

Dorothy's Kitchen Korner

It's an interesting and disappointing winter all at the same time. Interesting in that the thermometer doesn't seem to know where to set itself. I find the up and down cycle of 20-25 degree changes within 24 hours very hard to take. We can't get adjusted or know what to wear. Just when we get used to the cold up goes the temperature, almost as if spring was just a few days away.



Then a bit of rain and down goes the temperature to create ice everywhere making it difficult for those who like to walk, and treacherous for seniors. But the days are getting longer, so spring is truly on its way and when the sun shines it's amazing the amount of heat there.

With all the troubles around the world, especially in Paris, and then Belgium, I have to wonder where it will stop. The troubles in Dartmouth with dangerous chemicals in houses and a cottage concerns me causing even more worries as to what comes next. Hopefully no other community especially in Nova Scotia will make the deadlines and be under the surveillance of television crews.

Causes me to wonder where have we or where has the world gone wrong. We should be able to work together with everyone to make the world a better and safer place to live, work and play.

Unfortunately, as things continue to worsen, and more threats are aimed at western cultures, governments have to take action to protect us. In their haste to bring in new laws, there is bound to be an infringement on our civil liberties. Part of the problem is we need to keep aware of our surroundings and not make ourselves vulnerable to the actions of the deranged, but also worry that we don't do or say something to raise suspicions of law enforcement and be hauled off for questioning.

While Maurice was minding the store on Saturday, I was looking around on the internet for some different recipes. At the same time with Valentine's Day not far away, I was thinking of chocolate. Then I stumbled on an easy recipe for chocolate fudge. My craving became the best of me, so I decided to leave the internet and try the recipe. It turned out so good I must share it with you.

Easy Chocolate Chip Fudge

Ingredients:

2 cups chocolate chips • 1 14 oz can condensed milk
4 tbsp butter • 1 tsp vanilla • ¼ tsp salt

Optional: Use a ¼ cup walnut or pecan pieces, or coconut, or whatever you wish to add. (If you have some candied fruit or other ingredients left over from your Christmas baking, you might wish to use that).

Mix chocolate chips, milk and butter in a microwaveable dish. Heat a few seconds, removing to stir, reheat until all melted, then add vanilla and salt. Stir and heat a few seconds again.

Add the Optional ingredients, if you used them, stir into mixture; reheat and stir.

Line a 9" by 13" glass baking dish with tinfoil. Reheat the mixture to ensure it's hot. Pour mixture into baking dish, spreading around until it's level. Put in refrigerator and let it sit for 1-2 hours.

Cut into desired size pieces.

Without a doubt this was the easiest and best fudge, I've ever made.

I'm always in need of recipes. If you have a favourite family Christmas recipe, please send by February 17th, so I can use in the March issue.

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The Shoreline Journal

Notes from our National Capital

Benefits of Historic Trade Achievements for Nova Scotia

Recently, the Honourable Ed Fast, Minister of International Trade, held a pre-budget consultation with representatives of Nova Scotia-based small and medium-sized enterprises (SMEs) to seek input on how Canada can contribute to job creation, growth and long-term prosperity.

During the round table, Minister Fast marked the one-year anniversary of Canada's Global Markets Action Plan (GMAP), the Harper government's pro-export, pro-jobs plan. He reviewed the historic trade achievements under GMAP that benefit hard-working Canadians in Nova Scotia and throughout Canada. In just one year, our government has delivered on its GMAP commitment to eliminate tariffs and provide preferential market access for Nova Scotia exports, including through:

the conclusion of negotiations and release of the complete text of the historic Canada-European Union trade agreement. The agreement will eliminate tariffs on almost all of Nova Scotia's key

exports. On the first day of the agreement's coming into force, 96 percent of tariffs on fish and seafood products and 99 percent of tariffs on manufactured products entering the EU will be eliminated. Nova Scotia and the Port of Halifax, as Canada's gateway to Europe, are well positioned to benefit from increased export opportunities to the EU market and its 500 million consumers.



Scott Armstrong

the conclusion of Canada's first free trade agreement in Asia with the landmark Canada-Korea Free Trade Agreement, which is on track to come into force on January 1, 2015. Nova Scotia will see tremendous opportunities for export growth, given the complete elimination of South Korean duties on many Canadian products. For example, Nova Scotia currently ships 40,000 kg of lobster to South Korea each week, and the 20-percent tariff on this

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Notes from our Provincial Capital

Choosing the right child care setting

It is important for parents to know their child is getting the best start in life in a safe and nurturing environment to support their development. Recently, changes were made to child-care regulations to better protect children by ensuring that anyone who is working or volunteering at regulated child-care centres has criminal record and child abuse register checks in place. The criminal-record check will be replaced by the vulnerable-sector check in June 2015, and must be renewed every five years. A vulnerable-sector check goes beyond a criminal-record check to include a search of the pardoned sex offender database.

I want to assure parents that Nova Scotia is fortunate to have many child-care operators and staff who are dedicated, caring and have the best interests of children at heart. The Department of Education and Early Childhood Development expects child-care operators to have quality programs in place that meet the needs of all children to help them reach their full potential. We have a

good child-care system in the province, but we can and should always do better.

It is important for parents to always ask questions before enrolling their child in licensed or unlicensed child care. Licensed child care is available for children from birth to age 12. To be licensed, child-care centres must follow the Day Care Act and Regulations, and are inspected and monitored by the province. Family home day care is child care offered in someone's home under the supervision of a licensed family home day-care agency. Agencies are licensed by the department to approve, manage and monitor the care providers in their homes. All licensed child-care centres and approved family day-care homes display a sticker at the main entrance. The sticker shows the parent that the provider is regulated. A list of regulated child-care providers is also available on the department website.



Karen Casey

News from our Municipal Council - District 10

Hello folks

In the past week or so everyone should have received their 2015 Tax assessment from Property Valuation Services. It is very important you review these to ensure they are correct. Over the past year I have had two cases where there was an error on the tax bill and because the resident did not appeal they were forced to pay an incorrect amount.

In cases like this there is absolutely nothing I or Municipal staff can do. Staff took this to the highest level in the Property Valuation Services and in the end it is the responsibility of the owner to make sure their bill is correct. Once the PVSC has forwarded the total tax assessment or tax roll to the Municipalities for the purpose of setting the tax rate it is too late. Now this is not common, but mistakes do happen and it is important you review your assessment. Final date to appeal is Feb 9 2015.

Fracking waste water has again been in the news so I will explain what has taken place to date. Once again staff received an application to release treated wastewater into our wastewater treatment plant. To be clear the only reason we are asked is because it must pass thru our treatment plant on its way to the bay. We would have no say otherwise.



Tom Taggart

Because this treated water met the guidelines set out by Federal and Provincial Governments our staff had no choice, but to approve. That approval set in motion an appeals process. The sewer use bylaw committee received approx 25 appeals.

At a meeting on Jan 13 2015, it was determined we would

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News from our Municipal Council - District 9

Public Meeting to be held in Debert

In this article I would like to talk about an ongoing issue Council has been dealing with since I was elected over two years ago. I am referring to the approximately 6 million litres of treated fracking wastewater in holding ponds at AIS in Debert, and roughly 20 million litres in holding ponds in Kennetcook, Hants County. I include the 20 million litres in Kennetcook because if the Department of Environment (DOE) were to issue a permit for Atlantic Industrial Services (AIS) to ship this waste water to their Debert facility "like they have in the past" it would become our concern.

Let's look back to see where we are today compared to two years ago. Just over two years ago DOE refused to issue a permit for AIS to discharge treated fracking wastewater into the County sewer system in Debert. The reason for this was the discovery of naturally occurring radioactive material (NORM) within the wastewater. All operations of the

treating of this wastewater were put on hold until an adequate treatment process could be developed for the removal of the NORM's.

This was achieved when AIS processed the wastewater through a series of charcoal and polymer filter towers. NORM is a solid and can be easily filtered out of liquids by collecting it in a series of filters. Samples were then taken by AIS and DOE and analyzed by a third party laboratory with the results indicating the wastewater now meet Canadian Council of Environment Ministers and Health Canada guidelines for release into fresh water.

The DOE allowed AIS to continue treating the wastewater and AIS then applied to the County of Colchester for a permit to discharge the treated wastewater into the

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Doug MacInnes

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