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THIS WEEK

NORTHSIDE COMMUNITY NEWS

FREE

Vol. 11 - JANUARY 20th - 2021

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\$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
SPECIAL
NOTICE**

Due to COVID Updates, we are waiting to hear from the provincial Government regarding what programs we can run in the new year. Stay tuned for updated COVID protocols and our programming.

**Washer
Toss****To Be Updated****736-6313****BRANCH 008
LEGION
NEWS
SCHEDULE****NEW HOURS**

We are Open Monday until 10 pm

Tuesday - Wednesday and Thursday we are

Closed at 9:00 pm

Friday & Saturday

Open til 10 pm

**Men's Darts on Monday
Mixed Darts On Saturday**

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 Sabrina and Lorraine Gouthro and the amount was \$15,807. 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

**Beware Of These Common Internet Scams**

Because of COVID, we are spending more time indoors and more time on our computers and mobile phones.

Scammers realize this and have tailored scams to capture your money or personal and banking information.

Lots of activity is centered around phony scammers who email you to tell you that your computer has a virus and they can eliminate it for you. Don't fall for this, no legitimate virus protection company will contact you via email.

There are new job related scams. An email will advise you that you have been accepted for temporary work placement but they need your banking information to deposit an advance. This is false, don't give out your banking information.

Greeting card scams are starting to pop up now. You receive a greeting card from one of your friends and you naturally

click on it to see the card. This will load malware onto your computer. Be sure before you click.

Be very wary of the "suspicious activity on your bank account" notice. You automatically want to make sure nothing is happening on your account so you click on the link. This is a virus attack. Contact your local bank to see if this is legitimate.

Travel scams are on the rise. You may get a legitimate offer for a cruise for \$150. But once they get your credit card information, there will be charges for airport tax, meals, transport, hotel service charges and gratuities that will triple your cost. Examine the offer and check on the website to see the details before you give your credit card information.

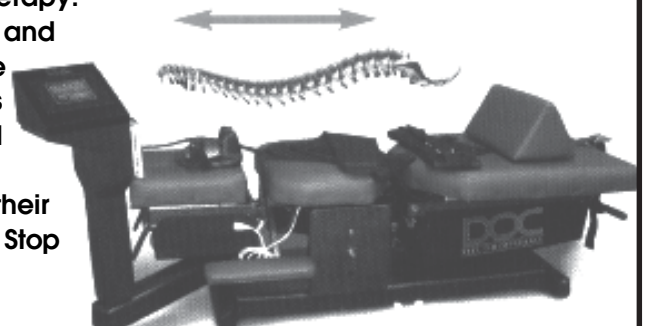
In all these instances, if it seems too good to be true, it probably isn't. Don't be in a rush, check out the offer before giving up credit card information.

**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****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

A Practical Gift That Will Help Solve Winter Frosted Glass

One of the gifts that I received this past Christmas had me scratching my head when I first opened it.

I could not figure out what it was or what I was supposed to do with it.

My daughter enlightend me when I phoned her. The gift was a rectangular pouch, sewed on all four sides filled with a pile of kitty litter.

This may sound strange, but the pouch would sit on your dashboard and absorb any moisture that is generated in your car.

Apparently the kitty litter contains silica gel that is designed to absorb moisture and this will prevent your inside windshield from frosting up on those cold Winter mornings, I tried it and it really works.

There's nothing worse than having your car defrost and all that inside moisture drips down on you as you drive and then when you stop, it freezes again and the whole procedure starts over.

Try this practical solution to an annoying Winter driving problem



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COMMUNITY NEWS ITEMS

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SYDNEY - VICTORIA

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Please remember our local Food Banks this year especially with COVID as many more families are affected. Thank you for your donation and Happy New Year.



BIRTHDAY WISHES

Please send out Special Birthday Wishes to Emma Nickerson who will be celebrating her 80th birthday on Thurs-

day, January 14th. We all wish you a very Happy Birthday on this special day. Love, from Family, Friends and grandchildren.

HAPPY NEW YEAR From K-LEE RADIO

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>**



**LEGION OPEN MONDAY 10 PM
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OPEN FRIDAY & SATURDAY 10 PM
Men's Darts Monday - Mixed Darts Saturday
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The **NHL** has started again on TV and the first game I saw my beloved **Montreal Canadiens** go down to defeat at the hands of the Toronto Maple Leafs - I wish it was any other team but I have to live with it - I hope things go better as the season progresses - All teams are making big adjustments with new players and COVID restrictions..... I got a very interesting and **practical gift** this past Christmas and I want to share it with you all, it really helps, I've already tried it out - see **page 2** for the complete details.... I have two recent lunches with my good friend and K-LEE RADIO host **Robert O'Hearn** who is doing well with his new exercise regime - watch for some **stories** this coming Summer from Robert that will be featured on **K-LEE RADIO**.... it's sad to see **Sydney Airport** closed to commercial flights but with travel restrictions it was only a matter of time before the airlines shut down their local flights, let's hope this is not a **permanent** decision..... **Ed Fudge** from the North Sydney Fire & Rescue Dept. has some timely **fire safety tips** that you should read as the Winter is the time for wood stoves and heaters that should be checked for potential safety hazards - see **page 5** for his Safety Tips.... I checked with several of our advertisers asking them about their customers and if they had encountered any **negative feedback** for requiring customers to wear face masks and observe the 6 foot social distancing Guidelines and they all said that there was not any pushback, people were following the Guidelines without any prompting, that's good news to hear..... See **page 8** for details on what we have coming up for 2021 with our internet radio station **K-LEE RADIO**, we are planning more on site and local music shows including our successful **Indian Beach Ceilidhs** again this coming Summer.... **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 at - thisweek@kleeradio.com



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THE LATE NIGHT OLDIES SHOW

with DJ Jack Cool will return to
K-LEE RADIO ON JANUARY 15TH - 11 PM



JACK COOL K-LEE RADIO DJ NEWS

I had the great pleasure for the second time of interviewing Kira Reed Lorsch Emmy Winner. this Sunday past.

She and Kim Still the founder of Shelter Hope Pet Shop Kira



Lorsch and Kim just recently supported Spay Neuter Clinic for Shelter Hope Pet Shop which took place Sunday past which

was January 17, 2021.

Kim is the founder of Shelter Hope Pet Shop Kim is an Actress her and Lorsch met on Lorsch's very first movie called Maui Heat Swimsuit Edition. Still played the editor-in-chief of the Sports Illustrated magazine and Lorsch played the makeup artist for the swimsuit model.

Kira mentioned her dog Misty's is a rescue mutt from Shelter Hope Pet Shop and Kim Still is the real deal rescue woman she started shelter hope pet shop.org as a nonprofit and rescue but also she was one of the people who got the laws changed in California.

more info on that by listening to my interview with KIRA REED LORSCH @ https://www.mixcloud.com/jack_cool/my-second-interview-with-kira-reed-lorsch-jan-13-2021/ or by going to <http://www.shelterhopepetshop.org/> Kira and I also discussed a movie that she just shot called Love On The Rock which was shot in Malta in the middle of a pandemic. Lorsch also mentioned she has a streaming little comedy in ND comedy called Crystal that just came out in January,

if you go to <https://kirareedlorsch.com/> and go to the video you can watch the very first episode of Crystal she appears in.

Also special thanks to Roger Neal for arranging this interview

•••••

I had the great pleasure for the second time of interviewing actress Dee Wallace best remembered for playing Mary in the 1982 movie ET the Extra-Terrestrial.

She's also best remembered for being in the 1983 film Cujo based on the novel by Stephen King.

We discussed her career and how to refocus your energy from hate to love and we both agreed that in order for us to love others we must first love ourselves. Dee mentions that thinking negatively is kind of what we're taught to do.



Wallace said we were taught to solve problems. We are taught to expect a struggle and she

also said if you know anything about brain science your brain thinks in pictures.

Wallace said that love is the most creative force on Earth.

To find out more please listen to my interview with Dee Wallace by going to my Second interview with D WALLACE Jan. 15, 2021 by Jack cool | Mixcloud

Special thanks to Harlan Boll for arranging this interview

Some News items courtesy of
Swing Over
The Mountain News

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

Chestnuts Roasting On An Open Fire

When you think Christmas, many images flood into your senses. The turkey cooking, chocolates, fruit cake, carols playing and people shopping. These are the time honored yuletide traditions that many Cape Bretoners. I remember one year when we decided to add a new tradition to Christmas.

One of the favorite things our family loved to do at our summer bungalow was to have a bonfire. No matter how tired we were or what the weather was, we always sat quietly around the fire roasting hot dogs and burning marshmallows. Of course ghost stories and tall tales were also a part of that tradition as well. Dad thought to add some chestnuts to roast on the fire just like in the song.

My father, using the logic that all fathers tend to adopt, decided that for this Christmas, we would have a bonfire in our backyard on Christmas Eve. That sounded wonderful and we looked forward to it. My father got an old washer tub and set it up in the backyard. He had all the wood cut and dried and my mother was making hot chocolate.

We gathered around the fire in great anticipation. My mother had started passing out the hot chocolate and Christmas music was playing in the background. My father, who worked at the Blast Furnace at Sydney Steel, was having difficulty getting the fire started. The wood had been inside and dry but the wind was blowing and it put out the newspaper and small kindling he had put in the wash tub.

Now comes the most interesting part. Remember what I said about fathers using logic. Well, since the fire was going well, dad theorized that if he put "a little starter fluid" on the wood it would blaze up and a glowing fire would be the result. That's where the logic ended. Dad started to pour a little fluid and the flames blazed up for a minute and then died down again. Dad was not known for his patience so he decided, using that fuzzy logic, to add a lot of fluid.

He had the can in his hand and bent over the wash tub when a gust of wind fanned the flames and they hit his hand. He dropped the can of naphtha gas into the tub. He didn't mean to do that but it was too late now. Just like the Blast Furnace, the entire backyard lit up and was bathed in firelight. Moms screamed, my father cursed, the kids squealed and the can of gas blew up on top of Corky MacCarron's garage.

Fire engines showed up and it was very dramatic. The firefighters were scolding my father about fire safety. My father was muttering under his breath and my mother took all the kids in the house and we roasted marshmallows over a candle. It didn't have the impact of the three alarm fire we had in the backyard.

Every once in awhile we would suggest to my father that we roast chestnuts and he would give us a look that would send us packing. But I never forgot that long ago evening when we gathered to roast chestnuts on an open fire.

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) poisoning.

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

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.

January 27th is Family Literacy Day and you can come in and select a book.

We also have Crafts To Go available for children.

Now that we are spending more time indoors, check out the Cape Breton Regional Library website for **Press Reader** where you can access hundreds of newspapers and magazines. This would be a great way to spend your time reading if you can't make it to the Library.

Sunday Morning Gospel Radio Show with host Pierre Chiasson Aired

9:00 am

www.kleeradio.com



BIRTHDAY WISHES

Please send out Special Birthday Wishes to Julian Bushell who will be celebrating his 33rd birthday on December 6th. With Love from Sophia, Lucien and Lucille.

Warming Centers

A reminder that Big Bras d'Or Fire Hall, Ross Ferry Fire Hall and the Southside 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

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



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For the latest and most comprehensive list of local events, logon to - www.musiccapebreton.com

Updated each week

Check out our website for things to occupy you and your children's time www.kleeradio.com

BUY LOCAL

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 your information to us at - thisweek@kleeradio.com - Until Next week, drive carefully and stay safe - **GLEN**

A new Podcast "Rock & Roll Instrumentals" featuring songs from 1958 - 1968 is now available for download at -

www.kleeradio.com

YOUR FREE SODUKO WEEKLY PUZZLE

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

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!!



SYDNEY MINES LIBRARY NEWS

Now that we are spending more time indoors, check out the Cape Breton Regional Library website for **Press Reader** where you can access hundreds of newspapers and magazines. This would be a great way to spend your time reading if you can't make it to the Library.

Beginning Jan 25, the library is celebrating Family Literacy Day, Wednesday Jan. 27.

The theme is Travel the World together. Sydney Mines library is offering Travel Craft kits available to children for free. Come and pick up a travel kit soon.

For Family Literacy Day we will be giving away a free book for youth all week, as long as supplies last.

Shear Madness

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Tues. & Wed. 9-5

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

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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. -

Holiday-themed snack idea for the whole family

(NC) Just because entertaining is looking a little different this year doesn't mean holiday traditions need to suffer too. Keep the festive spirit alive with these popcorn ornaments and make new traditions.

Baking with popcorn makes everything more fun. Popcorn based treats are perfect for a special occasion, and you can decorate them however you'd like. These holiday balls can easily be switched for any holiday you're celebrating by swapping out the candy cane and changing up the colours. Also, Orville Redenbacher buttery microwaveable popcorn has no artificial colours, flavours, or preservatives so you can feel good about sharing it with your family.

Holiday Kernel Popcorn Balls

Prep time: 5 minutes

Cook time: 30 minutes

Serves: 12

INGREDIENTS:

No-stick cooking spray

1 bag (82 g) Orville Redenbacher buttery microwaveable popcorn

4 cups (1 L) miniature marshmallows, divided

1/4 cup (60 mL) butter, divided

15 drops green food coloring

Coarse coloured sugar & candy canes or gum drops, optional

DIRECTIONS:

Spray large bowl, rubber spatula and piece of waxed paper with cooking spray; set aside. Pop microwaveable popcorn per package directions. Remove all un-popped kernels and place half of popped corn (about 8 cups/2 L) in bowl.

Place 2 cups (500 mL) marshmallows and 2 tablespoons (30 mL) butter in microwave-safe bowl; microwave on high for 45 seconds or until marshmallows melt and mixture blends when stirred. Stir in food colouring.

Pour marshmallow mixture over popped corn in bowl. Toss with greased rubber spatula to coat. Divide mixture and shape into six balls. Place on waxed paper.

Decorate with coarse sugar and candy canes or gum drops, if desired. Repeat above steps with remaining popped corn, marshmallows and butter to make uncoloured popcorn balls. Decorate with sugar and candy, if desired.



Pirate Jenny are a Dartmouth-based band with Cape Breton roots; comprised of Ryan Rideout on lead vocals and harmonica, Dylan Devoe on Guitar and vocals, Daniel Gaudet on guitar, Josh Martell on bass and vocals, Canberk Sahin on drums and Nathan Currie on mandolin. This self-titled CD starts off with Nathan's mandolin intro as the rest of the band join in with an uptempo vibe propelling "Fuller Terrace" to a great musical place, and if the Barenaked Ladies introduced some punk rock elements into their sound I'm sure it would be what "Falling On My Head" sounds like. As for some of the other numbers, "Morning Breath" brings to mind so many great Canadian bands of yesteryear, such as The Grapes of Wrath and the Northern Pikes, and the songs "Not My Lady" and "Swept Away" (said to be about life in Cape Breton) remind me a bit of the Tragically Hip-especially "Swept Away" with its reflections on smalltown life, the inherent hardships of such-and the love for the place. To show the full diversity of the band there's a full-on punk



element in "Full Time Job", as the song walks a similar musical path as that of Blink 182, Green Day and Sum 41. Even more impressive are the hints of the Scottish band The Waterboys on "House Cat Blues".

When a writer tries to do a band's music justice with mere words one aims to be as accurate as possible, and sometimes a preconceived notion of what the music will be like can be influenced by an album cover, the instruments, or whatever it happens to be. To me Pirate Jenny ARE NOT a Celtic Rock band-they embody more than that. I hear this CD as a great continuation in a long line of Canadian alternative rock bands that have embraced East Coast elements. Kudos to Dylan's dad, Kelly Devoe, for the artwork and Alex Arnold's producing and mixing skills. Pirate Jenny's CD can be found at Atomic Records and Collectibles in Sydney, or by contacting the band on Facebook.



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What K-LEE RADIO has to offer Listeners in 2021

Our goal in 2021 is to expand our listening audience and offer several genres of music to suit all listeners. We plan to broadcast more "on site" remote shows, record and make available music podcasts so you can download and listen to them all year long, produce another Summer Series of live shows at Indian Beach, produce shows that feature content especially for seniors.

The one possible limiting factor for our schedule is COVID and restrictions on public gatherings. This is playing havoc with many local church halls, Legions, Fire Halls and businesses that offer live entertainment.

What we have decided is that if we cannot congregate during the Summer, we will produce these programs in our studio and make them available via the internet on our website.

Some shows we already produce include Phantom Country with host Kenny Walsh on Sunday evenings at 6:00 pm, Late Nite Oldies with DJ Jack Cool on Friday evenings at 11:00 pm, The Gospel Hour with host Pierre Chiasson on Sunday morning at 9:00 am and Celtic Music Classics from 6:00 pm until 9 am the next morning, 7 days a week, 24 hours a day.

New shows planned for 2021 include "Golden Oldies", The Pig & Whistle, Cape Breton Fiddler and the Cape Breton Kitchen Ceilidh.

We hope you join us for some great music shows all Summer long.

www.kleeradio.com