

Dorothy's Kitchen Korner

Maurice came over laughing saying Debbie Weatherby in her column mentioned that a friend mentioned to her husband refers to the March winds as the "lazy" winds. Instead of going around you, they go through you.

Debbie's also wrote she arrived at the Colchester East Hants Health Centre on Sunday, with her son, around 1:00 pm and didn't get out of there until around 9:00 pm. That's a long shift when spending \$158-Million for a new facility was supposed to eliminate some of the bottlenecks.

Her complaint reminded me to mention what a mid-40's friend of ours encountered recently. Feeling sick and realizing something was wrong his son rushed him to hospital. There was no need to rush, he had to sit there for over three hours.

Diagnosis: A blood clot in his leg went to his brain, causing a minor stroke. During his eight day stay in hospital the doctor told him he was lucky the clot landed where it did, or he could have suffered serious permanent speech and mobility damage.

I can't say he suffered any affects from the over three hour wait, but should people in that sort of danger be subjected to additional risk.

All this goes to show that money doesn't solve everything. We're spending in the range of 60% of our tax dollars on healthcare and people don't feel we are getting and the results are there. Somebody's asleep at the switch.

On another matter I had to take off to Cape Breton unexpectedly. A real good friend called saying her husband got up from bed went to the washroom, came back into the room, sat on the bed, slumped over, falling on her..... Dead.

Now into the kitchen.... looked in the deep freezer the other day and realized I had frozen about a dozen ears corn. Decided to take out four of them out. Before they had partially thawed, I wasn't in the mood for corn-on-the-cob.

Enlisted the assistance of Maurice to strip the kernels off the cobs. Oh, what a mess he made, however, he got the job done. Far too much for one chowder so put half of it back into the freezer in a sandwich bag for another chowder.

Without a recipe, we decided to jazz it up a bit, so here's what has evolved.

Homemade Corn Chowder

**2 ears of corn • 1 medium onion
2 medium potatoes or 1 large one
2 carrots (equal amount of carrots as potatoes)
¾ cup frozen peas • ½ cup Miracle Whip
1 tbsp corn starch • Milk • Salt • Pepper
Parsley Flakes**

Place kernels from two ears of corn in large saucepan with a small amount of salted water, bring to a boil, cover, reduce to low heat while preparing remainder of vegetables. Cut vegetables to desired size and add to corn as completed. Add potatoes last so they don't get mushy. Two minutes before finishing, remove cover and add the peas.

Do not drain off the water. Add desired amount of salt and pepper, or other spices if you wish. (I added some garlic powder). Fold in Miracle Whip and stir until melted. Sprinkle cornstarch into mixture constantly stirring. Continue on low heat until thickened.

Then add the desired amount of milk to achieve the desired consistency. Sprinkle each serving with a dab of butter and parsley flakes.

If you were ambitious serve with rolls or hot biscuits.

I'm always in need of recipes. Please send to me by April 22th, so I can get in the next issue.

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Notes from our National Capital *How the Canada - Korea Free Trade Agreement will Benefit Nova Scotia.*

The recently announced Canada-Korea Free Trade Agreement (CKFTA) is a landmark achievement. It is Canada's first free trade agreement in Asia, one of the fastest growing and most dynamic regions in the world. South Korea is not only a major economic player and a key market for Canada; with an economy of \$1.1 trillion and a population of 50 million, it also serves as a gateway for Canadian businesses into the Asia-Pacific region. Being well-positioned in this region is critical to Canada's long-term economic prosperity.

The (CKFTA) is projected to boost Canada's economy by \$1.7 billion and increase Canadian exports to South Korea by 32 percent.

On the day the agreement comes into force, Canadian businesses will immediately benefit from South Korea's removal of duties on 81.9 per cent of tariff lines. Once the agreement is fully implemented, South Korea will have removed duties on 98.2 per cent of tariff lines.

Creating jobs and opportunities for Nova Scotians: Nova Scotia

stands to benefit significantly from preferred access to the South Korean market. South Korea is already Nova Scotia's 12th-largest export destination with exports from 2010 to 2012 worth an annual average of \$30.1 million.

Upon entry into force, the (CKFTA) will eliminate tariffs on almost all of Nova Scotia's key exports and provide access to new opportunities in the South Korean market. Exporters in these sectors will also benefit from other Agreement provisions that will improve conditions for exports—provisions, for example, that ease regulatory barriers, reinforce intellectual property rights and ensure more transparent rules for market access.

Overall, Nova Scotia has a lot to gain from the (CKFTA). Top benefits for Nova Scotia include: duty-free access for fish and seafood products, including lobster, crab, eels and molluscs; duty-free access for many agricultural and agri-food products, includ-

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Scott Armstrong

Notes from our Provincial Capital *Choices not easy, but necessary*

It has been stated the budget of any government is one of the most important pieces of legislation that can be introduced. It paints a clear picture of the fiscal realities of the province and the priorities of the government.

The process of building the 2014/15 budget for the Liberal Government in Nova Scotia is underway. The Minister of Finance, Diana Whalen, has begun a series of pre-budget meetings across the province, engaging Nova Scotians in a conversation about what is important to them and what is possible within the revenue of the province.

This is part of a tradition by Finance Ministers, however, the commitment by Minister Whalen is her engagement with Nova Scotians will not be just in the weeks leading up to the budget presentation. Rather, it will be an ongoing year-round discussion about challenges and opportunities existing in this province.

News from our Municipal Council - District 10 *Hello folks.*

Good Morning, as I am certain I said last month, spring is a busy time for council as we work to finalize a budget. We had our additions and deletions meeting last week, which should pretty much finalize things. It is my hope as well as, I am sure all councillors, we will have no increase, however time will tell. For information purposes last year based on the general rate of 84 cents residential rate we received approx \$15-million residential and \$5-million in commercial taxation. There are other taxes besides the general rate for things such as sidewalks, sewer system and garbage, however they go directly to those services and are paid for by those who use the services.

This afternoon March 18 we have a meeting with the provincial minister of the Environment to discuss the fracking wastewater at the Atlantic Industrial Services operation in Debert. This has been a long and very contentious issue and you can be sure,

News from our Municipal Council - District 9

It is hard to believe that this time last year I was writing about the possibility of fracking waste water being discharged into the Municipal sewer system and eventually into the Bay of Fundy. At the time the main concerns were the Naturally Occurring Radioactive Material (NORM) and the chemicals used in the fracking process.

Councillors were invited to a meeting on Tuesday March 18th with Minister Delorey, Minister of Environment for the Province of Nova Scotia. Minister Delorey gave us an update on the fracking waste water being held in Debert at Atlantic Industrial Services (AIS). My expectation of this meeting was that we were going to be told how this waste water was to be disposed of. This could not have been further from the truth. Minister Delorey was very transparent and was there to listen to our concerns and the concerns of our constituents we represent.

During our public hearings held at the Debert Legion last year by the County's Sewer Use Appeals Committee. The suggestion of

This approach and commitment has been acknowledged and welcomed by the many organizations, groups and individuals who, in the past, have only been consulted pre-budget. The Minister began the formal schedule of meetings with high school students at Sydney Academy on February 7. This is another first... the first time this important demographic has been included in pre-budget discussions.

During these sessions, there are some basic questions that will focus the discussion. What public services do Nova Scotians expect government to deliver? Where will the money come from to pay for those services? Budgets are really about choices a government can make within the limited resources available. Asking those hard questions and listening to the responses can definitely

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Karen Casey

will not go away until the wastewater has gone away

Anyone who has been following this issue is aware, I have been a strong opponent. The problem or situation, I face, is during this whole process I have been saying the cleaning or remediation process for this water was not adequate to satisfy me that it was safe to dispose of.

AIS is using the reverse osmosis process to clean it. This is the same process used for years by the Canadian Military to provide clean potable water for its soldiers and for citizens when natural disasters occur all over the world. For me to now say, well you have done as we suggested, but it is still not good enough would make me a bit of a hypocrite. That's not something I want to be referred to as.

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Tom Taggart

running this waste water through a Reverse Osmosis process was mentioned by numerous individuals who were opposed to discharging it in its current state.

My opinion, at the time, was this method would be satisfactory but very unlikely to happen due to the expense of the process. I did some research into Reverse Osmosis and discovered this is the same process used by our Canadian Armed Forces Disaster Assistance Response Team (DART) when they are called upon to assist in disaster-relief efforts in places like the Philippines.

One of the first things they do is set up Reverse Osmosis equipment so they can produce and supply fresh, safe drinking water for themselves and the locals. They do this by drawing water out of some of the most polluted rivers on earth and force

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Doug MacInnes

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