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**FREE**

# THIS WEEK

**NORTHSIDE COMMUNITY NEWS**

**FREE**

Vol. 12 - JANUARY 19 - 2022

**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 - [thisweek@kleeradio.com](mailto:thisweek@kleeradio.com) and we'll make sure your event gets published in our weekly paper.



## RALPH IVEY'S

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# McCormick's

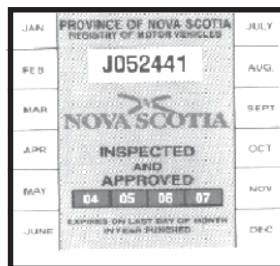
# TIRECRAFT

126 SEAVIEW DRIVE - - NORTH SYDNEY

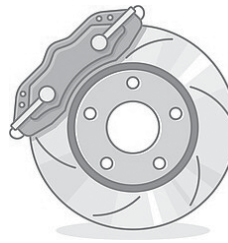
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**North Sydney Fire Hall**

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

**All Programs  
are On Hold  
pending COVID  
restrictions  
update from  
N. S. government**

Happy Hour All Day

**Royal Canadian Legion  
Branch 83 Florence**

**NEW SCHEDULE**

**MONDAY, TUESDAY  
WEDNESDAY &  
THURSDAY  
12:00 - 10:00 pm  
FRIDAY & SATURDAY**

VLTs Are  
Open

**ALL PROGRAMS  
cancelled until  
further notice  
due to COVID  
restrictions**

TOONIE \$776.00 +

COVID-19 Proof of  
Vaccine required  
TARABISH - Wednesday  
at 7:00 pm  
Washer Toss is back on  
Friday nights, starting at  
7.00 - open to public.

**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  
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Country a 2 hour show of  
the best Country Music  
Logon to our website at  
this address  
[www.kleeradio.com](http://www.kleeradio.com)

Gospel Hour with Pierre  
Chiasson Sunday mornings 9  
am - Logon to our website  
[www.kleeradio.com](http://www.kleeradio.com)

**Sunday BINGO**

Sydney Mines S  
Pens  
Sydney Mines  
2:00 pm



**NOTICE**  
Due to COVID  
restrictions, all  
programs are on  
hold pending  
N. S. government  
announcement on  
new Guidelines



**BIRTHDAY  
WISHES**

Happy Birthday Wishes to my  
niece Brittany Marchand  
celebrating her birthday Janu-  
ary 21st - Love from your Aunt  
Emily



Remember your local Food  
Bank as this is the busiest time  
of the year and the need is the  
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**Keith Bain**

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902-736-0301 (Office)  
902-736-0411 (Fax)  
[keithbainmla@bellaliant.com](mailto: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

## 'Comin' Home'

It's twenty years since I moved away, set out on my own,  
To The Tar Sands of McMurray,  
so far away from home.  
I worked The Patch, saved my coin, time to take a stand,  
Bid goodbye to my friends ,  
headed my truck Eastbound.

I'm going back to my North Sydney home, where worries are set adrift,  
and walk the shores of yesterday with a song upon my lips.  
Never will I move again have the urge to roam  
I'll live out my remaining years in my Island home  
with friends and family, Oh! how I missed them so  
happy to be with them, where time runs slow.

Ron Gillis

Mel McMullin

## OLD TIME RADIO FREE DOWNLOADS

K-LEE RADIO has added three new Old Time Radio shows to its Free downloads page on their website.

The shows are actual recorded shows that were originally broadcast on American radio networks.

The first download is The Big Band Era with Duke Ellington and his band from Chicago.

The second free download is George Burns & Gracie Allen show from the 1940s.

The third free download is Dick Tracy with the "Empty Safe" mystery. The shows are original broadcasts and have the actual commercial sponsors included.

To get your free copy, logon to their radio website at - [www.kleeradio.com](http://www.kleeradio.com) - and click on the "DOWNLOADS" link to get your own free copy.

K-LEE RADIO will provide more free downloads to help counter the COVID restrictions and the lack of local entertainment in the various clubs.

## The Late Nite Oldies Show Returns For Another Year

Jack Cool returns to K-LEE RADIO with his Late Nite Oldies Show on Friday Night at 11:00 pm. Join him for some of the best in Oldies Rock and Roll



**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 with your info at - [www.kleeradio.com](http://www.kleeradio.com)

## CONTACT INFORMATION

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MLA Northside-Westmount

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Constituency Office**

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# TAX PROFESSIONALS

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**DROP OFF & ONLINE SERVICE AVAILABLE**



## BRANCH 008 LEGION - SYDNEY MINES

**BINGO have been suspended until further Notice**

Monday - Thursday - 11:00 - 9:30

Friday and Saturday - 11:00 - 11:00

**PHONE - (902) 736-3206**



For this week I'm taking a look at-and a listen to the Halifax alternative rock band **The Flakes**, consisting of Adam Sweeney on Guitar, Kyle Merson on drums and Tynan Moors on vocals. They formed in 2017, played extensively around the country and locally, recorded and released singles, and just put out their debut album "**Elephant In The Room**". The songs evolved after multiple recordings, with the band ratcheting up their production skills each round. In my opinion the band's sound reminds me of a blend of The Red Hot Chili Peppers and 1990's Canadian alternative bands such as The Grapes Of Wrath and 54-40. There are 9 songs here and the first single "When I Get It" starts off with a Rolling Stones-like guitar intro (think "Beast of Burden") and then flows into a rocking number reminiscent of The Red Hot Chili Peppers, with a jangling guitar sound. The album's namesake song "Elephant In The Room" has a more intimate vibe and a bit of cinematic quality to it, evoking Anthony Kiedis and the boys, and "Another Night" also has that RHCP groove. For some extra variety, "Not Me (Runaway)" is a heavier number, as the momentum builds and the

vibe intensifies. I would say that this, to me, is the best song here. As for the other songs, "Lust" really has that Canuck alternative rock feel to it, and "Close To You" is a full-on rocker that shows another side of The Flakes. "90 Somethings" has a nice bluesy intro and makes me think of something Billy Joe Armstrong might do. "Thru The Nite" ebbs and flows like a musical river and "You Don't Look At Me The Way You Used To" has an air of melancholy, with some great instrumentation and lots of time changes, ending in great distortion. You can check the band's music out on multiple online platforms. Let's hope that we see and end to, or at least a loosening of the pandemic restrictions soon so that a metro-based band like The Flakes can work their way up here and hit our stages. Until then this album will have to serve as a musical sampler; a good one at that.

## \$500 Seniors Care Grant 2022

The Seniors Care Grant provides financial support to low-to-modest income seniors to help them stay in their homes.

The Grant is an annual grant program to reimburse costs up to \$500 to help cover costs of household services. It can be used to cover the costs of such things as snow removal, home repairs, lawn care, grocery delivery and more. It is available to homeowners and renters.

### To be eligible for this grant:

- \* You still reside in your home
- \* The property or lease agreement is in your name or includes your name.
- \* You are 65 years of age or over
- \* You have an annual household net income of \$37,500 or less

All applications must be submitted by May 31st, 2022. You can apply online at

[www.novascotia.ca/seniorscaregrant](http://www.novascotia.ca/seniorscaregrant)

We have copies of the application available to print at home from our website - [www.kleeradio.com](http://www.kleeradio.com).

Mailing instructions are included in the application

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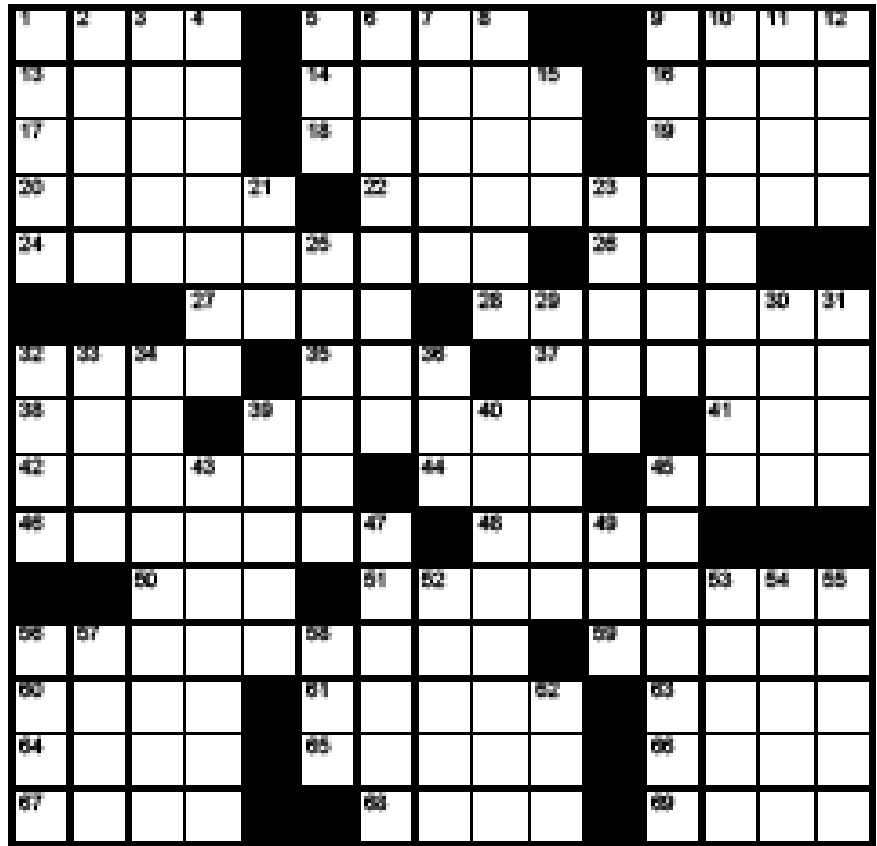


**Crossword #2**

**K-LEE RADIO FREE CROSSWORD**

**Across**

- 1. Little terror
- 5. Wet bar?
- 9. Knife wound
- 13. \_\_\_\_ of thumb
- 14. Church V.I.P.
- 16. Bounce back
- 17. Soon, to a bard
- 18. Throw for a loop
- 19. Garbage hauler
- 20. Complex unit
- 22. Deadly mushroom
- 24. Schongauer work
- 26. Toni Morrison's "\_\_\_\_ Baby"
- 27. Tabloid twosome
- 28. Noble position
- 32. Retro phone feature
- 35. Established
- 37. Indigenous
- 38. Not quite right
- 39. Full of bounce
- 41. Fishing equipment
- 42. Like cows and sows
- 44. Campaign pro
- 45. Shrek, for one
- 46. Bomb
- 48. Certain tide
- 50. Computer capacity
- 51. Emphatic
- 56. New Year's Eve staple
- 59. X, in math
- 60. Tim Conway film, "The Billion Dollar \_\_\_\_"
- 61. Factory
- 63. Quitter's word



- 64. Word sung on 12/31
- 65. Concise
- 66. Flu symptom
- 67. Arborist's concern
- 68. Numerical suffix
- 69. Give the eye

**Down**

- 1. Hold steady
- 2. Talk at length
- 3. Follow follower
- 4. Plant stem extension
- 5. Mermaid's milieu
- 6. Veteran
- 7. Annex
- 8. Animal fur
- 9. Type of psychology

- 10. Word in a 1978 John Irving book title
- 11. "Get lost!"
- 12. Kennel cry
- 15. Primary color
- 21. Cereal grass
- 23. Dogcatcher's catch
- 25. Evening bell
- 29. "Brokeback Mountain" director
- 30. CBer's term
- 31. Dole (out)
- 32. Tip, as a hat
- 33. Brainchild
- 34. Deserving of respect
- 36. Word of advice
- 39. Dry spell

- 40. Mumbo-jumbo
- 43. Pie preference
- 45. Type of illusion
- 47. Young raptor
- 49. It may be framed
- 52. Capture
- 53. Likeness
- 54. Locale
- 55. Aromatic compound
- 56. Chew the fat
- 57. Rush follower
- 58. Envelope abbr.
- 62. Half a score

**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.



**BRANCH 008 LEGION NEWS**



has been cancelled due to COVID - we will update you when we will start again when we have more information from the N. S. government. Watch this paper for updates.

**BRANCH HOURS**

Mon. - Thurs. 11 - 9:30

Fri. - Sat - 11:00 - 11:00

**Phantom Country with host Kenny Walsh Sunday 6:00 pm**

**NASCAR Comes To Sydney**

Manual Training, or Shop Class, as it would be known today, was one of the best features for young teens growing up during the 60s and 70s. It was not for the projects we did like window boxes, or end tables, but the illegal stuff we made for our own projects.

One of the things we would make is our own racing carts with parts we scrounged from several junk yards and back yards and cobbled together with nails from the Steel Plant and screw nails and bolts we "borrowed" from Manual Training. It was more like the Sea King helicopter operation where we would have 6 guys building a cart... 1 driver, two pushers and three "mechanics".

The driver was always the smallest in weight and the pushers were bruisers capable of joining the Canadiens defence line. The mechanics were responsible for the parts and crew operations of the cart. We would race around a course we laid out in a vacant lot. Usually the wheels or the steering were first to go.

When we discovered that we were not the fastest cart, we decided to resort to other desperate tactics like smashing into the other car like a demolition derby and hope to be the last one rolling. We could never compete with Gary Fuller's car because his father worked at a hardware store and he had "factory parts" for his carts. We had to make do with junkyard gear.

Each week we would slowly make our way home with faces like the ABC Agony of Defeat promos. Instead of congratulating Gary, we would plot ways to get even.

Sometimes you tend to overthink plans. I can truthfully attest that our gang would not be considered in that group. Hawk Tracey blurted out, "Why don't we swipe a hack saw blade from the Manual Training shop and cut Gary's axle halfway through so that it will crack at the first turn and we'll win.

Then, like a light slowing dawning, Ronnie MacPhee said, "Since we will win, why not put a \$5 bet on it?" Ronnie wouldn't be mistaken for an Einstein but this was one of his brief flashes of brilliance.

We set up the race for the weekend and Gary accepted immediately. Word went around and on Saturday morning we had quite a crowd waiting to see our ultimate disgrace in the cart racing world. On Friday night, Hawk and I snuck over to Gary's back yard and patiently cut the front axle with the hack saw blade.

So when the race started, we assumed that the axle would snap immediately but we were quite surprised when Gary took off without a hitch. We started to push but Gary was already about half a lap ahead. Our pushers were bruisers but not long winded.

We had agreed to 5 laps and by the halfway mark Gary was just about ready to lap us when Providence shone upon us and the axle snapped. We cheered and with a renewed strength pushed our cart to victory while Gary and his crew had the cart turned over and when we demanded our money, he accused us of sabotage.

Naturally, we were outraged and said that Gary was a "welcher" and "a poor loser". There was nothing worse you could accuse a kid of then being a poor loser. Gary paid up but vowed to "get even" but it never happened because we couldn't beat Gary and his cart on a good day with a tailwind. We all went down to Peter Hanna's "Please U Bar" for milkshakes and greasy chips to celebrate our one and only Push Cart Victory. This stunt also made it into my top 5 All Time favorite childhood pranks. By the way, Gary went on to become a lawyer. Does anyone know the statute of limitations on axle cutting?

Reprinted from "Tall Tales & Udder Lies" by Glen Gray - available for \$4.95 at local bookstores or online at [www.kleerado.com](http://www.kleerado.com)



**SYDNEY MINES LIBRARY NEWS**

All Programs have been suspended until further notice. We will update you when we have received updated N. S. government restrictions.

COVID restrictions apply when you visit the Library.



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 [www.kleeradio.com](http://www.kleeradio.com)



**NORTHSIDE & DISTRICT MINOR HOCKEY 50/50 DRAW**

Last week's winner was Elizabeth Day and the amount was \$20,007. Extra Draws - Debbie Lammon \$1,000, Leo Bungay \$500 and Nancy Russell \$500.

Thank you for your continuing community support.

*Shear Madness*

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# Heating Safety

There is something about the winter months and curling up with a good book by the fireplace. But did you know that heating equipment is one of the leading causes of home fire deaths? With a few simple safety tips and precautions you can prevent most heating fires from happening.

## BE WARM AND SAFE THIS WINTER!

- Keep anything that can burn at least three-feet (one metre) away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.
- Have a three-foot (one metre) "kid-free zone" around open fires and space heaters.
- Never use your oven to heat your home.
- Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer's instructions.
- Have heating equipment and chimneys cleaned and inspected every year by a qualified professional.
- Remember to turn portable heaters off when leaving the room or going to bed.
- Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
- Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.
- Test smoke alarms at least once a month.



## Heating Equipment Smarts

**Install** wood burning stoves following manufacturer's instructions or have a professional do the installation. All fuel-burning equipment should be vented to the outside to avoid carbon monoxide (CO) poisoning.

**Install** and maintain CO alarms to avoid the risk of CO poisoning. If you **smell** gas in your gas heater, do not light the appliance. Leave the home immediately and call your local fire department or gas company.



## FACT

Half of home heating fires are reported during the months of **December, January, and February.**



**NATIONAL FIRE PROTECTION ASSOCIATION**

The leading information and knowledge resource on fire, electrical and related hazards



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

I had the absolute great pleasure last week of interviewing actress Kimberlin Brown best known for playing Sheila Carter on the Day-

time Emmy drama series The Bold and the Beautiful Brown was saying there's a lot more to come on The Bold and Beautiful between Sheila



Carter and Brooke Logan besides being a fantastic actress Kimberlin Brown is also an avocado farmer, she also operates her own design business as well. Kimberlin was also telling me that she also launched a clothing line this week Humankind company - it can be found on Instagram her designs for this first roll-out thing you would say to friends or family and loved ones Kimberlin was also telling me that she and Katherine Kelly Lang are going to be doing on Instagram live at some point. Brown also really enjoys working with all the cast

and crew of The Bold and the Beautiful. Special thanks to David Gregg for setting up this interview. I really and truly appreciate it. David is the gentleman who handles international interview requests for The Bold and the Beautiful, including Canada.

and I just want to let him know I truly appreciate what he has done for me Thank you David have a great week everyone - **JACK**

Some stories Courtesy Of  
**SWING OVER THE MOUNTAIN NEWS**

**Sunday Morning Gospel Radio Show with 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](mailto:thisweek@kleeradio.com)

### Solution for Crossword #2

1	B	R	A	T		5	S	O	A	P		9	G	A	S	H					
13	R	U	L	E		14	E	L	D	E	R		16	E	C	H	O				
17	A	N	O	N		18	A	D	D	L	E		19	S	C	O	W				
20	C	O	N	D	O	21		22	T	O	A	D	23	S	T	O	O	L			
24	E	N	G	R	A	V	I	N	G			26	T	A	R						
						27	I	T	E	M			28	E	A	R	L	D	O	M	
32	D	I	A	L		35	S	E	T			37	N	A	T	I	V	E			
38	O	D	D			39	S	P	R	I	N	G	Y		41	N	E	T			
42	F	E	M	A	L	E			44	P	O	L		45	O	G	R	E			
46	F	A	I	L	U	R	E		47			48	N	E	A	P					
						50	R	A	M			51	A	S	S	E	R	T	I	V	E
56	C	H	A	M	P		58	A	G	N	E		59	T	I	M	E	S			
60	H	O	B	O			61	P	L	A	N	T		63	C	A	N	T			
64	A	U	L	D			65	T	E	R	S	E		66	A	G	U	E			
67	T	R	E	E			68	T	E	E	N		69	L	E	E	R				

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

You can also get your Daily Soduko Puzzle and Crossword Puzzle by logging on to - [www.kleeradio.com](http://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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