1st Edition
Summer 2009

Recreation *resources*

RRS Quarterly Newsletter

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Top 10 Reasons Parks are Important

By Richard J. Dolesh, Monica Hobbs Vinluan and Michael Phillips

Public parks and recreation offers countless value to our citizens and to our country. As advocates and supporters of parks and recreation who live these values every day, we may sometimes take the uncounted benefits of parks and recreation for granted. So we don't lose sight of the forest for the trees, every once in awhile it is useful to remind ourselves of these basic values and reaffirm their essential worth.

The following "top 10" list of park and recreation values is in no particular order; rather, it encompasses the range of why we collectively believe that public parks and recreation is an essential part of our national heritage:

1. Public parks provide millions of Americans with the opportunity to be physically active.

2. Parks have true economic benefits.
3. Parks provide vital green space in a fast-developing American landscape, and provide vegetative buffers to construction and development, thus reducing the effects of sprawl.
4. Parks preserve critical wildlife habitat.
5. Parks and recreation facilitate social interactions that are critical to maintaining community cohesion and pride.
6. Leisure activities in parks improve moods, reduce stress and enhance a sense of wellness.
7. Recreational programs provide organized, structured, enjoyable activities for all ages.
8. Community recreation services provide a refuge of safety for at-risk youth.
9. Therapeutic recreation is an outlet that individuals with disabilities have to be physically active, socially engaged and cognitively stimulated.
10. Public parks embody the American tradition of preserving public lands for the benefit and use of all.

Contact NRPA for more information.
E-mail: public_policy@nrpa.org

RECREATION RESOURCES SERVICE

Calendar of Events

Visit our website for more information regarding these events!

http://cnr.ncsu.edu/rrs/

August 21
- PARTF Authority Meeting
- Archdale Building, Raleigh
- 10:00 AM

September 16
- E-learning with RRS:
- Plugged in Parks
- Social Media and Networking
- 10:00 AM

September 30
- E-learning with RRS:
- Plugged in Parks
- GIS Mapping
- 10:00 AM

October 7
- Teleconference/E-learning with RRS:
- PARTF Application Process
- 9:00 AM

October 14
- E-learning with RRS:
- Plugged in Parks
- Interactive Gaming
- 10:00 AM

November 4
- Teleconference: Middle and
- High School Programming
- 9:00 AM

November 14 - 18
- NCRPA/SCRPA Conference
- Winston-Salem

December 2
- Teleconference: Going Green
- 9:00 AM

News from Western Region

LuAnn Bryan, RRS Consultant

RECREATION RESOURCES SERVICE

E-learning with RRS is a new tool to gain training. E-learning is a live meeting or presentation (webinar) via the Internet. Each participant sits at their own computer and can participate with the whole group. It may require a headset with a microphone but is very inexpensive. Watch for new opportunities at both the state and national level!

Green buildings are designed to operate more efficiently, provide more natural daylight and excellent indoor air quality as well as use about half the energy of conventional buildings. Every year, more North Carolina buildings are certified as green buildings. Studies show that green buildings provide more pleasant working conditions, reduce sick time and increase productivity and morale. Information about LEED certification can be found on the U.S. Green Building Council's Web site at: http://www.usgbc.org/DisplayPage.aspx?CategoryID=19

Thermostat Settings

There's an age-old argument about which way to manage your thermostat is best. Believe it or not, turning the thermostat down when you leave in the evening and back up in the morning uses less energy and, therefore, saves you money.

Studies have shown that the fuel required to reheat a building to a comfortable temperature is roughly equal to fuel saved as it drops to the lower temperature. Also, fuel is saved between the time that the temperature stabilizes at the lower level and the next time heat is needed. In other words, the longer your building remains at the lower temperature, the more energy you save.

By turning your thermostat back for eight hours by just 10-15 degrees, could save you five to 15percent a year on heating bills. There is about a one percent savings for each degree setback during an eight-hour period. It is recommended that while you are work; set the thermostat at 68° during the colder months and 78° during the warmer months.

Consider using a programmable thermostat to automatically set the temperature low at night or away, and raise the temperature to a comfort level when returning to work.

Most heat pump manufacturers have a setback thermostat specifically designed just for that unit. The wrong thermostat could actually cost more to operate your heat pump! Another word of caution regarding heat pumps: Increasing the thermostat setting more than 2 degrees all at once during the heating mode can cause the auxiliary electric heat to operate. The energy consumed on auxiliary or emergency heat mode is quite expensive.

Eco Fonts

Spranq Eco Sans has tiny holes in the letters to save on ink use. Using eco fonts for printing draft documents or e-mails can save as much as 20 percent in ink costs.

Working smarter in tough budget times includes conserving your office supplies. Ink, paper and energy are the most expensive per volume items used in most offices. With computers on every desk, and laptops putting in as much travel time as people, being smart about what you print gets easy. To learn more about Spranq Eco Sans or to download it, go to: http://www.ecofont.eu/downloads_en.html and click on "save." Save the file into your font folder. You may want to check with your IT person before beginning the process. Spranq Eco Sans is not for use for final documents, but rather for printing drafts and e-mails.

PARTF UPDATE

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SERVICES STUDY

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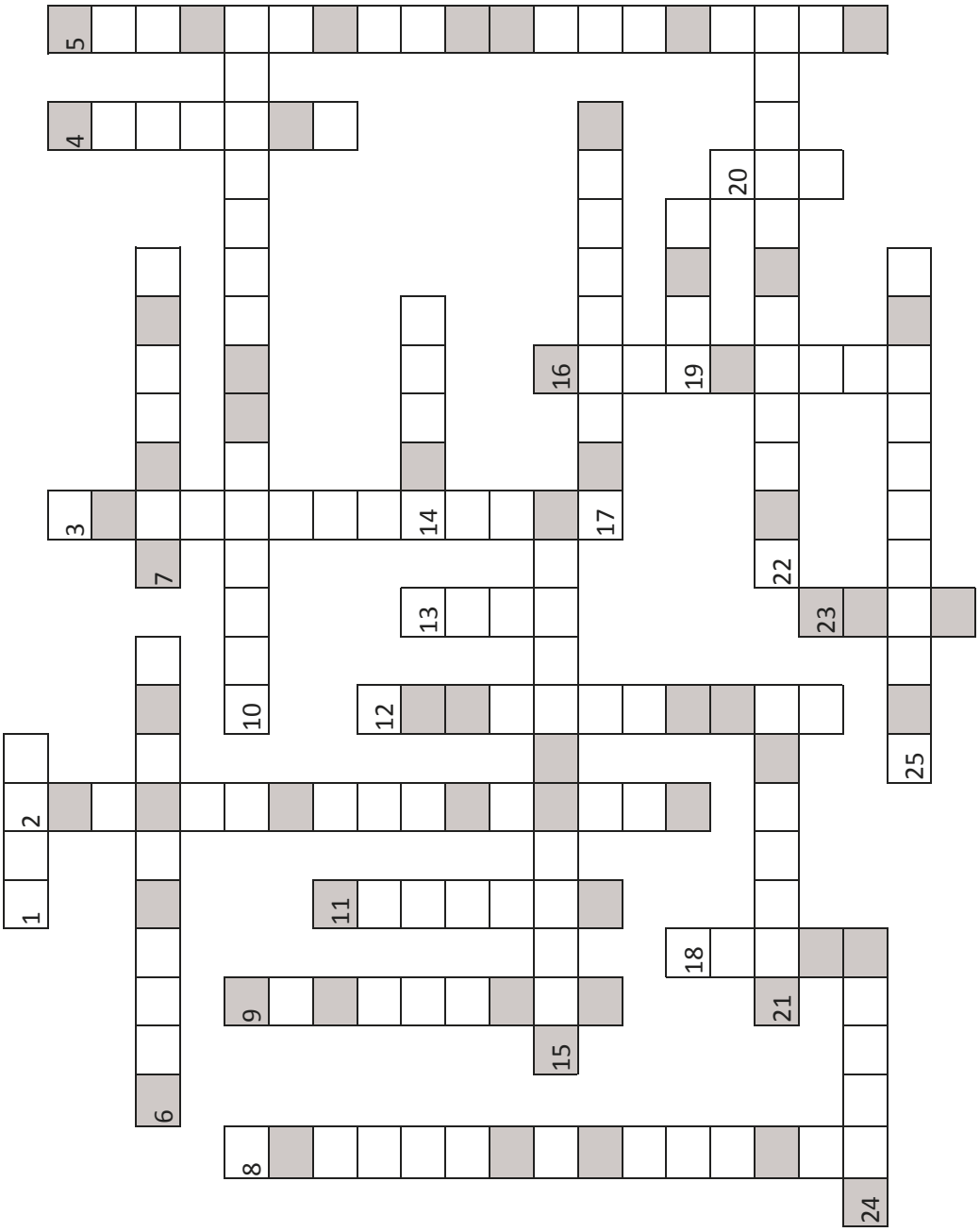
News from Northwest Region

Vonda Martin, RRS Consultant



To find clues to the crossword puzzle and the word scramble, visit the RRS web site: http://cnr.ncsu.edu/rrs/→RRS Library (quick link section) →Find newsletters→Find NW Region newsletter. Once you have completed the crossword puzzle and word scrabble, simple return to WSRO to be included in drawing to win prize. Prize and drawing TBA.

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News from South Central Region

Lindsey Dunevant, RRS Consultant

Congratulations and Happy New (Fiscal) Year! If you are reading this you have successfully made it through another fiscal year and budgeting process. We know that this has been one of the toughest yet.

The Calendar of Events section of this newsletter has information about the RRS Teleconference schedule through December. Please check out these opportunities for staff training during these economic times. RRS is considering more sites that may make it even more convenient for you to attend.

Webinars are new tools to gain training. A "webinar" is a live meeting or presentation via the Internet. Each participant sits at their own computer and can participate with the whole group. It may require a headset with a microphone but is very inexpensive. Watch for new opportunities at both the state and national level!

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"Land conservation provides numerous public health and economic benefits," said executive committee member Reid Wilson of the Conservation Trust for North Carolina. " Providing recreational opportunities helps reduce health care costs by keeping people fit. And the state's two largest industries, agriculture and tourism, absolutely depend on healthy natural areas."
The report can be viewed on the Land for Tomorrow website. www.landfortomorrow.org. Check it out!

New Year's resolutions? Eat Smart Move More encourages every citizen in NC to review how well you are doing with the New Year's resolutions you made in January. Parks and Recreation Departments can take advantage of a partnership with ESMM to better the health of our citizens.

Stay-cations are replacing vacations for many who can not go on their usual summer trips. Parks and Recreation facilities and programs offer many great opportunities for fun and relaxation at or near home. **Throughout the remaining summer and fall months,** continue to promote local amenities and activities offered by the local department. Or partner with local Chambers, CVB's, or health care providers for local fun. Provide local media with an itinerary of activities and places of interest close to home.

Cabarrus County has embarked on an innovative program to nurture its own agricultural future. Its called the **Elma C. Lomax Incubator Farm Park.** The Parks and Recreation Department is partnering with the Cooperative Extension Service utilizing a Agricultural Development and Farmland Preservation Trust Fund grant. As citizens rediscover the value of food grown close to home- the "locavore" movement– open space and parks are seen as potential community gardens. Contact Londa Strong, Director, if you want more information.

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News from the Triangle Region

Nate Halubka, RRS Consultant

Building community in hard times.

If timing is everything then Smithfield Parks and Recreation got everything right.

Smithfield is one of the fastest growing communities in the State and in 2006, after years of planning, they took their first steps toward moving out of their dated farm house and into one of the best community centers in the State.

A couple PARTF grants helped, but alone they weren't enough to supplement the local budget in the building this 72,000 sf. center. The department partnered with an area school and engaged in a very successful fund raising drive, which to date has raised over 1.3 million dollars. "We used a professional fund raising organization to help us with our efforts...and I'm glad we did," said, Tim Johnson the recreation director. He went on to say that using the professional definitely paid for itself, and then some.

72,000 square feet may seem like a lot for a town of 12,000, but "attendance and revenue are exceeding all of our expectation" and it appears that inexpensive recreation, couldn't have come at a better time.

The PARKERS

Juiced up

As twenty kids pile out of an oversized SUV it's easy to see how the term soccer mom (or dad) would go hand in hand with a Chevy Suburban, Toyota Sequoia or a Bluebird school bus. But look at what the kids are eating at recreation sponsored events; everything from sugar loaded this and caffeine laden that, and one begins to wonder if an ice-cream truck might be more fitting.

The issue of unhealthy eating habits is by no means going away and it doesn't take much to see that junk food at recreation department sponsored events is sending the wrong message.

That's exactly what Advocates for Health in Action, the Wake County Council on Fitness and Health and area physicians have teamed up to combat. Using healthy snacking policies as their ammo and actively recruiting recreation departments to be their armies, these groups are trying to send a unified message; exercise and healthy eating options go together and a simple policy change can be the first step in the right direction. To find out more about their efforts and how your department get involved visit. ww.advocatesforhealthinaction.org.

Or attend the Sept. 17th regional directors workshop.

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News from Northeast Region

Dallis Tucker, RRS Consultant

Retirements:

Jim Overman (Elizabeth City) - Retiring December 1, 2009

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The report can be viewed on the Land for Tomorrow website. www.landfortomorrow.org.

Looking back 10 years ago: Rocky Mount was devastated by flooding following the 1999 hurricane season. The city dedicated itself to rebuilding and even growing following this natural disaster. The Parks and Recreation Trust Fund assisted in the reconstruction of Sunset Park (Phase I and II) and Stith Talbert Park. Rocky Mount took another major leap of renovation by developing an old tobacco district into the Imperial Centre for Arts and Sciences. City leaders also found inspiration in the economic benefits of recreation and built the Rocky Mount Sports Complex with two wagon-wheels, trails, a fishing pond, and a soccer complex. Rocky Mount has built other amenities such as out-door pools, trails, and renovated facilities for a senior center.

New Construction in the North East:

Bertie County: Donna Mizelle (Director) - athletic fields

Camden County: Tim White (Director) - athletic fields

Currituck County: Jason Weeks (Director) - passive waterfront park

Gates County: LuLu Eure (Director) - skate park

Nash County: Sue Yerkes (Director) sports complex

Northamton County: James Roberts (Director) - sports complex

Oxford: Mary Caudle

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News from Southeast Region

Steve Moler, Parks and Recreation Consultant

RECREATION RESOURCES SERVICE

South East Region Personnel Changes.

Interim Director to Director of Carteret County
Betty Frentress
New Director—Goldsboro
David Carter
New Director—Onslow Co.
Phillip Cherry, Dir. Of Libraries, Museum & Parks.& Recreation
New Director—Pender Co.
Patrick Davenport, Dir. Of Planning, Comm. Devlp.& Parks & Rec.

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E-learning with RRS is an opportunity for all parks and recreation agency personnel to receive training through their computer. Log on, learn and receive CEU's your office or any computer with an internet connection. Watch for new opportunities being announced by state and national agencies.

City pool to open this month—New Bern

Just in time for summer vacation, New Bern's nearly $4 million city pool is set toopen in a matter of weeks.

The tentative opening of the New Bern Aquatic Center is set for June 22, but could be pushed back a week, depending on the city's inspection schedule. The pool is the top recreation project on residents' wish lists, according to city surveys.

It's near the West New Bern Recreation Center and has an entrance off Laura Lane.

"I sleep, eat and dream this thing," said Thurman Hardison, the city's director of parks and recreation. "It's going to be really something to finally see it open and see kids enjoying it."

The "swimming complex" measures about 15,000 square feet, including locker rooms, break rooms and office space. Its function is simple, Hardison says: "to be as much play as it is swim."

There's a frog-shaped slide for the "littlest customers," a larger, three-turn slide for those seeking a bigger splash, and a huge bucket that gradually fills with water and then empties near the center of the pool. A separate section has "teaching lanes" designated for laps or swimming lessons.

The pool has a "zero entry," so swimmers can walk out into it from a flat surface. The pool gets gradually deeper, about 3 feet deep in the center and nearly 6 feet deep at its deepest point.

Initial plans called for the pool to operate year-round, but in April, aldermen voted to nix the pool's canopy to save money. Removing the roof saved the city $367,000, but that change means the pool will operate only on a May to September schedule.

The project has its critics, most of whom say the money for the pool could have gone toward more worthy projects.

Alderman Dana Outlaw has consistently spoken, and voted, against the pool, saying the money spent on it could go toward downtown parking or toward economic development in Five Points. Resident Nikki Ingianni, who founded the Little Red Bookmobile, has said she would like to see the money spent on educational efforts.city pool is long overdue.

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