



MAY 2021

NAVIGATOR NEWS

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

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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 West Prince Ventures

The success experienced by the PEI Community Navigators would not be possible without the support of many community partners. Some of these individuals and organizations are highlighted in this edition of Navigator News.

One of these partnerships is with Health PEI, which sees the Navigators supporting new doctors, nurses and healthcare workers upon their arrival to PEI. We're very pleased to be able to support the Island's healthcare system in this way.

Municipalities, community organizations and volunteers are also integral to our project. Thank you to these partners for their continued collaboration!

~Maxine Rennie

Meet Paul Young and Christina Phillips... Western PEI Community Navigator Steering Committee Members representing our Partnership with Health PEI!



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Western PEI Community Navigator

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We recently sat down with Paul Young, Administrator, Community Hospitals West and Christina Phillips, Manager, Primary Care Network (West Prince) to get to know them a bit better, and discuss what the PEI Community Navigator project has meant to them with their roles at Health PEI.



Getting to Know Paul:

Paul was born and raised in Moncton, New Brunswick, and first moved to PEI at the age of 12. From a young age, he fell in love with baseball, which is a sport he still passionate about to this day! His first role in healthcare was as a radiographer, and after he moved through 6 different provinces and 18 different hospitals, he realized PEI is where he wants to be to raise his family. Since 2008, he has worked in management both at the Prince County Hospital and with Community Hospitals West. Contributing to healthcare in PEI is a very rewarding experience, and he especially enjoys all the people he works with on a daily basis.

Getting to Know Christina:

Christina was born and raised in O'Leary, PEI. Throughout the years, she has enjoyed some great travel days abroad, but working in healthcare on PEI has been her life's work. After she received her nursing degree she spent time working in both acute care and community care, before she took on a management role. "On PEI we work as a team, a little team - especially in the West, but many people in health like PEI's model and so they want to replicate it." While getting her Masters of Nursing, she completed a major paper focused on recruitment & retention to PEI, which has been of great value to her work & this role on our steering committee.



The Partnership:

The work of the PEI Community Navigators has been 'uplifting' for them. Both can recall a time when broader community discussions were taking place on healthcare in the region and the suggestion of service such as that of the PEI Community Navigators being mentioned, which was a project already being implemented by CBDC - Western PEI. At one point in time, there was a 70% vacancy rate in nursing in the region, but currently both nursing staff and physicians are at full complements now. In the past, many healthcare professionals have cycled in and out - but the key to retention is to welcome others, and it takes a community to support this work and make it successful... That is why we are all in this together! The PEI Community Navigators, their steering committees, and broader community volunteers now work together to support new healthcare staff on arrival to rural PEI, a process that often begins pre-arrival. It is important to get to know the new staff, discuss their settlement needs, and be prepared to welcome and support them as they transition to living and working here on PEI.



Why is this work important?

Without proper healthcare professionals, our family, friends, and communities suffer - so the work to support them is ever more important. Moving to a rural area can be intimidating; they can be small and very close knit communities... But the PEI Community Navigators are here to breakdown these barriers and offer unique settlement support services to truly welcome those who are new. If we work together, we can grow stronger, more inclusive and vibrant communities for all. Research shows that financial incentives aide in the recruitment process and enable an area to remain competitive; but just as important (or potentially more important) is that new healthcare professionals and their families feel happy and part of where they now live & work - the place they call home. Paul shared that welcoming others is important because it makes people 'feel wanted'. If someone feels wanted from the start/ on arrival, it can make the world of difference to long-term retention. We can all work together to support healthcare in our community and make it successful!

We want to take a moment to thank both Paul and Christina for their continued support and dedication to our PEI Community Navigator project. They are wonderful community ambassadors for the region and we look forward to continuing to work together into the future.

(In a future edition, we hope to highlight our work with some of the new healthcare professionals by sharing their story (experiences) of coming to call PEI home!)





Spring has sprung in Rural, Central PEI



The Central PEI Community Navigator recently joined the Central Region Sport & Recreation Council for a '**Come Try Fishing**' event at the Dunk River, near South Freetown.

At the event, the Community Navigator Team connected with both new and longtime residents (including 5 Newcomer families). Thank you to Stephenie Macdonald Moase, a member of our Community Navigator Steering Committee (and experienced fisher) for **guiding these enthusiastic Newcomer families in their first fishing experience.**



It may not look like much now, but in due time the **Central PEI Community Navigator GARDEN PLOT in Kensington** will be growing food, flowers and community spirit.

Stay tuned for details – we will confirm dates and times soon for getting together to paint the box, prepare the soil, and plant some garden goodies! If you'd like to get involved, please reach out to the Community Navigator. **You can live anywhere in rural, central PEI and be a part of this initiative.** Thanks to Jamie MacKay and the Town of Kensington for making Ross' Place / Kensington Community Gardens possible.

There are **LOTS of opportunities for both new and longtime residents to get involved in spring activities!** One way to stay on top of what's happening in rural, central PEI is to join our **Facebook Group** – search for: Central PEI Community Navigator



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Herbs, Flowers, Tomatoes, Lettuce

These are a few things we're
contemplating planting in the garden.
What would you add?
Send your thoughts to
Peggy.Miles@CBDC.ca .



NEWS from Central PEI Communities



TOWN OF KENSINGTON

The Queen Elizabeth Elementary School in Kensington has opportunities for parents to get involved in the Home and School Association. Please contact Coreen Pickering for more information. The H&S Association would also like to thank the dedicated volunteers who will be graduating out of the QEES family this June.

RURAL MUNICIPALITY OF KINKORA

Did you know that the Kinkora municipality owns and operates a high-quality licensed early childhood centre? Spring cleaning? The Kinkora Early Learning Centre is accepting old kitchen items for use in play – Mixing bowls, Large utensils, Muffin tins, Pots and pans, Measuring cups, PVC pipes.

RESORT MUNICIPALITY (STANLEY BRIDGE, HOPE RIVER, BAYVIEW, CAVENDISH, NORTH RUSTICO)

Are you a resident, seasonal resident, business owner / operator or farmer of the (Cavendish & Area) Resort Municipality? **You are invited to complete the municipality's BYLAW REVIEW SURVEY.** Stop by the municipal office to pick up a hard copy of the document, or email resortmunicipal@eastlink.ca for a copy.

THE RURAL MUNICIPALITY OF NORTH SHORE

Shirley Beebe is the new Recreation and Event Coordinator for the municipality and is excited to get to know North Shore residents and plan some fun activities for the Community Members. Shirley can be reached at 902-672-2600 or recreation@northshorepei.ca.

THE RURAL MUNICIPALITY OF CRAPAUD

It was recently announced that a **Collaborative Health Centre is coming to the Community of Crapaud** and will include a family doctor, nurse practitioner, a chronic disease management nurse, and clerical support. Congratulations to the community for working so hard on this initiative, which will support the health of many South Shore residents.

THE RURAL MUNICIPALITY OF BEDEQUE AND AREA

The Municipality has launched a new Facebook page to keep Bedeque residents and friends informed of community happenings. **Find the page by searching on Facebook for: Rural Municipality of Bedeque and Area.**



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The Central PEI Community Navigator is pleased to be working with the
**(Cavendish & Area)
Resort Municipality
for an upcoming multicultural celebration in the community.**

If you have time or talent you'd like to contribute, please reach out to the Community Navigator.

We are currently seeking:

**Volunteers
Cultural Presenters &
Demonstrators
Items for Prizes
Photo Booth Props**



Let's Take a Tour of Eastern Kings, PEI!



Lindee sat down with Deputy Mayor, Danelle Elliot, to discuss the resources and attractions of this small and mighty community which boasts the Tuna Capital of the World, the Eastern most point of the Confederation Trail, the rising sun, the colliding tides, and some of the most idyllic beaches that Canada has to offer.

"Eastern Kings is a community in the Eastern most part of Prince Edward Island. It spans from Black Pond on the South Shore, all the way around to Bayfield on the North Side. We have 700 residents, and it's a beautiful community. In the summer, the population doubles with seasonal residents and tourists. There is a vibrant farming and fishing community, and plenty of tourist attractions dotting the land as well."



Eastern Kings encompasses North Lake, Elmira, Kingsboro, East Point, and more. These smaller communities amalgamated in the 1970's when the Eastern Kings Consolidated was built. Now torn down, it once stood next to the Eastern Kings Community Centre. Now, all students living in Eastern Kings go to Souris Regional School or École la Belle Cloche.

However, the Community Centre remains, boasting a vibrant seniors group called the **Eastern Kings Seniors Neighbours Club**, a large hall for events, a licenced kitchen, and rental space for meetings or yard sales. Outside, there's a beautiful playground, a gazebo, and even community gardens!

Oftentimes you'll find people sitting outdoors at the Community Centre, taking advantage of the free internet while eating their lunch. It is a great place to host events, or to stop when you need a break and find some greenspace.

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(one day per week)



Just down the street from the Eastern Kings Community Centre is Elliot's General Store. It was purchased in 1985 by the Elliot family and is currently operated by Danelle's parents, Rusty and Linda Elliot. **Elliot's is like many other general stores in rural PEI, offering year-round conveniences like gas and snacks, but also filling many gaps for specialized stores, because of their rural location.** Elliot's has a full stock of groceries, plumbing parts, nuts, bolts, house paint, hinges, sun hats, gardening supplies, and so much more. In addition to the items that locals can source here, they also are a Canada Post hub, and a local gathering place, where information about the community is exchanged, and friendly faces welcome new residents to their new communities. Lindee asked Danelle what makes Elliot's so special, and she replied that it might be the plumbing part you can get in an emergency at 7pm on a Sunday, or it might be the connections that people make there. **Regardless of what it is, Elliot's is worth visiting if you're in Eastern Kings.**



Innovation is key to Eastern Kings as well, the only tuna processing plant in Canada operates just outside of the North Lake Harbour, called OneTuna. In addition to that, the owners also provide delicious takeout from the same building. Notably, fresh poke bowls with their own tuna, and other great delights. North Lake Harbour is a fishing harbour which boasts the sign for Tuna Capital of the World, and charters can be taken for whale watching, deep sea fishing, or tuna. There is a motel on site, as well as a local restaurant, North Lake Boathouse Harbour Eatery, whose claim to fame is their lack of deep fryer and delicious home cooked meals.



The natural beauty of Eastern Kings is second to none. Birdwatchers in the area enjoy large numbers of migratory birds at both East Point, where the tides collide, and at the Black Pond Bird Sanctuary. In addition, guardians of the Piping Plovers watch beaches carefully to ensure that tiny eggs are saved from human and canine traffic. Red Point Provincial park has family camping, and plenty of space to run, playgrounds to climb, and an excellent beach where Red Cross training is offered each summer. At Basin Head, you can jump off a bridge into a run of water that brings you out into the wider ocean. You can stay all day, as they have facilities, a take out restaurant, shopping, and the fisheries museum.



There is no shortage of things to explore in Eastern Kings, take a trip out to this lovely community and enjoy all it has to offer this spring and summer. You won't be disappointed!

May is Asian Heritage Month

Asian Heritage Month is an opportunity for all Canadians to learn more about the many achievements and contributions of Canadians of Asian descent. The 2021 theme is "Recognition, Resilience, and Resolve". The theme embodies the myriad of sentiments that peoples of Asian descent in Canada have experienced and honours their contributions and their diverse stories which are rooted in resilience and perseverance. It is also a call to action for all Canadians to come together to combat all forms of anti-Asian racism and discrimination.



For information on **COVID-19 (coronavirus) in Prince Edward Island**, visit www.princeedwardisland.ca/en/covid19 or contact your Community Navigator to help you find the information you need.



It's bicycle season!

Cyclists – don't forget your helmets.

Drivers – remember to share the road and to keep at least 1 metre distance between you and the cyclist.

Make this a safe cycling season for everyone!



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