

Dorothy's Kitchen Korner

Occasionally, we get lucky. So far this winter, we have been extremely lucky in comparison to last winter. All along we feared, snow storms and accumulation might rival last year, but so far we have escaped its rage. Sure we've had a couple of storms and students have had been able to enjoy a few storm days.



Now that we are into March, as bad as it might get, there's only about six weeks left and the sun will be so strong any amount of snowfall won't last long. Maurice always says during the nine years he commuted daily from Maitland to Halifax-Dartmouth he always dreaded the storms in April, because more often than not, each storm was wet packy snow making driving treacherous.

Other than work, I haven't done much since last writing and no, we've not had a stormy Sunday, so Maurice has not made the Dark Fruitcake yet, but assures me he will with or without a storm. I did get some very long intense chuckles from the Facebook posting from the radio personality in Cape Breton inviting those to become Trump-Dodgers to move to Cape Breton.

Apparently, he created the posting with tongue-in-cheek as a joke, but just as the Republican GOP presidential candidate campaign is equally amazing, so is the following on his posting. I didn't catch all of it, but an interviewee on CBC Radio stated the reaction has been so strong, they had to bring back their summer staff to handle all the inquiries.

It seems a large number of Americans are serious that if Donald J. Trump wins the presidency in November, they are out of there. It's even been a boom to Cape Breton realtors, as they have had many serious inquiries about purchasing property. Some of those who apparently are well heeled, have inquired about starting businesses.

Will that tongue-in-cheek Facebook posting contribute to an increase in tourism? It certainly has spread the word through advertising that no amount of money could buy. If Trump-Dodgers come to Nova Scotia this summer in large numbers maybe it will be a boom for Colchester business if they people use the Truro area as a "pit-stop" as they race to get to Cape Breton Island.

With the high cost of vegetables this winter, I noticed that cabbage is not too bad, so it made me think about a Cabbage and Macaroni Salad recipe, which Hazel Hill sent me over a year ago. In fact a nice home-made salad is a nice break during the winter.

Cabbage Macaroni Salad

INGREDIENTS:

- 1 - 8 oz box of ring or small shell macaroni
- 3 cups grated or chopped cabbage
- 1 green pepper, chopped • 1 onion, chopped
- 1 cucumber, chopped • 2 stalks celery, chopped fine
- 1 red pepper, chopped, (Optional)

Cook macaroni to desired tenderness. Drain and let stand few minutes cool. Add cooked macaroni to other ingredients and let stand, while preparing the dressing.

Dressing:

- 1 cup salad dressing • 1/3 cup vinegar • 1/2 cup sugar

Mix these three ingredients together. Be sure to stir long enough to ensure all the sugar is absorbed into the fluid. This makes a very large salad. If you wish adjust recipe to make only half.

Even though you will have salad left over add the dressing to all the vegetable ingredients. This recipe keeps well in the refrigerator.

If you have a favourite family recipe and would like it published in the April issue, please send on or before March 15th. Unfortunately, we closed the store at the end of January, because of Maurice's lingering health problem from his week in the hospital at the end of November. Please send to:

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September 2016	August 23	August 31
October 2016	September 20	September 28
November 2016	October 25	November 2
December 2016	November 22	November 30
January 2017	December 12	December 20

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Notes from our National Capital

A Focus on Health Care

Maybe the squeaky wheel gets the grease after all. Some years ago, during my hiatus from politics, I was critical of the fact that the House of Commons Standing Committee on Health was without representation from Atlantic Canada. In fact there wasn't an Atlantic Member of Parliament on the Committee between 2012 and 2015.

Lo and behold, earlier this month I was appointed to the Health Committee, and was elected as Chair. The committee, made up of Liberal, Conservative and NDP members, is a great group: we have two medical doctors, a chiropractor, a cardiology technician and a hospital administrator among others. It feels great to know I have their trust as Chair, just as I have trusted members of the medical profession so often through two cancers and two heart attacks, not to mention all the health ups and downs of average family life.

It was no surprise to me that "pharmacare" was on the lips of

nearly every MP on our committee. I receive a lot of emails, letters and Facebook messages about it from folks in our riding. It is an issue right across the country. Nova Scotia's government has been struggling trying to get their seniors' pharmacare just right, and I think this illustrates the need for greater national attention and co-ordination.



Bill Casey

As of this writing, the Health Committee has not had a chance to decide what issues it will study, but I am hoping pharmacare will be near the top of our list. I recently spoke to a man who had run short of medicine and landed in the hospital because he could not afford to refill his prescription. For the relatively modest price of a refill, he could have saved an expensive hospital stay. It is these kinds of situations that should bother us the most: when the system ends up

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Notes from our Provincial Capital

Seniors' Pharmacare Program

Our Government recognized that many low income seniors were struggling to pay for the increased costs of prescription drugs and many were making tough decisions about whether to buy food or medications. This is unfair, unacceptable, and just not right. To that end, we have introduced changes to the Seniors' Pharmacare program which will provide relief and support for our friends, families and neighbours who may be in this situation. Those changes are effective April 1, 2016 and I am proud to be part of a Government that has responded in such a positive way.

During the planning for other changes to the Seniors' Pharmacare program, concerns were raised by other seniors regarding the impact this may have on them. To that end, Premier Stephen McNeil has committed to further consultations with seniors across the province to ensure that they become part of the solution. Our Premier has spoken to Nova Scotians through an

open letter (see elsewhere in this issue) as well as a news release to help clarify our position and to reinforce our support for low income seniors.

Here's the text of the press release:

The province will halt planned premium increases to the Seniors' Pharmacare program and plans a full consultation with seniors across the province.

"Seniors told us these changes were too much, too soon - our actions had unintended consequences," said Premier Stephen McNeil. "We have listened."

"We will consult with seniors from one end of the province to the other to ensure their thoughts are heard before we make changes in the future."

Premier McNeil said premiums will not go up from last year. The maximum premium payment will remain at \$424 a year per

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Karen Casey

News from our Municipal Council - District 10

Private Roads, Recycling and Litter

Good Morning, I am writing this on Friday, February 19 and the sun is shining, it is a beautiful day. Spring is just around the corner and if you do not believe me, just ask the robins who seem to be popping up here and there.

Several different things to mention this month, so here goes.

Anyone who has been following the discussion about maintenance of private roads, I just received an email to say that we have, removed from the agenda this month and staff will be proposing some significant changes and as such this will come back to council as first reading again. I am O K with that as I believe it is critical we get this right.

A lot has changed over the years and I expect at least 75% of the shoreline in District 10 is accessed by private road. This is not to suggest Council will be spending money on these roads, however we have been asked to help facilitate maintenance on these

roads in a fair and equitable manner.

I think there is a real misunderstanding of what can be placed in the bins located around the municipality by organizations like the Canadian Diabetes Society or the Red Cross. Two points: first they serve a great purpose as they often keep fabric from the bale fill. Second they take everything, not just clean cloths. For example, clean usable cloths are resold for use, I am told even one shoe is useful or a belt. These things are either sold or sent to impoverished nations which benefit greatly. The dirty or torn or worn out are resold or used for rags or ground up and used as sound barrier insulation on things such as car hoods etc. Once again these items do not need to be in perfect condition and this is TRUE RECYCLING.

The meeting that Councillor McInnis and I had scheduled for

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Tom Taggart

News from our Municipal Council - District 9

Community Meeting March 12

As you will see advertised in this issue Councillor Taggart and I have rescheduled our Community Meeting, which was cancelled last month due to inclement weather. Once again it will be held at the Masstown Markets Peg from 2:00 pm to 4:00 pm on March 12th, 2016. There is no set agenda for this meeting so I'm sure this will provide Tom and me a great opportunity to hear what concerns and thoughts are on the minds of our constituents. I'm very much looking forward to having the opportunity to ask you, the public, your thoughts on certain issues within our communities. Let's hope the weather cooperates this time and everyone has a chance to come out for a few hours.

Last fall the County called for public bids for the paving of Dieppe, Passchendaele and Acadia Avenues along with Mercury and Clinton Drives in Colchester Park. This paving project was completed in late fall (early winter) and has certainly turned out very nice. I noticed our staff who plow the snow there seem to

have a much easier job with the new rounded curve which was installed. I want to take this opportunity to thank the residents of Colchester Park for their patience during this project. Thank you!

With spring not far off I would ask residents and guests of this area to please watch your speed limits within Colchester Park as there are a lot of young children in the area. With the new pavement traveling by car is much smoother and some tend to increase their speed when everything is "smooth sailing". Please slow down and watch for the kids.

I should mention, while on the subject of paving, council has received a preliminary list of major paving projects from Transportation and Infrastructure Renewal (TIR) to be carried out in our area this paving season. I was very disappointed not to

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Doug MacInnes

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