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FREE

THIS WEEK

NORTHSIDE COMMUNITY NEWS

FREE

Vol. 10 - SEPTEMBER 16th - 2020



**SEPT.
28**

**HEAVY GARBAGE
COLLECTION**

See Page 8 for details on
what can be put out



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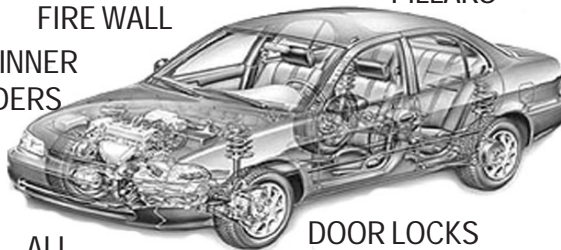
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BOTH INNER FENDERS
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DOORS
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MOULDINGS

WINDOW PILLARS
DOOR LOCKS & HANDLES
ROCKER PANELS
FRONT FENDER BRACES

ALL SEAMS & LATCH ON TRUNK LID
TAIL LIGHT ASSEMBLY
DOG LEGS
WHEEL ARCHES AND LINERS
SHOCK TOWERS
FILLER CAP DOOR



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NORTHSIDE COMMUNITY NEWS ITEMS



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

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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
2 PC FISH & CHIPS
\$10.25

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

NORTH SYDNEY LEGION IS NOW OPEN



Regularly Scheduled Hours

10:00 am - 12:00 pm

Monday - Saturday

CLOSED SUNDAY

PHONE (902) 794-4816



Heat & Serve Meals - Fresh Meal Selections - Frozen Selections

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Soups - Sandwiches - Salads

Ph: 217-0280

212 Commercial St., North Sydney

NORTHSIDE RISING VIRTUAL CHAT

There will be two guests speaking on behalf of Parks Canada.

Virtual Coffee Chat Schedule - Wednesday, 16 September 2020.

9:30 - 10:15

Guest Speaker:

This week we have two guests speaking on behalf of Parks Canada!

10:15 - 10:30

Q&A Session

10:30 - 11:00

Time for Open Community Discussion

9:00 - 9:30

Hello & Welcome: how are things going with you?



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



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

Late Nite Oldies with Jack Cool - Friday Night at 11:00 pm Best of Classic Oldies

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.

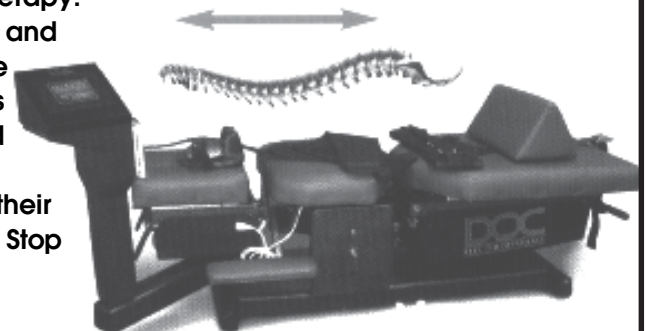
Send you informaton to the following email address - thisweek@kleeradio.com

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



13th ANNUAL HORSESHOE TOURNAMENT

The 13th Annual Curly & Dave Gray Horseshoe Tournament has been scheduled for Saturday, September 19th at the Gillis Lake Horseshoe Pits.

The tournament is a mixed male/female partner and all play is round robin scheduled and the winners of each division play off against each other in the finals.

Play is scheduled to begin at 12 noon and there will be Championship and Runner Up winners, Most Improved Player award, Most Rings Award and Best Sportsmanship award.

FREE PODCASTS TO DOWNLOAD & LISTEN

We have Oldies Podcasts, trivia podcasts, Celtic Music, Country Music, Old Time Radio shows and more on our website, www.kleeradio.com

COMMUNITY NEWS ITEMS

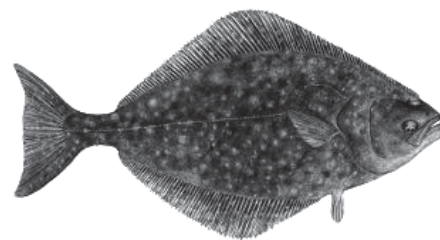


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jaime.battiste@parl.gc.ca

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mla@murrayryan.ca



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Official Province of
Nova Scotia information

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



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-- 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

LADIES AUXILIARY MEETING - SEPTEMBER 20 - 8:00 PM.

BRANCH 008 MEETING SEPTEMBER 24TH - 7:00 PM.

AROUND THE TOWN



Well, school is back in session and my grandkids are in Elementary and college and the house is a lot more quiet but I miss all the hustle and bustle, it's a little strange to watch all the kids and teachers wearing masks including the bus drivers, I think that will be the way it's going to be for a while..... I just got an email from the **CBRM** regarding the **Heavy Garbage Collection**, I'm really glad they could implement it this year - there is a complete **list of items** that can be put out for collection and a list of things that **will not** be collected - see **page 8** in this edition for a complete list and if you're not sure, logon to the website and get clarification.... I'm so happy for my **Toronto Blue Jays** Baseball team doing so well this year - with the COVID schedule, they may have a chance to at least get in the playoffs, pitching will be the biggest test and I hope to see them at least in the first round..... **Civic elections** will be held **October 17** and so far there doesn't seem to be too many issues that are being discussed, maybe that will change as the election date gets closer, be sure to get **out and vote** as it is important to elect the Councillor and Mayor who will do the best for your area We have recorded another **Oldies Podcast** and made it available for you to download on our website - this is the **year 1959** and all the Oldies are from the Billboard Magazine's Hot 100 song list for each year - we will produce podcasts up to 1970 so each week you can update your Oldies collection free of charge by just logging on to the website and downloading the podcast - www.kleeradio.com, click on the PODCAST link..... the weather is starting to get cooler but the **Fall Mackerel** are running now, a great time to get out and get a last catch of the year before it turns too cold... Cst. Paul Ratchford has another installment of the Clifford Street Youth Centre and the need for **Volunteers**, see **page 7** for the complete story.... **Northside Rising** are hosting their weekly Virtual Chat on ZOOM and this week the guests are from **Parks Canada**, tune in and keep informed.... I'm working on **another book** that I plan to publish within the next month, stay tuned for details and publication date - I always have a little **contest** in the paper to give away a few promotional copies, watch this paper in the next two weeks..... Branch 008 Legion News - **DECORATION DAY** - September 27 at 2:00 pm at the Tobin Road Cemetery - **MUSIC** every Friday Night from 8:00-12:00 - with DJ Tommy Capstick... **For Home or Business** - Free COVID SIGNS to print at home see **page 8** for details - Stay well everyone, I'll see you next week - **GLEN**

Cape Breton Humour Books

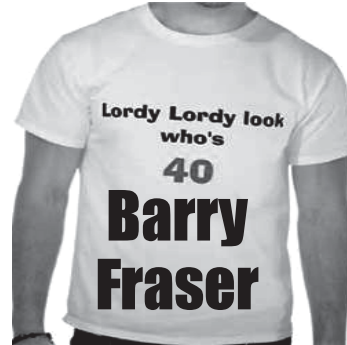


For Fall
Reading or for
sending to
"friends & family
away"

\$4.95 per copy



NORTHSIDE COMMUNITY NEWS/EVENTS



The Dart Team all chipped in and we're going to buy you one of those fancy Walkers so you can get around now that you're officially "Over the hill"

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

A&K

LICK-A-CHICK



7 PIECE CHICKEN

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



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4 rolls
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Large Fries, Med. Gravy, 2 Med. Salad,
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Located in Bras d'Or on
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- HOURS OF OPERATION -

11:00 AM - 8:00 pm

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BIRTHDAY WISHES

HAPPY BIRTHDAY to Jenna Brewer celebrating her 22nd birthday on September 18th. With Love from Brian and Benji on your special day.

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

monthly newsletter



BRANCH 008 LEGION NEWS

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.

MUSIC Friday Night from 8:00-12:00 - Tommy Capstick.

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.

Ladies Auxiliary Meeting on September 20 - 8:00 pm.

Branch 008 Meeting September 24th 7:00 pm.

Men's Monday Night Darts are now registering - 6:30 pm.



Each week K-LEE RADIO will make available a new Oldies Podcast beginning with the year 1956.

The podcast will feature Top 100 rock and roll songs as charted by Billboard Magazine.

We already have 1956, 1957 and 1958 on our website and this week we will add 1959.

These podcasts are free to download and you can add to your Oldies collection.

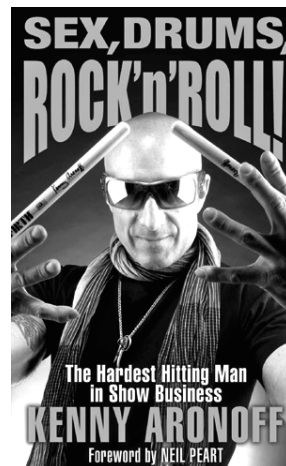
We are planning to record podcasts right up to 1970.

Logon to our website and click on the "PODCAST" link to get your free copy - our website address is listed below -

www.kleeradio.com



Over the last few years I've been able to pick up some great books about music at Atomic Records & Collectibles, and this latest find was a treasure; **"Sex, Drums, Rock and Roll! The Hardest Hitting Man in Show Business"** by **Kenny Aronoff** is Kenny's autobiography. Most of you are probably thinking "who the heck is he?", and after reading this book I think he'd laugh at that all too familiar question. Basically Kenny Aronoff is the drummer that you've heard a million times on some of the biggest hit songs on radio; hits by John Mellencamp, John Fogerty, Belinda Carlisle, Melissa Etheridge, Bon Jovi, Rod Stewart, Meatloaf, Smashing Pumpkins, Chickenfoot, Vince Gill, Bruno Mars, Bruce Springsteen, Mick Jagger, Avril Lavigne, Celine Dion and dozens of others; the running joke in the music business is that his real name is "Can He Earn enough". Not only did he play on the recordings but in a number of cases Kenny was a bandmember for extended periods and tours, for example he spent 17 years with Mellencamp. By his own admission Kenny is a hyperactive workaholic, and a perfectionist; he's the guy they call in to hit the skins hard and do his magic on a track. As a wanna-be drummer way back in the day I really got into



Kenny's details of certain things he would do different on songs, and sure enough after reading this book I checked out the songs in question and heard things I never noticed before. Even though his versatility behind the kit is almost beyond measuring there is a signature Kenny Aronoff drum sound that no one can touch, and you can check that out; Mellencamp's "Crumbling Down", "Jack & Diane" and "Paper In Fire" are perfect examples.

My 2 biggest takeaways from this book are 1)-how someone I've heard for decades could be unknown to me until a book opens up to reveal their story and 2)-how much of a hotheaded John Mellencamp is. Although Kenny never really insults John in this book, what he does do is lay out the facts on how John treated his band and lets the reader decide. Kenny actually thanks John for the fantastic opportunity he gave him, and compliments John's drive for perfection in his music. Sorry though, my take is that Mellencamp is a jerk-but at least his music is great, no small thanks to Kenny Aronoff.

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Graduation Ceremony**
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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



FREE CRAFT BAGS now available at the Library.

Stop in and get your bag and you can take it home to make the craft.

HEAVY GARBAGE COLLECTION - See page 8 for details on what to put out.

Check out our website for things to occupy you and your children's time
www.kleeradio.com

BRANCH 008 LEGION NEW JOB POSTING

Maintenance Peron - experience preferred.

Hours and wages to be discussed during interview.

Submit applications to the Bar in a sealed envelope to Cmd. George MacIntosh.

Applications must be received by Sept. 21.

?? 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

SPAGHETTI & MEATBALL TAKEOUT SEPT. 19TH

The Friends of the Big Bras d'Or Fire Hall are sponsoring a Spaghetti & Meatball Takeout at the Hall on Saturday, September 19th from 3:00 - 5:00 pm for pickup at the Hall - no eating in at this time.

The cost is \$10.00. We would appreciate you pre-ordering to help gauge the demand.

Please call 902-304-8580 to place your order.

We would like to thank everyone for supporting the Fish Cake & Beans Takeout in August.



On October 1st, K-LEE RADIO will be celebrating its 11th year in broadcasting from beautiful Cape Breton Island.

"We have been providing local entertainment 24 hours a day, 7 days a week and providing on site radio remotes and promoting Cape Breton artists and their music" says station manager Glen Gray.

"We have had a great deal of encouragement from the public for our station and its local music format. We held 6 weekly ceilidhs at Indian Beach this Summer which were well attended".

On Thursday, October 1st, we will be broadcasting from the North Sydney Fire Hall from 1:00 - 3:00 celebrating our 11th year.

There will be plenty of great music and free giveaways. Stop by for an afternoon of fun and music.

There will be no admission charged for this event.

CONTACT INFORMATION

GLEN GRAY, EDITOR

PH: 902-564-9022

Email Address
glengray@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>



JACK COOL
K-LEE RADIO
DJ NEWS

Late Night Oldies

with Jack Cool
Friday at 11 pm
www.kleeradio.com



TRIVIA QUIZ

- 1 - When is the first day of Summer?
- 2 - The days between July 3 and August 11 are called what?
- 3 - This month is named the National Ice Cream month.
- 4 - In 1905 this 11 old boy invented this popular frozen Summer Treat
- 5 - This Canadian city is named the Slurpee capital of Canada
- 6 - This province is Canada's sunniest.
- 7 - This Summer month, July, is named after a famous Roman.

ANSWERS - 1 June 21, 2 - Dog days of summer, 3 July, 4 Popsicle, 5 Winnipeg, 6 Manitoba, 7 Julius Caesar

Shear Madness

HAIR DESIGNS
HANDICAP ACCESSIBLE



Come Check Us Out!

Tues. & Wed. 9 - 5
Thurs. 9 - 7 - Fri. 9 - 5 - Sat. 9 - 4

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NORTH SYDNEY

Tis The Season - Let The Anxiety Begin With Kiddies

We are still looking for volunteers by the way! 902 794 9371, leave a message....

These past 13 years we have have been privileged to observe consistent, and emerging, trends with children that come through our doors. Usually in September we re - open after closing for two weeks during back to school activities.... kids are excited to get back to school, some get to show off their new, or new to them, clothes and electronics. For Clifford Street youth centre it is the beginning of a slow gradual increase of measurable anxiety in children. Our summer generally has fewer children but this starts to rebuild as September comes along. By the first week of October allot of our annual regulars, and some new ones, are back at the office.

Everyone starts to get excited about the approaching Halloween festivities held in schools, at home and in the community. [and heavily advertised] We have had some blow out haunted houses, big parties and other years we had a fairly low key celebration. We had a couple who were our big Halloween fan and they went all out... We had has some students attend to create a haunted house as well and of course we give out treats, tooth brushes and so forth... I have no idea what Halloween will look like in CBRM / schools this year... BUT this is the start of an annual, and disheartening, trend for us at Clifford Street. Once Halloween has passed the children start to focus on Christmas... everyone is on their best behavior but the stress and anxiety ratchets up and up every week ~ it is really noticeable and has happened every year since we opened. WHY?

The short version is that for a large number of children there is no Christmas gift at home... sad but true, which creates a palpable level of anxiety in the affected children which only increases the closer we get to Christmas. At Christmas the children's stress level is through the roof, most are cranky, easily upset and lash out at each other as the all too real prospect of no, or very little, Christmas presents at home overwhelms them. These thoughts are usually a remembrance of their last years Christmas... and the fear of the unknown for this year. Couple this with the cold weather and the desperate need for winter coat, boots, mitts and so on ... the cold weather actually reinforces the anxiety, no money for winter clothes, what is Christmas going to be like they think..., and again each week if notches up a bit. [even worse? Winter coat / boots for my gifts :

Clifford Street has celebrated Christmas from day one as we, and some truly amazing benefactors, realize that what they receive from the centre very well be all they receive. [some moms would stick the centre's gifts under their tree at Christmas / sadly some would attempt to return or sell the gifts ... imagine that heart broken child..] But we prevail and have learned... we throw away packaging, install batteries in everything, use a black marker to write the child's name on their gifts etc... so they cannot be returned. Sadder still is that the family may really need that money for essentials.... We load up the kids with extra food during the winter as well. It will be interesting to see

what new programs the schools are going to offer on top of breakfast programs... it is expensive as all the food/utensils/milk etc has to be individual portions because of covid... it is going to be a rough year all around!

We used to go to the Northside Guest home for one of our Christmas parties... the amazing staff their would invite the children and shop from our kiddies "wish list", Santa would appear, seniors, and staff, would be present and whole lot of food would be there too... thank you covid... that will not be possible this year... the kids love getting out, and especially love time with seniors. We also would hold a "golden ticket" party for selected children as well... we oftentimes held three different parties to accommodate the number of children we had... but the golden ticket party, by invitation only, was for the children that were our consistent regulars, had specific needs to be met, and whose presents our benefactors provided. From cell phones, game systems, fiddles, toys, games, art supplies, you name it and we likely gave it away thanks to those benefactors. This year will be a challenge for sure. And what about Shop of the Class where students were selected at each school, taken to the Mayflower Mall then escorted by a personal CBR Police officer along with anywhere from 100 to 300 dollars [that is another story in itself... selfless children] to spend as they see fit.

SO, what was this article all about? Anxiety in children which we have observed first hand for over a decade. It started with food security issues, hungry kids, and escalated in to all aspects of daily life particularly in our social media driven "perfect" world... so much to compare your life to. Anxiety has been a past issue, now we have a ton of covid concerns to further complicate things... Anxiety is one of the most prevalent childhood issues currently....

Did I mention we are seeking volunteers lol? A couple of volunteers/ summer students have written up something for next week... so til then relax, take it easy on each other, patience matters, wear a mask and be kind to the kiddies... their stress level is way up after returning to school /six months away...

For donations use the below, we will reopen next week until Christmas when we close again for two weeks... thanks for the continued support!c

902 794 9371 or email Cliffordstreetyouthcentre@hotmail.com



**KWIK KOPY
PRINTING**

**CHARLOTTE STREET - SYDNEY
PHONE 562-2122**

FREE COVID SIGNS

As part of our community service. THIS WEEK has COVID signs available for your business, home or office to download free.

The signs are all in color but are in black and white here for illustrative purposes.

Simply logon to our website - www.kleeradio.com - and go to the **DOWNLOADS PAGE** and get your free signs.

We have included 5 signs for you to download -

- 1 - Please Wear A Face Mask
- 2 - Please No Visitors
- 3 - Please Use Hand Sanitizer
- 4 - Line Starts Here
- 5 - Thank You For Social Distancing



PLEASE

All Signs
8 1/2 x 11



All Signs
IN COLOR

**USE HAND
SANITIZER**



Heavy Garbage Collection Set For Sept. 28

CBRM's municipal-wide residential heavy garbage collection starts on Monday, September 28, 2020. Residents living at properties eligible for curbside collection must have their large, heavy or bulky household items placed to the curb no later than 6:00 a.m. on Monday, September 28.

Residents are encouraged to read the details online at CBRM's website.

Some of the information includes:

Sofas, chairs, upholstered furniture, mattresses, box springs, carpeting, flooring, vinyl windows and doors will be collected. Panes of glass from windows should be removed when possible. Collectors are not responsible for removing broken glass and debris from your curb.

Carpeting should be rolled and tied with string or rope. Objects must be safe to handle with no protruding nails, staples or other sharps.

Wooden items must be disassembled. Wooden legs on tables should be removed. Dresser drawers should be removed, emptied and placed next to dresser. Do not place items inside drawers.

Large appliances including refrigerators, stoves, deep freezers, dishwashers, microwave ovens or humidifiers and other metal items such as empty oil tanks, empty hot water tanks, steel bath tubs, sinks and metal household radiators will be collected.

A maximum of 5 large appliances will be collected curbside from a civic address. Appliances containing Freon will be collected separately. It is recommended doors on a refrigerator and/or a deep freezer be removed and placed next to the refrigerator and/or deep freezer. Empty oil tanks 1140 L (250 gallons) or less in size and empty hot water tanks will be collected. Please make sure no liquid or residue remains inside these tanks.

Televisions, computers, microwave ovens, and other electronics included in the Electronics Recycling Program will not be collected. Old or unwanted electronics can be taken free of charge to any EPRA Drop-Off Centre for disposal.

More information is available at our website - www.cbrm.ns.ca/heavygarbage