

Dorothy's Kitchen Korner

March has been National Nutrition Month. However, March has been a lot more than that. At the end of this week, we'll look back and say "thank goodness", the month of winter storms is over and hopefully April will bring us some of our traditional weather.

The weather has been going the past few years, I don't put much faith in an early spring. Last year for instance we were having summer temperatures in March. Now this year, freezing cold, lots of wind and an abundance of snow storms.

What I've noticed is a shift to a later spring and then a much longer summer like fall which extends beyond the Thanksgiving weekend almost into November. Since Nova Scotia has never become adept in selling itself as a 12 month holiday experience, maybe tourism officials and government departments who help fun summer students for local tourism groups, should think about extending the funding period beyond the end of August.

At the moment, they are encouraging closure of many attractions with nearly 6-8 weeks of prime tourism season left.

Enough of that. Now back to the kitchen.

When "March is nutrition month" rolls around, dietitians get excited about that, because they want the public to give a little extra thought to what foods they put on their plates. Jennifer Ferguson, P.Dt, with Sobeys in Prince Street, Truro, could hardly contain her excitement when she emailed me early in the month.

She sent along her "Recipe of the month" with this note: We live in hope that the cold weather is about done, but just in case you need one more warm weather food, check out this great chili that you can put on before work, and eat when you get home. Jennifer's not much of a weather forecaster. With the number of major winter storms she should have sent along three or four recipes. We could have made a different one each storm.

Slow Cooker Taco Chili - Serves 6

Ingredients:

- 1 cup 250 ml Frozen vegetables, spaghetti mix
- 1½ cups 375 ml Black beans, drained and rinsed
- 1 cup 250 ml Tomato sauce
- 3 cups 750 ml Tomatoes, canned, diced, no added salt
- 2 tbsp 30 ml Cumin • 2 tbsp 30 ml Chili powder
- 2 cloves Garlic, minced • ½ tsp 2 ml Crushed red pepper flakes
- 1 tbsp 15 ml Jalapeno, seeded and minced • ½ tsp 2 ml Sugar
- 1½ tsp 7 ml Lime juice • 1/3 cup 75 ml Sour cream, fat free
- 2 tbsp 30 ml Cilantro, chopped

Directions:

1. Place all ingredients, except the lime juice, sour cream and cilantro, in a crock pot. Cook on low for 4 to 6 hours or according to directions from manufacturer.
2. Mix lime juice and sour cream. Place a dollop of sour cream/lime mixture on top of each serving.
3. Garnish with cilantro.

Nutrition Information per Serving: Calories 131; Fat 1 gram; Carbohydrate 26 grams; Fibre 8 grams; Protein 7 grams; Sodium 543 milligrams.

Tip: Try this meatless taco chili for a twist on your traditional recipe. No crockpot? Put in a covered casserole dish and bake in the oven at 325° F for two hours.

Source: Sobeys Dietitians. Jennifer Ferguson, P.Dt. can be reached at: jennifer.ferguson@sobeys.com

Since the Shoreline Journal is hosting its 3rd Annual 90 & 90+ birthday party at the Economy Recreation Centre on May 4th, maybe some of the attendees will bring along some recipes.

I'm always in need of recipes. Hope you will take a few minutes to send along some of your favourites.

Please send to:

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The Shoreline Journal, Box 41, Bass River, NS, B0M 1B0
Ph: 902-647-2968, Cell: 902-890-9850
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Notes from our Federal Capital *Tax Cuts for Families!*

Hard-working Canadians know what it takes to support a family – dedication, time and energy. And it's certainly a plus to have savings in the bank. That's why our Conservative Government continues to help families in Cumberland-Colchester-Musquodoboit Valley save in a number of different ways. In fact, in doing so, we've cut taxes over 140 times since 2006.

This action is helping the average Canadian family of four save over \$3,100 a year. Combined with our Government's Universal Child Care Benefit (UCCB), the average family could save \$5,500. But just how are families able to save this much?

The answer is, in part, due to many of our Government's popular tax credits. Our Child Tax Credit provides personal income tax relief of over \$300 for each child under the age of 18 for the 2012 tax year. The Children's Fitness Tax Credit and the Children's Arts Tax Credit each save families \$75 per child under the age of 16 for activities such as soccer, hockey and ballet, and artistic and

cultural activities respectively.

Newly available on your 2012 tax return is our Government's Family Caregiver Tax Credit. This is welcomed relief for those families with infirm relatives in their care. We've also increased the maximum annual Child Disability Benefit for low and moderate-income families, while extending the benefit to ensure more families can be eligible for it in the first place.

All these initiatives, combined with countless others, are making a real difference. Just a few of the additional tax credits we've introduced include: the Textbook Tax Credit, which delivers \$65 for each month of full-time post-secondary education; the Public Transit Tax Credit, a tax credit of 15 per cent against the cost of a monthly or yearly public transit pass; the Apprenticeship Job

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Scott Armstrong

Notes from our Provincial Capital

Spring Session starting March 26

With the Spring Session of the Nova Scotia Provincial Legislature starting on March 26, 2013, it seems appropriate to share some of the issues and legislation that will be debated on your behalf. Let me begin by thanking you for bringing your concerns to my attention. Most of the debate will be a continuation on topics, including, but not limited to:

- rural and economic development
- increasing power rates by Nova Scotia Power
- cuts to public education (65 million)
- 6400 Nova Scotians who have lost their jobs under the Dexter government
- Nova Scotia Power - their monopoly and guaranteed rate of return to shareholders
- loans to large out-of-province corporations
- failing to grow the local economy

News from our Municipal Council - District 10

Budget, AIS and Illegal Dumps

Hi folks, There is lots going on at the Municipality over the past month. Budget discussions are at the top of the list and it is going to tough. There seems to be more and more demands or places in need of financing each and every year. Things such as the cost of debt service for our contributions toward the new hospital and civic center; costs involved in major flood remediation; requests for funding to support any number of things from community halls, historical society, new library; Scotia pool and the list goes on and on.

It's hard to figure out where the money will come from. I am in hopes that by the time the Shoreline is published this will be settled. However, based on what we have been presented with as a draft we are looking at 2 or 3 cent increase. I will not be able to accept this.

In my first 4 years on council we have always, in the end, approved the budget, with some changes. It is my intention to ask

- cancellation of Maine-Nova Scotia passenger ferry (into Yarmouth)

- proposed Muskrat Falls project (Maritime Link)

- anti-bullying legislation

- doctor shortage in rural Nova Scotia

- funding for insulin pumps

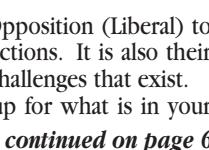
- wait times for orthopedic surgery

- tuition costs at universities/colleges

- drastic increase of \$1 billion added to the provincial debt since the Dexter government was elected.

It is the responsibility of the Official Opposition (Liberal) to hold the government accountable for its actions. It is also their responsibility to provide solutions to the challenges that exist.

As your MLA, I am prepared to stand up for what is in your



Karen Casey

staff to take the budget back and cut a percentage from each department to allow council to pass a budget with no tax increases. I believe there are others on council who feel the same way and I am hopeful that this will be the outcome.

The issue of releasing fracking fluids with radioactive norms into the bay is about to rear its head again soon. Atlantic Industrial Services has applied to release these fluids. I believe based on the fact AIS has been able to get the levels down to what are considered to be acceptable the permit will soon be approved.

Please keep in mind this approval carries a 30 day appeal period. I am confident it will be appealed. If appealed, it will put the decision squarely and legally in the hands of council. As I have said several times in the past I am confident council will make the



Tom Taggart



Doug MacInnes

refurbish.

In the past, we thought the easiest way to dispose of liquid bi-products was in our water courses. The belief, if we take a small amount of something not so good and we dilute it with an enormous amount of water, it really wouldn't hurt anything when we dispose of it is false. Dilution is not a solution to pollution.

This brings me to what I really want to speak on this month and how important the ecosystems of Cobequid Bay and the Bay of Fundy really are. From the Paleo - Indians 13,000 years ago to today's fisherman and clam diggers the inhabitants of these lands have depended on the Bays for a source of income and food.

In the seventeenth century Acadians first settled in tidal - bay marshland areas they could dyke to create fertile farmland. These

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News from our Municipal Council - District 9

Hi Folks,

You can almost smell spring in the air, with the robins in our back yards and geese flying up and down the the Cobequid Bay. I can't help but remember what this time of year meant when I was a young fellow and couldn't wait to get the fishing pole out to catch a string of trout out of the creek beside the house.

Really nothing has changed over the last forty years. I still can't wait to taste the first pan full of fresh fried brook trout. Although the trout just don't seem to taste as good as they use to. I've been blaming acid rain for the poor quality of taste in our speckled trout but really it could be a number of things, like clear cutting causing run-off, illegal dump sites or pouring chemicals and old drugs down our drains, etc.

It seems all too often we seem to believe once we have finished using certain manufactured products or find ourselves with a new bi-product created from other industries we just throw them away. Times have changed, we recycle, reuse, replant and

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