

Dorothy's Kitchen Korner

By Dorothy Rees

Last month's explanation about "custard powder" seemed to strike a happy nerve. I've received quite a few "thank you" comments. Discussed the matter briefly with neighbour Roger Crowther, the English gentleman with the bow tie, often seen on Canadian Antiques Road Show. Being a Brit, he remembers Bird's Custard Powder as being a staple in England during World War II.

With fewer new submissions received this month, it's not hard to tell readers are starting to engage in more spring-like activities, such as house cleaning, getting ready for gardening, and starting to spend more time outdoors.

It's a good thing, I've received a surplus of entries over the winter. Thanks to Linda Giddens and Hazel Hill, our regular columnist from MacCaull Villa, I've got some very interesting recipes for you to try.

Linda Giddens has submitted Chocolate Oatmeal Cake, which was a favourite of her aunt, Irene Soley, who died in February 2008.

Chocolate Oatmeal Cake

1 cup hot water ½ cup rolled oats ½ cup butter
Stir above ingredients until butter melts. Add
1 ½ cup brown sugar 2 beaten eggs.
Sift together and add the following ingredients:
1 cup flour ½ teaspoon salt
1 teaspoon baking powder 1 teaspoon baking soda
4 tablespoons cocoa ½ cup walnuts (optional)

Beat and pour into greased cake pan batter is very thin. Bake at 350 degrees until done.

Linda's notes. The above recipe is exactly what I received from her. I adapt it by using margarine instead of butter, reducing the sugar to 1 cup brown and omitting the walnuts.

If you wish to add chocolate chips, do so after you have poured it into pan, as if you add it to the batter, as the chips will sink to the bottom.

As for baking time, I place it in a long pan that I bought from Murray's Aunt Effie, and it takes 30 minutes to bake. I like the long pan as it is easy to use slices for lunch boxes.

Hazel Hill, MacCaull Villa, Great Village, who submitted MacCaull Villa notes each month, has taken time to submit two recipes: Fat Free Brownies and Brown Bread.

Brown Bread

1 cup rolled oats 2 cups boiling water, poured over oats
½ cup molasses 1 tablespoon salt 1 tablespoon shortening
1 pkg dry yeast in ½ cup warm water 1 teaspoon sugar
Flour to make soft dough.

Let rise and put into loaf pans, let rise again. Makes 4 small loaves.

Fat Free Brownies

½ cup cocoa 1 cup flour 1 tsp baking powder
½ tsp salt 2 tablespoons butter 1 ½ cups sugar
2 egg whites ½ cup apple sauce 1 tsp vanilla

Beat egg whites, add butter and sugar. Creamed. Mix in rest of ingredients. Spread in pan. Bake in 350 degree oven about 25 minutes.

I'm hopeful, I'll receive some nice recipes and meal menus which include the first harvests of spring for fiddleheads and locally grown asparagus, etc.

Please send your favourites to:

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Every April, the Great Village Community Association organizes a business expo, which helps promote smaller home-based businesses servicing the area. Participants came from as far away as Yarmouth. Many businesses are looking for local agents, primarily in the cosmetics sector. (Rees Photo)

Youth Group Physical Activity Funding Available!

By Matt Pryde

Did you know that there is currently a program called SOGO Active that will help pay for physical activities that youth groups want to organize? Youth groups earn up to \$500 towards a physical activity they want to try (purchase equipment, hire an instructor, rent a facility etc.) simply by working with a Community Host to fill out a grant application. The best thing about it is that there are several Community Hosts out there that can help you with your grant application, including the Cumberland YMCA, 667-9112 and the Municipality of Colchester Department of Recreation, 897-3155.)

So, I imagine I should probably tell you a little bit about the initiative. Well, SOGO Active is a youth physical activity program presented by Coca-Cola in partnership with ParticipACTION that is aimed at making Canadian youth from coast to coast inspired to help each other to get active and have fun! With the support of your Community Host, in this case East Hants Recreation, a group of youth can apply for a grant of up to \$500 for equipment, trainers, a facility, etc to organize a structured physical activity program for their peers. For example, if you are part of a scouting group and would like to apply for money to go towards hiking gear to help support a hiking program within your Scouting Troop, then SOGO Active may be able to help you out.

There are plenty of other exciting pieces to the SOGO active puzzle. You can use SOGO to make active connections, teams and plans with your friends. It can also be used to track your progress as you move along with your activity and share your information, challenges and successes. You could also be selected by Coca-Cola Ltd. to become a Torchbearer for the Vancouver 2010 Olympic Torch Relay!

This is your big chance to try different ideas and get active. You can try new things that make sense to you and make a difference in your community. I would encourage you to contact your SOGO Active Community Host (Cumberland YMCA or Colchester of Recreation) to help you with facilities, equipment and resources you may need to support your SOGO group and get moving.

SOGO Active is just one of many initiatives that are out there to help encourage you to be active. An active lifestyle helps maintain a healthy weight, reduce fatigue, eliminate stress, improve your immune system, prevent diabetes and the list goes on. Please take a look at the website, www.sogoactive.com, and see how SOGO Active can help you and your friends!

If you have any questions or comments, please feel free to contact me anytime.

Matt Pryde is Fundy Active Communities Coordinator and can be reached at:
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Off Highway Vehicle Club Meets May 5th in Springhill

By Maurice Rees

For several years, Don Bates has been trying to have all the clubs representing Off Highway Vehicles (OHV) work together. He and a group of other interested colleagues are in the formative stages of developing and organizing an Off Highway Vehicle Club (OHV), which will include representation for all three Off Highway Vehicle Sports - snowmobiles, ATVs and dirt bikes.

This new club consists of numerous outdoor enthusiasts who are anxious to map and develop the trail system for the benefit of all. They believe working together will help understand each others concerns.

The newly formed club will be holding a meeting at the Springhill Arena commencing at 7:30 pm on Tuesday May 5th. The club organizers are looking for interested parties and new members to attend for input on how to improve the Trail Systems in the Springhill, Oxford, Collingwood, Economy, Brass River areas. Bates explains, "This club is

the first of its kind; we are attempting to represent all three Off Highway Vehicle sports. Until now one had to choose SANS, ATVANS or NSORRA. This has not worked very well even though many had vehicles in more than one category".

"The response to this new idea has been very encouraging", he continues, "I hope that one of the biggest benefits will be that we will see the advantages of working together, given the fact that we have to "play in the same sandbox".

In addition to trying to bring the three sports into a club representing all, he wants to map the trails available on paper and a memory card that is compatible with GPS systems. He is working with a mapping company, Information Resources of Sackville, NB and Amherst to develop maps for the paper and GPS versions. Curt SPIEGHT, an experienced cartographer in his own right, operates Information Resources, the mapping and will give a short presentation about the project.

Great Village Area Notes

By Florence Adams

The April meeting of the Isabelle Pope UCW of St James United Church was held at the home of Donald Nelson with six members present. The worship was led by Eileen Eaton, assisted by Cindy Smiley and Meredith Layton. The bible study was from the world day of prayer service, Taking Risks.

Charles Hudson returned to Calgary, on April 12 after visiting his parents, George and Betty Hudson for several weeks. Wheels to Meals held in the Legion Hall on April 21st was enjoyed by all who attended. The next Wheels to Meals will be May 5th.

Recent visitors with James and Blanche Peppard were Cindy and Aaron Galager, Westville and Sterling Peppard and family, Hopewell and Todd Barnes, Kingston, ON. David and Valerie Austin with son, William, spent Easter with

Valerie's parents, Mr and Mrs. Robert Crossman in Sussex.

The Great village Garden Club met in Faith Baptist Church on March 24th. The perennial sale will be held on May 16th in the school gym.

A family 50th birthday party for Carla MacNeil was held at her home on April 12th. Carl and Lucille Adams with Lucille's mother, Pearl Rushton, visited Pearl's cousin, Muriel Cook in New Glasgow, earlier this month.

Hattie Simpson celebrated her 90th birthday with an open house in the Legion Hall on April 19th. Music and good wishes plus good food filled the afternoon. At the time of writing, Ruby Skinner is visiting in Ontario. James and Black Peppard visited their son, James and wife, Natasha in Bedford on April 10th.

The Isabelle Pope UCW presented plants to five shut-ins at Easter.

Notice to Readers and Advertisers

2009 Deadlines and Publishing Dates

ISSUE	DEADLINE	PUBLISHED
June	May 19th	May 27th
July	June 22nd	June 30th
August	July 20th	July 29th
September	August 24th	September 2nd
October	September 21st	September 30th
November	October 19th	October 28th
December	November 16th	November 25th
January 2010	December 14th	December 22nd

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