

# Dorothy's Kitchen Korner

We are almost out the nastiness of winter, although in April we get a couple of difficult days with wet snow which makes driving more dangerous than the dead of winter. Our salvation is we know the snow will not last long, as the sun is much stronger, and migratory birds are returning.

I haven't seen any robins yet, but I am sure they are arriving in small numbers, or will very soon. The other positive note is that Saturday is a sure sign of spring. It will be "April Fool's Day, so be careful how and to what you react to prior to noontime.

Now is the time to think about what vegetables or flowers you want for Canada's 150 birthday, if you wish to get out of a habit and try something new. Seed packs are abundant in most retail outlets. If you choose not to plant seeds, you can wait for the garden centres to open, but now is the time to think about different varieties you wish to plant this year to change things a bit.

A while ago there was a great documentary on the Maitland Volunteer Fire Department. Sure I knew everyone there, and it was a great story. Even though it focused on this small brigade of 20 members, name of the community could be been changed as it would apply to any of the fire brigades in our area. I probably would not have the opportunity to hear the documentary again, but I understand it will be repeated on Monday, March 27th.

The highlight in many communities for the past few weeks and will continue into the first three weeks of April has been the many maple syrup breakfasts, brunches and events. It's always a great feast, lots of local entertainment and the opportunity to stock up on the quantities of locally produced maple syrup to get us through another year.

If you are in a rush doing some of the things you traditionally do around the house this time of year, you might wish to try a bit different slow cooker recipe. I came across the other day. If you have sweet tooth maybe the family would enjoy an easy to make fudge recipe. Both are presented below.

## Cowboy Crockpot Stew

**1 sm package of stew meat • 1 pkg sausage or kielbasa  
1 med onion chopped • 1 med potato chopped  
1 can baked beans, your choice**

Place ingredients into a crockpot in the order shown. Cover and cook for 4 hours on high or 8 hours on low. If you are brave or have a desire for a particular spice, you can experiment to your own satisfaction.

Preparation time: 10 minutes. Serves: 6 to 8.

## Never Fail, Five Minute Fudge

**2/3 cup un-diluted evaporated milk  
1 tsp vanilla • 1 2/3 cup sugar  
½ cup chopped nuts • ¼ tsp salt • 1 pkg (6 oz) chocolate chips  
1 ½ cup diced marshmallows (16 med)**

Mix evaporated milk, sugar and salt in saucepan over medium heat. Heat to boiling, then cook five minutes, stirring occasionally. Remove from heat. Add marshmallows, chocolate chips, vanilla and nuts. Stir 1-2 minutes until marshmallows melt. Pour into buttered 8 inch square pan.

Cool. Cut into squares.

If you have a favourite family recipe and would like it published in the May issue, please send on or before April 15th. Please send to:

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## Notes from our National Capital *Connect to Innovate*

Late in March, my office received many emails and letters from constituents about access to broadband internet. This was not a surprise, as I had been asking people to contact my office if their internet access was iffy.

We collected all those emails, summarized people's issues and their average download and upload speeds, and shared this information with internet service providers - Bell, Eastlink, Seaside and so on.

The reason: the Government of Canada's "Connect to Innovate" program has been accepting applications for assistance to build out broadband infrastructure since mid-January, and is due to close later in April.

The program allocates \$500M over 5 years to subsidize expansion of broadband infrastructure in rural and remote communities. As a condition of receiving the subsidy, the owners must permit competitive services to purchase excess capacity on those

lines at a reasonable wholesale rate.

I am not sure whether any of the providers will make an application, but I am certain that better internet facilities are needed in many parts of our riding. This is not so much because people have fallen behind on binge-watching Netflix, as it is because high-speed internet is critical to business, education, health care and innovation.

Just last week I received an email from a woman planning a move from Quebec to Advocate Harbour. She was planning to open an inn, which would be a welcome new service for tourists. But, she said, I can't get an internet connection!

Alas, there are no internet connections available in Advocate Harbour - not one. All of the "ports" they have are spoken for. The congestion on the line is such that people paying good money for

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**Bill Casey**

## Notes from our Provincial Capital *The tender has been called*

Safety at the Masstown Market intersection has been a concern for employees, local drivers, tourists and other motorists for a number of years. As the Market expands and attracts more visitors, the issue of traffic flow has become more apparent.

2016 reports show that over one million people stopped at the Masstown Market and I want to congratulate the Jennings' family for providing quality service and products designed to meet consumers' demands. With the addition of gas bar, Greco Pizza and Tim Horton's the number of visitors will continue to grow. A newly planned expansion is now underway and this too will provide additional attractions to the site.

I have met frequently with Department of Transportation staff both at Bible Hill and the Minister's office in Halifax. Various options have been considered and some short term solutions have been tried. These include signage regarding the busy intersection, reduced speed limit on the #4 approaches to the inter-

section, concrete island and curb, as well as no parking signs on the #2. What appears to have contributed to many of the accidents at the intersection is speed of traffic on the #4 and driver inattention at the stop signs from the #2 and from the 104 off ramp.

One solution that will respond to both of those concerns is a Roundabout. The Five Year Capital Plan released by the provincial government in January of 2017 committed to the installation of a Roundabout and the tender has been called for this project to begin this spring. In order to limit the inconvenience that any road construction will have, the contractor, upon successful bid on the tender, will have work restrictions with respect to hours of work, lane closures and nighttime work. Construction period will be a 3 month period (April, May, June)

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## News from our Municipal Council - District 10

### *This tragic story must be told*

I was away all last week for meetings with the Federation of Canadian Municipalities. It was five solid days of meetings, much about governance, developing policy and position papers on which the FCM will base their efforts as they advocate the Federal Government on behalf of Canadian Municipalities.

I wish to speak about a couple of things which passed through my mind during these meetings. During a session on immigration, we discussed efforts to have immigrants remain and set down roots in rural Canada as opposed to the Big cities. The Mayor of Labrador City, Karen Oldford stated she has often said that if you threw away the pill there was not enough women of child bearing age in Newfoundland and Labrador to re-populate the Province. That got my attention, because if you really think about it this can most likely be said about the small communities along our shore. With this in mind the question becomes, what can we

do? Where do we start?

Well last month I spoke a little bit about healthy communities and attempting to make them attractive to young families so they will remain here or even attract new families who wish to have a better quality of life, as well as a safe and healthy environment to raise their families. I believe I commented last month that I would be focusing on this over the next 4 years.

The second avenue is immigration! Now admittedly, I cannot speak with great knowledge on this, however there appears to be 2 different types of immigrants entering Canada at this time. We have wealthy professionals, who for the most part, want to be in the urban core for their work. We also have refugees who's primary focus is to get somewhere safe and begin a new life and they tend to migrate to the large cities where there are small

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## News from our Municipal Council - District 9

### *Debert to get new water tower*

With spring just around the corner and our local construction season not far to follow I thought it might be a good time to provide the residents of District #9 with an update on some of the projects our Council has been working on, within our area. You will see new and or improved infrastructure, which is an investment by the County that will enhance the Debert Business Park and create more opportunities for businesses to either expand their existing operations or attract new business to this area. There will also be some much needed maintenance and upgrades to existing infrastructure that is or will happen this season.

One such project which will be very noticeable will be the construction of a new water tower on the corner of Hudson St and Plains Rd. This infrastructure upgrade will allow for much greater water pressure and overall volume throughout the Business Park and Colchester Park. This will also alleviate any issues there has been in the past with low water pressure for fire

suppression systems in some of the larger buildings within the Business Park. It will also allow for a higher capacity of volume to accommodate new construction within the park.

The other most noticeable project will be the construction of a roundabout between the Exit 13 overpass and the Tim Hortons on MacElmon Rd. There has been interest over the past several years by businesses to develop both sides of MacElmons Rd next to the highway. This roundabout will, not only, allow for this development, but will also create an opportunity for the County to construct excess roads to lands for future development. The frontal lands along the highway have already been cleared by archeology and are ready for development.

This area is a very high probability area for finding artefacts

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