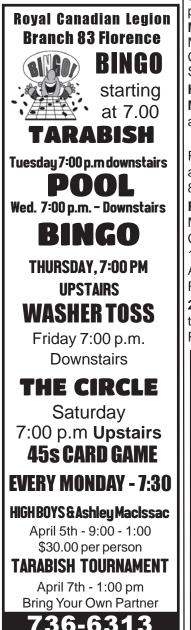


PAGE 2 THIS WEEK - NORTHSIDE COMMUNITY NEWS - email - thisweek@kleeradio.com - 902-595-4171



NORTH SYDNEY Gospel Hour with Pierre

Chiasson Sunday mornings 9 am - Logon to our website www.kleeradio.com





10 - 12. Tables \$7.00 each - Call Ann - CANTEEN available - 6 Fraser Avenue, Sydney Mines. 2023 TAX TIPS - See Page 6 to maximize your 2023 Tax Return with helpful suggestions.

SUNDAY BINGO **MONDAY FUN NIGHT - 7 PM** Sudney Mines Seniors & Pensioners **45^s CARD GAME** Club - Fraser Avenue, Sydney Mines 2:00 PM - SUNDAY

JACKPOT \$1250 on 54#s or less **TOONIE** went

WINNER of Newfoundland Travel Draw was Joan LeRoy

Wednesdays 7:30 pm **SATURDAY DANCE** 8:00 - 12:00 \$5.00 at Door - MUSIC BY -KENNY & BOBB

If you would like to send out Birthday Greetings to a family member or friend, simply email us with the information and we'll publish it free of charge - thisweek@kleeradio.com



jaimebattiste.ca jaime.battiste@parl.gc.ca 207A-201 Churchill Drive Membertou, NS B1S 0H1

(902) 567-6275



Keith Bain

1415 Highway 105, Bras d'Or, NS, B1Y 2NS 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.





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

THIS WEEK - NORTHSIDE COMMUNITY NEWS - email - thisweek@kleeradio.com - 902-595-4171 PAGE 3



Gravy, med. salad 4 rolls \$20.99 PLUS TAX

12 PIECE CHICKEN Large Fries, Med. Gravy, Med. Salad,

• rolls PLUS TAX

18 PIECE CHICKEN Large Fries, Med. Gravy, 2 Med. Salad, 6 rolls \$**5Q**.99 PLUS TAX

Located in Little Bras d'Or on Trans Canada **Highway - OPEN DAILY**

- HOURS OF OPERATION -11:00 AM - 9:00 pm PHONE 902-736-9496



OUR NEW CONTACT PHONE NUMBER FOR YOUR EVENTS 902-595-4171



1 - What flower is traditionally associated with Easter?

2 - What animal is most associated with the month of April?

3 - Which country is home to the largest tulip festival in the world?

4 - What is the first day of spring also known as?

5 - In North America, what bird is often associated with Spring?

5 the robin Netherlands, 4 vernal equinox, E ,1 Lily, 2 Rabbit, 3





Sydney Mines Seniors & Pensioners Club Flea Market - May 4th from 10 - 12. Tables \$7.00 each - Call Ann - CANTEEN available - 6 Fraser Avenue, Sydney Mines.

HOLY FAMILY PARISH BINGO every Friday Night -7:00 pm - at the Parish Hall, Main Street, Sydney Mines.

FLEA MARKET - Saturday, April 6th at the Holy Family Parish Hall.

For donations or tables, call Rose 902-736-0802 or Debbie at the Parish Office 902-736-8333

SOLAR ECLIPSE SAFETY TIPS

SAFETY TIPS - Looking directly at the eclipse, without the proper eye protection, could potentially lead to permanent damage or possibly even blindness," said Léger. "Do not look at the sun without using proper certified eye protection eclipse glasses, or else you could risk damaging your vision."

People are advised to use certified solar eclipse glasses in accordance with ISO 12312-2:2015 and follow the directions that come with this special evewear, said Léger.

"Young people and dependant adults should be supervised if they plan to use these special glasses to ensure they are using them properly," said Léger. "It is important everybody understands that wearing regular sunglasses, or using your phone or an unfiltered camera, will not be good enough, and could be unsafe."

The Canadian Association of Optometrists website has additional safety information and a link to a list of reputable vendors for certified solar eclipse glasses.

People are reminded there are other ways to view the eclipse safely, such as using a pinhole camera. Instructions on making one are available on the Canadian Space Agency website.





Every 2nd Saturday. Entertainment JACKPOT - \$900.00 - 54#^s or Less **Downhouse Boys** 3:00 - 6:00 pm <u>NEW HOURS</u> - 1:00 - 12:00 - Monday - Saturday - Closed Sunday **NO ADMISSION**



PHONE (902) 736-3206

THIS WEEK - NORTHSIDE COMMUNITY NEWS - email - thisweek@kleeradio.com - 902-595-4171

Take 2 PAUL POWER

PAGE 4

Anatomy of a song: "She's just 16 years old leave her alone, they said, separated by fools who don't know what love is yet but I want you to know ... " many of you will recognize these lyrics from the massive 1980 hit song "Into The Night" by Benny Mardones. From day 1 the lyrics were problematic and guestionablebut here's the true story: Mardones and songwriter Robert Tepper were at their apartment in Miami and were neighbours with a family there-a mother, a father, two teen girls, and a teenage boy. One day, the father abandoned the family, leaving the mother and children destitute. Mardones, wanting to help in any way he could started paying the teens to do odd jobs like walking his dog, or picking up groceries at the store. The teen who walked his dog was the middle child, a 16-year-old girl named Heidi. One morning, after having spent most of the night working on the main riff from "Into



the Night" Heidi, dressed for school in a rather adult fashion, came to walk the dog. When Tepper made a stray remark after she left, Mardones shut him down saying "Pal, she's just 16 years old, leave her alone." Mardones later went on to do interviews with Heidi to clear up the controversy, and that also helped lift her family out of poverty. Heidi eventually married a millionaire and has a wonderful life. Another interesting thing about this song is that it had 2 successful runs-the original in 1980 and again in 1989 when an Arizona radio segment by L.A. DJ Scott Shannon added the song to his playlist, ultimately rocketing the song back onto the national charts, on May 6, 1989. So now you know ... the rest of the story.



K-LEE RADIO has over 100 Free Podcasts that you can download Old Time Radio Shows, Free music concerts, Cape Breton & Oldies Podcasts. **www.kleeradio.com**

TAX TIP 2024

WHAT INCOME DO I NEED TO REPORT AS A SUMMER STUDENT?

Whether you're a full-time employee, part time, seasonal or occasional, income earned should be reported to the Canada Revenue Agency (CRA). Your company is also informing the CRA of the money

they paid you through a form called the T4, which they'll also send to you around February for the previous year's earnings.



AROUND THE TOWN NORTHSIDE COMMUNITY NEWS EVENTS GLEN GRAY - EDITOR

Spring came, March Break came and went and now Easter is in the history books - things are moving along rather nicely and soon it will be fishing season again (April 1) and that is generally a signal that warmer weather is on the way, let's hope so..... Mark your calendars - HOLY FAMILY PARISH FLEA MARKET -Saturday, April 6th at the Holy Family Parish Hall, for donations or tables, call Rose 902-736-0802 or Debbie at the Parish Office 902-736-8333...... the Sydney Mines Seniors & Pensioners Club FLEA MARKET - May 4th from 10 - 12. Tables \$7.00 each - Call Ann - CANTEEN available - 6 Fraser Avenue, Svdnev Mines..... Florence Legion Upcoming events include - HIGH BOYS & Ashley MacIssac, April 5th - 9:00 - 1:00 - \$30.00 per person and they also have a TARABISH TOURNAMENT, April 7th - 1:00 pm, Bring Your Own Partner..... Branch 19 Legion, North Sydney present ISLE AUX MORT BOYS, April 6th - \$10.00 per person..... on page 3 you'll find tips on have to safety view the upcoming Solar Eclipse, it's important that you do not look directly at the sun as it may cause damage to our eyes, children especially should be cautioned as they may not understand the danger of **looking directly** at the sun, share these tips with your family..... On page 5 of this edition, there is a story about the new parking stations being set up in downtown Sydney - I was sent a press release outlining the new stations but all I see is a new opportunity to write parking tickets and steer shoppers away form the downtown core, there is a 2 hour limit to parking which apparently will be enforced, why spend millions of dollars renovating downtown Sydney and then discourage people from parking, it doesn't make sense..... I also read with interest the news about the new library proposed many, many years ago, to renovate the existing old Court House will take over \$30 million dollars and no estimate on how long it will take to compete the project build a new library with modern facilities and computer access... we have included an amusing story from Cape Breton Outhouse Tales & Trivia on page 7, a true story from my past..... don't forget to take advantage of the Purple Cow Internet offer and save \$15.00 off the first month....NOTICE - to all Church groups, Legions, Seniors Clubs, Fire Halls and Community associations - if you want free publicity for your upcoming event, simply email us with your information and we'll publish it in our printed edition and our digital edition - email us at - thisweek@kleeradio.com



NORTH SYDNEY FIRE HALL PIERCE ST. - NORTH SYDNEY THURSDAYS

Ernie, Todd & Wade Kitchen Open 4:30 Music 5:00 - 8:30 OPEN 7 DAYS A WEEK

From 10:00 - Midnight



Br. 83 Legion FLORENCE Upcoming Events

DANCE - March 22 9:00 - 1:00 - Music By ALTER EGO

\$10 each - Tickets on sale at Bar

HIGH BOYS & Ashley Macissac

April 5th - 9:00 - 1:00 \$30.00 per person

TARABISH TOURNAMENT Florence Legion

April 7th - 1:00 pm Bring Your Own Partner

\$30.00 per team "FORCE THE DEALER"

Logon to our website www.kleeradio - and click on the PODCAST link to download your free copy of Cape Breton and Old Time Radio Podcasts are available as well.

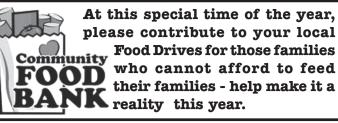


Just Want to let you know folks! The group will be back in action starting in April doing some part time playing. New Drum mate Jackie Johnston, and bassist Jimmy Tobin and I will be back Jamming out some great old classic tunes including a few of my own recordings for you.

We hit the Main Event on April 13th for the 6-9 Matinee. LOW PROFILE Playing The Music We Grew Up With! -KENNY WALSH

Still going strong, Bras d'Or Seniors and Pensioners weekly 45's card games.Thursdays 7:30.... 9 ways to win. A great fun night out. 66 Main St. Bras d'Or.

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

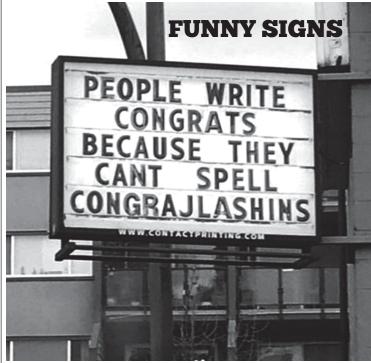




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155 QUEEN STREET NORTH SYDNEY



New Parking Pay Stations on Charlotte Street

There's an old Hughie & Allan song called "Peter At The Meter" and it tells all about the trials and tribulations when Sydney first introduced parking meters. It seems now Phase 2 of the Parking Meters War is just starting.

It becomes clear that after spending millons of dollars refurbishing downtown Sydney that you are not welcome to stay and shop. According to a CBRM press release, By-Law Enforcement Officers will be "educating" motorists about the new pay stations now erected on Charlotte St., between Dorchester Street and Pitt Street. Enforcement of the new pay stations will commence April 15, 2024.

The pay stations will require motorists to enter their license plate number and accepts coins, Visa and Mastercard. Alternatively, people can download the Blinkay App for free via the Apple App Store or the Google Play Store and pay for parking from their smart phone. Receipts do not need to be displayed in the vehicle.

Parking on Charlotte St. is limited to 2 hours maximum, regardless of whether there is a pay station, parking meter or no meter. Tickets will be issued if a person has parked for more than the maximum 2-hour parking limit, or for unpaid parking in paid parking areas. As part of the ongoing Charlotte St. redevelopment, parking meters have been removed on the section of Charlotte St. between Pitt St. and Wentworth St. to make room for new parking pay stations. Information will be communicated to the public after they additional parking pay stations between Pitt and Wentworth St. are installed, but before they are operational and enforcement begins. Paid parking is in effect 8 a.m. to 6 p.m. Monday to Friday. Parking is free on weekdays after 6 p.m. and on weekends and holidays.

The message I get is "Welcome to downtown Sydney but get the hell out after two hours."

OUR NEW CONTACT 595-4171 PHONE NUMBER

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NORTH SYDNEY LIBRARY

FIBRE LUNCH - Thursdays from 1:00 - 3:00

STORYTIME Saturdays at 2:30.

LEGO DONATIONS - we are looking for any Legos you may have to donate to our programs



New Regional Library

Some officials with the Cape Breton Regional Library are not in favour of moving the main book repository to the old courthouse in Sydney, N.S.

James Abend, a senior designer with Stantec Consulting, told Cape Breton Regional Municipality council on Tuesday the courthouse building on Crescent Street is structurally sound, but it could cost \$30 million to renovate and expand it to 43,000 square feet for use as the main library. Lisa Mulak, the regional librarian, called the proposal disappointing..

"If you can build new and it's purpose built and it's accessible and it's a little more money, for us, as library staff that work and offer the service, we would rather see a new building," she said. "It certainly could delay things longer, but maybe we'd get it right."

Coun. Eldon MacDonald, who chairs the library board, said the expansion plans could take 20 years and the \$30-million estimate for renovation is likely not enough to make the courthouse work.

"I dare say that I think it's probably more," he said.

EDITOR - I'm not a project manager or have extensive carpenter skills but 20 years to renovate an existing building sounds like a government project with continuous grant workers. It should not take this long to get a new Library building project underway.

TAX TIPS & VALUABLE DEDUCTIONS

ON A GLUTEN-FREE DIET? - Are you living with celiac disease? Or perhaps your child suffers from gluten allergies? If so, you know all too well that avoiding gluten-based meals is imperative, but not always simple.

The good news? There are excellent gluten-free food alternatives in the market. The bad news is that gluten-free food presents an economic burden, as it's usually more expensive and product availability is greatest in upscale health food stores and restaurants.

Naturally, purchasing these expensive alternatives on a regular basis can add up over the year. With rising food costs brought on by inflation, managing celiac disease poses a potential challenge to families all over the country. On the bright side, it turns out that tax time is your opportunity to recoup some of those food expenses!

Since those suffering from celiac disease need to spend more on food for health and medical reasons, the Canadian government has a program to lessen some of the financial burden. We've answered some common questions on tax credits and support available below.

What do I need to do to claim my gluten-free food expenses? - Food expenses due to allergies can be claimed as medical expenses, though it does take preparation and organization throughout the year. Here are some tips to keep in mind to help come tax time. Make sure that you're eligible to receive this tax return and that it's in line with your doctor's recommendations. To qualify, you'll need to submit a form and letter from a medical practitioner confirming that you or your child has celiac disease and needs a gluten-free diet.Only gluten-free food expenses incurred by someone with a medically documented gluten-allergy can be claimed.

Have receipts on hand for each gluten-free food product that you want to claim. We recommend saving the original receipt in a folder, as well as taking a photo and saving it somewhere safe on your computer to ensure you have back-up. The key is to make this a part of your grocery shopping routine.

You'll need to keep a summary of each gluten-free food product bought during the year that's being claimed, along with the incremental cost and amount to claim. You'll also need to keep tabs on the cost of its conventional version. The dollar amount that'll be returned to you is dependent on the incremental costs that these specialty food products incurred. For example, if the box of gluten-free pasta is \$4.00, and its durum-wheat version is \$1.00, then you can claim \$3.00.



222 Commercial Street - North Sydney - B2A 1B7

902 - 794-7117 - FAX 902-241-3088 sharon.matthews@hrblock.ca

DROP OFF & ONLINE SERVICE AVAILABLE

SYDNEY MINES LIBRARY

Selling tickets on CBRL "Celebrate Mothers" Draw tickets are \$2.00 each or 3 for \$5.00

HOURS OF OPERATION

Monday 1:00 pm - 5:00 pm 6:00 pm - 8:00 pm Tuesday 9:30 am - 8:00 pm Wednesday 9:30 am - 8:00 pm Thursday 9:30 am - 8:00 pm Friday 9:30 am - 5:30 pm Saturday 9:30 am - 12:00 pm 1:00 pm - 5:00 pm Sunday Closed

OLD TIME RADIO & MUSIC PODCASTS

and scroll down and click on the "**PODCAST**" link and start your Free download. Check back each week as we feature a new podcast for your listening pleasure

www.kleeradio.com

The popular Late Nite Oldies Show with DJ Jack Cool returns to K-LEE

RADIO on Friday evenings at 9:00 pm. Join Jack as he plays the



very best in 50s, 60s and 70s Oldies each week on his show.



See page 7 for an amusing true story taken from our new book "Cape Breton Outhouse Tales & Trivia".

Knock Knock, Who's There?

As you travel around Cape Breton you'll find many picnic parks and Provincial parks to stop for a rest and to have lunch or a picnic.

Since these parks are in rural areas, there is no running water and they are all equipped with outhouses and they are well maintained and stocked.

On one memorable trip around the Cabot Trail we stopped at a Provincial park and had our meal and of course my father demanded that we visit the facilities as he wasn't planning to stop once he got on the road.

We headed down the path to the outhouses and when my brother and I came out, we decided to have one last look around the park before getting back in the car.

As we were returning on the path, we saw my father banging on the outhouse door and hollering, "Come on, we haven't got all day, get a move on."

Just then the door opened and an elderly lady came out a said to my father, "That's the rudest thing I ever experienced!!"

My father turned and saw us and his face was red. We ran back to the car and my father got in and roared away without saying anything. It wasn't until we were home later that my brother and I burst out laughing.

- EXCERPT FROM - CAPE BRETON OUTHOUSE TALES & TRIVIA

WUZZLE PUZZLE

Below are some common word phrases, see how many you can guess correctly.



KIWANIS GOLDEN K Klondike 50/50

Come play our Klondike 50/50 Draw. Boxes are located in various locations around the Northside.

Draw every Thursday. For tickets call Paul at 902-577-4239.

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

We do Professional Transfers from tape to DVD and flashdrives using Pro Equipment-not home video gear

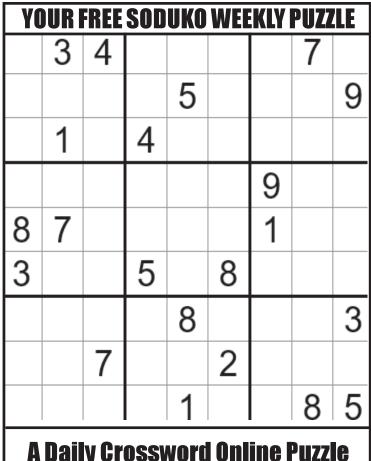
We can transfer VHS, 8mm tapes and Mini-DV at Great Prices! We also do audio cassettes to CD's



A Reminder to all Clubs, and Organizations that our deadline for news is Tuesday at 5:00 pm in order to make it into Wednesday's edition.



Phone (902) 736-9402 (Paul)



A Daily Crossword Online Puzzle available at - www.kleeradio.com click on FEATURES link

New Phone - (902) 595-4171

ANSWERS - 1 Misunderstood, 2 I See You Understand, 3 No One To Blame, 4 Little League, 5 Good Afternoon, 6 Bear In The Woods, 7 Wish Upon A Star, 8 Two Peas In A Pod, 9 Power Black Out, 10 Rain In The Four Cast, 11 Hole In One, 12 Leaning THIS WEEK - NORTHSIDE COMMUNITY NEWS - email - thisweek@kleeradio.com - 902-595-4171

WEEKLY HOROSCOPE

ARIES (MARCH 21-APRIL 19) - Oh my. Be still my beating heart. This is a seriously romantic, passionate day for you. This includes secret love affairs, casual, hidden flirtations and full-blown expressions of adoration. Some of you will receive a gift as a token of someone else's love or admiration for you.

TAURUS (APRIL 20-MAY 20) - This is an exciting day for you because for some of you, a friend might become a lover. (Or at least, a hot flirtation.) Something about it will be a surprise - for sure.

GEMINI (MAY 21-JUNE 20) - This is an interesting day because some of you will develop a crush on your boss or perhaps a romance will begin with someone in a position of authority? This person is probably related to your job. At a more modest level, people in authority will be kind to you.

CANCER (JUNE 21-JULY 22) - A sudden opportunity to travel might fall in your lap today. How delightful! Others might get an unexpected chance to study or take a course or go to school. Meanwhile, romance with someone "different" will surprise many of you. (Not a boring day.)

LEO (JULY 23-AUG. 22) - You are a romantic sign and today you will be glad to know that this is a romantic day. In fact, it's a passionate day for some of you; and at the least, it's a flirtatious day for those who are timid but coquettish. A meaningful smile? VIRGO (AUG. 23-SEPT. 22) - Relations with friends and partners will be warm and tender today. Some of you might feel romantic and passionate. Others will be taken by surprise for some reason. Basically, people feel friendly to each other today because romantic vibes are in the air.

LIBRA (SEPT. 23-OCT. 22) - This is an excellent day for financial matters because unexpected opportunities (especially related to your job) might boost your income or give you a financial advantage in some way. Ask for a loan or mortgage.

SCORPIO (OCT. 23-NOV. 21) - Today the Moon is in your sign dancing with fair Venus, which is a lovely, romantic connection. Flirtations, invitations and promising titillations will occur for many of you. These could be fleeting and minor; or it might stop you in your tracks and make your heart jump.

SAGITTARIUS (NOV. 22-DEC. 21) - Stock the fridge because you might spontaneously entertain today. You might entertain a group, or you might entertain an individual. This person might be someone you feel attracted to? Certainly, this is the classic day for saucy flirtations and romantic get-togethers.

CAPRICORN (DEC. 22-JAN. 19) - This is the kind of day where a friend might become a lover or a subtle flirtation might take place with a friend, or a member of a group, that neither of you acknowledges but you know it occurred. That "secret moment." (I'll never tell.) New people, new ideas and new places make this an interesting day!

AQUARIUS (JAN. 20-FEB. 18) - People notice you today. This could be for a number of reasons, but definitely, one of these reasons might be because you're flirting with a boss? Or someone is attracted to you and others notice? This is also a favourable day to deal with real estate matters and shopping for home and family.

PISCES (FEB. 19-MARCH 20) - Flirtations and attractions to someone who is different are practically unavoidable today, unless you're living under a rock. ("Don't be coy, Roy.") Enjoy the company of others. Have some laughs. People are friendly today and surprise attractions will catch many off guard.



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