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THIS WEEK

NORTHSIDE COMMUNITY NEWS

FREE

Vol. 11 - JANUARY 27th - 2021

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Music - Ernie, Todd & Wade**THIS WEEKS SPECIAL****FISH & CHIPS****\$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 pmTuesday - 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 Daniel MacIsaac and the amount was \$15,8792. 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

How singing sea shanties can help you weather the pandemic

I came across this story by Jackson Weaver CBC News as I was scouring the internet recently and I found it quite interesting.

Shanties have been around since at least the 1600s. They originally helped sailors work in unison, McCann says, and their popularity soared during times of hardship. That, he says, makes them perfect for getting through quarantine, isolation and a pandemic.

Sailors "were at the mercy of the sea," he said, and, like those of us caught in the pandemic, "had very little control over their fate."

Tom Power, host of CBC Radio's q, adds that, historically, shanties were not meant for entertainment. "They weren't meant for you to listen to and smile. They were meant so that

you could time hauling up a trap."

"It's functional music right now," Power said. "Instead of lifting a rope all at the same time off a barge, we're trying to get through this pandemic together. And that is that is the function of this music right now."

That is the gist of the story so we decided at K-LEE RADIO to record a broadcast of sea shanties and make it available on our website where you can download it.

Logon to our website - **www.kleeradio.com** and go the the "DOWNLOADS" page and get your own copy.

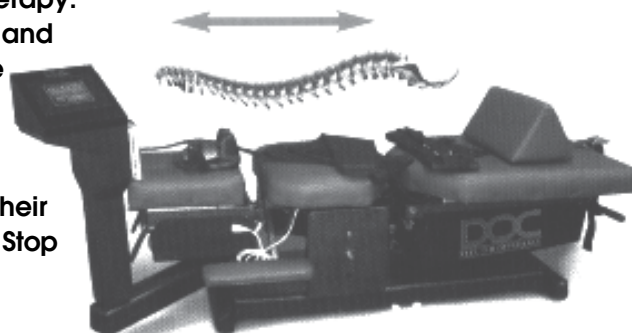
Some of the shanties include; Blow The Man Down, Sea People, Sloop John B, Drunken Sailor, The Bluenose, Wreck Of The Edmund Fitzgerald, The Last Shanty, Heave Away and more.

**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

Virtual Coffeehouse Returns with Community Health Series

Northside Rising are back with the NSR Virtual Coffeehouse! This time we'll focus our discussions on Community Health, aiming to build our collective understanding of complex health issues and create a safe space to consider solutions and share experiences.

On Wednesday January 27th at 9am, Northside Rising will be chatting with Sharon MacKenzie, the Outreach Nurse on the Ally Centre of Cape Breton's Mobile Clinic. Sharon has years of experience working in mental health, substance use, street health, and more.

Northside Main Streets Community Conversation: Jan 27th @ 6:00 pm

Please join FBM for a discussion on ways to strengthen Main Streets and downtown areas in smaller communities across the province, with ideas for placemaking, safe and active mobility options, and local economic vitality.

Meeting Time: January 27, 2021, from 6 to 7:30 pm (via zoom)

FBM's Planning Studio is facilitating an online workshop to discuss the Main Street and Downtown areas of North Sydney and Sydney Mines.

The conversation will have three general discussion topics:

- * Celebrating the sense of the place on Main Streets
- * Getting around safely and conveniently, whether walking or wheeling
- * What shops and services are valued, and what kinds of things are missing. You have to register to join the conversation.

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COMMUNITY NEWS ITEMS

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jaime.battiste@parl.gc.ca

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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 for a wonderful day to a very special lady, Aggie Blackburn, who will be

celebrating her 80th birthday on Thursday.

Many wishes for a great day come from your family, grandchildren, and our many friends at the Club.

God Bless and have a really great day!!

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>



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AROUND THE TOWN

It's now official, the United States has a new President, **Joe Biden** - even though this does not affect Canada politically, it will be much more quiet on all the national media now that Trump is gone..... On **page 2** you will see a story about Sea Shanties helping with the pandemic, I found the story a little intriguing and after reading it, I decided to record a podcast featuring traditional **sea shanties** and make it available on our website - you can download the podcast (and hopefully it helps during the pandemic) go to our website - **www.kleeradio.com** - and click on the **"DOWNLOADS"** page and download your free copy..... On page 5 you'll see a story about **Winter Driving tips** - we tend to forget some of the most common mistakes we make during Winter driving and this story might tweak your memory.... **Paul Power** has another insight in his **TAKE 2** music column, check it out ... The **Florence Library** is offering a series of take home items for children to help celebrate **Family Literacy Day** - see page 7 for details as well as North Sydney and Sydney Mines Libraries who do a tremendous job of encouraging readers all year long.... **Northside Rising** has started up the Virtual Coffee House meetings again and you can see details on **page 3** - also check out Northside Main Streets Community Conversation: Jan 27th @ 6:00 pm - the topics of discussion include - Celebrating the sense of the place on Main Streets - Getting around safely and conveniently, whether walking or wheeling - What shops and services are valued, and what kinds of things are missing - **your input** is needed for this project - login to the website to register.... See **page 7** for free word processing **software link** you can download for your own....and with Tax season coming up soon, we'll start our annual **Tax Tips column** in our next edition.... Well, **Super Bowl 55** is now set with Tom Brady and the Tampa Bay Buccaneers against Patrick Mahomes and the Kansas City Chiefs to be held at the Tampa Bay Buccaneers stadium - Next week I'll give my annual prediction about which team will win this year's Super Bowl - so far I've **been right** (pure luck) **FREE PUBLIC-ITY** - 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**



Had the pleasure last week of interviewing Heather Branch. Heather is a Professional Certified, Nationally known Petsitter running her company Best Friends Forever out of the north end of Los Angeles the "Valley. She launched Best



had the pleasure last week of interviewing the man with the golden voice Ted Williams.

Aas we all know, In January 2011, Williams received widespread media attention when an interview filmed during a period when he was homeless went viral after being posted to YouTube, and Williams subsequently received numerous job offers. For the first time in almost 20 years, he has done voice over for Kraft's "You Know

You Love It: Dad's in the Doghouse" Macaroni and Cheese campaign, January 7, 2011,
Dr. Phil, January 11–12, 2011
The Soup, January 14, 2011
The Dish, on January 16, 2011,
many more.



Ted was on in the early 1980s, as a late-night radio disc jockey on WVKO in Columbus, Ohio. Ted is a perfect example that we all deserve a second chance in life.

Special thanks to Ted Williams manager Scott for arranging his interview.

For information please
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Some News items courtesy of
Swing Over
The Mountain News
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www.sotmnews.weebly.com
monthly newsletter

These winter driving mistakes might be putting you in danger

(NC) The winter months make for some of the most challenging driving conditions. With icy roads, poor visibility and harsh conditions taking a toll on our vehicles, it's important to prepare yourself and your car for the season to come. Here, the experts at OK Tire share common driving mistakes drivers make may put you in danger.

Using all-seasons instead of winter tires

Winter tires are designed to perform on wet, cold, snow-covered and icy surfaces by providing hundreds of extra biting edges for better traction and staying soft in frigid temperatures. All-seasons don't offer security in winter due to their inability to maintain road contact in cold weather. Live in Quebec? Winter certified tires are mandatory by law from December 1 to March 15, and you can pay hefty fines for using anything that doesn't have the approved mountain snowflake symbol.

Driving without adequate ride control

Ride control is crucial for your vehicle's stability. Excessive bounce or vibration while driving may mean your suspension system is due for a tune-up. To help ensure you have full control of your vehicle, avoid expensive repairs, and keep you and your passengers safe, consider preventive maintenance.

Not being prepared

When driving, it's important to have everything you need in case of an emergency – and this is even more essential in winter. In addition to carrying a snow brush and ice scraper, prepare an emergency kit complete with jumper cables, a first aid kit, portable cellphone charger, road maps, water bottles and a flashlight.

Depending on four-wheel drive

Vehicles equipped with four-wheel drive tend to be better at navigating in winter conditions. That said, four-wheel drive is no match for icy patches that cause your vehicle to skid and shouldn't be depended on when driving fast. Traction is all in the tires, so during the winter months it's best to invest in winter tires as well as slow down.

THE LATE NIGHT OLDIES SHOW

with DJ Jack Cool has returned
K-LEE RADIO ON FRIDAYS - 11 PM



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Where Can I Pick Up My Free Copy Of THIS WEEK IN CBRM

We publish every Wednesday and you can logon to our website and download your own Free Copy of our paper or you can pick up a printed copy of the paper at the following outlets

NORTH SYDNEY

North Sydney Library
MLA Eddie Mrray Ryan
Bianchinis Pizzeria
Branch 19 Legion
Strongs Chiropractic
North Sydney Fire Hall
Kenny's Pizza
Ralph Ivey Auto
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FLORENCE

Florence Legion
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Celtic Market
Jane's Restaurant
Bras d'Or Convenience

SYDNEY MINES

Sydney Mines Library
Seniors & Pens. Club
Robins Donuts

Download your own free copy
from our website

www.kleeradio.com

New edition every Wednesday

Send your items to be printed to

thisweek@kleeradio.com

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

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WHO: The Hills of Boisdale Community Association and Park Project

WHAT: Will be holding a "Take-out, pre-order and drive thru" Spaghetti and meatball dinner with roll and dessert for \$12.00 When: Saturday Feb. 13/2021 3:00 - 5:00 pm

WHERE: Boisdale Fire Hall

WHY: Assist in developing the first phase of our park project. Call Peggy 902-304-6787 or Leah 902-871-2172

Covid restrictions apply!

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

www.kleeradio.com

YOUR FREE SODUKO WEEKLY PUZZLE

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

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.

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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. -



FLORENCE LIBRARY COMMUNITY NEWS

The Florence Library is offering the following items for children.

FREE to
Take Home
COLOURING
PAGES



WORD SEARCH

FIND THE DIFFERENCE

FREE CHILDREN'S BOOKS

WE WILL BE GIVING AWAY
A FREE BOOK FOR YOUTH
ALL WEEK, WHILE SUP-
PLIES LAST TO CELEBRATE
FAMILY LITERACY DAY

FREE SNACKS TO GO
(WHILE SUPPLIES LAST)

TAX TIPS FOR 2021 COMING SOON

We are heading into another tax season and this year will have some new twists with CERB and Canada Recovery Benefits which will have to be processed on your tax return.

Starting next week we will have our regular column TAX TIPS ready with helpful hints and tips for your tax return.

FREE PUBLICITY - If your club or group is holding a community event in the new year and you are looking for some free publicity, email us and we'll make sure that your event gets some needed promotion.

Free Word Processing Open Office Software

Over the weekend I was talking with one of our long time readers and they asked me if I could recycle the Free Word Process software that I ran in our paper last year.

The Software is really Free not a trial version. It has the same capabilities as Microsoft Word and you can get your own copy to download from their website

<https://www.openoffice.org/>

This organization has been around for over 20 years and they believe in "Open Source" software for computer users.

You can save a lot of money especially now that many are working from home along with students who need the software to do projects.

Check out this free source and look for other free software they produce.

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A Friend's recent post on Facebook reminded me that it's been 5 years since David Bowie passed away, which brought this album to mind; it was released on January 8th of 2016 which was also David Bowie's 69th birthday. Two days later he died of liver cancer. He knew about the cancer a year and a half earlier, choosing to keep the news secret. Studio producer Tony Visconti said that David wanted this album to be his 'swan song'-a parting gift for fans. It's no surprise then that a lot of the lyrics dealt with David's take on his own mortality. The album started off with the title track, a song that I can only describe as "eerie", but given the gravitas of the circumstances the song "**Blackstar**" seems appropriate. It's also worth noting that the Unicode for a black star symbol is U+2605 (May 26th happens to be Bowie's former guitarist Mick Ronson's birthday) and a "black star lesion" often suggests the presence of cancer. This song is almost 10 minutes long-making it a hauntingly epic effort. The second track gave us more of our 1980's David Bowie back; "Tis A Pity She Was A Whore" rocks with an uptempo beat-but less than complimentary lyrics about the subject. I'm not going to examine every song here (there are 7)



choosing to concentrate on a few; the third song on the album is my favourite one of all; "Lazarus" is an intense, slow-moving dirge that's very self-reflective, deep and revealing-and the music video is morbidly intense, with visual references to David's past works. In my opinion this was David Bowie at his best. The album closes off with the song "I Can't Give Everything Away", and as fate would have it Tony Visconti also said that David was planning a post "Blackstar" album, by writing and doing demos of five songs in his final weeks-suggesting that David thought he had a few more months left. I really wasn't much into David Bowie's early works, getting to know his music more for the 1980's stuff, and later songs. I always knew that David Bowie was an incredibly artistic musician, actor, painter and producer-with an amazing career that spanned over 50 years. David Bowie was the walking definition of a true renaissance man; the world is an emptier place without him.

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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