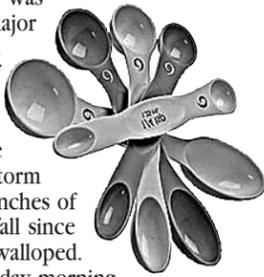


Dorothy's Kitchen Korner

I guess the luck of the Irish was with us this weekend, as the major storm now named Snowzilla dumped two and three feet of snow on the eastern US seaboard. All week long the meteorologists were saying we would be spared, but when the storm blew into New York with 26.8 inches of snow, the second highest snowfall since 1895, I was sure we would be walloped. Luckily, when I wore up on Sunday morning, the sun was shining and not a bit of snow.



Instead of spending much time over a hot stove, I decided to re-organize one of the cupboards. When I finished I realized we had almost all the ingredients to make Dark Fruit Cake. Yes, I know we are just finishing up the remainder of what Maurice and I bought in the few days prior to Christmas.

Earlier in the fall, Maurice mentioned he was going to make some dark fruitcake, so I got most of the supplies. He got busy, then ended up in the hospital for a week at the end of November.

If the storm had arrived this weekend, his plan was to spend the stormy day doing fruitcake. All I needed to do was to get him some cheesecloth for him to wrap it in. Here's his cherished recipe from the Five Roses Cookbook.

Dark Fruit Cake

- 3 cups sultana raisins • 1 cup chopped dates
- 1 cup chopped figs • ½ cup chopped candied fruit
- ½ cup glazed cherries, cut in halves
- ½ cup citron peel • ¼ cup lemon peel • ¼ cup orange peel
- 1/3 cup cognac, brandy, rum or fruit juice
- 1 cup sliced blanched almonds • 1 cup chopped nuts
- ¼ cup flour • 1 cup shortening • 1 cup brown sugar
- 6 eggs • ½ cup molasses • 1 ¼ cups flour
- 1 tsp salt • ¼ tsp baking soda
- 1 tsp allspice (Jamaican pepper)
- 1 tsp cinnamon • ¼ tsp nutmeg • ¼ tsp mace

Preheat oven. Combine fruits, add cognac and mix well. Cover and let soak overnight. Line a tube pan with heavy brown paper; grease well. (Maurice prefers loaf pans, prepared the same way). Add almonds and nuts to fruit mixture and mix well; sprinkle with ¼ cup flour and mix well. Cream shortening and gradually add brown sugar beating between additions. Add eggs one at a time, beating well after each. Add molasses, mix well. Combine flour, salt, soda and spices together. Gradually blend dry ingredients. Fold in fruit and nut mixture. Fill prepared pan.

Place a shallow pan of hot water on bottom rack of oven. Place cake pan(s) in centre of oven. Bake in slow oven (275 degrees) for 1 ½ hours. Remove pan of water and bake about 1 ½ hours longer or until toothpick inserted into centre of the cake come out clean. (Loaf pans may take less time so check regularly after second 45 minutes). Cool on wire rack before removing from pan(s).

STORING: If cake is to be used within a few weeks, do not remove brown paper. Wrap in two thicknesses of aluminum foil. If cakes are to ripen longer, remove brown paper and wrap cakes in cognac (or whatever flavour used) soaked two or three thicknesses of cheesecloth. Place cake in a tight container. Moisten cloth from time to time. To ripen cakes for a few weeks only, store in a cool dry place. If cakes are to ripen longer, store in a very cool place. (Ideal storage container is a metal cookie tin). If you wish you can wrap cakes in two thicknesses of aluminum foil and placed in chest freezer for up to 12 months. Thaw cakes in aluminum foil wrapper.

If you have a favourite family recipe and would like it published in the March issue, please send on or before February 15th. If you are dropping off recipes to the store, please note we are located at 94 Esplanade - three doors away from Murphy's Fish & Chips or send to:

The Shoreline Journal, Box 41, Bass River, NS B0M 1B0;
Fax: 902-647-2194 or email: maurice@theshorelinejournal.com

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April 2016	March 22	March 30
May 2016	April 19	April 27
June 2016	May 24	June 1
July 2016	June 21	June 29
August 2016	July 19	July 27
September 2016	August 23	August 31
October 2016	September 20	September 28
November 2016	October 25	November 2
December 2016	November 22	November 30
January 2017	December 12	December 20

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Notes from our National Capital

Challenge and Opportunity in 2016

It has been an exciting and challenging few months for me and many new MPs. You might not think it could be very complicated, but when you consider all the new staff that come with a couple hundred newly elected MPs, there are thousands of new employees being brought on-board in a short period of time.

With that, there are hundreds of new constituency offices to be opened, and each one has to meet rigorous criteria for accessibility, security and technological connectivity, without being too expensive. It takes a tremendous amount of co-ordination and work in Ottawa and in all the ridings. My hope is that by the time you read this, my offices in Amherst and Truro will be open. My email address is bill.casey@parl.gc.ca, and we will have a toll free number at 888-752-0552.

In the meantime, I want to thank constituents for their patience, and my assistants Alison Draper and Doris Betts for accomplishing so much without a proper office during the past

few months!

Even so, those trials are nothing in comparison to the challenges faced by refugees fleeing conflicts in the Middle East and coming to Canada. As of this writing, 12,425 refugees have come to Canada from Syrian refugee camps and been welcomed with open arms. They are now permanent residents of Canada. Thousands more will follow.

As grateful as the refugees are to be in a peaceful, prosperous country like Canada, it must be a little frightening at the same time. For one thing, the weather has got to come as a shock. You can read about it, but minus 25 with a wind chill has got to be experienced to be understood!

More important, these new Canadians are far from the homes they once knew, the history and culture they recognize and the



Bill Casey

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Notes from our Provincial Capital

Power rates going down in Nova Scotia

Power rates in Nova Scotia went down on January 1. Residential customers are seeing their rates reduced by just under 1%, and rates for small businesses have decreased by more than 2%. As the MLA for Colchester North, I am pleased with this announcement. It is consistent with our Government position to implement the province's electricity plan, introduced through legislation in December 2015. We are implementing key elements of the province's new electricity plan with this new legislation and in keeping with our commitments made to the people of Nova Scotia.

The electricity plan focuses on the four main themes Nova Scotians and experts raised during the Electricity System Review. Those include accountability, predictable and stable rates, and introducing more innovation and competition in our electricity system. This paves the way for changes that will happen during

the next four years to create a more positive electricity future over the next 25 years.

"Nova Scotians want stable, predictable power rates, and we are pleased to deliver them," said Bob Hanf, President and CEO of Nova Scotia Power. "Our customers have made the investment, and our employees have done the hard work, to get us to a position of rate stability."

For small business owners, it is the second year in a row that electricity prices have gone down. Small business customers saw rates go down 4.5% on January 1, 2015. Residential customers saw no increase in rates in 2015. The new price will be the lowest it has been since 2013.

The Electricity Plan Implementation (2015) Act gives authority to the Nova Scotia Utility and Review Board to set performance

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Karen Casey

News from our Municipal Council - District 10

Your assessments

Everyone would have received their tax assessments by now. This often causes some confusion so I will provide a quick overview. The Property Valuation Corporation Services (PVCS) is a Provincial Government organization tasked with providing the assessed value of all properties in Nova Scotia. They send out these assessments.

On the assessment you will see the capped amount and the market amount. The capped amount is what you actually pay taxes on. This amount was capped many years ago and is not permitted to rise more than the consumer price index each year. The market assessment is what the PVCS believe your home is worth in today's real-estate market. I often disagree with this however it does not affect in any way the amount of taxes you pay. The appeal date for this is Jan 29 2016.

Based on these capped assessments the PVCS then has to pro-

vide each Municipality in Nova Scotia with the total value of assessed properties in their Municipality. This is called the tax roll. Once that is received we as council meet several times over the spring to determine what the actual tax rate will be. That will then determine what your total taxes will be for 2016/2017.

As most are aware we were forced to cancel our community meeting scheduled for January 16 due to a snow storm. As yet we have not scheduled a new meeting, but Councillor McInnis and I will get together very soon and make new arrangements.

I am very well aware that the subject of Refugees has been a little bit contentious. Given all the media hype, some factual, and some not I can understand some peoples concern. However when you see photo's of families with 4 and 5 young children,

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Tom Taggart

News from our Municipal Council - District 9

Littering still a major problem

When Councillor Taggart and I first discussed having a community meeting in the month of January the first thought that entered my mind was the weather. Sure enough, on January 16th, the day we had scheduled the meeting we were hit with a snow storm.

Although the meeting was cancelled we definitely plan on rescheduling in the near future. I apologize for any inconvenience this may have caused anyone but at the end of the day considering how much snow we received it was the right call to make.

I believe Maurice is going to publish a picture of a new "No Littering" sign someone has placed on a pole across from MacElmond's Pond on the MacElmond Road. This particular section of road is one of the worst in District #9 for litter. There are very few homes on this road and what homes are there are set back off the road which makes this location a good dumping ground.

The fact there is a beautiful provincial park (with many garbage receptacles) in this same area makes no difference. They just roll the window down and fire out whatever it is they have in the vehicle having no respect for the environment or the appearance of our road sides. What really blows me away is nine times out of ten when these same individuals reach their intended destination there will be a garbage can there.

The only logical explanation for such actions in my mind would have to be the fact they are just simply too damn lazy to carry THEIR garbage from the car to the garbage can. Whoever took the time and effort to have this sign made and placed on the pole- congratulations! It certainly has people talking and thinking about this issue.

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Doug MacInnes

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