

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

Our PEI Community Navigator Team has been on the ground in rural communities for over a year and a half in Eastern and Central PEI, and over two and a half years in Western PEI. During this time our relationships with community partners have deepened and expanded.

Most recently we held productive meetings with Provincial officials to discuss supports for new residents related to public transportation services and within the education system.

We are also looking forward to collaborations with new navigation partners, including navigator positions with BIPOCUSHR, Seniors and Health PEI.

Working together will contribute to our mandate of assisting with settlement of new residents to rural PEI, ultimately growing strong and healthy communities.

~ Maxine Rennie

Welcome to O'Leary, PEI!

Recently, four new newcomer businesses opened in O'Leary...

All are located in the Future Tech West (FTW) Building at 454 Main Street in O'Leary, PEI. If you haven't yet, you should drop by to say hello/ welcome and check out they're exciting new enterprises today!

Meet Heidi:

(pictured right/right)
Heidi is the owner/ operator of Accelerator Training Services. If you are looking for orientation when it comes to doing business in Asian Markets, please reach out to Heidi today!



Telephone: 902-853-3636
Email: Scott.Smith@cbdc.ca
Facebook Group - search for:
Western PEI Community Navigator

Office: 455 Main Street
Alberton, PEI



Meet Jason:

(pictured left)
Jason is the owner/ operator of Smart STEM Learning Centre. STEM, which means Science, Technology, Engineering, and Mathematics will be a wonderful place for children to learn and expand their educational horizons. Give Jason a call!



Meet Vicky:

(pictured right)
Vicky is the owner/ operator of Red Island Wellness and Cultural Enhancement Centre. Her business offers an atmosphere of relaxation through massage chairs and traditional Chinese music (such as the Chinese Guzheng seen here). Be sure check out her new relaxing space!



Meet Sam:

(pictured above)
Sam is the owner/ operator of Sam Kee Trading. Sam runs an agricultural products export business. We look forward to learning more as he continues to establish his new businesses in the Western region!

What's going on in Western PEI!

Upcoming Events!

Tyne Valley:

Check out this great event coming up on December 5th from 2-7 PM in the heart of Tyne Valley. All are welcome!



O'Leary:

Be sure to plan to check out the 'O'Leary Neighbourhood Christmas Parade' on Sunday, December 12th, 2021 at 5 PM throughout the heart of the Town. If you live outside the town limits, reach out to a friend or family member in town today to see if you can plan to watch it together!

Alberton:

Check out this fun opportunity for the young ones from the Town of Alberton, to get you all in the holiday spirit! Contact/Message: 'Alberton Recreation' on Facebook.

Here's a fun activity to do with your children to kick off the holiday season & test your knowledge of all things Christmas with these Christmas trivia questions. Here's how it works. Write down the one-word answer to each clue. Using the first letter from each answer, spell out words and solve the puzzle.

Here's an example of how it works

1: The Christmas song Jingle _____. (Answer: Bells)

2: They are used to decorate a Christmas tree (Answer: Ornament)

3: The creatures that the Grinch didn't like (Answer: Whos)

Take the first letter from the each of the answers to spell the word **BOW**.

Each child who solves a puzzle will receive a Christmas treat bag and a handmade Christmas ornament of his or her choice from our special Christmas tree.

If your child would like to participate, just send us a message on Facebook by November 26th. We will send you a message Monday, November 29th with the puzzle. You can bring in the answer to your puzzle to the Town Hall on Saturday, December 4th and pick up your treat bag and ornament. If you have more than one child who would like to join in the fun, we can send multiple puzzles to the same family.



Tignish:

December 3rd is the annual lighting of the lobster trap Christmas Tree at 6 PM in the yard of the St. Simon & St Jude Church (313 Church St, Tignish, PE C0B 2B0).

Following this event, there will be a showing of a Christmas movie for Seniors at 6:30 PM.



December 4th from 5-8 PM will be the annual Christmas decorating contest for both homes and businesses in the area. Maps will be available from the Town office. Be sure to take in the sights and sounds of this beautiful town that night!



There will be an annual Christmas breakfast drive-thru event from MJ's Bakery on Sunday, December 5th in the AM. Enjoy!





South Shore Health & Wellness Inc. Public Update Fall 2021

The South Shore Health & Wellness Inc. (SSHWI) board of directors is pleased that Health PEI is progressing with plans to expand primary health care services in Crapaud since their announcement in March that the clinic in Crapaud will become a patient medical home.

In August, we welcomed Dr. Christen Morrison to the clinic. Dr. Morrison is from York, PEI, and is seeing patients at the clinic on Mondays and Wednesdays.

SSHWI has been advised that a full-time locum physician will be starting at the clinic in November (**Update: Welcome Dr. Oroz who is at the clinic in Crapaud on Tuesdays and Thursdays**).

Health PEI is now operating the **walk-in clinic** in Crapaud. Walk-in clinics are normally held on Mondays from 9am-noon.

Reeves Laboratory Services is expanding **blood collection** to three evenings a week in the South Shore Pharmacy. Collections take place from 4-7pm on Mondays, Tuesdays, and Thursdays. No appointment is needed, and the service is open to everyone. Bring your PEI Health Card and your requisition form. If you have questions, please call 902-432-4513.

Footcare services, including advanced and diabetic, continue to be offered in Crapaud. Appointments can be made by calling 658-2212.

Health PEI has added a **chronic disease management nurse** to the complement in Crapaud. Angela MacDonald, RN, is at the clinic on Tuesdays and Thursdays. The types of services that are offered include INR (warfarin) management, diabetes education, COPD services, smoking cessation services, and hypertension counselling.

An additional **licensed practical nurse** has also been added to increase the delivery of services such as certain blood draws. SSHWI was able to provide approximately \$30,000 worth of medical equipment and furniture for Health PEI to use at the clinic. There are currently seven exam rooms, three practitioner's offices and one counselling office.

SSHWI plans to host a reception at the clinic for Island family medicine residents in November once again this year.

SSHWI continues to work with Health PEI and the government of PEI to ensure primary care services are fairly distributed to South Shore area residents. Efforts are ongoing to allow those patients who were initially assigned to the clinic in Cornwall to return to the clinic in Crapaud. SSHWI's goal is that all previous patients of Dr. Visser and all South Shore area residents without a primary care provider be accepted into the medical practice in Crapaud.

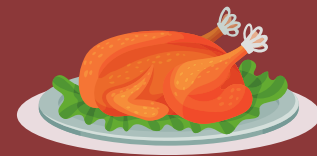


Telephone: 902-598-7560

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Facebook Group - search for:
Central PEI Community Navigator

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



SOUTH SHORE FOOD SHARE

The South Shore Food Share is a non profit community based food bank for rural families serving areas from Borden-Carleton to New Haven.

They will be delivering Christmas Hampers in December and would like to have all names collected by Dec. 1. If you are in need of one, please connect with the SS Food Share as soon as possible.

Call or text:

Terri (902) 218-0772

Jackie (902) 439-4821

Jenny (902) 393-4566

Or message the Facebook page:
South Shore Food Share

KARSI aims to bring refugee family to PEI



KARSI is a community based organization, dedicated to bringing refugees to Canada. **KARSI stands for Kensington and Area Refugee Sponsorship Initiative.**

In 2018 KARSI brought a family of four from Syria to Prince Edward Island. The family is flourishing, now living in the Toronto area.

In May of 2021, KARSI confirmed their plans to host a second family. It involves bringing a family of nine from the Dadaab refugee camp in northern Kenya, the largest refugee camp in the world. Originally built for 50,000, the camp now holds ten times that number. Many are Somali refugees who have fled the civil war in their homeland.

Issack Hassan Aden came to Prince Edward Island in 2011, after spending 20 years in Dadaab. When his parents were killed in the Somali Civil War of 1991, his sister, Muslima, managed to get her two brothers, Issack, aged 5 and his younger brother, aged 3, out of Somalia to the Dadaab camp. There she assumed full responsibility for their care and education.

Issack appealed to KARSI for help to bring his sister and her family to P.E.I. and KARSI immediately agreed. Issack is working closely with KARSI on the campaign, and a series of fundraising projects have already taken place.



Telephone: 902-598-7560
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Office: Kensington Town Hall (upstairs)
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Should you wish to contribute, donations to KARSI can be made:

Directly to KARSI at the **Malpeque Bay Credit Union.**

By **ettransfer to Linda Durdle** at Durdle's Bookkeeping
durdlee@eastlink.ca
Question "in which community is this campaign based" Answer "kensington"

In person or by mail to Durdle's Bookkeeping, 39 Garden Drive, Kensington C0B 1M0. Please make cheques out to KARSI.

A **tax receipt** will be issued for all donations over \$10.00.

More information is available from any member of the **KARSI steering committee.**

Judy Loo: loo.judy@gmail.com
Patricia Bennett:
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MEET ADAM AND NIKKI TODD

Adam and Nikki Todd are two of PEI's new residents, currently working on settling into their PEI life and creating community for themselves. Adam, originally from Nova Scotia, had vacationed on PEI as a child regularly after his parents had purchased land on Panmure Island. The family spent the first years camping on the lot, and later built a cottage which Adam remembers fondly as a place of celebration during those warm weeks of summer vacation. Nikki, originally from Ontario, says that **Eastern Canada is her 'soul's home'**, and has known that she wanted to live here since 2009 when she visited a friend.



Like many inter provincial migrants, Canadians who move from one province to another, Adam and Nikki had a plan that was sped up by the COVID-19 pandemic. Originally planning to take a few years to live in Calgary after working together at a fly-in, fly-out camp in Northern Manitoba, the pandemic had the city in lockdown and as a result, life had changed dramatically.

"Nikki was still able to work remotely from home, but she was in the mentality of wanting to shift out of the corporate world." Says Adam.

"Adam was home without work for the first time in his adult life. On day 3 he was steaming his dress shirts with nowhere to go." Adds Nikki.

"My whole career [as a chef] I've been in high intensity work. She just said "take a break, relax. We'll get into something that's right."

So Adam set about finding something that could serve as a starting point for entrepreneurship, and hit jackpot. A local food truck owner was searching for someone to operate a food truck in downtown Calgary, with the option of hiring an additional person for assistance. "My job was offering for employees to take a sabbatical [due to the pandemic], so I took time off and we went to run this food truck business together." Says Nikki.



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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)



Check out the PEI Community Navigator Website and send us any feedback by scanning this QR Code with your smartphone!

MEET ADAM AND NIKKI TODD



They operated the food truck in Calgary together from June until October 2020, and planned their move to PEI over the next year, arriving in PEI on September 4th, 2021.

Adam and Nikki were networking on PEI long before they arrived to start their life here. ***They had started an Instagram account, “EndofTheRoadBeginnings”, and started reaching out to people on Prince Edward Island to seek out opportunity and build community.*** While they had originally planned to live in Calgary for an additional 5 years, the pandemic expedited their move, and Nikki says, ***“We had a chance to utilize social media to start reaching out, because the sense of community that we felt was out here [in PEI], is what we wanted to become a part of. We knew if we could use the time in Calgary to start networking on PEI and be productive in making connections for our future, we would be so much further ahead when we arrived.”***

“What we could do is start reaching out to people. We weren’t trying to reach out to offer anything, so we had a mental block about wasting people’s time, but we wanted to make connections so that we had some people to speak to on island when we arrived. It was like starting with a layer of comfort, that helped us feel like we’re already one step in toward settling, instead of just starting from scratch.

End of the Road Beginnings is an umbrella platform to share our story, to encourage people to realize that you can figure it out as you go along. Life can evolve and you can see how it goes. It was a platform to show the growth of these ideas so that when they become businesses or ideas, there will be some backstory.

We aren’t selling a product or anything, but we want eventually for people to recognize that something has that ‘Adam and Nikki feel’. We aren’t going to reinvent the wheel with anything we do, but we want quality and the experience to be something people notice.

Our main goal of any businesses down the road is having the experience at the core.

Whatever food or hospitality event people are taking in, we want the experience to be something that brings you to the present.” Says Nikki.

“We planned to take two weeks of vacation when we landed on PEI, just to relax and enjoy PEI, but we just couldn’t help it. We started going out and meeting with people that we had met on the internet on Day 8, because we just couldn’t hold back the excitement to get into the community,” adds Adam.

They met with a variety of people that they had only spoken to over the internet, including new friends, volunteer options, and a variety of employers and potential collaborators.

Find Adam and Nikki on Instagram by searching @EndOfTheRoadBeginnings



"The values out here align more closely with our own values. We wanted to live in a big city like Calgary, so we did that for a while- close to the mountains. We knew though, it wasn't where we wanted to be long term, and we made the choice to move this way based on the community we wanted to be a part of."

*"If you're having honest discussions with yourself and your partner, you'll notice if you're living aligned or unaligned with your values. COVID just slammed us with a real perspective shift. It was a real stark look at things. COVID was a stark reset. **Once we knew we were going to be coming out here, my focus changed from steaming shirts to getting on Google maps and creating spreadsheets of restaurants in downtown Charlottetown.** Price ranges, hours, menus, all that. We know we can't just come and say "I'm here!", we wanted to find a place to slide in and fill a need. We want to be a part of the community." explains Adam about their future business goals.*

As Adam and Nikki continue to settle in to PEI, you can follow along on social media by searching @EndOfTheRoadBeginnings, where you'll find new videos of how they're getting along, episodes of their podcast, "Our Hodgepodcast", and pictures of their two furry cats. Adam and Nikki look forward to connecting with you!



November 4 | Diwali

Diwali. Diwali or Deepavali is the Hindu festival of lights celebrated every year in autumn in the northern hemisphere (spring in southern hemisphere). (Hindu)

Thursday, November 11 | Remembrance Day

Canadians recognize Remembrance Day, originally called Armistice Day, every November 11. At 11 am, we observe a moment of silence to mark the sacrifice of the many who have fallen in the service of their country, and to acknowledge the courage of those who still serve.

Saturday, November 20 | Transgender Day of Remembrance

A day to memorialize those who have been murdered as a result of transphobia and to bring attention to the continued violence endured by the transgender community

Thursday, November 25 | International Day for the Elimination of Violence against Women

Designated by the UN, this is a day to raise awareness of the fact that women around the world are subject to rape, domestic violence and other forms of violence. (International)

November 28 - December 6 | Hanukkah

Also known as the Jewish Festival of Lights or Feast of Dedication, Hanukkah is an eight-day Jewish holiday in memory of the rededication of the Holy Temple in Jerusalem. (Jewish)

Sunday, November 28 | Advent Begins

Advent marks a month-long period of preparation and anticipation for the birth of Jesus on Christmas Day. (Christian)

There is no school on the following dates: November 11, 12, 15, 26.

COVID-19 (coronavirus) information for Prince Edward Island:

www.princeedwardisland.ca/en/covid19



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