MacDONALD DENTURE CLINIC

42 FRASER AVENUE SYDNEY MINES PHONE 736-2280

G. MacDonald - DenturistBy Appointment - Masks Mandatory

HIGH STREET
BADDECK
PHONE
295-2516



THIS WEEK

NORTHSIDE COMMUNITY NEWS

FREE

Vol. 11 - MARCH 11th - 2021

St. Patrick's

Day

Party at
the Sydney

Mines

Seniors &
Pensioners

Club

2:00 pm - March 17th



RALPH IVEY'S

Auto Repair Ltd. and Muffler Man





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

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TIRECRAFI///

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OIL CHANGE SPECIAL

REGULAR \$42.95

SYNTHETIC \$69.95

OPEN MONDAY - FRIDAY 8:00 - 5:00 PM PHONE 794-4947

North Sydney Fire Hall

MONDAY - SATURDAY

10 am - 11 pm

SUNDAY - 12 - 11

Thursday 5:00 - 8:00

Music-Ernie, Todd & Wade this weeks special Club & Fries \$10.25

UPCOMING EVENTS

THURSDAY - Wade, Todd & Ernie from 5 - 8 pm,

The Kitchen is open from 4:00 - 9:00 pm.

Music from 5:00 - 8:00 pm

KEEP YOUR 6 FOOT DISTANCE IN PUBLIC

Royal Canadian Legion
Branch 83
Florence
NOW
OPEN



Fridays at 7:00 pm

THE CIRCLE



SATURDAYS 7 - 10 PM

OPEN

Monday - Saturday 12:00 - 11:00 pm

CLOSED SUNDAY

736-6313



BRANCH 008 LEGION NEWS SCHEDULE

NEW HOURS

We are Open Monday until 9:00 pm (10 pm for Darts) Tuesday - Wednesday and Thursday we are Closed at 9:00 pm Friday & Saturday Open til 10 pm

For the Best In Classic Country Music, join Kenny Walsh every Sunday Night at 6:00 pm for Phantom Country - Logon to

www.kleeradio.com

The North Sydney Minor Hockey 50/50 Draw - Last week's Draw winner was Gary MacPherson and the amount won was \$15,132. Thank you for your support.

FREE PUBLICITY, simply email us with your information and we'll publish it free of charge in our weekly paper - just email us with your event information to us at this email address - thisweek@kleeradio.com

Branch 008 Legion Fish Supper



Branch 008 Legion, Main Street, Sydney Mnes, will be sponsoring a Fish Supper on Good Friday, April 2nd.

The meal will include deep fried haddock, tartar sauce, cole slaw, Fries and Dessert.

The cost of the Supper is \$15.00 per person and the time is from 4:00 - 6:00 pm.

The Supper will be a Take Out Only with delivery in the Sydney Mines area only is available.

Please wear a mask when you are picking up your meal

Branch 008 Ladies Auxiliary **ELECTION OF OFFICERS**

President Debbie Milley 1st Vice Pres..... Marge King 2nd Vice Pres.... Stephanie Proctor Secretary Linda Pye Treasurer ... Annabelle MacLeod Past Pres. Wendy Fraser



Heat & Serve Meals - Fresh Meal Selections - Frozen Selections Grab 'n Go Lunch

Soups - Sandwiches - Salads

Ph: 217-0280

212 Commercial Street NORTH SYDNEY



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

Chiropractic Inc.

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.

apy.

dir

pp

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



Sunday Afternoon Bingo Game

2:00 PM - Sydney Mines Seniors & Pensioners Club - 2 Fraser Ave., Sydney Mines

JACKPOT - \$700.00 on 49 numbers or less

LOONIE JACKPOT - \$500+ Door Books \$2.00 - Xtra Books \$3.00 - Masks are mandatory Pop & Chips only sold until further notice

COVID restrictions will be in effect.

K-LEE RADIO St. Patrick's Day live broadcast from the Sydney Mines Seniors & Pensioners Club - 2:000 0 pm on Wednesday, March 17th - Join us - Great Irish Music and Free Giveaways.



Free Income Tax Help For Seniors

Volunteers will be at the Sydney Mines Seniors & Pensioners Club, 2 Faser Avenue, Sydney Mines, on the following dates to help you complete your Income Tax return.

<u>MARCH</u> 11, 18 and 25th <u>APRIL</u> 1, 8, 15, 22 and 29.

The times for all these dates are from 10 am - noon and from 1:00 - 3:00 pm each date.

Walk In service only -Masks are mandatory and COVID restrictions will be in effect.



COMMUNITY NEWS ITEMS

JAIME Battiste

Member of Parliament SYDNEY - VICTORIA

jaimebattiste.ca jaime.battiste@parl.gc.ca 207A-201 Churchill Drive Membertou, NS B1S 0H1

(902) 567-6275



North Sydney Minor Baseball Registration



Registration for the upcoming Minor Baseball Season will be held at the North Sydney Fire Hall, Pierce Street in North Sydney beginning Saturday, April 3rd. See below for times.

Saturday, April 3rd 10 am - 2 pm Saturday, April 10th 10 am - 2 pm Saturday, April 17th 10 am - 2 pm

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



GOOD FRIDAY HADDOCK FISH SUPPER

Friday, April 2nd - 4:00 - 6:00 pm - Branch 008 Sydney Mines

Deep Fried Haddock with Cole Slaw, Tartar Sauce, Fries & Dessert

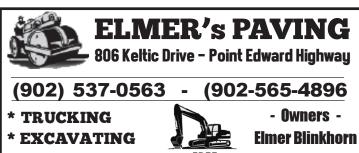
\$15.00 per person - Take Out Only

Delivery in Sydney Mines Area Only-Please Wear a Mask when picking up your Meal

PHONE - (902) 736-3206



I have been asked by many hockey fans what my thoughts were about the firing of Montreal coach Claude Julien with Dominique Ducharme - I wasn't surprised because once a team is not doing well, the coach is usually the first casualty - Maybe it was time to make a change and Montreal general manager Marc Bergevin completed the change with firing longtime goaltending coach Stephane Waite - For some time I always thought the Candiens relied too much on Carey Price to get them out of trouble and I think that this shakeup is a good thing overall - Montreal started off the season with a bang and then faded - it will be nice to see the team in the Playoffs at least this year - time will tell....Spring is looming on the horizon and I like that a lot, it gets me thinking about another favorite sport of mone fishing - I think we might have an early fishing season this year as well.... Branch 008 Legion in Sydney Mines will be sponsoring a Good Friday fish supper, see page 2 for details - I would recommend this supper as I have been there in the past years and the food is delicious and reasonably priced.... North Sydney Fire Hall will host a St. Patrick's Gig at their Pierce Street location on Saturday, March 13th with music provided by Brandon Collier - see page 3 for details.... this week's TAX TIP can you earn you some extra money with the CPP Child Rearing Provision - if you stayed at home to help raise children born after 1958, you may qualify to have your CPP earnings upgraded - see your Tax professional for details but make sure to read the Tax Tip you might be able to top up your pension earnings Paul Power has copies of the 1986 Memorial HIgh School Graduation Ceremony for sale - see page 7 for contact information.....On page 6 we have another installment for you from the "Tall Tales & Udder Lies" book about Treasure Hunters and getting out of yard work.... On page 5 you'll find an interview with Jack Cool and this week's feature is American actor and television director. Richard Kline - Listen in on St. Patrick's Day to K-LEE RADIO live broadcast from Sydney Mines Seniors & Pensioners Club ... The clocks go FORWARD on Sunday, March 14th - can't wait... FREE PUBLICITY - If your community group or organization is planning a local event and you want some free publicity, simply email us your information and we will make sure it gets included on our weekly paper - it's FREE, just email us with your community event information at - thisweek@kleeradio.com



* SNOW REMOVAL



ESTIMATES

Leo Blinkhorn

SERVING ALL CAPE **BRETON**



RCL Legion Branch 008 in cooperation with Sobeys, North Sydney, presented fruit baskets to a number of Veterans of the Branch to show our support and Thanks for their service. The picture, from left to right - President Bill Lannigan, Sobeys Store Manager Geald Ford and Sgt.-At-Arms George MacIntosh. Our many thanks to Sobeys and all the Veterans and Legion members for this gesture.

St. Patrick's Gig Northside Fire Hall

A St. Patrick's Gig will take place at the North



Sydney Fire Hall on Saturday, March 13th.

It will run from 7:00 - 10:00 pm and the cost is \$7.00 at the door.

Music will be provided by Brandon Collier Live.

The Kitchen will be open at 6:00 pm.

Where Can I Get My Free Copy?

NORTH SYDNEY - North Sydney Library, MLA Murray Ryan, Bianchinis Pizzeria, Branch 19 Legion, Strongs Chiropractic, North Sydney Fire Hall, - Kenny's Pizza, Ralph Ivey Auto, A-1 Auto

SYDNEY MINES - Sydney Mines Library, Seniors & Pens. Club, Robins Donuts, Branch 008 Legion, Needs Convenience, MacDonald Denture, MacIntyre Hardware

FLORENCE - Florence Legion, Shear Madness, Florence Library, CH Tax Services

BRAS d'OR - LICK A CHICK, 1409 Restaurant, Jane's Restaurant, Bras d'Or Convenience, MLA Keith Baines

H&R BLOCK

PROFESSIONALS

222 Commercial Street - North Sydney - B2A 1B7

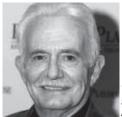
902 - 794-7117 - FAX 902-241-3088 sharon.matthews@hrblock.ca

DROP OFF & ONLINE SERVICE AVAILABLE

See TAX TIPS On Page 8 Of This Edition



I had the great pleasure of interviewing last week an American actor and television director. Richard Kline best remembered for playing Larry Dallas on the sitcom Three's Company. Richard is an acting teacher and then he moved to New Jersey in 2005. Richard teaches acting classes on Zoom every Monday night. I asked Kline what it was like being an acting teacher versus



being an actor. Richard ard said it's a lot like directing, as a matter of fact.

his method is he approaches the work as if he in other words what suits you best as an actor in an audition and what would serve you best once you get the part. Great advice like that. We also talked about him as a director as well as an actor we also talked about his time on the set of Three's Company and we also talked about other shows he was in such as Matlock, The Love Boat. Blue Bloods. To find out more please listen to my interview with Richard by going to https:// www.mixcloud.com/jack cool/ richard-kline- if you would like a copy of interview please email me djjack@gmail.com

I had the absolute pleasure of doing a zoom interview with Actor Film producer Christopher Pickhardt, he has done some independent films one a few years back call Trafficker in 2013, Pickhardt said in our conversation that was a really great project to work on. The writer and director of that film Shawn Roberts, Pickhardt said he is a real talented guy he worked with me another time

.

before that another feature film in 2011 call Traffickers. Pickhardt also said that Roberts has a real good eye into the world of crime and both films kind of centre around that. The second one, Traffickers, specifically focus on the marijuana trade and from what Pickhardt address to me in our conversation, it's kind of loosely based what he understands as some true story that happened in the area of Pennsylvania.

We also talked about other films that he has done which you can find out by listening to the interview, of course, I can send anyone the interview by email djjj@gmail.com but I also talked about his character in an episode of Evil Lives Here episode called She Made Me Do It where he plays the Father Paul Witte, a very stern man that demands

respect from his children and if he doesn't get it, he addressed in ways we certainly



4

would not get away with today. To make a long story short and not to spoil anything, his family eventually turns on him.

Pickhardt also produces a talk show for YouTube. It's called Film Banter. Feel free to check it out @ https://youtube.com/c h a n n e l / UCE5x0DMjK_Z2txx6UI7T0sA to find out more about Christopher Pickhardt movies please go to https://www.christopherpickhardt.com/#lreels--more/c1yxn have a great week everyone, all the best always - JACK

If you would like a copy of the zoom interview please email me djjack@gmail.com

CONTACT INFORMATION

GLEN GRAY, EDITOR

PH: 902-564-9022

Email Address glengray@kleeradio.com

SEAFOOD CHOWDER BISCUIT & CAKE

Southside Boularderie Vol. Fire Dept. Fire Hall

Sunday March 14th 2:00 pm to 5:00 pm

Following all Nova Scotia Health Protocols

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155 QUEEN STREET NORTH SYDNEY

NORTHSIDE NEWS



NORTH SYDNEY LIBRARY NEWS

BOOK SALE - Now ongoing - get your Winter Reading books now at \$1.00.

FIBRE LUNCH will resume again on Thursdays from 1:00 - 3:00 pm.

MARCH 12 - New Moon Stories - Join Bill Connall, Ernie MacAulay and Frank MacDonald for an evening of stoiries. 7:00 pm - email tmacneil @cbrl.ca for the ZOOM link

MARCH 17 - Healthier Home Webinar - Chemicals & Polluntants - 7:00 pm - find out the risks of common home chemicals. Check the Sydney Mines Library wesite for ZOOM link.



BIRTHDAY WISHES

Please send out this Happy Birthday wish to Bradley Metcalfe who wil be celebrating his 34th birthday on March 18th. Love and Best Wishes from Melanie.

Some News items courtesy of **Swing Over The Mountain News**

logon to website
www.sotmnews.weebly.com
monthly newsletter

The clocks go Forward On March 14th - 2 am Daylight Savings Time

Warming Centers

A reminder that Big Bras d'Or
F i r e Hall, Ross Ferry
Fire Hall and the
S o u t h s i d e
Boularderie Fire
Hall have all
been designated as community warming
centres in the event of a
prolonged power outage.

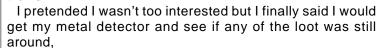
Visit these centres to stay warm in an emergency

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.



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.

(Reprinted from "Tall Tales & Udder Lies" available at Buffetts Office Supplies, Noth Sydney)



SYDNEY MINES LIBRARY NEWS

For March Break we have Board Games, Free Coloring Pages, Find The Differences, Science Kits for kids to take home. We also have Snack Bags to go as well.

MARCH 12 - New Moon Stories - Join Bill Connall, Ernie MacAulay and Frank MacDonald for an evening of stoiries. 7:00 pm - email tmacneil @cbrl.ca for the ZOOM link.

MARCH 17 - Healthier Home Webinar - Chemicals & Polluntants - 7:00 pm - find out the risks of common home chemicals. Check the Sydney Mines Library wesite for ZOOM link.



PLEASE WEAR A MASK WHEN YOU ARE IN PUBLIC



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

BOULARDERIE FOOD BANK - With Christmas coming, donations of non perishable food items would be appreciated.

Items can be dropped off at the churches or the school.

Next Food Bank Day is December 16th. We try to give extra this month. -

St. Patrick's Day Radio Remote Wednesday March 17th from 2:00 - 4:00 pm



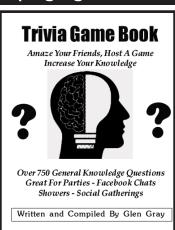
K-LEE RADIO will broadcast a
Special St. Patrick's Day Program
from the Sydney Mines Seniors &
Pensioners Club - 2 Fraser Avenue,
Sydney Mines - Free Adm.
Lots of great Irish Music and Free Giveaways
Join us for an afternoon of fun!!



For the Best In Classic Country Music, join Kenny Walsh every Sunday Night at 6:00 pm for Phantom Country a 2 hour show of the best Country Music

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Spring Begins March 20



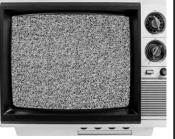
Pick up your copy today for only \$4.95. Contains over 750 Trivia Questions all based on General Knowledge.

1986 Memorial High School Graduation Ceremony DVD - \$10

902 736-9402 (ask for Paul)

Take 2

One thing I do admit to is watching some bizarre movies and TV programs from time to time, and when something totally off the wall is presented in a 'documentary' form that just peaks my interest even more; what I found was totally messed up. "A Glitch In The Matrix" is a feature documentary which seeks to prove that our existence is part of a simulation, essentially that we are 'avatars' controlled by someone or something else. Fancy actually living in Minecraft anyone? A lot of the doc focuses on Sci-Fi author Philip K. Dick's theories about "simulation theory" and compelling testimonials are provided by well-spoken and seemingly smart people (all of which have a CGI character representing them). There's even tips on how you can prove this theory on your own. One shocking sequence is a phone interview with 19 year old murderer Joshua Cooke who killed his adoptive parents, and became the first criminal whose lawyers tried to use "The Matrix Defense" to say that Joshua was not in control of his actions; Joshua eventually pleaded guilty and was sentenced to 40 years in prison. documentary is indeed visually compelling, with flashy CGI sequences-but after watching it I think there are 2 conclusions one could come to: 1-that these people are wackos looking for



a way to explain what can't be explained, or 2-they may be on to something. You decide. The second documentary I watched on Prime was "Inside The Russian Info War Machine". Let's be honest here. China and Russia are probably the evilest nations on earth and in this case the documentary details the incredible lengths Russia takes to influence elections and control their brand of 'news' and 'facts'. Russia knows that the western world pretty much hates them (unless you're Trump-who was probably elected with Russia's help) and we've seen Putin murdering dissidents and crushing opponents. Russia's new army is made up of trolls and hackers determined to crush the west (Canada included) by a disinformation war, as we see play out every day. The most shocking part of this doc is when the smarmy and sneaky director of Russian news outlets Sputnik and RT (Margarita Simonian) spews 'double-speak' pushing the agenda that Russia is all hugable kittens and bunnies. The documentary also features lots of news footage and world leaders. This is a very alarming watch.

FREE PUBLICITY - If your group or organization is planning an upcoming community event and want some free publicity, simply email us with your information and we'll publish it free of charge - just send us your information at this email address - thisweek@kleeradio.com

NORTH SYDNEY FIRE & RESCUE HEATING SAFETY PRECAUTIONS

There is something about the Winter months and curling up with a good book by the fireplace. But did you know that heating equipment is one of the leading causes of home fire deaths? With a few simple safety tips and precautions you can prevent most heating fires from happening.

Be warm and safe this Winter!

- Keep anything that can burn at least three-feet (one metre) away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.
- Have a three-foot (one metre) "kid-free zone" around open fires and space heaters.
- Never use your oven to heat your home.
- Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer's instructions.
- Have heating equipment and chimneys cleaned and inspected every year by a qualified professional.
- Remember to turn portable heaters off when leaving the room or going to bed.
- Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
- Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.
- Test smoke alarms at least monthly.

HEATING EQUIPMENT SMARTS

Install wood burning stoves following the manufacturer's instructions or have a professional do the installation.

All fuel burning equipment should be vented to the outside to avoid carbon monoxide (CO) poisioning.

Install and maintain CO alarms to avoid the risk of CO poisioning. If you smell gas in your gas heater, do not light the appliance. Leave the home immediately and call your local fire deptment or gas company.

From your Public Fire Educator Ed Fudge any questions or information contact me at 902 371-4044

FACT - Half the home heating fires are reported during the months of December, January, February

TAX TIPS COLUMN

CPP Child Rearing Provision

Did you have children born after Dec 31, 1958 & stay home to raise them? You may be entitled to the CPP Child Rearing Provision!

Caring for your children often means leaving the work force, or working fewer hours. If you stayed home, or worked fewer hours so you could raise your children, you will naturally have less contributions toward your Canada Pension plan than if you had worked full time and contributed fully into CPP during those same years. For the stay at home parent, this leads to a lower CPP pension payment in retirement.

What you need to know if you took time off to raise your children, is that CPP includes a benefit called the Child Rearing Provision which protects a caregiver's retirement benefits from some of the effects of these lower years. The Child Rearing Provision helps to compensate the individual for periods during the child rearing years. The provision allows a drop-out of the lowest income earning years.

If you were the primary caregiver of a child under the age of seven, born after December 31st 1958, and you were eligible for Family Allowance or Canada Child Tax Benefit, you should submit an application for the provision upon applying for CPP. You will need your child's Social Insurance Number, and if that is not available then you must provide proof of birth for each child listed.

If you think you may qualify, you should reach out to the Canada Pension Plan office to discuss! You can call them at 1-800-277-9914

Find more information here:

https://www.canada.ca/en/services/benefits/publicpensions/cpp/child-rearing.html

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