

MacDONALD DENTURE CLINIC

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PHONE
736-2280

G. MacDonald
Denturist

HIGH STREET
BADDECK
PHONE
295-2516



FREE

THIS WEEK

NORTHSIDE COMMUNITY NEWS

FREE

Vol. 10, No. 13 - APRIL 1st - 2020



We have over 120 Craft items you can download to keep kids occupied and entertained Logon to our website and the DOWNLOADS Page - FREE
www.kleeradio.com



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!

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BY THE TRACKS**

**Bring your Vehicle in
for Auto Servicing**

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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 FRIDAY - 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

- Take Out of Free Delivery

CLOSED

CONTACT INFORMATION

GLEN GRAY, EDITOR

PH: 902-564-9022

Email Address

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



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

FOR THE BEST IN LOCAL
CAPE BRETON MUSIC

www.kleeradio.com



**CHICKENMAN
RETURNS
TO -KLEE
RADIO**

Chickenman, the crime fighting Weekend Warrior will debut on K-LEE RADIO starting March 30th - tune in to hear what the Winged Warrior has planned for us - "Chickenman He's Everywhere, He's Everywhere"



Heat & Serve Meals - Fresh Meal Selections - Frozen Selections

Grab 'n Go Lunch

Soups - Sandwiches - Salads

Ph: 217-0280

**212 Commercial St,
North Sydney**

H&R BLOCK

**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)

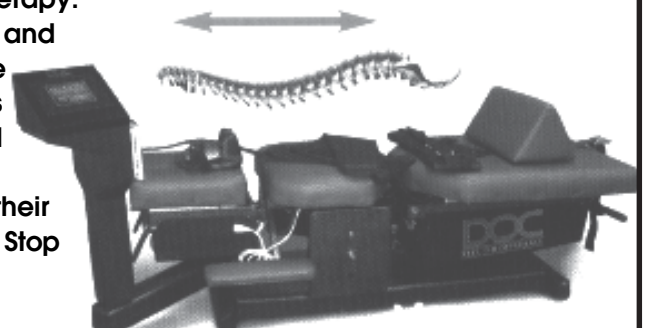
keithbainmla@bellaliant.com

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**CORONAVIRUS**Tips to reduce risk of infection

Wash hands often. Use soap and water or an alcohol-based hand rub



Cover your mouth and nose if you cough or sneeze with the inside of your elbow



Don't get close to anyone who has cold or flu-like symptoms



Go to the doctor if you have a fever, cough or feel that it is difficult to breathe



If you go to the market, don't touch animals or anything in the area they stay

The CBRM has a comprehensive COVID-19 Virus Guide which includes what the symptoms are, how the disease is spread, Prevention Tips, When To Call 811, tips for Self Isolation, How to Care for someone with COVID-19, the correct way to hand sanitize and many other tips. Use the link below to check out the Guide - <https://www.cbrm.ns.ca/images/COVIDInfoKIT.pdf>



STAGG'S TAXI
902-794 2400
24/7 24/7

COMMUNITY NEWS ITEMS**JAIME BATTISTE**Member of Parliament
SYDNEY - VICTORIAjaimebattiste.ca
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 pmWE CATER TO SERVICE GROUPS AND ORGANIZATIONS
WHO SELL SPAGHETTI DINNERS AS FUND RAISERS**DELIVERY AVAILABLE****MURRAY RYAN, MLA - Northside-Westmount**174 Commercial Street
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B2A1B4PHONE
902-794-1030
FAX - 902-794-1029mla@murrayryan.caHOUSE 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**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



Another week as gone by and the **Corona Virus** is on everybody's mind - I have noticed that whenever I'm out people are taking the **precautions** quite seriously, especially keeping the **social distancing**, we all have to keep this up until the crisis is behind us..... We have been very busy with **radio programming** to help everyone get past staying home especially with the kids out of school - **K-LEE RADIO** has specialty programming for Parents who are working from home, For **Seniors** who no longer have any social outlets for entertaining and also for **children** who were never meant to be cooped up inside for so long - logon to our website to **download activities** that will help occupy their time - we will also have children's **music** and **stories** on station - All this specialty programming will be ready to go on **Monday, March 30th** - For Seniors we will have Oldies, Big Band Music, Trivia, Storytelling, Sing Along shows, Pig & Whistle and Old Time Radio shows such as variety concerts, radio serials and dramas - check the **Program Guide** on the website to see when your favorite program will be on... and it's going to take a little while before everything gets back to normal but you can enjoy a great "**Staycation**" right at home in Cape Breton, K-LEE RADIO plans to offer free **Ceilidhs** and **Oldies** remote broadcasts this Summer so watch for announcements in this paper... if you are looking for Corona Virus Information, logon to this link.....

<https://novascotia.ca/coronavirus/> - they have lots of very informative articles and notices, everything you need to know - We have to stay indoors during this Corona Virus Outbreak but that doesn't mean you can't enjoy some good, down home music on our radio station - logon to our website **www.kleeradio.com** and check the Program Guide for Childrens, Parents and Seniors program - Stay Safe.



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



One of the new programs that we will be featuring on K-LEE RADIO during the Corona Virus outbreak.

We will be following the same format as the TV show - music, fiddling, stories and comedy.

Logon to our website and check out the program - **www.kleeradio.com**

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
CLOSED
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
F...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

K-LEE RADIO CORONA VIRUS RESPONSE

K-LEE RADIO has developed some Specialty Programming to help inform, entertain and keep your spirits up while staying at home.

We have Sandman's Bedtime Stories Monday through Friday for children which includes stories, trivia and songs each evening at 6:00 pm.

For Parents and Seniors we have Cape Breton Kitchen Ceilidh, Pig & Whistle, Sing Along Hour, Old Time Radio Shows from the 40 and 50s, The Gospel Hour, Jack Cool Oldies and Phantom Country hosted by Kenny Walsh.

K-LEE RADIO also broadcasts the Best in Cape Breton & Celtic music 24 hours a day, 7 days a week all year long.

In addition to listening to our programs, you can also download some shows and podcasts. We also have a 120 paper craft folder available to be used to entertain your children as they will be off school until May at least.

Ligon to our website and see what we available during the duration Corona Virus Pandemic

www.kleeradio.com

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**



MINER'S DAUGHTER RESTAURANT will offer a make shift Soup Kitchen on Tuesday and Friday 2:00 - 5:00 - drive up only, soup, fresh tea biscuit and sweet in a bag, free of charge.

PHONE (902) 736-1600

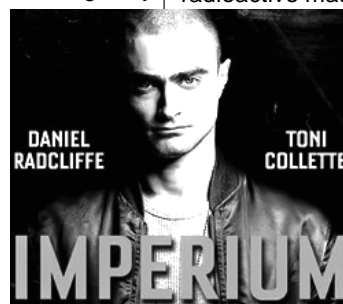
Take 2 with PAUL POWER

With so many of us stuck indoors I thought I'd look back at some great movies; this week' it's a film that first caught my eye because of it's title, "Imperium". Without knowing, I assumed that the movie was about ancient Rome-I was wrong. There is indeed a book with the same name that is about ancient Rome, but it has nothing to do with this movie. The second thing that caught my

interest was the fact that Daniel Radcliffe ("Harry Potter") and Toni Collette ("United States of Tara"/ "Hereditary") were the main actors. The movie features this tagline: "Defend Your Nation. Become Your Enemy", and it's about homegrown terrorism in the United States; not from Islamic extremists but from white supremacist groups.

Radcliffe plays a young, ambitious FBI agent who gets pulled deeper and deeper into an undercover operation to find the most radical element within white supremacist groups-and the only way to do that is to become that. Toni Collette plays Radcliffe's supervisor who is more than willing to put Radcliffe in harm's way so that she can solve the case-but also climb the FBI ladder, all the while knowing that Radcliffe wants the

same thing too. In the opening sequence the movie has this tagline: "inspired by real events", as well as showing this quote: "Words build bridges into unexplored regions". Guess who said that? Adolf Hitler-that was a very unnerving discovery. As Radcliffe winds his way 'down the rabbit hole' and infiltrates the world of homegrown extremists he meets some stupid and relatively harmless wannabe's, all the while trying to find the true mastermind behind the importation of an illegal shipment of Caesium-137 (a radioactive material that is very



dangerous, because it's most common compound is salts (also known as a dirty bomb) and it can be used quite easily -

resulting in thousands of deaths. As is the case with a lot of conspiracy theories we learn that sometimes the most vocal and obvious front line hides the more extremist puppet-masters who control the game. This movie is a tense and gripping thriller that gets more disturbing as it progresses because it gets too close for comfort. With this movie Daniel Radcliffe has been able to go beyond his "Harry Potter" days and show us that he is a serious, mature actor with depth and range. Also, Toni Collette is her usual brilliant self in her role. This is a great flick.

Transfer your tapes...



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NORTHSIDE COMMUNITY NEWS



NORTH SYDNEY LIBRARY NEWS

ALL LIBRARIES IN NOVA
SCOTIA CLOSED UNTIL
APRIL 4th



BRANCH 008 LEGION NEWS

**Legion Is
Closed
Until
Further
Notice**

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



Check out our website
for things to occupy you
and your children's time
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
and you can download an
electronic copy or print a
copy on your home com-
puter. Great for sending
to folks "away."

Senior Fitness Classes

Free Senior Functional Fit-
ness Classes for men &
women Classes focus on ac-
tivities of daily living in-
cluding strength, balance,
focus, & multi joint
flexibility. Classes start
Wednesday, Mar.11th, 12.30
—1.30 pm. at the Florence
Legion. Sponsored by the
Sydney Regional 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 .

KIDS WORD SEARCH DISNEY PRINCESSES

Disney Princesses

E	L	M	U	L	A	N	I	I	A	D	T	L	L
L	I	P	O	C	A	H	O	N	T	A	S	S	N
W	N	A	S	N	O	W	W	H	I	T	E	A	T
L	N	N	E	E	N	A	N	N	R	N	J	E	O
L	L	R	A	E	I	U	N	E	E	A	L	L	E
L	L	R	L	A	C	W	A	T	S	S	E	M	S
E	A	A	R	O	R	U	A	M	A	I	E	A	U
B	N	P	E	L	A	A	I	E	R	R	L	A	I
R	N	U	I	L	E	N	P	A	B	E	L	L	E
E	A	N	A	N	E	M	N	A	P	S	A	E	A
K	O	Z	E	I	E	M	E	R	I	D	A	M	D
N	H	E	L	C	I	N	D	E	R	E	L	L	A
I	M	L	S	V	A	N	E	L	L	O	P	E	E
T	R	N	A	O	T	L	T	I	A	N	A	A	A

POCAHONTAS
AURORA
BELLE
SNOW WHITE
TIANA
MERIDA
ANNA
RAPUNZEL

ARIEL
MULAN
CINDERELLA
TINKERBELL
JASMINE
ELSA
VANELLOPE

Lots of Free Downloads
available on our website
www.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>

Shear Madness

HAIR DESIGNS
HANDICAP ACCESSIBLE

CLOSED INDEFINITELY
Us Out!
WALK IN SERVICE

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

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T-Zone Vibration Available

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Florence

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**155 QUEEN STREET
NORTH SYDNEY**



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/Sudoku

www.kleeradio.com

CORONA VIRUS KIDS

You're not alone. As the world's leading expert on childhood, we're providing parents, schools and communities with tools and tips you can trust about coronavirus (COVID-19) and kids. Together, we're doing whatever it takes to protect our children. Here's how to guide the conversation with a child in your life.

Get informed and share the facts.

Tailor your approach based on your child – think about whether more information makes them more or less anxious.

Approach the subject simply and calmly – kids take their cues from you.

Ask your child what they know, answer their questions and address any misinformation.

Validate their feelings, while reassuring them – “I understand this can be scary. We're taking steps to keep healthy, and we're well prepared.”

Remind them of what's in their power – washing hands thoroughly and often, coughing and sneezing into their elbow, getting plenty of sleep, etc.

Model good hygiene, and try to make it fun! Sing a favorite song while scrubbing hands with soap and water for at least 20 seconds.

YOUR FREE SODUKO WEEKLY PUZZLE

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

You can also get your Daily Soduko Puzzle and Crossword Puzzle by logging on to - 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

DEADLINE PAYMENT CHANGES FOR COVID-19 VIRUS OUTBREAK

There are many changes happening in this current Pandemic state of emergency but you must still file your income taxes!

There is a new tax filing and payment due date announced. The deadline to file your personal income tax and benefit return will be deferred until June 1, 2020.

The deadline to pay any balance due for your individual income tax and benefit return for 2019 has been extended from April 30, 2020, to September 1, 2020.

This means you will not be assessed any penalties or interest if your balance due is paid by September 1, 2020.

For self-employed individuals or those who have spouses or common-law partners that are self-employed, the deadline to pay any balance due for your individual income tax and benefit return has been extended from April 30, 2020, to September 1, 2020 as well.

As of today's date, the CRA have not deferred the self-employed individual tax filing date of June 15, 2020.

While the CRA are continuing to process new 2019 tax returns, we are not seeing much movement on re-assessments and adjustments at this time.

If you need to make arrangements to file your taxes before the deadline, contact a professional tax preparer.

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



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TAX SERVICES

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email help@northsidetax.com