

Dorothy's Kitchen Korner

It seems to have been unusually warm so far this fall. I was amazed how much longer the leaves seemed to stay on the trees. Perhaps a contributing factor is we didn't have any torrential rains and heavy winds around Thanksgiving.

It seems just as fall foliage is getting beautiful and people are thinking about taking a day or so to get out into the county or drive around the Cabot Trail, we get heavy rains and high winds removing much of the foliage.

Lucky us that didn't happen this year. Speaking of luck, how many times have friends come to your rescue when you need them the most. That has happened to me within the last month, when Maitland neighbor, Gilda De Sousa sent in one of her recipes. If I was at home throughout the day, I'd see Gilda walking her three dogs, up the dyke, which abuts our property and then down the highway to get back home.

Here's the emailed note which accompanied her recipe for Pineapple Crunch Bars. She also sent along a photo, which I hope John can squeeze into this small space.

Hi ya. Well today's the day I have been compelled to write to you. I have been an avid fan of your paper and admire all your hard work. My name is Gilda. I live in the community of Maitland and have been here now for sixteen years, I too am a deranged cook, not so much baking.

Whilst growing up in Toronto when we were young my sisters would run home to watch soap operas, hence the fighting began. I would negotiate terms with bribery on some occasions so I could watch my heroes Julia Child



"The French Chef" and "The Galloping Gourmet" with Graham Kerr. (I actually had a crush on him) and the oh so interesting new way of cooking with "Wok with Chan" Thank goodness for them. When I was just a wee one, to keep an eye on me, while my mother made dinner, I was told to sit at the kitchen table and watch!

For years I have been commended on my cooking. I have always admired the true "baker". Here is a recipe I found when I was a young mother and the kids needed a sweet Christmas tradition!

Hope you like it. Maybe it may be your favourite too!

Pineapple Crunch Bars

Base: (Your basic crust)

1-1/2 cups of All purpose flour.

1/3 granulated sugar 1/2 cup of soft or melted butter

Combine all in a mixing bowl, make sure your mixture is crumbly. Press in an ungreased 9"X 13" pan. Bake in a 350° pre heated oven for 10-12 or so minutes remove from oven cool

Topping:

1 can crushed pineapple juice (drained well)

(Drink juice! You know you want to)

2 cups coconut flakes (any size) • 1-1/2 cups of granulated sugar
1/2 cup melted butter • 2 eggs • 1 tsp. of vanilla

Combine all topping ingredients together. Mix well. Spread over cooled baked crust. Bake at 350° for 30-35 minutes until set and golden on top (you may want more of a crunch by having a quick broil) I said quick keep an eye on it. Cool and cut into bars

Hope you enjoy them as much as we do.

If you have a favourite family recipe, please send along like Gilda did. This time please send by December 8th, so I can use in the January issue, which will be published before the holidays. 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:

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The Shoreline Journal

Notes from our National Capital

Thank you for your support

Things have certainly changed since my first orientation as a Member of Parliament when elected in 1988. Since the election last month, I have been in Ottawa twice for the orientation process and it is amazing how different the process is from the first time.

My first orientation in 1988 consisted of meeting with an assistant from the speaker's office who gave me a key and said "your office is in that building... Good luck".

In 1997 I went through the orientation process again. It was a little more complicated but not much. There was very little in the way of explanation of the rules and limitations of what we could or could not do. I don't recall any discussion about the budgets.

However, the orientation process that I've just been through is very comprehensive. We were each assigned specific people to talk about each subject in some depth. There seems to be nothing left to chance and every aspect is clearly defined.

Our budgets are broken down and we were advised how to

Notes from our Provincial Capital

Home Warming & Heating Assistance Rebate Program

It is that time of year when many of us are thinking ahead to the winter season and that means among other things, prepare our homes for the cold weather that we can expect. One of the steps homeowners take at this time is to look at ways to reduce heat loss in our homes. In a typical house, 80% of that heat loss is caused by drafts around doors and windows and as a result of poor insulation. Upgrades like improving insulation, installing new windows and doors and general draft proofing can help keep our homes warmer in the winter.

The Liberal Government of Nova Scotia continues to provide programs to assist low income families in keeping their homes warm during the winter season.

Home Warming is a new program for low income families made available through Efficiency Nova Scotia and supported by Clean Foundation, Nova Scotia Power and the Province of Nova Scotia.

News from our Municipal Council - District 10

Nature Conservancy Trusts have been successful

As I set down to write this column, I am looking out the window across the Rideau Canal at Parliament Hill. I have been in Ottawa all week participating in Board of Directors meetings for the Federation of Canadian Municipalities (FCM).

This board is considered to be the most influential lobby group in Canada. I am honoured to be one of four elected to represent Nova Scotia. There are many ways, in which, my participation will hopefully benefit Nova Scotia. I would like to mention a meeting I had Tuesday morning with a Representative of The Green Municipal Fund, which could enable council and a group of residents to proceed with an application for funding for a pilot project. The outcome of a pilot project should be to determine the benefits of new technologies in solar energy.

However, there are two things which have happened at this FCM board meeting, which I would like to discuss at this time.

News from our Municipal Council - District 9

The answer to the question is relationships.

I have spoken publicly several times on the fact of having a 11,000 year old Paleo Indian site in Debert is not a hindrance on development, but actually a huge economic opportunity. Yes archaeology is required on portions of land located within the Debert Business Park. This is no different than any development within the city of Halifax or Dartmouth. As anyone can see archaeology certainly hasn't hindered progress in these rapidly growing communities so why should it in Debert?

The answer to the question is relationships. If we as a community can embrace this extraordinary historical site and realize the potential economic spin off from it, the prosperity is endless. The construction of a multi-million dollar museum would make Debert a destination for thousands of tourists each year. Unfortunately this opportunity will virtually be unattainable if we are not prepared to build a respectful and cooperative partnership with the Aboriginal community.

process any expenses. Backup paperwork will be required to have any expense approved. Each MP's account will be closely monitored and questionable items examined. We have one more orientation session left to attend.

This is a considerable change from previous times. It all makes sense and should've been done a long time ago, but probably has developed because of the Senate expense issues recently raised.

I have been assigned offices in the Center Block in the House of Commons. This is advantageous to me as it means my office is in the center of most of the action on Parliament Hill.

We have a rented office space in Truro and Amherst although the offices are not open yet. I am anxious to get these offices staffed and operating as there are many calls for assistance on government programs already.



Bill Casey

Home Warming asks us to think about ways to reduce heating and power bills and provides upgrades to those Nova Scotians who qualify.

You may be one of those Nova Scotians and the Home Warming initiatives will help make your home more energy efficient. To be eligible your maximum annual household income (line 236 from your Notice of Assessment) must meet this criteria.

- 1 person \$20 952
- 2 - 4 people \$38 931
- 5 or more people . . . \$55 444

In addition to your income you must own a single unit home and be able to provide proof of ownership and it must be your current primary residence and it must be your year round home. If you qualify for Home Warming an energy audit will be conducted to deter-

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First: I have just returned from a reception where I personally met and listened to a speech from The Honourable Amarjeet Sohi, Minister of Infrastructure and Communities. Minister Sohi advised that over-all the new Government has pledged \$120-billion over the next 10 years for new infrastructure, climate change technologies, mass transit, flood mitigation, etc. Most of that money will flow through Municipal Governments.

This week-long board meeting has been busy with discussions on how Municipalities big and small could best access these funds. I was genuinely impressed with Minister Sohi and look forward to being part of this process.

However, the most important reason I want to discuss or mention this is, so that I can say thank you to the residents of District 10. I cannot say enough about the opportunity you have given me to be

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Karen Casey



Tom Taggart



Doug MacInnes

Recently former Prime Minister Paul Martin and Assembly of First Nations national Chief Perry Bellegarde launched a new program in Halifax called "A New Partnership: Building Relationships Through Education". The following declaration is the beginning of a national dialogue which will reach out to all Canadians Indigenous and non-Indigenous alike.

The Declaration of Canadians For a New Partnership

We the undersigned declare our resolve to build a new partnership between Aboriginal and non-Aboriginal peoples of this country - a partnership based on the principles of mutual respect, peaceful co-existence and equality; one that will be built by restoring trust and respecting Aboriginal and Treaty Rights. Today we invite all Canadians to join us as we set out to write a new chapter in the evolution of our nation.

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