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NORTHSIDE THIS WEEK

FREE
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Online

VOLUME 3 - #44 - Nov. 7 - Nov. 14 - Florence - Bras d'Or - Pt. Aconi - Sydney Mines - North Sydney

REMEMBRANCE DAY MESSAGE - MLA Eddie Orrell - Northside-Westmount



November 11th is more than just a day to be off work. It is a day of great joy when two World Wars were brought to

an end after long, hard-fought sieges and battles.

It is also a day when we mourn the loss of our many loved ones who fought so

gallantly to keep us free and paid dearly for that privilege.

Let me say what a debt of gratitude we owe those Veterans who showed us the courage and determination to keep Canada a free country where we could bring up our families in Peace.

And today, fighting and conflict is still going on and Canadians once again have volunteered to help bring a lasting Peace to war torn countries.

A Sincere and Heartfelt

Thank You must go to those brave men and women who answer the call of duty and serve our country so well helping to promote democracy.

I urge everyone to take part in Remembrance Day Ceremonies in your area and pay respect to the Veterans, both past and present, and teach our children the lessons we have learned from fighting wars -

“Lest We Forget”

In Flanders Fields

In Flanders Fields
the poppies blow
Beneath the crosses
Row on row.
That mark our place
And in the sky
The larks still bravely
Singing fly
Scarce heard amid the
guns below.

We are the dead,
short days ago
We lived, felt dawn
Saw sunset glow
Loved, and were loved
And now we lie
In Flanders Fields

Take up our quarrel
With the foe
To you with failing
hands
we throw - The Torch
Be yours to hold
it high
If ye break faith with
us who die
We shall not sleep,
though poppies grow
in Flanders Fields

Lt.- Col. John McCrae

Let us take time this Remembrance Day to pay tribute to the many Cape Breton Veterans who fought for us to secure a lasting Peace and to remember those who paid the supreme sacrifice to make this happen.

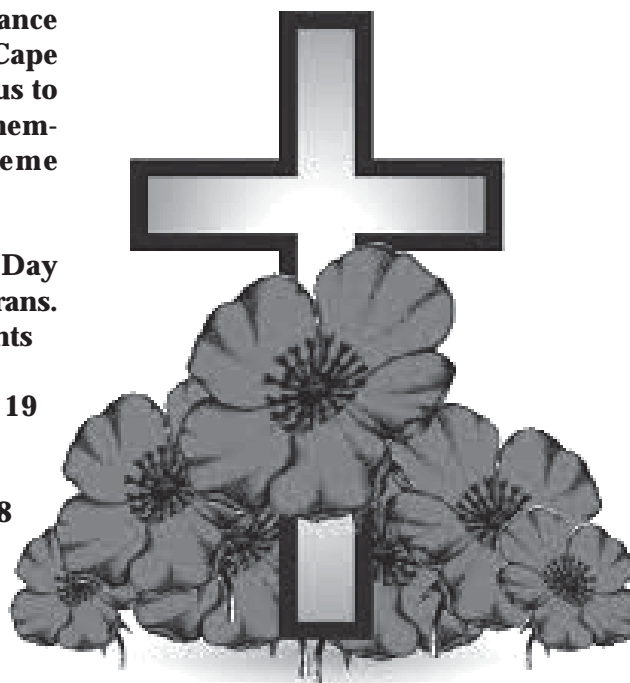
Please attend a Remembrance Day Ceremony to pay homage to Veterans. You can see all the Legions' Events

**North Sydney Legion Branch 19
- Page 3**

**Sydney Mines Legion Branch 008
- Page 6**

**Florence Legion, Branch 83
- Page 6**

“Lest We Forget”



+ + + + +

NORTHSIDE SHORTS

Homemade Plum Pudding
 Trinity Anglican Church,
 Queen Street, Sydney Mines,
 Christmas Homemade Plum
 Pudding - Price \$8.00 - Place
 your order before December
 14th - Phone 736-8418 or
 736-2300. Leave a message
 if nobody answers. Pick Up
 Side Entrance of Church.



NORTH SYDNEY LIBRARY NEWS

Saturday, Nov. 9, 2:00 pm
 the Library hosts Little Miss
 Moffat with music and songs
 from her CD.

Tuesday - Tickets for the
 Christmas Basket will be avail-
 able at the desk.

Wednesday from 7:00 - 9:00
 pm the Writers Group meets,
 stop by.

A reminder that the
 Library is closed on
 Remembrance Day.
 The Library staff encourage
 you to honor and remember all
 Veterans on November 11th.

EMERA CENTRE EVENTS

Family Skate sponsored by
 Tim Horton's on November
 11th from 1:40-3:40 pm.

NOV. 7 - 10 Green & Gold
 Hockey Tournament.



March Of Concern Parade
 Saturday, November 9 at 10
 o'clock at Branch 12 Legion in
 Sydney, a Parade Of Concern
 for DVS Offices that are sched-
 uled to close, is planned.

Too many of our Veterans
 cannot travel to Halifax for
 service.

We need your support,
 please show up at Branch 12
 Legion to help our Veterans
 keep the offices open.

BREAKFAST BRUNCH 24th NOVEMBER, 2013

9:00 am - 12:00 pm

Sponsored by: "Friends Of
 The Big Bras d'Or Fire Hall"
 1390 Old Route #5,
 Big Bras d'Or

Adults: \$7.00 - Children: \$3.00

EAT IN OR TAKE OUT

CRIBBAGE GAME - At the
 Bras d'Or Seniors and Pen-
 sioners Club **EVERY SUNDAY**

Great Stocking Stuffer

If you enjoy reading Cape
 Breton Tall Tales, Book 2 has
 just been published and is
 available locally.

The book features 28 stories
 with local characters. Makes
 a great gift for all at only \$4.95

**North Sydney
 Santa Parade
 Dec. 6 - 6:30
 pm - See you
 there!**



The Scottish Voice - 7:00
 PM - on Sunday and Wednes-
 day evenings. Host - Janet
 Stubbart playing the very best
 in Cape Breton and Celtic
 music - www.kleeradio.com

NORTHSIDE COMMUNITY NEWS

SENIORS TARABISH

Come out and enjoy an
 evening of Tarabish at the
 Sydney Mines Seniors &
 Pensioners Club at 6 Fraser
 Avenue in Sydney Mines
 every Sunday beginning
 7:30. Lots of good company
 and exciting games. All are
 welcome, so come out and
 have an enjoyable evening.

Round & Square Dance

A great night of fiddle, music
 and song will take place at the
 Southside Boularderie Fire Hall
 and their Round & Square
 Dance.



Rodney
 MacDonald,
 B u d d y
 MacDonald
 and Special
 Guest will
 entertain you
 on Saturday,
 November

16th from 9:00-12:00.

The admission is \$13.00
 each or 2 for \$25.00 and there
 are a limited number of tickets
 get yours before they sell out!!

For tickets - Josh 736-6742
 or Dolores at 736-8924. This
 dance is for 19 and over.

CARD GAME

A 45's Card Game will be
 held every Thursday - 8:00 pm
 at the Southside Boularderie
 Fire Hall.

If you wish to send
 Birthday Wishes, just
 email us at -

thisweek@kleeradio.com

North Sydney Fire Hall Upcoming Events List

**FRIDAY, NOV. 8- AFTER
 WORK PARTY**, - Adm. \$5.00
 this gets you to Happy Hour
 Prices all night long. 9:00-1:00
 with 87 One entertaining,
 kitchen open.

BENEFIT DANCE - for Dave
 Walsh, retired firefighter, Nov.
 15, 9:00-1:00, \$5.00. Music by
 DJ Firehound. The Fire Hall
 serves lunch on Mon., Wed.
 and Fridays from 11:00 - 2:00,
 lunch menu, 794-8119. We
 are **CLOSED** Remembrance
 Day.

FALL SPECIALS

 **7 PIECE CHICKEN**
 Med. Fries, Med.
 Gravy, Med. Salad
 3 Rolls \$23.89
 PLUS TAX

 **12 PIECE CHICKEN**
 Large Fries, Med.
 Gravy, Med. Salad,
 4 rolls \$33.79
 PLUS TAX

 **18 PIECE CHICKEN**
 Large Fries, Med.
 Gravy, Med. Salad
 6 rolls \$38.69
 PLUS TAX

Located in Bras d'Or on
 Trans Canada Highway

- HOURS OF OPERATION -
 11:00 AM - 10:00 PM



ROYAL CANADIAN LEGION - SYDNEY MINES - 736-3206

HAPPY HOUR - 8:00 - 11:00

KARAOKE 8:00 - 2:00 AM

BINGO - TUESDAY - 8 PM

Hall Rental Available - 736-3206

KIDS
 DANCES
 Nov. 15
 Nov. 29

BINGO				
7	25	44	57	62
15	22	40	50	70
11	30	46	74	
2	28	37	55	68
10	27	39	59	75

BINGO Tues.
 8 PM
 Bigger
 Games &
 Prizes

NORTHSIDE COMMUNITY NEWS ITEMS

Branch 19 Legion North Sydney



Here is a list of Remembrance Day Services that will be held at Branch 19 Legion - **10:15** - Fall In - in front of Legion Hall.

10:30 - Move to St. Matthew Wesley United Church.

11:00 am - Combined Church Services.

12:00 - Parade Reforms

12:15 - Parade Past Reviewing Stand.

12:30 - Placing Of Wreaths at Cenotaph.

Following the Church Services, the parade will reform from the church, along Commercial Street past the Reviewing Stand at Marine Railway, left onto Archibald Avenue to the Cenotaph. After Laying of Wreaths a Light Lunch and live music will be presented from 1:00 - 5:00 pm with **"MEMORIES"** providing the entertainment.

VETERANS BREAKFAST - All Veterans are invited to attend our Annual Veterans Breakfast held prior to our Remembrance Day Service, November 11th from 8:00 am to 9:30 at the Branch. if you require transportation please call 794-4816.

Celebration Of Lights Service - Big Bras d'Or

St. John's United Church, Big Bras d'Or, will be holding their annual Celebration Of Lights on Sunday, December 1st at 7:00 pm.

This is an evening of special remembrance and music.

Refreshments will be served following the service. Everyone is welcome to attend.



NORTH SYDNEY LIBRARY NEWS

On Saturday, Little Miss Moffat will be at the Library.

Tickets for a Christmas Basket, \$1.00 each will be on sale.

Wednesday - 7:00-9:00 The Writing Group meets at the Library .

The Library will be closed on Monday in recognition of Remembrance Day.

The staff encourage everybody to attend Remembrance Day activities and honour our Veterans - Lest we Forget!

Do you like Bluegrass Music? Then tune in to **www.kleeradio.com** every Tuesday & Thursday evenings at 7 PM as we present the best in traditional Bluegrass music with host Ewell Ferguson.



The Northside/Harbourview Hospital Foundation provided funding to the Veteran's Unit of Harbourview Facility for new recreational items including a giant laminated crossword puzzle, bingo games and an orientation board for special events and calendar notifications. Funds for these activities were purchased thanks to generous donations for the Veteran's unit from employees and the community. Pictured left to right are Con White, Joyce Hart, George Bidart, Beryle Wiesner and Foundation representatives Leah Snow and Kathy Jessome.

QUILT DRAW - The North Sydney Legion, Branch 19, will be sponsoring a Quilt Draw. It is a Queen Size quilt and it is in the Card Trick Pattern. It will be drawn for December 21. The tickets are \$1.00 each or 3 for \$2.00.

North Sydney & District
Minor Hockey 50/50 Draw

The winner of last week's 50/50 Draw was B. Burt from North Sydney and the amount was \$8,240.

Sydney Mines Seniors & Pensioners Birthdays

The following celebrated birthdays in October - Rachel Maxwell, Florence Powers, Kay Skinner, Robert Debison, Libby Brogran, Sarah King, Isabell Hollingsworth, May MacAulay, Bertha Sullivan, Colleen MacIntyre, Diane Wilson, and Robert MacPhee.

We wish all many happy returns.



EDDIE ORRELL

MLA - Northside-Westmount
eddieorrell@bellaliant.com

OFFICE HOURS
Monday - Friday - 9:00 - 4:00

PH: 794-4847 - Fax: 794-1815



We Salute all Cape Breton Veterans and the Sacrifices they made for Peace - Please attend Services on November 11th in their honour!

309 Commercial St., North Sydney - B2A 1B9



KING STREET - NORTH SYDNEY

PH: 794-4888

FRIDAY NIGHT IS WING NIGHT

\$3.00 for 6 Wings - \$6.00 for 12 Wings

WITH BEVERAGE PURCHASE

ALL YOU CAN EAT BUFFETT

Mon.-Fri. 12 pm - ADULTS \$10.99 & KIDS \$5.99

SUNDAY - ALL YOU CAN EAT BUFFETT

4:30 - 7:30 pm - \$11.99 ADULTS & KIDS \$5.99

KIDSEAT FREE ON TUESDAY

**KIDS 10 AND UNDER
DETAILS IN STORE**

New Northside Business Spotlight

A passion for health and wellness is what inspired Kelly Ingram, owner of Esprit Therapeutic Massage to become a registered massage therapist.

As previous manager of It's Only Natural General Nutrition, Kelly developed a strong understanding of the benefits of holistic health. While managing this business she obtained a diploma in Holistic Nutrition from the Canadian School of Natural Nutrition. It was during this time that it became clear to her that she would continue perusing her goal of working in the holistic health care environment.

It was also during this time that Kelly obtained her Reiki certifications. "It was then that I began to see the benefits of hands on healing", says Kelly. "I knew I wanted a change in my life and my career and massage therapy was something I felt very strongly about".

In June 2013, she received her massage therapy diploma as an honors graduate from the Canadian College of Massage and Hydrotherapy. The program is two years of intensive learning in which students participate in massage theory, assessments, pathology, and anatomy. "It is important to have a vast understanding the body and the conditions for which massage can be beneficial", says Kelly.

While in school, Kelly specialized in chronic pain conditions such as fibromyalgia, migraines, arthritis, and frozen shoulder. Though she is able to help persons with conditions such as these she also stresses the importance of taking care of your body before any illness set in and pain and discomfort begins. She understands that often pain is only a symptom of something bigger happening in the body. The majority of our time is now spent in front of a computer or texting, resulting in a lot of stress to our bodies. Massage therapy can help work out the tension in the muscles of the neck, shoulders and back, making you feel better. Kelly not only will help with your immediate conditions but she provides you with homecare recommendations to further the benefits of treatment.

Massage therapy has really come a long way. What used to be a form of relaxation and recreation is now used to help during treatments of certain health con-

ditions (alternative healing). Whether its relaxation you are looking for or treatment for a chronic condition, Kelly can help. You can arrange an appointment with her by calling 565 1149. Her clinic is located at 7 Convent St, North Sydney. She is also set up to do direct billing with Blue Cross and Great West Life.

Kelly Ingram, RMT
565-1149



Esprit
THERAPEUTIC
MASSAGE

- Deep Tissue Massage
- Pregnancy
- Relaxation
- Sciatica
- Neck and Back Pain
- Chronic Stress
- Headaches/Migraines

Blue Cross and Great West Life direct billing

NORTHSIDE COMMUNITY NEWS

Remembrance Day Roast Beef Dinner

The 5th Annual Remembrance Day Beef Dinner will take place on Monday, November 11th from 12 noon - 2:00 pm at Knox Presbyterian Church in Ross Ferry.

Adults \$12.00 - Children Under 12 - \$6.00. For tickets call 736-3519 or 674-2874.

St. Vincent dePaul Concert

A St. Vincet dePaul Concert will take place at the former St. Stephen Church, Pitt Street in Florence, Sunday, Nov. 17th

from 2:00-4:00 pm. - MC is Hugh MacDonald. 2 hours of music, song, come and join us!

Old Fashioned Christmas

An old fashioned Christmas Supper with all the trimmings Englishtown Community Hall on Thursday, Dec. 12th from 4:00-6:00. Turkey Supper, Homemade Pies, Tea/Coffee. It's just \$12.00 for adults and \$5.00 for children.

Cape Breton Christmas Memories book with hilarious Christmas stories. It makes a great Stocking Stuffer - just \$4.95

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North Sydney Fire Hall

THURS - WINGS & THINGS with
ERNIE WELLS & Friends

Members
& Guests

HAPPY HOUR EVERY DAY 4:00 - 6:00
KITCHEN OPEN THURSDAYS 4:00 - 10:00

We are CLOSED for Remembrance Day
PIERCE ST., NORTH SYDNEY - 794-7072

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SYDNEY MINES

736-9722



BY PAUL POWER

KAY - "My Name Is Kay"

Universal - It's not very often that I get a chance to write a review for an artist born in Cape Breton who's a pop/dance performer (like, never!) so this is a first. Here's what the online info says about Kay Boutilier; born in 1988 the Reserve Mines native attended Holy Angels High School, and after graduating in 2005 she left the island, moved around a bit and eventually settled in British Columbia. In 2011 she used the internet to promote her skills as a performer, successfully getting almost half a million hits on YouTube with her first single "My Name Is Kay".

Kay had originally released an EP in 2011, but with some tweaking it was re-released in February of 2012, and a second



EP came out in November of the same year. Throughout that time period, Kay proved to be a master of self-promotion and playing the fame game, and it worked, with her releasing a fantastic full-length album.

So obviously the first single released from this album was "My Name is Kay", and when I first heard the track in 2011 I knew it borrowed heavily from "That's Not My Name" by the Ting Tings, but it was still a pretty impressive song. As a matter of fact, there are A LOT of impressive songs here; "Next To You" is a dance-groovy ditty worthy of Jesse J or Lady Gaga. Ryan Tedder (One Republic) helped pen the cool song "Bus Stop", and "The Thrill" is an EDM

dream track that prompts a 'hands in the air' response worthy of Tiesto or Armin Van Buuren. Right now you're likely to hear the song "Strangers" playing quite a lot on local radio stations; it's a great one featuring wordplay by American hip hop artist Pusha T and "Alive" has a Missy Elliott feel to it, while "Whatever" is as good as anything Nicki Minaj has released, with its bouncy slap-rap attack in the lyrics. Plus, there's even a shout-out to Halifax in the song. What totally blew me away about this album are the incredible club-banging tracks; "It's Over" oozes big-time DJ vibes; "Because Of You" and "I Ain't Gonna Cry" are songs I can totally imagine Rihanna doing.

To Kay's credit she is amazing on these numbers. This album is audio proof that Kay Boutilier can hold her own up against not artists as well, some of which were mentioned earlier. If this is indeed the first dance/pop album from a Cape Breton artist it's a great one.

NORTHSIDE NEWS

Ross Ferry Crafters Meet
Crafters will meet Monday Afternoon, November 25 from 11 to 3 pm.

We will be making Christmas centrepieces. The cost is \$10.00 plus a pot luck contribution. Limited space so register early.

Call Teri 674-0148 or email us at - <http://rossferry.marinepark.weebly.com>

CHAIR YOGA

Southside Boularderie Fire Hall, with a certified Yoga Instructor every Monday morning 10:30 - 11:30.

Contact Dolores 736-8924 - weather permitting.



WEAR A POPPY

CB Choices

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

Mike Little updates his listings each week to keep you

Thanks to "Swing Over The Mountain" Newsletter for several events listings this week.

PHYSIOTHERAPY SERVICES AVAILABLE

BY MATTHEW GILLIS, MSc, PT

- Corrective exercise therapy
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SAT - 9:00 am - 1 pm

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794-7224



NORTHSIDE SHORT NEWS ITEMS

Branch 008 Legion Events

Royal Canadian Legion, Branch 008 Supper Dance Nov. 23 - Roast Beef - \$12.00 each - FIRST CHOICE entertaining - 7:30-8:30 pm, Tickets at the Bar.

NEW YEARS TICKETS at the Bar - \$15.00 each - Roast Beef Supper, 7:30 - 9:00 - T. C. Productions, Tommy Capstick, providing music 10 - 2:00 am.

KIDS DANCES - November 15th and November 29th.

NOV. 11 - Parade Line Up, March Off at 10:45. Guest Speaker Major Cecil Clarke. If raining, ceremonies will be held at Sydney Mines Junior High.

You are invited back to the Branch for a Light Lunch and music from 2:00-6:00 with Bob MacDonald and The Crew, 6:00-9:00 - Karaoke and 9:00 - 1:00 D.Js. Pepper & Pearl entertain.

Election Of Officers Sydney Mines Seniors & Pensioners Club

The Election of Officers will take place on November 12th at the Clubrooms, 6 Fraser Ave., Sydney Mines.

All members must have at least 2 meetings in to be able to vote and 5 meetings or more to run for office.

The Election will be taking place at the Club and all members must have their Membership Cards on them to show them at the door.

The Election will be taking place at 2:00 pm so please come out and exercise your right to vote. This is your chance to have your say. Hope to see you there!

Logon For Your Favorite
Cape Breton Music
www.kleeradio.com

Hearty Soup Luncheon

For something a little different, try the Hearty Soup Luncheon, Sunday, Nov. 17th from noon to 2:00 pm.

There are 4 choices of soup, freshly baked tea biscuits, only \$8.00.

Take exit 13 on the TCH, take home fresh baking from our Bake Table, enter to win a homemade wooden train.

Cooked, Baked & served by Boularderie MammoWarriors and all proceeds go to Cape Breton Cancer Patient Care Fund.

Florence Legion Program

- 10:40AM - Parade Falls In at St. Stephen's Church
- 10:45AM - Parade Departs to Florence Elementary School
- 10:57AM - O Canada
- 10:58AM - Last Post
- 11:00AM - 2 Minutes Silence

- Reveille
- Honour Roll
- Act of Remembrance
- Abide with Me
- Invocation – Greg Murphy
- Gospel Reading – Marjorie Serafinus
- Prayers and The Lord's Prayer – Greg Murphy
- Message – Marjorie Serafinus
- Laying of the Wreaths
- Benediction and Blessing – Greg Murphy
- God Save The Queen
- Light lunch, refreshments and entertainment to follow at Legion.



1 FRASER AVENUE - SYDNEY MINES

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Systems, Sewer & Water,
Sand & Gravel, Snow
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Demolitions**

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Sydney Mines Seniors & Pensioners Club News

WEDNESDAY: 45 Card Game & Jackpot, Loonie, Mini Pot, and Even Split. ♠♥♦♣ - TIME: 7:30

SATURDAY: OPEN MIKE
TIME: 8:00-12:00 pm

Music by Ray Petrie & Bud Harrold - R & B Country

COST: \$2.00 - Members and Guests are Welcome to come out and have a wonderful Evening. Canteen Available.

Shear Madness

HAIR DESIGNS

HANDICAP ACCESSIBLE

Come
Check
Us Out!

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

Gift Certificates Available

T-Zone Vibration Available

363 Main St. **736-7777**
Florence

SYDNEY MINES LIBRARY NOTES



Saturday Storytime from 2:00 - 3:00, no pre-registration required, games included.

Craft Day, Babies & Books are filled. A reminder that the Library is closed on November 11th. The Library staff would like to Salute and honour all Cape Breton Veterans,

Royal Canadian Legion
Branch 83 - Florence

POOL

TOURNAMENT

Every Wednesday Night
BINGO EVERY THURSDAY
8:00 pm - CASH PRIZES

**SATURDAY NIGHT
KITCHEN**

PARTY with Greg & Raymond
& Friends - 6:00 - 9:00

BREAKFAST
EVERY SUNDAY FROM
9:00 - 12:00
Adults \$6.00 - Kids \$4.00

PH: 736-6313

Mark Eyking, MP

Sydney-Victoria

mark.eyking.c1@parl.gc.ca

markeyking.liberal.ca

500 Kings Rd Sydney - 567-6275

Armstrong Memorial Branch #19

ROYAL CANADIAN LEGION NORTH SYDNEY

See Page 3 for
Remembrance Day
Events Listing

CRIB GAME EVERY THURSDAY EVENING
Quilt Draw - December 21 - \$1.00 Each - 3 for \$2.00
Archibald Avenue - North Sydney

794-4816 - 794-7482 - Members & Guests

Sydney Mines Santa Claus Parade *Saturday, November 16th*

FORMATION: 1:30 p.m. on Shore Road near
corner of Main Street

KICK OFF: 2:00 p.m.

PARADE ROUTE: From Shore Road, left onto
Main Street, along Main, left on MacKay
Street, ending at Butt Street. After the
parade you are invited to the Sydney
Mines Seniors & Pensioners Hall
on Fraser Avenue for an awards
ceremony and to meet with Santa.



The Sydney Mines Community Parade Committee is made up of representatives of Sydney Mines Community Policing Office, Sydney Mines Volunteer Fire Dept., Royal Canadian Legion Branch 008, Sydney Mines Seniors & Pensioners Club, Johnny Miles Society and the CBRM Recreation Dept.

For More information contact Kim Rideout 574-3773 or
CBRM Recreation 736-3117 or emgray@cbrm.ns.ca



NORTHSIDE SHORT NEWS EVENTS

125th Anniversary of the Incorporation of Sydney Mines Meeting

You are invited to a meeting regarding the 125th Anniversary of the Incorporation of Sydney Mines. It will be held on Thursday, November 14th at 10 am on the 2nd floor of the Customer Service Centre (Former Town Hall).

We are hoping to make this event a year to remember!! Bring your ideas and your friends and help celebrate Sydney Mines and our history!!!

Contact Kim Rideout at 574-3773, Krista Dove 574-0551 or emgray@cbrm.ns.ca

North Sydney Santa Parade
Dec. 6 - 6:30 pm - See you there!



C. B. Federation Of Agriculture News

Last day of Harness Racing for the season.



Card begins at 12 noon.

A reminder that there are still a few spots of dry storage left for your vehicles, boats, trailers ATVs etc. Contact Maureen at 794-7633.

There is still some composted manure available just in time to prepare your garden for Winter.

The staff of the Cape Breton Richmond Federation of Agriculture wishes to acknowledge the contrinution of all Veterans and ask that you attend a Remembrance Day ceremony to show your support and to honour them.

Thank A Veteran This Week



1415 Trunk 105 T.C.H
Bras d'Or,
Nova Scotia, B1Y 2N5

Wear A Poppy in Honour of Our Veterans



Monday - Friday
9:00 AM - 6:00 PM
Saturday & Sunday
9:00 AM - 5:00 PM

544-1144



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Bring your vehicle in for Winter Servicing

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

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- ✓ MAINTAIN
- ✓ SAVE

Here's What We Do..

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FIRE WALL PILLARS ON TRUNK LID
BOTH INNER FENDERS TAIL LIGHT ASSEMBLY
ALL SEAMS AND LATCH ON HOOD DOG LEGS
COMPLETE UNDERCARRIAGE WHEEL ARCHES AND LINERS
ALL WIRING INCLUDING BACK OF HEADLIGHTS SHOCK TOWERS
ALL SEAMS CLEARANCE LIGHTS DOORS BEHIND ALL CHROME MOULDINGS FRONT FENDER BRACES
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Unlike the conventional methods of rust proofing which tend to work as coating, a KROWN treatment actually displaces moisture and creeps into the inner metal fold of the vehicle - the areas where the most rust problems start. The KROWN formula remains active as an invisible barrier to repel mositure and salt and prevent it from re-entering the metal. The KROWN product can be applied in any season and in any weather.

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