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THIS WEEK

CBRM COMMUNITY NEWS ITEMS

FREE

VOL. 8 - NO. 43 - OCTOBER 31st - 2018

WEBSITE
www.kleeradio.com

AROUND THE TOWN
Local News Items

HAPPY HALLOWEEN



DRIVERS
Watch For
Trick or
Treaters

(CONTINUED ON PAGE 4)



RALPH IVEY'S

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3 & 4 Door Pickups Large SUV	\$149.95
Superduty Pickups X-Large SUV	\$149.95

NORTHSIDE COMMUNITY NEWS ITEMS

SENIORS BINGO

The Regular SUNDAY afternoon Bingo resumes. There will be an Afternoon BINGO Game at the Sydney Mines Seniors & Pensioners Club, 6 Fraser Avenue, Sydney Mines.

WHEN: SUNDAY AFTER-NOON - TIME: 2:00 pm

COST: - \$2.00 entry card DAUBERS ONLY - MONEY GAMES Come out and spend a wonderful Sunday afternoon and maybe win some prizes. Hope to see you all there - Jackpot \$950 on 54 #s Loonie Jackpot \$752.00.

NOTE - Due to Remembrance Day falling on Sunday, the next BINGO game will be SATURDAY, NOV. 10



DANCE - Saturday Night from 8:00 - 11:00 at the Sydney Mines Seniors & Pensioners Club, Fraser Avenue, Sydney Mines

All proceeds go towards Adopt A Family. Come out for a good time and a good cause.

VAN FOR SALE - 2005 Dodge Caravan very nice condition, new spare tire, new struts, inspected to 2019 - Asking \$1,350 Phone 902-578-7181

Feral & Abandoned Cats Draw

Our Jackpot for is projected at \$95,000.00 with just 12 cards remaining!

Last week's winner - Thelma Bennett \$4,995



CHRISTMAS CRAFT SHOW

To be held at the Millville Community Centre - Saturday, Nov. 3rd 10:00 am - 4:00 pm. Sunday, Nov. 4th 11:00am - 3:00 pm - Admission \$2.00 Sponsored by Millville Community Centre.

North Sydney Fire Hall THURSDAY NIGHT -

After Work Party Kitchen open from 5:00 - 9:00 pm, music by Ernie, Todd & Wade, from 6:00 - 9:00 - Food Special Club & Fries \$9.50 - **FREE ADMISSION**, come on out for a good evening of music & food.

BENEFIT DANCE - Sandy Nicholson, Friday, Nov. 9 from 9 - 1 - ticket and info - Greg 371-1120.

FIREMENS SPAGHETTI & Meatball Supper, Nov. 18, 12 - 6 pm - \$10 per person - Free Delivery - Take Out only.

CHRISTMAS CRAFT SALE November 3rd & 4th - 10 am.

CELEBRITY PRIDE SCOOTER - 2 1/2 years old, brand new battery, in excellent condition, head lights, tail lights and side seating, arm rests.

Cost New \$4400 - selling for \$1975. For more information, phone (902) 539-7199.

FREE LAPTOP DRAW

- See Page 8 for participating sponsors and where you can get your Free Ballot.



ITEMS FOR SALE - Complete Single bed in excellent condition with head board and foot board - asking \$250.00.

4 All Season Tires in excellent condition - P215 70R15 asking \$120.00 for the 4 tires.

2 pair mens jogging pants, grey, never worn, still have tags on XXXL asking \$20.00 each - PHONE 902-578-7181

Available for General House-keeping duties - vacuuming, sweeping floor etc. \$10.00 per hour - Phone 902-578-7181.

BRAS d'OR SENIORS WEEKLY 45s GAME

The Bras d'Or Seniors Club are hosting weekly 45's game on Thursdays at 7:30 pm.

1st, 2nd and 3rd cash prizes are awarded. Also a chance to win the main Jackpot, mini Jackpot, and Loonie Jackpot and 50/50 draw.

COMMUNITY SENIORS DAY - Every Thursday at the Sydney Mines Seniors & Pensioners Club, Fraser Avenue, Sydney Mines. All seniors in the area are welcome, no charge for the programs.

10 AM - Coffee Break, tea, coffee and light refreshments, play games of your choice.

1:00 PM - CRAFTS, instructor will be available for you.

7:00 PM - Fun Darts - all welcome. For more information phone (902) 736-3100.



Heat & Serve Meals - Fresh Meal Selections - Frozen Selections

Grab 'n Go Lunch

Soups - Sandwiches - Salads

Ph: 217-0280

212 Commercial St., - North Sydney



Keith Bain

MLA -Victoria-The Lakes

1415 Highway 105, Bras d'Or, NS, B1Y 2N5

902-736-0301 (Office)

902-736-0411 (Fax)

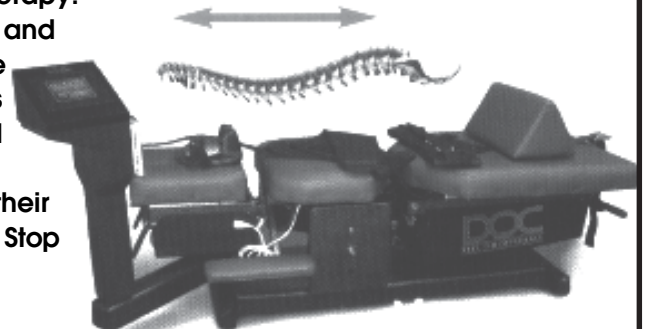
keithbainmla@bellaliant.com

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

NORTHSIDE COMMUNITY NEWS/EVENTS

Sydney Mines Seniors & Pensioners Club

SUNDAY NIGHTS at 7:30 we have tarabish, everyone is welcome. 1st, 2nd and 3rd place Prizes are awarded.

MONDAY AFTERNOON - at 1:00 - Exercise Classes, everyone is welcome.

MONDAY NIGHT - at 7:30 - FUN NIGHT - we invite members from other Seniors Clubs - Bingo 7:30 dabbers only - Loonie Draw Enjoy a game of SCAT - \$1.00, light refreshment, see you there.

WEDNESDAY - 7:30 45s Card Game 1st, 2nd, 3rd



BRANCH 008 LEGION NEWS

BRANCH MEETING - October 25th - 7 o'clock.

DUES for Branch 0009 now being taken.

POPPY CAMPAIGN - Flag Raising Oct. 25 - 10 am - Saturday, Oct. 27 - 9 am - Cadets will canvass town, Volunteers will canvass stores. Starting Oct. 26 to Nov 10, office will be open from 10 am - 4 pm daily.

Regular Wreaths \$45.00, Large Wreaths \$75.00. Volunteers needed, sign up at bar.

NOVEMBER 17 - BINGO

Regular Wreaths \$45.00, Large Wreaths \$75.00. Volunteers are needed, sign up at the Bar.

NOVEMBER 17 - BINGO FUNDRAISER - 2 o'clock - \$40.00 Tickets - 4 Specials Sold Separately - Package includes one \$1000 game, four \$300 games, ten \$200 games, 2 Door Prizes - \$40.00 each - sold at the Downstairs Bar.

VETS DINNER - Saturday, Nov. 3 call 736-3206 to put your name for Dinner. You MUST call to reserve your seat.

LADIES AUXILIARY MEETING - November 22 - delegates to the Windsor Convention will be selected at this meeting.

NEW YEARS TICKETS - are now at Downstairs Bar - \$20.00 each, meal included - Music By Tom Capstick.

BINGO JACKPOT \$2,075 on 54 # s, Toonie Jackpot \$1134. Tickets will be available by Oct. 28th for our Christmas Basket - all proceeds go to Adopt A Family - drawn on Dec. 18th.

Watch for our Line Up with Parade Luncheon and entertainment for Nov. 11th, all welcome.

CHASE THE ACE is back! Branches 008 and Br. 19, starting Friday, October 26 - 7 pm - Music with Bob MacDonald & Friends, kitchen open from 7:00 til 10:00 - Tickets 3 for \$5.00 or 12 for \$20.00.

Soup - Sandwich - Sweets

The Sydney Mines Seniors & Pensioners Club, Fraser Avenue, Sydney Mines, will sponsor a Soup-Sandwich-Sweets on November 2nd.

The cost is \$8.00 and it's an Eat In, Take Out or Delivery event.

Tickets - 736-3199 or 577-5016

Florence Legion Flea Market

Will be held at the Florence Legion November 3rd from 10



am til noon

Tables: 8 ft - \$5.00 6 ft - \$4.00
To Book: 902-736-9740 or 902-736-2746 - Canteen is available - Admission \$1.00.

NORTHSIDE COMMUNITY NEWS

ARE YOU AFFECTED BY SOMEONE ELSE'S ADDICTION? - NAR-ANON OFFERS HOPE

NOTE - there will not be a meeting of the Hopeful Hearts Nar Anon Family Group on Wednesday, October 31, due to Halloween.

Send Your Birthday Wishes To Us At

thisweek@kleeradio.com



Northside Minor Hockey Draw - Last week's winner was

Paul Day and the amount was \$11,481. Thank you for your support

COMMUNITY FIREWORKS



- Florence Fire Hall on Halloween at 9:00 pm.

Donations phone 577-2925.

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MEDIATION MATTERS

This is the first in a series of informative articles on Mediation. Topics that can be discussed in this and future columns will range from "What is Mediation" to "What are the Types of Mediation" and to "Getting Past Impasses in Negotiations". Please feel free to email in your comments, questions, and concerns about this very valuable tool for resolving differences and dilemmas between parties.

In short, a mediator is an independent facilitator who assists others to resolve their differences as fairly and impartially as possible.

While I hesitate to use the word "conflict" due to its very negative connotation, perhaps it is the word more people would assign to unresolved differences between people.

Most people tend to associate mediation with union/management disputes, and yes, it is a valuable tool for those matters. However, mediation is now associated with many other such differences. Whether your dilemma is resolving a conflict over marriage and separation, family estate matters, neighborhood conflicts, parent-child conflict management, family management of an elder person's affairs, bullying between children, employer-employee interpersonal dilemmas, or the barking dog next door, mediation is a wonderful and important way to get past many difficulties in our society. Better still, it usually resolves dilemmas in a much shorter time than our judicial system can manage and does this at minimal cost.

Mediation settlements and agreements have the track record of better voluntary adherence than court orders, and they often raise the spirit of the parties and give them a peace they otherwise might never have achieved.

Mediation is strongly encouraged by our judiciary and hopefully by many lawyers. Consensus agreements, clearing the air, impartiality, choice of options more unique than our judicial system can offer, and yes, compromise, are some of the elemental standards of mediation when it is performed properly with the best interests of the parties involved. Often mediation resolves matters in a few hours when the parties may otherwise have wallowed through years of personal angst, misery, resultant financial chaos, or court processing delays. Sometimes it is used when there seems to be no body that can handle certain types of interpersonal or even inter-corporate differences.

Many mediators have several years in the justice system where they not only managed contentious legal disputes but acted as mediators in a few instances as well as being "Collaborative Lawyers". I can truly say that Mediation is an excellent route to go wherever possible for many reasons, some of which will be explored in upcoming columns.

Normally a first consult is free to the parties so that they can arrive at a proper and fair consensus as to whether they want to proceed with mediation. Frequently the parties may wish to have other parties consulted in their process, which is of course appropriate as may be needed. The parties then move to initial and successive meetings to resolve their matter as fairly as possible.

In family matters, most differences can be resolved within 8 hours of facilitation by a mediator. This not only saves the courts and the parties from exacerbated litigation, but also can save the parties extensive fees to other professionals.

A few open lectures will be offered at local Libraries so watch this column for notices regarding same.

Column submitted by Glennis Munro, Mediator, Mediation Matters, Baddeck, Cape Breton, NS, and website www.mediation7.ca . Questions may be emailed to gm.mediation7@gmail.com.

AROUND THE TOWN



I want to say a very heartfelt "THANK YOU" to the members of the St. Andrew's Presbyterian Church for the **hospitality**

they showed me as I hosted their **Vendors Fall Fair** on Saturday, they looked after me all day long and helped take the gear to the car - thanks again and they have two entertainment events coming up - the first is the **Cape Breton Chordsmen** on November 19th for an evening of harmony and humour and the second is during the Christmas holidays on December 28th for a Bob Quinn Christmas Concert featuring Bob Quinn, Jennifer Whalen, Kate Quinn, Matt MacIassac, Kevin Evans and other special guests to be held at the St. Andrew's Presbyterian Church in Sydney Mines.... with November 11th coming up, please support the area Legion **Poppy Drives** and Wear A Poppy in remembrance of past sacrifices - *West We Forget* ...**CHRISTMAS CRAFT SALE** to be held at the Millville Community Centre - Saturday, Nov. 3rd 10:00 am - 4:00 pm - Sunday, Nov. 4th 11:00am - 3:00 pm - Admission \$2.00 - Sponsored by Millville Community Centre.... **NOVEMBER 17 - BINGO FUNDRAISER** - 2 o'clock - Branch 008 Legion, Sydney Mines - \$40.00 Tickets - 4 Specials Sold Separately - Package includes one \$1000 game, four \$300 games, ten \$200 games, 2 Door Prizes - \$40.00 each - sold at the Downstairs Bar.....**A Wartime Singalong** at St. Matthew Wesley Church in North Sydney on Saturday, November 10th from 7:30-9:30pm - see **page 6** for details... **FREE PUBLICITY** - If your community group or club is sponsoring a community event and would like some **FREE PUBLICITY**, simply email us with your information and we'll publish it free - email us thisweek@kleeradio.com



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Watch for Remembrance Day Special Edition - Nov. 7th

Royal Canadian Legion Branch 83 - Florence



POOL

TOURNAMENT

Every Wednesday

BINGO EVERY THURSDAY

8:00 pm - CASH PRIZES

SATURDAY NIGHT KITCHEN

PARTY with THE CIRCLE

from 7:00 - 10:00

SATURDAYS

BREAKFAST

SUNDAY - 9:00 - 12:00

Adults \$7.50 - Kids \$5.00

FLEA MARKET - Nov. 3

From 10:00 - 12:00

736-6313



SYDNEY MINES LIBRARY NEWS

The Library will be closed for Renovations. Watch for announcement on when it will re-open.

K-LEE RADIO celebrates its

10th year of broadcasting on October 1st. We have been playing the very best in Cape Breton & Celtic music 24 Hours A Day - 7 Days A Week. Tune in to day - www.kleeradio.com



NORTH SYDNEY LIBRARY NEWS

FIBRE LUNCH - Every Thursday, 1:00 - 3:00 pm.

STORYTIME Saturday regular time 2:30.

Writers Group meets Nov. 14, 7:00 - 9:00, new members welcome

PainSupport Group meets Nov. 15th from 2:00 - 4:00.

NOVEMBER 13 - Science Club, 6:30-8:00 - Mysterious Skulls - parents welcome to attend Sponsored by CBU.

NOTE - Library closed at 4:00 pm on Halloween.

SOCIETY LOOKING FOR BOARD OF DIRECTORS

Society of Deaf and Hard of Hearing Nova Scotians, Cape Breton is looking for community members to serve as members of its Board of Directors.

Our mission is to provide services to meet the needs of the Deaf, Hard of Hearing, and late Deafened with dignity, integrity, and respect.

To continue doing this important work we need volunteer board members to provide strong leadership, drive change and help us achieve our mission. If you are interested please call Rosalind Wright, Regional Manager at 902-564-0003.



Pick up a copy of our November 7th Edition for a Special Remembrance Day Tribute to all our Veterans and the local Legion Remembrance Day Programs.

ITEMS FOR SALE

2005 Toyota Corolla, asking \$3,700.

One large heater asking \$150.

1 three room cottage in Bras

d'Or, lots of land, asking \$55,000.

1 new compressor, asking \$100.00.

Phone number for all these items is (902) 736-6140.

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TUESDAY BINGO GAME

NOW AT - 7:30 PM

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**BINGO Tues.
7:30 PM
Biggeelr
Games &
Prizes**

COMMUNITY NEWS EVENTS

WARTIME SINGALONG

A Wartime Singalong at St. Matthew Wesley Church in North Sydney is Saturday, November 10th from 7:30-9:30 pm. With Shauna Doolan, Kevin Orrell, and Cape Breton Chorale with Ryan Billington and Ruth Ann Morrison.

Tickets are \$20, at St. Matthew Wesley Church Office, Shoppers Drug Mart North Sydney, and Sextons Pharmasave, Sydney Mines.

Cape Breton Storyeller Book now on sale on the Northside at Buffett's Office Supplies, North Sydney. Makes a Great Stocking Stuffer.

Traditional Music Night - every Thursday at the Blue Mist Beverage Room in Bras d'Or - The very best of Cape Breton fiddling. Stop by for great Cape Breton fiddling.

NORTHSIDE COMMUNITY NEWS

THURSDAY NIGHT PUB NIGHT

at John J. Nugent Fire Hall, Sydney Mines - Live Entertainment - No Admission - Fund Raiser for Community Cares

FREE PUBLICITY for your event, fund raiser etc.
thisweek@kleeradio.com

For the latest and most comprehensive list of local events, logon to - www.musiccapebreton.com
Mike Little updates his listings each week.

CONTACT INFORMATION

GLEN GRAY, EDITOR

PH: 902-564-9022

Email Address

glengray@kleeradio.com

SATURDAY DANCE

The Sydney Mines & Pensioners Club will host a **SATURDAY DANCE** from 8:00 - 12:00 pm in their Clubrooms 6 Fraser Avenue in Sydney Mines. The cost of the Dance is just \$3.00 and it is open to the public.

There will be a variety of music available..

Come out to our Club, 6 Fraser Avenue in Sydney Mines and have a great night every Saturday. Canteen Service and Bar Service is available.



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BOTTLE BLITZ



Annual Bottle Blitz for Mackayla McGean - Saturday, November 3rd.

Main Drop Off - 261 Park Rd., Florence - For More Information,

(902) 736-8002

(902) 704-8613

(902) 736-8697

email us - thisweek@kleeradio.com

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EXERCISE CLASS

Monday at 1:00 pm, no charge and open to the public at the Sydney Mines Seniors & Pensioners Club, 6 Fraser Avenue.



FLEA MARKET - Florence Legion, November 3 from

10 - 12 - For more information call (902) 736-9740.

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COUNTRY JAMBOREE



A Country Jamboree will be held every Saturday evening at the Army-Navy Hall in Bras d'Or from 7:00 - 10:00 pm. There is free admission and it is for 19 years and over.

SUNDAY MORNING GOSPEL SHOW ARS AT 9:00 AM

For those of you who like to start Sunday morning off with some inspirational music, we have just the thing for you.

Tune in on Sunday mornings at 9 am when host Pierre Chiasson presents a one hour show of the best in traditional Gospel songs to listen to as you have your Sunday Brunch - **www.kleeradio.com**

Mark Eyking MP

Sydney - Victoria

500 Kings Road, Sydney
902.567.6275
markeyking.c1@parl.gc.ca

A Strong Voice for Cape Breton

COMMUNITY NEWS ITEMS

WINTER STORAGE - If you are thinking about storing your car, boat, atv, trailer etc. for the Winter, storage space is available at the Exhibition Grounds in North Sydney.

They will begin taking storage on October 15th on a "First Come - First Served" basis, so get your request in early.

For further information phone (902) 794-7633.

BURGER WEEK -

Hospice Cape Breton - Take a picture eating your favorite Burger. Two Northside eateries are participating - Jane's Restaurant in Bras d'Or and Bette's Kitchen, Queen St., North Sydney.



ELVIRA - Welcome to today's spooky Halloween spectacular where it's definitely a treat-and not a trick. Some people of a certain 'vintage' might look at the name Elvira and think of the Oak Ridge Boys song-but a lot of people will think of the vivacious, over-the-top schlock horror queen that burst onto the boob tube way back in 1981, hosting a program on a VHF station that spoofed and lampooned B-grade horror movies. The show was a huge success, and not just for Elvira's tantalizing dress-



she was witty, charming, intelligent and yes-very risqué and very cheeky. That popularity with the viewers led to Elvira (Cassandra Peterson) starring in her first major movie-"Elvira Mistress of the Dark" in 1988 (30 years ago as of last month). The movie was a huge success at the box office in it's first 2 weeks, but then the distributor (New World Pictures) went bankrupt and theatre owners were nervous about not getting paid for showing the film-so the flick died a quick death. However, it's horror so never say die; Cassandra had experience in the home video market, hosting a series of schlock horror movies, and it was that market that saved her own film. "Elvira Mistress of the Dark" was a runaway VHS success, in a

decade where it cost \$89.95 to buy a copy at that. A sequel was made in 2001; "Elvira's Haunted Hills" (pun definitely intended) and in the years from 1981 to now Cassandra Peterson has been forever ingrained into the horror hall of fame as the hottest thing to hit the horror screen since...since, well, no one-she is the Queen. In re-watching this film for research I also found a fantastic companion documentary; "Too Macabre-The Making of Elvira Mistress of the Dark", which in many ways was as much fun to watch as the movie it chronicled. Cassandra Peterson looks amazing at 67,

and her wit, charm and intellect was refreshing to see and hear again. She dared to be all that in a decade of television where, as they say in the film "pretty women were not expected to be funny". I'll mention one little tidbit from this doc; when they were casting the part of the teenage lead the actor who got the part had lots of acting experience, but he saw another actor in the same casting call that made him think "if they want acting I'll get it-if they want a pretty boy-he will". That other actor didn't get the role. His name? Brad Pitt. So when the little demons have left your doorstep, grab some sugary treats and cuddle up to both these films-they are the best treat!

Court issues can often take years to resolve with unforeseen results.....but: If you have interest in resolving matters OUT OF COURT and in determining how to *peacefully, less expensively, and usually much more speedily* settle issues or conflicts involving business, family, estate, or contract conflicts or disputes, consider an independent mediator (even if court has already started) at:

MEDIATION MATTERS 902-294-0592

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Armstrong Memorial Branch #19

ROYAL CANADIAN LEGION NORTH SYDNEY

Archibald Avenue - North Sydney

POPPY DRIVE FLAG RAISING OCTOBER 25 - 4:30

POPPY CAMPAIGN BEGINS OCTOBER 26TH

POPPY BLITZ - SATURDAY, OCTOBER 27TH

CHASE THE ACE STARTS FRIDAY, OCT. 26

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11 am - 12 am

SUNDAY
3 pm - 11 pm

DELIVERY
AVAILABLE



330 Commercial St., North Sydney - 794-3191



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NORTH SYDNEY**

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Excellent Prices on Winter Tires - New Stocking
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7 PIECE CHICKEN

Med. Fries, Med.
Gravy, Med. Salad,
3 rolls **\$24.95**
PLUS TAX



18 PIECE CHICKEN

Large Fries, Med.
Gravy, 2 Med. Salad,
6 rolls **\$45.99**
PLUS TAX



12 PIECE CHICKEN

Large Fries, Med.
Gravy, Med. Salad,
4 rolls **\$36.45**
PLUS TAX

**HOURS OF
OPERATION
11:00 - 10:00
DAILY
902-736-9496**