

# THE SUNFLOWER PROJECT

## High River, Alberta

**By Christine Urquhart**

Here is something you might be interested in. Last June southern Alberta was hit by devastating floodwaters and people across the United Church sent prayers and money in support of those affected. This request is from the United Church in High River. Maybe it's something that you would like to be part of.

This congregation was unable to worship in their church for several months after the flood, and many members are still struggling with the long term effects of the flood in their homes, recreation, and places of employment. Here is a small way to show our continued care for our sisters and brothers in High River.

Would you join the Sunday School children of High River United Church in brightening up High River with sunflowers this spring? Recovery in High River is moving along slowly but surely. There is still a long road ahead of for those in High River and with another spring and its rains coming, anxiety will be running high. Sunday School children and lead-

ers in the High River area have decided they would like to bring a ray of hope to each household in High River. Inspired by a project undertaken in New Orleans, they would like to put an envelope of sunflower seeds, with a note of hope created by children, into every mailbox in High River.

Sunflowers are great at pulling toxins out of the soil left by the flood waters and all the chemicals that were mixed in which sat for weeks in parts of town. The Sunday School students there are inviting congregations across Canada to send some packs of sunflower seeds. Approximately 4,000 packs of seeds are needed to reach every household.

If you'd like to join in brightening up High River this spring, you are invited to send 1 pack or 2 or 10 or 20 or more, along with your blessings and hope to the people of High River.

Please send them by April 15th to: Sunflower Project High River United Church, Box 5520, High River, Alberta T1V 1M6. Please feel free to share this invitation to anyone you think of who might like to take part!



CPR certification deserves a thumbs up! Kyle Tulkens was one of the Grade Nine CCJHS students who was pleased to receive CPR training recently. (Harrington Photo)



CCJHS Grade Nine students recently learned how to do CPR. Demonstrating the CPR technique used for infants are (left to right): Julie Blackwood, Katrina Steves, Maddalyn Turner, Michaela Priest, Carlie Barnhill and Robyn Giles. (Harrington Photo)

## Blue Nose Marathon Adds 2K Run for Kids

**By Maurice Rees**

For those in West Colchester who are into long distance running, the Scotiabank Blue Nose Marathon in downtown Halifax on May 17 & 18 will be held over two days and has added a 2K run for kids. As many as 16,000 runners and walkers are expected to participate up from 14,000 last year.

The following are key changes and highlights of the 2014 Blue Nose: With more than 3,000 participants expected in 2014, the Johnson Insurance 5K will move to Saturday, May 17 at 3 p.m., with a new scenic route through the south end.

To accommodate different fitness levels and age groups, the Doctors Nova Scotia Youth Run will now offer a 2K as well as the usual 4K distance. The Youth Run for both distances is Saturday, May 17 at 11 a.m. This year, there is an opportunity to support more charities than ever before through the Scotiabank Charity Challenge. Participants can run, walk or donate to one of more than 60 charities registered as part of the Challenge.

Metro Transit will offer free bus and ferry

service to Blue Nose race participants and volunteers on Saturday and Sunday of race weekend.

The Scotiabank Blue Nose Marathon is one of the largest two-day sport participation events in Atlantic Canada. The race has grown every year since it started in 2004, and has welcomed over 80,000 participants to date. Blue Nose weekend kicks off on Saturday May 17, 2014 with the Doctors' Nova Scotia Youth Run at 11a.m., followed by the Johnson Insurance 5K race at 3:00 p.m. All other race events, including the Full Marathon, Half Marathon, and 10K race take place on Sunday May 18, 2013.

For more information, please contact: Denise Corra, Co-Chair, Public Affairs, (902) 491-8102, [Denise.corra@wcb.gov.ns.ca](mailto:Denise.corra@wcb.gov.ns.ca)



Deadline for the  
May issue  
is April 22



Many people don't like winter, especially when it rains and the temperature drops. However, for those brave souls out on the highway the next day, it can be a photographer's paradise. (Rees Photo)

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## Debert Elementary Notes

**By Erma Cox**

The grade primary and grade one class have been busy with weather folklore as they gather information to determine if March came in like a lamb or lion and predicting how they think the month will end. With the long cold winter we have endured, I sure hope that those who are predicting the "lamb" closure to the month are accurate.

Our grade three class will be starting a "Swim to Survive" program this week. This will entail a few trips to the new Rath Eastlink Community Centre and a few classes here at the school. We will also be starting our running club in the next few weeks. Special thanks to Mrs. Barnhill for agreeing to do this with our children again this year as they have been looking forward to this opportunity for quite some time.

Students from CCJHS will be coming to visit our grade sixes shortly to allow for transition into the junior high. We will

also be taking our students up to the junior high for a walk through and an opportunity to ask any questions.

On February 21st we registered twenty new primaries for the 2014-15 school year. During the last week of May we will be bringing these students in for a partial day in "big school".

Should you have a child who turns five before the end of December please phone and get them registered so they do not miss out on this opportunity.

The grade four class under the direction of Mrs. Krauch will soon be heading to the Wetlands in Shubenacadie for a day of learning about ecosystems. This has proven to be a great learning experience for all.

During March break we also cut an educational assistant position. We are sad to announce Mrs. Tremblay has taken a position at WCCS in Bass River but wish her all the best in her new placement.

## Nuts are Good for your Heart

**By Christine Urquhart**

omega-3 fatty acids. Almonds, macadamia nuts, hazelnuts and pecans are also very heart healthy.

Even peanuts, which are technically not a nut, but a legume, can be good for you. Of course, choosing nuts coated in chocolate, sugar or salt may cancel out their heart-healthy benefits.

Need a snack? Go nuts! Nuts can be good for your heart. They may lower low-density lipoprotein (LDL), or 'bad' cholesterol levels. Eating nuts may reduce the risk of developing blood clots that can lead to a heart attack.

Try a small handful of nuts every day. Walnuts are rich in