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THIS WEEK

NORTHSIDE COMMUNITY NEWS

FREE

Vol. 13 - SEPTEMBER 6th - 2023



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

Royal Canadian Legion Branch 83 Florence



BINGO

starting at 7.00

TARABISH

Tuesday 7:00 p.m. Downstairs

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**

SHOTS FIRED 025 -\$10 pp - tip 00 allable at the down ars Bar

736-6313



WED. SEPT. 6 - Zuiderdam THURS, SEPT 7 - Nor. SKY Fri. Sept. 8 - PHOENIX Sat. Sept. 9 - AURORA Mon Sept. 11 - NOR. PEARL Mon. Sept. 11 - Jewel/Seas Tues. Sept. 12 - Zuiderdam Wed. Sept. 13 - Car. Legend Wed. Sept. 13 - Cel. Summit Thurs. Sep. 14 - Car. Princess Thurs. Sep. 14 - Liberty/Seas FRI. SEPT. 15 - NOR. SKY SUN. SEPT. 17 - NOR. JOY MON. SEPT. 18 - NOR. PEARL TUES. SEPT. 19 - The World TUES, SEPT. 19 - TUI Cruises WED, SEPT, 20 - The World WED. SEPT. 20 - Carnival

Gordon Lightfoot Tribute

WED. SEPT. 20 - Zuiderdam

7:30 pm – 10:30 pm - There will be a Gordon Lightfoot tribute at the Baddeck Legion on September 30th.

Doors open 7:30 pm, Tickets are \$15 in advance and \$20 at the door.

Call the Baddeck Legion or phone Sherry at 902-304-1817 tickets, this is a 19+ event

SUNDAY BINGO

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

Toonie Jackpot Went

JACKPOT \$550.00 on 51#s or less

64

45^s CARD GAME Wednesdays - 7:30 pm **SATURDAY DANCE**

8 - 12 - \$5.00 at Door MUSIC BY

ERNIE WELLS

MONDAY FUN NIGHT – 7 PM

If you would like to send out Birthday Greetings to a family member or friend, simply email us with the information and we'll publish it free of charge - thisweek@kleeradio.com

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

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Keith Bain

1415 Highway 105, Bras d'Or, NS, B1Y 2NS 902-736-0301 (Office) 902-736-0411 (Fax)

keithbainmla@bellaliant.com

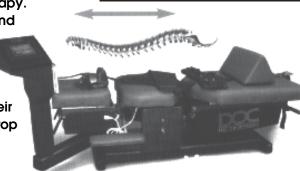
NEW DECOMPRESSION TABLE RELIEVES PAIN

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.





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PIECE CHICKEN

Med. Fries, Medium Gravy, med. salad 3 rolls **\$99.85** PLUS TAX



2 PIECE CHICKEN

Large Fries, Med. Gravy, Med. Salad, PLUS TAX \$47.39

18 PIECE CHICKEN Large Fries, Med.

Gravy, 2 Med. Salad, 6 rolls \$**5\Q**.65 PLUS TAX

Located in Little Bras d'Or on Trans Canada Highway

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

Ross Ferry Farm Gate

Your fresh, local Roadside Market every Sunday July 9th -October 1st.

Plus Canada Day Pop-Up Market Saturday, July 1st noon -5:00 pm at the Ross Ferry Marine Park.

Some stories Courtesy Of **SWING OVER THE MOUNTAIN NEWS**



The Oldies **Show with** JACK COOL

The popular Oldies Show with DJ Jack Cool wil return to K-LEE RADIO on Friday, September 15th at 9:00 pm.

Join Jack as he plays the best in 50s, 60s and 70s Oldies each week.

BREAKFAST BRUNCH

Last Sunday of every month BIG BRAS D'OR FIRE HALL 9:00 am - 12:00 pm

Sponsored by "The Friends of the Big Bras d'Or Fire Hall"

1390 Old Route \$5, Big Bras d'Or Adults \$12.00 Children \$8.00 Also as a Fund Raiser, The Hall Committee are selling Bakers Hats \$5.00 each, avalable at the Hall

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

SEPTEMBER 8 - R G Schaller

All Concerts will be held on The Green in front of the Library / Museum, North Sydney. All Concert time will be 3:00 - 4:00

NORTH SYDNEY FIRE HALL

Pierce Street. North Sydney

OPEN 7 DAYS A WEEK

From 10:00 - Midnight THURSDAYS - Ernie, Todd & Wade Kitchen Open 4:30 Music 5:00 - 8:30

BRANCH 19 LEGION UPCOMING

DECORATION SUNDAYCANDLES NOW AVAILABLE at Armstrong Memorial Branch #19, Royal Canadian Legion, North Sydney, Nova Scotia - CANDLES \$6 EACH

Purchase of Candles for the families of Veterans, As Well the General Public - Everyone is Welcome

96th ANNUAL DECORATION SUNDAY CANDLELIGHT SERVICE. September 10, 2023, 6:00 PM at Lakeside Cemetery. In case of inclement weather, the services will be held at the same time on Sunday, September 17, 2023

MIXED DARTS will Start on Friday September 8

Those who registered are asked to arrive at 6:00 pm for an organizational meeting with games starting at 7:00 pm

JOIN US AT THE RACES!! - Saturday September 9, 2023 12:00 pm - 3:00 pm - Branch 19 will be sponsoring 9 races at Northside **Downs Race Track**

BRANCH 19 LEGION IS HOLDING A RAFFLE!!

1ST PRIZE \$5000, 2ND PRIZE \$2000, 3RD PRIZE \$1000, 4TH PRIZE \$500, 5TH PRIZE \$100

\$50/ Ticket - Draw Date December 9, 2023

There are only 500 tickets available so get your tickets early!

HAPPY HOUR EVERY FRIDAY 3 PM - 6 PM

Turnbull Brothers Perform At Branch 008 Legion

The Turnbull Brothers will be playing at the Sydney Mines Legion on Sept 23 from 8:00 pm until 11pm.

Tickets are \$10.00 in advance or \$15.00 at the door. Tickets are available at the downstairs bar as of today or see any Executive Member they will get them for you or contact 577-9367 and I'll get them to you.



FRED TILLEY

MLA - NORTHSIDE WESTMOUNT

Northside-Westmount

Constituency Office

2 Elliot Street, Sydney Mines - Nova Scotia **B1V3G1**

(902) 736-0546

mla@northsidewestmount.ca



BRANCH 008 LEGION - SYDNEY MINES

TUESDAY NIGHT BINGO - 7:30 PM JACKPOT - \$725.00 - 54#8 OR LESS

NEW HOURS - 1:00 - 12:00 - Monday - Saturday - Closed Sunday



FRIDAY 9:00 - 1:00

PHONE (902) 736-3206

Take 2

PAUL POWER

When Alice Cooper releases a new album I always feel compelled to write about it; my very first published column was back in 2003 for Halifax's "Soundcheck" magazine, and it was for an Alice Cooper album-plus I saw him perform live way back in the day in Sydney, and followed his career for longer than I care to mention. Alice is back with this his new solo album number 22, "Road". What's so special about this album is that Alice and his band recorded it live in the studiowith no overdubs, and that takes guts but Alice said he wanted people to hear just how good this band is. This is sort of a concept album about being on the the rock and roll road: the stage, the audience, the groupies, the alcohol and drugs, and the loneliness-as in the song "Welcome To The Show". The first release was actually "I'm Alice" and as expected it's autobiographical on Vincent Furnier's alter-ego. Next up was "White Line Frankenstein"



which is a rocking hot track about riding the white line from city to city. A real surprise is the boogiewoogie charged vibe of "Rules Of The Road", guaranteed to keep toes tapping. Alice has some great rules spelled out in this number. A lot of what makes this album so good is the return of Bob Ezrinthe man who produced 16 of Alice Cooper's best and most memorable albums. Maybe that's why "100 More Miles" and "Dead Don't Dance" sound like some of Alice's earlier. more ghoulish tunes Ala "Welcome To My Nightmare" era. The one ballad here is the excellent "Baby Please Don't Go", but this one's from the perspective of a rock star's wife as he faces another road tour. A great cover of The Who's "Magic Bus" closes out this, another great Alice Cooper album.

Shear Madness Hair Designs



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Friday 9:00 - 5:00
Saturday 900 - 4:00
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COMMUNITY EVENTS ITEMS



Father Time marches on and lately we've seen him hanging around you. The boys on your Dart Team have been discussing what gift we can get for you and the top suggestions are lightweight walker, safety cane and support hose - let us know what you need the most - Happy Birthday from your much younger team members.



I would like to send a Special Happy Birthday Wish to Angela MacLeod who works at the Sydney Library, she is celebrating her birthday on September 4th - Lots of Love, Joan, Glen, Connor, Joe & Kate

CAPER CON RETURNS

From September 15-17, Caper Con returns to Center 200! CaperCon is a 3 day convention of all things nerdy. Comics, cosplay, gaming, D&D, movies, and so much more.

There will be a large vendor floor with merchandise and original art.

A board game area. Guest panels and autographs. A whole weekend of fun activities for the intense fan or a casual viewer. Weekend and daily Passes are on sale now! Special Family Passes are available as well. Kids under 6 are Free! You can go to capercon.ca to get your tickets today.



SCHOOL IS BACK IN! Watch Your Speed



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Parkinson Canada Superwalk Set for Sunday Our Lady of Fatima Parish Hall, Sydney River

It started as an occasional twitch in his right pinky finger – the first sign that something wasn't right with Brett LeBlanc.

A few months later, after an initial visit to his family doctor and then several with neurologist Dr. Mandat Maharaj, which included a battery of tests, the Florence native received a life-altering diagnosis.

"It was Parkinson's," he said. In his early 50s, LeBlanc was operating a business, caring for his beloved aging mother – Shirley – and now dealing with a neurological disorder, one that kills the dopamine (a chemical that controls movement) cells in the brain, which triggers a variety of symptoms.

The pinky shake, before long, became an uncontrollable tremor in his right arm; one that not only made something as mundane as buttoning a shirt virtually impossible, but also exhausting. The adverse effects, which were worsening with each day, included muscle rigidity and weakness.

"I felt like I was drowning," LeBlanc remembered, noting that the mentally and physically exhausting tremor had made its way into his left arm.

Increasingly depressed – another result of Parkinson's – his sense of hope continued to plummet. But, when things were probably at their worst in early 2017, he was thrown a life preserver; one that came in the form of neurologist Dr. Lutz Weise and the neuromodulation team at the QEII Health Sciences Centre in Halifax.

Weise, who had recently moved his practice to Nova Scotia's capital city from his native Germany, performed deep brain stimulation (DBS) surgeries. It was an option LeBlanc had explored but – up until then – there were no surgeons offering that option east of Montreal. The neurologist who performed DBS in Halifax had left a few years earlier.

Essentially, DBS provides a pacemaker for the brain, one aimed at stopping the uncontrollable tremors. Although there is never a guarantee it will work – or at what level – it did the trick for LeBlanc. Almost instantly it seemed, the tremors were gone; his quality of life restored.

"Although it has been a life saver for me, I know it is not a cure," LeBlanc noted.

The crippling fatigue, muscle rigidity and leg weakness remain daily occurrences, with falls still commonplace. And now, the most recent – and increasingly frustrating – effect is his voice becoming nothing but a whisper.

LeBlanc's Parkinson's journey is just one of many being taken by residents of Cape Breton, along with their caregivers, family and friends; some of those wins – and losses – will be shared and celebrated this weekend on the grounds of Our Lady of Fatima Parish in Sydney River.

The annual Parkinson Canada Superwalk for the region will take place Sunday, Sept. 10.

Check-in gets underway at 11:30 a.m., with the walk scheduled for 2:00 p.m.

Everyone is welcome to come out and enjoy plenty of music, food and fun in support of the worthy cause.

To register and donate, visit http://donate.parkinson.ca/svdnevcapebreton

Learn more about Parkinson's, including the Superwalk, go to superwalk@parkinson.ca

AROUND THE TOWN

NORTHSIDE COMMUNITY NEWS EVENTS
GLEN GRAY - EDITOR

Labor Day has passed and I always associated that day with the opening of the new school year - most times I was happy to get back to school - a reminder to motorists that school speed zones are in effect and one zone that you have to watch is the one just after the A & K in Bras d'Or, it is so easy to keep your speed up in that section - there will be new students attending school for the first time and they'll be excited and maybe not so mindful of the traffic - please be alert..... on Page 2 you'll find the Cruise Ship schedule and the Fall months are very busy with visitors and many days there are two, three and some days 4 cruise ships visiting - these visitors add a lot of money and business for the local establishments..... Parkinson Canada's Super-walk will be Sunday September 10th at Our Lady of Fatima Parish Hall in Sydney River - check in is at 11:30 am walk starts at 2:00 pm. - we have many Cape Breton residents who have Parkinson's and your donation would be appreciated - see page 3 for donation details...... The North Sydney Business Improvement Association and the Historical Society will present "2023 Music At The Museum" Outdoor Concerts - SEPTEMBER 8 -R G Schaller - all Concerts will be held on The Green in front of the Library / Museum, Commercial Street, North Sydney - all Concerts will be from 3:00 - 4:00 pm - this is the final concert in this series - lots of great music all Summer long.....Branch 19 Legion is North Sydney will host the 96th ANNUAL DECORA-TION SUNDAY CANDLELIGHT SERVICE - September 10, 2023, 6:00 PM at Lakeside Cemetery..... even though it's early, keep in mind the 4th Annual Luminary of Love which is happening on Sunday, October 8th at 6:30 pm - see page 6 for donation details... From September 15-17, CAPER CON returns to Center 200! CaperCon is a 3 day convention of all things nerdy, Comics, cosplay, gaming, D&D, movies, and so much more..... 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



K-LEE RADIO has over 100 Free Podcasts that you can download including Old Time Radio Shows, Free music concerts, Cape Breton and Oldies Podcasts.

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NORTH SYDNEY LIBRARY

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

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

CONVERSATIONAL EN- GLISH GROUP - meets on Tuesday - Registration is required for this program.

WRITERS GROUP- meets September 13th at 6:00 pm.



To all the Volunteers, Performers and Musicians for participating at Indian Beach Park this Summer.

Special Thanks go to Lloyd MacLeod who headed up the entertainment and a Special Thank You to all those who patronized the Canteen.

- RUTH ANNE & SAM

FIGURE TIPE QUART

FISHING TIDE CHART

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

WEDNESDAY - SEPEMBER 6 1:15 am - 2:07 PM

THURSDAY, SEPTEMBER 7 2:00 am - 3:12 pm

FRIDAY - SEPTEMBER 8 2:54 am - 4:32 pm

SATURDAY - SEPTEMBER 9

4:06 am - 5:56 pm

SUNDAY - SEPTEMBER 10

5:27 am - 7:01 pm

MONDAY - SEPTEMBER 11

6:36 am - 7:48 pm

TUESDAY - SEPTEMBER 12

7:30 am - 8:25 pm



AMUSING SIGNS

POLICE TOILET STOLEN! COPS HAVE NOTHING TO GO ON

4TH ANNUAL LUMINARY OF LOVE

The 4th Annual Luminary of Love is happening on Sunday, October 8th at 6:30 pm.

Join us at Kelly Beach (Munro Park) in North Sydney and watch your luminary drift out into the water as it joins other lanterns carrying hope, love, happiness, healing, and peace while we celebrate those who mean the most to us.

To ensure no waste is left behind, the North Sydney Fire Department will be on site to collect the luminaries after being set afloat.

- 1 Luminary \$20 Donation
- 3 Luminaries \$50 Donation

To reserve a luminary, call the Foundation Office at (902) 794-5402



PHANTOM COUNTRY

CLASSIC COUNTRY

with host **KENNY**

WALSH

Sundays at 6:00 pm Login to our website www.kleeradio.com

Turnbull Brothers At Br. 008

The Turnbull Brothers will be playing at the Sydney Mines Legion, Branch 008, on Sept 23 from 8 pm until 11pm.

Tickets are 10.00 in advance or 15.00 at the door tickets are available at the downstairs bar or see any executive member they will get them for you or contact me.at 577-9367 and I'll get them to you.

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SYDNEY MINES LIBRARY



1 FRASER AVENUE SYDNEY MINES

UPCOMING PROGRAMS

ARTS FOR ALL - Thursdays 2:00 - 4:30 - Space is limited and they must register for the programs by dropping in or by phoning 902-736-3219.

Prizes for the Summer Reading Program will be announced shorly. The Fall Schedule of Programs is being finalized, watch next week for details.

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.

www.kleeradio.com





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

NORTHSIDE COMMUNITY NEWS ITEMS

KIWANIS GOLDEN K KLONDIKE 50/50

Come play our Klondike 50/50 Draw. Boxes are located in various locations around the Northside.

Draw every Thursday. For tickets call Paul at 902-577-4239.



R & J Hardware formerly located on Memorial Drivein North Sydney, has moved to new headquarters - 2 Elliot Street in Sydney Mines - next to the Fire Station - Same Great Service and products.



BIRTHDAY WISHES

Are you or a friend celebrating a birthday? Send your Birthday Greetings free - email info to us at this email address thisweek@kleeradio.com



A Reminder to all Clubs, and Organizations that our deadline for news is Tuesday at 5:00 pm in order to make it into Wednesday's edition.

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

We offer Professional transfers from tape to DVD using Pro Equipment-not home video gear. We can transfer to flashdrives

We can transfer VHS, 8mm and Mini DV tapes at great prices! We also do audio cassettes to CD Phone 902 736 9402 (Paul)





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	7							9

A Daily Crossword Online Puzzle available at -www.kleeradio.com click on FEATURES link

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WEDNESDAY

THURSDAY



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MUSICAL TRIVA THEMED NIGHT \$1,000 IN PRIZES 6:00 - 11:00

FRIDAY

HOUSE D J6:00 - 2:00 am

SATURDAY

STEVIE'S CASH KARAOKE 6:00 - 2:0

