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FREE

THIS WEEK

NORTHSIDE COMMUNITY NEWS

FREE

Vol. 11 - FEBRUARY 24th - 2021

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 10 am - 11 pm

SUNDAY - 12 - 11

Thursday 5:00 - 8:00

Music - Ernie, Todd & Wade
THIS WEEKS SPECIAL
Bacon Cheeseburger
\$10.25

UPCOMING EVENTS

THURSDAY - Wade, Todd & Ernie from 5 - 8 pm,

The Kitchen is open from 4:00 - 9:00 pm.

Music from 5:00 - 8:00 pm

KEEP YOUR 6 FOOT DISTANCE IN PUBLIC

Royal Canadian Legion
Branch 83
Florence
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Washer Toss

Fridays at 7:00 pm

THE CIRCLE



SATURDAYS
7 - 10 PM

OPEN

Monday - Saturday
 12:00 - 11:00 pm
CLOSED SUNDAY

736-6313



BRANCH 008
LEGION
NEWS
SCHEDULE

NEW HOURS

We are Open Monday until 9:00 pm (10 pm for Darts)
 Tuesday - Wednesday and Thursday we are Closed at 9:00 pm
 Friday & Saturday Open til 10 pm

GENERAL MEETING

Wednesday, Feb. 24 - 8 pm

For the Best In Classic Country Music, join Kenny Walsh every Sunday Night at 6:00 pm for Phantom Country - Logon to www.kleeradio.com

The North Sydney Minor Hockey 50/50 Draw - Last week's Draw winner was Garry Cox and the amount won was \$15,391. Thank you for your support.



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

Fun Websites To Entertain You

If you find yourself with more time on your hands, try these websites to entertain you.

1 - HOW STUFF WORKS - Self Explanatory - web address

<https://www.howstuffworks.com/>

2 - ON READ - Get access to 1,500,000 free books. Logon to

<https://www.onread.com/>
3 - MENTAL FLOSS - Find facts, trivia and quizzes on "the encyclopedia of everything". You'll see anything from science to tech and pop culture

<https://www.mentalfloss.com>
4 - BRAIN BASHERS - Lots of free games and puzzles - Soduko, Battleships, Daily Kight Up, Daily tracks and many more - Logon to -

<https://www.brainbashers.com/>
5 - DeepL Translator - If you need a quick translation of a phrase or paragraph, try this quick service.

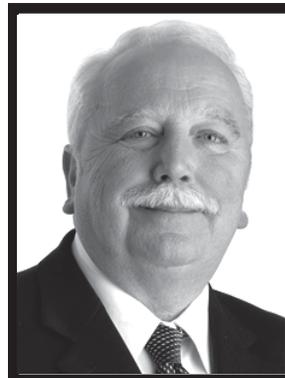
<https://www.deepl.com/translator>

6- METRIC CONVERSIONS- If you would like to know how much rain or snow has fallen or how far you travel, use this quick and easy calculator. - Logon to <https://www.metric-conversions.org/conversion-calculators.htm>

7 - AIRPORT CONTROL TOWERS - Listen in on air traffic controllers- New York, Boston etc. - <https://www.liveatc.net/topfeeds.php>

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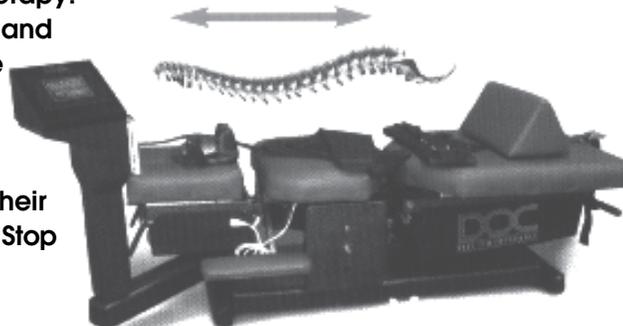
keithbainmla@bellaliant.com

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

EMBROIDERY CLASSES

CBRM ConnectArts presents Embroidery class at the Cape Breton Centre for Craft & Design on Saturday, March 6th at 1:00 pm.

This workshop will introduce 5 basic embroidery stitches that can be combined to create beautiful pieces.

You will come away having made an embroidery "sampler" and ideas of how to expand your skill and knowledge of embroidery.

Registration is limited to 12 persons to permit for social distancing. Register at cbmrecreation.ca.

All participants must be 16 or older. Admission is free but requires a \$20 refundable deposit to hold your spot. If this deposit is a barrier to your participation.

Please email for information jwcostello@cbrm.ns.ca for alternate registration.

Free Youth Drama Classes - Sydney Mines

Youth aged 8-18 who would love to take drama classes for FREE - Check out this 13-week theatre program happening in Sydney Mines!

The Ruby Project (Accessible Theatre) is offering FREE youth drama classes at Community Cares Youth Outreach in Sydney Mines beginning Tuesday, November 3, 2020. Classes will be on Tuesdays and run January 5 – February 9, 2021.

Masks, social distancing and a screening process will be required.

For more information, e-mail Shealyn at this email address shealynvarnes@hotmail.ca

For the latest and most comprehensive list of local events, logon to - www.musiccapebreton.com
Updated each week

Check out our website for things to occupy you and your children's time www.kleeradio.com

COMMUNITY NEWS ITEMS

JAIME BATTISTE

Member of Parliament
SYDNEY - VICTORIA

jaimebattiste.ca
jaime.battiste@parl.gc.ca

207A-201 Churchill Drive
Membertou, NS B1S 0H1

(902) 567-6275



Christmas Daddies Telethon In Doubt For 2021

The Annual Christmas Daddies Telethon has been a fixture in Cape Breton for over 50 years and now it seems that this upcoming season it will have technical difficulties due to the closure of the local ATV station.

Christmas Daddies has raised millions of dollars over the years for various charities and it would be missed if it could not be broadcast.

Local musicians have always been at the forefront of volunteering their talents to help raise the funds and their contribution have always been appreciated.

There has been no indication so far if local musicians will sponsor their own broadcast. Let's hope that they get together soon and make a decision.



Betty-Jo Kehoe
Sales Representative

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mla@murrayryan.ca



Official Province of
Nova Scotia information



visit <https://novascotia.ca/coronavirus>



**LEGION OPEN MONDAY 10 PM (DARTS ONLY)
TUESDAY - WEDNESDAY - THURSDAY TIL 9:00 PM
OPEN FRIDAY 10 FOR DARTS & SATURDAY 10 PM**

Men's Darts Monday - Mixed Darts Saturday

PHONE - (902) 736-3206

AROUND THE TOWN



COVID is still having a drastic effect on many of the local Seniors Clubs, Legions and Fire Halls to run any of their normal seasonal activities and this is taking its toll on everyone - **K-LEE RADIO** is working on a project that will offer Senior Radio programming on its internet radio station to help seniors maintain contact with fellow club members and also to provide much needed entertainment - stay tuned for further announcements as we hear back from potential sponsors for this project - The Canadian government has extended the **CRB** and similar programs for another **12 weeks** as they anticipate delays in retuning to work and businesses re-opening in the Spring/Summer season If you are an aspiring **young actor**, see the story on virtual **Audition Assistance** opposite this column with some helpful guidance for you..... see **page 2** for information on Embroidery Classes offered by the CBRM - this workshop will introduce 5 basic embroidery stitches that can be combined to create beautiful pieces - a great way to be creative during the COVID crisis..... this week's **TAX TIPS** also has some timely tax information for those of you who have been collecting COVID payments, make sure, especially if you are a student, that you save some of the deductions to offset your own tax before transferring any to a spouse or parent - both **CERB** and **CESB** are taxable incomes - see **page 8** for details.... Nova Scotia Power is offering **scholarships** annually to students seeking post secondary education in a variety of programs across the province with a deadline of **April 19th**, 2021 - see **page 8** for full details on how to apply for this Scholarship Program.... on **page 6** you will find helpful tips on how to make at home learning more effective for your children in case there are further stoppages in the school year.... **Paul Power** has an entertaining review on a group called "**The Mahones**" and I can only describe as "uptown Celtic", this is an acquired taste indeed but lots of energy with this group..... **FREE PUBLICITY** - If your community group or organization is planning a local event and you want some free publicity, simply email us your information and we will make sure it gets included on our weekly paper - it's **FREE**, just email us with your community event information at - thisweek@kleeradio.com

Virtual Audition Assistance Offered

With the world undergoing a digital shift due to the pandemic, actors now have the opportunity to virtually audition for projects all across the country.

Although we celebrate this fact, we at the Ruby Project also know how lonely audition preparation can be during this uncertain time, so we've developed the Audition Guidance Program!



Whether you need help tackling an audition or just want a second opinion on something you've already prepared, take advantage of the Audition Guidance Program. We offer insight on acting techniques, script analysis, character analysis, self-tape guidance, and more.

These sessions are all about whatever you need to strengthen your craft. To book your virtual individual coaching session over the platform of your choice with a professionally trained theatre artist, fill out the registration form linked below.

This program is completely **FREE** and open to artists aged 16+. We highly encourage Cape Breton artists to participate, but we accept artists from anywhere!

Cape Breton Food Hub Renovations

Renovations at the Cape Breton Food Hub, formerly the CelticMarket in Bras d'Or, are ongoing.

Executive Director Alicia Lake said that renovations to the kitchen area are ongoing and it will be a few weeks before they are completed. We'll keep you updated.

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

FREE CLUB NOTICES
EMAIL US AT -
THISWEEK@KLEERADIO.COM

Spring Begins March 20



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See TAX TIPS On Page 8 Of This Edition



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

I had the pleasure last week of interviewing by Zoom, meteorologist Maria Quiban 4 Fox 11. She has a book out now called "You Can't Do It Alone - A Widow's Journey Through Loss, Grief, and Life After - By Maria Quiban Whitesell with



**L A U R E N
S C H N E I D E R,
L C S W**
How the whole story came about she was vacationing with her husband

and she noticed very odd behaviour that she hadn't seen before. They had been together for a while and before that Quiban and her husband had been working, They had a three-year-old son so they were keeping themselves very busy when

they decided to go on this Paris trip together as husband and wife. It was while on the trip she noticed he was getting really, really tired and not acting like his normal self. After the trip she asked her husband to promise her that he would go to a doctor and get this checked out and when he went for an MRI it was then they were faced with the most devastating news. Her husband Shawn had been diagnosed with a brain cancer called GBM Glioblastoma, a very dangerous and incurable cancer.

Sadly after her husband passed away on December 28, 2015, Maria decided to write her book and in hopes that this book will help someone down the road who has loved the same traumatic experience as she went through with her husband or maybe this book will give words of comfort to people out there who have a loved one who is sick. Maria has been on shows such as Dr.Oz to promote her book. You Can't Do It Alone - available on Amazon and other platforms and places where you can buy books or you can go to Maria website <https://mariaquiban.com/> to listen to my interview with Maira please go to my YouTube channel @ https://www.youtube.com/channel/UC_Vj_V_Edzh0qxHQL6PGOsA

www.youtube.com/channel/UC_Vj_V_Edzh0qxHQL6PGOsA any questions, please email me JACK djjack@gmail.com



I had the pleasure last week of interviewing by ZOOM, Karla Davis Luster, She has a book out called "The Woman Tells".

When asked what inspired her to write this book she said she has always had an interest in different behaviours when it comes to relationships things and issues that go on she has numerous amount of friends that trust in her she has this wealth of knowledge overabundance information about it.

When trying to decide what she was going to write she was going back and forth with would she write her life story or would she write on something that's fun and a topic everyone would like and have an opinion.

The Woman Tells is available on Amazon and also by going to <https://thewomantells.com/> also to hear my interview with KARLA Davis Luster please go to my YOUTUBE Channel @ https://www.youtube.com/channel/UC_Vj_V_Edzh0qxHQL6PGOsA any question feel free to email me JACK djjack@gmail.com special thanks to Angelo A. Ellerbee publicist & Kevin Goins of Double Xposure Media Rela-

?? TRIVIA ??

If you like Trivia, download the Trivia Podcast from our website - it has 20 General knowledge questions, a Cape Breton question and a music question - Use the **PODCAST LINK** - www.kleeradio.com

**SEAFOOD CHOWDER
BISCUIT & CAKE**

Southside Boularderie Vol. Fire Dept. Fire Hall

**Sunday March 14th
2:00 pm to 5:00 pm**

Following all Nova Scotia Health Protocols

Adults \$12.00 Children \$6.00

Contact any firefighter for tickets

Or call Jimmie 902-736-6731, Mike 902 578-4794

For the Best In Classic Country Music, join Kenny Walsh evry Sunday Night at 6:00 pm for Phantom Country - 2 hour show of the best Country Music www.kleeradio.com

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.

YOUR FREE SODUKO WEEKLY PUZZLE

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

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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NORTHSIDE NEWS



NORTH SYDNEY LIBRARY NEWS

BOOK SALE - Now ongoing - get your Winter Reading books now at \$1.00.

FIBRE LUNCH will resume again on Thursdays from 1:00 - 3:00 pm.

Check out the Cape Breton Regional Library website for **Press Reader** where you can access hundreds of newspapers and magazines. This would be a great way to spend your time reading if you can't make it to the Library.

Your public library at your fingertips - Anytime. Anywhere



hoopla is a groundbreaking digital media service offered by your local public library that allows you to borrow movies, music, audiobooks, ebooks, comics and TV shows to enjoy on your computer, tablet, or phone – and even your TV! Titles can be streamed immediately, or downloaded to phones or tablets for offline enjoyment later. We have hundreds of thousands of titles to choose from, with more being added daily. hoopla is like having your public library at your fingertips. Anytime. Anywhere.

FEBRUARY IS Black History Month

Warming Centers

A reminder that Big Bras d'Or Fire Hall, Ross Ferry Fire Hall and the Southside Boularderie Fire Hall have all been designated as community warming centres in the event of a prolonged power outage.

Visit these centres to stay warm in an emergency

Valentine be mine @ Clifford Street Youth Centre/ Seniors

As tradition holds over our almost fourteen years in existence the children attending Clifford Street Youth Centre once again created/decorated many masterpieces, valentine cards, for area seniors. The kiddies take bristle board pieces, pre cut, and design, draw and decorate each one with a little piece of their unique personalities. Some are done with great flair, some with sparkles, dramatic colors & shapes, with all signed with love and best wishes. These cards were then isolated for a spell, then taken to their intended seniors, Northside Guest Home is one such recipient, in time to allow the protocol of isolating them again prior to allowing their citizens to enjoy them. Whew, covid sure changes things!

PARTNERSHIPS;

This year is a about partnerships. We have been approached more often this year than in our history. Most of those inquiring are like minded, and actually open/meeting, groups just trying to navigate the most current rules and regulations which at the end of the day the common thread is to "serve those in need". This is but one of many positives that have come about with our "new reality". One positive that evolved last year was a request from Ashley Carmichael who works with area schools. Ashley has become deeply involved solving unique issues that many parents of the Northside, with our almost 40 % child poverty rate, face. This request of Ashley was to figure out a way to improve the attendance ratio of some children who 's attendance was suffering. Why? One method is to "hold back a year" a child in school was if they had, I recall, 20% failure to attend. [There are many reasons that children do not attend school regularly but I suspect those that are bused have higher attendance rates]

The Law of Untended Consequences

Sometimes, although not in this case, the best laid plans can have an unexpected, and usually unwanted, side effect. [more on that later] but in this case a sponsor, "the Association of Safer Cape Breton Communities", of which I am a board member, was asked to sponsor this solution ~ as a an pilot program. Last year a number of children were transported via taxi, at a special rate, to and from their respective schools. Each child had to "sign" a slip of paper after each ride to allow the company to "bill" for them. [the kids said they thought it was really cool them having to "autograph" the paper each time ~ very grown up doncha know!] The net result of this being that each child transported saw dramatic improvement in their attendance, better grades, and generally better behaved, if that was an issue, while school staff were more than happy with the result. The next thing was **why** just this simple act of being transported to school, as opposed to walking, had the impact it did; let's say you have only one ill - fitting winter coat... and no dryer at home then clearly a quick dry drive mattered a lot to you, no raincoat, same deal, no backpack, easier now BUT what about collateral benefits? Now mom would have more time to prepare the child, the child's lunch and clothes if mom did not have to walk the child to and from school each day.... Maybe you can sleep in a little longer, or arrive a little earlier in time for the free breakfast program.... And so on ~ collateral benefits! Last year I knew of a number of older siblings that had to walk their younger siblings to one school then double back to walk to their own school.... Unintended

(story continues on page 8)



SYDNEY MINES LIBRARY NEWS

Now that we are spending more time indoors, check out the Cape Breton Regional Library website for **Press Reader** where you can access hundreds of newspapers and magazines. This would be a great way to spend your time reading if you can't make it to the Library.

ROSS FERRY FARMERS MARKET

The organizing Committee met in January and have decided to continue with the Farmgate model for this Summer.

WE are in the process of finalizing the details. In the meantime if yo are intersted in becoming a vendor, pease contact Joella at this email address rossferrymarket@gmail.com

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BOULARDERIE FOOD BANK - With Christmas coming, donations of non perishable food items would be appreciated.

Items can be dropped off at the churches or the school.

Next Food Bank Day is December 16th. We try to give extra this month. -



BIRTHDAY WISHES

Please send out a Happy Birthday wish to my good friend John Forrester who will be celebrating his birthday with friends on Friday, February 26th. Best Wishes - Art M.

HAPPY BIRTHDAY to my grandmother who will be 77 on February 27th. We love you Grandma, Happy Birthday, we have a cake for you too. Love, Brittany, Callie and Joshua.

A Special Birthday wish to two twin boys who will celebrate their birthday on Saturday, February 27th. Happy Birthday Julian and Darcy Gillis - we hope your day will be a special one. Save us some cake! Grampy & Grandma.



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CONTACT INFORMATION

GLEN GRAY, EDITOR

PH: 902-564-9022

Email Address

glengray@kleeradio.com

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When I first heard about this album release it brought me back to reviews I wrote in 1999 for the band's "The Hellfire Club Sessions" and in 2010 for "The Black Irish"; to this day 2 of my favourite Irish/Celtic Punk albums of all time. The Mahones were formed in 1990 in Kingston, Ontario by leader Fintan 'Finny' MacConnell. Inspirations came after seeing The Pogues and The Clash live when he lived in London, England. Over the years the band's line-up changed, but the one constant is Finny's driving desire to put out great music. So here it is, **"The Mahones: 1990 to 2020 Best of 30 Years This Is All We Got To Show For It"**, a collection of songs that are for the most part dipped in Guinness and gasoline. The current line-up is Finny MacConnell on lead vocals & guitar, Sean 'Riot' Ryan on bass & vocals, Nicole Kaiser on accordion & vocals, Gina Romantini on fiddle & vocals, Michael O'Grady on tin whistle & vocals and Jamie Oliver on drums & vocals. A number of the songs here also feature special guest appearances by Tara Slone, Greg Keelor, Rick Barton, Damhnait Doyle, Sarah Harmer, Simon Townshend, Johnny



Fay and Gord Sinclair. To look at just a few of the 19 cuts, I love the track "Give It All You Got (Or Forget About It)", as it sounds so much like The Clash (my favourite band) and for good reason-it's Finny's tribute to Joe Strummer, who used to say the song title as a motivation. Fans of The Pogues will adore "Drunken Lazy Bastard", "Shakespeare Road" and especially "Celtic Pride". Plus, the great song "Rise Again" reminds me of Spirit of The West. As for some of the other numbers, pure roots rock and roll roars through "One Last Shot" and "Cocktail Blue" walks the same musical road that Tom Waits does. The biggest surprise for me was the tribute to David Bowie on the cover of his song "Heroes"; it really shines a new light on how great this band is-the cut's amazing. This album is one of the finest collections to come along in years and if you can, get your hands on the special edition green vinyl record, it's a perfect companion for St. Patrick's Day-although it might drink all of yer Guinness and Jameson!

"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

Call 736-9402 (Paul)



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

Valentine be mine @ Clifford Street Youth Centre/ Seniors

(Continued from page 6)

consequence was the older sibling would arrive, often, too late for the breakfast program. Thankfully likeminded school staff worked to solve that too. Benefit; With this simple fix a number of kids changed their outlook on school... which changes their, and our, futures~ it takes a village!

With Seton closing, and Ferrisview the only game in town this year we saw a reduction in children transported... efficient when most of your children are in the same school! Worth noting is that those same, and some new, children are still benefitting from this program.. thanks to Ashley's insight, with help from AfSCBC and one very kind local taxi company that essentially does this as a public service given how little they charge. This partnership also opened pathways to recognize, solve or share other issues.... ZOOM meetings can be your friend lol, in a nut shell~. "Problem presented, problem solved..."... next problem please

Family day was well enjoyed by all, snow day helped that along as well. All the best from Paul Ratchford, Destiny Dermody and all the children who attend Clifford Street Youth Centre.. 902 794 9371 to donate, volunteer, attend or ask any questions!Next issue I will discuss the "unintended consequences" of independent action. A butterfly flaps its wings in Asia and...

Until then take care, wear a mask, be kind and say thank you to Dr Strang and retiring Premier Stephen McNeil...and thank yourself... vaccines for everyone wanting by September they say.

NOVA SCOTIA POWER NOW ACCEPTING APPLICATIONS FOR 2021 SCHOLARSHIP AND BURSARY PROGRAM

For over 20 years, Nova Scotia Power has proudly offered scholarships annually to students seeking post secondary education in a variety of programs across the province. The company's 2021 Scholarship and Bursary Program is now accepting applications, with a deadline of April 19th, 2021.

"Our past recipients truly reflect the amount of talent, diversity and innovation that exists in our young leaders in our province," says Charlene McQuaid, Vice President, Human Resources. "We are so pleased to be able to provide these scholarships that will open doors for further learning, which is essential for creating a workforce that will help build successful communities of tomorrow."

There are a total of 28 Nova Scotia Power scholarships and bursaries available each year to qualifying students enrolled in trades and degree programs. The categories include: Emerging Leaders; Mi'kmaq Bursary; Women in Trades, Engineering & Technology; African Nova Scotian; and Nova Scotia Power Family.

Scholarships are awarded based on number of criteria, including academic achievement, community leadership and demonstrated financial need. For more information, applications and deadlines, visit this email address - www.nspower.ca/scholarships

TAX TIPS COLUMN

ATTENTION STUDENTS & PARENTS OR SPOUSES OF STUDENTS

Both the Canadian Emergency Response Benefit (CERB) and the Canada Emergency Student Benefit (CESB) are taxable.

The government did not withhold any taxes at source on these benefits, even though the full amount received is taxable income.

Students who collected the CERB or CESB will want to calculate their own tax result before transferring any of their current year tuition to a parent or spouse. It is very likely that a larger portion of the 2020 tuition claim could be required to reduce the student's tax payable.

Tuition transfers of up to \$5,000 from the current year's paid tuition can be transferred to a parent or spouse. As always, we STRONGLY recommend that the student

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

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

FLORENCE - Florence Legion, Shear Madness, Florence Library, CH Tax Services

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