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FREE

THIS WEEK

NORTHSIDE COMMUNITY NEWS

FREE

Vol. 12 - MARCH 16th - 2022



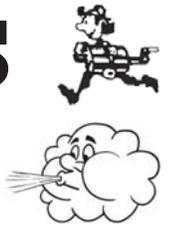
To all our Irish Friends
and those who wish
they were Irish
Happy St. Paddy's Day



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126 SEAVIEW DRIVE
NORTH SYDNEY

Phone For An
Appointment

794-4947

North Sydney Fire Hall

Pierce Street - North Sydney
OPEN DAILY 10:00 - 12:00

Starting Feb. 24th

Ernie, Todd & Wade

Kitchen Open from 4:00 - 9:00

MUSIC from 5:00 - 8:00

WEEKLY SPECIAL

BACON CHEESEBURGER



CRIB is starting again Tuesday, March 1st at 7:00 pm.

Royal Canadian Legion
Branch 83 Florence

NEW SCHEDULE

**MONDAY, TUESDAY
WEDNESDAY &
THURSDAY**

12:00 - 10:00 pm

FRIDAY & SATURDAY

12:00 - 12:00

The CIRCLE

on Saturday nights

7:00 - 10:00 p.m.



BINGO starting at 7.00

Thursday Nights

MEN'S DARTS

Monday Nights 7:00 pm

**TARABISH TUESDAY
NIGHT AT 7.00 PM**



WASHER TOSS

on Friday

Nights at 7:00 pm

MIXED DARTS

on Sunday Night
Upstairs - 7:00 pm

736-6313



**NORTH SYDNEY
LEGION - BR. 19
SCHEDULE**

ARMSTRONG MEMORIAL

LEGION BR. 019

NORTH SYDNEY

Open Monday - Saturday

10 am - 12 midnight

Last call 11:00 pm

Lounge, wide- screen TV



For the Best In Classic Country Music, join Kenny Walsh every Sunday Night at 6:00 pm for Phantom Country a 2 hour show of the best Country Music Logon to our website at this address

www.kleeradio.com

Gospel Hour with Pierre Chiasson Sunday mornings 9 am - Logon to our website www.kleeradio.com

Sunday BINGO

Starts Again Feb. 27th

Sydney Mines Seniors & Pensioners Club Fraser Avenue, Sydney Mines

2:00 pm

Doors Open 12:30

Cards selling 12:45

Toonie Jackpot \$276 +

JACKPOT \$1075.00

on 54#s or less

Masks Are Mandatory

45s Card Game

Wednesdays

at 7:30

Masks Are Mandatory

MEMBERSHIP MEETING

Tues., April 5th at 2:00 pm

All Committees will be picked at this time. Membership dues are \$10.00 and must be paid on or before April 5th



Remember your local Food Bank as this is the busiest time of the year and the need is the greatest.



Heat & Serve Meals - Fresh Meal Selections - Frozen Selections

Grab 'n Go Lunch

Soups - Sandwiches - Salads

Ph: 217-0280

212 Commercial Street
NORTH SYDNEY

Keith Bain

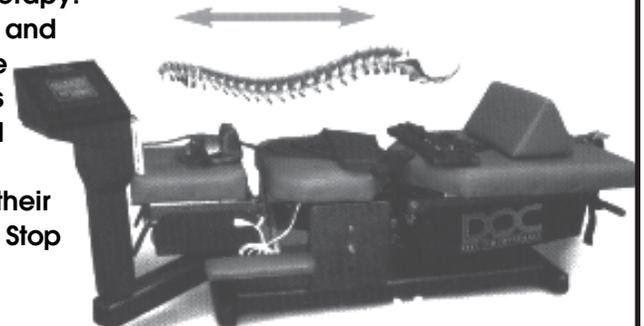
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902-736-0301 (Office)
902-736-0411 (Fax)
keithbainmla@bellaliant.com

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.



North Sydney Seniors Upcoming Events

On March 17th we are having a St. Patrick's Day Tea from 1-3, so if you're Irish come out and enjoy a bottomless cup of tea and some delicious Irish muffins.



If you're not Irish, come anyway!! All are welcome!

We will also be doing a tribute to the music of that great Irish singer, Daniel O'Donald. You don't want to miss this. PRICE \$5 AND A SMILE.

On March 25th there will be a dance for members and guests. Put on your dancing shoes, come and have a good time.

TIME - 8-11 PRICE \$5

On March 31 we are having a tea in memory of one of our dear recently deceased members, Mary Johnston..This is open to all, members, family and friends. Come help us honor her memory.

Time 1:00 - 3:00 - Price \$5

NOTE - CLUBS and ORGANIZATIONS - Going forward you will need lots of publicity to get your club going once COVID is in the rear view mirror - simply send your information to us at this email address - thisweek@kleeradio.com and we'll make sure your event gets published in our weekly paper.



Welcome to the first day of Spring - March 20, 2022

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 - Logon to our website www.kleeradio.com

ANOTHER CAPE BRETON HUMOUR BOOK

OH, ME SHATTERED NERVES



A Look At The Life and Times of Growing Up In The Ashby Area Of Sydney Amusing and Dramatic Stories

WRITTEN & COMPILED BY GLEN GRAY

Armstrong Memorial Branch 019 Royal Canadian Legion North Sydney



A meeting of the General Membership will be held Wednesday March 23 - 8:00 pm during which The Bi-Annual Election of Officers take place.

Note: the Executive will meet prior to 7:00 pm -The General Membership Meeting Membership cards to be shown at the door All members are urged to attend



FRED TILLEY

MLA Northside-Westmount

Northside-Westmount Constituency Office

2 Elliot Street, Sydney Mines | Nova Scotia B1V 3G1

(902) 736-0546

mla@northsidewestmount.ca



TAX PROFESSIONALS

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DROP OFF & ONLINE SERVICE AVAILABLE



BRANCH 008 LEGION - SYDNEY MINES

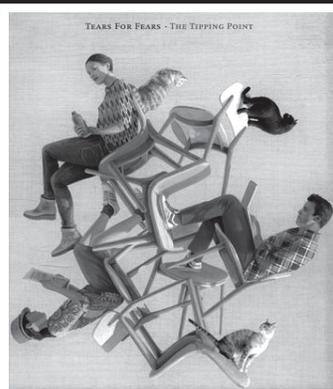
Lots of great Events taking place including Ladies Auxiliary Meeting BINGO starts back up - Hockey Night - Fish & Chips Dinner - DANCE

See page 4 for the details on all these programs

PHONE - (902) 736-3206



It's been 18 years since Tears For Fears (Roland Orzabal & Kurt Smith) released an album, so this one was welcomed with much anticipation. Of course the band saw it's biggest popularity in the 1980's with multiple platinum album sales, and major hit singles. After releasing 3 albums they had a nasty break up in 1991, with Orzabal keeping the TFF name. Even this album's recording process saw Smith walk away mid-stream, unhappy with what was being created. They regrouped and lucky for us stayed the course until completion of the album-thus we have "The Tipping Point". The first song that was released was "The Tipping Point"-an atmospheric mid-tempo number highlighting Roland and Kurt's compelling and recognizable vocals. The songs that are the most like 'old school' TFF are "End of Night", "My Demons" (which I think is the best song here) and the truly magical and deep "No Small Thing". These songs really show us what TFF are all about-even after 40 years they are still amazing, mesmerizing and relevant. Numbers also worth mentioning are the uptempo "Break The Man" and the heartfelt and deeply moving "Please Be Happy"; Roland



Orzabal married Caroline Johnston in 1982. She developed alcohol-related dementia in the early 2010's, and Roland spent five years as her caretaker before her death in 2017. Orzabal wrote the song during his wife's illness. It was "inspired by watching someone you love sitting in a chair all day, not doing anything, not moving," as he told The Irish Times, "and when she does, she goes up the stairs with a glass of wine, and the glass crashes on the stairs." Curt does the vocals on the track and apparently when Roland first heard the vocals he had to leave the studio as the song, in his words "just demolished me". It's hard for a legacy band to match their first albums-especially when said albums became so popular world-wide, and it's easy to say they don't have it anymore. I prefer to be grateful that such bands are still here on Terra firma, giving us another chance to hear some more great music.

Sydney Mines Legion - Branch 008 UPCOMING EVENTS

- MARCH 24** - Branch Meeting 8:00 pm
 - APRIL 3** - Ladies Auxiliary Meeting - 7:00 pm
 - APRIL 5** - BINGO will start back - Tuesdays at 7:30 pm - Same Money Prizes - Canteen
 - APRIL 9** - Hockey Night - 6:00 pm - Mini Darts \$5.00 per person - 2 Jerseys - \$3.00 Pool & Pizza - Montreal & Toronto
 - APRIL 15** - Fish & Chips- \$16.00 per person - must have ticket - Deep Fried with mashed or Home Fries, dessert, Tea or Coffee - TAKE OUT from 3:00 - 4:30 - EAT IN from 4:30 - 6:00 - Please come and Support the Ladies Auxiliary
 - APRIL 16** - DANCE - 8:00 - 12:00 - "Time To Get Out" - Music by Ernie Wells - Admission \$5.00 at the door
- Congratulations goes out to our Branch 008 Ladies Dart players for winning Zones - Friday, Saturday and Sunday - Keep on going Ladies.
- Winner of Ladies Fund Raising Meat Order & Goodies is Kathy Nelson- ticket drawn by Bill Dennis, Monday Night Dart League.

Thank you to all who supported us

Videotapes wear out so save your precious memories before it's too late!

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r vTA
 Take
 ONL
 EAT

*Thank
you*

On March 3 just past, I suffered a massive heart attack as we were beginning to distribute the week's paper

I passed out completely and my good friend and Northside This Week Delivery person, Lloyd Dixon, grabbed the wheel of the car and was able to eventually get it stopped and started to apply CPR. He was joined by the Sydney Fire Dept. and then by local paramedics.

They were able to stabilize me but needed additional medical assistance and I was air lifted to the QE2 Hospital in Halifax.

While I was there, I had a defibulator inserted into my chest and I was able to return home on Saturday, March 12th.

I would like to thank everyone involved for saving my life. Your decisive actions and medical skill were life savers.

I would like to thank all the personnel at the QE2, the doctors, technicians, nurses and support staff for all their welcomed attention as well as my immediate family for their support. It will be a little while, 6 - 8 weeks, before I can see you personally and thank you for all the good wishes, prayers, cards and emails. It was much appreciated.



GLEN GRAY

NORTHSIDE NEWS



NORTH SYDNEY LIBRARY NEWS

BOOK SALE - Books 3 for \$1.00 and up to \$2.00. Large selection for your Winter reading.

For your convenience we have both Indoor and Outdoor Drop Off and Pick Up Service.

FIBRE LUNCH starting again every Thursday.

New programs are being finalized and will start next week

SOME IRISH HUMOUR TO CELEBRATE ST. PATICKS DAY

Did you hear about the Irish potato that immigrated? He became a French fry.

What's the difference between an Irish wedding and a funeral? At a funeral, there's one less drunk.

Two Irishmen were working in the public works department. One would dig a hole and the other would follow behind him and fill the hole in. After a while, one amazed onlooker said: "Why do you dig a hole, only to have your partner follow behind and fill it up again?" The hole digger wiped his brow and sighed: "Well, I suppose it probably looks odd because we're normally a three-person team. But today the lad who plants the trees called in sick."

Paddy walks into a bar and asks for ten shots of the establishments finest single malt scotch. The bartender sets him up, Paddy takes the first shot in the row, and pours it on the floor. He then takes the last one and does the same. The bartender asks him: "Why did you do that?" Paddy replies: "Well, the first shot always tastes like crap and the last one always makes me sick."

TAX TIPS 2021

Here's what you should know about claiming your expenses if you worked from home due to COVID-19

What expenses can I claim? - Eligible expenses include long-distance calls you made for work, home Internet access fees, rent paid for your house or apartment, and utilities such as electricity and heat. The amount you paid for these expenses can be used to reduce the taxes you owe when you file your 2020 return.

For a complete list of eligible expenses, visit the CRA website.

Who can claim their expenses?

These methods are for employees who spent at least 50% of their hours working remotely during 4 consecutive weeks in 2020 because of COVID-19. This includes full-time and part-time hours.

You might still be able to claim your expenses if you went to your workplace, as long as you worked from home most of the time.

Keep in mind that vacation days, sick leave days, and other days off don't count towards the one-month period. The temporary flat rate method

By using the temporary flat rate method, you can make a claim without a signed form from your employer or receipts for your expenses. You can claim \$2 for each day you worked from home, up to a maximum of \$500. In other words, you can claim up to 250 days.

Did you share a workspace with someone else in your home? No problem! More than one person can claim the same workspace using the temporary flat rate method, and you won't need to divide the amount between you.

THE DETAILED METHOD - If you want to claim the amount you actually paid for your work-related expenses instead of a flat rate, you'll need to use the detailed method.

"Award winning Customer Service and people who care about helping you get the most back!"

Did you miss tax season? Are you late? **\$50** per year, tax included

We're open all year and can help you today!

Call 902-317-4829
Message online: [facebook.com/NSideTax](https://www.facebook.com/NSideTax)

NORTHSIDE TAX SERVICES

AWARDED TOP 5 MOST POPULAR 2020

TOP 5 BEST SERVICE #1

THE LATE NIGHT OLDIES SHOW
with DJ Jack Cool has returned
K-LEE RADIO ON FRIDAYS - 11 PM



SYDNEY MINES LIBRARY NEWS

CBRL Community Art project - Together we will soar!

Visit your local library and pick up a blank feather to decorate any way you like.

Your feather will be joined with dozens of others to make a set of wings.

The wings will then fly around the region, creating a fun photo opportunity for everyone to enjoy.



Stay tuned to Cape Breton's Community Radio station in 2022 as we enter our 12th year of broadcasting. We will have new programs and Free Podcasts for you.

We broadcast the Best in Cape Breton and Celtic music 24 hours a day - 7 days a week on our website www.kleeradio.com

NORTHSIDE & DISTRICT MINOR HOCKEY 50/50 DRAW



- Last week's winner was Corrine Bourdrea and the amount was \$14,310. Thank you for your continuing community support.

Shear Madness

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Tues. & Wed. 9 - 5
Thurs. 9 - 7 - Fri. 9 - 5 - Sat. 9 - 4

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

I had the absolute pleasure of doing a zoom interview with one of the members of The Oakridge Boys William Lee Golden.

William Lee Golden has a band with his sons Chris and Rusty, called William Lee Golden and the Golden's they will be releasing their 3 volume set on March 25. There will be an album release party at 3rd &

5. The Great Speckled Bird
 6. Green Green Grass Of Home
 7. Send Me The Pillow That You Dream On
 8. You Are My Sunshine
 9. For The Good Times
 10. Jambalaya. and many more.
- Mr. Golden has an autobiography called "Behind The Beard."

Scott England helped him write his story. William Lee Golden started with the Oakridge Boys in 1965 there is a story behind that which you can find out by listening to my interview with Mr. Golden by going to my youtube channel @ https://www.youtube.com/channel/UC_Vj_V_Edzh0qxHQL6PGOsA special thanks to Scott Sexton of 2911 Enterprises for helping to arrange this interview thank you so much I super and greatly appreciated

Have a blessed week everybody all the best respectfully Jack - if you need help getting my Youtube channel, please email me djjack@gmail.com or jackcool@mail.com

- Lindsley in Nashville on March 17 some of the songs you will hear from this 3 volume set are songs such as Still Miss Someone.
2. Four Walls.
 3. Welcome To My World
 4. Take Me Home Country Roads

CONTACT INFORMATION

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glengray@kleeradio.com

**Happy St. Patrick's Day
from K-LEE RADIO**

**Remember To Replace Your
Smoke Detector Batteries**

Replace smoke detector batteries According to the National Fire Protection Association (NFPA), 71% of smoke alarm failures are a result of missing, disconnected or dead batteries. A good way to remember to change your smoke detector batteries is when you turn your clocks for daylight savings time.

FACT: In just two minutes, a fire can become life-threatening. In five minutes, a residence can be engulfed in flames.



A working smoke detector significantly increases your chances of surviving a deadly home fire.

Install both ionization AND photoelectric smoke detectors, OR dual sensor smoke detectors, which contain both ionization and photoelectric smoke sensors. Clover Electric can help you choose the right product for your home.

Test batteries monthly.

Replace batteries in battery-powered and hard-wired smoke detectors at least once a year (except non-replaceable 10-year lithium batteries). Change the batteries two a year, when you change your clock for daylight savings time.

Install smoke detectors on every level of your home, including the basement, both inside and outside of sleeping areas.

Never disable a smoke detector while cooking – this can be a deadly mistake.

Did you know that smoke detectors have an expiration date?

Smoke detectors should be replaced every ten years, or as recommended by the manufacturer. The sensors inside the detector will gradually wear out, eventually leaving it ineffective. You can look for the date yours was manufactured right on the back.

Don't forget the carbon monoxide detectors. Carbon monoxide detectors should be installed on every level of the home and outside sleeping areas.

Are you unsure if your smoke and carbon monoxide detectors are working properly? A technician can test or replace any detector you have in your home. Don't delay. Make the call that could save a life.

North Sydney Fire & Rescue
Ed Fudge, Public Fire Educator



Well, it's been quite a week and it's nice to see the various Legions, fire halls and seniors clubs starting to program again after **COVID** - check the ads in this paper and see what new events are now being programmed.... **Spring** starts officially March 20 and that's another nice thing... **St. Patrick's Day** falls on Thursday, March 17 and **K-LEE RADIO** has a special musical treat for you - see the story on **page 4** - you can download over **8 Irish music podcasts** to play at home or at your St. Patrick's Day Party..... **DJ Jack Cool** has a very interesting column this with with former Oakridge Boys William Lee Golden and his new band and album - check it out..... and while you're at it , see **Paul Power's column** about some new music coming from Tears For Fears.... now that the Tax Season is upon us, check out this week's **TAX TIPS** column to see how much you can maximize your return - this week's tax tip is for people who worked from home during the COVID pandemic recently I had suffered a heart attack and if you see **page 5**, you'll get a review of what happened and what tremendous professional treatment I got that, literally, saved my life - thank you to all those who helped and all my friends for their generous support.... check out the various **local clubs** - North Sydney Firemens Club with weekly food and dance on Wednesday, BINGO has started back in several locations, Fish Dinner, Dances, 45s Card Games, Darts and many more community activities we use to have before COVID - check the news from the various clubs... **NOTE - CLUBS and ORGANIZATIONS** - Going forward you will need lots of publicity to get your club going once COVID is in the rear view mirror - simply send your information to us at this email address- thisweek@kleeradio.com and we'll make sure your event gets published in our weekly paper.

St. Patrick's Day Free Music Podcasts

Each year K-LEE RADIO makes sure that anyone who wants to hear some good Irish songs on St. Partricks Day will have the opportunity to join in the good fun and traditional singing.

For the fiddle music lover, we have recorded a show featuring some of the best fiddlers in Cape Breton. - Howie MacDonald, Marcel Doucette, Carl MacKenzie, Andrea Beaton, Natalie & Buddy MacMaster round out the show.



To that end we have several great Irish Podcasts we have produced for your entertainment this year.

- 1 - 20 Irish Drinking Songs
- 2 - Irish Music Podcast 1
- 3 - Pig & Whistle from the North Sydney Fire Hall
- 4 - 15 Most Requested Cape Breton Songs
- 5 - Pig & Whistle Studio Show
- 6 - St. Patricks Day show live from Sydney Mines Seniors Club

You can download all these poscasts from the website - www.kleeradio.com.

Happy St. Patick's Day to all Cape Breton Irish and you can listen to K-LEE RADIO all day 24 / 7 playing the best in Cape Breton & Celtic music.

YOUR FREE SODUKO WEEKLY PUZZLE

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

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



BIRTHDAY WISHES

Please send out Special Birthday Wishes for Brielle Campbell will turn 14 this week - Happy Birthday Brielle - Love from Popy and Nannie.

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