

Prospective

Volume 18, Issue 1, FALL 2016



Photo by: Christopher DeVanney

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News from the ROC Executive Director

By Shirley Jollimore

Gratitude.

That's what I feel, working with the Resource Opportunities Centre and the PRCC. Each day, whether I'm sitting at the picnic table in the garden/playground space at the PRCC working on my laptop, or in the office learning about how the Centre works, and all of the terrific programming underway, I am grateful.

I'm grateful to be working in the community that has helped raised my children (and my husband, and me!) these past 19 years. I'm grateful that the staff here are so welcoming and willing to teach and share with me, as I learn the ropes. I'm grateful that our volunteer Board of Directors, our municipal partners in Parks and Recreation, our Councillor, our Member of the Legislative Assembly and our Member of Parliament are so supportive of the events and programs our community hosts. I feel blessed to be able to turn my passion for this community into work that is important to me.

Continued on Page 3





PRCC:

Prospect Road Community Centre
2141 Prospect Road
Hatchet Lake, Nova Scotia B3T 1S1
Fax: 902 852 2867
Email: info@prospectcommunities.com
Visit us at: www.centre.prospectcommunities.com

Front Desk

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

Fitness Centre

Monday - Friday 6:00am - 10pm
(6:00am - 8:30am Existing Members Only)
Saturday - Sunday 8:00am - 9:00pm
Please see attached program flyer for seasonal/holiday hours

Satellite Location:

1714 Lower Prospect Road
Atlantic Memorial Terence Bay Elementary School

902-852-2711
or visit
centre.prospectcommunities.com



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prospectcommunities](https://facebook.com/prospectcommunities)



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[prcc_roc](https://www.snapchat.com/add/prcc_roc)



prospectcommunities.com



ROC Staff:

Shirley Jollimore - Executive Director
executivedirector@prospectcommunities.com

Amy Hockin - Operations & Finance Manager
admin@prospectcommunities.com

Jessica Morrissey - Program & Events Manager
jessica@prospectcommunities.com

David Thomas - Facility Maintenance Manager
davethomas@prospectcommunities.com

Jason Bungay - Technology Coordinator
jason@prospectcommunities.com

Board of Directors:

- » Nicole Slaunwhite, Interim Chair
- » Al Goodyer, Vice Chair
- » Cara Lynn Garvock, Secretary
- » Jennifer Bell
- » Caralee Blackburn
- » Peggy Gilbert
- » Lisa Ferguson
- » Al Goodyer
- » Brad Knight
- » Courtney Retana
- » John Whitlam
- » Shirley Jollimore- Executive Director (*Ex Officio*)
- » HRM Parks & Recreation Representative

Design, Editing & Layout
By the Resource Opportunities Centre



News from the ROC Executive Director (...Continued)

Shirley Jollimore
Executive Director
Resource Opportunities Centre

And...I could use your help!

In these early days, I've been trying to meet as many community members as I can. Summer can be hard for that, as we scatter to trailers and cottages or stay close to home, enjoying our lakefronts and cool coastline. I've been spending #TerenceBayTuesdays at our C@P site at the elementary school, and I think I've fallen in love with the drive down that road. I'm there each Tuesday morning from about 8:30 AM until around 11:00 AM, so please drop in and introduce yourself. I am looking forward to getting into the other Prospect Communities as well, so if you have ideas on where I should go, who I should talk to, let me know!

My 'office' is pretty much anywhere in the community I need to be, so you can find me at PRCC, or the C@P site, or I can come to

you. Call me at 902-852-2711, or email me at executivedirector@prospectcommunities.com and we'll make plans.

The ROC continues to build partnerships in the community. Working with Councillor Adams and the Prospect Road Recreation Association, we have lighting over the Fish Plant horseshoe pitch. We presented federal grant opportunities for seniors with our Thursday Lunch and Learn crowd and partnered with Halifax Parks and Recreation and Unicorn Theatre to bring First Aid training to our PRCC staff. This fall, we plan to build on some partnerships with HikeNS and our local artistic community to get some innovative programs and events underway. And, with an election (or two?) looming, it's a great time to engage with the Springtide Collective, to host a discussion in our community around electoral process and reform. They'll be here in September, hosted by our Youth Council, to have that conversation. Stay tuned to our website and social media for more details!



With all of that going on, how could I be anything but grateful?

executivedirector@prospectcommunities.com



Proud supporter of the Prospect communities



Iain Rankin
MLA, Timberlea-Prospect

Suite 100
1268 St. Margaret's Bay Road
Beechville, NS, B3T 1A7
www.iainrankin.ca

info@iainrankin.ca
902-404-7036

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The Spryfield District Farmers Market Update

Spryfield Community Market Society

The Spryfield and District Community Market was born as a seed, and several community members gathered to nourish the seed and find it a home to grow. Launching on May 15th with close to 2000 visitors, the market is a welcome addition to Spryfield and neighboring communities. Hosted at the Lions Rink on Drysdale Road, it runs alternate Sundays from 8 am to 12 pm. Our vendors offer a range of fresh and prepared foods, including sustainably raised meat, and local produce.

The Spryfield Community Market Society, the market's initiator, is a not-for-profit society founded on human capital, community partners and the public desire to establish and support a seasonal farmers' market. The market's aim is fourfold: improve local access to fresh Nova Scotia farm produce, prepared foods, and local crafts; provide an opportunity for small local farm and craft businesses and new business start-ups; offer a new social gathering place for Spryfield and the nearby communities; and provide an education component.

With an increase in vendors from 27 to 36 most markets, as well as a steady stream of interest from new vendors, the market is one of the newest community fixtures. Our location allows us to operate no matter what the weather, and will continue to do so until December. The market also hosts an activity corner and cafe,



the latter of which will be taken over by ACICC Cafe. This is the African Community Investment Cooperative of Canada, the newest Spryfield enterprise and another not-for-profit. We are excited to welcome them to the market family.

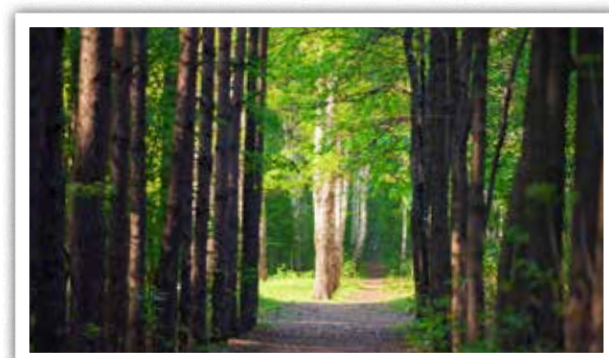
A market holds much potential for community building and development, including synergistic relationships like these. Many are looking forward to see what else the market has to offer to the community, including collaboration with local organizations to expand educational opportunities.

We're Trail Blazing!

Construction on the Nichols Lake Loop Trail is slated to begin this summer – perhaps even by the time this issue of The Prospective makes it into mailboxes. The trailhead entrance will be located behind the Prospect Road Community Centre. The first phase of this regional park plan will put in the trailhead, and go as far as possible with the allocated budget for this year. Additional funds are allocated for 2017 and will continue into the future as the park plan spans multiple years. We're excited to watch and then hike the progress!

This trail is part of the approved Western Commons Wilderness Master Plan, which can be found online at <https://www.halifax.ca/property/WCWA/index.php>

The project is being managed by HRM Parks - Capital Projects.





Your journey starts here

902-430-3600

kcarlton@travelonly.com

<http://kcarlton.travelonly.com>

Facebook - Kelly Carlton TravelOnly



Kelly Carlton
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202-325A West St. Brantford ON. N3R 3V6

AGTA CLIA IATA
TICO #4316071

Hello Community Gardeners!

The Prospect Road Community Gardeners

The grand opening of the Prospect Road Community Garden took place on Friday, June 5th. Members came out, enjoyed a glass of lemonade and watched the unveiling of the new garden sign. Afterwards, friends and family attended the monthly community meal - Friday Feast held at the Prospect Road Community Centre.

With the support of many, the garden community had another successful season. All 12 garden beds were used and members were happy with the outcome. A new hose and composter were put in place this year and the garden members are also benefitting from the installation of a brand new fence encompassing the garden beds and playground.

Next season, current members will have the option of re-activating their membership and any vacancies will be advertised to the community. Those interested in joining our community garden next season should keep their eyes on the Prospect Communities website, www.prospectcommunities.com, and our social media accounts in early 2017 for the announcement that applications are available.

In preparation for the closing of the current growing season, the garden members plan on meeting in September to discuss harvesting and the closing of the garden beds.

Thank you to all the volunteers and the members who helped make this gardening season a success. Thanks to Mary Lou Veinott, our



Garden Coordinator, Colin Veinott for his dedicated work tending the garden area, Dawn Levangie, Garden Group Secretary and Jason Bungay, ROC Technology Coordinator for his design of the community garden sign.

"Community gardens are more than just a place to grow vegetables, fruits and flowers. They are also places where community members can come together to visit, discuss neighbourhood events and issues and get out into nature" - Pat Munts



PROSPECT BAY
Children's Centre Ltd.
A caring community since 1988
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prospectbaychildrenscentre@gmail.com
www.prospectbaychildrenscentre.com
31 Pinedale Drive, Prospect Bay, NS B3T 1Z6

Programmes for children 4 months to 12 years.
Openings in Part Day Preschool (9-12 or 9-2:30)
Tuesday to Friday.

7th Annual Prospect Road Crafters' Market

It all began with the Prospect Road Craft Crawl, where for 14 years, local crafters opened their homes to offer handmade products for sale each Fall. We felt it was important to have the event to draw people and tourists to our communities, to see our villages with the breathtaking views, and to experience the hospitality of our people.

When we heard that we were going to have our own Community Centre in 2010, the community was a-buzz! We discussed the concept of having everyone under one roof! The friendship of the crafters, and the welcoming of citizens and guests are important to us. Every year, the committee makes a donation to the Community Centre, as well as other volunteer organizations that have contributed to the success of the Market. We felt it was a great way to give back to our community.

The Crafters' Market was established and continues to provide a flavour of local artists and artisans. Participants are mostly from the local area from Goodwood to Dover (and many areas in between); but, we've also brought in other local crafts people from the surrounding area, and as far away as Chester.

In cooperation with the Resource Opportunities Centre/Prospect Road Community Centre, our organizing team has been working hard to make our Crafters' Market the success that it is today. We even have our own website:

www.craftersmarket.prospectcommunities.com

This year, we are holding the Crafters' Market on October 22, 2016, from 10:00am to 4:00pm. Admission and parking are free. While



at the Market, sit a while to enjoy the music of the "Jammers". There is a bank machine on the premises, and a door prize with craft donations from the committee membership and the vendors. Lunch will even be available for purchase on site thanks to the many volunteers of St. Timothy's Anglican Church. So, mark your calendar, and come for the day to see what your community has to offer.

See you there!

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2nd Annual Volunteer Awards

On June 11, 2016, the ROC was pleased to host the 2nd Annual Volunteer Awards, an inspiring community gathering to bring recognition to some of the many dedicated volunteers from our communities. We were honoured to recognize 49 individuals and local groups for their outstanding contributions to our community and beyond.

This year we were pleased to present Melissa Verge with the Barb Allen Volunteer of the Year Award. This award is presented to a community member who demonstrates passion towards the organization they serve through commitment and active engagement, is an inspiration to others and possesses leadership skills. Melissa has contributed greatly to the school community at Prospect Road Elementary School, giving her time to many PTA initiatives and fundraising activities such as the Spring Fling. This year she initiated the school's first ever Breakfast Program for all of the students. She has instilled a sense of community by bringing the school and the families together and has made a profound difference in the lives of the students, staff and families.

The ROC was also honoured to partner with Kelly Carlton, the Chair of the Prospect Road Recreation Association to unveil a new community award, entitled the Wayne Hamilton ABC Volunteer Award. This award was named and presented in loving memory of Wayne Hamilton, to his wife Gerri. Wayne was an exceptional community volunteer, whose involvement and knowledge of the community was like no other. This award will be presented in future years to community volunteers who are an "Above & Beyond Community" volunteer, representing the spirit that Wayne instilled in many throughout our community.

The forty-nine recipients of the 2016 awards are:

Mike Marriot, Nicole Slaunwhite, Michelle Peters, Mary Lou & Colin Veinott, Melissa Verge, Bradley Lanteigne, Stewart Malloy, Peggy Gilbert, Wayne Hamilton, Allison Lawlor, Barry McCully, Larry & Kelly Burke, DJ Casey, Gillian Morrissey, Brett Fraser, Amanda Collins, Dawn Levangie, Laura MacDougall, Terry Langille, Travis Humphrey, Prospect Road Crafters Market Organizing Committee, Todd Gaudet, Angela Morash, Laura Allen, Emse Lee Archer-Rousell, Nathaniel Smith, Jack Mitchell, Prospect Road Scout Leaders (Greg Skelhorn, Larry Lear, Roy Stewart, Greg Duda, Stephen Wiles, Neal Henderson, Doug Leblanc, Thomas Francis, Bryne Henderson, Kirk Dauphinee, Denise Sooley, Josh Dyke, BJ O'Brien, Ken Nicholson & Michael Carpenter), Bernard & Barry Deal, Patricia Avery, Jennifer Veres and John Dorey.

Thank you to The Honourable Bernadette Jordan MP, The Honourable Iain Rankin MLA and Councillor Stephen Adams for their support with this event.



What are all these runners doing out here at this hour?

Nancy Holland

Have you asked yourself that question on the last Saturday of September? It's still dark at 6:30 a.m., yet there's a bobbing line of reflective vests heading northeast on Prospect Road. And the traffic! What's going on?

It's the Rum Runners Relay! Founded in 1985, the relay goes from Halifax to Lunenburg. The start line used to be located at the Halifax ferry terminal, moved to various locations along the Prospect Road and is now staged at the Prospect Road Community Centre. The finish line has moved several times, but it has remained in Lunenburg with the exception of the first relay which started in Lunenburg and finished in Halifax—in November!

This, the 32nd running of the relay, will see 70 teams of 10 complete the 110K route, mostly on Highway 3. There are 10 legs and each leg starts at a specific time: 6:30 a.m. from the PRCC, 8:00 from the Lakeside Community Centre...right through to the start of leg 10 at 5:37 p.m. from the public wharf in Mahone Bay. The legs are all different lengths: the longest is leg 4, which is 17.1K from the Head of St. Margaret's Bay to Queensland Beach and the shortest, leg 5, is 3.8K from Queensland Beach to Hubbards. Most legs are between 7 and 12 kilometers long.

The runners come from all over the Maritimes and beyond. This year we have teams from Nova Scotia, New Brunswick, PEI, and Ontario. Every other year we get one or two teams from St-Pierre and Miquelon. This is a competitive race; Runners have to complete their leg before the next leg starts, which means maintaining a minimum pace of 6 minutes/kilometer, regardless of the terrain. The runners come for the scenery, the challenge, the water stop competition, and the post-relay banquet in Lunenburg. After enduring 20 years of cold pizza and warm pop, we've added soup, subs, and burritos as



options—all washed down with warm pop. Some traditions won't die! Another tradition is the rum barrel. A true antique, the rum barrel is covered in little brass plaques that name all the people on the winning teams. It's a historical archive of the who's who in performance distance running in the province: names such as Randy Bullerwell, Rami Bardeesy, Norm Tinkham, Steve Morley, Denise Robson, and Nick McBride all appear more than once.

So, if you find yourself driving along Prospect Road between the PRCC and the Highway 3 onramp at 6:30 on the morning of Saturday, September 24 and you see the otherworldly sight of all that reflective material, you'll know it's not an alien invasion—it's the Rum Runners Relay.

© 2016 Nancy Holland



BERNADETTE JORDAN

MP South Shore—St. Margaret's

129 Aberdeen Rd., Suite 106,
Bridgewater, NS, B4V 2S7
Constituency Phone: 902.527.5655
Constituency Fax: 902.527.5656
Toll Free: 1-888-816-4446
bernadette.jordan@parl.gc.ca

Have you ever thought about going back and getting your GED?



Our class at the PRCC is sponsored by the Dept of Labour and Advanced Education and run by the Western HRM Community Learning Network.

This small class is taught on an individualized basis so you can start at any time and work only on your specific needs towards your own goals. The program is completely FREE!

We can assess where your strengths and weaknesses are and focus just on the skills you need to get to your goal.

Yes, there will be homework--but the homework is selected to meet your needs not an entire class' agenda. You get it, you move forward--if not--you review. We can help you if you want to help yourself. The class is on Monday from 6-9pm and Thursday from 9am-12pm
Call Coordinator Deborah Ratcliffe at 225-6320

Help Shape a Better Democracy in Nova Scotia - Explore Alternative Voting Systems

With the support of the Resource Opportunities Centre serving the Prospect Road and surrounding areas, The Springtide Collective and our community partners are on a mission to find the best voting system for Nova Scotia. Last year, during our Make Democracy Better engagement, participating Nova Scotians told us that exploring alternatives to the first past the post voting system should be a top priority. We're inviting you to join the conversation on voting systems.

This event will be a 2.5 hour session, hosted by the Springtide Collective and our Prospect Road Youth Council, where participants will:

- » learn about 5 different models for voting systems that Nova Scotia could use
- » engage in conversation with hosts and other participants with the goal of exploring these models more deeply, and providing input on what the best voting system for Nova Scotia is.
- » plug into a province-wide conversation on alternative voting systems, and connect to a growing community of people who like democracy and think it can be done better.

In advance of the event, Springtide has released a discussion paper modeling the five voting systems models that will be discussed at these sessions. If you'd like to read the paper in advance of the session, you can do so on their website at www.springtidecollective.ca, under the "Current Projects" section.

Date and time: Wednesday, September 14th, 6:30-9:00 PM
Prospect Road Community Centre, Conference Room
2141 Prospect Rd., Hatchet Lake



The Septic Doctor

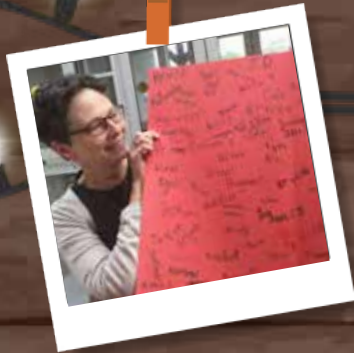
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Understanding Joint Emergency Management (JEM)

It is that time of year again, and for emergency planners that means it is "hurricane season" which runs from the first of June to the end of November. Then we have "flood season", "snow season" and "fire season" just to name a few. How do you get ready for all of these potential events? Well, the Halifax region has an emergency management office that works to prepare the municipality overall, but how do communities like the one you live in get prepared?

Around 2001 the region started establishing local emergency management planning groups to do just that. Today they are called Joint Emergency Management Teams, or JEMs for short. They work to help communities and neighbourhoods get ready for any type of major event that could occur in the local area. There is a JEM team in your area, called the Western Region JEM team. The Western Region JEM team is made up of local people from your community working with EMO so that the area is better able to cope during and after a major event. Every JEM team's area is defined as a series of established communities and then it is subdivided into smaller areas in order to do more detailed planning and analysis. This includes profiling each area to identify special populations that will have specific needs in an emergency as well as local hazards and other features. The profiling also includes identifying local facilities that could be used as shelters or comfort centres should the need arise.

The JEM team does planning and training so that they can assist the region after a crisis to meet the needs of the local community. The JEM forms a critical link in the information chain between your neighbourhood and the Halifax region.

The JEM team has several areas that they focus on, namely:

Preparedness: Which helps the local community get ready for an emergency

Public Education: Where JEM volunteers set up information tables at local public events to engage residents in discussions around becoming more prepared at an individual and family level
Community Status Reporters: Which are people in the JEM area who from the safety of their home, collect important information



about the event and pass it along to the JEM team.

Comfort Centre Coordination: The JEM team helps to determine the need for and the location of local comfort centres during an emergency event as well as ensuring they are properly staffed and run.

JEM Support Centre: Operates from a central facility in the JEM area after an emergency event so as to coordinate the tasks that EMO has assigned to the JEM team.

The JEM teams are made up of people from your community, working in your community to help you and your community become better able to respond to and recover from any number of major emergencies.

We are new, we are growing, are you interested?

For more information about the Western Region JEM team, contact 902 852-2379, (HRM_EMO_WRJEM@outlook.com) or the main EMO office at 902-490-5400 (HRM_EMO@halifax.ca)

Did You Know?

The Prospect Road Community Centre is equipped with a backup generator and JEM has identified the facility as a local comfort centre should the need ever arise. Additionally some of our core staff members have been through the Comfort Centre Coordination training and are ready to be called upon should an emergency event happen within JEM's Western Region.

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First Class is on Thursday the 8th of September

Last Class is on Thursday the 22nd of December

For more information:

Website: www.balancedenergyyoga.com

Facebook:

<https://www.facebook.com/balancedenergyyoga/>

or call at : (902) 802-5968

Prospect Road Recreation Association Summer 2016 Update

Kelly Carlton

The Prospect Road Recreation Association is pleased to announce this year's community grants recipients as follows:

- » Prospect Road Communities Minor Baseball Association - \$5,300
- » Atlantic Memorial/Terence Bay Elementary SAC - \$2,000
- » Village Green Recreation Society - \$8,100
- » ROC/PRCC Annual Grant - \$10,000
- » Brookside Community Homeowners Association- \$10,000
- » Hurricanes Track & Field - \$529
- » Prospect Road Elementary Playground Project - \$10,000
- » Terence Bay Boat Launch Upgrade Project - \$3,500
- » Prospect Road Seniors Wednesday Group - \$3,500
- » Prospect Road Seniors Monday Group - \$1,350
- » Annual Youth Allocation (Supporting National Play) - \$6,984
- » Standing Orders (paid by Rec Association to support community
- » Ball Field Lighting (Brookside Jr High) - \$800
- » Terence Bay Float (install & removal) - \$1,600
- » Portable Toilets-sports fields & green spaces - \$8,000
- » New Project, Lighting Cost Terence Bay Fish Plant Site - \$800
- » Registration with NS Registry of Joint Stocks - \$28

We are please to support the awarded grants and look forward to supporting the community in its effort to create a healthy, active, welcoming place for all to live and play. If you would like to be part of our Association please email one of the executive members to be added to our mailing list.

We would also like to thank the ROC/PRCC Management Staff for all their support throughout our community and especially for the spectacular Volunteer Awards Celebration.
Respectfully Submitted

NEXT MEETING: September 21st, 2016 @ PRCC 7p.m.

Kelly Carlton, Chair

kelly@prospectcommunities.com

Greg Skelhorn, Vice Chair

vcprra@prospectcommunities.com



**7th Annual
Prospect Road
Crafters Market**

**Saturday, October 22nd
10am to 4pm**

You will find many gifts for all ages from woodworking,
Christmas cakes, Paintings, Designer Pins, Ornaments,
Photography, Jewellery and much more.

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2141 Prospect Road, Hatchet Lake
www.craftmarket.prospectcommunities.com

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Summer camps 2016





**Registration for
Fall Programs begins on
Wednesday, August 31 at 9am.
Register by phone or simply stop by!**
****Registrations will not be accepted via voicemail****

Fitness Centre Information

	1 Month	3 Months	6 Months	1 Year	10 Visits	20 Visits
Youth (Age 15-18)	\$40.00	\$94.00	\$154.00 \$28/mth	\$222.00 \$23/mth	\$33.00	\$50.00
Adult 19+	\$50.00	\$121.00	\$202.00 \$38/mth	\$298.00 \$28/mth	\$40.00	\$63.00
Senior 55+	\$40.00	\$94.00	\$154.00 \$28/mth	\$222.00 \$23/mth	\$33.00	\$50.00
Partners (2 adults, same address)	\$80.00	\$197.00	\$326.00 \$63/mth	\$472.00 \$48/mth		
Family (2 adults/ 3 youth)		\$328.00	\$429.00 \$80/mth	\$552.00 \$53/mth		

Birthday Party Options

Type of Party	Details - 2 hours total	Cost
Sports	1 hour play, 1 hour party	\$105.00
Dance	1 hour dance, 1 hour party	\$105.00
Bounce Castle	Basic castle	\$175.00
Bounce Castle	Slide castle	\$200.00

Contact us for full party details



**Lots of exciting events are happening
at the PRCC this Fall!**
Mark your calendars – Dont miss out!

October 15, 2016 - 4th Annual Small Business Saturday
November 12, 2016 - Yuk Yuk's Comedy Show
November 30, 2016 - Christmas Tree Lighting
December 10, 2016 - Breakfast with Santa

Keep up-to-date on our website at:
www.centre.prospectcommunities.com

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>
3-4yrs	Tuesday	6-6:40pm	10	\$43	Sept 13	

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's (19yrs+)	Thursday	7-8:25pm	14	\$83	Sept 15	

Floor Hockey

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
5-7yrs	Wednesday	6-6:40pm	10	\$56	Sept 14	
8-10yrs	Wednesday	6:45-7:25pm	10	\$56	Sept 14	
Men's (19yrs+)	Tuesday	8:30-9:55pm	14	\$83	Sept 13	
	Thursday	8:30-9:55pm	14	\$83	Sept 15	

Badminton

<u>Age Group</u>	<u>Day</u>	<u>Time</u>	<u># of weeks</u>	<u>Price</u>	<u>Start Date</u>	<u>Dates Excluded</u>
10-12yrs	Monday	6:15-7pm	10	\$56	Sept 12	Oct 10, Oct 31
13-15yrs	Monday	7-7:45pm	10	\$56	Sept 12	Oct 10, Oct 31

Karate – In partnership with Prospect Road Karate Dojo

<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>
5-9yrs	Wednesday	6-6:30pm	10	\$48	Sept 14	

Tae Kwon Do – In partnership with Prospect Road Tae Kwon Do

<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>
5-12yrs	Monday	6-6:45pm	10	\$48	Sept 12	Oct 10, Oct 31

Tai Chi for Health & Fitness

<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	Thursday	1-2pm	8	\$60	Sept 22	Oct 13, Nov 10

Belly Dance Lessons

<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>
16yrs & Up	Wednesday	8-9pm	9	\$75	Sept 14	

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	3-5yrs	Wednesday	5:30-6:15pm	10	\$45	Sept 14	
Ballet	4-6yrs	Wednesday	6:15-7pm	10	\$45	Sept 14	
Jazz & Hip hop	7-10yrs	Wednesday	7-8pm	10	\$45	Sept 14	

Fitness Classes – Visit our website for program descriptions and instructors!

<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 Energizer	Monday	7-7:30pm	12	\$56	Sept 12	10/10, 10/31, 11/14
Core Fitness	Monday	7:30-8pm	12	\$56	Sept 12	10/10, 10/31, 11/14
Barre Fitness	Monday	6-6:45pm	12	\$76	Sept 12	Oct 10
High Intensity Interval Training	Tuesday	5:15-6pm	14	\$70	Sept 13	
Cardio Plus *NEW*	Tuesday	6-6:45pm	14	\$70	Sept 13	
	Friday	10:30-11:30am	12	\$60	Sept 23	Nov 11
Pound Fitness	Tuesday	6:45-7:30pm	14	\$88	Sept 13	
	Thursday	6-6:45pm	14	\$88	Sept 15	
Older Adult Fitness	Wednesday	9:30-10:30am	14	\$58	Sept 14	
	Friday	9:30-10:30am	12	\$49	Sept 23	Nov 11
Cardio Groove *NEW*	Thursday	5:15-6pm	14	\$70	Sept 15	

Yoga

<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>
Revive & Roll	Monday	8-8:45pm	12	\$74	Sept 12	10/10, 10/31, 11/14
Supported Yoga	Wednesday	10:30-11:30am	14	\$87	Sept 14	
Yogalates	Wednesday	11:30-12:30pm	14	\$87	Sept 14	
Yoga Flow	Thursday	6:45-7:30pm	14	\$87	Sept 15	
Hatha	Friday	11:30-12:30pm	12	\$74	Sept 23	Nov 11

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>
Adult	Thursday	10am-12pm	10	\$58	Sept 15	

Specialty Programs & Events

<p>Infant Massage</p> <p>Connect with your baby through nurturing touch! Learn how babies communicate through cues and touch & foster your parenting confidence, allowing you to help your baby relax and sleep, ease physical discomforts such as gas, and build a secure attachment with you. Parents and caregivers are welcome to join us for these new infant massage classes for 4 sessions, 60 minutes in length. All you need to bring is a receiving blanket and your baby.</p> <p>Classes are best for babies ages 6 weeks to pre-crawling.</p> <p>Tuesdays - 9:30-10:30am 4 weeks @ \$75 Begins October 25, 2016</p>	<p>Baby Led Weaning Workshop</p> <p>This hour-long workshop will provide an introduction to the theory and implementation of the "Baby Led Weaning" method of food introductions. Instructed by Dr. Jennifer Salib Huber, the workshop will cover the following topics:</p> <ul style="list-style-type: none"> -What is BLW? -Benefits and Risks -Overview of Nutritional Considerations (ie. iron) -How to get started -Discussion around choking and allergies - Open Discussion & Questions <p><u>Date:</u> October 15, 2016 <u>Time:</u> 10-11:30am <u>Fee:</u> \$15.00 per person Registration required - Space is limited</p>
<p>Senior Lunch & Learn</p> <p>This unique program includes light exercise, a nutritional lunch and computer/gadget help, all while having fun and socializing!</p> <p>11am-12pm – Physical Activity (varies from week-to-week) 12pm – Lunch 12:30-2pm – Technology help – bring your gadgets!</p> <p><u>Fall Lunch & Learn Dates:</u></p> <p>Sept 15 & 29 Oct 13 & 27 Nov 10 & 24 Dec 8 & 22</p> <p>Suggested donation of \$5 or pay what you can for the day!</p>	<p>Friday Feast - Community Meal</p> <p>Join us for our monthly Community Meal! Let us make you a nutritious, home-made meal – Enjoy it with neighbours, friends or family. Gluten-free, vegetarian and take-out options are always available.</p> <p>A suggested donation of \$7 per person or pay what you can.</p> <p><u>Fall Feast Dates:</u></p> <p>September 9 October 7 November 4 December 2</p>
<p>Senior Washer Toss Social</p> <p>Come out and play indoor washer toss! This social event includes a light snack, lots of laughter and some healthy competition. Spectators are always welcome.</p> <p>1-3pm - \$3 per participant</p> <p><u>Fall Washer Toss Dates:</u></p> <p>Sept 8 & 22 Oct 6 & 20 Nov 3 & 17 Dec 1 & 15</p>	<p>Senior Pickleball Drop-in</p> <p>Pickleball, a racket sport played indoors on a badminton-size court, is designed much like tennis but is played at a slower pace with a few differences.</p> <p>Play at your own pace – make your own teams! All equipment is provided.</p> <p>*NEW DAY* Mondays, Thursdays & Fridays – 10am-12pm \$3.00 per participant</p>
<p>Youth Sport Drop In</p> <p>BJHS students are invited use our gymnasium for unsupervised play during our Youth Sport Drop In 5 days a week for FREE!</p> <p>Monday-Friday 2:15-3:15pm</p>	<p>In-service Day Camps at PRCC</p> <p><u>Full Day Camps – 7am-6pm</u> <u>Fee: \$29.50 per day</u></p> <p>Sept 30, Oct 28, Nov 14, Dec 1, Mar 22, April 6, May 19, June 29</p> <p>These camps are open to all students from Grade Primary to Five with daily themes and engaging programming and activities. Children must bring lunch and 2 snacks</p>

<p>First Aid Course Emergency First Aid and CPR Level C + AED</p> <p><u>Date:</u> September 17, 2016 <u>Time:</u> 9am-4pm <u>Fee:</u> \$85 per person</p> <p>30 minute lunch break + 2 – 15 minute breaks Lunch & snacks are not provided Bring your own or purchase from our consignment offering (please be aware of food allergies)</p> <p>Register at PRCC Front Desk by Sept 9, 2016</p>	<p>Babysitting Course 11yrs+ BLAST – Babysitting Lessons And Safety Training</p> <p><u>Date:</u> September 30, 2016 <u>Time:</u> 9am-4pm <u>Price:</u> \$45 per person</p> <p>30 minute lunch break + 2 – 15 minute breaks Lunch & snacks are not provided Bring your own or purchase from our consignment offering (please be aware of food allergies)</p> <p>Register at PRCC Front Desk by Sept 23, 2016</p>
<p>FREE PROGRAM First Things First: Time Management Do you feel like there are not enough hours in your day? Learn tips and tools to achieve a better life balance. <u>Date:</u> Monday, October 3, 2016 <u>Time:</u> 6:30-8:30pm To register, contact Chebucto Community Health Team at 902-460-4560 ext. 2</p>	<p>FREE PROGRAM Food Fads: Fact or Fiction Explore popular diets and nutrition trends and see if they live up to their claims. <u>Date:</u> Tuesday, October 18, 2016 <u>Time:</u> 6:30-8pm To register, contact Chebucto Community Health Team at 902-460-4560 ext. 2</p>
<p>Teen Dances – Grade 6-9 The ROC is happy to be able to offer the youth of our community a social event every month at the PRCC! Students are required to show Student ID or Health Card as proof of age. \$7.00 per student - Advance tickets only</p> <p>September 23, 2016 – 7:30-10pm October 28, 2016 – 7:30-10pm November 25, 2016 – 7:30-10pm December 16, 2016 – 7:30-10pm</p> <p>These events are chaperoned by adult volunteers from our community! Please visit our website for full event details, ticket purchasing procedures and more.</p>	<p>FREE Breastfeeding Support This program, offered in partnership with Laura MacDougall from Helping Hands Doula, brings moms together to get support, advice and learn about breastfeeding. Not breastfeeding? No problem! You are welcome to join & share your experiences and connect with other moms in your community.</p> <p>Mondays - 9:30-11:30am in the PRCC Art Room</p> <p>Laura is a Birth and Postpartum Doula and Breastfeeding Specialist with many years of experience and is expecting her third baby in October. Laura will be taking some time off following the birth of her baby - stay up-to-date through our Facebook page. For additional information, contact Laura at 902-488-7226</p>
<p>Advertise with Prospect Communities In-Print: Your ad will be printed and circulated to over 3,500 homes in throughout the Prospect Communities! Available 4 times per year.</p> <p>Sizing and Price options:</p> <ul style="list-style-type: none"> - Business Card - \$130 - 1/2 Page - \$225 - Full Page - \$335 <p>Online, on-screen and high visibility options are also available. Coming soon; on-site banner advertisements! For more information contact Amy Hockin – 902-852-2711 admin@prospectcommunities.com</p>	<p>Preschool Program This program is open to children ages 3-5yrs who are fully potty-trained. Children will enjoy a structured play environment which will include learning opportunities that will prepare children for Elementary School. Physical activity opportunities are also made available with both indoor and outdoor play. Program runs from September – June.</p> <p>Hours/Days: Tuesday AND Thursday *CLASS IS FULL* OR Wednesday AND Friday 9am-12pm</p> <p>Fee for 2016/2017: \$105.00/month (2 days per week)</p>

Holiday Events

<p>Annual Christmas Tree Lighting</p> <p>Please join us for our annual open-house event as we light our indoor Christmas tree and kick-off the holiday season.</p> <p>A fun-filled evening with hot chocolate, cookies, entertainment and more!</p> <p>Wednesday, November 30, 2016 – 7pm</p>	<p>Breakfast with Santa</p> <p>Come join us and our special guest for a pancake breakfast, served with sausage, fruit and drinks!</p> <p>Saturday, December 10, 2016</p> <p>Tickets available for 9am OR 10am \$6 per person OR \$5 per person with a food bank donation</p> <p>Tickets available at the PRCC Front Desk beginning Nov 14 Please bring food bank donation at time of ticket purchase.</p>
<p>Christmas Break Day Camp</p> <p><u>Full Day Camp – 7am-6pm</u></p> <p><u>Fee: \$29.50 per day</u></p> <p>December 22, 23, 27, 28, 29, 30, January 2</p> <p>These camps are open to all students from Grade Primary to Five with daily themes and engaging programming and activities.</p> <p>Children must bring lunch and 2 snacks</p>	

Rentals and Special Event Bookings

Room Rentals Available	Room	½ Room/hour	Full Room/hour
The PRCC has many different rooms available to rent by the hour suited for a variety of events, programs or meetings.	Meeting Room	\$14.00	\$20.00
	Kitchen (without use of Centre supplies)	N/A	\$41.00
	Multi-purpose	\$25.00	\$45.00
	Gym – with equip.	\$29.00	\$48.00
	Gym – w/o equip.	\$26.00	\$45.00
	Art Room	N/A	\$20.00

Wedding and Special Event Bookings

The Centre provides charming and well-kept event spaces. We have various special event and wedding packages available to make your celebration memorable and stress-free. All special event and wedding packages include rental of space, time for set-up, use of tables and chairs, licensed bar and event staff, along with the use of a private entrance. We have many enhancements available to improve your guests' experience, including use of a licensed kitchen, linens, decor items, special kitchen equipment, podium and various technology-related items.

Wedding Package - \$1150.00

Includes:

- Rental for 9 hours; up to 1:00am the day of the event.
- 4 hours set up the day previous to the event; if available.
- 3 hours tear down & clean up.
- 9 hours of Bar operations and bar staff - bar sales must fulfill a minimum of \$800.00
- Use of tables and chairs
- Use of Kitchen for storage only; use of kitchen equipment available at an additional cost
- Capacity of 220 people

Special Event Packages

Includes:

- Rental for 6 hours; up to 1:00am
- 2 hours set up prior to event
- 5 hours of Bar operations and bar staff
- Use of tables and chairs
- Use of Kitchen for storage only; use of kitchen equipment available at an additional cost
- All packages include the same amount of event time, set up and usage.

Tier 1 Special Event Package - Up to 75 guests - \$250.00

Tier 2 Special Event Package - Up to 150 guests - \$400.00

Tier 3 Special Event Package - Up to 220 guests - \$550.00

For more information please contact Jessica - 902-852-2711 - Jessica@prospectcommunities.com

<p style="text-align: center;">General Policies and Procedures</p> <p><u>Payment</u></p> <ul style="list-style-type: none"> ➤ Payment is due upon registration for any program or upon booking for room rentals. ➤ Payment via credit card is required for all registrations made over the phone. ➤ Cash, cheque, credit and debit will be accepted for any registration completed in person. <p><u>Refunds</u></p> <ul style="list-style-type: none"> ➤ 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. ➤ In the event that PRCC cancels a program, a full refund or credit on account will be issued for the full amount paid. ➤ 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. ➤ Refunds or credit on accounts will not be issued in the event a program registrant loses interest in the class or program. <p>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.</p>	<p style="text-align: center;">Holiday Hours</p> <p>Sept 5, 2016 – CLOSED Oct 10, 2016 – CLOSED Nov 11, 2016 – CLOSED Dec 24, 2016 – Close at 1pm Dec 25, 2016 – CLOSED Dec 26, 2016 – CLOSED Dec 31, 2016 – Close at 1pm Jan 1, 2017 - CLOSED</p> <p>** Please ensure you check the excluded dates column next to your program.</p> <p style="text-align: center;">Comments and Suggestions</p> <p>The ROC welcomes all comments and suggestions from community members. Do you have a new program you'd like to suggest or teach?</p> <p>Please contact Jessica – Program Manager Jessica@prospectcommunities.com</p> <p style="text-align: center;">For more information, contact:</p> <p style="text-align: center;">Front Desk – 852-2711</p> <p style="text-align: center;">Shirley Jollimore – Executive Director executivedirector@prospectcommunities.com Jessica Morrissey – Programs and Events Manager Jessica@prospectcommunities.com Amy Hockin – Operations and Finance Manager admin@prospectcommunities.com</p>
<p style="text-align: center;">Adult Sport or Fitness Class Drop-in Procedures</p> <p>If you wish to drop in to one of our many adult sport or fitness classes offered here at PRCC, please see below:</p> <ol style="list-style-type: none"> 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! <p style="text-align: center;">All drop in spaces will be first come – first serve.</p> <p>We ask that you please respect these rules as each class has a set maximum for the safety of all participants.</p> <p style="text-align: center;">Fees:</p> <ul style="list-style-type: none"> • 30-minute Fitness Class Drop-in - \$5 • 45-minute Fitness Class Drop-in - \$6 • Line Dancing, Tai Chi, Yoga, Barre Fitness & 1.5 hour Adult Sport - \$7 	



The Septic Doctor

P. 902.222.7788
F. 902.850.2383
E. thesepticdoc@gmail.com



What Do We Do?

The Septic Doctor is committed to offering video inspections, dye testing, septic tank locating, septic tank installation and repair, as well as QPI and QPII services for homeowners using both septic systems and municipal services.

How Can We Help?

Backed by years of experience installing and repairing both septic systems and sewer laterals, we can offer affordable and reliable solutions to clients in the greater HRM area. Come to us for your next home video inspection or service requirement.

Our Services

No matter what your issue may be; blockage or clog, collapsed pipe, sags, separated joints, deflection or complete septic malfunction, The Septic Doctor has the equipment and experience to diagnose and repair your issues in a timely and professional manner.

One Stop Shop

Your one stop service provider. We not only perform your video inspection, but come equipped with a machine to do the digging.! No need to coordinate with your excavation contractor to expose septic tanks, lids or clean outs. Our corporate partner Ground Control Excavation will handle that and even backfill when complete, leaving a minimal trace and low impact damage to turf areas.



P. 902.222.7788
F. 902.850.2383

- Video Inspection
- Septic Installation & Repair
- Municipal Services
- Dye Testing and Flow Testing
- Excavation Services

GROUND CONTROL
EXCAVATION | LANDSCAPING | SEPTIC

T. 902.830.1414 F. 902.850.2383
nsexcavation@gmail.com
info@groundcontrol.ca
www.groundcontrol.ca

Iain Rankin

MLA, Timberlea-Prospect

*Proud Supporter of the
Prospect Communities*



902-404-7036
info@iainrankin.ca
www.iainrankin.ca

 @IainTRankin
 IainRankinMLA



Suite 100
1268 St. Margaret's Bay Rd.
Beechville, NS B3T 1A7