MacDONALD DENTURE CLINIC

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G. MacDonald - DenturistBy Appointment

BADDECK PHONE 295-2516



THIS WEEK

NORTHSIDE COMMUNITY NEWS

FREE

Vol. 14 - MARCH 20th - 2024





RALPH IVEY'S

Auto Repair Ltd. and Muffler Man BRING YOUR CAR IN FOR

ALL YOUR SERVICING



IF WE CAN'T DO IT - IT CAN'T BE DONE!

93 KING STREET BY THE TRACKS

Bring your Vehicle in for Auto Servicing

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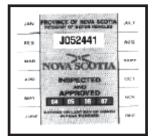
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COMPLETE AUTO SERVICING



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That Can Be Applied
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Heat & Serve Meals - Fresh Meal **Selections - Frozen Selections** Grab 'n Go Lunch

Soups - Sandwiches - Salads

Ph: 217-0280

212 Commercial Street **NORTH SYDNEY**

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

Roval Canadian Legion Branch 83 Florence



BINGO

starting at 7.00

RABISH

Tuesday 7:00 p.m downstairs

Wed. 7:00 p.m. - Downstairs

BINGO

THURSDAY, 7:00 PM **UPSTAIRS**

WASHER TOSS

Friday 7:00 p.m. **Downstairs**

THE CIRCLE

Saturday 7:00 p.m Upstairs

45s CARD GAME EVERY MONDAY - 7:30

DANCE - March 22 9:00 - 1:00 - Music By

ALTER EGO

\$10 each - Tickets on sale at Bar

NORTH SYDNEY SENIORS & PENSIONERS CLUB

Commercial Street

EASTER LUNCHEON

Ham & Potato Salad & Dessert

March 26 - 12 - 2:00

\$10 per person - pay at the door, come and enjoy.



BRANCH 19 LEGION UPCOMING EVENTS

Isle Aux Mort Boys

APRIL 6TH 2024 9:00 PM - 1:00 AM TICKETS AVAILABLE NOW AT THE BRANCH \$10/PERSON Happy Hour Every Friday 3:00 pm - 6:00 pm.

Follow us on Facebook RCL **BRANCH 19 NORTH SYDNEY** for all upcoming events and information

THANK YOU

We would like to extend our greatest appreciation to Shaelene & Joe Ambrose from the Band FINAL CUT who volunteer their musical talents and love with us at Central Court.

They interact with us and make our night very special. With lots of Love. Thanks again, the tenants from Central Court, 65 Stanley Street, North

Sydney.

SUNDAY BINGO

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

JACKPOT \$1200 on 54#s or less **TOONIE \$641+**

45° CARD GAME Wednesdays 7:30 pm SATURDAY DANCE

8:00 - 12:00

\$5.00 at Door



- MUSIC BY -

MONDAY FUN NIGHT - 7 PM

FIRST CHOICE

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

JAIME BATTISTF

Member of Parliament SYDNEY - VICTORIA

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

(902) 567-6275





Keith Bain

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

keithbainmla@bellaliant.com

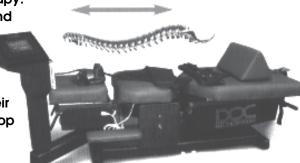
NEW DECOMPRESSION TABLE RELIEVES PAIN

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.





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

LICK-A-CHICK

8 PIECE CHICKEN

Large Fries, Medium Gravy, med. salad 4 rolls **\$20.99**

PLUS TAX



12 PIECE CHICKEN

Large Fries, Med. Gravy, Med. Salad,

- 10IIS \$40.99

18 PIECE CHICKEN

Large Fries, Med. Gravy, 2 Med. Salad, 6 rolls PLUS TAX

Located in Little Bras d'Or on Trans Canada **Highway - OPEN DAILY**

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

MORE SPRING TRIVIA

- 1 What country did the Easter Bunny story originate from? 2 - What is the official birth flower of March?
- 3 March comes in like a lion and out like a...
- 4 April showers bring...
- 5 "equinox" means?
- 6 A young rabbit is called???

a kitten. ers, 5 equal day and night, 6 Daffodils, 3 Lion, 4 May flow-**YNZMEKS** - 1 Germany, 2

Our Daily Newspaper - Cape Breton Post To Cease Printin

After starting publication in 1900, the Cape Breton Post looks like it is headed for closure after its parent company Saltwire sought creditor protection in Nova Scotia courts.

The company has a great deal of debt and owes the CRA over 7 million dollars and the Halifax Herald Pension fund 2.6 millon.

Early last year the Post stopped publishing its Monday edition and started charging for obituary notices. That was the handwriting on the wall and now the company is in receiveship and unlikely to emerge with a new buyer.

There appears to be some interest in keeping the Halifax Heald, The Charlottetown

Guardian, St. John 's Telegram and Cape Breton Post operating but this will depend on the creditors actions.

Newspapers, in general are



losing readership especially to internet and social media outlets that are providing instant news coverage.

Declining revenues have caused newspapers to decease staff and eliminate covering community news events in the areas that there circulation normally covers. Long gone are the Glace Bay, North Sydney, New Waterford, St. Peters and Port Hawkesbury pages that used to appear in the Post.

Local sports coverage has also become almost non existent in our own local paper as well as many other newspapers in Atlantic Canada.

What does the future hold? It looks like an opportunity for a new weekly newspaper to spring up focusing on local community events and activities.

We will continue, as have for the past 14 years, to cover the Northside area and its many clubs, church halls, legions, libraries and associations providing necessary events coverage.



Sydney Mines Seniors & Pensioners Club Flea Market - May 4th from 10 - 12. Tables \$7.00 each - Call Ann - CANTEEN available - 6 Fraser Avenue, Sydney Mines.

HOLY FAMILY PARISH

BINGO every Friday Night -7:00 pm - at the Parish Hall, Main Street, Sydney Mines.

FLEA MARKET - Saturday, April 6th at the Holy Family Parish Hall.

For donations or tables, call Rose 902-736-0802 or Debbie at the Parish Office 902-736-8333

Shear (Madness Hair Designs



HANDICAP ACCESSIBLE Come Check Us Out Tues. & Wed. 9:00 - 5:00 Thursday 9:00 - 7:00 Friday 9:00 - 5:00 Saturday 900 - 4:00

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736-7777



FRED TILLEY

MLA - NORTHSIDE WESTMOUNT

Northside-Westmount **Constituency Office**

2 Elliot Street, Sydney Mines - Nova Scotia

B1V 3G1

(902) 736-0546

mla@northsidewestmount.ca

BRANCH 008 LEGION - SYDNEY MINES

TUESDAY NIGHT BINGO - 7:30 PM JACKPOT - \$875.00 - 54#s OR LESS

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

Every 2nd Saturday. Entertainment Downhouse Boys 3:00 - 6:00 pm **NO ADMISSION**

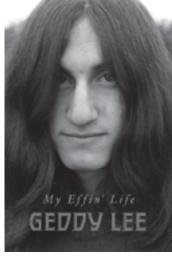


Everu Fridau Evening 9-1 **NO ADMISSION**

PHONE (902) 736-3206

Take 2 PAUL POWER

Geddy Lee's new book "My Effin' Life" should have been called "My Effin' Book"; clocking in at 512 pages it's definitely the longest book I've ever read, but it was a joy as I'm a consummate Rush fan-going back to their "2112" phase. Of course Rush was Geddy Lee. Alex Lifeson and John Rutsey, who was later replaced by Neil Peart (RIP) and their first album was released 50 years ago this month. This book is literally Geddy Lee's life story, from birth to modern day; there's quite an extensive chapter devoted to the horrors his Jewish ancestors faced in Nazi Germany in the concentration camps as his mother and father were Holocaust survivors, and Geddy lost many relatives to that unspeakable time in history. This part of the book is a great reminder that we must never forget what happened. The book also covers the evolution of Rush in great detail, and how each album came to be. Prog Rock is not everybody's cup of tea but Rush managed to walk that great line between Prog and Rock and Roll. The book gives



a detailed behind-the-scenes look at Rush, recording their albums, songwriting, life on the road, the crowds, touring in other countries as well as throughout Canada-with shout outs to Halifax. On writing lyrics Geddy mentions how songwriters may have a melody stuck in their head for weeks on end, and often use nonsensical lyrics to keep the memory fresh. Lee mentions how Paul McCartney used the lyrics "Scrambled eggs, Oh you've got such lovely legs, Scrambled eggs. Oh, my baby, how I love your legs" for the song "yesterday". There's no way I could cover everything in this book; suffice to say that Geddy Lee has written the bible for Rush fans.



K-LEE RADIO has over 100 Free Podcasts that you can download Old Time Radio Shows, Free music concerts, Cape Breton & Oldies Podcasts. **www.kleeradio.com**

TAX TIP 2024

Canada Workers Benefit (CWB) is a refundable tax credit available for low-income individuals in the workforce. You may qualify for additional payments like the disability supplement. To be eligible, you have to earn no less than \$3,000. However, the maximum income level is different in each province. The amount

you receive with CWB depends on two factors: where you live, and if you are single with no eligible dependants, or have a family.



AROUND THE TOWN

NORTHSIDE COMMUNITY
NEWS EVENTS
GLEN GRAY - EDITOR



The biggest news I've heard around town this past week centers around the future of the Cape Breton Post as their parent company Saltwire tries to find a way to restructure its financial future but it doesn't look promising - they have a massive debt load to overcome and newspaper publishing has been in decline for the past decade with many readers now getting their news via the internet and social media. The publishing industry has undergone a tremendous upgrade with the introduction of computers - I worked at the Cape Breton Post in the 1970s and we began introducing computers that set type for stories instead of the old **Linotype** machines which used hot lead to make up the various pages - the first IBM computer I worked on was the size of a fridge and had paper tape as the storage method - then came the Apple McIntosh which revolutionized typesetting world wide - there is still a need for local news but the delivery of it has changed, let's hope we can find an alternative to the daily paper..... Spring has Sprung officially as of March 19th and it is encouraging to see slightly warmer temperatures and a lot of the record snow melted...... I read a story this past week about a young Cape Breton boy, Max MacMillan, who decided to create drawings, sell them and donate the money to the Food Bank this is an example of just how in tune young people are with local conditions and it is a good sign that today's youth are helping to make life a little easier for families in need....the North Sydney Seniors & Pensioners Club will hold a Ham & Potato Salad & Dessert lunch at their Clubrooms on Commercial Street in North Sydney, from 12:00 - 2:00 - \$10/person..... Branch 19 Legion, North Sydney, will host the Isle Auux Mort Boys on April 6th from 9:00 - 1:00 - \$10/person, tickets on sale at the Bar..... Branch 83 Florence Legion will sponsor a dance on March 22 from 9:00 - 1:00 with music by ALTER EGO - \$10/person, tickets on sale at the Bar.... Holy Family Parish will hold a Flea Market at the Hall on Main Street, Sydney Mines, on Saturday, April 6th - for donations or tables call Rose 902-736-0802 or Debbie at the Parish Office 902-736-8333 see page 8 for \$60.00 internet and save an additional \$15.00 of the first month with our code... **NOTICE** - to all Church groups, Legions, Seniors Clubs, Fire Halls and Community associations - if you want free publicity for your upcoming event, simply email us with your information and we'll publish it in our printed edition and our digital edition - email us at - thisweek@kleeradio.com

NEED CAR DETAILING?
CALL
DONALD

PHONE 902-371-3356

NORTH SYDNEY SENIORS & PENSIONERS CLUB NEWS

The North Sydney Seniors & Pensioners Club is available for rentals - anniversaries, showers, funerals.

To book, call Virginia Lewis 902-794-2235

BINGO GAME every Saturday Night, doors open at 5:30, game starts at 6:30 - Jackpot, Toonie and Even Split games.

FIRE HALL PIERCE ST. - NORTH SYDNEY THURSDAYS

Ernie, Todd & Wade Kitchen Open 4:30 Music 5:00 - 8:30

OPEN 7 DAYS A WEEK

From 10:00 - Midnight



OUR NEW CONTACT PHONE NUMBER FOR YOUR EVENTS

902-595-4171



For the Best In Classic Country Music, join Kenny Walsh every Sunday Night at 6:00 pm for Phantom Country. Logon to our website at this address -

www.kleeradio.com

EASTER MARKET

A Spring Easter Market will be at the St. Michaels Society Polish Village Hall 954 Victoria Rd Sydney Whitney Pier on Saturday March 23rd from 11am to 4pm.

There will be many wonderful vendors as well as lots of prizes to win, kid's activities and a very special guest the Easter Bunny!



The Best of Local Talent - 24/7

www.kleeradio.com

For the latest and most comprehensive list of local events, logon to - www.musiccapebreton.com

At this special time of the year, please contribute to your local Food Drives for those families who cannot afford to feed their families - help make it a reality this year.

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BRANCH 19 LEGION 8 BALL TOURNAMENT WINNERS - Left to right - 2nd Place Bill MacNeil, President Cliff MacIntyre, 1st Place Jim Campbell.

Don't Count Your Chickens

Many people in Cape Breton love to eat caplins and they are easy to catch in quantity. I went with my next door neighbour to Gabarus and we waited for quite a while for the caplins.

Suddenly the water was boiling with the tiny fish and everybody was dipping the nets and hauling in the fish in great quantities.

My neighbour, Clary MacKinnon, filled up a 5 gallon bucket and I hauled that up to his half ton truck and emptied it into a big tub Clary had set up.

We were there for several hours and finally the tub was nearly full. Clary called a halt to the dipping and we sat down to have a sandwich before we headed home.

Clary was telling me how many of the caplins he would be giving to the neighbours, how many he would clean for himself and said I could have as many as I wanted.

We headed home a little weary but happy. When we pulled in the driveway Clary went around the back of the truck and I heard some startling swearing coming from Clary.

Apparently the plug he had in the bottom of the tub let go and all the caplins slipped out and fell to the road off the tailgate and there was about a dozen still left of the night's haul.

This reminded me of one of my mother's sayings, "Don't Count Your Chickens Until They're Hatched."

TAX TIPS & VALUABLE DEDUCTIONS

CHARITABLE TAX CREDIT - When you donate to a charity, you can receive tax benefits for your donations. The Charitable Donation Tax Credit is available to anyone who makes a donation to a qualifying donee (i.e. a registered charity).

SELF-EMPLOYMENT EXPENSES - Whether you are fully self-employed, or have a full-time job and earn self-employed income on the side, the CRA allows you to deduct a range of business expenses on your tax return. Depending upon your type of self-employment, your expenses could be a few bucks or thousands of dollars. Regardless of the amount of the expense, it's important to claim all of your business-related expenses on your tax return. In addition to lowering your tax payable, you're also putting together the most accurate picture of your business' overall health.

Canada Workers Benefit (CWB) - is a refundable tax credit available for low-income individuals in the workforce. You may qualify for additional payments like the disability supplement. To be eligible, you have to earn no less than \$3,000. However, the maximum income level is different in each province.

Registered Retirement Savings Plan (RRSP) Deduction - Deducting your RRSP contributions reduces your net income, which means you're taxed on a smaller amount of money. To get the most tax savings, you don't need to deduct all your contributions in the same year. Instead, you can deduct just the amount you need to reduce your tax liability or get the maximum refund. You can then carry forward any undeducted contributions to deduct in later years when you might be making more money.

Moving Expenses - Did you know that if you relocated more than 40 km for work, you may be eligible to claim your moving expenses? You can claim eligible moving expenses if:

You moved and established a new home to work or run a business at a new location; or

You moved to be a student in full-time attendance in a postsecondary program at a university, college, or other education institution. Eligible expenses include travel costs, fees for replacing your driver's license, and utility hook-ups.

Medical Expenses - Medical expenses can add up quickly in the run of a year. Everything from routine dental visits to prescriptions to doctors' fees could earn you a credit at tax time. To get the most out of your claim, it's usually best to have one spouse claim all the medical expenses for the immediate family (you, your spouse, and kids under 18) and any dependents you support.



TAX PROFESSIONALS

222 Commercial Street - North Sydney - B2A 1B7

902 - 794-7117 - FAX 902-241-3088 sharon.matthews@hrblock.ca

NORTH SYDNEY LIBRARY

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

STORYTIME Saturdays at 2:30.

LEGO DONATIONS - we are looking for any Legos you may have to donate to our programs.



BUNNY HOP - see ad below for details.

E V E N T S

FLORENCE LEGION DANCE, March 22 - 9:00 - 12:00 music by Alter Ego.

EASTER LUNCHEON March 26th at North Sydney Seniors & Pensioners Club - \$10 / person

ISLE AUX MORT BOYS, Branch 19 Legion, North Sydney April 6th - \$10.00 per person.

SYDNEY MINES LIBRARY



MARCH BREAK BASKET WINNER at Sydney Mines Library. Any children that took part in our March Break events had their names entered into a draw for this basket. The winner was Isabella Hall from Sydney Mines.

PUBLISHED EVERY
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IN PRINT AND
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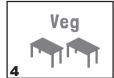
IZZLE PUZZLE

Below are some common word phrases, see how many you can guess correctly.

JOBINJOB

SMOKE G

META META **META META**



entury 5



na na

va ders 8

BA NANA

funny funny words words words words 10

2.3.4 **SIGHT** 11

PDOIVOEL 12

one in sight, 12 Dive in the pool.

8 Space invaders, 9 Banana Split, 10 Too funny for words, 11 No 4 Vegetables, 5 long time no C, 6 See through blouse, 7 tuna, **FUSMERS** - 1 In between jobs, 2 Go up in smoke, 3 Metaphor,

LATE NITE OLDIES SHOW RETURNS TO K-LEE RADIO

The popular Late Nite Oldies Show with DJ Jack Cool returns to K-LEE RA-DIO on Friday evenings at 9:00 pm.

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



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.

DEADLINE FOR NEWS ITEM SUBMISSIONS

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 do Professional Transfers from tape to DVD and flashdrives using Pro Equipment-not home video gear

We can transfer VHS, 8mm tapes and Mini-DV at Great Prices! We also do audio cassettes to CD's







YOUR FREE SODUKO WEEKLY PUZZLE								
		1	9			7	6	
				4	3	1	5	
4			8			3		
	1				6	8		
			1			9		
				3	8			6
	3						9	
					1	5		
		7		5		4		3

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

New Phone - (902) 595-4171

The Drugstore Delivery Genius

Earning money in Sydney in the 60s was not an easy task. We all had a list of odd jobs like cutting lawns and yard work but these jobs were too far apart between paydays for a youngster who was into music and wanted to buy the latest rock records.

A new drug store was being planned for the down town core of Sydney and I decided to get in early on the delivery of prescriptions. I had a bike that was in good condition, a parcel carrier on front and saddle bags on the back. I was young and eager to make money. The problem was that when I talked to the pharmacist, he said they would not be having deliveries.

A normal person would probably accept that statement and not bother to ask again. However, I had set my heart on getting that job because I wanted to buy a turntable and amplifier so I could get into the DJ business. I sat around the house for one morning and then decided on a course of action. I asked about 20 of the neighbours on the street to call the drugstore and ask if they had delivery. Most said they would when I explained that I wanted to get the delivery job.

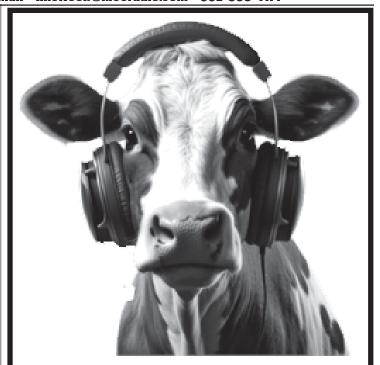
I let two days go by and then decided to go back to the drugstore and ask again. The pharmacist asked me my name and said he was willing to try the delivery system for a week. I made sure the deliveries were on time and I was friendly with the customers. I was making 25 cents on each delivery but often my "regulars" would give me a small tip. The pharmacist was happy and often told me the customers remarked on my courtesy and helpfulness.

I had that job for 5 years until I graduated from High School. By that time I was driving a car to make the deliveries. When I went into the drugstore for the last time before going to college, I said goodbye to the pharmacist and thanked him for all his help and his faith in me.

He chuckled and told me that when he first started to get calls from my neighbours, he asked them where they lived and all the neighbours told them what a great kid I was, how reliable I was and praised me "to high heaven." He said that with that glowing recommendation, how could he not hire me. All this time I thought I had "pulled one over" on the pharmacist but he said he wanted to reward my initiative and he felt that he would never be disappointed. He also handed me an envelope with \$500 in it to help me with my college expenses. I guess it really does pay to advertise!

Our Latest Cape Breton Humour Book, "Outhouse Tales & Trivia" is now available and it is just \$4.95!! { This book contains stories selected to represent the fun we had using a Cape Breton outhouse. These stories include true life adventures and family remembrances.





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