

# Dorothy's Kitchen Korner

## Is winter over?

Effective today, March is behind us. Just because it is April Fools Day, we don't need the weatherman to play a trick on us by providing another major snowstorm. We've had enough. I'm done with it!! Yes, we had a lot of snow, but in an overall aspect, this winter was not as cold as it could have been. The snow has helped insulate us and we've probably burned less furnace oil than last year.



March was horrible in another way. Maurice's work computer got infected with a very nasty virus, which corrupted all his data, photos and spreadsheets. Donald Cox at Fail-Safe Computer's told Maurice it was one of the two worst types and he only knew of three other cases in this area. To unlock the files and de-encrypt the data, they wanted 500\$US to be paid in bitcoins through Western Union.

After a lot of agony, Maurice decided it was best to install a new drive rather than pay the ransom and not be assured things would be corrected. He was without a work computer for nearly two weeks, and in all the years I have known him, I have never seen him so discouraged, upset and grouchy. And with good reason.

About the only thing that saved him was he had two trade shows for tshirtsrus.ca, which kept him busy and out of my hair as he was in Halifax and then Moncton on consecutive weekends. He was really looking forward to the shows as we have taken on a new product - RENAPUR. It's a leather treatment product, developed in Germany about 50 years ago. It can be used on anything in the household or garage, except suede. It's great for leather, rubber, vinyl, fiberglass, plastics, and wood. I'll have some at the store for those who are interested.

Considering the hard month he had, I was going to surprise Maurice with one of his favourite meals, "Chicken Cacciatora" which is a bit of a surprise, because he says I use tomatoes in everything. I love tomatoes or tomato sauce, but he prefers more limited quantities and frequency. However, he was not going to be back from Moncton on Sunday in time to have dinner, so I'll have to wait for another day.

It can be found on Page 230 of the Five Roses Cookbook. I can't give you the volume number as it's not in the best of shape as both covers disappeared ages ago.

### Chicken Cacciatora

- 1-3 lb Chicken, cut up • ½ cup Five Roses Flour
- 3 tbsp Olive Oil • 1 cup chopped onions
- 1 garlic clove, finely chopped • 14 oz can Tomato Paste
- 1 cup Canned tomatoes • ¼ cup white wine (optional)
- 1 tsp Salt • ¼ tsp Pepper • ¼ tsp Oregano
- 1 Bay leaf • 1 cup Sliced Fresh Mushrooms

Coast chicken pieces with flour (I like to put in bread bag and shake), brown in olive oil over high heat. Remove chicken and set aside. Add onions and sauté over medium heat until tender but not brown. Remove excess fat. Combine remaining ingredients, except mushrooms, in a bowl. Return chicken to skillet and pour tomato sauce on top. Cover and simmer until sauce thickens and chicken is tender, about 45 minutes. Add mushrooms 15 minutes before end of cooking. Remove bay leaf skim off excess fat.

Serve with rice or noodles.

As a vegetable, Maurice prefers steamed fresh asparagus or broccoli (almost half cooked or crunchy).

If you are dropping off recipes to the store, please note we have moved to 94 esplanade and are located 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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## Notes from our National Capital

### Tax season easier for Canadian families this year!

As Canadians, we know that March brings two things: the arrival of spring, which we are all anticipating and tax season, which some may not be looking forward to. While spring may be tougher this year, I can guarantee that tax season will be a lot easier for families.

In October, Prime Minister Harper introduced the Family Tax Plan, which will provide benefits to four million Canadian families. Low and middle-income families will receive two-thirds of the overall benefits provided by this package.

Here's four ways our Government is helping hardworking Canadians this tax season:

First, the new Family Tax Cut. This measure is aimed at couples with children under the age of 18, where one spouse is in a higher income tax bracket than the other. The Family Tax Cut can lower a family's overall tax bill, providing tax relief of up to a maximum of \$2,000.

## Notes from our Provincial Capital

### Students Receive Respectful Citizenship Award

Nova Scotia students are promoting respectful citizenship in schools across our province, and they are making a difference.

Young people across the province are taking action to address the difficult issues facing their schools and communities.

Several students attended a ceremony at Government House on Wednesday, February 25, to receive the Lieutenant Governor's Respectful Citizenship Award.

As the Minister of Education, I had the honour of joining Lieutenant Governor J.J. Grant at the ceremony, and I was proud to acknowledge their achievements.

The award recognizes students who demonstrate leadership and commitment to creating safe and inclusive spaces, where bullying is not accepted and respectful, responsible relationships are promoted.

Recipients were selected by an advisory committee of representatives from the Office of the Lieutenant Governor,

## News from our Municipal Council - District 10

### Greetings from the Great White North, more commonly known as West Colchester.

First topic this month is about a much more pleasant time of year, July 1. A group of community leaders from Londonderry and Great Village are working on what they hope to be a gigantic old fashion Canada Day celebration. They have made a presentation to the Municipality for some financial assistance to pull this off and I think it is a great idea.

During their presentation it brought me back to the old days when we used to have community picnics. Three legged races, dunk tank, music all that sort of thing and I think this would be outstanding. In my time on council we have had many smaller celebrations, in different communities, Masstown for one, has one every year.

However I think it would be great to have one very large one to draw folks from away, maybe even encourage our family mem-

## News from our Municipal Council - District 9

### The Weather - The Mail

It usually takes a couple of sessions sitting at the computer for me to finish this article each month. This month I'm starting on March 15th once again it's snowing very hard and the weather forecast is calling for upwards to 25 cm of the white stuff with winds gusting to 70 km/h so maybe I'll finish this article today considering it doesn't sound like we'll be doing anything else.

I do have some good news which fits well with my weather forecast. Council was updated on Friday March 13th, 2015 by Director of Public Works, Michelle Newell, on the status of our snow removal budget. This budget is set at \$200,000 for the clearing, sanding and salting of all roads and sidewalks under the municipalities jurisdiction. To date, 70% of the budget has been depleted. As long as there are not too many storms in March like today's we should be in good shape. Let's hope April showers not "Flurries" bring May flowers. The fact there is 30% of the budget left at this time is an indication of how late it was when the snow

Second, we have enhanced the Universal Child Care Benefit (UCCB). Our Government is increasing the UCCB for children under age six. As of January 1, 2015, parents will receive a benefit of \$160 per month for each child under the age of six - up from \$100 per month. Parents will now receive \$1,920 per child, per year.



Scott Armstrong

We are also expanding the UCCB to children aged six through 17. As of January 1, 2015, parents will receive a benefit of \$60 per month for children aged six through 17. Parents will receive \$720 per child, per year.

Next, we are increasing the Child Care Expense Deduction dollar limits by \$1,000 for the 2015 tax year. You or your spouse may be able to claim a deduction for expenses incurred for someone to look after your child so that one of you can work or go to school.

continued on page 6

Department of Education and Early Childhood Development, Nova Scotia Teachers Union, Nova Scotia School Board Association, Nova Scotia Federation of Home and School Associations and La Federation des parents acadiens de la Nouvelle-Ecosse.



Karen Casey

From Colchester County, Mary Clarissa MacLean, Valley, who is a student at Cobequid Education Centre was one of the recipients. She joined 18 other recipients from across the province at the special ceremony held at Province House in Halifax.

As Minister of Education, I released an Action Plan for Public Schools on January 29, 2015. Many of the actions focused on developing young citizens who will become the leaders of tomorrow.

continued on page 6

bers who have moved away to come and join us. If we could as one large community make this a success this year, it would be nice to make it a yearly event and move from one community to another each year. If this is something you may like to be involved in give me a call 902-647-2025. Let's promote our shore.



Tom Taggart

It is the time of year when you would expect to be getting your garbage pickup schedule. There has been a change, and that will not be delivered to each household this year. There is no doubt this will cause a bit of confusion, but I hope in the end the new system will be better.

We now have three choices. Call 902-895-4777 give them your civic address and they will:

Notify you by phone, [home or cell] typically the day before at

continued on page 6

finally arrived this year. It sure has been a long six weeks!!!!

There was an article in the Truro Daily News back on December 23, 2013 titled "Canada Post kicking snow at seniors". It started by asking the question "Where do we find people like Canada's Post chief executive Deepak Chopra? They should have asked "Why" in my opinion. Some speculated at the time Mr. Chopra was setting the stage to privatize this publicly owned \$8 billion Corporation. I must say after the level of service we here in Colchester County experienced this winter maybe that's not a bad idea.



Doug MacInnes

When Mr. Chopra first announced the phasing out of urban mail delivery by switching over to rural community mailboxes, in many of our community's, the safety of the letter carriers was the

continued on page 6

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