

# Prospective

Volume 12, Issue 1, September 2013



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## Message from the ROC Chair

**Barb Allen - Chair, ROC Board**

As the end of the summer approaches and families start to think about back to school and all the routines which fall into place once the new school year begins, the ROC – Resource Opportunities Centre – Board of Directors will be settling into its responsibilities to foster community development in the Prospect area, support the General Manager, and oversee the management of the Prospect Road Community Centre and the Terence Bay site.

We were thrilled to add five (5) new Board members during our 2013 Annual General Meeting, held on June 17th at the Community Centre. We look forward to fresh ideas and new energy! This year the Board consists of eleven (11) members.

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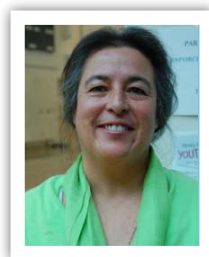
**PRCC FALL PROGRAMING INFO INSIDE!**

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## Message from the Chair, ROC Board - Continued

### The ROC's Board 2013-2014

- » Barb Allen – Chair
- » Jeff Ripley – Vice Chair
- » Amy Hockin – Treasurer
- » Victoria Horne – Secretary
- » Kelly Carlton – Director
- » Liz Amyoony – Director
- » Cara Lynn Garvock – Director
- » Lisa Ferguson – Director
- » Don Ray – Director
- » Iain Rankin – Director
- » Peter Comuzzi – Director



Since opening its doors in June 2010, the Community Centre has proven to be an enormous asset to area residents. 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 required to manage the facility, as well as 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.

#### During this past year (2012 – 2013), the Board has worked in a number of ways:

- » Continued to improve financial management resulting in a balanced budget prediction for 2013 – 2014
- » Hosted public debate for HRM Council Elections
- » Produced two (2) editions of the Prospective newsletter
- » Wrote and submitted funding proposals
- » Liaised with HRM Recreation, Facility Management & Corporate Safety Staffs
- » Performed a communications and marketing audit
- » Helped to develop regular program evaluations designed to improve the quality and variety of programs offered to community
- » Realigned staff job descriptions
- » Participated in HRM Facility Lease Agreement group activities
- » Hosted a series of community conversations
- » Held a two day strategic planning and Board development session resulting in five (5) new strategic goals for the organization (see below)

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 make a commitment to work for the greater good. The commitment of a Board member is not only to turn up for meetings, but to be an active contributing member.

We would like to offer our best wishes and thanks to the members that have stepped down from the Board this year. These individuals have given freely of their time and talents to making our community a better place to live and the ROC a stronger organization by having served on the ROC Board:

- » Rhonda Dea
- » Rita Schwartz
- » Pratima Devichand
- » Judith Kemp
- » Tom Lavers
- » Lisa MacKay

#### Thank you!

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 Site and [www.prospectcommunities.com](http://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:

- » Enabler/facilitator of connections
- » Mobilizer of Partnerships
- » Building Community Capacity between and within communities
- » Celebrate our Communities
- » Creating and Facilitating a Healthy Community

#### Values:

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

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## The Buzz from East Dover

Kristen Dick



Park Day in East Dover was another huge success. Residents of East Dover, McGrath's Cove, Big Lake and many surrounding communities joined together for this annual event of family fun.

Sunny skies prevailed and many turned out to enjoy the day with a softball tournament - East Dover winning with sensational catches by Bradley Connors....next year perhaps McGrath's Cove :), canteen and BBQ, bouncy castle, horseshoe tournament, hat decorating, face painting by Heidi Zinck, entertainment from the Prospect Road Jammers, and a scavenger hunt to end the day.

A special thank you to all on the organizing committee, to those who volunteered and to the companies/individuals and services who donated to the penny auction.

### What else was/is shaking at the Village Green Park or East Dover Community Hall since the last Prospective Newsletter?

- » The documentary, "The Clean Bin Project", was screened at the East Dover Community Hall in April. An interesting look at waste reduction. Stemming from this a few viewers participated in their own challenge.
- » In addition to playing on Park Day, the Prospect Road Jammers delighted us again with their wonderful music on July 5th and will be playing at the East Dover Community Hall on Friday, August 23rd. Note: not only does our heat pump produce heat,

but it also provides air conditioning. So if August 23rd is as hot as July 5th (a whopping 31 celsius), come cool down at the hall and enjoy some music at the same time.

- » 26 people volunteered for the community clean up in May with a BBQ break at noon. Amazing job!!! Let's all dream of a time when clean up days are not needed and find solutions to achieve that goal.
- » Family games night was also held at the East Dover Community Hall in May. Heavy (but friendly) chess competition between the Chavarria family :)
- » Halifax Rec will be holding a Camp on Wheels in East Dover this summer from August 12 - 16; ages 6-12. Information is on the Village Green Recreation Society Facebook site (<https://www.facebook.com/pages/Village-Green-Recreation-Society-in-East-Dover-NS/114779781882952>). To register contact Halifax Rec at 876-8812.
- » Many artists from our area will be participating in the Peggy's Cove Area Festival of the Arts and the East Dover Community Hall will be used as a site for the studio rally on July 20-21st. Lots of talent in our community!!!
- » The lending library continues to be open on the second and fourth Monday of every month.
- » Card games (45's) happen on Monday nights.
- » Potluck in the Park is also scheduled in August. A chance for neighbours to sit down to a meal together. In addition to sharing a meal with friends/neighbours, the focus will be on zero waste (BYONDD - bring your own non disposable dishes) and on local food (lots of great NS foods to include in your dish to share). More information will be on the Village Green Recreation Society Facebook site. Also if you wish to be included on the Village Green e-mail distribution list or volunteer with the Village Green Rec Society in whatever capacity, please e-mail [eastdovervillagegreen@gmail.com](mailto:eastdovervillagegreen@gmail.com).

Future projects: work is being coordinated for fall renovations with new windows finally being installed and siding. We are looking forward to the completion of this. There is also talk about a Halloween event. So stay posted!

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*See Page 12 for Rates*



## Community Conversations

Cara Lynn Garvock

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it is the only thing that ever has.”

~ Margaret Mead



Last May, the ROC Board hosted gatherings in three communities where residents were invited to talk together about what matters to them, and how we can work together to achieve common goals. About 50 people came out to these Community Conversations to share their concerns, their vision, and their dreams.

The purpose of the meetings was two-fold: to share with residents the five strategic directions identified by the Board at a recent retreat.

They are:

- ✓ Enabler/facilitator of connections
- ✓ Mobilizer of Partnerships
- ✓ Building Community Capacity between and within communities
- ✓ Celebrate our Communities
- ✓ Creating and Facilitating a Healthy

The second purpose was to hear and record the concerns and passions held by our residents. This image, a “wordle”, is a display of those results (the bigger the word, the more often it was used by residents).

you at the next event. Plan to set aside the evening of September 29 (Sunday) when the Board will host a follow-up gathering. This will be a great opportunity to learn about various projects on the go and choose to get involved – or you could stand up and lead your own project! Watch for notices in September.



### What Comes Next?

Whether you attended the meetings in May or not, we'd love to see

## Do you have any skills or experience in the following areas?

- ✓ Fundraising
- ✓ Planning special events
- ✓ Canvassing for corporate sponsors
- ✓ Planning outdoor recreation structures
- ✓ Finance
- ✓ Human Resources
- ✓ Sales
- ✓ Working with Youth
- ✓ Writing proposals
- ✓ Writing policies
- ✓ Working with Seniors
- ✓ Occupational Health and Safety
- ✓ Large facility operations and maintenance



We are looking for individuals who have talents in these areas to assist the Resource Opportunities Centre Board in a number of community projects through our various sub committees. If you can give an hour or two or even if you can give more than that, we would truly appreciate hearing from you.

Please email [recruitment@prospectcommunities.com](mailto:recruitment@prospectcommunities.com) or call Liz at 852-1250.

## Prospect Road Jammers - A Local Success Story



Two years ago Glane of the Prospect Area was putting up posters inviting amateur musicians to join him for a weekly jam session on Friday Nights at the Prospect Road Community Centre.

It all started as simple as that; one guy with a love of music, and a passion for sharing it with others. The idea quickly picked up speed and other local amateurs joined in to play some tunes and have a good time.

Now the weekly Prospect Road Jams draw up to 30 players and 60 plus audience members. The jams are open to everyone and definitely have that kitchen party feel. There is no commitment, it's all in good fun; just show up and play or listen.



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Musicians and music lovers congregate from the Prospect Area and beyond, including visitors from Sackville, Bedford, Eastern Passage, Cape Breton, Newfoundland and as far away as Ireland.

The players set themselves up in a circle and take turns leading the group in a song.

All types of instruments are played and many varieties of music are enjoyed; from guitars to ukeleles, piano, voice, and drums, to Country, celtic, fiddle, rock and folk! New players and listeners are always welcome, and new instruments or musical styles are certainly encouraged.

A great grass roots community initiative that has really taken off, the Prospect Road Jams are good old fashioned fun for all ages. There is no cost to participate (however donations are graciously accepted to cover the cost of the room rental), no registration, no experience required, and you can come and go as you please. They understand that not everyone's schedule allows for them to stay for the full duration of the session, so they encourage drop-ins!

Unavailable Fridays? Know someone from out of town who would enjoy the music, but simply can't make it? Or maybe you just can't get enough from only one jam a week? You can also find them online – watch and listen to their YouTube videos and subscribe to their channel ProspectRoadJam. They have uploaded over 200 videos!

Recently the Jammers have worked with the Centre to start a Canteen on Friday nights. Centre staff, Sean and Kim, serve up chili, ice cream, snacks and sweets all at affordable prices. Pop by and check it out! You are welcome to eat-in and enjoy a few tunes, or take treats with you if it has simply been a long week and are anxious to get home (or are off to another sporting practice). Who knows, you may even catch Sean playing a tune while he is on his break!

A big thanks to Glane for having the insight, courage, and energy to initiate this great group, and thanks to everyone that comes out and makes it happen!

Happy foot-stomping!



Check out the Jammers on Youtube!  
[www.youtube.com/prospectroadjam](http://www.youtube.com/prospectroadjam)

## Karma Kids- A weekly program for children & youth at the PRCC

### The Vision:

Positive, healthy Youth who are curious, compassionate, confident, generous and driven.

A space that supports Youth coming together, being active, getting creative, and giving back to the community.

A sanctuary for youth to embrace challenges as possibilities, “failures” as stepping stones, and to experience a deeper connection with the Earth and its beings. A nurturing place where youth are able to express themselves as centered, self-empowered, unique beings who have fun, and look forward to living a life full of possibility.

Karma Kids will be a weekly gathering for children & youth to play games & sports, cook & bake, create arts & crafts, play music & dance, explore technology, adventure in nature, and so much more. It will constantly be growing and changing, just like the kids, but you’ll always find the spirit of giving and inspiring at its core.

Kids should be able to play, and money shouldn’t be something that holds families back from giving their children the joys of yoga, cooking, exploring, playing, and making great friends. Karma Kids allows individuals to “pay” for their classes while making a difference in their community by investing time & skills in community projects. Having fun while making a valuable contribution, now that’s good Karma!

Karma Kids will be a weekly gathering open to all interested individuals. No pre-requisites, no registration, no cost. Dates and times to be determined. Final details will be rolled out soon, stay tuned to [prospectcommunities.com](http://prospectcommunities.com) and centre.prospectcommunities.com for all of the info. Or drop Dawn Langille a line at [dawn@prospectcommunities.com](mailto:dawn@prospectcommunities.com) to express your interest!



As this is a not-for-profit group, we will be accepting financial & in-kind donations to keep things running! We are also looking to have skilled & passionate individuals share their talents with our team & lead us through new experiences. Love music, photography, technology, dance, (anything!) and want to share it with Karma Kids? Message Dawn ☺

Have a cause that needs supporting & think Karma Kids just might be the group to help you out? We will also be looking for “giving opportunities” in which we can support the PRCC and the Prospect Communities. No project is too big, too small, or too crazy. Again, message Dawn with your ideas and requests: [dawn@prospectcommunities.com](mailto:dawn@prospectcommunities.com)

# Rachael Murphy

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## What's Cooking at the PRCC?



**Dawn Langille**  
Your resident food enthusiast  
& PRCC Kitchen Manager.

**Good day to you all!**

The Kitchen has seen more action lately which we all find quite exciting. There have been a few special events - especially weddings - that made use of the great kitchen space here at the PRCC.

We have started running a Canteen on Friday nights from 4:30pm - 9:30pm where you can find us serving up chili, soup, hot dogs, snacks, ice cream & sweets. You can eat in and enjoy the Prospect Jammers musical talents, or take it with you if you are in a rush. Have suggestions to add to the menu? Let us know!

### **Other exciting news ... drum roll please!**

Karma Kids, a weekly program for children & youth, will begin this September!

We will definitely be getting our hands dirty in the kitchen, cooking, baking, and learning all about the wonders of food. Check out the Karma Kids article for more info.

### **Monthly Food Bites at the PRCC.**

Passionate about food? Curious about cooking? Fascinated by nutrition?

Join me & fellow foodies the last Tuesday of each month for a friendly discussion on all topics food related. We can chat about kitchen techniques, the latest gadgets, food in the news, cookbooks, chefs, local restos, share recipes & anything your food-loving heart



desires. No registration or fees involved, just show up & share your thoughts and passion. Meet at the tables in the Street by the Kitchen at the PRCC at 7:00pm. Tentative Dates: Tuesdays, Oct 1st, Oct 29th, and Nov 26th.

I will be planning some cooking classes that will start in the New Year. Until then I will be busy creating chocolates & treats for the Holidays. You can check out my chocolate & Holiday treat offerings by subscribing to my Sweet D.E.lish email list; just drop me a line at [dawn@sweetdelish.com](mailto:dawn@sweetdelish.com)

Always happy to hear your thoughts and ideas in regards to the Kitchen space at the Centre. The Kitchen Manager position is not a paid position - I actually work full time elsewhere and devote what spare time I can to supporting the Community Centre. I want to spend that time doing things you desire and need as a community, so don't hesitate to drop me a line! Send your thoughts and requests to [kitchen@prospectcommunities.com](mailto:kitchen@prospectcommunities.com)

Happy Cooking!

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# Brookside Community Homeowners Association

## Wayne Hamilton, BCHA

The BCHA is once again hard at work with HRM Parks and Recreation staff working on our local parks now that the annual clean up and our indoor yard sale at the PRCC was such a success.

Each park in Brookside has been designed for a specific community need by the BCHA over the past many years. You can locate and review each park online at <http://www.bcha.ca/p/brookside-parks.html>. Remember these are for all residents of HRM so feel free to take advantage of their many options for outdoor activities all year long.

In preparation for the free swim lessons at Campbell Point Park, our beach/swimming park, we worked to ensure additional sand was delivered and spread on both the beach area and the volleyball court. You do need to register for the lessons however with HRM Parks and Rec. This is a supervised beach as well with day time life guards. The lake has been a great relief these past few hot weeks.

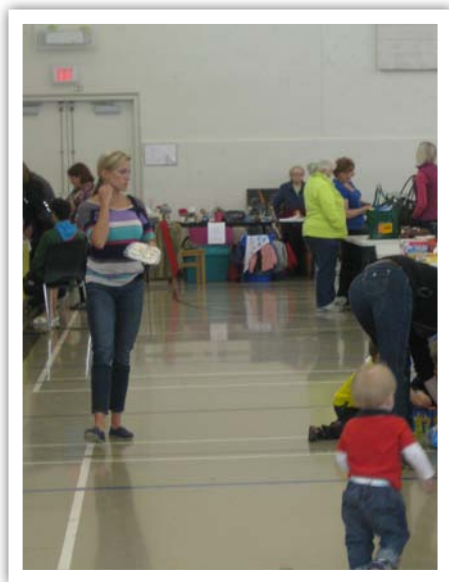
Extra gravel for the Yeadon Green pathway loop is on the way which will complete the multi-year upgrades to the Yeadon Green tot lot. The lot continues to attract the very young and those who still like to feel that way again! The new equipment is well used and should provide many happy smiles for many years to come. Be sure to consider attending the annual S'MORES night, planned for August 10th at 6:30 pm. Bring your chairs and children and come meet your neighbours while the little ones play. BCHA is also launching our first community "Little Free Library" which will be mounted at the entrance to Yeadon Green and focus on children's books for exchange. See the BCHA Facebook site for how this all works.

Lover's Cove has also seen the final phase of development by BCHA with the install of curbing in the parking lot as well as gravel upgrades to the path to the lake. This is our picnic park with a picnic shelter from the sun as well as several tables by the lake in the shade of the trees. A canoe or kayak launch has also been designed here for easy access to McGrath's lake for those wish to explore the shoreline.



Back Lake Trail located off Lynwood Drive allows hikers access to unspoiled wilderness adjoining the Wilderness Protected zone.

Finally BCHA is now working on another phase of the Wendy's Meadow Park, our open meadow play park and tot lot on Melanson Lane. The initial off-road parking is in and we are now designing the tot lot equipment for the community



space. The final design hopefully will be something like shown here if all goes well, although it may take several years to accomplish. Meetings are being scheduled with HRM's Park Planner and Councillor Adams to work on phasing and financial milestones.

The other major issue that BCHA is working on is a request by residents along the gravel portion of Irisweg Drive to assist them in their bid to HRM to get this street added to the paving contracts for next year. Options in HRM allow for just the frontage homeowners or a wider homeowner group to be included if directly benefiting from the upgrade. This discussion is ongoing on the active BCHA Facebook site at <https://www.facebook.com/groups/BrooksideHomeOwners/>. So this and other discussions may be of interest to you as homeowners and engaged community members of the area.

So from your executive at the BCHA to all communities, have a safe and enjoyable summer!





## Hatchet Lake/Shad Bay Scouts Attend Canadian Jamboree

The Leaders and Scouts from our community would like to express a LARGE THANK-YOU to members of our community for all the support you've given us over the past year as you helped us raise the funds needed to attend a Canadian Scout Jamboree in Sylvan Lake Alberta.

Six leaders and sixteen scouts returned tired and very happy on July 14th from a week-long adventure of a life-time with over 6500 other Scouters from all over Canada with even some participants from Taiwan, China, Australia and the US. A fabulous time was had by all with activities ranging from visits to the Calgary Stampede, zip wires, climbing walls, mud pits, archery, sailing and other water activities, badge trading and tons of other fun activities. This trip wouldn't have been possible without the support of our community for our bottle drives, road-side cleanups, grocery bagging, golf tournaments, silent auctions, etc.  
So, again, thank you for your support!

For anyone reading this and interested in scouting and future jamborees, Nova Scotia will be the host for the next Canadian Jamboree in 2016 at Camp Nedooae (near Elderbank), so there is no better time to get involved with Scouting – see [www.scouts.ca](http://www.scouts.ca) for details, or call Steve Caseley at 850-2225.



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## Weight Loss Success Story Starring Todd Umlah of Brookside

### Kelly Carlton ROC Board Member and Chair Prospect Road Recreation Association

I recently had the pleasure of sitting down and having an encouraging and thankful conversation with Todd Umlah. Todd, along with his wife, Lisa, and daughters Alyssa and Jessica, live in Brookside. Following in Dad's footsteps, Alyssa and Jessica lead very physically active lives. Both are members of the Fitness Centre at the Prospect Road Community Centre.

Todd has deep roots in recreation. He told me many stories about his family and how sport, especially softball, has been a big part of his life. Greg Umlah was Todd's Dad and he coached a girls softball team "back in the day" that became the first junior girls team to go to a National Tournament. The history and memories that Todd has are displayed in how proud and dedicated he is today coaching basketball, coaching lacrosse, playing softball, leading leagues, leading tournaments and taking the time to look after his own well-being with a balanced lifestyle of healthy eating and exercise.

In 2010 Todd decided to join the Fitness Centre at the Prospect Road Community Centre to give it a try! Todd's goals were to become more physically active by working out and to start to change his eating habits. Todd told me he truly enjoys the Fitness Centre. It's close and in his own community so he can do his early morning workout, or if he chooses, his after-work workout – it's perfect!

In January 2013 Todd jumped at the chance to be part of a Weight Loss Competition at his work. Thirty staff members of the NS Rehab Centre would compete over 16 weeks. Todd saw this as a golden opportunity to make a drastic weight loss change, so he began a strict workout regime at the PRCC Fitness Centre.

Todd would also require a drastic change in his diet to accommodate the workout he was now doing. During the 16 week period his meal at dinner time was a healthy serving of white fish and vegetables. He also ate a balanced breakfast which always seemed to include a boiled egg for his protein. Todd found what worked the best for him was consulting a dietitian, eating a balanced diet and snacks, walking on his lunch at work, and never missing his twice-a-day workouts. Todd won the competition by losing a total 54.4 pounds in the 16 week period and could not be any prouder – of himself and of the other staff who competed to lose weight. Todd's weight when he joined the Fitness Centre was 265 lbs and he is currently weighing 196 – his total loss being 69 lbs to date! Way to go Todd!!

The prize Todd won for the competition was \$600 and I had to ask, "Did you buy yourself a treat?" He bought himself a new iPad and a new fishing jacket, because of course, his old one was way too big! He told me the iPad will be a great reminder of how hard he worked to achieve his weight loss goal.

Todd and I had a great conversation about



how his support system truly helped him along the way to lose 22.8% body fat. This is a great achievement! You can now have a "chocolate bunny moment" and enjoy it!

In closing I asked Todd "How has the Prospect Road Community Centre, namely our Fitness Centre, impacted your weight loss goals?" and his reply to me was, "It saved my life!"

Congratulations to you Todd from all the staff of the Prospect Road Community Centre and the ROC Board of Directors. You are truly a success story and a great example for our youth to become more physically active. Your results are to be commended.

## Prospect Road Business Association

### Cheryl Masters and Deb Muise

A new and exciting opportunity is underway to unify individual merchants from all the communities in the Prospect Road area.

The Prospect Road Business Association has emerged with a mission statement to promote and support local businesses and entrepreneurial spirit, and to be a voice and advocate for local businesses and our communities. It is open to all business people who live or work in the area.

The association will work towards offering value to our members through networking events, advocacy, having a united stand on local and regional issues that affect business, publicity opportunities, a

website and Facebook page for additional community exposure and increasing community awareness of the many local business gems.

This is an excellent time to join our association. Help us shape the focus and direction of our activities. Meetings are the 3rd Wednesday of every month at Prospect Road Community Center.

### For more information, please contact:

**Deb Muise,**  
President, Prospect Road Business Association.  
Email [debra.muise@f55f.com](mailto:debra.muise@f55f.com)  
Telephone 422-1631 ext. 226.

## An Update from Councillor Stephen Adams



### Community Champions Group

I am pleased to announce a new initiative for District 11 communities: a Community Champions Group. On August 7th to the 8th I will hold a meeting at the Prospect Road Community

Centre with community leaders of varied interests and expertise from throughout the district. The purpose of this meeting is to offer an opportunity for community stakeholders to discuss common issues such as recreation, business improvements, public wharves, lighthouses and other areas of mutual interest. As I travel throughout the district, I hear many concerns raised that are shared by other areas. Working together, we can help find long-term solutions and perhaps cost-savings for community groups. My intent is to have the Community Champions Group meet on a quarterly basis, to help improve our communities.

### Provincial Representatives

District 11, being a vast geographic area, has one municipal representative, me, and three provincial representatives as follows: Michelle Raymond, MLA Halifax Atlantic (477-4100); Bill Estabrooks, MLA Timberlea-Prospect (876-2472) and The Honourable Denise Peterson-Rafuse, MLA Chester-St. Margaret's (857-3378). To determine which representative covers your area, check the provincial website at <http://enstools.gov.ns.ca/edf/edf.aspx> and enter your civic address. You will then receive information on your area MLA. For example, if you have questions/concerns regarding provincially owned/maintained roads in your area you may contact the local Beechville office of the provincial Department of Transportation and Infrastructure Renewal at 424-4328 or your local provincial representative as noted above.

### Open Data Contest

You may have heard that back in September, 2012, Halifax Regional Council voted unanimously in support of the Open Data Pilot Project that gives the public access to 17 HRM datasets free of charge, making municipal information more open, transparent, and accessible.

HRM is hosting its first-ever Open Data Application Contest, **Apps4Halifax**, from August 2013 until January 2014, to inspire the development of innovative, interesting and user-friendly applications using HRM data. Residents are being asked for app ideas that would benefit the community. Cash prizes will be offered to developers for creating useful, creative and effective citizen apps using municipal data. More information is available on the official contest website: [apps4Halifax.ca](http://apps4Halifax.ca).

### Placemaking

Something exciting being offered in HRM is the Placemaking Program. This started as a pilot project that brought together community members to create public art that activates shared public spaces to give a sense of place and build community. The success

of the pilot project has now turned Placemaking into a permanent program, inviting neighbourhoods to apply to paint their street. On July 14, 2012, neighbours came together to transform the intersection at Black Street and Northwood Terrace by painting a large community-created design on the street as part of the HRM pilot project, co-sponsored by the 4Cs Foundation. A group of community members, operating under the name of Placemaking Halifax, spearheaded this project in collaboration with HRM. It was the first municipally-supported, community-driven street painting project in Canada.

This program was inspired by Portland, Oregon's City Repair model. In spring 2010 the model was introduced to HRM by Michael Cook from City Repair during the ArtsEngage! Symposium. The City Repair model allows neighbourhoods the opportunity to organize and propose community art projects on city property. The community development model that City Repair uses aligns closely with HRM's Community Art Program.

HRM was enthusiastic about working with the community group Placemaking Halifax for this first placemaking initiative. Placemaking Halifax describes placemaking as "Community working together to make the place special. They make it a place where people want to go to, where they feel safe and welcome. They make it beautiful and interesting. They make it meaningful, an expression of their own local culture."

The pilot project has enabled HRM to create a clear and accessible application process for other neighbourhoods to initiate Placemaking projects in their community. As part of the new Placemaking Program, HRM provides staff support to seek necessary approvals and works collaboratively with community members to design accessible, creative and successful project plans. HRM also provides staff support for project painting days.

For more information about how to apply for a Placemaking project in your neighbourhood contact our Community Arts Facilitator at Tel: (902) 490-4408.

### Contact Information:

Councillor Stephen Adams  
PO Box 1749  
Halifax, NS B3J 3A5

Work Phone Numbers:  
Office: 902 477 0627  
Cell Phone: 902 497 8818  
Email: [adamss@halifax.ca](mailto:adamss@halifax.ca)



## The Pathway Project is Complete!



### Barb Allen

Well, it certainly took long enough, but the pathway between the PRCC and the Prospect Road Elementary School is finally finished and safe for community to use.

The pathway had always been a part of the vision for the PRCC, but as the capital funding that built the facility was for "Indoor Recreational Facilities" we had to secure funding and partners to make the pathway a reality as a separate initiative.

Rather than a simple pathway we ended up needing an engineered boardwalk because of the wetlands that lie between the two facilities.

Originally designed without a handrail, similar to the wharves at Halifax's waterfront, once the pathway was opened earlier this spring we received several concerns from residents about its safety for young children. As one of the main reasons that the pathway was built was to ensure the safety of children by providing a direct walking route away from the busy road, we followed up with HRM staff and had a Safety Audit conducted. As a result HRM issued a tender to have guardrails installed. Problems with the installation soon became apparent as local youth realized that the railings were not fixed securely enough and could be easily pulled away from the boardwalk.

For months there was an ongoing saga of railings being ripped off. Many people were concerned to see the vandalism continue, something that thankfully is not normal for our community. The pathway had to be closed, trees and brush were trimmed so that a clear sight line was in place from the road and HRM had to have the handrails lowered and attached more securely. So finally the pathway is up and running!

Please check out the pathway, take a stroll from the Community Centre to the school grounds where you can use the walking/running track, take in a soccer game at the rear of the school, or play on the playgrounds. Once school starts in the Fall students of PRES will use the pathway to attend the before and after school programs and youth drop-in sessions at the Community Centre and parking lots at either facility will be able to accommodate overflow parking when the other facility has a huge event in the future.

### Advertising Rates:

- » Business Card \$50
- » Quarter Page \$70
- » Banner \$80
- » Sky Scraper \$85
- » Half-Page \$90
- » Full-Page \$165
- » Two Page \$295

### Digital Screens (PRCC)

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

\* Prices do not include HST

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[www.DenisePetersonRafuseMLA.ca](http://www.DenisePetersonRafuseMLA.ca)

## New Life Community Church

Friends,

We live in a wonderful community and it has been our pleasure to minister within the Prospect Road area. We are excited as God continues to move in powerful ways in the life of our fellowship at New Life Community Church.

Our ministry at New Life began in the late 1980's with evening meetings in Brookside homes. As these meetings flourished, a full-time pastor was called to host Sunday Services at Brookside Junior High. We developed a routine of setup and teardown each Sunday morning, and welcomed the excellent facilities of BJHS. This continued for many years until St. Christopher's Church became available for rental. Having already purchased land along the Prospect Road for our future Worship Center, we believed that renting St. Christopher's would be a stepping stone in the growth of the church. However, God had a different plan for us as we began to consider the possibility of purchasing the building. Over this past winter, the St. Christopher's church building officially became the permanent home of New Life Community Church. We are now well on our way to making the building our own through renovations. Our primary goal with these renovations is to provide more

classroom space and to update some of the older facilities within the church. Future renovations may also include a new façade to the building.

New Life has been without a formal senior pastor since September of 2012. At that time, Reverend Leo Fletcher felt the call of the Holy Spirit and moved on to become part of a ministry in Halifax. Accordingly, New Life formed a Pastoral Search Committee. This committee proved successful through God's guidance as Reverend Darren Millet from St. George, NB, was called to become our new senior pastor. We are delighted and looking forward to the arrival of Pastor Darren, his wife, Maurica, and their family to our community this August. Although there has been much change at New Life, we embrace it and are confident that God is moving His plan forward in extraordinary ways.

As a family-focused church, our mission is to reach all people of the Prospect Road communities for Christ, and embrace them with the love of God. In an effort to do so, we have many exciting programs, some of which you may already be familiar. Beginning again in the fall, we have free monthly Family Dinner and Movie Nights, monthly Men's Community Breakfasts,



Wednesday mornings and evenings Ladies Bible Studies and KOI (Kids of Integrity)—a monthly afterschool program for primary to grade 5. We also have weekly Youth Group for grades 6-12 at 7:00 p.m. on Wednesday nights, and Sunday School for children of all ages held during Sunday services. Keep an eye out for our message board for more information.

We feel incredibly blessed at New Life and would love to share those blessings with you. Our church family meets on Sundays at 9:30 a.m. for coffee and at 10:00 a.m. for our weekly service. All are welcome! God Bless.

You can find us on the web at [www.newlifebaptist.ca](http://www.newlifebaptist.ca)

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**Hot Dog - \$1.50**

**Sweets (2 per pack) - \$1.00**

**Chips - \$1.00**

**Pop/Water - \$1.00**

**Coffee/Tea - \$1.00**

**Fridays 5:30pm to 10pm - All Welcome!**

**Stop by to enjoy the canteen & listen to some great local music  
at the *FRIDAY NIGHT JAM SESSION***



## Prospect Peninsula Residents' Association

### Allison Lawlor

Prospect Village's annual lobster supper is more than just a good meal.

Dozens of volunteers, led by Prospect resident Ellen Ryan, are busy preparing for the August 18th fund-raising event. The success of the day is due entirely to the hard work of volunteers and the generosity of the community around Prospect.

Last year, hundreds of people enjoyed a delicious home-cooked meal of local mussels, lobster in the shell, fresh rolls, salads, and of course, homemade pies and tea and coffee. Inside the beer garden, local musicians entertained everyone. And for those looking to buy something, the downstairs of Our Lady of Mount Carmel Church hall was filled with homemade and second-hand goods.

The lobster supper is the main fund-raising event of the Prospect Peninsula Residents' Association (PPRA), raising thousands of dollars for the grassroots community organization.

Formed in 1983, the association is open to everyone who lives on the Prospect Peninsula (basically the Prospect Bay Road and surrounding area). The PPRA's main focus is to bring people together, and to inspire a sense of community and pride in the wonderful place we call home.

Local residents formed the PPRA in 1983 in opposition to a developer's plan to use Kelly's Point as a site for building offshore oil platforms. Since then, the PPRA has continued to focus much of its attention on the protection of the area's beautiful natural habitat, especially the High Head trail along the shoreline. The PPRA has worked for decades to ensure that many pieces of land in that area are protected from development.

In recent years, the PPRA has also acted as an umbrella group for the

building of a trail off Selig's Road and has held community garbage clean-ups along Prospect Road in the spring.

Aside from land conservation, the PPRA owns, insures and maintains the Community Wharf, also known as The Govie (it used to be owned by the government). It is open to everyone in the community to use. Last June (2013), the wharf underwent a major upgrade, thanks to the financial support of Ministry of Communities, Culture and Heritage, the Prospect Road Recreation Association, and Councillor Stephen Adams.

Several years ago, the PPRA created the Prospect Community Library. Located on the second floor of Our Lady of Mount Carmel Church Hall (1688 Prospect Bay Road), the lending library boasts a collection of thousands of books. Run by volunteers, the library is open on Sundays from 1p.m. to 4p.m.

The Prospect Players, a local, community theatre group, also falls under the umbrella of the PPRA. It is alive and well on the peninsula and last spring performed at Prospect's church hall.

Every year, the PPRA holds Canada Day celebrations in Prospect Village. Children's games, a free community BBQ and fireworks are all part of the fun. In December, the PPRA will hold its annual Family Christmas party at the church hall. The event includes crafts, a visit from Santa, and a potluck supper.

The PPRA is also about helping people in need. Fund-raising events have been held for local residents on the peninsula and for international relief efforts such as those in Haiti.

To find out more, visit the PPRA's new website:  
[www.sites.google.com/site/ppranovascotia/](http://www.sites.google.com/site/ppranovascotia/)

Hope to see you at the lobster supper. Get your tickets early - they always sell out!



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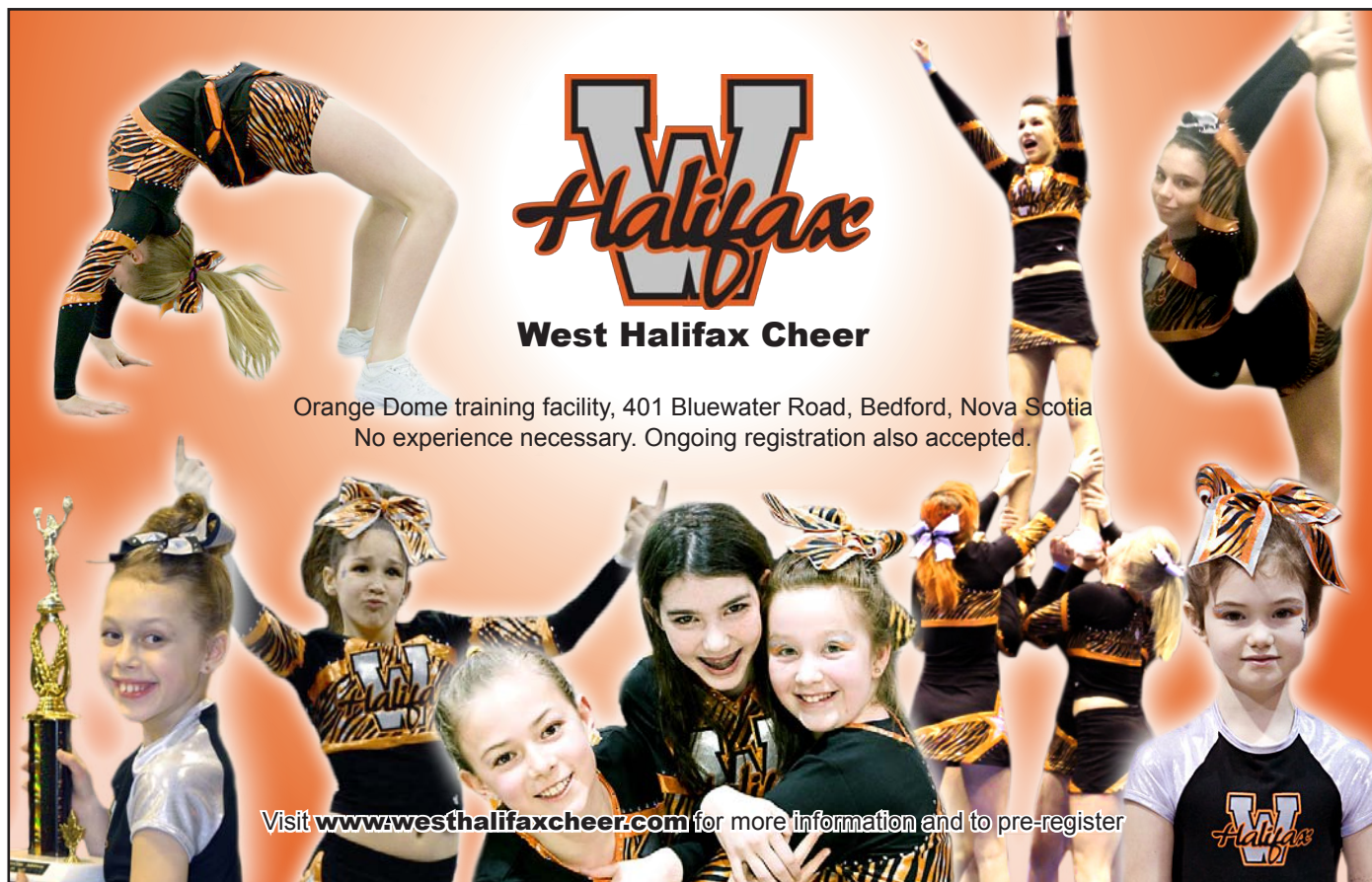
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## Your Community Neighbours Helping Neighbours

**Wayne Hamilton**  
Vice Chair  
Western JEM

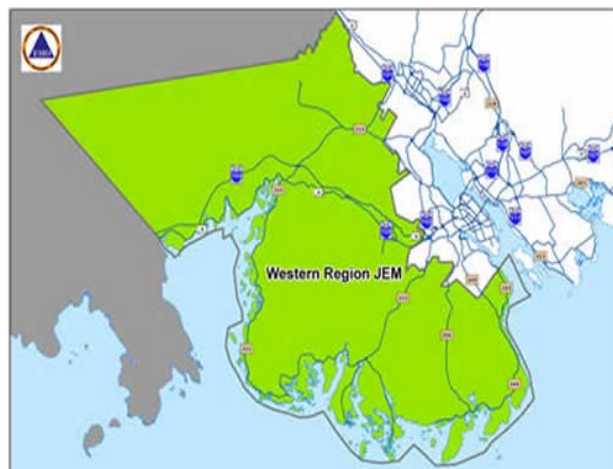
Joint Emergency Management (JEM) is a concept developed by the Halifax Regional Municipality's Emergency Management Office (EMO), to allow community organizations to prepare for and respond quickly to, a wide range of emergencies. In times of crises, EMO will activate JEM Support Centres (JSC) to coordinate humanitarian response to the JEM coverage area. These centres are facilities where trained individuals can meet to provide local input to the Emergency Operations Centre, located in Dartmouth. Currently there are five such JEMs in HRM: Sheet Harbour, Eastern Shore, Middle Musquodoboit, Western Region (our local Prospect Road communities) and River Lake (Fall River/Waverley/Beaverbank).

The Western JEM meets the second Wednesday of each month (excluding July/August) at the Hatchet Lake Station 52 fire hall which will serve as the JEM Joint Support Centre in times of emergency. Chief Angela Morash and her team have been very helpful as the JEM team transitioned here from Lakeside this spring.

### Neighbour Helping Neighbour

This unique HRM concept is based on the principle of "neighbour helping neighbour". In the critical hours following a crisis situation, while local and provincial response agencies are dealing with the immediate and urgent needs of the municipality, residents in affected communities need to be prepared to help themselves and to assist their neighbours, who may have been seriously affected by the event. It is during this period that the JEM will be activated and will mobilize local resources in coordination with HRM EMO staff. So are you prepared for another Hurricane Juan or "White Juan" or a Porter's Lake forest fire evacuation? Have you prepared your 72 hour kit? Check out <http://www.halifax.ca/emo/> as we all work together to do what each of us can to help in such emergencies.

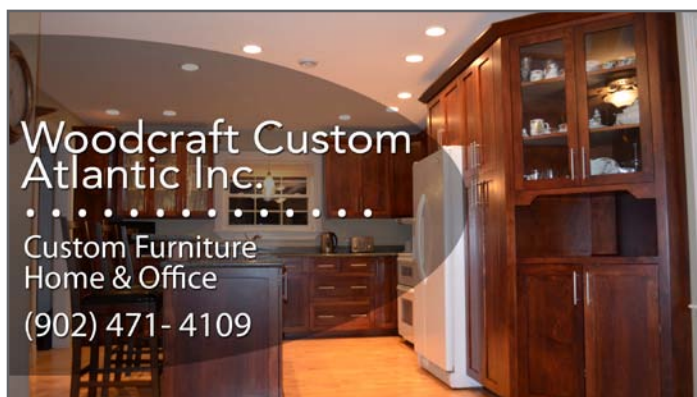
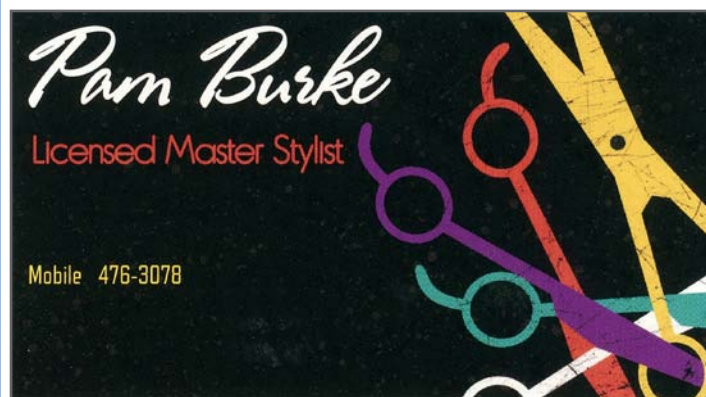
The Western JEM is in discussions with the Prospect Road Community Centre to ensure that this facility is designated and prepared to be either our local comfort centre, reception centre or



even a provincially organised evacuation centre. This is currently part of our developing plan to prepare the Prospect Road area of the Western JEM which goes from the Hubbards municipal boundary line to Sambro – the area west of HRM's urban core. To be prepared, JEM will be looking at working with even more local citizens interested in serving their community in times of need either as comfort centre managers/staff, working with the JEM team itself in the Joint Support Centre or being the key eyes and ears of HRM's Emergency Organization as a Community Status Reporter (CSR). More info about being a CSR is available on line at [www.halifax.ca/emo/JEMSTantallon.html](http://www.halifax.ca/emo/JEMSTantallon.html)

JEM and the programming staff at the PRCC will also be exploring interest in developing an introductory session about comfort centre volunteer opportunities as well as staff training this fall. So for more info, stay tuned to the PRCC news and programming.

Contact with your local Western JEM can be found by emailing [whamilton@eastlink.ca](mailto:whamilton@eastlink.ca) or by calling 852-2879 if you wish to become more involved in being there for your community when it will really matter! We would also welcome you to the Western JEM meeting on Sept. 11 at the Hatchet Lake Fire Hall at 7 pm if you would like to be a part of the JEM Support Centre team.



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# Don't Let This Happen!



## Something is Happening At The Otter Lake Landfill.

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[info@otterlakecmc.ca](mailto:info@otterlakecmc.ca)







**Registration Begins for all  
Fall Programs  
Wednesday, August 21<sup>st</sup> at 9am.  
Register by phone or simply stop by!**  
\*Registration will not be taken via voicemail\*

### Fitness Centre Information

	1 Month	3 Months	6 Months	1 Year	10 Visits	20 Visits
Youth (Age 15-18)	\$33.00	\$85.00	\$143.00 \$25/mth	\$209.00 \$20/mth	\$26.00	\$43.00
Adult 19+	\$43.00	\$112.00	\$189.00 \$35/mth	\$281.00 \$25/mth	\$33.00	\$56.00
Senior 55+	\$33.00	\$85.00	\$143.00 \$25/mth	\$209.00 \$20/mth	\$26.00	\$43.00
Partners (2 adults, same address)	\$71.00	\$184.00	\$309.00 \$60/mth	\$449.00 \$45/mth		
Family (2 adults/ 3 youth)		\$311.00	\$408.00 \$75/mth	\$525.00 \$50/mth		

### Birthday Party Options

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

**\*\*Bounce Inflatable Party Packages  
also available. See page 6 for details!**

## Halloween Events at PRCC



**Teen Dance – Grade 6-9**

**Friday, October 25<sup>th</sup> 2013**

**6:30-9:30pm**

**\$6.00 per person at the door**

**Students must show ID**



**Adult Dance – 19yrs+**

**Saturday, October 26<sup>th</sup> 2013**

**9pm-1am**

**\$10.00 per person**

**Get your tickets in advance!**

**\*\*Both events brought to you by**

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**Lots of exciting things are happening at  
PRCC this Fall!**

#### See inside for details on the following:

- Fitness classes
- Sports
- Yoga
- Specialty programs
- Clubs and workshops
- Courses
- Drop-in programs
- Personal training
- Rentals
- Social events
- Donor Recognition
- Advertising opportunities
- Policies and procedures



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## **Prospect Road Community Centre – Fall Programming 2013**

### **Soccer**

<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>
3-4 yrs	Monday	6-6:45pm	10	\$40	Sept 9	Oct 14, Nov 11
	Tuesday	6-6:45pm	10	\$40	Sept 10	
	Wednesday	6-6:45pm	10	\$40	Sept 11	
5-6 yrs	Monday	6:45-7:30pm	12	\$53	Sept 9	Oct 14, Nov 11
7-8 yrs	Wednesday	6:45-7:30pm	12	\$53	Sept 11	

### **Basketball – Youth program taught by Canada Games Athlete: Chris Wade**

<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>
Youth – 11-15yrs	Sunday	6:30-8pm	8	\$65	Sept 22	Oct 13
Senior Men (40 +)	Thursday	7:30-9pm	14	\$78	Sept 12	

### **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	\$53	Sept 12	
8-11 yrs	Thursday	6:30-7:30pm	12	\$53	Sept 12	
Men's	Tuesday	8:30-10pm	14	\$78	Sept 10	
	Thursday	9-10pm	14	\$53	Sept 12	

### **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	\$45	Sept 9	Oct 14, Nov 11
Adult	Monday	8:30-10pm	12	\$73	Sept 9	Oct 14, Nov 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>
Ballet & Jazz	3-5 yrs	Wednesday	5:30-6:15pm	10	\$40	Sept 11	
Ballet	4-6 yrs	Wednesday	6:15-7pm	10	\$40	Sept 11	
Jazz & HipHop	6-9 yrs	Wednesday	7-8pm	10	\$44	Sept 11	

### **Children's Art – Intro to Drawing and Painting – See website for program description**

<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>
6-8 yrs	Tuesday	6-7:30pm	6	\$75	Sept 10	
9-12 yrs	Tuesday	6-7:30pm	6	\$75	Oct 15	

### **Karate – Partnered with International Shotokan Karate Federation of Halifax PRCC Club**

<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>
5-9 yrs	Wednesday	6-6:30pm	14	\$45	Sept 11	



## **Prospect Road Community Centre – Fall Programming 2013**

### **Fitness Classes**

<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>Cardio/Strengthening</b>	Monday	10-11am	11	\$51	Sept 9	09/16, 10/14, 11/11
	Friday	10-11am	13	\$60	Sept 20	
<b>Older Adult Fitness</b>	Monday	11am-12pm	11	\$37	Sept 9	09/16, 10/14, 11/11
	Friday	11am-12pm	13	\$44	Sept 20	
<b>Zumba</b>	Monday	7-8pm	12	\$71	Sept 16	Oct 14, Nov 11
<b>Zumba Gold *NEW*</b>	Wednesday	12-1pm	14	\$62	Sept 11	
<b>Early Morning Bootcamp</b>	Monday	6-6:45am	12	\$42	Sept 9	Oct 14, Nov 11
	Wednesday	6-6:45am	14	\$49	Sept 11	
	Friday	6-6:45am	14	\$49	Sept 13	
<b>All-In-One Fitness</b>	Tuesday	6-7pm	14	\$65	Sept 10	
<b>Stability Ball Training</b>	Tuesday	7-7:30pm	14	\$41	Sept 10	
	Thursday	7-7:30pm	14	\$41	Sept 12	
<b>Abs Bootcamp</b>	Tuesday	7:30-8pm	14	\$31	Sept 10	
	Thursday	7:30-8pm	14	\$31	Sept 12	
<b>Upper Body Bootcamp</b>	Tuesday	8-8:30pm	14	\$31	Sept 10	
	Thursday	8-8:30pm	14	\$31	Sept 12	
<b>Lower Body Bootcamp</b>	Tuesday	8:30-9pm	14	\$31	Sept 10	
	Thursday	8:30-9pm	14	\$31	Sept 12	
<b>Cardio Blast</b>	Thursday	5:15-6pm	13	\$60	Sept 19	
<b>Cardio Kickbox</b>	Thursday	6-7pm	13	\$77	Sept 19	

### **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	14	\$82	Sept 11	

### **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>
<b>Adult/Hatha</b>	Monday	12-1pm	11	\$65	Sept 9	09/16, 10/14, 11/11
	Friday	12-1pm	13	\$77	Sept 20	
<b>Adult/CoreYoga</b>	Monday	8-9pm	12	\$71	Sept 16	

### **YogaFit**

<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>	Tuesday	5:15-6pm	14	\$76	Sept 10	

# VOTE Iain Rankin

TIMBERLEA-PROSPECT

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We need a long-term economic policy that supports local entrepreneurs and invests in education, instead of giving millions of dollars to select businesses and cutting education. I humbly ask for your support in the next provincial election.

  
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*Nova Scotia First.*



Authorized by the Official Agent of Iain Rankin.



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## Prospect Road Community Centre – Fall Programming 2013

### \*\*Specialty Programs at PRCC \*\*

#### Mom and Me – Fitness Program for Mom + Baby!!

Post natal workout designed for new moms.

Relaxed atmosphere with other new moms gives you the social outlet and workout you need after having your baby. Go at your own pace workout, tend to your baby when needed and nutrition chats to help make you feel like you again!



Best age for baby – 6 weeks to just before crawling.  
Mom, please have your 6 week check-up clear before registering.



Tuesdays AND Thursdays – 9:45-10:45am  
\$65 for 1 day per week (Tues OR Thurs)  
\$115 for 2 days per week (Tues AND Thurs)  
2 sessions being offered throughout the Fall program season  
Session 1 begins Sept 10/12  
Session 2 begins Oct 29/31

#### Bricks 4 Kidz – Lego Program

##### DESCRIPTION:

- This is a **hands-on** class where students build machines, buildings, vehicles and other structures out of LEGO® bricks, using one-of-a-kind **model plans designed by Bricks 4 Kidz**.
- While exploring principles of **engineering, architecture, physics** and more, students will develop problem solving and critical thinking skills.
- Participants build a **new project each week**.
- Each class begins with a teacher-led discussion related to the day's model.
- Once the project is completed, children use the rest of their time to expand their gadgets and collaborate with one another.

##### DURATION/FREQUENCY/COST:

- The programs runs 10 weeks – Wednesday OR Thursday – 6-7pm at PRCC
- Age range – 5-12 yrs – program is tailored for each age group.
- Cost per child - \$100 per night



#### Waste Reduction Week – Recycling Workshop

Join us for a FREE workshop which will get right into the “nitty gritty” of waste reduction and What Goes Where!

Date: Wednesday, October 23<sup>rd</sup> 2013

Time: 6:30pm – 1 hour workshop

Location: PRCC Conference Room



#### Babysitting Course - 11 yrs +

BLAST – Babysitting Lessons And Safety Training

Date: Sept 22<sup>nd</sup> 2013

Time: 9am-5pm

Price: \$45 per person

You must bring your own lunch and snacks  
(beware of food allergies)

Register at PRCC Front Desk by Sept 18<sup>th</sup> 2013

Full course details online

#### First Aid Training

Emergency First Aid and CPR Level C + AED

Date: Sept 15<sup>th</sup> 2013

Time: 9am-5pm

Price: \$75 per person

30 minute lunch break + 2 – 15 minute breaks

You must bring your own lunch and snacks

Register at PRCC







Front Desk by Sept 11<sup>th</sup> 2013

Full course details online





## Prospect Road Community Centre – Fall Programming 2013

<p><b>Youth Home Alone and First Aid Course</b>  This course prepares youth for home alone safety through basic first aid and comfort skills.  <u>Age:</u> 9-12yrs  <u>Date:</u> Sept 30<sup>th</sup> 2013  <u>Time:</u> 8:30am-3:30pm  <u>Price:</u> \$50 per person  You must bring your own lunch and snacks (beware of food allergies)</p> <p>Register at PRCC Front Desk by Sept 25<sup>th</sup> 2013</p>	<p><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 10<sup>th</sup>/11<sup>th</sup>  <u>Tuesday or Wednesday – 9:30-11:30am</u>  <u>Fee: \$60</u></p> <p>Participants must register at PRCC</p>
 <p><b>Youth Sport Drop In</b>  BJHS students are invited to join us for Youth Sport Drop In 5 days a week for FREE!  Monday-Friday  2:15-3:15pm  Starting Sept 4<sup>th</sup> 2013</p> 	<p><b>In-service Day Camps @ PRCC</b></p> <p><u>Full Day Camps – 7am-6pm</u>  <u>Fee: \$28 per day</u>  Sept 30, Oct 25, Nov 8, Nov 29, Feb 14, Mar 21, May 16, Jun 27</p> <p><u>Half Day Camps – 11:30am-6pm</u>  <u>Fee: \$18.50 per day</u>  Nov 13, Apr 30</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><b>Youth Floor Hockey Drop In</b></p> <p>Students in Grade 10-12 are invited to come play Floor Hockey for FREE!  Fridays – 6:30-8:30pm  Starting Sept 6<sup>th</sup> 2013</p>	<p><b>Book Club at PRCC</b></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 7:00 pm. Following is a list of the books we will be reading for the fall session:</p> <div style="display: flex; justify-content: space-between; align-items: flex-start;">  <div style="text-align: center;"> <p>Sept 15<sup>th</sup> – The Gathering – <i>Anne Enright</i>  Oct 20<sup>th</sup> – Defending Jacob – <i>William Landay</i>  Nov 17<sup>th</sup> – Wild – <i>Cheryl Strayed</i>  Dec 8<sup>th</sup> – The Spark – <i>Kristine Barnett</i></p> </div>  </div> <p>For more information call Linda Horne at 852-2085 or email at <a href="mailto:lhorne@bellaliant.net">lhorne@bellaliant.net</a>.</p>
 <p><b>Indoor Walking Club</b>  Tuesday/Thursday - 8:30am-12pm  \$2.00 per visit</p> <p>10 laps = 1 km in our gymnasium.  Great for stay-at-home moms – bring your strollers!</p>	<p><b>Senior Washer Toss Social</b></p> <p>Come out and play indoor washer toss!  Play in tournaments or just for fun.  Coffee, Tea and Refreshments Available!  Spectators Welcome!</p> <p><u>Fall Washer Toss Dates:</u>  Sept 12, 26  Oct 10, 24  Nov 7, 21  Dec 5, 19  1-3pm  \$3 per participant!</p> 
<p><b>Pickleball at PRCC</b></p> <p>Are you interested in learning how to play pickleball? PRCC has received a grant to begin a pickleball program in our community!</p> <p>Stay tuned for further details – coming Fall 2013!  If you want to stay up-to-date on this program email Jessica @ <a href="mailto:jessica@prospectcommunities.com">jessica@prospectcommunities.com</a></p>	

## Prospect Road Community Centre – Fall Programming 2013

### Prospect Road Community Centre – Donor Recognition Sculpture

Would you like to make a financial contribution to your community centre and have your donation recognized on our Donor Recognition Sculpture? A 1,000 lb, forged iron sculpture has been placed in PRCC's "main street" area for everyone to see and enjoy. It includes 200 metal nameplates that can be inscribed to recognize your financial generosity.



The gift amounts are three-tiered: \$100+, \$500+ and \$1,000.

Pledge forms can be picked up at the PRCC Front Desk.



### Room Rentals Available!

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!

Wedding and Special Event Packages also available!

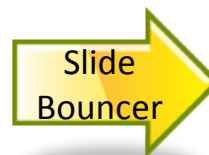
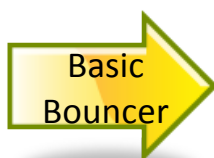
More information available online!

Room	½ Room/hour	Full Room/hour
Meeting Room	\$9.00	\$12.00
Kitchen (without use of Centre supplies)	N/A	\$40.00
Multi-purpose	\$17.00	\$34.00
Gym – with equipment	\$22.00	\$41.00
Gym – without equipment	\$19.50	\$38.00
Art Room	N/A	\$11.00

### Bounce Inflatable Birthday Parties!

**\*\* All pricing includes your basic price option and any add-ons are additional to the initial price.**

<u>Castle Options</u>	<u>Basic</u> Includes: 1 hour w/castle – 2 hours party room	<u>Basic +</u> Includes all basic items & 1 extra hour w/castle	<u>Basic ++</u> Includes all basic + items & 1 extra hour party room	<u>Use of equipment room</u> Without Staff	<u>Use of equipment room</u> With staff – 1 hour	<u>Use of equipment room</u> With staff – 2 hours
<b>1 castle – Basic Bouncer</b>	<b>\$250</b>	<b>\$100</b>	<b>\$120</b>	<b>\$30</b>	<b>\$45</b>	<b>\$60</b>
<b>1 castle – Slide Bouncer</b>	<b>\$325</b>	<b>\$120</b>	<b>\$140</b>	<b>\$30</b>	<b>\$45</b>	<b>\$60</b>
<b>2 castles Slide + Bounce</b>	<b>\$475</b>	<b>\$120</b>	<b>\$140</b>			



Questions? Want to book a party?

Contact Jessica - 852-2711 or [jessica@prospectcommunities.com](mailto:jessica@prospectcommunities.com)

## **Prospect Road Community Centre – Fall Programming 2013**

### **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 (6) 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!

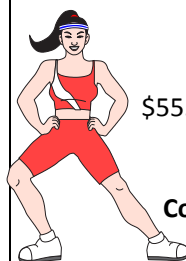
Email: [Jason@prospectcommunities.com](mailto:Jason@prospectcommunities.com)

Phone: 852-2622

### **Personal Training @ PRCC**

Personal Trainer, Jennifer Cecchetto, a certified Level 2 Personal Trainer believes that being active and healthy is essential to a good quality of life and strives to provide a program that is effective for you!

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 Jennifer: 902-802-3110**

**Contact Kara: 902-441-6050**

### **Adult Sport or Fitness Class Drop-in Procedures**

If you wish to drop in to one of our many adult sport or fitness classes offered here at PRCC, the procedure to do so is as follows:

1. Once the class has begun, the instructor/volunteer will take attendance and then announce how many spaces are available for drop-in for that particular night.
2. If you will be filling one of the spaces available, you must then pay our drop-in fee at the front desk. The front desk staff will provide you with a “proof of payment” ticket.
3. Present the “proof of payment” ticket to the instructor/volunteer and have fun!

All drop in spaces will be first come – first serve.

We ask that you please respect these rules as each class has a set maximum for the safety of all participants.

#### Fees:

- ½ hour Fitness classes - \$3
- 45 minutes or 1 hour Adult Sport/Fitness Drop-in – \$5  
(Cardio Blast, Early Morning, All-In-One Fitness, Cardio Strengthening, Older Adult Fitness, Zumba Gold)
- Specialty Fitness/Yoga - \$7  
(Yoga, Yogalates, Yogafit, CoreYoga, Zumba, Cardio Kickboxing)
- 1.5 hour Adult Sport - \$7

### **Ideal Protein Weight Loss Program - Information Session!**

Hosted by your local Guardian Pharmacists!

Wednesday, September 25<sup>th</sup> – 7:15pm

Prospect Road Community Centre

Questions? Contact Chris : [cwade@idealprotein.com](mailto:cwade@idealprotein.com) or 902-877-6310

Or go talk to your Pharmacist now for a FREE consultation!



## **Prospect Road Community Centre – Fall Programming 2013**

<p style="text-align: center;"><b>General Policies and Procedures</b></p> <p><u>Payment</u></p> <ul style="list-style-type: none"> <li>➤ Payment is due upon registration for any program.</li> <li>➤ Payment via credit card is required for all registrations made over the phone.</li> <li>➤ Cash, cheque, credit and debit will be accepted for any registration completed in person.</li> </ul> <p><u>Refunds</u></p> <ul style="list-style-type: none"> <li>➤ In the event that PRCC changes the day/time of any program from the original schedule a full refund or credit on account will be issued should the new day/time no longer suit a registrant's schedule.</li> <li>➤ In the event that PRCC cancels a program, a full refund or credit on account will be issued for the full amount paid.</li> <li>➤ In the event a program registrant can medically no longer attend a class or program a credit on account will be issued for the remaining number of classes.</li> <li>➤ Refunds or credit on accounts will not be issued in the event a program registrant loses interest in the class or program.</li> <li>➤ For payments made by credit or debit, refunds must be issued to the card that made the original payment. For payments made by cash or cheque, refunds will be issued by cheque within a maximum of 2 weeks of the request for a refund.</li> </ul>	<p style="text-align: center;"><b>Snow Storm Policy</b></p> <ol style="list-style-type: none"> <li>1. If school is closed in the morning our Preschool Program will also be cancelled.</li> <li>2. If school is closed in the morning, we will offer a full day camp for our Before and After School children, including students not enrolled in that program depending on availability. Please call the front desk at 8:30am to confirm availability. The cost is \$28 per day for non-B&amp;A participants.</li> <li>3. For evening programs, we will update our voicemail and website by 3pm if we are cancelling programs. If snow starts after 3pm, please call front desk to confirm if programs are running.</li> <li>4. If a program is cancelled due to inclement weather we will attempt to add an additional class to the end of the session. If we are unable to do so, a credit to account will be given for the value of that class upon request.</li> </ol>
<p style="text-align: center;"><b>Winter Programs 2014</b></p> <p>Prospect Road Community Centre would love to hear your suggestions for new Winter programs starting January 2014</p> <p>Are you an instructor and would like to start a new program in your community?</p> <p>Please contact Jessica, Program Coordinator  <a href="mailto:jessica@prospectcommunities.com">jessica@prospectcommunities.com</a></p>	<p style="text-align: center;"><b>Items Available for Community Use!</b></p> <p>PRCC has items which are available for community groups, clubs or individuals to borrow and use.</p> <ol style="list-style-type: none"> <li>1. Snow Shoes – We have a variety of snow shoes available for use. Sizes available for both children and adults. We have approximately 30 children pairs and 15 adult pairs (great for group outings!)</li> <li>2. Nordic Walking Poles – We have 12 pairs of Nordic Walking Poles available to use.</li> </ol> <p>These items are free of charge to borrow however should any break while in your care, you or your group will be responsible to replace them. You will be required to sign a borrowing contract agreeing to these rules. If you or your group are interested in booking these items for use, please contact:  PRCC Front Desk – 852-2711</p>
<p style="text-align: center;"><b>Holiday Hours</b></p> <p>September 2, October 14 and November 11  PRCC will be closed due to holidays.</p>	<p style="text-align: center;"><b>Regular Hours / Contact Information</b></p> <p>Monday-Friday – 8:30-10pm  Saturday and Sunday – 8am – 9pm  Front Desk – 852-2711  Email: <a href="mailto:admin@prospectcommunities.com">admin@prospectcommunities.com</a></p>



## Everything's Connected Prospect Wellness Center

2290 Prospect Road, Hatchet Lake, NS  
Tel: (902) 850-3331 Fax: (902) 850-3332  
Text: (902) 880-2478  
Email: [everything@eastlink.ca](mailto:everything@eastlink.ca)

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[lynette@rose-window.com](mailto:lynette@rose-window.com)



## PRCC Hours of Operation

### Front Desk

Monday to Friday 8:30am - 10:00pm  
Saturday & Sunday 8:00am - 9pm

### Fitness Centre

Monday - Friday 6:00am - 10pm  
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 Norris  
**Email:** [delisca@prospectcommunities.com](mailto:delisca@prospectcommunities.com)

**Fund Development Coordinator:** Melanie Joudrey  
**Email:** [admin@prospectcommunities.com](mailto:admin@prospectcommunities.com)

**Facility Maintainer:** David Thomas

### Our current Board of Directors are:

- » Barb Allen – Chair
- » Jeff Ripley – Vice Chair
- » Amy Hockin – Treasurer
- » Victoria Horne – Secretary
- » Kelly Carlton – Director
- » Liz Amyoony – Director
- » Cara Lynn Garvock – Director
- » Lisa Ferguson – Director
- » Don Ray – Director
- » Iain Rankin – Director
- » Peter Comuzzi – Director



**@prospectandarea**  
**#prospectcommunities #prcc**



**RESOURCE  
OPPORTUNITIES  
CENTRE**

## ROC Hours of Operation

Monday - Wednesday 1:30 pm - 4:30 pm  
Thursday 1:30 pm - 6:00pm

Note: Hours may vary depending on programming, Contact us for an appointment!

**Contact:** Resource Opportunities Centre  
1714 Lower Prospect Rd  
Terence Bay, NS B3T 1Y6  
Phone: 902-852-2622  
Fax: 902-852-2867  
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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- » Nintendo Wii Fit - Sony Playstation
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*...and much more!*

### ROC Staff:

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

**After-School Instructors:** DJ Welsh & Gillian Morrissey

**Newsletter Editor:** Cara Lynn Garvock & Barb Allen  
**Design / Layout:** Jason Bungay

*The ROC C@P Site 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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prospectcommunities](http://www.facebook.com/prospectcommunities)**