

Prospective

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News from the ROC Executive Director

By Shirley Jollimore

It's hard to look ahead to fall when you want to keep enjoying the summer sunshine and warm temperatures, and harvesting gardens that are finally overflowing after our cold, wet spring! Fall is really the best time in our province, though, so it's fun to look ahead and get back into planning mode!

The Resource Opportunities Centre (ROC) held our Annual General Meeting in June, and welcomed a new Director, Bill Aasvagen to the Board. Bill is a resident of Prospect Bay, and has extensive experience both as an entrepreneur and in working with the non-profit sector!

We're so pleased to have him join our board. The board meets the last Monday of every month (summer months excluded); if you're interested in participating, any one of our board members would be happy to chat with you about what is involved, or you can email executivedirector@prospectcommunities.com . We have a web page that provides an overview of the our mission, vision and values, and gives a flavour for the kinds of work we take on. Find us at <http://roc.prospectcommunities.com>

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FALL
Programming Inside



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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.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

Contact Us



902-852-2711



www.prospectcommunities.com



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ROC Staff:

Shirley Jollimore - Executive Director
executivedirector@prospectcommunities.com

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

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

David Thomas - Facility Maintenance Manager
davethomas@prospectcommunities.com

Jason Bungay - Technology Coordinator
jason@prospectcommunities.com

Board of Directors:

- » Al Goodyer, Chair
- » Rob Gilbert, Vice Chair
- » Brad Knight, Treasurer
- » Coralee Carter, Secretary
- » Bill Aasvanger
- » Lisa Ferguson
- » Art Gilbert
- » Peggy Gilbert
- » John Whitlam
- » Nicole Slaunwhite, Past Chair
- » Shirley Jollimore- Executive Director (*Ex Officio*)

About Our Advertising:

The advertisements and community articles printed within this publication in no way reflect the views of our organization.

Paid advertising allows the ROC, a not for profit, community development organization, to offset some of the production costs of the publication, and allows us to connect the Prospect Communities from Goodwood to West Dover and beyond.

Community articles, of a non-advertising nature, are accepted free of charge and supports our vision, mission and strategic plan.

Please reach out to admin@prospectcommunities.com to be added to our community organization list or advertising list to ensure you are notified of future opportunities.

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

Our board has come to the end of the strategic plan that it began in 2016, and is now in the early stages of developing a new five-year strategy for the organization. Part of that will be speaking with community, likely via an electronic survey, to hear what you think priorities should be for our community. Our board will take that feedback, along with trends in areas that align with our vision and mission, and develop goals to work on over the next three to five years. We'll be working with HRM Community Developer, Bronwyn Mackinnon to get this important planning activity completed, but we can't do it without your help. We'll publicize the link to the survey, and if you need assistance filling it in we can use the public computers at PRCC to help you.

The board is still waiting to hear back on the application for funding for a feasibility study around community-based transit. We expect to hear something very soon! Feedback from the community on the options that would be supported will be a critical part of this process, so if the funding is approved, our social media channels will host information and staff at the PRCC will be informed so you don't miss an opportunity to share your opinion on what would work best in the Prospect Communities, and what type of transit you would support.

The ROC holds a seat on the Chebucto West Community Health Board (CWCHB), where we share the perspective of the

Prospect Communities. The Health Board is working on three main priorities over the next two years. The first, supporting the development of a local food security policy, has been an ongoing project in partnership with the Halifax Food Policy Alliance and the Halifax Community Health Board, and they are developing a primer for the federal election, to empower voters to engage their candidates in doorstep discussions about food security concerns in our local areas. Look for that in your mailboxes in September. The next priorities they've identified for work over the next couple of years include homelessness and mental health services. They're in the process of developing action items and you can follow the progress on those issues via the Chebucto West Community Health Board Facebook page.

Finally, the ROC board holds a position on the Western Commons Advisory Committee. The trail access to the Western Common Wilderness Common behind the PRCC is still officially closed, as the trail is still under construction. The Advisory Committee, empowered only to make recommendations to Community Council, is working with Parks and Recreation to determine the best way to cross the Nichols Lake/McDonald Lake waterway, and HRM contracted a consultant to study what would be required and make recommendations. They are looking at all possible options. A decision needs to be made on what the next phase of trail development will be, to determine the type of water crossing

required in that area. If the bridge needs to host construction equipment and materials, it will require a larger, sturdier, more expensive crossing. If the decision is made to begin trail development through another location, then possibly a different type of crossing can be utilized. For more information, the Advisory Committee terms of reference, agenda & approved minutes are posted at <https://www.halifax.ca/city-hall/boards-committees-commissions/s-z/western-common-advisory-committee>

Fall is always a time when activities ramp up in our community! We'll be restarting our Prospect Communities Round Table this fall, bringing local groups together to discuss activities, and opportunities to work together. To get added to the email list for this group, please reach out to executivedirector@prospectcommunities.com. PRCC fall programs will be starting soon and the Prospect Communities Farmer's Market is growing every second week with new harvests from local farmers, beautiful handcrafted items and delicious treats. We have an amazing community here, and I'm so proud to be part of it, working with so many people who care deeply about the quality of life in our corner of the world. Thanks to all of the ROC board and staff members, and all of the community volunteers who contribute to our local culture.



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A portrait of Iain Rankin, a man with short brown hair, wearing a white dress shirt and a red patterned tie, smiling at the camera.

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The Goodwood Beautification Project

The Goodwood Beautification Project committee came together in fall 2018 to look at the possibility of partnering with local governments and businesses to improve the visual appearance of the industrial stretch in Goodwood along the Prospect Road. The timing was perfect; road improvements from Evergreen Place to the Prospect Road Community Centre were planned for the summer and created an opportunity to improve the roadside esthetic.

Local residents Maureen Yeadon, Brookside; Bob Dooley, Goodwood; Frank Johnston, Goodwood, and Shirley Jollimore, Executive Director of the Resource Opportunities Centre, met with representatives from Transportation and Infrastructure Renewal (TIR) to determine what might be possible and to explore funding opportunities. The committee applied successfully for funding through the NS Department of Municipal Affairs, with support from MLA Iain Rankin, and to the Capital District Fund through Councilor Stephen Adams to make roadside enhancements at what is considered the gateway to the province's most visited tourist attraction.

Thousands of tourists pass through the Prospect Communities each year en route to Peggy's Cove and the many other notable tourist destinations we are so lucky to have in our backyards. The Committee believes

that enhancing the roadside will increase interest in local businesses, artists and events and encourage travelers to stop by rather than driving straight through to their end destination.

While these kind of improvements need to be phased in over a couple of years, the immediate focus is the entrance to Mills Drive. Working with landscape design consultants at Talisman Technical Solutions, a design in keeping with the local environment and incorporating native stone and plants will see the installation of new signage and a natural garden space on the corner of Mills Drive and Prospect Road, as well as some native plantings along the road leading up to Mills Drive. An art installation designed by metalsmith Al Simm will be installed adjacent to the Twin Cities Insulation property, and will reflect our seaside heritage. Native plants are being supplied by local gardener, Barb Allen.

The committee has recently been approached by several businesses located within the Mills Drive industrial area including C&D Recycling, Wil-Mac Self-Storage, and John Ross & Sons. They will engage their fellow business colleagues in the area, and appoint a representative to join our committee to work collaboratively with us on the planned improvements. The vision is one that is natural and not industrial, reflecting the



culture and environment of the Prospect Communities and our seaside heritage. We have been very fortunate to benefit from the generosity of in kind contributions from our contractors throughout the planning and early stages of this project. We also appreciate the support from Twin Cities Insulation and Leeds Construction who have agreed to allow access to their properties to facilitate the work to be done.

The committee is currently finalizing necessary permits with TIR and hopes the work will begin in early September, once roadwork is complete. The plan for a second phase of work will continue along the Goodwood stretch in 2020. The hope is that future iterations will continue further along the Prospect Road as road improvements move through, and if local communities and their members have interest in continuing the work started by the Goodwood Beautification Project.

Good luck to the Prospect Ladies Softball team!

If you didn't know.....the Prospect Communities have a ladies Softball team!

It's a summer filled with fun evenings spent on the ball field in the months of June through September.

Proudly sponsored this season by local Realtor, Allison Godsoe, of Jerry and Annette Murphy's Team of Keller Williams Select Realty, these gals are set to hit the field on the weekend of September 7th in Tantallon in the St Margarets Bay League final tournament to represent the Prospect Communities.

Good luck ladies, and have fun!



Prospect Road Seniors Group

Those 55 years of age or older are welcome! This club formed in 2002 to bring together older members of the Prospect Area to create and enjoy recreational activities and social interaction in our community. We go there to have fun and enjoy each others' company. We keep the club going all year as many of the seniors rely on this as their only outing during the week. We meet weekly at the White's Lake Legion every Wednesday afternoon. We have between 70-75 members, and each week three or four card tables are set up with different games and we have space for dart players too! Coffee and tea is available and we have a share table where members bring in sandwiches and sweets for a lunch, at the bargain price of \$1. There is always a wonderful buffet of treats. The funds collected cover the cost of tea and coffee, plates, napkins, spoons, forks, etc.

We feel this club is vitally important to the physical and mental well-being of the seniors in our area. It has been a successful year in that we had a lot of activities throughout the year. We often bring in speakers or subjects of interest to seniors, including health, security, recreation and many others that our members might want. We also plan special events for the holidays, like St Patrick's Day and Valentine's Day, Thanksgiving and Christmas. Meals are provided during these events. At the first meeting of the month, birthdays of members born in that month are celebrated with a birthday cake and singing! Our senior club places a wreath on Remembrance Day at the White's Lake Royal Canadian Legion Ceremony for our seniors and soldiers. We rent the Legion each Wednesday and we provide an opportunity for activity and fellowship. We recently went on a movie/dinner night, which was enjoyed by all.

We do apply for and receive grants throughout the year which in turns allows the funds to go further toward the health of our members. We bought a new microphone for our meetings, new coffee and tea makers, washer toss and bean bag games and a step counter for each member who would be interested in counting their steps. Last winter, we crossed Canada using our steppers to track our journey, and we'll resume again in September to come back across Canada, one step at a time!

We have a committee that organizes our events: President, Johanne Blackburn; Vice Chair, Thelma Ryan; Secretary, Betty Maxner; and



Treasurer, Don Ray. We have a \$5 membership fee for the year, and hold a 50/50 draw each week. The executive have and will remain the driving force behind this organization. In conjunction with the membership, we plan the various activities for the benefit of all. Then, the executive put the plans into action so that the outings or the education efforts are safe and a benefit to the members.

The original organizers realized there were a number of seniors in the area and that there was little in place for them. Today, our members continue to increase, they have a safe place to congregate with people their own age and to enjoy companionship and activities with one another. If you would like to come and join our Senior's Group, we would love to have you. You will then get a sense of belonging, forget the loneliness, have some fun, get some light physical activity and improve mental health.

The committee would be happy to have you join us! Think about it! Come visit us at the Legion on Wednesday afternoon!

Submitted by Thelma Ryan, Vice Chair & Betty Maxwell, Secretary.

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The Prospect Communities Farmers Market

The best of the Nova Scotia market season is just around the corner!

The Prospect Communities Farmers' Market has been in full swing since our 3rd season began in early June. This year has been filled with growth; we've been working really hard on asking specific, well informed questions, listening to responses whole heartedly, and focusing on making decisions that are in the best interest of both guests and vendors...

And who can forget about the addition of Sunday Brunch at the Kitchen Window Café?! This year through the hard work and vision of our Programs and Events Manager, Kitchen Coordinator and some really amazing volunteers, we have been able to offer brunch every second Sunday in partnership with the farmers' market. Brunch begins an hour ahead of the farmers' market at 9:30am to give community members a chance to fill their bellies and caffeinate accordingly before they shop. You will find old favorites from last year like breakfast sandwiches, eggs benny, skillet and new additions like our Big Farmer's Breakfast. As per usual, gluten-free and take out options are always available.

The fall harvest will bring a bounty of delectable, locally grown items to our market; apples, (late) berries, crisp arugula, tasty root veg and pumpkins, just to name a few.

We've also worked to bring some learning opportunities to the market and following a few workshops earlier in the season, will be offering two final workshops this Fall: FOUND Forgotten Food - Food Waste Reduction Information Session on September 8th, 2019 from 11:30am-1pm and a Fermentation Basics Workshop on September 22nd, from 10am-2pm - This will be a hands on workshop which will have you preparing your own ferments to take home. You can register for these sessions by calling the PRCC front desk at (902)852-2711. Note that the majority of our workshops have a \$5 registration fee & some workshops will have an additional fee applied to cover program supplies.

Our challenge with the farmers' market has become a chicken and an egg situation; the community is asking for a bigger market with more variety, and we have been working to recruit vendors to help us achieve this goal, however we have to be mindful of guest volume to ensure that we are not making decisions that take sales away from existing vendors and put them in a position that they need to evaluate their ongoing participation in Prospect. Many of our existing vendors have taken on co-operative type relationships with other vendors who can't be with us, to help us improve the market offering. Thanks to these vendors you can now find fresh eggs, meat from Martock Glenn Farms, cheese from Fox Hill Cheese and vegan, non-dairy cheese from Fauxmage



based in PEI (you NEED to stop by the market to try it – it's so tasty on crackers and this is coming from a non-vegan, dairy cheese aficionado!).

For the farmers' market to be successful, grow our offering and attract new vendors we need to have the support of the community, for people to come out and shop, develop relationships with the vendors and to share their feedback with us.

How can you support the Prospect Communities Farmers' Market?

- » Like our **Facebook** or **Instagram** page
- » Share, like or comment on our social media posts
- » Come out and shop!
- » Swing by for brunch
- » Bring a friend, a neighbor, a child, a teen, a senior – there's a little something for everyone
- » Purchase a re-usable farmers' market bag – proceeds are reinvested right back into the market
- » Volunteer as a musician, greeter, or kitchen support
- » Become a vendor
- » Send us your feedback via email to farmersmarket@prospectcommunities.com
- » Refer one of your favorite vendors from another market
- » Follow our vendors on their social media platforms
- » **Come by the market in person! Our fall dates are September 8th, 22nd and October 6th, 20th**

10th Annual Prospect Road Crafters' Market

It all began with the Prospect Road Craft Crawl, where local crafters opened their homes for 15 years to offer handmade products for sale in the fall of every year. 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 all abuzz! 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. What better way to give back to the community, 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 the spirit of cooperation with the Prospect Road Community Centre, our organizing team has been working hard to making our Crafters' Market the success that it is today. Over the past couple of years, we have been lucky to receive the following accolades: Prospect Communities Volunteer Award 2016, Commendation from the Nova Scotia House of Assembly in 2016 & 2017, and a Congratulatory Message from the House of Commons. Needless to say, we thrive on serving our communities through craft. We even have our own website: www.craftersmarket.prospectcommunities.com

This year, we are holding the Crafters' Market on Saturday, October 19th, 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," and stop to have



some lunch prepared by members of St. Timothy's Church. There is a bank machine on the premises, and there is a door prize with craft donations from the committee membership.

So, mark your calendar, and come for the day to see what your community has to offer.

See you there!

The Prospect Road Recreation Association

The Prospect Road Recreation Association (PRRA) is comprised of representatives of various community groups that are active in the Prospect Communities, between the areas of Goodwood to West Dover.

Our role is to manage the local area rate in partnership with HRM by way of funding requests for community recreation projects and events. Additionally, the PRRA also manages the mowing contracts for the sports and recreation fields and parks in the Prospect Communities, seasonal outdoor washroom facilities, lighting on the ball fields and the float installation and removal in Terence Bay.

The Prospect Road Recreation Association Executive Committee:

- » Kelly Carlton – Chair
kelly@prospectcommunities.com
- » Greg Skelhorn – Vice Chair
vcprra@prospectcommunities.com

As a community member do you know what you should do if you notice an issue in one of the areas sports fields, playgrounds or parks?

The best course of action is to call 311 to report the issue. This number connects you to a municipal customer service centre where a representative will take the details of the issue and ensure the proper departments and partners are notified. You'll also be given a reference number that you can use to follow-up on, or forward to the local Councilor or PRRA should you need further assistance. It is extremely important for these issues to be reported and reference numbers allow us to obtain the record of reporting and any actions taken to remedy the issue. Don't be afraid to report the issue – sometimes multiple reports help with a speedier resolution.

The PRRA also invites community groups to get involved in the Recreation Association

and ask one or two members from local groups and organizations to attend our monthly meetings, which are typically held at the Prospect Road Community Centre. Please email the Chair, Kelly Carlton at kelly@prospectcommunities.com should you like to be added to the PRRA email list.

Route 333 Refugee Sponsorship Association

On May 24, Route 333 Refugee Sponsorship Association welcomed the al Hasan family from Syria to Halifax under Canada's Blended Visa Office-Referred (BVOR) program, which matches refugees identified by the United Nations Refugee Agency with private sponsors.

The family of six arrived to a furnished apartment in downtown Halifax, and a kitchen full of food - thanks to donations from kind people in the Prospect Road communities. The family's youngest children looked in their new bedrooms and found stuffed animals donated by children in the community.

"Thank you". "Welcome." Were words often repeated. The family of six came to Halifax knowing only a handful of words in English. Within days of arriving, the al Hasan's youngest son started elementary school and his older sister started junior high. Embraced by the school communities, they started learning English and met children they could talk to and play with. The children had sporadic schooling having lived in Turkey for several years since being forced to leave their home in Aleppo, Syria.

The family's 21-year-old son started English classes at Immigrant Services Association of Nova Scotia (ISANS). He is learning a new language but also learning how to read and write. After only a few weeks of classes he was in a car one day and spelled out a street sign, "C O N N A U G H T". Before coming to Canada, he worked for a sewing company. He would like to start a small sewing business at home to make money for his family.

In September, the family's parents and oldest daughter will start English classes. Both the mother and father have multiple health problems and have been seen several times by the medical team at the Newcomer Health Clinic in Halifax. They are impressed with the care they have received.

Under the BVOR program, the federal government provides families with six months of financial support and private sponsors give another six months support during the year-long sponsorship. Route 333 Refugee received six months of financial support for the al Hasans through the BVOR Fund, a fund established by the



University of Ottawa Refugee Hub and Jewish Family Services, in partnership with founding donors.

For private sponsors like Route 333 Refugee, the main job is to help families integrate into their new community and navigate the complexities of a new country and culture.

Since arriving, we have been in awe of how much the al Hasan's have learned and the completely new life they are creating. They are resourceful and kind. They say they like Canada, the people here, and all the generosity and respect they have received.

The al Hasan's are the second family from Syria Route 333 Refugee has sponsored. The first family arrived in July 2017 and are still living and working in Halifax.

Route 333 Refugee is made up of a small group of people from the Prospect Road area. If you'd like to make a donation of sewing supplies, provide English lessons, or get more information check out our Facebook page or email: allisonlawlor@eastlink.ca.

Submitted by Allison Laylor

10th Annual
Prospect Road
Crafters Market

Saturday, October 19th
10am to 4pm

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

Prospect Road Community Center
2141 Prospect Road, Hatcher Lake
www.craftmarket.prospectcommunities.com

Bring this coupon with you to receive an extra entry for the door prize.

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AIM Environmental Group Helps ROC Feed More People in The Prospect Communities

In the Spring of 2019 the Resource Opportunities Centre received a donation of \$2,500 from AIM Environmental Group and it was decided that an area in which this donation would make the greatest impact would be through our community meals programming. Staff & volunteers had been recognizing the need for a larger oven in our kitchen space for quite some time and with the help of this donation we are happy to announce the purchase of a Cook & Hold Oven unit.

Complete with 2 separate compartments, the cook & hold oven helps to ensure proper cooking and hot-holding procedures continue to be followed and increases the volume of food we are able to cook & warm exponentially.

Thank you to AIM for helping us reach our goals of feeding more community members & offering more opportunities for friends, families and neighbours to gather in our space.



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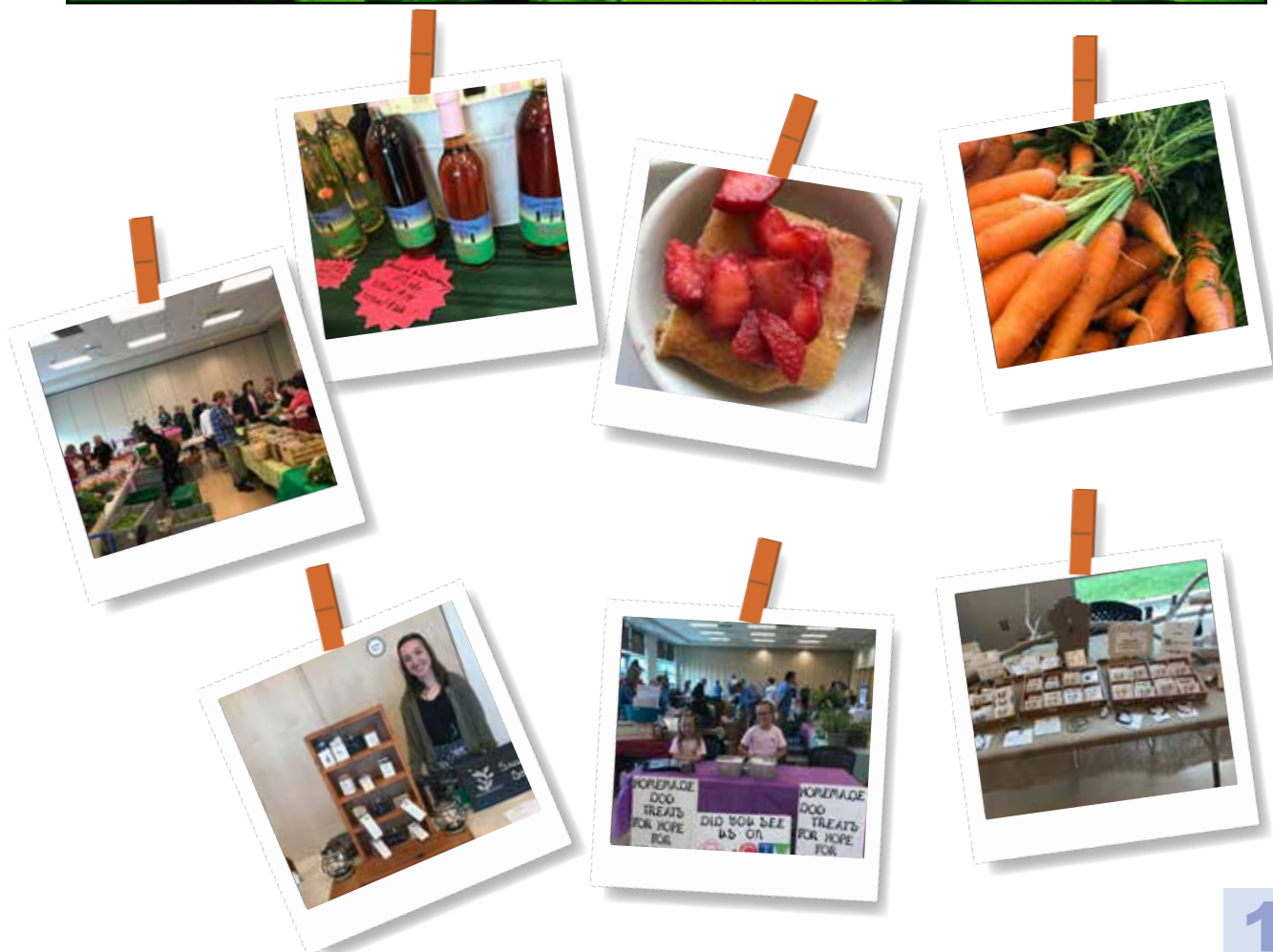
11:30AM - 1PM

\$5 PER PERSON

REGISTER BY CALLING

(902)852-2711

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Come Play in 'The Bay' This Fall!

Whether you're a resident or neighbour of the beautiful communities along Terence Bay Road, make it a point to come spend some time 'down the bay' this fall. There's lots going on and tons to celebrate!

Terence Bay Playground

We are beyond excited to share the proposed design for our new playground to be built at the Terence Bay Site of Atlantic Memorial – Terence Bay School this fall!

The community was essential in raising a total of \$90,500 to support this much needed infrastructure and thanks are to be given to the provincial and municipal governments for looking favourably upon the investment for our children. Most importantly, a huge, heartfelt thank you to the donors and volunteers who made this dream possible.



"Bay Days" is Coming September 23rd – 29th 2019

The spirit of The Firemen's Picnic in Terence Bay from days gone by is alive and well once again down home!

The Terence Bay Community Hall Association and many devoted volunteers are full steam ahead planning for 'Bay Days' - a week-long festival of events for the whole family to enjoy. Everyone is welcome!

Activities are taking place across the community, with many at the Hall, so mark your calendars for the week of September 23 – September 29th and be sure to 'Like' the Terence Bay Community Hall page on Facebook to stay up to date on all of the exciting details for Bay Days and more. Weekly bingos, bi-weekly washer toss and various events are also in the plans for this fall / winter season.

Check out the schedule – we hope you'll join us!

Terence Bay Community Hall – 80 Sandy Cove Road, Terence Bay



COUNCILLOR STEPHEN ADAMS
DISTRICT 11
Spryfield - Sambro Loop - Prospect Road

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Home: 902.477.0627
stephen.adams@halifax.ca

HALIFAX halifax.ca **311**

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Bay Days 2019

Schedule of Events

Monday, September 23

Bingo @ TBCH

Doors open at 6pm, bingo starts at 7pm

A special Bay Days prize will be drawn

50/50 draw & canteen on site

Tuesday, September 24

Family Ice Cream Social @ TBCH

6-7:30pm

Free admission

Wednesday, September 25

45's Card Social @ TBCH

Doors open at 7pm, games start at 8pm

Bring your own partner - \$10 per team

A special Bay Days prize will be drawn
50/50 draw & canteen on site

Thursday, September 26

Plaque unveiling in memory
of Vince Norris

@ Terence Bay River Park

BBQ - by donation - 5-7pm

Tournament starts at 5:30pm

Plaque unveiling at 6pm

50/50 draw & horseshoe pits on site

Thursday, September 26

Kids Movie Night @ TBCH

6:30-9pm

Free admission - Movie TBD

Popcorn & drinks provided

Friday, September 27

Seniors BBQ with Councillor Adams
@ TBCH

12-2pm

Free Admission

50/50 draw



Friday, September 27

Prospect Jammers @ TBCH

7pm

Admission by donation

50/50 draw & canteen on site

Saturday, September 28

Family Pancake Breakfast @ TBCH

3 pancakes, fruit + drinks

\$2 per adult, \$1 per child (under 12)

2 seatings:

8:30-9:30am & 9:45 - 10:45am

Tickets in advance - on sale soon!

Saturday, September 28

Adult Washertoss (19yrs+)

Registration - 12:30pm

Games start at 1:15pm

\$5.00 per person

Cash prizes

50/50 draw, canteen & cash bar on site

Saturday, September 28

Adult Dance (19yrs+)

Live Band - Lime Rickey

9pm-1am

\$10 per person

50/50 draw & cash bar on site

Tickets on sale soon!

Sunday, September 29

Family Fun Day & Ball Field dedication to
Wayne Manuel @ Terence Bay Ball Field

11am-2pm

Free Admission - pay-to-play

BBQ - by donation

Bay Days 2019 brought to you by the Terence Bay Community Hall Association
Many hands make light work - please contact tbcha2018@gmail.com to volunteer

Stay up-to-date on Facebook for ticket release dates and more details.

SS Atlantic Heritage Park Society Gathers Stories in Celebration of Anniversary

As a child, I remember walking with my mother to my grandmother's house. It was 3 P.M.—teatime. We would sit under the snowball bush in the front yard, and as I sat and contemplated the ants on the walkway, my mother and her mother would exchange the week's stories. Who they saw and what they did. At some point it would morph into a "Do you remember...?" type of conversation. At that point, I would usually stop pestering the ants and just listen. These stories told me much about my parents' and grandparents' lives, who they were before they were my mother and grandmother. They described places in the past, places I had never been and could never go. These stories were my oral history. Unfortunately I remember very few of them.

Oral History is the collection and study of the voices and memories of people and communities. It is collected by recording an interview. With support from the Province of Nova Scotia, Department of Communities, Culture and Heritage, the SS Atlantic Heritage Park Society is doing an Oral History Project to commemorate the 150th anniversary of the wreck of the SS Atlantic and to celebrate the community around us. The Society has selected three

Community Outreach Coordinators from the local communities. They are Krystal Harrie, Emily Kiley, and Paul Smith. They have begun conducting audio interviews and will continue into the fall. The audio recordings will be available at a listening station in the SS Atlantic Interpretive Centre.



Paul Smith, Emily Kiley, and Krystal Harrie taking a look at the mock-up of the SS Atlantic Heritage Park Listening Station. (Image: Lynette Richards)

To date we have collected stories about the popular church summer picnics, the schooner that delivered food, the bear that came to pick blueberries, floating houses across the bay, ducks for Easter dinner, and table cloths made out of Robin Hood Flour cotton bags. And yes, a tale or two about the SS Atlantic wreck and rescue.

We are looking for memories and stories from residents of Upper Prospect, Lower Prospect and Terence Bay, related to:

- » Personal stories about life in the community
- » Stories passed down through generations about life in the community
- » Memories passed down about the SS Atlantic wreck and rescue.

Do you have a story that you would like to pass along?

If you would like to tell your story, email SSAtlantic150@gmail.com or talk to one of the Community Coordinators.

We look forward to hearing from you and hearing the stories that are shared. Come by and have a listen at our listening station.

"YOUR NEIGHBOURHOOD REAL ESTATE AGENT"



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Paid Advertisement

PROSPECT COMMUNITIES FARMERS MARKET

10:30am – 1:30pm

at the

**Prospect Road
Community Centre**

September 8th & 22nd

October 6th & 20th



THE KITCHEN WINDOW CAFE

Serving Breakfast & Brunch
9:30am - 1:30pm

Eggs Benny, Skillets, Breakfast sandwiches
&
the Big Farmers' Breakfast

Gluten-free Options Available



Attention Parents!

The QuickStart Nova Scotia program is looking for participants!

QuickStart is a 19-week parent-coaching program offered in the Halifax Regional Municipality and delivered in English only for the pilot phase.

The program will involve parents meeting weekly with a member of our interdisciplinary team, which is comprised of an Occupational Therapist, a Speech Language Pathologist, and Parent Coaches

This program is funded by the province of Nova Scotia at no cost to eligible participants.

Eligibility for the program:

- (1) Child must have a suspected, provisional, or confirmed diagnosis of Autism Spectrum Disorder;
- (2) Child must be between the ages of 12 and 31 months at the start of the program;
- (3) Participants must make a minimum commitment of one immediate caregiver to be in attendance for the course of the program;
- (4) Participants must reside in the Halifax Regional Municipality; and
- (5) Participants cannot be enrolled in more than 10 hours per week of services elsewhere.

For more information, please contact:

Samantha Herberman, QuickStart Supervisor
sherberman@autismns.ca
 902.593.1015 ext. 306





Fall 2019



**Registration begins for
Fall Programs
Wednesday, August 28 at 9am.
Register by phone or simply stop by!**
****Registrations will not be taken via voicemail****

Fitness Centre Information

*Prices are effective May 1, 2019

	1 Month	3 Months	6 Months	1 Year	10 Visits	20 Visits
Youth (Age 15-18)	\$43.00	\$101.00	\$165.00 \$31/mth	\$238.00 \$26/mth	\$36.00	\$54.00
Adult 19+	\$55.00	\$132.00	\$221.00 \$42/mth	\$326.00 \$32/mth	\$44.00	\$68.00
Senior 55+	\$43.00	\$101.00	\$165.00 \$31/mth	\$238.00 \$26/mth	\$36.00	\$54.00
Partners (2 adults, same address)	\$88.00	\$215.00	\$357.00 \$68/mth	\$516.00 \$53/mth		
Family (2 adults/ 3 youth)		\$359.00	\$469.00 \$86/mth	\$604.00 \$58/mth		

Birthday Party Options

Type of Party	Details - 2 hours total	Cost
Sports	1 hour play, 1 hour party	\$115.00
Dance	1 hour dance, 1 hour party	\$115.00
Bounce Castle	Basic castle	\$175.00
Bounce Castle	Slide castle	\$200.00

Contact us for full party details

Save the dates - You won't want to miss out!

❖ **Sept 8, Sept 22, Oct 6 & Oct 20 - Fall dates for the
Prospect Communities Farmers' Market**

❖ **October 31, 2019 - Senior Halloween Party**

❖ **November 30, 2019 - Savour Saturday Returns**

❖ **December 6, 2019 - Turkey Dinner Community Meal**

**Stay up-to-date via our website for details as they become available for these
exciting community events!**

www.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	\$51	Sept 17	
	Thursday	6-6:40pm	10	\$51	Sept 19	Oct 31

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	16	\$105	Sept 5	

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>
5-8yrs	Wednesday	6-6:40pm	10	\$61	Sept 18	
9-13yrs	Wednesday	6:45-7:25pm	10	\$61	Sept 18	
Men's (19yrs+)	Thursday	8:30-9:55pm	16	\$105	Sept 5	

Dance

<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	3-4yrs	Wednesday	5:30-6:15pm	10	\$51	Sept 18	
Hip Hop	5-7yrs	Wednesday	6:15-7pm	10	\$61	Sept 18	
Hip Hop	8-10yrs	Wednesday	7-7:45pm	10	\$61	Sept 18	

Martial Arts .

<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>
Intro to Taekwondo	5-12yrs	Monday	6-6:45pm	10	\$56	Sept 16	

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	13	\$84	Sept 12	

Sportball

<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>
3-5yrs	Sunday	2:30-3:30pm	10	\$155.25	Sept 29	Oct 13, Nov 10
Coach & Child Multi-Sport Indoor (3-5yrs) - Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis.						
16-24mos	Sunday	3:45-4:30pm	10	\$155.25	Sept 29	Oct 13, Nov 10
2-3yrs	Sunday	4:30-5:15pm	10	\$155.25	Sept 29	Oct 13, Nov 10
Parent & Child Multi-Sport (16-24mos & 2-3yrs) - You've made the team! Sportball Parent & Child programs focus on physical literacy and social exploration as toddlers learn fundamental sport skills and participate in creative motor games. Children are challenged according to their individual skill level and grownups are taught techniques to help toddlers refine motor skills while developing social skills. Sportball maintains a one-parent-per-child ratio policy in all Parent & Child programs to ensure that focus is kept on helping little ones practice and progress.						

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>
Zumba Gold *NEW*	Monday	11:30am-12:15pm	13	\$91	Sept 16	Oct 14, Nov 11
Barre Fitness	Monday	5:30-6:15pm	13	\$91	Sept 9	Oct 14, Nov 11
	Saturday	10-10:45am	12	\$84	Sept 14	Oct 12, 19, Nov 9
Spin	Monday	6:30-7pm	13	\$91	Sept 9	Oct 14, Nov 11
Kettlebell Circuit	Tuesday	5:30-6:15pm	16	\$112	Sept 3	
Total Body Circuit	Thursday	5:30-6:15pm	16	\$112	Sept 5	
Spin & Stretch Combo	Tuesday	6:30-7:30pm	16	\$112	Sept 3	
	Thursday	6:30-7:30pm	16	\$112	Sept 5	
Strength & Length	Friday	9:30-10:15am	15	\$105	Sept 6	Oct 11
Saturday AM Circuit	Saturday	9-9:45am	13	\$91	Sept 7	Oct 12, 19, Nov 9
Zumba Toning *NEW*	Sunday	7:30-8:30pm	13	\$91	Sept 15	Oct 13, Nov 10

Zumba Toning Trial Class - Sept 8 - 7:30-8:30pm - \$4.00

Zumba Gold Trial Class - Sept 9 - 11:30am - 12:15pm - \$4.00

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>
Power Yoga	Monday	7:15-8pm	13	\$91	Sept 9	Oct 14, Nov 11
Evening Yin Yoga *NEW*	Tuesday	8-9pm	15	\$105	Sept 10	
Yoga for Strength	Wednesday	9:30-10:30am	15	\$105	Sept 11	
Supported Chair Yoga	Wednesday	10:30-11:30am	15	\$105	Sept 11	
Slow Flow Yoga	Friday	10:15-11am	15	\$105	Sept 6	Oct 11

Specialty Programs & Events

Restorative Yoga Nidra Workshop

Release tension and stress by learning the yoga practice for ultimate relaxation. Instructor Laurel Schut will lead you through a 60 minute restorative yoga practice followed by a 30 minute guided deep relaxation. Open to all fitness levels; no yoga experience necessary.

If you've never practiced Yoga Nidra before, it's a good idea to bring a warm sweater, socks, eye pillow, and small blanket with you to keep warm and cozy.

Sunday, September 15
Sunday, October 20
Sunday, November 17
Sunday, December 15

6-7:30pm - \$13.00 per workshop - Registration required

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 both at time of ticket purchase and admittance.

\$8.00 per student - Advance tickets only

Fall Teen Dance Dates:

September 27
October 25
November 22
December 13

These events are chaperoned by adult volunteers from our community!

Please visit our website for full event details, ticket purchasing procedures and more.

<p>Senior Washer Toss Social</p> <p>Come 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>September 12 & 26 October 10 & 24 November 7 & 21 December 5 & 19</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>Mondays, Thursdays & Fridays – 10am-12pm \$3.00 per participant</p>
<p>Indoor Walking Group @ PRCC</p> <p>Stop by the PRCC Gymnasium and take a long walk around the gymnasium - rain or shine!</p> <p>10 laps = 1 km!</p> <p>Tuesday, Wednesday & Friday 9am-10am</p> <p>\$2.00 or pay-what-you-can donation</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, 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 & Menus:</u></p> <p>Sept 6 - Mac & Cheese w/ salad Oct 4 - Mexican - Tacos & Chicken Fajitas Nov 1 - Baked Spaghetti & Meatballs w/ salad Dec 6 - Turkey Dinner w/ all the fixin's</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>*Indoor sneakers required*</p> <p>Monday-Friday 2:15-3:15pm</p> <p>Excluded dates when the facility will not be available:</p> <p>September 6, 12 & 26 October 4, 10 & 24 November 1, 7 & 21 December 5, 6 & 19</p> <p>*additional excluded dates may arise*</p>	<p>Book Club at the PRCC</p> <p>Calling all Book Worms! The PRCC Book Club is accepting new members and would love to have you join the fun on the 3rd Sunday of each month.</p> <p><u>Fall Meeting Dates & Books:</u></p> <p>September 15 - The Summer Before the War October 20 - Alone in the Classroom November 17 - TBD December date, location & book to be confirmed</p> <p>Free books are sourced from book kits available through the Halifax Public Libraries Book Kit program & participants share the room-rental fee cost equally.</p> <p>Contact Sheila Stanley for more information at 902-852-4993 or sstanley.fbc@gmail.com</p>
<p>Community Health Team - FREE Program</p> <p>Prediabetes</p> <p>Prediabetes (when blood sugars are above the normal ranges) offers a warning that you are at risk of developing diabetes. Learn how lifestyle choices can give you a chance to change your future</p> <p>October 10, 2019 1:30-4pm</p> <p>To register, call the CHT at 902-460-4560</p>	<p>Community Health Team - FREE Program</p> <p>First Things First: Time Management</p> <p>Would you like to learn tips and tools to help achieve a better life balance? Join us to identify your current time a management strategies, learn additional time management tools and how to create a goal using time management skills</p> <p>October 23, 2019 1:30-3:30pm</p> <p>To register, call the CHT at 902-460-4560</p>
<p>Get your GED for FREE!</p> <p>This program offers individualized programming to help upgrade your skills in literacy and numeracy as you focus on obtaining a GED. Taught by certified, experienced teachers, this program offers continual intake and flexible work schedules. Classroom work located at the Prospect Road Community Centre - classes are ongoing, registration is open.</p> <p>Classes are Mondays - 6-8:30pm at the PRCC To enroll or for more information call Deborah at 902-225-6320</p>	

Preschool Program

This program is open to children 2.5 years until school-age. Children must turn 2 years before April 1, 2019 and have started to show interest in potty-training.

Children will enjoy a structured play environment which will include learning opportunities that will prepare children for Elementary School. Our curriculum includes daily crafts, science exposure, music & circle time, fine & gross motor skill building, special events and holiday celebrations. Physical activity opportunities are also made available with both indoor and outdoor play. Program includes morning snack and all program materials.

Program runs from September 2019 – June 2020.

Hours/Days:

The program will run from 9am-12pm, daily, Monday to Friday. Participants have the option to register for full-time or part-time.

Fees for 2019/2020:

- 1 child - 1 day per week - \$70.00/month
- 1 child - 2 days per week - \$125.00/month
- 1 child - 3 days per week - \$181.00/month
- 1 child - 4 days per week - \$236.00/month
- 1 child - 5 days per week - \$291.00/month
- ** Multiple children pricing available **

Registration is on-going for September with limited space available in some days.

Lunch & Learn - We're Expanding!

With the support of the *New Horizons for Seniors Grant* funding we will now be offering **WEEKLY** Thursday lunches at the Prospect Road Community Centre!

The grant funding will also allow for us to bring in instructors, program leaders and experts to offer workshops before or after lunch on an occasional basis. This will bring opportunity for education, skill building and exposure to new activities!

The old favourites will remain the same:

Pickleball - 10am-12pm - Weekly
(extra fee applies)

Washer Toss - 11am-12pm - Bi-weekly
(included as part of Lunch & Learn)

Technology Support - 12:30-1:30pm - Bi-weekly
(included as part of Lunch & Learn)

Washer Toss - 1-3pm - Bi-weekly
(extra fee applies)

As additional workshops are booked, schedules will be released to notify participants. Workshops will be free to attend and lunch will continue to be a \$5 donation or pay-what-you-can.

See table to the right for the Fall schedule of regular activities; workshop schedule will be released soon!

Fall Schedule - Thursday Senior Activities

Date	Pickleball 10am- 12pm	Washer Toss 11am- 12pm	Washer Toss 1-3pm	Technology Help
Sept 5	✓	✓		✓
Sept 12	✓		✓	
Sept 19	✓	✓		✓
Sept 26	✓		✓	
Oct 3	✓	✓		✓
Oct 10	✓		✓	
Oct 17	✓	✓		✓
Oct 24	✓		✓	
Oct 31	✓	Senior Halloween Party - 12pm		
Nov 7	✓		✓	
Nov 14	✓	✓		✓
Nov 21	✓		✓	
Nov 28	✓	✓		✓
Dec 5	✓		✓	
Dec 12	✓	✓		✓
Dec 19	✓		✓	

Lunch will always be served at 12pm on Thursdays weekly and menus will vary.

Senior Halloween Party - Thursday, October 31, 2019

Wear your best costume and join us for a special spooky lunch at 12pm complete with bone-chilling tunes & a costume contest!

Technology Help and Services

The ROC is happy to offer technology help and IT services to the community. We are able to assist you with:

- Website development
- Computer and technology problems and troubleshooting
- Advertisement design
- Social media assistance..and MORE!

Prices start at \$35.00 per hour - For more information or to book an appointment with our Technology Coordinator, contact Amy Hockin - [902-852-2711](tel:902-852-2711) or admin@prospectcommunities.com

Rentals

Room Rentals Available The PRCC has many different rooms available to rent by the hour suited for a variety of events, programs or meetings.	Room	½ Room/hour	Full Room/hour
	Meeting Room	\$17.00	\$23.00
	Kitchen (without use of Centre supplies)	N/A	\$42.00
	Multi-purpose	\$28.00	\$49.00
	Gym – with equip.	\$33.00	\$53.00
	Gym – w/o equip.	\$30.00	\$50.00
	Art Room	N/A	\$23.00

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 prior 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

Gymnasium Banner Advertising

Take advantage of the most sought after area at the Prospect Road Community Centre by advertising on one of our available wall spaces in the gymnasium. Our gymnasium is open over 93 hours per week and gives your business exposure to a range of demographics through the various activities and rentals we host.

Prices starting at \$1046.50 (including tax, set up fee & design) - contact Amy Hockin for details at admin@prospectcommunities.com

Discounts of up to 20% are available for multi-media packages!

<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 or fitness centre member can no longer attend a class, program or make use of their fitness membership for medical reasons a credit on account will be issued for the remaining number of classes, months or visits with medical documentation. ➤ Refunds or credit on accounts will not be issued in the event a program registrant loses interest in the class, program or fitness centre. <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 style="text-align: center;">September 2 - CLOSED October 14 - CLOSED November 11 - CLOSED December 24 & 31 - Close at 1pm December 25 & 26 - CLOSED January 1 - CLOSED</p> <p style="text-align: center;">** Please ensure you check the excluded dates column next to your program.</p> <p style="text-align: center;">Comments and Suggestions</p> <p style="text-align: center;">The ROC 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 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</p> <p style="text-align: center;">Jessica Morrissey – Program and Events Manager Jessica@prospectcommunities.com</p> <p style="text-align: center;">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"> 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. 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. 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> <p style="text-align: center;">All Fitness & Yoga Programs - \$8.00 1.5 hour Adult Sport (Floor Hockey & Basketball) - \$10.00 *Note: Drop-in's are not available for children programs.</p> <p style="text-align: center;">Fitness & Yoga Punch Card Program</p> <p style="text-align: center;">Add flexibility to your fitness routine this Fall by purchasing a 10 or 20 class punch card! 10 class - \$80.00 • 20 class - \$150.00</p> <p style="text-align: center;"><u>Punch Card Program Details:</u></p> <p style="text-align: center;">Cards are non-transferable, non-refundable and expire on December 30, 2019. We cannot re-issue cards if lost. Class availability is on a first come, first served basis; Participants who register in advance for the full Fall session will be given priority. Cards are valid for all fitness & yoga classes except the Restorative Yoga Nidra Workshop & Holiday Break Fitness Classes.</p>	



IAIN RANKIN
MLA - TIMBERLEA-PROSPECT

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 @iainTRankin
 Follow me on LinkedIn!

I hope everyone had a relaxing, yet active summer. It is a pleasure to provide another update on some of the ongoing projects and recently secured funding for the Prospect Rd communities. I've been having some great discussions with everyone, having visited doorsteps in Terence Bay, Prospect Bay, Prospect, Hatchet Lake, and more over the last few months. I take all of those suggestions and comments seriously to help better represent you and your families.

Goodwood Beautification

In June, I announced \$25,000 from the Department of Municipal Affairs for a Beautification and Streetscaping Project, in Goodwood, along the Prospect Road. This grant application was put together by Maureen Yeadon, Shirley Jollimore, Frank Johnston, Bob Dooley, and Raïssa Musial.

Councillor Steve Adams and the Department of Transportation and Infrastructure Renewal are also assisting our committee as we plan a multi-year project to help beautify the Prospect Rd along the Goodwood area. More to come on this exciting project soon!



Prospect Rd Active Transportation Lanes

The shoulder widening project better accommodates more active transportation, and makes Prospect Rd safer for all people who travel on it. After hearing from many of you about excessive delays during the first couple of days of operation, we were able to have the contractor stop working before PM rush hour and improve traffic control to limit traffic queues as much as possible.

We are pleased to see this project finished earlier than expected. Your patience was appreciated during this period. It was important to conduct the work before the start of school.

My goal, going forward, is to continue to advocate for more funding to continue down the road into White's Lake and Shad Bay; budget permitting.



100-1268 St. Margarets Bay Road Beechville, Nova Scotia B3T 1A7 Email info@iainrankin.ca Phone 902 404-7037