



# Prospective

Volume 8, Issue 1, September 2011



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## “Prospect Road Community Centre Update”

**Written By: Delisca Cook - General Manager**

With a very successful first full year behind us, we smoothly transitioned into the Spring and Summer. Our Spring and Summer Programs along with Rentals have been received successfully by our Community. It goes to show that when you provide us with your ideas and feedback, we listen!

The kids enrolled in our Summertime Adventure Camps and My Pals and Me Camps are having so much fun. We are hearing feedback from parents and caregivers that their children can't wait to come back the next day. FANTASTIC!

We are very excited that now as part of the Prospect Road Transit Pilot we have a bus that stops at the centre to pick folks up and take them either to Bayer's Lake and into Halifax or in the opposite direction as far as Whites Lake. Check out the bus schedule at [www.prospectcommunities.com](http://www.prospectcommunities.com) under the Transit Tab.

Fall Programs are available to view on our website: [www.centre.prospectcommunities.com](http://www.centre.prospectcommunities.com)

You can register over the phone or stop by the front desk. If there is a particular program or activity you or your family would be interested in experiencing at the PRCC, please let us know. We welcome your suggestions and look forward to the upcoming seasons.

## Programs and Events at the PRCC

**Written By: Jessica Morrissey**

After a very successful Spring and with the First Year Anniversary under our belt, PRCC is moving right along through the summer months leading us to our second batch of Fall programming and events.

Spring brought many programs for all ages which included recreational sports and dance for children, youth and adults along with our fitness classes and many different specialty programs such as drawing, drumming, and cake decorating (to name a few). Spring also brought many different events such as our 1st Annual Easter Egg Hunt, Family Movie Night, Bike Week Parade, a Teen Dance and our 1st Year Anniversary Event; all of which were a great achievement. Many thanks to those staff and volunteers who helped make these events such a success; your help was greatly appreciated!

Summer programs were also successful. We were able to continue a few fitness classes throughout the summer months as well as our

very popular Summer Day Camps.

Day Camp has been an absolute joy to be a part of over the past 2 months. Each week has brought an exciting new adventure for both our Full Day Camps and our Preschool Camps. Whether we were dressing up for Halloween Day, wondering what the "Pirates" would steal next or getting messy during Ooey Gooey Science Week, the kids and staff were always seen with smiles on their faces.

I also had the pleasure of hosting a Seniors Garden Party for all the seniors in our area. The event was a HUGE success with approx. 65 seniors in attendance. We had a BBQ, music and entertainment from the Day Campers, washer toss and dessert. The weather was fantastic and a great time was had by all. We hope to host a similar event in the very near future.

As summer comes to an end we plan on hosting an Outdoor Family Movie Night on



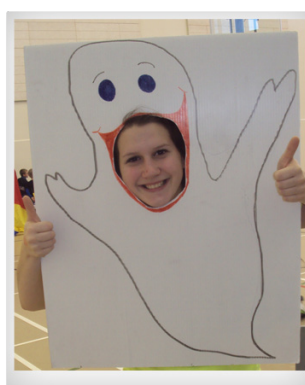
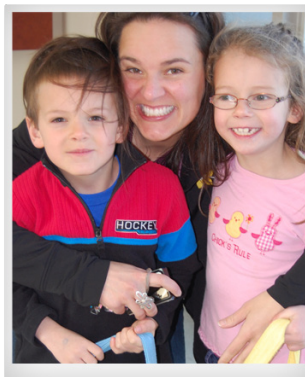
August 26th. Bring your blankets and lawn chairs!

Finally, we are working very hard to get ready for our Fall Programs which you can register for starting August 24th at 9am! There will be lots of different program options, events and much more so I encourage you to stop by and join the fun!

All of our program options and events can be found online at [www.centre.prospectcommunities.com](http://www.centre.prospectcommunities.com) or stop by the Front desk for all your program information!



## Snapshots





## Message from the ROC Chair - Barb Allen

Written By: Barb Allen



With our first 12 months as the volunteer management board for the Prospect Road Community Centre under our belts, the ROC Board is looking forward to another successful Fall and Winter program of community offerings for all to enjoy.

At the start of 2011 the board focused on governance and organizational structure.

In April and May we

focused on reporting, budgeting and finances, identifying goals for the next 12 months and recruiting new Board members.

On June 15th we held the ROC's 13th Annual General Meeting. We were thrilled to have a number of new members join us bringing their skills and talents to the table. The new Board is made up of the following:

- Barb Allen – Chair
- Rhonda Dea – Vice Chair
- Amy Langille – Treasurer
- Kelly Carlton – Secretary
- Cara Lynn Garvock – Director
- Judith Kemp – Director
- Olga Kits – Director
- Michelle Landreville – Director
- Ariella Pahlke – Director
- Michaela Peters – Youth
- Tom Peters - Director
- Rita Schwartz - Director

We would like to thank outgoing members Camille Vokey who acted as Secretary, Shelley Thomas and Emma Landry for their time and efforts.

We have a number of active sub-committees and are looking to recruit non-board members to join most of them. Please consider giving your time to supporting community projects and initiatives, it can and does make a difference!

**Below is a list of active sub-committees:**

- Executive – Full
- Governance – Recruiting
- Occupational Health and Safety - Staff
- Community Events – Recruiting
- Finance - Full
- Human Resource - Recruiting
- Community Development & Sustainability – Recruiting
- Marketing & Communications – Recruiting
- Youth – Recruiting
- Seniors - Full
- Outdoor Recreation - Recruiting

In addition to all of the meetings, we have had a number of celebrations and special occasions in the last few months. In May, we hosted a community conversation, from which the Outdoor Recreation committee was established. In June, we celebrated the Community Centres 1- year anniversary and in July we launched the Prospect Transit project. Between our Terence Bay C@P Site location and the Prospect Road Community Centre we have been able to hire 6 local youth as summer staff, which has allowed us to offer fun and worthwhile programs and camps.

**We all have something to give. What could you offer?** The work of the ROC Board is ongoing. As an enthusiastic group we welcome and need new members who are able to put in the time and energy to making a difference in, and for our community and to step forward and work with us to build on the successes of the past.

If you are interested in joining one of the sub-committees or would like more information about the organization please contact me at [barb@prospectcommunities.com](mailto:barb@prospectcommunities.com)



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## Community Profile: Prospect Road Communities Minor Baseball

Written By: Rhonda Dea



What a summer it has been for the ever-expanding Prospect Road Communities Minor Baseball Association.

Under the leadership of President Tim Bradbury, we have watched our league grow. We now have two full Tot Teams, the Royals and The Reds as well as 3 Sandlot Teams, Yankees, Red Sox and Blue Jays. Not to mention our ever expanding Mosquito division

with 3 full teams, the Pythons and the Bombers as well our first ever competitive team the Mariners.

What is really great to see is that we have a full Pee Wee team which is for youth 12-14 years. We have over 100 local children enjoying the sport of baseball. Next year we are hoping to add a competitive team for Pee Wee as well. It is our goal to keep our children playing ball within their own community, over the years we have seen so many children go to other organizations, now we are starting to bring them back.

This league would not be a success with out the support of our community. In June we were fortunate to host a dance in conjunction with the One Year Anniversary of the Community Centre, with all tickets sales going towards the league as well as a very successful bake sale at the Anniversary Celebrations during the day.

The league has also partnered with the Community Centre by hosting their Second Annual Canada Celebration at the Ball Fields. What a success that turned out to be.

This year we were so fortunate to have the support of locally owned company Coastal Restoration. With their generous and solid sense of community, they donated the material and labour to build new cinderblock dugouts at the Brookside Junior High fields. PRCMBA, approached Bradley Lafontaine, Co-Owner of Coastal and asked if they could give us a deal on materials and were thrilled by his overwhelming support of Minor Baseball by sponsoring the entire project. The association will be erecting a sign on the field and a small ceremony to thank them. We would never have been able to build those without their support.

Priority Precision, who generously donated our new ball uniforms for the Mosquito A Team, also supported Prospect Minor Ball.

This month our A team competes in a tournament to earn a spot to enter Provincial Championships, GO MARINERS!!

Check out our website at [www.PRCMBA.ca](http://www.PRCMBA.ca)



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## Is Your Dog an Outdoor Dog?

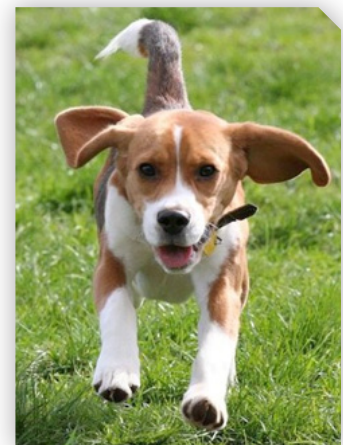
Written By: Olga Kits

Your dog will be most happy living and sleeping inside your home with its family or its 'pack'. Set up an area with a comfy bed or blanket that your dog can call its own. The Society for the Prevention of Cruelty to Animals (SPCA) is strongly opposed to having your dog live outside. However, if this is your only option, an outdoors kennel should be weather- and draft- proof, situated in a dry spot, elevated, have insulated walls and flooring and plenty of dry bedding inside. Outdoor dogs should always have access to fresh water in a spill-proof bowl.

Dogs, like wolves, are highly social and want to belong to a 'pack' or family. In nature, a wolf is never alone, unless it has been abandoned by its pack. For a wolf this is the worst fate as it tells the animal that it has been rejected by its 'pack'. Dogs are extremely social animals and need lots of contact with their humans and other dogs. If dogs do not receive that daily interaction they suffer psychologically, lead a diminished life, and behavioral problems are likely to follow.

Dogs feel pain, longing and need. If your dog sleeps outdoors, please make sure to bring it in to the home daily to interact with its loving "pack."

See this website for design instructions for your outdoor dog, if you have no option of bringing it into your home: [http://www.ontariospca.ca/docs/Ideal\\_Doghouse.pdf](http://www.ontariospca.ca/docs/Ideal_Doghouse.pdf)





## Donor Recognition Sculpture

Written By: Barb Allen



With funding secured in 2008, Blacksmith John Little of East Dover was commissioned to create a sculpture to be used for donor recognition at the Prospect Road Community Centre to raise funds for investment in community projects and activities.

A 1,000 lb., forged iron sculpture will be placed in the Centre's expansive "indoor street", where it will greet visitors and commemorate community ownership and generosity. It will include 200 metal nameplates that will be inscribed to recognize financial generosity. The gift amount will be three tiered: \$100, \$500 and \$1,000.

The sculpture's design reflects John's personal desire to create a significant and lasting piece that reflects his personal commitment to the community and expresses his gratitude for the overwhelming welcome he received when he and his family moved here four decades ago.

The sculpture will consist of three stylized forged steel figures, the tallest standing 10 feet. Heat in excess of 2,000 degrees Fahrenheit and 900 pound-force hammer blows help to forge the material.

Through its unique design, the art piece will symbolize community, activity, celebration and joy.

Completion of the sculpture and installation are anticipated before the end of 2011.

Please contact Barb Allen if you would like to be recognized on this one of a kind sculpture, or for more information about this initiative. [barb@prospectcommunities.com](mailto:barb@prospectcommunities.com)



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## Community Transit: Welcome aboard and Enjoy the Ride!

Written By: Barb Allen



This 6 month pilot project came about in response to residents' desires for public transportation service in the Prospect area. At the end of the project we hope to determine if there are enough people that want and use the service to look at ways to make it permanent.

HRM have tried providing rural bus service in the past few years to areas such as Sambro, but have found that the service is not sustainable due to low ridership, and therefore the Municipality does not plan to increase rural bus service through Metro Transit at this time.

It is important to note that if Metro Transit were to service our community it would come with an additional cost which would be added on to everyone's tax bill, whether you use the bus or not.

The 6 month pilot project will not affect resident's taxes, and will be a cost effective way to truly gauge community need and interest in supporting a bus service.

With \$50,000 in funding from the Nova Scotia Transit Research Incentive Program (NS-TRIP) the ROC has contracted Need-A-Lift to operate a single bus which is now travelling within the community transporting passengers to the Community Centre and to Exhibition Park to connect with Metro Transit.

The operating plan was developed by a volunteer committee based on results from an open house session and an online user needs survey. A contract was then negotiated with Need-A-Lift to operate the service. We're hoping the system we've designed meets the needs of the

community while keeping costs down. We'd love to hear your ideas.

The Monday-through-Saturday service will pick up passengers from White's Lake and along the Prospect Road and bring them to Exhibition Park to connect with Metro Transit buses.

On Tuesdays, buses will run directly to Mumford Terminal and Scotia Square, and on Saturdays there will be three runs into Bayers Lake and Clayton Park Shopping centres where people can connect with Metro Transit.

### All routes will stop at Exhibition Park.

For the weekday peak routes, Exhibition Park is the route terminus. The schedules are designed so that the Prospect Road bus will connect with Metro Transit Route #22 with service to Mumford Terminal. By stopping at Exhibition Park during peak periods, we can avoid traffic tie-ups and make many more community runs than we could if we went all the way into the city.

### The Fare

- Cash Fare: \$3
- Tickets: 4 for \$10

*There is no fare discount for seniors or children. No transfers will be issued or accepted. Single fare only, no monthly passes*

### The Bus

The bus is operated by Need-a-Lift under contract to the Resource Opportunities Centre. It has sixteen comfortable seats and can accommodate a wheelchair.

To make this transit service work we need your help. First, we need lots of people to use the service. We also need to respect others' property. If you need to drive to the bus stop and park, please don't use or block someone's driveway or park in a commercial parking lot, and please don't leave litter at the bus stops.

The transit service schedules and maps and stop locations can be found online at <http://prospectcommunities.com/transit>.

*Also see pages 19 and 20 in this newsletter for the transit schedule.*



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- \$165: Full-Page (9.5 X 14 )
- \$295: Two Page



#### Online:

Community Portal ([prospectcommunities.com](http://prospectcommunities.com))  
PRCC website ([centre.prospectcommunities.com](http://centre.prospectcommunities.com))

- \$50: 3 Months
- \$90: 6 Months
- \$162: 12 Months

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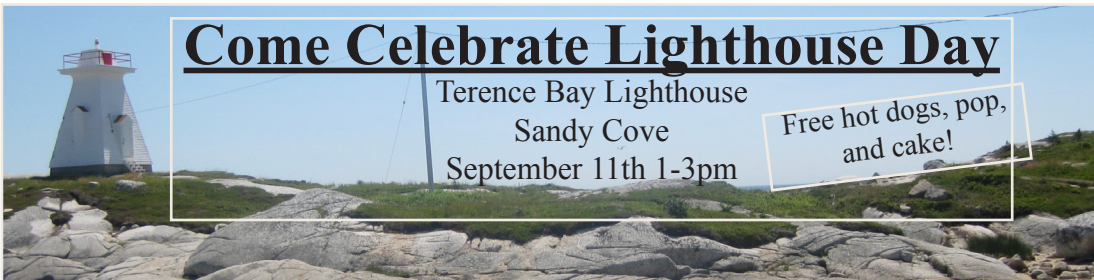
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Rain date: September 18th

## Re-Connect with Prospect Connect!

**Written By: Elaine Sherwood and Scott Moulton**

Hope you all had a great summer? After our summer hiatus, we are resuming our first meeting for **Prospect Connect** on Thursday, September 8, 2011 at the Prospect Road Community Centre from 7:00pm – 8:00pm.

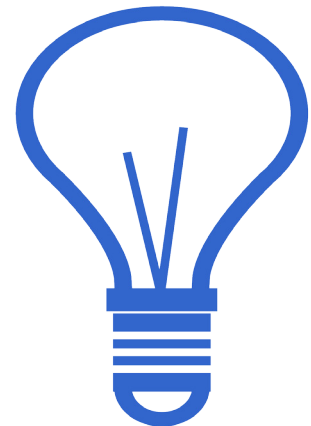
### Who are we?

We are a non-profit networking group connecting businesses throughout the Prospect community.

### What do we do?

- Meet, mingle and market our businesses so people know who we are and what we do.
- Build business relationships and friendships.
- Opportunities for presentations or take in guest speakers.
- Share ideas to enhance business growth.

Come out and see for yourself! For details contact Elaine Sherwood at 229-1254 email [elaine\\_75@hotmail.com](mailto:elaine_75@hotmail.com) or Scott Moulton 880-4222 email [scottmoulton1@hotmail.com](mailto:scottmoulton1@hotmail.com).





## Coastal Barrens Damage

**Written by:**  
**Lynette Reid**

The Coastal Barrens of Shipley Head between the border with Lower Prospect and the Terence Bay lighthouse constitute one of the great treasures of Terence Bay. For hikers, berry-pickers, runners, dog-walkers, and ATV enthusiasts alike, this piece of crown land offers many riches, all very accessible to the community of Terence Bay and Lower Prospect. These barrens were the first part of Terence Bay I knew. A friend brought me out from Halifax to go hiking on them, and when we saw an ad for a house in Terence Bay five years ago, we were thrilled to think we'd live just down the road from such a great natural landscape. Juniper, crowberry, beach peas, blueberries, huckleberries, partridgeberry, pitcher plants, beautifully blooming rhodora in the spring, all blanket the landscape—plants that have the wherewithal to grow in these harsh conditions where nothing else can make it.



These plants can survive hurricanes, salt spray, and tropical storms, but they can't survive everything. On May 19th, a large pickup truck tried to drive the path that most of us know by foot or ATV, starting from Lower Prospect Road and heading towards Sandy Cove Road (via the Terence Bay Lighthouse). It got stuck half way and an excavator followed in to pull it out. Now, some people complain about ATV destruction, and we might not all agree on whether driving ATVs on this landscape is a good thing—but driving a truck and then an excavator onto delicate coastal barrens gives you the destruction of 10 years of ATVing all in one sunny afternoon. Parts of the trail are heavily damaged, wooden bridges that community members had contributed to help hikers over the muddy bits were destroyed, and garbage (beer cans/bottles, plastics etc.) was left behind, mere weeks after we all spent hours in the ditch for community cleanup.

Driving machinery like this through our Coastal barrens damages sensitive vegetation, ruins soil and alters hydrology. The law permits the ATVs on crown lands, and as a community we may agree to disagree on that one. But this kind of assault on crown lands isn't your legal right.

Locals and visitors alike use these beautiful coastal barrens. Let's work together as a community to protect them. Please show respect!

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## An Update From Councillor Reg Rankin



### Traffic – Prospect Road & St. Margaret's Bay Road

A number of concerns regarding traffic and traffic light signalization at Prospect Road and the St. Margaret's Bay Road intersection have been brought forward by many residents of the area. The Province of Nova Scotia's current Provincial Traffic Study findings offers a prospect for significant and welcome street functional improvements at the

intersection. The anticipation is that capital funding be made available in 2012 so that work can begin on this section of roadway.

### Goodwood Environmental Review

The Goodwood Environmental Review is in process. The review was initiated when residents expressed concerns regarding potential environmental effects to surface water, ground water and the Drysdale Bog due to industrial activity. A joint committee was formed by the Nova Scotia Department of the Environment, Nova Scotia Department of Transportation & Infrastructure Renewal and the Halifax Regional Municipality and a Goodwood Committee was formed comprising of four community residents. These committees were formed to study the issues and the environmental impacts to the area. Studies have taken place and a lot of information has been gathered. A stakeholder meeting was held in late July to review results to date. Upon completion, stakeholders will meet with Goodwood residents to present their findings.

### Prospect Community Transit

The Prospect Community Transit made its inaugural run on Monday, July 18th. Mayor Peter Kelly and Councillor Reg Rankin officially opened the transit service at the Prospect Road Recreation Centre on Tuesday, July 19th at 11:15 a.m. Congratulations to all who worked to make this service available to the residents of Prospect. It will provide a great benefit to the community. The transit service schedules and maps can be found online at <http://prospectcommunities.com/transit>.

### Village Green Recreation Society

In 1960, Halifax County sold the former school located at 9 Leary's Cove Road, East Dover, to the Ocean Glen Society for use as a community hall. For many years the building was used as a gathering place. Eventually the building was vacated and the Society passed a resolution to convey the property back to the Municipality. The building was demolished.

In April 2011 Halifax Regional Council approved the less than market conveyance of the property to the Village Green Recreation Society.

The Society is looking to enhance local recreational amenities, specifically the provision of parking for users of the adjacent Village Green Park sports field and the adjacent St. Thomas Church Hall

### HRM Parkland Planning Updates

The MacDonald Park project is ongoing. HRM Staff is currently preparing a report to be presented to Regional Council to consider capital funding for the project. Once funding is approved, work will begin on a viewing platform that is anticipated to be completed by the end of the summer.

An application has been made by the Halifax Regional Municipality to the Province of Nova Scotia for a walkway to be constructed between the Prospect Community Centre and Prospect Elementary School. It is anticipated that the walkway be completed by September if permits are in place and the work proceeds. The walkway will provide safe passage from the community centre to the school.

### By-laws with respect to signage

The Halifax Regional Municipality is working on a by-law to be presented for provincial approval relating to signage. If approved, the by-law would address signage on the Prospect Bay Road and would also consider signage clutter along the roadways. Public input will be included in the proceedings as the approval process moves forward. 2011 Citizenship Awards

### 2011 Citizenship Awards

On June 21, 2011, the 2011 Citizenship awards were presented at City Hall to students who exemplify dedication and commitment to improving the quality of life in our schools and in our communities. I would like to extend my sincere congratulations to all 2011 Citizenship Award recipients, including Olivia LeBlanc, Brookside Junior High School and Haley Vining, Ridgecliffe Middle School our award recipients from District 22. Well done!



Councillor Reg Rankin, Olivia LeBlanc,  
Mayor Peter Kelly



Councillor Reg Rankin, Haley Vining,  
Mayor Peter Kelly

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**Call Centre:** 490-4000



## Future of the Terence Bay Lighthouse

**Written By: Michelle Forrest**

The Terence Bay Lighthouse is 108 year old and has withstood the ravages of time, tide and hurricane. However, like scores of lighthouses across the country, it has been declared surplus to navigational needs. In this age of sophisticated electronics, a navigational light no longer needs a house or a keeper to watch it 24 hours a day. Lighthouse preservationists who recognize the cultural importance of these iconic structures have worked for years to achieve federal government recognition for Canada's lighthouses. Their work has culminated in the Heritage Lighthouse Protection Act, which came into effect 29 May 2010.

Lighthouses that have been declared 'surplus' are now in a state of limbo: the Department of Fisheries and Oceans will no longer be continuing to repair them and they will NOT automatically be granted 'heritage' status. According to the Act, it is up to local groups or individuals to petition the federal government to begin the process of having their lighthouses declared 'heritage' by agreeing to take them over with the purpose of protecting their heritage status.

In Terence Bay a local group has been in existence for over ten years - the Terence Bay Lighthouse Committee - with the sole purpose of preserving the Terence Bay Lighthouse. It is this group of concerned citizens who alerted the Dept. of Fisheries and Oceans of the damage to the lighthouse from Hurricane Juan and from each subsequent weather event that put the structure at risk of further damage. In September 2010, hearing reports of severe weather from Hurricane Earl, a group banded together, collected materials, and worked into the night to make temporary repairs to shore up the structure against the might of Earl. The sturdy little lighthouse survived that onslaught and made it through the winter, but proper repairs, consistent with the design of the structure, are desperately needed before this year's hurricane season is upon us.

In May 2011 the Terence Bay Lighthouse Committee collected the required 25 signatures and applied to Parks Canada to begin the process of attaining heritage status for the Terence Bay Lighthouse. The next steps in this process are underway: to have a specialist in marine structures assess the condition of the lighthouse, estimate the extent of proper repairs, and complete a business plan that outlines how the lighthouse will be maintained.

The process of taking over responsibility for the lighthouse will take



some time. Once the Department of Fisheries and Oceans is satisfied that the Committee's business plan is sound and sustainable, Parks Canada will begin an historical search to verify that the Terence Bay Lighthouse is indeed a founding document of Terence Bay. In the short term, however, the sea does not wait for the wheels of bureaucracy to turn. The Terence Bay Lighthouse Committee is selling 50/50 tickets as well as soliciting local businesses to collect the necessary materials to keep our lighthouse secure and safe as this divestiture process unfolds.

If you care about the future of your lighthouse, please come out for Lighthouse Day (11 Sept, 1 to 3pm), buy 50/50 tickets for repairs (draw: 29 Aug), and support those who have been working behind the scenes to insure that our coastal heritage will continue to be represented by this iconic structure at the mouth of Terence Bay.

Officers of the Terence Bay Lighthouse Committee are: Laszlo Bone, president; Mary Thomas, vice president; Linda Slaunwhite, treasurer; Cheryl Gardner, secretary. Meetings of the Committee are held on the third Monday of the month at 7pm. Everyone is welcome! For meeting location, please call Laszlo at 852-3425. The Committee would like to thank the SS Atlantic Heritage Centre and the Resource Opportunities Centre for their continued support to:

**Save Our Light!**



**Bill Estabrooks, MLA**  
**Timberlea-Prospect**  
**1492 St. Margaret's Bay Road**  
**Lakeside, N.S. B3T 1B3**  
**Phone: 876-2472 or 424-4134**  
**Email: [billestabrooks@navnet.net](mailto:billestabrooks@navnet.net)**

# The Senior's Network

Goodwood to West Dover

**Written by: Mary Hammond**

The Seniors Network geographically covers Goodwood to West Dover. We organize two bus trips a year, a Valentine's tea, BBQ in August and weekly drop-ins to bring seniors in our area together and there is no membership fee! We throw a "loonie" into the cup to cover tea or coffee with as many refills as you wish, throughout the afternoon, this is on a voluntary basis.

## Weekly Get Together

About 30 to 40 seniors meet at the Whites Lake Legion from 1 pm to 3 pm every Wednesday from September to June.

The 1st Wednesday of each month we begin at 12:30 pm with a business meeting to discuss plans for our trips, start-up dates for activities and any other topics that need discussion. When voting on any topic, the majority vote rules.

Also, on the 1st Wednesday of each month a birthday cake is purchased in honor of those members celebrating a birthday that month.

We have had guest speakers on heart related issues, osteoporosis, Alzheimer's as some examples and plan to have speakers for diabetes and advise on wills.

Between 30 to 40 seniors attend on a weekly basis to socialize, play card games, pool, darts and board games.

Come to the Legion any Wednesday between 1 to 3 pm from September to June to visit, stay or ask for more information.

## Trips

Peter Jollimore, with HRM Recreation Department, organizes or trips once members have voted on where to visit.

May 30, 2011, we had a day trip to tour Oaklawn farm zoo in Aylesford, then ate a delicious lunch at "The Family Restaurant" which is near the zoo. Also we stopped at the Pie Factory and a roadside market on our way home. Our bus driver was very competent and friendly

Some of our members requested information on an overnight trip to the Cabot Trail in October to see the fall colors and beautiful scenery. Peter is to present this information at our opening on Wednesday, September 7, Once a decision has been made on our destination, a firm commitment from all those who are interested in going on this trip will be required as soon as possible. This information is necessary to determine the size of the bus we need to rent, how many hotel rooms we need, meals etc. and to calculate the costs, which must be paid by each individual.

## Never Happened Before

This past year we have had "first time for"

December 8 The Stadacona band's brass quintet played seasonal and other tunes during our Christmas luncheon.

Valentines tea in February



From COSTCO, as a trial basis, so to speak, we ordered trays of delicious sandwiches and a fruit tray along with the usual Valentine theme cake and a birthday cake for February celebrations. Previously, members were asked to bring sandwiches and sweets to accompany the chowder and rolls, tea, coffee that we pay the Legion staff to make at that time.

## March 16

We had Irish stew "Green" deviled eggs, sandwiches and sweets to celebrate St. Patrick's Day.

## June

Three of our members attended a Dinner Theatre at Emmanuel Church Hall on the Hearing cove Road in spry Field. Roast beef dinners, dessert, tea, coffee were served and comments were good.

## July 20

The Staff at the Prospect Road Community Centre hosted a "Seniors Garden Party". There was 65 people able to attend, enjoyed a BBQ, games and music and on each table was taped a survey sheet which asked those present for suggestions for other activities. Many thanks to the Community Centre staff for a wonderful party.

## Elected officers are:

- Chairperson: Mary Hammond (852-3146)
- Vice Chair: Dorcus Shaw (852-2306)
- Treasurer: Judith Kemp (852-3310)



# Community Gallery



## Prospect Road Crafters Market

**SATURDAY, OCTOBER 15**

**10AM - 4 PM**

**PROSPECT RD COMMUNITY CENTRE  
2141 PROSPECT RD, HATCHET LAKE  
SPACES AVAILABLE: 850-2440**

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**Trevor Berringer**

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# Welcome to

## Halifax C & D Recycling

Halifax C&D is a national leader in construction and demolition waste diversion with a diversion rate of more than 75 per cent.

Halifax C&D began the province's first tire recycling facility producing TDA in Nova Scotia. The facility does not accept or collect used tires directly from the public. A contract exists with the Resource Recovery Fund Board (RRFB) to process all of Nova Scotia's used tires into an environmentally inert shredded tire product known as Tire Derived Aggregate (TDA).

**GRINDING SERVICES**

**WOOD**

**SHINGLES**

**GYPROC**

**METAL**



Originally established in 1995, Halifax C&D is a Nova Scotian business specializing in recycling. Halifax C&D is a national leader in construction and demolition waste management with a diversion rate of over 75%.

For more than 15 years, Halifax C&D Recycling has been at the forefront in helping Nova Scotia's impressive recycling and landfill diversion effort. The company's Goodwood facility houses its head office and is also one of two places customers bring their construction waste. In 2000, the company expanded with the addition of the Dartmouth transfer station on Ross Road.

Residential and commercial customers can bring the following material to one of two locations in HRM.

- Carpet or inert material not considered construction or building materials
- Drywall, Ceiling tile, Vinyl, Plastic, Glass, Insulation, Styro Tar, gravel roofing, Painted wood
- Clean Asphalt Shingles
- Clean wood, Brush, leaves, grass clippings
- Asphalt/Brick/Concrete
- Concrete With Rebar
- Mesh or Rebar

This is how much of the product leaves Halifax C&D and completes the recycle cycle

### **Wood waste**

Sorted wood waste is chipped to 3 inch minus and sent to [Brooklyn Power Corporation](#) to produce steam for the Bowater Pulp Mill. This is the largest biomass power producer in Nova Scotia.



**Fuel energy for Brooklyn**



### **Asphalt Paper**

Asphalt shingle flake is produced from asphalt paper and is used by LaFarge Cement to replace coal. The asphalt shingle flake burns more cleanly than coal, without the harmful emissions.

### **Gyprock**

Clean gyprock is sorted, de-papery and processed to desired specifications, which gets trucked to in McAdam New Brunswick to make new wallboard at the [Certainteed Gyproc Plant](#)

### **Glass**

Materials are separated and glass is processed to make septic sand, which has been approved by the Nova Scotia Department of the Environment.

### **Metal**

Metal is sorted from materials and recycled locally.

### **Mixed C&D materials**

Mixed debris is processed to a mulch to create a manufactured cover for landfills and is used at Otter Lake, where it is most useful due to lack of soil on-site.

In 2009 Halifax C&D was awarded a contract to process all of Nova Scotia's used tires into a valuable shredded tire product known as Tire Derived Aggregate (TDA).

To conserve landfill space and reduce environmental hazards every year, more than 1.2 million worn out tires are collected from tire retailers across Nova Scotia and processed by Halifax C&D.



Concrete recycling



TDA - road base

Housed in a state of the art facility immediately adjacent to the existing Halifax C & D Recycling Yard in Goodwood, the tire facility is located on an 5.5 acre site which has been zoned as an industrial site for the past 38 years.



TDA - road base

Shortly after arriving on-site, the tires are inspected and then processed through an industry-proven shredder which mechanically shears the tires. This process does not produce heat, dust or other air emissions; the high-capacity shredder is very efficient and can shred all tires received each day within four to eight hours. The shredder is calibrated to produce pieces of shred ranging from 50 to 300 mm in size in accordance with ASTM D6270 specifications for Tire Derived Aggregate (TDA).



emissions; the high-capacity shredder is very efficient and can shred all tires received each day within four to eight hours. The shredder is calibrated to produce pieces of shred ranging from 50 to 300 mm in size in accordance with ASTM D6270 specifications for Tire Derived Aggregate (TDA).

The TDA is being marketed by Halifax C&D and is used for civil engineering projects throughout Nova Scotia and beyond.

The overall design of the tire recycling facility is based on fire prevention as a first priority. A security fence and a security guard on site 24 hours a day, 7 days a week to minimize the risk of arson activities. Proactive measures such as ensuring adequate clearances between storage areas, buildings and property lines and constructing concrete separation barriers between storage areas contribute significantly to fire prevention.



TDA being placed in new road bed

Another important factor is that TDA inventory presents far less of a fire hazard than whole tire inventory simply because the air voids associated with the storage of whole tires is significantly reduced in shred inventory thus reducing the risk of fire significantly.

The potential for TDA to generate leachate has been extensively examined in field studies for civil engineering applications for both above and below the groundwater table. Numerous scientific investigations have determined that off-site water quality effects of TDA are negligible. Nonetheless, Halifax C&D measures such as runoff containment and conducts testing prior to release offsite.



Hurricane debris being ground up

For more than a decade Halifax C&D has supported community clean ups and has dedicated staff for this purpose. Below is a photo of debris from a hurricane being ground up to mulch.

Halifax C&D is launching a community outreach and educational program including extended facility tours starting this fall 2011.

#### **Halifax C & D Recycling**

#### **Recycling the present to preserve the future**

Contact Us

Phone: (902) 876-8644

Fax: (902) 876-1878

Email: [lhassie@halifaxcdrecycling.ca](mailto:lhassie@halifaxcdrecycling.ca)

**Open House  
Saturday 17th  
September 2011  
Phone 876-8644  
For More Details**

## Summer at the ROC: Where has the time gone?

Written By: Ashley Thomas

Where has the time gone! Another exciting summer has passed by quickly here at the Resource Opportunities Centre. Over the course of the summer Siena Benjamin and I were provided with the opportunity to plan and deliver a wide variety of events and activities such as camps, movie nights, and workshops.

Last summer at the Terence Bay C@P Site – Resource Opportunities Centre we started a very small **canteen** selling chips, this summer we extended our canteen inventory to include not only chips but also multiple types of pop and bars, candy, popsicles, jolly pops, and jumbo freezies. The canteen was extremely successful and you can definitely expect its return in summers to come.

This summer we were also pleased to present our new **Terence Bay C@P Site website** which offered updates of summer happenings at the C@P Site, information about our programs, events, services and also a photo gallery where pictures of our summer camps, the C@P Site, and surrounding area.

Over the summer months on top of our regular **kids pizza and movie nights** we also held new summer events which included teen job workshops, Facebook classes and a homemade card workshop.

The movie nights this summer ran every second Thursday and featured movies include Marmaduke, How to Train Your Dragon, Yogi Bear, and finally Shrek Forever After. For \$5 the kids were able to get a slice of pizza, popcorn, a drink and watch a fun film with friends.

**Our Teen Job workshops** offered teens the chance to learn where to search for jobs, how to create a resume and cover letter, and offered tips on preparing for an interview. The information used in the Teen job workshops is also available on the Terence Bay C@P Site's website to view or download.

The **card making workshop** went over well, many great card creations were created each one unique and crafted with a personal touch. The cards were made with family members and friends in mind.



This summer the Terence Bay C@P Site – Resource Opportunities Centre started its summer camps with Under the Sea, an ocean themed camp and Creative Adventures, a creative craft and games themed camp. During August we continued our camps with challenge week, a camp centered around challenging the kids physically and mentally.

We then finished our 2011 summer camps with the ROC's Amazing race, which took the kids from the ROC all the way down to Sandy Cove beach.

In **Under the Sea**, the kids created beautiful picture frames with sand, beach glass, and other ocean treasures. During camp the kids painted beach rocks, created an ocean in a bottle, and did our annual summer sign for the ROC. They also took a trip to Sandy Cove Beach where they played in the sand and water, and had a water balloon fight.



In **Creative Adventures**, the kids' creative energy flowed as they painted flower pots and canvases, created butterfly treats, playdough, memory games, and decorated yummy sugar cookies! Games such as test your senses, water balloon volleyball, and



tug-of-war were also incorporated into these two fun filled days and enjoyed greatly by the campers.

During **Challenge Week** the kids took part in a variety of activities that challenged their bodies and their brains! On the first day of camp the kids participated in games such as what am I, soccer, manhunt, and an online treasure hunt. On our second day there was a whole new set of games and activities which included a scavenger hunt for chocolate loonies, team water balloon relay and catch games, piñatas, and also we spent some time at the beach enjoying the summer sun.

We finished our summer off this year with our camp that was originally planned for the first week of August, the ROC's **Amazing Race**. Over the course of two days the kids enjoyed designing t-shirts, making maracas, creating sand art, painting picture frames and searching for clues. Friendships were made as we raced around the ROC and surrounding area completing detours and making our way through roadblocks!

To sum it up, we have had an amazing summer at the ROC being involved in the community and spending time with the people who live here.

A special recognition to our regular CAP Site users and camp kids, you have made this summer a memorable one and will be greatly missed. Stay connected with the ROC by checking out the Prospect Communities website and also our own website [www.capsite.prospectcommunities.com](http://www.capsite.prospectcommunities.com)

## Community Profile: Halifax Motorsports

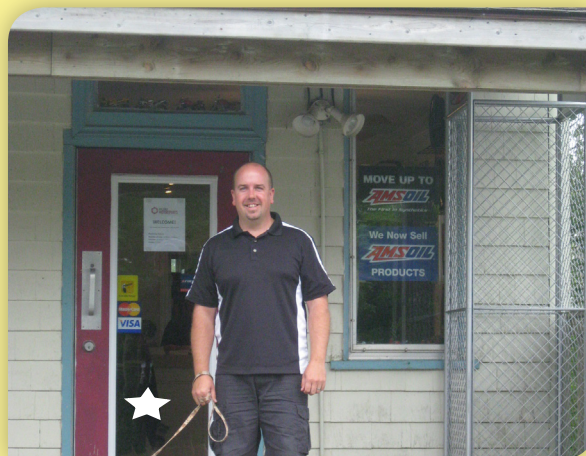
Written By: Siena Benjamin

Halifax Motorsports is a great illustration of growth in action. The owners Scott and Carly Redden had a humble start buying and selling only a couple of used motorsport related products out of their home which gradually transformed into an establishment with a range of inventory. The couple resides in Hatchet Lake and after moving to the Prospect road community from Halifax, they quickly became tuned to the interest of many local people who regularly take part in motocross, ATVing, snowmobiling, boating and motorcycling.

The Goodwood location has proven to be a great fit for Scott and Carly, they feel comfortable and excited about the location. When one walks into the store they are presented with a range of motorsports gear including motorcycle apparel, motocross masks and an impressive range of snowmobile, ATV and motocross helmets. The business uses their website to allow customers to order merchandise and parts online and to advertise their current and up-to-date stock. Halifax Motorsports is continually refreshing their inventory, taking trips to the United States around a dozen times a year in search of the most reliable and sought after stock.

Halifax Motorsports is a competitive business in many aspects of the operation and these qualities are in turn the very thing that draws their present and future customers. The fact that the owners themselves are motorsports enthusiasts generates a place where the customers feel comfortable and trusting with the products, advice and services they are receiving. Scott himself started road racing at Atlantic motor sports park put on by Atlantic Road Racing league starting in 2007 till 2010 and he is someone who is approachable, devoted and passionate about motorsports. He expresses that people get involved with motorsports for enjoyment and so the buying process should also be a reflection of this emotion.

The Reddens hold many future plans for Halifax Motorsports,



including hiring more staff so they can offer full service for a range of motorsports equipment. There are also plans to bring stock in according to the seasons, for example more boats during the summer months and more ATV's including plows during the winter. The couple also wishes to continue to establish relationships with their future customers, standing by the quote "Our customers, our friends".

Halifax Motorsports  
818 Prospect Rd  
Goodwood, NS B3T 1P3

### Contact:

Email: [sales@halifaxmotorsports.com](mailto:sales@halifaxmotorsports.com)  
Phone - 902-442-4046  
Fax - 902-482-1643  
Web: [www.halifaxmotorsports.com](http://www.halifaxmotorsports.com)





## Prospect Road Crafters' Market: August Update

Written By: Bev Blackburn

The second annual Prospect Road Craft Market is being held on **October 15th 2011 at the Prospect Road Community Centre.**

It appears that last year's great success of our market is being carried over to this year. A recent check with our registrar shows that we presently have approximately as many sellers now that we had in total last year. This is a good indication that it will be an even bigger event for everyone to enjoy.

If you are interested in setting up a booth/table you only have a week left to take advantage of the reduced rates:

- Residents of Prospect Road and surrounding communities - \$30.00 per space.
- Residents outside the Prospect Road - \$40.00 per space.
- Applications received after September 1st will have a price increase of \$5.00.

Our application and standards are now located on our website [www.craftmarket.prospectcommunities.com](http://www.craftmarket.prospectcommunities.com). As there will be a cut-off date for applications it is suggested that you send yours along as soon as possible.

It is our wish that this annual event will continue to be an opportunity to highlight and support our community. There are a lot



of talented artisans in this area and this provides each one a venue to showcase their talents. A lot of hard work and pride is put into each product they produce and it is a wonderful compliment when the community comes out and supports such an event. Therefore we would like to encourage everyone to drop by on October 15th, 2011 and enjoy the sites and sounds of this year's market. Also as a bonus the admission is FREE!!!

*Hope to see you there!*

## HRM Boundary Review

The decision of the Nova Scotia Utility and Review Board on the number of Districts and Councillors was released on July 27, 2011.

For the next election in October 2012 HRM is required to reduce the number of Districts (and Councillors) in HRM to 16 plus the Mayor.

### The next steps:

The next step is for HRM to determine the district boundaries based on 16 districts in HRM. The proposed boundaries will be submitted to the Nova Scotia Utility and Review Board (NSUARB) in October.

The Nova Scotia Utility and Review Board (NSUARB) will then undertake public hearings to hear the views of the public on the proposed district boundaries (not the number of districts - that has been determined with the decision of the NSUARB). The dates for those hearings will be in November.

**YOUR VIEWS ARE IMPORTANT** and will help HRM in determining the 16 polling district boundaries. The survey will run from Saturday August 20th to Friday September 9th. Complete the survey by visiting the link below:

Visit: [www.halifax.ca/BoundaryReview](http://www.halifax.ca/BoundaryReview)



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## TO HALIFAX

DEPARTURE TIMES  
AT INDIVIDUAL STOPS



	MONDAY-FRIDAY			TUESDAY ONLY			SATURDAY ONLY		
WHITE'S LAKE	6:45a		7:45a	11:15a	1:15p	3:15p	6:15p	7:45p	9:15p
CLUB ROAD/LAKEWOOD DR		7:16a							
PROSPECT RD/BROOKSIDE RD	6:52a	7:21a	7:52a	11:22a	1:22p	3:22p	6:24p	7:54p	9:24p
COMMUNITY CENTRE	6:56a	7:24a	7:56a	11:26a	1:26p	3:26p	6:27p	7:57p	9:27p
EXHIBITION PARK	7:06a	7:34a	8:06a	11:36a	1:36p	3:36p	6:36p	8:06p	9:36p
BAYER'S LAKE CINEMAS							6:44p	8:14p	9:44p
CLAYTON PARK SHOPPING CENTRE							6:52p	8:22p	9:52p
HALIFAX SHOPPING CENTRE				11:47a	1:47p	3:47a			
SCOTIA SQUARE				11:58a	1:58a	3:58a			

## TO PROSPECT ROAD

	MONDAY-FRIDAY			TUESDAY ONLY			SATURDAY ONLY		
SCOTIA SQUARE				12:14p	2:14p	4:05p			
HALIFAX SHOPPING CENTRE				12:25p	2:25p	4:20p			
CLAYTON PARK SHOPPING CENTRE							6:52p	8:22p	9:52p
BAYER'S LAKE CINEMAS							7:00p	8:30p	10:00p
EXHIBITION PARK	4:36p	5:10p	5:36p	12:36p	2:36p	4:36p	7:08p	8:38p	10:08p
COMMUNITY CENTRE	4:45p	5:19p	5:45p	12:45p	2:45p	4:45p	7:17p	8:47p	10:17p
PROSPECT RD/BROOKSIDE RD	4:48p	5:21p	5:48p	12:48p	2:48p	4:48p	7:20p	8:50p	10:20p
CLUB ROAD/LAKEWOOD DR		5:25p							
WHITE'S LAKE	4:57p		5:57p	12:57p	2:57p	4:57p	7:29p	8:59p	10:29p

NO SERVICE ON STATUTORY HOLIDAYS

**What's working? What's not?**  
Let us know at [transit@prospectcommunities.com](mailto:transit@prospectcommunities.com)

### BUS FARES

CASH \$3.00

TICKETS 4 for \$10.00

Children six and under ride free

Tickets available at the Prospect  
Road Community Centre

## BUS STOPS ON PROSPECT RD

### Prospect Rd @ Terence Bay Rd

Mon-Fri	Tues Only	Saturday
6:45 am	6:45 am	6:15 pm <sup>B</sup>
7:45 am	7:45 am	7:45 pm <sup>B</sup>
4:57 pm	11:15 am <sup>H</sup>	9:15 pm <sup>B</sup>
	1:15 pm <sup>H</sup>	
	3:15 pm <sup>H</sup>	
	4:57 pm	

### Prospect Rd @ Carmella Dr

Mon-Fri	Tues Only	Saturday
6:46 am	6:46 am	6:16 pm <sup>B</sup>
7:46 am	7:46 am	7:46 pm <sup>B</sup>
4:58 pm	11:16 am <sup>H</sup>	9:16 pm <sup>B</sup>
	1:16 pm <sup>H</sup>	
	3:16 pm <sup>H</sup>	
	4:58 pm	

### Prospect Rd @ Hatchet Lk Sign

Mon-Fri	Tues Only	Saturday
6:48 am	6:48 am	6:18 pm <sup>B</sup>
7:48 am	7:48 am	7:48 pm <sup>B</sup>
5:00 pm	11:18 am <sup>H</sup>	9:18 pm <sup>B</sup>
	1:18 pm <sup>H</sup>	
	3:18 pm <sup>H</sup>	
	5:00 pm	

### Prospect Rd @ Shiloh/Marydale

Mon-Fri	Tues Only	Saturday
6:49 am	6:49 am	6:18 pm <sup>B</sup>
7:49 am	7:49 am	7:48 pm <sup>B</sup>
5:00 pm	11:19 am <sup>H</sup>	9:18 pm <sup>B</sup>
	1:19 pm <sup>H</sup>	
	3:19 pm <sup>H</sup>	
	5:00 pm	

### Prospect Rd @ N. of Brookside Rd

Mon-Fri	Tues Only	Saturday
6:52 am	6:52 am	6:22 pm <sup>B</sup>
7:22 am	7:52 am	7:52 pm <sup>B</sup>
7:52 am	11:22 am <sup>H</sup>	9:22 pm <sup>B</sup>
5:01 pm	1:22 pm <sup>H</sup>	
	3:22 pm <sup>H</sup>	
	5:01 pm	

### Prospect Rd Community Centre

Mon-Fri	Tues Only	Saturday
6:56 am	6:56 am	6:26 pm <sup>B</sup>
7:24 am	7:56 am	7:56 pm <sup>B</sup>
7:56 am	11:26 am <sup>H</sup>	9:26 pm <sup>B</sup>
5:02 pm	1:26 pm <sup>H</sup>	
5:18 pm	3:26 pm <sup>H</sup>	
	5:02 pm	
	5:19 pm	

### Prospect Rd @ Foxberry

Mon-Fri	Tues Only	Saturday
6:57 am	6:57 am	6:27 pm <sup>B</sup>
7:25 am	7:25 am	7:57 pm <sup>B</sup>
7:57 am	7:57 am	9:27 pm <sup>B</sup>
5:03 pm	11:27 am <sup>H</sup>	
5:19 pm	1:27 pm <sup>H</sup>	
	3:27 pm <sup>H</sup>	
	5:03 pm	
	5:19 pm	

### Prospect Rd @ Club Rd (G's Market)

Mon-Fri	Tues Only	Saturday
6:58 am	6:58 am	6:28 pm <sup>B</sup>
7:26 am	7:26 am	7:58 pm <sup>B</sup>
7:58 am	7:58 am	9:28 pm <sup>B</sup>
5:04 pm	11:28 am <sup>H</sup>	
5:20 pm	1:28 pm <sup>H</sup>	
	3:28 pm <sup>H</sup>	
	5:04 pm	
	5:20 pm	

<sup>H</sup> Indicates trip to Hfx Shop Ctr & Downtown  
<sup>B</sup> Indicates trip to Bayers Lake Park  
 All other trips go to Exhibition Park

## BUS STOPS IN BROOKSIDE

### Club Rd @

**Prospect Rd**  
 Mon-Fri  
 7:13 am  
 5:28 pm

### Club Rd @

**Belgium**  
 Mon-Fri  
 7:14 am  
 5:27 pm

### Club Rd @

**Blue Haven**  
 Mon-Fri  
 7:15 am  
 5:26 pm

### Lakewood

(midpoint)  
 Mon-Fri  
 7:16 am  
 5:25 pm

### Melody @

**Brookside**  
 Mon-Fri  
 7:17 am  
 5:24 pm

### Brookside @

**Jarrett**  
 Mon-Fri  
 7:19 am  
 5:22 pm

### Club Rd @

**Mailboxes**  
 Mon-Fri  
 7:14 am  
 5:27 pm

### Club Rd @

**Lynwood**  
 Mon-Fri  
 7:15 am  
 5:26 pm

### Club Rd @

**Lakewood**  
 Mon-Fri  
 7:16 am  
 5:25 pm

### Northcliffe @

**Melody**  
 Mon-Fri  
 7:17 am  
 5:24 pm

### Brookside @

**Carmichael**  
 Mon-Fri  
 7:18 am  
 5:23 pm

### Brookside @

**Northcliffe**  
 Mon-Fri  
 7:20 am  
 5:21 pm

## BUS STOPS IN THE CITY

### Scotia Square (Albemarle St) to Prospect Road

Tues Only  
 12:25 pm  
 2:25 pm  
 4:20 pm

### Halifax Shopping Centre to Prospect Road

Tues Only  
 12:14 pm  
 2:14 pm  
 4:05 pm

### Clayton Park Shopping Centre to Prospect Road

Saturday  
 6:52 pm  
 8:22 pm  
 9:52 pm

### Bayers Lake Cinemas to Prospect Road

Tues Only  
 7:00 pm  
 8:30 pm  
 10:00 pm

# BUS SERVICE on Prospect Road



## PROSPECT ROAD TRANSIT PILOT

v2  
 July, 2011





**Fall Registration Begins Wednesday, August 24<sup>th</sup> at 9am.  
Register by phone or simply stop by!**

### **Fitness Centre Information**

	1 Month	3 Months	6 Months	1 Year	10 Visits	20 Visits
Youth (Age 15-18)	\$30.00	\$79.00	\$132.00	\$195.00	\$23.00	\$40.00
Adult 19+	\$40.00	\$105.00	\$175.00	\$260.00	\$30.00	\$52.00
Senior 55+	\$30.00	\$79.00	\$132.00	\$195.00	\$23.00	\$40.00
Partners (2 adults, same address)	\$64.00	\$168.00	\$280.00	\$416.00		
Family (2 adults/ 3 youth)		\$290.00	\$375.00	\$490.00		

### **Birthday Party Options**

<u>Type of Party</u>	<u>With/Without Staff</u>	<u>Cost</u>
Sports	With Staff	\$85.00
Sports	Without Staff	\$70.00
Girls - Nails/Lip gloss	With Staff	\$125.00
Craft	With Staff + Supplies	\$125.00
Craft	Without Staff + Supplies	\$70.00
Baking	With Staff + Supplies	\$125.00
Dance	With Staff	\$125.00



## **Prospect Road Community Centre - Fall Programming 2011**

### **Soccer – Partnered with Halifax County United for Children Soccer Program**

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
3-5 yrs	Tuesday	5:15-6pm	10	\$34	Sept 13	
	Friday	5:15-6pm	10	\$34	Sept 16	Oct 14, Nov 11
6-8 yrs	Monday	5:15-6pm	10	\$40	Sept 12	Oct 10, 31
9-10 yrs	Monday	6-7pm	10	\$40	Sept 12	Oct 10, 31
Adult (Co-Ed)	Friday	7:30-8:30pm	12	\$42	Sept 16	Oct 14, Nov 11

### **Basketball**

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
5-7 yrs	Tuesday	5:15-6pm	10	\$34	Sept 13	
Senior Men (40 +)	Thursday	8-9pm	12	\$41	Sept 15	

### **Floor Hockey**

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
5-7 yrs	Thursday	5:45-6:30pm	10	\$34	Sept 15	
8-11 yrs	Thursday	6:30-7:30pm	10	\$34	Sept 15	
Men's	Tuesday	8:30-10pm	12	\$62	Sept 13	
	Thursday	9-10pm	12	\$41	Sept 15	

### **Badminton**

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
Gr. 6-9	Monday	7-8:30pm	10	\$34	Sept 12	Oct 10, 31
Adult	Monday	8:30-10pm	12	\$62	Sept 12	Oct 10

### **Volleyball**

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
Gr. 6-9	Wednesday	7-8:30pm	10	\$40	Sept 14	
Adult	Wednesday	8:30-10pm	12	\$62	Sept 14	

### **Lacrosse – Instructor: Myra Hum**

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
Gr. 3-5	Wednesday	6-7pm	8	\$32	Sept 14	

### **Cooking**

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
7-9 yrs	Tuesday	6-7:15pm	6	\$45	Sept 13	
10-12 yrs	Tuesday	7:15-8:30pm	6	\$45	Sept 13	

**For further details visit: [www.centre.prospectcommunities.com](http://www.centre.prospectcommunities.com)**

## **Prospect Road Community Centre - Fall Programming 2011**

### **Fitness Classes**

**\*\*Check out our Child Care Service during Fitness Class Hours Option\*\***

<u>Class Title</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
<b>Zumba</b>	Monday	7:30-8:30pm	12	\$65	Sept 12	Oct 10, 31
	Tuesday	7-8pm	12	\$65	Sept 13	
	Friday	11-12pm	12	\$65	Sept 16	Nov 11
<b>Fitness Cardio/Fat Burning Intervals</b>	Tuesday	9:30-10:30am	12	\$50	Sept 13	
<b>All-In-One Fitness</b>	Tuesday	6-7pm	12	\$50	Sept 13	
<b>Dance Fit</b>	Thursday	6-7pm	12	\$50	Sept 15	
<b>Core Cross Training</b>	Saturday	9-10am	12	\$50	Sept 17	Oct 15
<b>Youth Bootcamp Teen Fit – Gr. 6-9</b>	Wednesday	2:30-3:30pm	12	\$41	Sept 14	
<b>Older Adult Fitness</b>	Tuesday	12:30-1:30pm	12	\$35	Sept 13th	

### **Mother + Daughter Zumba**

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
<b>Daughter must be in Gr. 4-12</b>	Saturday	10-11am	12	\$90 per Mother/Daughter Pair	Sept 17	Oct 15

**\*\* Please Note: Single adults may also join this class for \$65.**

### **Real Fitness Kickboxing - Group Training (no drop-ins for this class)**

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
<b>Adult</b>	Monday	6:30-7:30pm	12	\$100	Sept 12	Oct 10, 31

### **Yogalates**

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
<b>Adult</b>	Wednesday	1-2pm	12	\$65	Sept 14	

### **Yoga**

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
<b>Adult Early Morning Yoga</b>	Tuesday	6:15-7:30am	8	\$55	Sept 6	
	Thursday	6:15-7:30am	8	\$55	Sept 8	
<b>Adult</b>	Monday	8:30-9:30pm	12	\$65	Sept 12	Oct 10, 31
	Friday	10-11am	12	\$65	Sept 16	Nov 11
<b>Senior</b>	Thursday	1-2pm	12	\$55	Sept 15	

**For further details visit: [www.centre.prospectcommunities.com](http://www.centre.prospectcommunities.com)**



## **Prospect Road Community Centre - Fall Programming 2011**

### **Dance Classes**

<u>Class Title</u>	<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
<b>Intro to Dance</b>	3-5 yrs	Wednesday	5:15-6pm	10	\$28	Sept 14	
<b>Hip Hop</b>	6-9 yrs	Wednesday	7-8pm	10	\$38	Sept 14	
<b>Hip Hop</b>	10-13yrs	Wednesday	8-9pm	10	\$38	Sept 14	
<b>Salsa Dance</b>	Adult	Sunday	7:30-8:30pm	6	\$42	Sept 18	

### **Pottery**

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
<b>Gr. 3-6</b>	Thursday	6:30-8pm	4	\$40	Sept 15	
<b>Parent/Child</b>	Thursday	6:30-8pm	2	\$25	Oct 13	
<b>Gr. 7-9</b>	Thursday	6:30-8pm	4	\$40	Nov 10	

### **Digital Photography – Beginners**

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
<b>14 yrs +</b>	Saturday	1:30-3pm	5	\$47	Sept 24	Oct 15

### **Digital Photography – Intermediate**

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
<b>14 yrs +</b>	Saturday	1:30-3pm	5	\$47	Nov 5	

### **Drumming and Percussion**

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
<b>Youth/Adult</b>	Sunday	6:15-7:15pm	6	\$42	Sept 18	

### **Child Care During Fitness Class Hours**

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
<b>3-10 yrs</b>	Tuesday	6-7pm	12	\$36	Sept 13	
	Tuesday	7-8pm	12	\$36	Sept 13	
	Saturday	9-10am	12	\$36	Sept 17	Oct 15
	Saturday	10-11am	12	\$36	Sept 17	Oct 15

**Seniors Crib Night**  
**Join us Tuesday Nights starting Sept 13<sup>th</sup>**  
**12 weeks of play**  
**\$12 per person**  
**6-7:30pm**  
**Registration Required**

### **Walking Club - Starting Sept 6<sup>th</sup>!**

#### Days and Times:

Tuesday's – 8:30-10:30am

Thursday's – 8:30-10:30am

Sunday's – 8:00-10:00am

\$2.00 per visit

\*Be sure to join us for complimentary tea or coffee after your walk!

\*Parents may bring their children in strollers.

**For further details visit: [www.centre.prospectcommunities.com](http://www.centre.prospectcommunities.com)**

## **Prospect Road Community Centre - Fall Programming 2011**

<p style="text-align: center;"><b>Tot Time – Terence Bay Elementary</b></p> <p>This program is for children age 3-5 years old – must be fully potty trained and will run for 10 weeks starting Sept 13<sup>th</sup> &amp; 14<sup>th</sup>  <u>Tuesday or Wednesday – 9:30-11:30am</u>  <u>Fee: \$60</u>  Participants must register at PRCC</p>	<p style="text-align: center;"><b>Community Run Program Karate</b></p> <p>For all the details regarding the Karate Program run at PRCC please contact Thomas Trappenberg  <a href="mailto:tt@cs.dal.ca">tt@cs.dal.ca</a>  Beginners are welcome !</p>
<p style="text-align: center;"><b>Before &amp; After School Program @ PRCC</b></p> <p>This program is for children attending Prospect Road Elementary School, grades primary – five.  <u>1 Child - \$265/month</u>  <u>2 Children - \$517/month</u>  <u>3 Children - \$755/month</u>  <u>Drop off – 7 am</u>  <u>Pickup – 6 pm</u>  <b>Still spaces available!!</b>  Afternoon snack provided</p>	<p style="text-align: center;"><b>In-service Day Camps @ PRCC</b></p> <p><u>Full Day Camps – 7am-6pm</u>  <u>Fee: \$27 per day</u>  Oct 28, Nov 14, Nov 28, Feb 17, Mar 30, May 11, Jun 28  <u>Half Day Camps – 11am-6pm</u>  <u>Fee: \$17.50 per day</u>  Nov 9, Apr 26</p> <p>These camps are open to students from both Prospect Road Elementary School and Atlantic Memorial Terence Bay School. Children must bring lunch and 2 snacks.</p>
<p style="text-align: center;"><b>How to Start Using Social Media for Your Business</b></p> <p>This is a hands-on course that will lead you step-by-step through the creation of your accounts on the top three social media channels for small business: Twitter, LinkedIn and Facebook. Bring your laptop (or register early to claim one of only 5 desktops), a high resolution photo of yourself, your questions and your enthusiasm!</p> <p style="text-align: center;">Thursday's – 7-8pm  8 weeks @ \$100 per participant  Starting October 6<sup>th</sup> 2011</p> <p>Check online for full course description and outline!</p>	<p style="text-align: center;"><b>Philanthropy Club</b></p> <p>According to the Dictionary the work philanthropy means "Love of Mankind"; it does not mean you need lots of money! There is research out there that shows that the act of giving makes you happier, oh and guess what, it is not the amount given that is the happiness trigger.</p> <p style="text-align: center;">If you want to:</p> <ul style="list-style-type: none"> <li>• Have a conversation about investing in community with like minded individuals</li> <li>• Discover how you can have a bigger impact by pooling your giving with others</li> <li>• Belong to a non-profit organization in the community and you want to know how to attract more donations</li> <li>• Find out about how you can be a philanthropist when you always thought you needed to be really rich</li> </ul> <p>Come out on Thursday, September 15<sup>th</sup>, we will meet you at 7pm at the Prospect Road Community Centre in the conference room. The kettle is on.  Contact: Kathryn Herbert - 221-4844  Barb Allen – <a href="mailto:barb@prospectcommunities.com">barb@prospectcommunities.com</a></p>
<p style="text-align: center;"><b>Room Rentals Available!</b></p> <p>PRCC has many different rooms available to rent by the hour for any sort of event, program or meeting!  Don't forget to book your  Family or Staff Christmas Party !</p> <p>Wedding and Special Event Packages also available!</p> <p>All rental fees and information available online!</p>	<p style="text-align: center;"><b>Digestive Health Workshop</b></p> <p>Unlock the key to health through digestion. Learn the basics of how the digestive system works and its impact on our health. Tips will be given to improve digestion for increased energy levels, achieving weight-loss goals and overall wellness.</p> <p style="text-align: center;">Thursday – Sept 22<sup>nd</sup>  6:30-8:30pm  \$10 per participant</p>

**For further details visit: [www.centre.prospectcommunities.com](http://www.centre.prospectcommunities.com)**

## **Prospect Road Community Centre - Fall Programming 2011**

<p><b>Outdoor Family Movie Night</b> Bring your blankets and lawn chairs to watch a movie outside!</p> <p>August 26<sup>th</sup> 2011 - 9pm Start!</p>	<p><b>Teen Dance</b> Gr. 6-9 (2010/11 School Year) August 27<sup>th</sup> – 7-10pm \$4 – BJHS Students \$5 – Visitors</p>
<p><b>Sleepover at PRCC</b> Date: Sept 23-24, 2011 Age Group: <u>Grade 3-5</u> Time: 7:30pm – 10am Fee: \$20</p> <p>Join our staff for a fun-filled night of games and activities. Very little sleep required! Register at PRCC Front Desk!</p>	<p><b>Sleepover at PRCC</b> Date: Oct 21-22, 2011 Age Group: <u>Grade 6-9</u> Time: 7:30pm – 10am Fee: \$20</p> <p>Join our staff for a fun-filled night of games and activities. Very little sleep required! Register at PRCC Front Desk!</p>
<p><b>Floor Hockey Tournament Part One</b> Date: Oct 1<sup>st</sup> 2011 Price: \$20 per participant Min 4 players, Max 7 players per team Divisions: <u>Gr. 2-3, Gr. 4-5, Gr. 6-7, Gr. 8-9</u> Email : <a href="mailto:Jessica@prospectcommunities.com">Jessica@prospectcommunities.com</a> To Register! Deadline: September 16<sup>th</sup> 2011</p>	<p><b>Floor Hockey Tournament Part Two</b> Date: Nov 12<sup>th</sup> 2011 Price: \$20 per participant Min 4 players, Max 7 players per team This tournament is for participants ranging from Gr. 10 to Adult Email: <a href="mailto:Jessica@prospectcommunities.com">Jessica@prospectcommunities.com</a> To Register! Deadline: Oct 21<sup>st</sup> 2011</p>
<p><b>Youth Sport Drop In</b> BJHS students are invited to join us for Youth Sport Drop In 3 days a week for FREE! Monday/Wednesday/Friday 2:30-3:30pm Starting Sept 7<sup>th</sup> 2011</p>	<p><b>Youth Floor Hockey Drop In</b> Students in Grade 10-12 are invited to come play Floor Hockey for FREE! Fridays – 6-7pm 12 Weeks – Starting Sept 16<sup>th</sup> Excluding Oct 14, Nov 11 Register at PRCC Front Desk!</p>
<p><b>Adult Halloween Dance</b> Saturday, Oct 29<sup>th</sup> 2011 9pm-1am</p> <p>Tickets Available Soon !</p>	<p><b>Regular Hours / Contact Information</b> Monday-Friday – 8:30am-10pm Saturday/Sunday – 8am-9pm Front Desk – 852-2711 <b><u>PRCC will be closed for the following Holidays:</u></b> <b><u>Oct 10<sup>th</sup> and Nov 11<sup>th</sup></u></b></p>



**For further details visit: [www.centre.prospectcommunities.com](http://www.centre.prospectcommunities.com)**





## RESOURCE OPPORTUNITIES CENTRE

### PRCC Hours of Operation

#### Front Desk

Monday to Friday 8:30am - 10:00pm (Centre closes at 10:00pm)  
Saturday & Sun Sunday 8:00am - 9pm (Centre closes at 8:00pm)

#### Fitness Centre

Monday - Friday 6:00am - 10:00pm  
(Only cardholders can enter at 6:00am)  
Saturday & Sunday 8:00am - 9:00pm

**Contact:** Prospect Road Community Centre  
2141 Prospect Road  
Hatchet Lake, Nova Scotia B3T 1S1  
Phone: 902 852 2711  
Fax: 902 852 2867  
Email at: [admin@prospectcommunities.com](mailto:admin@prospectcommunities.com)  
Visit us at: [www.centre.prospectcommunities.com](http://www.centre.prospectcommunities.com)

**902-852-2711**

**or visit**

**[centre.prospectcommunities.com](http://centre.prospectcommunities.com)**

#### PRCC Staff:

**General Manager:** Delisca Cook  
**Email:** [delisca@prospectcommunities.com](mailto:delisca@prospectcommunities.com)

**Administrative Support:** Melanie Joudrey  
**Email:** [admin@prospectcommunities.com](mailto:admin@prospectcommunities.com)

**Facility Maintainer:** David Thomas

#### Our current Board of Directors are:

Barb Allen – Chair  
Rhonda Dea – Vice Chair  
Amy Langille – Treasurer  
Kelly Carlton – Secretary  
Cara Lynn Garvock – Director  
Judith Kemp – Director  
Olga Kits – Director  
Michelle Landreville – Director  
Ariella Pahlke – Director  
Michaela Peters – Youth  
Tom Peters – Director  
Rita Schwartz – Director

*The ROC and its staff are here to serve the community. Contact ROC for more information, or for assistance.*

### ROC Hours of Operation

Monday - Wednesday	9:30 am - 4:30 pm
Thursday	1:00 pm - 7:30 pm
Friday	9:30 am - 12:00pm

**Contact:** Resource Opportunities Centre  
1714 Lower Prospect Rd  
Terence Bay, NS B3T 1Y6  
Phone: 902-852-2622  
Fax: 902-852-3267  
Email: [mail@prospectcommunities.com](mailto:mail@prospectcommunities.com)  
Visit us at [www.roc.prospectcommunities.com](http://www.roc.prospectcommunities.com)

**902-852-2622**

**or visit**

**[roc.prospectcommunities.com](http://roc.prospectcommunities.com)**

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- Services for faxing, printing, scanning, photocopying and burning CD's
- Wireless high speed internet access
- Web page support for your group, business or hobby
- Nintendo Wii Fit - Sony Playstation
- Easy research for hobbies & crafts
- Desktop publishing

*...and much more!*

#### ROC Staff:

**ROC Coordinator:** Jason Bungay  
**Email:** [jason@prospectcommunities.com](mailto:jason@prospectcommunities.com)

**Newsletter Editor:** Olga Kits

**Design:** Jason Bungay, Ashley Thomas & Siena Benjamin

*The ROC is located in the Terence Bay Elementary School. The front entrance is on Sandy Cove Road. Parking is available next to the ball field.*