



SEPTEMBER 2020

# NAVIGATOR NEWS

Monthly Newsletter of the PEI Community Navigators,  
an initiative of CBDC West Prince Ventures

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Maxine Rennie

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Individuals and families who choose to settle in rural PEI offer **incredible value to the communities that they settle**. In each of our numerous communities dotting the coastline or the inland rolling hills of our Island, you'll find a diverse group of community members who settled in PEI or were born as Islanders, **coming together to help each other and create a prosperous and fulfilling life in Rural PEI**.

## Message from Maxine Rennie

**EXECUTIVE DIRECTOR | CBDC WESTERN PEI**

I am very excited for you to see our second edition of the Navigator News, as we had great response from the 1st edition. Our Navigators have brought forward some very exciting and interesting stories from across PEI. I am sure you will enjoy all of them as much as I did.

~Maxine Rennie

# Meet Sherry Tremblay:

Executive Director of Transportation West &  
Western Community Navigator Steering Committee Member

Born and raised in Miminegash, PEI, Sherry attended the local high school Westisle Composite and then continued her studies at CompuCollege. At the age of 20, she then took off from PEI to experience what the rest of Canada has to offer. She found herself living in Alberta, Vancouver, BC, and Montreal before she settled down in Toronto, Ontario for the next 18 years of her life. While living in Ontario, Sherry met her husband Kester Nurse of Trinidad & Tobago and it was there that they started raising their two boys, Kai & Kip.

**What brought you back to PEI?** *Safety. The crime rate was on the rise in on Ontario, especially where we were living. The boy's school had gone on lockdown twice in a short period of time. Growing up on PEI, I knew it was safer on the Island and that is why we decided to move our family back home, looking to raise the boys in a safer environment.*

When Sherry moved back to PEI, she worked for Voyager, a non-emergency medical care transportation company as an operations manager at a satellite office in her home. Although she did not mind the distance associated with the position, in time she started to search for something a little closer to home. Sherry visited the **local Career Development Services (CDS) office** in O'Leary PEI, where she soon learned about an employment opportunity that perfectly matched her skill set. This brought her to her current-day position as the Executive Director of Transportation West.

A new program started last year known as New Horizon for Seniors Lunch Program, a program which saw a bus pick up and take local seniors from 4 western locations (Tignish, Alberton, O'Leary, and Tyne Valley) to 2 different locations of Tignish and O'Leary each week. This successful program helped tackle the feeling of isolation that some people may face, as it was an opportunity to get out and come together with friends & neighbours for a nice lunch at either Our Family Traditions in Tignish or the Maple House Café & Bakery in O'Leary. Due to COVID-19 restrictions, the program is currently on hold, but will resume when permitted in the near future.

We want to thank Sherry for her dedication to our community & her hard work on our steering committee, bringing the topic of transportation to the forefront of needs for newcomers. **If you are new to PEI and need assistance with a transportation need, please reach out to Sherry at [transportationwest@gmail.com](mailto:transportationwest@gmail.com), or (902) 853-6010.**



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Facebook Group - search for:  
Western PEI Community Navigator

Office: 455 Main Street  
Alberton, PEI



## About Transportation West...

Transportation West is a non-profit organization founded in 1999 with a fleet of 7 vehicles that excels with great customer service and **assisting clients with their local transportation needs.**

This may include taking clients to medical appointments, to work, for groceries, on shopping trips, to social gatherings, to family functions, or even to church services. **If a person needs to get somewhere in the area and does not have the capability to transport themselves, for a reasonable price they can reach out to Transportation West to fulfill this need.** They currently have 9 staff members, including their summer student Ryan Gallant, pictured above with Sherry. Transportation West has been operating for 21 years with a volunteer board of directors.

## Meet Mia (Freeland Dining & Gas):

If you have lived any amount of time in Freeland or the surrounding area and called the local gas station/ restaurant, you've likely been greeted with hello \_\_\_\_\_ (insert your name)! The person on the other end of the line is local proprietor and new resident, Mia, and many locals still want to know her secret as to how she remembers everyone's name after they call just once! ☺

OANH OANH PHAM (named by her Father after a famous Chinese story's character) or Mia as we now know her, moved from Ho Chi Minh City, Vietnam to Saskatchewan, Canada with her family (husband Mike and daughter Jenny) five years ago.

**Mia, what brought you Canada?** *The answer was quite simple: a better education for my daughter Jenny. We found the costs of being an international student to be quite high, so we decided the best decision for our family would be to move to Canada and give our daughter the best opportunity to earn a good international education there.*

Mia spent time working in a local dental clinic in Saskatchewan, while Mike worked in the restaurant industry for three years. As time went by and they settled into their new lives in Canada, a new desire to own their own business started to grow. They felt that entrepreneurial spirit calling within, beckoning themselves to inquire into owning their own business and become self-employed. Their life goals included settling down and owning a business to support themselves and their daughter's educational aspirations. After some research, a friend in PEI mentioned the business opportunities here on PEI, along with a growing Vietnamese community in the Charlottetown region and so these factors helped to motivate them to make the move to PEI two years ago.

**Mia, do you like life in rural PEI?** *Yes! It's so peaceful, the way of life here. People are so friendly and supportive, always willing to share and give a helping hand. I remember on my second day of being open, all the local people were supporting me (without even knowing me) and coming into my store, thanking me for being here and for keeping their community store open and alive. This feeling of support and giving a helping hand is unique to PEI. I have never felt lonely here, I feel very lucky to be here.*

Freeland Dining and Gas is a small local rural convenience store, gas station, and Canadian-Vietnamese Food Restaurant. Future plans include continuing their introduction of Vietnamese food into the lives of local rural Islanders. Currently, approximately 30% of their food sales account for orders from their Vietnamese food menu, but they hope to see this number continue to grow. Their hope is that good news continues to spread fast and more people will happen upon their place and try their menu.

You can check them out on Facebook: Freeland Dining & Gas, for their hours of operations, menu, and pictures of some of their specialty Canadian-Vietnamese food dishes. They are open year-round. If you live in West Prince (or on PEI), they hope to see you soon! Thank you, Mia, Mike & Jenny for all you do!

\*Please note that when searching for Freeland Dining & Gas on Google Maps, the name may still appear under its former name: Barbara's General Store.\*





# In the community...



Are you following the CRSRC? They partner with a number of Central PEI communities to host programs to help community members stay active. In the past these programs have included such things as: walking and running groups, yoga, cycling, an introduction to a variety of sports, and much more.

Follow their social media for updates on their **September schedule**.

[www.facebook.com/CRSRCPEI](https://www.facebook.com/CRSRCPEI)  
[www.instagram.com/crsrcei](https://www.instagram.com/crsrcei)  
<https://www.gopei.ca/>

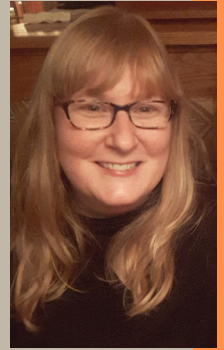


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**Indigenous people living on the land now known as Prince Edward Island are the Mi'kmaq**, who have lived in Mi'kma'ki, traditional Mi'kmaq territory, for at least 12,000 years. Mi'kmaw know the island as 'Epekwitk', meaning "lying in the water".

L'nuey and the Government of PEI recently partnered to celebrate Prince Edward Island's Mi'kmaq history by installing **heritage signage at nine locations across the Island**, highlighting locations with names that have a Mi'kmaq origin or that hold particular importance to the Mi'kmaq people.

Here is the Epekwitk place name in Mi'kmaq for the community known as Crapaud: **Telisipk...meaning 'the place where it stretches out'**.

Learn more at [www.lnuey.ca](http://www.lnuey.ca)



Telephone: 902-598-7560  
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Facebook Group - search for:  
Central PEI Community Navigator

Office: Kensington Town Hall  
(upstairs)  
55 Victoria Street East

Did you know that the **Kensington Heritage Library** has a self-checkout machine that can help you in **57 different languages**?  
**Wow!**



# Anne & Alex Jamieson - Cider Makers:

## From Scotland to the South Shore of PEI

Although Scotland is their place of birth, **Anne and Alex** lived in England for 16 years prior to their move to Canada- Anne with a teaching career, and Alex involved in policing as well as the whiskey industry.

*"I always wanted to move to Canada"*, says Anne. In 2008 while still in the UK, the couple attended an expo encouraging migration to Canada. **They met someone representing the PEI Government, and the Island was suddenly on their radar as an option for a new life adventure.** After a few exploratory trips to PEI, they made the move.

The orchard and cidery was not born right away. Employment for the pair started at Toys R' Us in Charlottetown. *"We went in for Lego and walked out with jobs."* says Anne.

Soon the couple began the search for a property where they could start their entrepreneurial adventure. *"I was hooked."* says Alex about the property in Riverdale (near Bonshaw), which features rolling landscape and where they planted apple trees in 2015, launching **Riverdale Orchard** and eventually the production of artisan crafted cider.

Anne & Alex had made cider as a hobby, but took advantage of a number of resources to expand their knowledge - education abroad, as well as **local resources including the Department of Agriculture's 'Future Farmer' Program, and the PEI Apple Growers Association.**

The couple joined a number of activities - pickleball, yoga, community school in Crapaud and more. **It's through community activities where they've made helpful connections** - Anne connected with the head of HR for the Public School Branch at their Scottish Dancing Club and learned about getting into the system as a substitute teacher. And she met the photographer who took their business photos at aquafit. The pair also credits strong support from their Municipal Office, as well as *"very supportive"* neighbours.

*"Locals love following the journey from the orchard to the glass."* says Anne of their business venture. **Find the '2 Scots' at the Charlottetown Farmers' Market every Saturday, or at their cidery in Riverdale.**



Scottish Dialect, courtesy of  
Anne & Alex:

Blether = Chat  
Braw = Pretty  
Canny = Careful / Cautious  
Crabbit = Ill Tempered, Grumpy  
Fouter = Fiddly/Troublesome Task or Job  
Wabbit = Out of Breath  
Wheesht = Be Quiet!

# What's Happening in Eastern PEI...

## Upcoming Family Outing Events

### Outdoor Music in Souris

Labour Day Music \*Sponsored by the Souris Co-op at CN Park, Monday, September 7, 2020 2-4pm  
Featuring: Lawrence Maxwell, Bring a chair and enjoy!

### CORN MAZES:

#### Fortune Bridge Farms CORN MAZE

*"Come get lost for the afternoon in our amazing and challenging Corn Maze. Great for families, groups and people of all ages. Try the Main Maze, Mini Maze, Sunflower Trail or come for our Haunted Maze closer to Halloween"* No reservations required.  
[www.fortunebridgefarms.com/corn-maze](http://www.fortunebridgefarms.com/corn-maze)

#### The Chuckwagon Farm Market & Belfast Corn Maze

*The longstanding tradition of many Island families. Test your navigation skills in the huge corn maze and then play in the farm yard and enjoy an ice cream!* Reservations required, call 902-659-2246

### Upick Apple Orchards:

- MacPhee's Apple Orchard UPICK, location: 5127 Launching Rd, Kings, PE C0A 1G0
- Maple Farms Orchard UPICK, location: 494 PE-17A, Montague, PE C0A 1R0

### Accessible Pathway to

#### Sir Andrew MacPhail Homestead for Tea!

There is a new, blue, accessible path right to the door of the Sir Andrew MacPhail Homestead, making an already fantastic local museum even better. Take your favourite tea drinker for a lunch this September! Open Tuesday- Saturday, 9:30am- 4:30pm.



Telephone: 902-969-5989

[Lindee.Gallant@cbdc.ca](mailto:Lindee.Gallant@cbdc.ca)

Facebook Group - search for:

Eastern PEI Community Navigator

Office: 544 Main Street, Montague

15 Green Street, Souris

(one day per week)

## Fall Farmers Markets

### Souris Farmers Market

Fridays 10am-2pm: Last Market Date is September 4, 2020

### Fortune Community Centre Farmers Market

Every Saturday 10am-2pm  
September 5 to October 10, 2020. Rain or Shine.

### Murray Harbour Farmer's Market

is held at Murray Harbour Community Centre on Saturdays from the first Saturday in July until the middle Saturday in October (9:00am-12:00pm)





# Eastern PEI Community Navigator Steering Committee Spotlight on Beverly Perry, PEI Connectors

"My name is **Beverly Perry** and I am the Regional Program Officer for Kings County for **PEI Connectors**.

**PEI Connectors** helps newcomer entrepreneurs succeed in business in PEI, and **helps job seekers** (professionally-trained interprovincial and international newcomers, and recent domestic and international post-secondary graduates) develop professional networks that connect them to the local labour market. The program offers one-on-one support services, educational programming, and networking assistance. Services are available throughout the province, and are available **free of charge**. For information, visit [www.peiconnectors.ca](http://www.peiconnectors.ca).

I feel so fortunate to live on this beautiful Island and in this beautiful country. Growing up on a farm, I enjoy the beauty of the land; the red soil and beautiful sandy beaches. We also have so much gifted talent here though our local artists and musicians. I enjoy visiting local shops and taking in a "kitchen party" featuring our local talent.

**Our newcomers further enrich our culture bringing many talents and accreditations in a variety of fields with their international experience and new business ideas.**

I truly enjoy working with PEI Connectors and meeting new people and learning about their cultures and hearing about their experiences moving to a new country and introducing them to community leaders to help them succeed in their new life here.

My contact information; [bperry@peiconnectors.ca](mailto:bperry@peiconnectors.ca) or by calling the Rural Action Centre in Montague; 902-838-4030 or 1-855-297-9898."



## New places to find great grub in Three Rivers

If you've been waiting for the perfect reason to head to the Three Rivers area, this might just be your reason. With COVID delays in PEI, many small businesses are now stepping out into the light after a slow start to the summer- and they're hoping to make up for lost time.

Thatchers Restaurant is located in the Bogside Brewery in Montague PEI, and serves up family friendly pub fare that's available for take out or dine in.

Totally Taco Restaurant opened at the end of August to an enthusiastic crowd.

Owned by a local couple, they're serving up tacos, burrito bowls, and other tasty snacks. "there's a lot of chipotle going on" says the owner. Find them at 509 Main Street Montague.



# September Featured Community: Tyne Valley, Prince Edward Island

You can come from many roads and different directions (around 6 to be exact), but all roads in the surrounding communities lead to Tyne Valley. It would also seem that many rivers do as well, when back in 1765 the area was known as “The Landing” due to local shipyards floating logs up the Trout River to Tyne Valley from Bideford and Port Hill. Today, **The Rural Municipality of Tyne Valley includes approximately 288 residents, but its available services account for so much more.**

Down in the Valley you can find many places to eat at, including The Valley Pearl Oysters, The Tyne Valley Teas Café, Dillon’s Convenience & Pizzeria, and Backwood Burger. There’s also the Britannia Hall (a local theatre), a local Credit Union Bank, Municipal Office, Public Library, Post Office, Fergusons Funeral Home, Murphy’s Pharmacy, Stewart Memorial Home, and a Bowling Alley at the Fire Hall.

A new recent addition this summer for all residents to enjoy is a **floating dock**, located just down the embankment from the municipal office. It is open for all to enjoy at their leisure, whether you want to take in the sun for a tan or drop a fishing line to attempt to catch a fish in the Trout River.

You cannot mention Tyne Valley without mentioning **oysters**. Each August long weekend the village comes alive with many visitors from around the world to take in the fun of the annual Tyne Valley Oyster Festival, which includes the Canadian Oyster Shucking Championship, where the champion from here moves on to nationals in Ireland. Other special events include a Rubber Ducky Race in the spring, which has become an annual fundraiser, along with annual Soap Box Derby Races, which sees the winner head to nationals in Akron, Ohio.

**Hockey** is also a big part of life down in Tyne Valley, but the community lost its rink in a fire last winter. The area made an unsuccessful bid to become Kraft Hockeyville this year, but would still like to thank all those who voted to support their efforts.

Finally, one of the key characters you may recognize from over 40 years of community theatre shows with the Tyne Valley Players is **Marie Barlow, the CAO of Tyne Valley for the last 41 years...** And just as we enjoyed a wonderful tour of the region by her, we learned that after these many years of dedicated service, she will be retiring this fall. We want to take a moment to thank Marie for all she has done for Tyne Valley and surrounding areas during these last 41 years and we hope she enjoys retirement.

To find out what’s happening in Tyne Valley,  
**follow their Facebook Page: Explore Tyne Valley.**





# Helpful resources for "Back to School" in September



**Government website with various links to guidelines, supports, etc:**

[www.princeedwardisland.ca/en/topic/back-school](http://www.princeedwardisland.ca/en/topic/back-school)

**Government website providing answers on Frequently Asked Questions about Public Schools Branch:**

[www.princeedwardisland.ca/en/information/education-and-lifelong-learning/back-school-faqs](http://www.princeedwardisland.ca/en/information/education-and-lifelong-learning/back-school-faqs)

For more answers to questions like this:

*"What happens if a parent tests positive for COVID-19?"*

*"Public Health Nursing will follow up with the family and if the child lives with the parent who has tested positive, the child will be tested. If the child's test is negative then the child will stay home from school for 14 days after the last contact with the parent.*

*If it is not possible for the child to self-isolate away from the positive parent during the 14 days, the child will stay home from school for an additional 14 days after the parent has recovered to ensure that the child has not contracted the virus during the self-isolation period."*

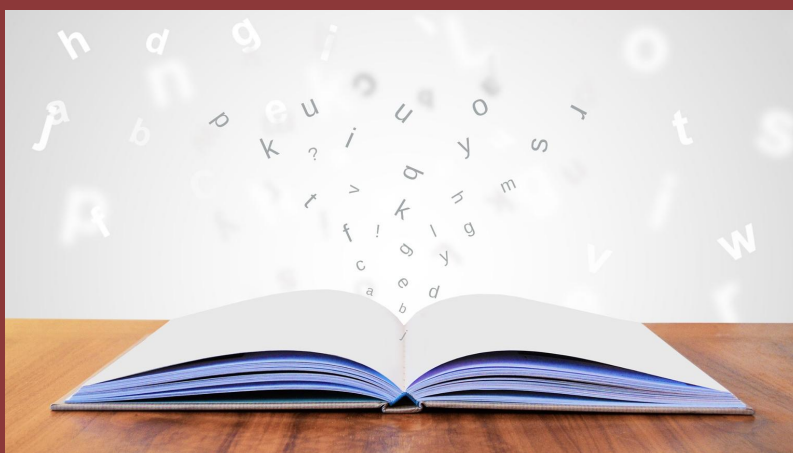
**How to sign up for Homeschooling:**

[www.princeedwardisland.ca/en/information/education-and-lifelong-learning/home-education](http://www.princeedwardisland.ca/en/information/education-and-lifelong-learning/home-education)

For answers to questions like this:

*"Is there a fee to home school my child?"*

*"No, however, there is a \$50 fee per child if you decide to use provincial curriculum, but this is refunded when the books are returned."*





*"There is no  
power for  
change  
greater than  
a community  
discovering  
what it cares  
about."*

~ Margaret J.  
Wheatley



Wishing you a great September!  
Scott, Peggy & Lindee

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Telephone | (902) 853-3636

Website | [www.cbdc.ca/en/resources/contact-cbdc-west-prince-ventures](http://www.cbdc.ca/en/resources/contact-cbdc-west-prince-ventures)  
Like the PEI Community Navigators Facebook Page at  
[www.facebook.com/PEICommunityNavigators](http://www.facebook.com/PEICommunityNavigators)