

# Dorothy's Kitchen Korner

It won't be long until students are enjoying March break. By then the back of a long winter has been broken, especially since we get approximately two and one half minutes additional daylight each day until June 21st. Having such an open winter in worrisome in the fact that spring might be cold and nasty and it could take until end of June before good weather.

It will soon be to start thinking about the garden and flower beds. Maurice is trying to convince me to start transplants and when the time was right, he'd be able to erect some "cold frames" as he has several old storm windows, which would be ideal.

With the cost of vegetables increasing, he wants to grow more for ourselves, plus food on the table will not be laced with chemicals. He wants to add strawberry plants, raspberry and black berry canes. I can see it coming, he'll sneak some extra cukes and onions into the garden. Then suggest I get into pickles and jams to use up the surplus.

Maybe a good idea. We have the bottles. The surplus could be consigned to the craft shop relocating next door, to include more crafters from the Parrsboro and Maitland shores. I'll have to think about that. I'll give you an update at a later date.

My son, Bradley was the recipe contributor last month moved home from BC, when the up north mining exploration camp, where he was the lead cook closed for the winter. A week ago, he was advised recall was February 7th. On January 26, about 10 pm he got a call saying there was a medical emergency. His flight would leave the next afternoon. Now he's gone for six weeks, then home for 10 days.

Earlier this winter I was organizing my recipe books. I came across recipes, which had been handed down from my mother over 20 years ago. After looking them over, I decided to use one of my favourites.

### Mom's Maraschino Bars

#### CRUST:

2 cups flour • 1/3 cup sugar  
¾ cup soft margarine.

#### FILLING:

2 eggs, slightly beaten • 1 cup brown sugar  
1/3 cup flour • 1.5 tsp baking powder  
½ tsp salt • ½ tsp vanilla  
½ cup chopped nuts • 10 oz. bottle cherries

#### FROSTING:

2 tbsp soft margarine • 2.5 cups icing sugar  
3 to 4 tsp cherry juice • 3 to 4 tsp flaked coconut

In large bowl combine first three ingredients for the crust. Press in pan. Bake in 350 oven for 12-15 minutes. Next mix the eight ingredients for the filling and pour over the crust. Bake for another 20-25 minutes in 350 oven. (Cook until toothpick comes out clean). Set aside the flaked coconut. Mix frosting ingredients, margarine, icing sugar and cherry juice. When the filling is cool apply the frosting. Sprinkle top with coconut.

Let cool naturally for a couple of hours, or if in a rush, put in refrigerator for 20-30 minutes. Cut into desired size. No point thinking about how you are going to store them. They won't last long.

Maurice was talking with Hazel Hill the other day, and in the course of the discussion, he asked her to encourage her friends who are in the 90 /90+ birthday group to send in some more recipes. She said she would contact her friends and will send some recipes.

**I need more recipes. Please take a few minutes to send along a few of your family's favourites or recent nutritional ones added to your family's menu. Please send to:**

Dorothy Rees, c/o The Shoreline Journal,  
P.O. Box 41, Bass River, NS, B0M 1B0,  
or email to: [maurice@theshorelinejournal.com](mailto:maurice@theshorelinejournal.com)

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## From our Federal Capital

**Conservative government's record \$178 billion investment keeps public health care strong for families.**

Happy New Year! Whether it's the birth of a new born baby, medical help when facing an illnesses, or urgent care during an emergency, we all rely on our hospitals, doctors, nurses and other key parts of our health care system. We want it to be there for ourselves and our family when we need it most.

I know how important a reliable health care system is for Canadians and for our riding Cumberland-Colchester-Musquodoboit Valley. Indeed, it is the only one that my family and I use.

While the health care system in Canada is a provincial and territorial responsibility, the federal government assists each province and territory with transfer payments for health care. Under the previous federal Liberal government in the 1990s, those transfer payments were dramatically slashed to divert funding to infamous Liberal 'boondoggles' like the sponsorship scandal. That meant doctors and nurses were fired, hospitals were closed and Canada's health care system was severely set back.

In 2006, Canadians elected a new Conservative government. We rejected the former Liberal government's slash-and-burn approach to health care, instead choosing to value Canada's publicly funded, universally accessible health care system. Indeed, we have increased health care funding to record highs - from \$20 billion a year when we formed government to nearly \$27 billion this year, an increase of nearly \$7 billion. That's billions more in increased funding to ensure that you and your family have timely access to the best medical attention available.

Building on that record, I am happy to report that our Conservative govern-

## News from our Provincial Council

As the year 2011 winds down, I want to take time to reflect on the economic challenges facing our province, and the daily challenges facing Nova Scotians.

Let me begin by looking at unemployment in this province. Many hard working Nova Scotians, including folks here in Colchester County, are finding they no longer have a job. Many continue to look for work. Others have moved away to other provinces. This is of particular concern in rural Nova Scotia, where, according to Stats Canada, rural Nova Scotia has lost 6,500 jobs in 2011. That means 6,500 more Nova Scotians are finding it harder to make ends meet. Liberal Leader Stephen McNeil and members of the Nova Scotia Liberal Caucus have continued to ask the Premier about job creation. The NDP claim to have a strategy, but if they do, it is not working.

There are many components of a strong economic base, including the ability to retain existing businesses and attract new ones. The disregard that the Premier and the NDP have for both small and large businesses in Nova Scotia became very clear during debate in the legislature over First Contract Arbitration, Bill 102.

Over 30 businesses across the province came before Law Amendments Committee to express their concerns about the Bill. Sobeys (the largest single private employer in Nova Scotia), Michelin, Clearwater and others asked the NDP government to amend the bill. The Liberal Caucus put forward amendments that reflected this request. The NDP and Conservative members teamed up on two separate occasions to defeat the Liberal amendments by voting against them.

Despite warnings from Sobeys' and Michelin that this bill would impact future investment in Nova Scotia, the NDP government passed first contract arbitration. This is no way to treat employers and business leaders.

World economists continue to agree that during difficult economic times, the one place governments should not make cuts is in education. But in 2011, we saw the NDP cut \$33 million from public education. Parents, students and teachers are now seeing the negative impact that is having on the classroom and it is not over. The Minister of Education has already announced further cuts to funding for

## News from our Municipal Council

Hello folks. This is the week Property Valuation Services (PVSC) releases the tax assessment roles for all municipalities in the province and tax assessments are mailed out. There is always some confusion over this so I will do my best to explain the system. The PVSC is an independent arms length body. They determined the value which properties were to be capped at, at that time The Municipality has no say or influence over this amount. The cap amount is only allowed to increase by the same amount as the consumer price index. This year the consumer price index rose by 3.9%, therefore your capped assessment has risen by this 3.9%. This is the number used by municipalities when calculating the general tax rate for this year. It is not likely a higher assessment will result in lower rates as the Municipality will see its expenditures increase by the same 3.9%. Example Cost of electricity, fuel, wages etc. The PVSC also determines what they consider to be the market value of a property; the market value is generally always higher than the capped value. Their reason being the value of properties has risen more than the consumer price index.

The only way that your assessment is changed to the market value is if the property is sold or if major renovations are completed. The property is then taxed at the market value for that year and then capped at that price for the future, thus limiting assessment to the consumer price index going forward.

These are all rules that have been set and are mandated by the Provincial Government. For the record, I do not approve of the cap system as I am certain over time it continues to shift a larger part of the overall tax burden to the lower priced properties. This is too long an explanation for today's column. The tax rate is then set by the Municipality. Municipalities by law are not permitted to present a deficit in their budget.

ment recently announced we would continue increasing support for Canada's health care system with a long-term and growing investment.

Specifically, federal health care transfers will continue to grow each year at record high levels - for instance, from \$30 billion per year in 2013-14 to \$38 billion per year in 2018-19. Put another way, our Conservative government will be investing over \$178 billion in our health system from 2013-14 to 2018-19 - an all-time record high amount. What's more, we have further committed that annual health transfers will continue to grow above the already record highs. This further growth will be sustainable as it will be in line with Canada's economy (as measured by 'nominal Gross Domestic Product'), which is estimated to be at a rate of over four per cent growth a year. However, to ensure predictability for the provinces, our Conservative government has guaranteed annual growth of 3 per cent or more each year. That means federal support for health care will keep growing every year beyond the record levels the federal government has already invested - and in a way that is both predictable and sustainable.

This will help ensure Canada's health care system - including our local hospitals, doctors, nurses, and more - will be there when you and your family need it.

Please feel free to contact me with any issue you have of concern. You can reach me at 893-2455 in Truro, 667-8679 in Amherst or toll-free 1-888-752-0552 or visit my website [www.scottarmstrongmp.ca](http://www.scottarmstrongmp.ca) and I am also on Facebook and Twitter.

**Scott Armstrong, Cumberland-Colchester-Musquodoboit Valley**



schools in 2012. The same situation is occurring in Health. In 2011, we saw the NDP cut \$55 million from health care. This, too, has a negative impact on the ability of Nova Scotians to access quality health care when they need it, and where they need it, close to home. Fewer doctors, more emergency room closures, more costly fees for medications and other essential services are forcing access to health care for you and me into a crisis situation. Like education, the NDP have announced more cuts to the health care budget in 2012.

In spite of a government that has no plan to grow the economy, create jobs, or protect health care and education, Nova Scotians try to remain positive. We are fortunate to have highly skilled, hard working, dedicated folks who are proud of their province. They want to live and work in Nova Scotia. We have employers who have fostered harmonious work environments with few, if any, labour disputes between employers and employees. The Irving ship yard has been successful in being awarded the ship-building contract for the Halifax Ship Yard. There is a bright future for us. What we need is a government with a plan and the ability to implement their plan so that we can capitalize on the opportunities this brings, not just to Halifax, but to all communities in rural Nova Scotia.

As your MLA for Colchester North, I am proud to be a member of the Liberal Caucus. We have offered real solutions to the problems facing our province, and we will continue to push those ideas forward.

During 2012, I hope to see economic growth, job creation, improved access to health care, fewer taxes, lower electricity rates, and adequately funded public schools. This will allow us to prosper as a province, and to build on the strength that we have - our people.

**Karen Casey, MLA, Colchester North Ph: 902-893-2180**



Colchester County Council will determine the budget in early March. The property assessment has been set by PVSC. The assessable property value for Colchester County is in the range of \$13-Billion. The actual tax rate will be set end of March, early April. It is my hope that there will be very little, if any increase. What I do know is when we approved funding for the civic center we had anticipated a 1 cent increase to cover the cost of financing. Having said that, from what I know now and baring any downloading from the Provincial Government we should be in good shape.

I have said this before, but would like to remind people, the biggest surprise I got when I joined council was that approx 47% of the revenue the Municipality receives in Property taxes is turned over directly to the Province for things such as Education, Social Services and Corrections.

On a more positive note, most will know a fund raiser was held last Sunday at the Firehall in Bass River for Holly Grue. Holly was injured in a terrible accident on New Year's Eve. The success of this fundraiser was unbelievable. It is heart warming and we all should be very proud of the way current and former residents of our small communities along the shore will turn out to support one of our own. Best wishes Holly and we hope to see you home again soon.

**Tom Taggart, Councilor District 10, Municipality of the County of Colchester**



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