

# Dorothy's Kitchen Korner

Merry Christmas and Happy New Year



It's great to have a feeling of safety from living in a rural area and working in small town Nova Scotia. With almost a daily shooting or a pedestrian being mowed down in a crosswalk driven by someone who's not concentrating on what they are doing, I shudder and worry about those who live in Halifax Regional Municipality.

For the life of me, I can't understand how two adults, one a pedestrian and the other operating a vehicle can be so unaware of their immediate surroundings. Although just as serious, it would be easier to understand if these accidents involved a youth riding a bicycle, or chasing a lost ball. If the pedestrian was a person with impaired vision or intoxicated stumbling into the path of an oncoming vehicle at least could be an excuse. Ironically, most of these incidents have occurred in crosswalks.

A caller to a Halifax radio show mentioned those who are jay walking possibly are more careful - looking both ways and access the speed of oncoming vehicles. Made sense to me, but on the other side of the coin, does his rationale mean pedestrians are not looking and because they are in a crosswalk simply keep on walking without breaking stride.

Maurice was grumbling the other day, because on Queen Street, he noticed a middle age woman actually increase her walking pace, to get across the crosswalk even though the "Don't Walk" was flashing. If a motorist had been turning left or right, there could have trouble. Sure she was in the crosswalk, but not supposed to be crossing.

One reader brought to my attention that in printing Ruth Thompson's Plum Pudding recipe, I failed to indicate what type of sauce should be applied to the pudding. It was intentional, because the sauces can't be made far in advance. Some families prefer a hard sauce, others prefer a more basic fruit or foamy sauce. Here's a variety of sauce recipes.

## Hard Sauce

**1/2 cup butter • 3/4 cup brown sugar • 3/4 cup icing sugar  
1/2 cup whipping cream • 2 tsp brandy (optional) • 1 tsp vanilla.**

Cream butter in a small bowl. In another bowl combine brown and icing sugar. Fold sugar gradually into creamed butter alternating with mixture of whipping cream, brandy and vanilla. Beat well. End with sugar. Place in refrigerator until sauce is firm. Serve cold with plum or steamed pudding. This recipe makes 1 1/2 cups.

## Foamy Sauce

**1/2 cup butter • 1 cup sifted icing sugar • 1 egg  
1 tsp vanilla • Pinch of salt**

Combine sugar, flour and salt in saucepan. Add 1/3 of the milk and stir until mixture is smooth. Add balance of milk and bring to a boil over medium heat, stirring constantly. Cook 2 minutes. Beat egg yolk lightly with a fork and add with a little hot sauce. Return to saucepan and cook stirring constantly over medium heat, without boiling, 1 minute. Remove from heat, fold in butter and vanilla. Serve immediately on pudding.

## Lemon Sauce

**6 tbsp sugar • 2 tbsp flour  
1 tsp grated lemon rind • Pinch of salt  
1 cup boiling water • 2 tbsp butter • 2 tbsp lemon juice.**

Combine sugar, flour, lemon rind and salt in saucepan. Add boiling water gradually, stirring constantly. Cook over medium heat constantly stirring until sauce is clear and thickened. Remove from heat. Fold in butter and lemon juice. Serve hot with steamed puddings, fruit puddings or apple desserts. Yield: 1 cup.

I'm always in need of recipes. Please send to me by January 15th, so I can get in the next issue.

Please send to:

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## Notes from our National Capital

**Protecting Canadians from Online Crime Bill C-13 and Mandatory Prison Sentences for Child Sex Offenders**

With today's technological advances, cyberbullying is becoming increasingly prevalent in Canadian society. Cyberbullying is a form of bullying, in which aggression towards another is done through electronic means. A form of cyberbullying that uses new communication technologies to distribute intimate images without the consent of the person depicted is taking bullying way beyond the school yard. Once in cyberspace, an image or information can spread quickly and often uncontrollably, and it may also be permanently available on the Internet.

The impact of cyberbullying is far reaching and has even been a factor in the tragic suicide of several Canadian teenagers including several in our Riding. Something has to be done and this legislation is a strong start.

In the 2013 Speech from the Throne, our Conservative Government committed to better protecting children from all forms

of bullying and we are delivering on our commitment with the introduction of legislation that specifically addresses this form of cyberbullying. Justice Minister Peter MacKay has introduced legislation that will amend the Criminal Code to prohibit the non-consensual distribution of intimate images. This crime will be punishable by a maximum penalty of five years in prison. A judge will also have the power to order the removal of an intimate image from websites and may impose restrictions for a specific time on the use of the Internet for the person convicted.

This legislation will also modernize existing investigative powers to enable police to more efficiently and effectively obtain electronic evidence that exists on the Internet or other technologies. This legislation is essential in addressing cyberbullying and holding cyberbullies accountable for their actions.

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**Scott Armstrong**

## Notes from our Provincial Capital

### **More on Fracking**

There continues to be a focus on hydraulic fracturing (fracking) in the province of Nova Scotia, and close to home here in Debert and area. There are actually 4 components to this:

- the practice of hydraulic fracturing in shale gas exploration
- the disposal of wastewater as a result of this practice
- the importation of fracking wastewater into Nova Scotia
- the treatment and disposal of existing wastewater in holding ponds in Debert and Kennetcook.

During the last two years, members of the Liberal Caucus called for a moratorium on the practice until a scientific review was conducted and concluded that the practice posed no threat to the environment. This moratorium was announced and Cape Breton University president David Wheeler was asked to conduct an independent review. That is currently underway.

Secondly, the disposal of wastewater from fracking that had

## News from our Municipal Council - District 10

### **Hello folks.**

From my family Zylpha, Thomas, Alyssa, Megan and I, we would like to wish everyone a very Merry Christmas and a happy, healthy and prosperous New Year.

I held a public meeting last Wednesday Dec 4 at the Bass River Fire Hall to get community input on the future of the vacant Bass River Elementary School. Only 5 people showed up, I would like to thank Maurice from the Shoreline for taking time from his busy schedule to take part in this meeting.

There was some discussion about calling another meeting with a suggestion that we make it a community meeting to discuss any and all issues that folks may be concerned about or wish more information on. I will contact Karen Casey and Scott Armstrong to see if there is a time they may be available and go from there.

As for my personal thoughts on the Elementary School, I am going to ask the Municipality to take over the school and hold it for a year to

## News from our Municipal Council - District 9

It's hard to believe as I write this article another year has passed so quickly. It seems so many of us live such busy lives these days time slips away almost unnoticed until some event reminds you of it. As your Councillor I am awarded opportunities to do some really cool things. For example I recently had the privilege of presenting the Lower Onslow Preschool with certificates of congratulations from The County of Colchester and MLA Karen Casey, on behalf of the Province of Nova Scotia.

This certainly was a reminder that forty years had passed and I can vividly remember the preschool's 2nd year of operation when my younger sister Terri started her Preschool career at the age of three. I'm positive with the extremely energetic volunteers and the dedicated staff in place at the preschool today we are well on our way to celebrating another forty years of helping our children get a head start into the education system.

I would suspect many of you have probably already learned through local media outlets that there is a pilot project being proposed by

already taken place was raised. We remember the public hearings held in Debert where a Committee of County Council heard from concerned residents. They were asking that no such wastewater be disposed of through the Municipal Water Treatment Facility. Council responded, reversed its decision so this discharge and disposal would not happen.

Thirdly, was the concern about the importation of fracking wastewater into Nova Scotia from other provinces. Again, I am pleased to note the Liberal Government has responded, and on December 2, 2013, Bill No. 5 Importation of Hydraulic Fracturing Wastewater Prohibition Act was introduced by the Minister of Environment. This Bill is a direct response to messages from Nova Scotians who have been asking for a ban on such importation.

The fourth component relates to the treatment and disposal of the



**Karen Casey**

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see if the community has a use. If nothing comes of that I will then ask to have it demolished and the land sold. You can be sure that there will be some opposition to this at council as other councillors will be concerned about the cost of demolition. I do not blame them for that, however I am concerned that if left with the School Board (I mean no disrespect here as they have budget issues and education is their mandate) that it will deteriorate and become dangerous and unsightly.

I have no good news as yet on the Londonderry Post Office. I met with their area manager a couple of weeks ago and he informed me they had met their requirements and had made two attempts to fill the position and did not intend to prolong the process.

I advised him the Municipality had sent a letter to Canada Post and



**Tom Taggart**

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Atlantic Industrial Services (AIS) in Debert to dispose of treated Fracking waste water by using it as a cooling fluid on the kiln at the Lafarge cement plant in Brookfield. This proposal is in the very early stages and Council has not been briefed on this subject by either the Department of Environment or the two companies involved at the time this article was being prepared.

My understanding is that AIS has treated this fracking waste water first by screening it through a filter system to remove all the solids. In these solids would be the naturally occurring radioactive material (NORM). They then have subjected it to Reverse Osmosis. I'm not going to bore you with my lack of knowledge on the process of Reverse Osmosis but I do know it was invented by NASA to solve the problem of the lack of drinking water in space.

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