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THIS WEEK

NORTHSIDE COMMUNITY NEWS

FREE

Vol. 13 - AUGUST 9th - 2023





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POOL

Wednesday 7:00 p.m.

Downstairs

BINGO

Thursday, 7 pm Upstairs

WASHER TOSS

Friday 7:00 p.m. Downstairs

THE CIRCLE

Saturday

7:00 p.m **Upstairs**

The 80s Rock Band SHOTS FIRED Aug. 25 - \$10 pp - tickets available at the downstairs Bar

736-6313



Community Interview With Jack Cool

I had the great pleasure of doing a Zoom interview with Actor / Director /writer Rowan Bousaid. He has been in a lot of movies and tv shows, one of them is Your Worst Night-

mare, a documentary which are true stories of people being in situations with people who were once nice



at first but later on turned, out to be bad news. In this episode of Your Worst Nightmare which is season 5 episode 6 called Come With Me. Bousaid is cast as Maurice Mason who is the boyfriend of Jennifer Hitchcock who at first is nice to her but later controls her, manipulates her and sadly he takes her own life by murdering her. When I asked Bousaid what was it like playing a role like that he said there is a tremendous amount of trust when working with the actors and actresses.If you would like to listen to my interview with Rowan Bousaid please go to my youtube channel https://www.youtube.com/ @jackcool. If you have trouble get to it, just email me and I will send it to you. Have a great week, all the best from me alwavs - JACK

SUNDAY BINGO

Sydney Mines Seniors & Pensioners, Club Fraser Avenue, Sydney Mines - **2:00 pm**

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MONDAY FUN NIGHT - 7 PM

45° CARD GAME Wednesdays - 7:30 pm SATURDAY DANCE

8 - 12 - \$5.00 at Door MUSIC BY



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Chiropractic Inc.

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.



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Located in Little Bras d'Or on Trans Canada Highway

- HOURS OF OPERATION - 11:00 AM - 9:00 pm PHONE 902-736-9496

COUNTRY BRUNCH

The Boisdale Fire Hall is hosting a Country Brunch Saturday Aug. 12 from 10-12

Pancakes, sausages, ham, hash brown casserole and home made beans.

\$15.00 also includes biscuits, toast, tea, coffee and juice.

Children \$7.00 Gluten options available.

Angela Needs Your Vote!!

North Sydney singer/songwriter Angela lanetti has entered a songwriting contest called "Opening Act" Will Angela lannetti be the Opening Act™

Will Angela Iannetti be the Opening Act™ at Audacy's (formerly Radio.com) annual We Can Survive concert? Our previous winners opened for Taylor Swift, Lizzo, Billie Eilish, and more!

In addition to performing at the sold out concert alongside industry superstars, our Opening Act will receive: their own private dressing room, a ton of exposure on the radio, a meet and greet with the other artists, and \$10,000!

WHAT DO YOU ENJOY MOST ABOUT BEING A MUSICIAN?

Born and raised in Cape Breton, Nova Scotia, Canada, 100% down to earth!! I love conveying my energy and heart into writing music, and performing. To exchange a connection with complete strangers through lyrics and music, a gift I love sharing.

WHICH MUSICIAN WOULD YOU LIKE TO COLLABORATE WITH? - That is a difficult question, as I write and perform at least seven different genres. I aspire to so many wonderfully talented musicians, vocalists, but someone who touches my life with her talent is Dolly Parton, a self cultivated living Icon.

IF YOU WERE THE NEXT OPENING ACT, WHAT WOULD YOU DO WITH \$10,000?- It goes without saying, I would re invest the money back into music; be it a manager, promotion, or recording. Waiting for a lifetime to share my passion has made me even more determined to share my music, my lyrics, my poems. and my stories.

Free DAILY VOTE - You can vote each day for Angela and help her reach her goal. See the link below, logon and vote!

https://theopenact.com/2023/angela-iannetti

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For Michelle Handley SATURDAY, AUGUST 12 9:00 - 1:00 am

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Some stories Courtesy Of SWING OVER THE MOUNTAIN NEWS

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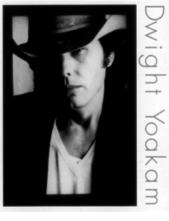
BENEFIT DANCE SEE AD ABOVE FOR DETAILS

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Take 2

PAUL POWER

The other day I was scanning through my SiriusXM radio channels and as I passed through them I stopped on channel 60, "Outlaw Country". Normally I'd skip by this channel because of the "C" word (country) as I usually claim to not like country music-but to be honest I don't like 99% of the 'new country', which is basically pop music with cowboy hats, but the old school country and western music, and outlaw country is really good. The song was Dwight Yoakam's cover of the Glen Campbell/Jimmy Webb classic "Wichita Lineman". The original version has a lonely, haunting quality to it whereas Dwight's is more up-tempo-but his voice is what totally sells the song, and the song is on Dwight's "Under the Covers" album; hard to believe that it was released 26 years ago because the album sounds totally current today. It was Dwight's first album of all covers, and featured an amazing duet with Sheryl Crow on Sonny & Cher's "Baby Don't Go", a blues-laced approach to "Good Time Charlie's Got The Blues" by Danny O'Keefe, which was also covered by Willie Nelson, Elvis Presley, Waylon Jennings, Charlie



Rich, Conway Twitty and many more; it's a country standard for sure. There's also a great version of the 1960 hit song "North to Alaska" by Johnny Horton, a hot rocking take on The Beatles "Things We Said Today" and Dwight even does an amazing bluegrass cover of The Clash's "Train in Vain". A lot of musicians do cover songs; the key to a good one is to do a new and fresh delivery on the track-Dwight did that with every song on this album, none moreso than "Here Comes The Night" by Van Morrison's band Them: Canada's own Streetheart had a hit with the song in 1979. Dwight has sold well over 25 million albums and his pioneering style of "Bakersfield" country music was so good that Johnny Cash claimed Dwight as his favourite country singer. Time magazine even called Dwight a "Renaissance Man". Just by chance a satellite radio station opened the door for me to a phenomenal album.

New Sculpture In Downtown North Sydney

North Sydney's newest landmark - Cod & Kelp. This project was done by the volunteers of the downtown Business Improvement & Development Association (BIDA).

A great deal of North Sydney's history was built on the

cod fishery and as a dedication to our fishing legacy, the Downtown BIDA is pleased to unveil Cod & Kelp, an original metal art sculpture, designed and made by Gordon Kennedy of North River.

Thanks to Gordon for his wonderful work, to the North Sydney Historical Society for providing the sculpture's home, and to Steele's



Monuments for the granite base and placement.

Music At The Museum

The North Sydney Business Improvement Association and the Historical Society will present "2023 Music At The Museum" Outdoor Concerts.

AUGUST 18 - Collette Deveaux

www.kleeradio.com

429 Seaview Drive

SEPTEMBER 8 - R G Schaller

All Concerts will be held on The Green in front of the Library / Museum, Commercial Street, North Sydney.

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CAPE BRETON COMEDY FESTIVAL

Cape Breton summers are about to get a lot funnier with a brand new festival - the Cape Breton Comedy Festival is thrilled to announce their first annual festival coming up this summer from August 23 to 26 at venues all over Cape Breton. The festival is being produced by veteran comedian Nick Beaton and awardwinning event producer Ash Young, both from Cape Breton.

The first annual Cape Breton Comedy Fest kicks off August 23rd to the 26th, with shows all over the Island from St Peters to Dominion to Ingonish. It will feature some of the most talented comedians from around the Maritimes. Comedians who have appeared at the Just For Laughs Festival, Winnipeg Comedy Festival, and the Halifax Comedy Festival. They have appeared on shows such as CBC's TheDebaters, Roast Battle Canada, Match Game, and written for This Hour has 22 Minutes.

"It is so amazing that we managed to put together this line-up for the first year," said Nick Beaton, "the calibre of comedians coming to perform in Cape Breton this August is world class."

Comedians joining this year's festival include Peter Anthony, Nick Beaton, Hunter Collins, Clifton Cremo, Dan Hendricken, Kyle Hickey, Shawn Hogan, Travis Lindsay, Luba Magnus, Peter White and more local acts. The shows will be held throughout the island to give chance to residents and visitors to join in the laughter. The list of events are:

- $-\,\mbox{Aug.}\,23-\,\mbox{Festival}$ kick off $-\,\mbox{Bras}$ d'Or Lakes Inn, St. Peter's $-\,\mbox{8:00}$ PM
- August 24 Vicar's View Venue, Big Baddeck 7:00 PM
- August 24 Sandbar, Dominion 9:00PM
- August 25 Cape Smokey, Ingonish 7:00 PM
- August 25 Daniel's Bar, Sydney Contest show featuring local comedians vying for a spot on the final gala – 9:00 PM
- August 26 C200 (main concourse) Featuring all headlining comedians from the festival 8:00 PM
- August 26 Festival After Party TBA

To purchase tickets and get more information on each event line up please go to **www.capebretoncomedyfest.com**



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NORTH SYDNEY LIBRARY

FIBRE LUNCH - Thursdays from 1:00 - 3:00

ONGOING BOOK SALE & CDs - Great selection for Spring Reading.

AUGUST 8, 2 pm - 4 pm - Watercolour - ages 10 and up Wilfred Oram Library, North Sydney - registration required register at cbrmrecreation.ca or call 902-563-5510.Learn the basic techniques of watercolour. Then, create a watercolour painting of your own.

THURSDAY, AUGUST 17 - PARKS CANADA - will offer an engaging and informative presentation about Archaeology at the Fortress of Louisbourg.

CONVERSATIONAL ENGLISH GROUP - Registration required for this program.

AUGUST 9th - 11 - noon STEAM EVENT - Palentology Dig - Make your own take home Fossil CUBETTO and more -Ages 5 - 10, Regstration Is Required.



FISHING TIDE CHART

It's fishing season again here's the weekly Tide Chart. 2 High Tides each day

WEDNESDAY - AUGUST 9

2:49 am - 3:43 pm

THURSDAY - AUGUST 10

3:45 am - 5:00 pm

FRIDAY - AUGUST 11

4:48 am - 6:17 pm

SATURDAY - AUGUST 12

5:54 am - 7:21 pm

SUNDAY - AUGUST 13

6:55 am - 8:12 pm

MONDAY - AUGUST 14

7:47 am - 8:52 pm

TUESDAY - AUGUST 15

8:31 am - 9:26 pm



AROUND THE TOWN

NORTHSIDE COMMUNITY NEWS EVENTS
GLEN GRAY - EDITOR

How quickly **August** came around this year and the weather is holding its own althought the nights are creeping down low overnight - great for sleeping - there are a lot of activities still left for the Summer all around the Island and some of them include -Rock The Fiddle at the Sydney Waterfront with our own Jimmy Rankin headlining the event from August 10 - August 12.... Councillor Fraser Patterson is having the following community meetings - Wednesday, September 6th, Ross Ferry Hall at 2:00 pm. and Big Bras d'Or Community Hall at 7:00 pm..... Summer is about to get a lot funnier with a brand new festival - the Cape Breton COMEDY FESTIVAL is thrilled to announce their first annual festival coming up this summer from August 23 to 26 at venues all over Cape Breton - see the story on page 3 of this edition.... The **BOISDALE FIRE HALL** is hosting a Country Brunch Saturday Aug.12 from 10-12 - Pancakes, sausages, ham, hash brown casserole and home made beans - \$15.00 also includes biscuits, toast, tea, coffee and juice..... for our Country Music lovers, PAUL POWER hs a review of a DWIGHT YOAKUM album in his column this week on page 4.... Some upcoming **OUTDOOR FREE CONCERTS** for North Sydney coming up -The North Sydney Business Improvement Association and the Historical Society will present "2023 Music At The Museum" Outdoor Concerts - AUGUST 18 - Collette Deveaux SEPTEM-BER 8 - R G Schaller - performed "on the Green" alongside of the North Sydney Library, Commercial Street..... I can report that the mackerel fishing is going well with big fish coming as a result of the moratorium on commercial mackerel fishing, the big ones are finally gettin through..... the HIGHLAND GAMES are being held on August 19 at the Pitt Street Walking Track in Sydney Mines and Corey LeBlanc has an in depth review of local competitor Bryan MacLean and his past Games experience on page 7, good reading.... FREE PUBLICITY for all Clubs and community organizations, 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 our website - the email address is - thisweek@kleeradio.com



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1 FRASER AVENUE SYDNEY MINES

UPCOMING PROGRAMS

TUES. AUG. 8 @2:30 Ages 5 and up - Diamond Painting

TUES. AUG. 15 @ 2:30 Ages 5 and up - Glitter Slime Making

ARTS FOR ALL - Thursdays 299 - 4:30 - Space is limited and they must register for the programs by dropping in or by phoning 902-736-3219.

Registration is still open for Summer Reading Program and there are many prizes to be won.

45s Weekly Card Game

Still going strong, Bras d'Or Seniors and Pensioners weekly 45's card games.

Thursdays 7:30....9 ways to win. A great fun night out. 66 Main St. Bras d'Or.





NORTH SYDNEY URGENT CARE CENTRE HOURS Monday, Tuesday and Thursday 8 am - 7:30 pm Wednesday and Saturday 9 am - 4:30

Hometown Hero Preparing For Inaugural Games

BY COREY LEBLANC

There will be a familiar face to local fans when the Scottish heavy events take center stage at the inaugural Sydney Mines Highland Games later this month.

Bryan MacLean – a multi-time national and international master's champion – will compete in front of a partisan hometown crowd for the tie time.

"Never," he said in recent interview, when asked if he thought he would ever have such an opportunity.

MacLean added, "I am super excited – I cannot wait to compete in front of my family and friends."

He noted that, although his parents – Paul and Ann (who now live in Frenchvale) – have seen him in-person, the Sydney Mines Highland Games will provide most of his family and friends with their first opportunity to see him compete, other than watching online.

After spending the early childhood years in neighboring Florence, his family moved to Sydney Mines – more specifically, MacDonald Crescent – where he grew up and graduated from Memorial Composite High School.

"It is such a beautiful place," MacLean said of the former coal mining town, while noting landmarks near and dear to his heart – such as Lockman's Beach.

That's usually one his stops – especially during the summer – when he visits from Moncton, New Brunswick. And, of course, ordering a hero sub from one of the pizzerias is always a top priority

"I can't wait to show it off," he added, of having the opportunity to share Sydney Mines with the other Scottish heavy event athletes.

MacLean hopes they – and the other fans and spectators – will be able "to stay a little bit longer" and enjoy everything that Sydney Mines and the Northside area has to offer.

As for how he became a Scottish heavy events athlete – an uncommon sport of choice in this area – he explained that his interest sparked an early age; his attention captured when his family travelled to Highland Games to watch his sister, April, in the traditional dance competitions.

"It really appealed to me," the now 45-year-old said of the unique combination of strength and technique required to succeed at a high level.

Thirteen years ago, while working in western Canada, MacLean decided to take part in a Scottish heavy events workshop.

"I fell in love and I have been doing it ever since," he said. In just more than a decade, MacLean has steadily climbed the ladder in his sport; an athletic career – to this point – highlighted by medal winning performances at the national and international levels in the master's (40+) classifications.

"I have had some unbelievable experiences," he said. In 2018, he captured silver and bronze – in the heavy and light hammers, respectively – at the Scottish Masters World Championships in Stuttgart, Germany. Four years later, in 2022, he fashioned his golden moment, topping the podium in the caber toss.

Along with Stuttgart, MacLean has represented Canada on the international stage in Moncton, Gyro, Hungary; Fort Worth, Texas; and Tucson, Arizona (twice).

In 2022, at the 157th Antigonish Highland Games, he finished third in the Canadian Scottish Athletics Federation lightweight championships.

Noting that most of his counterparts measure more than six-feet tall and tip the scales at beyond 300 pounds, MacLean described himself – with a laugh – as "one of the small guys" at 5'9" and 200 pounds.

Those size differences make being the best he can be – in terms of strength, agility and especially technique – crucial. Although his top performances usually come in the hammer throws – both for weight and distance – MacLean noted that he

has a "special place in my heart" for the fan favorite caber toss.

"I just love it. There is nothing like it; it is such a unique event," he said.

Because there is a variety of events, MacLean explained that excelling at one does not bode well for overall success.

"You cannot focus on just one," he noted.

When it comes to preparation, MacLean spends plenty of time in the gym during the off-season and winter months. While, in-season, the focus turns to two to three times per week working on technique.

MacLean, who has participated in approximately more than 100 Scottish heavy events, competes in eight to 10 per season. And, of course, the pinnacle of those would be his national and international appearances.

Wherever he competes, whether around the corner or the world, one item is always nearby – a Cape Breton flag.

"It is always in the background," MacLean said, noting he wants everyone to know how proud he is to represent Cape Breton and Sydney Mines.

He added, not matter where he travels to compete, "I never forget where I came from."

MacLean, who said he has been battling an injury for the past month or so, spoke to the Games only a couple of days before he was to compete in the New Brunswick provincial championships in Fredericton.



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 web address -

www.kleeradio.com

FLORENCE LEGION 80s DANCE BAND

Branch 83 Legion in Florence will sponsor an 80s Dance Band with "SHOTS FIRED" on Friday, Aug. 25. The price is \$10.00 per person and the tickets are available at the downstairs Bar.

DAILY SMILE - I'm so out of shape, dial-up internet runs faster than I do.

ROCK THE FIDDLE - SYDNEY WATERFONT AUGUST 10 - AUGUST 12



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