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FREE

THIS WEEK

NORTHSIDE COMMUNITY NEWS

FREE

Vol. 11 - DECEMBER 29nd - 2021

DIGITAL EDITION

Our last edition of the year is in digital format so that our staff can enjoy a Christmas holiday - Happy New Year to all our dedicated readers - logon to the website for your copy
www.kleeradio.com



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*Season's
Greetings*

**And
Happy New
Year
From All
The Staff**

**TERRY McCORMICKS TIRE CRAFT
AND KROWN RUST PROOFING**

North Sydney Fire Hall

Pierce Street - North Sydney
OPEN DAILY 10:00 - 12:00

THURSDAY EVENING**Ernie, Todd & Wade**

Kitchen Open from 4:00 - 9:00

MUSIC from 5:00 - 8:00

THIS WEEK'S SPECIAL

CLUB & FRIES**\$10.75****NEW YEARS DANCE
CANCELLED****CHRISTMAS EVE**

Ernie Wells from 2:00 - 5:00
Happy Hour All Day

Royal Canadian Legion
Branch 83 Florence

NEW SCHEDULE

MONDAY, TUESDAY
WEDNESDAY

PROGRAMS ON HOLD
THURSDAY

12:00 - 10:00 pm

FRIDAY & SATURDAY

12:00 - 12:00

The CIRCLE

on Saturday nights

7:00 - 10:00 p.m.

Bingo starting at 7.00

ALL PROGRAMS

cancelled until
further notice
due to COVID
restrictions

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.

736-6313**NORTH SYDNEY
LEGION - BR. 19
SCHEDULE****ARMSTRONG MEMORIAL**

LEGION BR. 019

NORTH SYDNEY

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*Merry Christmas and
Happy New Year From
Kenny and Phantom
Country.*

Sunday BINGO

Sydney Mines S
Pens
Sydney Mines

2:00 pm

NOTICE

Due to COVID
restrictions, all
programs are on
hold pending
N. S. government
announcement on
new Guidelines

**BIRTHDAY
WISHES**

Happy birthday to baby
Jesus born on December
25th to proud parents Mary
& Joseph in the city of
Bethlehem



To all our friends at the Librar-
ies, Fire Halls, Legions and
Seniors Clubs - All The Best
in 2022.



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**

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

902-736-0301 (Office)

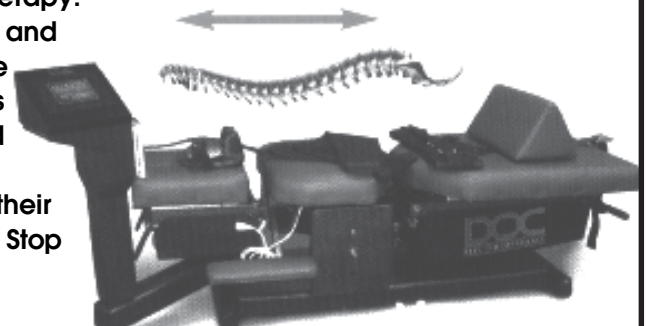
902-736-0411 (Fax)

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.



We've got your back!
Strong
Chiropractic Inc.

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

NEW INTERNET RADIO STATION BEGINS BROADCASTING ON JANUARY 3RD

A new internet radio station begins broadcasting from Mabou on January 3rd featuring Cape Breton and Celtic music and will broadcast 24 / 7.

Manager and Director of CBFM is Ryan MacDonald is 23 and has lived on the western coast of Cape Breton his entire life. He



CBFM
Manager/Director

Hello
my name is
Ryan

likes a lot of music but absolutely loves the talent we have on our beautiful island.

In the past Ryan worked at 1015 The Hawk as their weekend announcer and he would also read news on sister stations CKBW South Shore Radio, Country 100.7

and Y95 - CJLS.

As the Manager and Director of CBFM, Ryan will oversee station programming and will have an on air show weekdays from 8:00 - 3:00. We will play Cape Breton music 24/7. You'll hear traditional music, Gaelic songs, English songs and more! We can't wait for you to enjoy the best music in the world all day, every day!

Krista Luddington brings years of radio experience to the CBFM team. Throughout the years Krista worked at The Hawk keeping the Quad Counties entertained and updated. Krista and her husband Jay make up the band Eastbound and you will hear their music on our station!

Nate Power is a graduate of the Radio Television Journalism program at NSCC Ivany Campus! Nate loves radio and will keep you entertained Saturday and Sunday mornings from 8-12.



and Happy New Year from the membership of the North Sydney Historical Society and Cultural and Heritage Center. And also from the Folks who share our building. The North Sydney Library, North Sydney Seniors Club and the office of Lyndon Johnston Accounting. Have a safe and happy holiday season



FRED TILLEY

MLA Northside-Westmount

**Northside-Westmount
Constituency Office**

2 Elliot Street, Sydney
Mines | Nova Scotia
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BRANCH 008 LEGION - SYDNEY MINES

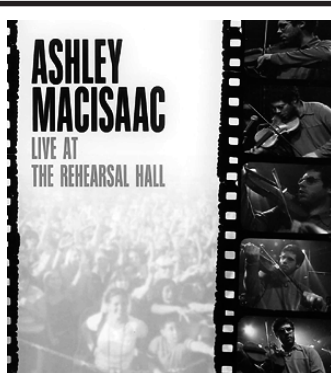
The Branch will close at 3 pm on Christmas Eve, Dec. 24th - The Branch will be closed December 25 and 26th - Regular Hours from December 27 - 30th - December 31st - closed at 3 pm and Closed on New Years Day - The New Years Dance has been cancelled

BINGO closed for Christmas Holidays and will start back January 4th

PHONE - (902) 736-3206



Over the Christmas break I had some time to look at my music shelf and rediscovered this concert DVD, **Ashley MacIsaac's "Live At The Rehearsal Hall"**. Ashley was considered the bad boy of Celtic music that was too punk and controversial for mainstream Celtic music circles and too Celtic for mainstream pop circles. Some could argue that Ashley was the perpetrator of his own misfortune in falling from grace-others would say that he was only being true to himself and that no publicity is bad publicity. Indeed, he is one of the most successful roots music artists in the history of Celtic music, and in his early years was seen as a prodigy and a trailblazer for the future of the fiddle. Ashley may have alienated some fans in the past when he talked about very private and personal matters-but that shouldn't detract from the fact that he is a musical genius and has taken the whole Celtic music fusion genre to a new level while never forgetting where his roots are. This concert DVD starts off with the amazing "Sleepy Maggie" as Ashley and the band slip into such an incredible groove of Celtic/dance/fusion that it's easy to see why this man is a master of the bow. The traditional influences are present as the concert continues with "Belle



Cote", "The John Morrison" and "Johnny Cope", but it's the numbers like "Devil In The Kitchen" that stand out as indicators of where the roots music of Cape Breton Island can be taken to when you have a true innovator at the wheel.

The concert portion of the disc includes 8 numbers with an interview and a question and answer segment from the appreciative audience. Also included are 3 music videos; "Devil In The Kitchen", "Sleepy Maggie" and "Brenda Stubbert". To say that the videos are manic is an understatement, if Ashley's not jumping around with feet on fire he's cavorting with, literally, circus freaks. This just adds to the resume of the young man from Creignish who turned Cape Breton music upside down and shook it until the nickels fell out of it's pockets. As the past has illustrated only too well, genius often goes unappreciated and misunderstood and yes, when it comes to the fiddle, Ashley Mac Isaac is a genius. This is a very entertaining DVD.

\$500 Seniors Care Grant 2022

The Seniors Care Grant provides financial support to low-to-modest income seniors to help them stay in their homes.

The Grant is an annual grant program to reimburse costs up to \$500 to help cover costs of household services. It can be used to cover the costs of such things as snow removal, home repairs, lawn care, grocery delivery and more. It is available to homeowners and renters.

To be eligible for this grant:

- * You still reside in your home
- * The property or lease agreement is in your name or includes your name.
- * You are 65 years of age or over
- * You have an annual household net income of \$37,500 or less

All applications must be submitted by May 31st, 2022. You can apply online at

www.novascotia.ca/seniorscaregrant

We have copies of the application available to print at home from our website - www.kleeradio.com.

Mailing instructions are included in the application

Videotapes wear out so save your precious memories before it's too late!

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Merry Christmas

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NEW COVID RESTRICTIONS IN PLACE

Nova Scotia is imposing tighter COVID-19 restrictions ahead of the upcoming holiday season in order to prevent further spread of the virus.

"We need further restrictions to ensure everyone slows down, reins in their socializing, and limits opportunities for the virus to spread. It may mean a smaller Christmas dinner than you'd planned, but it's better to be small and safe," said Premier Tim Houston, during a live COVID-19 news conference on Tuesday. The following restrictions come into effect at 6 a.m. on Wednesday, Dec. 22 and will remain in place until at least Jan. 12:

PHYSICAL DISTANCING AND MASKING REQUIREMENTS

Physical distance of two metres (six feet) is required indoors and outdoors, except among people in the same household or a consistent social group of up to 10 people.

Masks are required in areas of workplaces where physical distance cannot be achieved, as well as common areas, areas where people are serving the public and areas with poor ventilation.

People must be seated to remove their mask for eating or drinking; at movie theatres, they must go to a designated area for eating and drinking.

All other mask requirements for indoor public places remain, including wearing them when seated for other activities.

Individuals, businesses and organizations all have responsibility for ensuring mask requirements are followed and can all be subject to enforcement action.

GATHERING LIMITS - Indoor and outdoor informal gatherings, typically at home, are limited to 10 people from the same household or consistent social group; physical distance and proof of full vaccination are not required; masks are not required except in indoor public places.

Only virtual events are allowed – there are no in-person events such as festivals, special events (including receptions), sports games or tournaments, or arts and culture performances.

A limit of 10 participants indoors and 25 outdoors applies to sports practices and training; physical distance is not required, and masks are recommended when possible indoors and outdoors; spectators are not allowed.

A limit of 10 participants indoors and 25 outdoors applies to professional and amateur arts and culture rehearsals and virtual performances; professionals must have a plan for their workplace; physical distance is not required, and masks are recommended when possible indoors and outdoors; spectators and competitions are not allowed.

Nova Scotia children ages 11 and younger continue to be restricted from participating in sports and arts and culture events outside the province.

Gathering limits of 25 per cent of capacity to a maximum of 50 people indoors and outdoors apply to social gatherings, regular faith services, wedding ceremonies, funeral ceremonies and their associated visitation, movie theatres, meetings and training that are hosted by a recognized business or organization, including faith organizations.

Regular in-person faith services can only have one person singing; no choirs or congregational singing allowed. Drive-in regular faith services are allowed with no limit on the number of vehicles; the informal gathering limit applies inside each vehicle.

Indoor and outdoor informal wedding ceremonies and faith gatherings, typically at home, are limited to 10 people from the same household or consistent social group, plus one officiant; physical distance and proof of full vaccination are not required; masks are not required except in indoor public places.

Indoor and outdoor funeral ceremonies with a maximum of 10 people, plus officiant and funeral home staff, are allowed without proof of full vaccination but masks and physical distance are required; proof of full vaccination is still required for any visitation.

Day camps can operate with groups of 15 campers, staff and volunteers following day camp guidelines.

RESTRICTIONS FOR BUSINESSES - Places like retail businesses, malls, museums, libraries and recreation and leisure businesses and organizations can operate at 50 per cent capacity with physical distance; some examples under recreation and leisure include dance and music lessons, climbing facilities, escape rooms, indoor play places, arcades, golf, shooting ranges and dog training.

Fitness and recreation facilities can operate at 50 per cent capacity with physical distance; personal training is allowed with as much physical distance as possible.

Personal services like hair salons can operate at the maximum capacity possible with physical distancing but cannot offer services that require removing masks.

Food establishments and liquor-licensed establishments can operate at 50 per cent capacity; they must have physical distance between tables; barriers may only be used to achieve 50 per cent capacity but not exceed it; there is a limit of 10 people per table; they must stop dine-in service at 11 p.m. and close by midnight; takeout, drive-thru and delivery can operate later; only one performer is allowed.

Casino Nova Scotia and First Nations gaming centres can operate at 50 per cent capacity; people playing VLTs must be at least two metres (6 feet) apart; these gaming establishments must stop dine-in service at 11 p.m. and close by midnight.

Activities like cards, darts, pool, bowling and karaoke follow the rules for the setting where they take place, either in licensed establishments or recreation and leisure businesses.

Bingo follows the rules for licensed establishments when in that setting; bingo in non-licensed establishments is a special event which is not allowed.

LONG-TERM CARE RESTRICTIONS - A limit of two visitors at a time with long-term care residents; it must be the same two visitors all the time. It is strongly recommended that visitors have a rapid test within 24 hours of the visit if possible.

Visitors can have quick close contact like a hug but then need to stay physically distanced for the rest of the visit.

The requirement for visitors to wear masks and be fully vaccinated, except for end-of-life visits, remains.

Even if they are fully vaccinated, residents can only leave the facility for medical appointments or for a drive in a facility or visitor's vehicle with no stops and no contact with other people outside the facility.

Only residents who are eligible and have had a booster dose can access service providers for recreational activities and personal services like hairstyling.

Residents can attend regular faith services in the facility; the room can have 25 per cent capacity to a maximum of 10 people; only one singer; no choirs or congregational singing are allowed

NORTHSIDE NEWS



NORTH SYDNEY LIBRARY NEWS

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

CHRISTMAS SCHEDULE

Closed Christmas Eve, December 24th at 1:00 pm

Closed Dec. 25, 26 and 27th

Closed December 31st at 1:00 pm

Closed New Years Day, January 1st

Open Monday January 3rd for Regular Hours.

DON'T DRINK & DRIVE



BRANCH 008 LEGION NEWS

CHRISTMAS SCHEDULE

The Branch will close at 3 pm on Christmas Eve, Dec. 24th

The Branch will be closed December 25 and 26th.

Regular Hours from December 27 - 30th.

December 31st - closed at 3 pm and Closed on New Years Day.

The New Years Dance has been cancelled due to COVID restrictions.

Tickets will be refunded at the downstairs Bar.

Merry Christmas to all our members from the Branch Executive, Ladies Auxiliary and Staff at Branch 008 Legion.



THE GIFTS OF THE MAGI

When you're young and Christmas approaches, you start to get caught up in the magic of the season. I love everything about Christmas from the tree decorating to the wonderful aroma of food and "sweets" baking. One of the most time honored Christmas traditions for my brother and I was "rootin'."

We would try to find my mother's hiding places and guess at the presents we were going to get for Christmas. It was all a part of the overall Christmas spirit and we were pretty good at guessing and finding the gifts.

Once Christmas in 1963, my mother came home from shopping with an armload of bags.

My brother and I pretended ignorance of seeing the gifts.

That night my mother and father went to play darts at the Sergeant's Mess.

My brother and I decided to do some recon. We set out like we were scouts for the Calvary looking at all the old spots. We never found a single gift. We decided to look in the hallway closet but figured there would be nothing there.

To our great surprise, we saw all the gifts just sitting there on the shelves not even wrapped! We were thrilled at first but then it slowly sunk into us that we knew exactly what we were getting for Christmas. There was new skates, a watch, hockey sticks, a fishing rod and reel and assorted games. I remember quite clearly that the thrill of "the hunt" was now over.

This was only a week before Christmas so my brother and I agreed that we better act surprised on Christmas morning or our mother would know we were "rootin'". On that particular Christmas morning my brother and I slept in for the first time in many years. We were not up at the crack of dawn because we already knew what we were getting.

The first present my brother opened was a chemistry set. We both looked at each other in surprise wonder how we missed that one. The first gift I opened was a microscope and with the same reaction. We both wondered where she had hid that one. This continued on and we never did unwrap a watch, hockey stick or fishing rod. I still remember my brother and I talking late on a cold December night and agreeing not to root anymore as it ruined our Christmas.

My mother commented that we really seemed surprised. We just said we thought we were getting other things. It wasn't until many years later that we discovered that my mother and our next door neighbour had traded places with the Christmas gifts. The kids got all the gifts we saw and our gifts were hidden next door.

I was cured of "rootin'" for Christmas but I'll never forget that very special 1963 Christmas when my brother and I were set up by "wisemen" or more specifically, "wise women."



SYDNEY MINES LIBRARY NEWS

The campaign for kids clothing is now finished. - thank you to everyone for your donations. It was a big success.



CHRISTMAS SCHEDULE

Closed Christmas Eve, December 24th at 1:00 pm

Closed Dec. 25, 26 and 27th

Closed December 31st at 1:00 pm

Closed New Years Day, January 1st

Open Monday January 3rd for Regular Hours.

2022 JANUARY						
SUN	MON	TUE	WED	THU	FRI	SAT
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

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HAPPY NEW YEAR



From K-Lee Radio and Northside This Week



**ROBERT
O'HEARN**
RADIO HOST

JACK COOL
OLDIES DJ
KLEE - 2



**KENNY
WALSH**
RADIO HOST
Phantom
Country

**PAUL
POWER**
Columnist
TAKE 2



NORTHSIDE THIS WEEK brings you the latest in
Community News on the Northside every Wednesday
in print and also in digital format on our website

*K-LEE RADIO plays the Best of Cape Breton &
Celtic Music 24 Hours A Day - 7 Days A Week
broadcasting from Beautiful Cape Breton Island*

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AROUND THE TOWN



Dear Friends - Another year has come to an end and as we look back at the year I think I can safely say that we had our ups and downs - for a time it seemed **COVID** was on the decline and things were opening up and starting to return to some semblance of "normal" and then just as we made plans to be out celebrating Christmas and a new year, COVID reared its ugly head again - but I feel **2022** will be our year - maybe my **Canadiens** can win two games in a row.... maybeon **page 5** of this edition, you'll find the latest COVID restrictions for the upcoming Christmas season, I suppose they could have been worse, at least you can visit family for Christmas..... and on **page 6** of this edition you'll find a story from my "**Cape Breton Christmas Memories**" book and it's a true story about me and my brother Dave "rootin' for Christmas gifts - it still brings a smile to my face each time I read it..... please remember the **Food Banks** this year - they are especially hard hit this year and could use your support..... you'll see a story on page 3 about another **internet radio station** going online broadcasting Cape Breton and Celtic music from Mabou - we want to wish **Manager Ryan MacDonald** and all his staff a huge welcome and thank them for promoting Cape Breton music and musicians..... I want to send out a special Thank You to **Jack Cool, Kenny Walsh, Paul Power, Robert O'Hearn Pierre Chiasson** and all the terrific staff at **Kwik Kopy Printing** who print our paper each week, without your contributions, we could not keep you informed about Northside Community news.... and don't forget to check page 4 for the **\$500 Seniors Grant** from the Nova Scotia government - you can claim up to **\$500** next year for upkeep - this applies to **homeowners** and **renters** as well - get your applications from our website at - www.kleeradio.com - **May God Bless** and all the Best in 2022



come and thank

CBRM HOLIDAY SCHEDULE

Several CBRM services are on holiday schedules in the weeks ahead.

Transit Cape Breton is not operating from 5:00 pm on Friday, December 24 until resuming full service on the morning of Tuesday, December 28. Transit is also not operating on Saturday January 1, resuming operations on Monday, January 3.

Solid waste collection does not occur on Saturday, December 25. Instead, collection will take place on Monday, December 27.

There is also no curbside collection on New Year's Day, January 1, 2022. All areas scheduled for collection on January 1 will be rescheduled to Monday, January 3.

All Solid Waste Management Sites including the administration office are closed on Saturday, December 25, 2021 and Saturday, January 1, 2022.



This Christmas Season, please use a Designated Driver if you are planning on drinking and driving. Don't let a tragedy ruin your Christmas.



JACK COOL
K-LEE RADIO
DJ NEWS

Jack Cool is on Christmas Holidays with Late Nite Oldies and he will return in the new year, Merry Christmas & Happy New Year to our listeners.

YOUR FREE SODUKO WEEKLY PUZZLE

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

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!!

HAPPY NEW YEAR 2022!



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