MacDONALD DENTURE CLINIC

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G. MacDonald - DenturistBy Appointment - Masks Mandatory

BADDECK PHONE 295-2516



THIS WEEK

NORTHSIDE COMMUNITY NEWS

FREE

Vol. 11 - MARCH 17th - 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







93 KING STREET BY THE TRACKS Bring your Vehicle in for Auto Servicing

794-7500

McCormick's

TIRECRAFT////

126 SEAVIEW DRIVE - - NORTH SYDNEY



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 Bacon Cheeseburger

UPCOMING EVENTS

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

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

KEEP YOUR 6 FOOT DISTANCE IN PUBLIC

Royal Canadian Legion Branch 83 Florence JANITOR WANTED

Full Time

Send resume to rclnsnc83@gmail.com or drop off at the Bar from March 15 - 28th



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 - March 7th 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 Mines, 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



BIRTHDAY WISHES

Happy Birthday to St. Patrick celebrating his birthday on March 17th. Party held at Sydney Mines Seniors Club.



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

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.

tic, announces decompression stretched and apy.

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 - \$725.00 on 49 numbers or less LOONIE JACKPOT went.

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.

NOW OPEN



LICK-A-CHICK



7 PIECE CHICKEN

Med. Fries, Med. Gravy, Med. Salad, 3 rolls **\$27.80**

PLUS TAX

12

12 PIECE CHICKEN

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



18 PIECE CHICKEN

) Large Fries, Med. Gravy, 2 Med. Salad, 6 rolls

PLUS TAX **\$49.99**

- HOURS OF OPERATION -11:00 AM - 8:00 pm PHONE

902-736-9496

ROYALLEPAGE AnchorRealty 10 Archibald Avenue North Sydney, NS B2A 3M1 Cell 902.574.5071 bjkehoe@royallepage.ca royallepagehalifax.com elping you is what we do tm

Betty- Jo Kehoe Sales Representative Helping you is what we do to

I've Moved - Maybe it's time you moved too!

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



It finally feels like we're getting somewhere - the clocks have moved ahead with more daylight hours, Spring begins on March 20, A & K Lick A Chick and Restaurant 1409 have r e-opened and St. Patrick's Day is here again!! - Next to Christmas, St. Patrick's Day is one of my favorite times of the year - I have always liked the Irish and Celtic music and St. Patrick's Day acts as a kind of unofficial kickoff to Spring - K-LEE RADIO will be at the Sydney Mines Seniors & Pensioners Club on March17th from 2:00 - 4:00 playing the best in traditional Irish music - and lots of free Giveaways and fun join us - don't forget your mask - Branch 008 Legion, Main Street, Sydney Mines, 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 and the cost of the Supper is \$15.00 per person and the time is from 4:00 - 6:00 pm.....Branch 83 Legion in Florence hosts Washer Toss on Friday Nights and "The Circle" on Saturday evenings....the Sunday afternoon Bingo Game has resumed at the Sydney Mines Seniors & Pensioners Club at 2:00 pm - this is another sure sign that Spring is coming...... also there is Free Income Tax help for Seniors at the Cub, see page 3 for details and times.... registration for Minor League Baseball will be held at the North Sydney Fire Hall on April 3, April 10th and April 17th from 10 am - 2 pm on all days -Please sign up your child if they are planning to play in the league this year.... MARCH 17 - Healthier Home Webinar - Chemicals & Polluntants - 7:00 pm - find out the risks of common home chemicals - check the North Sydney or Sydney Mines Library websites for ZOOM link.... It's TAX TIME once again don't wait un til the end of April as there will be a backlog of returns because of COVID - for those who have been getting government assistance via CERB, CRB or other COVID programs, you might want to budget some extra money as no deductions were made on some of these programs..... Since this week is St. Patrick's Day, we have included a Craft Project your children can make during the March Break - see page 6 to see how to make a Genuine Leprechaun Trap - 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



SERVING ALL CAPE BRETON

St. Patrick Trivia Questions

- 1 Where was Saint Patrick born?
- 2 In what major U.S. city was the 1st St. Patrick's Day Parade held?
- 3 What does Chicago do to celebate St. Patricks Day?
- 4 What trade do leprecauns do in Ireland folklore?
- **5** What meal is traditionally served on St. Patrick's Day?
- **6** Are there any female leprecauns?
- 7 What does the phrase "Erin go Bragh" mean? -
- 8 How long is the lease on the Guinness brewery in Dublin for?
- 9 What is Ireland's national symbol?
- 10 Mac means "son of" what does "O" mean as in O'Reilly?
- 11 Is the potato native to Ireland?
- 12 Kissing the Blarney Stone supposed to give you what?
- 13 In what location do Leprecauns bury their pot of gold?
- 14 What is a shillelagh?
- 15 The Irish are said to have brought this breakfast treat to America
- 16 On St. Patrick's Day, all Lent restrictions are dropped True or False?

anıl 91

ANSWERS - 1 Britain, 2 Boston 1737, 3 dyes the river green, 4 Shoemakers, 5 corned beef & cabbage, 6 No, only tiny men, 7 Ireland Forever, 8 - 9,000 years, 9 harp, 10 grandson of, 11 No, it was introduced by Sir Walter Raleigh, 12 the gift of gab, 13 end of a rainbow, 14 a big stick or club, 15 oatmeal, 13 end of a rainbow, 14 a big stick or club, 15 oatmeal,

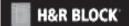
Where Can I Get My Free Copy?

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



TAX 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 and honour of interviewing Jeannie Seely last year.

She came out with another album An American Classic on Curb Records. The album was produced by Don Cusic and contained thirteen tracks. The record is Seely's seventeenth studio project and first in three years.



We talked about her single If You Could Call It That featuring Steve Wariner. A lot of good people are on this album such as Rhonda Vincent, Willie Nelson, Bill Anderson, Ray Stevens, Vince Gill and many more.

Special thanks to Bev Moser for arranging this interview. I very much and greatly appreciated it.

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

I had the great pleasure and honour of interviewing last week Academy Award & Golden Globe winner, actor George Chakiris.

Georges has an "A Memoir", with Lindsay Harrison coming out March 27th, 2021 called A West Side Story - A Memoir by George Chakiris West Side Story is 1961 Musical with great actors and actresses such as Rita Moreno, George Chakiris as

Bernardo R u s s Tamblyn, the late Natalie Wood and many more g r e a t people.



Special thanks to Harlan Boll of the Harlan Boll Publications in California for arranging this interview appreciated it if you would like a copy of the interview please email me djjack@gmail.com

JANITOR WANTED FULL TIME

Send resume to rclnsnc83@gmail.com or drop off at the Florence Legion, Branch 83 Bar from March 15th - 28th



BIRTHDAY WISHES

I would like to say a Special Happy Birthday to a very dear friend of mine, Ethel Ingraham who will be celebrating her birthday on March 18th. Happy Birthday and Best Wishes for a wonderful day - Your friend - Carolyn.

HAPPY BIRTHDAY to Paul Cormier, March 19th, we love you Paul - Jessica & Brielle

CONTACT INFORMATION

GLEN GRAY, EDITOR

PH: 902-564-9022

Email Address glengray@kleeradio.com



Phantom Country with host Kenny Walsh - Sunday 6:00 pm. - K-LEE RADIO

Happy St. Patrick's
Day - March 17th
to all our Irish friends
and those who
pretend to be Irish on
March 17th!!

Sunday Morning Gospel Radio Show with Pierre Chiasson Airs 9:00 am www.kleeradio.com

YOUR FREE SODUKO WEEKLY PUZZLE

I TOTAL THE CODONO WEEKEL I CELLE								
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		8				1		
	9	2	3		8		7	
5 7		9	7		4		1	
7	2			3			5	9
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	6		1		5	2	9	
		7				8		
					9		6	7

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!!

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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 a Happy Birthday wish to our favorite uncle Berkley Cameron who will be celebrating his birthday on March 18th - Happy birthday from Kaleigh and Brittany.

Some News items courtesy of Swing Over The Mountain News

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

HAPPY ST. PATRICK'S DAY FROM YOUR FRIENDS AT K-LEE RADIO

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

How To Make A Leprechaun Trap And Capture His Gold Treasure

We all know how tricky Leprechauns can be so here is a simple craft project that will help your kids capture that elusive Leprechaun and maybe just get his gold!!

All the material is easily available at the Dollar store and the construction is easy. See the picture below for details.

Leprechauns cannot resist Free Gold so check the trap first thing every morning and see if you have a Leprechaun.



The construction paper is easy to cut to make the circle around the top.

The ladder can easily be made from two pipe cleaners. Lean it up again the jar as shown in the picture.

Make sure you mark the arrow so the Leprecaun can see the shiny gold coins.

Check the trap often

MATERIALS

Mason Jar or Glass vase Gold Coins (Ioonies) Green Construction Paper Pipe Cleaners Glue or Glue stick Black Marker



it slightly larger than the opening of the mason jar. Cut a smaller circle out of the center of the circle for an opening in the jar. Write "FREE GOLD" on top of the circle.

1. Cut out a circle from construction paper, making

- 2. Cut a 2 inch wide strip of construction paper and fit it around the mouth of the jar, gluing it at the ends. Then glue the circle to the top.
- 3. Make a ladder out of 2 pipe cleaners and lean it up against the jar.
- 4. Add gold coins (loonies)



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





Come Check Us Out!

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 COVID happening, donations of non perishable food items would be appreciated.

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

We try to give extra this month. -

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



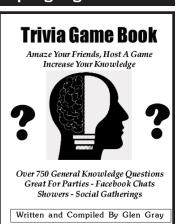
K-LEE RADIO will broadcast a
Special St. Patrick's Day Program
from the Sydney Mines Seniors &
Pensioners Club - 2 Fraser Avenue,
Sydney Mines - Free Adm.
Lots of great Irish Music and Free Giveaways
Join us for an afternoon of fun!!



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

www.kleeradio.com

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

So here we are, another St. Patrick's Day and the second one under the damn cloud of Covid. But the 'Luck of the Irish' can still be with you with the DROPKICK MURPHYS "11 Short Stories of Pain and Glory".

This album by the boys from Boston will kick yer arse. My disclaimer right up front is that for those of you who are not familiar with the Dropkick Murphys they have more in common with The Clash and Rancid than they do with The Irish Rovers. This is basically 11 songs covered in Guinness and gasoline, and the album sees the boys getting rougher in their old age. The party kicks off with a lilting lament that turns into a full-on chanting prelude called "The Lonesome Boatman"-then it's full steam-ahead with "Rebels With A Cause"; this is where the boys really show their punk attitude. There's no doubt that at times the Dropkicks are channeling Bruce Springsteen on "Blood", "Sandlot", "Paying My Way" and especially on "You'll Never Walk Alone". As a matter of fact, 'The Boss' has done live performances and recordings with the Dropkicks over the years. That's down to their shared working-class, blue collar average Joe sentiment that fuels their music. One of the purest



Celtic songs here is "First Class Loser" (a perfect song to describe Frank Gallagher from the TV "Shameless") which has the boys sounding a lot like The Dubliners, only amped up a bit; on "4-15-13" you could easily imagine Shane McGowan (The Pogues) wailing out on this one. It's tamer, and more traditional than most of the songs on the album-and it's lovely. The flipside is "I Had A Hat", which is pure mosh-pit Irish-punk; demented crazy, intoxicating. The biggest surprise though is the song "Kicked To The Curb" which is a rock and roll romper stomper with jangling guitars. Another surprise is how much "Until The Next Time" sounds like a song by the 1980's pop/ ska band Madness. This is a definite treat. So down a pint or 2 of the dark stuff, and think about The Emerald Isle today. I'll leave you with a few Irish blessings; May you live as long as you want, and never want as long as you live....and may the Good Lord take a liking to you... but not too soon!

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

Often Overlooked Tax Deductions

MEDICAL EXPENSES - Even if you've claimed your prescriptions and dental bills, you may not have realized that other medical expenses are tax-deductible. Commonly overlooked medical expenses include:

Private medical insurance premiums, Tutoring for children with disabilities, Home renovations that improve mobility or access.

Travel expenses to seek medical treatment (over 40 km one-way), Prescription contact lens or glasses, Dentures and dental implants.

CREDITS FOR OTHER FAMILY MEMBERS

The word "dependant" doesn't include just children. If you're supporting a dependant other than your spouse and minor kids, you could be missing out on tax relief. You may be eligible to claim -

Medical expenses for other dependants, The Canada Caregiver Amount, The Home Accessibility Tax Credit

THE "DID YOU KNOW?" LIST

Did you know that if you relocated more than 40 km for work, you may be eligible to claim your moving expenses?

Eligible expenses include travel costs, fees for replacing your driver's license, and utility hook-ups.

Childcare expenses aren't limited to just daycares and in-home providers. Did you know that your child's summer camp fees might be deductible too?

If you're disabled, you may have purchased a more accessible home last year. If you have a valid Disability Tax Certificate on file with CRA, you may be eligible to claim the home buyers' amount – even if you're not a first-time buyer. Special rules apply for taxpayers who are eligible for the disability amount.

Award winning Customer Service and people who care about helping you get the most back!



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