

Prospective

Volume 10, Issue 1, August 2012



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'Message from the Manager'

Delisca Norris - General Manager - Prospect Road Community Centre

Time flies when you're having fun - it's hard to believe that we just completed 2 full years in operation here at PRCC! What did we do with our time before?

We are pleased to share that PRCC held 35 Spring Programs with a total of 585 participants registered. Upon completion of the Spring Programs we also launched our Program Evaluation Surveys. This is a general survey, which we will email to all participants at the end of each program to capture the feedback and determine if we are meeting our collective needs and goals. If you haven't already filled out our survey, please take a moment- your feedback is important to us!

We are so proud to say that our 3rd season of Summer Day Camps is under way at PRCC and Terence Bay site locations and is the best yet! With a dedicated and enthusiastic bunch of returning day camp instructors leading the way, the children are having a blast! A special thank you and pat on the back to the summer staff (Jessica M, Jenna, Sarah, Breanna, Jessica L, Gillian, Siena, Brandon, Chris, Patrick, Kyle & DJ as well as the HRM Junior Leaders) for the hard work and passion they put into the design and delivery of the summer camp program planning and curriculum. Something I have recently discovered to be so fantastic is watching the friendships form between the children from Prospect Road Elementary School and Atlantic Memorial Terence Bay School through the many programs and activities at PRCC. Before the PRCC existed the opportunity for these kids to connect prior to meeting up in Junior High was slim. It is really great to see and going forward their first day at Junior High in grade six will not be such a scary thought to them.... *Continue Reading on Page 2*

Message from the Manager - Continued

Delisca Norris



PRCC's popular Before & After School Program has expanded from 40 children during the Sept 2011 to June 2012 school year to currently having 60 children enrolled for the up-coming Sept 2012 to June 2013 school year. This in turn creates more employment opportunities as well!

Since we opened 2 years ago 1350 people have had memberships in our Fitness Centre with new members joining daily.

A few projects that are now a reality:

The pathway between PRCC and PRES was completed in June offering many conveniences to our community and especially to our Before & After School Program. The children are very excited and anxiously waiting to finally be able to walk to school via the pathway.

Another topic that excites the children is the completion of the beautiful custom designed playground piece at PRCC- Two Ships Passing. This piece designed by Timber Tec offers many components to challenge the children and exposes them to many fun memories right here in their community.

The 16' double sided REC Pylon sign with digital display feature will be installed and located at the entrance of our parking lot. We are excited for this as it provides us with another method of promoting and advertising upcoming offerings!

Rentals and Events: On top of programs that we run at PRCC, the Centre is conveniently and feasibly home to many other local and non local groups and organizations as recurring rentals. To name a few:

- Brad Lanteigne's Tae Kwon Do,
- Thomas Trappenburg Karate,
- Prospect Bulls Minor Basketball Association,

- SLAM Basketball Association,
- PRCMBA,
- Prospect Road Gardening Club,
- Storm Lacrosse,
- Numerous Yoga groups,
- Local Musicians gather weekly for Jam Sessions,
- Journey Dance,
- Rising Stars Dance,
- Breanna Pottie's Dance,
- Prospect Road Book Club,
- Infant Massage,
- Wheelchair Basketball,
- Friends for Life Child Care Centre,
- Que Tal Catering,
- East Coast Outfitters Kayaking,
- Northwood Home care

.....and MUCH more! I think it is important to acknowledge that when you see a full parking lot here not only is it from programming that we offer but a vast number of people and groups are able to connect and benefit from the spaces that are available at this Centre!

PRCC has been home to many private functions including an assortment of different family events such as b-day parties, retirement parties, weddings, bridal or baby showers, staff Christmas parties, fundraisers & benefits. For example, between now and the end of this year we have 5 wedding receptions booked. Now is the perfect time to book your Christmas Event/Staff Party at PRCC.

PRCC is also happy to announce that we recently purchased 2 Bounce Inflatable's and hired numerous staff attendants. Upon completion of the Safety Training Course that the staff is required to take, we will be expanding our birthday party packages to include Bounce Inflatable Birthday Parties as well. Stay tuned!

In the Spring PRCC partnered with Dawn Langille who I would like to introduce as PRCC's Kitchen Manager! This partnership is intended to create more opportunities such as kitchen safety and cleanliness, inventory control, having a rental contact person, revenue opportunities, cooking classes and clubs, wider array of rental options and catering packages, canteen operation & assistance with community events. Dawn brings a vast knowledge of culinary

training and experience as well as a strong commitment to quality service and is trained in Food Safety. We look forward to fostering this partnership!



As you can see PRCC is a happening place.

I would like to conclude by taking a moment to recognize an outstanding staff member at PRCC for his daily contributions to the efficient day-to-day "running" of the Centre. Our Facility Manager, David Thomas, whom anyone who frequents the Centre during the weekday surely knows. David's work ethic, passion, dependability and willingness to tackle and help out in any way he possibly can is a direct result of the Centre's successes to date and we truly appreciate all that he does!



Programs and Events at Prospect Road Community Centre



Jessica Morrissey

As time passes great things continue to happen at Prospect Road Community Centre with many different programs and events happening each season. Spring and summer programs were well attended and we are hopeful fall programs will also be a great success.

Summer is always an exciting season for us at PRCC with the return of our Summer Day Camps for a variety of age groups. We have had a very successful summer, averaging 35-40 children each week for our full-day camps and 8-12 children in our morning preschool camps. Our themes kept each week exciting and different for all the children. Whether we were battling pirates or transforming ourselves into mad scientists there was always a smile. The staff at the Summer Day Camp developed fantastic programming and kept everyone safe. Thank you.

New and different programs are something we continue to be happy to announce each season. During the spring session we were happy to have flag football and line dancing for seniors added and as fall approaches a variety of different programs are being added to our list of offerings. I would like to invite anyone with suggestions for a new program or if you have a special talent and would like to offer a class at PRCC, please contact us as we are always looking for new ideas and programs.

Each season we try to program a number of events. Throughout the spring session we were able to continue with our successful twice a month Senior Washer Toss Social event. We were also happy to facilitate a very successful Sleepover, the 2nd Annual Easter Egg Hunt and a Teen Dance at the Terence Bay Fire Hall. Our summer events included a Senior Garden Party and two Senior Washer Toss Socials. As we move into the fall season, we are hopeful we'll be able to offer more great community events!

I encourage everyone to mark the start of registration day for fall programs: Wednesday, August 15th at 9 am. The best way to stay in touch with our programs and events is on our website at www.centre.prospectcommunities.com.



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ROC Chairs Report - Fall 2012

Barb Allen

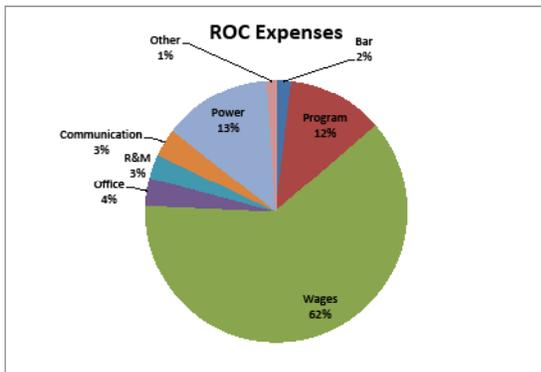
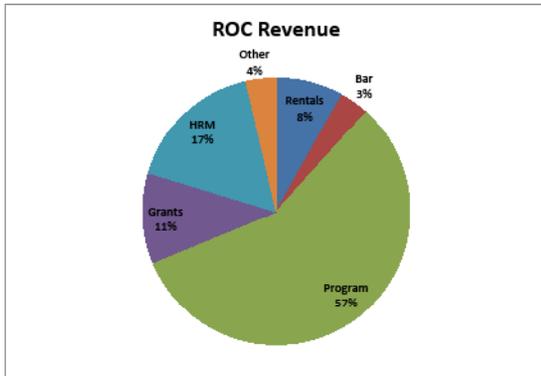


The work of the ROC Board and its many sub-committees over the past few years has been focused on developing the structures, processes and policies that are needed to manage the facility, supporting the General Manager of the Community Centre, establishing our roles and responsibilities to HRM and community, and integrating and confirming the core mandate of the organization.

Projects, partnerships and communication have been at the root of all of the work of the ROC over the years, bringing employment, educational, social and recreational opportunities to the area.

During this past year (2011 – 2012), our second as the operational management group for the Prospect Road Community Centre, the Board was focused on bringing in tighter financial controls and developing staff skills around financial management. We have come a long way in this important area and we can now build budgets based on past experience with a view to raising revenues and balancing budgets. The pie charts below clearly show the source of our revenue and expenses.

ROC Revenue and Expenses for the fiscal year April 1, 2011 to March 31, 2012



As a relatively new facility we are still experiencing issues with the vast array of mechanical systems in the building and believe that these issues are at the base of our exorbitant power bills. We have been working diligently with HRM and the Consulting Engineers to address these issues and identify energy conserving solutions.

This past year the ROC Board oversaw the 6-month pilot Transit project from June to December 2011. Community was receptive of the project in principal, but ridership numbers proved the service to be unsustainable at this time.

In February we were thrilled to host the unveiling of the beautiful Donor Recognition Sculpture created by Blacksmith John Little of East Dover. This wonderful piece of art is situated in the indoor street area of the facility. If you would like to make a donation and have a nameplate added to the sculpture, please contact our General Manager, Delisca Norris at 852-5491 or delisca@prospectcommunities.com

The installation of the beautiful new playground at the Prospect Road Community Centre is the result of the hard work of the Outdoor Recreation sub-committee led by Rita Schwartz. The playground is the first phase of our outdoor recreational plan that will continue over the next number of years.

Another significant achievement this past year has been the development of the pathway between the Community Centre and the Prospect Road Elementary School. This pathway will not only provide safe access for students, but will open up the soccer field, running track and playgrounds at the elementary school to visitors of the Community Centre.

This Spring the Federal government cut funding to C@P sites, there is still a small amount of Provincial funding for C@P, and both levels of Government continues to support youth employment opportunities through C@P. As a result of these changes the hours of operation for the Terence Bay site were reduced and staff created more after school opportunities for local youth in the Terence Bay area.

Board members come and Board members go as people's lives change, such is the nature of volunteerism. Being a volunteer is a commitment to community. By stepping up into community leadership individuals are making a commitment to work for the greater good. A Board member's job is to not only turn up for meetings, but to be a contributing and active member of the organization.

At our Annual General Meeting held on June 18th 2012, we welcomed four new members to the Board; we look forward to their fresh ideas and new energy as we move forward. We also had four members step down from the Board, so our numbers remain the same at 12 people. One of the Board members who stepped down this year was Ariella Pahlke. Ariella was a founding member of the organization and has served as a volunteer on the ROC's Board (formerly the Terence Bay & Area C@P Site) since its inception more than 15 years ago. A very significant contribution!

We wish all of the individuals leaving the ROC Board well in the future and we thank each of them for their contribution to making our community a better place to live and the ROC a stronger organization.

ROC Chairs Report - Continued...

The ROC's New Board 2012 -2013

- Barb Allen – Chair
- Rhonda Dea – Vice Chair
- Amy Langille – Treasurer
- Victoria Horne - Secretary
- Rita Schwartz
- Kelly Carlton
- Tom Lavers
- Judith Kemp
- Cara Lynn Garvock
- Pratima Devichand
- Liz Amyooney
- Lisa MacKay

We are still looking for a “youth” member to join the ROC Board, so if you are, or you know of any, motivated young people who would like to volunteer in the community please get them to contact us.

Board accomplishments of the past year 2011- 2012

- Held Board development retreat
- Tightened financial controls, created processes, and provided additional support to staff
- Wrote and approved Employee Manual
- Initiated staff performance appraisal process
- Opened dialogue with HRM to have systems reviewed and calibrated
- Quarterly reporting to HRM
- Hosted Community Conversation
- Held Alternative Gift exchange “non-profit information event”
- Hosted staff appreciation evening

- Installation & official unveiling of sculpture for donor recognition by John Little Blacksmith
- Launch of John Little video
- Facilitated a 6 month Transit project
- Established Outdoor Recreation Development Committee – Playground Summer 2012
- 2 mail outs of Prospective newsletter
- Successfully secured summer grants to hire 4 students to work at the Community Centre and 2 students who worked out of the Terence Bay location (also helped at community Centre for special events)
- Hosted ROC AGM 2012
- Arranged for continuation of bussing to and from Prospect Road Elementary for before and after school programs through Stock Transportation
- Designed pathway to Prospect Road Elementary & snow clearance partnership with HRSB
- Held Christmas Tree lighting
- Hosted pancake breakfast / Easter egg hunt
- Chaperoned Teen Dances
- Hosted Halloween and New Years dances

The ROC, its vision, mission, goals & values

The Resource Opportunities Centre (ROC) is a volunteer led community development association serving Prospect Road and area communities.

The Prospect Road Community Centre, the Terence Bay & Area C@P Site and www.prospectcommunities.com are all under the management of the ROC Board.

Our Vision

A welcoming, innovative, and thriving community.

Mission

The ROC is a community-based organization dedicated to sustainability and community development through the delivery of diverse recreational, educational, cultural, social, and technology-related opportunities.

Goals:

- Community development
- Sustainability
- Communication
- Education
- Creating recreational opportunities
- Creating cultural opportunities
- Creating social opportunities
- Creating technology-related opportunities

Values:

- Accountability
- Sustainability
- Partnerships
- Sharing information freely
- Community Identity
- Quality of life



**RESOURCE
OPPORTUNITIES
CENTRE**



Prospect Road Seniors Network Update

Judith Kemp

Wow, here we are again, the time certainly slipped by since the last Prospective publication. The old cliché “time flies when you’re having fun” must be correct!

As reported in the past, our group hosts a Summer BBQ at the SS Atlantic Heritage Centre in Terence Bay. Thank you so much to the Centre which gives us the use of their facilities and we are only responsible for the propane consumption for the BBQ tanks and the help to set up the site. This event is open and welcoming to all seniors (55+) who reside in the area so come out and enjoy a hamburger with us! The date of this year’s get-together is August 15. Last year the day dawned dull and rainy, everybody assumed the fun would be cancelled but no, the situation was taken in hand by Jim and Shirley Little, and Connie Drew with the help of anyone else who was available at the time. They rearranged the inside of the Centre and 60 attending seniors remained dry. We can’t say the same for our yearly “chef”, Peter Jollimore, of the HRM Recreation Department. He was not so lucky outside, but did a great job as usual, the hamburgers were yummy. Thanks Peter, for getting a little soggy – we sure do appreciate it!

The first week of September found most back at the Whites Lake Legion to begin another year of fun, socializing, games, darts, card games, etc., and planning events that will take place in the coming season. Some of these events were:

1. A bus trip to Kentville to enjoy the Pumpkin People that the residents display to celebrate Halloween and the beautiful fall foliage nature provides. Everybody had a great time.
2. At Christmas time we celebrated by attending a turkey dinner offered by the Whites Lake Legion with the help of local organizations and business people. It was delicious, thank you! We also celebrated by having a party for our club members with lots of great food and fun.
3. Valentines – we host a tea for any senior living in the area. Whether you are a member or not, all are invited to attend. We serve



seafood chowder and have live music which is enjoyed by all with some kicking up their heels to the music, many leaving tuckered but having had a good time.

4. In June we enjoyed another day trip, this time to Pictou, where we toured the Ship Hector along with the Museum and Company Store. We had a wonderful time - even the bus driver enjoyed the day!

5. On June 13th we all gathered at the Swiss Chalet to have our final get-together of the season. We had such a good time and were so noisy, another customer commented on how nice it was to observe seniors laughing and enjoying themselves. This was nice to hear. Some of us also attended the washer toss at the PRCC, met new friends and liked the game so much that Barry and Barbara of Brookside who are not yet members, but will be in September, kindly donated two sets of the game for our club which we can play at will. Thank you Barb and Barry – we are looking forward to seeing you both in the fall.

As you can see by the above, we do have a good time and do a number of enjoyable activities throughout the season. So come join us September 12 at the Whites Lake Legion between 1:00pm and 3:00pm for fun, games, socializing, and have a cup of coffee or tea, with a sandwich or sweet. You just might find you’ll have an enjoyable afternoon!

We would like to take this opportunity to thank anyone who has supported us in any way and we hope you will continue to do so. If anyone has any inquiries about our group, please feel free to contact any of the following:

• Chairperson	Shirley Little	852-2481
• Vice Chair	Don Ray	852-3727
• Treasurer	Judith Kemp	852-3310
• Secretary	Joan Aalders	852-2443

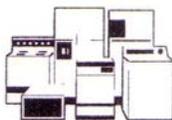
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Whats Cooking at the PRCC?



Dawn Langille

Our Community Centre is pretty amazing; a beautiful building with bright, open, multi-functional spaces, and a phenomenal kitchen to boot – which is an absolute delight to self-admitted Foodies like myself.

Caring passionately about our community, and great food, compelled me to create a partnership with the PRCC to oversee their kitchen space.

As Kitchen Manager I support the PRCC staff in kitchen endeavors; from maintaining the safety & organization of the space, to fielding questions regarding rentals, to developing potential opportunities.

It has been a natural fit since day one back in April. Having some training & experience in the culinary field, and having volunteered and worked with the Centre and its governing organization, the Resource Opportunities Centre, has given me a wealth of insight into the opportunities available to the Kitchen.

I would love to hear about possible opportunities you foresee for the space; including rentals, special events, and ideas for culinary classes or clubs.

Would you like to see a community café at the Centre? What kind of cooking classes would you and your family be interested in? Would your non-profit organization like to participate in fundraising events preparing & serving delectable delights to the community? Would your workplace like to host catered meetings or conferences at the PRCC, or participate in a culinary team-building activity?

There is quite a selection of cookbooks on my shelves, I have a deep appreciation for safe food handling & nutrition, and I am constantly thinking about food. I would be more than happy to answer any culinary related questions that you have – even if they are unrelated to the PRCC.

Come to me with all of your questions, concerns, feedback and ideas!

You can contact me at kitchen@prospectcommunities.com

The most popular and interesting questions will be featured in the next Prospective newsletter, and on the ProspectCommunities.com website.

Check out the prospectcommunities.com and centre.prospectcommunities.com sites for exciting news about the Kitchen and special events at the PRCC!

Happy Cooking!

3rd Annual Prospect Road Crafters' Market

October 20, 2012 10am - 5pm at the PRCC



Plans are well underway to make this years' market an incredible day, featuring 100 Crafters, a luncheon and barbecue, live music, and fun for the whole family!

Stay tuned to our website for updates
craftersmarket.prospectcommunities.com

Now accepting Crafter Registration!
Application Deadline - September 1st

Adventures and Fun in Terence Bay

Siena Benjamin

Local seniors, parents, youth and children of the Prospect area all contribute significantly to the growing sense of community at the Terence Bay Site. Each new day brings more involvement and energy at our humble little centre. Through the seasons of spring and summer, the students of the Terence Bay Elementary have covered our walls with beautiful artwork of colorful Easter eggs, magical snow flakes and beautiful canvas creations.

Each Thursday throughout the school year students have been gathering at the Terence Bay Site after class to take part in treasure hunts, ball hockey games, dodge ball and the odd face painting and their favorite game Twister! The after school camps are a chance for the kids to express their creativity and to burn off some energy while building on their team work skills. Each of the kids' distinctive personalities are what really brings life to the camps and is what makes them so successful. We hope to continue to hold these camps starting September!

We have been lucky to have co-hosted some events with the Prospect Road Community Centre over the spring months. In April we held a successful day long ball hockey tournament at the centre for ages five to eleven. The players worked hard and all enjoyed the energy and excitement the Tournament created. We are hoping to recreate the same success at another tournament in the fall! In the month of June we held a Teen dance at the Terence Bay Fire hall. The location for the dance was a unique opportunity and went over well with the teens.

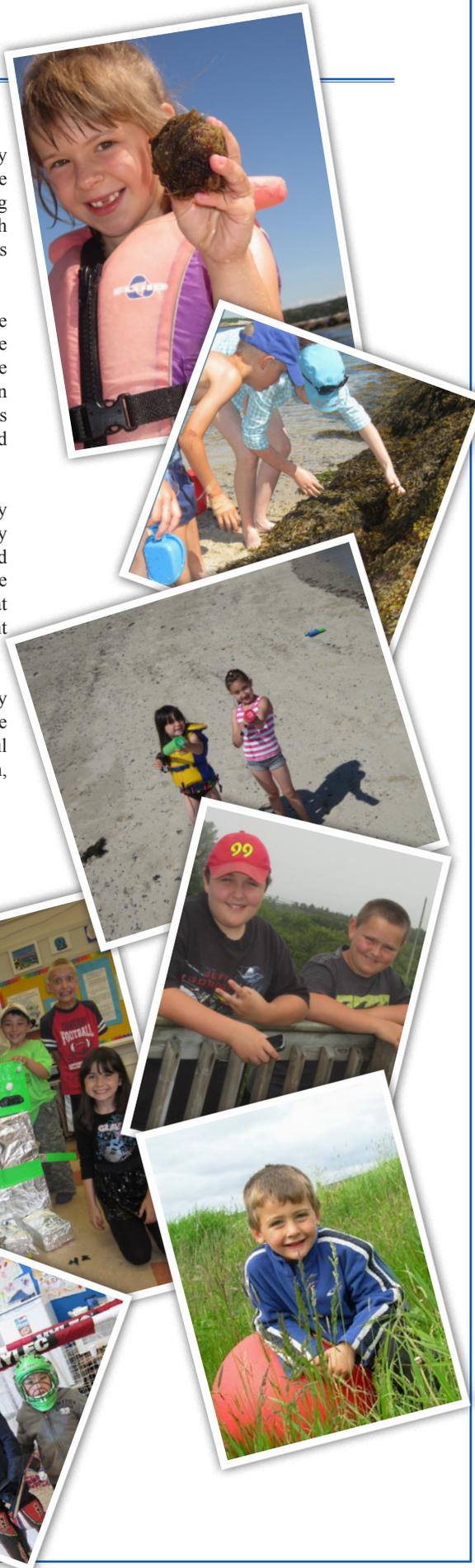
The summer has arrived and with it summer camps! The camps are taking place every Tuesday and Thursday 9:30 till 1:30. The kids have been making the best of their time off school and engaging in messy crafts, water fights and slip and slides. The beautiful days of summer have allowed the camp to go on various outings to Sandy Cove Beach, where the kids comb the beach for shell creatures and beach treasures.

Contact:

Phone: (902) 852-2622

E-mail: siena@prospectcommunities.com

Add us on Facebook: www.facebook.com/roc.terencebay



Prospect Road & Area Recreation Association News

Kelly Carlton (Chair PRAA)

Approved Community Projects 2012:

The Prospect Road & Area Recreation Association accepts applications for funding from community groups seeking to develop, upgrade, and maintain publicly accessible recreation amenities in communities along the Prospect Road (Goodwood to West Dover). Groups are expected to fit the criteria as set out by the PRRA.

Prospect Road Recreation Association 2012 Awarded Grant Applications

Organization	Purpose	Amount
2nd Hatchet Lake Scouts/1 st Shad Bay Scouts	Miller Lake Cabin Repairs	\$3,000
MacDonald Lake Residents Association	Parkland Improvements	\$5,000
Brookside Community Homeowners	Parkland Improvements/development	\$7,000
Village Green Recreation Society	Community Hall building improvements	\$10,000
Prospect Rd Elem/Atlantic Memorial-Terence Bay Elem	Grade 5 Trip	\$2,000
Prospect Road Seniors Network	Various ongoing programs/trips	\$2,000
PRES PTA	Track improvements for all local schools use/with HRM support	\$5,000
Prospect Road Citizens on Patrol	Signage for Community Office	\$600
Prospect Road & Communities Minor Baseball Association	Uniforms for Rep Baseball	\$1,875
Prospect Road Basketball Association	Uniforms as needed due to low registration costs to players to help grow league	\$2,000
Resource Opportunities Centre/PRCC	Standing Approved Grant-operating assistance	\$10,000
Standing Orders:	Johnny on the Spot Various locations on fields and green spaces	6,772.06
	Terence Bay Float located at old fish plant site	\$1,000
	Ball field lights located at Brookside Junior High	\$1,000
	Contingency	\$3,000
Youth Fund:		
Celina Cavadini	U18 Girls Nova Scotia Provincial Soccer Team	\$200
Kyle Cruickshanks	U18 Volleyball Club – National Championships	\$200
Matthew Wilson, Quinn Walsh, Liam McGrath	Boys Provincial Lacrosse	\$600
Drew Batchilder	Girls Provincial Bantam Lacrosse	\$200
Prospect Pathfinders	Youth Fund to Support 3 youth community members	\$600

We would like to thank all this year's applicants and look forward to this year's projects. Please contact Kelly@prospectcommunities.com for inquiries or visit prospectcommunities.com for the application link.

We have also been busy supporting repairs to Prospect Road Elementary Soccer field, and Hatchet Lake Fire Hall Baseball field to enable this year's play. We have been working closely with HRM to work toward bringing our fields up to standards for safer play for our community. The most effective to address immediate field safety concerns is to please call HRM at 490-4000 to report any danger. I will receive a message and will contact our service provider, Never Greener, should it be covered under our partnership agreement, for example mowing, garbage removal, minor repairs, or dragging. If covered by HRM, then we will work with them to address the concern. You can also email me at Kelly@prospectcommunities.com

I have been involved with the Prospect Road Community Centre assisting with the process of design and installation of the new bridge between the Centre and PRES, and a member of the outdoor playground committee to build the new playground piece currently completed at the Centre.

We look forward to many new community projects to improve the Recreation needs of all areas; please forward any new ideas you may have. Look for future meetings to discuss the process to access the need for a baseball field for the minor baseball players of our community! It's time our young baseball players have a field of their own, so let's start the process!! :)

Local Coach Heading to Paralympic Games in London

Shirley Jollimore

When Steve Sampson journeyed to Beijing in 2008 to finalize the adoption of his daughter, AnnaWen, more than her beautiful brown eyes captivated him. The former university basketball player took the opportunity to catch some of the wheelchair hoop action on display during the Paralympic Games. "I couldn't be in Beijing, and not see some of the Games." He was hooked. "It's very physical," he said. "It's awesome!"

Steve's passion for the game grew. After settling in at home, he connected with some local wheelchair athletes, and soon began to coach, eventually working with the junior men's National team nearly two years ago. With his background in highly competitive college ball, he was a perfect choice to move into a vacant coaching slot with the senior men's national team about a year ago. Now, he'll travel with the team for a whole different view of the Paralympic Games, this year in London, England.

The Paralympic Games are held in Olympic years, generally a couple of weeks later, in the same location. The Games have grown from a small gathering of World War II veterans in 1948, to a major international sporting event. And this year, Sampson gets

to experience it along with the Canadian team.

"You kind of work your way up, as a coach," he said. "Basically, when a slot opens up, it's an opportunity. I'm a tech guy, so I do video, scouting, scouting reports. I work with them in practices. I'm very blessed to be involved." His admiration for the sport and its athletes is evident in his voice, and his excitement about the Games is palpable.

The team practices together several times a year; usually for a week at a time. In Paralympic years, they try to get together once a month, when schedules allow. Half of the twelve-team members play professionally in Europe. Currently, the team is in Brock, Ontario. They'll spend two weeks there, without their coaches, getting to know and trust one another as a cohesive team. Then, the coaches will join them to focus on strategy and game play. The players will have a two-week break before heading overseas. They'll have a day or two to adjust to the time zone, then participate in a pre-Paralympic tournament to determine staging against Turkey, Germany and host team The Netherlands. The team stays in the Netherlands from August 14th through 19th, and then travels to Sheffield, England. Steve



will join them there. The team moves to the Olympic Village on the 24th, and plays their first game on August 30th. The Gold Medal game will be played on September 8th. No word on local TV coverage but many events will be live streamed at www.london2012.com/paralympics

Steve's passion for wheelchair basketball isn't limited to world-class athletes. He coaches a local mini team, with many of our Prospect youth involved. Kids of all abilities, ages 8 and up, are welcomed to join them; Steve would love to see more kids involved. As well, he's actively recruiting and training for the 2015 Canada Games. Athletes born after Jan 1, 1991 are eligible. Both able-bodied and disabled can play. He can be contacted for more information by email at stevesampson@filsonite.com

Baseball is in Full Swing!

Rhonda Dea

What a great start to the summer for the kids in our community that play baseball. This is our biggest year ever with over 120 kids registered in Canada's favorite summer time sport. With the help of local business owners Five Star Roofing & Masonry and Priority Precision we are able to have a competitive Pee Wee team for kids ages 12-13 and a competitive Mosquito team for 9-11 year olds. We also have a full Sandlot and TBall program. Along with those ever expanding programs we have two Recreation Mosquito teams, the Pythons and the Expos who play teams within the City.

Our organization would not be the success it is without the support of our dedicated volunteers; the coaches, the schedulers, the team managers, the pitch count takers and the many more that help us all summer long. PRCMBA would also like to thank the Rec Association with enabling us to buy new Recreation Mosquito league uniforms as well as equipment for the kids.

During the first week of July our Mosquito Mariners team was successful in winning first place in a tournament in Stellerton.

Congrats to: Drew Reid, Ryan Bradbury, TJ Norris, Allie Norris, Cody Jeddry, Jacob Beamish, Liam Keeping, Josh Slaunwhite, Josh Gilbert, Oscar Hogan Paul, Dylan Cole, Mason Taylor, Coaches, Cordell Cole, Sean Slaunwhite, Darren Reid, Jeff Norris

For information regarding upcoming ball clinics please contact, Tim Bradbury: Tim.bradbury@prcmba.ca
Rhonda Dea: dear@halifax.ca



We Need Your Feedback to Make the PRCC a Better Place

Pratima Devichand

Together we can make Prospect Road Community Centre better!

Since opening its doors, the Prospect Road Community Centre has proven to be a wonderful asset to the community, Goodwood to West Dover. The facility is owned by Halifax Regional Municipality and is managed by the Resource Opportunities Centre (ROC), a local volunteer organization, originally established as the Terence Bay & Area C@P Site in 1998.

As the management group for the PRCC, the ROC is keen to build on our successes, connect with residents to ensure we are providing the types of programs and services required, and create a vision for the future that we can work towards. Having a Community vision is an essential element to success. In 2003, when the first public meetings about building a central community centre to serve the area were held, the clearer vision of the facility was born. In 2005 the volunteer

Steering Committee was formed and for the next five years they dedicated countless hours to making the facility a reality. The Steering Committee's job was completed once the doors of the PRCC opened and the volunteer work transferred from the Steering Committee to the ROC.

Since then the PRCC has offered numerous programs for all ages. The PRCC celebrated its one-year anniversary in 2011, accompanied by a well-attended Birthday party.

In 2012, the focus is now on how successfully the PRCC is meeting its goals. The mandate for the facility was to be a focal point for recreation services and programs, social events and community meetings for residents. We are now assessing how successfully this is being accomplished and how it can be improved.

Evaluating PRCC

The PRCC is owned by HRM, and as taxpayers we collectively pay toward the capital costs of construction for the next fifteen (15) years at a rate of 0.038 per \$100

taxable property assessment (\$38.00 per year for a \$100,000 home). Since everyone has a stake in the Centre, we are interested in hearing from people who do, as well as from those who do not, use the Community Centre. We are interested in finding out how we can improve in everything we do.

The ROC is conducting an evaluation on the PRCC. You will see notices around the PRCC, on-line and within the community and this is your opportunity to provide your input.

Over the next few months the survey will be distributed as widely as possible and the responses will be tallied and analyzed.

We will publish the survey results in the next issue of The Prospective

Complete the Survey Online:
<http://tinyurl.com/71alg5h>



1. Do you use the Prospect Road Community Centre?

If yes, what for? Programs, events, fitness centre, etc
If no, why?

.....

2. How do you rate the quality of programs at the Prospect Road Community Centre?

- Very Poor
- Poor
- Good
- Very Good
- Excellent

3. What type of programs would you like to see offered at the Prospect Road Community Centre?

.....

4. What other amenities would you like to see in the Prospect Communities?

.....

5. If you had one wish for the Prospect Road Community Centre what would it be?

.....

6. What would you like us to know about your experience at the Prospect Road Community Centre?

.....

Mail, fax, or drop off:
Prospect Road Community Centre
2141 Prospect Road
Hatchet Lake, Nova Scotia B3T 1S1
Fax: 902 852 2867

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Heart&Stroke Walkabout™ in your Community



Catherine Droesbeck

Heart&Stroke Walkabout™ is helping Nova Scotians discover the joyful side of walking. We encourage and support walking in communities, workplaces and schools across the province. Walkabout's long term goal is to increase the number of people in the province who accumulate at least 30-60 minutes of physical activity most days of the week.

At Heart&Stroke Foundation we love our Walkabout groups. Last summer I had the pleasure of attending the launch of a community Walkabout group in Hatchet Lake. I was part of a group of 12

enthusiastic ladies who began walking on Tuesday evenings from the Junior High school under the leadership of a local dietitian (Gina MacDonald) whom I had oriented to the program. Unfortunately, a couple months later Gina moved out of the province and I lost contact with the group. I've heard that the group is still going, but I haven't been able to reconnect with them. I would like to be able to promote this group and help them out anyway I can. Like any Walkabout group across the province, we would like to let others know about the group so that people who want to have company to walk can join in. If you were/are part of this group or would just like more information on Walkabout, please email me or drop me a line, I'd love to hear from you.

At www.walkaboutns.ca you will find information on many walking groups and routes in the province. Groups or individuals can also use the website to record their steps and monitor their progress.

Did you know you can borrow a pedometer at your community centre to see how many steps you are taking everyday? You can then log your steps on our website and see how many you accumulate over time.

Contact: Catherine Droesbeck 423-7530 X 3347
or cdroesbeck@heartandstroke.ns.ca



Community Photos



An update from Councillor Reg Rankin



Dear Residents,

We are near the end of summer and fall is fast approaching. Soon we will be getting back into our routines and preparing for back to school. At this time, I would like to provide you with a few updates from around our district. I have been working in the community and dealing with a number of issues, challenges and opportunities.

I consider it a privilege to represent you as your Councillor in District 22. As always, if you have any issues or concerns, please do not hesitate to contact me.

Sincerely,
Councillor Reg Rankin



HRM Parkland Planning Updates

The MacDonald Park project is ongoing. HRM staff are working on the development of a picnic area and an outdoor classroom. Interpretive signage will be installed and native plantings will be placed in the park.

Road Construction

On January 31, 2012 and April 17, 2012 staff presented a report to Regional Council outlining the proposed list of streets that were being considered for the 2012 Aid to Municipality Program. The Old Coach Road (from Prospect Road to end) was included in the Province's budget and approved by the Minister of Transportation and Infrastructure Renewal. You can expect to see double chipseal on Old Coach Road.

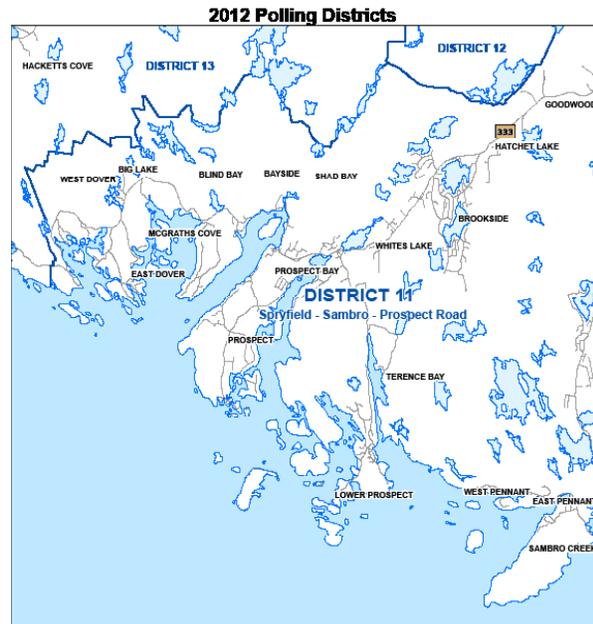
Traffic – Prospect Road & St. Margaret's Bay Road

Many residents of the area have brought a number of concerns to my attention regarding traffic and traffic light signalization at Prospect Road and the St. Margaret's Bay Road intersection. Nova Scotia Transportation and Infrastructure Renewal is currently working on the project and they anticipate that work to improve the traffic flow will take place this year. I would like to thank our MLA, Bill Estabrooks and senior staff at the Department of Transportation and Infrastructure Renewal for their diligence on this project.

District Boundaries Update

A recent decision by the Nova Scotia Utility & Review Board (UARB) mandated the reduction of electoral districts in Halifax Regional Municipality. The overall result will be 16 districts, to replace the current 23 districts.

Your community will become part of District 11, Spryfield - Sambro - Prospect Road. This district includes neighbourhoods along the Herring Cove Road such as Spryfield, Leiblin Park and Purcells Cove along with the communities along Route 349 (Herring Cove Rd/Ketch Harbour Rd) and 306 (Old Sambro Rd). The district also includes communities known as the "Prospect Road communities" which includes Goodwood, Hatchet Lake, Brookside, Whites Lake, Terence Bay, Lower Prospect, Prospect, Prospect Bay, Shad Bay, Bayside, Blind Bay, Big Lake, McGraths Cove, East Dover, and West Dover.



Prospect Road Recreation Area Rate Projects

The Prospect Road Recreation Area Rate has helped provide for the recreational needs of the community, with funding for playgrounds, parks and sports fields. The area that it applies to is all of the Prospect Road (#333) to West Dover. A list of the approved projects can be found under the Prospect Road Recreation article on page 9. All expenditures originate with the Prospect and Area Committee and are managed and administered by HRM's Finance business unit.

Ragged Lake Transit Garage Connector Road

HRM Staff are currently working on the tender which closed in early August for the bus connector road from the Ragged Lake Transit Centre to the Highway 103. The work plan for 2012 includes clearing and laying the tire aggregate subgrade. This is first time ever that shredded tires will be used as a road base in Nova Scotia. The tires are shredded in Goodwood making this an ideal project to launch this new method. Final grading and surfacing will be completed in Spring 2013.

Contact: Councillor Reg Rankin | 82 Maplewood Drive, Timberlea, NS, B3T 1G1 | Cell: (902) 499-3744 | Fax: (902) 876-4304

Email: rankinr@halifax.ca | Call Centre: (902) 490-4000

New Life Baptist Church Welcomes You

Jan Fraser

The sign out front says: "New Life Baptist Church - Where Families Grow Together" and our website says "We are Family-Focused New Life Baptist Church". Indeed, New Life has been re-examining its Mission and Vision for this area and more than ever are striving to meet the needs of today's family in our community.

Our ministries are indicative of this: from the "Supper and a Movie" events (returning in September) where parents are invited to bring their children to have a free supper and a movie together (pop & popcorn included), to the after school children's program called Kids of Integrity (returning the last Monday of each month - starting in September), New Life strives to provide positive and encouraging ministry

to the families of the Prospect Road area.

Other ministries include the Men's Community Breakfast (returning Sept 30th) where men gather once a month on Saturday morning to share a breakfast together. Men, bring your sons (of any age) - we want to minister to all the men of the family. Also this fall, during the Men's Breakfast, we will be beginning a video-based study for men by John Eldredge entitled "Wild at Heart: Band of Brothers". It will be a great time.

Wednesday Night is for the Youth and blends fun activities and bible-based lessons to help them grow and mature spiritually. Youth are so important; there are so many changes in their lives that have a long-lasting impact on adulthood. Youth have a special focus at New Life. Weekly

ministry includes "Joy in the Morning" (returning in September). Come by for a relaxing time of study and discussion, and maybe a spot of tea. Plan to bring the kids. Time and location TBA.

Our weekly Bible Study and Prayer Meeting serves as a time of fellowship and growth in your Spiritual walk.

Please check our website www.newlifebaptist.ca for more details. Our Celebration Service takes place Sunday mornings at 10:00 a.m.

Join us at 9:30 for coffee and conversation. We are located at 1760 Prospect Road; phone 852-4456. We strive for worship that is vibrant and uplifting - we serve a great God. Hope to see you soon.

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This is not intended to solicit homes currently under contract.



Come see the beautiful playground at the PRCC!



RitaMae Schwartz

Outdoor recreation has been a part of residents' vision for the Prospect Road Community Centre since planning for the facility began. The playground and the pathway connecting the centre to the school next door are the first phase of outdoor recreation, which the committee intends to build on in years to come.

We are thrilled that our new playground, designed by members of the Outdoor Recreational Development sub-committee (ORD committee) is now in place and being used by children in the summer camps and visitors to the facility.

This one of a kind play structure called "Two Ships Passing" represents our community connection with the ocean. The play structure is situated to the right of the facility on the grassed area alongside the gymnasium. It is safely accessible to children of all ages to explore and enjoy.

The bright colours and the various materials and finishes used are safe, long lasting and visually appealing, while offering a wide range of physical activities that will stimulate young imaginations.

The play structure was built by Timbertec, who were successful in being awarded the tender for the project through HRM. The ORD committee will continue to work with HRM Parkland Planners on phase of Outdoor Recreational Development on the Community Centre property. If you have ideas or suggestions for future phases please be sure to let us know what they are. There will be a public consultation held to gather input from community, so stay tuned to the prospectcommunities.com web site and roadside signage for upcoming meeting information.

Members of the ROC's Outdoor Recreation Development Sub-committee:

- RitaMae Schwartz - Chair
- Ariella Pahlke
- Kelly Carlton
- Rhonda Dea



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Dear Residence of HRM District 11 – Spryfield, Sambro, Prospect Rd.

District 11 is the 3rd largest district in HRM and I want to assure you that I am going to do all that I can do to meet you at your residence door, work floor, local coffee shop to actively listen to you and I am hoping that you will share with me your concerns and needs that you see within our communities.

Bi-Weekly Walk & Talk: Casual gathering for a heart healthy walk with our dogs, family and friends so we may informally meet and get to know one another and visit with old friends.

Our First Walk & Talk started at the William Capt Spry Community Centre 20 July 2012 at 7 PM and I invited all residence and friends to join me to get to know your new candidate for District 11. As well, don't be shy – bring your dog for a great social - getting to know one another in a friendly, less threatening way - what a way to build community and make new friends.

Who Am I?

My name is Peter Grabosky

I am married to Anne and we have wonderful daughters who attend Brookside Jr. High. We own a home in Prospect Bay and I am presently serving in the Canadian Forces with the intention of retiring soon.

Vote HRM Election Date - 20 October 2012

I am asking for your Vote on 20 October 2012 to represent your interests on HRM Council. And I am challenging all residence of our district to come out and vote whether it is on election day by ballot or HRM is now offering two other opportunities to vote via telephone or on your computer. You will receive more info from HRM in the coming weeks. The following HRM Election Website has all the information you require to assist you in participating in your Democratic Right.

<http://www.halifax.ca/election/index.html>

It's your turn to speak up!

Make your choice on 20 October 12 VOTE Peter Grabosky for HRM Council Dist 11

For more info: Email – petergrabosky@yahoo.ca

Facebook: www.facebook.com/pages/Peter-P-Grabosky/457003960990865

Twitter: @HRMpetegrabosky



*This Election Advertisement is
Authorized by: Peter P Grabosky
Candidate HRM Dist. 11*

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ads@prospectcommunities.com

COP: Fourteen years and counting

Joe MacPherson

Although many residents of our community are unaware of our existence, the Prospect Road Citizens on Patrol (COP), has been in continuous operation since 1998. Working in conjunction with the RCMP Halifax District Detachment (Tantallon office), our members have logged thousands of hours on patrol and have participated in a number of incidents over that period. Our area of operation is from Goodwood to Peggy's Cove including communities and sub-divisions served by Prospect Road.

Eligibility for membership in COP is not onerous. Applicants must be at least 18 years of age and have a clean record, a valid NS Drivers' Licence and have access to a vehicle. After a background check and interview, successful applicants are provided with training by senior COP members and upon completion, are ready to commence patrols. Our primary concern is for the SAFETY of our members. Everything else is secondary. Since our members are not armed and have no special powers, the emphasis is on observing and reporting unlawful activities i.e., assaults, thefts, break and enters etc. Unlawful activity is promptly reported to the RCMP for appropriate follow-up as required in all but special circumstances, our members remain in the car at all times. Members are expected to commit to four hours of patrol per month

and attend one 2-3 hour meeting in each month except July and August. These meetings are used to coordinate our activities and receive updates from an RCMP liaison member.

Patrol teams are supplied with a "kit" containing flashlights, maps, a first aid kit and other necessary items. Each patrol is also equipped with a police radio which is used for direct contact with RCMP members. The RCMP provides reimbursement for gas for those performing patrols.

Like any volunteer organization, our COP Unit is always anxious to increase its membership. The more members we have the more patrols we are able to perform. If you are interested in this unique way to serve your community, call 852-2141 and leave a message if no one answers or email: prcop@eastlink.ca



Business Profile: Everything's Connected Prospect Wellness Centre

Kendra Mahar obtained ownership of the former Brookside Massage Therapy on March 1, 2012. This new endeavor of Kendra's is thoughtfully named "Everything's Connected Prospect Wellness Centre". She holds a diploma as a registered massage therapist and has recently expanded her abilities further by becoming a reflexologist. Kendra's interest in reflexology stems from her natural curiosity in the links within the body and her belief in the importance of awareness.

Recently a new opportunity has developed, as Kendra became a volunteer at The Sunshine Room, with Cancer Care Nova Scotia. She is motivated and happy to expand her experience further, as well as share her knowledge and expertise with others.

The Prospect area has been a lifelong home for Kendra and she feels privileged to operate her business in the community where she was raised. The wellness center

is located in a convenient location below Holts at 2290 Prospect Road, Hatchet Lake. Services include massage therapy, reflexology, sports wraps, paraffin wax, hot rock treatments and an inversion table.

Kendra invests great time and effort in the improvement of the health of her patients. The name of Kendra's business, Everything's Connected, is a testament to her strong belief in the connectivity present in many aspects of an individual's life, comprising both physical and mental health.

Kendra expresses her enthusiasm in the future of Everything's Connected, as she anticipates another registered massage therapist and expansion into other health-related fields. She tributes her loyal clients to her success and is always eager to treat new patients.

Contact Information

Address: 2290 Prospect Road
Hatchet Lake, NS
Tel: (902) 850-3331
Fax: (902) 850-3332
Text: (902) 880-2478
E-mail: everything@eastlink.ca



Candidates' Debate to be held at PRCC

Barb Allen

Mark this date and time!

When: Sunday September 23rd, 6:30 - 9:00pm

Where: PRCC – Multi Purpose Room

This is an exciting year for local politics. Due to district boundary changes we will be getting a new HRM District Councillor, as the Prospect Road area (Goodwood to West Dover) joins Spryfield - Sambro to become the new voting District 11 in HRM. www.halifax.ca/BoundaryReview/Documents/District_11.pdf

The ROC has worked closely and successfully with our local municipal councillors and other elected officials since the organization took root in the late 90's as the Terence Bay & Area C@P Site.

The ROC would like to thank outgoing Councillor Reg Rankin for his continuous support and encouragement over the past eight years. The seeds of the idea for a community centre were sown before the Prospect communities became part of District 22 and Councillor Rankin became our HRM District Councillor, but during his term (2004 -2012) it went from a dream to reality, in large part because of his behind the scenes efforts. We are grateful for his support.

The ROC Board wish Councillor Rankin well in the upcoming election as he runs for office as representative for District 12 Timberlea, Beechville, Clayton Park West www.halifax.ca/BoundaryReview/Documents/District_12.pdf

For more information on HRM 2012 Election go to Halifax.ca

The ROC Board plan to host a public debate for all candidates in HRM's upcoming Election (October 20th 2012) for our District 11.

At the time of writing this article it is unknown who is running in our area. As soon as that information is released an invitation will be extended to those who put their names forward as a Candidate in District 11. If you are planning to run for the HRM Council position as the representative of District 11, please contact us for more details on the debate.

A public debate is a wonderful opportunity for Candidates to meet voters and for voters to ask question. All voting districts in HRM have increased in size this year – from 23 districts to 16 districts throughout the Municipality, so it would be a physical impossibility for Candidates to make it to every door in their area.

Be proactive, come out and meet the Candidates, be a part of the debate, and then you will be able to make an informed decision on voting day, October 20th .

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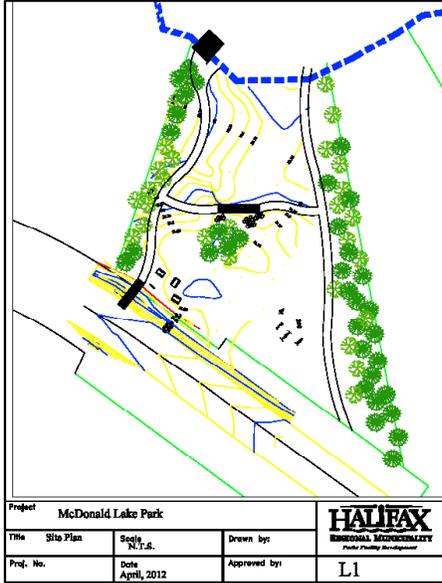
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902 877 7598

Ask about our "Refer a Friend Program"

Sustainable Park in MacDonald Lake



Camille Vokey

Halifax Regional Municipality (HRM) is working in cooperation with a community group called the MacDonald Lake Residents Association (MLRA). Together we are building a strong community and working together to achieve our mutual goals in building a sustainable park. The park, located at 5 Prospect River Court in Hatchet Lake will be the first sustainable park of its kind within the confines of HRM.

HRM is committed to sustainable environment management. The Sustainable Environment Management Office (SEMO) serves as the corporate lead for sustainability and environmental policy, strategy,

reporting, and performance monitoring. Since its establishment in fall 2004, SEMO and HRM have taken an integrated systems approach to the environment, focusing on clean land, energy, air & water.

The sustainable community park will promote health and recreation within the community. In addition, this project is unique because it is utilizing a universal and natural park design. Components will be constructed of natural and/or recycled materials. The park plan includes amenities to suit all ages and accommodate those with mobility challenges.

The park is currently finishing off Phase 2. The following is a list of projects completed and those that will be completed by the end of 2012:

- Bridge and path access to the site from the road
- Majority of paths in place
- Bridge in pathway to act as a stage
- Picnic area with picnic tables
- Water front look-off with bench
- Fish stocking of the lake
- Interpretative signage
- Native trees and shrubs planted
- Bat Houses installed

To date MLRA and HRM are pleased to thank the following funding sources for this park development:

- HRM Capital Funds
- Councillor Reg Rankin
- MLRA fundraisers – plant sales, yard sales, auction, cupcake sale
- Prospect Road and Area Recreation Association
- Province of Nova Scotia
- TD Friends of the Environment Fund
- Kent
- Cascades

Book Your CHRISTMAS PARTY!

At the Prospect Road Community Centre

852-2711

Halifax Regional Municipality Election 2012

On Saturday, October 20th, you will be asked to elect a Councillor, as part of a new Council, to represent your interests; and those of your community. The new Council will be comprised of 16 Councillors, which is a decrease from the present 23 members. As a result of this reduction, the District boundaries have changed. Your new District will be known as District 11, Spryfield-Sambro-Prospect Road. A map is included for your reference.



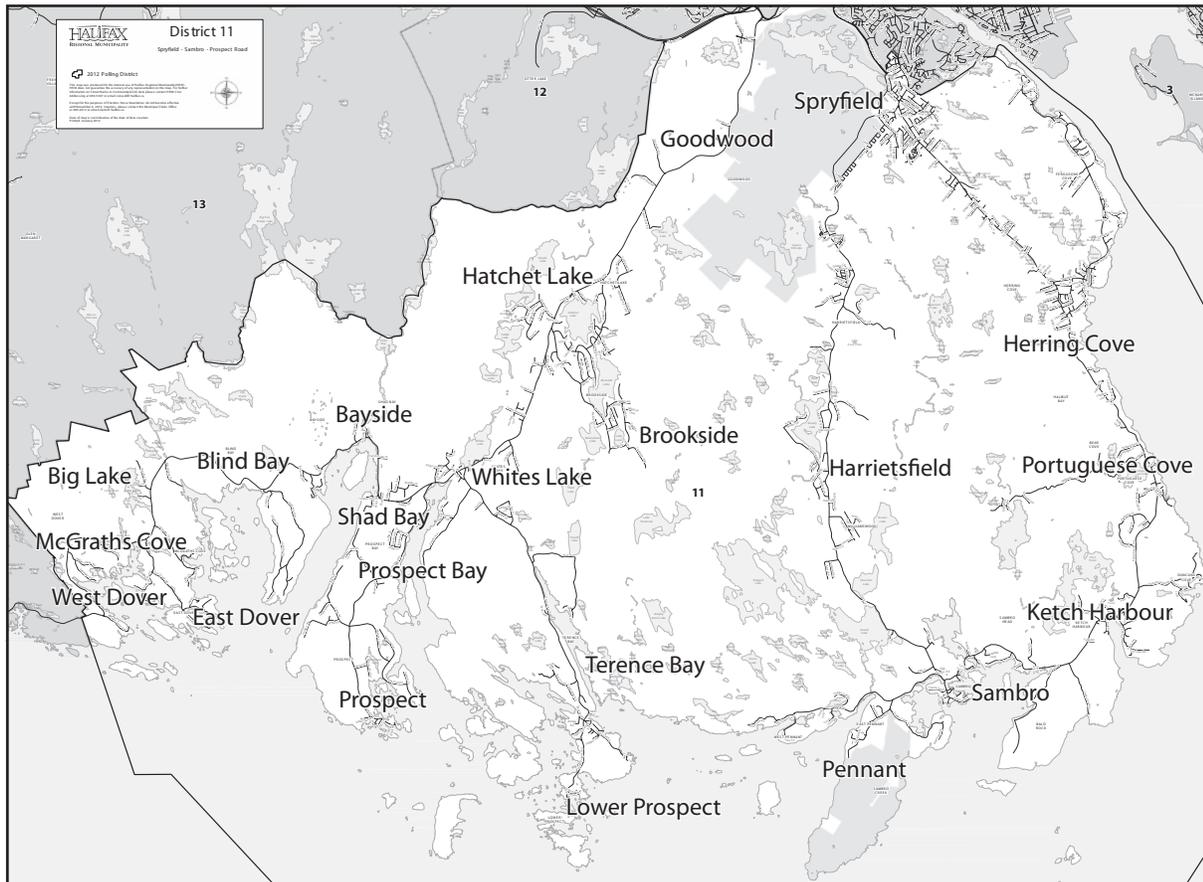
Stephen Adams

My name is Stephen Adams, and I will be offering to serve as your Councillor in the upcoming election. I have served on Halifax City Council, and currently serve as an HRM Councillor for District 18.

Our new District will offer challenges and opportunities, and will also present new issues to be resolved. Over the months leading to the election, my campaign team and I will be meeting with you, community groups and others to see how we can work together, to offer you the best representation possible. Out of respect for you and your family, our door-to-door canvassing will be limited during the summer.

In the interim, should you wish to contact me, I may be reached at 477-0627, or by email at stephen.adamsdistrict11@gmail.com

Steve



Authorized by The Committee to Re-Elect Stephen Adams. HRM tax dollars were not used to develop, print nor distribute this material.



**Registration Begins for all Fall Programs
Wednesday, August 15th at 9am.
Register by phone or simply stop by!**

Fitness Centre Information
Monthly Payments Plan Available!

	1 Month	3 Months	6 Months	1 Year	10 Visits	20 Visits
Youth (Age 15-18)	\$32.00	\$85.00	\$140.00 \$25.00/mth	\$205.00 \$20.00/mth	\$25.00	\$42.00
Adult 19+	\$42.00	\$110.00	\$185.00 \$35/mth	\$275.00 \$25.00/mth	\$32.00	\$55.00
Senior 55+	\$32.00	\$83.00	\$140.00 \$25/mth	\$205.00 \$20.00/mth	\$25.00	\$42.00
Partners (2 adults, same address)	\$70.00	\$180.00	\$300.00 \$60.00/mth	\$440.00 \$45.00/mth		
Family (2 adults/ 3 youth)		\$305.00	\$400.00 \$75.00/mth	\$515.00 \$50/mth		

New Birthday Party Options Coming Soon!
Visit our website frequently for updates.

Birthday Party Options

Type of Party	With/Without Staff	Cost
Sports	With Staff	\$95.00
Sports	Without Staff	\$80.00
Girls - Nails/Lip gloss	With Staff + Supplies	\$135.00
Craft	With Staff + Supplies	\$135.00
Baking	With Staff + Supplies	\$135.00
Dance	With Staff	\$95.00



Join our Indoor Walking Club Today!
NEW TIMES

Tuesday/Thursday
8:30am-12pm
\$2.00 per visit
Starting September 4th



- Parents will be responsible for bringing food/snacks, cake, drinks and loot bags.
- Age 5-15
- Maximum – 20 (Girls, Craft, Baking and Dance)
- Maximum – 30 (Sports)



Prospect Road Community Centre – Fall Programming 2012

Soccer – Partnered with Halifax County United for Children 6-8yrs/9-10yrs 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	Wednesday	6-6:45pm	10	\$36	Sept 12	Oct 31
6-8 yrs	Monday	5:45-6:30pm	12	\$56 (includes HCU shirt)	Sept 10	Oct 8, Nov 12
9-10 yrs	Monday	6:30-7:30pm	12	\$56 (includes HCU shirt)	Sept 10	Oct 8, Nov 12

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>
Men (40+)	Thursday	7:30-9pm	14	\$77	Sept 13	

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	12	\$43	Sept 13	
8-11 yrs	Thursday	6:30-7:30pm	12	\$43	Sept 13	
Men	Tuesday	8:30-10pm	14	\$66	Sept 11	
	Thursday	9-10pm	14	\$51	Sept 13	

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	7:30-8:30pm	12	\$29	Sept 10	Oct 8, Nov 12
Adult	Monday	8:30-10pm	12	\$66	Sept 10	Oct 8, Nov 12

Active Playgroup

<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	Friday	5:45-6:30pm	10	\$36	Sept 14	

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>
Adult	Wednesday	1-2pm	14	\$79	Sept 12	

Yoga

<u>Age Group/Type</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
Senior Chair Yoga	Monday	1:15-2pm	12	\$58	Sept 10	Oct 8, Nov 12
Adult/Hatha	Thursday	7-8pm	14	\$79	Sept 13	
	Friday	11am-12pm	14	\$79	Sept 14	

For further details visit: www.centre.prospectcommunities.com

Prospect Road Community Centre – Fall Programming 2012

**Fitness Classes - *NEW* ½ hour classes! Lower Body and Abs Bootcamp + Stability Ball Training
FREE trial class on all new ½ hour classes – Wednesday, August 29th, same times as below.
Space is limited. Registration required!**

<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>
Cardio/Strengthening	Monday	11am-12pm	12	\$53	Sept 10	Oct 8, Nov 12
Lower Body Bootcamp *NEW*	Monday	7-7:30pm	12	\$26	Sept 10	Oct 8, Nov 12
Abs Bootcamp *NEW*	Monday	7:30-8pm	12	\$26	Sept 10	Oct 8, Nov 12
	Thursday	8-8:30pm	14	\$30	Sept 13	
Stability Ball Training *NEW*	Monday	8-8:30pm	12	\$34	Sept 10	Oct 8, Nov 12
All-In-One Fitness	Tuesday	6-7pm	14	\$62	Sept 11	
Zumba	Tuesday	7-8pm	14	\$79	Sept 11	
	Saturday	10-11am	10	\$56	Sept 22	09/29, 10/20, 12/15
Youth Bootcamp Gr. 6-9	Wednesday	2:30-3:30pm	14	\$50	Sept 12	
Dance Fit	Thursday	6-7pm	14	\$62	Sept 13	
Older Adult Fitness	Friday	10-11am	14	\$43	Sept 14	
Core Cross Training	Saturday	9-10am	14	\$62	Sept 15	Oct 20
Go Girl Bootcamp – Age 9-13yrs *NEW*	Saturday	10-11am	10	\$37	Sept 22	09/29, 10/20, 12/15

Belly Dancing

<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>
Adult	Tuesday	8-9pm	8	\$58	Sept 11	

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>
Break Dancing	6-9 yrs	Monday	6-7pm	10	\$75	Sept 10	Oct 8, Nov 12
Ballet & Jazz	3-5 yrs	Wednesday	5:30-6:15pm	10	\$30	Sept 12	Oct 31
Ballet	4-6 yrs	Wednesday	6:15-7pm	10	\$30	Sept 12	Oct 31
Jazz /Hip Hop	6-9 yrs	Wednesday	7-8pm	10	\$30	Sept 12	Oct 31
Hip Hop	10-13 yrs	Wednesday	8-9pm	10	\$30	Sept 12	Oct 31

Line Dancing

<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>

For further details visit: www.centre.prospectcommunities.com

Prospect Road Community Centre – Fall Programming 2012

Senior	Thursday	10am-12pm	10	\$45	Sept 13	
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Crochet - *NEW* - See website for the list of required materials!

Age Group	Day	Time	# of weeks	Price	Start Date	Dates Excluded
Adult	Monday	6:30-7:30pm	10	\$43	Sept 10	Oct 8, Nov 12

Pottery – See website for project descriptions!

Age Group	Day	Time	# of weeks	Price	Start Date	Dates Excluded
Gr. P-3	Thursday	6-7:30pm	4	\$48	Oct 4	
Gr. 4-6	Thursday	6-7:30pm	4	\$48	Nov 8	

Crafts for Kids

Age Group	Day	Time	# of weeks	Price	Start Date	Dates Excluded
7-12 yrs	Wednesday	6-7:30pm	8	\$48	Sept 12	Oct 31

Intro to Acrylic Painting - *NEW* - See website for the list of required materials!

Age Group	Day	Time	# of weeks	Price	Start Date	Dates Excluded
Adult	Tuesday	6:30-9:30pm	6	\$70	Sept 18	

Fiddle Lessons

Level/Age Group	Day	Time	# of weeks	Price	Start Date	Dates Excluded
Beginners/14yrs+	Tuesday	7-8pm	12	\$70	Sept 11	Sept 18, Oct 16
Intermediate/14yrs+	Tuesday	8-9pm	12	\$70	Sept 11	Sept 18, Oct 16

Photography for Fulfillment – See website for full program details!

Age Group	Day	Time	# of weeks	Price	Start Date	Dates Excluded
14 yrs +	Saturday	1:30-3pm	5	\$50	Sept 15	

Computers for Seniors - See website for full program descriptions!

Name	Day	Time	# of weeks	Price	Start Date
Intro to Computers	Tuesday	10:30am-12pm	6	\$40	Nov 6
Internet for Seniors	Thursday	10:30am-12pm	4	\$20	Nov 8

Healthy Cooking for Teens - *NEW*

Age Group	Day	Time	# of weeks	Price	Start Date	Dates Excluded
12-16 yrs	Monday	6-7:30pm	4	\$45	Sept 10	Oct 8

Healthy Cooking on a Budget - *NEW*

Age Group	Day	Time	# of weeks	Price	Start Date	Dates Excluded
Adult	Wednesday	6-7:30pm	4	\$50	Sept 12	

For further details visit: www.centre.prospectcommunities.com

Prospect Road Community Centre – Fall Programming 2012

<p>Babysitting Course - 11 yrs + BLAST – Babysitting Lessons And Safety Training Date: Oct 27th 2012 Time: 9am-5pm Price: \$35 per person</p> <p>You must bring your own lunch and snacks (beware of food allergies) Register at PRCC Front Desk by Oct 24th!</p> <p style="text-align: center;">Full course details online</p>	<p>In-service Day Camps @ PRCC <u>Full Day Camps – 7am-6pm</u> <u>Fee: \$28 per day</u> Sept 28, Oct 26, Nov 9, Nov 30, Dec 21, Feb 15, Mar 22, May 17, June 27 <u>Half Day Camps – 11:30am-6pm</u> <u>Fee: \$18.50 per day</u> Nov 14, May 1</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>Senior Washer Toss Social</p> <p style="text-align: center;">Come out and play indoor washer toss! Play in tournaments or just for fun. Coffee, Tea and Refreshments Available! Spectators Welcome!</p> <p style="text-align: center;"><u>Fall Washer Toss Dates:</u> Sept 13 & 27 Oct 11 & 25 Nov 8 & 22 Dec 6 & 20 1-3pm</p> <p style="text-align: center;">\$3 per participant!</p>	<p>First Aid Training</p> <p style="text-align: center;">Emergency First Aid and CPR Level C + AED</p> <div style="display: flex; align-items: center; justify-content: center;">  <div style="margin-left: 20px;"> <p>Date: Oct 14th 2012 Time: 9am-5pm Price: \$75 per person</p> </div> </div> <p style="text-align: center;">30 minute lunch break + 2 – 15 minute breaks You must bring your own lunch and snacks</p> <p style="text-align: center;">Register at PRCC Front Desk by Oct 10th ! </p> <p style="text-align: center;">Full course details online</p>
<p>Tot Time – Terence Bay Elementary</p> <p style="text-align: center;">This program is for children age 3-5 years old – must be fully potty trained and will run for 10 weeks starting Sept 11th and 12th 2012.</p> <p style="text-align: center;"><u>Tuesday or Wednesday – 9:30-11:30am</u> <u>Fee: \$60</u></p> <p style="text-align: center;">Participants must register at PRCC</p>	<p>Youth Floor Hockey Drop In Students in Grade 10-12 are invited to come play Floor Hockey for FREE! Fridays – 6:30-8:30pm Starting Sept 7th 2012</p> <hr/> <p>Youth Sport Drop In BJHS students are invited to join us for Youth Sport Drop In 3 days a week for FREE! Monday/Wednesday/Friday 2:15-3:15pm Starting Sept 5th 2012</p>
<p style="text-align: center;">Book Club at PRCC</p> <p>Would you like a chance to discuss the books you love to read? Joining a book club is a great way to expand your typical reading boundaries, enjoy interesting conversation and make new friends. Meetings are on Sunday evenings at 7:00pm. Following is a list of the books we will be reading for the fall session:</p> <p style="text-align: center;">Drop Dead Healthy – A.J. Jacobs – Sept 16 A Mountain of Crumbs – Elena Gorokhova – Oct 21 CSI Saudi Arabia – Zoe Ferraris – Nov 18 Christmas Get-together – Book To be Decided – Dec 6</p>	

For further details visit: www.centre.prospectcommunities.com

Prospect Road Community Centre – Fall Programming 2012

Advertise with Prospect Communities!

Online: Banner ads will be displayed on Prospectcommunities.com and the Prospect Road Community Centre website:

- 3 months - \$50
- 6 months - \$90
- 12 months - \$162

On-Screen: Your ad will be seen in the most travelled public building in the community! Your ad will be rotated on all the public access computers (60) and 40-inch digital display. All screens are located in heavy traffic areas

- 3 months - \$50
- 6 months - \$90
- 12 months - \$162

Interested? Questions? Contact Us !

Email: Jason@prospectcommunities.com

Phone: 852-2622

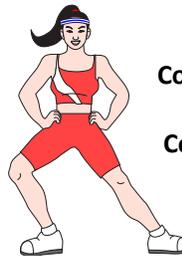
Personal Training @ PRCC

Personal Trainer, Leslie Hogg, a certified trainer from Canfit-Pro will help you reach your fitness and lifestyle goals, whatever they may be!

Personal Trainer, Kara Kline, a certified Level 2 Personal Trainer has years of experience in the industry and is committed to making a healthier, happier you!

Prices:

\$40.00 per hour session
\$55.00 per hour session for couples



Contact Leslie: 902-483-6200

Contact Kara: 902-441-6050

Community Run Program – International Shotokan Karate Federation of Halifax – PRCC Club

The most important self-defence technique is self-confidence. Students learn fundamental karate blocks, punches and kicks in a positive, non-competitive environment. No contact skill-based activities and games create fun learning opportunities that help develop focus, improved concentration, and memory retention.

When: Wednesdays and Fridays

All ages (7+): 6:30-7:15pm Advanced: 7:15-8:00pm

To register: Please email Kanayo at kanayot@gmail.com or Thomas at tt@cs.dal.ca

The PRCC Club is a satellite of the International Shotokan Karate Federation of Halifax (<http://nsjka.ca>).

We are a non-profit club and fees are used for rent and some training support.

Room Rentals Available!

PRCC has many different rooms available to rent by the hour for any sort of event, program or meeting!

Wedding and Special Event Packages also available!

All rental fees and information available online!

Holiday Hours

Sept 3rd, Oct 8th, Nov 11th PRCC will be closed due to holidays.

Open 9-5pm – Nov 12th

Adult Halloween Dance

Join us for our annual Adult (19+) Halloween Dance!

Date: Saturday, October 27th 2012

Time: 9pm-1am

Cost: \$10 per person

Tickets Available Soon !



Regular Hours / Contact Information

Monday-Friday – 8:30am-10pm

Saturday/Sunday – 8am-9pm

Front Desk – 852-2711

Email: admin@prospectcommunities.com

For further details visit: 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
Visit us at: www.centre.prospectcommunities.com

902-852-2711

or visit

centre.prospectcommunities.com

PRCC Staff:

General Manager: Delisca Norris
Email: delisca@prospectcommunities.com

Administrative Support: Melanie Joudrey
Email: admin@prospectcommunities.com

Facility Maintainer: David Thomas

Our current Board of Directors are:

- Barb Allen – Chair
- Rhonda Dea – Vice Chair
- Amy Langille – Treasurer
- Victoria Horne - Secretary
- Rita Schwartz
- Kelly Carlton
- Tom Lavers
- Judith Kemp
- Cara Lynn Garvock
- Pratima Devichand
- Liz Amyooney
- Lisa MacKay

ROC Hours of Operation (Fall)

Monday - Wednesday	1:30 pm - 4:30 pm
Thursday	1:00 pm - 6:00pm
Friday	9:30 am - 12:00pm

Or, Contact us for an appointment!

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
Visit us at www.roc.prospectcommunities.com

902-852-2622

or visit

roc.prospectcommunities.com

We offer:

- Services for faxing, printing, scanning, photocopying and burning CD's
- After school events and programs for children
- 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, Public Access Coordinator: Jason Bungay
Email: jason@prospectcommunities.com

Program Coordinator: Siena Benjamin
Email: siena@prospectcommunities.com

Newsletter Editor: Olga Kits & Cara Lynn Garvock
Design / Layout: Jason Bungay

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



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