

**Sheralee Mitchell-MacEwan**

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**From:** Phil Laven, Communications Manager <communications@communityrider.com>  
**Sent:** Tuesday, May 2, 2023 8:43 AM  
**To:** Sheralee Mitchell-MacEwan  
**Subject:** May 2023 - May Flowers and More! 🌻



**May 2023**



**SAVE THE DATES!**

**Monday, June 5th**

**EHCLA & EHFRC  
Family Picnic  
& Planting Day  
for the Elmsdale  
Community Garden**

**224 Highway 214,  
Elmsdale**

**Friday, June 16th**

**EHCLA  
Annual General Meeting  
& Vehicle Launch  
@ the Elmsdale Legion**

**850 Highway 2,  
Elmsdale**

# May Flowers and More

May is always a month of great activity. Community Learning classes are getting things done before summer break, the Community Rider is still bustling with after school transportation and the Community Garden is in full swing as we get things ready for another growing season. Throw in planning for a Family Picnic & Planting Day (June 5th) and an Annual General Meeting (June 16th) next month and you can imagine the hub of activity we become.

However, amidst all that activity, there are moments of calm. Times where we take a breath, go outside and enjoy the flowers, the sun and sounds of spring. We encourage you to do the same! Don't forget about yourself in the hustle and bustle of daily life.

Whatever your May looks like, we hope you'll make some time to get out and connect with your community. Check out the activities below and check our Facebook page for more info on upcoming events.

Interested in learning more about EHCLA's programs and services? Visit us online:

website: [www.easthantslearning.com](http://www.easthantslearning.com)

Facebook: [www.facebook.com/EastHantsCommunityLearningandRider](https://www.facebook.com/EastHantsCommunityLearningandRider)



## **Open East Hants Day**

### **Saturday, June 3rd, 2023**

Every year, businesses and organizations in East Hants hold a collective open house to showcase our fantastic community. Open East Hants Day will be happening this year on Saturday, June 3rd.

The [East Hants & Districts Chamber of Commerce](#) has created [a map](#) that will highlight everyone taking part. This will include pop-up markets, where home-based businesses can set up in central locations. There will be crafts, foods, draws and so much more.

Have a business you would like to register? [Registration is now open!](#)  
As for attendees, just keep an eye on the page and get ready for a day of exploring the best that East Hants has to offer!

For more information:

Facebook: <https://www.facebook.com/EHDCC/>

Email: [info@ehcc.ca](mailto:info@ehcc.ca)



## **Spring Has Arrived Time to Explore East Hants!**

With the return of warmer weather, the outdoors beckons! Not sure where to begin? The [Municipality of East Hants](#) has created a [Outdoor Fun Map](#) with a variety of locations to visit. This includes playgrounds,

parks, trails, water access points and more. It's a great resource to get you outside and exploring.

For more information about the Municipality and upcoming events:

Website: <https://www.easthants.ca/>

Facebook: <https://www.facebook.com/easthantsns>

Phone: 902-883-2299



**FREE Hashbro  
Casserole  
Community Lu**

**at the Elmsdale Legio  
850 Hwy 2, Elmsdale  
Pick up or Delivery**

**Wednesday, May 3rd**

**11:30 a.m. - 1 p.m.**

**While supplies last**

**Donations welcome!**

**Limited c**

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**Community Lunch at the**

# Elmsdale Legion

## Wednesday, May 3rd

Our Community Lunches have been as popular as ever this year. We set up shop in the kitchen of the [Elmsdale Legion](#) about once every two weeks, cook around 150 meals and serve them to the community.

Typically, these meals are decided close to the date of the lunch, so they rarely make it in the newsletter. Our [Facebook page](#) is the go-to resource for information on these events.

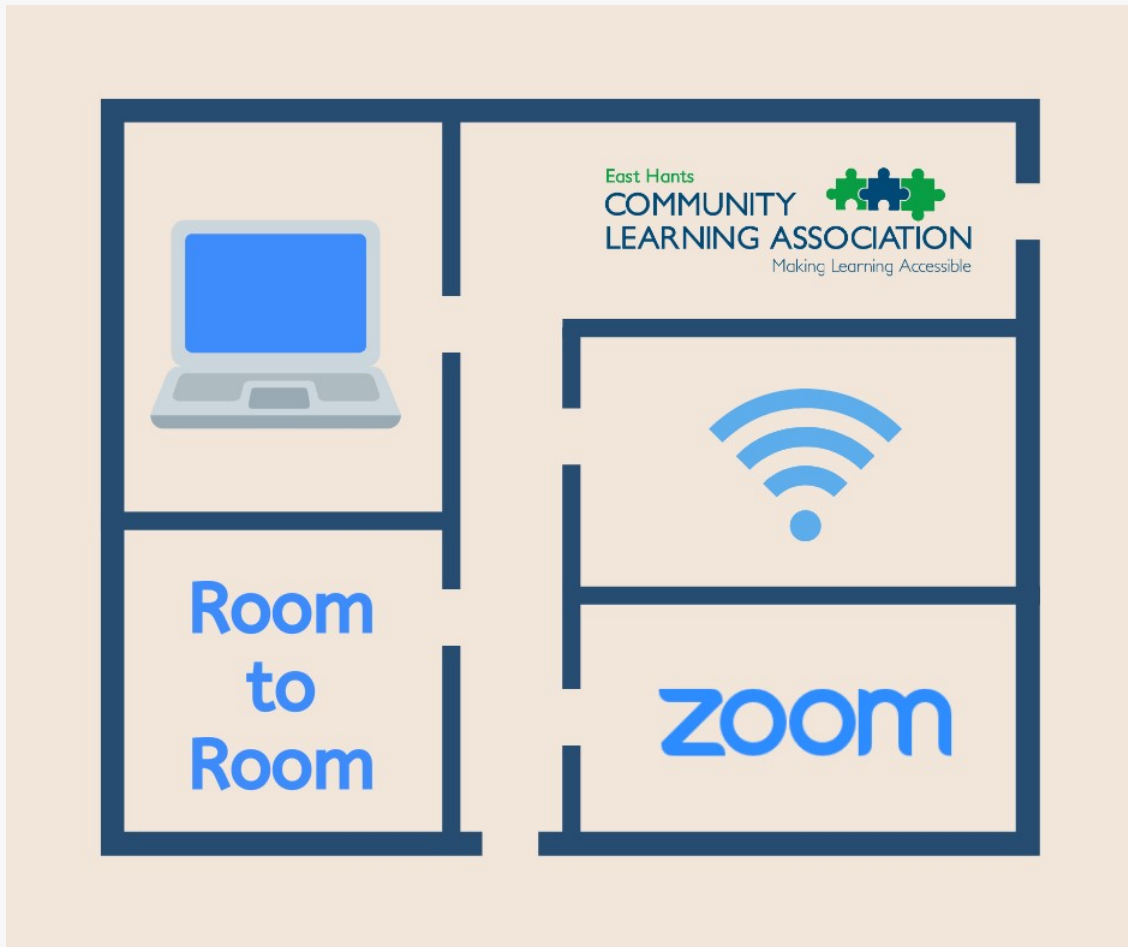
This Wednesday, May 3rd from 11:30 a.m. to 1 p.m. (or until we run out of food), we'll be serving up Hashbrown Casserole, a hearty dish with enough cheese and potatoes to satisfy any appetite.

These meals are available for everyone. While we do not charge, donations are very much appreciated, as it helps us to hold more lunches in the future. Businesses and organizations can also donate through our [Corporate Support Program](#) and get recognized for supporting our programs and services.

For more information on the Corporate Support Program:

phone: 902-883-1608

e-mail: [communications@communityrider.com](mailto:communications@communityrider.com)



## **We Can Show You How to Zoom!**

Over the past 3 years, staying connected through technology has been more important than ever. While people are meeting in person again, these skills are still very useful to learn. From snow days to keeping in touch over long distances, technology keeps us in touch with friends and family.

One example of how we help is through Zoom training. Zoom can be used for meetings, socials and much more. Join us for a class - we take it step by step and teach the skills you need to get comfortable on



a computer, tablet or smart phone.

To register for classes or to discuss bringing a class to your community, contact our office:

phone: 902-883-1608

e-mail: [pgitom@easthantslearning.com](mailto:pgitom@easthantslearning.com)



**Fresh Greens in the**

# Cold Frames!

In the past few seasons, we installed cold frames on beds #1 & #11 of the Elmsdale Community Garden. These frames have dramatically increased the growing season for the garden. We currently have a mix of kale, greens and herbs that are ready to pick in bed #1 and more plants on the grow in bed #11. Drop by the garden, check them out and help yourself to some greens for your family. Don't forget to [e-mail us](#) the number of people fed!

We're also experimenting with greenhouses. However, we're finding that plastic frames and Nova Scotia's winds are not very compatible. Stay tuned for updates and join us for planting day on June 5th.

For more information about what's growing in the garden and events:

Facebook: <https://www.facebook.com/ElmsdaleCommunityGarden>

e-mail: [elmsdalecommunitygarden@gmail.com](mailto:elmsdalecommunitygarden@gmail.com)



Thank you for reading. See you next month!

Phil Laven

Communications Manager

East Hants Community Rider

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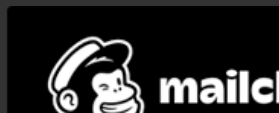
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