

Dorothy's Kitchen Korner

I had the warmest January I have ever experienced. Not because I was in the kitchen, but rather I accompanied my cousin on my first-ever cruise. On January 3rd we left Halifax bound for Fort Lauderdale, Florida via Toronto and New York to board the cruise ship, Emerald Princess, which would be our home for the next 21 days along with over 2,000 others, who were vying for some great fun in the sun.



After the cruise we spent a week in Fort Lauderdale, and then Orlando to visit Sea World and Disneyland. One of our tours included a trip up to Daytona. I was amazed at the length of Daytona Beach and the gigantic size of the racetrack home of the Daytona 500. Just the sight of a large jet parked inside the raceway amazed me.

Overall the month of January was fantastic. I had never dreamed I would ever be so lucky. It was a long-time dream to have an entire month of 80+ temperatures, total relaxation and plenty of sun to get a great tan.

I was quickly brought back to reality upon my return on February 3rd. Getting on the plane in Orlando just before noon in extreme heat, then stepping out into a raging blizzard five hours later is a shock to the system. I've been frozen ever since.

Maurice took pity on me and ran the store on Monday, but afterward it was up to me to brave the cold harsh weather for the remainder of the week. Now this weekend, as I'm trying to find the appropriate words, we're having another storm.

I'm watching out the corner of my eye at the weather forecasts from Boston area. In some areas, accumulation was over 30 inches reaching over three feet breaking one day records which stood for over 100 years.

Around here, not as much snow yet, but we still have another 18 hours before the snowfall is predicted to end. It's my guess, we won't exceed 30 cm, but the winds will blow it so far, it will be hard to tell.

Spring is not that far off, when you think about it. Another way, I can tell is a number of trade shows we attend for the t-shirts are starting. One each month February through April, then it doubles in May and June.

With the storm raging outside, figured it was time to spend some time in the kitchen, as being near the stove would help warm things up. So far home-baked beans for tonight, plus cooking the meat for a stew and some back ribs for a meal during the week.

I decided to modify Hazel Hill's recipe, by doing the ribs in a roast pan instead of under the broiler. Since I was using a roast pan, I avoided the boiling on the stove. One thing about the seniors in our area, they sure knew how to prepare delicious meals. Hazel Hill, Great Village is one of those and over the years has submitted several great recipes.

Finger Lickin' Ribs

- 6 lbs back ribs • 1 cup ketchup
- 1/3 cup each of soy sauce and liquid honey
- 4 large garlic cloves crushed • 3 tsp Worcestershire sauce
- 1/4 to 1/2 tsp cayenne pepper or hot sauce

Cut ribs into serving portions, place in heavy saucepan, cover with water and boil until tender - 1 to 1 1/2 hours. Drain: some pieces may be refrigerated for later use.

Sauce: Stir the ingredients together; coat ribs with sauce and broil either on a barbecue or under the stove broiler. Turn often and baste with sauce until hot and well glazed, 10 - 15 minutes.

Notes: A small amount of oil in the sauce may lessen burning of the glaze. Any left over sauce may be refrigerated.

I'm always in need of recipes. Hope you will take a few minutes to send along some of your favourites.

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The Shoreline Journal

Notes from our Federal Capital

A Penny for your thoughts!

Phasing out the Penny - what it means for you!

As most of you are aware the production of the Canadian penny ceased in May of 2012. However, like all discontinued currency in the Canadian monetary system, the coin remains legal tender.

For Canadian taxpayers, it simply doesn't make sense to make cents anymore. Pennies sit idle in jars and coffee cans on our dressers and in our closets. They consume too much of our small business owners and retailers' time, for too little in return. They cost too much for taxpayers to mint. The cost to produce one penny is 1.6 cents to be exact.

Taxpayers deserve better, and they are now getting better. As announced last year, the penny was phased out starting February 4th when the Royal Canadian Mint ceased distributing them. With this, Canadian taxpayers will save \$11 million each and every year as pennies are fully phased out.

As part of this penny-less reality, Canada will move to a new

"rounding" system. This is a similar transition made in countries like Australia, New Zealand, and Sweden that have long ago and successfully eliminated their penny.

How will "rounding" work?

Cash payments will need to adapt when pennies are not available. As time passes, businesses will simply not have pennies and, at the same time, customers will run out of pennies to pay with.

To deal with this, the Government is encouraging all businesses to round cash transactions. Moving to this "rounding" system means that cash payments should be rounded symmetrically a successful practice that has become normal in countries that have eliminated their pennies. Symmetrical rounding means that final cash amounts (i.e. after tax) and the change owed:

- ending in 1, 2, 6 and 7 cents are rounded down to the nearest 5



Scott Armstrong

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Notes from our Provincial Capital

Nova Scotia - Highest Power Increase in Canada

According to Statistics Canada, Nova Scotia was the province that saw the highest increase in electricity prices in Canada in the last year. We are all feeling this in our pocket books. Unfortunately, Nova Scotians are not all experiencing a correlating increase in salaries and wages. While "take home" pay remains constant for most or decreases for others, our costs for an essential service like electricity continue to increase. This means we have less disposable income to spend on other needs, and in some cases, Nova Scotians are being forced to choose between heating their homes or eating healthy foods or buying medications.

Nova Scotians are feeling the pain, but Nova Scotia Power is not. They are the only provider of electricity in the province ... that means they have no competition ... that means they have a monopoly ... that means they can control electricity costs to customers. And since there is no competition, we as consumers have no choice. We

must buy from Nova Scotia Power.

Let's look at other provinces in Canada. For example, Quebec, Prince Edward Island, New Brunswick and Saskatchewan saw no increases in electricity prices in 2012. Alberta saw a 27% decrease. Manitoba has the lowest power rates in Canada. Electricity prices in Nova Scotia are rising and could continue to rise toward the breaking point for homeowners and industry. In fact, Nova Scotia Power has just received approval for a 3% increase in January 2013 and another 3% increase in January 2014.

So where is our NDP government on this issue? As Corporate Research analyst Don Mills has stated "there is no doubt that the NDP is closely allied with Nova Scotia Power". They have continued to protect Nova Scotia Power, to protect its rate of return, and to protect its



Karen Casey

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News from our Municipal Council - District 10

Londonderry Post Office and County Notes

Hi folks, I am looking forward to spring, hopefully it is just around the corner. It has been a very busy month and I look forward mowing grass again.

First I would like to update on the Londonderry Post Office. I have recently been advised by Canada Post they are moving closer to searching for a New Location for the Post Office. They have reviewed the usage, hours of operation and volume of mail.

They have determined, in all likelihood, the new office will not open on Saturdays. Therefore the open hours will be reduced by three I believe. They have to meet with the union and once that is settled they will move forward with finding what they call a postmaster owned post office. As soon as this process is complete they will notify the community.

There will soon be some, what I consider to be positive changes to our garbage collection. Sometime in the near future the routes will change and our garbage, compost and recyclables will all be picked

up on the same day, once every 2 weeks.

Miller Wastes presentation to council stated this will create efficiencies in their system and by putting all six of their trucks in one region on a given pickup day they will be able to provide better service. One example given was if a pickup was missed or late they should be able to pick up by another truck that is in the region. Also, although it may mean a bit of increased storage this will end any problems with folks putting out garbage on recyclables day and vice versa.

I would like to take a minute to congratulate Mark Wood and Desirée Stockerman on having been awarded a contract to sell their new sonar product to the Canadian Government. I want to be clear. This is not a loan, or a grant, or a subsidy. This is an ORDER, a contract to supply a product. A product, that was designed, tested and pro-



Tom Taggart

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News from our Municipal Council - District 9

Hi Folks,

Do you ever take the time to check and see if that new shirt or dress you are about to purchase has "Made in Canada" printed on the label? When you're about to toss that bag of apples or package of tomatoes into the grocery cart do you take a second to make sure they are a product of Nova Scotia and not Chili or Argentina?

Buy Local is a bit of a pet peeve of mine because for years I have listened to some local business owners and residents preach the "buy local philosophy" only to see them purchase that pair of glasses on line because they were 40% less than a local optical store. Still better are those who can't for the life of them find that pair of shoes or dress without driving to Halifax or better still flying to Toronto or New York to purchase them. It's all about supporting your local businesses and by doing this you are supporting the local economy.

It is said that for every dollar we spend on locally grown produce in our local markets there will be four dollars created in local economic spin off. Not only are you contributing to the local economy

but think what an impact you are having on the environment by purchasing local produce and products. Statistics show the average vegetable or fruit imported into Canada will travel approximately 4400km. Fruits and vegetables are selected for their flavor and freshness not their ability to travel long distances. The bag of Gala apples I purchased the other day traveled 209km from Wolfville Nova Scotia. Now think about the amount of carbon emissions that would have been released into the atmosphere if this same bag of Galas had come from South America.

In recent years, there have been health issues reported that were associated with eating imported food, brushing our teeth with imported toothpaste or letting our children play with imported toys that were dangerous and deadly, just to name a few recent headline events. Do you really think that a fish farming operation in China has



Doug MacInnes

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