

Run to Remember- passes through Glenholme



David McGuire passed through Glenholme, May 24th, on his “Run To Remember”, which began in Saint John’s, NL on March 31st and will end in British Columbia this October. (Harrington Photo)

By Linda Harrington

There was no fan fair as thirty- eight year old David McGuire jogged along Highway #4 in Glenholme, he looked like any other jogger out for a little run. Unlike other joggers, David’s run will take him all the way across Canada and unlike the other’s he will not remember much from his seven month journey.

David sustained a brain injury in 2005 and was told he might never walk again. He woke up in hospital after

seven days in a coma and did not even recognize family members. David says, “I woke up without my memory...and so much more.”

David wants to get people talking about brain injury and he doesn’t want people to feel sorry for him. “I am not an athlete...I am not a rock star...or the relative of a famous person. I am just a guy with a brain injury- like so many others- but I can run, and I have a story to tell.”

He says people look at him and don’t see anything

wrong because you can not see his brain injury (unless he shaved his head and showed them the scar where he had part of his skull removed). Life is often frustrating when he can’t get simple words out and people laugh. He realizes it is not their fault, they just don’t know how to react. He hopes this run will help people to understand.

David’s cross Canada run began in Saint John’s, Newfoundland on March 31st. He passed through Colchester County on May 27th and hopes to be back home in British Columbia by the end of October.

David is working with BrainTrust Canada, a non-profit organization involved in national injury prevention strategies. The net proceeds from “A Run to Remember” will create a legacy fund to promote brain injury prevention and develop new support strategies for people living with brain injury in Canada.

Funds can be contributed through the www.runtoremember.com website. There are several donating options, included buying a km for \$20, to help “pave the way for David”.

It was one of the hottest days this spring, as David jogged along the roadway through Glenholme. Sweat beaded his forehead and soaked his jersey but he kept up his pace and his sense of humor. When asked about his route, he suggested contacting his run manager in the van behind, explaining he had a brain injury and no short term memory. “Oh it is not so bad,” he joked, “I never have to worry about re-runs on television.” Then off he went, a smile on his face, as he headed onto Highway 104 towards the Cobequid Pass.



Thirty-eight year old David McGuire is running across Canada to support brain injury awareness. He suffered a brain injury in 2005, and after being told he might never walk again, he began running as a part of his rehabilitation. He ran his first marathon a year later and is currently running a marathon a day as he crosses Canada. (Harrington Photo)

Hayman Reunion To Be Held In Brule

By Chris Urquhart

Is your last name Hayman or Hyndman or Haydman or Hayndman or Haymen or Haymon or Haymond or Amon? We are having a Hayman family reunion this July 14th to the 17th in Brule, Nova Scotia. Many of the Hayman’s, Hyndman’s etc. settled in Nova Scotia in the Tatamagouche area, including

my ancestor William, who was a Loyalist and came from Argyllshire, Scotland where he was born in 1757.

If you are a Hayman Hyndman Amon etc. descendant and are interested in attending this reunion please contact Chris Urquhart at: 902-662-3550 or email: rcurquhart@ns.sympatico.ca for more information.



Protect Your Elbows

By Chris Urquhart

Love to golf? Protect your elbows. Golfer’s elbow is pain and inflammation on the inner side of the elbow. To keep your game on course, think prevention:

1. Strengthen your forearm muscles. Use light weights

- or squeeze a tennis ball.
2. Stretch before you golf. Walk or jog for a few minutes to warm up your muscles. Then try a few gentle stretches.
3. Fix your form. Ask an instructor to check your grip and swing technique.



Get Your Tetanus Shots

By Chris Urquhart

I was watching a news program on TV the other night and they were talking about tetanus. Believe it or not you can get tetanus from your garden, especially if you use natural fertilizer.

Not just stepping on rusty nails or cutting yourself on some old piece of metal, but from just digging in the dirt

with a scratch on your hand! You need to get your tetanus booster every 10 years and more often if you are at risk.

When did you have your last tetanus shot? See your doctor today! Children get these shots in school but once we are done with school we often forget about getting our booster shots. Now is the time to remedy this.

Camp Pagweak Introducing Climbing Wall

By Ruth Rushton

Who would have thought that back 67 years ago a little camp looking over the harbour of Pugwash would grow so much and have such an impact on children and even adults today. It seems that wherever you go, someone has a story to tell about Camp Pagweak.

Campfires and soggy marshmallows, water games and beach scavenger hunts, good food and great friends have been a part of Camp Pagweak since 1944. Bass River Baptist Church owns and maintains one of the cabins at Camp Pagweak.

Camp Pagweak is owned by the Atlantic Convention Baptist Churches of Cumberland, Colchester & Pictou Counties. The camp is located on 18 ½ acres of scenic, oceanfront property on Route 6 just outside the Village of Pugwash on the Sunrise Trail. Its purpose is to give young people an opportunity to experience God’s love by having a personal relationship with Jesus Christ.

This year Camp Pagweak is

offering 9 weeks of camping for all ages under the leadership of Jason Burke. From July 3rd to Aug. 26th camps include “Sports Spectacular”, a “Born to Be Wild” Wilderness Camp, a special Teen ‘Blast’ Camp and a camp that has become one of the favourites – a Music “Key Notes” camp when a closing musical production is always a hit. Family Camp is also very popular and families come from all over for a week-end away and you can even pitch a tent! Younger children can participate in a Day Camp. Camp Pagweak is proud to have a beautiful new washhouse facility, a new Chapel, and a fun “zip line”. A new climbing wall will be introduced this summer, an enhanced water program and the ever popular paintball for Teens is back. This Camp continues to GROW!!!

Many children never have the opportunity to attend Camp, but you can make this happen. Churches of all denominations, community organizations and individuals sponsor children each year – what a gift. Last year 172 children were sponsored by various organizations and individuals. Kids can’t wait to return to Camp Pagweak to play Capture the Flag, participate in water games, enjoy hay rides, the ropes course or just get reacquainted with Ed’s Alley!

Memories, great friendships, fun and God’s love are all experienced at Camp Pagweak. For more info visit: www.pagweak.org. E-mail Jason Burke: director-pagweak@hotmail.com

Ruth Rushton is Registrar, Camp Pagweak and can be reached at 597-8583

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