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FREE

THIS WEEK

CBRM COMMUNITY NEWS ITEMS

FREE

VOL. 8 - NO. 50 - DECEMBER 12th - 2018

WEBSITE
www.kleeradio.com



Merry
Christmas
To All Our
Readers
Please
Drive Safely

CONTACT INFORMATION

GLEN GRAY, EDITOR

PH: 902-564-9022

Email Address
glengray@kleeradio.com



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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 - 2:00 pm

COST: - \$2.00 entry card DAUBERS ONLY - MONEY GAMES Come out and spend a wonderful Saturday afternoon and maybe win some prizes. Hope to see you all there - Jackpot \$1,100 on 54 #s Loonie Jackpot - 2 winners \$827 each.

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.

Some News Items courtesy of **Swing Over The Mountain Newsletter** - Login - <http://sotmnews.weebly.com>

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



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BINGO			
7	25	44	57 62
15	22	40	50 70
11	30	46	74
2	28	37	55 68
10	27	39	59 75

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 Bacon Cheeseburger \$9.50 - **FREE ADMISSION**,



NEW YEARS EVE

tickets on sale \$15 advance \$20 at the door. Light lunch, party favors, fireworks - music provided by Firehounds DJ.

DEC. 23 - Topsy Eve - music 6 - 10 - Lynda Maxwell.

DEC. 24 - Ernie Wells 2 - 4 pm.

DEC. 26 - MLA Eddie Orrell - free Turkey Supper 12 - 2 pm, all are welcome.

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.

www.kleeradio.com

NEW YEAR'S DANCE - Dec.

31 - Sydney Mines Seniors & Pensioners Club - 9:00 - 1:00 - light lunch, novelties, prizes, full bar. Music by Kimmy & Pam \$10.00 each. Tickets - 736-9740, 795-8850, or the Club 736-3100.

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

CAPE BRETON FARMERS' MARKET every SATURDAY 8:30am to 1:00 pm - 340 Keltic Drive in Sydney River, NS

FERAL & ABANDONED CATS CHASE THE ACE - Judy Petite, Glace Bay, won the split of \$10,876 in the draw of Dec. 5. We continue on Wed., Dec. 12, with a projection of \$170,000 + 8 cards remaining.

BINGO - Every Sunday Night at the Millville Community Centre beginning at 7:00 pm. Cash Prizes Only.



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)

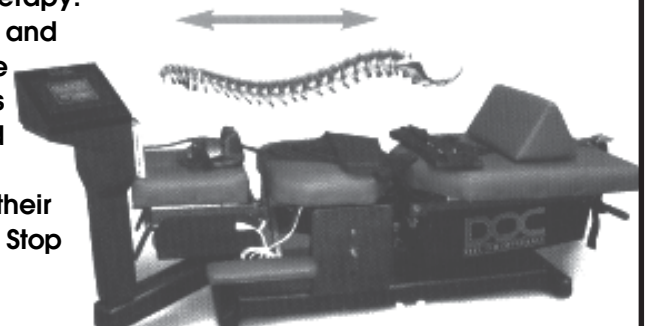
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NEW DECOMPRESSION TABLE RELIEVES PAIN

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



BRANCH 008 LEGION NEWS

HAM-TURKEY SHOOT - Dec. 16 - see George MacIntosh.

CHASE THE ACE - is back, kitchen is open and music with Bob MacDonald and Friends every Friday upstairs. Tickets 3 for \$5.00, 12 for \$20.00. It is sponsored by both branches Branch 008 and Branch 19. We need your help in getting the Jackpot up and running.

KARAOKE is downstairs every Friday from 10 - 2 with Pepper & Pearl.

NEXT BRANCH MEETING - is December 20 and we will be voting on electing 3 more members to the Vice President and Executive.

NEW YEARS TICKETS are available with Roast Beef Supper \$20.00 each - music by T. Capstick.

INSTALLATION OF OFFICERS - January 5th - Doors close at 7 pm, re-open at 9 pm - music by Ernie Wells - Call ahead to book your meal.

JANUARY 6TH - New Year's Levee, starts at 2 o'clock - music from 4 to 10 pm - all welcome.

CHRISTMAS BASKET - Value \$400 - Drawing December 18th - Tickets \$2.00 each or 3 for \$5.00.

www.kleeradio.com



SYDNEY MINES LIBRARY NEWS

All Library Programs are ending December 13th for the Holidays.

They will resume January 14th. For any information, you can phone us at 902-736-3219.

Happy Holidays to all our Patrons.

HOLIDAY HOURS

DECEMBER 24 - CLOSED

DECEMBER 25 - CLOSED

DECEMBER 26 - CLOSED

DEC. 27 - DEC. 29 - OPEN

DECEMBER 31 - CLOSED

JANUARY 1st - CLOSED

JANUARY 2 - OPEN



BIRTHDAY WISHES

HAPPY BIRTHDAY to Jean Whyte, December 18th from your sister and all your family and friends.

HAPPY 86th BIRTHDAY to Douglas Carter on December 21st from all our children and friends.

**Sunday Morning Gospel
Radio Show Airls 9 am**
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TURKEY DINNER - DECEMBER 26TH

NORTH SYDNEY FIRE HALL - PIERCE STREET

COME JOIN US FOR FELLOWSHIP, MUSIC AND A

WONDERFUL FREE TURKEY DINNER

309 Commercial St., North Sydney - B2A 1B9

WIN-WIN vs. WIN-LOSE: - PEACEFUL CONFLICT RESOLUTION ...is, to me, the aim of all good mediators.

Don't get me wrong: *conflict is a healthy and important part of our everyday life.* The word "conflict" seems to have such bad connotations, yet conflict resolution is around us all the time: the store clerk negotiating a week off work with his boss due to the sudden illness of his sister out west; the parent-teacher interview where the teacher needs to impress the farmer parents with their child's need for study time during harvest; the daughter negotiating with her mom for equal freedom with her brother with the car, business partners trying to fairly assign a variety of administrative versus operational business functions to make their business run more efficiently when one partner abhors the administrative portion of the business; the young couple wracked by sudden financial chaos in the midst of an unfortunate divorce.

Whether we are women or men, we cannot live without emotion: it is the lifeblood of motivation, the driving force behind our desire to achieve and treat others well, the very heart of our will to live from the moment of birth to our final days. And it can be emotion that so quickly gets us into trouble when we make an error in pivotal life-moments, when decisions are caught up in chaotic events, when we are devoid of helpful professionals who can help us wade through the mire of decisions that can follow through to good action.

So just who are these professionals and how can they help in these decisive times? For individual choices, we often go to a psychotherapist, a social worker, a life-choices professional, or a divorce coach, or even a friend who has some wisdom. For choices that involve others and commitment to decisive action, we can go to mediators where negotiations aim to produce a fair result for both or all parties.

Mediators can work with the persons involved alone, (say, in a, employee-employer problem) or if the parties have legal questions and problems (say in a partnership split, couple separation, or real estate or inheritance situation), they frequently work in tandem with or without legal advice being given to the parties along the way, or lawyers may accompany the parties to the mediation sessions if they wish. Communications are shared with the parties to define their own perspective on the issues needing resolution, and the common interests of the parties are more clearly defined. Sometimes even after 2-3 meetings one party will suddenly become clearly aware of which common interests are vital to the negotiations, and it is then that new and better solutions often come out of the woodwork!

So, what are the differences between legal negotiations and mediator negotiations? Frequently a good lawyer can ascribe fairness to decisions and choices, but too often a problem with the legal system is that it is often weighed down by a too-slow court/adversarial process, and by a win-lose perspective that often can harm relationships.

In mediation once common interests are defined, the parties (whether in open conflict or just trying to confidentially figure out how to address issues) are more aware of how their capacities can be more justly divided, appreciated and even shared or divided, new perspectives develop in the knowledge that instead of being silently in an emotional or legal war they can remain civil to each other or even restore their friendship, and with resolution remaining completely in their own hands, they move more quickly towards a more productive future.

Instead of their moving through months or years of confusion, interpersonal difficulty, or legal conflict, in mediation the parties are assisted to construct their own compromises that can be achieved fairly quickly, and they arrive at a resolution that ends the problem(s) for both much earlier, and at much less expense. *This "win-win" perspective is at the very heart of good mediation.* **Column submitted and copyright by Glennis Munro, Mediator, Mediation Matters, Baddeck NS, and website www.mediation7.ca.** Questions may be addressed to gm.mediation7@gmail.com or Glennis at 902-294 - 0592.

The Miners' First Noel IV Christmas Concert St. Andrew's Presbyterian Church

Well things are really shaping up for the concert of the season at St. Andrew's Presbyterian Church. The congregation has the Sanctuary all prepared for the Christmas season and for their Miners' First Noel Concert on December 28th at 7 p.m.

Rita Johnston the spokesman for the Stewardship Committee says that tickets are going really well, she is even getting calls from out west where families are coming home for Christmas and would like to see the show. She went on to say that the reason for tickets moving so early is a number of reasons, mainly the talent of all the performers that are in this year's show. We have thirteen performers this year and it's the biggest one since we started The Miners First Noel four years ago. Plus people tend to wait until the last second before buying their tickets and by that time we are already sold out, so this year they are buying them early. Also, with people coming home for the holidays they tend to purchase tickets early because if they waited until they arrive home then tickets are all gone. Our Christmas show is always a sell out because all the excitement of preparing for Christmas day is over and everyone is finally getting to relax and now can have an evening out and enjoy a show themselves.

This concert is a great fundraiser for the church that is over 100 years old, but it's so much more than that Johnston explained. She said that it's the tradition of wonderful performers coming together in this beautiful venue to give the community top notch entertainment. Bob Quinn is the organizer behind these fine performers and said that when the call went out to see if they would be interested in performing, there was no hesitation from any of the performers. Everyone that he contacted and asked to be in this year's show were delighted to come together to support the church and the lovely community of Sydney Mines. Tony Quinn was a resident of North Sydney for many years and now is thrilled to be playing in Sydney Mines with his daughter Shannon. Stewart and his sister Lucy MacNeil are always excited to play at St. Andrew's whether it's with their family the Barra's or simply on their own with Bob Quinn. They too have a special attachment for this lovely old building and the community in which they grew up in. Last year Lucy was proud to present the talent of her two beautiful daughters Amelia and Kenna and they are returning with her again this year. Stewart MacNeil is a great asset to the show with not only his voice but his talent to play so many instruments.

It was three years ago when we heard the beautiful voice of Kate Quinn, Bob's daughter when she performed first at St. Andrew's. Kate will be accompanied once again by her husband Matt MacIsaac who is a Master Piper. Also, this year you will be introduced to Grant Eisan who is Bob's nephew and has a fantastic voice as well. Then there is the angelic voice of Jennifer (Whalen) Quinn who is the hometown girl of Sydney Mines. Jennifer was well known in Sydney Mines years ago when she used to perform for weddings and other socials. Her musical history is a long one and now since moving back home a number of years ago, she has begun to sing once again. Then we have Cameron and MacKenzie Clarke who are two young ladies that will entertain you with a story or two about the Good Old Town of Sydney Mines. So by looking at this lineup you can see the reason why tickets are selling so well. With a show like this, you know it's going to be the ultimate concert of the season, one that will leave your heart full of song and joy.

Tickets are \$28 each and are NOW AVAILABLE at Shoppers Drug Mart at the Post Office Counter in North Sydney and Sexton's Pharmasave at the Pharmacy counter in Sydney Mines or reserve yours by calling 902-736-2508. That's the Miners' First Noel IV Concert at St. Andrew's Presbyterian Church on Friday, December 28th at 7:00 p.m. Get your tickets early before they are all gone.

NORTHSIDE COMMUNITY NEWS

BINGO - will be held every Sunday night at the Millville Community Centre - 7 pm - Cash Prizes Only

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.

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.

MUNRO CRAFTER GUILD Door Prize Winner - Eunice Hyde, Florence.

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BREAKFAST - SEAFOOD - TURKEY - PANINIS

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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.

FREE LAPTOP

DRAW - See Page 8 for participating sponsors and where you can get your Free Ballot. Nothing to buy, draw date is December 18.



FLORENCE LEGION - BINGO every Thursday, doors open 5:00 PM, cards on sale 6:00 PM; bingo starts at 7:00 PM Cash prizes

**Royal Canadian Legion
Branch 83 - Florence**

**POOL****TOURNAMENT****Every Wednesday****BINGO****EVERY
THURSDAY****7:00 pm - CASH PRIZES****SATURDAY NIGHT
KITCHEN**

EVERY SATURDAY downstairs, 'THE CIRCLE' entertainment, 7:00 - 10:00 PM, Happy Hour: 7:30 - 8:30 PM

BREAKFAST**SUNDAY - 9:00 - 12:00****Adults \$7.50 - Kids \$5.00****NEW YEAR'S TICKETS****ON SALE NOW \$20.00,**

downstairs bar, music by
'ALTER EGO- 9:00 PM

1:00 AM**736-6313****SUNDAY MORNING GOSPEL
SHOW AIRS 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

FREE PUBLICITY - If your group or organization is sponsoring a community event and you'd like some **free publicity**, email us with your information and we'll publish it free - email us thisweek@kleeradio.com

**NORTH SYDNEY
LIBRARY NEWS**

All Programs will be ended until the new year.

We would like to wish all our patrons a Merry Christmas and Happy New Year.

HOLIDAY HOURS

DECEMBER 24 - CLOSED

DECEMBER 25 - CLOSED

DECEMBER 26 - CLOSED

DEC. 27 - DEC. 29 - OPEN

DECEMBER 31 - CLOSED

JANUARY 1st - CLOSED

JANUARY 2 - OPEN

K-LEE RADIO celebrated 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 today - www.kleeradio.com

**FREE 2019 CALENDARS**

If you are looking for 2019 Calendars, we have them on our website, 12 months on a single page and we also have 12

months on 12 pages. Go to our website - www.kleeradio.com - and click on the DOWNLOADS PAGE - Also check out our Children's Activities and Free Event Posters.

**We have moved in to our NEW OFFICE
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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.

FOR THE BEST IN LOCAL
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**CHRISTMAS CAROLING IN
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your neighbours for Christmas
Carols in the Greenhouse at
Whyte's - December 9th from
3:00 - 5:00 pm.

Dress Warmly - 10383
Kempt Head Road, Ross Ferry.
Storm date - December 16
3:00 - 5:00 pm.

**COME WORSHIP WITH US
CHRISTMAS EVE** - St. John's
United Church, Big Bras d'Or -
7:00 pm, Diane Kempt DLM.
Knox Church, Ross Ferry -
7:00 pm. - Reverend Peter
MacDonald.



Our next radio remote will be on Saturday, Dec. 8th at the Northside Community Guest Home starting at 1:00 pm for their Craft & Bake Sale. Join us for Music Trivia Giveaways.

Shear Madness

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NORTHSIDE COMMUNITY NEWS

EMERA CENTRE NEWS -
Christmas Show December 21st
at 6 PM - Dinner Comedy - Tickets on sale now.



NEW YEARS EVE -
10:00 - 2:00 with
CLOCKWORK - Catered by Black Spoon
Restaurant - Tickets \$30 - on sale now



I would like to extend my Thanks to the staff and Volunteers at the Northside Community Guest Home for their hospitality at our recent radio remote.

K-LEE RADIO FREE SODUKO PUZZLE

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

You can also get your Daily Soduko Puzzle and Daily Crossword Puzzle by logging on to www.kleeradio.com and clicking on the FEATURES PAGE. Also included is a Free Daily Software Giveaway. Logon today and get yours FREE!!



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.



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.

THURSDAY NIGHT PUB NIGHT



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

ment - No Admission - Fund Raiser for Community Cares

SOME NEWS ITEMS IN THIS ISSUE COURTESY OF <http://sotmnews.weebly.com>



"The Nightmare Before Christmas" - Now some people who read the title above might think it's in reference to the shopping madness you'd experience on December 24th but it's actually about a movie

that raised the bar for fantasy films to come. October of this year marked the 25th anniversary of the release of Tim Burton's masterpiece "The Nightmare Before Christmas", and to my best



knowledge there's no other movie that combined the elements of Halloween with Christmas, and if there was I doubt it was as groundbreaking and legendary as this film. The painstaking stop-motion animation, combined with the creative use of atmospheric lighting and shadows, characters the likes of never seen before, a great storyline and cool musical numbers all gelled to make for a very Gothic-looking viewing experience that transcended time and space to take the viewer on a trip to a world like no one had ever seen before. In a nutshell, in the land of Holidays Jack Skellington (the Pumpkin King of Halloween Town) is bored with doing the 'same old same old' every Halloween. One day Jack stumbles into Christmas Town,

and is so captivated by the thought of Christmas that he tries to get all his bats, ghouls, goblins and freaks of Halloween Town to help him put on Christmas, instead of Halloween. Disasters and misfires abound, culminating in a plan to kidnap Santa Claus! Generations of young people, and older folk fell in love with the story, and Jack's love for the rag doll Sally. The irony of young

people loving the movie isn't lost on Disney Studios - who first thought the movie would be too dark and scary for its

typical youthful audience. To be honest, the film does look as creepy as hell and is filled with monsters, skeletons and other assorted freaks and beasts-all of which seems to have just grabbed our attention ever moreso. As with most, if not all Disney productions, the merchandise marketing created a tsunami of products-and all things Jack Skellington seemed to be everywhere-especially with the milestone the movie reached this year. That's also a testament to the fans absolute love for this visually stunning creation, and the underlying love story that carried the movie along so well. "The Nightmare Before Christmas" has become part of the lexicon of great holiday movies-and is now 'must see' viewing before the Christmas season ends. Enjoy!



EXCELLENT STOCKING STUFFER

Just in time for Christmas! 7 different Cape Breton Books to choose from

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DA MUDDER TUNG - TALL TALES
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Armstrong Memorial Branch #19

ROYAL CANADIAN LEGION NORTH SYDNEY

Archibald Avenue - North Sydney

CRIB GAME - 7:00 PM - THURSDAYS

NEW YEARS LEVEE - DECEMBER 30

CHASE THE ACE JACKPOT - \$6,629+

794-4816 - 794-7482 - Members & Guests



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Drawing
December 18, 2018



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Bras d'Or



**WEDNESDAYS
OPEN MIKE NIGHT**

THURSDAYS - Traditional Music Night
FRIDAY NIGHT - Steak Night
Wednesday & Saturday - Wing Night



Duke's Bar & Grill

1 Pitt Street - Sydney Mines
PHONE 736-6216

THURSDAY EVENING - 10 pm - KARAOKE

FRIDAY - WING NIGHT

1 lb Wings & Beverage \$10

KITCHEN PARTY TO FOLLOW

FRIDAY - Dillon Devoe - 7 PM

SAT., DEC. 15 AC/DC TRIBUTE BAND - LIVEWIRE

DEC. 23 - 5th ANNUAL TIPSY EVE

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& Desserts

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20 Commercial St. - North Sydney

BLACK SPOON MARKET SHOP LOCALLY

Trinity's Florals

Espresso Bar

Joken Skincare

Sage Moon Boutique

7 CONVENT ST. - 794-9377

Bianchini's Pizzeria

PIZZA - SUBS - BURGERS
SALADS - DONAIRS - NACHOS
GARLIC FINGERS - WINGS



**We Cater To Service Groups and
organizations who sell
Spaghetti Dinners as Fund Raisers**

**DEBIT AT
THE DOOR
AVAILABLE**

MON - THURS
11 am - 11 pm

FRI. - SAT.
11 am - 12 am

SUNDAY
3 pm - 11 pm

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AVAILABLE



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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

Sun - Thurs 11 - 9
Fri - Sat - 11 - 10

902-736-9496