



Prospective

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News from the ROC Executive Director

By Shirley Jollimore

I'm writing this as we come to midsummer, but we are already in the thick of planning for fall. The Resource Opportunities Centre board and management team met in July to review the feedback we received on our survey last year, along with some engagement done with local youth at the junior high, and work on our strategic plan.

We also started developing some strategic goals to carry our work forward through the next five years. We have some work yet to finish on those, but when they are ready we look forward to sharing them with you.

We fine tuned our mission statement, "To promote and encourage a healthy, welcoming, thriving community." We reviewed our organizational values, and updated them to reflect the growth in the community, including a specific statement around the value of volunteers in our organization. You can see this on our board web page at www.prospectcommunities.com

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RESOURCE OPPORTUNITIES CENTRE

PRCC:

Prospect Road Community Centre 2141 Prospect Road Hatchet Lake, Nova Scotia B3T 1S1

Fax: 902 852 2867

Email: info@prospectcommunities.com

Visit us at: www.centre.prospectcommunities.com

Front Desk (Starting Sept 1st)

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

Fitness Centre

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

Satellite Location:

(Executive Director On-Site Most Tuesdays 2pm - 4pm) 1714 Lower Prospect Road Atlantic Memorial Terence Bay Elementary School

Contact Us



902-852-2711



www.prospectcommunities.com www.centre.prospectcommunities.com



facebook.com/ prospectcommunities



@prospectandarea
#prospectcommunities #prcc



www.instagram.com/ prospectcommunities



prcc_roc

ROC Staff:

Shirley Jollimore - Executive Director executivedirector@prospectcommunities.com

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

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

David Thomas - Facility Maintenance Manager davethomas@prospectcommunities.com

Jason Bungay - Technology Coordinator jason@prospectcommunities.com

Board of Directors:

- » Nicole Slaunwhite, Interim Chair
- » Al Goodyer, Vice Chair
- » Liz Amyoony, Secretary
- » Jennifer Bell
- » Peggy Gilbert
- » Robert Gilbert
- » Lisa Ferguson
- » Brad Knight» John Whitlam
- » Shirley Jollimore- Executive Director (Ex Officio)
- » Damion Stapledon HRM Parks & Recreation Representative

Design, Editing & Layout
By the Resource Opportunities Centre

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

Shirley Jollimore Executive Director Resource Opportunities Centre

One of the great things we realized when we looked at the survey data was just how many things of the 'wants' are already underway in our community since the survey was completed last winter:

Farmer's Market: We're continuing to approximately more than 300 attendees each market, and as the produce offerings increase we're pleased to see people from our own community, and neighbours from Spryfield and Beechville/Lakeside/ Timberlea enjoying the market! Our market will run until October, so if you haven't had the chance, join us! Market dates this fall are September 10, 25, October 8 and 22, and fall is harvest time in our province!

Youth leadership and opportunities for youth: We held two successful youth programs this past spring. Our 'After the Bell' outdoor adventure program for girls and a 'Stepping Up to Leadership' program for youth were both very well attended. The leadership program was offered through HRM Community Development for free, and the After the Bell program was funded through a Thrive! grant. We have applied for this funding again, and hope to be able

to run another session starting in October.

Outdoor programming: We've convened a Hike team with our staff and some community volunteers, and they held a fantastic snowshoe winter hike, and have plans for some more coming up late summer/early fall. Stay tuned to our social media and website for more information.

Community Events: On September 16, the ROC will host a community celebration/paint day to complete our outdoor movie screen. We'll have music and a barbeque, and everyone will have a chance to do some painting on the screen frame mural! Weather permitting we'll have a movie to view on September 23. Stay tuned for more details, and if you'd like to help out with the celebration event, let us know! Email executivedirector@prospectcommunities.com

Programs for Seniors: We have a lot of activities that are senior-focused that happen at the PRCC, and we're still looking for groups and individuals to take advantage of the New Horizons for Seniors funding! If you're interested in hosting an event for seniors, contact us to discuss how we can help. Our funding helps to cover space rental, program instructors or equipment, a light meal and must include a light

physical activity. We've been pleased so far to partner with Village Green Recreation Society, the SS Atlantic Heritage Society and some seniors in Terence Bay to support activities. We still have capacity for more! Contact Shirley Jollimore or Jessica Morrissey to discuss possibilities, at 902-852-2711.

We will continue to develop action items based on your feedback, community recreation trends and identified community needs, and we'll post our plan once it's finalized.

The Board meets in September and we hope to finalize the strategic goals, and then management and staff will determine the actions to be taken to meet those goals. Watch our Board web page for more updates as they become available.

executivedirector@ prospectivecommunities.com







ROC Joins Community Health Board

ROC Staff

The Resource Opportunities Centre has been granted a seat at the **Chebucto West Community Health Board,** representing the Prospect Communities. Executive Director Shirley Jollimore, with the support of the Board, has been invited to join the CWCHB to participate in community health planning.

The Chebucto West CHB is one of seven health boards in the province, and their mandate is "to act as the eyes, ears and voice for the community's health."



The main role of the board is to participate in community health planning to support the province's health priorities, and recommend programming and other priorities for the local community. The ROC is pleased to have a presence at the table, having been a local champion for Community Health Team programming at the PRCC and other local spaces.

The Community Health Team will be hosting new programs for the community in the Prospect area this fall; for more information see their program guide online (http://www.cdha.nshealth.ca/community-health-teams/sign-programs) or in hard copy at the PRCC. Programs at the PRCC are listed in the 'Programs and Events' section of this publication.

Announcing Another Blanket Exercise

Margaret Sagar

In the last issue of The Prospective, we told you about a special way of learning the history of colonization through the use of blankets. At St. James' United Church in April, a unique educational experience took place, and now we are planning another to be held at St Joseph's Roman Catholic Church in Shad Bay on Wednesday, September 20th, from 6:30 until 9:00p.m. It will be led by the same team with Mary Rigby and Mi'kmaq elder and film director Catherine Martin of Blind Bay.

"We" are The Prospect Road Churches' 150 Committee for Reconciliation with First Nations. Working with Catherine Martin, our purpose is threefold: to begin to break down barriers between First Nations and settlers within our area so as to increase awareness and understanding of the oppression of First Nations; to thus take steps towards true reconciliation and right relations in our local communities; to do this work in partnership with First Nations with humility, respect and openness. Therefore, we are attempting to provide opportunities during 2017 for residents of this area to learn the history of colonization from First Nation perspectives, its consequences for all of us today in Canada, and in particular the history of this area from pre-colonization to the present.

In addition, we hope to offer a variety of opportunities for settler residents to engage with First Nations peoples for learning and for enjoyment in expectation of forming new understandings, friendships and partnerships.

We are thrilled that Brookside Junior High School is making arrangements to hold a blanket exercise when school is back in session. Also in the fall there will be a lecture by Roger Lewis of



the Nova Scotia Museum. Roger will speak about the history of the Mi'kmaq in this area; for example, an ancient burial mound was discovered in the early nineteen eighties when a sub division was being built near White's Lake, and an exciting archeological dig was held there.

Catherine Martin will show some of her films in the fall and in August there will be a special hike at High Head, one of the sacred places in our area. A food experience featuring "the three sisters" of indigenous cooking- corn, beans and squash- may yet happen along with other events.

Please stay tuned for further announcements and details. Anyone who has ideas or skills to offer is welcome to contact Margaret Sagar at quarterdeck@ns.sympatico.ca, by phone at (902)852-04628 or Sandra Hennigar via phone at 902-497-0953.

Historical Beginnings - 8th Annual Prospect Road Crafters' Market

Crafters' Market Organizing Committee

It all began with the Prospect Road Craft Crawl, where local crafters opened their homes for 14 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 breath taking 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 a-buzz! We discussed the concept of having everyone under one roof! The friendship of the crafters, and the welcoming of citizens and guests are important to us. Every year, the committee gives back to the groups and organizations that contribute to the success of the event. This is done by way of financial contribution to help them recoup their costs or support their cause. 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 enjoyed receiving the following accolades: Prospect Communities Volunteer Award 2016, Commendation from the Nova Scotia House of Assembly, 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 October 21, 2017, 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!



Village Green Recreation Society

Jennifer Veres

This summer featured the 20th Annual Park Day celebration on Village Green Park – 20 years ago the McGraths Cove-East Dover community built the park!

After two rain postponements, the event took place Sunday, June 25 and sunny skies prevailed. Trophies for the softball tournament went to both the youngest and "most mature" participant, then the horseshoe tournament got underway. This year we were delighted to add washer toss to the adult sports repertoire. The ever-popular barbecue canteen provided food and refreshment all day. The funfilled afternoon activities for youngsters included a bouncy castle, soccer-kick game, basketball, face-painting, giant bubble-making and scavenger hunt, while the park was filled with the great sounds of Brian Zinck's music. Congratulations to the winners of contests and draws, and a big thank you to the many helpers and barbecuers throughout this special day. Extra thanks to the young people who had the responsibility of running the day-long canteen.

The park was used by local children for a week this summer as they attended HRM Recreation's day camp. Being right beside the community hall gave the group a space for indoor activities too! With renovations virtually complete in East Dover Community Hall, our society is concentrating on programming community events within the building. This year has seen two dances, as well as concert performances and music jams. Guitar lessons took place through the spring, while card nights continue year-round and the



lending library is open twice a month. More events are coming for the fall and Christmas seasons.

The Hall has played host to various events; birthday parties, anniversary and wedding celebrations, artistic programming and Federal and Provincial polling locations.

The Village Green Recreation Society is made up of community volunteers in the Big Lake-Black Duck Run-Scott's Point-McGraths Cove and East Dover areas of the Prospect Road. Through our own email list and Facebook page, we keep in touch with area residents to share information of activities in the hall and on the park. If you would like more information, please contact info@vgrs.org



The Market Vibe - Prospect Communities Farmers Market

What do a pie baker, spice maker and soy candle pourer have in common with Yukon Gold hodge-podge, vegan soaps and stained glass? Throw in the occasional visit by torshee producers and pretzel twisters and you have the Prospect Communities Farmers Market. Operating out of the PRCC, you can find an assortment of vendors selling their wares every second Sunday afternoon (12-4) until October 22.

At the heart of the market are four farmers from three counties who provide all of the locally grown goodness this province has to offer. Traditional potatoes, carrots, beans and peas share tables with arugulas, garlic scapes and rose petals.

On average three hundred people stop by, pick up their groceries, have lunch at one of the ethnic food tables and enjoy fair-trade coffee. There is always a musician or two stopping in to busk an hour.

A small but welcoming space saw special events held for Canada's 150th. From the photo booth with red and white props, to colourful freezies and free teddies for all, the day was festive and everyone was smiling.

In its first year, the pop-up was made possible by a collaboration between the Resource Opportunities Centre with the Spryfield & District Community Market, via their voluntary market manager.

Sharing vendors means a weekly market to sell seasonally grown local food for the farmers and vendors and a steady supply of the same to the Spryfield and Prospect communities.

Not sure which week it is open? A quick call to 902-852-2711 or a peek at www.prospectcommunities.com will confirm.

You can also find us on social media! Check out our Facebook page <u>@prospectfarmersmarket</u> and Twitter <u>@prospectfarmers</u> for all of the latest details.









Western Commons Wilderness Common Update

The Western Common Wilderness Common is a large area of undeveloped wilderness between Route 333 and Route 103, belonging to HRM, currently being developed in accordance with the Western Common Wilderness Master Plan(2010). A committee of local individuals, representing environmental expertise, local business interests, trail enthusiasts and community members meets bi-monthly to review the development and advise HRM Council about the implementation of the Master Plan. More information about the Advisory Committee can be found online www.halifax.ca/city-hall/boards-committees-commissions/s-z/western-common-advisory-committee

Development of the first point of access, behind the Prospect Road Community Centre, is underway. The initial phase is construction of a trail that surrounds Nichols Lake; that work began in 2016 with trail marking and cut-in and rough surge of the first 2000 feet. The next phase of trail construction is expected to begin this September, and will see the continuation of the trail on the eastern side through to the waterfall, a popular local stopping point for hikers. As time and resources allow in this phase, further development may also be done on the western branch of the trail. Cobequid Consulting has been awarded the contract for this piece of work.

Please note, the trail remains closed to the public during the construction. It is still quite rough and not suitable yet for



safe walking. The attached photo was included in the public tender document, and provides a visual of the plan for the trail development (subject to change).





Route 333 Refugee Sponsorship Association

Allison Lawlor Chair of Route 333 Refugee Sponsorship Association

Through the tremendous efforts of the community, a family of three from Syria finally arrived in Halifax on July 13.

After 18 months of fund-raising, planning and waiting by the Route 333 Refugee Sponsorship Association, Sara and her two daughters Carol and Oshin were greeted by a group of about 20 excited children and adults at the Halifax airport. They were tired from their long journey from Lebanon, where they had been living for more than six months, but were happy to have arrived safely.

Thanks to the efforts of many volunteers, the family of three - a widowed mother and her two daughters, who are in their early 20s, - were taken to their furnished apartment near the Halifax Rotary.

There they found their fridge and cupboards filled with donated food and other useful items for them to begin their new lives. The generosity of people they had never met before touched them. They are eager to start new lives in Canada and will soon begin English lessons. Oshin speaks some English so that has been a big help in getting used to life in Halifax.

Again, Route 333 Refugee Sponsorship Association would like to extend our sincerest thanks to everyone in the community who helped us raise \$20,000 to help support this family during their first year in Canada. Special thanks to several local businesses, the Prospect Peninsula Residents' Association, the Prospect Players, The Resource Opportunities Centre & Prospect Road Community Centre, New Life Community Church, the Anglican Diocese of Nova Scotia and PEI, Atlantic Memorial Terence Bay, Brookside Junior High, Prospect Road Elementary and Halifax West schools and to everyone else who gave whatever they could to help.



We have worked in partnership with the Archdiocese of Halifax-Yarmouth and the Halef family, the owners of Halifax Exhibition Centre, to sponsor the family through the federal government's private refugee sponsorship program.

Thank you from all of us at Route 333 Refugee Sponsorship Association. Together we are making a world of difference for this one family.

If you want to get in touch, please send us an email at: route333refugee@gmail.com or visit our website, www.route333refugee.com. You can also find us on FaceBook.

We're learning lots about the Atlantic

Bob Chaulk Historian, SS Atlantic Heritage Park Society

Most of us know there's a school in Shad Bay called Atlantic Memorial School. Lots of things around here are called Atlantic because we live near the Atlantic Ocean, and Memorial is a common enough word because we carefully remember our dead from two world wars and many overseas conflicts—which we should. So, it seems like a good name for a school.

But that's not what the name of Atlantic Memorial School is about. It remembers Nova Scotia's second worst disaster after the Halifax Explosion. Not deaths of Canadians but of Europeans, some 550 Irish, English, Scotch, Norwegian, Swiss, German, Swedish, French and others who died at Lower Prospect, their hopes for a new life in a new land dashed.

The Atlantic came out of the darkness. Michael Clancy, from his home on Meagher's Island, saw blue distress rockets flying into the air. Tommy Coolen saw them too, from his house in Prospect Village. It was the biggest ship anybody had ever seen, on the rocks at Lower Prospect. What in the world had happened?

Slowly and methodically, we are learning more about the dreadful story of the steamship Atlantic. It turns out that the officer commanding the ship that night was a 26-year-old who had rammed and sunk another ship four years previously. Five people died. His First Mate's certificate was suspended for a year and three years after getting it back he was Second Officer of the Atlantic. He ran the ship ashore at full speed in clear weather.

How could a person with such a record be in charge of a ship with almost 1,000 souls aboard, heading at night towards a port he had never visited? It so happens that he was the first cousin of the owner of the shipping company, the White Star Line, that later gave us the Titanic. It seems that his cousin gave him a job.

We've learned that dozens of local people rescued almost 400 survivors at great personal risk and some received medals and rewards.



Penny Kealy from Australia near the monument to the Atlantic victims in Terence Bay. Family tradition states that her great-grandfather William Hoy saved a 6-year-old-boy when the ship wrecked on April 1, 1873.

We've also learned that even though the ship originated in Liverpool, England, bound to New York, she had a crewman from Kingston, Ontario aboard, whose great granddaughter is a dean at Mount St. Vincent University.

A visitor from Australia just told us that her great-grandfather saved a six-year-old boy. We've always believed that only one child survived. Maybe that's not true anymore.

The Immigration Museum at Pier 21 has decided to work with us on a feature display about the Atlantic. So, the story will soon be in three local museums.

We've also caught the attention of the Titanic Channel (yes, there's a Titanic channel). They're sending a U.S. film crew up in September to feature the White Star Line ship that foreshadowed the Titanic.

The SS Atlantic Heritage Park has a new on-line newsletter that has lots more interesting information about what's going on. Contact us at ssatlantic@ns.sympatico.ca if you would like to receive it in your email.

Did I mention that there's a new CBC film coming soon about the Atlantic? The ship, not the ocean.

Join Us for a

Fall Hike

October 1st 1-4pm Terence Bay Wilderness Area

A three hour Nature walk through the costal barrens of the Terence Bay Wilderness Area.

Stay Tuned for further details!



PRRA Approved Grant Applications for 2017

Kelly Carlton, Chair PRRA

Organization / Group	Grant Approved
Terence Bay ballfield	Netting for left field and behind backstop – cost approx. \$30K - Grant approved for \$5,000
Prospect Peninsula Residents Association (PPRA)	Seaview Community Park – HRM already awarded a tender for playground renovation to Cobequid Consulting - Consideration was made for basic equipment only – PPRA looking to improve tennis/basketball area an improve on landscaping, also remove what doesn't meet standards - \$10,000 approved
Prospect Bulls Basketball	Approx. 120 local children involved – do their own funding to assist with costs – need equipment and uniforms - \$4250 approved
Village Green Recreation Society	Asking for grant to put signage on Hwy 333 to advertise their events – has a quote for \$3950 for sign (plantar style) and base \$550. - \$4500 approved
Safety Minded ATV Association	Continuation of trails along 9 Mile River/Old Coach Rd/Goodwood – 270 members – 4000 in association - \$10,000 approved
Brookside Homeowners Association	Have already established and improved many parks within the community – asking for grant to continue improvements to Wendy's Meadow – a lot of work and money has gone into continuous improvements and maintenance – residents put in many hours of sweat equity - \$10,000 approved
Resource Opportunities Centre (ROC)	Offset costs of running the centre esp. free events – on going capital costs – fitness centre requires a professional to check equipment – skating rink was a success and would like to expand for next winter – have acquired technology students this summer with a grant and would like engage youth with technology (ie. 3D printers, robotics, etc.) It was discussed how for many youth technology is their recreation and technology provides an opportunity to engage with those who prefer less physical recreation options. - \$4500 approved for projects - Committee discussed the \$10K normally granted for capital costs and voted unanimously to increase grant to \$15,000 – approved \$15,000 for capital costs of running centre.
Clean NS	Funding obtained through TD for \$19K – natural play space at PRCC — create water feature, tree planting, expand play space. Additional funding will support more features with climbing, and active play options. - \$10,000 approved
Youth Applications	Hudson Highland Dancers – 17 dancers – went to Canadian Championships at the end of June - \$1000 approved - Also youth grants have supported Nova Scotia Baseball Nationals in Ontario, as well as Lacrosse Nationals in Ontario this summer.

Along with grant application approvals the PRRA also arranges and maintains the following: Lighting at the baseball field and Terence Bay River Park, portable washrooms on our fields and HRM recreation green spaces, and mowing / maintenance contracts.

Should community members require recreation support from the association please contact <u>kelly@prospectcommunities.com</u> or <u>vcprra@prospectcommunities.com</u> and join us at the PRCC for our monthly meetings. The next meeting will be held at 7 pm, Wednesday, September 20th, 2017.

Welcome to the Prospect Bulls Basketball Club

Welcome to the Prospect Bulls Basketball Club, my name is Jaidyn Pye and I play on the Division 3 Midget Team.

When I first joined the Bulls I had not a clue what I was doing. I barely knew any of the girls that were on the team. I didn't know any of the rules, term or techniques. I joined when I was in grade 5. I'm now in grade 10 and I have come such a long way! The coaches pushed me to make me a better player and all of my teammates kept me on my toes and motivated. They made me feel like I was part of the team right away.

This is a place where you can have fun, work hard and meet others that have the same goal as you. You will develop life skills such as strength, competitiveness, work ethic and working in and around a group in addition to physical skills such as hand-eye coordination, endurance and fitness. The Bulls Basketball Association pushes you to be the best you can be, while having fun.

Being part of any team will give you many great opportunities, but it's such a great feeling to be part of a team from a small community like Prospect, successfully competing against teams from Bedford,

Dartmouth and Halifax. We are hard workers on and off the court and it really shows in our games.

My favorite thing about playing for this team is the amount of teamwork and compassion the players have for the game. Everyone is there to win, have fun and play hard. Your teammates will push you to strive to be the best you can be. They will support and encourage you, give you tips if you need them and ask for help if they need it.



Overall the Prospect Bulls are an amazing and hard working team that will make you feel like you're part of something important. It's a place to meet friends and have fun, while playing a great sport.

For additional information please see advertisement on page 5

TIMBERLEA PROSPECT PC ASSOCIATION **PRESENTS**

TOWN HALL DISCUSSION:

WHAT DOES THE FUTURE HOLD FOR THE **NOVA SCOTIA HEALTH** SYSTEM? SEARCHING FOR SMART SOLUTIONS

OCTOBER 17 2017, 7:00 - 8:30 PM, PROSPECT COMMUNITY CENTRE. 2141 PROSPECT ROAD



Tim Houston, MLA **PC Finance Critic**



Elizabeth Smith-McCrossin, MLA **PC Health & Wellness** Critic

SEATING IS LIMITED; PLEASE RSVP TO ANY OF OUR CONTACTS:



timberleaprospectpc@gmail.com (1) @timprospc (1) fb.me/timprospc





PROSPECTE VILLAGE GHOST WALK

Elizabeth Pass

Prospect Players are an informally organized group of theatre aficionados. Plays, variety shows, storytelling, puppet shows, concerts and most other types of performances have been popular in Prospect as long as The Village has existed. These have brought Prospecters, neighbouring community members and people from away to a small community and created a family of those who enjoy community theatre.

Community theatre offers the audience an opportunity to look beyond their lives, to visit unexpected places, to laugh, to cry, to ponder and to imagine. It offers the participants an opportunity to unleash their artistic spirit in creating a work of art for the enjoyment of others, as well as for themselves. At the end of each production, the cast and crew emerge with a new bank of friends, experiences, memories and desires.

This fall, Prospect Players are presenting a performance with a bit of a different flavour from past productions. The Prospect Village Ghost Walk happens on September 8 and 9, at the corner of Prospect Bay Road and Cove Road from 7:00-9:00. It is staged under the evening and night sky, and proceeds along a comfortable walking

route to various locations where you will hear history, haunting, horror and humour.

Tickets are available at the performance for \$10. Dress for a cool evening. Wear comfy shoes. Bring a flashlight. Performances are "weather permitting". If in doubt, or if you have questions, contact us through email or our website for updates. Come join the fun!

prospectplayers@hotmail.com

prospectplayers.weebly.com



Gardening Season a Success

Dawn Levangie

Although a late start to the warm weather this season, the gardens beds are looking great. It appears this gardening season is another success.

The community garden is located at the Prospect Road Community Centre. It has 12 raised garden beds, with a shed on site for storage of equipment. All of our beds were used this season by community members. If you feel you'd be interested in volunteering or becoming part of the community garden for next season, contact the PRCC for garden registration information.

Benefits of a community garden:

- » Produce nutritious, affordable food
- » Great way to meet neighbours, who share a common interest.
- » Encourages activity.
- » Having a sense of accomplishment.
- » Learn a new skill.

It takes a community to make this work, so thank you to our gardeners, volunteers and friends who share their ideas and hard work to make our community garden a success.

"Gardeners are good at nurturing and they have a great quality of patience, they're tender. They have to be persistent" - Ralph Fiennes





P. 902.222.7788 C. 902.830.1414 F. 902.850.2383 E. info@septicdoctor.ca





- Video Inspection
- Septic Installation & Repair
 Radon Testing
- Municipal Services
- Dye Testing

- Flow Testing
- Excavation Services



P. 902.222.7788 C. 902.830.1414 F. 902.850.2383 E. info@septicdoctor.ca



What Do We Do?

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

How Can We Help?

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

Our Services

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

One Stop Shop

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

www.septicdoctor.ca



8th Annual Prospect Road Crafters Market

Saturday, October 21st, 2017 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 Centre 2141 Prospect Road, Hatchet Lake www.craftersmarket.prospectcommunities.com

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

Subscribe to our E-newsletter!

This edition of The Prospective is jam packed with exciting initiatives, events and programs! Stay on top of what's happening in the Prospect Communities by subscribing to our e-newsletter.

To subscribe visit <u>www.centre.prospectcommunities.com/</u> <u>subscribe-to-our-e-newsletter</u> and add your details.

Our goal is to have events, information and happenings delivered directly to your inbox, every single month. There's no commitment and you can unsubscribe at anytime.





Hollywood Comes to Prospect Road!

ROC Staff

The ROC was fortunate to be the recipient of a Placemaking Grant through HRM. The Placemaking program supports art installations in community, allowing for a space to be redefined and recognized as a demonstrated space for community gathering.

Our project is an outdoor movie screen, framed by a painted mural, which will be mounted on the back of our gymnasium wall. The flat space behind the building is a space we have not yet used, and this provides us a new way to bring community together!

On September 16, we invite the community to come together and help us paint the mural, designed by local artist Charmaine Guthrie, based on ideas and suggestions already provided by community members. Residents of all ages are welcomed to help paint, and join us for a lunch of barbequed hot dogs to follow!

We would love community volunteers to come forward to help with this event. We'll have live music, HRM staff will be here with their Yurt, and button maker, for kids to enjoy some craft time once they've had a chance to put fingers or brushes in paint on the mural. We'll have some outdoor games, and of course our barbeque, and we always appreciate help with clean up!

The event is planned to run 10AM-1PM, rain or shine. We'll also be looking for some assistance installing the mural the following week, once the paint has cured. In particular, if you have experience mounting plywood on concrete, and have the necessary tools (eg. a hammer drill), we'd love to hear from you!

If you'd like to help us out in any way during this fun community event, please contact Shirley Jollimore at 902-852-2711 or executivedirector@prospectcommunities.com



Terence Bay River Park



Terence Bay residents Barry Jollimore & Vince Norris with Councillor Steve Adams, Shirley Jollimore, ROC Executive Director & Kelly Carlton, Chair of the Prospect Road Recreation Association



ROC Staff

Terence Bay River Park has a lovely new sign, with a name that was chosen by a group of local residents in conversation with Councillor Stephen Adams last summer. Now, it needs is a tag line - something that describes Terence Bay for those who aren't aware of its charm and history. We know Nova Scotia as 'Canada's Ocean Playground; what phrase would share your pride in Terence Bay?

Submit your suggestions to executivedirector@prospectcommunities.com and Councillor Adams will announce the decision later this fall!





PROSPECT COMMUNITIES **FARMERS MARKET**

Aug. 27th

Sept. 10th Oct. 8th

Sept. 24th Oct. 22nd

Sundays bi-weekly, 12pm-4pm **Prospect Road Community Centre** visit www.prospectcommunities.com for additional details







Registration begins for Fall Programs Wednesday, August 30 at 9am. Register by phone or simply stop by!

Registrations will not be taken via voicemail

Fitness Centre Information

	1	3	6	1 Year	10 Visits	20 Visits
	Month	Months	Months	2 . cui	20 113163	20 113163
Youth	\$41.00	\$96.00	\$157.00	\$226.00	\$34.00	\$51.00
(Age 15-			\$29/mth	\$24/mth		
18)						
Adult	\$51.00	\$123.00	\$206.00	\$304.00	\$41.00	\$64.00
19+			\$39/mth	\$29/mth		
Senior	\$41.00	\$96.00	\$157.00	\$226.00	\$34.00	\$51.00
55+			\$29/mth	\$24/mth		
Partners	\$82.00	\$201.00	\$333.00	\$481.00		
(2			\$64/mth	\$49/mth		
adults,						
same						
address)						
Family		\$335.00	\$438.00	\$563.00		
(2			\$82/mth	\$54/mth		
adults/						
3 youth)						

Birthday Party Option

Type of Party	Details - 2 hours total	Cost
Sports	1 hour play, 1 hour party	\$110.00
Dance	1 hour dance, 1 hour party	\$110.00
Bounce Castle	Basic castle	\$175.00
Bounce Castle	Slide castle	\$200.00

^{*}Contact us for full party details*

There are only 4 months left to celebrate! Book your event now in honour of Canada's 150th birthday!

Until December 2017, all Special Event 'ackages will be offered at a price of \$150.

Host your birthday parties, anniversaries, reunions and more.

See inside for full package details.

Space is limited - contact Jessica to book today. jessica@prospectcommunities.com

Soccer

Age Group	<u>Day</u>	<u>Time</u>	# of weeks	<u>Price</u>	Start Date	Dates Excluded
3-4yrs	Tuesday	6-6:40pm	10	\$47.00	Sept 12	
	Thursday	6-6:40pm	10	\$47.00	Sept 14	

Basketball

Age Group	<u>Day</u>	<u>Time</u>	# of weeks	<u>Price</u>	Start Date	Dates Excluded
Men's (19yrs+)	Thursday	7-8:25pm	14	\$85	Sept 14	

Floor Hockey

Age Group	<u>Day</u>	<u>Time</u>	# of weeks	<u>Price</u>	Start Date	Dates Excluded
5-7yrs	Wednesday	6-6:40pm	10	\$58	Sept 13	
8-10yrs	Wednesday	6:45-7:25pm	10	\$58	Sept 13	
Men's (19yrs+)	Tuesday	8:30-9:55pm	14	\$85	Sept 12	
	Thursday	8:30-9:55pm	14	\$85	Sept 14	

Dance

Class Title	Age Group	Day	<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	\$47	Sept 13	
Jazz & Hip Hop	6-9yrs	Wednesday	6:15-7pm	10	\$52	Sept 13	

Taekwondo

Age Group	<u>Day</u>	<u>Time</u>	# of weeks	<u>Price</u>	Start Date	Dates Excluded
5-12yrs	Monday	6-6:45pm	10	\$58	Sept 11	Oct 9, Nov 13

Line Dancing

Age Group	<u>Day</u>	<u>Time</u>	# of weeks	<u>Price</u>	Start Date	Dates Excluded
Adult	Thursday	10am-12pm	12	\$72	Sept 14	

Trial Fitness Classes - September 5 to 8, 2017 - Try before you buy - \$4.00 drop-ins.

September 5, 2017: Athletic Yoga - 5:30-6:15pm

All-In-One Fitness - 6:15-7pm

Dance Fit - 7-7:45pm

September 6, 2017: Supported Yoga - 10:30-11:30am

Yogalates - 11:30am-12:30pm

September 7, 2017: High Intensity Interval Training (HIIT) - 5:30-6:15pm

Pound Fitness - 6:15-7pm

Barre - 7-7:45pm

September 8, 2017: Older Adult Fitness - 9:30-10:30am

Cardio Strengthening - 10:30-11:30am

Yoga - Hatha - 11:30am-12:30pm

September 9, 2017: Saturday AM Bootcamp - 9-9:45am

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

<u>Class Title</u>	<u>Day</u>	<u>Time</u>	# of weeks	<u>Price</u>	Start Date	Dates Excluded
Older Adult Fitness	Monday	9:30-10:30am	12	\$52	Sept 11	Oct 9, Nov 13
	Friday	9:30-10:30am	14	\$61	Sept 15	
Barre Fitness	Monday	6-6:45pm	12	\$78	Sept 11	Oct 9, Nov 13
	Thursday	7-7:45pm	14	\$90	Sept 14	
All-In-One Fitness	Tuesday	6:15-7pm	14	\$72	Sept 12	
Dance Fit	Tuesday	7-7:45pm	14	\$72	Sept 12	
High Intensity Interval Training (HIIT)	Thursday	5:30-6:15pm	14	\$72	Sept 14	
Pound Fitness	Thursday	6:15-7pm	14	\$90	Sept 14	
Cardio Strengthening	Friday	10:30-11:30am	14	\$72	Sept 15	
Sat AM Bootcamp	Saturday	9-9:45am	12	\$78	Sept 16	Oct 21, Nov 11

Yoga

Class Title	<u>Day</u>	<u>Time</u>	# of weeks	<u>Price</u>	Start Date	Dates Excluded
Supported Yoga	Monday	10:30-11:30am	12	\$78	Sept 11	Oct 9, Nov 13
	Wednesday	10:30-11:30am	14	\$90	Sept 13	
Athletic Yoga *NEW*	Tuesday	5:30-6:15pm	14	\$90	Sept 12	
Yogalates	Wednesday	11:30am-12:30pm	14	\$90	Sept 13	
Yoga - Hatha	Friday	11:30am-12:30pm	14	\$90	Sept 15	

Specialty Programs & Events

Senior Lunch & Learn

This unique program includes light exercise, a nutritional lunch and computer/gadget help, all while having fun.

11am-12pm – Physical Activity (varies from week-to-week)

12pm – Lunch

12:30-2pm – Technology help – bring your gadgets! Fall Lunch & Learn Dates:

Sept 14 & 28

Oct 12 & 26

Nov 9 & 23

Dec 7 & 21

Suggested donation of \$5 or pay what you can for the day!

Friday Feast - Community Meal

Join us for our monthly Community Meal! Let us make you a nutritious, home-made meal – Enjoy it with neighbours, friends or family. Gluten-free, vegetarian and take-out options are always available.

A suggested donation of \$7 per person or pay what you can.

Fall Feast Dates:

September 15 *Note date change*

October 6

November 3

December 1

Senior Washer Toss Social

Come and play indoor washer toss! This social event includes a light snack, lots of laughter and some healthy competition. Spectators are always welcome.

1-3pm - \$3 per participant

Fall Washer Toss Dates:

Sept 7 & 21

Oct 5 & 19

Nov 2, 16, & 30

Dec 14

Senior Pickleball Drop-in

Pickleball, a racket sport played indoors on a badmintonsize court, is designed much like tennis but is played at a slower pace with a few differences.

Play at your own pace – make your own teams!
All equipment is provided.

Mondays, Thursdays & Fridays – 10am-12pm \$3.00 per participant

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.

\$7.00 per student - Advance tickets only

Fall Teen Dance Dates:

September 29 October 27

November 24

December 15

These events are chaperoned by adult volunteers from our community!

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

FREE Breastfeeding Support

This program, offered in partnership with Laura MacDougall from Helping Hands Doula, brings moms together to get support, advice and learn about breastfeeding. Not breastfeeding? No problem! You are welcome to join & share your experiences and connect with other moms in your community.

Mondays - 9-10am in the PRCC Art Room

*Please call before coming to confirm Laura will be available.

Laura is a Birth and Postpartum Doula and Breastfeeding Specialist with many years of experience. For additional information, contact Laura at 902-488-7226

Youth Sport Drop In

BJHS students are invited use our gymnasium for unsupervised play during our Youth Sport Drop In 5 days a week for FREE! *Indoor sneakers required* Monday-Friday 2:15-3:15pm

Annual Christmas Tree Lighting

Please join us for our annual open-house event as we light our indoor Christmas tree and kick-off the holiday season. A fun-filled evening with hot chocolate, cookies, entertainment and more!

December 6, 2017 - 7pm

Christmas Break Day Camp

Full Day Camp - 7am-6pm

Fee: \$30 per day

December 22, 27, 28, 29

These camps are open to all students from Grade Primary to Five with daily themes and engaging programming and activities. Children must bring lunch and 2 snacks

Breakfast with Santa

Come join us and our special guest for a pancake breakfast, served with sausage, fruit and drinks!

Saturday, December 16, 2017

Tickets available for 9am OR 10am \$6 per person OR

\$5 per person with a food bank donation

Tickets available at the PRCC Front Desk beginning Nov 14 Please bring food bank donation at time of ticket purchase.

Gymnasium Banner Advertising - NEW!

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!

Preschool Program

This program is open to children ages 3-5yrs who are fully potty-trained. Children will enjoy a structured play environment which will include learning opportunities that will prepare children for Elementary School. Physical activity opportunities are also made available with both indoor and outdoor play. Program runs from September – June.

Hours/Days:

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

Fee for 2017/2018:

\$118.00/month (2 days per week)

Limited Space Available - To register please contract Jessica Morrissey, Programs & Events Manager Jessica@prospectcommunities.com or 902-852-2711

Donor Recognition Sculpture

A 1,000 lb, forged iron sculpture by local master blacksmith John Little has been placed in PRCC's "main street" area for everyone to see and enjoy. It includes 200 metal nameplates that can be inscribed in memory of a loved one or in recognition of your contribution. The gift amounts are three-tiered: \$100+, \$500+ and \$1,000. Pledge forms can be picked up at the PRCC Front Desk.

Your gifts support our activities for the community.

Advertise with Prospect Communities

In-Print: Your ad will be printed and circulated to over 3,500 homes in throughout the Prospect Communities from Goodwood to West Dover! Available 4 times per year.

Sizing and Price options starting at:

- Business Card \$85
- 1/2 Page \$150
- Full Page \$245

Online, on-screen and high visibility options are also available.

For more information contact Amy Hockin – 902-852-2711

	<u>admin@prospectcommunities.com</u>				
Room Rentals Available	Room	½ Room/hour	Full		
			Room/hour		
	Meeting Room	\$15.00	\$21.00		
The PRCC has many different rooms available to rent by the	Kitchen (without use	N/A	\$41.00		
·	of Centre supplies)				
hour suited for a variety of events, programs or meetings.	Multi-purpose	\$26.00	\$46.00		
	Gym – with equip.	\$30.00	\$49.00		
	Gym – w/o equip.	\$27.00	\$46.00		
	Art Room	N/A	\$21.00		

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. 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.

<u>Tier 1 Special Event Package</u> - Up to 75 guests - Regular \$250.00 - Promo price of \$150 available now until Dec 2017!

<u>Tier 2 Special Event Package</u> - Up to 150 guests - Regular \$400.00 - Promo price of \$150 available now until Dec 2017!

<u>Tier 3 Special Event Package</u> - Up to 220 guests - Regular \$550.00 - Promo price of \$150 available now until Dec 2017!

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

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 with medical documentation.
- 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.

Holiday Hours

Sept 4 - CLOSED

October 9 - CLOSED

November 11 - CLOSED

November 13 - 8:30-5pm

December 24 - Closing at 1pm

December 25 & 26 - CLOSED

December 31 - Closing at 1pm

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

Comments and Suggestions

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

For more information, contact:

Front Desk - 852-2711

Shirley Jollimore – Executive Director

<u>executivedirector@prospectcommunities.com</u>

Jessica Morrissey – Program and Events Manager

<u>Jessica@prospectcommunities.com</u>

Amy Hockin – Operations and Finance Manager

admin@prospectcommunities.com

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:

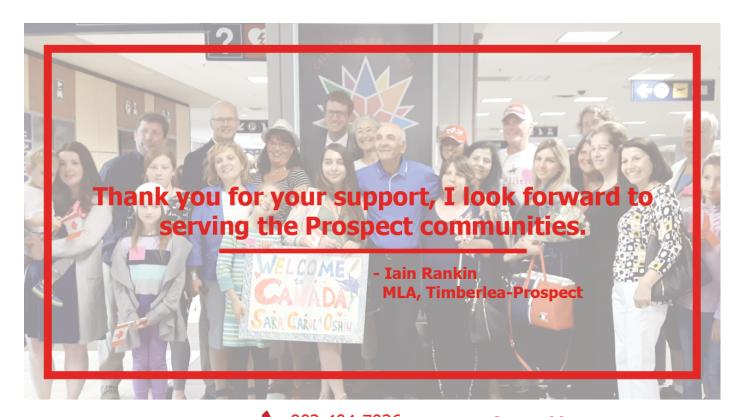
- 1. Once the class has begun, the instructor/volunteer will take attendance and then announce how many spaces are available for drop-in for that particular night.
- 2. If you will be filling one of the spaces available, you must then pay our drop-in fee at the front desk. The front desk staff will provide 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:

- Older Adult Fitness Class Drop-in \$6
- 45-minute or 1-hour Fitness Class Drop-in \$7
- Yoga, Barre Fitness, Pound Fitness & 1.5-hour Adult Sport \$8
 Prices effective September 5, 2017







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

Funding for Upgrades to Playground at Local Elementary School

Timberlea-Prospect MLA Iain Rankin has announced funding to support upgrades to the playground at Prospect Road Elementary School.

The project will receive \$30,000 through the Recreation Facility Development Program and the Department of Communities, Culture and Heritage.

"The Province's investment in the improvement of up-to-date recreation space for children is an important part of maintaining an active and healthy learning environment," said Rankin. "These upgrades will help build upon the fun and interactive environment the playground provides for children in our area."

The Province is investing a total of \$1.8 million for 60 new and upgraded facilities across the province that promote healthy living.

The grants help community groups, municipalities and other not-for-profit organizations develop facilities to increase public participation in sport and physical recreation.

Projects include renovations to buildings, developing and maintaining walking trails, and modernizing and creating new fields for sport and recreation.