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FREE

THIS WEEK

NORTHSIDE COMMUNITY NEWS

FREE

VOL. 9 - NO. 6 - FEBRUARY 6TH - 2019

WEBSITE
www.kleeradio.com

AROUND THE TOWN

Well, the ground hog saw his shadow, so I guess we'll have 6 more weeks of Winter, too bad, I was looking for an early Spring... I attended a Trivia Night sponsored by Northside Rising group and it was a fun way to spend an evening, I recommend the Trivia Night, it's easy to play, only \$5.00 and the money goes

(CONTINUED ON PAGE 3)



RALPH IVEY'S

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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 \$1,275 on 54 #s or less - Loonie Jackpot \$236.

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.

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 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.**

FEB. 9 - Valentines Dinner & Dance - Supper 6:00 - 8:00 - Dance 9:00 - 1:00 - Music by Firehounds DJ. Tickets available soon.

BENEFIT DANCE - Feb. 8 - 9:00 - 1:00 - in aid of Stewart Whitty. For tickets phone (902) 322-2187

FEB. 23 - Montreal vs Toronto on the Big Screen - 7:00 pm, no admission fee. Come and join the fun!!

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

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

www.kleeradio.com

COMMIT TO COMMUNITY RADIO Promoting Cape Breton Music, News and People

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

FLY TYING



Fly Tying Wednesday 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 try this fun and interesting hobby.

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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)

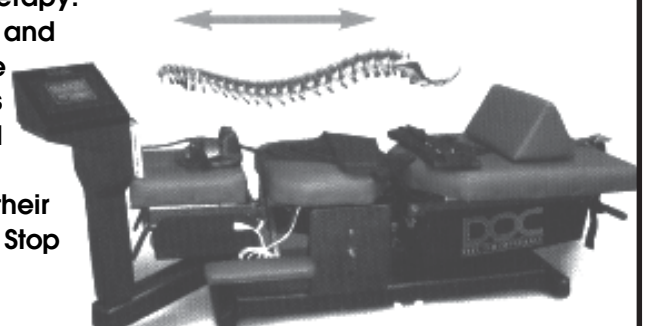
keithbainmla@bellaliant.com

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

COMMUNITY NEWS ITEMS



60th Wedding Anniversary Tea

for Hugh and Lucy O'Handley at the North Sydney Firefighters Club, Pierce Street, North Sydney, February 17th from 1:00 pm to 4:00 pm.

Come help us celebrate and enjoy a light lunch and refreshments with the Diamond Anniversary couple!

FREE BOWLING

Thursday, March 7, 2019 - all day at the Strand Bowling Lane at 133 Main Street, Sydney Mines.

Gather a team of four or five friends, family and/or co-workers. Call Big Brothers Big Sisters of Cape Breton to get your pledge sheets and gather pledges for the event.

Book your hour of bowling (on March 7/19) through 902-564-5437. Bring your pledges in the day of the event.

The more money you raise, the more chances for prizes to be won!!!

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.

FREE SWIM - Northside Community Pool - Sunday, Feb 10 at 3:30 PM - Taste of Winter 2019

Join us for free swims at the Northside Community Pool this winter and remain active in the colder months. Swims are free but subject to capacity. First come, first served. All children must be accompanied by an adult.



Part Time Bartender

The North Sydney Firefighters Club, 14 Pierce Street, North Sydney is looking for a part time Bartender for 28-30 hours weekly.

Please drop off resume in person Monday-Friday, 10 am - 5 pm - 14 Pierce Street, North Sydney. A Criminal Record check is required.

AROUND THE TOWN



to charity, so it's a win-win for everybody.... **Congratulations** are in order for the New Waterford community for hosting the **Coal Bowl Basketball Tournament**, all the teams are housed, fed and taught at Breton Education Centre and it requires a complex volunteer and community effort - I had the privilege of officiating in the Coal Bowl and you get the top teams from all across Canada participating, congratulations to all for the work required to host such a tournament... the **Super Bowl** is over for another year and it was a good game with New England Patriots emerging as winners as I **correctly** predicted.... FLK Taoist Tai Chi is having an **OPEN HOUSE**, Wednesday, February 13th at Bras d'Or Hall, Villa Drive from 6:30-8:30 pm, all are welcome to attend and see what **Tai Chi** is all about.... **Rita's Tea Room** announced on Facebook that it will not be opening next season after more than thirty years in operation in Big Pond - however, a **new Sydney location** will be opened and will include a gift shop, displays and information about Rita MacNeil's story, as well as a seating area for tea, biscuits, and desserts - the location will be at a shared space with the Cape Breton Fudge Company.... the **CBRM Recreation Dept.** has some upcoming "Taste Of Winter" **Free Programs**, Free Swim at North Sydney Pool and Free Bowling at Strand Bowling Lanes (**page 3**) and Free Wagon Rides at Carmen Young Park - see **page 5** for details.... There are two upcoming **Benefit Dances** that you can support - **BENEFIT DANCE** - Feb. 8 - 9:00 - 1:00 - in aid of **Stewart Whitty** to be held at the North Sydney Fire Hall, 14 Pierce Street, North Sydney - for tickets phone (902) 322-2187 and at the Florence Legion, Branch 83 on **February 15th** from 8:00 - 1:00 in support of **Bowser MacRae** undergoing heart operation, donations at the door, music by Bob MacDonald and The Crew... **FREE PUBLICITY** - We offer to all non profit clubs and community organizations free publicity for their upcoming events - simply email us with your information and we'll publish it in our paper and broadcast it on our internet radio station as well - www.kleeradio.com



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16" PIZZA (Combo or CP)

12" Garlic Fingers

1 Litre Pop

\$27.50 TAX INCLUDED

18" PIZZA (Combo or CP)

14" Garlic Fingers

2 Litre Pop

\$33.50 TAX INCLUDED



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DEBIT
AT DOOR



330 Commercial St., North Sydney - 794-3191

Tai Chi Open House

Tai Chi is a gentle set of exercises designed to improve all aspects of your life including balance, sleep and digestion. No special equipment is required. FLK Taoist Tai Chi is having an OPEN HOUSE, Tuesday, February 12th at 10am at Club 55, Prince & Bentinck St. Sydney. Also on Wednesday, February 13th at Bras d'Or Hall, Villa Drive from 6:30-8:30pm. ALL ARE WELCOME. Come see what it is

all about. For info. 902-567-0525 or www.taoist.org or truero.ns@taoist.org

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



SUPPORT OUR LOCAL FOOD BANKS NOW

**K-LEE RADIO ST. PADDY'S DAY IRISH CEILIDH
MARCH 17 - BR. 008
LEGION - 4:00-6:00**



Join us for a St. Patricks Day Irish Ceilidh with lots of traditional Irish music, Free Giveaways and Trivia Prizes.

Branch 008 Legion will feature a Fish Cake & Beans Supper, dessert included \$12.00.

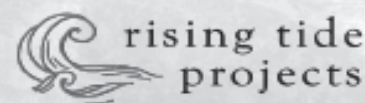
Have an idea to improve your community?

- ✓ *Pride In Your Community*
- ✓ *Community Connections*
- ✓ *Inclusion*

Apply for funding up to \$3,000 & turn your idea into a reality!

Maybe it's a community playground, a block party, a community garden, a mural project, or anything you can dream up!

Learn more about Rising Tide Projects at www.northsiderising.ca



Rising Tide Festival Kickoff

February 22nd - 7 - 9:30 pm

**Five Eleven Youth Family Centre
127 Brook Street - North Sydney**

Hosted by CBC's Wendy Bergfeldt

Featuring Performances by local poet Natasha Burke, World Music Drumming, The Morrison Brothers & Broken Dreams

Come and check out a Gallery with work by local artists

there will be a chance to vote for your favorites and buy pieces to take home

"Bringing Us Together To Understand Substance Abuse In Our Community"

The Rising Tide Festival aims to increase community awareness of the issues surrounding substance use and reduce the stigma of drug dependency

RISING TIDE FESTIVAL

LET'S LOSE STIGMA AGAINST DRUG DEPENDENCE

**YOUR ART
WANTED**



**NORTHSIDE
rising**

**Art Deadline
February 11th**

**DO YOU WANT TO CREATE ART THAT
DISPLAYS CONNECTION,
INCLUSION, OR COMMUNITY SPIRIT
ON THE NORTHSIDE?**

YOUR ART WILL BE
DISPLAYED DURING A
NIGHT OF MUSIC AT
FIVE ELEVEN, WHERE
WE WILL
TALK ABOUT STIGMA
& SUBSTANCE USE
ON THE NORTHSIDE.

YOU ARE WELCOME TO SUBMIT
ART UNDER THIS THEME AS WELL.

**GREAT PRIZES
TO BE WON!**

**FREE
ADMISSION**

**CONTACT: MEGAN
902-579-2526**

MMACLEOD@NORTHSIDERISING.CA

EXERCISE CLASS

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

IONA LEGION SUPPER - Friday

night - Roast Pork- Supper is served from 6 - 7 pm - Coffee & Tea included

Ceilidh starts at 7 pm - until 10 pm (free!) - Adult \$15 (\$13 + tax) - Senior/Child \$10 (\$8.70 + tax). Coffee & Tea included


**Royal Canadian Legion
Branch 83 - Florence**
**BINGO**

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

7:00 pm - CASH PRIZES

**SATURDAY NIGHT
KITCHEN**

EVERY SATURDAY

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

736-6313

NEW BARTENDERS - Come in and meet the new Florence Legion, Br. 83 Bartenders Holly Luker and Wanda MacDonald

**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

**DJ JACK COOL
OLDIES
SHOW**

7 DAYS A WEEK

WWW.KLEERADIO.COM

**NORTH SYDNEY
LIBRARY NEWS**

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

FEB. 12 - CBU presents Science Program "Exploring Water", ages 8 - 12 from 6:30-8:00. please call to register (902) 794-3272.

FEB. 13 - WRITERS GROUP meets from 7:00 - 9:00

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

STORYTIME every Saturday afternoon.

**COUNTRY
JAMBOREE**

Saturday evening at the Army-Navy Hall in Bras d'Or from 7:00 - 10:00 pm.

**Free Wagon Rides**

Saturday, March 16, 2019 from 12:00 pm to 3:00 pm at the Carmen Young Track at 175 King St., North Sydney, NS This is a free event!

Enjoy the serene experience of a horse drawn wagon this winter as CBRM Recreation and Two Rivers Wildlife Park present wagon rides in various locations in the community.

March 16 - Carmen Young Track, North Sydney Taste of Winter is a program of the CBRM Recreation Department. For a full schedule of activities, including community run activities, visit www.tasteofwinter.ca



Branch 19 and Branch 008 Legions Chase The Ace Jackpot - \$9,674. Northside 4 Chase The Ace Jackpot is now at \$36,000 Tickets on sale all week long.

Thank you for supporting these weekly draws.

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



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.

**Whaddya Mean
"They're All
Gone??"**

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

www.kleeradio.com and you can download an electronic copy or print a copy on your home computer. Great for sending to folks "away."

**DON RAY
HOME CENTRE**

RONA

**THE NEW HOME OF
CRAFTSMAN**

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SYDNEY MINES**

736-9722

**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
\$2,350.00+**

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



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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

COMMUNITY EVENTS

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

MACS (Monday Afternoon Crafters) - 1:00 - 3:00 at the Ross Ferry Fire Hall. Everyone welcome - crafting is optional.

BREAKFAST BRUNCH

Last Sunday of every month

Big Bras d'Or Fire Hall

FEBRUARY 24

9:00 - 12:00 pm

Sponsored By

Friends Of The Big Bras
d'Or Fire Hall

1390 Old Route 5, Big Bras d'Or
Adults \$8.00 - Children \$4.00

EAT IN or TAKE OUT



DON'T FORGET

**OUR LOCAL
FOOD BANK FOOD BANKS**

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

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363 Main St.
Florence

736-7777

ITEMS FOR SALE

32 inch Flat screen TV, ex. cond. \$75.00 OBO.

Complete single bed, excellent condition with head board and foot board, asking \$150.00

2005 Dodge Caravan, very good condition, inspected until December 2019, running condition, asking \$1,250 OBO or will trade for car of equal value.

PHONE (902) 578-7181

NORTHSIDE COMMUNITY NEWS



vs



Come visit the Sydney Mines Legion on Saturday, February 9 beginning 7:00 pm.

The cost is \$5.00 per person and includes beer, pizza and a chance to win an NHL Jersey.

Bring some of your friends and cheer on your favorite team.

CONTACT INFORMATION

GLEN GRAY, EDITOR

PH: 902-564-9022

Email Address

glengray@kleeradio.com

The Northside Minor Hockey Draw - Last week's winner was John Marinelli and the amount was \$11,316. Thank you for your support



BRANCH 008 LEGION NEWS

VALENTINES DANCE - Feb. 9 - Supper Dance with Roast Beef from 7:00 - 8:30, dancing from 9:00 - 1:00 with Dave MacNeil - \$15.00.

MARCH 17 - Fish Cake and Beans, dessert included \$12.00. Music - Take Out 3:00 - 4:00 Eat In 4:00 - 6:00 with light music.

K-LEE RADIO will be there from 4 - 6 with lots of great Irish music and Prizes and trivia Games.

MARCH 30 - SUPER BINGO \$40.00 each with over \$4,280 in Prizes.

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

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Mark Eyking MP
Sydney - Victoria

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

A Strong Voice for Cape Breton



SYDNEY MINES LIBRARY NEWS

2019 PROGRAMS

PRE-SCHOOL - Thursdays at 10:30 m - 2 - 3 year olds.

TEEN BOOK CLUB - Tuesday, Feb. 19 - 3:30 pm. The book "The Film Club" by David Gilmore.

AFTERNOON CRAFTS - 6-10 year olds - Thursdays 3:00 - 4:00 pm

SENIORS BOOK CLUB - first Tuesday of the month.

To register for any of these programs or if you wish additional information, please call

the Library at (902) 736-3219.

Valentines's Food for Fines - from Feb. 1 to Feb. 14, all library branches will accept donations of non-perishable food items for local food banks. Each item will equal \$2.00 removed from overdue book fines to a maximum of \$20. For more information, contact the **website - www.cbri.ca**

KNIT-A-THON - We are collecting yarn, needles and knitting supplies for the March 2 Knit-A-Thon to be held at McConnell Library. Knitted goods go to CBRL Childrens Programs.

CLOSED for Heritage Day, February 18th

Where Can I Pick Up My Free Copy Of THIS WEEK IN CBRM

We publish every Wednesday and you can logon to our website and download your own Free Copy of our paper or you can pick up a printed copy of the paper at the following outlets

NORTH SYDNEY

North Sydney Library
MLA Eddie Orrell's Office
Bianchinis Pizzeria
Black Spoon Restaurant
Branch 19 Legion
Strong's Chiropractic
North Sydney Fire Hall
Barber Shop
Hair Salon
Clansman Motel
North Sydney Mall Lotto
Kenny's Pizza
OK Tire Ltd.
Ralph Ivey Auto
McCormick's Tire

SYDNEY MINES

Sydney Mines Library
Seniors & Pens. Club
Northern Contracting
Robins Donuts

Branch 008 Legion
Needs Convenience
RONA Hardware
MacDonald Denture

FLORENCE

Florence Legion
Shear Madness
Florence Library
CH Tax Prep.

BRAS d'OR

LICK A CHICK
Celtic Market
Kitchen 1409
Blue Mist
Jane's Restaurant
Bras d'Or Convenience

Download a digital
copy at
www.kleeradio.com



The Story of Anvil" DVD

It's not often that I get to write a review for a music documentary about a legendary Heavy Metal band that's going to perform in Sydney Mines (April 30 and May 1) but here it is:

"The Story of Anvil". On first view it would be easy for one to think that they stumbled onto a satire, Ala "Spinal Tap", a comedy of errors. Plus, the coincidence that the director of "This is Spinal Tap" was Rob Reiner ("All in the Family" fame) and the drummer for Anvil is Robb Reiner. That's where the similarities end though-this DVD is not a comedic farce; it's real-sometimes too real, and the life and times of Anvil are laid bare for all to see. They are indeed tragic and unjust-but at the same time inspiring. In the early 1980's Anvil shared the stage with the likes of Bon Jovi and Whitesnake, and influenced bands such as Slayer, Anthrax and Metallica; Lars Ulrich even shows up here to tell us just how inspiring and influential Anvil were to Metal bands who went on to greater success and fame. So what happened to Anvil? Why was fortune and fame so elusive? This feature presents a bunch of normal guys who live and

breathe rock and roll and did everything they could to succeed-and it's as if the cosmos conspired against Anvil time after time after time. As the story progresses the band gets a new manager who defines the word "inept"; the band getting lost on the way to a gig, or playing before 174 people in a 10,000 capacity venue, and on and on the bad luck continued.

The heart and soul of the band is definitely Steve "Lips" Kudlow; even after decades of disappointment and heartache-and doing jobs such as deliveries for a catering company (which he never complained about in this doc) Lips is still searching for that "big break". It's as if he's Don Quixote-and the windmills are fame and fortune. However, after this doc was released it did so much for the band; they played several festivals, including the Download Festival-headlining the Tuborg stage. As well as opening for AC/DC and Saxon-and sharing the stage with Scott Ian of Anthrax. Also, albums were re-released, a book was written about the band and they were in the movie "The Green Hornet"-and last year Anvil released their seventh album. Blacksmiths forge metal on an anvil, which means that the anvil is stronger than the metal; Anvil are indeed stronger than metal because they ARE Heavy Metal, and this rockumentary is forged in that same fire.



Armstrong Memorial Branch #19

ROYAL CANADIAN LEGION - NORTH SYDNEY
Archibald Avenue - North Sydney

CHASE THE ACE JACKPOT - \$9,674+
CRIB GAME ON THURSDAYS 7:00 PM

794-4816 - 794-7482 - Members & Guests

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\$40
per year, tax included



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TAX TIPS COLUMN

DIABETIC? TRACK YOUR TIME - If you're diabetic, keep a record of how much time you spend on life-sustaining therapy. Since May 2017, the CRA denied disability claims for Type 1 diabetes, because they didn't think you required more than 14 hours per week to maintain your therapy. In December 2017, the CRA backtracked on this decision, so file your receipts and get what's yours.

HOME SWEET SOLD - If you sold your home this year, make sure to designate it as your principal residence when you file your tax return. Forgetting this step could mean the principal residence exemption gets denied, and the capital gain from the sale would be taxed as income.

GET SOME CREDIT FOR BEING KIND - Made a charitable contribution this year? If you haven't claimed the charitable donations tax credit after 2007, any cash donations you make after March 20, 2013 (including donations you made in 2017) are eligible for the first-time donor super credit. This means you can access an additional 25% credit on your first \$1,000 of donations. Cha-ching!

FILING IS ALWAYS A GOOD IDEA, ESPECIALLY FOR TEENS - If you turn 19 before April 1, 2019, make sure you file a 2017 income tax return so you can get the GST/HST credit. You'll get at least one GST/HST Credit cheque for the payment dates following your birthday. For example, if you turn 19 in March 2019, you'll receive the last quarterly payment for the July 2018 to June 2019 benefit period, which is paid in April 2019.

AVOID EXTRA FEES BY FILING ON TIME - Make sure you file your tax return on time, especially if you have a balance due. Even if you know you won't be able to pay your tax bill right away, filing on time means you'll at least avoid the late filing penalty (a.k.a. having to pay even more tomorrow than you today). Putting off filing adds up fast, and is currently calculated as 5% of your balance due, plus 1% per month for a maximum of 12 months.

NOT WORKING 20 HOURS A WEEK FOR THE FAMILY BUSINESS? - Income sprinkling is a strategy some business owners used to split funds to their family members. New rules that came in on Dec 13 now require this income to be taxed at the top rate, unless the family member made a reasonable contribution to the business. If you're issuing dividends to any adults 18 or over, be sure you can qualify that they made a substantial contribution to the company, at least 20 hours per week, either during the year or any of the preceding five years.

Atlantic Memorial Park Project 50/50 Draw



50/50 lottery draw winner Joe Reno of North Sydney is shown accepting a cheque for \$700.00 from AMP Society Legion Representative Board member Clarence Dawe and Society Chair of Historical Committee Dale Romeo on January 30. The organization congratulates Joe Reno for supporting the Atlantic Memorial Park Project and thanks to all the ticket outlets and the public for their continued support of their park project.

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