

Spring Migration is Here!

Audubon offers over 25 guided bird walks in May

In addition to the free weekday walks listed below, additional birding programs for children, spring birding breakfasts, van trips and workshops are listed in the Audubon May Highlights release. These additional programs involve a fee for participation and registration is required. Visit the events calendar at www.asri.org for details. Please register in advance so that you may be notified in case of inclement weather.

MONDAYS

Birding for Beginners at Touisset: 9:30 a.m.

Are you looking to start birding but may feel intimidated being with those who have more experience? Join Audubon for an easy walk and look and listen for birds in fields, forests and the marshy coastline. Please bring binoculars and a bird guide on this free fun beginner birding walk.

Touisset Marsh Wildlife Refuge, Touisset Road, Warren; May 2 and 16

Coastal Birding for Beginners: 9:30 a.m.

Are you looking to start birding but may feel intimidated being with those who have more experience? Take an easy walk through a beautiful coastal refuge and look for birds in the salt marsh and mudflats as well as forest habitat. Program is free.

Emilie Ruecker Wildlife Refuge, Seapowet Avenue, Tiverton; May 9 and 23

WEDNESDAYS

Wednesday Morning Bird Walks: 9 a.m.

Audubon offers free morning bird walks with naturalist Laura Carberry every Wednesday, year-round. Walks begin at 9 a.m. and each week a new destination is chosen. Visit the Audubon Facebook page or contact Laura at lcarberry@asri.org for details.

Destination determined weekly, please visit the Audubon website or Facebook page for details. May 4, 11, 18, and 25.

SATURDAYS

Swan Point Cemetery: 8 a.m.

Grab your binoculars and head out to Swan Point Cemetery with an expert guide to search for spring migrants. Free program.

Swan Point Cemetery Blackstone Blvd., Providence; May 29.



ED HUGHES

May is the peak month for spring bird migration, with different species moving through each week. Get in on the best birding of the year with Audubon. Novice birders are welcome. Walks are geared for ages teen to adult.

Happy Mother's Day, Mom!

You remind me to brush my teeth twice a day, wash behind my ears and to feed Mia. You also don't get too mad when you step on my legos or pick up after me. You make sure I have everything I need and always make me some "bomb" food. You are the best mom in the world and I love you so much.

Love,
Kid Krunchy

If New England paths could talk
Of the many mothers who walked
Along the cobbled, busy streets of yesterdays
Holding children tight
and heads upright,
Intent on many chores,
Past the harbor and main street stores,

They would tell of strength, courage, and love as these kindred spirits
Stoked the fires of family...
Happy Mother's Day to my New England mother.

Love,
Sara Mello-Sooknah
Bristol

Mom, Thank you so much for all of your help year-round—especially taking such good care of our boys. Happy Mother's Day & Happy Voie's Day.
Love, Jill

Jillian Sypole
Warren

Our Mother, We Call Her Mom
When we were young you helped us grow

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Write what you know

Local executive co-writes book about the intersection between job hunting, and the search for love.

BY CHRISTY NADALIN
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"The project started about four years ago; I wanted to write about my bad internet dating experiences," says Beth Carter, Warren resident and member of the East Bay Chamber of Commerce board of directors. Carter, President of Carter Consultants Ltd., an international executive search and research firm she founded in 1991, knows a bit about helping people find their dream job. When she shared her plans for a book with her friend Ronnie Ann Ryan, a professional dating coach in Connecticut, they both realized that, in this case, their two perspectives would be better than one.

The outcome is "Job Search = Love Search: 10 Savvy Career



Beth Carter, Warren resident and co-author of a book that provides tips for finding work, and love.

Strategies that Help You Find Love Too." It's a book that explores the similarities between dating and job-hunting, and provides clear strategies for both.

"It really is a step-by-step guide," says Carter. "From resume to interview and from an online profile to a first date, to dealing with rejection,

the processes are remarkably similar. Obviously you don't want your first date to feel like an interview, but for example, when you are writing an online profile, you want to present yourself in a way that appeals to what a date might be looking for. Same thing with employers."

The book is geared toward women, but is certainly applicable to men as well as people who are looking for love or a job, but not both. And while it may be full of sound advice, it is fun and accessible and retains the sense of humor that Carter carried into the project from the beginning. Early reviews praise the book, released in January, as both entertaining and informative.

The book "was a bucket list thing for me," says Carter. "Now our goal is to get on Ellen."

Get a copy of "Job Search = Love Search: 10 Savvy Career Strategies that Help You Find Love Too" on Amazon.com in paperback or for the Kindle.



Early Bird Registration Ends May 15th!

For more information & details call your local branch.
www.ymcagreaterprovidence.org

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