

Dorothy's Kitchen Korner

In August, I got caught up watching and keeping updated on what was happening in RIO and probably most of you did the same. Some days on my favourite sports it was hard to get much work done. CBC did a fantastic broadcasting job. Sure there were disappointments, but there were several surprises. Like most things in life, sports and particularly the Olympic suggest can depend on timing and who is hot that day. As a nation we can be very proud of our young athletes. As nation-builders, they represented us well



The timing of the Olympics was ideal. Just during those hot dry days, and about two weeks before the rush was on to get everything ready for the students to return to school. Must be getting old. Summer went by so fast. Seems like only yesterday we were waiting for the weather to warm up. Now here we are first of September and hate to mention it, but some trees have already started to turn. This time next month, when I'm trying to figure out what to write about approximately 50% of the foliage will have turned.

As I turn my thoughts back to the gardens, all the fresh vegetables, I need to mention, I've had some great feeds of corn on the cob this year. Haven't ventured to do it on the BBQ, but that large pot on the stove has done a fantastic job. Not sure if it was the hot dry weather or not, but corn seems to have been better this year than recent past.

Corn has been so good, it's time to think about converting some of it into corn relish. Maybe during the cold days of winter, it will help bring back some good memories of this summer. In order to make a batch of 6-7 16 oz jars, I choose a recipe from Page 314 of the Red Roses Cookbook, only because one has not been submitted.

Corn Relish

- 18 ears of corn
- 4 onions, chopped
- 2 green peppers, chopped
- 3 ¼ cups white vinegar
- 3 cups sugar
- 1 cup flour • ¼ cup salt
- 2 tbsp dry mustard
- 1 cup white vinegar

Prepare corn by cutting from cob and boiling for five minutes in enough water to cover. Drain. Combine corn, onions and peppers together in a saucepan. Add the 3 ¼ cups of white vinegar. Bring to a boil, reduce heat, cover and cook for 15 minutes

Meanwhile combine sugar, flour, and seasonings together in the top portion of a double boiler. Gradually stir in remaining one cup of white vinegar. Cook stirring constantly over hot water for about 10 minutes. Add the fluids to the vegetable mixture, stir well and cook an additional 10 minutes, again stirring constantly. A lower heat is better than too high. Pour hot relish into sterilized jars and seal immediately. Set jars on cake rack to cool. Next morning check each bottle and tighten the lids.

I'm hopeful some of our many new readers in the Parrsboro and Port Greville areas of South Cumberland will take up my challenge and send along some great family recipes. The October 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 October issue, please send on or before September 15th. Please send to:

The Shoreline Journal, Box 41, Bass River, NS B0M 1B0;
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Notes from our National Capital Youth Council to be launched in Cumberland-Colchester

I have enjoyed being able to stay close to home this summer. There were some hot days, but I'll never complain about those. I am not in a hurry to start shoveling snow.

Our offices in Amherst and Truro have been busy - July is often the busiest month of the year. I hosted town hall meetings in Stewiacke, Tatamagouche and Springhill, with a little help from Hon. Mark Holland and Jason Blanch. These were excellent opportunities for constituents to share ideas and concerns around electoral reform and a national climate change strategy. Your ideas have been shared with Ottawa and we have received positive feedback.

Summer is prime time for everyone who calls Cumberland and Colchester home, has a cottage here or passes through as a tourist. There are festivals in every corner almost every week. To name a few, Harbourfest in Pugwash was a lot of fun, with the Katie Belle making an appearance and not one but two Canadian

Notes from our Provincial Capital

Closing woodlands was necessary

As a result of our recent weeks of dry weather, hot sun and no rain, forests in our province became tinder dry and conditions were perfect for forest fires. Unfortunately, those fires did erupt and over the past few weeks, volunteers, local fire department members, trained firefighters with Natural Resources and support from other provinces have worked long and hard to contain several fires in our province. Since many of us live in rural Nova Scotia, we know the risk of forest fires as we are completely surrounded by trees. We value and appreciate our forests and we also know how quickly they can be destroyed by fires.

I commend our Minister of Natural Resources, Lloyd Hines for his quick action during this extremely dry season. Back on June 27th, the Minister restricted campfires in Nova Scotia's camping parks. This was in addition to the ban on campfires outside of provincial parks, but the risk became too high to allow any camp-

Coast Guard vessels, as well as music and vendors galore.

The Downtown Truro Partnership held a variety of street fairs on Inglis Place, including one they called "Artsy Fartsy" and another called "shredfest" - which, for those of us of a certain age, has to do with skateboards and is not a celebration of a breakfast cereal.

The Ships Company Theatre in Parrsboro has been having a great season. Their show Chasing Champions has received rave reviews. By the time this is printed, the Provincial Exhibition in Bible Hill will be in the books for another year, and parents will be turning their minds to HB#2 pencils and scribblers and bookbags.

The fall session of parliament promises to be interesting. The Health Committee of which I am Chair will wrap up its study of



Bill Casey

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fires in any part of our province. The imposing of restrictions was necessary to ensure the protection of forests, public and private properties, large and small woodlots, homes, businesses and lives. This precaution was absolutely critical. These restrictions are a small price to pay as we prepared to avoid the risk of wild fires.

In addition to these restrictions, on August 8th, Minister Hines announced new measures to help prevent additional fires. These restrictions were placed on all travel and other activities within our woodlands and this included hiking, camping, fishing, and the use of off highway vehicles. Although these restrictions may have posed an inconvenience for Nova Scotians and our visitors, the top priority for the Department and our Government had to be one of safety.



Karen Casey

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News from our Municipal Council - District 10

90 volunteers made it possible in Five Islands

Hello from District 10.

I would like to begin by commenting on the Not since Moses run and what it has done to promote the Majestic Beauty of our shore. This year's event took in 2 days with registration at the Light House Park on Saturday afternoon and then the run / walk on Sunday. This year I was fortunate to be able to help in a small way in that I was charged with ensuring that everyone who got on the 10 k bus actually intended to run the full course and as a result had a moment to speak with many runners. All were thrilled to be there but two in particular I would like to mention. The first were two couples from Manitoba who were first timers and believe it or not met each other for the first time at a campground in Five Islands that week. One couple commented that they had come for the event but had been in Nova Scotia for 2 weeks. The second story was a couple from Quebec who would

be approx my age but noticeably slimmer. Their comment was this had been on their "Bucket List" for a few years and they were thrilled to be there. They had been in the area for a week. Also worthy of note was that I was at the line when many were finishing the run and they were without exception tired but grinning from ear to ear.

I would like to offer a Great Big THANK YOU to Joyce and Vervyle and the over 90 Volunteers that made this such a great success. I see an article this morning on the World Wide Web where Canadian Runner Magazine has a feature on this run with many photo's and vista's of the shoreline

Typically in this column I try to talk about issues or events that are relevant or impact the residents of District 10. Today I am going to be a little different. Given that this is a bit self serving I

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Tom Taggart

News from our Municipal Council - District 9

Great job on Debert Family Days

I would like to send congratulations to all of the volunteers involved in the organizing of the Debert Family Days held on Aug 13th at Debert Park on behalf of The County of Colchester and myself. From August 10th to 13th what used to be the "Debert Field Days" was resurrected into an extremely successful four day community/family event. Although there were dozens of volunteers involved in making these Family Days the success they were, there is always one or two who start the ball rolling. In this case those two individuals were Marie Irving - Benoit and Shannon Delaney Barnes. Marie and Shannon worked countless hours over a period of months to bring together an entire community to celebrate who we are and where we live. Congratulations ladies you did a fantastic job.

I'm sorry to say the next subject I need to bring to your attention is not something I personally will be celebrating anytime soon. In the past, I have stated my opposition to clear cutting and

the destruction of our forest for very good reasons and I understand, in some cases, clear cutting is the only option for a land owner.

The former NDP government led by Darrel Dexter had set targets to reduce clear cutting to 50% of forestry operations throughout the province by 2017. The current Liberal government, led by Steven McNeil, campaigned on the fact they too would reduce clear cutting to 50% province wide.

It has now been reported and the actual figures show an increase for this year of close to 95% of all forestry operations in the province will be done by clear cutting. Now once the clear cutting is done the pulp companies have to control the growth of unwanted species, such as hardwood and foliage, that compete with the desired black spruce. They do this by aerial spraying her-

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Doug MacInnes

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