

# Dorothy's Kitchen Korner

How long and harsh as winter been? Far too long.

Even though February is the shortest month of the year, it's also the most discouraging, as it comes with the arrival of the bills run up for Christmas and in most cases, we view spring being just a bit too far away.

We can only look at the seed catalogues, because it's too early to start seedlings to add some greenery to our life. I can't remember when we've had so many storms as this year. Having weather forecasters bring us warnings about three storms within a week was about enough to drive us around the bend.

About the only salvation we've had this month is the Olympics. Yes, Canada fared well and the men's and women's curling and hockey caused us to forget work, the longevity of winter and to relish in being the best in the world.

Now the Olympics are over, and I just realized how much longer the days are becoming and the amount of strength in the sun, when it does get an opportunity to shine brightly. A few sunny days will also be beneficial for the retail sector. It's amazing how much more traffic there are in the malls and downtown areas on a sunny day, and how much happier customers are.

With a sagging economy and dismal retail sector, retailers need everything to be on a positive note. Vibrancy in the small business community is important for the entire province. Let's all work to put away negativity and deal only with the positive.

Last week, when we were just getting over one winter storm and there were forecasts of two more storms just two days apart, I started thinking what recipe can I find, which would be appropriate for the season.

Now that we are near the end of February, and the days are getting longer, I was still thinking about snow. As a result I chose "Snow Pudding" which is a recipe provided by Mrs. Sarah Billings from Woodstock. Ironically, she was also one of Maurice's high school teachers and her son was a classmate when Maurice was in grade 10. The recipe can be found on Page 46 of 3rd edition of the Barbour Cook Book.

## Snow Pudding

**1 pt boiling water • 3 tbsps cornstarch  
2 tbsps white sugar • pinch of salt  
yolks of 2 eggs**

Stir cornstarch, boiling water, sugar and salt until it thickens. After it cooked and while hot fold in the whites of 2 eggs, beaten to a stiff froth.

Serve with whipped cream, flavoured with vanilla or any desired sauce.

I also came across another simple recipe, which I tried on one of the stormy days. It was easy to make and very delicious. Also good for those on a diet or who are diabetic. It took only two ingredients.

## Pineapple Angel Food Cake

Empty a box of angel food cake mix into a bowl, add a can of crushed pineapple and juice. Mix until all ingredients are moistened.

Turn mixture into a greased 9 x 13 baking dish. I preferred to use a pyrex cake pan. Bake in oven. Let cool. A lot of the pineapple fell to the bottom.

When serving, turn moistened pineapple to the top. Add whipped topping, whip cream or serve plain. Absolutely delicious.

I'm always in need of recipes. Please send to me by March 19th, so I can get in the next issue.

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**The Shoreline  
Journal**

## Notes from our National Capital *Staying Focused on Jobs & Growth*

The Conservative Government recently introduced Economic Action Plan 2014 - the next step in our plan for job creation and economic growth.

Canada's recovery from the recent global recession has been among the strongest in the world with over 1 million more Canadians now working than at the worst of the recession - the best job creation record among all G-7 countries, including Germany.

But we all know there is still more to do. Too many Canadians are still looking for work and the global economic recovery remains fragile at best, especially in Europe and the United States.

That's why our Government is staying squarely focused on the economy. We're moving forward with a positive plan that will help create jobs and grow our economy, all while keeping taxes low and remaining on track for balanced budgets in 2015.

Since 2006, the Conservative Government has been keep-

## Notes from our Provincial Capital

### *Liberal Government Makes Education a Priority*

We have all watched with interest during the month of January the negotiations between CUPE Local 3890 and the Chignecto Central Regional School Board. As the Minister of Education I have viewed this through a lens that focused on students.

The decision that was made to have the two sides resume negotiations came directly from the Premier. It was his leadership and the cooperation from the two sides involved that saw this impasse come to an end. Our Government respects the collective bargaining process and recognized that appointing a mediator would allow the two sides to move forward through that process.

I want to thank both CUPE Local 3890 and the School Board for agreeing to work with the mediator to help resolve outstanding issues in their collective agreement. I also want to thank parents for dealing with the inconvenience caused by no school bus

## News from our Municipal Council - District 10

### *Hello folks.*

March is a very busy month for council. We will begin to put our budget together. As of yet we have not seen a draft, therefore all I can do is speculate. Last year there was no rate increase, just the increase from the increase in your property assessment from the province. You can be sure council will do all it can to ensure there is no rate increase this year.

As many are aware the issue of fracking waste water is back on our agenda. Last spring council refused to permit AIS to release treated fracking waste water to be released into our Debert Waste Water Treatment plant and eventually into the Bay of Fundy. The reason being we were not satisfied the fluids had been adequately treated. We were concerned the process used to treat would not remove enough of the contaminants.

AIS has since treated this by using the reverse osmosis

## News from our Municipal Council - District 9

The County of Colchester has a fantastic program in place that provides grants to non-profit organizations through our Recreation Services. On March 3rd council will once again have the opportunity to listen to presentations from non-profit organizations from throughout the County. In my opinion this is one of the most enjoyable evenings we Councillors get to experience all year. It is amazing listening to the dedication and compassion these volunteers have for their communities, not to mention the time these individuals devote from their already busy lives.

Non-profit organizations in Colchester County and throughout our Province are very fortunate there are many grant programs available to help them financially to carry out their projects. Not only is there Municipal funding, but also Provincial and Federal grants are in place to help insure volunteers can continue to deliver valuable programs and services to our communities. Non-profit organizations are a key factor to building a strong social and economic economy within our communities.

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ing Canada on the right path for economic growth. This includes lowering taxes over 160 times, which will save the average Canadian family nearly \$3,400 on their tax bill in 2014. We've also cut taxes for job-creating businesses, allowing them to hire more workers, and have opened up new markets for Canadian goods and services, most recently through the historic Canada-European Union Trade Agreement.

To help Canadians get the skills and training they need to succeed, our Plan also moves forward with the Canada Job Grant to connect people looking for work directly with in-demand jobs. We're also introducing the Canada Apprentice Loan to give access to student loans to apprentices for the first time ever.

Specific items in the budget that directly benefit Cumberland-Colchester - Musquodoboit Valley include:

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**Karen Casey**



**Tom Taggart**

transportation.

The decision by the Premier also allowed students to be back in school and not have their educational opportunities negatively impacted by the CUPE strike. The strike put many parents and students at a distinct disadvantage when school bus transportation was taken away. The timing of the strike was also disruptive as it coincided with high school examinations.

Premier McNeil and the Liberal Government have identified education as a priority. We acted immediately when the strike began. We appointed a mediator and brought the two sides together. As the Minister of Education I will continue to demonstrate our position to make education a priority.

**Karen Casey, MLA, Colchester North**

equipment which is used by the Canadian Military for years to treat and provide clean drinking water in war zones or disaster relief all over the world. As such I believe I am satisfied that the job has been done.

I believe to refuse to allow the release into the treatment plant based on the fact this water is still contaminated would be a bit of a challenge to our credibility. Having said this, I would like to say our current bylaw, the bylaw which some claimed we changed to accommodate AIS allows us to refuse any product. It is our plant and we do have the right to refuse.

However we do I believe have a responsibility to be fair and credible in our dealings with everyone in our Municipality. I



**Doug MacInnes**

Almost all non-profit organizations in Colchester County have one issue in common which is attracting and retaining volunteers. If you ask someone why they don't volunteer a few hours of their time each month the answer is almost always the same, "I don't have the time". We all live very busy lives but they are what we make them. It seems as though a lot of people don't think about what it takes to provide some of the services we seem to take for granted in our communities. If you or your family participates in programs provided by a local community centre then you have likely met one or more people from the group of volunteers who made those programs possible.

If you ever had the opportunity to fish one of the many streams or rivers in our County that has been restored by a

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