

Dorothy's Kitchen Korner

Will it ever end?

I might as well add my comments to those of many, many others complaining about February's weather. Thankfully, February is a "short" month, otherwise we'd have at least one more storm this month.

It's hard to believe a month of three storms each and every week.

The worst by far was Valentine's weekend. Maurice left of Thursday the 12th to go our sixth consecutive participation at the three day Moncton Motorcycle Show with the t-shirts. All the exhibitors there were watching the weather all day Saturday, and worried about the storm. Finally a number of them got together and decided once the show closed on Saturday evening, they'd pack up and head home before the storm.

Lucky they took such action. A number of them from Nova Scotia, including Maurice, didn't get home until after 2:00 am Sunday morning. It started snowing here around 5 am. If those entrepreneurs had not been proactive, they would have been stuck in Moncton until Wednesday morning, as the Trans Canada from Moncton to Truro was closed. Now today, it has moderated and snow turned to rain causing flooding and pools of water wherever there is a hollow. The rain has stopped but it is snowing lightly. Should it decide to freeze, the roads will be massive skating rink. Last year, we had the driveway plowed twice. This year, we have spent about \$150 on fuel for the tractor plus even more bringing in backhoes from local contractors. They've been able to pile the snow up to about 10 feet high. Looks like the piles of snow in shopping centre parking lots. I don't know where we'll put it if we get another major storm.

Since he came home from the trade show and the winds were howling last Sunday, we decided to cook the other half of the large turkey we got from The Farm Gate. At over 15 pounds just for this half, needless to say we've been eating turkey all week.

The other day Maurice decided to modify some of the recipes, we have for Chicken and Turkey casseroles and simple meals. He was also going to use some to make turkey lasagna, but we didn't have any frozen spinach, or enough mozzarella cheese.

Here's his version of a modified Turkey a la King and a turkey-noodle casserole.

Turkey a la King

- 1/4 cup chopped green pepper • 1 cup chopped mushrooms
- 3 tbsp sliced onions • 1/2 cup sour cream or plain yogurt
- 2 tbsp butter or margarine • 1 tbsp flour • 1 cup milk
- 1 can Cream of Celery or Mushroom soup
- 2 cups diced cooked turkey
- 1 cup shredded sharp cheddar cheese
- 4 oz medium noodles, or adjust to your liking
- 1/2 cup fine bread crumbs
- 2 tbsp Parmesan cheese • 2 tbsp butter or margarine.
- Salt & Pepper to desired taste

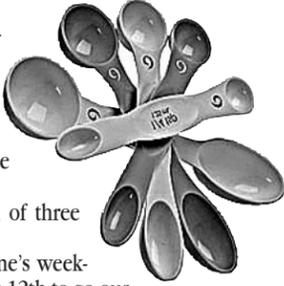
Cook noodles in separate saucepan until done.

In large saucepan sauté mushrooms, onions, green pepper, in two tablespoons butter until tender. Remove from heat. Stir in turkey or chicken, condensed soup, sour cream or yogurt, and cheddar cheese. Gently fold in cooked noodles turning into a two quart casserole dish.

In a frying pan or small saucepan place butter, flour, heat until butter is melted and flour is thoroughly mixed, fold in bread crumbs and stir. Add milk and parmesan cheese continue stirring to create a cream sauce. When nice and smooth add to top of mixture in casserole dish. Bake in 350 oven for 35-40 minutes, or until thoroughly heated. Makes approximately 6 servings. Serve with warm rolls or hot biscuits.

I'm always in need of recipes. If you have a favourite family recipe, please send by March 17th, so I can use in the April issue.

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Notes from our National Capital

Prime Minister Announces Anti-Terrorism Measures to Protect Canadians

The international jihadist movement has declared war on Canada. We are being targeted by these terrorists simply because they hate our religious freedom, values and diversity.

The October attacks in Ottawa and Saint-Jean-sur-Richelieu as well as attacks abroad in Australia, Paris, and many other countries demonstrate that the threat of radical Islamic extremism is real and present.

These threats require a strong response.

That is why, under the strong leadership of Prime Minister Stephen Harper, our Conservative Government took action at the end of January and brought forward the Protection of Canada from Terrorists Act and Anti-terrorism Act 2015. This Act protects Canadians against jihadi terrorists who seek to destroy the very principles that make Canada the best country in the world to live.

As Prime Minister Harper clearly said, our Government rejects the argument that every time we talk about security, our freedoms are threatened. Canadians understand that their freedom and security go hand in hand. Canadians expect us to protect both, and there are protections in this legislation to do exactly that.

The fundamental fact is that our police and national security agencies are working hard to protect our rights and our freedoms, and it is jihadi terrorists who endanger our security and who would take away our freedoms.

Providing national security agencies with new tools will ensure that gaps in sharing information about suspected terrorists does not limit their ability to prevent attacks on Canada or against Canadians.

In addition, while not part of this proposed legislation, we are also working with communities to prevent radicalization and



Scott Armstrong

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Notes from our Provincial Capital

Nova Scotia's Action Plan for Education 2015

For months now, we have had tremendous input and insight from thousands of Nova Scotians to help create this Action Plan. This is the product of dedication, passion, debate, research, expertise, experience, and opinion. We have done the studying; now it is time to do the work.

It has been a generation since the last major education review in the province. Consider how society has changed since then, in particular when it comes to technology and information, and our ability to identify student needs. Along with the seismic shifts in society, consider the increased expectations and demands placed on our schools. Simply put, Nova Scotia's education system has not kept pace with these changes.

Time and again, test results show our students are falling behind in math and literacy, nationally and internationally. Over the years, there have been several different reports and public consultations that reached similar conclusions. Most recently,

more than 19,000 Nova Scotians responded to the Minister's Panel on Education, which filed its comprehensive review of our system in October 2014.

Nova Scotians' message has been received and understood: we must improve and modernize our school system and that change must begin now.

In the simplest terms, we want to ensure that our students do better, especially in math and literacy, and that they are better prepared to lead productive lives in our changing world. The readiness of students to enter school and their readiness to graduate into a world of employment or post-secondary education are critical.

At every step of the Action Plan, we have one guiding question: Is this decision in the best interest of students? It is that motivation that will move the Plan forward. It is an unfortunate, accept-

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Karen Casey

News from our Municipal Council - District 10

Thanks

I would like to begin with a great big THANK YOU to the snow-plow operators. Many of us have been frustrated over the past week as we were stuck in the snow or had to shovel multiple times.

However, when we sit back and think about the conditions they worked in and the challenges they faced since last Sunday, they deserve our appreciation. Once again THANKS.

Over the past month I have had enquires about the fate of the Bass River Community Hall. It has been a fixture in our community for years and historically has been used for dances, birthday parties, concerts, election day voting and many many community meetings. The hall is in need of repairs and as time passes the responsibility for operating and maintaining has fallen to fewer and fewer residents.

Unfortunately I believe decision time is here. There will be a public meeting late in March, time and place to be determined

and publically advertised to determine if there is public support and willing volunteers to support this community asset.

It's that time of year again and over the next 2 months council will be discussing / debating the budget and it will be a challenge. It has been 3 years since there has been a rate increase and it is our hope to continue that trend. It appears overall property assessments have decreased slightly due to the slowdown in the housing market. New construction and building permits are down and there is no significant increase in the commercial tax base. As a result there is no significant growth on the revenue side. It is a little early to speculate on the expense side, but I should have a better idea on that next month.

I was away at a conference last week and missed council but I

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Tom Taggart

News from our Municipal Council - District 9

Meeting with our Premier and Casey in Debert

On Jan, 16th, 2015 Premier Stephen McNeil was in Truro by invitation of the Truro & Colchester Chamber of Commerce. At a Chamber breakfast held at the Holiday Inn the Premier spoke of the tough decisions lying ahead for his government. There are many union contract negotiations needing to be dealt with in 2015 and other initiatives such as implementing the Action Plan to Modernize and Improve our education system as brought forward by Education Minister Karen Casey. It was definitely a very positive speech and in my opinion this is a Premier who understands the importance a strong rural economy has on the entire province.

Thanks to an invitation from our local MLA Minister Karen Casey, I was able to accompany her and Premier McNeil on a tour of Sobeys' Distribution centre and the Diefenbunker in the Debert Air Industrial Park after the business breakfast. The Sobeys' tour focused on their fresh produce warehouse in Debert and the

local vendors they partner with here in Nova Scotia.

The next time you go grocery shopping don't forget that not only does this company employ many local workers at its freezer and fresh produce warehouse in Debert it also supports many local producers. The spinoff of Sobeys' commitment to the local producers creates hundreds of local jobs. As they say it's definitely a win win for everyone including the consumer.

Our tour of the Diefenbunker was conducted by owner Jonathan Baha'i. It was the first time Premier McNeil had ever toured a cold war bunker and he was surprised, I would say, at the potential of such a structure. The bunker is currently home to Mr. Baha'i existing webhosting service along with a sound studio called Top Secret Sounds.

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Doug MacInnes

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September 2015	August 18	August 26
October 2015	September 22	September 30
November 2015	October 20	October 28
December 2015	November 17	November 25
January 2016	December 15	December 22

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