

WATERSIDE RESTAURANT & CAFE

Daily - Special Home Made Soups *Now Serving Breakfast*

SPECIALS - Wednesday & Saturday - 2 pc. Battered Haddock with fries and cole slaw - 2 for \$20.00 with beverage purchase - 2 Steaks for \$20.00 with beverage purchase

On Saturdays & Sundays - 11:00 - 1:00

PHONE 794-1700

Located on Archibald's Wharf - North Sydney - Behind Royal Bank



NORTHSIDE THIS WEEK

FREE Take One

FREE Copy Online

VOLUME 1 - #18 - Sept. 9 - Sept. 16 - Florence - Bras d'Or - Pt. Aconi - Sydney Mines - North Sydney

Adam MacDonald Wins Bronze Medal



Adam MacDonald of Sydney Mines returned to Cape Breton with a bronze medal at the 2011 World Junior and Sub-Junior Powerlifting Championships over the weekend.

MacDonald won his medal in In the subjunior category.

Competing in the +120 kg category, he finished third in the squat (200 kg), third in the bench press (157.5 kg) and third in the deadlift (240 kg).

Adam was the youngest and smallest competitor in his class. There were competitors from 43 countries with 243 competitors in total at the meet in Moosejaw.

Adam's closest competitor was a Russian athlete who took second place and a Hungarian competitor took first place.

There was a lot of stress on Adam that day due to the size and attitude of the other competitors.

One of the chief differences between athletes from Canada and the athletes from other countries was evident at this competition.

"There was no polite discussions everyone kept to their own warmup platform and all you heard was grunting and languages we didn't understand from around the world."

This was very intimidating.

However Adam had a game plan when he went to Moosejaw and he was determined to stick to it.

In the end, hard training and determination paid off for Adam as he stood on the podium with the Canadian flag draped over his shoulders.

He was proud to represent his country as well as his own hometown in Cape Breton.

This competition is the highest level you can get to in powerlifting and to achieve podium status podium in his first competition is a real accomplishment for Adam.

To say it was a proud moment for his family would be an understatement.

Adam would like to take the time to thank all his sponsors and the community for the overwhelming support he received for this competition.

Every Thursday - Celtic Music Night

2 for 1 Steak or Haddock

EVERY FRIDAY **For Only \$18.99**

DJ Music Friday Nights



Rollie's

RESTAURANT AND LOUNGE
PURVES STREET - NORTH SYDNEY

794-7774

DAILY SPECIALS - TAKE OUT - Best Tasting Seafood On The Island



DOG GROOMING

www.doggiedos.ca

WALK IN SERVICE - OPEN 7 DAYS A WEEK

Say you
Saw It
In Your
Northside
This Week
and save

\$5.00 OFF

DOGGIE DO'S DOES
Bath and Tidy
Full Grooming - Nails
Flea Treatment
Coat Conditioning
Dental Scaling and
Teeth Cleaning
Aromatherapy
Overnight Kennel Service

Book Your
Appointment
Online

www.doggiedos.ca

204 Commercial St.
Downtown
North Sydney



Book Online: myonlineappointment.com/doggiedos

OR CALL 794-7536

AROUND THE TOWN

It's **back to school time** and I noticed right off that motorists are taking children's safety seriously. I noticed several examples of motorists anticipating children wanting to **cross the street** and they stopped for them. As well, school buses are back on the road and you should learn their routes and take **alternate roads** or streets where possible. Leave a little early to allow for extra time

because safety is the number one priority this month.... I want to say a fond farewell to **Joyce** from the **Chill Zone** and **Russell White** and **Katie Perro** from the northside Historical Socoety for their help and information for the past number of months. Good luck to Katie & Russell in your university studies and I'm sure I'll see Joyce around again soon on the Northside ... **Edwin Winchester** has a new column **Odds 'n Ends** that starts on page 6 this week, take a peek ... Don't forget to enter our Free Exhibition "With These Hands" **Cookbook Contest** to win a free copy. See **page 4** for details ... I just read a **national report** over the weekend that stated that moms spend an extra **1150 hours** of parenting than dads. That's not surprising and I'd like to give all the moms a resounding "**Thank You**" for all the extra work we dads do not help out with ... Take some time to turn out for the **Rick Hansen Medal Relay** coming through North Sydney on Thursday and will end up in Sydney at the Civic Centre where the **Privateers** band will

(Continued On Page 3)



LIMITED

**CARPET - VINYL
CERAMIC FLOOR
WALL TILE
HARDWOOD &
LAMINATE**

*all types
flooring and
accessories*

*(located at the rear of
The Value Check Plaza in
Sydney River)*

539-3537



**LIMITED
TIME OFFER**

A 15" round Pizza with your 3 favourite toppings and your choice of a large Caesar Salad or 12" Garlic Cheese Fingers

FOR ONLY ... **\$19.99***
PLUS TAX

Bring home an **★ All Star Deal ★**

for only **\$17.99**
PLUS TAX

**Medium 12" All-Star Meat Pizza &
12" Garlic Cheese Fingers**

At participating locations - Take Out and Delivery Only - offer expires November 13, 2011

**KING STREET
NORTH SYDNEY 794-4888**

THE RICK HANSEN 25TH ANNIVERSARY RELAY

On August 24, 2011 in Cape Spear, Newfoundland and Labrador - the easternmost point in North America and approximately 15 kilometres south-east of St. John's - began the 25th Anniversary Relay that will retrace the Canadian segment of the original Tour, but this time one man in motion is represented and celebrated by many in motion; engaging 7,000 participants from across Canada who have made their own difference in the lives of others.

September 5th, the team was in Stephenville Newfoundland and is working it's way to arrive in North Sydney on Thursday morning, September 8th. After two short tours in Sydney Mines and North Sydney, Velo Cape Breton members will carry the Official 25th Anniversary Medal from North Sydney to Sydney.



So.... Andr e Cr peau Pres.

Velo Cape Breton is inviting all club members and supporters to join the group that will carry the Medal from Munro Park in North Sydney to Cape Breton County Recreation Centre (Coxheath Arena).

The 14km ride will start at 12:00 (noon) sharp to arrive at the Coxheath Arena by 1:20 pm. Average speed 12km/hr. which is a relaxed speed that everyone can do with no problem.

AROUND THE TOWN

will be entertaining the crowds. Take a rideover and support this worthy cause and take in some great musical entertainment as well.... The **Northside Pool** has re-opened for the season, phone 794-1211 for program information... Also **registration for Can-Skate Figure Skating** will take place Sept. 11 from 6:00 - 8:00 pm, Northside Civic Centre ...Popular entertainer **Eddie Coffey** will be at the North Sydney Legion October 1st... For those of you planning to ravel this Fall, the **Maritime Travel** office is now located in the **Supervalu Store**, see **Nancy** or **Marg** for all your travel needs - phone 794-7251 ... I want to wish my sister-in-law **Bernadette** a very **Happy Birthday** this week. She was home visiting us from the Cayman Islands and we had a family party for her at **Rollies**. All the best Bernadette from your friends and family ... Another popular dance band "**Killin Time**" will be at the North Sydney Firemens Hall on Sept. 18 from 8:00-12:00 and cover charge is only \$3.00



Historical Re-Enactment The Bartown Community Society and the Soldiers of Valour Commemorative Committee will be hosting an historical re-enactment to honour the Cape Breton Highlanders and the Royal Newfoundland Regiment on Saturday October 22, 2011 at 2:30 pm

The play will be taking place at Memorial High School in Sydney Mines in the Lecture Theater

Tickets will be **\$10.00 per person and \$5.00 for seniors**

For more information, contact the Bartown Community Society 794-8589



Feel Better Play Harder

- Chiropractic
- Massage
- Therapy
- Laser
- Therapy
- Orthotics

Commercial Street
North Sydney

241-9444

- whiplash injuries
- rotator cuff injuries
- carpal tunnel
- sciatica
- plantar fasciitis



Best Glass Cleaner on the Market \$5.00 a can

USED

Windshields

PHONE
794-3646

88 HIGH ST.
NORTH SYDNEY

VELO CAPE BRETON BICYCLE NEWS

The last three weeks of August were undeniably the best of our short summer. Although daylight hours are shortening at the fast rate of 3 minutes per day and morning temperatures falling at times in the single digits, this is a season for great cycling with your improved physical capacity, less tourist traffic and improving road conditions.

The weekend of (Sept, 9-11) the Phyclepath group of Sydney will do it and on September 16th, the Recovery Ride around the Cabot Trail will start the 8th edition of this classic tour with the purpose to raise awareness that child abuse survivors can recover and educate others.

On September 11th, we will celebrate the 25th Anniversary of the *Man in Motion World Tour*. By joining the core group of Rick Hansen Relay on the Cape Breton leg. Stay tuned for more details about the local rides and presentations around this event.



BRADMAN SALES
1217 Halfway Rd.,
Sydney Mines

736-1359

SEAMLESS GUTTERS
Aluminum Windows & Doors
Sash & Screen Repair
FREE ESTIMATES
Quality Guaranteed

Over 40 Years
EXPERIENCE

A Free Exhibition Cookbook Contest

One of the features of this year's Cape Breton Farmers Exhibition was the publication of a cookbook "**With These Hands**" which contains recipes from the various Cape Breton farm families.

Now you can have a copy for your own. Just answer this trivia question.

How many piglets did the pig Rose have at this year's Exhibition?

HINT: The answer is also known as "A Bakers Dozen".

Send your guess to - contest@kleeradio.com

The contest closes Wednesday evening at 5 PM for this contest.

**Playing The Best In
Cape Breton
& Celtic Music**

www.kleeradio.com



LICK-A-CHICK

OPEN - 11 AM - 11 PM
DAILY - 736-9496
Located in Bras d'Or On the
Trans Canada Highway



18 pc
CHICKEN
\$37⁸⁹ PLUS TAX

3 Medium Salads
6 Bread Rolls

Northside At A Glance

THURSDAY - Sydney Mines Firemens Club - PUB NIGHT - live entertainment
ROLLIE'S WHARF - Celtic Music Nite - Come early for some fine celtic music
FRIDAY
Jerry Holland Jr. new music column "Cancer Centre"
ROLLIE'S WHARF - 2 for 1 Steak or Haddock
Sydney Mines Legion - Fish Suppers 4 - 6 pm. Happy Hour 6:30-9:00 and Karaoke from 8:00 - 2:00 am
North Sydney Legion - Happy Hour 3:00 - 6:00 pm
Blue Mist Lounge - Bras D'Or - Friday is Steak Special Day
SATURDAY
Blue Mist Lounge - Music with "**The Roadies**" from 5:00 - 8:00 and "**Tony Leudy**" 10:00 - 2:00 am
Mike's Place - Dance to live music -

SUNDAY
Breakfast 11 - 1:00 at the Waterside Restaurant, Archibald's Wharf
MONDAY
North Sydney Legion - BINGO in the upstairs hall starting at 8 PM, good prizes - 7:30 - 11:30
TUESDAY - Sydney Mines Legion - BINGO - starting at 8 PM with lots of games and good prizes.
WEDNESDAY - Blue Mist Lounge - This is Wing Night, stop by for some delicious hot wings.
Sydney Mines Firemens Club - BINGO with lots of great prizes.
The Scottish Voice - 7 PM
www.kleeradio.com
Get your copy of "**With These Hands**" cookbook from the Exhibition office
794-7633

North Sydney Fire Hall

THURS - WINGS & THINGS - KARAOKE
and DANCE with Pepper & Pearl

HAPPY HOUR EVERY DAY 4:00 - 6:00

Dance - Sept. 18 - Killin' Time
8:00 - 12:00 - \$3.00 Cover Charge
KITCHEN OPEN 7:00 - 11:00

31st ANNUAL TERRY FOX CEILIDH
SEPT. 25 - Tickets At The Door - STARTS AT 2 PM

Accepting applications for Volunteer Firefighter
Members & Guests must be 19 years - pick up application at the
North Sydney Fire Station

KITCHEN
OPEN 5 PM

PIERCE ST., NORTH SYDNEY - 794-7072



ROYAL CANADIAN LEGION - SYDNEY MINES - 736-3206

Tuesdays - BINGO - 6x \$50.00 - 6x \$100.00

Starts 8 PM - Fridays - Fish Supper 4 - 6 pm

KIDS DANCE - September 16

HAPPY HOUR - 6:30-9:00 - KARAOKE 8:00 - 2:00 AM

WED - 8 - 11 - Open Mike with Bobby, Timmy & Pam

Hall Rental Available - 736-3206




Members
& Guests

Joseph & Clara Smallwood Sold



The Joseph & Clara Smallwood sails from North Sydney for the final time. The ship was the mainstay of Marine Atlantic Ferry service to Newfoundland for many years. The Smallwood's owner is from the Marshall Islands in the South Pacific.

Marine Atlantic spokesperson Tara Laing said, "Both of those vessels were the mainstay of our service for many years. They were custom-built, and at that time were the largest icebreaking passenger ferries in North America."

The new owners took possession over the past weekend and are in the process of placing crews on the vessels and preparing the ships for departure.

MV Joseph and Clara Smallwood, retired in March 2011, was commissioned as a Marine Atlantic fleet vessel in 1990. She did the run between Port aux Basques and North Sydney year-round for 20 years. During the summer, she also plied the waters between Argentina and North Sydney.

The Smallwood, which made her last trip March 10, was also a roll-on, roll-off design with a bow visor. Like the Caribou, the Smallwood was also an icebreaker.

The Irish Cove Piper

Here's a tale now of time, wind and dust and it is as old as mankind. This is a story about talking skulls and it begins, as true Celtic tales always begin, ... "once upon a time there lived a man down in Irish Cove who was named Shamus. He was quite fond of beachcombing all along the Atlantic shoreline.

The wind was blowing in from the North along the Bras d'Or lake that day and there was nothing interesting he could find except for a small piece of what turned out to be a human skull.

He kept the skull piece in his tucker bag and decided to head for home since the weather was becoming fierce and blowing a gale. As he turned and headed for home he heard the sound of a distant pipe. He looked around and wondered where the piping was coming from as it was such a beautiful tune for such a fierce day.

Shamus worked his way to a large stone where the music seemed to be coming from. When he moved the stone aside he discovered a set of stairs going downward. When he got to the bottom of the stairs, there he spied a Highland piper in full regalia playing the pipe.

The room was so cozy and warm with a fire burning in the huge hearth. The piper saw Shamus and he invited him to sit down and have something to eat as is the custom of the Celtic peoples. They sat down at the table and shared a meal and after a time, the piper made it clear that Shamus should now be on his way as the piper had met his duty of hospitality.

So Shamus went up; the steps and when he got outside, he placed the stone back exactly as he had found and continued his journey towards his home. When he got to the gate of his home he got an awful shock. The roof had fallen in and the door and shingles were all broken and weather worn.

He spies another cottage a little ways off that had not been there when he left this morning. He walked up to the door and inside was a man sweeping up the dust and dirt. Shamus told the man the story about going beachcombing and returning to find his cottage in a shambles.

The young man said, "Why that sounds just like a tale my grandfather told me about a man from around here who went missing and never returned from his walk on the beach many, many years ago."

The young man called to a neighbour to fetch the doctor quickly as the visitor seemed to be in some distress. By and by, just as the doctor arrived at the cottage, Shamus crumbled and blew away just like the dust.

So let this be a lesson to all you who wander the beaches searching for treasures. Never, never, ever pick up a bone or piece of skull as it may just be a part of a long gone fairie.

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**

Free Online Electronic Copy at - www.kleeradio.com

OK TIRE™
 Oil Changes
 Alignments
 Shocks - Struts
Full Line of Tires
 All Types of Auto Repair
 Across from North Sydney Mall
 794-1199 or 794-8200
 AEROPLAN - "Honestly Driven"

Mike's Place - RESTAURANT & LOUNGE Come Join The Fun!
Come Dance The Night Away
Saturday, September 10th - Music 
 Friday is WING NIGHT
 Every Thursday Night **KARAOKE with DJ Duke** **SUNDAY Ian & The Boys - Kitchen Open** Every Friday Night **OPEN MIKE with DJ DUKE**
 1 PITT STREET - SYDNEY MINES - 736-6216 - Check New Kitchen Hours

The Odds 'n Ends Column

BY EDWIN WINCHESTER

Welcome to my first column. I will update you on things about Cape Breton people, places and things which I cull from news sources, blogs, newspapers and websites plus some oddball news and happenings.

The first one is about a Cape Breton scarecrow village and there are many descriptive pictures about this unusual site. Check the website - <http://www.urbanghostsmedia.com>

The 31st Terry Fox Marathon Of Hope is coming up and you can see some of Terry Fox in Cape Breton from the CBC Archives - Day 26 May 27, 1980. See the website below.

http://archives.cbc.ca/health/public_health/clips/11637/

If you're a Carmel Mikol fan, you can download a copy of her latest single "Creature" from her website - [ww.carmelmikol.com](http://www.carmelmikol.com)

For a nostalgic look at old Sydney, try this blog for stories and pictures that will be sure to bring back memories.

<http://caperfrasers.wordpress.com/2011/01/09/sydney-cape-breton-pt-ii/>

For all dog lovers, here's a tale to brighten your day. A toy poodle named Ted saved a life. Firefighters were trying to catch the dog but he lead them to the basement where a 19 year old was sleeping on a couch. He was treated for smoke inhalation and Ted was credited with saving his life.

SOME STRANGE TRIVIA - More than 50% of the people in the world have never made or received a telephone call. In every episode of Seinfeld there is a Superman somewhere. A duck's quack doesn't echo, and no one knows why. A group of twelve or more cows is called a flink.

Serving Families For Over 135 Years



Family Owned and Operated since 1874 - Providing Dignified and Professional Funeral Services
Modern and Spacious Facilities
Pre-Arranged Funerals Available

W. J. Dooley Funeral Home
107 Pleasant Street, North Sydney, Nova Scotia
794-3418 - www.wjdooley.com



DON RAY HOME CENTRE

RONA

Fully Stocked Yard with Pressure Treated Lumber for your Deck and Fencing Projects

GARAGE PACKAGES TOO!!

See Us For Your Next Home Project

1100 MAIN STREET SYDNEY MINES **736-9722**

Some Common Sense Computer Tips

Now that school is back in earnest, it might be a good time to check out some common sense and useful attempts.

1 - Encrypt your thumb drive.

This precaution is often overlooked but if you lose one, it will help protect your data and if people can't use it, it will more likely be turned in.

2 - Back up your files.

Especially critical ones like projects and notes. This precaution is often overlooked.

3 - Secure your wireless router.

This helps prevent other from using your bandwidth but it also protects your information from being seen by others.

4 - Encrypt your Laptop

Most people have a login password but the data on the hard drive is often unprotected and especially banking and financial information are often left unencrypted. if you lose your laptop or it is stolen, this information is very lucrative to

thieves and it leaves you open for identity theft and banking fraud.

5 - Keep Facebook information secure.

Many people, especially new students at a new school, often forget that there may be others in the student population that are not trustworthy. Keep personal information secure and also you may think it's funny to post some of those "Frosh Week" party pictures on your Facebook page but your future employers may not see them in the same light. Assume that your Facebook page is open to the public.

Pt. Aconi Dance

There will be a dance at the Point Aconi Community Hall, Friday, September 30TH.

The hall is located at 28 Mary Street, Mill Creek.

The dance will run from 8:00 PM-12:00AM and music is by R & B Country.

The cover charge for this dance is \$3.00 per person. There will be a 50/50 draw and door prizes. The doors open at 7:00 PM.

Comeout and enjoy a great evening of dance and music. Mark your calendars to attend this dance.

Some Interesting Trivia

Susan Lucci is the daughter of Phyllis Diller

During the chariot scene in 'Ben Hur' a small red car can be seen in the distance

Royal Canadian Legion Branch 83 - Florence



POOL TOURNAMENT
Every Wednesday Night

BINGO EVERY THURSDAY
8:00 pm - CASH PRIZES

Breakfast
Every Sunday From 9:30 - 12:30
\$5.00 Per Person

736-6313 MEMBERS & GUESTS



RALPH IVEY'S
Auto Repair Ltd. and Muffler Man 

ALL AUTOMOTIVE REPAIRS
IF WE CAN'T DO IT IT CAN'T BE DONE!

93 KING STREET BY THE TRACKS **794-7500**

BINGO

SYDNEY MINES
FIREMEN'S CLUB

BINGO

EVERY WEDNESDAY 8 PM

**15 Games in Booklet
Warm Up
1/2 the Take Even Split
Early Bird \$150.00 Draw
Winner Take 80%
Four \$25.00
Door Prizes**

QUICKIE GAME
GAME

JACKPOT #48
GAME

BONANZA #51
GAME

LUCKY 7
GAME

LOONIE
GAME



THURSDAY
PUB NIGHT

Entertainment

Join Us Every Thursday as we
Dish Out Great Entertainment
and Food! - See You There!

Cape Breton Cruise Ship 2011 Schedule Of Visits



Cruise Ships bring a lot of visitors to Cape Breton as well as contribute greatly to the local economy. People like to drive to the dockside and have a look at how the other half live.

Sept. 13	Maasdam	1266
Sept. 15	Eurodam	2140
Sept. 17	Silver Whisper	390
Sept. 19	Norweigan Jewel	2376
Sept. 20	Crown Princess	3110
Sept. 21	Maasdam	1266
Sept. 22	Celebrity Summit	1950
Sept. 24	Seaborn	450
Sept. 25	Eurodam	2140
Sept. 26	Silver Whis.	382

NORTH SYDNEY LIBRARY EVENTS

The Summer Reading Program that was held at the North Sydney Library comes to a close on Saturday, September 17th. The Closing ceremonies will begin at 2:30 PM. Certificates and prizes will be presented to the participants.

Family Resource Place will present a 10 week Course entitled "Music and Movement" for children three to five years of age.

Registration will be required for this program and you can call Kathy at 562-5616 to register your child.

Northside This Week
is published every
Friday for the
residents of the
Northside by

Minstrel Publications
The editor is Glen Gray
and he may be reached
at Cell - 304-4345 or at
home 564-9022 or
by email -
thisweek@kleeradio.com

Thanksgiving Trivia

With Thanksgiving coming up next month, how much do you know about Thanksgiving?

1 - Butterball says that once your turkey is done, let it set for 15 minutes. Why?

A) Drain the grease B) Easy to carve C) Let Sruffing cool

2 - Thanksgiving became a holiday because of the persistence of a woman editor named ?

A) Sarah Hale B) Sara Lee C) Sarah Standish

3 - What does "cornucopia" mean?

A) lots of Corn B) Lots of Fruit C) Horn of Plenty

4 - There is a town in Texas called "Turkey" True or False?

A) TRUE B) FALSE

5 - The first Pilgrims did not have what utensil back in 1600?

A) Spoon B) Fork C) Knife

TRIVIA ANSWERS
1C, 2A, 3C, 4TRUE, 5B

PET OF THE WEEK



Shilo is a half lab half husky dog and is 10 years old. He is owned by Stephen Donovan. He loves going for walks, going camping and his dog treats. He hates getting in the bath but loves going out and getting himself dirty. Shilo sheds his fur all over the house so we don't take him for drives a lot, only when we go camping. One is very protective over the family and loves getting attention. The whole family loves him.

JC Strength & Fitness Center

July & August Special - Couple - 2 for \$100

Personal Trainer - Reg Price \$75.00

YOUTH - 13-17 - \$50.00

Also Available Youth Hours

HOURS - Mon. - Fri 7:00 - 7:00 - SAT. 7:00 - 1:00

Protein Shakes - \$5.00 - Certified Nutritionist On Site

806 MAIN ST.
SYDNEY MINES

736-6030



**RED TAG
EVENT**

No Interest, No Payments & No Down Payment

60" Mattress

Base

Kingsdown

\$699.99

NORTH SYDNEY MALL

794-3567

RECIPE OF THE WEEK

PIKELETS

The following recipe called by several names such as "pikelets, tea pancakes or Scottish pancakes, are very popular at teas, receptions etc. I often make them instead of sandwiches and they are always a big hit!)

Beat 2 eggs with ½ cup sugar until lemon colored.

Add cup milk, tsp vanilla, ½ tsp salt, 1 tsp cream of tartar, 1½ cups flour. Mix

Lastly, add 2 tbs melted butter.

Heat frying pan, grease once (use either a cast iron or electric pan)

400° is best.

Drop 1 tbs of batter from tip of spoon.

Smooth into a 2 inch circle.

Fry until bubbles form on top.

Turn, cook until slightly brown.

Serve with butter or with jam.

Hope you like them. Don't get discouraged if your circles aren't perfect. Try again!



From The
"With
These
Hands"
Cookbook



The Music Corner

from
**Jerry
Holland
Jr.**



Supporting The Cape Breton Cancer Center

In one way or another, Cancer has touched everyone's lives in some capacity.

The Cape Breton Cancer Centre is there for the patients and families who are going through this difficult illness.

The Cape Breton Cancer Centre Patient Care Fund was established in January 2005 to financially assist the patients of our centre with treatment and care expenses.

Prescription and medical travel costs are areas where help is most often sought. Financial assistance has also been provided for lymphedema garments, ostomy supplies, home medical equipment, escort lodging, emergency home care, dental work (in relation to cancer care), and prosthetic devices. Occasionally, the fund has helped patients afford furnace oil and groceries.

The cancer centre's social worker assesses every request. The fund does not duplicate existing coverage or services (though it may supplement them).

With the exception of printing charges for in-memoriam cards, the fund entails no operating expenses - essentially every dollar raised goes to the patient's needs.

To operate, the cancer fund relies on donations, special event fund raising, greeting card and ticket sales.

So on Saturday, Sept 17th at The Savoy Theatre in Glace Bay, the Third Annual Benefit Concert for the Cape Breton Cancer Centre, will support the centre with their ongoing support.

The Coast 89.7 FM, presenting sponsor of the benefit will, have News Director Jennifer Ludlow and well known local artist Max MacDonald emcee this event.

Artists who will be performing at the event will be **J.P. Cormier, Ian Sherwood, RoSa, Colin Grant Band, Carleton Stone, Molly Thomason, Ian Foster, Jason MacDonald, Andrew Doyle Band, Bobby Curry Band, The Company, and Gillian Head.**

All Maritime talent giving back to their community.

I will also be joining the lineup as well, to help out with this great cause! My connection is that my late father had to use this fund during his battle with cancer, and I know personally how much the Patient Care Fund really helps the patients from a first hand experience.

Tickets are only \$25 for this great evening! Doors will open at 5:00pm, there will be a Silent Auction and Wine & Cheese from 5:30pm - 6:30pm, and the big concert with start at 7:00pm. This is a show not to be missed!

Contact me with any music related news:•

jerryhollandjr@live.ca

John D. Steele's Son's Ltd.

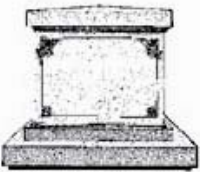
**MONUMENTS - SIGNS
CENOTAPHS - PLAQUES**

Office - 794-2713

After Hours - 794-4411

32 William St., North Sydney

A CAPE BRETON INDUSTRY SINCE 1896



Free electronic copy at www.kleeradio.com

Northside **AUTO SALVAGE** Ltd.

WE ACCEPT ALL METAL GOODS - CELL PHONE # - 565-5230

Licensed Mechanic On Duty - Autobody/Collision Work - Auto Recycling

**24 Hour Towing and
Lock Out Service**

84 Tobin Road - North Sydney
Mon. - Fri. - 8:00 am - 5:00 pm
SAT - 9:00 am - 1 pm

794-3170

794-7224

Cape Breton Song Trivia

You asked for more Cape Breton song trivia, so see how much you know.

1 - In the Rankin song "North Country", what was in their eyes?

A) Rain B) Wind C) Snow

2 - In Charlie MacKinnon's "Donald From Bras d'Or", fill in the blank..... "wild and lazy, drunk and _____?"

A) Stupid B) Tired C) Crazy

3 - Rita MacNeil's "Flying On Your Own", fill in the blank. "First you stumble, then you _____?"

A) Cry B) Fall C) Laugh

4 - In the "Orangedale Whistle", fill in the blank "along the track both up and _____"

A) Away B) Across C) Down

(Answers on page 11)

Did You Know??

A chip of silicon a quarter-inch square has the capacity of the original 1949 ENIAC computer, which occupied a city block.

Autosonic

**PA Systems
Weddings
DJ Service
Small PAs
Concert PAs
Repair Service**

Live Recording
and Demos

autosonic1989@yahoo.com

TELEPHONE
(902) 736-8350
Fax - 241-3131

In Business Since 1989

Your Weekly Smile



One day an Ashby mom got this call from a counselor at Camp Beaver. "Hello, Mrs. Gray?" My name is Ron and I'm calling from Camp Beaver. I just want to let you know that your son has found a stray dog and he has been sleeping in the cabin with the boys from Ashby.

"Oh my. What about the fleas and the stink?" asked the concerned mother.

"Well it's been two days now and I think the dog is getting used to it!" came the reply from the counselor.

A Sunday school teacher was attempting to teach the children that God is known by many names all around the world. "Can anybody tell me one of God's names?" she asked the children.

Two hands flew up and little Phil spoke. "God's name is Andy" he said.

"Why do you say that Phil?" prompted the Sunday school teacher. "Because of the song "Andy walks with me, Andy talks with me"

The other boy, Joey, piped up. "God's name is Art!" "How do you know that Joey?" asked the teacher.

"Because when we pray to him we say, Our father, whose Art in heaven ..."

September Busy Month Of National Events

September is a full month of various national events. Terry Fox Run, Rick Hansen Man In Motion, Big Brothers Month, Arthritis Month, Muscular Dystrophy Month and Alzheimer Coffee Break Day are some of the many events that we know and support each year.

However, there are several other national events in this busy month of September concerning our health - Childhood Cancer Awareness, Men's Prostate Cancer Awareness, World Suicide Prevention Day, and World Self Help Awareness Day, to name a few.

It's also Learn at Work Week, National Forest Week, International Day Of Peace and Aids Walk Canada.

All in all, it will be a busy September here in Cape Breton with all these activities.



www.blackspoonbistro.com

NEW
MENU
available
after 4 pm

320 Commercial
Street
North Sydney

241-3300

MacDonald Denture Clinic

Greg MacDonald
Denturist

42 Fraser Ave., Sydney Mines
PHONE 736-2280

High Street - BADDECK
PHONE 295-2516

CAPERS DUCT CLEANING

Your Local Indoor Air Quality Specialist
COMMERCIAL & RESIDENTIAL

Furnaces & Ducting - Dryer Vents - Chimneys
HVAC Systems - Boilers - Unit Heaters

Before and After Pictures

Save \$20.00 CALL 565-3834
by mentioning NOW
This Ad

MACINTYRE 2 PITT STREET - SYDNEY MINES
ACE Hardware 736-0222

Interior Latex Velvet Finish in a 3.78 Litre Container



16
COLORS

ONLY
\$14.99
GALLON

\$15.99 Also Available
GALLON Exterior Alkyd (4 colors)
Exterior Stain (6 colors)

Cape Breton Author Pens "The Antagonist"

Lynn Coady has written a novel "The Antagonist".

The Cape Breton-born author who now makes her home in Edmonton often inhabits the uneasy territory of youth, in particular, disaffected young men battling to come to terms with conflicting expectations and impossible desires.

There is a feature story in the Edmonton Journal and you can read it at the following website www.edmontonjournal.com/

'Hockey Happenin' Tonight' - Song

We received an email from our good friend, North Sydney poet and songwriter Ron Gillis and he's written another song about hockey.

The song includes names and references to many of the Cape Breton hockey team.

Ron has also released a CD "Lyrical Expressions" which features songs penned by Ron. One of my favorites is "Barra Connection".



1960 NORTHSIDE VICTORIAS - Pictured above are members of the Northside Victorias Hockey team that competed that year for the Maritime Hockey Title. **FRONT ROW** (L to R) – Leo Doyle, unidentified player, Stan Rappa, Ron "Bomber" Andrea, Gumboots Morrison. **2ND ROW** (L to R) – Richard Jabalee, Jack Macleod, Jimmy Doyle, Bill MacLeod, Ritchie Cormier, Bruce Wilson, Hugh Batherson. **BACK ROW** (L to R) – Vince Ryan, Jim Melanson, Carl Hatt, Stan MacInnis, Robert MacNeil, and Aubrey Gouthro.

Benefit Planned For Florence Family

A Florence family, Greg and Alaina Jessome and their children Cole, 8, and Kennedy, 5, are coping with a fire that destroyed their house on the weekend.

The family were camping and only managed to salvage what they had brought with them.

The Northside community came forth with many donations of food and clothing for the stricken family.

"The stuff the community brought here Monday, it was just like a drive-thru. From morning to night, this house was crazy, you couldn't ask for a better community."

Greg and Michelle Brown are organizing a benefit for the Jessome family Saturday, Sept. 17 at the Florence Fire Hall. "The Florence Volunteer Fire Department donated the hall," said Greg Brown. "We are still trying to nail down the time and secure a DJ."

We'll have full details for you in upcoming editions so you can support this family.

THE Blue Mist

BRAS D'OR CORNER - 736-2801
 Saturday Matinee - 5:00 - 8:00 pm

"The ROADIES"

Late Night Wing Night
10:00 - 2:00 pm WED & SAT

TONY LEUDY BAND
 STEAK ON FRIDAY

EDDIE ORRELL

MLA - Cape Breton North
eddieorrell@bellaliant.com

OFFICE HOURS
Monday - Friday - 9:00 - 4:00

PH: 794-4847 309 Commercial Street
 794-9445 North Sydney, B2A 1B9
 Fax: 794-1815

ALEX RUSSELL CONTRACTING LIMITED

Alex Russell - Certified Installer

SIDING - ROOFING - WINDOWS/DOORS
PAINTING - APPROVED GRANTS
FREE ESTIMATES

WE WON'T LEAVE YOU HANGING

794-1544 OR 371-4488 OR 270-6364

Armstrong Memorial Branch #19

ROYAL CANADIAN LEGION
 NORTH SYDNEY

MONDAYS Bingo
8 PM - UPSTAIRS

HALL RENTALS - Anniversaries, Birthdays,
 Weddings, Retirement Parties

DANCE - Sept. 24 - Killin' Time
 Eddie Coffey - October 1st
 Decoration Sunday - Sept. 11

Candles on Sale at the Legion now
 Archibald Avenue - North Sydney
 794-4816 - 794-7482 - Members & Guests

NORTHSIDE SHORTS

ROYAL CANADIAN LEGION BR. 008 - Taking bookings for next year. Decoraton Day, Sept. 25, 2:00 PM - Parade Lineup at Mac's Corner. Leave at 1:45, Tobin Rd., Graveyard. Candles on sale at the downstairs Bar - \$5.00. Ladies Auxiliary Meeting, Sunday, Sept. 10.

Benefit Dance for family of Eddie Flynn. Kids Dance Sept. 16.

Happy Birthday Kathy MacIntosh, Sept. 28.

Happy Anniversary - Kathy George Sept. 28.

Happy 2nd Anniversary to Mark & Crystal Serafinus.

Happy Birthday to Mary Devoe, Jane's Restaurant, Sept. 27. from your staff and friends.

Happy Birthday to former North Sydney Recreation Summer Staffer Danielle Ivey from CBRM and the Johnny Miles Festival.

BENEFIT DANCE - The family and friends of David LeBlanc are planning a fun filled evening of dancing, doorprizes and also a 50/50 draw on Sepetember 9th 2011 from 8-12. the Sydney Mines Seniors & Pensioners Club. Proceeds to help David with his battle against Lung Cancer .Tickets are \$5.00 - for information contact Ann Leblanc 736-9492, Margie Fudge 537-1175, Serella Bagnell 578-4458 for Tickets. David is no longer able to work. David worked for Jardines Taxi so a lot of people know who he is, so come out and show your support.

Happy 10th Birthday - to Logan Lovell, Sept. 9th from Aunt Felicia and Uncle Bobby.

Happy Belated 3rd Anniversary to Jen Scott Moore from Mom, Ray and the boys.

BENEFIT DANCE for Valerie Ferguson - Florence Legion, Sept. 17, 4:00 PM till Closing. for the purchase of a stair lift. Tickets are available at the Legion. Musical entertainment provided by - Jan Robertson, Willie Ryan, Granton Howley, Eddie MacDonald, Tim Jacobson, Peter MacDonald, Mike Mombourquette, Winston Fitzgerald Jr., Laurie Dunn, Richard & Andrew Finney, Lloyd MacLeod.

The **Cherry Pit Restaurant** will be closed this week for renovations and will open after the renovations on Monday.

There will be a **card of racing** at the Northside Downs on Saturday, post time 1:30 PM. There will be 14 cards on the program

Happy Anniversary to Maureen and Tom Murphy on their anniversary on Sept. 17.

The Cape Breton Western Riders will hold their Ride & Slide at the Exhibition Grounds Sat. & Sun., beginning 8:30 AM

**Jane's
Restaurant
& Pizzeria**

**FALL HOURS
OF OPERATION**

**Monday - Friday
11 am - 10 pm**

**Saturday & Sunday
8 am - 10 pm**

**WEEKEND
BREAKFAST**

8:00 - 11:30 am

123 Bras d'Or Florence Rd.

736-9825

Ron James Tour



With five television comedy specials under his belt and **THE RON JAMES SHOW** into its third successful season on CBC-TV Fridays at 8pm, Canada's busiest and best-selling comedian takes to the road with a new "gut-bustingly, knee-slappingly funny" 90-minute rant, **RON JAMES ... LIVE!**

Whether it's our national blood sport of contemporary politics, or family stories from the 1960s, where dreams of making the NHL are squandered on Pee Wee league hand-me-down hockey skates with buckles on them a lepre-

chaun would wear, or a frightening forest encounter with a nostril-drooling bull moose that gets him babbling in a 'Cro-Magnon tongue he never knew he was fluent in', **RON JAMES ... LIVE!** has something for everyone!

Reserved seating tickets for **RON JAMES ... LIVE!** - are \$48.00 or \$49.00 (including HST; depending on local facility charges), go **on sale Monday, Sept. 12**, and are available from the box offices listed below. Showtime is 8pm.

Ron's Cape Breton stop will be on **Nov. 19 - Glace Bay** at Savoy Theatre - Savoy & C-200 Box Offices: 902-564-6668

For more info, pics and comedy clips, visit the website www.shantero.com or Ron's at www.ronjames.ca.

POOL RE-OPENED

The Community Pool in North Sydney has re-opened with swim lessons, parties and courses, contact 736-1211.

SONG TRIVIA ANSWERS
1 B, 2C, 3B, 4C

The Lord Fin & Feather

*Cape Breton's Original Fish & Chips and
Chicken & Chips Since 1976*

ARE NOW OPEN IN BRAS d'OR
on HWY. 105 next to the ESSO
(formerly Captain Ron's)
operated by the original owners
JIM AND CAROLYN MILES

GILLIS SEAFOOD



48 Memorial Drive
North Sydney, NS, B2A 3M1

PH: (902) 794-7426
Cell: (902) 565-9933
Fax: (902) 794-7296

JIM GILLIS

Pres. - General Mgr.

email: dbgillis@ns.sympatico.ca



Starting At Only

\$229.95
MRSP \$249.95
with 16" Bar

MS 170 GAS CHAIN SAW

30.1 cc / 1.3 kW



STIHL®

GAS BLOWERS

STARTING AT ONLY **\$179.95**



1179 MAIN STREET
SYDNEY MINES

PHONE
544-0023