

# Dorothy's Kitchen Korner

As expected, weeds grow faster than the transplants. We got spoiled in March and April with such warm weather, so much so that's it's hard to correlate the season with the calendar. For instance some of our farmer friends were putting up silage and bales of hay over three weeks earlier than normal. A few weeks ago, Leslie Burrows, Old Barnes told Maurice with one more day of good weather, they would finish their first cutting a few days before they normally start.



On June 14th, I got on the road early to deliver bulk copies of our Regional Tourism Feature in the June edition to museums and visitor information centres along the shore up to Port Greville and Springhill. The day was rather special for me, as I was attending the opening of the 23rd season of the Anne Murray Centre, while there I got to spend a few minutes with the international star from Springhill.

With lots of local greens available, and the desire for more healthy eating, I've chosen two recipes, which should compliment each other for some great summer meals. The first recipe is Homemade Salad Dressing submitted by our good friend, Hazel Hill, Great Village.

### ***Homemade Salad Dressing***

***½ cup granulated sugar • 1 tbsp cornstarch  
2 tsp dry mustard • 1 tsp salt***

Mix above in top of double boiler, add 2 beaten eggs and ½ cup white vinegar, mix thoroughly. Remove from heat, add 1 tbsp butter. Bottle, cool and refrigerate.

***Submitted by Hazel Hill, Great Village.***

Here's a great recipe submitted by Marilyn Adams, which would be great prepared in the oven as Marilyn suggests. I've added some thoughts on how to adapt for the BBQ.

### ***Chicken In Foil***

***2 boneless, skinless chicken breast halved  
1/4 cup sliced onions sliced • 1/2 tomato sliced  
1 med size potato sliced • 1 small carrot sliced  
1 stalk of celery sliced • 1/4 tsp pepper  
1/8 tarragon • 1 tsp lemon juice***

In two pieces of heavy duty foil, place a piece of chicken and divide the veggies and seasoning equally over the chicken. Wrap well and place in a 350 degree oven for a 1 hour. Serves 2

***Submitted by Marilyn Adams***

Dorothy's Note: For some great summer time cooking, this recipe could be adapted to the BBQ. I haven't done it for about three years, but we often did foil wrapped vegetables on the BBQ. I'm thinking if the chicken breasts were parboiled for a few minutes they should be thoroughly cooked by the time the vegetables are ready. I'd also use about three tablespoons of water from boiling the chicken. This will add more moisture and the steam in the sealed foil pouches will enhance cooking the vegetables.

### ***Barbecued Bananas***

While you have the tin foil out, you might as well prepare dessert. For each banana tear of a piece of tinfoil about 12 -14 inches square. Fold in half, place peeled whole banana in centre of foil. Add 1-2 heaping TBLSP of brown sugar, a bit of cinnamon, 1 TBLSPN butter and 2-3 TBLSPN cold water. Seal foil to make a boat, with seams at the top and ends folded upwards; tight enough to retain all fluids. Set aside. One minute before you finish cooking on the BBQ, place tinfoil boats on the top rack or off to the side. When BBQ is empty place tin foil boats in the hottest section, close lid, turn of BBQ, when you are ready for dessert, retrieve from BBQ, open top seams, add a scoop of ice cream, or crushed strawberries. ENJOY.

***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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## News from our Federal Capital

**Happy Canada Day!** As we celebrate Canada's 145th birthday, it is a particularly apt time to reflect on our country's history. July 1st is the day we celebrate our achievements as a country, and reflect on how lucky we are to live in the greatest country in the world. It's a chance for Canadians, whether here at home or around the world, to show our pride. In 2012, we mark many important milestones for our country. In particular, this year we commemorate the bicentennial of the War of 1812 – a war whose result confirmed Canada's destiny as an independent nation. I am proud our Conservative Government is supporting hundreds of War of 1812 events and re-enactments across Canada. Canada Day will be a good time to reflect on the contributions our ancestors made to preserve our country. Of course, we cannot forget other 2012 anniversaries – like the 40th anniversary of Canada's victory in the Summit Series of 1972, the 20th anniversary of the Blue Jays' World Series win, or the 2nd anniversary of Canada's Olympic Games in Vancouver, where our athletes won the most gold medals by any country, at any Winter Olympics. As we remember our history, this is also a time to honour the service and accomplishments of our men and women in uniform. They serve our country despite risk and hardship, despite time away from home, in conflicts like Afghanistan and on countless humanitarian missions. They protect our country and uphold our values. They are true Canadian heroes. Locally, there are a number of events marking this special day. Throughout Cumberland – Colchester – Musquodoboit Valley there will be parades, barbecues, and

## News from our Provincial Council

As many of you continue to have increases in your electricity bill, it is important to know what has been happening at the provincial level. Nova Scotia Power has once again submitted a rate application to the Utility and Review Board. This application is a request to have your power rates increased one more time. That hearing is scheduled to take place on September 13, 2012. This is the rate charged to you and I on our monthly power bill and it continues to increase.

Electricity prices in Nova Scotia have gone up by almost 10% in the last year. This is causing hardship for many Nova Scotians and the NDP government could have stepped in but, rather turned a blind eye and allowed NSP to increase their own rate of return. You and I are paying for that as our power bills continue to rise. The Liberal Caucus introduced a Bill in the Legislature that would allow energy producers to sell directly to customers. This would break the NSP monopoly and would introduce healthy competition. You and I would have a choice as to where we buy our energy. The NDP government refused to call the Bill. I wish to share with you the following.

### **The Liberal Plan for Fair & Affordable Power Rates**

It's time we changed the relationship between Nova Scotia Power and its customers. Electricity is essential to how we live our daily lives, so it is understandable how frustrated and helpless we feel as our power rates continue to climb year after year. It doesn't have to be this way. The NDP government has the tools at its disposal to make a difference — and has chosen not to use them.

I want to be clear about what I am proposing. This is not about deregulating the power market in Nova Scotia. Nor is it about turning back the clock and "buying back NSP". Rather, the Liberal plan is to open the market to competition and put ratepayers first in the equation.

## News from our Municipal Council

I would like to talk today about the recent report of the Electoral Boundaries Commission. I would like to state from the beginning that this is mostly a personal opinion, but I am using this column as a bit of a soap box. I would encourage all residents of West Colchester to give me their opinion by calling 647-2025 or email: [councillordistrict10@colchester.ca](mailto:councillordistrict10@colchester.ca)

Recently it was announced electoral boundaries in West Colchester would be changing. Under the new boundaries all residents from the County Line in Five Islands to the Bass River side of the Five Houses road will become part of Cumberland South under a new name Cumberland South Fundy Shore. Now I mean no disrespect to the good folks of Cumberland South but I personally have no ties to that riding. I believe it is fair to say the majority of the residents of this region traditionally migrate toward Truro for work, doctors, banking etc. Now I am sure that some in Five Islands may not feel this way and I understand that, given their proximity to Parrsboro I am certain some have those traditional ties. I really would like their opinion on this.

I am certain most are aware the 1st draft of these boundaries called for the changes I spoke of as well as removing 2 ridings in rural Nova Scotia while adding 2 ridings to Halifax. The mandate being: All ridings be within 25% of each number of voters. The report protected 4 ridings as supposed minority riding, some with less than 10,000 voters. The provincial government has rejected this report and insisted they follow the 25% rule.

The first concern I have is the idea of adding 2 seats to the Halifax Region and removing so called rural ridings. I believe there needs to be recognition that Nova Scotia is a very geographically diverse Province. There is no question that Halifax is growing at the expense of the rest of Nova Scotia. Using the 25% rule will continue to grow that power base in Halifax at our expense. There

fireworks in communities and towns across this beautiful riding. In particular, I would like to mention the unveiling of the Forgotten Heroes Monument in Bass River. This monument will pay tribute to animals lost in war, and was the idea of 11-year-old Noah Tremblay. I am proud the Government of Canada supported this project with a \$7,000 grant, but the credit goes to young Noah whose vision and determination are truly admirable. This unveiling will be a good opportunity to pay tribute to those animals and their handlers who sacrificed for Canada, but also to pay tribute to Noah's impressive accomplishment. Of course, around the beginning of July, many Canadians are enjoying the beautiful summer weather. Surrounded by a natural inheritance that is, from coast to coast to coast, the envy of the world, we cannot help but feel blessed to live in one of the most peaceful, prosperous, and generous nations on earth. It truly is cause to celebrate!

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**



A limited controlled opening of the market would increase competition and give ratepayers a choice. To begin with, the government should adopt the Liberal bill in the legislature allowing renewable energy producers to sell directly to customers. A regulated introduction of competition would create a healthy environment for ratepayers.

Secondly, it is time the rate of return on investment for Nova Scotia Power be reduced.

Each year, more than \$100 million dollars from power customers in Nova Scotia leaves this province to be invested by Emera outside of our province. It is time to find a fair balance between shareholders and Nova Scotians struggling to pay their power bills.

Let me be clear – Emera has made a choice to invest mainly outside Nova Scotia. To use a more common phrase, Emera is not "putting any skin in the game". Risk should be rewarded. Currently, Nova Scotians take all the risk and Emera shareholders reap all the rewards. This equation needs to be changed. Reducing the rate of return is the place to start.

This NDP government has abdicated its responsibility in energy. It has allowed Nova Scotia Power to dictate the energy future of our province. Energy is essential to our self-determination as an economy. Government has a role in setting that direction.

A Liberal government will set that direction in the interest of Nova Scotians.

Sincerely, Stephen McNeil

Leader of the Nova Scotia Liberal Party

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



needs to be some recognition that the remainder of Nova Scotia plays a vital role in the overall growth and well being of this province. Secondly, we should consider the 25% rule in terms of fair representation. It would seem logical that an MLA for say Halifax Citadel would find it much easier to represent their constituents that all lived within 5 miles of each other than say an MLA for Colchester North who has a 1 hour 30 minute drive from one end of the constituency to another. Is this equal representation?

Please do not take this to mean that we do not get the representation we deserve, as it is my opinion we have been represented very well over the past 30 years by our MLA's of every political stripes. However, if this trend continues our true rural constituencies will soon become so called minority ridings. It is my opinion that our culture and way of life is every bit as unique and diverse as say the French shore or Preston area. I also feel that to just go out and carve up Nova Scotia based solely on numbers is wrong. There needs to be some consideration for traditional communities. Do not draw a line down the middle of them based solely on numbers, as well as Municipal boundaries.

Just to get back to our local constituency, I notice on the Electoral Boundaries website, they held public meetings. The closest one to Colchester North was held in Amherst. I think it is important to let our opinion be known on this subject. You can do this by email to the electoral Boundaries Commission @ [boundaries@gov.ns.ca](mailto:boundaries@gov.ns.ca) or contact me at the numbers listed at the beginning of this article.

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



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