



A wide variety of rocks have been painted by Laureen Rushton.
(Harrington Photo)

Luke's Legacy Family Fun Day

By Linda Harrington

Laureen Rushton knows all too well the pain of losing a loved one to suicide and the importance of connecting with others who have also been through this. Her son Lucas struggled with his own mental health for years before the daily pain became too much for him to bare.

"A Family Mental Health Day will be held on Sunday, May 28th in honor of those we have lost and to increase awareness of mental health and mental health supports in our community," says Laureen, who hopes this event will also help reduce the stigma surrounding suicide. The day will consist of a survivor/family



Laureen Rushton is concentrating on painting another rock for Luke's Family Day on May 28th. (Harrington Photo)

Build-Up Framing Started

Maurice Rees

Now that winter has passed, the organizing committee, assisted by community volunteers have started framing the new building in the Portapique Community Build-Up Project. Last year the original schoolhouse was de-engineered and stored.

The new community hall is now under construction, with the foundation and floor being poured summer/fall 2022, and framing starting in March 2023. The goal is to have it

completed for Fall 2023 and we need your help!

The two pictures accompanying this story show the concrete footings from fall 2022, and the amount of framing on the new building as of April 22, 2023.

The Shoreline Journal had planned on doing a story detailing the donation program, but we suffered a computer crash and lost a lot of data including the donation details. With the increased cost of construction materials, there is a funding gap of upwards of \$103,000.

If you would like to donate to this fund, donations of up to

session in the morning from 11-12 at CMHA-Colchester Branch, 859 Prince St., Truro for families and friends affected by suicide.

Participants will then leave CMHA and go on a walk to Civic Square from 12- 12:30, hiding and finding rocks along the way. These are not ordinary rocks. Laureen has spent countless hours painting and hiding rocks in Luke's honour over the past two years, always adding #lukeslegacy so people who find the rocks can reach out on Facebook. "I find comfort in painting and hiding rocks and they have been seen all over the world with the hashtag lukeslegacy so people can connect

with Lucas' story." Friends often ask for rocks to take with them on their travels and those who find them submit photos on the Facebook page.

At Civic Square there will be free entertainment and free children's activities including a bouncy house, balloon animals, face painting, yoga, rock painting, fish pond, sucker pull, pencil pull. There will be a psychic fair and vendors and mental health information tables. There will also be food trucks to purchase food.

These activities will continue until 3:30: Local non- profits who offer mental health resources will also have information tables available. Laureen hopes this will become an annual event with any funds raised going towards next year's event. "This year has been funded by donations so far making it a day to spend with family and friends at little to no cost.

There will be prize draws and even a draw for at least one kids bike," says Laureen Rushton.

"Please join us for this event, and feel free to bring friends and family who are also suicide survivors." Laureen says they are still looking for entertainment if anyone is interested they can contact her at 902-324-1571 or email:

Lukeslegacyns@gmail.com



Laureen Rushton holds one of the many rocks she has painted for #lukeslegacy Family Day to be held on May 28th. (Harrington Photo)



Footings for the new hall and re-engineered school for the Portapique Build-Up project were installed last summer.
(Contributed)

\$500 can be made through the CanadaHelps. For donations over \$500, please contact the Community Foundation of Nova Scotia office at accounting@cfnsfcne.ca.

If you wish to discuss your participation with a member of the steering committee contact the Truro Rotary Club; Alana Hirtle at CBDC-HOBL, or Andrew MacDonald at Maritime Auto Parts.

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