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## THIS WEEK

**NORTHSIDE COMMUNITY NEWS**

**FREE**

Vol. 10 - SEPTEMBER 2nd - 2020

**HAPPY  
LABOR  
DAY!**



**ENJOY THE DAY  
DRIVE SAFELY**



## RALPH IVEY'S

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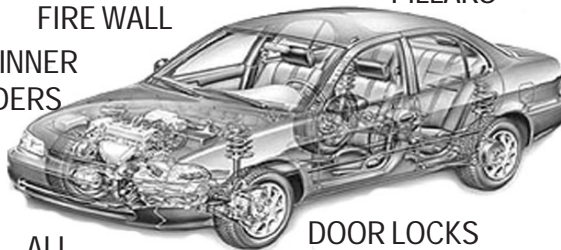
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✓ **PROTECT**  
✓ **MAINTAIN**  
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## NORTHSIDE COMMUNITY NEWS ITEMS



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Music - Ernie, Todd & Wade  
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\$10.25**

BRANCH 008 LEGION  
NEWS - DECORATION  
DAY is scheduled for Sep-  
tember 27 at 2:00 pm at the  
Tobin Road Cemetery -  
Come Join us

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SYDNEY  
LEGION IS  
NOW  
OPEN**



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Monday - Saturday

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## LABOR DAY QUIZ - How much do you know?

- 1 - When did the Canadian government make Labour Day a national holiday: 1884? 1894? 1924?
- 2 - What was the daily pay of Canadian soldiers in the First World War battlefields: \$1.10? \$2.30? \$3.20?
- 3 - Canada was the last Western industrialized nation to introduce unemployment insurance. When was it introduced: 1930? 1940? 1960?
- 4 - In 1881, children as young as 9 worked a 12-hour day for 20 cents in Toronto. How much of the city's work force did children comprise: 3 per cent? 11 per cent? 17 per cent?

ANSWERS - 1 B, 2A, 3B, 4B



**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

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**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.

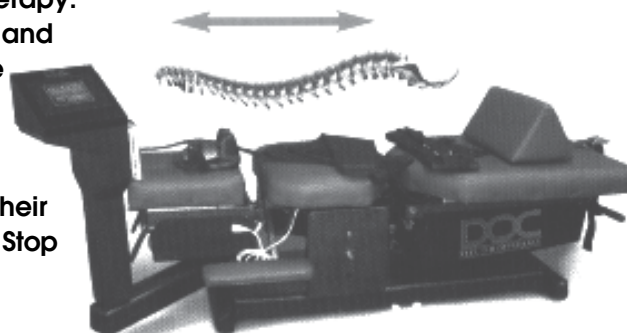
Send you informaton to the following email address -  
[thisweek@kleeradio.com](mailto:thisweek@kleeradio.com)

## 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.



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## 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

## MY TOWN

My town is weeping tears  
of sadness  
on the country side spread.  
Fresh earth, flowers that tell  
the story  
of sister, brother, friend.

Reports in the morning news  
told in words so few,  
lean to genes or environment,  
or the lifestyle that we chose.

Names sometimes familiar  
bring images to mind,  
of friends I knew in school,  
friends who worked the mine.

My little town experience  
for sixty years a home,  
through all its seasons and  
its moods  
and the people I have known.

Ron Gillis  
Shane MacLean



### BIRTHDAY WISHES

To my daughter Angela  
MacLeod who will celebrate her  
birthday on September 4th -  
Love and Best Wishes for a  
great birthday.

## COMMUNITY NEWS ITEMS

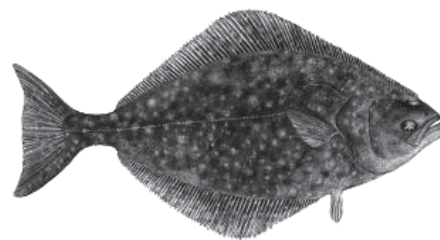


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B2A1B4

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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**



**DECORATION DAY September 27**  
**2:00 pm - Tobin Road Cemetery**  
**Draw for 2 NHL Jerseys - Nathan MacKinnon & John Tavares**  
**Tickets \$3.00 each or 2 for \$5.00**  
**Proceeds to Veterans Park Project**



# AROUND THE TOWN



WOW!, where did the Summer go??? - it was great when it finally came but, as always, it was too short - I'm looking forward to a seasonal **Fall**, let's hope..... I want to say a sincere Thank You to all of you who showed up each week at our Sunday Night Ceilidhs at **Indian Beach**, it was great fun to be there with the radio station playing some of the great Cape Breton and Oldies music - thank you to was co-host **Jack Cool** who is our resident Oldies DJ and to my grandson **Connor MacLeod** who lugged all the gear each week and a special thanks to **Councillor Earlene MacMullin** who facilitated the securing of the site and adding electrical outlets to give us better sound and a very Special Thank You to two community minded sponsors who made it all possible **MacIntyre Hardware** and **Crown Taxi** both in Sydney Mines, who wanted to give local residents some free entertainment amid all the COVID restrictions - **thank you** for your community support - I know the listeners really enjoyed the shows.... Logon to our website and download some of the free shows we uploaded there on the Podcast page - [www.kleeradio.com](http://www.kleeradio.com) - it's free and lots of great listening for the rest of the Fall..... **K-LEE RADIO** will be hosting more **remote shows** during the Fall and working up to the Christmas season, watch for announcements in this paper.... Some programs are beginning to start at **Branch 008 Legion** in Sydney Mines - a **men's Outing** is scheduled for Septemebr 6th and they are sponsoring a **draw** for 2 NHL jerseys to raise funds for the Veterans Park..... **Ron Gillis**, North Sydney poet/songwriter, has another poem/song in this week's edition on page 3.... Happy Birthday to my daughter **Angela MacLeod** celebrating her birthday on Septemebr 4th and best of luck to Grandson **Connor MacLeod** off on his 4th year at St. F. X. and to my granddaughter **Kate Macleod** who is just starting at Dalhousie this Fall, best of luck to both of you..... Let's not forget to Salute our **Labor Force** on the upcoming **Labor Day** weekend especially in this era of COVID when many of them have put in extended hours and placed themselves in peril to keep us all safe - **Thank You** for your unselfish actions and we wish you and your families a **Happy Labor Day** - enjoy the time off as you derserve it ..... If your group or organization is planning an upcoming event, email the information to us and we'll publish it free in the paper and on our **K-LEE RADIO** station - email your information to us at [thisweek@kleeradio.com](mailto:thisweek@kleeradio.com) See you all next week, Happy Labor Day, drive safety - **GLEN**

## Cape Breton Humour Books



For Fall  
Reading or for  
sending to  
"friends & family  
away"

**\$4.95** per copy



## NORTHSIDE COMMUNITY NEWS/EVENTS



**BANCH 19  
LEGION  
NORTH SYDNEY**

### Annual Decoration Sunday Gravesite Service

**September 13th - 6:30 pm**

(weather permitting)

Holy Cross Cemetery

Johnson Road

Candles now available

**PH: (902) 794-4816**

# 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 websiite 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



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Med. Fries, Medium Gravy, Med. salad  
3 rolls

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4 rolls

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Large Fries, Med. Gravy, 2 Med. Salad,  
6 rolls

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Upsize Your Fries ..... 99c

Located in Bras d'Or on  
Trans Canada Highway

**- HOURS OF OPERATION -**

**11:00 AM - 8:00 pm**

**PHONE**

**902-736-9496**

## 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

Some News items courtesy of

**Swing Over**

**The Mountain News**

logon to website

[www.sotmnews.weebly.com](http://www.sotmnews.weebly.com)

monthly newsletter



## BRANCH 008 LEGION NEWS

**MEN'S OUTING** - September 6th - sign up at the Bar - \$10.00 open to all Legion men members.

**VETERANS PARK FUNDRAISER** - We are drawing on 2 NHL Jerseys Nathan MacKinnon and John Tavares - tickets \$3.00 each or 2 for \$5.00.

**DECORATION DAY** - September 27 at 2:00 pm at the Tobin Road Cemetery.

### HOURS OF OPERATION

Monday to Thursday

11:00 - 9:00 pm

FRIDAY - 11:00 - 12:00 pm

SATURDAY - 11:00 - 9:00 pm

If you still have Dance tickets for the Isle Aux Mort Boys or the Fish Supper tickets, you can return them now to the Bar for a refund.

**HAPPY LABOR DAY**  
**Please Drive Safely**

## Northside Rising Virtual Chat

Virtual Coffee Chat Schedule -  
Wednesday, 2 September 2020

**9:00 - 9:30** - Hello & Welcome:  
how are things going with you?

**9:30 - 10:15**

Guest Speaker: Tara Helen Lewis

This week's guest is Tara Helen Lewis. Tara is an adventurer, change maker from Eskasoni, Unama'ki, and most recently one of the founders of Adventure Diversity.

Adventure Diversity is a Non-Government Organization which promotes a culture of adventure and discovery within the BIPOC community of Nova Scotia.

We are so excited to have Tara join the conversation and share some of the innovative ways she has stayed connected to her community and the island as a whole through COVID-19.

**10:15 - 10:30**

Q&A Session

**10:30 - 11:00** - Time for Open  
Community Discussion



For this week's column I purposely left out a picture usually posted to the right of the "Take 2" banner, and for good reason; before I say who I am writing about I want to play a little guessing game with you. This group started off as a punk rock band. They set a record that has not been beaten yet. Despite their public personas, some of the band members were mostly drunk and stoned, using cocaine and in one case a heroin addict. As a matter of fact one band member was so out of it they were actually kicked out of Ozzy Osbourne's dressing room for being too wasted (how bad do you have to be for that to happen?). Final clues-this band recently released a new single, the first since 2001. The band officially broke up in 1985 but reunited as a whole in 2018 (there were some on again-off again reunions in between). The answer? The Go Go's.....yep, hard to believe right. I received their new single within days of finding this the new documentary, "The Go Go's" on Showtime. And what an eye-opener this "rockumentary" was; the band is the most successful

female rock band of all time that played their own instruments and wrote the songs. When they were on tour opening up for The Police in 1982 their debut album beat out The Police's new album on the charts to become number 1. My biggest take-away after watching the doc was that The Go Go's were pioneers in the music world, working against any sexism that said "they're pretty good-for girls" by plugging away onstage every time to oftentimes to harsh crowds until the hits started rolling in. These ladies are really cool, with amazing stories to tell-both as individuals and as band members. You can still see the deep-set hurt and anger with some as the band changed direction to become more pop-oriented, even if that meant firing some members, and of course the M word (BIG Management) ripping the band apart. I'm not going to write much more here-it's better to see the rockumentary for yourself. By the way, the new song "Club Zero" sounds so amazingly retro, more like the band's earlier hits with the lyrics "Hey! We got something to say Gonna make the world shake or not—here we are Better get out of our way! Looking for a hero We are Club Zero"....any they mean it. Good to see them back.

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## NORTHSIDE COMMUNITY NEWS



### NORTH SYDNEY LIBRARY NEWS

**BOOK SALE** - Now ongoing - get your Fall Reading books now at low prices.

We still have some masks available.



### 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.

## YOUR FREE SODUKO WEEKLY PUZZLE

		5			7						
										9	
8	9		5			4					
	3		8				4				
					3	2		7			
4	7					5					
						7	8				
6											
			4		6	1					

You can also get your Daily Soduko Puzzle and Crossword Puzzle by logging on to - [www.kleeradio.com](http://www.kleeradio.com) and clicking on the FEATURES Page. Also included is a DAILY FREE SOFTWARE giveaway. Logon today to get yours FREE!!



### BIRTHDAY WISHES

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



**JACK COOL**  
**K-LEE RADIO**  
**DJ NEWS**

### Late Night Oldies

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

### CONTACT INFORMATION

**GLEN GRAY, EDITOR**

PH: 902-564-9022

Email Address  
[glengray@kleeradio.com](mailto:glengray@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>

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# BACK TO SCHOOL for Clifford Street Youth Centre & Everyone Else

But what does back to school mean to you? Good memories? Hope so.

Back in my time it meant a new pair of sneakers, some jeans/ t shirts/ jean jacket (Lee Rider only) and a hoodie... the much needed, and dreaded Christmas gift, was the underwear of boxers and socks..... how I hated those soft paper wrapped Christmas gifts..... But back to the kids, they need the same as we did.... socks, especially, underwear, (new!) and then used or new clothing.... yes we take good used brand name clothing! We isolate it for a number of days then distribute the clothes for the families..... (please wash and clean all donated clothing items !!! ~ anything we do not use we send to Nora's) We will need winter jackets soon enough along with mitts , hats and then winter jackets, boots and rain gear.... Bear in mind a lot of our 40%, Northsider youth are living in poverty, most do not have a dryer at home so the soaking wet undersized coat they are wearing has to dry, hopefully over night before school the next day. And the darn kids keep growing out of everything. We have been so fortunate that Schwartz's Furniture has picked CSYC these past number of years to be the recipient of the many coats that they collect at their store by Christmas... for the past number of years we have distributed these much needed coats along with gifts for the season.. cannot thank Brian enough... pillows too! (a lot of children do not have a pillow to sleep on often using a teddy bear in place of a pillow)

BUT... back to school ... this year is very different... most everyone, who can seldom afford new back to school clothes, has to find money for face masks, two apparently per child, lunches/lunch hours are going to change, do we still have a breakfast program? and what will it look like.... will children be staying for lunch? is there to be a lunch program? ... the big salvation in North Sydney this year is our underdressed kids will only have to walk to the one school... with Seton closed big brother/sister won't have to walk between Ferrisview/Seton to get their younger siblings to their school then traipse in the other direction to their own school.... BTW (by the way) quite a few children still have to walk to school... not everyone has access, or is used to driving in, a car...but this year is going to provide major challenges.

The Provincial government stated that they will be providing computers to those children requiring them...(as I stated in the last column not too many of the Northside' 40% of children in living in poverty can afford to give up a weeks worth of grocery money to pay for monthly internet fee let alone a computer... many have tablets, not the same thing). Other things we discovered when we reopened is where we had one shared item we now attempt to have one item per child...another big expense. Thankfully the opening experiences of Day Cares in mid June provided us with a road map...then day camps opened... more children showing us what to expect... it has helped prepare our children for this school year. (Seems though about 1 in 5 are thinking of home schooling...)

While Clifford Street survives on donations they are not always used to keep our doors open ~ we are a pathway to provide necessities to area children, and families; from clothing to furniture, electronics, computers, tv's (and no we do not take

those 400 lb projection tv's from your basement anymore lol ) ... these donations go to the Northside area... sometimes it helps a family in crisis due to fire, financial or other life altering events... thank you to all who have given in the past.

SO, what do the children need for school? Paper, scribbles, crayons, pens and pencils, back packs, lunch pail/can, covid masks, (thank you Peggy!) clothing including; rain jackets, pants, tops, boots, rain boots computers, old cell phones, BICYCLES, helmets and so forth.... So if you are trading up your kiddies clothes please wash the old ones and give us a call to arrange donations!

**VOLUNTEERS** - Clifford Street Youth Centre is seeking reliable volunteers as we move forward this year. What kind of volunteer are you? Are you hands on? Do you volunteer with events where your children are involved? Padding your resume? Or are you the volunteer that has a day planner to keep track of all your limited time? We have only had the one unicorn volunteer, the elusive evangelist that over gives of their time, and far too often their wallet, to make sure the children's basic needs are met. If you like a challenge, love children, have patience, understand confidentiality, we could be your next volunteer experience!

Enjoy the back to school challenges... the problems will melt away within a week or two... thank a teacher, be kind, support the kiddies, watch the traffic, (I am sure the school loading and unloading zones this COVID year are going to be chaos for a few days... take a breath, count to ten... relax, those kids you are driving can feel that tension!!)

Next week volunteers, what kind are you? We need some,..... call our office phone or email; 902 794 9371 to join/leave a message/leave a donation, or email us -

[Cliffordstreetyouthcentre@hotmail.com](mailto:Cliffordstreetyouthcentre@hotmail.com)



## BIRTHDAY WISHES

I would like to wish my wife, Emily Blanchard, a very Happy Birthday on September 7th - You make us all feel special all year long and we thought we'd like to do something special for you on your Birthday - With Love from Michael, Kayleigh, Mark and Connor



Join us on our radio station every day, 24 hours a day for the very best selection of Cape Breton and Celtic Music - logon to our website to listen - [www.kleeradio.com](http://www.kleeradio.com)



# KWIK KOPY PRINTING

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# Thank You

**We would like to thank our Community Sponsors for their support of our Sunday Night Ceilidh which made it possible to bring musical entertainment to local residents for 6 weeks over the Summer**

**Be sure to say "Thank You" for their support whenever you are in the Hardware Store or you need reliable Taxi transportation**

## **MacIntyre Hardware**

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