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# NORTHSIDE THIS WEEK

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VOLUME 4 - #7 - Feb. 20 - Feb. 27 - Florence - Bras d'Or - Pt. Aconi - Sydney Mines - North Sydney



## Win 2 Free Tickets

Ice Jam 2014 will be held at the Branch 008 Legion in Sydney Mines. One of Ice Jam's co-sponsors is the Johnny Miles Festival Society.

This year's event has 10 Super musical acts (see page 4 for full details), a new band playing every hour.

You can win 2 Free tickets to this event by answering a simple Johnny Miles Trivia question.

Johnny Miles won the Boston Marathon in two different years. Simply tell us either one of those years and email your answer to [contest@kleeradio.com](mailto:contest@kleeradio.com).

We'll pick a winner and let you know in time for the event on Sunday, Feb. 23.

Get your entry in quickly as the terrific night of music takes place this weekend at the Sydney Mines Legion, Br. 008, Main Street .

We'll take all the correct answers and choose a winner from them. We'll notify you on Saturday so you can make plans to attend. We'll see you at ICE JAM 2014!!!

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## NORTHSIDE COMMUNITY NEWS

### HAPPY BIRTHDAY



Feb. 24, 55th Birthday for our Mom Debbie MacDonald. Love, Felicia, Jolene, Elmer and Jacob and all your grandchildren, family and friends. Hope your day is perfect!!!

SidneyCrosby Olympic Hockey Jersey Draw Tickets are now on sale for a Sidney Crosby Olympic Hockey Jersey sponsored by Branch 19 Legion, North Sydney.

Drawing Feb. 22nd, Tickets \$1.00 each or 3 for \$2.00.

### 45s CARD GAME

There will be a 45s Card Game every Monday Night from 7:00 - 10:00 pm at the Big Bras d'Or Fire Hall.

**Dan McCarthy** is the scheduled entertainment - John Nugent Fire Hall in Sydney Mines. Stop by for some great music - 5:00 pm Thursday.

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

**Aprender español** - Learn to speak Spanish, see page 7 - Library News for details - This is a FREE Course!



Branch 008 Legion, Tuesdays, 8:00 PM.  
Branch 83 Florence Legion, Thursdays - 8:00 PM.

**Legion Monthly Meeting**  
The regular Monthly Meeting of Branch 19 Legion will be held on February 26th at the branch on Archibald Avenue in North Sydney. The scheduled time for the meeting is 8 PM.

**Thursday Night Dances Will Continue** - NS Firefighters Club  
The popular Thursday Night Dances will continue at the North Sydney Firemens Club as in the past.

There will be NO Open Mike but the dancing will continue. Time is 8 - 12 and the Kitchen will be open 4 - 10 pm.

Do you like Bluegrass Music? Then tune in to [www.kleeradio.com](http://www.kleeradio.com) every Tuesday & Thursday evenings at 7 PM as we present the best in traditional Bluegrass music .

**International Women's Day Luncheon - Mar. 7**  
A Luncheon celebrating International Women's Day will be held on Friday March 7th at 12 noon at the John J. Nugent Center, Sydney Mines.

"Ask the Doctor" - Keynote Speaker---Dr. Dorothy Dolhanty  
Tickets \$25 each - Table \$250 ten Guests.



For more information, contact Foundation Office 794-8870 or 794-5402 or this email address [hatcherrochelle@cbdha.nshealth.ca](mailto:hatcherrochelle@cbdha.nshealth.ca)  
\*Advance Tickets Only\*  
This event sells out quickly. All Proceeds will go to the Northside/Harbourview Hospital Foundation

## FREE WEEKLY SODUKO PUZZLE

8			1
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4	9	7	
	8		6 5
		8 9	
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FREE SODUKO PUZZLE & CROSSWORD PUZZLE  
at [www.kleeradio.com](http://www.kleeradio.com) on the FEATURES PAGE  
Plus Free Software Giveaway  
all updated DAILY!!

## NORTHSIDE COMMUNITY NEWS ITEMS

**FLY TYING CLASSES** - Fly Tyng classes are beginning on Monday evenings at 7:00 P.M. at the Minor base ball building Pitt St., Sydney Mines.

New and experienced tyers welcome - NO FEES.  
Come and enjoy a wonderful hobby.

Deadline for CBRM Volunteer Nominatuons is March 15 - see page 8 for details.

**REMINDER TO PARENTS** - The kitchen at the North Sydney Firefighters Club on Pierce Street in North Sydney is now open for kids lunches Monday, Wednesday & Fridays from 11:00 - 2:00.

If you wish to send Birthday Wishes, just email us at - [thisweek@kleeradio.com](mailto:thisweek@kleeradio.com)



## ROYAL CANADIAN LEGION - SYDNEY MINES - 736-3206

*HAPPY HOUR - 8:00 - 11:00*  
*KARAOKE 8:00 - 2:00 AM*  
*BINGO - TUESDAY - 8 PM*

KIDS DANCES  
Feb. 21



BINGO Tues.  
8 PM  
Bigger Games & Prizes

Hall Rental Available - 736-3206

**NORTHSIDE COMMUNITY NEWS ITEMS**

**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.

**Disco Techs At Fire Hall**

The Disco Techs will be appearing March 1st at the North Sydney Fire Hall, Pierce Street. All the Disco hits from the 70's, \$10 at the door.



**Breakfast Brunch  
February 23rd, 2014**

9:00am – 12:00pm

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

Yoga classes will be held on Thursdays from 7:00 - 8:00 pm at the former St. Stephens Church in Florence.

No registration is required and for further information you can contact Patsy at 674-2374.

**KIDS SOCK HOP**

The Cape Breton County Exhibition presents a SOCK HOP for kids ages 7-12 Friday, February 28th from 7:00pm to 8:30pm at the Exhibition Grounds 105 Regent Street, North Sydney. Admission \$3.00 canteen service available.

Music by SolidGold DJ Service with the best light show and music!

For more information please contact Maureen at 794-7633

**St. Paddy's Day Boiled Dinner & Entertainment**

**WHEN:** - Monday, March 17th

**WHERE:** - Sydney Mines Seniors & Pensioners Club, 6 Fraser Ave., Sydney Mines

**TIME:** 2:00 - 4:00 pm

**COST:** - \$10.00 per person

**EAT IN OR TAKE OUT**

For Tickets Please Phone: Serella: 578-4485 or Florence: 736-0551.

All are Welcomed and I can guarantee that you will have a wonderful meal and Fantastic Entertainment (R&B Country) Ray Petrie and Bud Harrold.

Download your very own Free electronic copy of Northside This Week at [www.kleeradio.com](http://www.kleeradio.com)



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Feb. 12




 7 Pc. CHICKEN - Medium Fries, Medium Gravy, Medium Salad  
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 12 Pc. CHICKEN - Large Fries, Medium Gravy, Medium Salad  
4 Rolls ..... **\$34.19** PLUS TAX

 18 Pc. CHICKEN - Large Fries, Medium Gravy, Medium Salad  
6 Rolls ..... **\$39.89** PLUS TAX



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### Beginner Tai Chi Class

Taoist Tai Chi Renovate and improve your mind and body, lift your spirit. FLK Taoist Tai Chi is having an Open House and Beginner Class. Bras D'Or Hall, 24 Villa Dr. OPEN HOUSE Wednesday Feb 19, 2014 at 7 pm BEGINNER CLASS Wednesday Feb 26, 2014, from 7-9 pm.

This exercise will help with balance, stress, sleep, etc. ALL ARE WELCOME. Come see what it is all about. We are a non profit group and no instructors receive any monies for instructing.

### Shuffleboarders To Meet

Shuffleboard players will meet, Feb. 22nd, all Shuffleboard Players welcome!!

Come to the Fox Den, at 451 Prince St., Sydney, must be 19 years and over.

Get together for some fun and competition.

Happy Hour from 2:00-3:00, for more info and Sign Up, call 539-7199 or visit this site - [www.foxdensydney.com](http://www.foxdensydney.com)



### BRANCH 008 NEWS ITEMS

**Feb. 23rd** - Ice Jam, Watch for our ad.

**Feb. 28** - Darts - Legion Men's Zone Shoot.

**MARCH 1ST** - - Teams  
**MARCH 2** - Legion Men's Zone Doubles.

**MARCH 15 & 16** - DARTS - Legion Provincial Team from Nova Scotia - Breakfast from 7:00 -9:00 am - \$4.00 each.

**APRIL 18** - Fish Supper \$10.00.

**APRIL 19** - Easter Supper Dance - Chicken - \$12.00

each - FIRST CHOICE providing entertaining.

**MAY 10** - Mother's Day Supper & Dance - \$12.00 - FIRST CHOICE providing the music.

**BINGO** every Tuesday - 8 pm

**KARAOKE** - Fridays at 9 pm

**SEE TAX TIPS - SAVE MONEY ON PAGE 7**

### ICE JAM 2014

Ice Jam 2014 will be held this year on February 23rd at the Branch 008 Legion in Sydney Mines. There will be lots of local entertainment, Door Prizes and a Silent Auction. Listed below is the lineup of musical talent with something for everybody.

**2:00** - DRIVIN

**3:00** - Ian Robertson & Willie Ryan

**4:00** - Troy Young

**5:00** - Gone Country

**6:00** - Pretty Archie

**7:00** - Kintyre Lite

**8:00** - Bandit

**9:00** - Hat Trick

**10:00** - Alter Ego

**11:00** - Lit Up



The Kitchen at the Legion will be open for your dining pleasure. This is a great way to beat the Winter Blues!! Ice Jam is co-sponsored by the Johnny Miles Festival Society and Branch 008 Legion in Sydney Mines. Ice Jam is also a part of the 125th anniversary of the incorporation of the town of Sydney Mines. Admission for all this great talent is just \$7.00, great bargain!!!

### BIZ AT BREAKFAST

WEDNESDAY, FEBRUARY 26, 2014 - CAMBRIDGE SUITES 7:45 am to 8:50 am

#### GUEST SPEAKER

**Dr. Dannie Brown**, professor in the Shannon School of Business at CBU.

Dr. Brown's research interests lie in the areas of Human Resource Management and Entrepreneurship. Dr. Brown has also operated his own consulting business in management training and leadership development.

#### TOPIC - Expectations of Employees/Needs of Employers

Based on recent research, Dr. Brown will identify what today's students are looking for in job satisfaction and what employers can do to meet expectations of employees and also meet the operational requirements of business.

Seating is limited, so please contact Angela Finney at the CBSBDC office 562-2201 or [angela@cbsbdc.ca](mailto:angela@cbsbdc.ca) to purchase your ticket. Tickets are \$15 for a full hot breakfast.

Should you have any questions, please contact Joyce MacDougall 562-2201 or [joyce@cbsbdc.ca](mailto:joyce@cbsbdc.ca)

### UPCOMING EVENTS

**FRIDAY, FEB. 21** - 9:00 AM - 10:30 AM Golden Steps Walking Club - Emera Centre Northside - North Sydney  
10:00 AM - 11:00 AM Toddlers' Skating - Sydney Mines Community Centre

**UPCOMING EVENTS Feb. 21**  
- 12:00 PM - 2:30 PM Adult Skating - Sydney Mines Community Centre  
1:00 PM - 2:00 PM Open Hockey - Emera Centre  
7:00 PM - 10:00 PM - Charlottetown Islanders VS Cape Breton Screaming Eagles - Centre 200 - Sydney

### North Sydney Fire Hall

THURSDAY - WINGS & THINGS with WADE & TODD - 8:00 PM

Members & Guests **HAPPY HOUR EVERY DAY 4:00 - 6:00**  
**KITCHEN OPEN THURSDAYS 4:00 - 10:00**

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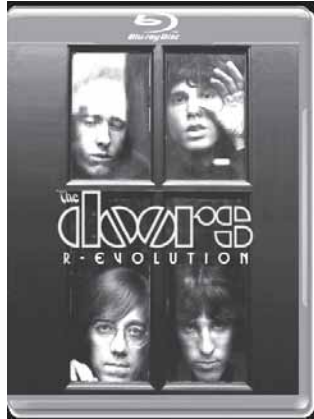
"It's All About The Music"



## BY PAUL POWER

**THE DOORS - "R-Evolution" Blu Ray Eagle Rock** - It is impressive that 40 years after the band's demise people are still finding unreleased footage of The Doors-and that's the case here on a new Blu-ray disc filled with amazing music and visuals. The idea behind this release was to show how important visuals were to the band, and how images could lift the music up to heights unimaginable with just sound; The Doors perfected the use of art as a muse for music-and vice versa. They shook off the constraints of the 1960's establishment and their 'evolution' led to their 'revolution', hence the disc's name. There are some fantastic performances here from the band's television appearances on "American Bandstand", "The Jonathan Winters Show" and "The Smothers Brothers Comedy Hour", but for me the best are the 'music films' the band did for the songs "Break On Through", "Roadhouse Blues", "People Are Strange" and "Gloria", precursors to what we now know as music videos.

Here's an interesting side note on that subject; in 1961 Nova Scotia born producer Manny Pittson was working for the Canadian television variety show "Singalong Jubilee" and he pre-recorded music



tracks, then shot on-location visuals with the musicians lip-synching to the songs, resulting in what were some of the earliest music videos (albeit on film). Of course performances of "Light My Fire", "Hello, I Love You", "Crawling King Snake", "L.A. Woman" and "Moonlight Drive" are all here too-what self-respecting Doors collection would be without them? I especially liked

the bonus features on this disc, which alone make it worth the purchase; the 1970 Isle of Wight performance of "Break on Through" is amazing, the 45 minute documentary "The Doors-Breaking Through The Lens" was really interesting and the commentary from John Densmore, Robby Krieger, Bruce Botnick, Elektra Records founder Jac Holzman and especially those from the late Ray Manzarek were enlightening and helped shine a light on one of rock and roll's most mysterious bands. One surprise for me was the 1966 Ford Motor Company training film "Love Thy Customer", for which The Doors did the music-what? I kid you not! A 25 minute training film for car salesmen, with instrumental music by The Doors. It's ironic to watch it now, especially the music parts that almost sound a bit subversive. It is a hoot-and a treat. The footage here was carefully restored to the highest standards, and the sound was remixed and mastered for 5.1 by Bruce Botnick. The disc clocks in at well over 2 hours and I would encourage you to check it out.

## NORTHSIDE NEWS

### Talent Night Planned North Sydney Fire Hall

Come to the NS Fire Hall on Feb. 28, from 8:00-12:00 for a Talent Night.

The cost is only \$2.00 and music is by Wade, Todd and Ernie. If you can play or sing, come out for your chance to win \$100.00.

The Kitchen is open from 4:00-10:00.

### The 7th Annual KnitFit Community Knit-a-thon!

Sat Feb 22nd, 10 am – 5 pm at the McConnell Library, Sydney and 2–4 pm at New Waterford Library.

Donations of yarn and supplies, as well as finished knitted or crocheted items welcome at all library branches.

Items are donated to local charities that provide free clothing to families, and pledges support children's

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## C.B. Choices

For the latest and most comprehensive list of local events, logon to [www.musiccapebreton.com](http://www.musiccapebreton.com)

Mike Little updates his listings each week to keep you

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## WINTER SAFETY DRIVING TIPS

With all the snow we've been having lately, it seems best to just sit back with a cup of tea and wait until all the roads have been plowed or it's Spring again before travelling. That's not always possible for many of us especially those travelling to Halifax for medical appointments.

However, if you really must travel, there is some help for you. Nova Scotia has a system of roadside cameras that tell you instantly the condition of the roads you are planning to travel.

There are road cams in North Sydney, Baddeck, Port Hawkesbury, East Bay, Bucklaw, Irish Cove, Kellys Mountain Seal Island, Antigonish, New Glasgow, Truro and right on to Halifax.

They show you instantly what the road is like so you can plan your trip in confidence.

In addition, there is also a road condition report telling you of snow coverage. Both travel aids are free on the internet. Just look up - <http://novascotia.ca/tran/cameras> for the cameras and <http://511.gov.ns.ca/> for the road conditions.

Keep these website addresses handy for quick reference and peace of mind winter driving.

See Your local automotive specialists like Ralph Ivey Auto for peak performance.

## NORTHSIDE SHORTS

### Boularderie Walking



The Boularderie Blazers Indoor walking Program is FREE and it is on Tuesdays & Thursdays 5:45-7:15 pm at the gym Boularderie School.

Participants must bring indoor footwear and it's open for community use.

For further information please contact Vince at 295-3661, 295-0387.

### FLEA MARKET SCHEDULED

A Flea Market will be held at St. Pius X Hall in Sydney Mines on February 22nd from 10:00 am - 1:00 pm.

For tables, please call 736-8333 or 736-3601.

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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.

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## EXERCISE CLASSES

Exercise classes for the Sydney Mines Seniors & Pensioners Club, will be held every Tuesday at 1:00 pm **EXCEPT** the **FIRST** Tuesday of every month when it will be held in the evening at 6:00 p m.

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Branch 83 - Florence



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## Armstrong Memorial Branch #19



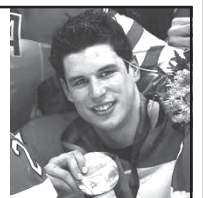
ROYAL CANADIAN LEGION  
NORTH SYDNEY

SIDNEY CROSBY OLYMPIC JERSEY

**DRAWING FEBRUARY 22<sup>ND</sup>**

**TICKETS - \$1.00 EACH**

**3 FOR \$2.00**



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## NORTH SYDNEY LIBRARY NEWS

Learn Basic Spanish at the North Sydney Library, starting on Wednesday, March 5th, from 7:30-8:30. Space is limited so call 794-3272 to register. Instructor: Lili Valle, this course is FREE.

Chronic Pain Management Group meets Feb.. 20 from 6:00-9:00 pm.

Babies & Books continue on Fridays, infant to 18 months - 10-11 am, no pre-registration required,

Storytime also continues on

Saturdays at 2:30, bring your kids, no pre-registration required. March Break events are being planned and we will update you in future editions.

### Volleyball Tournament



Girl's Smash 18U Volleyball team is hosting their first Home Tournament this weekend at Memorial High School. The first game starts at 4pm, everyone is encouraged to come out and cheer for our girls. Canteen services and 50/50 draws will be available. Admission is \$2.00.



BETTY SIMPSON PHOTO

**BRANCH 008 NEW TREASURER - One of Ladies Auxiliary, Branch 008, newest members, Karen Marsh, takes on the role of Treasurer for 2014. The Ladies Auxiliary takes on many tasks in the community and is always there to support the Branch and especially our senior and new veterans. This year they helped their Branch with the expenses and duties of Breton Branch 008 with a cheque of \$41 thousand dollars. Ladies Auxiliary open their membership to all ladies who would like to join and they have a meeting twice a month on Sundays 8:00. If you would like to help your community and veterans come join in with us.**

## 2014 TAX TIPS FROM H & R BLOCK

The children's arts tax credit and the children's fitness tax credit allow you to claim a 15% non-refundable tax credit on an amount up to \$500 per child per credit on the fees you've paid in 2013 to register a child in a prescribed program of eligible activities. This can give you a credit of up to \$75 per child per credit.

### IMPORTANT FACTS

Eligible activities for the children's arts tax credit include artistic or cultural activities such as art classes, piano lessons, and tutoring, as well as other activities that are intended to improve a child's dexterity or co-ordination.

Eligible activities for the children's fitness tax credit include strenuous games like hockey or soccer and activities such as golf lessons, horseback riding, sailing, and bowling, as well as others that require a similar level of physical activity.

You can claim these credits for your child, as well as for the child of your spouse or common-law partner.

The child must have been under 16 years of age (or under 18 years of age if eligible for the disability tax credit) at the beginning of the year in which the eligible expenses were paid.

You can claim an additional amount of \$500 for each eligible child who qualifies for the disability amount and for whom you paid a minimum of \$100 in registration or membership fees.

Two parents can claim eligible fees for the same child, as long as they do not claim the same fees and the combined amount is not more than \$500.

## NORTHSIDE COMMUNITY NEWS



### SYDNEY MINES LIBRARY NEWS

Listed below are some of the programs scheduled at the Sydney Mines Library.

Babies & Books, infant to 18 months are eligible, the program is held on Thursdays from 10:30-11:30 am and pre-registration is required.

Registration is beginning now for pre-school programs beginning in October, ages 3 - 5 years of age. Reserve your space now as this program fills up quickly.

I wish to say a heartfelt Thank You and Good Bye to our friend Joy who will be leaving the Library on Friday of this week.

Joy, it has been a pleasure working with you over the past few years and sharing information and some laughs too.

We wish you the very best with your new career move. You will be



sadly missed by all your co-workers and Library members from all the programs.

### World Day Of Prayer

St. Andrew's Presbyterian Church in Sydney Mines will be hosting The World Day Of Prayer on Friday, March 7th at 7:00 p.m. with special guest speaker Mrs. Beverly Phillips.

Music will be by Don Crouse and Jean Robertson. Come bring a friend and enjoy a good cup of tea after the service.

### Girls Provincial Basketball Tournament At Memorial

**FEB. 27, 28 & MARCH 1** - The Girls Provincial Basketball Playdowns at Memorial High School. 4 games a 2, 4, 6 and 8 on Thursday & Friday and finals on Saturday. K-LEE RADO will broadcast 10 games from the tournament. Logon for all the exciting court action - [www.kleeradio.com](http://www.kleeradio.com)

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### Seniors Beginner Line Dancing At Exhibition

Would you like to add life to your years and years to your life? Come and join us in a Beginners Ballroom Linedance lass for Seniors.

A beginners class gives you an opportunity to learn at a slow pace and to develop a love of dance.

Line dancing consists of

dance steps, in lines ( without a partner) to such dances as the waltz, cha cha, mambo, rumba etc. We will begin with the basic steps of some of these dances.

To be eligible you must be a senior, be able to walk in place, walk backward and forward, to the left and right side, count to four, love to socialize and be able to laugh at your self .That's all that is required !!!!!

Why not give it a try??

**WHERE:** The Exhibition Ground in North Sydney  
**WHEN:** Thursday P.M 1:30  
 To register call Yvonne at 794-4086. Classes are FREE!

**The Scottish Voice - 7:00 PM - on Sunday and Wednesday evenings. Host - Janet Stubbert join us here - [www.kleeradio.com](http://www.kleeradio.com)**

## NORTHSIDE DOWNS SIMULCAST SCHEDULE



### FRIDAY, FEB. 21

8:05 pm Western Fair  
 8:25 pm Woodbine h

### SATURDAY, FEB. 22

8:05 pm Pompano  
 8:25 pm Woodbine

### SUNDAY, FEB. 23

4:45 pm Fraser  
 7:30 pm Rideau  
 8:05 pm Pompano

### MONDAY, FEB. 24

7:00 pm Northfield  
 5:05 pm Western Fair  
 8:05 pm Pompano  
 8:25 pm Woodbine h

### TUESDAY, FEB. 25

5:05 pm Western Fair  
 7:00 pm Northfield

### WEDNESDAY, FEB. 26

7:00 pm Northfield  
 8:05 pm Pompano

**WEDNESDAY SPECIAL**  
**MEAT OR CHICKEN PIE - 6 rolls, Gravy,**  
**1 Litre Pop \$11.95**  
PLUS TAX

**CLOSED ON MONDAY AND TUESDAY**

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

**OPEN**  
 Wednesday to  
 Sunday 9:00  
 am to 5:00 pm

**544-1144**

# CAPE BRETON REGIONAL MUNICIPALITY



## Salutes Volunteers

In celebration of Volunteer Week the CBRM Recreation Department is now accepting nominations for the following annual awards.

### Gary McDonald Memorial Award

*In Recognition of an Outstanding Community Project*  
 Presented to a volunteer group to recognize an outstanding project that improves recreation/leisure opportunities locally or regionally.

### Anne Holland Memorial Award

*In Recognition of an Outstanding Community Volunteer*  
 To recognize an individual who has made an outstanding contribution to the inception and growth of community opportunities within the field of recreation.

### Youth Volunteer Award

*In Recognition of an Outstanding Youth Volunteer*  
 To recognize a student within the CBRM who attends an area school or post secondary institution and who made a significant volunteer contribution.

The Deadline For Submissions Is - Saturday, March 15<sup>th</sup>, 2014



To obtain criteria information and a nomination form, drop by any area Recreation Office, phone 563-5510 or visit [www.cbrm.ns.ca](http://www.cbrm.ns.ca)