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FREE

THIS WEEK

NORTHSIDE COMMUNITY NEWS

FREE

VOL. 10 - No. 2 - JANUARY 15th - 2020

TAX TIPS

are back for another season - check out page 8 and see what the tax experts can help you with this tax season - tips for students, Seniors, Families and small business will be presented for the next few months - see if you qualify to save money on your tax return.



RALPH IVEY'S

Auto Repair Ltd. and Muffler Man



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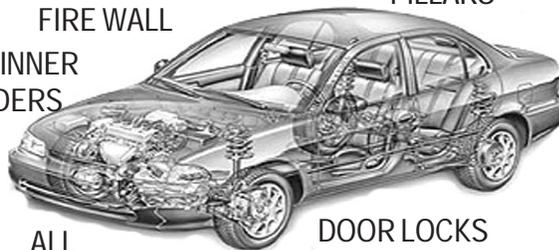
794-7500

KROWN RUST PROOFING

**PROTECT
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 ✓ SAVE**

ALL SEAMS AND
 LATCH ON HOOD
 COMPLETE UNDERCARRIAGE
 ALL WIRING
 INCLUDING BACK OF HEADLIGHTS
 CLEARANCE LIGHTS

BOTH INNER
 FENDERS



ALL
 SEAMS
 DOORS

HINGE ASSEMBLY

FIRE WALL

BEHIND ALL CHROME
 MOULDINGS

WINDOW
 PILLARS

DOOR LOCKS
 & HANDLES

ALL SEAMS & LATCH
 ON TRUNK LID

TAIL LIGHT ASSEMBLY

DOG LEGS
 WHEELARCHES
 AND LINERS

SHOCK TOWERS

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Unlike the conventional methods of rust proofing which tend to work as coating, a KROWN treatment actually displaces moisture and creeps into the inner metal fold of the vehicle - the areas where the most problems start. The KROWN formula remains active as an invisible barrier to repel moisture and salt and prevent it from re-entering the metal. The KROWN product can be applied in any season and weather.

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**PHONE
 794-4947**

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.

7	25	44	57	62
15	22	40	50	70
11	30	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 \$525 on 48 #s or less - plus Loonie Jackpot went last week
NOTE: - Management reserves the right to refuse admittance to the BINGO game.

Tune in on Sunday mornings at 9 am - host Pierre Chiasson presents a 1 hour show of traditional Gospel songs to listen to as you have your Sunday Brunch 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 7-10

Entertainment by **'THE CIRCLE'**

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

BREAKFAST

SUNDAY - 9:00 - 12:00

Thursday - BINGO
 Saturday - The CIRCLE
 Sunday - BREAKFAST

736-6313

North Sydney Fire Hall

THURSDAY NIGHT - After Work Party
 Kitchen open from 4:00 - 12:00 pm - music from 6 - 10 by Ernie, Todd & Wade, - Food Special - 2 piece Fish & Chips with Fries - \$11.00 - **FREE ADMISSION.** Pizza Special Kitchen will be open - Kitchen phone 794-8119.



SUPER BOWL SUNDAY will be held on February 2nd starting at 6:00 pm - Kitchen will be open - there will be draws made during the game.

VALENTINES DINNER & DANCE will be held on Friday, February 14th - music by Firehounds DJ - Hot Roast Beef Supper - \$15.00 each or \$25.00 per coupe - Supper will be served from 6:00 - 8:00 and Dancing will be from 9:00 - 1:00 pm.

Tune in on Sundays at 6:00 pm for Kenny Walsh's classic country - www.kleeradio.com

IONA LEGION SUPPER - Friday night - January 17th with Roast Pork. There will be no ceilidh this week. Supper is served from 6:00 - 7:00 pm
 Adult \$15 (\$13 + tax) - Senior/Child \$12 (\$10.43 + tax).
 Coffee & Tea included

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. A total of 9 ways to win.

www.kleeradio.com

At this special time of the year, please contribute to your local



Food Drives for those families who cannot afford to feed their families - help make it a Merry Christmas this year

TAKEAWAY

thyme

SAVOUR

food shoppe

Heat & Serve Meals - Fresh Meal Selections - Frozen Selections
 Grab 'n Go Lunch
 Soups - Sandwiches - Salads
Ph: 217-0280

212 Commercial St., - North Sydney

Northside Seniors News

There will be a regular dance on Friday, January 24th. Music by Cyril Keeping, Our regular bingo games will continue on Saturday, January 18th, and Saturday, January 25.

Some News items courtesy of **Swing Over The Mountain News** logon to website www.sotmnews.weebly.com monthly newsletter

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.

Strong Chiropractic Inc.

793 Mahon St., New Waterford - 862-9444 224 Commercial St. North Sydney - 241-9444

NORTHSIDE COMMUNITY NEWS/EVENTS

Tai Chi New Years Classes

Beginner classes in Taoist Tai Chi® arts start on Wednesday, January 8th at Bras d'Or Hall, 24 Villa Dr. at 6:30 pm.

ALL WELCOME. For more information, please call 902-567-0525.



Emera Centre News

Chase The Ace - Jan. 13 - next draw estimated at \$24,000.

Saturday, Jan. 25th - The Privateers from 9:30 - 1:30

FREE PUBLICITY - If your club or group is holding a community event in the new year and you are looking for some free publicity, email us and we'll make sure that your event gets some needed promotion.

FOR THE BEST IN LOCAL CAPE BRETON MUSIC

www.kleeradio.com

FLY TYING CLASSES



Fly Tying Classes Wednesdays at 7:00 p.m.; - Minor Baseball Building, Pitt St Sydney Mines.

Give this fun hobby a try - there are no fees involved.

For additional information, phone 902- 5441073 or 902-595- 4449.

Seniors Dance

Come out and enjoy an evening of dancing and fun with music on Saturday, at 8 pm at the Seniors and Pensioners' Club, Fraser Ave, Sydney Mines!

Admission is \$5.00 and everyone welcome.

HAPPY NEW YEAR

If you like **Soduko Puzzles**, logon to our website and enjoy a **Daily Puzzle** along with a new **Daily Crossword Puzzle** - Logon at -

www.kleeradio.com

COMMUNITY NEWS ITEMS



I would like to thank my wonderful family for my great 80th Birthday Party.

To everyone for the Best Wishes and Gifts, Duke, Stacey and Staff for being

so great.

Everyone was wonderful and I will always remember this birthday.

THANK YOU, Love **Maurina Andrea**

PS - Elvis outdid Johnny Reid.

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

Bianchini's Pizzeria



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NACHOS - GARLIC FINGERS - WINGS

PHONE 794-3191

MON - THURS 11 am - 11 pm	FRI. - SAT. 11 am - 12 am	SUNDAY 3 pm - 11 pm
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WE CATER TO SERVICE GROUPS AND ORGANIZATIONS WHO SELL SPAGHETTI DINNERS AS FUND RAISERS

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ROYAL CANADIAN LEGION - SYDNEY MINES - 736-3206



TUESDAY BINGO GAME

NOW AT - 7:30 PM

Hall Rental Available - 736-3206

BINGO
Jackpot won
New Jackpot
\$800.00

BINGO Tues. 7:30 PM Bigger Games & Prizes



AROUND THE TOWN

OK, the first **snowfall** was okay, everything looked like a Winter Wonderland but the next two were a real pain - enough of the snow for at least a month... It's that time of year again when the income tax season comes around and we have our annual **TAX TIPS** available for you on **page 8** of this edition - take a look and see if you qualify for any deductions especially if you travel for **medical appointments**, you could save a good amount on gas, meals and hotel expenses.... **K-LEE RADIO** broadcast the first **"Phantom Country"** show for Kenny Walsh on Sundays from 6:00 - 8:00, tune in for some classic county music..... The **Northside Seniors & Pensioners Club** is gearing up for 2020 - with a regular dance on Friday, January 24th with music by **Cyril Keeping** - the regular bingo games will continue on Saturday, January 18th, and Saturday, January 25 - they also have a **Winter Wonder Land Tea** - this will be no ordinary tea - it will be an afternoon delight "DESSERT TEA", in a winter wonderland setting - Come and sample the culinary arts of our Northside seniors, who knows, perhaps you can pick up a few new recipes as you chat with your friends and enjoy some music at the Northside Seniors and Pensioners Club, January 29th from 2:00 - 4:00 - Cost-\$5.00... **Fly Tying Classes**, Wednesdays at 7 p.m. starting January 8th - Minor Baseball Building Pitt St Sydney Mines - Give this fun hobby a try there are **no fees** involved - For additional information, phone 902 544-1073 or 902 595-4449.... **The Cape Breton Chorale** will present their second annual fundraising valentine gala **"A Night to Remember"** on Saturday, February 8th, 2020 in the Royal Cape Breton Room adjacent to Flavor on the Water, 60 Esplanade, Sydney, see **page 5** for more information and musical entertainment....see page 8 for a short story by Cape Breton author **Devin Meaney**, "A Visit In The Night".... **THE NORTH SIDE MINDFULNESS MEDITATION GROUP** Meets 7:00 - 8:00 PM January 14th 2020 @ The North Sydney Library, New comers & experienced practitioners are welcome. Additional info @ 902-574-8857 or bodhidharma55@gmail.com - **FREE PUBLICITY** - If your community group is sponsoring a community event and are looking for some **FREE PUBLICITY** for your event, simply email us with your information and we'll publish it free of charge - email us at thisweek@kleeradio.com

NORTHSIDE COMMUNITY NEWS/EVENTS

NORTHSIDE SENIORS PAST PRESIDENT HONORED

The Northside Seniors and Pensioners club will honor a wonderful and most beloved lady, Minnie Piercey on Sunday January 19th from 2-4 .

Minnie has given of her time and talent for the past twenty years to insure that the northside had a strong and productive seniors club, winning many awards along the way. She has worked diligently to provide every member with a positive experience and will be fondly remembered by all.

We would like to invite, along with the members, her family and friends to come and share with us in this celebration of love for our amazing past president.

NORTHSIDE SENIORS AND PENSIONERS CLUB NEWS Winter Wonder Land Tea

Now that the Rush of Christmas is over and everything is put away for next year, why not take a much deserved break for your self and attend our Winter Wonder Land Tea.

This will be no ordinary tea. It will be an afternoon delight "DESSERT TEA", in a winter wonderland setting.

Come and sample the culinary arts of our Northside seniors, who knows, perhaps you can pick up a few new recipes as you chat with your friends and enjoy some music.

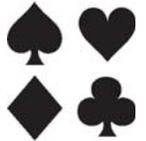
PLACE - Northside Seniors and Pensioners Club

TIME - January 29th from 2-4
Cost-\$5.00.



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.

Sydney Mines Seniors & Pensioners Club, 6 Fraser Avenue, Sydney Mines - Last Friday of the month 45s Card Game starting at 7:30



Send Your Birthday Wishes To Us At
thisweek@kleeradio.com

FOR THE BEST IN LOCAL CAPE BRETON MUSIC
www.kleeradio.com

EXERCISE CLASS
Monday at 1:00 pm, at the Sydney Mines Seniors & Pensioners Club, 6 Fraser Avenue. Sydney Mines.

The Sydney Mines Minor Hockey 50/50 - Last Draw was won by Gerard MacLean and the Jackpot amount for this draw was 12,692 - **THANK YOU**

Some News items courtesy of **Swing Over The Mountain News**
logon to website
www.sotmnews.weebly.com
monthly newsletter



Join us on Saturday, February 1st Bianchini's Pizzeria in North Sydney for a Super Bowl Weekend Remote Broadcast - Free Giveaways - Stop By - 1:00 3:30

Cape Breton Storyteller
Celtic Myths & Legends
Ghost Stories
Local UFO Sightings
From Cape Breton Island



Written & Compiled By GLEN GRAY



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Cape Breton Chorale - A Night To Remember Valentine Gala - February 8, 2020

A Night to Remember is a Valentine Gala, hosted by the Cape Breton Chorale. It will take place on Saturday, February 8th, 2020 at Flavor on the Water. Guests will arrive at 6:30 p.m. and will be invited upstairs to proceed to the Royal Cape Breton Room, adjacent to the restaurant.

Wine and light appetizers will be enjoyed and bidding on items in our silent auction will open. At 7:30 p.m., a three course meal will be served, with entertainment provided throughout the evening. This event will be hosted by Bette MacDonald and Maynard Morrison. Dress is semi formal. A limited number of tickets will be sold and the cost is \$100 per person.

Please call 902-539-7495. This fundraiser helps support the future projects of the Cape Breton Chorale.

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 Murray Ryan's Office
Bianchinis Pizzeria
Black Spoon Restaurant
Branch 19 Legion
Brewers Convenience
Strong's Chiropractic
North Sydney Fire Hall
Clansman Motel
North Sydney Mall Lotto
Kenny's Pizza
OK Tire Ltd.
Ralph Ivey Auto
McCormick's Tire
Stagg's Taxi
Miners Daughter Rest.

SYDNEY MINES

Sydney Mines Library
Seniors & Pens. Club

Robins Donuts
Branch 008 Legion
Needs Convenience
MacDonald Denture

FLORENCE

Florence Legion
Shear Madness
Florence Library
CH Tax Preparation

BRAS d'OR

A&K LICK A CHICK
Celtic Market
MLA Keith Bain Office
Kitchen 1409
Blue Mist
Jane's Restaurant
Bras d'Or Convenience

Download a digital copy at www.kleeradio.com



Admittedly, Daniel O'Donnell's music may not be the cat's meow for everybody, with some considering it 'Celtic Lite' or 'touristy Irish', but you have to give the man credit-he knows what he's good at, who his audience is-and what they want to hear. Daniel has sold well over 10 million albums thus far-and has released more than 3 dozen

of them. His big career move was back in 1983; after years of being in his sister Margo's showband and touring O'Donnell released his debut solo album, with Johnny McCauley's "My Donegal Shore" released as the single. It wasn't long before Daniel was performing across the United Kingdom, and eventually North America. Daniel's music has often been described as a mix between Country and Irish Folk music, and it's his genuine appreciation of-and dedication to his fanbase that has made him a household name in many countries. He is also considered an ambassador for his home



county of Donegal, Ireland. Although his musical base is predominately Celtic Daniel O'Donnell also visits other musical styles-and this collection walks that different path. "Halfway To Paradise" is a 3-CD collection of 60 classic rock and roll songs, and with so many good songs it's hard to look at them all-so I'll single out some of the real standouts; "Daydream Believer", "Donna", "Sealed With A Kiss", "Beautiful Sunday", "Is This The Way To Amarillo" and "You Are My Special Angel" are pretty

much perfect numbers. If you're a fan of the music from the 1950's, 60's and 70's these recordings will be right up your alley. Some other highlights are "It Doesn't Matter Any More", "Wooden Heart", "Rhythm Of The Rain" and "But I Do"-to again name just a few of the great selections here. Daniel also livens the collection up even more by presenting live song medleys by The Beatles, Cliff Richard and Elvis Presley. All in all, Daniel O'Donnell's die hard fans are going to love this collection-for everyone else, just hearing these songs helps us understand why they will.

"Stevie's Jamboree" TV Show
For Sale: 9 different shows on 6 DVD's for only \$20

They are copied from the original master TV tapes by the show producer, not just off the TV so they are the highest quality possible
Great Christmas Gift!
Call 736-9402 (Paul)



NORTHSIDE COMMUNITY NEWS



NORTH SYDNEY LIBRARY NEWS

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

STORYTIME on Saturdays - 2:30 pm.

CBU SCIENCE CLUB - learn various science techniques will return January 22nd - 6:30 pm.

MINDFULNESS GROUP meets for 2 sessions - Tuesdays January 7th and 14th - see story on **page 6** for contact information.

FEBRUARY 18 - Storytelling Circle with storyteller Bill Conall from 2:00 - 4:00 pm - Come share, come to listen, bring your friends.



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 **\$5.00** 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.

NORTH SIDE MINDFULNESS MEDITATION GROUP

New comers & experienced practitioners are welcome.

Meets 7-8 PM/Jan 7 & 14th 2020 @ The North Sydney Library

More info @ 902-574-8857 or bodhidharma55@gmail.com

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

Sydney Library News

Conversations on Writing: with Bill Conall (Author & Storyteller) and Douglas Arthur Brown (Author/ Editor & Publisher) will take place Thursday, January 23 from 2-3:30 pm at the McConnell Library in Sydney
Registration requested – call the library 902-562-3161, or visit us to register.

Everyone welcome. Admission is free.

AN EVENING OF STORYTELLING

will take place on Thursday, January 23 from 6:30-8:00 pm at the McConnell Library.

Join Bill Conall (Cape Breton Regional Library's Storyteller-in-Residence) for an evening of storytelling-tall tales, short tales, sad stories, gigglers and belly-laughers, true stories, partly true stories, complete fabrications and even few songs.

Everyone welcome. Admission is free.

CAPE BRETON FARMERS MARKET

Cape Breton Farmers' Market every **SATURDAY** 8:30 am to 1:00 pm Located at 40 Keltic Drive in Sydney River, NS

The next Market date is January 18, 2020.



K-LEE RADIO will broadcast live from Bianchini's Pizza in North Sydney on Feb 1st - 1:00 - 3:30

A Night to Remember is a Valentine Gala, hosted by the Cape Breton Chorale on Saturday, February 8th, 2020
See page 5 for details.

NORTHSIDE COMMUNITY NEWS



BRANCH 008 LEGION NEWS

Our Chase The Ace Jackpot is now at \$8,161.50 - stop by and listen to the music and try your luck with the weekly draw.

The Kitchen will be open on Friday at 6:30 pm.

Watch for Camp Rock Music Festival to be held on February 16th. More information to come regarding the music lineup in upcoming editions - stay tuned.



DJ Jack Cool is currently off air on K-LEE RADIO 2 as he is undergoing computer equipment upgrading. We will notify you when the technical installation is complete.



BIRTHDAY WISHES

We would like to take this opportunity to wish Jack Cool a belated Happy Birthday from all your listeners and friends at K-LEE RADIO, Robert & Glen.

Cape Breton Music Trivia

- 1 - This award winning recording studio is located in Point Aconi, can you name it?
- 2 - The song "Corriano Ridge" was written by what North Sydney poet?
- 3 - Who recorded the song?
- 4 - They grew up in Sydney Mines and have been entertaining audiences for over 33 years, can you name this group?
- 5 - Who wrote "Song For The Mira"?

ANSWERS - 1 Lakewind Studio, 2 Ron Gillis, 3 - Kenny Walsh, 4 - The Barra MacNeils, 5 - Alister MacGillivray

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 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

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

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

Shear Madness

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CONTACT INFORMATION

GLEN GRAY, EDITOR
PH: 902-564-9022

Email Address
glengray@kleeradio.com

PHANTOM COUNTRY with Kenny Walsh airs on K-LEE RADIO on Sundays at 6:00 pm - the best in Classic Country Music - tune in to hear Kenny at

www.kleeradio.com



SYDNEY MINES LIBRARY NEWS

LEGOS - will resume in the new year every 2nd Tuesday beginning January 14th.

CRAFTS will return January 9th, Thursdays at 3 pm.

KNITTING GROUP will resume January 13th at 2:00 pm.

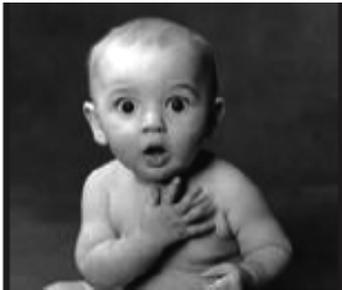
BOOK CLUB - anyone interested in forming a Book Club, please contact the Sydney Mines Library.

FREE PUBLICITY - If your club or group is holding a community event in the new year and you are looking for some free publicity, email us and we'll make sure that your event gets some needed promotion.

SUPER BOWL GAME FEBRUARY 2nd

Sunday Morning Gospel Radio Show with host Pierre Chiasson
Airs 9:00 am
www.kleeradio.com

FREE PUBLICITY, simply email us with your information and we'll publish it free of charge in our weekly paper - just email us with your event information to us at this email address - thisweek@kleeradio.com



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."

NORTHSIDE COMMUNITY NEWS

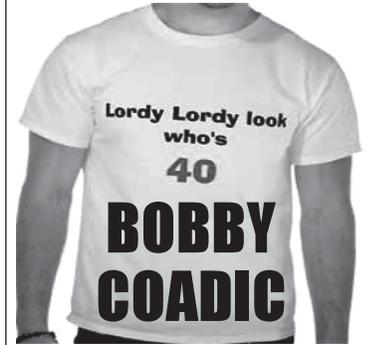


JACK COOL K-LEE RADIO DJ NEWS

I had the pleasure last week of interviewing singer and songwriter Kenny Walsh.

Kenny now has his very own show on K-LEE Radio and is now part of the K - LEE radio family.

His show is called Phantom Country and it airs every Sunday 6 :00 pm till 8:00 pm . and and myself, Jack Co, Robert O'Hearn I and Glen Gray and are proud to have Kenny as part of the K - Lee radio family and we believe you will enjoy his Phantom country show classic Country music from way back - way to go Kenny



Well the time has finally come Buddy when you have to bow to the inevitable, of course you will have some trouble bowing but we'll be there to help you get up. During Super Bowl Weekend, some of the boys will be at your man cave to help you up from the chair and take you to the bathroom and wipe the pizza off your chin - it's the least we can do for you now that you are officially "over the hill"

YOUR BEST BUDDIES

YOUR FREE SODUKO WEEKLY PUZZLE

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

You can also get your Daily Soduko Puzzle and Crossword Puzzle by logging on to - www.kleeradio.com and clicking on the FEATURES Page. Also included is a DAILY FREE SOFTWARE giveaway. Logon today to get yours FREE!!

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Archibald Avenue - North Sydney

OUR CHASE THE ACE JACKPOT NOW STANDS AT \$8,161.50 - TICKETS AVAILABLE AT BRANCH 19 AND BRANCH 008 LEGIONS

794-4816 - 794-7482 - Members & Guests

A VISIT IN THE NIGHT

A true story by: Devin J. Meaney

I have always had nightmares, but some stand out as more vivid and terrifying than the rest. One particular dream was relentless, and I am still creeped out to this day when I think of it.

I was in my bed, being thrown around like a rag doll by an unknown entity. I do not know how or why, but I came to the conclusion that whatever this was, it was not very old. It may have seemed demonic, but it was a child or sorts. It kept biting me, but I was reluctant to try and strike back, as I had no intention on hurting something that had an aura so young.

Eventually, I managed to get away from this thing. I ran to my bedroom door, but it was locked. I tried to turn the lights on, but the light switch would not work. No matter how hard I tried to illuminate my bedroom, I was stuck in ominous darkness. I kept getting sucked back to my bed, and inevitably I was returned to wrestling with whatever the hell this was.

This continued for what seemed like hours within my mind, and the repetition was daunting. I would fight, break free, run to the door, click the light switch... but the result was always the same. I kept waking up, or so I thought, but I would always end up back in the same dream. Just as I was at my wits' end, I finally woke up and clicked on the lamp beside my bed. At first I was immensely relieved, but as I turned my head to look at my bedroom doorway, I could see the shadow of a black figure slowly vacating my room. I said a quick prayer of protection, and just like that, it vanished, never to be seen again.

My first instinct was to run and jump in bed with my aunt, but as I was in my twenties, even in the grasp of intense fear I knew that this would be highly inappropriate. I sat up, breathing heavily as I tried to comprehend what had just happened. I have never been more afraid in my life! Needless to say, for a few days, I slept with both lights on!

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GENERAL - Make sure you file your income tax return on time if you have a balance due, even if you cannot pay right away. By doing so you will avoid the late filing penalty which can be costly.

GENERAL - If you turn 19 before April 1st, 2020, make sure you file a 2018 income tax return in order to receive the GST/HST credit. You will get at least 1 GST cheque for the payment following your birthday.

GENERAL - Old charitable donation receipts that you forgot to claim in previous years should not be thrown away. Charitable receipts are good for 5 years after the year in which the donation was made.

FAMILIES - If you deposit your Canada Child Benefit into a separate bank account specifically for your child, any interest it earns is considered your child's income rather than yours. Your child can earn \$12,069 in the 2019 taxation year before being subject to federal tax.

SENIORS - If you have to make renovations to your home in order to make it safer or more accessible, you can claim a 15% credit for the first \$10,000 of your expenses.

SENIORS - If you have to travel more than 40 kilometers in order to get your medical treatment which is not available locally, you can claim the cost of transportation as a medical expense. If you have to travel more than 80 kilometers, you can also claim other travel expenses such as meals and accommodation.

FAMILIES - Inform the Canada Revenue Agency (CRA) if there are any changes in your family circumstances which could affect your GST credit



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