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FREE

THIS WEEK

NORTHSIDE COMMUNITY NEWS

FREE

Vol. 11 - APRIL 7th - 2021

ANOTHER CAPE BRETON HUMOUR BOOK

OH, ME SHATTERED NERVES



*A Look At The Life and Times
of Growing Up In The
Ashby Area Of Sydney
Amusing and Dramatic Stories*

WRITTEN & COMPILED BY GLEN GRAY
SEE PAGE 7 FOR FREE COPY



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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 WEEK'S SPECIAL****Bacon****Cheeseburger****\$10.25****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****JANITOR WANTED****Full Time**Send resume to
rclnsnc83@gmail.com
or drop off at the Bar
from March 15 - 28th**Washer
TOSS****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

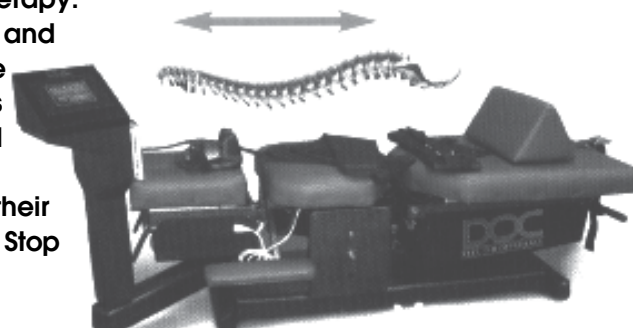
(10 pm for Darts)

Tuesday - Wednesday
and Thursday we are

Closed at 9:00 pm

Friday & Saturday Last
Cal 10:45 Open til 12**ELECTION OF OFFICERS**The Cape Breton District
Veterans Hospital Comfort Fund
will hold an Election Of Officers
on April 7th at Branch 19
Legion, Archibald Avenue, in
North Sydney.It will be held at 2:00 pm,
Casual Dress.Masks are required for this
meeting and Social Distancing
will be in effect.For the Best In Classic Coun-
try Music, join Kenny Walsh
every Sunday Night at 6:00 pm
for Phantom Country - Logon to
www.kleerradio.com**Late Nite Oldies with
Jack Cool Fridays 11 pm****Fish Cake & Baked
Beans Supper**Hills of Boisdale Community
Association Fish Cake and
Baked Beans Supper "Take-Out
Only" to be held Saturday, April
17/21 at the Boisdale Commu-
nity Fire Hall.Time for drive thru pick-up is
3:00 - 5:00 pmThe meal Comes with home-
made biscuits, chow and
dessert for \$15.00To Pre-order call Peggy 902-
304-6787 or Leah 902-871-2172This is In support of our
continuing drive to develop a
community Walking trail and
park.**BIRTHDAY
WISHES**HAPPY BIRTHDAY to Gerard
Nickerson celebrating his birth-
day April 9th - Love from
Barbara and Kyle.**Keith Bain****MLA -Victoria-The Lakes****1415 Highway 105, Bras d'Or, NS, B1Y 2N5****902-736-0301 (Office)****902-736-0411 (Fax)**keithbainmla@bellaliant.comThe North Sydney Minor
Hockey 50/50 Draw
has finished for the
season. We
would like to thank
all those who have supported
us all year long. The winner
of the Final 50/50 was
Denise MacDonald and the
amount was \$22,273.Thank you for your contin-
ued support.

"food shoppe"

**Heat & Serve Meals - Fresh Meal
Selections - Frozen Selections****Grab 'n Go Lunch****Soups - Sandwiches - Salads****Ph: 217-0280****212 Commercial Street
NORTH SYDNEY****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**



Sunday Afternoon Bingo Game

2:00 PM - Sydney Mines
Seniors & Pensioners Club

JACKPOT - \$775.00 on 50 numbers or less
LOONIE JACKPOT \$264+
Door Books \$2.00 - Xtra Books \$3.00 - Masks are mandatory
Pop & Chips only sold until further notice,
COVID restrictions will be in effect - wear mask to enter

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

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7 PIECE CHICKEN
Med. Fries, Med.
Gravy, Med. Salad,
3 rolls **\$27.80**
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Gravy, Med. Salad,
4 rolls **\$39.89**
PLUS TAX

18 PIECE CHICKEN
Large Fries, Med.
Gravy, 2 Med.
Salad, 6 rolls **\$49.99**
PLUS TAX

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

902-736-9496

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>



KWIK KOPY PRINTING

CHARLOTTE STREET - SYDNEY

PHONE 562-2122



Thanks to all the people who purchased tickets for the Br 008 Ladies Auxiliary Fish Supper. Special thanks to Dean MacEachern our cook and to President Debbie Milley on a job well done !! To all Br. 008 members & Ladies Auxiliary members who helped out and also bought tickets - thanks from all of us !! It was a sold out day for our first venture after the Covid 19 shut down

PHONE - (902) 736-3206



AROUND THE TOWN

The warmer weather is here, the fishing season opened April 1st, the Toronto **Blue Jays** opened their season, my beloved **Canadiens** have won their last 3 games and I got my solid chocolate Easter Bunny to chaw on - does it get any better than this???.... **Bingo** has returned to the Sydney Mines Seniors & Pensioners Cub on Sunday afternoon - this is good to see that things are starting to come back online.... I have just finished printing my latest Cape Breton Book "**Oh, Me Shattered Nerves**" and you can get a free copy of it this week, see **page 7** for details on the Free Book Giveaway - the latest book has 43 short stories based on sayings my mother and father used over my growing up years - her favorite saying was "Oh, Me Shattered Nerves" which ended up as the title of the new book.... **Paul Power** has a story this week on singer **John Prine** and a review of his last album "**The Tree of Forgiveness**" - see page 7 for the review.... The Cape Breton District Veterans Hospital Comfort Fund will hold an **Election Of Officers** on April 7th at Branch 19 Legion, Archibald Avenue, in North Sydney - It will be held at 2:00 pm..... If you are a senior and want help with your **tax return**, see the story on page 5 - walk in Service only and you must wear a mask.... If you would like to learn how to **play chess**, stop by the Sydney Mines Library one on one sessions for Beginner, Intermediate, advanced - "ALL" ages welcomed - phone Sydney Mines Library at 902 - 736 3219 or visit the branch to book a convenient time for you to attend..... see this week's **TAX TIPS** for ways to maximize your return - check with your tax specialist as there are many **new changes** due to COVID government programs and how they are to be processed on your 2020 tax return..... I have included a story from "Oh, Me Shattered Nerves" book so you can get a brief review of what the book is all about - see **page 6** for the story.... If you're looking for a business opportunity in the fishing business with a Lobster and Halibut licence, see the ad on **page 5** and you could own a lucrative fishing business..... **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 event information at - thisweek@kleeradio.com

YOUR FREE SODUKO WEEKLY PUZZLE

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

You can also get your Daily Soduko Puzzle and Crossword Puzzle by logging on to - www.kleeradio.com and clicking on the FEATURES Page. Also included is a DAILY FREE SOFTWARE giveaway. Logon today to get yours FREE!!

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

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



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DROP OFF & ONLINE SERVICE AVAILABLE

See TAX TIPS On Page 8 Of This Edition

Thank You

Thanks to all the people who purchased tickets for the Branch 008 Ladies Auxiliary Fish Supper.

Special thanks to Dean MacEachern, our cook and to President Debbie Milley on a job well done !!

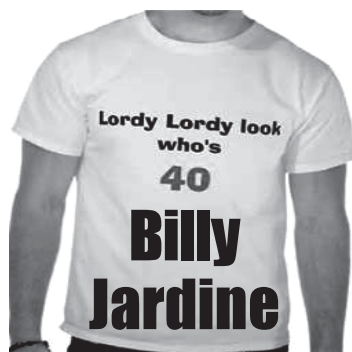
To all Branch 008 members and Ladies Auxiliary members who helped out and also bought tickets - thanks from all of us !!

It was a sold out day for our first venture after the Covid 19 shut down.



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



We would like to send out a special Happy Birthday to the "senior" member of our dart team, Billy Jardine. He will be celebrating his 40th birthday (once he wakes up from his nap) on April 10th.

Happy Birthday from all the younger members of the team.

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

FREE PODCAST - Download a copy of our Podcast

The Sing Along Show featuring popular sing along songs. There is also an 80 page Lyrics Song Book you can download

and follow along with each song on the Podcast - Logon to www.kleeradio.com

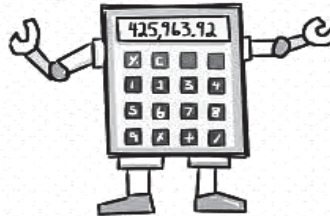


WANTED - SOMEONE WHO WILL WORK HARD, DREAMS TO HAVE INCOME \$100 000 CD EACH YEAR, AND WILL OWN A LOBSTER & HALIBUT LICENSES AFTER .

I have a good fishing boat, good traps, the lobster and Halibut licenses, but I am getting old and not very strong any longer, So I look for a young fisherman with at least 5 years of experience, Who Kindness, love sea, hard work. no smoking. do not drink. Strong, agile, Having dreams to own a lobster & Halibut license to fish and to take care of my fishing boat my fishing gears, So I pay \$ 250 /a lobster fishing day plus 1/4 lobster income and I pay \$500 CD per fishing halibut day plus 1/4 income, You will get more than \$100 000 CD income each year, Then I will sell all of licenses to you when I retire.

Please Call: Tom - 902 577 2543

TAXES



Free Income Tax Help For Seniors

Volunteers will be at the Sydney Mines Seniors & Pensioners Club, 6 Faser Avenue, Sydney Mines, on the following dates to help you complete your Income Tax return.

APRIL 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.

45s CARD GAME

The Sydney Mines Seniors & Pensioners Club is hosting a 45s Card Game every Wednesday, 7:30 pm.

There will be a Mini Jackpot, a Regular Jackpot and a Loonie pot.

1st, 2nd and 3rd Prizes. There will also be two Even Split draws.

All COVID restrictions will be in effect.



**JACK COOL
K-LEE RADIO
DJ NEWS**

I had the great pleasure of interviewing a singer from Ireland Michelle Murphy.

Michelle has a new single out called, "I Don't Want To Talk It Over," a song originally done by Connie Smith which is available on all music platforms.



Michelle is hoping to perform at other venues as soon as Covid-19 is over and things start to open up.

Special thanks to Steve Bloor for helping arrange this interview and also thanks to the host of the Phantom Country Show on K - Lee Radio Cape Breton's internet radio station Sundays at 6:00 pm, singer/songwriter Kenny Walsh for recommending me to interview another great singer.

Have a great week everyone and please stay safe - JACK

To hear my interview with Michelle please go to https://www.youtube.com/channel/UC_Vj_V_Edzh0qxHQL6PGOsA any question feel free to email me djjack@gmail.com

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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.

We are accepting donations of knitting yard and crocheting yarn.

We have some free masks still available.

April 14 - Healthier Home Webinar - Cleaning and household Chemicals.

See Page 7 To Win a Free Cop of our newest book "Oh, Me Shattered Nerves"

EARTH DAY COMMUNITY CLEAN UP

Cleaning up Pitt Street, Sydney Mines on April 22, at 10 AM.

Register online at our Facebook page, Community CARES Youth Outreach, or in person at 55 King Street, Sydney Mines.

For more information, please email us at - ccyokatharine@gmail.com or call (902)317-5919

FREE MEAL FOR SENIORS

Register a senior you know for a spaghetti meal, or sponsor a senior's meal for \$10

Seniors, feel free to register yourself or a friend!

Free delivery to those living on the Northside.

To register or sponsor someone, please email us at - ccyokatharine@gmail.com or call (902)317-5919

Goes Around, Comes Around

Manual Training, or Shop Class, as it would be known today, was one of the best features for young teens growing up during the 60s and 70s. It was not for the projects we did like window boxes, or end tables, but the illegal stuff we made for our own projects.

One of the things we would make is our own racing carts with parts we scrounged from several junk yards and back yards and cobbled together with nails from the Steel Plant and screw nails and bolts we "borrowed" from Manual Training. It was more like the Sea King helicopter operation where we would have 6 guys building a cart.... 1 driver, two pushers and three "mechanics".

The driver was always the smallest in weight and the pushers were bruisers capable of joining the Canadiens defence line. The mechanics were responsible for the parts and crew operations of the cart. We would race around a course we laid out in a vacant lot. Usually the wheels or the steering were first to go.

When we discovered that we were not the fastest cart, we decided to resort to other desperate tactics like smashing into the other car like a demolition derby and hope to be the last one rolling. We could never compete with Gary Fuller's car because his father worked at a hardware store and he had "factory parts" for his carts. We had to make do with junkyard gear.

Each week we would slowly make our way home with faces like the ABC Agony of Defeat promos. Instead of congratulating Gary, we would plot ways to get even.

Sometimes you tend to overthink plans. I can truthfully attest that our gang would not be considered in that group. Hawk Tracey blurted out, "Why don't we swipe a hack saw blade from the Manual Training shop and cut Gary's axle halfway through so that it will crack at the first turn and we'll win.

Then, like a light slowing dawning, Ronnie MacPhee said, "Since we will win. Why not put a \$5 bet on it?" Ronnie wouldn't be mistaken for an Einstein but this was one of his brief flashes of brilliance.

We set up the race for the weekend and Gary accepted immediately. Word went around and on Saturday morning we had quite a crowd waiting to see our ultimate disgrace in the cart racing world. On Friday night, Hawk and I snuck over to Gary's back yard and patiently cut the front axle with the hack saw blade.

So when the race started, we assumed that the axle would snap immediately but we were quite surprised when Gary took off without a hitch. We started to push but Gary was already about half a lap ahead. Our pushers were bruisers but not long winded.

We had agreed to 5 laps and by the halfway mark Gary was just about ready to lap us when Providence shone upon us and the axle snapped. We cheered and with a renewed strength pushed our cart to victory while Gary and his crew had the cart turned over and when we demanded our money, he accused us of sabotage. Naturally, we were outraged and said that Gary was a "welcher" and "a poor loser". There was nothing worse you could accuse a kid of then being a poor loser. Gary paid up but vowed to "get even" but it never happened because we couldn't beat Gary and his cart on a good day with a tailwind. By the way, Gary went on to become a lawyer. Does anyone know the statute of limitations on axle cutting?



SYDNEY MINES LIBRARY NEWS



Learn to Play Chess at Sydney Mines Library, one on one sessions for Beginner, Intermediate, advanced - "ALL" ages welcomed

Phone Sydney Mines Library at 902 736 3219 or visit the branch to book a convenient time for you to attend.



PLEASE WEAR A MASK WHEN YOU ARE IN PUBLIC

Shear Madness

HAIR DESIGNS
HANDICAP ACCESSIBLE



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

Gift Certificates Available

T-Zone Vibration Available

363 Main St.
Florence

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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. -

WIN A FREE COPY

ANOTHER CAPE BRETON HUMOUR BOOK

OH, ME SHATTERED NERVES



*A Look At The Life and Times
of Growing Up In The
Ashby Area Of Sydney
Amusing and Dramatic Stories*

WRITTEN & COMPILED BY GLEN GRAY

We will be giving away 6 copies of our newest book, "Oh, Me Shattered Nerves".

Simply email your answer to this question -

Name the musical Mabou family who had such hits as "Tell My Ma" and "You Feel The Same Way Too"

Email your answer to us at this address -
contest @kleeradio.com

Winners will be notified by email

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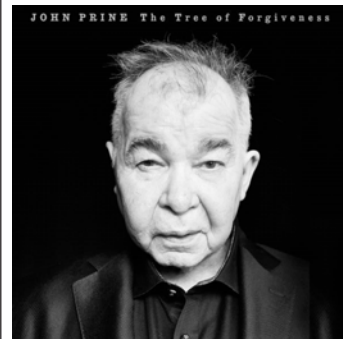
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Take 2 with PAUL POWER

One year ago today John Prine passed away from Covid-19; he was 73 years old. So I wanted to look at the last album he did, 2018's "The Tree of Forgiveness". John was known for writing songs that, on the surface seemed a bit silly-but had deeper and insightful meanings. He toured for over 50 years and released over 2 dozen albums; in 2017 John 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 an up tempo country number dressed up in it's finest attire, with vocals that remind me of Kris Kristofferson. Being so clever and relevant John Prine's tongue-in-cheek lyrics entertained fans for decades; "Egg and Daughter Nite, Lincoln Nebraska, 1967" is one such song that is also known as "Crazy Bone"-I won't say any more about the meaning of the song, you have to hear it for yourself. As for some of the other numbers, "Summer's End" has the most powerful video I've seen in years on YouTube-and the song itself is beautiful beyond words, making it the best track here, and one of John's best songs ever. "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 Theory" cast and crew. John's lyrics and music on this album also had elements that made me think of Blue Rodeo-and "Boundless Love" would easily fit onto 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 view finishes 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 song was a great send off as John had cancer 2 times, and couldn't smoke anymore-but said he missed it every day.

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

GRASS FIRE SAFETY

A grass fire differs from other fires by its extensive size, the speed at which it can spread out from its original source, its potential to change direction unexpectedly and its ability to jump gaps such as roads, rivers and fire breaks. To prevent dangerous grass fires, assess your property to determine its risk. Tall trees, wild grass, shrubs and any other combustible materials can all contribute to spreading a fire. During drought or extended lengths of dry weather, this vegetation can become perfect fuel for a fire driven by strong winds. Some simple planning will greatly reduce the threat to your home, property and community.



- * Do not throw cigarette or cigar butts on the ground or out of a vehicle. Dispose of them properly and make sure they are completely extinguished.

- * Keep a 30 foot "safety zone" surrounding your home. This area should be clear of brush, with grass cut short. Store firewood and other combustible materials at least 30 feet away from any buildings. For homes that sit on a steep slope, the safety zone should be increased accordingly.

- * Keep your yard healthy, cut and watered - it is a natural firebreak.

- * Clean up dead leaves and twigs from yard, roof and gutters. Cut tree limbs within 15 feet of the ground and remove dead branches that extend over the roof.

- * Do not park cars, trucks or recreational vehicles on dry grass or shrubs. Exhaust systems on vehicles can reach temperatures of more than 500° C. It only takes about 200° C to start a grass fire in the Summer.

- * Use an approved spark arrester on all internal combustion engine power equipment. This special muffler helps ensure that sparks generated by off road vehicles, chainsaws and other equipment don't start grass fires.

- * Parents should emphasize to their children the dangers of playing with fire. Children who have no idea how quickly flames can grow and spread, start many grass fires.

- * Homeowners who barbecue should maintain a 10 foot area free of brush and shrubbery around grills and propane tanks. Never leave a grill unattended.

- * Keep a shovel, buckets of water, fire extinguisher or garden hose on hand any time while burning outside.

- * If conducting a controlled burn, have a water hose close by and inform your local fire department before burning.

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

TAX TIPS COLUMN

SENIORS TAX DEDUCTIONS

Canadian senior citizens are eligible to receive a wide range of tax benefits, including a few not available to younger taxpayers.

You are allowed to claim a credit if you were 65 or older at the end of the tax year. Your net income on your tax return must also be less than the threshold of the tax year. The age amount you can claim depends on your net income reported on line 23600. The age amount is reported on line 30100 as part of your non-refundable tax credits. This means that you will receive a 15% reduction on your federal tax.

PENSION INCOME AMOUNT - "As people get older, they often stop working, meaning their income may be derived from a public pension plan, such as the Canada Pension Plan, or private pension plan," said Larson. As of publication, you may claim up to \$2,000 in credit for the pension income amount if you have eligible pension income. Eligible income may include pension or annuity income you received as payments for a pension or superannuation plan, payments you received from an RRSP, or payments from splitting your spouse/common-law pension.

"If you are married or have a common-law partner, you may shift pension income from one partner to another so the family pays lower tax," said Larson. If you earn a higher income than your spouse, your spouse may have a lower tax rate, and transferring your eligible pension income amounts to your spouse will allow a decrease in the overall tax your family pays, he said. As of publication, you can transfer up to 50 percent of your eligible pension income to your spouse or partner.

MEDICAL EXPENSES - Medical expenses are a significant cost for anyone. But as people get older, the need for medical care increases and that portion you pay adds up for medical costs. Larson said people are allowed to claim medical expenses that aren't reimbursed if they exceed 3 percent of income.

The CRA allows people to claim a wide range of medical expenses — some of them obvious and others, not so much. You may include your prescription medication costs and the amounts you pay to your doctors, for instance. You can also include more obscure medical expenses, such as air conditioning, bathroom aids and book page-turning devices. When you list your medical expenses, you must be able to account for each cost with documentation. "You must keep your receipts," Larson pointed out.

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