

# Dorothy's Kitchen Korner

## We're not smiling now!

In January and early February, we were all smiles. No snow, no really harsh cold days and when you looked outside, it was very similar to late April. From your gaze across the yard or towards the edge of the woods, you could almost imagine the leaves starting to come out.

We're not smiling now and it seems since last week of February we are getting more winter that we did all of last year. Add to that, noticed a long range weather forecast indicates spring is going to be cold and wet and approximately two weeks later than normal. Seems like, within the last decade or so, the seasons have moved about 2-3 weeks from what I seem to remember. I know we don't get as much snow as when I was in elementary school. So it's understandable if seasons have moved a few weeks. Later spring, and then the fall tourist season spreads into early November.

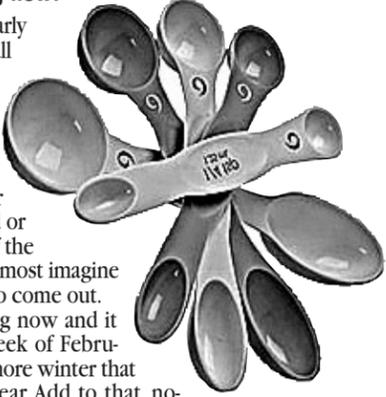
If we are looking south of the border, we certainly don't have many reasons to smile. School shootings, drive-by killings, Trumps extra activities even from 10-15 years ago, all coming at us in a rush. Very overwhelming. I know things change, however, if today is the standard, I'm not looking forward to the future.

I'll suggest guns, arrogance and extreme racism are the basis of a majority of their problems. I'm not suggesting it's happening only south of the border. We have plenty here to be ashamed and concerned about.

Even though I don't like many things he has done or is doing, but thank goodness, Justin's government seems to be focusing on changing life's lot with the aboriginal people.

We didn't get to this point in a couple of years. It is going to take a decade or so to eliminate most of the plight of many aboriginal people. Working hard with them and getting the rest of Canada to help eliminate racism will be most helpful and provide a quicker transition.

Now back to the kitchen. When in Halifax for some medical appointments, Maurice came across this great recipe for "Pulled Pork". Thought I would share it with you.



### Pulled Pork - Slow cooker

Ingredients:

- 2.5 Kg Pork - bone in (Excess fat trimmed)
- 1 tsp salt • 2 tsp Oil - canola preferred
- 2 carrots, grated • 1 onion, finely chopped
- 2 jalapenos, minced • 2 cloves garlic, minced
- 2 Tbsp chili powder • 2 tsp cumin
- 2 tsp smoked paprika • 2 ½ cups chicken broth (low sodium?)
- 2 cups crushed tomatoes • 1 cup pineapple juice
- 2 Tbsp worcestershire sauce • 2 Tbsp apple cider vinegar

Pat meat dry and season with salt all over. Heat a large frying pan on medium heat, add oil. Brown pork on all sides, about three minutes per side. Then transfer to slower cooker.

Add onions, carrots, jalapenos and garlic to the pan. Cook until softened, about 3-5 minutes, stirring often. Stir in spices and cook another minute. Scrape mixture onto meat in the slow cooker. Add chicken broth, crushed tomatoes, pineapple juice and worcestershire sauce.

Cook on low for 10 hours. Remove pork from insert to large bowl. Strain sauce into a large frying pan, reserve vegetables and add to pork. Skim off any fat from the sauce. Boil liquid, stirring often, until reduced to syrupy consistency, about 30-35 minutes. Stir in vinegar. Using two forks, remove bone and shred meat. Combine with sauce. Serve over rock or on buns.

Prep Time: 15 minutes; Cook time: 10 ½ hours; Serves 12

I'm looking for some great traditional family recipes. If you have a favourite family recipe and would like it published in the May 2018 issue, please send on or before April 12th. Send to:

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August 2018	July 17, 2018	July 25, 2018
September 2018	August 21, 2018	August 29, 2018
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November 2018	October 23, 2018	October 31, 2018
December 2018	November 20, 2018	November 28, 2018
January 2019	December 11, 2018	December 19, 2018
February 2019	January 22, 2019	January 30, 2019

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## Notes from our National Capital

### Striking a Balance

I give credit to Ralph Goodale, Canada's current Minister of Public Safety and Emergency Preparedness. The new Bill C-71, introduced in March in the House of Commons, manages to strike a balance. It will make Canadians safer, it will not inconvenience the vast majority of gun owners who are law-abiding and it will not add a lot of bureaucracy.

To make Canadians safer, Bill C-71 gives control of the classification of firearms back to law enforcement, instead of the federal cabinet. Bill C-71 also allows the Chief Firearms Officer of a province to go back more than 5 years in a person's criminal and mental health history when deciding whether to issue a license. And Bill C-71 will make it impossible to acquire certain semi-automatic assault rifles.

At the same time, Bill C-71 allows people who own those semi-automatic assault rifles to keep them, albeit with some additional restrictions on transporting those weapons.

They can still bring them to and from the shooting range and home again, but that will be it. For law-abiding owners of non-re-

stricted firearms, I doubt the changes will even be noticeable.

Regular rifle and shotgun owners will see no new registrations, no new fees and no new forms to complete. These are common sense reforms. It's almost hard to believe politicians have been allowed to reclassify firearms; and the fact that a person's full criminal record could prevent them from working, but be no barrier to owning a firearm, is just mind boggling.

When we consider homicides involving rifles in Canada increased 66% between 2013 and 2016, we cannot sit back and do nothing.

Bill C-71 has many steps in the legislative process to go through before it becomes law and doubtless there will be further refinement. But, on the whole, I find it easy to support both as a gun-owner and as someone concerned for the public's safety.

Bill Casey is MP for Cumberland-Colchester



Bill Casey

## Notes from our Provincial Capital

### Have and keep jobs in Nova Scotia

It is always important to have and to keep jobs in Nova Scotia. Recent trends in jobs and unemployment statistics are reasons to be optimistic. However, it is equally important for the voices of business owners to be heard. As employers, they are the economic drivers in our communities. Their success is our success.

As the One Nova Scotia Report states very clearly, "we need business and community leadership in the pursuit of economic growth: these sectors need to pull the economy forward rather than it being pushed by government policies and investments".

I recently met with business leaders in Colchester County to hear their concerns and their opinions. Two recent Tax Reforms were well received by the industry, and Government was encouraged to move forward gradually with other measures.

Business leaders who met with me also acknowledged the importance of programs to support young graduates in finding employment. Wage subsidies to employers are a huge incentive. Graduate to Opportunity funding helps graduates find their first job and Innovate to Opportunities encourages employers to create research focused jobs for new graduates. Tuition for apprentices receiving technical training has been eliminated, and the Appren-

ticeship START program provides incentives for businesses to hire apprentices from underrepresented groups and those from rural Nova Scotia.

The two Tax Reforms introduced last year will have an impact beginning on January 1, 2018.

Income taxes for every Nova Scotian earning less than \$75 000 have been reduced. This was achieved by increasing the basic personal exemption from \$8 481 to \$11 481, a

\$3 000 or 35.4% increase. More than 500 000 Nova Scotians will save \$85 million a year. What is most important is that more than 60 000 people will no longer pay any provincial tax at all. That is a 28% increase and it means a total of 283 000 people in Nova Scotia will not have to pay provincial tax. This is more money staying in the pockets of recent graduates, low income and retired Nova Scotians, single parents, working families, and small business owners.

A small business can now earn up to \$500 000 and only be taxed at the lower corporate rate of 3%. This will allow small business owners to invest more in their business, hire more employees



Karen Casey

## News from our Municipal Council - District 10

### Needing better internet service

I promise, it really is just around the corner! Spring I mean. That would be a political promise.

I am going to talk about the need for Broad band internet today, but first want to make a comment about West Colchester and Economic Growth.

Some years ago the Feds and the Province discontinued funding to Regional Development agencies. In the case of Colchester, it was left to the municipality to fund. We declined. Next along was the Regional Enterprise networks or RENs. They wanted the Municipality to fund, but did not permit participation. I was not that keen on just handing over money with no oversight.

Eventually the business community, the Town, Milbrook and the Municipality settled on a partnership called the Truro Colchester Partnership for Economic Prosperity. This partnership is funded by all stakeholders including business. My reason for mentioning this is that for the very first time in my 9 years on Council I have received a call from their CEO Brennan Gillis to ask for names and a location to enable him to hold a round table discussion with busi-

ness leaders from West Colchester. I commend Brennan and his partnership for including us in their discussions.

Now to Broadband.

There are very few of us in rural Colchester who have not been affected in some way by a lack of service, or speed or even availability of internet service. Over the years different types of government funding has been made available to private Companies to upgrade their services. There has been little to no up take of these services by the small providers which service the smaller outlying communities.

Two weeks ago I was attending the Board meetings of the Federation of Canadian Municipalities (FCM). They were reporting on the success of the most recent Federal program called Connect to Innovate. Even though the program was deemed a success, when I asked how many projects had been approved east of Quebec, I was told zero. In discussions later, I realized the only Municipalities



Tom Taggart

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## News from our Municipal Council - District 9

No column was received from Robert Pash.

Robert G. Pash is Colchester Municipal Councillor for District 9



Bob Pash

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