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By Appointment - Masks Mandatory

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FREE

THIS WEEK

NORTHSIDE COMMUNITY NEWS

FREE

Vol. 12 - FEBRUARY 16 - 2022



YIPPEE!!!

Check for Legions, Fire Halls
and Seniors Clubs for programs
that are starting up again after
COVID restrictions are relaxed



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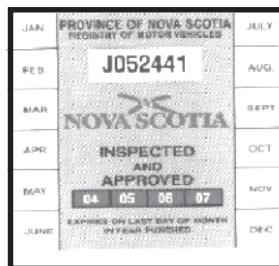
TIRECRAFT

126 SEAVIEW DRIVE - - NORTH SYDNEY

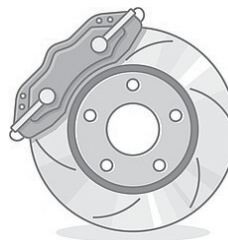
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North Sydney Fire Hall

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

Starting Feb. 24th**Ernie, Todd & Wade**

Kitchen Open from 4:00 - 9:00

MUSIC from 5:00 - 8:00**WEEKLY SPECIAL Feb. 24****CLUB & FRIES**

CRIB is starting again Tuesday, March 1st at 7:00 pm.

**Royal Canadian Legion
Branch 83 Florence**

NEW SCHEDULE

**MONDAY, TUESDAY
WEDNESDAY &
THURSDAY**

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

Mens Darts on Monday Night at 7 p.m.

Tarabish on Wednesday Night at 7:00 pm

Bingo is back on Thursday Night at 7:00 p.m.

Washer Toss on Friday Night at 7:00 p.m.

CIRCLE is back on Saturday Night at 7:00 p.m.

Mixes Darts on Sunday Night upstairs at 7:00 p.m.

736-6313

**NORTH SYDNEY
LEGION - BR. 19
SCHEDULE**

ARMSTRONG MEMORIAL**LEGION BR. 019****NORTH SYDNEY**

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10 am - 12 midnight

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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

Gospel Hour with Pierre Chiasson Sunday mornings 9 am - Logon to our website www.kleeradio.com

Sunday BINGO**Starts Again Feb. 27th**

Sydney Mines Seniors & Pensioners Club Fraser Avenue, Sydney Mines

2:00 pm

Doors Open 12:30

Cards selling 12:45

Toonie Jackpot went**JACKPOT \$1000.00****on 54#s or less**

Masks Are Mandatory

Also Proof Of Vaccination must be Shown - No Food or Drink allowed

MEMBERSHIP MEETING

Tues., April 5th at 2:00 pm

All Committees will be picked at this time.

Membership dues are \$10.00 and must be paid on or before April 5th



Remember your local Food Bank as this is the busiest time of the year and the need is the greatest.



Heat & Serve Meals - Fresh Meal Selections - Frozen Selections

Grab 'n Go Lunch**Soups - Sandwiches - Salads****Ph: 217-0280**

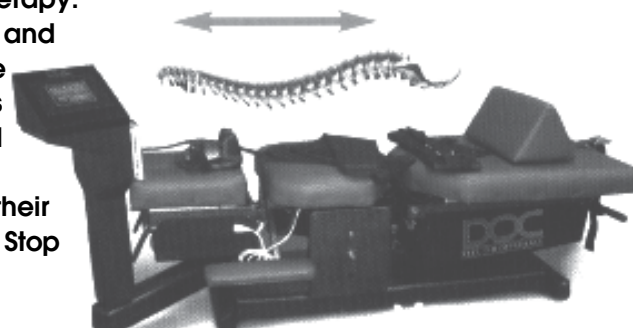
212 Commercial Street
NORTH SYDNEY

**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.



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

New COVID Restrictions Eased

The Nova Scotia government announced new COVID Guidelines and Phase 1 began Monday and Premier Houston says the province will use a three-phase plan to ease COVID-19 restrictions.

PHASE 1 is scheduled to begin at 12:01 a.m. on Monday. In this phase, events will be allowed again, gathering limits will increase and all border restrictions for domestic travellers will be lifted.

Informal gathering limits will increase to 25 people (up from 10), and they can be from the same household or a consistent social group.

Formal gathering limits will be increased to 50 per cent of the capacity at the venue, including funerals and wedding receptions, festivals, fundraisers, and other special events.

Performances and sports games will be allowed, including when they take place as part of school extra-curricular activities.

Limits for participants in sports, arts and culture will increase to 60 people.

Spectators will be allowed following the formal gathering limits.

Regular faith services can have up to 50 per cent of the venue's capacity, with performers, like choirs, following the limits under sports, arts and culture. Choirs are recommended to keep their masks on during performances in Phase 1.

Congregations can sing again but the mask requirement will remain in place for them during Phase 1.

Retail store and malls can operate at maximum capacity possible with physical distancing.

Fitness, recreation facilities, businesses and organizations can operate at 75 per cent capacity. This includes places like gyms, arenas, libraries, dance lessons, dog training, and museums.

Bars and restaurants can operate at 75 per cent capacity. Distance of two metres between tables is still required in Phase 1 and a limit of 25 people maximum per table. Bars and restaurants will be permitted to provide table service until midnight (up from the previous time of 11 p.m.).

During Phase 1, Strang says masks will continue to be required in indoor public places and proof of full vaccination will continue to be required for discretionary activities. These restrictions may also continue in Phase 3, depending on epidemiology.

Masking and cohorting in schools will also continue in the first phase, but singing and the use of wind and brass instruments can resume.

(CONTINUED ON PAGE 7)



BIRTHDAY WISHES

I want to send out Birthday Wishes to my two grandsons celebrating their birthdays - Connor MacLeod on Feb. 9th and Julian Campbell celebrating his birthday on February 17th - Happy birthday guys - don't forget to save me some cake!!! - Love Poppy and Nanny

CONTACT INFORMATION

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Email Address
glengray@kleeradio.com



It's Tax Season once again and we will be running our weekly "TAX TIPS" column to help you prepare your Tax Return for 2021 and maximize the deductions you can claim especially this year with COVID programs - page 6 for details.



FRED TILLEY

MLA Northside-Westmount

Northside-Westmount Constituency Office

2 Elliot Street, Sydney
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mla@northsidewestmount.ca



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BRANCH 008 LEGION - SYDNEY MINES

Applications for student Bursaries available at the Downstairs Bar Branch 008 or Memorial High School. Students of Legion Branch 008 - fathers, grandfathers and great grandfathers are eligible

**LADIES AUXILIARY MEETING FIRST SUNDAY OF THE MONTH
FUND RAISER - \$120 MEAT ORDER & BOILED DINNER FIXINS'**

DRAWING MARCH 15 - \$2.00 EACH - 3 FOR \$5.00

PHONE - (902) 736-3206

**BRANCH
MEETING
FEB. 24
7:00 pm**



A person could spend a lifetime just going through the list of what to watch these days-so it's nice to latch onto a show that fits the bill perfectly; for me that's a great series-with a limited episode run so that I don't have to dedicate the next 5 years to watching it. "GLOW" is such a series. "The Gorgeous Ladies of Wrestling" is a Netflix drama that hits the mat hard with the world of televised ladies wrestling, mostly behind the scenes-with everyday drama galore. I'm not really a fan of wrestling but that's not a problem here as the series is more about the people; the biggest names are Allison Brie, Marc Maron and Betty Gilpin, with some really cool supporting actors in tow, some of whom are real wrestlers by trade. The series was set in the 1980s, complete with the over the top fashions, hairstyles and awesome music that made the 80's so much fun, and one of the best loved decades for those feeling nostalgic. I'm a big fan of Betty Gilpin's work in the series "Nurse Jackie" and the movie "The Hunt", plus Marc Maron is a great comedian and writer so I was completely drawn to this series after the first episode. Also, because of the decade it's set in the series shows just how sexist the era really



was, and how predatory some men were-but make no mistake, the women here are the ones that were really in charge-especially when dealing with the TV executives (I worked in television for 25 years and I always found that the biggest jerks were the higher ups who understood nothing about creativity, and looked down on the creative people as basically just cattle on the farm). The first season consisted of 10 episodes and was released in 2017, the second season of 10 episodes was released in 2018 and the third season in 2019. In October of 2020 the fourth season (which was to be the final one) was canceled due to the pandemic making safe production impossible. That's such a shame because the heart and soul of "Glow" is each character as they all change, some for the better-some for the worse. I hope it returns for that fourth, and final season.

Cape Breton To Host N.S. Music Week 25th Anniversary

Nova Scotia Music Week (NSMW) has announced the celebration of its 25th anniversary in Sydney, Cape Breton, Nov. 3-6, the event's second time in Cape Breton.

Music Nova Scotia is offering a limited number of festival wristbands on sale now for \$40. These allow access to all showcasing events at NSMW 2022, subject to capacity.

Limited wristbands are available for sale here until sold out. Regular early bird ticketing will be available later in the Spring.

FREE PODCAST - Download free music Podcasts - To Get your Free Podcast Logon to our website at this address www.kleeradio.com



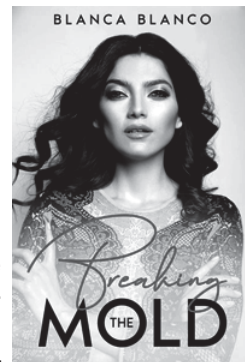
JACK COOL
K-LEE RADIO
DJ NEWS

I had the pleasure of doing a Zoom interview which was originally supposed to be a phone

interview with **Ac-tress Blanca Blanco** but due to technical difficulties with the signal we had to switch from phone to Zoom.

She has a book out called "Breaking The Mold" which is about her surviving immigration racism Poverty, Abuse, Bullying & Covid. The book is available on all platforms.

Special thanks to Harlan Boll for arranging this interview.



The famous "Stevie's Jamboree" TV show

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WEEKLY CROSSWORDwww.kleeradio.com**ACROSS**

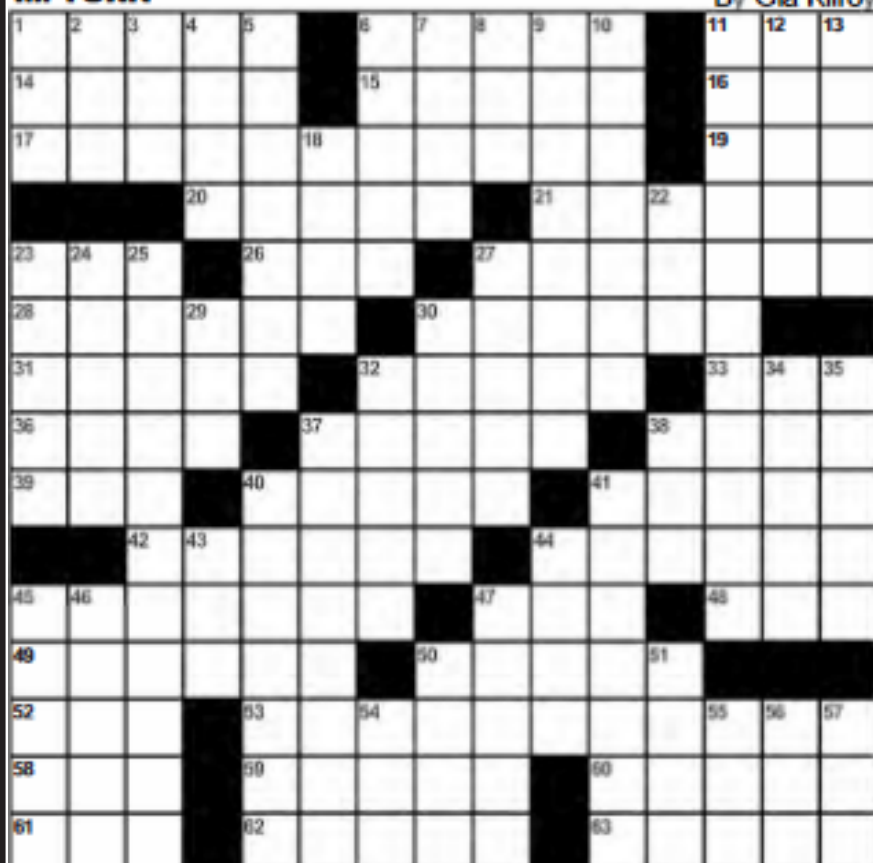
- 1) Word before "beware!"
- 6) Extraterrestrial realm
- 11) "If I only ___ a brain"
- 14) Cloudless sky color
- 15) Two points in time?
- 16) "___ it or lose it"
- 17) Vigorous
- 19) "The city that never sleeps," for short
- 20) Amarillo's state
- 21) Major impact evidence
- 23) Venus, to Serena
- 26) It may be cut or paste?
- 27) Transparency
- 28) Insight
- 30) Horror director Wes
- 31) Very good-looking people
- 32) Unlike chickens?
- 33) Guy's honey
- 36) Campus concern
- 37) Bellyache
- 38) Sicilian landmark
- 39) A miner matter?
- 40) Clothes lines
- 41) Slit open, ironically
- 42) Be about to cry
- 44) Granitelike rock
- 45) One who's left holding the bag?
- 47) Ungentlemanly type
- 48) ___ Wee Reese of baseball fame
- 49) Beat to the finish line
- 50) Felony fire
- 52) Hockey legend Bobby
- 53) Make confetti
- 58) Half a cocktail?
- 59) Turnpike travelers, briefly
- 60) Mama Judd
- 61) "Got that right"
- 62) Islamic leaders
- 63) Word with "singing" or "Bible"

DOWN

- 1) Word with "cross" or "crow"
- 2) Action film staple
- 3) Relative of 61-Across
- 4) "While" lead-in
- 5) Breaks a promise
- 6) "Get out!"
- 7) Florists' needs
- 8) Boxing's "Greatest"
- 9) Secret meeting
- 10) Carve on, as a monument
- 11) It may involve dogs and foxes
- 12) Heretofore
- 13) Complain about
- 18) Cart pullers
- 22) "We" may precede it
- 23) ___ Domingo
- 24) Comparatively frosty
- 25) '60s TV show (with "77")
- 27) Vegas shooting game
- 29) Encountered
- 30) Angular hair wave
- 32) Big name in electric shavers
- 34) Biscotto flavoring
- 35) Spell of forgetfulness
- 37) Garden flower
- 38) 180 deg. from WSW
- 40) Warrior of old Japan
- 41) Cause of ruin
- 43) Always, in verse
- 44) Breathe laboriously
- 45) Pirate's plunder
- 46) Distinctive atmospheres
- 47) Symbol of Christianity
- 50) Bit of matter
- 51) Within reach
- 54) After-school bake sale org.
- 55) Pigeon's utterance
- 56) Down Under bird
- 57) Sample, as hot tea

IM TORN

By Gia Kilroy



(Solution on page 8)

NORTHSIDE NEWS



NORTH SYDNEY LIBRARY NEWS

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

For your convenience we have both Indoor and Outdoor Drop Off and Pick Up Service.

FIBRE LUNCH starting again February 24th - proof of vaccination and masks are required.

We have snowshoes you can borrow for 1 week, see us at the Main Desk



BRANCH 008 LEGION NEWS

Ladies Auxiliary Meeting March 6th and every first Sunday in the month

Branch Meeting - February 24th at 7:00 pm

The Ladies Auxiliary have a Fund raiser tickets \$2.00 each or 3 for \$5.00. All monies raised go towards the Ladies 95th Anniversary.

Tickets will be drawn March 15th. The ticket consists of \$120.00 meat order from Bonnars Meats plus a Corned Beef Dinner with all the fixins and juice and desert.

Please come out and give us your support.

Tickets available from any Ladies Auxiliary member or from the Downstairs Bar.

Applications for Bursaries can be picked up at Sydney Mines Legion, Branch 008 or Memorial High School. They are open to all students of Legion members of Breton Branch 008 in good standing and grandfathers, grandmothers, great grandparents who were Branch 008 Legion members. Please pick up your applications for Guidelines for Eligibility.

TAX TIPS 2021

Canada Worker Lockdown Benefit (CWLB) replaces Canada Recovery Benefit (CRB)

The CWLB is replacing the CRB, all benefits will remain the same. Eligible individuals will still get the same \$300 per week, as long as their work was interrupted by a government-imposed public health lockdown.

Keep in mind, if a worker is eligible for Employment Insurance (EI), they can't claim both the CWLB and EI at the same time. Also, if a worker experiences loss of income because of a refusal to follow vaccine mandates, they won't be eligible for this benefit.

How do you apply for the CWLB?

For now, you can apply for the CRB through your CRA MyAccount.

Changes to the Canada Recovery Sickness Benefit (CRSB) and Canada Recovery Caregiving Benefit (CRCB)

Both CRSB and the CRCB have the following changes:

The CRSB and the CRCB have been extended until May 7, 2022

Recipients can now claim another two weeks of benefits:

For the CRSB you can now claim up to 6 weeks (the previous limit is 4 weeks),

For the CRCB, you can now claim up to 44 weeks (the previous limit is 42 weeks).

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Did you miss tax season? Are you late?

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NORTHSIDE TAX SERVICES

Call 902-317-4829

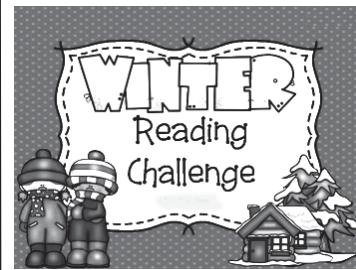
Message online: [facebook.com/NSideTax](https://www.facebook.com/NSideTax)



SYDNEY MINES LIBRARY NEWS

Winter Reading Challenge - log the books you have read. Program ends March 27th check our website for details and Great Prize list.

We have Coloring Pages available.



Stay tuned to Cape Breton's Community Radio station in 2022 as we enter our 12th year of broadcasting. We will have new programs and Free Podcasts for you.

We broadcast the Best in Cape Breton and Celtic music 24 hours a day - 7 days a week on our website www.kleeradio.com

NORTHSIDE & DISTRICT MINOR HOCKEY 50/50 DRAW

- Last week's winner was Fred Martell and the amount was \$14,117. Thank you for your continuing community support.



Shear Madness

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

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THE LATE NIGHT OLDIES SHOW

with DJ Jack Cool has returned

K-LEE RADIO ON FRIDAYS - 11 PM

New COVID Restrictions Eased

(CONTINUED FROM PAGE 3)

During Phase 1, schools will be allowed to resume all extra-curricular activities following community guidance for sports, arts and cultures.

In long-term care, residents will be able to have two visitors at a time in Phase 1.

"We were restricting it to only two, and they have to be consistent visitors, but as of Monday, they will no longer have to be the same two visitors," said Strang.

A full list of changes in Phase 1 can be found on the province's website.

In Phase 2, gathering limits will be further increased, and in Phase 3, there will be no more gathering limits or physical distance requirements.

"As always, we aim to strike the balance between measures that help limit the spread of the virus and allowing our society and economy to function," said Dr. Robert Strang, chief medical officer of health for Nova Scotia. "As we ease restrictions, we'll monitor closely and make adjustments to our plans if necessary."

The province's top doctor says each phase will last about a month. Moving into the next phase will depend on epidemiology, hospitalizations, case activity in long-term care facilities and employee absenteeism.

"There will be lots more to say about the moving forward over the coming weeks. We will have a lot to say about that," said Houston.

Houston said the province is able to ease restrictions thanks to the province's high vaccine rates and the fact that Nova Scotia is leading the country in booster doses.

"It's also happening because we know the need to balance between restrictions and the risk of COVID in terms of our overall public health," he said.

OUR NEW BOOK NOW AVAILABLE ONLINE

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

You can order it and all of our Cape Breton Humour books from our website - Logon to our website www.kleeradio.com

ANOTHER CAPE BRETON HUMOUR BOOK

OH, ME SHATTERED NERVES



*A Look At The Life and Times
of Growing Up In The
Ashby Area Of Sydney
Amusing and Dramatic Stories*

WRITTEN & COMPILED BY GLEN GRAY

Remember To Replace Your Smoke Detector Batteries

Replace smoke detector batteries According to the National Fire Protection Association (NFPA), 71% of smoke alarm failures are a result of missing, disconnected or dead batteries. A good way to remember to change your smoke detector batteries is when you turn your clocks for daylight savings time.

FACT: In just two minutes, a fire can become life-threatening. In five minutes, a residence can be engulfed in flames.



A working smoke detector significantly increases your chances of surviving a deadly home fire.

Install both ionization AND photoelectric smoke detectors, OR dual sensor smoke detectors, which contain both ionization and photoelectric smoke sensors. Clover Electric can help you choose the right product for your home.

Test batteries monthly.

Replace batteries in battery-powered and hard-wired smoke detectors at least once a year (except non-replaceable 10-year lithium batteries). Change the batteries two a year, when you change your clock for daylight savings time.

Install smoke detectors on every level of your home, including the basement, both inside and outside of sleeping areas.

Never disable a smoke detector while cooking – this can be a deadly mistake.

Did you know that smoke detectors have an expiration date?

Smoke detectors should be replaced every ten years, or as recommended by the manufacturer. The sensors inside the detector will gradually wear out, eventually leaving it ineffective. You can look for the date yours was manufactured right on the back.

Don't forget the carbon monoxide detectors. Carbon monoxide detectors should be installed on every level of the home and outside sleeping areas.

Are you unsure if your smoke and carbon monoxide detectors are working properly? A technician can test or replace any detector you have in your home. Don't delay. Make the call that could save a life.

North Sydney Fire & Rescue
Ed Fudge, Public Fire Educator



KWIK KOPY PRINTING

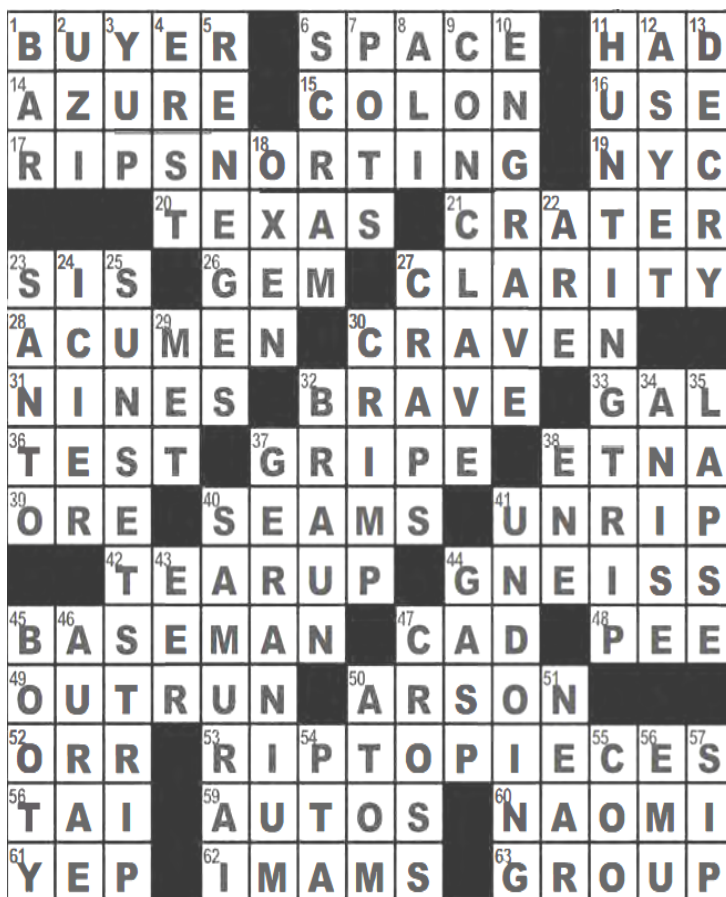
CHARLOTTE STREET - SYDNEY

PHONE 562-2122



AROUND THE TOWN

Well, we've waited long enough and finally the COVID restrictions are **being lifted** in phases and I'm happy on a personal level and I'm also happy for the Legions, Libraries, Fire Halls and seniors clubs that can get back to having their members able to attend and able to generate some necessary funding to keep their establishments open - we have enclosed the entire information for you starting on **page 3** and I hope we can quickly escalate to Level 3 where there are little or no restrictions - I hope we can get there so the **kids** can take off their masks at school - here's hoping.... **Super Bowl** weekend is in the books for another year and my prediction of **Cincinnati Bengals** winning just missed the mark ... Tax season is here again and you can get some valuable **TAX TIPS** on page 6 and maximize your return - remember you don't have to wait until you have your tax slips in **the mail** as a tax consultant can get copies from your tax account online and you can get your return in early and get your **refund quicker** - see your local tax consultants for more information..... I have been watching the **Olympics** on TV and I want to mention a young Cape Breton womens hockey player - **Jessica Wong** - who comes from Baddeck and plays for the Chinese team - I had the privilege of interviewing her for **K-LEE RADIO** when we were located in Baddeck - she is an exceptional athlete and a great representative and role model for young hockey players.... I have been getting some good feedback on the **Crossword Puzzle** so I'll put it in for the next few weeks... **NOTE - CLUBS and ORGANIZATIONS** - Going forward you will need lots of publicity to get your club going once COVID is in the rear view mirror - simply send your information to - thisweek@kleeradio.com and we'll make sure your event gets published - **Til next week - Glen**



YOUR FREE SODUKO WEEKLY PUZZLE

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

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!!

Sunday Morning
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