CLIP AND SAVE Official Province of Nova Scotia information visit https://novascotia.ca/coronavirus

Official Government of Canada information visit https://canada.ca/coronavirus or call 1-833-784-4397

Official Cape Breton Regional Municipality information http://cbrm.ns.ca/coronavirus or call 902-563-2276

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THIS WEEK

NORTHSIDE COMMUNITY NEWS

FREE

Vol. 10, No. 15 - APRIL 15th - 2020

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Can mosquitoes spread the coronavirus? Has that been factored into the estimates?

While there are some viruses that mosquitoes and other insects carry, the coronavirus doesn't seem to be one of them and therefore cannot be transmitted through mosquito bites, says the World Health Organization.

Jason Kindrachuk, research chair of microbiology and infectious diseases at University of Manitoba, says mosquitoes aren't something we need to worry about.

"We haven't seen this with other coronaviruses, so it would be very off for something like this to take place," he says.

I guess that is good news for Cape Breton as we move toward Spring and Summer weather and the mosquito season.

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NORTHSIDE COMMUNITY NEWS ITEMS

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SENIORS BINGO

The Regular BINGO SUNDAY after- 7 25 44 57 62 noon Bingo resumes. There will 2 28 37 55 68 be an Afternoon 10 27 39 59 75

BINGO Game at the Sydney Mines Seniors & Pensioners Club, 6 Fraser Avenue, Sydney Mines.

> Sunday BINGO **CANCELLED** for 2 weeks Updates will follow

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

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

Royal Canadian Legion Branch 83 - Florence



EVERY THURSDAY

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

7:00 pm - CASH PRIZES

EVERY CATHRDAY

Saturday - The CIRCLE **Sunday - BREAKFAST**

WASHER TOSS 8 PM FRI-DAY - Prizes for



North Sydney Fire Hall

THURSDAY NIGHT ONLY -

- Take Out of Free Delivery

CONTACT INFORMATION

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Email Address glengray@kleeradio.com

PHANTOM COUNTRY with Kenny Walsh airs on K-LEE RADIO on Sundays at 6:00, Wednesday 8:30 - the best in Classic Country Music tune in to hear Kenny at www.kleeradio.com



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MLA -Victoria-The Lakes

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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

CORONA VIRUS QUIZ

- 1 Coronaviruses are named for the spikes that protrude from their surfaces, resembling
- (A) barbed wire (B) shark's teeth
- (C) Sun's Corona
- 2 The coronavirus spreads easily from person to person, traveling through the air, enveloped in tiny
 - (A) bacteria
- (B) viral droplets
- (C) gamma rays
- 3 Which of the following is **NOT** a common symptom of the coronavirus? (A) Cough (B) rash (C) fever
- 4 Most people fall ill five to seven days after exposure, but symptoms may appear in as few as two days or as many as _____days.
- (B) 21
- (C) 28
- 5 To prevent the spread of the virus. It is recommended that you wash your hands for at least _____ seconds
 - (A) 10 (
- B) 15
- (C) 20
- 6 By maintaining a distance of _____ from others when possible, people may limit the spread of the virus.
 - (A) 6 feet
- (B) 10 feet
- (C) 12 feet
- 7 A vaccine for the coronavirus will take at least to become available to the public.
 - (A) 3 months
- (B) 5 months
- (C) 12 months
- 8 How long does the Corona Virus survive outside the body?
 - (A) 1 day
- (B) Minutes
- (C) hours to days
- 9 What percentage of people confirmed to have Covid-19 develop mild or moderate symptoms?
 - (A) 30%
- (B) 50%
- (C) 80%
- 10 Can my dog or cat give me the virus?
 - (A) YES
- (B) NO

VICHORALES - 1 C' S B' 3B' 4 F' 2 C' 6 F' L C' 8 C' 6C' 10 B



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COMMUNITY NEWS ITEMS



Member of Parliament SYDNEY - VICTORIA

jaimebattiste.ca jaime.battiste@parl.gc.ca

(902) 567-6275



SING ALONG SHOW ON K-LEE RADIO 2



K-LEE RADIO is producing Specialty Programming during the Corona Virus outbreak. One of the programs is the Sing Along Show which features popular songs that everybody knows and loves to sing.

There is also an 80 page

Lyrics Handbook which is available to download for Free.

The show airs on Tuesdays at 6:30 pm and Thursdays at 6:30 pm on the K-LEE RADIO 2 internet stream.

If you like to sing, this show is made for you. K-LEE RADIO is committed to providing entertainment while you are waiting at home.

Logon to the website at -

www.kleeradio.com

MURRAY RYAN. MLA - Northside-Westmount

174 Commercial Street North Sydney, NS B2A1B4

PHONE

mla@murrayryan.ca

902-794-1030 FAX - 902-794-1029 ASSEMBLY





Official Province of **Nova Scotia information** visit https://novascotia.ca/coronavirus

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ROYAL CANADIAN LEGION - SYDNEY MINES - 736-3206



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Tuesday bingo GAME

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BINGO Tues. Games & **Prizes**

AROUND THE TOWN

Another week of staying home has passed and Easter is upon us - it seems strange that there are no church services as Easter is such a big Christian celebration and to not have church services will certainly seem odd.... News reports say over 1 million workers applied for assistance on Monday of last week, I have heard from several friends that it was quite easy to sign up - this is a real positive for a system that has had its share of electronic problems in recent years.... We have been busy with specialty radio programming for all our readers and listeners on K-LEE RADIO 2, a new internet stream with children's programming Monday-Friday at 6 pm and other shows such as Phantom Country, Late Nite Oldies, Pig & Whistle, Cape Breton Kitchen Ceilidh, Sing Along Show and Old Time Radio Shows form the 40s and 50s - we have committed the station to provide free entertainment as long as we have to stay indoors during the virus outbreak - I have been speaking with many of our advertisers in recent weeks and they have some real concerns that some of the local businesses may not be able to withstand the financial impact of a prolonged closure - there was praise for the government for the business and personal financial programs that will go a long way to keep people solvent - hard hit is the cruise industry and that means that many of the local businesses in Sydney will suffer this Summer as a result of the decreased cruise visits ... Parents are coping well enough now as they are off work at the same time as children are off school since nobody is allowed to visit during this emergency, nobody can provide day care services so that makes it almost impossible for parents to go back to work.... I was asked by several friends what I thought would happen when the warm weather gets here regarding the mosquito and black fly season - read the ornt page and get the answer I was able to research, it's a happy outcome.... I miss all the wondefrul Northside people I usually visit with each week, I hope we can get together again soon - stay safe and use all the precautions.



NORTHSIDE COMMUNITY NEWS/EVENTS



BIRTHDAY WISHES

Please send out Birthday Wishes to my very good friend Mabel Latimer who will be celebrating her birthday next week. Sorry we can't get together or go to lunch but when this virus outbreak is over, we'll get together and have a really good time. I will be thinking of you on your birthday - Emily



COMMUNITY RADIO PROGRAMM<u>ING</u>

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 Sape Breton &

COMMIT TO COMMUNITY RADIO

Celtic Music - Tune in to our station

Check out the list of Kids activities we have on our websiite to keep your children occupied during their extended stay at home - Logon to the "DOWNLOAD" page www.kleeradio.com

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Sydney Mines Seniors& Pensioners FELED FCANCELVENUE, 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
ww.sotmnews.weebly.com
monthly newsletter



VISIONS OF SUGAR PLUMS

Food has always played a big role in my Cape Breton Christmas. The baking starts at the beginning of December and many families also visit the various craft fairs and church bake sales to get special Christmas treats.

My mother and grandmother would work like the Kiebler elves baking all kinds of cookies, squares, tarts and various loaves and fruitcake. The smells in the house when you came home from school were heavenly. My mother would have a few mini treats for us so that we wouldn't pick at the cookies and squares.

We were allowed to decorate the sugar cookies and shortbread cookies with various colored icing and sprinkles. We accepted this honor with a great deal of importance because if we weren't doing it right, my grandmother would banish us from the kitchen.

Every year we looked forward to the frenzied baking and when we went to sleep we could still smell the delicious aromas from the various baked items. After one all day baking binge, my mother and grandmother had over 15 dozen cookies and squares and several loaves and three fruitcakes. They were left out overnight to cool before being packed away for Christmas.

I remember waking up to my grandmother's loud voice and wondered what was going on as my grandmother, born in Cheticamp, was never known to raise her voice unnecessarily. I knew there was trouble when I heard her speaking in agitated French. I could only imagine what various incantations or curses were being hurled on our two dogs who were lying on the kitchen floor in a state of stupor.

Apparently, the two dogs sampled just about every batch of cookies and those that weren't eaten were crumbled. The only thing left untouched was the fruitcakes and I could only imagine that even a starving dog would not have eaten them. My mother joined the chorus scolding the dogs and they did not move an inch.

Later, after they cooled down a little, my mother and grandmother called the vet and he said to bring the dogs over to see if they would have to have their stomachs pumped. I don't know what the vet did for them but the bill was \$45.00 and this was in 1964 so it was considered a lot of money for a mere dog.

I thought our Christmas would be ruined but as the neighbours heard the story, they began sending over a dozen cookies and shortbreads and by Christmas Eve we had the original 15 dozen all donated by sympathetic neighbours.

Christmas was its usual interlude of food, fun and fruitcake. Every time the two dogs came within ten feet of my Grandmother she would let loose with a French phrase. I don't know if the dogs understood French or not but they avoided her. I guess it worked because I can't remember them ever eating the Christmas goodies again.

220 MEMORIAL DRIVE - North Sydney Industrial Park



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FURTHER NOTICE we will update you
on our
re-opening

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Take 2

With the passing last week of John Prine I wanted to revisit the last album he did, 2018's "The Tree of Forgiveness". John was well known for writing songs that, on the surface, seem a bit silly-but had a deeper and more insightful meaning. He toured for over 50

years and released over 2 dozen albums; in 2017 he was named Artist of the Year by the American Music Association. When an album kicks off with a song like

"Knockin' On Your

Screen Door" you know you're in for a great time-it's a light up tempo country number dressed up in it's finest attire. with vocals that remind me of Kris Kristofferson, Now some people might say that John Prine was just a cantankerous old fart-well, those people are idiots because John Prine was more clever and relevant than they could imagine. His tongue-in-cheek lyrics have entertained fans for decades: "Egg and Daughter Nite, Lincoln Nebraska, 1967" is one such song that is also known as "Crazy Bone"-I will not say any more, you have to hear it for yourself to catch the meaning. As for some of

the other songs, "Summer's End" is reminiscent of a Neil Young number (it's beautiful, touching and sentimental) and "Caravan of Fools" is like something Johnny Cash might have done on his last albums.

It was common for John to sometimes get even quirkier than his usual slant from time to time, and he stretched out on "Lonesome Friends of Science", a song that should be a big hit with "The

Big Bang" cast and crew. John's lyrics and music on this album also had elements that made me think of Blue R o d e o - a n d "Boundless Love" would easily fit into a set list by Jim Cuddy and friends. One of the best

songs here is "God Only Knows" with it's 'not sure but sure it's not the best' view on actions, words and deeds. That looking skyward finished up the album with "When I Get To Heaven", a farewell ditty in which John wanted to smoke a cigarette nine miles long, find lost loved ones, get rid of his watch, "cause when you're dead-yer a dead peckerhead" (according to his dad). This album was a great send off as John had cancer 2 times, and couldn't smoke anymore-but said he missed it every day. John Prine was 73 years old, and died from complications of COVID-19. God Bless him.



"Stevie's Jamboree"

9 shows on 6 DVD's \$20 in total Recorded from the TV Master tapes by the show's producer so they are the Best quality possible. A great way to spend time at home! Call Paul @ 736-9402

NORTHSIDE COMMUNITY NEWS



NORTH SYDNEY LIBRARY NEWS

ALL LIBRARIES IN NOVA SCOTIA CLOSED Indefinitely



BRANCH 008 LEGION NEWS

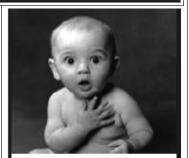
Legion Is Closed Until Further Notice

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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 computer. Great for sending to folks "away."

Senior Fitness Classes

Free Senior Functional Fitness Classes for men & women Classes focus on activities of dail LED cluding strent CANCELLED cluding strent CANCELLED cluding focus, & multi ioint flexibility.Classes start Wednesday, Mar. 11th, 12.30 -1.30 pm. at the Florence Legion. Spons ED by the Sydne CANCELL 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.

JACK COOL K-LEE RADIO DJ NEWS

A few weeks ago I had the pleasure of interviewing Joey Travolta who is the older brother of Grease, Saturday Night Fever, Staying Alive and Welcome Back Kotter actor John Travolta. Joey is the direc-

tor of the movie Carol of the Bells. the movie is about a boy with a complicated past which turns out to be a troubling discovery. Scott Johnson who is played by RJ Mitte and his pregnant wife Karen who is played by Yuly Mireles, who

are raising their little boy, Jeremy, played Elijah Maximus. The movie also Stars Lee Purcell Donna as Mills as Carol's mother Helen, Geri Jewel. as Gloria, Andrea F. Friedman as Carol, and many more great people.

If you ask me, Jack Cool, I find the movie sends out a very clear message that even people

with disabilities have the right to pursue their dreams and happiness, whatever those dreams may be. Travolta who is an

actor/ producer/ screenwriter and director works at linclusion Films. They are a practical film Workshop that takes adults with developmental disabilities through the process of making a film. Travolta also said it's not about making films, it's both

the process of making films also during the process the people with disabilities get to learn social skills, they learn teamwork they learn to collaborate and the finished product you get the film that you can share with everybody. 70% of

the film crew for the production we're trained through their programs. What can I say, it's a must-see movie and it's streaming on internet platforms and you will cry and if you don't cry your heart will definitely melt. And that's just the way it was for K - Lee Radio DJ news for this week now you're up-to-date - I'm Jack Cool.



Late Night Oldies with Jack Cool - Friday at 11 pm & Wednesday at 6:30 pm on

www.kleeradio.com

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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 NewIsletter - Login to read it at - http://sotmnews.weebly.com



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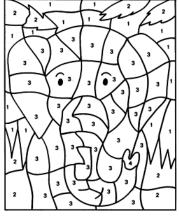
'Indomitable Spirit'

Closed our churches
Closed our city hall
Closed our schools
Closed our gyms
Closed our libraries
Closed our daycare
Closed our parks
Closed our restaurants
Closed our theatres
Closed our concert halls

Opened
Our Indomitable Spirit

© RON GILLIS

Color By Number Pics Download on Website



We have three Color By Number pictures you can download from the Kids Radio Page on our website.

The pictures come with numbers in the various areas and the color code is printed on the bottom to tell children what color to use.

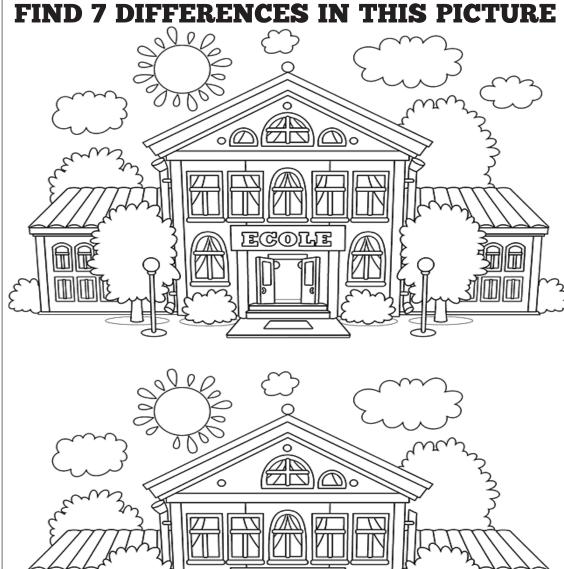
There are lots af kids activities available on the website.

Sandman's Bedtime Stories airs Monday through Firday at 6:00 pm. with stories, songs and trivia to entertain your children, tune in at 6 pm to -

www.kleeradio.com

WASHING HANDS TIP

You should wash your hands for 20 seconds and if you sing the "Happy Birthday" song, that's how long 20 seconds is - tell your kids.



You can find 120 paper craft ideas and puzzles like the above by logging on to www.kleeradio.com and clck on the "DOWNLOADS"

Page where you will find a treasure trove of Free Items to download and print on your home printer - these Free items are courtesy of K-LEE RADIO and This Week In CBRM

www.kleeradio.com

KIDS TRIVIA QUIZ

- 1 How many legs does a spider have? (A) 4 (B) 6
- 2 Whose nose grew longer every time he lied? (A) Shrek (B) Pinocchio (C) Stitch
- 3 What is the name of the fairy in Peter Pan? (A) Bella (B) Arial (C) Tinkerbell
- 4 Which Disney movie is Elsa in? (A) Frozen (B) Cinderella (C) Ratouille
- 5 Who is Mickey Mouse's girlfriend? (B) Minnie (A) Daisy (C) Betsy
- 6 What Season do the leaves turn color? (A) Fall (B) Winter (C) Spring
- 7 What kind of animal is a Bronotosaurus? (A) Alligator (B Hippo (C) Dinosaur
- 8 What is the name of the pirate in Peter Pan? (A) Capt. Nemo) (B) Capt Hook (C) Capt Ahab
- 9 Name Batman's crime fighting partner?
- (B) Woody (C) Robin A) Spiderman
- 10 How many colors are in a rainbow? (A) 5 (B) 7 (C) 9

VARMERS - 1C, 2B, 3C, 4A, 5B, 6A, 7C, 8B, 9C, 10 B

YOUR FREE SODUKO WEEKLY PUZZLE 4 9 5 8 9 3 2 8 6 7 9 3 4 1 9 3 8 7 5 1 6 5 3 6 3 7 9

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 inlcuded is a DAILY FREE SOFTWARE giveaway. Logon today to get yours FREE!!

TAX TIPS COLUMN

COVID-19 Federal Response

The 2019 tax return deadline is extended to June 1, and tax balances and instalments may be deferred till September 1st without interest or penalties. However, if you are expecting a refund, or if you receive or will receive the GST/HST credit, Guaranteed Income Supplement (GIS) or Canada Child Benefit (CCB), or other income-tested benefits (e.g. BC Pharmacare, for which you must register), it's best to file your return as soon as possible.

SUPPORT HAS BEEN ANNOUNCED FOR SMALL BUSI-NESSES, EMPLOYEES, SELF-EMPLOYED

Businesses can also defer payment of any income tax amounts that become owing on or after March 18 and before September 2020, to September 1, 2020. This applies to tax balances due as well as instalments, under Part I of the Income Tax Act. This does not apply to GST/HST remittances or instalments, or remittances of payroll or other withholdings. These are amounts that are collected on the government's behalf by businesses, so the funds do not belong to the business. Update: GST/HST remittances can be deferred until June 30,m 2020. See COVID-19 Economic Response Plan - Businesses on the Canada.ca website.

GOODS AND SERVICES TAX CREDIT (GSTC)

A one-time special payment by the end of April 2020 will double the maximum annual payment amounts for the GST/HST credit for the 2019-20 benefit year. The additional payment will be made in April to individuals eligible for the GSTC, as well as to some who are not eligible for the regular GSTC. This will be based on 2018 tax returns that have been filed. See the Video Tax News COVID-19 Economic Response Plan - Legislative Update - March 25, 2020 for more details.

CANADA CHILD BENEFIT (CCB)

It is proposed to increase the maximum annual Canada Child Benefit (CCB) payment amounts, for only the 2019-20 benefit year, by \$300 per child, as part of the May 2020 payment. Families who do not receive CCB may get a partial payment, depending on their income. This will be based on 2018 tax returns that have been filed. See the Video Tax News COVID-19 Economic Response Plan - Legislative Update - March 25, 2020 for more details.

Are you behind? We understand it happens!

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