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

AND SAVE



NORTHSIDE COMMUNITY NEWS

FREE

Vol. 10, No. 22 - JUNE 3rd - 2020

- WHAT'S INSIDE? -

Businesses Open Page 3 Specialty Radio Shows... Pg. 3 Around The Town Page 4 Free Podcasts Page 5 Paul Power Column ... Page 5 Jack Cool DJ News Page 6 What's In A Word Page 7 Free Soduko Puzzle ... Page 8 Tax Tips..... Page 8 Kids Riddles Page 8



Auto Repair Ltd. and Muffler Man





VE CAN'T DO IT - IT CAN'T BE DONE!

93 KING STREET BY THE TRACKS

Bring your Vehicle in for Auto Servicing

794-7500



K-LEE RADIO has revived the Pig & Whistle TV Show as part of their Corona Virus response to entertainment while we are confined to home. The format is similar to the TV program with a song to start off the show by the Carlton Show Band who were the house band for the show.

Also included in the one hour format is the best of Cape Breton and Celtic music, comedy and fiddle tunes.

The show airs Monday night at 6:30 and again on Friday evening at 7:00 pm. Tune in and enjoy some great down home music.

We're waiting for you at the Pig & Whistle Show

www.kleeradio.com

C

DA C

fu

m

to

NORTHSIDE COMMUNITY NEWS ITEMS

ES

er-

hd

bе

ar

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 indefinetly 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

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, Wednesday 8:30 - 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 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



Watch for Free Oldies Remote Show coming soon to the Northside



Selections - Frozen Selections Grab 'n Go Lunch Soups - Sandwiches - Salads

Ph: 217-0280

212 Commercial St, **North Sydney**

H&R BLOCK

PROFESSIONALS

222 Commercial Street - North Sydney - B2A 1B7 902 - 794-7117 - FAX 902-241-3088 nsydhrblock@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 2NS 902-736-0301 (Office) 902-736-0411 (Fax)

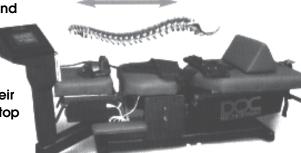
keithbainmla@bellaliant.com

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

Great News For Local Businesses

The following businesses can open on June 5 if they are ready and choose to do so:

Restaurants for dine-in, takeout and delivery

Bars, wineries, distilleries and taprooms

Personal services, such as hair salons, barber shops, spas, nail salons and body-art establishments

Fitness facilities, such as gyms, yoga studios and climbing facilities

However, lounges are not permitted to reopen at this time.

The following health providers can also reopen on June 5, provided they follow the proper protocols laid out in their colleges' and associations' plans, as approved by public health.

Dentistry and other self-regulated professionals, such as optometry, chiropractic and physiotherapy

Unregulated health professions, such as massage therapy, podiatry and naturopathy.

Veterinarians can also re-open on June 5.

This is great news for local businesses who have been waiting for the opportunity to get back and open and running their businesses.

We can expect additional restrictions to be lifted as Summer approaches and the public realize and understand that precautions will have to be implemented in order to ensure safety.

Masks, gloves and plastic sheilds will be the norm and there seems to be little fuss with these precautions.



24/

STAGG'S TAXI GATEWAY TAXI

902-794- 24

902-241-2444

COMMUNITY NEWS ITEMS



Member of Parliament SYDNEY - VICTORIA

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

(902) 567-6275





Since the Libraries are closed and we have to stay indoors for a while, K-LEE RADIO is providing some relief in the form of audio books you can download and listen to at home.

There are some classic books like Sherlock Holmes. Tom Sawyer, Jeckyl & Hyde and other mystery and adventure books like Jack London's Adventures. Logon to

www.kleeradio.com and go to the DOWNLOADS PAGE and get your free audio books.

MURRAY RYAN, MLA - Northside-Westmount

174 Commercial Street North Sydney, NS B2A1B4

PHONE

902-794-1030 FAX - 902-794-1029 mla@murrayryan.ca







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



ROYAL CANADIAN LEGION - SYDNEY MINES - 736-3206



Tuesday bingo GAME

NOW AT - 7:30 PM Hall Rental Available - 736-3206



BINGO Tues. Games & **Prizes**



What a difference a week makes - the weather set a record for warm temperature, the Nova Scotia Government outlined Guidelines for local businesses to begin the opening process and the mackerel are running early - does it get any better than this??? For those of you who have children who have been climbing the walls lately, I would suggest you investigate fishing mackerel, **no licence** is required and the fishing gear is very inexpensive to buy - you can catch all kinds of mackerel down at Indian Beach in North Sydney and have lots of fun in the process.... K-LEE RADIO has been planning outdoor remote programs free of charge for Northside residents and we are now looking for suitable sites to host the shows - keep tuned to the paper and our website for location updates - we are looking forward to meeting with you again soon.... I still don't understand the restriction on church services - people can do the social distancing and wear masks just as easily as they do to go to the liquor store, Grocery store, Wal-Mart and the Dollar Store - I don't have any issues with these businesses being open, they are all adhering to the precautions and following the Guidelines and churches can easily do so as well.... see page 3 for a listing of the businesses that can start opening June 5th - I'm so glad the barber shops are included in this - my hair has grown wild and I'm starting to look like one of the characters from **Duck Dynasty** - it will be great to have the hair trimmed back to normal.... I want to send a little note of **congratulations** to the Nova Scotia and Federal governments who have taken positive steps to ensure the physical health and the economic health of people from all over Canada this COVID-19 virus has hit us all hard and their financial response has enabled most Cape Bretoners to hold off the "wolf at the door" for the past few months and the addition of the upcoming rebate for seniors and pensioners will be very welcome - thank you all for the caring and vision to protect the most vulnerable in our area - Watch for me as I host several free radio remote shows in the upcoming weeks - it will feel so good to mingle and laugh again - Glen



NORTHSIDE COMMUNITY NEWS/EVENTS

FREE PODCASTS TO DOWNLOAD & LISTEN

In response to the "Stay The Blazes Home" rules, K-LEE RADIO has provided several audio programs from Old Time Radio such as; Dragnet, Our Miss Brooks, Boston Blackie, Abbott & Costello, The Lone Ranger, Gunsmoke, Sherlock Homes, Irish music podcasts, local stories free to download and help relieve the boredom - Logon today - we update weekly

www.kleeradio.com



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 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





7 PIECE CHICKEN

Med. Fries, Medium Gravy,

3 rolls \$26.59



12 PIECE CHICKEN

Large Fries, Med. Gravy, Med. Salad, 4 rolls

4 rolls **\$37.5**9



6 rolls PLUS TAX **\$47.99**

Upsize Your Fries 99c Located in Bras d'Or on Trans Canada Highway

- HOURS OF OPERATION -11:00 AM - 10:00 pm PHONE QQ2-736-QAQ6

Sydney Mines Seniors& Pensioners TED CANCELED CANCELED Venue, Sydney Mines -

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 Intrepid Treasure Hunters

If there's one thing I hate doing, it's yard work. It's not that I don't like a nice yard and lawn, I just hate the actual chore of cutting grass and making the soil ready for gardening. So when my wife gave me my Spring ultimatum to have the soil tilled, I immediately began to think of ways to get out of the work.

I sat on my front porch swing deep in thought when I heard the neighbourhood kids playing at being pirates. A lightbulb went off in my head. I went to the bank and got \$10.00 worth of coins, nickels, dimes and quarters. I then used a sharpened steel rod to drive hole in the ground about 6 inches deep and bury all the coins all over the garden area. It took me about two hours to do but I didn't mind since I didn't consider this work.

I then set my plan in motion. I casually mentioned to the "pirates" that a bank robber was supposed to have buried treasure in my yard many years back. Their faces lit up and they asked me a thousand questions. I pretended I wasn't too interested but I finally said I would get my metal detector and see if any of the loot was still around.

Naturally, the whole garden area showed up as minor bips on my detector and the kids were frantic with excitement. I got out the garden hoe and a shovel.

The kids quickly dug up the "treasure" and they soon had about \$1.00 in change. I kept moving around the yard to make sure all the soil was dug up.

The kids were beginning to tire and at the \$9.00 mark they decided to pack in the treasure hunt and spend some of the booty they dug up.

The kids were going to split the "treasure" three ways but I said since they did all the work, they could keep all the money. This met with a cheer and a very hardy "thank you" from the two treasure hunters.

When my wife returned from her shopping trip, the garden was all dug up ready for planting. She was quite pleased and happy.

However, the smile on my face made her wonder what I was up to. When I told her, she was appalled and said I had to call the parents of the two boys and apologize.

I reluctantly called and was surprised when one of the fathers said, "No problem." He said the kids were out of the house all afternoon, they earned money and got exercise.

The kids could hardly contain themselves and talked of nothing else but the treasure they dug up. He said he wanted to use the same tactic again to keep the kids motivated.

It just goes to show you that work can be made into fun if you use a little imagination.

Take 2

I always was a Metalhead; I do love other types of music but once in your bloodstream heavy metal poisoning stays there forever. With that, it's hard to believe that it's been 3.5 years since Metallica released this album; "Hardwired...to Self-

Destruct" saw an 8 year drought for the band come to an end-and it was well worth the wait. Many fans believe the band's first 3 albums ("Kill 'Em All", "Ride the Lightning" and "Master of Puppets", all with bassist Cliff Burton)

was their best work-and with the tragic passing of Cliff in September of 1986 that the band was not the same, not as good. I'm sorry, but that's not true. Bassist Jason Newsted soon signed on and the band released their second best album of all time. "And Justice for All..." which led the way to 1991 and the band's best work ever. "Metallica" (often-referred to as the 'black album'). Two more good albums came out ("Load" in 1996 and "Reload" in 1997) then the band went to crap. The "St. Anger" album was pure garbage, an embarrassment to the greatest Thrash Metal band in history, and 2008's "Death

Magnetic" did little to make up for that fiasco. Making matters worse, the band got all wussy, as the "Some Kind of Monster" documentary showed us, Metallica wouldn't be Metallica without some drama-but the band turned into a bunch of spoiled rich "rock stars" who needed a good swift kick in the ass with a size 12 Doc Martin: instead they brought in a life coach...WTF? We also got to see just how much of a major a-hole

drummer Lars Ulrich really was. In January of 2001, bassist Jason Newsted asked the band to take a yearlong break, using that time to focus on his side-project Echobrain. Of course, James

Hetfield went nuts and rejected Newsted's request-so Newsted guit the band. Hetfield then went into rehab for alcohol abuse and anger issues. I saw Metallica live and it was beyond magical. Even though they were raking in millions in subsequent years it was hard to watch these metal gods spiral down into navel-gazing wimpdom. However, with this release their return to metal supremacy is now the stuff of legend.

I forgot to mention that this release is a double album setand that's what this review is-2 parts, so you'll have to wait until next week to read my musings on the music; believe me it's worth the wait.



"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

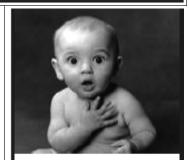
If you like Soduko Puzzles, logon to our website and enjoy a Daily Puzzle along with a new Daily Crossword Puzzle - Logon at -

www.kleeradio.com



Don't Forget our Food Banks during the Corona Outbreak

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 documents our balance, focus, & multi joint flexibility. Classes start Wednesday, Mar.11th, 12.30—1.30 pm. at the Florence Legion. Spons ED by the Sydne CANCEL D by the Sydne CANCEL 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

I had the pleasure a few weeks ago of interviewing Emmy winner and best selling author, Geoffrey Mark he





has a Book out called Ella A Biography of the Legendary Ella Fitzgerald. The book is available on Amazon.

I had a very nice conversation with Geoffrey and what can I say he's one of the nicest people I ever had the pleasure of interviewing.

He has other books that will be coming up and when they are ready for release I will definitely be promoting them in the paper as well.

I also wish him continued success with what he does, God bless you Geoffrey.

And that's just the way it was for your K - LEE Radio DJ news now you're up-to-date I'm Jack Cool - Have a great week everyone, special thanks to Harlan Boll of B Harlan Boll Publications in California for arranging this interview I really appreciate it



Late Night Oldies

with Jack Cool Friday at 11 pm & Wednesday at 6:30 pm on

www.kleeradio.com

If you like Trivia Quizzes, we have a General Trivia Quiz on Page 3 and Kids Trivia on Page 8 of this edition. Each evening Monday through Friday, we also have a Kids trivia Quiz on Sandman's Storytime at 6:00 each evening on Kids Radio - www.kleeradio.com



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



Tues. & Wed. 9 - 5

Thurs. 9 - 7 - Fri. 9-5 - Sat. 9 - 4

Gift Certificates Available

T-Zone Vibration Available

363 Main St. Florence

<u>736-7777</u>

All-Star Auto



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

902-574-4764

155 QUEEN STREET NORTH SYDNEY

What's In A Word?

Have some fun with this puzzle - Guess the word, it is a rhyming answer. For example, a shoe tying contest is a Lace race. The rest of the answers all rhyme. See how many you can get.

- 1. A literary thief
- 2. A naked sitting device
- 3. A literature hiding place
- 4. An uncooked animals foot
- 5. A pig meat rip off
- 6. A prison for Moby
- 7. A promise to grow
- 8. A quick explosion
- 9. A run for the money
- 10. A sack for holding Old Glory

ANSWERS - 1. Book Crook, 2. Bare Chair, 3. Book Nook, 4. Raw Paw, 5. Ham Scam, 6. Whale Jail, 7. Growth Oath, 8. Fast Blast, 9. Cash Dash, 10. Flag Bag

'ROAD OF LIFE'

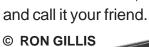
The road of life can be fleeting fame and may sometimes pass you by. So don't stop to smell the flowers, your opportunities may slide by.

Don't stop as you approach a stranger, nod as he passes through, Remember its The Coronavirus, Not The Seasonal Flu.

When you leave your road to ride a slow, train winding its way through life.

May every whistle stop be an occasion, to catch your breath and set things right.

Heed my advice son for the words I have I have said, You'll never be sorry for the life you have led, for it'll be straight and wide, with an occasional bend, So travel it well son,





K-LEE RADIO has been prividing local audiences with music for over 10 years on our internet radio station.

To help celebrate our return to socia visiting, we have decided that you may want to celebrate with a good old fashioned Cape Breton Ceilidh with family and friends.

We will come to your home/ barbecue/bungalow and provide a 3 hour radio remote show that will also be broadcast on the internet so that family and friends that can't make it to the show will be able to tune in and listen to the music and any conversation you wish to have with them.

Station Manager Glen Gray statd, "I know that Cape Bretoners share a great family tradition and music plays a central role in that sharing. We realize that we are coming out of a long social distancing which is not natural for us. The typical way that we celebrate is to have a Ceilidh with music, song and laughter. That's where we come in by proving the musical entertainment."

The station will come to your location within the Industrial Cape Breton area and broadcast the show for your friends and family and to those tuning in via the internet.

With many of the local Concerts and music events being cancelled over the Summer, this is an alternative to hear some of your favorite music.

The cost is reasonable - \$50.00 for the 3 hours. Book now for your Summer Event by email at -

thisweek@kleeradio.com

CAN YOU GUESS THESE SCRAMBLED COMMON WORD PHRASES



2. DO12"OR

3. RACETIME

4. E F

5. SK**π**Υ

6. Rome

7. ALLALL

ANSWERS - 1 Sit downland shut up, 2 A foot in the door, 3 race against Time, 4 Fed Up, 5 Pie in the Sky, 6 All Roads Lead To Rome, 7 All in All



For all your Personal and Business Printing Needs

200 Charlotte Street Sydney, NS PHONE 562-2122

KIDS TRIVIA QUIZ

This week we have several riddles for you to solve. Have some fun with them, they're meant to have fun

- 1 The more you take away, the bigger I become what am I?
- 2 I'm found in socks and mittens, and paws of playful kittens
- 3 I always have one eye open What am I? -
- 4 I go up when rain comes down what am I? -
- 5 I make two people out of one what am I?
- 6 Every time you stand up, you lose this.
- 7- When do 2 and 2 not make 4?
- 8 What always happens on your 12th birthday?
- **9** What did the rabbit say to the carrot? you
- 10 How do you know when an owl is tired?
- 11- What is the best year for a kangaroo?
- 12 What did the bee say when he got home?
- 13 I married two men this morning and yet I am still single.
- 14 What goes to Halifax from Sydney but doesn't move?

12 Hi honey, 13 he was a priest, 14 the highway nice knawing you, 10 he doesn't give a hoot, 11 a leap year, 5 a mirror, 6 your lap, 7 when it makes 22, 8 you turn 12, 9 it was ANSWERS - 1 a hole, 2 ball of yarn, 3 a needle, 4 an umbrella,

YOUR FREE SODUKO WEEKLY PUZZLE 3 6 5 3 6 4 8 6 6

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

Filing 2019 taxes through the COVID-19 crisis

At the Canada Revenue Agency (CRA), we understand that the COVID-19 pandemic may make it difficult for some Canadians to file their returns and meet their diverse tax-filing needs. To help, we extended filing and payment deadlines. Here's what you need to know.

New tax filing and payment deadlines - The deadline for most individuals to file their 2019 taxes has been extended to June 1, 2020. The deadline to pay amounts owed has also been extended to September 1, 2020. Penalties and interest will not be charged if payments are made by the extended deadlines of September 1, 2020. This includes the late-filing penalty as long as the return is filed by September 1, 2020.

If you, your spouse, or your common-law partner are self-employed, you still have until June 15, 2020, to file your taxes. However, your payment deadline has also been extended to September 1, 2020.

For those who have to pay by instalments, the June 15, 2020, payment due date has also been extended to September 1st. Instalment penalties and interest will not be charged for this payment if it is made by the extended deadline of September 1, 2020.

For more information on the filing and payment deadline changes due to COVID-19, go to Income tax filing and payment deadlines: CRA and COVID-19.

Why file by the deadline if no payment is due until September 1?

Filing by the deadline will minimize impacts to your benefit and credit payments. If your 2019 return has not been assessed by the CRA, information from your 2018 return will be used to calculate benefit and credit payments until September 2020.

That will ensure you continue to receive important payments that will help through the COVID-19 crisis. However, you may not be getting exactly the right amounts.

By filing a return by the deadline, you will minimize this impact. Also, if you are owed a refund, the earlier you file, the earlier it will arrive in your pocket. By registering for direct deposit, you'll get your refund even faster.

Are you behind? We understand it happens!

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





Call today 902-317-4829 email help@northsidetax.com