

# Dorothy's Kitchen Korner

Nova Scotians always like to talk about the weather. I think sometime it's used as a diversion to not talk about what is going on. Sometimes that would mean we don't want to talk about a disaster of a global nature, or a bit of bad news happening locally.

The last couple of weeks, weather might have been a diversion to not talk about the election. I must say so far not much enthusiasm has been generated and no one seems to have gotten any traction.

It's my guess people are listening to and making note of the polls, but there's been little movement and the percentage of undecided voters is extremely high. So high in fact that it's hard to take recent polls seriously. Before Election Day, we'll be subject to the results of serious polls.

It will be interesting to see if the "undecided" group starts to reduce. Tracking that group to see where they go, will perhaps give a bit of an idea that voters are starting to favour.

Similarly, I've always thought that the number of election signs erected doesn't really provide an indication of a favour. A number of my friends categorize election signs as follows: Major intersections, utility poles, general roadside and the fourth category being those on lawns. If I am out driving, I try to focus and keep a mental tally on who has the most signs on lawns and at the end of driveways, which would have needed permission.

It will be difficult to have any money left over for personal enjoyment, after we pay for all the promises made by the winning party should they choose to implement them. I much prefer to vote for the person rather than select a candidate worthy of my vote based on keeping a tally of all their election promises.

Politicians can sometimes be an unusual group. Even though we have been telling them for decades, we want action and not promises, for the most part they have failed to listen to the electorate.

Well that's my last kick at provincial election talk for about another four years, unless we have a minority government and are forced back at the polls earlier.

Now back to the kitchen, as we all like to eat. This month I've chosen a recipe from the "Home Recipes and Crafts" of the Ladies Auxiliary to the Canterbury, NB Fire Department. Maurice and I inherited the recipe, from his mother's estate. The recipe "Children's Favourite Cookies", submitted by Barbara Lyons, an acquaintance of his mother.

## Children's Favourite Cookies

**1 c. peanut butter • 1 c. shortening  
1 c. brown sugar • 1 c. white sugar • 2 eggs  
1 tsp vanilla • 1 tsp salt  
2 c. oatmeal • 1 ½ c. flour  
1 tsp soda • 1 pkg chocolate chips**

Preheat oven to 375 degree. Cream peanut butter, shortening, and sugar together. Add eggs and vanilla. Next, add oatmeal, flour, salt and soda. Mix in chocolate chips. Drop by teaspoon on ungreased cooking sheet.

Bake 8-10 minutes.

I'm always in need of recipes. Can someone send me their favourite apple, blueberry, raspberry and raisin pies with instructions for freezing? With the late crop of Strawberries, send some of them too. It's also time for Christmas and holiday recipes, which I'd like to print some in the November and December issues.

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## Notes from our National Capital EI Rate Freeze Good News for our Local Economy

Our Conservative government recently announced that Employment Insurance rates that employers and employees pay will be frozen for the next three years. This means that businesses and their employees in Cumberland-Colchester-Musquodoboit Valley will be keeping more money in their pocket, which is great news for our local economy - especially our small businesses like farmers and forestry contractor's.

Our Conservative Government, like no other before, understands that small business is a cornerstone of our economy, creating jobs that support families in our communities. That's why we have introduced numerous measures to help them out, like a hiring credit for growing their businesses that expands their workforce.

Little wonder small business has been such a key part of Canada's recovery from the recent global economic downturn. In fact, with the help of small businesses, Canada has created over one million new jobs since the end of the global recession - the best record among all the G-7 countries.

But as we all know, the global economic recovery remains challenging. This is especially true for Canada's key trading partners - the United States and Europe. With our big export markets

still on shaky ground, that's going to have an impact on Canada's economy.

That's why our Conservative Government is staying focused on the economy. One way we're doing this is through a three-year freeze on EI rates. This means rates for employees and employers will stay at or below the 2013 level (\$1.88 per \$100 of insurable earnings) until 2016. This will leave \$660 million in the pockets of job creators and workers in 2014 alone, compared to what they would have otherwise had to pay under the projected formula. This means more money stays in Cumberland-Colchester-Musquodoboit Valley, helping to support our local economy.

I'm proud that our Conservative government is promoting such a positive plan for the economy, as that's what Canada needs!

As always, if you have questions or concerns please do not hesitate to contact my office toll-free at 1-888-752-0552; visit my website at [www.scottarmstrongmp.ca](http://www.scottarmstrongmp.ca); add me as a friend on Facebook; or follow me on Twitter @Armstrong\_MP.

**Scott Armstrong, MP Cumberland-Colchester-Musquodoboit Valley**



**Scott Armstrong**

## News from our Municipal Council - District 10

Good Afternoon.

I would like to talk today about communities.

I am sure that by now most have heard the story of Sean, Becky and Angelica Platnauer. The family that has spent the past 4 years living in Bass River while they worked to become Canadian citizens. Over the course of these 4 years this family has become a part of our rural community. Becoming a Canadian citizen is a very daunting task, I believe for good reason, as government officials are tasked with protecting us from less scrupulous people who may be only interested in taking advantage of what makes this country great. Things like health care, social services, freedoms and the many things we take for granted.

Anyone who has ever met the Platnauer family, knows this is not the case here. They moved from England, settled in a rural part of Canada and proceeded to make themselves a part of the community. They became very active members of the fire brigade, they took an active part in the school their daughter attended, they volunteered at church suppers and have always been there when a friend was in need.

We could use another thousand or so of this kind of family locating in Colchester County.

The really feel good part of this story is the way the community members, friends, acquaintances and many more from along the shore, who I am sure have never met the Platnauer's rallied in support. To me that is not only an indication of respect this family has earned, but also an indication of how the residents can identify, accept and rally behind those who move to and become

## News from our Municipal Council - District 9

It has been a busy month! One of the issues at our September 12th Council Committee meeting was a motion that was made to extend the moratorium on wind turbines in Colchester County. We are waiting until the results of a study done by Health Canada on the health effects that wind turbines (if any) have on our population comes back to us. The vote was passed by eleven councillors voting to extend the moratorium and one against. I'm the one councillor who voted no and now I will explain why.

Almost all of the controversy surrounding wind turbines has to do with the level of infrasound that is omitted from any one turbine. The other issue that seems to arise is the residential property value of homes located near wind farms.

On the first issue of infrasound, The term "infrasonic" (applied to sound) refers to sound waves below the frequencies of audible sound, and nominally includes anything under 20 Hz. There have been approximately twenty three reputable studies done on infrasound levels and particularly on infrasound levels in close proximity of wind turbines. These studies have been conducted by Governments and Universities all over the world.

There are other studies that have been compiled by private

part of our community. There are many working to solve this problem and I am confident there is a light at the end of the tunnel.

Secondly I would like to mention a fundraiser I attended last week for Frankie Phillips and his Family. The Phillips' are a young family from Great Village. Frankie and his wife have 5 children aged 13 and under. Some time ago Frank was diagnosed with a serious illness. There have been numerous fundraisers. However last Saturday there was a large community event and Ball Tournament in their support. It is my understanding over \$11,000 raised that day alone.

Thirdly, most of us know of the sudden illness and the difficulties of Brent Cooke and his family. The community and their friends and family have certainly rallied in their support, with dances, golf tournaments and other events.

Now clearly these are not feel good stories. The feel good stories are the way that not only did friends and family support, but many, many people from up and down the shore, as well as from away will come together to help when help is needed. There are many of these stories in our past and will be more in our future. In my opinion this is what makes our communities so special. It is important that as time goes on we continue to support these families in any way needed.

**Tom Taggart, Councillor District 10, Colchester County**

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**Tom Taggart**

companies that largely come to the same conclusions as the Government and University studies but I never like to put much stock into a report that was published by someone who has a huge financial investment in the outcome. All of the studies that I have read come to the same conclusion that at this time there is currently insufficient scientific evidence to conclude that there is any harm to human health from any type of wind turbine noise.

Health Canada is in the process of conducting its own study on wind turbine noise. They expect to have all of their research done within fourteen months and will then compile it into a report but not before first sending it out to other Governments and University study groups for their input. This whole process could take upwards to four years and it is interesting to note that Health Canada makes this statement about their study on their web site.

The proposed research would provide decision makers with

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