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FREE

THIS WEEK

NORTHSIDE COMMUNITY NEWS

FREE

Vol. 10 - SEPTEMBER 23rd - 2020



**SEPT.
28**

HEAVY GARBAGE COLLECTION

See Page 8 for details on
what can be put out



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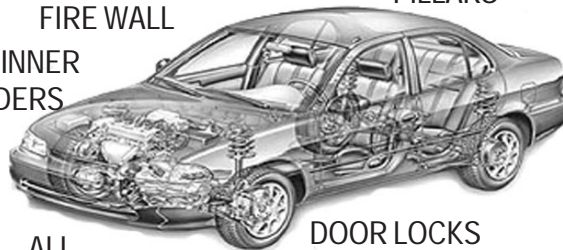
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NORTHSIDE COMMUNITY NEWS ITEMS



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



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

NORTH SYDNEY LEGION IS NOW OPEN



Regularly Scheduled Hours

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Monday - Saturday

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North Sydney**

Thank You

To all the Volunteers who showed up to fix up the pits and grounds for the 13th Annual Curly & Dave Gray Horseshow Tournament.

Your efforts helped make the Tournament run smoothly and we appreciate all the time you put in - THANK YOU



Keith Bain

MLA -Victoria-The Lakes

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

902-736-0301 (Office)

902-736-0411 (Fax)

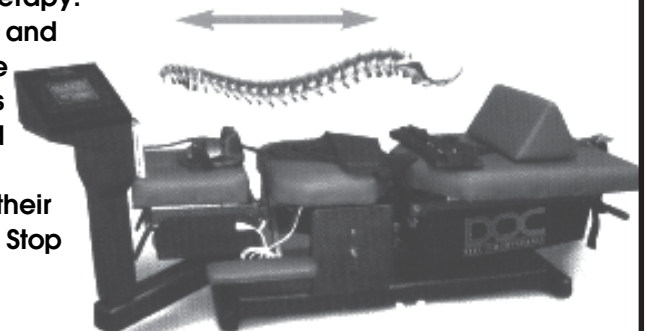
keithbainmla@bellaliant.com

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

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NORTH SYDNEY LIBRARY

309 Commercial Street
North Sydney

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HOURS

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FRI. 10 - 7 - SAT. 10 - 5

SYDNEY MINES LIBRARY

1 Fraser Ave., Sydney Mines
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HOURS

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

FLORENCE LIBRARY

676 Bras d'Or Florence Road
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HOURS

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

WINSTON

He was born on the island of Cape Breton, where the land meets the sea. Gifted to music he cherished, that flowed through his village so free.

The lilting reels, the jigs, the strathspeys, came early to this young man. Instilled in him by kinfolk, passed down by his father's hand.

Oh how this lad could play my child, when, fiddle bow came one.

Swaying to the music Winston Scotty has finally come home.

As he broke into his Signature Tune, dancers rushed the floor, Be it in Judique, Cape North, or Sydney Town. Big John MacNeil, came to life once more.

Backed by Beatty on piano. Estwood Davidson on guitar. Sometimes an Iona farmer, would sing a few Gaelic bars. Sometimes an Iona farmer would sing a few Gaelic bars.

Ron Gillis
North Sydney, NS

COMMUNITY NEWS ITEMS

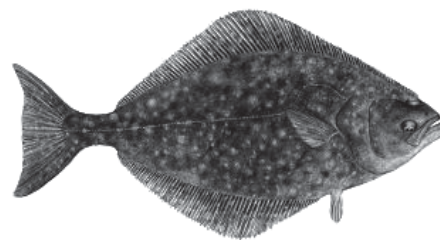


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B2A1B4

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FAX - 902-794-1029

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

LADIES AUXILIARY MEETING - SEPTEMBER 18 - 8:00 PM.

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

AROUND THE TOWN



I spent Saturday at the **13th Annual Curly & Dave Gray Memorial Horseshoe Tournament** at Gillis Lake - the weather although a little cool, was sunny but it wasn't raining - there were 19 teams competing in two divisions and the winners of the round robin tournament were **Kelsey Gray and Todd MacEachern** who lasted out the tournament and the final game was 21 - 17 - lots of great fun and food!! - Trophies were also awarded for Most Ringers, Most Improved and Best Sportsmanship ... Thank You to all who participated and we hope to see you again next year.... This year's **CBRM election** will be held via internet and telephone - I think this will take a little getting used to but I feel that **more voting** will take place as people don't like waiting in line - the technology is certainly here - since this is a new voting procedure, we have enclosed the process here - **ELECTION: E-VOTING** - CBRM Council has approved the use of electronic voting (i.e. by telephone and internet) as the **only means** of voting during the 2020 Municipal and CSAP Elections. Voting will begin at 8:00 am on Wednesday, October 7th and run 24 hours a day until the close of the polls on Election Day - Saturday, October 17th at 7:00 pm. There will be **no paper ballots** during the voting period.

Individual **Voter Instruction Letters** will be mailed to each voter on the Amended Voters' List during the last week of September and will include a unique personal identification number (PIN). Full details on how to access the system are provided in the Voter Instruction Letter. **NOTE:** Pursuant to Section 82(1) of the Municipal Elections Act, an elector may vote **once** for Mayor and **once** for Councillor (and once for CSAP if an entitled parent/person). It is an offence to under the CBRM Alternative Voting By-law to:

use another person's PIN to vote or access the system (unless an appointed Friend voter);

take, seize or deprive an elector of their PIN;

sell, gift, transfer, assign or purchase a PIN.

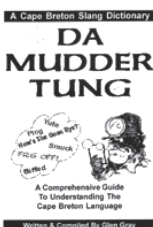
Watch for the Voter Instruction Letter in your mail for information and your special PIN number.... Watch for the Thursday, October 1st **K-LEE RADIO 11th Anniversary show** to be held at the North Sydney Fire Hall from 1:00 - 3:00 - Lots of great music and **Free Giveaways**.... also I will be completing my **new book** to be published in the next two weeks - I'll be giving away free copies in the paper, watch for details coming soon - 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

Sydney Mines Library Have Free Craft Bags

Free Craft Bags are available at the Library Desk. You can take them home to complete your craft projects.

REMINDER - We are closed for the Thanksgiving Holiday.



BIRTHDAY WISHES

Happy Birthday to Eddie Long celebrating his birthday on Friday, September 25th

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



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- HOURS OF OPERATION -

11:00 AM - 8:00 pm

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BIRTHDAY WISHES

Happy Birthday Wishes to my husband, Carter who will celebrate his 34th birthday on Saturday. Lots of Love from Betty, Carter Jr. and Marie.

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 18 - 8:00 pm.

Branch 008 Meeting September 24th 7:00 pm.

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

Wednesday Night Ladies Darts is starting on October 7th at 6:00 pm.

Please register now to secure your place.



BIRTHDAY WISHES

We would like to wish Ronnie MacDonald a very Happy birthday on Friday, September 25th from all your friends at the North Sydney Fire Hall.



Chase The Ace returns on October 4th - Jackpot is \$36,000 and there are 33 cards remaining. Tickets are on sale now.



The North Sydney Minor Hockey EVEN SPLIT starts up again on October 4th. Get your tickets now for the first draw and support local hockey.



In 1999 Metallica took a bold step and joined forces with the San Francisco Symphony to record and release a double live CD and video performance of some of the band's best songs to date, with an orchestral take on things. The project was successful, but to be honest some fans were less than impressed. Flash forward 21 years later and we have the new release of "S&M2" (actually recorded in September of 2019) which is definitely a worthy successor to "S&M". I picked up my copy of the double CD/DVD set as soon as it was available at Atomic Records & Collectibles (shop local!) on Record Store Day. I always laugh at the hard line some Metallica fans take, saying that the band's best albums were done before "And Justice For All", whereas I believe (and many others-including the band) believe that Metallica's best album was the self-titled "Black" album. To that end my favourite songs in this collection are on Disc 2; "Enter Sandman", "Wherever I May Roam" and "Nothing Else Matters" ring truest for me. Early Metallica-fans need not be alarmed though-"For Whom The Bell Tolls", "Master of Puppets", "The Call Of Ktulu" and "(Anesthesia) - Pulling



Teeth" are here-the collection actually has 22 tracks. The second CD in the set starts off with something unexpected; the "Sythian Suite" by Russian composer Sergei Prokofiev is an orchestral piece which is followed up with the 1927 orchestral piece "The Iron Foundry" by Russian composer Alexander Mosolov. Both pieces run a total of 14 minutes so it in no way distracts from the experience-obviously it's meant to be where the symphony shines the brightest, but they are amazing throughout, especially on the DVD, which is actually the icing on the cake-presenting the full spectacle of the orchestra, the band and the fans all in unison. The release has a number of options for fans; a 4 LP black vinyl set, a limited edition orange marble vinyl set, a 2 CD & DVD set, a 2 CD & Blu-Ray set, a 2 CD set, a Blu-Ray only or a DVD only. It's been 4 years since the band's last album was released so hopefully this will hold us over until the next one comes out. Enjoy!

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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

WEATHER PERMITTING
Thursday from 1:00 - 3:00
Munroe Park North Sydney



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 Person - 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.



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. There will be no admission charged for this event.



JACK COOL K-LEE RADIO DJ NEWS

I had the absolute pleasure last week of interviewing singer songwriter and record producer and the person who pretty much started my interviewing career starting back on August 19th 2013 - I interviewed her on her birthday, Canadian singer-songwriter and record producer member of the Poppy Family with her husband at the time Terry Jacks.



She was the very first person I ever interviewed. Susan has shared with me some very

touching news that is actually a lot to put in the paper but if you listen to my interview with her you'll know exactly what I'm talking about

Listen to my interview with Susan Jacks @ https://www.mixcloud.com/jack_cool/my-second-interview-with-susan-jacks-sept-15-2020/

I also had the pleasure of interviewing American singer and actress Donna Loren .

Donna is promoting her podcast Loves A Secret Weapon. which she does her collaborator, Dr Adam Gerace, a psychologist from Australia.

Donna's autobiography is called Loves Secret Weapon. which her and Dr.



Adam Read on the podcast which is available on all platforms such as Spotify Google and many more.

She also appeared on an episode of Batman called The Joker Goes to School which went into a 2-part episode and which she got to work with Adam West as Bruce Wayne and Batman.

Burt Ward as Dick Grayson and as Robin and Cesar Romero. as the Joker.

She was also in the 1965 movie Beach Blanket Bingo with Frankie Avalon and Annette Funicello. In 1964 she was hired to be the Doctor Pepper girl to promote Dr. Pepper to a teen audience which Doctor Pepper was extending into at that time.

Her song Love;s A Secret Weapon came from the movie Bikini Beach.

Special thanks to Donna's husband Jared for arranging this interview, thank you so much I super appreciate it.

If you'd like to hear my interview with Donna please go to https://www.mixcloud.com/jack_cool/donna-loren-interview-sept-18-2020/

Have a safe week everybody
JACK

Late Night Oldies

with Jack Cool

Friday at 11 pm

www.kleeradio.com

CONTACT INFORMATION

GLEN GRAY, EDITOR

PH: 902-564-9022

Email Address

glengray@kleeradio.com

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OTHER VOICES ON CLIFFORD STREET

This week Taylor MacDonald, and Robyn Knott, were kind enough to submit something on their experience at Clifford Street.. what will be your volunteer experience[s] be like?

"The woman on the ground" - Hello everyone my name is Taylor MacDonald I am 23 years old; I have a bachelor of Arts in Community studies (BACS) for Cape Breton University and a passion to help children grow into their beautiful unique selves. I would like to think of myself as the woman on the ground here at Clifford Street Youth Centre (CSYC). Ill get to what I mean by that later on but first I would like to speak on what first brought me to Clifford St., what kept me there, the impact the youth at Clifford street had on my life and how that changed my career path and how eye opening this place is to me every single day it go to work. This week is going to be a bit different from what Paul has been speaking on, I want to tell you why as I young women like has fallen in love with this amazing program, and all the youth that walk thought our doors. To jump right into this Last week when Paul talked about being a volunteer and being voluntold it really sparked my thoughts of where my story starts with CSYC because to be frank with all of you when I think back to why I started at CSYC it was because I was voluntold to do so. I was in my second year of my BACS and I had to do 100 volunteer hours for one of my courses. the way I found CSYC wasn't because I really wanted to help youth in my community or that I already know about the program, it was that being an unorganized 20 year old I was late starting and need to find a placement quickly to get by 100 hours done because I only had a month and a half left in my semester. So, I sat down at my computer opened up google and typed in "places in North Sydney to volunteer at" and a giant list come up and I think for a moment I got a little cross eyed looking at it so I narrowed my search by adding "with kids" and boom there it was Clifford Street Youth Centre I would have never thought that day that this place would mean so much to me now as it does. From there I emailed Paul and the next following week I started. When I started, I was your typical voluntolder I was there to get my hours and get out of there I didn't was to work with kids I liked them but wasn't what I wanted to do, I wanted to be an RCMP officer. all this quickly changed for me when I really started to listen to the kid's stories, interests and what stresses all these youth carried around at such a young age. I would have never thought in a million years that youth from my very own neighbourhood lived these lives. Worrying that they didn't have the latest clothes, school supplies and even down to food for lunches. So with knowing this and at the young age of 20 I decided right then and there that even though I had nothing but my time, my attention and being a big kid at heart to give to these youth that deserve so much more that what little I had to give, I was going to do what I could for those 3 hours a day to make it the funniest 3 hours I could. With the help of the manager (Rebecca) at the time I went to work and with some amazing guidance from her. Planning, organizing things I thought would be fun But my ideas fell a little short because something that I always like to tell new volunteers, grants students etc. from this experiences is that one thing that kids don't mind telling you is when they don't like something and they best thing for all of us working with kids should do is just listen to them because youth usually have the best ideas for fun.

So, as you can tell you I have currently been at the CSYC now for 3 almost 4 years now. I started off not even wanted to be there to now not know if ill never be able to leave. I keep saying that I love this place but haven't really said why. Well its because its not just one thing the draws me to this place. It the youth and all the joy and light they bring to this place even though their lives are shadowed by darkest. CSYC is a place that is very rarely quiet but the laughter fills you heart so fast you don't mind the screams that are partnered with them. Its because there is so many learning opportunities like how to communicate in all different ways, leadership, organizing an event and my favourite skill that I've learned for being at CSYC is to be adaptive because nothing ever goes as planned and you have to learn to roll with the punch's sometimes. You never know what the day is going to bring but you are always excited to see what is in store. I am guessing by now you are all probably getting why I now call myself the woman on the ground because like all levels of organizations there are different people that do different thing Paul is the brains of the program and I think I'm the muscle I deal with all the day to day on the "ground".

So, if you can take anything away from my story with Clifford Street Youth Centre is that no matter it is the littlest things can help such as you sitting and really listening to someone's story, them talk about their bad day, play a game of catch or just colouring a picture every moment count. sometimes we have to do things that we are not always happy about and don't want to do, but these things could change your life and you are not even going to know it. In this last part I would like to thank Paul and Rebecca for always believe in me this opportunity that has changed my life and I would charge it for anything.

And Robyn, who worked with us the is summer says;

This summer I was given the opportunity to work at the Clifford Street Youth Centre as a summer student. During this time period, I have learned and adapted to the many challenges that Covid-19 has presented us with. Even though the virus has made it a more challenging work environment for many, the staff here at the youth centre have still continued to entertain the children with fun and innovative socially distanced games, and have had fun while doing so! I have really enjoyed working here at the youth centre with all the kiddos I've met during the process, it's a really rewarding place to work!

Next week we will discuss back to school, what the kids are saying, what the kids need coming into winter, and the coming of Halloween~ whatever that will look like this year. Paul Ratchford



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

CBRM CANDIDATE INFORMATION

DISTRICT 1

ANDREW DOYLE
will forward information

DANNY LAFFIN
(902) 794-1015
dannylaffinpc@gmail.com

GORDON MACDONALD
5 Tobin Road, North Sydney
(902) 578-3554
gordiemac7@gmail.com

DANIEL "DUKE" PERO
daniel.duke.pero@gmail.com

SHARA VICKERS
electshara@gmail.com
Website electshara.ca

DISTRICT 2

Jim Dunphy - N/A

Earlene MacMullin
(902) 574-1822
Facebook - Earlene MacMullin -
Councillor District 2



ELECTION DATE

October 17
8:00 a.m. to
7:00 p.m.

See
Column
on Page 4
for
CBRM
Online
Voting
Procedures

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**



Gape Breton Storyteller

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



Written & Compiled By GLEN GRAY

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