures would streamline licensing and eliminate needless red tape for law-abiding gun owners. It would also take steps to ensure that those convicted of domestic violence offences can be banned from owning firearms. My foremost priority is keeping the public safe, through common sense policies,"



Scott Armstrong

continued on page 6

graduated from Dalhousie as a pharmacist and practiced his profession both in Windsor, and later in Truro.

At a very early age (mid 20's) he was diagnosed with MS (multiple sclerosis). It was his determination that gave him the drive to not only help himself, but to help others. One of his first challenges, as most would know, was accessibility in public buildings in this area. Through his efforts and the understanding of many levels of government and private business owners, that accessibility improved greatly.

His second challenge was with accessible transportation and again, he brought needed attention, fundraising dollars and corporate donations together to purchase an accessible van for the area. Lewis would be proud to know that his efforts have contin-



Karen Casey

continued on page 6

News from our Municipal Council - District 10

Fracking wastewater still a topic of discussion

Fracking wastewater just will not go away. Many of you are probably aware that the city of Dieppe is considering accepting the wastewater that is currently in ponds at Atlantic Industrial Services in Debert and I assume what is still in the ponds in Hants County. Should they accept this water it will still end up in the Bay of Fundy! Needless to say this is of great concern to me.

A brief history on this as it pertains to Colchester County. In the spring of 2013 we held two nights of public hearings to determine if in our opinion it was safe to release into our treatment plant and thus into the Bay of Fundy. For several reasons we rejected this proposal. One suggestion that came forward during those hearings was that it be treated thru the reverse osmosis treatment, similar to what is used by the Canadian Military to produce drinking water for humanitarian purposes around the world. This is very expensive. AIS treated a portion of this that way and as a result had an agreement to dispose of at LeFarge in Brookfield.

Now we hear that they want to ship three transport loads a day for two years to Dieppe.

The only reasonable conclusion would be that, somebody does not want the expense of treating this properly. Needless to say our council is concerned! This was discussed at our council meeting Thursday night and decided that we would offer/ ask that we as a committee that held the hearings go to Dieppe and present to their Council. Today I have received a copy of the letter that was sent. I will keep you updated on this as this unfolds.

Many times in this column I have talked about garbage and the requirement / need to recycle. It may seem to some that I mention it too much. However it is something that directly affects every resident of the Municipality. The Provincial Dept of Environment has mandat-

continued on page 6



Tom Taggart

News from our Municipal Council - District 9

It has been a very busy summer, as councilor, for District 9. There have been the regular events to attend and the usual council duties along with a sidewalk project that has had its share of issues. I'm not going to go into detail but rest assured the one person that will be as happy as the local residents to see this project completed is I.

I would like to thank all of the residents in the area of this construction project for their patience and courteousness. It wouldn't be long and the project will be complete with a beautiful new sidewalk, extended storm drains and a new sewer line in place.

Some of you may have noticed the construction project going on at the community centre in Lower Onslow over the past few weeks. The Centre was having a new modular peat moss septic system installed.

The old system was what is most commonly referred to as an "open system". It would have consisted of a holding tank with a pipe coming off the top to allow the liquids to run off. Usually the pipe would lead to a swamp, brook or even just a ditch in some cases. There are a number of these systems still in operation

throughout the County today.

In the past if there was not sufficient room on the property to install a traditional septic system there were few options available to the owner. The compact nature of modular peat systems will allow placement of three peat modules, with sufficient treatment capacity for a three-bedroom house, on an approximate footprint of 4m x 7m.

Peat moss systems have been around since the early 1950s. They really started to be refined in the late 1970s by Dr Joan Brooks. By 1988 Dr Brooks had seven systems installed in the state of Maine for research purposes. All seven systems are still functioning today. In Finland, treatment of wastewater from a town was accomplished by pumping raw sewage to a large storage ditch in a nearby peatland. The wastewater then percolated

continued on page 6



Doug MacInnes

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