

and students delivering arm loads of bags to the school.

ing display on... last year, with schools posting photos and videos throughout

larger recycling bins, looking to tie in Canada's 150,

Ellerslie Elementary also said Mr Cormier.

Twenty-four hour BioBlitz at Trout River Natural Area

The Trout River Natural Area in Carleton is swarming with life, but from noon Friday, June 16 to noon Saturday, June 17 it will be swarming with people who want to look at those creatures of nature. It's a Canada 150 event and the first Bioblitz ever in West Prince. The whole idea is to document the species in the natural area including the plants, frogs, birds, mammals, and insects, and to have fun in the process. The Canadian Wildlife Federation conceived

the idea of having bioblitzes nationwide and secured funding from Canadian Heritage to turn plans into action. They will be attending the event with a wildlife display on both days.

Participants can document plants and animals simply by logging in to i-Naturalist and taking a photo with a smartphone. The sightings can be recorded in the Trout River Bioblitz database. However, there are some events through the day for people

to learn from those with more expert knowledge. On Friday afternoon there will be a butterfly hunt at 2 pm and at 7 pm there will be checking of some cardboard

traps for insects, snakes, snails and slugs. Evening fun from 8 pm to midnight includes listening for frogs and owls and watching for bats and fireflies. A black-light trap will be set to attract moths, and people will be on site though the night.

Saturday will be eventful. Checking mammal live traps at 5:30 am, birding at 7 am and beginning a plant tally at 8 am are expected to yield a large number of larger species. Fish species will be exposed though an electrofishing demonstration at 11 am.

Nature PEI is hosting this event with some help from the site caretaker Trout Unlimited and funding support

from the PEI Wildlife Conservation Fund.

"Generally speaking, Prince County has some different habitats and species rich areas. We'd love to see some families come out and learn about nature" says Rosemary Curley, President of Nature PEI. "This is our first bioblitz and if it's possible we'll be doing more of them in future because fun and learning are usually a winning combination. Parks Canada and the New Brunswick have been bioblitzing for several years and in NB they are really learning a lot by having species experts attend lengthy explorations in remote areas. We are going to be more fun-oriented, but we'll have a few expert helpers too".

For more information: I-Naturalist. <http://www.inaturalist.org/projects/trout-river-natural-area-bioblitz>

Community College and Community Newspaper in Partnership – sharing the success



Tina Coughlin

Overcame fear to follow her dream

Tina Coughlin has worked at a number of jobs - hairdressing, retail, service and custodial work and oyster fishing. It was when her mother became very ill that Tina started re-evaluating her options. She was so impressed with the care her mother was receiving from the home care workers who came to help during the palliative phase of her mother's illness that she thought it was something she would like to do as a profession.

Tina enjoyed working with the elderly and had provided respite care on a few occasions. She noticed an ad in the newspaper regarding Resident Care Worker (RCW) training offered at Holland College West Prince Campus, and an article encouraging mature students to consider retraining. Tina sought the advice of a career counselor, who helped her believe in her ability to learn new skills and guided her through the steps towards applying for the college training being offered.

Tina was accepted into the RCW program, graduating in the spring of 2015. Her hard work has paid off and she now works within the health care system, assisting with long term care. In September of 2016 Tina was

nominated for the Shelley L. Woods Excellence in Person Centred Care Award. This is given to a health PEI employee who works in long term care and demonstrates an exceptional commitment to the philosophy of person centered care.

Tina said there was a process to readjusting her life and getting back into the routine of studying, and it was difficult in the beginning. She was also intimidated by her lack of computer knowledge and skills. "I surprised myself by how well I did, and I continue to use a computer every day now. I also found it difficult to sit in class but going for walks at lunch time helped," she recalls.

Tina said she had to learn to say "No" to some of the family commitments and things she was used to doing, so that she could concentrate on her course but with support and encouragement from her husband and family, she found the courage to continue.

After graduating Tina went for an interview with the PEI Public Service Commission and circulated her resume at other establishments, making sure she met with the nurse managers face to face. She was soon hired as a casual worker and picked up full time hours throughout the summer. This led to a one year full-time position. All the while she never gave up on her goal of getting a permanent position.

"You may need to work on a casual basis for a while before getting a position - you may not get what you want at first. You just have to be patient, and jobs do come around and you will get your turn," she advises. Tina is happy with the 40 percent position she now has and with casual shifts available she is consistently working full time hours. Best of all, she enjoys what she is doing and is making a difference in the lives of those who can no longer look after themselves.

Tina encourages others who are ready for change to move beyond their fear and work towards making their dreams happen.

Holland College is still accepting applications for the RCW program starting this fall.



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La Commission scolaire de langue française



Mental Health Symposium/ Symposium sur la santé mentale

Tuesday, June 27, 4 p.m./ le mardi 27 juin à partir de 16 h
Credit Union Place Summerside

4 pm/16h	Information booths on well-being / Kiosques d'information sur le mieux-être
5:15 pm/17 h 15	Light snacks provided at no cost / Léger goûter gratuit
6:30 pm/18 h 30	Bernard Richard, acclaimed speaker and strong mental health advocate for children / Conférencier de grande renommée, Bernard Richard, défenseur de santé mentale auprès des enfants
7:30 pm/19 h 30.	Experience shared by a young woman living with anxiety / Témoignage d'une jeune femme qui vit avec l'anxiété
8 pm/20h	Closing remarks and door prizes / Mot de la fin et prix de présences

Open to everyone! Come learn more about well-being, for yourselves or your loved ones. / Ouvert au grand public! Venez en grand nombre vous renseigner davantage sur le mieux-être

Mental health is a priority in our daily lives. / La mentale est une priorité dans notre vie quotidienne.

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