

Keep Bird Bath Cleaned And Filled

By *Christine Urquhart*

With summer just around the corner be sure that you have your bird bath cleaned and filled for our feathered friends. I feed the birds all year round so often see some different birds at my feeders.

Recently I had a female cardinal, which made my day! She hasn't been back, that I've noticed, but I am keeping my eye out. Lots of gold finches and purple finches along with nut hatches,

chick-a-dees, blue jays and grackles, as well as mourning doves and pheasants.

Always a pleasure to watch the birds (our cat enjoys that too!)



Coyote Cupboard Funding Approved

Cumberland council approved a \$600 grant to The Advocate District School who is starting a "Coyote Cupboard" pantry to address the needs of their students who are facing food insecurity. The program would provide staples such as pasta, soups, bread, toiletries, etc. but also provide meal kits when they are able.

The project will cost \$2000 and the district is con-

tributing \$1400. The district will also be seeking assistance from other community groups such as the Salvation Army, SPAR, and Health Promoting Schools, etc. as this will be an ongoing project.

CMHA Partnering with Hospice Society

This year's Mental Health Week, taking place May 3 to 9, the Colchester East Hants Canadian Mental Health Association (CMHA) is joining forces with the Colchester East Hants Hospice Society for a Talk and Stroll, an event that encourages people to get outside and talk about topics, like grief and mental illness, that we so often avoid.

"This past year has been tough in ways we could never have imagined," says Susan Henderson, Executive Director of the Colchester East Hants branch of the CMHA. "The impacts of COVID and the heaviness of the grief our community has experienced made the partnership between us and the Colchester Hospice Society a natural fit. This year's Mental Health Week theme is 'get real about how you feel', which takes a lot of courage. Many of us automatically say we are fine when we are not. When we open up and share our feelings with others, the burden we carry can seem a lot lighter."

Individuals and businesses are encouraged to participate in the event by getting outside on Wednesday, May 5, stopping by the event taking place at the Truro Farmers' Market canopy, picking up a bagged lunch, and taking a walk for their mental wellness. Bagged lunches, including wraps, fruit, cookies and more, will be offered for sale through the CMHA catering department and both CMHA and Hospice staff will be on hand during the event to talk about the resources and services they provide.

For Stacey Harrison, Executive Director of the Colchester East Hants Hospice Society, the opportunity to collaborate on this event offers many benefits. "Every day, our team does whatever we can to create a safe and accessible space for our clients and communities to come together to understand and navigate their grief. This is another chance to get people talking about the impacts of grief, when it isn't generally a topic people want

to talk about. Collectively, we are also able to extend our reach and provide support resources to our community. Having our teams come together also allows us to continue to build our own support networks."

Men's mental health is another topic that is often swept under the rug. Walk Tall for Men's Mental Health, featuring former NHL all-star, Stanley Cup winner, Olympic gold medalist and two-time best selling author Theo Fleury will also be hosted during CMHA Mental Health Week. This event will be offered online via Zoom on Thursday, May 6 at 7 p.m. Though the event is free, attendees are encouraged to make a donation to the CMHA building campaign if they are able.

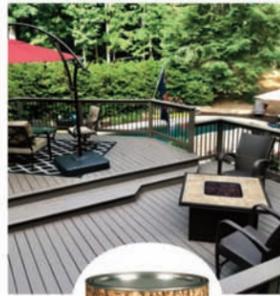
Talk and Stroll takes place on Wednesday, May 5 from 11:30 a.m to 1 p.m. at the Truro Farmers' Market. To purchase your bagged lunch for \$10 during this event, please contact Tricia Murphy at tricia@cmha.ca.

For further details about CMHA's Mental Health Week, including details on Walk Tall for Men's Mental Health, stay tuned to the CMHA: Colchester East Hants Facebook page or visit www.ceh.cmha.ca

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