

Dorothy's Kitchen Korner

Since my last appearance here, the weather has been warm and cold, even some snow on Easter Weekend. What a miserable Saturday evening to usher in the Easter bunny. Maurice was in Moncton late that week and got storm stayed on Saturday night with a nasty drive home on Sunday afternoon.



Then we had some great weather, and there are lots of seedlings started in the solarium. Maurice's idea of someone having a green thumb has materialized. It's not his, but it's getting done with lots of assistance from a great friend.

It's incredible how fast they have sprouted. You can almost watch them grown when the sun's rays are beaming down upon them. With this fine weather, it won't be long until fiddleheads are sprouting and we are seeing them in the grocery stores.

Now we are heading into a week of gloomy wet weather with very little sun. We don't need snow like they are forecasting for Northern New Brunswick, Quebec and parts of Ontario, but we do need the rain.

With very little snow this winter the ground is very dry and that makes all our volunteer fire fighters nervous.

As I get back into the kitchen, I'm hoping readers can help me find a particular recipe rather popular back in the 60's and early 70's. Maurice remembers it and used to use it by can't find it in any of the cookbooks from his family.

This particular recipe was for bran muffins probably including sour milk. As he remembers it, the batter was prepared and then stored in the refrigerator. This enabled one to scoop up a bit of batter and make a few fresh hot muffins to go with an early morning coffee. He remembers putting the muffin tin into the oven, perking fresh coffee then heading off to shave.

Hope someone has a better memory than Maurice and can send along. As soon as I get it, I'll get it into this column.

Last month, I featured Hazel Hill's French Onion Soup, which is ideal for lunch, and Marilyn Adam's, Old Fashioned Raisin Pie for dinner. Today's choice is again from Marilyn who sent along Chicken Cacciatore one of her family favourites.

Chicken Cacciatore

- 1 ½ lbs chicken cut up
- 1 med green pepper(lg dice) • 1 med onion(lg dice)
- 1 - 14oz whole Italian tomatoes
- 1 small can tomato paste
- 1 tsp Italian seasoning
- 1 tsp sugar • 1/2 tsp salt

Brown chicken in a skillet. Combine everything in a oven safe casserole dish and bake at 350 degrees for 45 mins to 1 hour.

I always need more recipes. Please take a few minutes to send along a few of your family's favourites or recent nutritional ones added to your family's menu. Please send to:

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News from our Federal Capital

Tax Reductions benefit Canadians

As April progresses, many Canadians are now completing income tax returns and submitting them before the end of the month. I am proud to say, as a member of the Conservative Government, that this time of the year has been made a little easier for families thanks to our commitment to low taxes and economic growth. This column will highlight some key tax reductions that Canadians continue to benefit from.

Now, more than ever, it is important for government to provide targeted tax relief so that hardworking Canadians can keep more of their earnings. Our Conservative Government will always stand for low taxes and economic growth.

Since 2008, which saw the depths of the greatest economic downturn in a generation, our government has reduced taxes in over 120 different ways. On average, these reductions save Canadians families \$3,100 per year. Some of these measures include: Cuts to the Federal portion of the HST (from 7% to 6% to 5%); Reductions to income tax; Introduction of the tax free savings account, which over 6 million Canadians have signed up for since its introduction; Pension income splitting for senior citizens and a number of tax credits for children's sports, public transit,

volunteer firefighters, and first time homebuyers, just to name a few.

Since July of 2009, nearly 700,000 net new jobs have been created in Canada. This job growth is due, in no small part, to our government's commitment to keeping taxes low for individuals and businesses. This allows the private sector to hire and invest, and keep our businesses competitive in an increasingly global economy. A strong economy provides jobs and opportunities for our citizens. It also generates revenue that the government can invest in the programs and services that we as Canadians hold dear.

It is important to know you have a government in Ottawa that will consistently stand up for people, keep taxes low and focus on the economy. As we emerge from the recession, Canada's record of growth is impressive and we will take steps to ensure that we protect the economy as we move forward together.

As always, if you have questions or concerns do not hesitate to contact my office. Call toll free at 1-888-752-0552.

Scott Armstrong, Cumberland-Colchester-Musquodoboit Valley



News from our Provincial Council

Speech from the Throne – What about education?

As your elected member for Colchester North, I wish to speak to the current sitting of the Legislative Assembly which began on March 29, 2012. As per protocol, the session began with the Speech from the Throne. This was a 20 page document which was intended to identify priorities of the NDP government as we move forward.

As the Education Critic for the Liberal Caucus I listened to the delivery and I read the document through the lens of students in our public school system. To say the least, I was disappointed.

The provincial budget for education is the second largest expenditure of money by the government that includes a budget of \$1.1-billion. One would think that with the importance of education to all Nova Scotians and the fact that it is the second largest expenditure of your tax dollars and mine, the NDP government would have made education a priority.

They have announced there are three pillars on which their policy and platform are built. I am disappointed to tell you that education is not one of those pillars. In fact, in the 20 page Speech from the Throne, less than two pages spoke to public school education.

We know that since the NDP formed government in June 2009 they have continually slashed funding to support our students. They have made a business case regarding funding for students

rather than a student needs-based case. Instead of identifying programs for students designed to meet their needs, this government has done a mathematical calculation to justify the reduction in funding. The delivery of education in the province of Nova Scotia follows a model of inclusion where all students have an opportunity to be present in our public school classrooms. The only way that model will work for all our students in all our classrooms is for those programs to be adequately funded.

We know delivery of some programs and positive outcomes for students happen through one-on-one or small group instruction. We know that some students with learning or behavioral challenges require additional supports in order for them to be successful. I am disappointed to tell you that in this 20 page document (Speech from the Throne) there was absolutely no mention of supports for students with special needs. Parents and teachers are worried, and they should be worried, about how teachers will be able to assist these students without the supports they require. I am confident teachers will continue to do the best they can with limited resources.



continued on page 7

News from our Municipal Council

Hi Folks. I have given a lot of thought over the past couple of weeks about the expected loss of the Credit Union and concerns over possible loss of our cap sites. There is no doubt these closures will have a negative effect on our communities.

However we will survive! The communities along the shore were active and alive long before Cap Sites and Credit Unions and we will be alive long after. We have survived the loss of the ship building industry.

(I ran across an article from a Truro Daily news Centennial edition of 1967 that said there were approximately 100 ships built at a ship yard in Great Village).

We survived from back in the day when many of our parents or grandparents worked in Sawmills along the shore and more recently the change over to mechanical harvesting of forest products. The day of the smaller family farms are not gone, but under extreme pressure.

Times continue to change as they have over the years and we still have, and continue to maintain our small rural communities.

The reason for this, I believe, is because of strong communities and strong-willed people.

Many have stayed, lived and raised families in these communities, because we wanted our children to grow up in a safe rural community. Many have left and returned after having a career in

another town, province or country and many that were not former residents move to West Colchester after retiring.

I need to say that I am not criticising those who chose to move away. We all have to what we feel is best for ourselves and our families.

I believe people live in communities like ours because of the people, the way of life and sense of communities. By sense of communities I mean the way people work together for the better of the community as a whole and care and support their neighbours. I, for one, am very proud of the communities and the people along the shore. We will do just fine, but not without a lot of co-operative effort.

As I write this I cannot help but think about Joyce (Walter) Grue. As most of you know Joyce passed away this past month and she was a shining example of what makes a rural community. Over the past 40 years, I have known Joyce, she worked tirelessly for her community. She was always there to help and support, her church, her community, her family, everyone, in any way.

One true example of what makes a great community.

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



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