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FREE

THIS WEEK

NORTHSIDE COMMUNITY NEWS

FREE

Vol. 11 - SEPTEMBER 1st - 2021



HAPPY
LABOUR DAY
SEPTEMBER 6
Saluting All
Cape Breton
Labor



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**NEW OPEN
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SCHEDULE**

MONDAY, TUESDAY

WEDNESDAY &
THURSDAY

12:00 - 10:00 pm

**FRIDAY &
SATURDAY**

12:00 - 12:00

**The CIRCLE
on Saturday nights
is back again
7:00 - 10:00 p.m.**

736-6313



**NORTH
SYDNEY
LEGION
BRANCH 19**

**Candlelight Service
September 12th**

Tribute Candle for sale
at Legion \$6.00

**94th Decoration Sunday
20th Candlelight Service**



The Cape Breton Classic Cruisers are pleased to announce the tentative dates for their 2021 Events!

The Fall Classic Show & Shine is scheduled for Saturday, September 18th on Charlotte Street.

The MacIntyre All GM Show is scheduled for Saturday, October 2nd on Disco St, Sydney.

All events will follow all COVID-19 Guidelines and Restrictions, for further information call 902-794-8680 or visit capebretonclassiccruisers.com.



We're Back!!!

BINGO is back at the Sydney Mines Seniors & Pensioners Club Fraser Avenue, Sydney Mines

EVERY SUNDAY - 2:00 pm

Toonie Jackpot \$682+

JACKPOT \$575.00

on 49#s or less

Masks Are Mandatory

Special Birthday Wishes going out to Norma Campbell who will be celebrating her 90th Birthday on September 2nd from Family and Friends

**KITCHENFEST FESTIVAL
SCHEDULE 2021**

Check out all the wonderful music events in this year's KitchenFest Festival

August 27

September 4

**[https://
kitchenfest.ca/](https://kitchenfest.ca/)**

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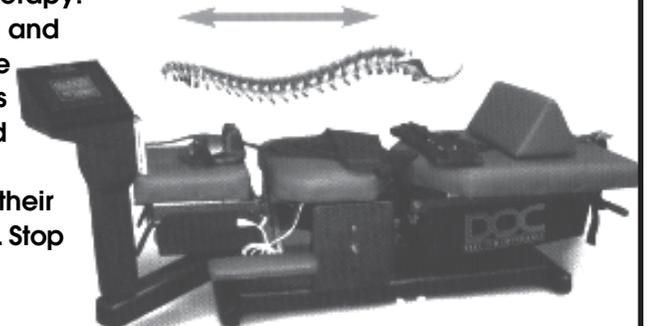
PIERCE STREET - NORTH SYDNEY

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



**JACK COOL
K-LEE RADIO
DJ NEWS**

Hello everyone - it's Jack. Last week I had the absolute pleasure of interviewing another great cast member from the upcoming film Starlight.

Kelley Poling - she is cast in the movie as Grace. She stated in my conversation with her that this movie is going to be something that everybody is going to be proud of and they had fun and really enjoyed filming this movie.



She also said she enjoyed working with the cast and crew of this movie. She also acknowledged Jay

White White and, as well, she mentioned he is a fantastic actor as well as a musician and she also acknowledged all the other great cast members who are in this film.

She said the character Grace was to bring something out of Bobby Drake played by "Jay White" and reveals something in the story that needed to be revealed.

Kelly said, "Let's just say sometimes the universe gives us a messenger."

She also acknowledged the director of this movie, Steve

Tatone and I would also like to thank Steve for arranging this interview and I look forward to interviewing more of the cast members of this great upcoming film.

if you would like a copy of this interview please email me djjack@gmail.com all the best **JACK COOL**



I also had the great pleasure of interviewing one of the members of a great Rolling Stones tribute band called "Satisfaction."

His name is Chris LeGrand and he is the executive producer and cast member in the role of Mick Jagger for Satisfaction/ The International Rolling Stones Tribute Show.

Chris does an outstanding performance and a great tribute performance to a great band that's been here for more than 50 years and all the other cast members who pay tribute to this great band also do a marvellous job and a fantastic job as well.

This Rolling Stones tribute band has been going since 2001. if you would like a copy of my interview with Chris please email me djjack@gmail.com for more information <http://www.rollingstoneshow.com/>

COMMUNITY NEWS ITEMS

BEGINNER LINE DANCING CLASSES

Hate Exercise but love dance? Black Rock Line Dancers are offering Beginner Line Dance Classes - No Experience necessary - starting Thursday, September 16th from 7:00 - 8:00 pm at the Big Bras d'Or Fire Hall. Come join the fun - \$5.00 weekly.



Only 12 spots available due to Covid protocols. Register early.

Call or text 902-565-1063 or email jmacgregor@hotmail.com to reserve your spot



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BRANCH 008 LEGION SCHEDULE

MONDAY - TUESDAY - WEDNESDAY - THURSDAY - 11:00 - 9:00

FRIDAY & SATURDAY - 11:00 - 11:30 - OPEN FULL CAPACITY

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WOW, it's **September** - I remember fondly when September rolled around and our mothers were getting our school clothes and supplies ready for another year - it will be different this year when school gets back.... I enjoyed some free concert music this past week with the CBRM **Makin' Waves Free Concerts**, the **Barra MacNeils** - it was great to see them perform live and best of all it was free!! - The last of the series of free concerts will be held this Thursday at the **Open Hearth Park** - see the story opposite this column for details..... and coming up this weekend is the **Annual Acoustic Roots Festival** at Two Rivers Park - great entertainment for the whole family with lots of great music on the concert stage - see **page 8** for a list of the performers..... and, while we're on the topic of **local music**, catch the end of **Kitchen Fest** as well with terrific entertainers - it runs until September 4th **Paul Power** has an interesting column this week discussing cassettes remember them?? - see his column on **page 6** of this edition... The federal election has some very interesting proposals from the political leaders and we are in for some **big changes** if they live up to half of their promises.... the **Clifford Street Youth Centre** needs your help to keep operating - this is a very important resource for the Northside and you can help by **donating** to them - see the information on **page 7** of this edition.... also on **page 8** of this edition is a story from our latest book "**Oh, Me Shattered Nerves**" which features stories about real people and each story is written as a result of a phrase that my mother and father used while I was growing up - only **\$4.95** for a copy - you can order online as well.... **DJ Jack Cool** has two stories for his column this week on **page 3** - Jack also hosts the **Late Nite Oldies Show** on K-LEE RADIO every Friday night at 11 pm - stop by for some great classic rock and roll... **FREE PUBLICITY** - If your group or organization is planning an upcoming community event and want some free publicity, simply email us with your information and we'll publish it free of charge - just send us your information at this email address - thisweek@kleeradio.com

Makin Waves Free Concert

September 2 will see the close of the series featuring one of Canada's hottest groups. Neon Dreams has been on the wishlist for a number of years, with their impeccable live show and hit after hit taking over the airwaves. After touring South Africa earlier in the year, we're prepared for Neon Dreams to explode with their signature energy that has been building over the pandemic. Special guests will be announced closer to the concert.

Makin' Waves is presented by Sydney Credit Union and produced by CBRM Recreation and the Cape Breton Music Industry Cooperative. The series is made possible by partners Ultramar, Marine Atlantic, NSCC Marconi, Cape Breton University, Protocase, and Atlantic Lottery. Makin' Waves acknowledges the support of the Government of Canada and the Government of Nova Scotia.

ACOUSTIC ROOTS FESTIVAL 2021

September 3 - September 5

See Page 8 For List of Performers

YOUR FREE SODUKO WEEKLY PUZZLE

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

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!!

OUR NEW BOOK NOW AVAILABLE ONLINE



The book has 43 amusing short stories all related to sayings from my growing up years.

You can order it and all of our Cape Breton Humour books from our website and it will be delivered via mail to your door. Logon to our website and order today -

JUST \$4.95

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SECURE THE FUTURE SYDNEY-VICTORIA VOTE Eddie ORRELL



Eddie Orrell, Conservative Party of Canada Candidate for Sydney-Victoria in Edwardsville at Caper Creek Stables

Eddie Orrell: Ready to Fight for the People of Sydney-Victoria

The Conservative Party of Canada candidate for Sydney-Victoria, Eddie Orrell, says "the people of Sydney-Victoria deserve an elected representative who is present and aware of their concerns. They deserve someone who will stand up and fight for them."

Born and raised in North Sydney, Eddie is an active member in his community and he hears frustrations and concerns every day. He says, "People are worried about the future. They are worried about their health, safety, security, their jobs, businesses and pensions. COVID has only added to the stress and the strain."

However, the father of two also says, "for the first time in a long time, there is hope."

With Erin O'Toole you get Canada's Recovery Plan to get our county back on track. It shows real promise for Sydney-Victoria.

Eddie says "I encourage people to learn more about the plan because it is a game changer for Cape Breton. From ensuring tourism supports, to making internet accessible for all residents, to providing incentives for innovators to create and produce in Canada, as well as doubling funding for small craft harbours; the Plan has a lot to be excited about."

Eddie Orrell says "as part of Erin O'Toole's team I will be accessible to you, ready to hear you, ready to stand up and fight for you and your family's future."

Canada's Recovery Plan will Secure healthcare for Nova Scotians.

Accessing healthcare in Cape Breton can be difficult, especially for those without a doctor. Eddie Orrell, candidate in Sydney - Victoria for Canada's Conservatives, says "As a physiotherapist, I often see patients with conditions which have been made worse by their wait for care. Provinces need stable, predictable funding for healthcare." Erin O'Toole, leader of Canada's Conservatives, has pledged just that. Canada's Recovery Plan includes

an injection of \$60 billion into Canada's healthcare system over the next ten years.

Eddie says "Canada's Recovery Plan is a plan for all Canadians, especially the vulnerable." Treating mental health as health is an important part of Canada's Conservatives' plan to secure the future. It supports innovative approaches to address the crises of mental health challenges and addiction including introducing the Canada Mental Health Action Plan. That will boost mental health funding, encourage employers to add mental health coverage to benefit plans, and create a nationwide three-digit suicide prevention hotline.

Man with diabetes dies in N.S. emergency room lobby while waiting for care
GLOBAL NEWS, AUGUST 14, 2021

Calls to mental health crisis lines increase with each wave of the pandemic
HALIFAX EXAMINER, MAY 4, 2021

We're in disaster mode: N.S. senior taken to hospital by police due to ambulance delay
CTV NEWS ATLANTIC, AUGUST 11, 2021

N.S. patients experience last-minute surgery cancellations
CTV NEWS ATLANTIC, AUGUST 16, 2021

Nova Scotia's healthcare system IS IN CRISIS. We can't afford more of the same.

EDDIEORRELL.CA 902-317-VOTE (8683) info@eddieorrell.ca

Authorized by the official agent for Eddie Orrell

NORTHSIDE NEWS



NORTH SYDNEY LIBRARY NEWS

It's so good to have the library open again at regular hours just in time for the Summer Reading program.

See all the details on The Summer Reading Program and how to win prizes in the Grand Prize Raffle. The contest runs until August 31st and the Prize Draw will be after that date.

BOOK SALE - All books \$1.00
FIBRE LUNCH at Munroe Field Thursdays from 1:00 3:00, weather permitting.

Masks are still required for Library visits.

Library Closed Labor Day

2ND ANNUAL LUMINARY OF LOVE

The Northside/Harbourview Hospital Foundation is pleased to announce our 2nd Annual Luminary of Love, proudly presented by John D. Steele's Sons Limited!

As the sun begins to set on the evening sky, the shore line begin to glow with love. Watch your luminary drift out into the water as it joins other lanterns carrying hope, love, happiness, healing, and peace. Whether you want to honour or remember, join us at 6:30 pm on Sunday, September 26th at Indian Beach as we celebrate those who mean the most to us. With the help of North Sydney Fire Department, no luminary will be left behind, we value our environment.

All proceeds directly benefit the Northside/Harbourview Hospital Foundation, allowing us to fulfill our mandate of improving the lives of patients across our two local hospitals.

- 1 Luminary - \$20 Donation
- 3 Luminaries - \$50 Donation

To reserve a luminary, contact the foundation office at (902) 794-5402.



I'm sure some of you saw new audio cassettes on store shelves lately, and thought "what?". Audio cassettes first appeared in 1963-and 'unofficially' died out around 2001. Vinyl records never totally disappeared though, but were almost made extinct-and then saw a resurgence from the mainstream buyer, as opposed to the days when it was just audiophiles keeping the heartbeat of vinyl going. According to Rolling Stone magazine, in the United States vinyl sales are growing three times as fast as CD sales are declining, and will soon totally surpass CD sales. What originally made cassettes so popular was their portability, and the fact that they were recordable. The era of the mix tape had begun, the latest resurgence spawned by movies like "Guardians of the Galaxy" where that mixtape played a big role in the movie. The dawn of the compact disc almost rang the death knell for cassettes-offering a greater sound quality than cassettes could. The cassette was an improvement over the 8-track, but all that hissing couldn't hold a candle to CD quality. However, just like vinyl some musicians liked that warmer sound analog cassettes offered. For the most part the



cassette return is a marketing/fan collectible thing, but sales in the states and Canada continue to grow year after year. At first most of those were again were because of the "Guardians of the Galaxy" soundtracks. The allure of that pocket-sized marvel comes down to a few reasons; for new releases it's nostalgia, where years ago it was the whole bootleg capability for bands and fans; tapes being cheap and easy to record-and pass around, especially from vinyl rips. Now it's people wanting to actually own something when they buy music, not like digital albums that really doesn't exist physically. I have a lot of experience using audio cassettes, both professionally and personally-and I still have numerous expensive machines for recording, but when CD's replaced cassettes it was a definite leap forward. However, I still have my cassettes that I bought years ago, and will always keep them. So let's press PLAY and enjoy the ride.



SYDNEY MINES LIBRARY NEWS

Summer is here and our Summer Reading Program is set for 2021.

The contest runs until August 31st and the Prize Draw will be after that date.

Each book you read earns you points, so get busy with your favorite authors and titles.

Masks are still required for Library visits.

Library Closed Labor Day

JACK COOL

LATE NITE OLDIES
 Friday evenings at 11:00 pm

A new Podcast "Sea Shanties" featuring traditional sea shanties is now available for free download at -

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FREE CLUB NOTICES

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SYDNEY MINES & DISTRICT LITTLE LEAGUE 50/50 DRAW - Last week's winner was Blair Chisholm and the amount - \$12,218. Thank you for your continued support.



1409 Kitchen SCHEDULE

Take Out & Dine In

Thursday 3 - 7
Friday, Saturday and Sunday 12 - 7
PH: 794-1409



Free Kids Radio Shows, Music & Trivia, adventure - logon to the web page and the "KIDS" link - www.kleeradio.com



BIRTHDAY WISHES

Send your Free Birthday Wishes to us - thisweek@kleeradio.com

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Email Address

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Clifford Street Youth Centre

Clifford Street, as a youth centre, opened in 2009. Quite by accident and observation, what began as a temporary public meeting place for adults evolved into a leading edge "safe haven" for Northside children of all ages

Driven solely by the needs of the "under 18" children who attended, Clifford Street became an entirely FREE resource helping to reduce the Northside 43% child poverty rate downward to 36%!

Food insecurity was and remains the number one issue. It is followed with other necessities such as socks, oral hygiene, footwear, winter coats, raincoats, furniture, pillows, blankets, beds, and more. Anxiety related to food insecurity / no cloth lunches is a real problem faced by real families in your neighborhood.



While other youth groups receive several hundreds of thousands of dollars in annual funding, Clifford St defies convention by existing on less than thirty thousand! [we dream of fifty thousand per year]. We are FREE of any charges to our clients. Any perception of a cost immediately creates a barrier for the 40% children living in poverty; a barrier to the future.

40 % child poverty in the CBRM... , four out of ten, almost half... when does the number of 40 percent of all children living in poverty on the Northside cause us to respond with resources?

Clifford Street has opened every day we are allowed while Covid ravaged our country. Providing at least one meal a day, computer access with internet, and mentoring with staff who are committed to their wellbeing.

Clifford Street has been a safe haven to children of the Northside for close to fourteen years and now needs your help to continue to operate. Please donate today.

Here is the link to to the Go Fund Me Page
<https://gofund.me/4f9aa7da>

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He's Lost All His Marbles

Marbles was a game we all played back in the 60s. Each boy had his own collection of treasured glass marbles and we competed fiercely for new ones. Too bad kids don't play marbles today, they could learn a lot.

I was about 7 years old when this event happened. Folks were upset with Bert Cunningham about a proposed zoning By-Law which would allow a new business to come to the area and provide 10 jobs. Bert opposed the idea and was very vocal and appeared at City Council to let his views be known.

The folks would discuss Bert and one comment I heard was, "No wonder he's so cranky, he's lost all his marbles!"

Using a 7 year old's logic, I really thought they meant the glass marbles. I was taught it was nice to be kind to others so I decided to give Bert some of my marbles, Not the shiny new ones or the cats eyes ones but the older ones and scratched ones. After all, if you didn't have any marbles at all, those would do.

I knocked on the door and Bert answered. I handed him a small bag of my used marbles and said, "The neighbours said you lost your marbles so I'm giving you some of mine."

He looked at me directly and I guess he realized that I was sincere and not mocking him so he invited me in and told his wife what I said. She smiled and went to get me two cookies and Bert handed me a 50 cent piece.

Wow, what a great day! A 50 cent piece and two cookies for doing a good deed. That afternoon Bert went around the neighbourhood displaying his new bag of marbles and telling anybody who would listen that he now had his marbles back thanks to young Mister Gray.

In the end it all worked out, Bert was succesful in getting the zoning cancelled but the company got another piece of land and the 10 jobs came to Ashby.

Now everybody was happy, Bert was happy, the neighbours were happy, I was happy and Bert now had his marbles back.

Reprinted from "OH, Me Shattered Nerves"

Where Can I Get My Free Copy?

NORTH SYDNEY - North Sydney Library, MLA Murray Ryan, Bianchinis Pizzeria, Branch 19 Legion, Strongs Chiropractic, North Sydney Fire Hall, Kenny's Pizza, Ralph Ivey Auto, A-1 Auto, Thyme Savour, H & R Block, Brewers Convenience, Seaview Motors

SYDNEY MINES - Sydney Mines Library, Seniors & Pens. Club, Robins Donuts, Branch 008 Legion, Needs Convenience, MacDonald Denture, MacIntyre Hardware

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BRAS d'OR - LICK A CHICK, 1409 Restaurant, Jane's Restaurant, Bras d'Or Convenience, MLA Keith Bain - on our website at www.kleeradio.com

ACOUSTIC ROOTS FESTIVAL SCHEDULE 2021

September 3 - 5 - Two Rivers Park

FRIDAY SEPT 3

5:00 pm - Talent contest winners
6:00 pm - Darrell Keigan
7:00 pm - Roger Stone and Doug Sampson
8:00 pm - Mike Hall and Beverly MacLean
9:00 pm - Terry Peters



SATURDAY SEPT 4

Noon - Rob Murphy
1:00 pm - Morgan Toney and Mario Colosimo
2:00 pm - Jordon Musycsyn
3:00 pm - David Stone and Vince Burke
4:00 pm - Hearts of Kin
5:00 pm Supper break
6:00 pm - Jason MacDonald
7:00 pm - RG Schaller
8:00 pm - Donnie Campbell/Jinks O'Neil
9:00 pm - John Curtis Sampson



SUNDAY SEPT 5

Noon - MacArthur Dancers
1:00 pm - Dara MacDonald and Adam Young
2:00 pm - Marconi Music Class
3:00 pm - Songwriters Circle
4:00 pm - Dwayne Cote
5:00 pm - Supper Break
6:00 pm - Steve MacIntyre
7:00 pm - Kim Dunn
8:00 pm - Norma MacDonald
9:00 pm - Pretty Archie



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