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Official Cape Breton Regional Municipality information
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FREE

THIS WEEK

NORTHSIDE COMMUNITY NEWS

FREE

Vol. 10, No. 31 - AUGUST 5th - 2020

SUMMER RADIO CEILIDH

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SUNDAY, AUGUST 9

6:00 - 8:00

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for Details
and Sponsors



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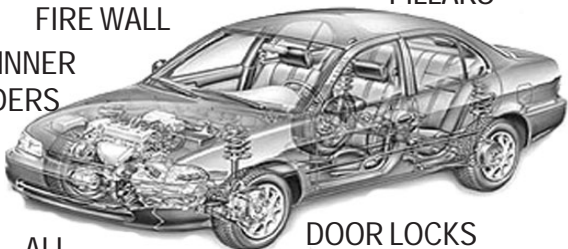
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NORTHSIDE COMMUNITY NEWS ITEMS**SENIORS BINGO**

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WHEN: SUNDAY - 2:00 pm

B	I	N	G	O
7	25	44	57	62
15	22	40	50	70
11	30	46	74	
2	28	37	55	68
10	27	39	59	75

Sunday BINGO
CANCELLED
indefinetly
Updates will
follow



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Late Nite Oldies with Jack Cool - Friday Night at 11:00 pm Best of Classic Oldies
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Send you informaton to the following email address - thisweek@kleeradio.com

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Send your Birthday Wishes for friends and family to us - thisweek@kleeradio.com

CONTACT INFORMATION

GLEN GRAY, EDITOR

PH: 902-564-9022

Email Address

glengray@kleeradio.com

**Keith Bain**

MLA -Victoria-The Lakes

1415 Highway 105, Bras d'Or, NS, B1Y 2N5

902-736-0301 (Office)

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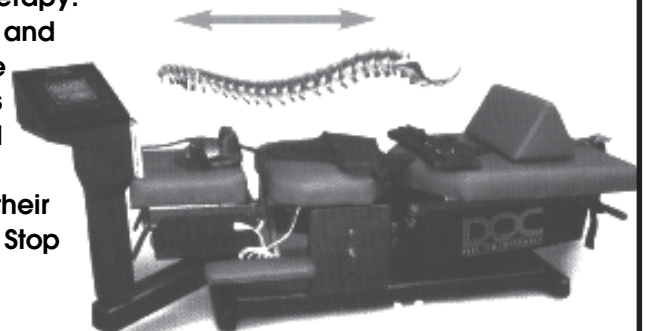
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NEW DECOMPRESSION TABLE RELIEVES PAIN

Darren Strong from Strong Chiropractic, announces a new, sophisticated computerized decompression table that allows the spine to be gently stretched and relaxed for spinal decompression therapy.

The pattern of alternating pulling and relaxing creates vacuum-like pressure which allows disc material that was herniated or protruded to be pulled back in the disc over time.

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FOOD HUB TO OPEN AT CELTIC MARKET

The Pan Cape Breton Food Hub has purchased a building which will be the site of its processing facility. The building, located in Bras d'Or, was formally the Celtic County Market. "This facility will be a game-changer in our whole industry - Farmers and food businesses will be able to expand, and more people will get to eat Cape Breton grown food year-round," says Alicia Lake, Executive Director of the Food Hub.

In 2018 the Cape Breton Food Hub undertook a strategic planning exercise engaging food stakeholders across Cape Breton to identify the way forward for the food sector in our region. One of the biggest gaps identified in that process was a need for an on island multi-use food processing facility. Lake says, "This processing facility will change the local food landscape in Cape Breton by creating opportunities, increasing access to local foods, and incubating food businesses."

"During the past year, the Board of Directors and staff have been working diligently to locate and purchase a building that could be renovated into a processing facility that would meet the needs of our producers and consumers," says, Alison Giovanetti, consumer and board member of the Food Hub, "This building is well suited for the project."

Founded in 2015, the Pan Cape Breton Food Hub Co-op Ltd. provides a distribution link between local food producers and consumers, creating a more sustainable food system by increasing the viability of local producers while improving access to high-quality local food. The Co-op believes that when you buy or sell food through the Cape Breton Food Hub you are contributing to a more vibrant local food economy and becoming part of an island-wide food community. The Co-op includes both producers and consumers as members. Its 10-person Board of Directors includes producers, consumers, and restaurants. The strategic document referred to in the text is available on the Food Hub Website <https://www.capebretonfoodhub.com/>



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COMMUNITY NEWS ITEMS



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K-LEE RADIO is providing some relief in the form of audio books you can download and listen to at home.

There are some classic books like Sherlock Holmes, Tom Sawyer, Jeckyl & Hyde and other mystery and adventure books like Jack London's Adventures. Logon to www.kleeradio.com and go to the DOWNLOADS PAGE and get your free audio books.

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Sydney Mines Legion

NOW OPEN - 11:00 - 9:00

Monday - Saturday



AROUND THE TOWN

The weather co-operated well with our second **Summer Ceilidh** at Indian Beach - it was 27 C and the sun was shining. I want to say thank you to our sponsors **MacIntyre Hardware** and **Crown Taxi** for supporting these Summer Ceilidhs - and a special thank you to **Jack Cool** my co-host and **Connor MacLeod** for being our "roadie" - the shows will continue until the end of August every Sunday night and, if it is raining, the ceilidh will be re-scheduled for **Tuesday night** from 6:00 - 8:00 - stop by our website to download a copy of the show along with **Kenny Walsh's Phantom Country show**, Jack Cool's Late Nite Oldies and The Pig & Whistle Show - www.kleeradio.com - See the article on **page 3** regarding the **The Pan Cape Breton Food Hub** which has purchased the former Celtic Market building and will be operating a local food hub for the area - this is most welcome news to local food producers - we wish them the **best of luck** with this new venture.... it takes a bit of getting used to with wearing the new masks especially in this warm weather but I guess it's the way things are going to be for a while.... Be sure to take in the **Blueberry Festival** sponsored by the Southside Boularderie Fire Dept. and it will be held on Sunday, August 23 and it is **Take Out Only** - see page 2 for details..... Northside poet/songwriter **Ron Gillis** has another installment of his poetry "1925 Coal Miners Strike", see his latest poem on **page 5**..... Check out **page 7** for a comprehensive history of the Clifford Street Youth Club - **Cst. Paul Ratchford** outlines the early struggles to keep the centre open and he lists the many community programs and events the centre has been involved in and the challenges of operating the centre with COVID-19 restrictions to be adhered to.... I would like to acknowledge **Peter & Betty Ann Richard**, my brother and sister-in-law visiting from New Brunswick - I have dubbed them the "**The Twisted Sisters**" so please don't get in their way when they're on the hunt for bargains, it could prove painful....I invite you to visit us on Sunday evening from 6:00 - 8:00 pm at **Indian Beach** for our Summer Ceilidh series - see you there - **GLEN**



Waiting On You!
DAILY SPECIALS - SENIOR MENU
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NORTHSIDE COMMUNITY NEWS/EVENTS

FREE PODCASTS TO DOWNLOAD & LISTEN

In response to the "Stay The Blazes Home" rules, K-LEE RADIO has provided several audio programs from Old Time Radio such as; Dragnet, Our Miss Brooks, Boston Blackie, Abbott & Costello, The Lone Ranger, Gunsmoke, Sherlock Homes, Irish music podcasts, local stories free to download and help relieve the boredom - Logon today - we update weekly www.kleeradio.com

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1925 Coal Miners Strike

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comin' morn pass word along coal mining brothers unite be strong coal mining brothers unite be strong tomorrow morn we'll walk picket line

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Lots of Kids Stories and Crafts to keep you occupied throughout the Summer - we'll be updating the website with music as well so stop by the Kids Radio Page often and see what else is new - logon to the web address below and get your crafts & stories

- VISIT US AT THIS WEBSITE ADDRESS -
www.kleeradio.com



Regular readers of this column know that I love hearing new and re-released material from heavy metal bands....and this band definitely had my ears many moons ago-and now again. Whitesnake came to the attention of the great masses way back in 1983 with the release of their fifth album; fronted by the lion-maned and designer suit wearing lead singer David Coverdale (ex-Deep Purple) who grabbed the eyes of the ladies-and the musical attention of the guys with his 'close to Robert Plant' like voice. Indeed many critics and naysayers dumped on Whitesnake for being a Led Zeppelin wanna-be band, but Whitesnake laughed all the way up the charts, and across the MTV screens-releasing 13 studio albums, memorable music videos and scoring multi-platinum sales with incredible songs. This, "**The Rock Album**" was released in late June and contains "revisited, remixed and remastered" versions of previously released songs, and is the first in a series called "Red, White and Blues Trilogy" according to the album's executive producer Coverdale; "some songs have been musically embellished where my co-producer Michael McIntyre, my new mixer Christopher Collier and I felt it appropriate or necessary to



bring out the best in these songs."

It was a smart move to start things off with "Still of the Night"-probably the best known Whitesnake song there is, the success of which is partly due to the legendary music video, thanks in large part to Coverdale's then wife model Tawny Kitaen, who was also in the videos for "Here I Go Again" (song included here) and "Is This Love" (surprisingly not included here). As a real fan of the band from way back in the day I loved hearing updated versions of "Love Ain't No Stranger", "Give Me All Your Love", "Tell Me How" and the amazing "Judgement Day" (a song that naysayers accused the band of ripping off from Led Zeppelin's "Kashmir"). David Coverdale always had a great blues mastery, and that shines through on "Forevermore" and on "She Give Me". The one new song here is "Always the Same", which was originally recorded for the band's 2019 album "Flesh and Blood"-and yes Coverdale's voice does sound a bit rougher-but who's wouldn't after screaming metal numbers for over 40 years. All in all, this is indeed THE rock album.

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NORTHSIDE COMMUNITY NEWS



NORTH SYDNEY LIBRARY NEWS

See story on page 7
for re-opening
Library News



BRANCH 008 LEGION NEWS

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Written & Compiled By GLEN GRAY

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Free Senior Functional Fitness
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Instructor Patsy MacKenzie.
Come join us as we venture
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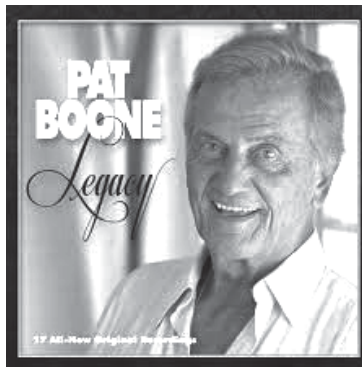


JACK COOL K-LEE RADIO DJ NEWS

I had the pleasure of a few weeks ago interviewing American singer, composer, actor, writer, television personality, motivational speaker, and spokesman pat Boone.

He was a successful pop singer in the United States during the 1950s and early 1960s. He has sold over 45 million records 13 gold discs 2 gold albums and has starred in over a dozen hit films also met Elvis Aaron Presley which was Boone's opening act when they first met.

He also had a song called Two Hearts which went to number 16 in the UK.



Ain't That A Shame which was written by Fats Domino. Boone told me that Speedy Gonzales was Reginald Kenneth Dwight's favourite song who we know today as Elton John.

Lots of Free Downloads
available on our website
www.kleeradio.com

For the latest and most comprehensive list of local events, logon to - www.musiccapebreton.com
Mike Little updates his listings each week.

Some News Items courtesy of **Swing Over The Mountain** Newsletter -
Login to read it at - <http://sotmnews.weebly.com>

Another hit Pat had which went to number 1 in the US was Love Letters in the Sand - another song he had that went to number one was April Love which was also a movie of the same name. another song pad had which was released in 1991 was can't we get along which I have played on my late-night oldies show on Fridays have a great week - everybody stay safe - **Jack**

I would like to make an apology on the picture I put in about last week's article. The article was right I just had the wrong picture. The picture I thought was of George Millar of the Irish Rovers was actually George's brother. Sorry my mistake here is the correct picture of George



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CLIFFORD STREET YOUTH CENTRE - A COMMUNITY RESOURCE

Hi! This is the first story on Clifford Street Youth Centre, (CSYC) of 50 Clifford St, Apt # 12, which is non judgmental safe haven for area children that has been in operation as a youth centre since 2009. Originally opened as a temporary office for community groups under then community liaison Cst Paul Ratchford of the CBRPS, and some very dedicated volunteers, the office evolved into what is today ~ a safe space for area children. Always FREE! and relying on donations!!!

For over a decade CSYC provided events, programs, computer access, homework help, clothing distribution, food distribution, furniture distribution, educational opportunities, employment opportunities, liaising with governments agencies, politicians, schools, churches, fire halls, food banks, North Sydney Seniors Club, and especially Northside community minded groups like Kiwanis Ceilidh Golden K, Rotary, Eyking Foundation, and Baroncroft whom without all their support would not have been able to continue to feed, educate and provide the only entirely FREE youth office in CBRM - any fees create a barrier and a stigma ~ the Northside suffers from almost 40% child poverty.

Providing a Free safe haven and continuity of care, are very important parts of what we provide to our children at Clifford Street Youth Centre - usually ages 5 to 15 years of age in you were wondering.

Every summer we apply for various grants to provide the children attending CSYC experiences, exposure, and educational opportunity. Some experiences would be; attending local museums, attending cultural experiences, UNIA hall Glace Bay/ Goat Island Tour Eskasoni visiting CBU, or simply walking to local playground or beach. Other experiences would be kayaking, sea doing, paddle boards, rafting or working with NSCC or CBU students to go snow shoeing & hiking. We have attended the Northside Exhibition, the Hat, C-200, shows, laser tag, and so on....We participate in Earth Day clean ups, environmental projects, photography exhibits and so many more. One of the most important experiences is meeting or visiting with Northside Seniors, at nursing homes, Clubs, or when they come to volunteer at the office... we cherish our intergenerational activities!

Although the Northside has a high poverty rate not all the children attending come from lower income households. Many children, from all over the Northside, attend the youth office simply due to how it is operated. They office is largely free play based, with basic rules of conduct, and provides physical, mental and educational support whenever it is needed... we do not have all the answers but we will look for them! We do offer programming but it is based upon the observations of volunteer staff as needs or trends start to emerge, we do not force programs onto children!

COVID rules! Well a lot of our front line experience certainly helped us to open at the end of June... but with COVID restrictions in place we have modified our approach. For the first time we require children to register, FREE as always, so we can have contact tracing information should we have any issues. We follow the Provinces guidelines for Day Camps & Day Cares, the general rules, and this of course changes weekly. The children attending are awesome, they get it, but are still children.

All adults and teens must wear a mask at all times...Staff wear them at all times and of course practice deep cleaning techniques, frequent cleaning, more outdoor activities, and limited numbers per room inside...whew... it was a lot of hard work to re-open, but we were fortunate to receive some summer grant students to help out...Jessie, Robyn, Sasha, Ammerisa, Brianna and Dylan rock! Again many many thanks to the government agencies for this gift of staff during this very difficult time! The cost of re-opening was horrendous and gutted what little we had in our account... but better to be open!!!!!!!

Our numbers tend to be lower in the summer, which helped this year, and steadily increase from school opening to Christmas/ winter, then after grading day decreasing again. As we have computers, and fibre op internet, our computer spaces will probably be very busy this year... a number of children do not have computers, even fewer have internet access~ a big concern with schooling this year.

So this is a very brief overview of Clifford Street Youth Centre which is open to all children from all areas, BUT, now you must register, FREE, to attend the office. We appreciate, and survive on, donations, the kindness of many not mentioned in this article, groups or individuals, and welcome your calls.

Please feel free to call 902 794 9371 to leave a message... we will have a new email account shortly, and we are on Facebook.

Thank you to the Northside for all the fantastic help in the past.

The next article will discuss the early history, challenges, and perseverance needed to remain open despite many obstacles... as we tell the children..., it is all just teaching us how to do things better!

Til the next article, be well, wear your mask, enjoy life, stay safe, Paul Ratchford for Clifford Street Youth Centre



If you are looking for something to help entertain your children or to take up some time during the long nights we are required to stay indoors, then your search is over. THIS WEEK and K-LEE RADIO have teamed up and are offering BINGO for the whole family. If you logon to our website and go to the "DOWNLOADS" page you will see

links to print your own Bingo Cards and also a Bingo Calling program that calls the random Bingo numbers.

This can be a fun activity for the whole family or you can have some small prizes for a Family Night.

While you're on the page, take a look at the other Crafts and files you can download for FREE.

There are lots of activities to help entertain your children plus we also have several audio stories and previously broadcast shows you can download and listen to at home during rainy days or around the campfire at night.

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