

# MacDONALD DENTURE CLINIC

42 FRASER AVENUE  
 SYDNEY MINES  
 PHONE  
**736-2280**

**G. MacDonald - Denturist**  
 By Appointment



**BADDECK**  
 PHONE  
**295-2516**



**FREE**

# THIS WEEK

**NORTHSIDE COMMUNITY NEWS**

**FREE**

**Vol. 16 - MARCH 4th - 2026**



↓ +1h  
**Spring Forward**

### It's Here Already!!

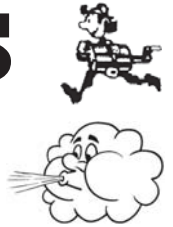
On Sunday, March 8th, you need to turn your clocks **AHEAD** 1 hour. This will give us an extra hour of daylight which we can all use.



## RALPH IVEY'S

**Auto Repair Ltd. and Muffler Man**

**BRING YOUR CAR IN FOR ALL YOUR SERVICING**



**IF WE CAN'T DO IT - IT CAN'T BE DONE!**

**93 KING STREET  
 BY THE TRACKS**

**Bring your Vehicle in  
 for Auto Servicing**

**794-7500**

## McCormick's



**126 SEAVIEW DRIVE - - NORTH SYDNEY**

**COMPLETE AUTO SERVICING**



**The Only Treatment  
 That Can Be Applied  
 All Year Round**



**MOTOR VEHICLE  
 INSPECTION**



**COMPLETE  
 BRAKE SERVICE  
 AVAILABLE**



**WHEEL  
 ALIGNMENT  
 SPECIALISTS**

**OPEN MONDAY - FRIDAY 8:00 - 5:00 PM PHONE 794-4947**



**BRANCH 19 LEGION  
UPCOMING EVENTS**

Save the date April 11th 2026 **Isle Aux Morts Boys** will be here ,tickets available March 1st .

**St Patricks Day Dance** on March 14th, 8 PM till Midnight music by Ernie Wells \$5.00 per person. Come in, dance a jig sing a limmeric or 2, enjoy a fun night.

**KARAOKE IS BACK on SUNDAYS** - Karaoke will start at 6 PM and go till 10 PM, No cover charge. Come in, sing a song or just enjoy the music,

**Jiggin the Jack is back**, jackpot for February 22nd is estimated to be \$404.00, 36 cards remaining.

**Friday Night Mixed Dart league** 7:00 PM every week .

Hope to see everyone back as well as some new members it really is a fun night. Still time to join if you are interested. If you are looking for something to do on a Friday evening, and do not want to join a league, come play as a spare.

**Tuesday Night Pool** for members only, has started.

Legion Branch19 Hall is available **to rent** for all occasions , come check it out if you are looking for a great spot to host an event.

**Every Friday**, Happy Hour prices from 3 p.m. Till 8:00 PM

We have 2 Pool tables that are open to public daily, with the exception of Tuesday evening (Members only) .

Big screen TV,come in and watch some sporting events.

**SYDNEY MINES SENIORS & Pensioners Club**

**Saturday Dance**  
EVERY 2 WEEKS

in January, February & March

**KIWANIS GOLDEN K KLONDIKE 50/50**

Come play our Klondike 50/50 Draw. Boxes are located in various locations all around the Northside. Draw every Thursday, For tickets call 902-577-4239.

**COMMUNITY RESOURCES**

**NORTHSIDE SOUP KITCHEN**

- is open every Monday and Tuesday 11 am - 1 pm located at 127 Brook Street, North Sydney - (902) 794-0555

**FREE MEALS - NORTH SYDNEY** - 1st Thursday of the month, 12 until quantities last, St. John's Anglican Church, 28 King Street

2nd Thursday of the month, 12 until quantities last - St. John's Anglican Church, 28 King Street.

3rd Thursday of the month, 12 until quantities last - St. John's Anglican Church, 28 King Street  
4th Wednesday of each month 12 until quantities last - St. Joseph's Church, 34 Archibald Avenue.

**NORTH SYDNEY FOOD BANK** open Friday from 9:00-12:00, closed last Friday of each month, 25 Wilke Avenue, North Sydney.

**SOULS HARBOUR** providing food, clothing shelter and programs - 848 Main Street, Sydney Mines

**SYDNEY MINES FOOD BANK**, daily drop in Friday 12 - 3:00.

**COMMUNITY CARES YOUTH OUTREACH**, King Street, Sydney Mines, (902) 544-0043.

**BRANCH 008 LEGION** - Sydney Mines is available for rental for anniversaries, adult birthday parties, reunions and weddings - Phone 902-736-3206.

**SUNDAY BINGO**

Sydney Mines Seniors & Pensioners Club - Fraser Avenue, Sydney Mines

**2:00 pm - SUNDAY**

Single Door - \$3.00 - Double Door \$5.00 - Regular Games \$100.00

**JACKPOT 675.00**

**on 51 #s or less**

**Toonie went - building**

**MONDAY FUN NIGHT - 7 PM**

**45<sup>S</sup> CARD GAME**

**WEDNESDAYS - 7:30 PM**

**SATURDAY DANCE**

NO DANCE THIS WEEK

**March 14th** - Paul Woodfine & Backroads are playing

**HALL AVAILABLE FOR RENT**

- The North Sydney Seniors & Pensioners Club is available for rent for anniversaries, birthdays, showers, or funerals. To book, call John Lapare 902-794-9436.

**BR. 008 LEGION SYDNEY MINES**

EVERY WEDNESDAY - Weight Watchers Program, Upstairs Hall - 5:00 - 6:30.

**KARAOKE**

**Big Party Pulse Mobile DJ**

**BRANCH 008 LEGION**

Main Street - Sydney Mines

**EVERY FRIDAY NIGHT**

9:00 - 1:00 - Door Prize

**FREE ADMISSION**



Please take the time to help out your area Food banks at

this special time of the year - Thank You



**PHANTOM COUNTRY**

CLASSIC COUNTRY

with host

**KENNY WALSH**

Every Sunday 6:00 pm

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

**GOSPEL HOUR** with

Pierre Chiasson Sunday mornings at 9:00 am -

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

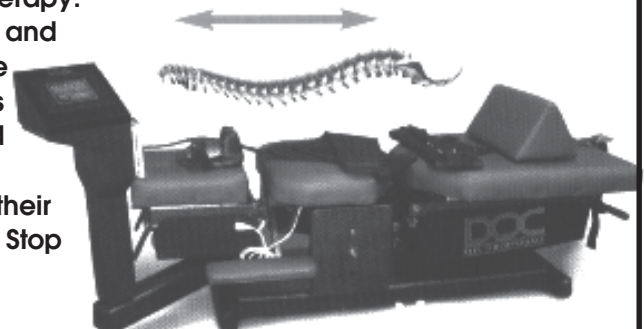
**List Upcoming Community Events listing on page 6**

**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



**NEW BOOK LAUNCH** - Shown above is Alder Point author Brittany Donovan along with her 8 year old son Bodhi at the launch of her new book "The Bumble And The Brave" at North Sydney Library. The Bumble And The Brave is available to buy on Amazon, or directly through the author. Market schedules on her social media pages on both Facebook, and Instagram; where you can find my business page @frollicollections. She can also be contacted directly via email at [frollicollections@hotmail.com](mailto:frollicollections@hotmail.com). Her next work is scheduled to publish on April 24, 2026; and will consist of four whimsical short stories for little readers. These stories will be bound together in a hardcover book, and guided by hand-painted illustrations. Brittany looks forward to introducing 'Tales Of Whimsy.'



**BIRTHDAY WISHES**

Free Birthday Announcements For Family & Friends  
[thisweek@kleeradio.com](mailto:thisweek@kleeradio.com)



Thank You to all Community Volunteers who work tirelessly to help others.

**SENIORS SOCIAL - FLORENCE FIRE HALL**

If you are a senior and are looking for something to do on these Winter afternoons, then we have some good news for you.

On Wednesday, March 4, a Seniors Social will be held at the Florence Fire Hall, 42 Kempt Street, from 1:00 - 3:00 pm.



Enjoy an afternoon of music, fun activities and great food. Connect, laugh and make new friends. Music will be provided by Jocelyn Hynes and Sheldon Chant.

No Admission and no registration. Come out for a fun afternoon



**Dianne Timmins**

MLA for Victoria-The Lakes

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

**902-736-0301 (office)**

**902-736-0411 (fax)**

[diannetimminsmla@gmail.com](mailto:diannetimminsmla@gmail.com)

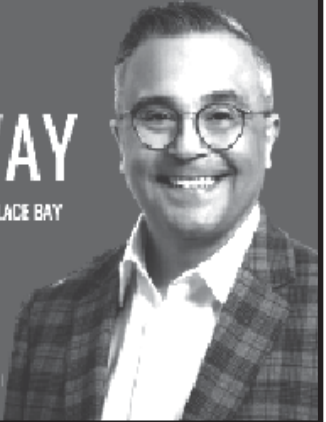


**MIKE KELLOWAY**

MEMBER OF PARLIAMENT SYDNEY — GLACE BAY

(902) 539-0525

[Mike.kelloway@parl.gc.ca](mailto:Mike.kelloway@parl.gc.ca)



**NOTE** - To all clubs, associations - publicize your upcoming events in our paper at no cost - Simply email us at this address with your event [thisweek@kleeradio.com](mailto:thisweek@kleeradio.com) by Monday at 5:00 pm



**KWIK KOPY PRINTING**

**CHARLOTTE STREET - SYDNEY**

**PHONE 562-2122**



MLA for Northside-Westmount

**FRED TILLEY**


**902-736-0546**

**1 Elliot Street, Sydney Mines, NS, B1V 2N2**

**TEL: - 902-736-0546 - FAX - 902-736-9213**

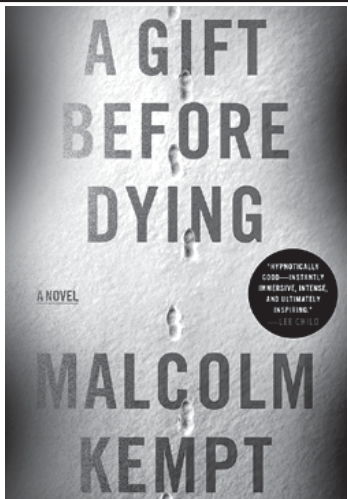
[mia@northsidewestmount.ca](mailto:mia@northsidewestmount.ca)





**Take 2**  
**PAUL POWER**

There is an incredible amount of online and IRL buzz around the new novel "A Gift Before Dying" by Malcolm Kempt—published by Crown Publishing, a division of Penguin Random House LLC. Malcolm was born and raised in Florence and from an early age he was an intelligent, adventurous, creative and driven kid; the same as an adult. Malcolm eventually attended university and later became a lawyer, working as a criminal lawyer in the remote Arctic for 17 years, giving him experiences and background knowledge that proved to be invaluable in writing this novel. How do I know all that? He's my nephew and our entire family is blown away by how much success and admiration his debut novel is receiving. It's a thriller/detective novel (with an undercurrent of horror) that follows a disgraced policeman (Eldrick Cole) who through a series of bad choices and negative consequences lead him to a job in a place where few want to be. When a young Inuit lady there commits suicide something just doesn't add



up as far as Cole is concerned, and with the help of the victim's brother they unravel a tale that keeps the reader riveted to the page until the final few paragraphs—which are mind blowing and emotional. Although the novel has its main protagonist and a few characters who are integral to the story the importance of an unlikely character is paramount here—the landscape. Through his masterful use of words Malcolm paints a vivid canvas of the land that is ominous, foreboding and downright deadly in so many ways. It brings H.P. Lovecraft to mind. I loved reading this book. Malcolm's book is available at Chapters Indigo, Amazon and possibly some independent book stores. His website is [www.malcolmkempt.com](http://www.malcolmkempt.com) and it lists more purchase options there.

**PUBLISHER'S NOTES - A Gift Before Dying**

"Hypnotically good—instantly immersive, intense, and ultimately inspiring."—Lee Child, New York Times bestselling author of the Jack Reacher series

In a hauntingly atmospheric novel set against the unforgiving landscape of the Arctic Circle, a disgraced police investigator discovers that his path to redemption is paved with ice—and blood.

"Kempt, who worked as a criminal lawyer in the Arctic for almost two decades, conjures this forbidding landscape and its residents with artful authority."—The Wall Street Journal

"After a botched high-profile murder investigation, Corporal Eldrick Cole is exiled to the remote, rugged landscape of Nunavut, a vast territory in the Arctic Circle known for its untamed beauty, frigid temperatures, and endless winter nights. With his family having severed all ties, Cole waits out the result of a civil lawsuit alone—the wrong verdict could end what's left of his flailing career."

"His bleak existence takes a sinister turn when he discovers the hanging body of Pitseolala, a troubled Inuit girl whom he had

sworn to protect. Her death dredges up demons he thought he'd buried along with the scars of a fractured marriage and the aching divide between him and his estranged daughter." "As Cole's life unravels—and with it, the fragile thread of his investigation, he turns to Pitseolala's younger brother, Maliktu, a fellow outsider. It's then that Cole uncovers what binds them—a singular mission to find her killer." "Against fierce backlash, Cole's overriding desire to redeem just one aspect of his otherwise failed life becomes an obsession—and he's willing to break every rule in his unyielding pursuit of justice and the smallest shred of redemption.

**SOULS HARBOUR RESCUE MISSION**  
Now Open In Sydney Mines  
848 Main St, Sydney Mines

**NORTH SYDNEY FIRE HALL**  
PIERCE ST. - NORTH SYDNEY  
**THURSDAYS**  
Ernie, Todd & Wade  
Kitchen Open 4:30  
Music 5:00 - 9:00  
**KITCHEN OPEN**

**NOTE** - Clubs and organizations can have Free Publicity of their events by emailing us by Monday at 5:00 pm and we'll publish it free, email us at - [thisweek@kleeradio.com](mailto:thisweek@kleeradio.com)

*Shear Madness Hair Designs*



**GIFT CERTIFICATES AVAILABLE**

**Handicap Accessible**

**Come Check Us Out**  
Tues. & Wed. 9:00 - 5:00  
Thursday 9:00 - 7:00  
Friday 9:00 - 5:00  
Saturday 9:00 - 4:00  
T-ZONE VIBRATION AVAILABLE

363 MAIN STREET FLORENCE **736-7777**

**BRANCH 008 LEGION - SYDNEY MINES**  
**TUESDAY NIGHT BINGO - 7:30 PM**  
**JACKPOT - \$850 ON 54#S OR LESS**  
**\$25.00 ADDED EACH WEEK TO JACKPOT**  
NEW HOURS - Mon. - Sat. - 1:00 - 12:00 - Fri. & Sat. - 1:00 - 1:00

**WEIGHT WATCHERS**  
Wednesdays 5:00 - 6:30

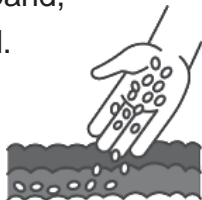
**KARAOKE** - Every Friday  
9:00 - 1:00 - Free Adm.

  
**Karaoke**  
Every Friday  
Evening 9-1  
**NO ADMISSION**

**PHONE (902) 736-3206**

# ANNAPOLIS SEEDS

I'll let the soil and the seed and the rain and the sun,  
 I'll let the rake and the hoe, my Joy is half done.  
 I'll let the time take over and roots expand,  
 Annapolis Seeds emerge my the land.



As The Wonder makes its way,  
 throughout this World help to allay,  
 the curse of hunger so rampant and real,  
 Annapolis Seeds, offered hope to ordeal.

So friend plant a seed, watch it grow,  
 help it along, will reward you so,  
 Easing pain of the hungry, an essential need,  
 Repeat every Spring , Sow an Annapolis Seed.

RON GILLIS SONGWRITER/POET - NORTH SYDNEY NS

# SOME FUNNY 1 LINERS

1. Did you hear they arrested the devil? Yeah, they got him on possession.
2. What did one DNA say to the other DNA? "Do these genes make me look fat?"
3. My IQ test results came back. They were negative
4. What do you get when you cross a polar bear with a seal? A polar bear.
5. Why can't you trust an atom? Because they make up literally everything.
6. Why was six afraid of seven? Because seven eight nine.
7. What do you call a hippie's wife? Mississippi.
8. What's the difference between an outlaw and an in-law? Outlaws are wanted.
9. Scientists have recently discovered a food that greatly reduces sex drive. It's called wedding cake.
10. Before you marry a person, you should first make them use a computer with a slow Internet connection to see who they really are.
11. I never knew what happiness was until I got married—and then it was too late.
12. Some men say they don't wear their wedding band because it cuts off circulation. Well, that's the point, isn't it?
13. Advice to husbands: Try praising your wife now and then, even if it does startle her at first.
14. Our child has a great deal of willpower—and even more won't power.
15. Among the things that are so simple even a child can operate them are parents.
16. What's a dog's favorite homework assignment? A lab report.

K-LEE RADIO can now be heard on Bell Aliant Channel 17 locally, Eastlink Cable, Seaside Cable and Arichat Cable.



Tune in to hear the best in Cape Breton and Celtic Music 24 hours a day - 7 days a week - [www.kleeradio.com](http://www.kleeradio.com)



## NORTH SYDNEY URGENT CARE CENTRE HOURS

Monday, Tuesday & Thursday  
**8 am - 7:30 pm**  
 Wednesday & Saturday  
**9:00 am - 4:30**

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

We offer Professional transfers from tape to DVD using Pro Equipment-not home video gear.

We can put cassettes on CD's We can transfer VHS, 8mm and Mini DV tapes at great prices!



Phone 902 736 9402 (Paul)

## YOUR FREE SODUKO WEEKLY PUZZLE

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

**A Daily Crossword Online Puzzle available at - [www.kleeradio.com](http://www.kleeradio.com) click on FEATURES link**

## UPCOMING EVENTS

a list of Community events that are happening in your community

**MARCH 4** - At the Sydney Mines Library, Fraser Avenue, Coffee & Muffins, everyone welcome.

**MARCH 7 - THE RELATIVES BAND** Performing at John J. Nugent Fire Hall on Elliot Street in Sydney Mines on Saturday, March 7th at 9:00 pm. - \$15.00

**MARCH 8** - Don't forget to turn your clocks **AHEAD** 1 hour on March 8th.

**MARCH 14** - Branch 19 Legion, North Sydney, St Patricks Day Dance on March 14th, 8 PM till Midnight music by Ernie Wells \$5.00 per person

**MARCH 20** - Tom Green and Stompin' Tom Tour at the Savoy Theatre.

**MARCH 26 - 28** - Cape Breton Home Show - Membertou Trade & Convention Centre.

**APRIL 11** - Isle Aux Mort Boys, Branch 19 Legion, North Sydney.

**EVERY SUNDAY** - 6:00 pm, Phantom Country with host Kenny Walsh airs on K-LEE RADIO.

**EVERY FRIDAY** - 8:30 pm - Late Nite Oldies with Jack Cool airs on K-LEE RADIO.

**BINGO** - Sydney Mines Seniors & Pensioners Club, Sunday at 2:00 pm.

**BINGO** - Branch 008 Legion. Sydney Mines, Tuesdays at 7:30.

**EVERY THURSDAY** - Fibre Lunch, North Sydney Library 1:00 pm.

## - TAX TIPS 2026 -

**Tax tips for Canadians over 65** - If you're in your golden years or taking care of a family member who is, take a minute to review what credits and deductions you could both be eligible for.

Make sure you file a tax return:

Always file, because you could be entitled to other credits, deductions and benefits that get triggered by your tax return such as GST/HST credits. If you're receiving Guaranteed Income Supplement (GIS) through Old Age Security, make sure to file on time to ensure their benefits continue uninterrupted.

**INCOME SPLIT AND SAVE** - You're allowed to split up to half of your eligible pension income with a spouse or common-law partner. Income splitting allows some seniors to enjoy a significant tax reduction. In the situation where the lower-income spouse has very little income, the tax savings are substantial. If your spouse is unable to completely offset his or her age amount, pension income and disability amount against tax payable, he or she may transfer the unused portion to your return.

**SPLIT YOUR CPP AND SAVE** - You may be able to split part of your CPP retirement benefits with your spouse depending on how long you lived together when you were contributing to the plan. This is an advantage if one senior is in a higher tax bracket than the other. However, to do so, you must apply to Human Resources & Social Development Canada using Form ISP-1002. It cannot be done at the time of tax preparation.

**MEDICAL EXPENSES CAN ADD UP** - A portion of most medical expenses can be claimed! Everything from medication to nursing home fees, and even medical insurance for a trip or wintering in another country is considered eligible. Medical expenses are reduced by a percentage of your income, so it is normally more beneficial for the lower income spouse to claim them. And if you had to travel to obtain medical treatment that was not available where you live, you may be able to claim the cost of transportation, meals and accommodation.

**TAKING CARE OF A SENIOR HAS ITS TAX BENEFITS** - If you are over 65 and dependent on your children or other family members because of an impairment in physical or medical functions, they may be able to claim the Canada Caregiver Tax Credit. To qualify for the tax credit, your earnings need to be less than \$23,906 in 2019 and a doctor needs to supply a note explaining the nature and duration of the impairment. If you are eligible for the disability tax credit, they may also be able to claim any portion that you do not need to reduce your taxes to zero.

H&R BLOCK

**TAX  
PROFESSIONALS**

220 Commercial Street, North Sydney, B2A 1B7

Office 902-794-7117 - Fax 902-241-3088

[lisa.tobin@hrblock.ca](mailto:lisa.tobin@hrblock.ca)

Walk In Or Drop Off Service Available

## SYDNEY MINES LIBRARY

ONGOING BOOK SALE - all items are now .50 each

**WEDNESDAY** - Coffee & Muffins, March 4th - everyone is welcome

**March Break Activities** - Phone 736-3219

**Winter Reading Program** has started.

## BINGO WEDNESDAY MARCH 4<sup>TH</sup>

NORTH SYDNEY SENIORS  
& PENSIONERS CLUB

**DOORS OPEN 5:30**

**GAME STARTS AT 7:00 PM**

Entry Card \$3.00 - Xtra Book \$5.00

Specials \$1.00 each

**JACKPOT \$2200.00**

ON 54 #S OR LESS

**TOONIE \$344 +**



## RELATIVES BAND

Performing at John J. Nugent Fire Hall on Elliot Street in Sydney Mines on Saturday, March 7th at 9:00 pm. - \$15.00

## NORTH SYDNEY LIBRARY

**FIBRE LUNCH** - Thursdays 1:00 pm.

## SUPER SATURDAY

Storytime, 1:30 -3:30, no registration is required

**TUESDAYS - LEGOS** - 3:30, school age

Looking for donations of wool and yarn for upcoming programs.



**K-LEE  
RADIO  
24 / 7**

Celebrating our 17th year of Broadcasting in Cape Breton

## \$750 SENIORS CARE GRANT APPLICATIONS STILL OPEN

Funding through the Seniors Care Grant program is now available to help more seniors with the cost of household and healthcare services.

Eligibility expands this year to include people with a household income up to \$45,100. The previous maximum was \$37,500.

This means more than 3,500 seniors who applied last year but were over the threshold are able to get the grant this year.

"The Seniors Care Grant program has helped tens of thousands of seniors with the supports they need while giving them the peace of mind they deserve," said Barbara Adams, Minister of Seniors and Long-Term Care.

"Getting a little help with household chores, or with the costs of home heating, can go a long way in helping to make sure that seniors can remain living in their homes and communities."

The program provides a grant of \$750 to help cover the costs of household and healthcare services, including physiotherapy, meal preparation, medication and grocery delivery, phone and internet services, and home repairs. The grant may also be used for home heating costs, such as furnace oil, natural gas and electricity.

More information about the grant, including how to apply, who is eligible and eligible services is available: online at <https://beta.novascotia.ca/apply-help-household-costs-seniors-care-grant>

by email: [seniorsgrant@novascotia.ca](mailto:seniorsgrant@novascotia.ca)

by phone: 1-800-670-4357 (toll-free).

Print applications are available at Access Nova Scotia centres and MLA offices and will be mailed to previous recipients.

The deadline for applications is March 31st, make sure to apply, see MLA office for assistance with this application.



### BIRTHDAY WISHES

Would you please send out a Special Birthday Wish for our granddaughter, Emily Burton, who will celebrate her "Sweet Sixteen" birthday on March 6th - With lots of Love from Nanny and Papa.

### FRIDAY NIGHT 7:00 pm HOLY FAMILY PARISH

BINGO every Friday night 7:00 pm at the Parish Hall, Main Street, Sydney Mines.



## AROUND THE TOWN

NORTHSIDE COMMUNITY

NEWS EVENTS

GLEN GRAY - EDITOR



On **Sunday, March 8th**, the clocks go **AHEAD** 1 hour for Daylight Savings Time - this is a blessing as we will get an additional hour of sunlight which helps keep the gloom away - remember to turn your clocks ahead - also, it is a good idea to change **the battery**



in your smoke detectors at the same time so you will remember each year..... **CRANKY DEPARTMENT** - I usually try to stay positive with this column but I feel the need to express a concern that has been happening all around the Northside and Sydney as well - it concerns the **handicapped parking spaces** at the various malls and grocery stores -



they are there for a very good reason, to assist those that have **mobility issues** to be able to park close to the store entrances - during the last two weeks, especially with all the snow we are having, I have observed **MANY** vehicles pull into a handicapped parking spot and a young man or woman pop out like a gazelle and head into the store - I hope that these persons realize that they are taking a **needed parking spot** away from someone who really needs it, please refrain from this practice and walk the extra 20 feet you save by taking up a handicapped spot..... Opposite this column you will see information on the **Seniors Care Grant**, if you haven't already done so, apply now and receive \$750.00, check with your **MLA office** for assistance with this grant, it's easy to complete but do so before **March 31st** deadline..... coming up on Wednesday afternoon at the Florence Fire Hall, 42 Kempt Street, Florence, is a **Seniors Social** with music, fun activities and food, stop by for a pleasant afternoon and meet new people - 1:00 - 3:00 pm.....on page 4 you'll see a book review from Paul Power called "**A Gift Before Dying**" written by Florence native **Malcolm Kempt**, see the review and the additional Publishers notes..... North Sydney poet Ron Gillis has another **poem** for us this week "Annapolis Seeds" on page 5... page 6 has a list of **Upcoming Events** you may want to attend, see the list and choose your event..... also on page 6 you'll see practical **TAX TIPS** for seniors to maximize your return.... the **Relatives Band** will be performing at the John J. Nugent Fire Hall in Sydney Mines on March 7th at 9:00 pm ..... we have another **Old Time radio** Podcast you can download for free - **Red Skelton** and "Looking For Trouble" is this week's feature episode, logon to [www.kleeradio.com](http://www.kleeradio.com) and click on the "**PODCAST**" link... we'll see you all next week, be careful of the nice when walking..... **NOTE** Clubs and organizations can have azFree Publicity of their events by emailing us by Monday at **5:00 pm** and we'll publish it free, email us at - [thisweek@kleeradio.com](mailto:thisweek@kleeradio.com)



Listen to K-LEE RADIO on Bell Fibe Channel 17, Seaside Cable, Eastlink Cable and Arichat Community TV - The Best Of Cape Breton & Celtic Music

## FREE OLD TIME RADIO PODCAST

K-LEE RADIO has made several Old Time Radio broadcasts available for you to download free from our website. This week's featured show is **Red Skelton**. On October 7, 1941, Skelton premiered his own radio show, The Raleigh Cigarette Program, developing routines involving a number of recurring characters, including punch-drunk boxer Cauliflower McPugg, inebriated Willie Lump-Lump and "mean widdle kid" Junior, whose favorite phrase ("I dood it!") became part of the American lexicon.



This week's episode is "Looking For Trouble." Click on the "PODCAST" link to download this broadcast and while you're there, load some more free Podcasts.

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

## The Saga of Big Arse Betty

Have you ever wondered where some of the nicknames we use in Cape Breton originated? When I was a young whippersnapper growing up in Sydney I often wondered why "Little Alex" was 6 foot 4 and his father "Big Alex" was about 5 foot 2. Likewise "Tiny" MacKenzie from Benacadie Pond tipped the scales at 325 pounds. These nicknames seemed to have opposite meanings.

The reason I bring this up is because of the nickname "Big Arse Betty" given to one my early female friends, Elizabeth Morrison. As teenagers attending Sydney Academy we always wanted new adventures and ironically it was Betty who suggested we try horse back riding at the Mira Riding Stables.

This seemed like a good idea and we all agreed that we would add horse back riding to our schedule.

When we first went to the riding camp they gave us some basic pointers and commands we could use to guide the horses. After ten minutes we thought we were John Wayne recruits and off we went to the trail.

Betty had one of the bigger mounts but she seemed a natural at horse back riding though I knew for a fact that she was never on a horse in her life. We finished the ride after about an hour and we were all of the opinion that horse back riding would become one of our new recreational activities.

Now most of the guys in our group at that time had nicknames and we tried to use them to impress the girls. "Ox" MacKinnon as the name implies could have been a football fullback, Ronnie "Strings" Archibald was the guitar player, Allan "Hawk" MacGuire could sing Gaelic songs and talk dirty and nobody knew the difference and of course me, "Greyhound".

As we made our way back to the paddock there was another group ready to go on the trail ride and as we dismounted there was a gentleman waiting to take one of the horses. As it turned out it was Betty's horse and he remarked in his Newfoundland accent, "My, dats a big harse ya got there young lady" referring to the horse. Of course we jumped all over the comment and started calling her "Big Arse Betty" and the name stuck. Betty went to college at Acadia and we lost track of her for awhile. I went to a 25 year Sydney Academy reunion and when I saw Betty I immediately broke into a big broad smile. The nickname was maybe 25 years late but it certainly fit now. As we told our stories of the last 25 years and caught up on each other's lives she casually mentioned that she had finally forgiven me for the nickname. Apparently she blamed me for the name. That's the story of how a nickname finally came to be a reality. God love ya Betty!

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## WUZZLE PUZZLE

Can you guess these common word phrases?

1 WBOEADRS	2 H I L L	3 SPLOASTCE
4 UALLS NOW	5 SGEG	6 NO WAYS IT WAYS
7 EILNPU	8 JUS 144 TICE	9 13579 WHELMING
10 AMUOUS	11 LU CKY	12 UR ALWAYS MIND
13 AWAY UP UP	14 OR OR Ø	15 + DRESS DRESS DRESS

**ANSWERS** - 1 Bear In The Woods, 2 Downhill, 3 Lost In Space, 4 All Between Us Is Over Now, 5 Scrambled Eggs, 6 No Two Ways About It, 7 Line Up In Alphabetical Order, 8 Gross Injustice, 9 Odds Are Overwhelming, 10 Ambiguous, 11 Lucky Break, 12 You Are Always On My Mind, 13 Up Up And Away, 15 Address