

# MacDONALD DENTURE CLINIC

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**FREE**

## THIS WEEK

**NORTHSIDE COMMUNITY NEWS**

**FREE**

Vol. 11 - JUNE 16th - 2021



**FATHER'S DAY**

JUNE 20th, 2021  
Happy Father's Day



### RALPH IVEY'S

Auto Repair Ltd. and Muffler Man

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for Auto Servicing

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### OIL CHANGE SPECIAL

REGULAR  
OIL CHANGE **\$42.95**

SYNTHETIC  
OIL CHANGE **\$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

**NOTE - The Regular Thurs-  
day Nite Entertainment**

**with Ernie, Todd & Wayne**

**COVID**

**we'll re-assess again  
on May 13th**

The Kitchen will remain open  
for Pick Up & Delivery

**BACON**

**CHEESEBURGER**

**\$10.25**

**KEEP YOUR 6 FOOT  
DISTANCE IN PUBLIC**

**Royal Canadian Legion  
Branch 83 Florence**



**Washer**

**Toss**

**Fridays at 7:00 pm**

**THE CIRCLE**



**SATURDAYS**

**COVID**

**WED. - TUES.**

**WED. - THURS.**

**12:00 - 10:00 pm**

**Fri. & Sat.**

**12:00 - 12:00**

**736-6313**

## 'Second Shot'

Roll up your sleeve, bare  
your arm

This second shot will keep  
you from harm.

Ward off us a virus that kept  
you contained,

Roll up your sleeve, live  
life again..

RON GILLIS



GIFTS AND ACCESSORIES

**NOW  
OPEN**

**Tuesday through  
Saturday**

**11:00 til 3:00**

**Like us on Facebook**

**6 Fraser Avenue  
Sydney Mines**

## K-LEE TRIVIA

### THE WORLD OF SCIENCE

- 1 - What is the sound made by frogs?
- 2 - How many degrees are there in a circle?
- 3 - Name the largest living land animal.
- 4 - Which bird lays the largest eggs?
- 5 - Peat, Lignite and bituminous are types of what?
- 6 - The Lhasa Apso is a type of what?
- 7 - What branch of science studies earthquakes?
- 8 - The distance around the outside of a circle is called?
- 9 - The name of Jacques Cousteau's research ship?
- 10 - This vitamin is also called ascorbic acid.

**ANSWERS** - 1 Croak, 2 360, 3 Elephant, 4 Ostrich, 5 coal, 6 Dog, 7 Seismology, 8 Circumference, 9 Calypso, 10



PHANTOM COUNTRY with host  
Kenny Walsh airs Sunday  
evening 6:00 pm K-LEE RADIO



*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**



**Keith Bain**

**MLA -Victoria-The Lakes**

**1415 Highway 105, Bras d'Or, NS, B1Y 2N5**

**902-736-0301 (Office)**

**902-736-0411 (Fax)**

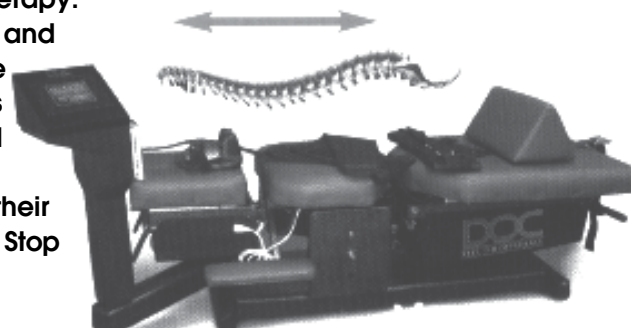
**[keithbainmla@bellaliant.com](mailto:keithbainmla@bellaliant.com)**

## 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.



**Strong**  
Chiropractic Inc.

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

## HOLY FAMILY PARISH Canada Day Bubble Prize Party Package

**DRAW DATE - JUNE 27th**  
**Tickets \$5.00 or 3 for \$10**  
**4 GREAT PRIZES**

Purchase your ticket on line with an e transfer or Contact-less pickup call Rose 736-0802, Sharon 544-0231, or Lorena 736-8333 - e transfers [holyfamiliesydneymines2013@gmail.com](mailto:holyfamiliesydneymines2013@gmail.com) make sure to type in the message section - your name, number and email address for the ticket

**1st Prize** - Grilling Set, Cooler, \$50 Grocery Gift Card, Box of Steaks, 2 folding chairs, 2 Canada Day Hats and a Canada Day Flag from MacIntyre Pro Hardware plus a large outdoor Canada Day sign.

**2ND PRIZE** - Dozen Lobsters, \$100 Refreshment Gift Card, Standing Canada Sign.

**3RD PRIZE** - Helly Hansen Jacket (any size) from Vernon D'EON Fishing Supplies, Whimsical Birdhouse

**4TH PRIZE** - \$50 Pizza package from Papa J's, Sydney Mines, Wine, glasses, pop, chips, popcorn, Canada outdoor wooden flag.

## NOW OPEN



### 7 PIECE CHICKEN

Med. Fries, Med. Gravy, Med. Salad, 3 rolls

PLUS TAX

**\$27.80**



### 12 PIECE CHICKEN

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

PLUS TAX

**\$39.89**



### 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**

## COMMUNITY NEWS ITEMS

## JAIME BATTISTE

Member of Parliament  
SYDNEY - VICTORIA

[jaimebattiste.ca](http://jaimebattiste.ca)  
[jaime.battiste@parl.gc.ca](mailto:jaime.battiste@parl.gc.ca)

207A-201 Churchill Drive  
Membertou, NS B1S 0H1

**(902) 567-6275**



## Solve these common word phrases

1

COFFEE

2

ISSUE

3

3. BLAME  
4. BLAME

4

CCCCC



ANSWERS - 1 COFFEE BREAK, 2 BACK ISSUE, 3 NO ONE TO BLAME, 4 - 6TH SENSE

## MURRAY RYAN, MLA - Northside-Westmount

174 Commercial Street  
North Sydney, NS  
B2A1B4

PHONE

**902-794-1030**

FAX - 902-794-1029

[mla@murrayryan.ca](mailto:mla@murrayryan.ca)



HOUSE OF  
ASSEMBLY  
NOVA SCOTIA



**Official Province of  
Nova Scotia information**



visit <https://novascotia.ca/coronavirus>



## KWIK KOPY PRINTING

CHARLOTTE STREET - SYDNEY

**PHONE 562-2122**



## BRANCH 008 LEGION SCHEDULE

**We are Open Monday until 8:00 PM - (Open Upstairs for Darts)**

**Tuesday - Wednesday and Thursday 8:45 Last Call**

**Friday & Saturday - Last Call 10:45**

**PHONE - (902) 736-3206**

**COVID**





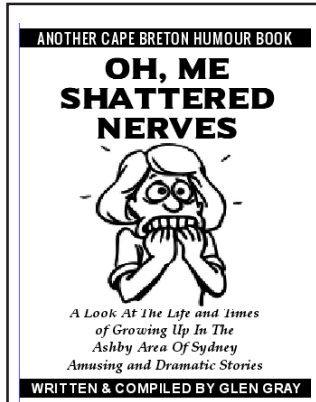
## PHASE 2 RE-OPENING GUIDELINES

*Nova Scotia's Phase 2 COVID restrictions go into effect today and it's starting to look like things are opening up as long as we can continue to have low numbers. Below is a list of the proposed new changes....*

- \* No restrictions on travel within Nova Scotia
  - \* Increase informal gathering limit indoors to 10 people without physical distance (household members + visitors).
  - \* Increase informal gathering limit outdoors to 25 people without physical distance.
  - \* Seasonal property owners, people moving to Nova Scotia permanently can enter with 14-day quarantine.
  - \* Gyms and fitness facilities can operate at 50% capacity.
  - \* Households can have more than one designated shopper.
  - \* Personal services by appointment only following sector plan, can resume all services, including ones that requiring removing a client's mask.
  - \* Museums and libraries open at 25% capacity.
  - \* Professional artists, musicians, dancers and actors can rehearse with 15 people indoors and 25 outdoors without distancing or masks. Amateurs can rehearse in groups of 10 people indoors and 25 outdoors without distancing or masks (no in-person performances).
  - \* Sports practices can have groups of 10 people indoors or 25 outdoors without distancing or masks (no games).
  - \* Meetings, training and clubs can have limit of 10 people indoors or 25 outdoors with physical distance.
  - \* Day camps can operate with limit of 15 per group indoors and outdoors, including staff and volunteers, without distancing.
  - \* Adult day programs can operate following guidelines
  - \* Indoor dining at restaurants with maximum of 10 people per table. Masks required except when eating and drinking.
- All retail businesses open at 50% with public health measures like distancing and masks.

Let's keep our fingers crossed for a good **Summer tourist season** for local operators.... Sunday, June 20th is **Father's Day** and we have included some amusing stories for you in this edition. - **Happy Father's Day** to all our fathers past and present.... **Paul Power** has an Atlantic Standards CD review in his column this week..... **Kenny Walsh** will also have a special Father's Day show on **Phantom Country** Sundays at 6:00 pm.... With **Canada Day** coming up, we have included some craft ideas for your children to work on to help celebrate our 154th birthday, see **page 8** for craft ideas... **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](mailto:thisweek@kleeradio.com)

## OUR NEW BOOK NOW AVAILABLE ONLINE



The book has 43 amusing short stories all related to sayings from my growing up years.

You can order it and all of our Cape Breton Humour books from our website and it will be delivered via mail to your door. Logon to our website and order today - **JUST \$4.95**

[www.kleeradio.com](http://www.kleeradio.com)



## TAX PROFESSIONALS

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**[sharon.matthews@hrblock.ca](mailto:sharon.matthews@hrblock.ca)**

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## YOUR FREE SODUKO WEEKLY PUZZLE

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

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



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Trivia, adventure - logon to the  
web page and the "KIDS" link -  
[www.kleerradio.com](http://www.kleerradio.com)

## ?? TRIVIA ??

If you like Trivia, download the Trivia Podcast from our website - it has 20 General knowledge questions, a Cape Breton question and a music question - Use the PODCAST LINK - [www.kleerradio.com](http://www.kleerradio.com)



**Branch 19  
Legion  
North  
Sydney**

Open Monday  
to Friday  
**COVID**  
12:00

Door Buzzer after 6:00

LARGE 75" TV,  
POOL TABLE  
VLTs 10 - 11:45

**Late Nite Oldies with  
Jack Cool - Fridays  
at 11:00 pm**



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

Late Nite Oldies with Jack Cool broadcasts on Friday evening at 11 pm - check the link on our website - [www.kleerradio.com](http://www.kleerradio.com)

**SYDNEY MINES &  
DISTRICT  
LITTLE LEAGUE 50/  
50 DRAW** - Last week's winner was Paul Luker and the amount - \$13,678. Thank you for your continued support.



**1409 Kitchen SCHEDULE  
TAKE OUT ONLY  
Thursday 3 - 7  
Friday, Saturday  
and Sunday 12 - 7  
PHONE 794-1409**

During this COVID shut-down we will continue to publish our paper in digital format until the crisis is over. We also have special radio programming on our station K-LEE RADIO - Logon to our website at - [www.kleerradio.com](http://www.kleerradio.com)

**FATHER'S DAY JUNE 20th  
"HAPPY FATHER'S DAY"**

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## THE TROLLS BRIDGE

One of the oldest Celtic stories centers around trolls and leprechauns and how they try to trick people into giving back more than they bargained for when they were given a favor by the trolls.

Trolls always were a fixture at bridges and always extracted a price whenever you wanted to cross over the bridge.

This story tells of such an encounter and how intelligence outwits a devious troll. After a fierce Spring storm a village widow woman finds out that the old wooden bridge washed away and her cattle were stranded across the meadow.

The woman cries out, "Oh dear, what am I going to do? My cattle are stranded on the other side and I need them to sell the milk so I can live."

Suddenly she senses someone behind her and as she turns around, she sees a troll and he is smiling an evil smile.

"I could build you a bridge to get those cattle back across the stream", the troll said.

The woman knew how cunning trolls were and so she asked him, "What is it going to cost me to have you build that bridge?"

The troll replied, "Just give me the first thing that crosses the bridge and you will have paid your debt" the troll replied.

She thought it over and agreed to the troll's demand. She sat down on the grass as the troll began building the bridge. He finished the building and turned to the woman and said, "Your bridge is ready dear lady." The troll assumed that the cows would start back across the bridge and he would be able to claim one of the woman's prized cattle.

While the troll had been building the bridge, the woman who was sitting in the meadow spied a squirrel foraging for food so she decided to feed him some scraps of bread she had in her basket.

She got up and took the last of the bread and threw it across the bridge. The hungry squirrel ran after it quickly.

The woman smiled and said to the troll, "The squirrel was the first thing to cross your bridge and you may have him."

The troll fumed with anger but knew that the woman had outwitted him and quickly disappeared and the woman was left with a brand new bridge and all her prized cattle.

(Reprinted from "The Cape Breton Storyteller" available online from our website - [www.kleerradio.com](http://www.kleerradio.com))



## NORTHSIDE NEWS



### NORTH SYDNEY LIBRARY NEWS

**NOTE** - During the COVID Lockdown, the Library will still be able to fill your book request and drop them off at the curb.

### Curbside PICK-UP

Likewise, you can return your books at the outside drop off as well. It's a good time to catch up on some Great Summer reading.

If you need anything printed, email us at this address - [northsydney@cbri.ca](mailto:northsydney@cbri.ca)

### Board Members Sought

Seeking Board Members for Society of Deaf and Hard of Hearing Nova Scotians, Cape Breton Affiliate. Looking for a fun way to give back to your community?

Help us continue to provide strong leadership to meet the needs within your community.

Call 902-564-0003 or text 902-549-5185.

### CONTACT INFORMATION

**GLEN GRAY, EDITOR**

**PH: 902-564-9022**

Email Address

[glengray@kleeradio.com](mailto:glengray@kleeradio.com)

FREE PODCAST - Download a copy of our latest Podcast "Remember The Miner" featuring The Men Of The Deeps and a salute to Davis Day and the sacrifices made by our hard working miners. Logon to our website at [www.kleeradio.com](http://www.kleeradio.com)



With summer "officially" just around the corner this CD would be a great soundtrack for parties, gatherings or around a campfire (if we can do it safely-of course). "Atlantic Standards-Kitchen Party", a collection of Atlantic artists doing Celtic songs fit for 'rippin' da roof off da place', and when it comes to kitchen parties in Cape Breton there are only 4 times a year when you should have them; spring, summer, fall and winter!

You might ask what's the recipe for a great kitchen party? Good friends, tasty nibbles, lots of 'refreshments' and great music! The Atlantic Standards CD series has been offering up great tunes for some time now, and this collection will not disappoint. The album starts off with The Rankin's "Christy Campbell Medley", then kicks into high gear with Great Big Sea's wild "Mari-Mac". I've played this one at dances and the result is always flying feet around the dancefloor. If that wasn't enough, "Whole On It" by New Glasgow's Fleur Mainville was a pleasant surprise, and does indeed raise the roof as well. That romping, stomping party vibe is obviously the theme here, with songs like "Colleen" by Rawlins Cross, Shanneyganock's "Courtin' In The Kitchen" and "Donald MacGillivray" by The



Navigators-your feet will be begging for a break! As the CD cover illustrates, the fiddle is an integral part of most kitchen parties, and it's well represented here in instrumental form by numbers from Samantha Robichaud, Gillian Boucher, Natalie MacMaster and Chrissy Crowley.

When it's time for the fiddlers to take a break, a cappella numbers fill in beautifully; 2 of the best ever written on the east coast are included here; the Barra MacNeils "Coaltown Road" is a personal favourite of mine. I remember being at an outdoor concert on Pitt Street in Sydney Mines one evening and when the Barra's broke into this number it was a goosebump moment-with the old pit site across the road from the ballfield. Many people there felt the same way. Even across the pond in the U.K. they know Stan Roger's signature song "Barrett's Privateers" well. The version here is performed by The Irish Descendants, and it comes pretty darn close to being as good as Stan's iconic version, so if you like Stan's, you'll like this version. This is a great CD.



## SYDNEY MINES LIBRARY NEWS

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Likewise, you can return your books at the outside drop

### Curbside PICK-UP

off as well. It's a good time to catch up on some Great Summer reading. Check at the Library Desk for particulars at 902-736-3219.

**Happy Fathers Day to all our fathers.**

A new Podcast "Sea Shanties" featuring traditional sea shanties is now available for free download at -

[www.kleeradio.com](http://www.kleeradio.com)

### Shear Madness

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Check our DOWNLOADS Page for Free Music Podcasts -  
[www.kleeradio.com](http://www.kleeradio.com)

## FREE CANADA DAY CRAFT FILES

To help celebrate Canada's 154th Birthday, we have included 12 Canada Day Projects that you can download for free from our website.



Included in these Craft files are - Easy Peasy Moose, Beaver Paper Bag Puppet, Canada Day Coloring Pages, Canada Day Finger Puppet, Beaver Head Band, Beaver Mask, Canada Day Sponge Bob,

Canada Day Word Search, Canada Day Flag Template, Canada Day Painted Rocks, Canada Day Tic Tac Toe.

Log on to our website and follow the links to download your own Free Canada Day Projects - **[www.kleeradio.com](http://www.kleeradio.com)**

Although you can't go out to local talent as the halls are closed. **K-LEE RADIO** has made available several Music Podcasts on their website - Old Time Radio Shows, Pig & Whistle, Oldies, Country and Sing Along Shows - they're all free and ready for you to download at -

**[www.kleeradio.com](http://www.kleeradio.com)**



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*With Father's Day coming up, I thought I would print a story about one enterprising father and how he was able to get out of work by using his imagination. Happy Father's Day.*

## 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.

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.



## Heavy Garbage 2021 will take place Monday, June 21

CBRM's municipal-wide residential heavy garbage collection starts on Monday, June 21, 2021. Residents living at properties eligible for curbside collection must have their large, heavy or bulky household items placed to the curb no later than 6:00 a.m. on Monday, June 21.

We have included a detailed list of the items that you can and cannot put in the the garbage on page 7. Check it out before you put out your trash.

The entire list is published in Vol 11, No 23 edition that is available from our website - Logon to - [www.kleeradio.com](http://www.kleeradio.com)

## One Memorable Father's Day Story

This story takes place in 1959 when my younger brother and I thought it would be a great idea to give my father breakfast in bed for a Father's day treat.

It stated off OK, we were able fry eggs and bacon but the eggs slipped off the plate and landed n the floor.... but wait, there's more...

We made toast but burned the first one and caused a lot of smoke. We poured orange juice in a small glass and made our way upstairs to my parents bedroom with the food balanced precariously on the tray, but wait, there's more...

As we made our way to the bed, the tray started to shift and we dropped the orange juice glass on the bedroom floor and it smashed, but wait, there's more...

My father was trying very hard not to swear as this was Sunday and my mother was gathering up the mess. Just then the smoke detector went off downstairs and my father jumped up and was heading down to stop it, but wait, there's more...

He stepped on a piece of glass and it stuck in his foot. He made his way downstairs to stop the smoke detector and slipped on the grease we spilled on the floor and knocked the frying pan, with grease still in it, on the floor, but wait, there's more...

By this time my younger brother was quietly crying as my father made his way back to the bedroom. We were expecting to hear an angry reply from my father but my little brother held out a card we had made and said, "Happy Father's Day". My father stared at the card, burst out laughing and we all joined in. It was my most memorable Fathers Day ever.

## Northside Singer Releases New Single

Debbie MacMullin, a former Cape Breton Country Challenge Winner from 1996, has recently ecoreded a song "Radio Companion" and it is set to be released soon.



Debbie has been playing the club circuit for many years and is still out there giving it her all in the night clubs.

Debbie's Traditional style country voice was always a favorite of local singer/songwriter Kenny Walsh.

With the help of Cape Breton Poet Ron Gillis, they put together the song Radio Companion. Kenny thought it would be a perfect song for Debbie to sing.

Debbie was asked to go into the Studio to record it. And she was very happy to do so. The song Radio Companion is a song that was written as a tribute to the Radio Announcer.

It was Produced and Recorded by another well known Cape Breton singer/songwriter Aaron C Lewis at his studio at HOF in Sydney, whom he operates with Sheldon Chant.



The single will be released and available at most online music sites in the next few weeks.

It can be heard on Kenny's Phantom Country program on Sunday evenings at 6:00 pm as well as on our regular playlist on K-Lee Radio.

**The Bad Cheese Story** - My father loved to eat cheese, all kinds, even the stinky Blue Cheese. It was not unusual for him to sit down to a meal of cheese and crackers.

My mother always took classes in the Fall and Winter at the Recreation buildings. She took up sewing, knitting, painting, ceramics and candle making. This particular day she was making a candle for the grandkids to use on Halloween. She used orange colored wax and poured the candle into the mold. To cool it down, she put it on a plate and put it into the fridge to cool. My cheese loving father came home, opened the fridge and saw what he thought was a huge chunk of cheese. He took a huge bite and then immediately spit it into told her "That cheese you got in the fridge is rotten, get rid of it" We all had a great laugh at that one and my mother said at the time, "Your eyes are bigger than your belly, next time take a look before you chaw into something."

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