

# Dorothy's Kitchen Korner

The sun is brighter and stronger

Even though the sun is brighter and stronger, I firmly believe we still have 4-5 weeks of winter. If you think about it baseball teams are in early stages of spring training. Not that I am a baseball fan, but when the Blue Jays play their first home game in Toronto, we normally have a snow storm within two or three days either before or after.



When the sap starts running, it won't be long until there are a number of community maple breakfasts. They are always a lot of fun, great food, good local music and lots of locally made product.

Speaking of music, should not forget Bill Elliott has been nominated in the Jazz category for the ECMA's. He's released a new CD in Bass River at Victoria Hall on February 17th. Maurice got some photos, then prepared the headline story for this issue. On stage with Bill was brother, Mike; cousin, Bruce and his long time Cape Bretoner friend, J.P. Cormier. The awards will be presented in Charlottetown on May 1-5. Maurice has sent a note to Natalie asking if he might be able to attend the 9th Annual 90 & 90+ Birthday Party in Economy on May 11th.

Maurice thought if we can recognize those from along the shore who are 90 or older, it might be a good gesture to invite Bill and his troupe, since the Elliott's have spent over 50 years entertaining those along the shore.

With Bill's father, Carl and his mother's group providing their first volunteer musical in 1940, some of the celebrants would have been teenagers. Most interesting how things come full circle.

Not often that Maurice and I get a large family gift for Christmas, but we were visiting his daughter and her family in Porter's Lake. They had recently got one of the new Power-Air Fryer Ovens. We were impressed, so we made the plunge.

Since it has a rotisserie, Maurice came home with some whole BB-Q chickens. It did as good a job as if we got one from the grocery store. I know Maurice likes Chicken Cacciatore so I went searching. I enjoy a tomato sauce, so here's my choice for this month.

## Chicken Cacciatore

- 1 broiler/fryer chicken (3-1/2 to 4 pounds), cut up
- 1/4 cup all-purpose flour • Salt and pepper to taste
- 2 tablespoons olive oil • 2 tablespoons butter
- 1 large onion, chopped • 2 celery ribs, sliced
- 1 large green pepper, cut into strips
- 1/2 pound sliced fresh mushrooms
- 1 can (28 ounces) tomatoes, cut up and juice reserved
- 1 can (8 ounces) tomato sauce • 1 can (6 ounces) tomato paste
- 1 cup dry red wine or water • 1 teaspoon dried thyme
- 1 teaspoon dried rosemary, crushed • 1 teaspoon dried oregano
- 1 teaspoon dried basil • 3 garlic cloves, minced
- 1 tablespoon sugar • Hot cooked pasta • Grated Parmesan cheese

Dust chicken with flour. Season with salt and pepper. In a large skillet, brown chicken on all sides in oil and butter over medium-high heat. Remove chicken to platter.

In the same skillet, cook and stir the onion, celery, pepper and mushrooms for 5 minutes. Stir in the tomatoes, tomato sauce, tomato paste, wine, herbs, garlic and sugar. Bring to a boil. Reduce heat; cover and simmer for 30 minutes.

Return chicken to skillet. Cover and simmer for 45-60 minutes or until chicken is tender. Serve over pasta and sprinkle with Parmesan cheese.

Freeze option: Cool chicken mixture. Freeze in freezer containers. To use, partially thaw in refrigerator overnight. Heat through slowly in a covered skillet until a thermometer inserted in chicken reads 165°, stirring occasionally.

If you have a favourite family recipe and would like it published in the April 2019 issue, please send on or before March 15th, Send to:

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August, 2019	July 23	July 31, 2019
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October, 2019	September 17	September 25, 2019
November, 2019	October 22	October 30, 2019
December, 2019	November 19	November 27, 2019
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The Shoreline Journal

## Notes from our National Capital

### Truro RCMP Communication Centre Move

For some time I and others have been opposing the decision by the RCMP to move their Operations Communication Centre from Truro to Dartmouth. At first I was concerned about the loss of jobs, but as I gathered more information, it became clear to me that such a decision would also put all Nova Scotians at unnecessary risk. I would like to explain why.

There are two large police communications centres in Nova Scotia. These two centres handle about 90% of all 911 calls for police, fire and ambulance emergencies, as well as dispatching police. They are equal in capacity and if one is closed down the other one can immediately pick up the load. One is operated by the Halifax Police Service and is in Dartmouth. The other is operated by the RCMP and is in Truro.

The centre in Truro was located in Truro specifically to provide "geographic separation" between the two communications centres to ensure continuity in the event that one centre was shut down because of a weather, a bomb threat, or terrorism threat.

Now the RCMP plan is eliminate the "geographic separation" by moving the Truro emergency communication centre to Dartmouth in close proximity to the other Nova Scotia emergency measures communications centre, also in Dartmouth.

At some point I learned the RCMP had commissioned an in-

depth study on this issue on 2004. I asked the RCMP for a copy, but my request was refused. I then filed an Access to Information request which is supposed to ensure an answer within 45 days. However the RCMP stalled me for 730 days before responding, and then they responded only after I filed a complaint to the Information Commissioner.



Bill Casey

The reason for the reluctance by RCMP to provide the report to me became very clear when I finally did get the material. Here are three quotes from this RCMP report:

1. "the RCMP (should) not locate their primary OCC within the Halifax Regional Municipality",
2. "the OCC Primary service delivery site be outside of HRM due to risks of placing 2 largest police communications centres in close proximity to each other".
3. It is not recommended that the two largest police communications operations in Nova Scotia be placed within the same metropolitan area."

This report was commissioned by the RCMP. The warnings in these statements could not be clearer. Yet the RCMP has decided to disregard their own report and locate the two largest police

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## Notes from our Provincial Capital

### On track for 4th consecutive budget

As Finance Minister, the focus is to finalize the Nova Scotia provincial budget for 2019-20. The budget will be presented during the Spring Session of the Legislative Assembly. This budget will continue to deliver on the plan to strengthen the fiscal health of the province.

The budget building process began several months ago, and includes starting with a set of basic economic assumptions which, once approved, form the foundation upon which to build the budget. As with all construction projects the foundation must be solid and the assumptions must reflect the economic conditions of the province, the country and the major trading partners around the world.

Those assumptions are prepared by the Department of Finance, but must be reviewed by many outside the department before they are accepted. That includes an external panel of experts made up of economists from the five major banks in Canada, universities within Nova Scotia, the Office of the Auditor General and business leaders of major corporations. This high level of scrutiny and independent assessment provides me, as Minister, with a level of confidence that our budget is a solid plan for Nova Scotians. On December 4, we presented before the expert panel, and they de-

termined that our assumptions were "wise and prudent"...so the building process began.

In 2013, when the Government was elected, Nova Scotia was operating with an annual deficit of over \$500 million. That meant borrowing money to pay for daily operations. That was unacceptable and unsustainable, and unfair to Nova Scotians and our future generations. It was very clear and very important our focus had to be on managing the finances of the province and balancing the books of the province. That meant living within our means. As we do in our personal lives, that meant making choices so that we do not spend more than we earn. Together with Nova Scotians, we achieved that goal and have delivered balanced budgets in 2016, 2017, 2018 and are on track to deliver our fourth consecutive balanced budget in 2019. These efforts have not been easy, but they have allowed us to invest in programs and services Nova Scotians need and deserve.

In 2018, we received our highest ever credit rating...among the top four provinces in Canada. This attracts investors looking to establish, grow or expand their companies, and we want them to

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Karen Casey

## News from our Municipal Council - District 10

### Mayor Blair invited as guest speaker in Amman, Jordan

This has been a busy month at Council.

First I would like to provide a brief update on the Jordanian Municipal Support Project the Municipality is taking part in on behalf of Federation of Canadian Municipalities and Global Affairs Canada. There has been a lot of activity since Councillor Boutilier, Development officer, Mark Austin and I returned from the initial relationship-building mission. Darlyne Proctor, manager of Waste Reduction has attended 2 missions focused on waste reduction and recycling. Mark Austin has taken part in a second mission, which focused on strategic planning for the five year project and on the 28th of February, Lynda DeGuire who is the Canadian lead on this project will be in Colchester to tour Nova Scotia and most prominently, Colchester's waste management and recycling programs.

However, what I consider to be the highlight, to date, is Mayor Blair has been invited to be a guest speaker at an event in Amman, Jordan celebrating International Women's Day on March 8. I am very proud of Colchester's involvement in this project to date.

This month I have also participated in meetings on Broadband. Our Committee of Councillor Gregory and Mark Austin and myself, have met with 3 different larger providers as well as a meeting in Kentville to get an update or better understanding of this new 5 G broadband technology when it becomes available. I can not speak to much of this in detail because of confidentiality issues.

I can say our goal is to provide a very high level of service to 100% of our residents and to ensure that technology is as future-proofed as is possible in this industry. The hardware must be compatible and have the ability to connect/ accept the new 5 g network. At the risk of setting myself up for failure, I will say for the first time I am feeling relatively positive about this.

There is still much to learn, much due diligence and much lobbying of Federal and Provincial Governments. Do not want to suggest that either or MLA or MP do not support, because they are strong supporters, only that they will have their work to do as well to make this a success.

I would also comment this is a joint committee with Cumberland County Council as well as Economic Development Officers from both Municipalities. It is a great example of how working together we gain strength and can achieve more.

We are also working with Cumberland and Millbrook First Nation on a joint project to bring the UNESCO Geo Park Designation to this region. This potential designation will encompass everything from the Mi'Kwawey interpretive site in Debert to Advocate Harbour. I want to assure folks this will in no way have any restrictions on land use. It is a world-wide recognition of areas that have

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Tom Taggart

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