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AND  
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Official Government of Canada information visit  
<https://canada.ca/coronavirus> or call 1-833-784-4397

Official Cape Breton Regional Municipality information  
<http://cbrm.ns.ca/coronavirus> or call 902-563-2276



FREE

# THIS WEEK

NORTHSIDE COMMUNITY NEWS

FREE

Vol. 10, No. 34 - AUGUST 19th - 2020

## SUMMER RADIO CEILIDH

INDIAN BEACH  
SUNDAY, AUGUST 23  
6:00 - 8:00 PM

**OLDIES NITE**  
See Page 8 for Details  
and Sponsors



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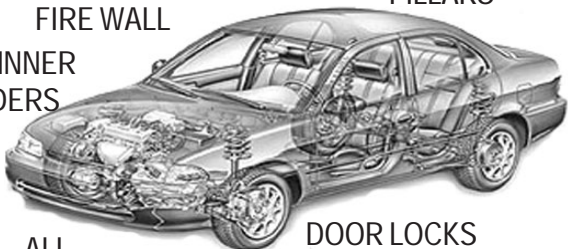
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BEHIND ALL CHROME MOULDINGS  
DOOR LOCKS & HANDLES  
WINDOW PILLARS  
ALL SEAMS & LATCH ON TRUNK LID  
TAIL LIGHT ASSEMBLY  
DOG LEGS  
WHEEL ARCHES AND LINERS  
SHOCK TOWERS  
FILLER CAP DOOR  
ROCKER PANELS  
FRONT FENDER BRACES

*Unlike the conventional methods of rust proofing which tend to work as coating, a KROWN treatment actually displaces moisture and creeps into the inner metal fold of the vehicle - the areas where the most rust problems start. The KROWN formula remains active as an invisible barrier to repel moisture and salt and prevent it from re-entering the metal. The KROWN product can be applied in any season and weather.*

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NORTH SYDNEY  
**794-4947**

## NORTHSIDE COMMUNITY NEWS ITEMS

### SENIORS BINGO

The Regular SUNDAY afternoon Bingo resumes. There will be an Afternoon BINGO Game at the Sydney Mines Seniors & Pensioners Club, 6 Fraser Avenue, Sydney Mines.

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



For the Best In Classic Country Music, join Kenny Walsh every Sunday Night at 6:00 pm for Phantom Country - 2 hour show of the best Country Music  
[www.kleeradio.com](http://www.kleeradio.com)

Late Nite Oldies with Jack Cool - Friday Night at 11:00 pm Best of Classic Oldies  
[www.kleeradio.com](http://www.kleeradio.com)



### BIRTHDAY WISHES

If you have a family member who is celebrating a birthday, simply email us the information and we will print it here in the paper free of charge.

Send you informaton to the following email address - [thisweek@kleeradio.com](mailto:thisweek@kleeradio.com)

### North Sydney Fire Hall

NOW OPEN - 10 - 12

MONDAY - SATURDAY

SUNDAY - 12 - 12

Thursday 5- 8

Music - Ernie, Todd & Wade

Kitchen open from 4 - 9

**This Week's Special  
BACON CHEESEBURGER  
PLATTTER - \$10.25**

PHANTOM COUNTRY with Kenny Walsh airs on K-LEE RADIO on Sundays at 6:00, Wednesday 8:30 - the best in Classic Country Music - tune in to hear Kenny at  
[www.kleeradio.com](http://www.kleeradio.com)



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CAPE BRETON MUSIC  
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### NORTH SYDNEY LEGION IS NOW OPEN



Regularly Scheduled Hours

10:00 am - 12:00 pm

Monday - Saturday

CLOSED SUNDAY

PHONE (902) 794-4816

### Blueberry Festival

Southside Boularderie Vol.

Fire Dept. Fire Hall

Sunday Aug 23 1 pm to 4 pm

**Take Out Only**

Following all Nova Scotia Health Protocols

Adults \$10.00 Children \$5.00

Contact any firefighter for tickets

Or call Jimmie 902-736-6731

Mike 902 578-4794



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Heat & Serve Meals - Fresh Meal Selections - Frozen Selections

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Soups - Sandwiches - Salads

Ph: 217-0280

212 Commercial St,  
North Sydney



### BIRTHDAY WISHES

Send your Birthday Wishes for friends and family to us - [thisweek@kleeradio.com](mailto:thisweek@kleeradio.com)

### CONTACT INFORMATION

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## Keith Bain

MLA -Victoria-The Lakes

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

902-736-0301 (Office)

902-736-0411 (Fax)

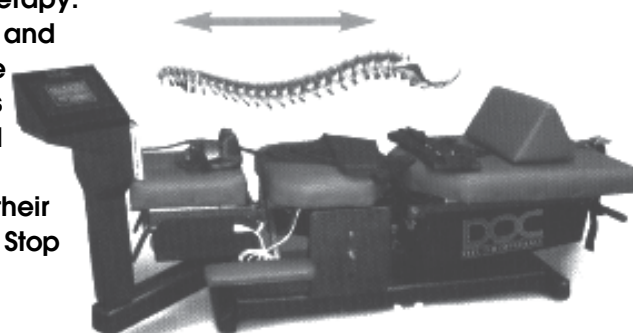
[keithbainmla@bellaliant.com](mailto:keithbainmla@bellaliant.com)

### 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.

Patients will notice a reduction of their pain during these treatment sessions. Stop in today and ask about the new table and how you can benefit.



793 Mahon St., New Waterford - 862-9444 224 Commercial St. North Sydney - 241-9444



## CAPE BRETON REGIONAL LIBRARY

### - CONTACT INFO -

#### NORTH SYDNEY LIBRARY

309 Commercial Street  
North Sydney

PHONE (902) 794-3272

#### **HOURS**

MON. 1:30 - 5:30 - 7:00 - 9:00  
TUES., WED., THURS - 10 - 9  
FRI. 10 - 7 - SAT. 10 - 5

#### SYDNEY MINES LIBRARY

1 Fraser Ave., Sydney Mines

PHONE (902) 736-3219

#### **HOURS**

MON. 1:30 - 5:30 - 7:00 - 9:00  
TUES., WED., THURS -  
10 - 5:30 - 7:00 - 9:00  
FRI. 10 - 5:30 - SAT. 10 - 12 and  
1:00 - 5:00

#### FLORENCE LIBRARY

676 Bras d'Or Florence Road

PHONE (902) 736-7583

#### **HOURS**

TUES. 1:00 - 5:00 - 6:00 - 8:00  
WEDNESDAY - 1:00 - 5:00  
THURS. - 1 - 5 and 6:00 - 8:00  
FRIDAY - 1:00 - 5:00  
SATURDAY - 10 - 1:00 pm

## NORTHSIDE RISING

Join the conversation this week on how a community organization is dealing with COVID19.

Virtual Coffee Chat Schedule  
- Wednesday, 19 August 2020  
9:00 - 9:30

Hello & Welcome: how are things going with you?

9:30 - 10:15

Guest Speaker: Jordan Musycsyn

This week's guest is Jordan Musycsyn a singer/ songwriter from here on Cape Breton Island. Jordan is a masterful storyteller, writing songs about life and love with pathos and humour in a Folk-Country style.

Before the pandemic and subsequent lock down he sustained a busy touring schedule throughout Canada in support of his sophomore album 'Old State Of Mind'. Drawing on his own life experiences he writes relatable songs of love, loss and the human condition. He has toured across the Maritimes and across Canada many times throughout the years and we are really excited to have him join in on our conversations.

10:15 - 10:30

Q&A Session - 10:30 - 11:00

Time for Open Community Discussion

## COMMUNITY NEWS ITEMS



## JAIME BATTISTE

Member of Parliament  
SYDNEY - VICTORIA

[jaimebattiste.ca](http://jaimebattiste.ca)  
[jaime.battiste@parl.gc.ca](mailto:jaime.battiste@parl.gc.ca)

**(902) 567-6275**



## BREAKFAST BRUNCH

Until further notice, the Breakfast Brunch will not be operating due to COVID-19 restrictions.

## WALK-A-THON

Knox Church Walk - A - Thon is scheduled for Labor Day, September 7th beginning at 10 am. COVID-10 restrictions will be followed.

## BUSINESS RE-LOCATION

DEN OF ANTIQUITY has moved from the former Celtic Market to 12254 Kempt Head Road. Call for opening hours - 902-371-7364



## BIRTHDAY WISHES

Happy Birthday Wishes going out to Paul MacIntyre, August 26th - With Love, from Anne Marie

## MURRAY RYAN, MLA - Northside-Westmount

174 Commercial Street  
North Sydney, NS  
B2A1B4

PHONE  
**902-794-1030**  
FAX - 902-794-1029

[mla@murrayryan.ca](mailto:mla@murrayryan.ca)



HOUSE OF  
ASSEMBLY  
NOVA SCOTIA



Official Province of  
Nova Scotia information



visit <https://novascotia.ca/coronavirus>



## STAGG'S TAXI GATEWAY TAXI

-- P H O N E S --

**902-794-2400**

**902-241-2444**

**24/7**



# Sydney Mines Legion

**NOW OPEN - 11:00 - 9:00**

**Monday - Saturday**



## AROUND THE TOWN

We had another good turnout at the **Indian Beach Summer Ceilidh** this past week - the weather was sunny but it started to get cooler as we headed towards 8:00 pm - Thank you to all who took the time to thank us for the Summer Ceilidh and a special thank you to my co-host Jack Cool for his help with the broadcast. This Sunday coming, we will be featuring an "Oldies Nite" for the entire two hour performance - see you there starting at 6:00 pm... I mentioned the **Blueberry Festival** last week and I want to make sure you attend as this is a great way to sample the local blueberries as well as help with funding during the COVID outbreak - it is being sponsored by Southside Boularderie Vol. Fire Dept. at their Fire Hall Fire Hall, Sunday, Aug 23 1 pm to 4 pm - **Take Out Only** - following all Nova Scotia Health Protocols..... the **Monthly Breakfast Brunch** has been put on hold because of COVID and we'll bring you an update as soon as we hear anything definite from the Friends Of Bras d'Or Fire Hall... **NOTE - DEN OF ANTIQUITY** has moved from the former Celtic Market to 12254 Kempt Head Road. Call for opening hours - 902-371-7364..... **Knox Church Walk - A - Thon** is scheduled for Labor Day, September 7th beginning at 10 am. COVID-10 restrictions will be followed... Be sure to attend..... Northside Rising is sponsoring a **Virtual Coffee House** - join the conversation this week on how a community organization is dealing with COVID19. Virtual Coffee Chat Schedule - Wednesday, 19 August 2020 9:00 - 9:30 - Hello & Welcome: how are things going with you? 9:30 - 10:15 - Guest Speaker: **Jordan Musyccsyn**.... Cst. Paul Ratchford has sent in another installment on the **Clifford Street Youth Centre**, its early origins and the challenges they face especially this year with COVID-19, see the full story on **page 7** of this edition..... This Thursday the **Fibre Lunch** will be held at **Munroe Park** from 1:00 - 3:00 p - bring a chair... For local fishermen, we have included a **tide chart** on **page 5** so you won't have any excuse for not catching some mackerel!!! - **GLEN**



**Waiting On You!**  
DAILY SPECIALS - SENIOR MENU  
CHILDREN'S MENU - TAKE OUT  
**Social Distancing Guidelines In Effect**

MONDAY - TUESDAY - WEDNESDAY - CLOSED  
Thurs. 3 - 8 - Friday 7:30 - 8 - Sunday 7:30 - 8

1409 Hwy 105 Trans Canada **(902) 794-1409**

## 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](http://www.kleeradio.com)**

### LICK A TREAT

BRAS d'OR

Now Open  
12 - 9



### COMMUNITY RADIO PROGRAMMING

K-LEE RADIO is your local Community Radio Station and provides local music programming meant for Cape Breton audiences.

We broadcast 24 Hours a Day - 7 Days A Week with the Best in Cape Breton & Celtic Music - Tune in to our station



Check out the list of Kids activities we have on our website to keep your children occupied during their extended stay at home - Logon to the "DOWNLOAD" page **[www.kleeradio.com](http://www.kleeradio.com)**

A&K

### LICK-A-CHICK



#### 7 PIECE CHICKEN

Med. Fries, Medium Gravy, Med. salad  
3 rolls  
PLUS TAX **\$26.79**



#### 12 PIECE CHICKEN

Large Fries, Med. Gravy, Med. Salad,  
4 rolls  
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#### 18 PIECE CHICKEN

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Upsize Your Fries ..... 99c

Located in Bras d'Or on  
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- HOURS OF OPERATION -

11:00 AM - 8:00 pm

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F...venue,  
Sydney Mines -

Last Friday of the month 45s  
Card Game starting at 7:30

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SHOW TODAY



The need is  
even  
greater  
now,  
please  
help out.

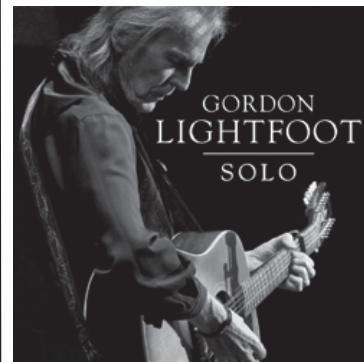
## HIGH TIDE CHART FOR MACKEREL FISHING

A lot of local fishermen have asked me to include a local tide chart to help them determine high tides and the best time for mackerel fishing.

Thu, 20 Aug		09:57 @ 1.31 m 22:40 @ 1.12 m
Fri, 21 Aug		10:43 @ 1.32 m 23:21 @ 1.14 m
Sat, 22 Aug		11:31 @ 1.29 m
Sun, 23 Aug		00:03 @ 1.16 m 12:21 @ 1.23 m
Mon, 24 Aug		00:47 @ 1.16 m 13:14 @ 1.14 m
Tue, 25 Aug	<b>NOTE</b> Afternoon times are in 24 hour format Example 1500 = 3:00 pm	01:34 @ 1.14 m 14:14 @ 1.04 m
Wed, 26 Aug		02:26 @ 1.11 m 15:24 @ 0.95 m
Thu, 27 Aug		03:27 @ 1.08 m 16:46 @ 0.90 m
Fri, 28 Aug		04:38 @ 1.06 m

## Take 2 with PAUL POWER

The English poet and author Geoffrey Chaucer said that "time waits for no one" and as the years pass it's sometimes hard to see (and hear) how our favourite entertainers age, so I had a bit of trepidation when I thought about listening to this album for the first time—just as I did when I was about to crack open the last CD Johnny Cash recorded; the difference here being that Johnny had passed away by the time that CD was released—but Gordon is not only still with us he was touring right up to the start of the pandemic. My trepidation was totally unwarranted as Gordon Lightfoot's **"Solo"** album was a joy to hear. He actually found a box of recordings he had done about 20 years ago, and re-recorded them in a totally stripped down style, just him and his guitar. Let's state the obvious; Gordon Lightfoot is a living legend; an icon of Canadian folk music whose career has spanned over 50 years; yes he does indeed sound older here than he sounded on his last album in 2004, but at 81 years of age this may very well be his last release (Gordon has mentioned a reluctance to record anymore—preferring to



just tour) but the old the man still got it. The album opens up with the track "Oh So Sweet" and immediately the sound of Gordon's phrasing and inflection is warm and inviting as the song comes across like an old friend, and the number "Better Off" is much the same. For the most part the album is reflective-and introspective, as if Gordon was sitting around a campfire in your backyard, or in a living room captivating all as the troubadour telling tales of roads not taken, some for the best-some not so much. The tracks "Just A Little Bit" and "Do You Walk, Do You Talk" can easily be imagined with a full band giving them a more rock and roll sound—but here the bare bones presentation works well. Without doing the ABC's on every song on the album I'll finish by saying again that even though Gordon is still with us, this may very well be the last recordings we'll hear from him so settle in—press play, and hear more sonic magic from Canada's musical treasure Gordon Lightfoot.

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\$20 in total

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Master tapes by the show's  
producer so they are the  
Best quality possible.

A great way to spend  
time at home!

Call Paul @ 736-9402



## NORTHSIDE COMMUNITY NEWS



### NORTH SYDNEY LIBRARY NEWS

See Library Contact Information on page 3 of this edition



## FIBRE LUNCH

Thursday from 1:00 - 3:00  
Munroe Park North Sydney  
**BRING A CHAIR**

If you like Soduko Puzzles, logon to our website and enjoy a Daily Puzzle along with a new Daily Crossword Puzzle - Logon at -

[www.kleeradio.com](http://www.kleeradio.com)



Don't Forget our Food Banks during the Corona Outbreak

Check out our website for things to occupy you and your children's time  
[www.kleeradio.com](http://www.kleeradio.com)

### Gape Breton Storyteller

Celtic Myths & Legends  
Ghost Stories  
Local UFO Sightings  
From Cape Breton Island



Written & Compiled By GLEN GRAY

## ?? TRIVIA ??

If you like Trivia, download the Trivia Podcast from our website - it has 20 General knowledge questions, a Cape Breton question and a music question - Use the PODCAST LINK

[www.kleeradio.com](http://www.kleeradio.com)

## Senior Fitness Classes

Free Senior Functional Fitness Classes for men & women Classes focus on activities of daily living including strength, balance, focus, & multi joint flexibility. Classes start Wednesday, Mar.11th, 12.30 —1.30 pm. at the Florence Legion. Sponsored by the Sydney Vincent de Paul Conference with a grant from the Community Health Board.

Instructor Patsy MacKenzie. Come join us as we venture into this new experience .



### JACK COOL K-LEE RADIO DJ NEWS

I had the great pleasure and honour of interviewing Donelle Dadigan.

Donnell is the founder of the Hollywood Museum the historic Max Factor building in Hollywood. It has a lot of exhibits such as.....



**SUPERHERO LEGENDS HOLY HOLLYWOOD HISTORY!** and many more exhibits Donnell is also the god daughter of Jose Iturbi and the founder of the Jose Iturbi Foundation which was created in 1985 by Marion Seabury and Donelle Dadigan. The José Iturbi Foundation has fulfilled his mission by sponsoring blockbuster concerts, holding international musical competitions, and showcasing professional classical music artists in

**Lots of Free Downloads available on our website**  
[www.kleeradio.com](http://www.kleeradio.com)

For the latest and most comprehensive list of local events, logon to - [www.musiccapebreton.com](http://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>

the making.  
special things to Rodger Neal publicist for arranging this interview have a great week everybody God bless stay safe - **JACK**



## Late Night Oldies

with Jack Cool  
Friday at 11 pm  
on KLEE RADIO 2  
[www.kleeradio.com](http://www.kleeradio.com)

Join us at Indian Beach  
every Sunday - 6:00 - 8:00

## Shear Madness

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# CLIFFORD STREET YOUTH CENTRE - ORIGINS

Hello again from Clifford Street Youth Centre! - CSYC - On the last article I mentioned that the Northside lives with close to a 40 % child poverty rate. (This is according to Stats Can) So what is poverty? It means different things to different people at different times in their life. When you get your first apartment and realize how expensive living away from home is? After you get laid off from your job of a couple of years? As a senior on a fixed income while the costs of everything continues to climb? I was fortunate to have worked with the CBRM Senior Coordinator and learned a lot more on Senior related concerns - that is a whole other article itself!

Back in spring of 2009 CSYC had opened its door regularly to Northside children. By accident/observation it became clear that a large number of children, from all over North Sydney, had food security issues at home. While we tried to provide an after school snack each day we found that with our growing number of children and no funding it was time to see if we could get some funds or food donated. We still do this, we are unfunded and rely on donations to survive. As that first year rolled on we decided to hold a grading day party in June including games (with prizes) BBQ hot dogs, chips, pop but the star of the show was strawberries, lettuce, carrots, and fresh fruit and veg. By far the favorite with the kiddies was the fresh fruit & veg!!! They went with handfuls!! While some kids have to be cajoled into eating them the children here were thrilled with this very rare treat! Wow...but bear in mind that a 2 litre of pop is less than a dollar, milk is more than four times that. Most unhealthy food is cheap compared to healthy food sadly. Fresh fruit or veg at home on a fixed limited income... very seldom can anyone afford it. I recall an amazing mother who said the best thing for her when she finally had a more stable income was that she could finally buy the three pack of bell peppers, all the colors of green- yellow- and red, because before that she could only afford to buy one green pepper on special occasions...

So what else? We gave out grading day treat bags to the kiddies which had some chips, chocolate, a small restaurant gift card and, thank you dental society, a toothbrush and toothpaste... two girls, age 11 & 12, at the time, discovered the toothbrush in the treat bag and both went immediately went into the bathroom to brush their teeth. One said "finally my own toothbrush..." while the older girl said "I know... I only started brushing my teeth last year..." In their homes if you can't afford food to eat then hygiene products are low on the list of things you can afford. Take a moment and think, and expand, on that idea. What would you forego to make sure you had food? Laundry may suffer, lots of clothes in every load to save soap, because kids don't get dirty often, and oh ya we have a washer but no dryer so the very few clothes we have have to hang dry in the basement. What else? Socks? Underwear? ... these are items that don't get handed down like regular clothes.... a lot of kids have very limited under clothes. I recall my grandmother "washing" my jeans when I was a kid...she did not use soap I found out many years later she just put them through the rinse cycle lol ....

That first year when people asked what the centre wanted for donations we suggested socks, underwear, personal hygiene products - even if the shampoo was partially used ! -, and as

the fall came on mitts, hats and winter clothes. Teddy bears were also a very popular item. Children would imagine them as friend they can share their problems with...you can talk to your bear about anything, (bears are usually very kind in answering their owners), AND the added benefit was that the bear doubled as a pillow when you went to sleep at night... we discovered many children did not have a pillow to sleep on and were using bears as pillows.

I had been asked to speak at many area church and civic groups on the effect (s) of poverty that we observed... which provided a flood of hand made, and boughten, items for the Northside children. Any surplus we had was also put through other channels, or groups/ clubs, to be distributed to Northside children... many many thanks to those that contributed. Image matters by the way. Most recipients will gladly take a "weathered" brand name hoodie, (old ), over a new one that has George on it. ( in my youth it was those damn Sears jeans that never faded or wore out, the seams could cut diamonds they were so stiff ~ hated them)

Tailor made or rollies? For those that still smoke do you remember the days when you made rollies and put them into a 'tailor made' or brand name package? How about a Tim Hortons cup? Make your own coffee at home and use a TH/Robins cup to sit out with? Well that applies to kids too. They want a brand that fits in with everyone else... so any donations are preferred to be mainstream, even well used, over a logo that identifies you as poor. The one exception is undergarments! They are not on display all the time... no labels needed! ( a ton of kids do not have socks to wear come winter by the way) ... and that is visible when seated in a classroom. So?

Well the new school year is soon upon the kids... and the rules seem to be lots of home computer work... except a lot of the 40 % of children in poverty do not have a computer at home, and if they do darn few can afford giving up a weeks worth of groceries to pay for internet service. Oh ya, at school everyone is expected to wear a 'clean mask' in common areas/when social distancing cannot be maintained~ another expense... and socks, underwear, mitts, school supplies and so on..... and the darn kids keep growing too so another larger size please.... oh yes you still are required to wear a mask when social distancing is not possible or in any business/public space where you may not be able to social distance - read that as 'everywhere'

Don't get me started! This was just a primer to get you thinking about the Northside 40% child poverty rate... its not just the kids... its the family unit they live in as well don't forget.

You know what, most of us have lived through tough times, as do many, but not all, of our kids... and they are mostly a happy fun bunch of children, just like all children, they adjust and make do... be grateful for what you have, be kind, wear a mask, get out and have some fun!

Next article will be on intergenerational activities! Our children love interacting with Northside Seniors, which is now on hold clearly, and they love to give back by volunteering... especially with the food bank. Call 902 794 9371 to join or leave a donation, or email us - [Cliffordstreetyouthcentre@hotmail.com](mailto:Cliffordstreetyouthcentre@hotmail.com)

The office survives on donations by the way.. any an all is appreciated.

# SUMMER

## Radio Ceilidh

**SUNDAY  
AUGUST 23  
6:00 - 8:00  
OLDIES NITE**



**Best Of  
Recorded**  
\* Celtic  
\* Oldies  
\* Country  
Music

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**Indian Beach - North Sydney  
6:00 - 8:00 pm**

**EVERY SUNDAY EVENING**  
(WEATHER PERMITTING)



**Bring A Chair**

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**DON'T FORGET TO  
WEAR YOUR MASK**