Drinking Water in Chester Big Issue at Public Meeting

By Catherine Clute

Drinking water has been the main topic of conversation throughout Nova Scotia this summer and the Village of Chester has been no exception.

At their August 3rd meeting, The Village of Chester Commissioners heard an earful from residents who crammed into the village office. Commissioner Ray Cambria summed up the concerns by saying “wells are going dry” but no one is collecting data or asking the Municipality to intervene by establishing a water supply. While the issue has been raised in the past, no action has been taken, in part because of the anticipated cost and because public support has not been obvious. “One of the problems with the idea of a municipal water supply is that no one has the slightest idea how much a water connection would cost,” Cambria said. Residents shared stories of how the lack of fresh water has limited their activities or added to the cost of doing business. Resident Joy Calkin pointed out that Chester is a lovely place to live, but accessible drinking water is an important contribution to the ongoing future of the community.

For some residents in attendance, the solution is simple—find out what would be involved in establishing a central safe water supply. “We are going about this the wrong way,” said resident Joanne Grant. “Many people don’t have problems but see the value of public water. We should do it because it is the right thing to do.” Fellow Chester resident Barry Taylor agree, “How do we grow business if you cannot conduct business normally in a place without a water supply?” he said.

At the end of the evening, the Commissioners agreed to ask residents a straightforward question in a questionnaire now being distributed throughout the village. “Are you in favour of doing a feasibility study on the costs associated with a central water system?” Comments and responses can be returned to their office at 27 Pleasant Street.

Upper Tantallon Youth Warns Kids About “Mean Machines” on Float

Emily Gerhardt, 18, of Upper Tantallon took part in the Natal Day Parade in Halifax as a Safety Ambassador. Emily was chosen by the War Amps Child Amputee organization because of her close relationship with children who have lost limbs in accidents that could have been prevented. The float on which she rode focused on the dangers of lawn mowers, farm equipment and railway crossings. “Mean Machines—Spot the Danger Before You Play” was the message displayed for the kids to read. The Child Amputee (CHAMP) Program provides financial assistance for artificial limbs and recreational devices, regional seminars and peer support.

Mysterious Stone Ruins Under Investigation Near Bayers Lake

Hidden in the Bayers Lake woods are stone ruins of old, five-sided buildings, stone fences and stone steps leading to a high point overlooking Beechville, Timberlea and, on clear days, way over into the St. Margaret’s Bay region. It is speculated these “mystery walls” may have been used for military purposes or just as fences and buildings from an old farm. But whatever they are, they are a protected, archaeological site designated under the Nova Scotia Special Places Act and have undergone a number of tests and searches over the years to determine their origin. In December of 1998, a lichenologist examined the masonry of the wall and identified patterns of lichens that indicated the flat-surfaced, ironstone, slate rocks had not been disturbed since around 1798. The only structure on the See Story on page 2.
Mysterious Stone Ruins Under Investigation

Story con’t from page 1

property for which there is known documentary evidence is on a 1918 map depicting a building near a set of stone steps.

The Special Places Act has prevented the area from being developed as part of the Bayers Lake Business Park.

In 2013 the Nova Scotia Archeology Society set up a committee called the Bayers Lake Walls Historical Site Advocacy as a result of some vandalism at the site.

In March of 2015, area resident and a candidate for HRM Council this fall, John Bignell, submitted a document to HRM Councillor Reg Rankin to discuss possibilities for further exploration, interpretation and protection of the site, which was adopted by Council on July 28th.

The approval will assist in the funding of an X-Ray Florescence system to analyze soil chemistry in and around the site, which will take about two days of field work.

“This is the first time that this technology will be used in Atlantic Canada for archaeology,” said Mr. Bignell, “and its results will help us better understand the role this site has had in our community.”

Long Term Waste Supply Agreement Made by Chester Municipality

The Municipality of Chester has made a long-term waste supply agreement with a company known for delivering zero waste solutions.

Sustane Technologies Inc. is building a $16 million facility at the Kaizer Meadow eco-industrial park that will operate 24 hours a day, seven days a week and expects to be in operation by late 2017.

The facility will process 150 tonnes of household and commercial garbage per day at full capacity and will hire 25 employees to run the fully-automated operation.

The process has been developed and proven in Spain where almost complete recycling of waste materials has been accomplished.

Products from the Chester facility will include clean biomass fuel pellets for industry, recyclables such as metals and plastics, and liquid fuels for the future.

Greenhouse gases should be eliminated with this new technology, say the developers, and there is very little noise and odour.

“We have long believed that solid waste can be recycled and turned into a useful resource and this technology does just that,” said Warden Webber. “We owe it to future generations not to leave them to solve the problems of today.”

Burn safely in your backyard

- Use a commercially manufactured wood burning appliance with a spark arrester.
- Always burn seasoned, dry wood.
- Burning is allowed until midnight unless a fire ban is in place.

For more regulations, visit: halifax.ca/fireprevention

Only call 911 for fire emergencies
Unicorn Theatre Announces Auditions for “A Christmas Story—The Musical”

Unicorn Theatre is inviting aspiring actor/singers in grade 2 to 12 to audition for its exciting new production “A Christmas Story—The Musical” on Saturday, September 3rd at www.unicorntheatre.ca. The musical is big and brassy and full of great characters—from Ralphie himself to The Old Man (his father) who wins the leg lamp in a crossword puzzle contest, from his teacher Miss Shields who turns out to have hidden depths, to the men and women and boys and girls who inhabit the fictional community of Homian, Indiana, the home town of Jean Shepard who wrote the original story, and who actually appears in the musical as the narrator.

Auditions are open to boys and girls in grade 2 to 12 and are by appointment only. The Audition Package is available on the theatre’s website at www.unicorntheatre.ca.

Under 17 and Under 15 Provincial Basketball Teams Win the Gold

Last year the Nova Scotia Under 17 provincial basketball team won a gold medal at their championship game in Halifax and doubled that in this year’s Under 15 Nova Scotia Provincial Basketball Championships. The Under 15 team also won bronze in the Under 15 Nova Scotia Championships.

Alex Muise and Thomas MacLellan of the Under 15 team have been friends since they met in daycare and have played together since the junior mini-category of the SLAM organization.

The Audition Package is available on the theatre’s website at www.unicorntheatre.ca.
If you are not currently advertising, but would like to reach an audience of 15,207 homes and businesses in the Western HRM (Tantallon, Hammonds Plains and St. Margaret’s Bay), as well as Chester, here is your chance!

GET INTO EVERY HOME AND EVERY BUSINESS IN THIS FASTEST GROWING AREA OF NOVA SCOTIA!

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![Business Directory Ad](image1)

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Every resident in Hammonds Plains-St. Margaret’s expects to be listened to and have their concerns represented fairly and respectfully at City Hall.

When Councillors choose who they listen to and who they will represent, democracy is eroded. It’s true that residents who vote make up the minority, but in order to increase public participation in local government, politicians must instill integrity back into the political arena.

In District 13, residents deserve a representative who will be a leader and champion issues on their behalf at city hall.

Showing up at events is not enough. Appearing to understand the issues is not enough.

Residents deserve real action that takes into account the long-term impact of decisions.

The role of a councillor includes

1) Legislature—Develop policies and bylaws that meet the future needs of a world-class city.

2) Education—Assist businesses and residents to fully understand HRM policies and bylaws and work within them or find cause for updating them.

3) Facilitator—Assist stakeholders/companies/groups all levels of government and HRM staff to work collaboratively for a positive future for all.

Some might argue that the most important things a councillor should do is follow their own rules.

While this is an achievable goal, I would suggest that having enforceable policies in place to ensure rules are followed is precisely what we need.

An overhaul of campaign financing rules to remove the potential for conflict of interest, update the Councillor Code of Conduct, and a new way of distributing District Activity and Capital Funds are just some of my commitments to residents.

The district funds distributed by the councillor to community groups are taxpayer dollars.

Moving away from councillor controlled distribution to a more equitable model of participatory budgeting places the decision making in the hands of the community, which is exactly where it should be.

After all, it’s your money, and your community.

It is clear that District 13 wants and needs change in order to strengthen our communities and build a viable future.

Leadership and a clear vision for our future are essential to grow our communities in a sustainable manner.

Hammonds Plains-St. Margaret’s needs an elected official who communicates regularly to all constituents, and carefully considers all voices in the decision making process.

Change can only come if the majority of voters agree we need a new and better way of running our municipality.

With your vote on October 15th I will bring the change we need as your new councillor for District 13.

Pamela Lovelace, Municipal Candidate, HRM District 13.

Pamela Lovelace
World Tuna Flat Races End in 17 Team Heat

By Keith Ayling

The 34th World Tuna Flat Races in Hubbards was started on a challenging note with a race between Chester Municipality and the Municipality of the District of Lunenburg on July 23rd.

The contest was won by the Mayor’s Misfits team with team members Dave Waters, Alex Dumarasq, Brock Jeans and Brad Savage reaping the claim. Lunenburg Mayor Don Downe was at the helm.

Seventeen teams in all participated in the day-long event under sunny skies and calm waters on Hubbards Cove.

Some of the teams actually rowed their way through the courses, some tried to row, and some needed assistance.

At least one team needed a motorized speedboat to give them the occasional push but were eventually disqualified for not using human power.

The on-shore activities included sales of hot dogs and burgers, “T” shirts, a bicycle raffle, a 50-50 draw, a beer tent, and live broadcasts from COVE-FM.

The races went through several qualifying heats with the final winners being as follows:

Women’s Division—The Rowboat Roe’ers

Men’s Division – The Husky Squad

Youth Division—Young Guns


Cathy Gionet MacIsaac from Timberlea is the lucky winner of a $500 gift certificate from the Peggy’s Cove Area Festival of the Arts.

“Visitors completed a passport when they spent a minimum of $50 or visited five participating locations along the route,” she says. “Passports were then entered into a draw which took place on August 2nd at the RBC Royal Bank in Tantallon.”

For more information about Festival events, go to www.pegeyscoverfestivcashearts.com

Local Art Lover Wins $500 Studio Tour Prize

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“Visitors completed a passport when they spent a minimum of $50 or visited five participating locations along the route,” she says. “Passports were then entered into a draw which took place on August 2nd at the RBC Royal Bank in Tantallon.”

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Local Chiropractors Add Story Writing to their Qualifications in New Book

By Keith Ayling

Dr. Wanda Lee Macphee and Dr. Andrew Kleinknecht can now add the skills of being story writers to their qualifications of being chiropractors. Dr. Andrew and Dr. Wanda Lee were invited to contribute to a new book recently on the market called “The Art of Being Healthy, Vol. 3—Children and Mothers, Healing with Chiropractic.” Their piece appears as “Cooper’s Story.”

Dr. Andrew said that he first started writing with newsletters and followed up with speaking engagements that promoted his profession. He said they were invited to include “Cooper’s Story” because of the “unbelievable stories of results about kids that have undergone chiropractic care.

“I was absolutely excited to be able to submit” the story, he said. Dr. Wanda Lee says, “We are always interested in sharing stories of chiropractic, healing and wellness.”

She has had her stories published in two books, the “Pearl of Wisdom” and “101 Great Ways to Improve Your Life.” In addition to she hosts a weekly podcast called “Beyond Your Wildest Genes.” The podcast has more than 120,000 subscribers that features interviews with people in all areas of health and well-being. Dr. Andrew says his many patients from the Bay area “always have stories to share. I enjoy learning from other’s life experiences.”

Dr. Wanda Lee says, “We believe that taking charge of your own health is a key to living better and living longer. It’s a key to more active and successful communities as well.”

Diverse ideas and inclusive actions create stronger communities.

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halifax.ca/diversity
“You can make a difference by shopping fair trade,” says Reverend Louise Knowles of the Timberlea Baptist Church.

On Saturday, September 17th, Timberlea Baptist will be hosting a Ten Thousand Villages Festival Sale, featuring handcrafted home décor and gifts made by fairly paid artisans in more than 30 countries.

The event, which is in its first year at Timberlea Baptist, “provides an opportunity for people to invest in the world from right here in our community,” says Rev. Knowles.

Ten Thousand Villages is a non-profit organization that creates an international marketplace where the well being of artisans in developing countries is also considered.

People in places such as Africa, Asia and Latin America are given a fair price for their work.

The Timberlea Festival Sale will be held from 9:00 a.m. to 3:00 p.m. on September 17th at the Timberlea Baptist Church, 32 Greenwood Ave., Timberlea.

“A staff of dedicated volunteers from Timberlea and the community will help to make the annual event a success.”

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“A staff of dedicated volunteers from Timberlea and the community will help to make the annual event a success.”

“East Coast Dance Academy is getting a little more room to groove this fall. Owners Andrea and Brian LeBlanc are well underway with their brand new studio at 5665 St. Margaret’s Bay Road near Upper Tantallon and are expecting to have it completed by September 1st. The new facility, which features 4,000 sq. ft. of space, will begin a new series of dance classes on September 12th and Andrea is taking registrations now.

Two large dance studios are being built, including a large change room, office space, a waiting and reception lounge, bathrooms, a shower, air conditioning and top quality sound and technology hook-ups.

In all, the project is costing nearly half a million dollars, says Andrea.

“We’ve been renting for the last four years and we’re just running out of space,” she said in an interview for “All Nova Scotia” last July. “We decided to do our own thing and stop paying rent.”

Often referred to as the ECDA, the academy has been in operation in St. Margaret’s Bay for the last four years.

Andrea, who grew up in St. Margaret’s Bay, is the owner and Artistic Director of the academy.

Over the years she has garnered extensive training techniques in dance through the Royal Academy of Dance, Canadian Dance Teacher’s Association, and Decidedly Jazz Danceworks.

She also has over 15 years of teaching experience and has served as an Examiner and Vice-President of the Atlantic Branch Canadian Dance Teacher’s Association.

“In the last four years East Coast Dance Academy has provided both recreational and competitive opportunities for dancers,” Andrea says, “and we have had lots of fun on the recital stage and great success at competition.”

Now, with the building of more spacious accommodations, she is even more excited about the future along with her team of six other highly trained instructors.

“The new space will be energizing for both the teachers and the students alike,” she says. “We are excited to see what growth will develop in the dancers!”

You can register for classes by calling 902-430-7497 or by going to their website at www.ecda.ca.
Children’s Artwork Brightens Up Tantallon Law Office--Proceeds to Help Fort McMurray Recover

Last month the offices of Highlander Law Group got a little brighter when they turned part of their office into an art gallery. Local children were given an opportunity to showcase their artistic talents and to raise money for Fort McMurray.

The theme of the show was “Looking for Beauty in the Strength of Nature”. “In light of the recent natural disaster in Fort McMurray which touched so many Maritimers, we thought this theme fitting,” says Highlander Law Group founder Dianna Rievaj in an interview two months ago. Almost 40 kids submitted their paintings, drawings and multimedia pieces.

“Bald Eagle” by Robson Rievaj, age 6

“Moon Flower” (left) by Sydney Richardson, age 5 and “Rainbowlicious” by Annie Richardson, 16 months.

“Fallen Tree in Brook” (left) by Ava Granville, age 3 and “My Backyard” by Nadia Sheppard, Age 6.

The youngest artist was only 16 months old and the oldest was 12 years old.

“It was fantastic to watch the children come in and literally jump with joy to see their artwork hanging in public,” says Dianna. “I was also pleasantly surprised to see the kids then really examine and appreciate the other pieces of art.”

There was positive feedback from the community as well. Several thankful artists’ parents commented, that unlike their athletic counterparts, young artists aren’t often given a public venue to be praised for their talents.

“We certainly consider the event a success and look forward to hosting a show again next year,” Rievaj said.

Fifty per cent of the sales was donated to the MacDonald Island Park Centre in Fort McMurray to support their visual arts classes, workshops and camps. The other 50% went to the kids. The minimum sale for each showpiece was $20.

Highlander Law Group is a general practice law firm located in Tantallon, serving all of Halifax Regional Municipality. The law firm prides itself on breaking down negative impressions about lawyers and by making the client feel comfortable in all situations.

“Fallen Tree in Brook” (left) by Ava Granville, age 3 and “My Backyard” by Nadia Sheppard, Age 6.

Deadline for the September 21st Issue of The Masthead News is September 14th.

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Deadline for the September 21st Issue of The Masthead News is September 14th.
Residents are invited to attend public workshops for the municipality's Integrated Mobility Plan.

Attendees will have the opportunity to:
• Confirm their vision for sustainable transportation
• Explore ways to achieve the Regional Plan transportation objectives
• Develop key priorities or bold moves in creating an Integrated Mobility Plan for the region

Following a brief presentation, a variety of mobility-related themes will be explored in smaller group sessions led by municipal staff. Attendees can also view information displays and comment on characteristics of existing transportation systems and the types of transportation policies and projects that may shape the Integrated Mobility Plan.

Sessions will be held at the following locations with one session in the afternoon (3 p.m. to 5 p.m.) and one in the evening (6 p.m. to 8 p.m.).

Wednesday, Sept. 21 - Cole Harbour Place, 51 Forest Hills Parkway
Thursday, Sept. 22 - Sunnyside Mall, 1595 Bedford Highway
Wednesday, Sept. 28 - Halifax Exhibition Centre, 200 Prospect Road
Thursday, Sept. 29 - Alderney Landing, 2 Ochterloney Street

The Integrated Mobility Plan will create a regional vision for mobility and help direct the future investment in transportation demand management, transit, active transportation, and the roadway network.

For more information about the Integrated Mobility Plan visit halifax.ca/integratedmobility
People Respond to Recent Burn- Out of Family’s Home with Open Hearts

The recent lightning strike that burned a house in Hubbards, occupied by Michele Coons and her family, brought forth an abundance of support to help get them back on their feet.

The resulting fire left the family without all of their possessions and now Michelle says, “The community of Hubbards and surrounding areas have been so generous and kind to myself and my family. It is overwhelming.”

She has tried to thank everyone personally and is now reaching out to the Masthead News to try and thank as many others as possible.

Support has come through an online Gofundme project, personal donations and some special events.

Deadline for the September 21st Issue of The Masthead News is September 14th.
Tim Kohoot
Hammonds Plains business owner looks to bring a fresh, new perspective to the Nova Scotia Legislature.

Kohoot has announced that he will be running in the Progressive Conservative nomination in the Hammonds Plains-Lucasville riding.

As partner at Kohoot Media, co-founder of a Nova Scotia Ivan Reitman think tank, and on the board of the Hammonds Plains Area Business Association, Kohoot works regularly with clients in Hammonds Plains.

He is focusing on helping them deal with operational issues related to cash flow, taxes, payroll, and branding and marketing, which gives him deep insight into the daily frustrations experienced by local businesses.

“My experience working with both local and global brands in a successful creative agency has honed my problem solving skills,” says Kohoot. “It has taught me how to listen, and how to act swiftly and decisively. In a role like MLA, these skills are a major asset.”

Kohoot hopes to drive positive change in government by increasing efficiency, acting on Inquiry Report recommendations, and making sound financial decisions that will benefit more people in the community.

“My strong business skills are balanced by my dedication to promoting and protecting human rights,” says Kohoot. “Working with First Nations, promoting LGBTQ rights, and getting more involved with mental health agencies is my priority. I want to do good work in as many areas for my community.”

At 41, Kohoot already has a lifetime of experience in a wide range, trying it all. Since growing up on a small Manitoba farm, he has worked as a chef and a professional musician. He also holds a doctorate degree in chiropractic medicine.

In 2002, Kohoot launched a creative and business development agency called Kohoot Media, which is based in Halifax.

Five Winners Walk Away with Bay Treasure Cheques in the $6,000 to $7,000 Range

The numbers between 6,000 and 7,000 seem to be in fashion these days.

All five winners of the Bay Treasure Chest since the last edition of the Masthead News have won prizes between $6,000 and $6,902.

Isaac Fraser of Head of St. Margaret’s Bay won the $7,262 with #2859 on August 10th.

“When we called Isaac on the night of the draw, he was in Alberta just about to catch a red-eye flight back to his home...” said Ed Boutilier.

“Thank you!” Isaac said. “Just about to board the plane. Couldn’t be any more excited!”

The couple purchased their first home fairly recently and plan to spend some of their winnings to erect a fence around their backyard to keep their small dog on their property and off their neighbors!

Clarice McEachern of Boultier’s Point won $6,747 with #1919 on August 9th.

Clarice is planning on having some work done on her home and her winnings will get her a long way towards covering her expenses for having her house painted and a new door installed.

Paul & Elise Fieldhouse of Glen Haven won $6,884 with #17615 on July 27th.

Paul and Elise are taking 10% of the winnings to make a contribution to their favourite charity, Compassion Canada. The rest will be going towards their planned vacation and to pay down the bills.

On July 20th Rhonda Toutisign of Timberlea picked up $6,894 with #8905.

She is planning to start some home renovations with her winnings and to help pay for her daughter Rebecca’s wedding in Cannmore, Alberta.

On July 13th, Marion Coolen won $6,902 with #7874.

When Marion was presented with the cheque, she admitted that she didn’t think she’d win. She is also deeply committed to helping the seniors in her community.

“I’ve played the lottery all my life,” says Marion. “It’s always been my dream to win....”

Her great-grandchildren are no doubt getting a treat with her winnings.

AnswerstoYourHearingAidProblems
By The Hearing Specialists, Tantallon

Have you ever put your hearing aids on in the morning, only to find out one of them isn’t working properly?

Do your hearing aids all of a sudden start whistling, sound too soft, or even dead?

Try changing your battery. If these tips don’t solve the problem, don’t hesitate to call our experts at The Hearing Specialists.

My hearing aid is too soft or dead

Try changing your battery. If this doesn’t work, your hearing aid may be clogged with wax. If your hearing aid has a wax filter, check for wax plugging the sound outlet of your ear aid. Your hearing aid

My hearing aid is cutting in and out

If your battery and wax guard doesn’t help you have moisture in your hearing aid. Dry-aid kits are special storage cases designed to stop moisture build-up in your aids. Dry-aid kits are special storage cases designed to stop moisture build-up in your aids. Your hearing aid

What the Heck is Pickleball?

Pickleball is one of the fastest growing sports in North America.

Pickleball is very easy to learn, offering a fast-paced, easy game to learn offering a fast-paced, easy game to learn.

An oversized “ping pong” paddle and a pickleball.

Pickleball is being played in Canada the fastest growing sport in North America.

Pickleball is being played in Canada the fastest growing sport in North America.

If you are curious about this strangely named sport, the “Pickleball Pickleball Classic” may be the game you want to see on September 24th at the St. Margaret’s Centre Recreation Centre.

There is no charge for spectators please grow up and join the responsible folks in your neighborhood.

- Judy Lagar

To learn more about pickleball in Nova Scotia, please go to wwww.ns pickleball association.wecb.com

If you enjoy the sport, contact the St. Margaret’s Recreation Centre at www.stmargaretcentre.ca for available times.
Hugh MacKay Reaches for Liberal Party Nomination in Chester-St. Margaret’s

Hugh MacKay

Hugh MacKay is hoping to be the next Liberal candidate in the riding of Chester-St. Margaret’s in the provincial elections this fall. Hugh told the Masthead News that his principle concerns center around accessible health care, affordable seniors housing, support for the Nova Scotia film industry, support for the Nova Scotia Woodlot Owners and Operators, sustainable rural economic development, safety on Hwy #103 and other provincial roads, coastal and wilderness protection, support for Nova Scotia small business, and support for tourism throughout Chester-St. Margaret’s and across Nova Scotia.

He feels that voters would find value in his election for several reasons.

One—he is a full time resident of Chester-St. Margaret’s and would be a full-time representative for the riding.

Two—he is a passionate supporter of Chester-St. Margaret’s and Nova Scotia and is a believer in good democratic governance and social participation.

Third—Hugh is a believer in incentives, investments and trade support for business sectors.

Fourth—he is an advocate for allowing seniors to stay in their own homes and enjoy access to local health care.

And fifth—Hugh is a supporter of initiatives to grow youth employment in Chester-St. Margaret’s.

Presently living in Glen Haven, St. Margaret’s Bay, he is a native of Nova Scotia and a graduate of Dalhousie University and NSCC—Centre of Geographic Sciences. He has also lived and worked in the geomatics sector (survey and mapping) in Munich, Germany and Ottawa.

Hugh says that he has been an active community supporter and volunteer everywhere he has lived.

His current work activities include the following:

- A position as Executive Director of GeoAlliance Canada, the non-profit umbrella association for survey and mapping organizations across Canada.
- Director and Immediate Past-President of the Geomatics Association of Nova Scotia, the non-profit organization representing the Nova Scotia geomatics sector at home and abroad.
- Founder and Director of Doors Open Halifax, a non-profit society operating the region’s “most engaging new public event”.
- President and Director of Pier 12 Management Inc., a highly successful geomatics business consultancy with experience in Asia, Europe and across North America.
Imagine a City Where Your Every Move is Watched by Drones

This book is typical—it looks at a city where drone technology is common place.

"Today drones are part of our lives from the military to enforcement to entertainment," says author Jim Kondasoff "Not just outside our windows but everywhere we live, eat, shop..."

"Drones World" is the first book of a four-book deal that Jim has signed with a publisher in Massachusetts and will be in stores this September.

In upcoming book signings, Jim will bring in small drones for readers to fly.

The Definition of Insanity: "To do the same thing while expecting a different outcome."

Most churches offer essentially the same service at different service times, thinking they'll reach different people. At St. Nicholas (29 Westwood Blvd, across the road from the SMB rink in Upper Tantallon), we are offering something different—three distinct worship opportunities for our unique group of Lobster community.

The 9 a.m. Anglican Eucharist Service will have straightforward Anglican liturgical worship with a balance of traditional and contemporary hymns with Adult Choir.

At 10:30 a.m. the St. Nicholas Family Prayer Group will provide Christian education for the whole family together, with fun for all ages. There will be much fun!

For info call 902-627-2069 or 902-627-2748.
Deadline for the September 21st issue of The Masthead News is September 14th
We are celebrating our 1st anniversary and want to thank our customers for the past year! It has been a fabulous one!

Come visit us during our anniversary celebration August 24 to September 1st, 2016

There will be many in store features, and our very friendly, helpful staff to look after you! For friendly, helpful customer service visit us anytime!

In our Home Health Care Department check out the following specials

Carex Bathroom Safety 25% off regular price

We offer mastectomy products- both custom and regular. Call Jamie/Susan for more information

Carex Rollator #FGA223CA Model $99.99 Reg $179.99

Airway Compression Socks - Buy 1 get one of equal or lesser value for 1/2 price.

Diabetic Socks select 3 packs $3.99

Other Great Specials:

White Swan Facial Tissue -125 size - 69 cents

Old Dutch assorted Chips - 255gm - 2/$4.00

Farmers milk 2l - $3.25

Lobster Meat 320gm (Tails and Knuckles and Claws) - $17.99

Paderno Products - 30% off regular price

Cobble Hill Puzzles $14.99

CHECK OUT OUR Fabulous flyer this week and all our in - store features

Live Well With Pharmasave

Ideal Protein- call Amy for your free consultation and receive a $20.00 gift certificate with a $50.00 purchase of Ideal Protein product

In Our Cosmetic Department:

Remember we always feature at least 2 lines at 20% off everyday

L’Oreal, Physicians Formula and Young Blood 20% off regular price

Free Gift with all purchases over $20.00 in the cosmetic department

DOUBLE STAMP Days!

On both our Brand Card and our Cosmetic Card for the entire week

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