

Prospective

Volume 13, Issue 1, Spring 2014



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Message from the ROC Chair

Barb Allen - Chair, ROC Board

It is hard to remember a time that our community did not have the Prospect Road Community Centre in its midst. Since opening its doors in June 2010 it has become such an important part of the lives of residents of all ages and for many reasons.

Our programs have become well established with great instructors, predominantly from the local area. Sport and fitness activity levels have increased for the general population, helping us all to lead more active healthy lives.

Children can now attend year round childcare programs and camps in their own community, building friendships that will last a lifetime.

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PRCC SPRING PROGRAMING INFO INSIDE!



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Message from Barb Allen - Chair, ROC Board - Continued



Barb Allen

The Prospect Road Community Centre hosts numerous special events and celebrations, from weddings and birthdays to International

Human Rights Day and sports tournaments, all of which bring hundreds of people through the doors.

Many community groups, organizations and businesses use the facility, creating more opportunities for residents to come together. Informal gatherings such as the Friday Night Jam sessions have attracted hundreds of talented people from near and far to share music and laughter. These sessions are truly the highlight of each week for many residents.

It is all good stuff!

When the PRCC opened its doors the ROC Board and staff were largely thrown into the unknown. Here we, a group of volunteers, had to step in to give staff what was needed to make this incredible asset work.

In those early years the ROC Board members helped develop policies and processes, worked on numerous subcommittees to develop strategies and control finances to bring in a balanced budget. We were hands on, a working Board, which was exactly what was needed to get to where we are today.

Now however, it is time for the next step. The ROC Board is challenged with creating the vision that people tell us, through our community conversations and through the original needs assessment, they want.

For the past several months, the Board at the ROC has reflected on its own accomplishments, and the accomplishments of the Centre to date. Our vision is one of continual growth and with growth comes change. In December, the board voted unanimously in support of a restructuring for the Centre. The restructure will see the

addition of an Executive Director to our organization.

This new position will be responsible for developing and implementing a strategic plan for the Centre and the ROC as a whole. We envision this position being filled by a dynamic individual who shares the Board's passion for the success of the community. We started our search in January and have created a lengthy and comprehensive process to ensure we find the best candidate for the position, which will start April 1st 2014

These decisions did not come easily, but I am proud of the way the Board has come together to take these bold steps into the future. The careful consideration and dedicated investment of time that went into planning the restructure will set the course for the organization to fulfil its vision and mandate (see below)

The ROC's Board 2013 -2014

- » Barb Allen Chair
- » Jeff Ripley Vice Chair
- » Victoria Horne Secretary
- » Amy Langille* Treasurer
- » Kelly Carlton Director
- » Liz Amyoony Director
- » Cara Lynn Garvock Director
- » Lisa Ferguson Director
- » Don Ray Director
- » Iain Rankin MLA Director
- » Peter Comuzzi Director
- *Temporarily stepped down

The ROC will hold their Annual General Meeting in June 2014. We invite you to consider offering your time to serve the community by putting your name forward, or if you would like to nominate someone else to serve on the Board please contact recruitment@prospectcommunities.com

At the June 2014 AGM, I shall be stepping down from the position of ROC Board Chair. I will serve one more year as Past Chair, in accordance with the Board's succession plan, and then my time is done. It has been a tremendous honour to have been able to be a part of getting the PRCC from a dream to a reality. I have every confidence that the facility and the organization will go on to achieve great things. I have learnt so much and had the privilege to work with so many truly

talented and generous volunteers I am very appreciative of the experience. 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 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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centre.prospectcommunities.com

The Buzz from East Dover

Kristen Dick



year Robert ©).

Since the last newsletter, the Village Green Recreation Society continues to be busy. The Prospect Road Jammers played the East Dover Community Hall in September, catered by an outdoor BBQ, and October, with receptive crowds attending both performances. We hope to host them again soon. Love music in our community and love the local involvement!

The East Dover Community Hall was used as a provincial election polling station on October 8th. Congratulations to MLA Denise Peterson-Rafuse and MLA Iain Rankin in our neighbouring riding.

Other things that happened over the fall and winter months: potluck in the park; kids vs adults soccer game in the Village Green....which really ended up with kids and adults playing together.....all winners); Halloween movie night at the East Dover Community Hall on October 25th (E.T – The Extra Terrestrial. Never gets old ©); community work party for fall park clean up (thanks to those who were able to help out); children's Christmas party visited by 2 of Santa's local elves (wish we had photos) and an adult social evening on December 21st (carols next

Regularly at the East Dover Community Hall are card games (45's at 7:00 pm on Monday nights – always open to new players), a weekly rosary group (meet on Monday afternoons at 4:00), and lending library (the second and fourth Monday of every month or Tuesday if it falls on a holiday from 4:30 - 6:30 pm). If you haven't come by the

library, please do. With a new book shelf donated this fall, our book inventory has expanded and there really is a great selection of various genres of books for all, as well as DVD's.

Wondering where the swings in the Village Green have gone? Many have asked. There was some rot of the wood so city staff had to remove them due to safety concerns. We have been told that they are to be replaced in the spring.

Upcoming things to look forward to: spring community clean up, possible community art project, Geocaching 101, and of course East Dover's annual Park Day in June - keep posted for details. Plus keep your eyes out for a new look to the hall. The siding project should start this spring!!!

For those who aren't aware, we are installing new windows and siding. Prep work needed to be done prior to the project commencement. NSP had to do a safety assessment and wrap the power lines. In addition, thanks to volunteers from our community, sill work had to be done. With this work now completed the siding project can begin as the weather improves. For upcoming events/news please visit our Facebook page or e-mail eastdovervillagegreen@gmail.com asking to be added to the e-mail distribution list.

The Village Green Recreation Society is always looking for new ideas. If you are creative, have ideas, want to become involved, would like to coordinate a project or event, or have skills, hobbies or expertise that you would like to share, please contact us. E-mail eastdovervillagegreen@gmail.com. Or just come out and participate. "Be the change you want to see in the world" (Mahatma Gandhi).

Enjoy the rest of the winter and happy spring!

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See Page 20 for Rates

Our Family's Waste Challenge

Kristen Dick

On Saturday, April 20th, 2013, the Saturday before Earth Day, a group met at the East Dover Community Hall to watch the documentary The Clean Bin Project, a story of waste reduction. I highly recommend it to those who haven't watched it. In the documentary a Vancouver couple reduced their waste and vowed not to purchase anything, with the exception of food, for a full year. At the end of the year they measured and weighed their waste. The person with the least won bragging rights.

After reading a book called "The Zero Waste Lifestyle: Live Well by Throwing Away Less" by Amy Korst, our family decided to do our own similar but different challenge.

We decided to save all our garbage and recyclables for a 2 week period, including waste we generated outside our house (so if we went to a restaurant and generated waste we had to bring it home; compost didn't come home). We had a little bucket that we put our daily waste in and every day or couple of days, we spread it out on the floor and analyzed it. We looked at what went where (source separation), if in doubt we made calls to one of the Waste Educators at HRM. (Did you know thermal paper receipts go in the garbage because of BPA?) Then we decided how as a family we could reduce both our garbage and recyclables. Could we live without the item or could we find an alternative that is more environmentally friendly or could we make it ourselves?

After the 2 weeks, we continued our challenge and have just made it part of our lifestyle. Generally we are throwing out one small kitchen catcher bag (not quite full) of garbage every 8 weeks and one bag of recyclables every 6-8 weeks. We are proud of our accomplishment, but still think there are things we can do to improve. I've read about people who have a mason jar of garbage in a year....yes a year....and think WOW!

Some examples of things we've done to get there:

- » We've significantly reduced processed food because of the packaging and cook from scratch. We're trying to reduce our plastics too. Another benefit – it's healthier for us since we can control how much sugar and salt are in our foods.
- » Make my own yogurt when I can. It's actually really easy and I add fruit for flavour.
- » Make my own bread or if I get bread/bagels from the bakery or grocery store, I bring mesh bags to put it in.
- » REFUSE one of the most important R's!!! We as consumers have a choice not to buy certain products that have excess packaging or that is wasteful. For example, if I go out and have forgotten my refillable mug, I choose NOT to have a coffee on the go or I'll go into the coffee shop and have one there, ensuring they give me a real mug (I think the default is a throwaway cup, even when you go into some coffee shops). I have chosen no waste. I also make the decision not to go to places that will object to filling my refillable mug.
- » Use hankies instead of tissue.
- » Started a bulk buying group. There's a company in New



Brunswick called Speerville Flour Mill and many of their products are packaged in bags that are compostable.

- » Joined a CSA with Taproot Farms.....where much of the produce we get is boxed vs. bagged. We continue to have discussions with them about packaging.
- » We bring our own containers or bags for food. This did take time to research. So I get my cheese from a deli and they put it in my own container; certain meat I get at a butcher and again bring my own containers; coffee I get from a roaster who fills my container.
- » I force myself to be organized: cooking in batches and freezing, having snacks in my bag for my daughter so I don't have to get something on the go and so I don't have to make "convenience" decisions. This took focus initially but is now just habit.
- » Made the decision not to buy or use (unless necessary) singleuse items. One example: in my purse, I have a case with utensils and cloth napkins so we don't have to use throwaway stuff.
- » Buy Foxhill Farm milk which can be bought in refillable glass jars. It is more expensive but we are saving on other things so don't mind the extra cost. It's balancing it all out.
- » Buy digital music.
- » Use the public library for the most part. This is a challenge for my daughter though....especially when the Scholastic order form comes home ©
- » Reduce our family consumption and trying to purchase lasting items that won't be thrown away after a short lifespan.
- » Repair things vs. throwing them away.
- » Inform/educate others when we shop about what we are doing and why.
- » Call or write companies when we see excess waste that doesn't make sense.

.. Continued on Page 5

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

(The GED is the international high school equivalency test you can take after the age of 19 instead of going the diploma route.)

Our class at the PRCC is sponsored by the Department 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.

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 Tuesday and Thursday mornings from 9-12 and is FREE.

Call Coordinator Deborah Ratcliffe at 225-6320.



Our Family's Waste Challenge - Continued

.. Are we perfect – NO!!! Do we slip – YES! Do we treat ourselves - YES! Ask my daughter. She loves those TY babyboo stuffies and has WAY too many (it drives me crazy). Any time she gets money from animal sitting in our community, she's at the store buying them. Although we question her and ask why she is spending her money on more, it's her money and she must learn to make decisions. Saying that, she is mindful of waste and I'm proud when she speaks up and says, "No bag please, we brought our own" or "No plastic utensils, I have my own" or "No Mumma I won't buy that because the packaging is wasteful" (yes, she's said that \odot). I believe that she is learning by example.

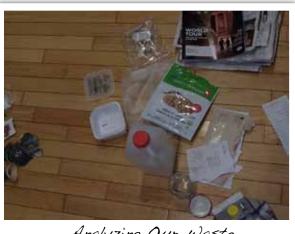
We are mindful and aware of what we are throwing away and doing our best to reduce our waste. Why? For the environment.... knowing our purchasing choices affect the earth in many ways but also with an understanding that garbage costs. It doesn't just go away. When (my optimistic, wishful thinking) council directs staff to honour the contract to the community, closes the Otter Lake landfill and sites a new landfill, we as citizens have a role in

reducing our waste and extending the life of this landfill by not filling it so quickly. We play a role by properly separating and reducing our waste. We as citizens are paying for it. And we are all part of the solution.

Although our family has gone to a high level of waste awareness.... did I mention I love the topic of waste and recycling.....and acknowledging that everyone is different and has different lifestyles, I encourage people to do a family or individual challenge of their own. For one week or two if you can, examine and analyze your waste, see what things are in your garbage or recycling stream and pick one thing that you can work on to reduce your waste. Could you choose not to get a take-away coffee cup and make it a habit to bring your refillable mug, make your own granola bars, or bring mesh bags to the grocery store for your produce or baked goods? Could you get rid of your Keurig/Tassimo coffee maker and make a single coffee in a coffee maker with a reusable coffee filter? What one thing (or two or three) could you choose to work on?



I love Speerville



Analyzing Our Waste

A Weekend of Fabulous Dinner Theatre

Victoria Horne

As the curtain closed on a November weekend of fabulous dinner theatre on the Sunday matinee of the Saint Timothy's Anglican Church Dinner Theatre, the audience was abuzz over the misadventures of the lovable Bellini family.

Both sold-out shows were hosted at Mama Mia's Restaurant (The Whites Lake Legion), where guests were served a delicious four course meal amid lovely Italian decor. Between courses, guests were entertained by the very talented cast of community volunteers. Mama (played by Judi Ray) had the crowd in stitches with her antics while attempting to stop the "Cod Father" from taking her husband, Papa, (Don Ray) and fitting him with "cement shoes" for missed protection fee payments.

The crowd laughed at the comedic interaction of the Bellini children: Dino (Mike Lamplugh), Antonio (Dan Blackburn), Elliana (Trudy Cole) and Madonna (Wendy Purcell) the punk rock and star-crossed lover who wanted to go on tour with far-out boyfriend Zee (Ken Purcell).

Wayne Joyce, Phillip Lamplugh, and Rev. Cheryl Rafuse had the crowd in gales of laughter, with Rick Bower as the "Cod Father" adding to the hilarious conclusion.

In addition to the stellar performance by the cast, play-goers also enjoyed the musical talents of the Triple XXX band, The Prospect Road Jammers, Sharon Resky, Wendy Purcell, and Dan Blackburn. A special guest was 12 year old Chloe Shubley whose beautiful rendition of "Jesus Take the Wheel" received a standing ovation from appreciative audiences.



The Cod Father Collects was written and directed by the ever talented Sheila Lamplugh. The food for the event was prepared by a wonderful team of volunteers headed by the brilliant Judi Ray, who coordinated every aspect from food donations, meal planning and preparation. Later in November Sheila Lamplugh (director) and Judi Ray (event organizer) presented a cheque for \$10,588.00 to the Saint Timothy's Church Council. Funds raised will be used to help continue to provide the nondenominational services that Saint Timothy's offers in this community including: Divorce Care, Grief Share and the Prospect Road and Area Food Bank. This event would not have been possible without the generous outpouring of support from community members and businesses in the local area.

Another saga in the Bellini family restaurant is already in the works. Stay tuned for news and updates of when tickets will be available to catch the much-anticipated sequel!



Prospect Road & Area Lions Club

Looking to make a difference in 2014 in your community? Consider giving some of your time!

The Prospect Road Lions Club is looking for community-minded individuals who are interested in making a difference. We hold monthly meetings so please feel free to drop in and see what the Lions are all about:

- Date: 2nd Monday of the Month

- Place: Prospect Road Community Centre

- Time: 7:30 pm

If you are interested and would like more information about The Lions Club please check out the website http://www.lionsclub.org/

You may also call King Lion Blaine MacDonald, 876-8521; or Lion Lisa Ferguson, 852-3909.





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The Seniors Network, Goodwood to West Dover

Don Ray

This is a call to seniors (age 55+) from Goodwood to West Dover or who have lived here in the past, to come out for great fun and activities. This is an opportunity to rekindle old friendships and make new ones. All age groups from 55 up are represented.

We meet at the Whites Lake Legion, Branch 153, 3495 Prospect Road in Whites Lake from 1:00PM to 3PM on Mondays and Wednesdays.

On these days we meet for conversations, cards, darts and the occasional pool game. There is coffee and tea provided and many of the members bring in sandwiches and sweets for all to enjoy. The cards and darts are not of the competitive nature and all levels of players are welcome. The groups embark on two-or-more-day bus trips to various places in the Province to participate in some of the activities in other areas. Special days are celebrated (some in theme) such as Valentine's day, Easter, St Patrick's day, Thanksgiving day, Halloween, and Christmas. Often, there are musicians, thanks to the Friday Night Jammers. In addition, members' birthdays are celebrated with cake and singing on a monthly basis. In the summer, we put on a BBQ for members and guests at the SS Atlantic Heritage Site in Terence Bay, also with music. Last year the group successfully put on a bingo at the Legion as a fundraiser.

So come along you seniors: come out and have some fun while you can!

- » Chairperson Wednesday Shirley Little 852-2481
- » Chairperson Monday Dorcas Shaw 852-2306







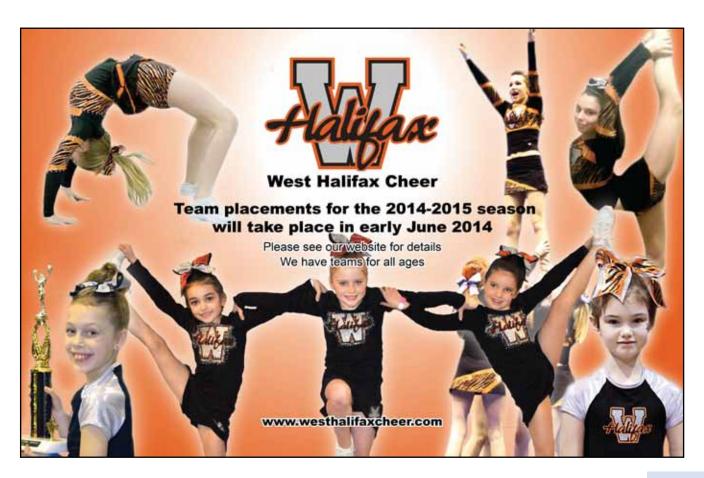
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53 Nice View Dr. Terence Bay

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Prospect Road Recreation Association News

Kelly Carlton
ROC Board Member
and Chair Prospect
Road Recreation
Association

The Prospect Road Recreation Association (PRRA) has had a very exciting year with much work underway by your



executive as well as the many associations that form the Board's members.

The PRRA is the governing body that reviews and awards the annual portion of our recreational taxes to local recreational groups for adding to or updating our infrastructure such as parks and playgrounds. This fund also directly supports recreational activities such as sports teams with their facility or equipment needs to enhance the opportunities of all ages from seniors to youth groups. Individual athletes heading for national or international competitions can also apply for financial support so that our community can assist their hard work and efforts in advancing their skills and experiences.

Associated community groups such as the Brookside Community Home Owners Association or the Village Green Recreation Society use these awards to enhance local parks and facilities by adding their own funds, expertise and volunteers' time to increase the impacts that these grant funds have on developing our local recreational options for all to use.

Meeting the third Monday of most months, except the summer, allows the Board to directly support the work of the Prospect Road Community Centre with annual financial support.

The PRRA also coordinates, with HRM Parks & Rec, our local field schedules, and assists HRM with our park and field mowing contract to achieve best value for the funds available. We also cover the costs of evening lighting of local ball fields as well as the provision of portable toilet facilities. So if your organization is working on

community recreation ideas for 2014, please feel invited to join us at our meeting as we all attempt to improve recreational opportunities for the residents of the many communities that make up the wider Prospect area.

The Prospect Road & Area Recreation Association accepts applications for funding from community groups seeking to develop, upgrade, and maintain publicly accessible recreation amenities in communities along the Prospect Road (Goodwood to West Dover).

Approved Community Projects 2013:

Some of our past year's accomplishments throughout our community:

- » 2nd Hatchet Lake Scouts Miller Lake Mainland Camp finish camp repairs \$2000.00
- » MacDonald Lake Resident Association Park Slide \$5000.00
- » Prospect Rd Minor Baseball Uniforms and New Peewee Gear \$2000.00
- » Prospect Seniors (Monday Group) Support Outings \$1000.00
- » Atlantic Memorial/Terence Bay Elem Schools Skating Aids -\$500.00
- » Prospect Road Elem & Atlantic Mem. & Terence Bay Elem Grade 5 Trip \$1000.00
- » Brookside Homeowners Park; Playground \$10,000.
- » Prospect Peninsula Residents Association Community Wharf Refurbishing \$10,000.
- » Village Green Recreation Society New Community Hall Repairs \$9,271.00
- » Resource Opportunities Centre /PRCC Standing Approved Grant operating assistance \$10,000.
- » PRRA Replace broken straps on snow shoes \$250.00
- » Standing Offers: Johnny on the Spot \$6,800.00
- » Ball Field Lights \$1000.00
- » Float Install \$1,000.00
- » Youth Fund \$3,000.00 to be dispersed as requested by application

Please Visit <u>www.prospectcommunities.com</u> for this year's 2014 application.









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Local Boulevard Beauty!

Vicki Lee Brown

For the last 4 years the boulevard at the intersection of Prospect Road and Prospect Bay Road (across from the White's Lake Legion) has been a focus for local residents Marcia Nason and John Brown who vacation at Crane Cove, Prospect Bay, and Vicki and Ron Brown who live in Whites Lake.

Marcia noticed how "rocky and ugly" the boulevard was, and mentioned it to Vicki who turned to the Prospect Bay Children's Centre and the Prospect Road Recreation Association. The PR&ARA was approached for financial support and the Children's Centre for help with digging and planting. Everyone wanted to make a difference!

Once we received finances for soil and plants, Derek Hale a local businessman moved in with his excavator to dig out the rocks, and to line it with landscaping fabric. It wasn't long before "Pedal Pushers" greenhouse owners Christine and Barb, willingly donated plants for borders and colour. Rob Creaser a resident of Pinedale Park dropped by with 13 "Bearded Irises" and even planted them for us! Next, residents of "Nice View Drive"

off of Terence Bay, Sharon and Peter Munson, donated a "Burning Bush". From there it started filling in by adding extra plants here and there over the years.

While Marce and Vicki do the majority of the weeding and planting, Ron and John have been seen helping with water supplies, and the heavy digging, not to mention some weeding as well!

"There are so many weeds that it's difficult to keep up but so many people say hi, or beep their horns as they drive by, we just keep on doing it" said Vicki.

Marcia tells us that "We live in such a beautiful part of Nova Scotia that anything we do to beautify our area is exciting!"

We would be remiss if we didn't mention the invaluable support of Marg Power (our gardening fairy) who donates plants, and advice and even dollars from a recent plant sale she had, which enabled us to purchase soil in order to enrich the existing soil. Thank you Marg! Marg's husband, Joe, even dug us some compost with his bare hands, put it in a bucket and gave it to us for the boulevard. Thanks Joe! We also want to thank members



Prospect Rd at Prospect Bay Rd

of the local Gardening Club, which is an awesome club, for the donations from various members. Look for the colour in the spring!

The garden continues to grow and fill in (this is the plan in order to keep the weeds out). For those of you who are gardeners, never throw plants out or compost them; you can donate them to this boulevard project until it is full, then we'll move along to the next one! To donate plants just email vickileebrown8@gmail.com or voickileebrown8@gmail.com or you can leave them at the boulevard.

We'll find them and plant them!



Nadia Tymoshenko BSc, ND Naturopathic Doctor since 1996

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with samples to taste.
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To register for this event Phone 402-2809

Who Is My Neighbour?

Pastor Darren Millett New Life Community Church

One of the most famous stories recorded in the Bible is the story of the 'Good Samaritan'. Most of us can likely remember the story. Briefly, it goes like this: Jesus is asked by someone, 'Who is my neighbour?' He answers the man's question by telling this brief story:

A man is walking on the road, traveling between towns. While on his journey he is met by robbers who take his possessions, beat him and leave him by the side of road, alone and unattended. This man is in bad shape. Unable to walk, bruised and bloody. The morning news would report he had 'life threatening injuries'.

Finally someone came down the road where he was lying. When this person saw the man, he distanced himself, and walked past the injured man. Later on, a second person who was traveling did the same thing – turned his head, and kept on his way. Then a third person, a person who was 'from away' came down the road. When he saw the man, he felt compassion for the injured man. He tended to his needs, transported him to town, and paid his accommodation at a hotel until he could return to tend to him.

The skill testing question asked back to the man at the end of the story was "Which of these three do you think was a neighbour to the man who fell into the hands of robbers?" After the man gives the obvious answer, Jesus concisely tells the man, 'Go, and do likewise!'

I love this story. Through telling this story, Jesus points out that asking 'Who are my neighbours?' is not the most important question. The most important question is 'Will I be a neighbour?' The question is still relevant today.

Culturally today, it's generally easier to live private, insular lives than ever before. Many people work long hours, toggling our kids' homework and extra-curricular activities. Free time can seem scarce. Like the first two men in the story, it's easy to put distance between ourselves and others we don't know.

This spring as we break out of our winter cocoons – perhaps for evening walks, raking the lawn, or washing the car – ask yourself, 'Will I be a neighbour'?

Eugene Petersen said "the word 'neighbor' is a verb, not a noun.'

We define 'neighbour' by being one!

Your fellow neighbour,

Darren Millett, Pastor New Life Community Church 1760 Prospect Road Hatchet Lake





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R.C.M.P Safety Tips for Crime Prevention

Protection for Seniors

Criminals often regard older persons as easy targets for many kinds of crime. Every elderly person should be aware of these crimes and how to prevent them. If you receive a telephone call and the deal sounds too good to be true, it probably is. Be suspicious of unusual offers, free prizes for a contest you have not entered, sales pressure to rush into a decision, and requests for your credit card number over the telephone. JUST HANG UP!

Mail and Telephone Scams

Say "NO" to anyone who calls asking for money or offers in the mail:

- » Of a free prize or travel, but requires you to pay a handling fee or taxes.
- » That requires you to call 1-900/1-800/1-888 numbers to claim your prize.
- » For contests requiring you to send money to enter higher and higher prize levels.
- » For gemstones, foreign lottery or coins.
- » For "Work at home" scams.
- » For vitamins, medicines or medical devices, "doctors do not want you to know about"
- » For subscriptions to magazines you have not heard of, land investments, income tax refunds or other "found money"
- » For recovery of money you have lost in the past, which will require you to send money.

Home Repair Cons

Home renovations are the most common source of fraud. A contractor may say the house needs repairs to prevent expensive damage or to make it more secure. Before you sign a contract or give money, ask for a business card and check references. Say "NO" to anyone who:

- » Offers to do work you have not requested.
- » Wants to repair your roof or driveway with special material.
- » Asks for money before starting the work, but will not give local references.
- » Will not provide a written contract specifying work to be done and cost.
- » Say "NO" to any stranger who contacts you with unusual offers involving your money.

Additional Safety Measures

- » Say "NO" if you are being rushed into a decision.
- » Insist on written information and written quotes for work.
- » Have someone else read a contract before you sign it.
- » Do not give a contractor a large sum of money before the work begins.
- » Never give personal information over the telephone, including credit card numbers.
- » Hang up if the sales pressure continues after you say "NO"

Home Security Safety Tips

A residential break-in happens every three minutes in Canada. All too often, it happens to those who cannot afford it: the elderly, low and middle income earners, and single parents. Home burglary is a very disturbing experience. Predictably, break-ins happen to those who do the least to prevent them! By being consciously aware, you can implement a plan that will reduce the risk of crime and minimize both personal and property damages if a crime does occur.

Crime Prevention Measures

- » Clear all exits around your home of any obstructions that could reduce visibility.
- » Illuminate your entire home property.
- » Install, maintain and use a home alarm.
- » Ensure ground level windows and doors have good locks,
- » Keep property visible so crime cannot happen behind cover or in the dark.
- » Get to know your neighbor.
- » Never leave valuables in your vehicle.

While you are Away from Home

- » Arrange pick up of your mail, deliveries, and flyers.
- » Consider stopping your newspaper delivery.
- » Remember to have grass cut, leaves raked and snow removed.
- » Use timing devices to light rooms normally used.
- » Have neighbors check both inside and outside your house every few days.
- » Lock your garage and shed doors.
- » Garage door openers should be out of sight.
- » If you have clearly designated parking places, have a neighbor park there from time to time (i.e. in an apartment setting)

Personal Safety

Probably the least expensive measure you can take to protect yourself against crime is to incorporate certain habits into your daily routine. To adopt a security conscious lifestyle, a basic rule is to stay alert to your surroundings and to trust your instincts. If you feel uncomfortable in a place or situation, leave.

Safety at Home and on the Road

- » Keep doors and windows locked at all times.
- » Install a peep hole, so you can see who is outside.
- » Never open the door to strangers.
- » Do not reveal personal information to anyone, (you are not required to participate in surveys)
- » Do not leave purses or bags in your shopping cart. It only takes a brief distraction and it's gone.

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Swearing in ceremony Oct. 24th 2013 at Province House

MLA Iain Rankin

January 2014

Timberlea - Prospect

On Oct. 8th 2013 Nova Scotians went to the polls and elected a new Liberal government. I am pleased to have been elected as your Member of the Legislative Assembly for the riding of Timberlea – Prospect and I look forward to serving you.

My colleagues and I were sworn into office on Thursday 24th October 2013 at Province House.

Once sworn in, I began the search for a convenient, affordable and accessible Constituency Office and staff to run it.

Suitable office space was found in Beechville, and a Constituency Assistant (Barb Allen) started work at the end of October 2013.

The Constituency Office is located at:

1268 St. Margarets Bay Road in Beechville, between Pope Construction and the Automotive Services approx. 1km past the Bayers Lake Park entrance. The Constituency Office is fully accessible and residents are welcome to drop by or call 902-404-7036 for an appointment. We will also be glad to arrange a more convenient meeting location to for you if you so choose.



was very proud to represent Nova
Scotia as part of Canadian Branch of the
"Assemblée parlementaire de la
Francophonie" (APF) at the Bilateral
Meetings and XXVIth Europe Regional
Assembly held in Chisinau, Moldova
from Nov. 17th through to Nov. 22nd
2013, standing in for The Honourable
Michel Samson.



Representing NS Chisinau, Moldova

The Nova Scotia Legislature sat from November 28th until December 12th 2013. I made my address in reply to the speech from the Throne on December 2nd 2013, in which I highlighted the many unique areas of the Timberlea Prospect riding and acknowledged some of the amazing volunteers who call this riding home. To see the video of my speech,

which was given including sections in French and Gaelic, please visit: youtube.com/watch?v=hlwQ9xreq_Y

In addition to my constituency responsibilities I also sit on the following standing committees.

Vice Chair of the Public Accounts Committee and a member of the Human Resources and Private & Local Bills Committees

My Constituency Office has handled numerous calls and Emails from residents since opening its doors. Many people in the local area have been heavily involved in the public consultations held by HRM around proposed changes to the Solid Waste Strategy and in particular the proposed changes to the Otter Lake facility.



Touring Otter Lake Facility. Nov. 2013

I have been active on this issue and as a former board member of the Community Monitoring Committee and your Provincial representative, I initiated tours of the Otter Lake facility for Premier McNeil, MP Geoff Regan, fellow MLA Ben Jessome and Minister of the Environment, the Honourable Randy Delorey, in an effort to raise the profile of this issue and seek solutions that maintain the integrity and environmental safeguard that residents of the Otter Lake host communities hold dear. I will continue to lobby for keeping the FEP and WSP facilities on behalf of the constituents in the Timberlea -Prospect riding.



Snow fell early this winter, hitting us all by surprise. As a new MLA my Constituency office heard from many residents that snow removal was not meeting standards. The weather conditions in November and December were such, snow followed by heavy rain and plummeting temperatures, which presented unique challenges for crews. We are pleased to report that as a result of the initial storm better lines of communications have been opened with TIR and all elected politicians that serve the community, to ensure that standards are upheld and homeowners get responsive service. For those of you that use social media we have found that Facebook pages of Homeowner Associations and groups are a great vehicle for effective communications.

Like me on Face book



facebook.com/lainRankinMLA

Follow me on Twitter



@lainTRankin



The Christmas holiday period was a busy time. I attended many events of community groups and organizations including tree lightings, seniors' dinners, Carol singing services and Christmas parties.

Our community is truly blessed with our many volunteer organizations, Faith groups, and Homeowner Associations and the like, quietly working to make our communities better. I am keen to support the many active organizations in Timberlea - Prospect and I welcome invitations to attend your meetings and events in the months and years to come.



Tree lighting at the Prospect Road Community Centre

Do you know someone who has a special celebration coming up?

The Protocol Office coordinates and administers the Premier's Congratulatory Message Service. Official greetings from the Premier are sent to Nova Scotians across the province each year to commemorate significant birthdays and wedding anniversaries.

Be sure to apply 6 weeks before the event Call the Constituency office to request a certificate or visit novascotia.ca/iga/cmss

Email - info@iainrankin.ca

The Good Neighbour Energy Fund is now accepting applications to assist low income Nova Scotians with home heating during the winter months. The criteria to receive the fund is as follows:

- The low income household must be located in NS
- Household is in an emergency home heating situation.
- Household members have not received the fund in the last 36 months.
- Household must complete & submit an application providing all requested documentation. Applications for the Good Neighbour

Energy Fund can be found by visiting: salvationarmy.ca/maritime/gnef/

COMMUNITY GALLERY





Prospect Communities.com

What's New for 2014?

- Build and share your personal profile
- Post content to the front page
- Share photos, events and wall postings with friends and groups
- Create and join private or public groups
- Post free classified ads
- Create your own blog

And Much More!



Get Started Today By Creating a FREE Account

CANTEEN

Friday Nights @ The PRCC

Soup of the day - \$3.00 Chilli + Roll - \$3.25 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

Advertising Rates and Options

print

Spring/Fall Prospective Newsletter Summer/Winter Program Flyer

Prospective

The "Prospective" is a semi-annual community newsletter published in full-colour.

The "PRCC Program Flyer" is published quarterly in black and white.

Both publications are delivered to residents in the Prospect Road Area and are also available online and at the PRCC.

Business Card (2x3.5)

\$60

Half-Page (4.75x7) \$

Full Page

\$180

(Full page not available for PRCC Program Flyer)

on-screen

Digital screens at the PRCC.
All public access computers (10)
Main PRCC "Street Area" digital screen.

\$60	
lonths	
3≥	

\$100	\$180
3 Months	12 Months
6 Months	12 Months

File Requirements:

Ad size (pixels)

Resolution: 150 pixels / inch or greater

File Types:

ipg, pdf, png, psd, eps, ai

Design Fees: \$25 (depending on the extent of work)

(depending on the extent of work)

online

Rotating banner ads prospectcommunities.com PRCC website & other community sites.

\$100
Months
6 Mor

\$60

3 Months

\$180	
2 Months	
12	

File Requirements:

Banner Ad size (pixels)

 420×65

Resolution:

150 pixels / inch or greater

File Types:

jpg, pdf, png, psd, eps, ai.

Design Fees:

\$25 (depending on the extent of work)

Contact 852-2711 or Email: advertising@prospectcommunities.com







Registration begins for all Spring Programs Wednesday, March 26th at 9am. Register by phone or simply stop by!

Fitness Centre Information *New prices effective April 1, 2014*

	1	3	6	1 Year	10 Visits	20 Visits
	Month	Months	Months			
Youth (Age 15- 18)	\$34.00	\$87.00	\$146.00 \$25/mth	\$213.00 \$20/mth	\$27.00	\$44.00
Adult 19+	\$44.00	\$114.00	\$193.00 \$35/mth	\$287.00 \$25.mth	\$34.00	\$57.00
Senior 55+	\$34.00	\$87.00	\$146.00 \$25/mth	\$213.00 \$20/mth	\$27.00	\$44.00
Partners (2 adults, same address)	\$73.00	\$188.00	\$315.00 \$60/mth	\$458.00 \$45/mth		
Family (2 adults/ 3 youth)		\$317.00	\$416.00 \$75/mth	\$536.00 \$50/mth		

Birthday Party Options *New prices effective April 1, 2014*

Type of Party	With/Without Staff	Cost	
Sports	With Staff	\$97.00	
Girls - Nails/Lip gloss	With Staff	\$138.00	
Craft	With Staff + Supplies	\$138.00	
Baking	With Staff + Supplies	\$138.00	
Dance	With Staff	\$97.00	

Bounce Inflatable Party Packages also available.

June is Recreation Month Fitness Centre Special!

During the month of June
ALL Fitness Centre Membership
options for Adults will receive
the youth/senior discount!

Offer valid June 1st – 30th 2014

Approximate 30% savings!

See inside for details on the following:

- > Adult Learning/GED program
- > Advertising opportunities
- Before and After School Program
- Clubs
- Donor Recognition
- Drop-in programs
- Easter Events
- First Aid and Babysitting Course
- > Fitness classes
- ➤ Floor Hockey Age 11-14yrs NEW
- > Floor Hockey Tournament
- > FREE trials
- Personal training
- Pickleball
- Policies and procedures
- Preschool Program
- Rentals
- Sports
- > Summer Camp Information
- Yoga
- ➤ Yoga 4 Kidz NEW

Soccer

Age Group	Age Group Day		# of weeks	<u>Price</u>	Start Date	Dates Excluded
3-4 yrs	3-4 yrs Monday		10	\$41	Apr 7	Apr 21/May 19
Tuesday		6-6:45pm	10	\$41	Apr 8	
	Thursday		10	\$41	Apr 10	
5-6yrs	5-6yrs Monday 6:45-7		10	\$45	Apr 7	Apr 21/May 19

Basketball

Age Group	<u>Day</u>	<u>Time</u>	# of weeks	<u>Price</u>	Start Date	<u>Dates Excluded</u>
Adult	Thursday	7:30-9pm	12	\$68	Apr 10	

Floor Hockey - *NEW – 11-14yrs age group*

Age Group Day		<u>Time</u>	# of weeks	<u>Price</u>	Start Date	Dates Excluded
5-7 yrs	5-7 yrs Wednesday		10	\$54	Apr 9	
8-10 yrs Wednesday		6:15-7pm	10	\$54	Apr 9	
11-14yrs	11-14yrs Wednesday		10	\$60	Apr 9	
Men's Tuesday		8:30-10pm	12	\$68	Apr 8	
Thursday		9-10pm	12	\$46	Apr 10	

Badminton

Age Group	<u>Day</u>	Time # of weeks		<u>Price</u>	Start Date	Dates Excluded
Adult	Monday	8:30-10pm	10	\$57	Apr 7	Apr 21/May 19

Dance Classes

<u>Class Title</u>	Age Group	<u>Day</u>	<u>Time</u>	# of weeks	<u>Price</u>	Start Date	<u>Dates</u> <u>Excluded</u>
Ballet & Jazz	3-5yrs	Wednesday	5:30-6:15pm	10	\$41	Apr 9	
Ballet	4-6yrs	Wednesday	6:15-7pm	10	\$41	Apr 9	
Jazz & HipHop	6-9yrs	Wednesday	7-8pm	10	\$45	Apr 9	

Karate

Age Group	<u>Day</u>	<u>Time</u>	# of weeks	<u>Price</u>	Start Date	Dates Excluded
5-9yrs	Wednesday	6-6:30pm	10	\$46	Apr 9	

Yoga 4 Kidz - *FREE TRIAL – March 29th – 11am-12pm – Registration required*

Age Group	<u>Day</u>	<u>Time</u>	# of weeks	<u>Price</u>	Start Date	Dates Excluded
6-11yrs	Thursday	6:30-7:15pm	10	\$46	Apr 10	

Fitness Classes - Visit our website for full program descriptions and instructors!

<u>Class Title</u>	<u>Day</u>	<u>Time</u>	# of weeks	<u>Price</u>	Start Date	Dates Excluded
Early AM Bootcamp	Monday	6-6:45am	10	\$36	Apr 7	Apr 21/May 19
	Wednesday	6-6:45am	12	\$43	Apr 9	
	Friday	6-6:45am	11	\$40	Apr 11	Apr 18
Cardio/Strengthening	Friday	10-11am	10	\$47	Apr 11	Apr 18/Jun 13
Older Adult Fitness	Monday	11am-12pm	9	\$31	Apr 7	04/21, 05/19, 06/16
	Friday	11am-12pm	10	\$34	Apr 11	Apr 18/Jun 13
Abs Bootcamp	Tuesday	7:30-8pm	12	\$36	Apr 8	
	Thursday	7:30-8pm	12	\$36	Apr 10	
Cardio Blast	Tuesday	5:30-6:30pm	12	\$57	Apr 8	
Zumba	Monday	7-8pm	10	\$60	Apr 7	Apr 21/May 19
Cardio Kickbox	Thursday	6:30-7:30pm	12	\$72	Apr 10	
Cardio Ball Training	Wednesday	11am-12pm	12	\$72	Apr 9	
All-In-One Fitness	Tuesday	6:30-7:30pm	12	\$57	Apr 8	
Sat AM Bootcamp	Saturday	9-10am	11	\$52	Apr 19	

Yogalates

Age Group	<u>Day</u>	<u>Time</u>	# of weeks	<u>Price</u>	Start Date	Dates Excluded
Adult	Wednesday	12-1pm	12	\$72	Apr 9	

Yoga

Age Group/Type	<u>Day</u>	<u>Time</u>	# of weeks	<u>Price</u>	Start Date	Dates Excluded
Adult/Hatha	Monday	12-1pm	9	\$54	Apr 7	04/21, 05/19, 06/16
	Friday	12-1pm	10	\$60	Apr 11	Apr 18/Jun 13
Adult	Tuesday	8-9pm	12	\$72	Apr 8	
Vinyassa Flow	Thursday	8-9pm	12	\$72	Apr 10	
	Saturday	10-11am	11	\$66	Apr 19	

Yogafit

Age Group	<u>Day</u>	<u>Time</u>	# of weeks	Price	Start Date	<u>Dates</u> <u>Excluded</u>
Adult	Thursday	5:30-6:30pm	12	\$72	Apr 10	

CoreYoga

Age Group	<u>Day</u>	<u>Time</u>	# of weeks	Price	Start Date	<u>Dates</u> <u>Excluded</u>	
Adult	Monday	8-9pm	10	\$60	Apr 7	Apr 21/May 19	

Line Dancing

Age Group	<u>Day</u>	<u>Time</u>	# of weeks	<u>Price</u>	Start Date	<u>Dates</u> Excluded
Senior (50+)	Thursday	10am-12pm	10	\$56	Apr 10	

Mom and Baby Fitness - *FREE TRIAL - March 27th - 9:45-10:15am - Registration required*

This post-natal workout designed for new moms will offer a relax atmosphere, social outlet and the light workout you need after having your baby. Go at your own pace, tend to your baby when needed and meet new moms in your area! Best age for baby is 6 weeks to toddler. Mom, please have your 6 week check-up clear before registering. If you have any questions regarding this program, please contact instructor Charity Kaizer at dynamitepersonalfitness@gmail.com

Age Group	<u>Day</u>	<u>Time</u>	# of weeks	<u>Price</u>	Start Date	<u>Dates</u> <u>Excluded</u>	
Adult + Baby	Tuesday	9:45-10:45am	6	\$66	Apr 8		

Mom and Baby Yoga - *FREE TRIAL - March 27th - 10:15-10:45am - Registration required*

This post-natal yoga program designed for new moms will offer a relaxed atmosphere, social outlet and a soothing yoga program for Mom and baby. Go at your own pace, tend to your baby when needed and meet new moms in your area! Best age for baby is 6 weeks to toddler. Mom, please have your 6 week check-up clear before registering. If you have any questions regarding this program, please contact instructor Charity Kaizer at dynamitepersonalfitness@gmail.com

Age Group	<u>Day</u>	<u>Time</u>	# of weeks	<u>Price</u>	Start Date	<u>Dates</u> <u>Excluded</u>
Adult + Baby	Thursday	9:45-10:45am	6	\$66	Apr 10	

Adult Pickleball - *NEW*

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. Haven't played before? No problem! PRCC will supply a staff member on the first evening of programming to introduce the sport, explain rules and give instruction!

Age Group	<u>Day</u>	<u>Time</u>	# of weeks	<u>Price</u>	Start Date	<u>Dates</u> <u>Excluded</u>
Adult	Wednesday	8:30-10pm	12	\$68	Apr 9	

Senior Pickleball Drop In

PRCC, along with help from the Chebucto West Community Health Board Community Development Fund are happy to offer Senior Pickleball Drop In! This program is aimed only for Seniors 50yrs+ and is offered weekly on Thursdays from 10am-12pm. The fee to drop in is \$3.00 per session. No registration required!

Tot Time @ Terence Bay Elementary

Age Group	<u>Day</u>	<u>Time</u>	# of weeks	<u>Price</u>	Start Date	<u>Dates</u> <u>Excluded</u>
3-5yrs	Tuesday	9:30-11:30am	10	\$61	Apr 8	
	Wednesday	9:30-11:30am	10	\$61	Apr 9	

First Aid Course

Emergency First Aid and CPR Level C + AED Date: April 26th 2014 Time: 9am-5pm Price: \$77 per person 30 minute lunch break + 2 – 15 minute breaks You must bring your own lunch and snacks Register at PRCC Front Desk by April 21st 2014 Full course details online

Traditional Ukrainian Easter Egg Decorating Workshop

This batik method of applying bees wax as a resist to an egg and dipping in dye, followed by more wax and a darker dye is a popular Ukrainian tradition. When the wax is finally removed the beautifully decorated egg is revealed! Join us for a workshop which will teach these techniques taught by experienced instructors.

Date: April 6th 2014 Time: 1-4pm Price: \$30 (all materials will be supplied) Age limits: Minimum age – 6-11yrs (must be accompanied by an adult) 12yrs to Adult are also welcome!

For more information regarding this workshop, to view pictures and to learn about the instructors please visit our website:

www.centre.prospectcommunities.com

In-service Day Camps at PRCC

Full Day Camps - 7am-6pm Fee: \$28 per day Mar 21, May 16, Jun 27 Half Day Camps - 11:30am-6pm Fee: \$18.50 per day

Apr 30

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.

Youth Sport Drop In

BJHS students are invited to join us for Youth Sport Drop In 5 days a week for FREE! Monday-Friday 2:15-3:15pm

Babysitting Course 11yrs+

BLAST - Babysitting Lessons And Safety Training Date: May 10th 2014 Time: 9am-5pm Price: \$46 per person You must bring your own lunch and snacks (beware of food allergies) Register at PRCC Front Desk by May 5th 2014 Full course details online

4th Annual Easter Egg Hunt

Join us Saturday, April 12th for an outdoor property wide Easter egg hunt! We will have our bounce inflatables on site along with our special guest!

> Time: 12pm SHARP! Price: \$5.00 per child



Price includes:

- a bag for egg collecting
 - treats!
- Use of the bounce inflatables

This will be a rain or shine event – alternate plans will be made in the event of rain!

Senior Washer Toss Social

Come out and play indoor washer toss! Play in tournaments or just for fun. Coffee, Tea and Refreshments Available! Spectators Welcome!

Winter Washer Toss Dates:

April 3 and 17 May 1, 15 and 29 June 12 and 26 1-3pm \$3 per participant!

Youth Floor Hockey Drop In

Students in Grade 10-12 are invited to come play Floor Hockey for FREE! Fridays - 6:30-8:30pm Some excluded dates apply.

In-service Day Camps at PRCC

Full Day Camps – 7am-6pm
Fee: \$28 per day
Mar 21, May 16, Jun 27
Half Day Camps – 11:30am-6pm
Fee: \$18.50 per day

Apr 30

These camps are open to students from both Prospect
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Children must bring lunch and 2 snacks.

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Play in tournaments or just for fun.
Coffee, Tea and Refreshments Available!
Spectators Welcome!
Winter Washer Toss Dates:
April 3 and 17
May 1, 15 and 29

May 1, 15 and 29 June 12 and 26 1-3pm \$3 per participant!

Youth Floor Hockey Drop In

Students in Grade 10-12 are invited to come play
Floor Hockey for FREE!
Fridays – 6:30-8:30pm
Some excluded dates apply.

Bounce Inflatable Birthday Parties!

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

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









Questions? Want to book a party?

Contact Jessica - 852-2711 or jessica@prospectcommunities.com

Other Birthday Party options available – see website for full details

FREE Adult Ed Upgrading/GED Classes

The Western HRM Community Learning Network is happy to be offering FREE classes sponsored by the Dept. of Labor and Advanced Education.

Classes take place on Tuesday and Thursday mornings from 9-12pm at PRCC – Conference Room.

Adults 19 years of age and up have individualized programs developed based on their needs and then are

Improve reading, writing, math skills or work on getting a GED---whatever your goals, we are here to help you meet them.

taught in a classroom format.

For more info call Deborah Ratcliffe @ 225-6320. Registration is on-going.

Items Available for Community Use!

PRCC has items which are available for community groups, clubs or individuals to borrow and use.

- 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!)
- 2. Nordic Walking Poles We have 12 pairs of Nordic Walking Poles available to use.

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 contact agreeing to these rules.

If you or your group are interested in booking these items for use, please contact:

PRCC Front Desk – 852-2711

Room Rentals Available!

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

Prices displayed are effective April 1st 2014.

Wedding and Special Event packages also available! More information available online!

Advertise with Prospect Communities!

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

- 3 months \$60
- 6 months \$100
- 12 months \$180

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 \$60
- 6 months \$100
- 12 months \$180

advertising@prospectcommunities.com - 852-2711

Teen Dances - Grade 6-9

PRCC is happy to be able to offer the youth of our community a social event per month!

Mark your calendars!

Mar 21 – 6:30-9:30pm - \$6.00 April 25 – 7:30-10pm – VIDEO DANCE - \$7.00 May 23 – 7:30-10:30pm - \$6.00 June 20 – 7:30-10:30pm - \$6.00

Students are required to show ID – Student ID or Health Card as proof of age.

These events are chaperoned by adult volunteers from our community!

Room	½ Room/hour	Full
		Room/hour
Meeting Room	\$10.00	\$13.00
Kitchen (without use of Centre supplies)	N/A	\$41.00
Multi-purpose	\$18.00	\$35.00
Gym – with equip.	\$23.00	\$42.00
Gym – w/o equip.	\$20.00	\$39.00
Art Room	N/A	\$13.00

^{**} Non-Prime time Gymnasium Rentals – Effective immediately PRCC will offer a non-prime time rate for gymnasium rentals between 8:30am-1pm Monday-Friday – ½ gym - \$14 per hour OR full gym - \$26 per hour All rentals are subject to availability.

General Policies and Procedures

Payment

- ➤ 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.

Refunds

- ➤ 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.
- 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.

Snow Storm Policy

- 1. If school is closed in the morning our Preschool Program will also be cancelled.
- 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&A participants.
- 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.

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.

Holiday Hours

April 18th, 20th and May 19th – Closed April 21st – Open 9-5pm

** Please ensure you check the excluded dates column next to your program.

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, please see below:

- 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:

• 30 or 45 minutes or 1 hour Adult Sport/Fitness Drop-in - \$5

(Abs Bootcamp, Early AM, All-In-One, Cardio Blast, Cardio Strengthening, Older Adult Fitness Sat AM Bootcamp)

Specialty Fitness/Yoga - \$7

(Yoga, Yogalates, Yogafit, Zumba, Cardio Kickbox, CoreYoga, Line Dancing, Mom and Baby, Cardio Ball Training)

• 1.5 hour Adult Sport - \$7

Before and After School Program

This program is open to children in Grade Primary to Five at Prospect Road Elementary School or within the Conseil Scolaire Acadien Provincial. Program runs from September – June

Hours:

Before School: 7am – 8:30am (children are escorted to school by program instructors via Prospect Recreation Connector Trail or by bus for those students attending school within the Conseil Scolaire Acadien Provincial)

After School: 2:30-6pm (children are picked up at appropriate dismissal time and escorted to PRCC by program instructors via Prospect Recreation Connector Trail or dropped off by bus for those students attending school within the Conseil Scolaire Acadien Provincial)

Fees:

1 child – Before Only - \$82.00/month 1 child – Afternoon Only - \$225.00/month 1 child – Before and After - \$291.00/month ** Multiple children pricing available

Registration for 2014-2015:

Registration for children new to this program will begin on May 1st at 9am – Space is limited.

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.

Program runs from September – June.

Hours/Days:

Tuesday AND Thursday OR Wednesday AND Friday 9am-12pm

Fees:

\$95.00/month (2 days per week)

Registration for 2014-2015:

Registration for children new to this program will begin on May 1st at 9am – Space is limited.

Comments and Suggestions

PRCC welcomes all comments and suggestions from community members. Do you have a new program you'd like to suggest or teach?

Please contact Jessica – Program Coordinator Jessica@prospectcommunities.com

Floor Hockey Tournament – Mark the date!

Join us Saturday, May 3rd for our 3rd Annual Floor Hockey Tournament! Boys and Girls, aged 5-7yrs, 8-10yrs and 11-13yrs are invited to play. More information will be available soon. Visit our website for updates.

*Note: Tournament may run into Sunday, May 4th depending on the number of participants registered.

Any questions please contact Jessica – <u>jessica@prospectcommunities.com</u>

Contact Information

Front Desk - 852-2711

Delisca Norris – General Manager delisca@prosectcommunities.com

Jessica Morrissey – Program Coordinator Jessica@prospectcommunities.com

Regular Hours

Monday-Friday – 8:30-10pm Saturday and Sunday – 8am – 9pm

Fitness Centre Hours

Monday-Friday – 6am-10pm Saturday and Sunday – 8am-9pm (6am-8:30am available for cardholders only)

Summer Day Camps 2014

These day camps will be open to all children in Grade Primary to Five (2013/2014 school year)

Monday to Friday - 8:30am-4:30pm

July 2nd – August 29th

Children will enjoy many sorts of different daily activities including games, sports, crafts, art, outdoor play and much more!

Things your child will need for camp:

- Lunch and 2 snacks (peanut free)
- Water Bottle
- Sun Screen
- Bathing Suit/Towel (for sprinkler)
- Hat
- Change of clothes
- Sneakers

Fees:

\$112 per week \$15 for 7-8:30am (Early Drop off) \$10 for 7:30-8:30am (Early Drop off) \$10 for 4:30-5:30pm (Late Pick up)

Each week will have a different theme which will be available online at a later date.

My Pals and Me – Preschool Summer Day Camp 2014

These morning camps will be open to all children age 3-5 yrs who are fully potty-trained

Monday to Friday - 9am-12pm

July 2nd – August 29th

Children will enjoy many sorts of different daily activities including games, sports, crafts, art, outdoor play and much more!

Things your child will need for camp:

- Snack (peanut free)
- Water bottle
- Sun Screen
- Hat
- Change of Clothes
- Sneakers

Fee:

\$48.00 per week

Each week will have a different theme which will be available online at a later date.

Speciality Summer Camps 2014

Prospect Road Community Centre will be happy to offer Specialty Camps throughout Summer 2014.

Details about these camps will be available online at a later date.

We will also be offering Summer Programs at the Terence Bay C@P Site! Details about these camps will be available online at a later date.

Visit: www.centre.prospectcommunities.com frequently for updates.

Registration for all Summer Day Camps will begin on May 1st 2014.

WORD LIST

ATTIC

BACK YARD

BASEMENT

BOXES

BUCKET

CAR

CEILING

CLEAN

DRYER

FRONT YARD

GARAGE

GARBAGE

GLOVES

GUTTERS

LADDER

LAUNDRY

LAWNMOWER

MIRRORS

MOP

ORGANIZE

PAINTBRUSH

RAKE

SHED

SORT

SPONGE

VACUUM

WATER

WALLS

WASH MACHINE

WINDOW CLEANER

MGARAGEGNOPS VZBWDRAYKCAB

CENIHCAMHSAW

FRONTYARDGRH

ULADDERZYEBS

NBWORAKETGLU

RAUWSLLAWAAR

ESECYQWGWBUB

YEZLKPXNCRNT

RMIECEMISADN

DENAZOTLRGRI

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BOXESHEDGECS

Spring-Cleaning Word Search



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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
Visit us at: www.centre.prospectcommunities.com

902-852-2711 or visit

centre.prospectcommunities.com

PRCC Staff:

General Manager: Delisca Norris

Email: delisca@prospectcommunities.com

Program Coordinator: Jessica Morrissey **Email:** jessica@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, MLA Director
- » Peter Comuzzi Director
- * Temporarily Stepped Down





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
Visit us at www.roc.prospectcommunities.com

902-852-2622

or visit

roc.prospectcommunities.com

We offer:

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

...and much more!

ROC Staff

ROC, Technology Coordinator: Jason Bungay Email: jason@prospectcommunities.com

C@P After-School Instructor: 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.

