

Dorothy's Kitchen Korner

I don't like to scold readers and those who religiously follow my ramblings here, but I am in desperate need of recipes. Now that summer is almost over, the kids are going back to school perhaps you will have some more time to send me some of your favourites.



I haven't had much time to spend in the kitchen this summer. In fact it's been a totally different summer for me. Since 2008, I normally spent three days at home as a domestic engineer, or goofing off, then take one day to prepare to go to a number of festivals and events to help Maurice with the t-shirts.

But with the store open Monday to Saturday, I've been locked in there. Luckily, I've developed a number to people, who come into the store two or three times a week, and spend a bit of time chatting in the mornings, when there's not many customers doing their shopping.

My six days a week at the store will continue until the end of September when the festivals and exhibitions are over and we'll be gearing up for the Christmas season.

In fact, I'm amazed at how many women are out picking up Christmas gifts now.

With Labour Day almost here and the area gardens really producing, it will soon be time for me to think about making beet pickles. I love them and could eat them almost every day. We it gets further into September and we have the time, Maurice likes to stew down tomatoes then put in freezer bags for the winter. He likes to then use for spaghetti sauce, lasagna and other things. If he really had the time, he like to simmer a long time to get rid of the water, so it can almost be used as a tomato sauce.

Thinking about tomatoes and spaghetti, I decided to pick out the spaghetti sauce recipe Maurice likes to use. It's found on Page 185 of the Five Roses cookbook. I don't know which edition as the covers disappeared on him years ago.

Spaghetti with Meat Sauce

- 2 tbsp Olive Oil • ¼ cup Sliced Mushrooms
- ½ cup chopped onions • ½ cup chopped celery
- ½ cup chopped green pepper • 3 garlic cloves (finely chopped)
- 1 lb ground beef • ½ lb ground pork • 1 cup water
- 28 oz can tomatoes • 14 oz can tomato sauce
- 5 ½ oz can tomato paste
- 2 tsb slat • 1 ½ tsp basil • ¾ tsp oregano
- ¼ tsp crushed red pepper (optional)
- ¼ tsp paprika • 1/8 tsp cayenne pepper
- 1 bay leaf (he uses 2 or 3)
- Pinch of black pepper
- About 1 ½ lb of spaghetti.

Saute vegetables in oil until onion becomes golden brown. Add beef and pork and cook until lightly browned. Add balance of ingredients; simmer two hours. Cook spaghetti according to package instructions. Pour sauce over spaghetti and sprinkle with grated Parmesan cheese, if desired. Entire recipe yields about 8 servings.

NOTE: You can increase or decrease the spices to your own requirements. Once the sauce is cooked, cook only the amount of spaghetti you need right then. Place left over sauce in containers and freeze for later. Best to use the size of container, which you will use at one time.

I'm always in need of recipes. Can someone send me their favourite apple, blueberry, raspberry and raisin pies with instructions for freezing. I'd like to print some in the October or November issues.

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Notes from our National Capital

Energy East Pipeline - Time for Atlantic Canada to "Grab the Growth"

The recent announcement that Trans Canada Corporation is taking the next step toward building the Energy East Pipeline is good news for Atlantic Canada.

Our Conservative government welcomes the prospect of transporting western Canadian crude oil to consumers and refineries in Atlantic Canada, and to new markets abroad. This project is in line with our Government's efforts to better leverage our energy assets for the benefit of all Canadians.

Since this announcement took place, many people have asked what this means for Atlantic Canada. The answer is that it is a very significant project for our region. Construction of the Energy East Project will provide significant economic benefits, both in the form of pipeline construction jobs and in the ongoing operating jobs created at our refineries. This will also decrease our reliance on foreign oil. We currently import 700,000 thousand barrels of crude oil a day. With the pipeline's capacity of 1.1 million barrels per day

from western Canada, our import needs would be eliminated and would leave 400,000 barrels per day to export to world markets. This presents the opportunity for a whole new industry in Atlantic Canada.

The project would bring a \$12 billion infrastructure investment in refitting 3400 km of existing pipeline which currently carries natural gas to the west. In addition, 1400kms of new pipeline would have to be built to connect to Atlantic Canada. Accordingly, Irving Oil has also announced a \$300 million investment in a new marine port to export this refined oil to world markets. These investments are good for the economy of Atlantic Canada.

In order for Canadian oil production to maintain its growth, new markets must be found. Currently the US, the destination for 99% of Canada's current oil exports, is seeing its own energy pro-



Scott Armstrong

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Notes from our Provincial Capital

Healthcare among most important services

One of the most important services that governments can provide in this province is health care and we are privileged to have a dedicated workforce of health care providers, whether it is nurses, doctors, lab technicians, physiotherapists, LPNs and others. We know that they take pride in their work and care about their patients. We also know that the Health Department of this province consumes the largest part of the provincial budget. 41.1 % of every dollar spent in this province goes to health care.

We also know that in the past, Canada Health Transfers have been an important part of funding the delivery of health care in our province. However, recent changes, thanks to Stephen Harper and the Conservative Government, will drastically reduce that revenue to our province. In fact, the Harper Government will be cutting 900 million dollars in health care transfers to Nova Scotia over the next ten years. That is approximately 90 million fewer

dollars per year to help support our health care system.

We also know that wait times for surgeries and specialist appointments, along with overcrowded outpatient rooms are unacceptable. For example: under the current NDP government, a wait time for orthopedic surgery (knee or hip replacement) can be up to two years. These services are ones you expect and deserve and as our population continues to age, there will be more demand on those services. With fewer dollars from the Harper Government and with increasing demands, it is important to look at the way we use those limited dollars we have in this province. We know we cannot have everything we want, but we should have everything we need.



Karen Casey

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News from our Municipal Council - District 10

Hi Folks.

It has been a great month of August, I have a couple of quick notes. First I would like to congratulate all the organizers and volunteers that made the Not Since Moses run such a huge success. I was not able to attend as I had to work however I would like to note that on the Saturday morning of the run I left for Truro at approximately 8:00.

There was a steady string of traffic heading down the shore. I started counting and of course lost track at around 200 cars between Bass River and Glenholme. I have never seen that since the hay days of the Economy Clam Festival. What a great opportunity to showcase the natural beauty of our shore than to have over 1500 participants at that event.

Secondly, some of you may remember a rant I had here about two years ago where I criticized the Department of Fisheries because they wouldn't allow equipment in the rivers to do streambed remediation. I said they put fish ahead of the well

being of the community. Well things have changed!

As a result of the severe flooding in and around the North and Salmon Rivers and due to the hard work and persistence of the County/Town Joint Flood Advisory Committee, their staff and the Province are there today with 3 excavators in the Salmon River, removing excess gravel and deepening the channel in an effort to alleviate flooding. This is great news and a great step forward.

However my mission today is to try and give some details, explanations and you can be sure my opinion on the Nova Scotia Provincial Exhibition. I hear the CBC has reported that our council has been squabbling with a group of local business people that have come forward to rescue the Exhibition. That, in my opinion is a long way from the truth.



Tom Taggart

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News from our Municipal Council - District 9

By the time you read this article it will almost be Labour Day. The kids will be going back to school and we all will be settling in for another beautiful fall in Colchester County. I have always wondered why our Provincial government doesn't seem to promote this Province as a fall destination. As we all know fall is one of the most gorgeous times of the year in Nova Scotia.

With the leaves changing, the geese arriving back and the fall harvest underway. I can tell you there is no better time to be a resident of Lower Onslow. Now I may be a bit bias considering I'm an avid hunter and in the heating business but honestly even if I wasn't involved in these two activities fall would still be my favorite time of year.

Once the Nova Scotia Provincial Exhibition starts we all know that Fall is just around the corner. The Exhibition is in full swing and the weather sounds promising for the rest of the week and I hope the good weather encourages people to attend and show their support to groups like the 4H.

When I am finished writing this column I am off to have a tour of the Provincial Exhibition grounds and the raceway with County Council. After the tour there will be a meeting to determine if there is anything we (Colchester County) can do to help the organization turn itself around as it is in financial trouble.

In my opinion, there are many things to consider before the plug is pulled and the light go out forever, but the two primary ones should include:

- (1) there is 65 acres of prime real estate involved and what can we do with these lands to increase economic growth in our area?
- (2) There already is direct economic spin off to this area from the racing industry, the annual Exhibition show, and other events held on these lands, so can we help this organization turn around?



Doug MacInnes

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