

Dorothy's Kitchen Korner

Wow, what a relief to get all ingredients correctly listed in a recipe. Not as much mail this month since I got everything right and correctly reprinted Marilyn Adams' "very moist blueberry cake" recipe. I sure found an easy way to make it "moist" - just leave out the flower.

However, not getting complaints was not a problem as I have been busy sweating it out in the kitchen dealing with what has come out of the garden.

If you recall last spring I almost lamented about forecasting that come fall Maurice, would be expected jams, and pickles. I'm pleased to report I came through. Strawberry Jam for sure, however, missed two of his favourites, raspberry and blackberry. Just when the raspberries were at their best, we were busy both of those weekends attending exhibitions and fairs, with the t-shirts. Then a neighbor called saying he had an abundance of blackberries. Maurice was busy finishing an issue of the Shoreline, and then it was off to another fair.

Right now I'm glad the fairs and exhibitions are over. From the middle of June until September 25th weekend, we had an event every weekend except one. It was just nice to relax a bit that weekend. We've had three weekends without a t-shirt event, but right now, up to our ears getting our store ready for the Christmas season. The store will be open by the time you are reading this. The official opening was held October 25th with Truro Mayor, Bill Mills doing the honours. We're relocated the store to the former A. J. Walker building at 911 Prince Street, Truro.

Now back to the kitchen, in early June we had an abundance of cherries. I made two batches of cherry jam. Yummy. The last one I was in a hurry and should have made two batches, but enlarged the supply of fruit. Not a real jam, but sure will be good as a sauce for ice-cream or perhaps, I'll make a cheesecake.

So far this year, I've make several batches of pickled beets, mustard pickles, and now I have to find enough green tomatoes to make the recipe, I'm featuring this issue.

Colleen Killen, Debert sent me a fantastic recipe for Garden Relish. She added she enjoys the recipes in my column and each issue of the Shoreline Journal. She suggested perhaps I should hold off until next spring, but we still have plenty of the ingredients. I'm missing enough green tomatoes, but I should be able to gather some up from the neighbours.

Garden Relish

- 1 large cauliflower • 4 red peppers
- 6 green peppers • 6 cucumbers • 5 carrots • 9 onions
- Lots of yellow and green beans • 7 or 8 pounds of green tomatoes

Chop fine and sprinkle with ½ cup of salt. Leave overnight and drain. Rinse well in the morning. Combine 6 cups of white sugar, 2 tbsp mustard seed, 1 tbsp celery seed, 1 tsp turmeric, 4 cups white vinegar, 2 cups water.

Heat to boiling then bottle while hot.

NOTE: A secret to a crunchy pickle is how much water dwn out of vegetables and not to overcook.

I'm hoping to have two or three new recipe suggestions for favourite Christmas or holiday family enjoyment.

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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or email to: maurice@theshorelinejournal.com



News from our Federal Capital

Special Tax Provisions for Farmers

A strong and vibrant agricultural base is not only the cornerstone of the local economy, but is key to the long-term health and well-being of Canada as a whole. Our Conservative Government recognizes this and extends tax credits to those in the agricultural sector. These industry specific provisions reflect the challenges faced by our famers and those who make their living from agriculture based industries. This column will examine some tax provisions available to our farmers.

The **Atlantic Investment Tax Credit** is in place to promote economic development in the Atlantic Provinces and the Gaspé region. This 10% tax credit covers farming expenditures on new buildings, machinery and equipment.

Cash-basis accounting, as specified in the *Income Tax Act*, allows revenues to be counted when received rather than when they are earned, and allows expenses to be deducted when paid rather than when revenue is reported. Farmers therefore have the choice to use cash-basis accounting to average and defer their taxable income. This flexibility is only afforded to farmers and fishermen.

The **Optional Inventory Adjustment** allows farmers to add to the income they report for tax purposes in a low income year and deduct the same amount in the following year. Farmers can add a discretionary amount to their income up to the fair market value of farm inventory on hand at year end, which is then deducted the following

year. This provides farmers with a mechanism to average income between years.

The **Lifetime Capital Gains Exemption (LCGE)** for qualified farm property exempts a farmer from taxes on capital gains of up to \$750,000 (\$1.5 million if a partner or child is involved in the family farm operation). The LCGE is also available for the disposal of qualified small business shares and is not exclusive to farmers, since other small businesses can qualify. *This is a very important provision nonetheless since many farmers rely on it for their retirement.*

Besides exemptions, there is also the **deferral of capital gains through the intergenerational rollovers of family farms** (a.k.a. the **Rollover provision**) which allows farmers to transfer farm property, depreciable property, or eligible capital property (e.g. quota) to a child without incurring capital gains if the farm is transferred as a gift or at cost (without profit).

A **deferral of capital gains can be made through a 10-Year capital gains reserve**. This is for farmers who wish to sell farm property, depreciable property or eligible capital property to a child at a profit. In an effort to reduce the debt burden on their child, the farmer

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News from our Provincial Council

LEARNERS TODAY – LEADERS TOMORROW

It was with great pride that I spent time at the Provincial 4H Show held at the Exhibition Grounds on September 28th. This provincial show was hosted by the Central Region which includes counties of Cumberland, Colchester, East Hants and Halifax. I was proud of the fact that the 4H movement is alive and well in Nova Scotia. Over 2 000 members participated in the Pro Show, either attending with their animals or having submitted their projects as winners within their club.

Across the province there are 18 counties where young people can participate in 4H Clubs. In fact, there are over 2 500 members, 200 clubs and hundreds of volunteer leaders who make 4 H successful. Next year is the 100th anniversary of 4H in Canada with the launch of this anniversary being held in Nova Scotia during National 4H Week. There will be special events, special recognitions, and fundraising as part of the anniversary celebrations. Details of the anniversary celebrations can be found on the Canadian 4H website at www.4h-canada.ca.

I was also proud to participate in the official opening of the Pro Show and to meet so many members who were anxious to talk about their projects and their achievements. Colchester County has 8 clubs and can boast the largest number of members for any county in the province. 4H originally began with an emphasis on livestock, but has broadened its scope to include many life skills projects, including public speaking and is no longer restricted to farming communities or to

rural Nova Scotia. In fact, the Truro/North River Club can boast over 100 members. Also the most recent club in the province is in Cole Harbour, which is the first club to be founded in HRM. It is exciting to know that many businesses and individuals value the 4H program, recognizing that these young men and women will be the leaders in our communities. They will contribute to the growth of our province and they will use the knowledge and skills gained through 4H in their personal and professional lives.

Businesses and individuals are coming forward to show that support, with donations of money, time and in kind support. Congratulations to them for their interest in promoting such a valuable program. 4H members at the Pro Show were competing for the opportunity to attend the Royal Winter Fair in November. Two teams from Nova Scotia (1 beef team and 1 dairy team) each with 10 members were chosen to represent our province. In addition one member was chosen to represent Nova Scotia in the Young Speakers for Agriculture Competition at the Royal Winter Fair. Congratulations to all of the participants and all of the winners who have represented their club, their county and their province so well.

Karen Casey, MLA, Colchester North Ph: 902-893-2180



News from our Municipal Council - District 10

Hi Folks, as most of you will know by now I have been Re-Elected to a second term on Municipal Council.

I am truly thrilled to have this opportunity, and I thank the residents of District 10 from the bottom of my heart. I should say that despite the fact that it rained a lot, the fall is a great time to campaign. We live in a very beautiful part of Nova Scotia and with the leaves turning some of the views standing on the doorsteps were spectacular.

Over the past four weeks I knocked on over 1200 doors, there were many issues and ideas brought forward. Many of these I will bring forward at council and discuss in this column over the next year or so. However the idea of fracking fluids being flushed down the bay was certainly the most prominent. I want to assure residents this issue will be resolved by our council. At the last council meeting prior to the election council was unanimous in its support for Councillor White and me in opposing this. I have spoken with Councillor elect MacInnis and I know that he is of the same opinion. My opinion on this is exactly the same as it is towards spreading bio solids on farm land and that is that it is absolutely not worth the risk.

I want to take a minute if I might to rant on a pet peeve of mine, electronic voting. Now I realize I am in the Minority on this, however I believe the fact the town of Truro went forward with electronic vot-

ing got more media attention than any of the issues" being debated. Now I am not saying that some form of both electronic and paper ballots may be the answer, but I will state very clearly, in my opinion, you cannot beat old fashion campaigning where you knock on a door, discuss issues and convince residents to get out voting and actually sitting down and putting an X on a ballot. I also need to say, the numbers being released are correct, but misleading. Local media reports electronic voting increased the vote from 19% in 2008 to 49% this year. However, we must note, there was no contested Mayors election and only a contest in one of the 3 wards in Truro in 2008. It is also being reported Colchester County only 22% voted compared to 34% in 2008. We need to consider the fact that in Colchester in this election the Mayor and 36% of the council were not contested. For the record 45% voted in district 10. My point being there are many factors that go into how and why most folks vote in any particular election and it cannot all be attributed to electronic voting.

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



News from our Municipal Council - District 9

EDITORS NOTE: Newly elected councillor Doug MacInnes will start a column in the Shoreline Journal in the December issue.



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