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By Appointment - Masks Mandatory

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FREE

THIS WEEK

NORTHSIDE COMMUNITY NEWS

FREE

Vol. 12 - MARCH 2ND - 2022

**HAPPY
International
Women's Day**



Tuesday, March 8th
Take time to recognize
women's achievements.



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SHOCKS & STRUTS
NOVA SCOTIA MVI
ALIGNMENT
OIL CHANGES
TUNE-UPS
TIRES**

KROWN
RUSTPROOFING

126 SEAVIEW DRIVE
NORTH SYDNEY

Phone For An
Appointment

794-4947

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****BACON CHEESEBURGER**

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

BINGO
starting at
7.00

**Thursday
Nights**

MEN'S DARTS

on Monday Nights at
7:00 pm



**WASHER
TOSS**

on Friday Nights
at 7:00 pm

MIXED DARTS

on Sunday Night
Upstairs - 7:00 pm

736-6313

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

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

Open Monday - Saturday

10 am - 12 midnight

Last call 11:00 pm

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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 \$80.00**JACKPOT \$1025.00****on 54#s or less**

Masks Are Mandatory

45s Card Game**starting again****March 2nd - 7:30**

Masks Are Mandatory

MEMBERSHIP MEETING

Tues., April 5th at 2:00 pm

All Committees will be
picked at this time. Member-
ship 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**

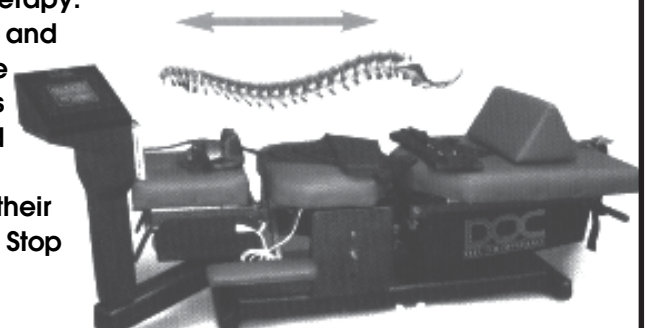
212 Commercial Street
NORTH SYDNEY

**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

Gender equality today for a sustainable tomorrow

Tuesday, March 8 is International Womens Day

Advancing gender equality in the context of the climate crisis and disaster risk reduction is one of the greatest global challenges of the 21st century.

Women are increasingly being recognized as more vulnerable to climate change impacts than men, as they constitute the majority of the world's poor and are more dependent on the natural resources which climate change threatens the most.



At the same time, women and girls are effective and powerful leaders and change-makers for climate adaptation and mitigation. They are involved in sustainability initiatives around the world, and their participation and leadership results in more effective climate action.

Continuing to examine the opportunities, as well as the constraints, to empower women and girls to have a voice and be equal players in decision-making related to climate change and sustainability is essential for sustainable development and greater gender equality. Without gender equality today, a sustainable future, and an equal future, remains beyond our reach.

This International Women's Day, let's claim "Gender equality today for a sustainable tomorrow".

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

FREE ITEMS FROM K-LEE RADIO

K-LEE RADIO has recorded several Podcasts that you can download for free from their website. On the music side, they have Fiddlers Green showcasing some of the best fiddlers in Cape Breton.

For seniors they have a Sing Along Show with many popular well known songs that you can sing along with. There is also a free 80 page Lyrics Songbook you can download and print at home to follow along with the songs.

In addition there are many Old Time Radio shows such as Big Band performances, many radio serials, mystery shows and comedy shows from the best in the 40s and 50s radio.

While you're on the website, check out the Kids Page that has many audio stories, trivia, and a 120 craft projects to keep the children occupied during snow days and with the coming Easter vacation.

All these items are free to use and download - logon to their website - www.kleeradio.com



FRED TILLEY

MLA Northside-Westmount

**Northside-Westmount
Constituency Office**

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(902) 736-0546
mla@northsidewestmount.ca



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sharon.matthews@hrblock.ca

DROP OFF & ONLINE SERVICE AVAILABLE



BRANCH 008 LEGION - SYDNEY MINES

Veterans Banner Project Applications Available - see page 6 for details

GOOD FRIDAY FISH SUPPER - APRIL 15TH

EAT IN AND TAKE OUT

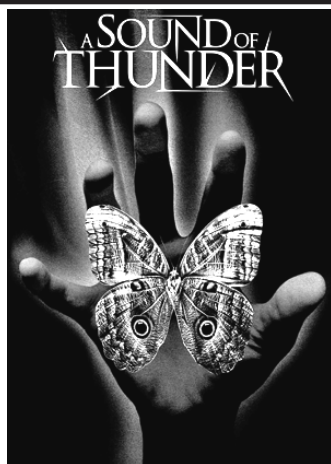
FUND RAISER - \$120 MEAT ORDER & BOILED DINNER FIXINS'

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

PHONE - (902) 736-3206



In the movie realm there are countless examples of hidden gems and treasures not yet discovered by most mainstream viewers. "A Sound of Thunder" is one such gem. I know some people who think it's weird to re-watch movies but since this film's release in 2005 I have watched it probably 5 times because I think it's one of the best adaptations of a Ray Bradbury story, and one heck of a good Science fiction tale. Granted the movie failed big time at the box office, recouping only about a third of it's cost, and critics were cruel-but what do they know-right? The story is set in the year 2055 with a corporation that sells an experience to rich "time tourists", who get to go back to a prehistoric time and kill a dinosaur (who was only moments away from dying of natural causes anyway) so as to not affect the timeline to the future, or 2055 to be precise. The unwritten rule in Las Vegas of "what happens in Vegas stays in Vegas" applies here too as nothing, not even a particle, can be brought back. That's where the chaos starts to unfold. It's the Chaos Theory and the Butterfly Effect all rolled up into one big cluster F. The film stars Edward Burns, Sir Ben Kingsley and Catherine McCormack and was co-produced by U.K., U.S.,



German and Czech Republic involvement-which might explain why this film has a somewhat unique look to it. The film was originally set to be shot in Montreal, with Pierce Brosnan in the lead role, but a rewrite request derailed it, and with the Hollywood writers and actors strike looming in 2001 that nixed those plans. Then Canadian producer Nicholas Claremont passed away, and Brosnan dropped out as well. The film did get done (obviously) but during post-production Franchise Pictures went bankrupt, so last minute effects took a pay cut and the film barely got completed. Once again, I thoroughly enjoyed this movie for being just what it is-a great science fiction tale showing how greed and monetary gain can warp, twist and manipulate something which at first seems pure and noble, but turns into a literal Frankenstein's monster. Sounds familiar-and more relevant in today's world.

Waterfront Urban Market For Sydney

The Port of Sydney in Cape Breton hopes to have a "waterfront urban market" up and running in 2023, part of a \$7.5-million redevelopment.

The project includes changing Pittman Hall at the Joan Harriss Cruise Pavilion into a year-round market with retail shops and restaurants. The hall is one of the largest event venues in Sydney, but once the changeover happens it will no longer host large events like weddings.

"We have had plans for this for the last few years before COVID, but when COVID appeared we realized we aren't just going to rely on cruises," said Paul Carrigan, general manager of the Port of Sydney.

The number of cruise ship passengers visiting Sydney had grown significantly in recent years, but cruise ships were banned from operating in Canadian waters for well over a year under federal pandemic measures.

The port has started advertising that it's looking for businesses to fill the hall space. So far, Carrigan said there's been interest in setting up a deli and having an African restaurant. The organization is also looking for a variety of retail shops.

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ACROSS

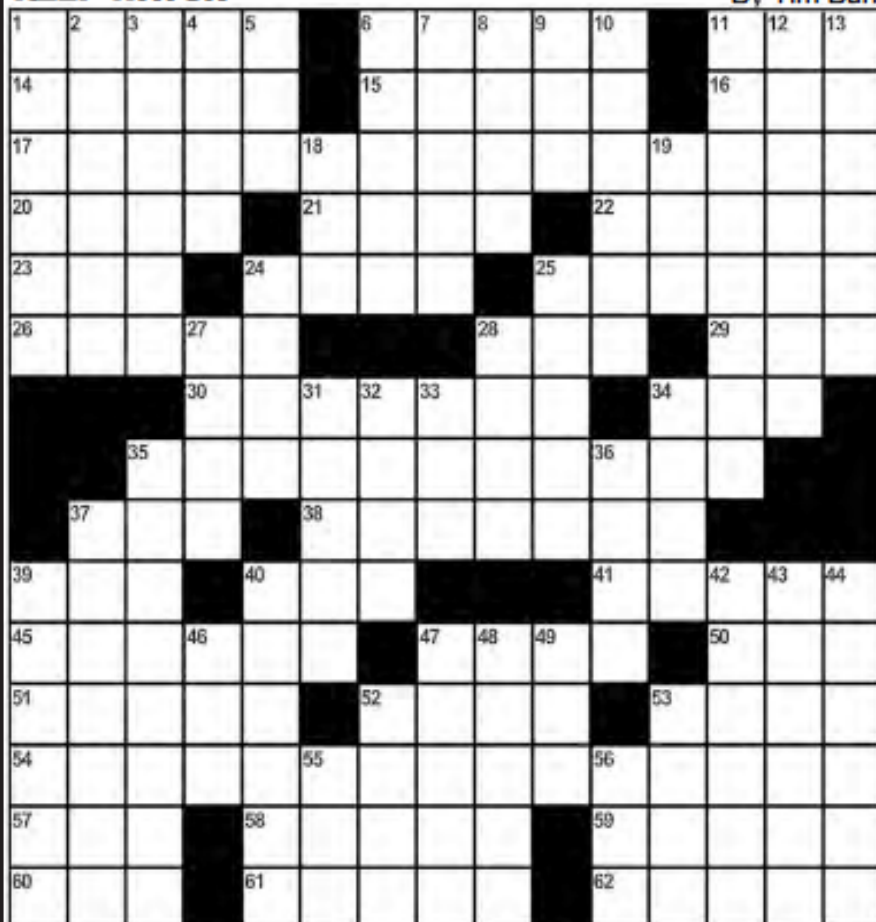
- 1) Life of ____ (carefree existence)
- 6) Flat-bottomed open boat
- 11) "Shogun" sash
- 14) Apparently amazed
- 15) Country of over 1 billion
- 16) Car tracking digits (abbr.)
- 17) Gain experience
- 20) Doubter's outbursts
- 21) Like most NBA players
- 22) Caloric-rich pastry
- 23) 67.5 degrees, on a compass
- 24) Retail center
- 25) Fence repairer
- 26) Bronco catcher
- 28) Deafening noise
- 29) Find in a mine
- 30) Hole in your head
- 34) Burns of documentaries
- 35) Provider of wide-angle shots
- 37) One way to get the gravy
- 38) Former or previous
- 39) Affectionate utterance
- 40) Cape ____ (cottage style)
- 41) Olympic prize
- 45) Greyhound alternative
- 47) Crossing the Atlantic
- 50) Day before a holiday
- 51) Dutch shoe
- 52) "____ go brag"
- 53) Hairy jungle creatures
- 54) Maryland state flowers
- 57) Be in pain
- 58) Model of perfection
- 59) "Beetle Bailey" character
- 60) "2001" mainframe
- 61) From Oslo, e.g.
- 62) More likely

DOWN

- 1) "Friends" female
- 2) Big lizard
- 3) Woodworker's machines
- 4) Classic poetry
- 5) Japanese currency
- 6) Twine fiber
- 7) Bell sound
- 8) Short poem (var.)
- 9) "Fee ____ foe fum"
- 10) Enrich
- 11) Goes too far
- 12) Marsh heron
- 13) "Psst!" follower
- 18) Airport stat.
- 19) Billion years
- 24) Cow sounds
- 25) Prefix meaning "one thousandth"
- 27) Quick cut
- 28) Attempt to lose weight
- 31) Prepared Bond's martini
- 32) Work the bar
- 33) "The Catcher in the ____"
- 34) Santa's seat?
- 35) Gridiron game
- 36) Mme. Bovary
- 37) Horn of Africa nation
- 39) "Rock the ____" (The Clash hit)
- 40) Birch tree spike
- 42) Make an exit
- 43) Exact retribution
- 44) Not as great
- 46) Legendary elephant eater
- 47) Vicinities
- 48) Move like a crab
- 49) Coast Guard officer (abbr.)
- 52) You right now, theme-wise
- 53) "... and make it fast!"
- 55) Tokyo, long ago
- 56) Place with a president

KEEP WATCH

By Tim Burr



(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****Good Friday Fish Supper**

April 15th - Dessert Included
EAT IN - 4:00 - 6:00

TAKE OUT ONLY 2:30 - 3:30

You must have a ticket. Please come out to support the Ladies Auxiliary. Tickets available at Downstairs Bar.

RCL Breton Branch 008 Veterans Banner Project

Applications will be submitted no later than June 1st/22. Eligible Veterans must be current or former residents of Sydney Mines. Cost per banner is \$200.00. All applications must contain pictures and military service. Applications available at the Downstairs Bar.

FUND RAISER TICKETS

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.

TAX TIPS 2021**COMMON MEDICAL EXPENSES**

It's important to make sure your expense is eligible in your province or territory. The Canada Revenue Agency (CRA) does admit that its list isn't exhaustive.

To search a medical expense by name, or to see if you require a prescription, you can check out the CRA Medical Expense Chart.

Some common medical expenses can include:

Prescription medication and drugs, although this doesn't include over-the-counter medication.

Amounts charged by medical practitioners (although the types of medical practitioners that qualify will vary depending on your province or territory, so double check on the CRA website).

Bathroom aids (grab bars, grips, and rails).

Hearing aids - Hospital care.

Travel expenses to receive medical care outside your community if you travel more than 40 kilometres and the medical services are not available where you live.

Insulin, needles, syringes to treat diabetes.

Contact lenses, including equipment and materials for using contacts.

Private health insurance premiums for medical care coverage.

Medical Cannabis (the amounts paid for cannabis, cannabis oil, cannabis plant seeds, or cannabis products) if registered with a licensed supplier.

Service animal costs which can include including food and veterinarian care.

Ambulance service to or from a public or licensed private hospital.

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THE LATE NIGHT OLDIES SHOW

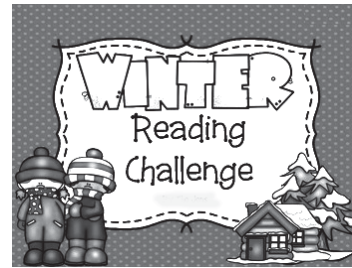
with DJ Jack Cool has returned

K-LEE RADIO ON FRIDAYS - 11 PM

**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 Kelley Spooner and the amount was \$14,572. Thank you for your continuing community support.

Shear Madness

**HAIR DESIGNS
HANDICAP ACCESSIBLE**



Come
Check
Us Out!

**Tues. & Wed. 9 - 5
Thurs. 9 - 7 - Fri. 9 - 5 - Sat. 9 - 4**

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Florence

736-7777

The Cabot Street Snow War

We have all learned of the great battles in history, The 100 Years War, World War 1, World War 2, The Korean Conflict and Viet Nam but I'm sure there's one you may not have heard about. I call it the great Cabot Street Snow War.

If you've ever live in Cape Breton for a Winter, you will appreciate that snow shoveling is a thing that must be endured. As kids we didn't mind too much when it snowed because we got the day off school and we earned extra Christmas money by shoveling driveways.

Technology caught up with Turk Donovan and Johnny The Lip. These two "old codgers" could have been the inspiration for the movie "Grumpy Old Men." They were constantly bickering over minor things like leaves that fell from the trees or dandelions or grass clippings that blew in the next yard. Most neighbours would ignore such trivial matters but not the old codgers.

They would holler out to one another and posture up and down and throw the leaves back over the fence and the other one would end up firing them back in a night raid. It was not uncommon to have the leaves go back and forth across the fence six or seven times. We often sat back and watched the antics.

One Christmas, Turk got a snow blower and went outside and plowed the driveway. Of course he aimed the discharge onto Johnny The Lip's side of the driveway and piled up the snow. Johnny flew out and in no uncertain terms advised Turk where he could put the snow. He then went out to Canadian Tire and bought his own snow blower.

It was quite a spectacle to watch two grown men plowing the snow onto each other's driveways for hours. No sooner would one finish then the other would fire up the snow blower and plow it all back into the other's driveway. Like all great conflicts, third party intervention is needed. The United Nations helped settle some of the big wars. The wives of Turk and Johnny The Lip got together and sold the two snow blowers. They used the money to pay kids to shovel the driveway and at last peace was restored.....kind of.

Now, as the kids are out shoveling the driveway, you can hear Turk and Johnny telling the kids to throw the snow in the other's driveway. It was sometimes better than some of the sitcoms on TV and I miss all the fun now that "the boys" are over 80 and have lost a lot of steam.

(REPRINTED FROM - "TALL TALES & UDDER LIES")



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CHARLOTTE STREET - SYDNEY

PHONE 562-2122

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



AROUND THE TOWN

The **Countdown** is on - no more COVID restrictions as of **March 21st** - I can't wait to get rid of the mask and showing Vaccination ID each time you enter a business and the school kids will be **jumping for Joy** to get rid of the masks - let's hope it continues... The local clubs and halls are starting to program again - if you want to get out of the house for a break, head on down to the **North Sydney Fire Hall** on Pierce Street on Thursday evenings from 5:00 - 8:00 for some free musical entertainment - **no cover** and the kitchen is open - **BINGO** lovers - the Sydney Mines Seniors & Pensioners Club host **Sunday** afternoon Bingo at 2:00 pm - The Florence Legion hosts Bingo on **Thursday nights** at 7:00 pm and Mixed darts, mens darts, The Circle music entertainment and Washer Toss - see their ad on **page 2** for times.... Branch 008 Legion in Sydney Mines will sponsor a **Good Friday Fish Supper** April 15th and this is Eat IN an Take Out - see their writeup on **page 6** for details.... Tuesday is International Womens Day and we would like to salute all the women in our coverage area for the contributions you make every day - see the story on **page 3** for this year's theme.... Check out this week's **TAX TIPS** regarding medical deductions and some items you may not know are deductible - maximize your return - check with local tax experts for details... on page 4 see what **K-LEE RADIO** has to offer you on their website with Free Downloads of music and kids crafts - www.kleeradio.com exciting news for Sydney's waterfront - The Port of Sydney hopes to have a "waterfront urban market" up and running in 2023, part of a \$7.5-million redevelopment - **NOTE - CLUBS and ORGANIZATIONS** - Now that COVID is shutting down your club will need some publicity for upcoming events - simply send your information to - thisweek@kleeradio.com and we'll make sure your event gets published - **Til next week - Glen**

KEEP WATCH

By Tim Burr

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

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BIRTHDAY WISHES

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