

# MacDONALD DENTURE CLINIC

42 FRASER AVENUE  
SYDNEY MINES  
PHONE  
**736-2280**

**G. MacDonald**  
*Denturist*

HIGH STREET  
BADDECK  
PHONE  
**295-2516**



**FREE**

## THIS WEEK

**NORTHSIDE COMMUNITY NEWS**

**FREE**

Vol. 10, No. 12 - MARCH 25th - 2020

### NOTICE

We will publish electronic editions of our paper until the Corona Virus threat is contained. Logon to our website to read the latest news and see what we have planned for our radio station K-LEE RADIO in Music, Storytelling, Trivia and Kids programming



### RALPH IVEY'S

**Auto Repair Ltd. and Muffler Man**

**BRING YOUR CAR IN FOR  
SPRING SERVICING**



**IF WE CAN'T DO IT - IT CAN'T BE DONE!**

**93 KING STREET  
BY THE TRACKS**

**Bring your Vehicle in  
for Auto Servicing**

**794-7500**

## McCormick's **TIRECRAFT**

### POT HOLE SPECIAL



*Any Wheel  
Alignment*

**\$59.99**  
PLUS  
TAX

**BRAKE SERVICE  
MUFFLER & EXHAUST  
SHOCKS & STRUTS  
NOVA SCOTIA MVI  
ALIGNMENT  
OIL CHANGES  
TUNE-UPS  
TIRES**

**KROWN**  
**RUSTPROOFING**

**126 SEAVIEW DRIVE  
NORTH SYDNEY**

**Phone For An  
Appointment**

**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.

BINGO	7	25	44	57	62
15	22	40	50	70	
11	30	42	46	74	
2	28	37	55	68	
10	27	39	59	75	

Sunday BINGO  
CANCELLED  
for 2 weeks  
Updates will  
follow

Jackpot is \$650 on 50 #'s or less, plus Toonie Jackpot

NOTE: - Management reserves the right to refuse admittance to the BINGO game.

Royal Canadian Legion  
Branch 83 - Florence

**BINGO**

EVERY THURSDAY

DOORS OPEN 5 PM - CARDS ON  
SALE - 6:00 PM

7:00 pm - CASH PRIZES

EVERY SATURDAY

**CLOSED**  
UNTIL FURTHER  
NOTICE due  
to Corona  
Virus

Thursday - BINGO  
Saturday - The CIRCLE  
Sunday - BREAKFAST

WASHER TOSS 8 PM FRI-  
DAY - Prizes for

1st, 2nd, 3rd  
All Monies  
back to the  
players



**736-6313**

### North Sydney Fire Hall

THURSDAY NIGHT ONLY -

Kitchen open from 4:00 - 9:00  
pm - 2 pc Fish & Chips \$11.00  
**CLOSED**

- Take Out of Free Delivery

**All Other  
Activities  
CLOSED  
UNTIL  
FURTHER  
NOTICE  
due to  
Corona Virus**



Join us on  
our radio  
station ev-  
ery day, 24  
hours a day  
for the very  
best selec-  
tion of Cape Breton and  
Celtic Music - logon to  
our website to listen -

**www.kleeradio.com**

FOR THE BEST IN LOCAL  
CAPE BRETON MUSIC

**www.kleeradio.com**

### BRAS d'OR SENIORS WEEKLY 45s GAME

The Bras d'Or Seniors Club are hosting weekly 45's game on Thursdays at 7:30 pm.

1st, 2nd and 3rd cash prizes are awarded. Also a chance to win the main Jackpot, mini Jackpot, and Loonie Jackpot and 50/50 draw. A total of 9 ways to win.

**www.kleeradio.com**



Heat & Serve Meals - Fresh Meal  
Selections - Frozen Selections

Grab 'n Go Lunch

Soups - Sandwiches - Salads

**Ph: 217-0280**

**212 Commercial St,  
North Sydney**



**TAX  
PROFESSIONALS**

222 Commercial Street - North Sydney - B2A 1B7

**902 - 794-7117 - FAX 902-241-3088**

**nsydhrrblock@syd.eastlink.ca**

**HOURS - MONDAY - FRIDAY - 9:00 - 5:00**

See **TAX TIPS** on page 8 and see how much  
you can save on this year's tax return  
contact **H & R Block** today



**Keith Bain**

MLA -Victoria-The Lakes

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

**902-736-0301 (Office)**

**902-736-0411 (Fax)**

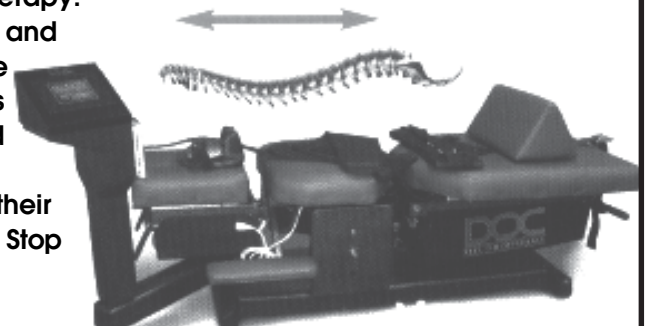
**keithbainmla@bellaliant.com**

### 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.



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

**COMMUNITY NEWS/EVENTS**

Congratulations to Cape Breton Singer/Broadcaster Donnie Campbell who received the Prestigious Slaight Music Unsung Hero Award for the 2020 Canadian Folk Music Awards. The award goes to an individual who has been an "unsung hero" in the community for folk music. Donnie certainly has done that with Celtic Serenade which he has hosted for 46 years and has highlighted many local artists and promoted Celtic and Cape Breton music to three generations of Cape Bretoners. Donnie celebrated his birthday last Friday. The award will be presented to Campbell on April 3 in Charlottetown. We would like to add our congratulations on this special award to a gentleman who has always contributed to the Cape Breton music scene over the years,

**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



## Bianchini's Pizzeria

**DEBIT AT THE DOOR AVAILABLE**

PIZZA - SUBS - BURGERS - SALADS - DONAIRS  
NACHOS - GARLIC FINGERS - WINGS

**PHONE 794-3191**

MON - THURS  
11 am - 11 pm

FRI. - SAT.  
11 am - 12 am

SUNDAY  
3 pm - 11 pm

WE CATER TO SERVICE GROUPS AND ORGANIZATIONS  
WHO SELL SPAGHETTI DINNERS AS FUND RAISERS

DELIVERY  
AVAILABLE



## 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



### EDUCATION IS THE KEY TO YOUR FUTURE

For information regarding students loans and scholarship programs, contact Nova Scotia Department of Education  
1-800-565-8420 [www.studentloans.ednet.ns.ca](http://www.studentloans.ednet.ns.ca)

# STAGG'S TAXI

**902-794**

# 2400

**24/7**



## ROYAL CANADIAN LEGION - SYDNEY MINES - 736-3206



**TUESDAY BINGO  
GAME**

**NOW AT - 7:30 PM**

**Hall Rental Available - 736-3206**

BINGO  
Jackpot won  
New Jackpot  
**\$1,0250.00**

**BINGO Tues.  
7:30 PM  
Bigger  
Games &  
Prizes**





## AROUND THE TOWN

By now we are all aware of just how the **Corona Virus** is affecting us all in Cape Breton - The Premier has declared a state of **Emergency** and you can check **page 8** for details of what this entails.... it seems we will be forced to stay at home for some period of time to come in order to fight this very contagious virus... Since we have been asked to isolate under this Emergency, we will not be publishing any **paper** copies of our paper but will still publish a **digital copy** every Wednesday and have it available on our website - **www.kleeradio.com** - to read or download.... in addition our radio station **K-LEE RADIO** has planned special community programming that includes programs for Kids, Parents and Seniors during this **stay at home** time and you can check **page 7** to see what we have planned.... our music will take on a down home **Cape Breton Kitchen Ceilidh** atmosphere and we will have many items you can **download** from the website to keep your children occupied while staying cooped up in the house - we will have to keep a **positive attitude** until we have this virus under control... logon to our station for Trivia shows, Old Time Radio Shows, Children's Stories, Sing Along Shows, Oldies and Country shows to help you cope with staying indoors - and make sure you follow the **Sanitation Guidleines** set up the various agencies to keep yourself virus free and make sure to follow the **social distancing** protocols to protect you and your family.... during our music broadcasts, you can email us **song requests** for birthdays or anniversaries and we'll put them on for you or for your children if they are having a birthday but can't go out to celebrate it at any local venue.... we are **committed** to keeping you informed and entertained as we all patiently wait until this crisis has ended - **God Bless**

## NOW OPEN FOR TAKEOUT ORDERS



**Waiting On You!**  
DAILY SPECIALS - SENIOR MENU  
CHILDREN'S MENU - TAKE OUT

Mon., Tues., Wed 11 - 7 - Thurs./Fri. 11 - 8 - Sat 11 - 8 - Sun 11 - 7

**NOW OPEN FOR ANOTHER SEASON**  
FLATBREADS - NEW BREAKFAST MENU ITEMS

**BREAKFAST - SEAFOOD - TURKEY - PANINIS**

1409 Hwy 105 Trans Canada

**(902) 794-1409**

## NORTHSIDE COMMUNITY NEWS/EVENTS

### AMP SOCIETY SPRING CONCERT MAR.28, 2020 IS NOW POSTPONED

Due to the current situation regarding the Corona virus the AMP Society has decided to postpone the concert that was scheduled for Mar.28, 2020.

Anyone who has purchased tickets may contact the person who sold the tickets for a refund.

The AMP Society greatly appreciates the support shown towards this event.

### ITEMS FOR SALE

2 Winter tires with studs, on rims 215 70R15 in excellent condition - Price \$100.00  
Double Comforter, washed, in excellent condition, asking \$50.00 - Phone 902-578-7181 for both items.

## 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,  
3 rolls **\$26.59**  
PLUS TAX



### 12 PIECE CHICKEN

Large Fries, Med. Gravy, Med. Salad,  
4 rolls **\$37.59**  
PLUS TAX



### 18 PIECE CHICKEN

Large Fries, Med. Gravy, 2 Med. Salad,  
6 rolls **\$47.99**  
PLUS TAX

Upsize Your Fries ..... 99c

Located in Bras d'Or on  
Trans Canada Highway

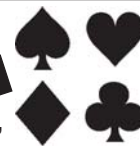
- HOURS OF OPERATION -

11:00 AM - 10:00 pm

PHONE

**902-736-9496**

Sydney Mines  
Seniors & Pensioners  
Cancelled  
venue,  
Sydney Mines -



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

Some News items courtesy of  
**Swing Over**

**The Mountain News**

logon to website

**www.sotmnews.weebly.com**

monthly newsletter



The need is  
even  
greater  
now,  
please  
help out.

## COMMUNITY NEWS ITEMS



### JACK COOL K-LEE RADIO DJ NEWS

Hello everybody it's Jack cool and here is your K - LEE radio DJ news.

I had the pleasure last week of interviewing one the cast members of the upcoming



fan film Jason Rising directed by James Sweet. I had the pleasure of doing a Skype interview with Anna Campbell as as Deputy Eve Glover.

Campbell stated in my conversation with her that this has been a wonderful experience for her. She decided to do this job because she's formally from Portland originally where this film is being filmed and it brought Campbell back home to be re-connected to this community of artists she didn't know even existed up there and it has just been the best home coming experience in the world Campbell said.

And that's just the way it was for your K - LEE Radio DJ news and now you're up-to-date I am Jack Cool.

## CORONAVIRUS SAFETY

Follow these easy steps to help prevent the spread of COVID-19.



Disinfect surfaces around your home and work.



Wash your hands for at least 20 seconds.



Sneeze or cough? Cover your mouth.

**220 MEMORIAL  
DRIVE - North  
Sydney  
Industrial Park**



### Miners Daughter Restaurant

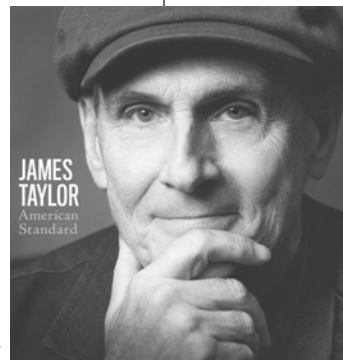
**OPEN MONDAY A Wide Variety Of  
SATURDAY Your Favorite  
11:00 - 8:00 Foods at  
SUNDAY Reasonable Prices  
11:00 - 8:00 Lots of Free Parking**

**CHECK OUR DAILY SPECIALS**

**PHONE (902) 736-1600**

## Take 2 with PAUL POWER

James Taylor celebrated birthday number 72 this month, and it's hard to believe it was 52 years ago that James Taylor released his self-titled debut album, with the song "Carolina On My Mind" as the first single (the song would be re-recorded in 1976 for the version that most people are familiar with) but it was 1970's "Fire And Rain" that really brought James to the attention of the musical mainstream. I absolutely love his greatest hits collection from 1976, with every song on it being a sonic masterpiece. Coincidentally, I have a cousin and I had an uncle (who passed away a number of years ago) with the same name; I always thought that was cool when I was a kid/teenager. James Taylor went on to sell over 100 million albums, and score a number of top 10 hits over the decades. That success was not without great pain though; James was addicted to heroin, had mental health issues, and plenty of heartache over the decades (he was married, then divorced from Carly Simon after 11 years), as well as



losing his son Alex in 1993, on James actual birthday. It's a wonder that Mr. Taylor is still with us. This release, "American Standard", marks solo album number 20 for Mr. Taylor, and although there are no original songs here-it's because this time out James looked at the Great American Songbook for inspiration. The first single that was released was the jazzy and soulful "Teach Me Tonight", a song usually associated with Frank Sinatra and Dinah Washington, and it gets a nice treatment here. The most familiar tracks are "My Blue Heaven", "Ol' Man River", "Moon River" and "God Bless The

Child"-all of which are delivered in James effortless vocal sashay and sway, with "Almost Like Being In Love" sounding the most like a James Taylor original of all the numbers here. Admittedly, like much of James Taylor's back catalogue, this album is easy-listening fare, best thought of as a soundtrack for a rainy day, a lazy Sunday afternoon-or in a coffee house setting. But the fact that we still have new songs from James Vernon Taylor to listen to is cause for celebration-he is indeed an American standard.

Transfer your tapes...



... to DVDs!

**VIDEOTAPES WEAR OUT SO SAVE YOUR PRECIOUS MEMORIES BEFORE IT'S TOO LATE!**

**We offer Professional transfers from tape to DVD**

**Using Pro equipment-not home video gear**

**We can transfer VHS & 8mm tapes at great prices!**

**Phone 736-9402 (Paul)**



## NORTHSIDE COMMUNITY NEWS



### NORTH SYDNEY LIBRARY NEWS

**FIBRE LUNCH** - every Thursday from 1:00 - 3:00.

**STORYTIME** on Saturdays - 2:30 pm.

**CBU CANCELLED** - **UB** - **MARCH 18th** - Topic - Natural resources - 6:30 - 8:00 pm. No Registration required.

**TUES., - MARCH 24** - Songs & Stories with Ken Chisholm and Jeff Ward, no registration - starting at 7:00 pm. **CANCELLED**

**INCOME TAX FOR SENIORS & LOW INCOME EARNERS** - at the North Sydney Pensioners Club, located below the Library - March 18th - April 1st, April 15th - April 29 - Time - 6:00 - 11:00. **CANCELLED**

**ALL LIBRARIES IN NOVA SCOTIA CLOSED UNTIL APRIL 4th**



**CAN YOU SOLVE THIS MYSTERY?**

Bob and Carol and Ted and Alice all live in the same house.

Bob and Carol go out to a movie, and when they return, Alice is lying dead on the floor in a puddle of water and glass.

It is obvious that Ted killed her but Ted is not prosecuted or severely punished. Can you figure out why this happened? See the answer below.

**ANSWER - Alice is a cat. Ted is a goldfish.**

Check out our website for things to occupy your time  
**[www.kleeradio.com](http://www.kleeradio.com)**



### Whaddya Mean "They're All Gone??"

If you missed out on Northside This Week just go to our website .... **[www.kleeradio.com](http://www.kleeradio.com)** and you can download an electronic copy or print a copy on your home computer. Great for sending to folks "away."

### 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 Community Centre. Vincent de Paul Conference with a grant from the Community Health Board. **CANCELLED**

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



### BRANCH 008 LEGION NEWS

**Chase The Ace** every Friday 8 - 10 downstairs - music by Bob MacDor. **CANCELLED** - The Branch needs your help to boost the C...  
ing v...  
from...  
Branch...  
Canada...  
town...  
a \$5...  
help...  
**Legion Is Closed Until Further Notice**

**KARAOKE - WE'RE BACK** - Fridays from 10 - 12 - music by T. Capstick - \$120. **CANCELLED**

**2 PC. F. & CHIPS**. pan fried or deep fried, dessert - \$12.00 each - April 10th - Good Friday - 3:00 - 6:00 - Tickets at the Bar. **CANCELLED**

**APRIL 25TH - ISLE AUX MORT BOYS - DANCE** 8:00 - 1:00 - \$10.00. **SOLD OUT** amount of tickets left.

If you like Sudoku 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)**



## All-Star Auto



**OWNER - BLAIR MacKENZIE**  
Specializing in Vehicles under \$10,000  
**EVERYONE IS APPROVED**

**902-574-4764**

**155 QUEEN STREET NORTH SYDNEY**

## NORTHSIDE COMMUNITY NEWS

### Sydney Mines Seniors & Pensioners Club

**SUNDAY NIGHTS** at 7:30 we have tarabish, everyone is welcome. 1st, 2nd and 3rd place Prizes are awarded.

**MONDAY NIGHT** - at 7:30 - FUN NIGHT - we invite members from other Seniors Clubs - Bingo 7:30 dabbers only - Loonie Draw Enjoy a game of SCAT - \$1.00, light refreshment, see you there.

**WEDNESDAY** - 7:30 45s Card Game 1st, 2nd, 3rd

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>

*Shear Madness*

**HAIR DESIGNS**  
**HANDICAP ACCESSIBLE**

**CLOSED INDEFINITELY**  
**Back in Service**

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

**Gift Certificates Available**

**T-Zone Vibration Available**

363 Main St. Florence **736-7777**

### CONTACT INFORMATION

**GLEN GRAY, EDITOR**  
**PH: 902-564-9022**

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

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



**K-LEE RADIO** has added alternate Programming during this COVID-19 Virus Crisis. Since most of the local venues have been closed for any entertainment events, **K-LEE RADIO** has initiated programming that will help listeners cope with being in the house for extended periods of time.

*We have programming for Children Parent and Seniors  
Check below to see what we have lined up on our  
station and on our DOWNLOAD page on the website  
We broadcast 24 hours a day, 7 days a week so you are  
never without something to listen to*

### **KIDS PROGRAMMING**

Sandman Bedtime Stories - Happy Birthday Notices - Fairy Tales

**WEBSITE** - Find The Differences - Masks - Dot To Dot - Cut outs - Paper Airplanes  
- Coloring Pages - Finger Puppets - Snakes & Ladders - I Spy - BINGO

### **PARENTS - SENIORS**

Gospel Hour - Country Classics - Oldies  
Storytelling - Comedy Shows - Big Band Music  
Old Time Radio Shows and Dramas - Trivia  
Shows - BINGO - Sing Along Songs - Swap Shop  
- Audio Books - Crosswords/Soduko

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

## CORONA VIRUS NEWS

*Nova Scotia Premier Stephen McNeil has declared a province-wide state of emergency.*

- No more than five people permitted to gather in one location
- Provincial parks are closed, visitors will be considered to be trespassing, cars will be towed
- Effective Monday at 6 a.m., all Nova Scotians returning from province must self-isolate for a period of 14 days
- Screening to be managed at New Brunswick border, at ferry terminals in Digby and North Sydney and at airports in Halifax and Sydney
- Exceptions are being made for those providing essential services, including truckers, health care and child protection workers, and law enforcement
- No entry into Nova Scotia for social reasons
- Police authorized to enforce orders under Health Protection Act related to self-isolation and social distancing
- Fines for violating orders under the Act for individuals start at \$1,000 per violation, per day; businesses and corporations face fines starting at \$7,500 per violation, per day

The online questionnaire can be found at this web address - : <https://811.novascotia.ca/>

Nova Scotians can find accurate, up-to-date information, and fact sheets at <https://novascotia.ca/coronavirus>

## YOUR FREE SODUKO WEEKLY PUZZLE

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

## TAX TIPS COLUMN

### Tax Tips for Canadians over 65

**Make sure you file a tax return:** - Always file, because you could be entitled to other credits, deductions and benefits that get triggered by your tax return such as GST/HST credits. If you're receiving Guaranteed Income Supplement (GIS) through Old Age Security, make sure to file on time to ensure their benefits continue uninterrupted.

**Income split and save** - You're allowed to split up to half of your eligible pension income with a spouse or common-law partner. Income splitting allows some seniors to enjoy a significant tax reduction. In the situation where the lower-income spouse has very little income, the tax savings are substantial. If your spouse is unable to completely offset his or her age amount, pension income and disability amount against tax payable, he or she may transfer the unused portion to your return.

**Split your CPP and save** - You may be able to split part of your CPP retirement benefits with your spouse depending on how long you lived together when you were contributing to the plan. This is an advantage if one senior is in a higher tax bracket than the other. However, to do so, you must apply to Human Resources & Social Development Canada using Form ISP-1002. It cannot be done at the time of tax preparation.

**Double check how foreign pension income is taxed** - Pensions from foreign countries may be subject to special tax treatment under the terms of a tax treaty. Always check with a tax professional to find out if the pension you receive from a foreign source is taxable in Canada.

**Medical expenses can add up** - A portion of most medical expenses can be claimed! Everything from medication to nursing home fees, and even medical insurance for a trip or wintering in another country is considered eligible. Medical expenses are reduced by a percentage of your income, so it is normally more beneficial for the lower income spouse to claim them.

And if you had to travel to obtain medical treatment that was not available where you live, you may be able to claim the cost of transportation, meals and accommodation.

Are you behind?  
We understand it happens!

We can help! We prepare and file  
any of the last 10 years for just

**\$45**  
per year, tax included



Call today 902-317-4829  
email [help@northsidetax.com](mailto:help@northsidetax.com)

