

Dorothy's Kitchen Korner

By Dorothy Rees

It's amazing how spring-like the weather has been for the past few weeks. Not that I mind this weather coming early, but some days it is hard to imagine it is still early to mid-March. With temperate getting up to 10-14 and no wind, I wonder how many are leaving the kitchen and heading out to the seclusion of their back deck to get an early start on their summer tan.

However, these temperatures will play havoc with those who are starting flower or vegetable transplants from seeds. There is a great possibility the seedlings will be at the transplanting stage about a month before its safe to put them outside.

I not exactly sure whether to suggest it's amazing or discouraging to find out frequently sheets of paper get misplaced or accumulate. Without saying much to anyone, I've been looking for a certain piece of paper for months.

There are a lot of people like me. I knew it was here, but couldn't remember where I put it for "safe keeping". That certain single sheet of paper contained a couple of recipes, which Hazel Hill, our devoted correspondent from MacCaull Villa had sent along months ago.

As is normally the case, it jumped right out at me, when I was looking for something else. No doubt, Hazel has been wondering why her recipe on Fat Free Brownies and Brown Bread had not been published ages ago. I'm sorry Hazel, but finally your submission is being published.

Fat Free Brownies

1/2 cup Cocoa • 1 cup flour
1 tsp baking powder • 1/2 tsp salt
2 tablespoons butter • 1 1/2 cups sugar
2 egg whites • 1/2 cup applesauce • 1 tsp vanilla

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

Brown Bread

1 cup rolled oats • 2 cups boiling water (Pour water over oats).
1/2 cup molasses • 1 tablespoon salt • 1 tablespoon shortening
1 pkg dry yeast in 1/2 cup warm water + 1 tsp sugar (dissolve)

Flour to make soft dough. Let rise and put in loaf pans, rise again. Makes 4 small loaves.

My monthly encouragement for recipe submissions seems to be paying some dividends. Here's a direct copy of an email, which arrived within the past couple of weeks. "Hi, Dorothy. This is the easiest pie I ever made (and the richest too). I got this about a week ago from a friend and have made a couple already. 'Tis the season...from Doreen Smith in Parrsboro".

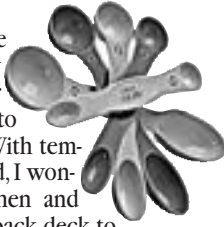
Maple Pie

2 eggs • 1 cup brown sugar • 1 cup whipping cream
1/2 cup maple syrup • 1/2 tsp. vanilla • Pecans (optional)

Beat eggs lightly. Wisk cream, brown sugar, maple syrup and vanilla until sugar is dissolved. Pour into unbaked pie shell. Add pecans to top. Bake at 350 for 40 - 45 minutes, or until center is firm.

I still need more recipes. Please take a few minutes to send along a few of your family favourites. 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



Notes from our Federal Capital

In early March, the Honourable Jim Flaherty, Minister of Finance, tabled a budget that builds on our country's economic recovery with action to create jobs and stimulate growth, sustains Canada's economic advantages and charts the way forward to a balanced budget.

Our Conservative government held hundreds of consultations with Canadian workers and businesses across the country. This included an economic roundtable in our riding with Prime Minister Stephen Harper, Minister of National Defence, Peter MacKay and I with business leaders from our riding. I'm aware that citizens of Cumberland -Colchester- Musquodoboit Valley remain concerned about jobs and the state of our economy.

In order to meet Canadians priorities, the budget plan completes our Economic Action Plan stimulus measures to create jobs now. It takes additional steps to protect existing jobs and help create new ones, and looks ahead to maintain Canada's long-term growth.

Our government will not raise taxes or cut major transfers to governments or individuals. That was the Liberal strategy back in 1993 which lead to millions of dollars in reduction to transfer payments. This resulted in cuts to education and health care locally. Our strategy is to look within government first. All members of Parliament salaries and budgets have been frozen for three years. All government departments have been encouraged to find cost savings within their existing budgets.

Our jobs and growth budget continues a plan that is working and bringing results for Canadians. Our Conservative government is a committed partner in our economic recovery, not an obstacle to growth.

The second year of Canada's Economic Action Plan will provide over \$81 million in personal income relief in 2010-2011 to help work-

ers and families in Nova Scotia manage through these difficult economic conditions. This includes allowing people to earn more income before paying federal income taxes and before being subject to higher tax rates; the enhanced Working Income Tax Benefit, which reduces the welfare barrier by making work pay better for many low-income Canadians; higher child benefits for parents and lower taxes for low and middle income earners.



Pension Income Splitting for Seniors

As I have traveled throughout our riding, I have had many questions about Pension Income splitting so I thought I would discuss how this works.

Since 2007 income tax returns, Canadian seniors are now able to allocate up to one-half of their income that qualifies for the existing pension income tax credit to their resident spouse or common-law partner for income tax purposes.

Splitting eligible pension income does not have any effect on how or to whom the pension income is paid, so it does not involve the payer of the pension. Information slips are prepared and sent to the recipient of the pension income in the same manner as pension recipients are used to.

For further information on Pension income splitting, I encourage you to go to www.cra-arc.gc.ca/gncy/bdgt/2007/pnsn-eng.html.

Please feel free to contact me with any issue you have of concern. You can reach at 893-2455 in Truro, 667-8679 in Amherst or toll-free 1-888-752-0552 or visit my website www.ScottArmstrongmp.ca

Scott Armstrong, Cumberland-Colchester-Musquodoboit Valley

Notes from our Provincial Capital

As a follow up to my message to constituents in Colchester North in the March issue of The Shoreline Journal, I wish to provide you with the following update.

As a Progressive Conservative Caucus, our members felt it important that we participate in the process of restoring integrity, credibility and honesty to the issue of MLA expense practices and procedures. To that end we provided the Speaker of the House with a number of topics for review and consideration to improve the system. The contents of that letter, dated February 17, 2010 include:

1. Ensure that all expense claims are accompanied by a receipt.
2. Transportation and Infrastructure Renewal manage all office leases.
3. Purchase orders be issued for capital assets over \$500.
4. Government procurement purchase capital items where a local retailer is not available or practical.

5. All assets in a constituency office become the property of the province.
6. Post MLA expense claims on line monthly.
7. Job classifications for constituency assistants be reviewed.

Some of these recommendations have already been identified as priorities. It is my intent to ensure that any system using public funds be strengthened and transparent. MLAs must be accountable for the way they spend your taxpayer dollars. As always, I encourage your comments, reaction and input to the work that I am doing on your behalf as your MLA, and on behalf of the Progressive Conservative Party of Nova Scotia as their leader.



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

News from our Municipal Council

Hi Folks, hope you have enjoyed the short winter and so far a great spring. As I write this column council is in the middle of Budget discussions. We expect to set the rate before month end. It's early in discussions so I cannot say where we will end up, but will do my best to explain things in next month's article. The one thing I have learned and know for sure, is believe it or not the provincial cap on assessment is NOT in the best interest of the residents of West Colchester. I will explain that next month as well. As a matter of fact next month will be all about taxes and where they go.

This year's spring clean-up from Glenholme to Five Islands will begin on May 25. Please do not put your clean-up items roadside too early as it will tend to take away from the natural spring beauty of our shore. Also, for the first time ever there will be a Household Hazardous waste drop off at the Economy Fire hall on May 8/10. This service is free of charge for residents of Colchester County.

You may have heard the County has passed a false alarm bylaw. There will be more information in the County newsletter when it comes out. However, I would like to explain the reasoning behind this. I do not have the numbers at my finger tips, so I will not quote specific numbers, but basically the RCMP are obligated to respond to all alarms that are called in by alarm companies, even though they have responded to the same address many times before. You know what would happen if they did not respond and there was an actual emergency. Documentation has shown the total man hour it takes to

respond to false alarms in Colchester County is near the equivalent of 1 officer per year. At a cost of \$115,000 per year, this needed to be addressed. There will be warnings issued and then an escalating fine rate.

While I am on the subject of the RCMP, I should advise that Staff Sergeant McInnis has requested funding for an additional plain cloths general investigation officer. His reasoning with the high standards of investigative detail required to get a conviction in the courts today, an additional officer dedicated to just investigative work will free up other officers to respond to calls and more importantly reduce the chance of high risk investigations falling thru the cracks. Should we approve this? It will result in approximately .80 of a cent on the tax rate. At this time I expect I will support this.

Final comment for this month, the county has made changes to the Low Income Tax Exemption. We have increased the allowable income level as well as the exemption amount. That's it for this month.

Should you have any questions or concerns please call and I will do my best to be helpful. Home 647-2025 or email councillordistrict10@colchester.ca. Once again thanks so much to Maurice and Next month I will talk taxes.

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



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June 2010.....	May 18.....	May 26
July 2010.....	June 22.....	June 30
August 2010.....	July 20.....	July 28
September 2010.....	August 24.....	September 1
October 2010.....	September 21.....	September 29
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December 2010.....	November 16.....	November 24
January 2011.....	December 14.....	December 22

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