

Moses Passes the Torch



Five year old Braiden Dowe bravely tested out one of the mystery boxes, with encouragement from Sue Penney.



Approximately 1500 runners are anticipated to participate in the 2013 Not Since Moses event. Over 150 volunteers assist with carrying out the day's events. (Submitted)

Not Since Moses, one of Atlantic Canada's premier running events, announced this will be founder and leader Dick Lemon's last year as event director. He will be succeeded by Rob Chambers, co-founder of the Halifax Trail Runners.

"This wild dream gets better and better but I need to step aside. I only have 50 years left" said Lemon who turned 70 this May.

"I want to do something else for a while. Like, give me a second book. Mind you, the one I got is ok but for heaven's sake how many times can I read one book?" quipped Lemon, referring to biblical Moses being given the Bible at Mount Sinai.

Chambers participated in each of the seven Not Since Moses events (some

as racer, some as volunteer) and is evangelical about them.

"Running in this event is an experience of the body, mind and soul. It's simply majestic. The magnitude of the history in the cliffs and islands is evident with each passing stride. It's a physical run, sure. But one that you hope never ends. It's a Bucket List event and I'm proud to be a part of it", said Chambers.

Not Since Moses is held once a year at Five Islands, Nova Scotia, in a portion of the Bay of Fundy which sees two daily tides rising as high as 15 meters from less than a meter. The run is scheduled during one of the lowest tides of the summer, giving participants an opening to complete the course before the sea closes in.

The first run in 2007 involved 180 registrants and signups have grown steadily each year, with 1204 registered last year. This year 1500 are expected to sign up. Net proceeds benefit local causes, including schools, libraries

and volunteer fire departments.

Nearly 100 enthusiastic volunteers from the region provide food, music, parking, prizes and course monitoring.

Included in the day are Basket Runs for children which were initiated by Joachim Stroink, owner of Nova Scotia's Trail Shops and the first person besides Lemon to seriously support the run.

The children run courses of 100, 500 and 1000 meters, next to the adult finish line, in sand and thick mud. Last year 150 children participated as adult runners, done with their own events, screamed them on.

Registration is now open for runners doing the 5k or 10k, for walkers doing the 5k and for volunteers.

Information and registration are at www.notsincemoses.com.



Annabelle and Kaylin MacInnes were thrilled with their treasure from pirate Joy Lewis.



The floor of the Bay of Fundy is muddy and slippery as this participant found out last year in the Not Since Moses run.. (Submitted)

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Picnic shelter at Five Islands Lighthouse Park



Structure in Hall's Harbour



New structure to be erected this summer at Masstown Market Corn Maze.

At Arlington, we run a small three-man shop, cutting one frame at a time. Over the years, our frames have evolved in a different direction than most: toward old time mortise & tenon joinery, not away from it.

Our highly gifted craftsmen have carefully honed their skills until they can quickly and efficiently cut even the most sophisticated joinery as a matter of course. This method creates a much more satisfying frame to design, cut, and erect - not to mention the enjoyment of standing inside the finished home with the proud owners.

It turns out that this method is surprisingly no more expensive. There is no need to buy any hardware, or have metal plates made up in a machine shop to be wrestled into place on raising day. There are no timbers fitted into shallow housings and fastened in place by hidden screws, toenailed from the back side.



All of the layout and cutting of the more complex joints is done on the sawhorses at once. It may take 20 minutes to carve a nice tenon for that mortise, ready for a wooden peg to be tapped in on the big day of the raising. We leave the screw guns for the drywallers.



Sixteen years ago we had several of our joints tested by TUNS (Technical University of Nova Scotia, now part of Dalhousie University). The results were surprising, to say the least, with our connections far exceeding any expectations. We have found no reason to change to more "modern" methods.

Arlington Timber Frames is located in Canning, NS. We design, fabricate and erect timber structures for houses, cottages, barns, gazebos throughout Atlantic Canada and abroad.

We are have several interesting upcoming projects this year, including a barn by the corn maze at the Masstown Market, that will be raised in August.

In September, will be erecting a timber frame for the Wilson Gas Bar and Burger King in Lunenburg, as well as a cottage in Cocagne, N.B.

We are presently designing a hexagonal barn for a Yak farm, to be built later in the year, in the Annapolis Valley.

Website: www.arlingontimberframes.com