

# Dorothy's Kitchen Korner

Christmas is a time for families to enjoy times together and for many to return home for their annual Christmas visit.

For some it's the only time parents see their siblings and grandchildren.

And what a great Christmas present that makes.

My Christmas present arrived in early October, as my only son, Bradley returned from a nearly four years in British Columbia and up north. His career as a chef took a different route earlier in 2011, when he started working in mining exploration camps, near the Arctic Circle, three hours north of Yellowknife.

This issue I'm pleased Bradley has been convinced to supply this month's recipe. In keeping with the season he has provided a way to use up all the leftovers in Turkey Pot Pie. One of his challenges was to reduce the quantities from institutional size to family size. (When turkey is on the menu in the big kitchens it's not unusual to cook 25-30 turkeys).

Bradley recommends when preparing the original Christmas or Festive meal, be sure to make lots of extra gravy, perhaps double what you normally would make. Then you have lots for future "left-over" meals. In this recipe, he also wanted to find a way to incorporate left-over mashed potatoes.

## Bradley's Turkey Pot Pie

Clear out the refrigerator to determine what you have:

Cube up leftover turkey

Left over vegetables (anything will do) and gravy  
Seasonings - Sage, Poultry seasoning, salt and pepper  
Flour - 2-3 tablespoons

Milk - 2-3 cups • ½ large onion

1 celery stick • Peas and corn - 1 cup of each (frozen)

Left over mashed potatoes mixed with ½ cup Parmesan cheese. (If potatoes are dry, add 1-2 tbsps milk). Set aside - to be used last.

All seasoning is to your taste and cooking habits.

Some people prefer pot pie in a pastry. If so, roll out pie crust ensuring there is plenty drooping over the sides of the baking dish.

Start by cubing up all the turkey and vegetables you want to put in the pie. Good examples are carrots, parsnips, turnip, potatoes and green beans.

Choose a pot large enough to hold all the ingredients. (Make sure the pot has a thick bottom. If you have a pressure cooker, that is ideal). Slowly heat gravy.

In another pan start cooking the onion and celery. Once the onion is translucent add the flour (stirring and turning) to make a roux. While constantly stirring, slowly add the milk.

Once the milk gets thick add to the gravy. Stir well.

Add all remaining ingredients, except mashed potatoes, to the gravy mixture, place on low heat, stir frequently until the contents are thoroughly heated.

Season as you go to your individual requirements.

If you are using a pastry slowly fill the pastry. Fold the additional pastry back over the top to create a ridge around the edge preventing juices from running down the sides.

If no pastry add all ingredients to the baking dish.

Now spread the potato and cheese mixture to cover the top. Preheat oven to 325-350. Place baking dish on center rack in oven. Cook 30-35 minutes or until potatoes are golden brown. Remove from oven. Let sit at least five minutes before serving. If you still have pot pie left over, let cool. Cut into serving pieces, place in containers or wrap in plastic wrap then place in freezer.

**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:**

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## From our Federal Capital

*On behalf of my family, staff and colleagues, I wish each and everyone a very Merry Christmas and Happy New Year.*

Scott Armstrong, Cumberland-Colchester-Musquodoboit Valley



## News from our Provincial Council

The fall sitting of the Nova Scotia Legislative Assembly began on October 31, 2011 and to date the agenda for the government includes several bills that could be considered housekeeping and are of little substance. For example; three bills have been introduced by the Education Minister, Bill # 93, Bill # 94 and Bill # 95. I was excited when I learned that the Minister of Education would be introducing three bills as I believe one of our priorities must be public school education. I was disappointed to learn that there was nothing in any of those three bills that would have any impact on teaching and learning in the classroom. This is the government that has cut 36 million dollars from the education budget, has discontinued a research based literacy program called Reading Recovery and has reduced the funding for Education Assistants to support students with special needs in our classrooms. She is now talking about further cuts to funding in the next school year.

The most controversial bill that has been introduced is Bill # 102, An Act to Prevent Unnecessary Labour Disruptions and Protect the Economy (First Contract Arbitration, FCA). This Bill has the potential to have a negative impact on small and large businesses across the province. The Bill is designed to address labour unrest, but we have continually reminded the government that "we have a harmonious labour environment in Nova Scotia". In fact, Nova Scotia has one of the fewest number of lost days due to labour disruptions anywhere in Canada. The government already has a process to use in the rare occasion when first contracts cannot be settled. The NDP Government argues that FCA exists in many provinces and it is true that in some form it does, however, the only province that has the model being introduced in Nova Scotia exists in Manitoba where it has been described as "regressive" and undermines the ability of employers and employees to engage in free collective bargaining. Owners of both small

and large businesses have been asking the Liberal Caucus to urge the government to focus their attention on more pressing issues, such as growing the economy and creating more jobs.

Home Hardware Distribution Centre in Debert, Masstown Market in Masstown, Central Freightlines in Truro, Sobeys operations all across Nova Scotia, as well as the Truro and District Chamber of Commerce, on behalf of all of their members, have expressed concerns. Masstown Market for example has been operating since 1969 and currently employs over 120 people. Home Hardware opened in 1980 and currently employs 230 people. Central Freightlines began operation in 2000 and has 31 employees. These businesses, both large and small have been able to create a positive work environment without FCA. They are asking the government and our caucus is asking the government, what problem this legislation is intended to fix. The answer is that there is no problem, so one must question what is the government's real motive. Could it be an easy way to introduce unions in non union workplaces. Many businesses have made presentations to the Law Amendments Committee asking that the NDP government stop moving forward with this Bill. In fact, the representative from Sobeys Ltd. suggested that the passage of this Bill could well become part of their future planning for expansion in Nova Scotia.

As this year draws to a close and as we enter the holiday season, I want to thank you for your ongoing support and wish you and yours all the best in the new year.

MERRY CHRISTMAS

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



## News from our Municipal Council

### Merry Christmas folks,

The Shoreline is out early this month so I would like, one more time to wish you and yours a very Merry Christmas and a happy and healthy new year.

Much has been written in our provincial newspaper over the past few days about Municipal Governments. Are they effective? Are there too many mayors, wardens and councilors in a Province of this size? For the most part I agree. I think there needs to be consolidation and amalgamation in some areas.

To me it does not seem reasonable to have a Town with less than 1000 residents or 6 different municipalities in a County like Pictou. However I say that from the outside looking in, and sometimes there are facts we are not all aware of.

The one thing I am certain of is if regions such as Stewiacke, Truro and Colchester are going to grow and compete with the almighty Halifax Regional Municipality for the jobs and residents needed to sustain our communities, it will require real, true regional cooperation.

This is not to say we need to amalgamate, because I truly do not know what is best. What I do know is in my time on council I feel there has been very good cooperation with other jurisdictions thru-out our county.

However we must continue to search for new ways to share services, grow our communities, both urban and rural and reduce or maintain the costs to taxpayers. Reducing or holding the line on costs will be difficult going forward given the cost associated with things like, meeting all the guidelines and regulations for solid waste and wastewater management. Regulations imposed

by the Provincial Dept of Environment, but paid for by Municipal taxpayers.

Regional cooperation will be key. Do we need amalgamation? I do not know, but we need to ensure whatever we do it does not get too big and unmanageable. We do not want to get in the position, if you believe all the media reports of late, HRM has become very difficult to manage. One observation is there is one camp fighting for the folks in rural HRM; another fighting for urban residential communities and another fighting for the downtown core. They never seem to agree and at times seem to be working to discredit each other.

My point is that, whatever happens in the years to come, it is critical those who are fortunate enough to get elected to public office be committed to working toward one common goal - to make their community, their region and their Province the best it can be.

This leads me to my last point of this month's column. In my first term on council, I am absolutely amazed at how well our council works together. There are no party politics played, there is almost always debate, sometimes maybe some slightly hurt feelings, but I believe that when each councilor casts their vote it is for the better of the county as a whole. We have a great Mayor who works very hard to ensure we as councilors see all sides of an argument and we work as council should, as a team.

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



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