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 PHONE
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THIS WEEK

NORTHSIDE COMMUNITY NEWS

FREE

FREE

Vol. 14 - MARCH 6th - 2024



**DON'T FORGET TO
 TURN YOUR CLOCKS
 FORWARD
 1 HOUR
 MARCH 10TH**



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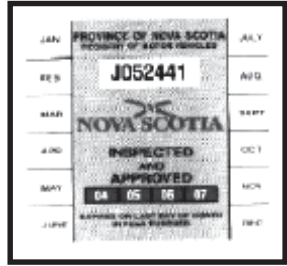


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**212 Commercial Street
 NORTH SYDNEY**

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

**Royal Canadian Legion
 Branch 83 Florence**

BINGO starting at 7.00
TARABISH

Tuesday 7:00 p.m downstairs
POOL
 Wed. 7:00 p.m. - Downstairs
BINGO

THURSDAY, 7:00 PM
 UPSTAIRS
**WASHER
 TOSS**

Friday 7:00 p.m.
 Downstairs
THE CIRCLE
 Saturday
 7:00 p.m Upstairs
45s CARD GAME
EVERY MONDAY - 7:30
 DANCE - March 22
 9:00 - 1:00 - Music By
ALTER EGO
 \$10 each - Tickets on sale at Bar

736-6313

NORTH SYDNEY SENIORS & PENSIONERS CLUB
 Commercial Street

St. Patricks Day Dance
 MARCH 15 - 8:00 - 12:00
 Music By Theresa Rideout
 \$5.00 per person

EASTER LUNCHEON
 Ham & Potato Salad & Dessert
March 26 - 12 - 2:00
 \$10 per person - pay at the door, come and enjoy.

 **BRANCH 19 LEGION
 UPCOMING EVENTS**

POOL TOURNAMENT
 March 12th at 5:45 pm.
 Registration Fee \$5.00
ST. PATRICK'S DAY at Branch 19 with music by **Shotz Fired**
 SATURDAY March 16
 9:00 PM - 1:00 AM
 TICKETS AVAILABLE NOW AT THE BRANCH \$10/ PERSON

Isle Aux Mort Boys
 APRIL 6TH 2024
 9:00 PM - 1:00 AM
 TICKETS AVAILABLE NOW AT THE BRANCH \$10/ PERSON

Happy Hour Every Friday 3:00 pm - 6:00 pm. Follow us on Facebook RCL BRANCH 19 NORTH SYDNEY for all upcoming events and information

SUNDAY BINGO
 Sydney Mines Seniors & Pensioners, Club Fraser Avenue, Sydney Mines - 2:00 pm

**JACKPOT \$1175
 on 54#s or less
 TOONIE \$286 +**

MONDAY FUN NIGHT - 7 PM

45^S CARD GAME
 Wednesdays 7:30 pm

SATURDAY DANCE
 8:00 - 12:00
 \$5.00 at Door

 - MUSIC BY -
1ST CHOICE

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

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



 **Keith Bain**

1415 Highway 105, Bras d'Or, NS, B1Y 2N5
 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.



Strong Chiropractic Inc.
 We've got your back!

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

Free Sports Games On The Internet

If you are a sports fan, like me, you want to watch all the major league sports games from your favorite teams. I often would get upset when TSN, for which I was paying a monthly fee, would make some popular games a "blackout" and not broadcast.



What's the sense of having a sports channel if some of the best games you want to watch are "blacked out"? I recently moved and had to get new internet installed and I discovered that there were alternatives to Bell Aliant and Eastlink that saved me a considerable amount of money each month (see Purple Cow Ad on page 5 for details).

In addition, I had several of my friends tell me that there were alternatives to see the games. There are several free web streaming sites that you can watch your favorite teams on your own home computer at no cost.

I tried out the sites and was pleasantly surprised. Because of being involved with the paper, I have a large computer monitor and the games are easily accessed and they have the whole schedule of games for that day available to stream.

One of the advantages to me is that I can watch the games anywhere I have a computer like outdoors, in my car or lying in bed which I can't do with a regular TV. Add to that the money I'm saving each month on the sports packages and you can purchase a bigger computer for our own use.

Check out these links below and start watching your team for free. The links are also on our website - www.kleeradio.com.

HOCKEY - <https://nhlwebcast.com/>

HOCKEY - nhlstreams.io

BASEBALL - <https://mlbwebcast.com/>

FOOTBALL - <https://nflwebcast.com/>

Games are in Eastern time add 1 hour for Atlantic Time

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.



The popular A & K Lick A Chick is open once again in Little Bras d'Or serving their delicious chicken. Stop by and get yours.



BEWARE LOCAL EMAIL SCAM

Many of us are aware that the internet can be a source of financial scams and they are usually easy to detect.

This past week I received an email supposedly from a Branch 008 Legion Executive asking me to purchase an Apple Gift Card.

The email said that he had laryngitis and couldn't talk on the phone.

I answered the email thinking it may be the individual had fallen and broken a hip and he needed to purchase a gift card for his niece.

My suspicions were immediately raised as I wondered why this individual did

not use one of his family members to purchase the gift card.

I contacted the Legion and was informed that this email was a scam and not real. Obviously the email account was hacked and the scammer tried to get funds from all persons on his list.

If you ever get an email similar to this, stop for a minute and ask yourself if this sounds like a request a friend of yours would make.

Similar scams also involve a request that a person you know was involved in a robbery in Halifax and lost his wallet and needs you to send him some money to get home. This is a scam, beware.

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Constituency Office

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

(902) 736-0546

mia@northsidewestmount.ca

BRANCH 008 LEGION - SYDNEY MINES

TUESDAY NIGHT BINGO - 7:30 PM

JACKPOT - \$875.00 - 54#S OR LESS

NEW HOURS - 1:00 - 12:00 - Monday - Saturday - Closed Sunday

Every 2nd Saturday, Entertainment Downhouse Boys 3:00 - 6:00 pm NO ADMISSION



Every Friday Evening 9-11 NO ADMISSION



PHONE (902) 736-3206

Take 2
PAUL POWER

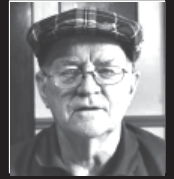
For the most part this space has been devoted to movies, books and TV shows-so it's nice to swerve back into the music lane for a drive with a new album. Chromeo is a Canadian electro-funk/synth-pop/disco duo from Montreal that was formed in 2002 by David "Dave 1" Macklovitch and Patrick "P-Thugg" Gemayel. They joked that they were "the only successful Arab/Jewish partnership since the dawn of human culture". Most people would probably best remember the duo for the hit song "Jealous", but these guys also released 6 albums, numerous extended plays and dozens of singles; "Adult Contemporary" is the latest album and it's pure joy for the ears. The album opens with "I Don't Need A New Girl" and the funk setting is on high as tracks such as the wonderful "Lost and Found" (my favourite song



here), "Words With You" and "Friends And Lovers" encourage us to step and glide along through the day, enjoying well...the joy of moving and grooving. "Got It Good" reminds me a bit of the Brothers Johnson's stuff, and English synth pop diva La Roux make an appearance on the amazing song "Replacements"; the string section, bassline and horns on "BTS" really makes me think of Donna Summer's hot songs, Earth, Wind and Fire's magical grooves. Overall, this is a light-hearted album that's drizzled with the charms of Kool and the Gang, The Gap Band and even Parliament. This album would be best paired with a mirror ball, pulsating lights and comfortable dancing shoes. Enjoy!

AROUND THE TOWN

NORTHSIDE COMMUNITY NEWS EVENTS
GLEN GRAY - EDITOR



Who would have thought that two weeks ago when we were battered with **record breaking snowfall** that we'd be looking at 10 + degrees and much of the snow and the huge banks melted **Spring** will arrive March 19 so that's only two weeks away - I can't wait for the weather to warm up.... Lots of activities scheduled in the upcoming weeks and **St. Patrick's Day** leads the pack with North Sydney Seniors & Pensioners Club St. Patrick's Day Dance **March 15**, 8:00 - 12:00 see details on page 2..... Branch 19 Legion St. Patrick's Day Dance **Saturday, March 16** with **SHOTZ FIRED**, 9:00 - 1:00..... St. Patrick's Day Dance at North Sydney Fire Hall on Pierce Street, music by **Full Circle**..... **Fund Raiser** for Branch 008 Legion is sponsoring a ticket draw with many Gift Certificates, see page 5 for further details... the **Florence Legion** is sponsoring a Dance March 22 from 9:00 - 1:00 with music by **ALTER EGO**... the **Northside Gals** are sponsoring a **Seniors Day** Lunch and activities on March 11th from 1:00 - 3:00 at the **Holy Family Parish Hall**, 899 Main Street, Sydney Mines..... don't forget to turn your clocks **FORWARD 1 hour** on Sunday, March 10th as Daylight Savings time begins - Yippie!!..... be alert for a **local email scam** making the rounds - see page 8 for the story - I received an email from somebody posing as an Executive Member of Branch 008 Legion requesting that I buy an Apple Gift Card and they would pay me back - don't fall for **such nonsense** - read the story on page 3 for full details..... **Bargain Binz** are opening a new store at 10 Blowers Street in North Sydney soon, stay tuned for further details.... the popular **A & K Lick A Chick** is open once again for another season of great tasting chicken - stop by Bras d'Or for a special treat.... for **sports fans**, like myself, please read our story on page 3 on how to stream your favorite sports teams - hockey, baseball and football - on your own computer for free - that gets around the frustrating "blacked out" games that you're paying TSN good money for and not getting the service, it's free.... and don't forget to take advantage of the **Purple Cow Internet** (see page 5 for their ad) only **\$60.00** a month and get an additional **\$15.00 off** the first month with our code, it will save you a lot of money on internet charges.... **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 digital edition - email us at - thisweek@kleeradio.com


PODCAST
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
TAX TIP - Deduction for tools (tradespersons and apprentice mechanics) – Starting in 2023, the maximum employment deduction for tradespersons' eligible tools has increased from \$500 to \$1,000. As a result, the threshold for expenses eligible for the apprentice mechanics tools deduction has also changed.



PUBLISHED EVERY WEDNESDAY IN PRINT AND DIGITAL FORMAT

NEED CAR DETAILING?
CALL DONALD

PHONE 902-371-3356

NORTH SYDNEY SENIORS & PENSIONERS CLUB NEWS

The North Sydney Seniors & Pensioners Club is available for rentals - anniversaries, showers, funerals.

To book, call Virginia Lewis 902-794-2235

BINGO GAME every Saturday Night, doors open at 5:30, game starts at 6:30 - Jackpot, Toonie and Even Split games.

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
St. Patricks Day Dance
March 16 from 9:00 - 1:00
music provided by

FULL CIRCLE

\$5.00 each



BRANCH 008
FUND RAISER

Drawing on Fixins to make a Corned Beef Boiled Dinner, NALA'S Bakery Certificate, Bingo Certificate, NSLC Certificate - **DRAWING MARCH 12** - Tickets \$2.00 each - 3 for \$5.00 at the Bar or from any Ladies Auxilliary member.



For the Best In Classic Country Music, join Kenny Walsh every Sunday Night at 6:00 pm for Phantom Country. Logon to our website at this address -

www.kleeradio.com

OUR NEW PHONE #
902-595-4171

CHURCH DIRECTORY

St Matthew Wesley United Church Chuowrch service is held on Sunday at 27 St Columba Drive, Leitches Creek at 11:00 am. ALL ARE WELCOME - the office phone number is 902-577-8472

St John the Baptist Anglican Church services are held on Sunday and Wednesday at 28 King Street in North Sydney at 10:00 am. ALL ARE WELCOME - the office phone number is 902-794-3392 .



At this special time of the year, please contribute to your local Food Drives for those families who cannot afford to feed their families - help make it a reality this year.

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902 - 800-2660

NORTH SYDNEY LIBRARY
FIBRE LUNCH - Thursdays
 from 1:00 - 3:00

STORYTIME Saturdays at
 2:30.

March 12 - Stuffed Animal Sleepover - drop off your favorite stuffed animal at the Library from 5:30 - 7:00 and they will stay overnight. Then the next day at 10 am there will be a Storytime. Please register for this event.



FRIDAY, MARCH 15 -
Hanging With My Peeps -
 Registration is required for
 this program.

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



BKT WORLD
WOMEN'S CURLING
 2024 SYDNEY NOVA SCOTIA

SYDNEY CURLING CLUB
 George Street - Sydney
MARCH 16 - 24

DAYLIGHT
SAVING TIME

DON'T FORGET TO
TURN YOUR CLOCKS
FORWARD
1 HOUR
MARCH 10TH

TAX TIPS & VALUABLE DEDUCTIONS

SENIORS TAX TIPS & DEDUCTIONS

If you have been filing your taxes on paper, make this the year you file online. We have a list of NETFILE-certified tax software products that are easy to use, fast, and secure, some of which are free! This software will walk you through the tax-filing process, including sending your tax return directly to the CRA. What's great is that you'll get immediate confirmation that we received your tax return.

With NETFILE, you may be able to use these secure services=

Auto-fill my return allows you to automatically fill in parts of your income tax and benefit return with information that the CRA has available at the time of the request. This service can retrieve information from the current year and seven years prior.

Express NOA allows you to view your notice of assessment (NOA) in your certified tax software and in My Account, immediately after the CRA receives and processes your return.

If you combine online filing with direct deposit, you could get any refund you're owed in as little as eight business days. Paper returns aren't as fast, and it could take up to eight weeks to process them.

Know what income to report - You might be receiving income from many different sources. Here's a list of some of the most common types of income you may start receiving when you retire or turn 65. If you need more information on what to report, check out our All types of income page.

Don't miss out on money! - When you file your income tax and benefit return, we determine your eligibility to receive these payments. Find out what you may be eligible for and how to apply on our Tax credits and benefits for individuals page.

You may also be eligible to receive the Guaranteed Income Supplement (GIS). It's a monthly payment available to Old Age Security pensioners who have low income and are living in Canada. If you already receive the GIS, by filing your income tax and benefit return on time, you avoid interruptions to your payments and you won't have to reapply.

You could also claim deductions, credits, and expenses, that you are eligible for, on your income tax and benefit return to reduce the amount of tax you have to pay. For example, you may be eligible to claim the Canada caregiver credit if you support your spouse or common-law partner with a physical or mental impairment. There's also the Disability tax credit (DTC). This credit helps reduce the income tax that people with physical or mental impairments, or their supporting family members, may have to pay.

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sharon.matthews@hrblock.ca

DROP OFF & ONLINE SERVICE AVAILABLE

SYDNEY MINES LIBRARY



March Break For Kids Sydney Mines Library



Crafting Friendship Bracelets
 Monday, March 11 From 2-3
 (Ages 5-12) Registration
 Required

Making Pom Poms - Tuesday,
 March 12 From 2-3 (Ages 5-12)
 Registration Required -

Lego Drop-in - Wednesday,
 March 13 From 2-4 (Ages 5-12)
 No Registration Required

Painting on Canvas: A Hedgehog for Spring - Registration
 Required - Thursday, March 14
 2-3 (Ages 5-12)

Bingo - Friday, March 15 -
 2:30-3:30 (Ages 5-12) Registration
 Required

Phone **902-736-3119** or drop
 in to the library for information
 or to register.

Souls Harbour Rescue Mission Now Open In Sydney Mines



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with host
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WALSH**

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I had the great pleasure of interviewing Errika Firouzi, an incredibly talented author whose latest book, "Beads of Light: A Story of Alignment," has recently been released. The book is now available on Amazon, and it promises to be a



transformative read for anyone seeking self-discovery and healing.

During our conversation, Errika shared her personal journey—a journey that spans cultures, identity, and professional success. Her experiences navigating two distinct worlds have shaped her unique perspective, and in "Beads of Light," she invites readers to explore their own paths of authenticity and alignment.

I would like to extend my heartfelt gratitude to Harlan Boll Publicist. for facilitating this insightful interview. Without his assistance, this opportunity would not have been possible. once again "Beads of Light: A Story of Alignment," is now available on Amazon. It promises to be a transformative read for anyone seeking self-discovery and healing.

have a great week- all the best - JACK COOL



MARCH 10th



OUR NEW CONTACT PHONE NUMBER

902-595-4171

GENERAL TRIVIA

- 1 - What Peanuts character shares a name with a Pope?
- 2 - Sailor Jack and a dog named Bingo are on what box?
- 3 - Over 3000 artists have covered this song - what is its title?
- 4 - What percentage of marine life lives in shallow waters?
- 5 - The "Bloody Mary" cocktail is named after which country's monarch?
- 6 - Which of these planets is the largest? Earth, Mercury, Uranus, Saturn?
- 7 - What is the capital city of Venezuela?
- 8 - Who was the only US President to be a bachelor?
- 9 - What nationality was Marco Polo?

ANSWERS - 1 Linus, 2 Cracker Jacks, 3 Yesterday, 4 Ninety percent, 5 England, 6 Saturn, 7 Caracas, 8 James Buchanan, 9 Italian

45s Weekly Card Game

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.

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.

DEADLINE FOR NEWS ITEM SUBMISSIONS

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.

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Phone (902) 736-9402 (Paul)



YOUR FREE SODUKO WEEKLY PUZZLE

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

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



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CHARLOTTE STREET - SYDNEY

PHONE 562-2122

New Phone - (902) 595-4171

The Northside Gals- An Active Northside Community Resource

Our organization has been active since November 2021. Our organization began by assisting with comfort centers during Hurricane Fiona. The team of partners gathered supplies and additional volunteers to provide meals, lunches/snacks for seniors and children, and social interaction.

This is the first year of operation of the Northside Gals. We began with 21 core members, and we have grown to over 50 members during the year. Our organization will continue to accept new members and volunteers who support our projects such as the new group "Men behind the Northside Gals". An African proverb stated "it takes a village to raise a child," we believe it takes a community to care for our most vulnerable especially those who are marginalized, living in poverty, seniors, youth, and children. In the spirit of community, we operate by partnering with the following groups and organizations including but not limited to: Holy Family Parish, Sydney Mines and North Sydney foodbanks, Northside Homemakers, Miner's Memorial Manor, Christmas Cheer, St. Vincent DePaul, Community Social Workers, Seton Community Youth Center, local churches, The Marthas Social Justice group, Diocese of Antigonish, Bereaved Families of Cape Breton, Community Cares, Sydney Mines, Knights of Columbus, Salvation Army, Souls Harbour Mission, J Street and Clifford Street Youth Centres, New Deal Development, Northside businesses, Northside fishers, Northside Firemen, Princess Credit Union, The Northside Boys, Northside the Lakes Community Health Board, and elected provincial, federal and municipal officials.

2) Our group voted on two names The Northside Gals and The Northern Lights. The chosen name was The Northside Gals. We are a group of women from the Northside, and we formed to support our local communities on the Northside.

3) Our activities are assisting seniors, families, and children in various ways; by providing hot meals, entertainment, arts and crafts, music, and socialization.

The Northside Gals Community Projects 2023 in one year of operation include: - 1514 Meals, 1074 Treat Bags, 200 Blessings Bags with school supplies, 100 Blessing Bags with T-shirts and supplies, 50 Gift Bags for seniors, Toys Donated by North Sydney Firemen and Brogan's Fisheries Toy Drive, Free Community Thanksgiving Meal (approximately 200 meals), Snacks for Clifford Street Youth Center, J Street Christmas Pizza Party, Jr. High School grading day lunch at Dukes (local restaurant), Raised garden beds for senior's complex, Coats for Kids donated by the Knights of Columbus, Kids pop up Christmas Shopping, Spring Pop up Kid's Shopping, Community Grading Day Party, Community Back to School Party, Community Halloween Party, Community Christmas Party and Bethlehem Walk, Adopt a Family: 18 Families adopted - \$7,807, Supported Memorial High School Culinary Class for specialty training - \$3,000, Memorial High School Safe Grad - \$3,000, Community Cares Youth Center - \$1,500, Sydney Mines Food Bank - \$1,000.

Our "Shining Lights Series" is a series of events that we host several times throughout the year. Each event focuses on a different community organization giving them the opportunity to present information about their organization to the audience in

attendance. The proceeds raised to attend the event, are given to the organization as a financial contribution to support their causes. The purpose is to raise community awareness of the poverty and social issues impacting our community. And the overall benefit for everyone is advocacy, net-working and relationship building.

Since then, our members have assisted seniors, families, and children in various ways: by providing hot meals and lunches for children; securing funds; and coordinating, organizing and executing various community events. Members have organized events which included food, arts and crafts activities, music, and various types of entertainment. Our group works with individuals and/or group/s to assist them with their community-related projects.

Our group goals are to address the need for socialization and social networking which was identified even prior to the pandemic. According to the Northside Rising Community Report (2018), social networks were identified as significant to the future health and growth of the community.

<https://inspiringcommunities.ca/wp-content/uploads/2018/07/Northside-Rising-Community-Report-June-2018.pdf>

The need for people to socialize has been compounded by the impacts of the pandemic.

Also, the recent sharp rises in inflation has caused greater food insecurity, especially with seniors and children as high poverty rates within this catchment area has always been a major concern.

4) We have a core group of 21 members and a support group of 30 plus members. Some of our executive members are 1) Norma Blinkhorn, 2) Rita DiPersio, 3) Destiny Devoe 4) Alicia Buffett 5) Rose Jenkins

5) The majority of our funds come from very generous donors from the community. We have sold tickets and had a shining lights series dinner to raise funds for our group.

6) Our catchment area includes the Northside communities of the CBRM (Cape Breton Regional Municipality), including Sydney Mines, North Sydney, Florence, Bras d'or, and Alder Point/Point Aconi areas.

Social Media – Facebook (<https://www.facebook.com/thenorthsidegals>)

7) We are a group of community minded women with a passion for helping others. The groups' goals are to help bring about change within the Northside areas by positively impacting others. Most of our members are involved with community organizations, including service clubs, faith-based and not for profit groups within Cape Breton, Nova Scotia.

Our Mission is to promote and improve the health and wellness of our community in cooperation and collaboration with the local organizations already contributing to meet this need. Our vision is to ensure our community experiences good mental health and well-being, and stronger connections of belonging. The purpose of the group is to provide a safe environment where everyone is welcome. We respect the rights, differences, and dignity of everyone. We are promoting diversity and inclusion.

8) Our Contact information is - Norma Blinkhorn, 902 202 2972 nsgals2022@gmail.com