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**FREE**

## THIS WEEK

**NORTHSIDE COMMUNITY NEWS**

**FREE**

**VOL. 9 - NO. 13 - MARCH 27<sup>TH</sup> - 2019**

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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.

BINGO									
7	25	44	57	62					
15	22	40	50	70					
11	30	45	46	74					
2	28	37	55	68					
10	27	39	59	75					

**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 \$1,450 on 54 #s or less - Loonie Jackpot

**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](http://www.musiccapebreton.com)  
 Mike Little updates his listings each week.

**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](mailto:thisweek@kleeradio.com)

### 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, Super Donair \$7.50 - **FREE ADMISSION..**



**MARCH 29** - Air Cadet Squadron 591 Easter Dance - 9:00-1:00 music by Firehounds DJ, \$5.00 - 50/50 tickets sold at dance.

**APRIL 2** - Flea Market 10 - 2 in support of Air Cadets.



**SPRING FLING DANCE** - April 25th - \$2.00 - music by Firehounds DJ.

### 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.

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

### UPCOMING SENIORS EVENTS

The Sydney Mines Seniors & Pensioners Club has a host of great programs coming up.

**APRIL 6 - SPRING FLING** - 11:00 - 2:00 see page 4.

**APRIL 29** - Merchandise Bingo starts at 7:30 pm.

**MAY 31** - Monte Carlo Night - at 7:00 pm.

**JUNE** - Lobster Draw, stay tuned for details.

TAKEAWAY

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Med. Fries, Medium Gravy, 3 rolls **\$25.95**  
 PLUS TAX



### 12 PIECE CHICKEN

Large Fries, Med. Gravy, Med. Salad, 4 rolls **\$36.95**  
 PLUS TAX



### 18 PIECE CHICKEN

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Upsize Your Fries ..... 99c  
 Located in Bras d'Or on Trans Canada Highway

**- HOURS OF OPERATION -**  
**11:00 AM - 10:00 pm**  
**PHONE**  
**902-736-9496**



## Keith Bain

MLA -Victoria-The Lakes

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

902-736-0301 (Office)

902-736-0411 (Fax)

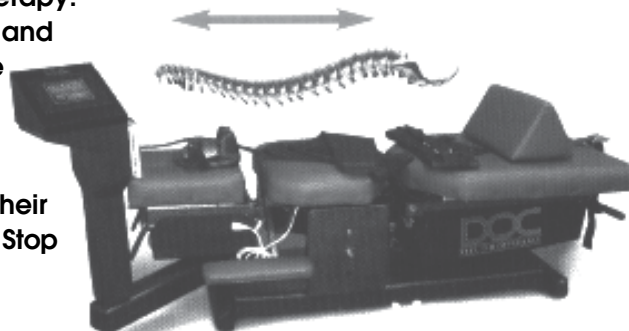
[keithbainmla@bellaliant.com](mailto:keithbainmla@bellaliant.com)

### 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



## COMMUNITY NEWS



**Flea Market** at the Florence Legion on Saturday, March 30 from 10:00 - 12:00 Canteen Services Available. To Book - 902-736-9740.

### Hopeful Hearts Nar Anon Family Group Meetings

Hopeful Hearts Nar Anon Family Group is for friends and family of those with substance abuse disorders.

If you're affected by someone else's addiction, they offer hope. Regular Meetings are Wednesdays 8:00 - 9:00 pm at 26 Haley St, North Sydney. Call 902-322-5588 for info.

### UPCOMING DATES

March 27, 2019 8:00 pm - 9:00 pm

### Men Of The Deeps Concert

The Men Of The Deeps in support of the Memorial High School Festival Band Trip, will be in concert Sunday, April 28 - \$7.00 pm.

It will take place at Holy Family Church Hall, Main Street, Sydney Mines.

The Memorial High School Concert Band will also perform.

Tickets can be attained from any band member, Buffetts Office Supplies, North Sydney or Cape Breton Curiosity Shop in Sydney.

### CPP and OAS Information Session - North Sydney

A CPP and OAS Information session will be held March 27 from 1:00 - 3:00 pm at the Wilfred Oram Centennial Library, North Sydney.

Join Michelle Gallivan, Citizen Service Specialist, for a general information session on the old age security and the Canada Pension Plan programs.

Everyone welcome.



**Fly Tying Thursday** evenings at 7:00 P.M. We will meet at the Minor Base Ball Building on Pitt St Sydney Mines. We charge no fees. Come out and you can try this fun and interesting hobby.

**CBRM HEAVY GARBAGE COLLECTION** has been scheduled for a Monday between April 29th and May 13. Place your heavy garbage at the curb - no electronics, paint or tires allowed in this collection.

## AROUND THE TOWN



I attended my granddaughter's Birthday Bowling Party at **Membertou Lanes** in Sydney, besides the obvious bowling alleys, there was a fully **functional pub** and a place to practice your **golf swing** and lots of soft couches and chairs and tables - the lanes had subdued lighting and **automatic scoring** that was displayed above electronically - a far cry from when I used to play at the **Bowl-Mor Lanes**.....on Saturday, May 18, Canadian cruiserweight champion **Ryan "The Bruiser" Rozicki** (9-0-0, 9KOs) of **Sydney Forks** returns home to Cape Breton Island to defend his WBA-NABA Canada title against Shawn "The Killer" Miller (19-4-1, 7KOs) of Troy, New York, at the **Centre 200** in Sydney - this is good news for local boxing fans... Over the March Break I was asked if I had any **children's play money** templates you could print at home and I put up some samples on our website - just go to the **DOWNLOADS** page and you can download and print as much money as you want - **www.kleeradio.com**.... there's a change in the evening for the Fly Tying group, it is now **Thursday evenings** at the Minor Baseball Building in Sydney Mines.... if you need any information regarding **CPP/OAS**, A CPP and OAS Information session will be held **March 27** from 1:00 - 3:00 pm at the Wilfred Oram Centennial Library, North Sydney .... **Branch 008 Legion News** **APRIL 6th** - TORONTO vs CANADIENS game - \$5.00 includes beverage, slice of pizza and a ticket on two NHL jerseys, 1 Leafs, 1 Canadiens - **GOOD FRIDAY** - April 19th - Fish & Chips served from 4:00 - 6:00 pm. ... The Sydney Mines **Seniors & Pensioners Club**, 6 Fraser Avenue in Sydney Mines, will sponsor a **Spring Fling** at their Clubrooms on April 6th from 11:00 - 2:00 pm, see **page 4** for table information..... **FREE PUBLICITY** - If your club or group is holding a community event and you want some **FREE PUBLICITY**, simply email us with your information and we'll publish it **free of charge** in our paper and also broadcast it on our internet radio station - email us your event information to **thisweek@kleeradio.com**



## EDDIE ORRELL

**MLA - Northside-Westmount**

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16" PIZZA (Combo or CP)

12" Garlic Fingers

1 Litre Pop

**\$27.50** TAX INCLUDED

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2 Litre Pop

**\$33.50** TAX INCLUDED



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**(902) 794-1409**



**EXERCISE CLASS**

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

**K-LEE RADIO** is celebrating its 10th year of broadcasting on in Cape Breton. We have been playing the very best in Cape Breton & Celtic music 24 Hours A Day - 7 Days A Week- Visit [www.kleeradio.com](http://www.kleeradio.com)



**Royal Canadian Legion  
Branch 83 - Florence**



**BINGO**

**EVERY THURSDAY  
DOORS OPEN 5 PM - CARDS ON  
SALE - 6:00 PM**

**7:00 pm - CASH PRIZES  
EVERY SATURDAY  
NIGHT**

Entertainment by  
**'THE CIRCLE'**

Downstairs 7:00 - 10:00 pm  
Happy Hour: 7:30 - 8:30 pm

**45s Card Game Every**

**Monday - 7:30 sharp**

**BREAKFAST**

**SUNDAY - 9:00 - 12:00**

Adults \$8.00

**FLEA MARKET**

March 30 from 10:00 - 12:00

**736-6313**

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

**FLEA MARKET MARCH 30**

The Bras d'Or Seniors Club will host a Flea Market at their club on Saturday, March 30 from 10:00 - 2:00 pm.

Doors will open at 8:30 for sellers and 10:00 am for the Buyers.

Cost is \$10 per table - phone 564-4716 or 565-8062 for tables. \$2.00 admission fee and Canteen Service will be available.



**DJ JACK COOL  
OLDIES  
SHOW**

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**WWW.KLEERADIO.COM**



**NORTH SYDNEY  
LIBRARY NEWS**

**FIBRE LUNCH** - every Thursday from 1:00 - 3:00.

**STORYTIME** every Saturday afternoon.

**CHRONIC PAIN GROUP** meets March 21 from 2:00 - 4:00 pm, new members are welcome to attend.

**MARCH 26** - CBU Science Group for children ages 8 - 12 - this week's theme "Geology Rocks". Please phone to register 794-3272

**MARCH 27** - Writing Group meets, all welcome to attend, **COMMUNITY STRUCTURES EXHIBIT** - by the Elementary Schools Grades 2 and 3. Exhibit is open during library hours.

**Send Your Birthday  
Wishes To Us At**

[thisweek@kleeradio.com](mailto:thisweek@kleeradio.com)



## Whaddy Mean "They're All Gone??"

If you missed out on Northside This Week just go to our website .....

[www.kleeradio.com](http://www.kleeradio.com) and you can download an electronic copy or print a copy on your home computer. Great for sending to folks "away."

**FREE PUBLICITY for your  
event, fund raiser etc.  
[thisweek@kleeradio.com](mailto:thisweek@kleeradio.com)**

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FOOD BANKS**

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HOME CENTRE**



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SYDNEY MINES**

**RONA**

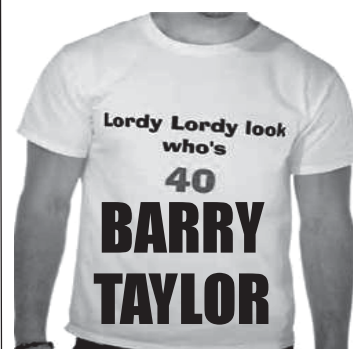
**PELLETS  
NOW IN STOCK**

**736-9722**

## JACK COOL INTERVIEWS JASON VOORHEES



K-LEE RADIO DJ Jack Cool will be interviewing American actor and stuntman best known for playing Jason Voorhees in the movie Friday 13th Jason Lives - which goes back to 1986. This Wednesday 7:00 pm - live on k-lee radio 2 to tune in please to go <http://www.kleeradio.com/jackcool2.htm>



No need to worry Barry, we all chipped in and bought you a new walker and a stand up cane that we'll bring to the party. Are you allowed to stay up after 10 pm? From all your very much younger friends - Happy 40th Birthday.



**ROYAL CANADIAN LEGION - SYDNEY MINES - 736-3206**

**PEPPER & PEARL FRIDAYS - 10:00 - 2:00 AM**

**TUESDAY BINGO GAME**

**NOW AT - 7:30 PM**

**Hall Rental Available - 736-3206**

**BINGO  
Jackpot  
\$2,525.00+**

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



## 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 dabbbers only - Loonie Draw Enjoy a game of SCAT - \$1.00, light refreshment, see you there.

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

**FREE PUBLICITY for your event, fund raiser etc.**  
[thisweek@kleeradio.com](mailto:thisweek@kleeradio.com)



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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  
CAPE BRETON MUSIC  
[www.kleeradio.com](http://www.kleeradio.com)

## GOSPEL HOUR AIRS

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](http://www.kleeradio.com)

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Storyteller**

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Legends  
Ghost Stories  
Local UFO  
Sightings  
From Cape  
Breton Island

Written & Compiled By GLEN GRAY

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*Shear Madness*

HAIR DESIGNS  
HANDICAP ACCESSIBLE

**Come  
Check  
Us Out!**

**WALK IN SERVICE**  
**Tues. & Wed. 9-5**  
**Thurs. 9-7 - Fri. 9-5 - Sat. 9-4**

**Gift Certificates Available**

**T-Zone Vibration Available**

363 Main St.  
Florence **736-7777**

The Northside Minor Hockey Draw - Last week - we will have extra Bonus Draws for the Final Draw - Thank you for your support.

**CONTACT INFORMATION**

**GLEN GRAY, EDITOR**  
**PH: 902-564-9022**

Email Address  
[glengray@kleeradio.com](mailto:glengray@kleeradio.com)

## NORTHSIDE COMMUNITY NEWS



### BRANCH 008 LEGION NEWS

**SUPER BINGO** - Last chance for your \$40.00 ticket, \$1,000 must go, 4 x \$300 and 10 x \$200. Come in and support your Comfort Fund - March 30 - 2 pm.

**GOOD FRIDAY** - April 19th - Pan fried/Deep Fried, Mashed or fries, dessert, tea, coffee \$15.00 each - Eat In or Take Out from 4:00 - 6:00 pm.

**MOTHER'S DAY SUPPER DANCE** - May 11th - \$15.00 each - Roast Beef Supper 7:00-8:00, Dancing 8:00 - 12:00 - Dave MacNeil.

**ROYAL CANADIAN LEGION BR. 008 MEETING** - March 28 - 7:00 o'clock - also voting on By Law changes.

**CHASE THE ACE** - (\$12,328) - every Friday - music with Bob

**If you like Soduko Puzzles, logon to our website and enjoy a Daily Puzzle along with a new Daily Crossword Puzzle - Logon Features at - [www.kleeradio.com](http://www.kleeradio.com)**

**IONA LEGION SUPPER** - Friday night - Boneless Chicken Breast Dinner is served from 6 - 7 pm - Coffee & Tea included. Entertainment - Chris Campbell. Ceilidh starts at 7 pm - until 10 pm (free!) - Adult \$15 (\$13 + tax) - Senior/Child \$10 (\$8.70 + tax). Coffee & Tea included.

MacDonald & Friends plus canteen services.

**BINGO** - every Tuesday 7:30 - Jackpot \$2,525 plus Toonie Game.

**IT'S HOCKEY NIGHT** - April 6th - Toronto vs Montreal - Pool tickets available downstairs Bar - \$5.00 will get you a beverage, a slice of pizza and a chance to win 2 NHL Hockey Jerseys. Come in and pick up your ticket.

**HAM & TURKEY SHOOT** - April 19th - 12 o'clock - \$10.00 **FUNDRAISER** for our Bowlers - drawing for set of original 6 Stanley Cup "rings" - \$2.00 each or 3 for \$5.00

## FARMERS MARKET

Time: 8:30 AM - 1:00 PM  
Cape Breton Farmers' Market every SATURDAY 8:30 am to 1:00 pm. - 340 Keltic Drive in Sydney River.

## COMMUNITY VOLUNTEER INCOME TAX PROGRAM

No appointments, first come, first served. In case of cancellation due to bad weather or power outages, please follow schedule.

**NORTH SYDNEY SENIORS CLUB - Commercial Street**

**APRIL 3 - 9:00 - 11:00**

**APRIL 17 - 9:00 - 11:00**

**SYDNEY MINES SENIORS CLUB - 6 Fraser Avenue**

**APRIL 10 - 9:00 - 11:00**

**APRIL 24 - 9:00 - 11:00**

House of Commons

**Mark Eyking MP**  
Sydney - Victoria

500 Kings Road, Sydney  
902.567.6275  
[markeyking.c1@parl.gc.ca](mailto:markeyking.c1@parl.gc.ca)

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## TAX TIPS COLUMN

### Do you know you can deduct medical travel expenses?

Do you travel to Antigonish, or maybe Halifax for medical treatment? If you have to travel at least 80 kilometres (one way) from your home to obtain medical services, you may be able to claim accommodation, meal, and parking expenses in addition to your transportation expenses as medical expenses.

There are conditions to qualify for the claim of course, but they are simply that substantially equivalent medical services were not available near your home; you took a reasonably direct travelling route; and it is reasonable, under the circumstances, for you to have travelled to that place for those medical services.

Also if a medical practitioner certifies in writing that you were incapable of travelling alone to obtain medical services, you can also claim the transportation and travel expenses of an attendant who accompanied you.

For meal and vehicle expenses, you can choose to use the detailed method or the simplified method for calculating meal and vehicle expenses. If you use the detailed method, you have to keep all receipts and records for your 12-month period. The simplified method allows you to claim a flat rate of \$17/meal, to a maximum of \$51/day (sales tax included) per person, without receipts.

To use the simplified method to determine the amount you can claim for vehicle expenses, multiply the number of kilometres by the cents/km rate from the province or territory in which the travel begins. If your travel begins in Nova Scotia, the rate is 52.5 cents per kilometer.

You must keep receipts for all accommodation expenses and you must be able to show that the amount paid for accommodation is necessary because of the distance travelled and your medical condition. Claim the amount for accommodation as shown on your receipts and keep them in case the CRA asks to see them.

To find out more, talk to your tax professional or visit  
[www.cra-arc.gc.ca/travelcosts](http://www.cra-arc.gc.ca/travelcosts)

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**[nsydhrrblock@syd.eastlink.ca](mailto:nsydhrrblock@syd.eastlink.ca)**