

## Images from the Chamber



Jeff Winters, left, Administration Section Chief, Colchester Ground Search & Rescue Association (CGSRA) joined Colchester North MLA Tom Taggart, Cory Roberts also of CGSRA, and Marilyn MacDonald representing the Bay Head Community Hall, at a provincial announcement in Debert on July 25. Nine groups received more than \$230,000 for infrastructure improvements. (Contributed)



The Truro and Colchester Chamber of Commerce hosted a Member's Luau at Warmth by Design in Lower Onslow. Hosts Trina and Leif Langille welcomed the Chamber and guests to their location in Lower Onslow. (Contributed)



Music was provided by Craig Richard (Craig the Pilot). (Contributed)



Chamber staff Lisa Matthews, left, Sherry Martell, Chelsea Weatherbee and Rebecca Dennis. (Contributed)



The Truro and Colchester Chamber of Commerce staff joined the staff of our affinity partner Payworks on a harbour cruise. From left, Stephen MacKellar, Sherry Martell, Mark Sachkiw, Courtney Berube, Lisa Chelsea and Craig Soontiens. (Contributed)

# Not Since Moses Returning – August 24

Not Since Moses, a signature event in Five Islands, Nova Scotia, is returning to the stunning Fundy shore on August 24, 2024.

This unique "run for your life" experience invites participants of all ages, abilities, and fitness levels to discover the wonders of the Minas Basin at extreme low tide. Participants can choose from a 10KM run, a 5KM run or walk, or a Youth Run.

The races take place along the Cliffs of Fundy UNESCO Global Geopark, offering participants a rare opportunity to explore some of the most spectacular tidal landscapes on the planet. Situated on the north shore of Minas Basin, this area is renowned for hav-

ing some of the highest tides in the world. These tides, reaching nearly 15 meters, dramatically recede a few days each month, exposing the Bay's ocean floor for just a few

fleeting hours. Each summer, as the lowest tide occurs, Not Since Moses returns for an exhilarating race along the seabed.

For those seeking an au-

thentic seaside adventure, there's still time to get involved as a participant, spectator, or volunteer. For event details or to register, visit [notsincemoses.ca](https://notsincemoses.ca)



We're off and running on the floor of the Bay of Fundy, 'Not Since Moses' (file photo)

## 2024 Not Since Moses Schedule of Events

**Wednesday, August 21**  
12:00 PM – 6:00 PM:  
Halifax Kit Pick Up at  
Aerobics First, 6166  
Quinpool Rd, Halifax

**Friday, August 23**  
12:00 PM – 6:00 PM:  
Five Islands Kit Pick Up  
at Five Islands Light-  
house Park, 140 Broder-  
ick Ln, Lower Five  
Islands.

**Saturday, August 24**  
6:30 AM - 1:00 PM: Vol-  
unteer Check-In at Five  
Islands Lighthouse Park,  
140 Broderick Ln,  
Lower Five Islands.

**10:00 AM:** 5KM Start.  
START: Five Islands  
Lighthouse Park, Brod-  
erick Ln, Lower Five Is-  
lands\*

**10:00 AM:** 10KM Start.  
START: Soley Cove\*

**10:45 AM:** 5KM Awards  
presentation at Five Is-  
lands Lighthouse Park,  
140 Broderick Ln,  
Lower Five Islands.

**11:15 AM:** 10KM Awards  
presentation at Five Is-  
lands Lighthouse Park,  
140 Broderick Ln,  
Lower Five Islands.

**11:30 AM:** Youth Run  
Start. START: Five Is-  
lands Lighthouse Park,  
140 Broderick Ln,  
Lower Five Islands.

**12:00 PM:** Volunteer Ap-  
preciation BBQ at Five  
Islands Lighthouse Park,  
140 Broderick Ln,  
Lower Five Islands.

*\*Buses will be available to transport participants between the parking location (Five Islands Baseball Field) and the start/finish lines.*

*Detailed parking and bus information will be posted on [notsincemoses.ca](https://notsincemoses.ca)*

Check out our Daily Food Specials and Homemade Desserts!

Try Our Steaks!

THURSDAY Wing Night!

SATURDAY - B'bque Ribs & Skins!

Famous for our POTATO SKINS!

Our FISH & CHIPS are made with Camille's World Famous Batter!

Conveniently located on your way to or from Halifax!  
285 George Street, Stewiacke  
Call ahead or just drop in! 902-639-9221

# DAVE RITCEY

MLA

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Millbrook • Salmon River

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# MAGNOLIA

CLASSIC CABINETRY

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