

Dorothy's Kitchen Korner

By Dorothy Rees

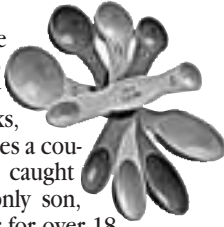
Since my last writing, I have done some travelling and am very pleased to be back home. Just after writing my last column, I flew West for three weeks, first to visit a life-long friend who resides a couple of hours outside Calgary, then I caught another flight to visit my one and only son, Bradley who has resided in Vancouver for over 18 months.

I won't go into much of the details, as Maurice and I don't feel we should use valuable space to publicize our own activities. However, I will say it was enjoyable to see the other end of the county. Both Calgary and Vancouver are fantastic cities.

It was my first flight, and I admit I was extremely nervous. However, I can not longer say that I haven't flown on an airplane. Maurice was keeping the household in order and taking care of the pets, so needless to say I didn't spend much time in the kitchen.

However, I had a note from Betty Fulton, Bass River and I must apologize to her. A few months ago, she had sent me a recipe for "Baked Spaghetti in Wine". Somehow, it got mixed up with some other paperwork. In the event I can't find it, Betty's going to send it again and I will use it as soon as it arrives.

Sharon Allaby, Port Greville has done it again. She's searched through her files and submitted one of her favourite "never fail", simple recipe to be shared with Shoreline Journal readers.



Slow Simmered Pot Roast Serves 4 to 6

- 1 - 3-pound beef roast (cheaper cut)
- Season with sea salt and freshly ground pepper
- 2 tablespoons or more light olive or canola oil
- 2 medium onions, diced • 2 cloves garlic, minced
- 1 28-ounce can diced tomatoes with juice
- 2 tablespoons tomato paste • 1/2 cup dry red wine
- 1 teaspoon each dried basil, oregano and sea salt
- 1 tablespoon granulated or brown sugar
- 1 tablespoon grated horseradish
- 1 tablespoon Worcestershire sauce
- 1 dash of hot sauce (optional)

Generously sprinkle beef with salt and pepper. In a heavy saucepan heat oil over medium high heat. Brown meat on all sides, about 2 minutes per side, then remove beef to a platter.

Add a bit more oil to pan, if needed, add onions and saute until softened, about 5 minutes, then add garlic. Cook for 1 minute. Add tomato paste and cook for 1 more minute, then add tomatoes, wine seasonings, sugar, horseradish, the "W" sauce and hot sauce. (See Note below).

Return beef to pan and bring liquid to a boil over high heat. Reduce heat to low, cover and simmer for 3 hours, turning every 30 minutes. Slice meat and serve with sauce.

If you are lucky enough to have leftovers, dice the meat into the sauce and serve over penne or shell pasta. Delicious!

Note: Once beef is browned and other ingredients are together everything can be transferred to a slow cooker. Cook, covered, on low for about 6 hours.

Irene Cooke, Bass River sent along three great recipes, when she renewed their subscription. I'm out of space, so will have to use them starting next month.

I still need more recipes. Please take a few minutes to send along a few of your family favourites. Please send to:

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Notes from our Federal Capital

This month I wish to discuss the long-gun registry. Recently, I learned that Liberal Leader Michael Ignatieff has once again turned his back on rural Canadians by clearly stating he still supports the wasteful and ineffective long-gun registry. He also said he will be whipping his Liberal MPs to do the same, including the eight Liberal MPs who voted for my colleague's Conservative Member of Parliament, Candice Hoepfner's Private Members Bill C-391 at second reading. Michael Ignatieff's definition of tough on crime is to crack down on farmers, duck hunters and gun collectors. We need to make public safety a priority, not gun control. The long gun registry is a waste of time and money.

Ignatieff's Liberals along with their coalition partners in the Bloc Québécois and NDP have also stacked the Public Safety Committee with pro-long gun registry MPs who will attempt to play procedural and political games at committee. The choice is clear for these Liberal MPs - you either vote to SCRAP the long-gun registry, or you vote to KEEP the long-

gun registry. It's as simple as that. Michael Ignatieff's long-standing position on the long-gun registry shows once again that he hasn't listened to his own Liberal Caucus Members, let alone Canadians. I'm listening to the citizens of Cumberland - Colchester and Musquodoboit Valley. To date, some 2000 strong have signed our petitions to scrap the gun registry. I'm standing up for rural Canadians. I can't wait to vote in-favour of Bill C-391, An Act to Repeal the Long-Gun Registry the Bill that will abolish this wasteful and unnecessary program.

Please feel free to contact me regarding any issue or concern you may have. You can reach me at 893-2455 in Truro, 667-8679 in Amherst or toll-free 1-888-752-0552 or visit my website at www.ScottArmstrongmp.ca

Scott Armstrong, Cumberland-Colchester-Musquodoboit Valley



Notes from our Provincial Capital

Premier Darrell Dexter broke three promises he made to the people of Nova Scotia during last year's election campaign. He promised to balance the budget; he promised he would not raise taxes; he promised to maintain programs. By giving his word to the people of Nova Scotia, he had a moral obligation to live up to these promises. As a Caucus we said then that he could not live up to those promises, and the budget released on April 6th proved that we were right. In less than 10 months, this government has accumulated almost \$750 million - that is three quarters of a billion dollars - in provincial debt. This is an unprecedented and now historic reality, and the middle class are being asked to carry the burden through increased taxes. The budget tabled by Finance Minister Graham Steele includes an increase in the HST of 2 per cent. I have stated in the past and I will state once again: The Progressive Conservative Caucus is against raising the HST. We are against it for obvious reasons. The same reasons business communities all across the province are against it. The same reasons young people looking to work and live in our province are against it. What a tax increase does is this: It puts less disposable income in the pockets of Nova Scotians, it makes us less competitive in Atlantic Canada, and it gives us the highest HST in the country. How can this government ask Nova Scotians to pay more taxes when it has not exhausted every other option?

News from our Municipal Council

Good Morning Folks, as I write this column, at the last minute, it is a nice sunny day, the smelts are gone and we look forward to green grass, no more snow and a nice warm fresh Spring. As promised, I will write about taxes. As you are, I am sure, aware, we have raised your tax rate by three cents; so I have some explaining to do. The reasons for this years increase are: one cent to start paying for the County's commitment to the Regional Civic Center; one cent for the new Regional Hospital (this is not a new commitment, it was made some time ago and is the last increase related to the new Hospital); and one cent for general revenue which will cover the increase in operating cost for items such as the cost of fuel, electricity, the collective agreement, and a new RCMP officer.

For 2010/2011 the estimated total revenue from the general rate to the County will be approximately 21 million. Of that, 30% or approximately \$5.9 million is paid directly to the Province for Education, Corrections and Housing. An additional 20% is spent on protective services such as RCMP (\$3.8 million), EMO and flood mitigation. This leaves 50% to actually operate the County. That funding is spread out over many different programs and services, such as recreation, wastewater treatment, inspection services and by-law enforcement, general operations, capital projects such as the Hospital and Civic Center and much, much more.

Last month I indicated a promise to talk about the assessment cap. I feel it best to leave this for a bit as the Union of Nova Scotia Municipalities is currently working on this and I will have better detail at a later date.

Council Committee is recommending to Council at the end of the month, an operating grant program to assist rural fire brigades in what would be considered to be a base level of service. This is expected to help the brigades in rural communities that have a smaller tax base, but fire service responsibilities similar to other brigades. In order for these brigades to apply for funding they

must raise the area fire tax rate to 14 cents, as set by Council, and provide a five year business plan as to how the funding will be used. The two brigades in West Colchester that would qualify are Economy and Five Islands.

I am well aware no one wants to pay taxes, and quite frankly there is real concern at the Brigades. However, based on the average assessment in these two areas this would cost the residents, on average, between \$17 and \$20 per household and in turn the Brigades will qualify for an additional \$18,000 to \$20,000 per year from the Municipality. When debating this please consider what amount households would pay in additional home insurance should the Brigades not exist.

I would like to take a minute to congratulate Bobby Davis of Five Islands. I am hearing that Bobby has had an exceptional year as a defenseman for the Triple "A" Midget team in Pictou County. Bobby was called up to play for the Weeks Crushers in the Maritime Hockey League and has been scouted by the Quebec Major Junior League. Maybe we will see him in the Quebec League Draft this year. This is a major accomplishment for Bobby and has shown a great commitment by a young man from West Colchester. As well, congratulations to Katrina DeAdder and if I could, my daughter Megan, who have won the gold medal in the Skills Canada provincial competition in computer animation and awarded a trip to compete in the Nationals in Waterloo, Ontario in May.

Thanks for your time and should you have any questions please call home 647-2025 or e-mail @ councillordistrict10@colchester.ca

Tom Taggart, Councillor District 10, Municipality of the County of Colchester



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