

North Sydney Fire Hall Pierce Street - North Svdnev OPEN DAILY 10:00 - 12:00

THURSDAY EVENING Ernie, Todd & Wade Kitchen Open from 4:00 - 9:00



MUSIC from 5:00 - 8:00 WEEK'S SPECIAL

CLUB & FRIES ^{\$}11.75

NEW YEARS TICKETS **ON SALE AT THE BAR**

Royal Canadian Legion Branch 83 Florence

NEW SCHEDULE

MONDAY, TUESDAY WEDNESDAY & THURSDAY

12:00 - 10:00 pm **FRIDAY & SATURDAY**

> 12:00 - 12:00 The CIRCLE on Saturday nights 7:00 - 10:00 p.m.

Bingo is Back, Starting Bingo starting at 7.00

Bingo Prizes for Nov.25Thrusday night. Bonanza----\$2300 on54 no. Quickie \$4439.00 Legion Special---\$3325.00 Jackpot---TOONIE \$466.00 2000.00 on 54 nos COVID-19 Proof of Vaccine required

TARABISH - Wednesday at 7:00 pm

Washer Toss is back on Friday nights, starting at 7.00 - open to public.





ARMSTRONG MEMORIAL LEGION BR. 019 NORTH SYDNEY Open Monday - Saturday

10 am - 12 midnight Last call 11:00 pm Lounge, wide- screen TV

Boularderie Island Seniors We are back again with cooking classes and guest speakers and lunch. All events will take place at the Big Bras d'Or Hall. All events are free.

COOKING CLASSES

November 27th - 1:00 - 4:00 December 5th - 1:00 - 4:00

December 18th - 1:00 - 4:00

GUEST SPEAKERS & LUN-CHEONS - September 17th 10 am - noon - Yoga Introduction with Denise Oake

October 25th - 10 am - noon -Farm and Lunch visit Chenie Swift, Gra Restaurant, Kempt Head Road

November 8th - 10 am - noon Christmas Card Making Workshop with Susan Martin December 3rd - 10 am - noon -Drum Intro with Shelly Allen.

All COVID protocols will be followed.





Please send out a Happy Birthday Wish to a very dear friend, Emily King on her birthday, November 27th - May you have a Blessed Day - Love from all your friends.



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



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NORTH SYDNEY

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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.



NORTH SYDNEY SENIORS & PENSIONERS CLUB NOVEMBER ACTIVITIES SCHEDULE

Wednesday, November 24 - Newfoundland Tea -Cinnamon Rolls, NFLD Checkers - 2:00 - 4:00 pm -Open to the public - \$5.00

Saturday, November 27 - BINGO - Door opens at 6 pm game starts at 7:30 pm

Sunday, November 28 - Fun Music & Friends -Country Music - 2:00 - 4:00 pm - No Charge - Open to the public.

NOTE - At All Club events you must show proof of double vaccination at the door.

HOLY FAMILY PARISH HALL



MAIN STREET SYDNEY MINES November 20th & 27th

Proof Of Vaccination Required For More Information Call

(902) 736-0807

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SYDNEY LEGION Election of Officers Wednesday November 24 - 8:00 pm.

ELECTION

OF OFFICERS

BR. 19 - NORTH

Proof of vaccination, identity and masks required.

Executive Meeting At 7:00 pm prior to Election of Officers

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



will be held at the Sydney Mines Seniors & Pensioners Club, on Fraser Avenue.

Time - 7:00 - 11:00 with music by Tim Jackson Band.

There will be a Canteen and Bar available.

II COVID protocols will be followed.

This is an Appreciation Dance and the admission is Free - The Dance is open to the public.



FRED TILLEY

MLA Northside-Westmount

Northside-Westmount Constituency Office

2 Elliot Street, Sydney Mines | Nova Scotia B1V 3G1

(902) 736-0546 mla@northsidewestmount.ca

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BRANCH 008 LEGION - SYDNEY MINES

Applications are at the downstairs Bar for Veterans Poster Poles. All information is on the Application. Deadine is June 2022.

FUNDRAISER - Christmas Daddies November 27th from 3:00 - 9:00 - Local Talent - \$5.00 per ticket - Sponsored by Bob MacDonald & Friends.

PHONE - (902) 736-3206

ALL IS BRIGHT EXPANDS IN THE CBRM THIS HOLIDAY SEASON

All is Bright in the Cape Breton Regional Municipality again this holiday season. With community gatherings, light ups, and cheer spreading throughout our community, CBRM Recreation is announcing more ways for residents to come together to celebrate the season.

Starting November 22nd, up to 100 residents will be able to share photos and videos of their home holiday displays at www.allisbrightcbrm.ca, which will be added to our online map showing everyone the best displays to visit in the CBRM. Five random entries will receive a prize, while a Grand Prize winner will receive a package of gift cards from local businesses worth \$250.

Starting December 4th, City Hall will be the centre of our All is Bright campaign. With an enhanced display, we will welcome visitors to City Hall on December 4, 11, and 18 for evenings of holiday song, dazzling performances, and the spirit of giving. Gatherings will take place at 6pm and CBRM Recreation is working with CBRM school choirs and community leaders to provide a fun and festive experience.

New for this year, All is Bright will also include the Sydney Boardwalk. We challenge local businesses and community organizations to light up our waterfront before December 4th. Trees will be provided to participants to decorate, and our residents will have their say on which is their favourite. With voting closing on December 18, the winner will receive a donation in their name to the charity of their choice.

Finally, we will celebrate together on December 10th with a pedestrian parade and light up to kick off an exciting weekend in the community (details on that announced soon). Community organizations, businesses, and residents are invited to participate in a pedestrian parade along Charlotte Street to Wentworth Park, where we will then be treated to live holiday music, stationary holiday floats, and the official light up of the renowned Wentworth Park Bandshell display.

Participants in All is Bright events are required to follow Public Health guidance as it pertains to safe gatherings. It is encouraged for masks and social distancing measures to be practiced whenever possible to ensure the health and safety of our fellow residents in this busy holiday season. For more information on current Public Health guidance, visit http://novascotia.ca/ coronavirus.

All is Bright is a campaign of CBRM Recreation. For more information on community events and to register, visit **www.allisbrightcbrm.ca.**

2021 Christmas Daddies Telethon Saturday, Dec 4, 2021 11 am – 6 pm on CTV



The Hills of Boisdale Community Association is holding a Christmas Tea & Bake Sale - Sunday Dec.5/21 from. 2:00 - 4:00 pm at the Boisdale Firehall

Door prizes, novelty table, raffle tickets, 50/50 and local crafters.

Admission \$10.00.

Entrance requires both vaccinations and ID's due to Government COVID 19 regulations.

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 to this address thisweek@kleeradio.com



Member of Parliament SYDNEY - VICTORIA

jaimebattiste.ca jaime.battiste@parl.gc.ca 207A-201 Churchill Drive Membertou, NS B1S 0H1

(902) 567-6275

HUM HYMN SING

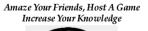
St. Andrew's Presbyterian Church, 3 Queen St. Sydney Mines, Friday Nov. 26th. 7:00 pm

Come join Chalk Dust for an opportunity to hear some of your favourite hymns and a few special selections.

COVID 19 Protocols will be followed - Proof of Double Vaccination Valid Photo ID Wearing of Masks

Free Will Offering will be accepted for The Combined Christmas Cheer

Trivia Game Book





Over 750 General Knowledge Questions Great For Parties - Facebook Chats Showers - Social Gatherings

Written and Compiled By Glen Gray

This book is available for Christmas from our website www.kleeradio.com and will make a great Christmas Stocking Stuffer at just **\$4.95** each.



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New Christian FM Radio Station

In a post Christian society one of the challenges facing the church is: How do we share the gospel with people who will not come into our buildings to meet with us?

It is estimated that Cape Breton Island only has around 1% - 2% of the population who identify as Born Again Christians.

We believe an important part of any community is its spiritual life and Cape Breton Island is no different. In the 2011 National Household survey, Cape Breton, RGM Nova Scotia, from Statistics Canada, it was revealed that over 90% of the Island expressed some form of Christian faith; yet do not go to church.

There is no local radio station catering to this demographic within our community. In response to this, Faith Baptist lead the way by encouraging the evangelical community on the island to partner together & establish a full powered FM radio station.

In the winter of 2019/2020 this dream will be fully realized with the launch of Praise FM on the frequency of 90.7 FM across the entire Cape Breton Regional Municipality!

Christmas Daddies - Saturday, December 4th

Christmas Celebration Of Light

St. John's United Church - Bras d'Or Sunday, December 5th - 7:00 pm COVID restrictions will apply EVERYONE WELCOME



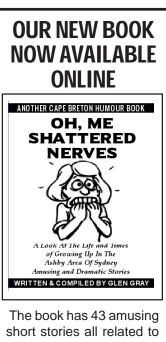
For the Best In Classic Country Music, join Kenny Walsh every Sunday Night at 6:00 pm for Phantom Country a 2 hour show of the best Country Music Logon to our website at

this address www.kleeradio.com





K-LEE RADIO will begin its Seasonal Christmas Music broadcasts starting December 1st. Playing all the best of Cape Breton & Christmas Classics.



sayings from my growing up years.

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Logon to our website and order today - JUST \$4.95

www.kleeradio.com

K-LEE RADIO begins its Christmas Music broadcasting starting December 1st



BRANCH 008 SYDNEY MINES LEGION NEWS ITEMS

The Ladies Auxiliary BINGO Tuesday Night - 7:30. BINGO has changed a little to cut down Sellers for Cards.

So, Entrance is \$3.00 Booklet, \$5.00 for a 6 On Booklet, \$7.00 for a 9 On Booklet and Special are sold in 1 Booklet \$9.00.

Extra Cards to be sold on Floor, X Game, Postage, Jackpot, Winner Take All.

Masks are requested when entering and walking about plus your Vaccination Card, Picture ID at all times - No Cards - No Entry.

Applications are at the downstairs Bar for Veterans Poster Poles. All information is on the Application. Deadine is June 2022.

FUNDRAISER - Christmas Daddies November 27th from 3:00 - 9:00 - Local Talent - \$5.00 per ticket -Sponsored by Bob MacDonald & Friends.

NEW YEARS TICKETS -



Dance, Roast Beef Supper - \$25.00 per person - Tickets go on sale Friday. Music

by Tommy Capstick.

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 with your info at www.kleeradio.com



NORTHSIDE NEWS



NORTH SYDNEY LIBRARY NEWS



BOOK SALE - Books 3 for \$1.00 and up to \$2.00. Large selection for your Fall reading.

FIBRE LUNCH in the Library Thursdays from 1:00 - 3:00.

Free adult and child masks still available.

Nova Scotia Covid 19 protocols in effect for this program.

DON'T DRINK & DRIVE

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.kleeradio.com

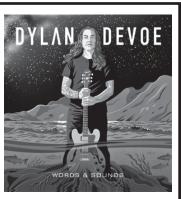
Some stories Courtesy Of SWING OVER THE MOUNTAIN NEWS

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

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



Back in January I wrote some words about the new album from Dylan Devoe's band Pirate Jenny-and now here's Dylan's first solo album "Words and Sounds". I first heard a preview of the song "The Battle of Loiusbourg" on local radio and super impressed. was Complete with relevant sound effects this historically themed tune may be the first about the siege of Louisbourg, and Dylan was inspired by his daily drive to Louisbourg to record the album. He spent time at the fortress researching for the song and actually had Michael Spawn (an interpreter at the fortress) play the marching snare on the track, and did continual marching up and down a wooden staircase at Broken Clock recording studios to simulate an army on the move. As for some of the other songs here, "Caper Run" has a romping-stomping groove with a message we can all relate toand "The Island" will touch the hearts of Capers far and wide. I really liked the needle drop sound at the start of "Words and Sounds"; this number is deep and expansive with nice backing vocals by Colette Deveaux. "Barfly" sounds like something George Thorogood might do and "Piece of West Virginia" really reminds me of the music of The Grapes of Wrath and the Northern Pikes, and "Free" has a nice relaxed 'summer at the beach' vibe to



it-and "Never Look Back" is an uptempo stomper that has a real power pop meets country feel. It would be unfair, and inaccurate to describe Dylan's music as Celtic or folk-it's so much more than that. Actually I can't place him in one genre; a perfect example of that is the song "Voodoo Queen of New Orleans" that starts out as a meandering, slithering tune that falls into madness at the end. It is a really impressive number. The album closes off with the introspective haunting of "Witches and Gypsies"-a song that feels and sounds intimate and personal. Dylan was backed up by Colin Grant, Jordan Musycsyn, Colette Deveuax, Redmond Mac-Dougall, Travis Morrison, Jennie McKibbon. Chuck Knott and Tyler MacDonald. The official album release takes place this Saturday at the Cedars Club in Sydney-with Dylan and the Dirty Dogs, Jordan Musycsyn and the Colete Deveaux band. Showtime is 8p.m. The CD is available at Atomic Records in Sydney River, Duke's Place in Sydney Mines and on Spotify & AppleMusic.

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COATS FOR KIDS PROJECT

If you have any new or gently used coats, hats, mittens, gloves we would appreciate it very much if you would bring them to the library. The clothing will be donated to Transition House, Every Womens' Centre, Homeless shelters and more.

Senior's Book Club meets the first Tuesday of each month.

After School Activities will be held every Thursday. Lego Fun will be every 2, 3rd. & 4th. Tuesday.

If you have any questions, please phone the Library at 902 736 3219

2022 JANUARY										
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Free 2022 Calendars - to download your copy, visit our website at www.kleeradio.com and click on the DOWN-LOADS page



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FREE CLUB NOTICES EMAIL US AT -

THISWEEK@KLEERADIO.COM



week's winner was Jen Evans and the amount was \$16,115. Thank you for your continuing community support.



Hate Exercise but love to dance? Black Rock Line Dancers are offering Beginner Line Dance Classes - no experience necessay - on Thursdays from 7 - 8 pm. at the Big Bras D'Or Fire Hall.

Come join the Fun! only 12 spots available due to COVID prtocols.

Register early Call ot text 902-565-1063 or email jmacgregor93@ hotmail.com to reserve your spot.



BIRTHDAY WISHES

HAPPY BIRTHDAY to Carol O'Flaherty - your smile lights up the day whenever I'm in your store - All The Best for a Wonderful Birthday - Maureen



Holy Family Parish - 12 Days Of Giveaways

- 12 Great Prizes Drawing December 1st through December 12th TICKETS \$5.00 Each or 3 For \$10.00
- \$50.00 Iriving Gas Card and Large Outdoor Wood Christmas Tree with lights
- 2 A Birch Heart Collectible Snowman app. 28 inches tall
- 3 Winter Porch Sign and Large Wooden Decorative Sled
- 4 An Ashton Drake doll, 10 outfits, a handmade set and so much more for this cute boy.
- 5 Kitchen Package mugs, mixing bowls, pots, cutting board, omelette pan and more.
- 6 \$200.00 oil certificate from Sydco Fuels.
- 7 Set of 3 handmade wooden planters (2 small and 1 large raised planter) with Christmas greenery.
- 8 Large wooden decorative sled with a Winter greeting sign.
- 9 Chocolate Treats perfect for sharing throughout the holidays.
- 10 A Large assortment of homemade baked goods, just in time for Christmas.
- 11 Large two SNOW FRIENDS ornament for indoor and outdoor holiday decorating (app. 3 feet).
- 12 A Turkey Dinner with all the trimmings including a Poinsettia as a centerpiece

Purchase your ticket on line with an e transfer or Contact less pickup call Rose 736-0802, *Sharon* 544-0231, *Lorena* 736-8333

e transfers holyfamilysydneymines2013@gmail.com

***make sure to type in the message section - your name, number and email address for the ticket



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Hear Jack Cool's Late Nite Oldies Show on Fiday evenings at 11 pm - the best of Cassic Rock & Roll - logon www.kleeradio.com

Christmas With The Cape Breton Chorale

Christmas with the Cape Breton Chorale is taking place Sunday, December 12th at 3 pm. It will be at Church of Christ the King, 19 Trinity Avenue, Sydney. General admission is \$25.

You can get tickets from any member of the Chorale or at the door, you can also contact 902-539-1243 or visit us online at capebretonchorale.com.

Where Can I Get My Free Paper Copy?

NORTH SYDNEY - North Sydney Library, MLA Fred Tilley, Bianchinis Pizzeria, Branch 19 Legion, Strongs Chiropractic, North Sydney Fire Hall, Kenny's Pizza, Ralph Ivey Auto, A-1 Auto, Thyme Savour, H & R Block, Brewers Convenience, Seaview Motors

SYDNEY MINES - Sydney Mines Library, Seniors & Pens. Club, Robins Donuts, Branch 008 Legion, Needs Convenience, MacDonald Denture Clinic, MacIntyre Hardware

FLORENCE - Florence Legion, Shear Madness Hair Design, CH Tax Services,

BRAS d'OR - LICKACHICK, 1409 Restaurant, Jane's Restaurant, Bras d'Or Convenience, MLA Keith Bain - on our website at

www.kleeradio.com

Community Update on Invictus - Exploring Hope and Agency on the Northside

THE RESEARCH - In the Invictus research project we set out to explore the state of hope and agency on the Northside. Over the course of two years, the project team designed and implemented a series of research tools. Ultimately, 502 Northsiders participated in a community survey and 41 individuals took part in in-depth interviews.

We recognize and extend our great appreciation to the people who stepped forward and trusted us in sharing their experiences, through interviews and surveys. We will make every effort to employ this information wisely and respectfully. Additionally, we extend warmest thanks to everyone else who contributed to this work: supportive community members, members of our Data Working Group, participants in the resident review panels, and the researchers who carried out the work, Dr. Ed Michalik, Samantha Lowes, Lilla Roy and the late Dr. Margaret Dechman.

DATA SHARING EVENT - On October 26 and 27 researcher Dr. Ed Michalik delivered his interpretation of the data. The initial presentation of the data was live streamed to ensure all the community members who wished to participate could. Following the events, the videos were removed, in order to prepare an archival version of each. When they were removed, we did not clearly communicate why that was happening, and that has led to confusion. We apologize for this.

WHAT WE ARE LEARNING - Northside Rising shares Northsiders' commitment to working together for a more hopeful, healthy, just community. The Invictus research points to a few key indicators of the state of the community around hope, agency, and trust. Northside Rising intends to continue exploring these themes as levers for bringing about the change we want to see.

A FEW KEY FINDINGS FROM THE RESEARCH - Northsiders express a strong love for their community: 92% of survey respondents said the Northside is a good place to live and 89% said that other community members will help you if you need it.

The overall level of hope on the Northside is moderate to low. On average Northsiders scored 35 out of a possible 48 points on the scale used to measure hope. 36 is considered moderate.

Some parts of the community have significantly lower levels of hope than others. In particular, Northsiders experiencing economic hardships have dramatically lower levels of hope than other community members. People who indicated they 'never have enough to get by' scored 25.8 on the hope scale. 30 is considered low.

Substance Use is a priority issue for Northside Rising. In order to better understand the impacts of this issue on the community, 'people who use drugs' were included as one of the target research groups for this study. Data from the survey showed that substance use impacted 85% of all respondents either themselves, a spouse/partner, or another family member is a person with lived or living experience with substance use. The research also examined trust, a key ingredient enabling people to work together to achieve community goals. Overall levels of trust on the Northside were found to be relatively low among community members in general and in relation to various institutions and professions. Institutional trust was particularly low among some community members, especially for the research target group, 'people who use drugs'.

WHAT'S NEXT: - We are looking at ways to share and further explore key findings of the research. Initially, this will include a webpage, with video excerpts, some analysis, and points for discussion. We look forward to continuing to participate in conversations around hope, agency and trust in the community. Our hope is that in providing this research for community use, we can all make use of it in our respective and collective work towards positive change in the community.

The distressing tone of Invictus discussions has motivated the Northside Community Coalition to host an event that aims to build on the hope in the community. Stay tuned for details on "Pockets of Change", a storytelling gathering happening the evening of December 9th.

The last lines of Invictus, the poem, are a ringing call to action, "I am the master of my fate, I am the captain of my soul." Northside Rising believes in the power of community, and we continue to strive to get behind the hope, agency, trust and love on the Northside.

YOUR FREE SODUKO WEEKLY PUZZLE											
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