

What's Inside

Featuring:

* April Wellness: Tips on Stress

This month, we're giving you tip on how to deal with stress into your everyday life. More on page 2.

* Egg Hunt at McBride Stadium

We'll be having an Egg Hunt to raise funds for JUKO! Come support JUKO and have a fun family day. Details on page 6.

Social Media:

* Facebook

Check us out on Facebook at [facebook/richmondparks](https://www.facebook.com/richmondparks)

* Twitter

Follow us on Twitter
[@RichmondINParks](https://twitter.com/RichmondINParks)



Additionally:

* General Information

* Facility Rentals

* ADA requirements

* Staff Directory

Sounds of Summer



Outside the Park Administration office, you can hear the sounds of squeaky swings and children laughing. To us, they're some of the best sounds - the sounds of summer.

This summer will include many exciting events! Soon, our Summer Recreational Guide will be ready and you'll have all the information you'll need to make sure your family has a fun summer! It'll be the go-to guide for all the Park events.

Play Dates in the Park: With many students on Spring Break, Glen Miller Park is a popular location to spend an afternoon. The playgrounds, green space, and other amenities offer families free fun. In the nice weather, Glen Miller can get quite crowded. Since the weather has warmed up, more families have stopped to visit. It's beginning to get busy with children playing on the playgrounds with friends and siblings.

Do you have any old park photos? Let us know your favorite memory with the photo and we might post it on social media for Throw-Back Thursday. Glen Miller Park has an interesting history that we're trying to share with the rest of Richmond. See page 3 for more information.

As always, please be

careful of those enjoying the outdoors when driving through the parks. We have many walkers, runners, children and families in our park on a daily basis. Keep a watchful eye and drive slow for your own safety and the safety of others!

Until our next Parks Department Newsletter, take care!

April Wellness: Stress Awareness

National Stress Awareness Month



April is national Stress Awareness Month, a cooperative effort to inform people about the dangers of stress, successful coping strategies, and harmful misconceptions about stress that are prevalent in our society. There are numerous emotional and physical disorders that have been linked to stress including depression, anxiety, heart attacks, stroke, and hypertension.

In addition stress can have direct effects on the skin (rashes, hives, and atopic dermatitis) and can contribute to insomnia and degenerative neurological disorders like Parkinson's disease. In fact, it's hard to think of any disease in which stress cannot play an aggravating role or any part of the body that is not affected. Here are six easy tips to avoid stress in your everyday life.

#1 Avoid unnecessary stress

Not all stress can be avoided, and it's not healthy to avoid a situation that needs to be addressed. You may be surprised, however, by the number of stressors in your life that you can eliminate.

#2 Alter the situation

If you can't avoid a stressful situation, try to alter it. Figure out what you can do to change things so the problem doesn't present itself in the future. Often, this involves changing the way you communicate and operate in your daily life.

#3 Adapt to the stressor

If you can't change the stressor, change yourself. You can adapt to stressful situations and regain your sense of control by changing your expectations and attitude. Try it out you will be amazed at what you can do!

#4 Accept the things you can't change

Some sources of stress are unavoidable. You can't prevent or change stressors such as the death of a loved one, a serious illness, or a national recession. In such cases, the best way to cope with stress is to accept things as they are. Acceptance may be difficult, but in the long run, it's easier than railing against a situation you can't change.

#5 Make time for fun and relaxation

Beyond a take-charge approach and a positive attitude, you can reduce stress in your life by nurturing yourself. If you regularly make time for fun and relaxation, you'll be in a better place to handle life's stressors.

#6 Adopt a healthy lifestyle

You can increase your resistance to stress by strengthening your physical health. This includes regular exercise and recreation as well as healthy eating habits.

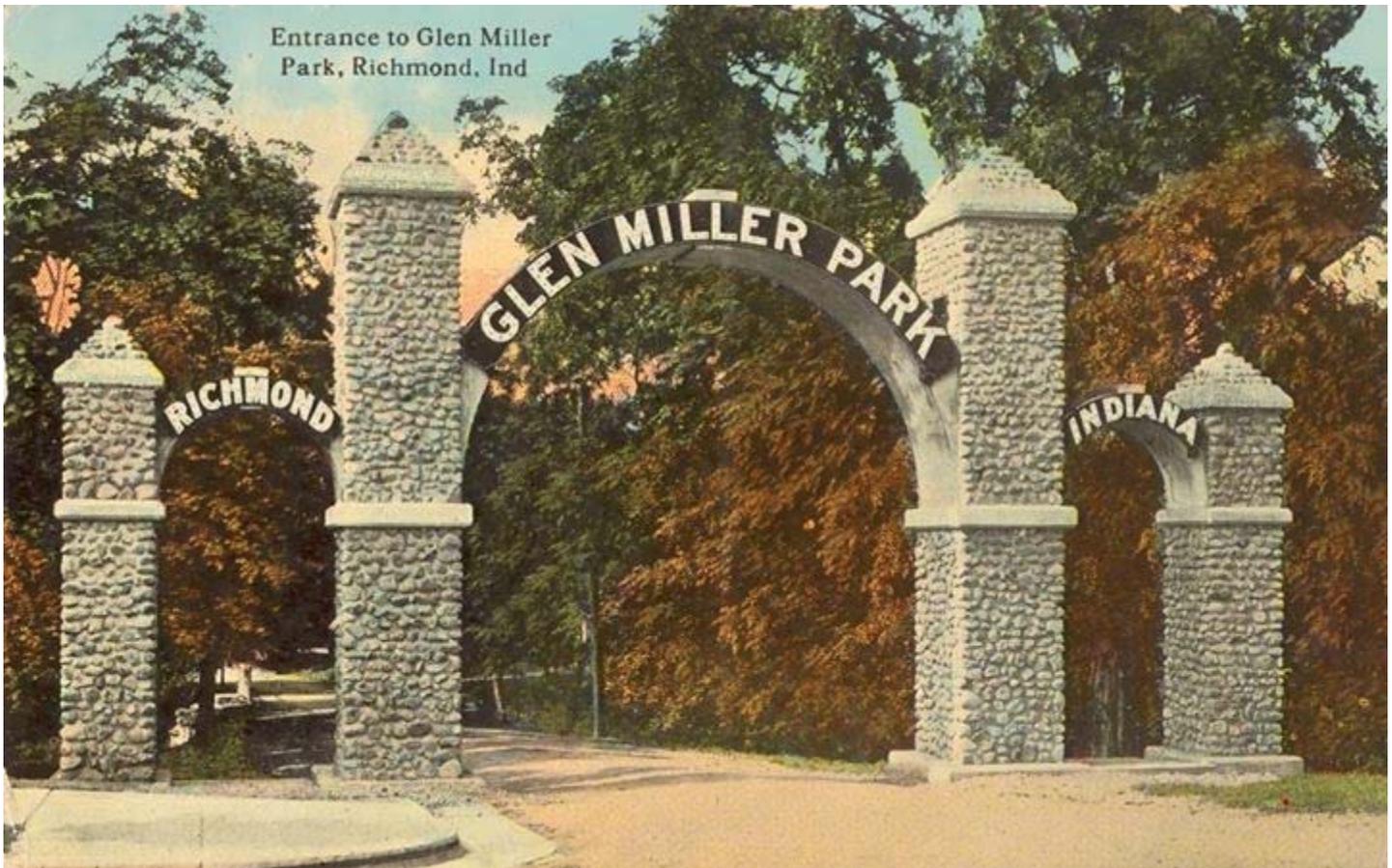


For More Information

For more information on ways to avoid and cope with stress visit these websites:

- Stress.org
- APA.org/helpcenter/stress-body.aspx
- MayoClinic.org/healthy-living/stress-management
- FOH.dhhs.gov/calendar/april.html

A Look at the Past



The Glen Miller Park Entrance: This is what the old entrance to Glen Miller Park looked like. Unfortunately, after years of enduring Indiana weather, it began to crumble and for people's safety, the pillars and arches were taken down.

Glen Miller Park Entrance

One time, Glen Miller Park had arches over the entrance off of East Main Street. These arches clearly marked the park for visitors. They endured Indiana weather for many years. However, when they began to crumble, they were taken down for the safety of all park guests.

Throwback Thursday

Our parks have a lot of history to them. From how they came to be in the park system to the changes they have gone through over the years, our parks have a lot to say.

We will be sharing some old photos in our newsletters to remember the past. These photos will also end up on our social media pages, so keep an eye out for how Glen

Miller and the other Richmond Parks have changed over the years.

Contribute Your Photos

Do you have an old park photo? Do you have an old park story from when you were a child? It can be from any of the parks in our system - Springwood, Mary Scott, Middlefork Reservoir, etc, it doesn't matter.

Tell us your stories and send us your photos. We'll share it in the next newsletter and on our Throw-back Thursday social media posts!

Send an email to aestabrook@richmondindiana.gov (Alisha) with the photo and story behind it.

We want to share Richmond's history, as well as our own, and you're a part of it.

#Throwback Thursday

Summer's Around the Corner



JUKO Hiring

Hurry - get your application in to be a Just Us Kids Outdoors (JUKO) Counselor!

JUKO is a six week long summer day camp for children in first through sixth grades. At JUKO, we play games, make crafts, swim at the pool, and have lots of fun all summer! Counselors will also have to be available for Lil' JUKO, a preschool age summer program that runs for two weeks.

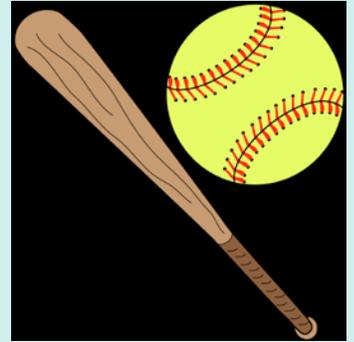
You can find applications on our website or pick one up in the office. Please turn them in to the Park Administration office in Glen Miller Park. Interviews will be scheduled soon, so don't miss your chance to have a fun job this summer!

JUKO Junior Counselors

We are also looking for Junior Counselors (ages 13-16, volunteer position). Being a Junior Counselor requires an application, which can also be found on the website, or picked up in the Park Administration office in Glen Miller Park.



DEADLINE



Softball 2014

Softball packets are available for pick up at the Park Office in Glen Miller Park. BUT HURRY - the deadline to register your team is

April 4

Register your team for the Industrial, Commercial or Thursday Mixed League. Find more information on our website, and download the registration forms.

Forms must be turned into the Administration Office in Glen Miller Park by Friday, April 4 to be able to play in our softball league this year.

Our office hours are 8 a.m. - 5 p.m. and we are open Monday - Friday, except on holidays.

Call the Park Office at 983-PARK (7275) for more information.

Park Hiring: We're taking applications for a variety of summer positions. Positions will remain open until filled, but that also means the sooner you get your application in, the more likely we'll have the position open!

Now taking applications for

JUKO Counselors
Pool Management

Certified Lifeguards

Grounds Maintenance

Concession Workers

AND MORE!

Summer Seasonal Positions

Pick up an application in the Park Office.
Open Monday - Friday, 8 a.m. - 5 p.m.
in Glen Miller Park.

Upcoming Events



GORGE CLEAN UP

APRIL 5, 2014

We're cleaning up the Gorge!

Help us on **April 5** from **8 a.m. - noon** as we clean up the Whitewater Valley Gorge Park from Test Road to Industries Road.

✓ Volunteers will sign in at the **Bicentennial Park** maintenance garage from 7:30 - 8 a.m.

✓ Dress for the weather, bring your own gloves, and *we'll provide the trash bags and lunch!*

✓ Large groups, *please call the Park Office (983-7275)* to preregister to ensure your lunch.



Upcoming Events

Mark your calendars for:

Gorge Clean Up
April 5 (above)

Easter Egg Hunt
April 13 (more on page 6)

Richmond Fossil Fest
May 3 (to the right)

Family Earth Day Celebration
May 10

Richmond Fossil Fest

Prepare yourself for the launch of the Whitewater Valley Fossil Hunt passport program sponsored by the Wayne County Convention and Tourism Bureau. The Richmond Fossil Fest is being sponsored by the Wayne County Convention and Tourism Bureau and Earlham College Bonner Scholars program.

The Richmond Fossil Fest event is appropriate for all ages and will include guided fossil walks around Thistlethwaite Falls, a fossil hunting bike ride along the Cardinal Greenway, and activities for children.

Saturday, May 3
10 am - 2 pm

Springwood Lake Picnic Shelter

****For all ages****

Keep an eye out for the Fossil Hunt website, coming soon!

Join Richmond Parks & Recreation and the Richmond RiverRats at

The Egg Hunt

Sunday, April 13, 2014

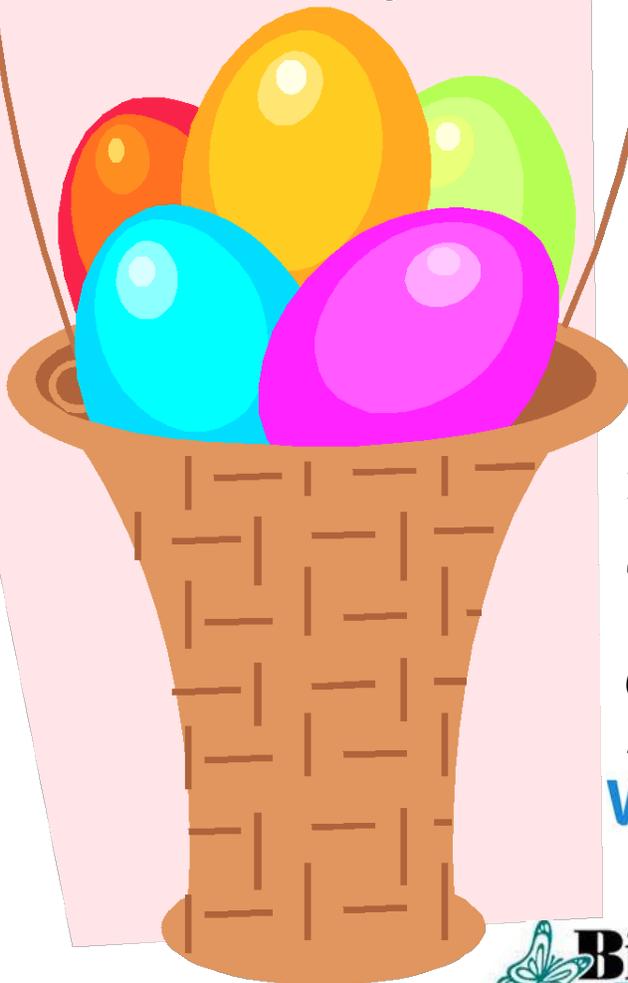
at McBride Stadium
201 NW 13th Street

**Event targets

Children 12 and under

Gates open at 2 pm

\$2.00 Donation
per child benefits
JUKO program



 Gates open at 2 p.m.

 Hunts begin at 2:30 p.m.

Hunts will be divided by age groups (Children 12 & under)

 Bring a camera to take pictures with the Big Bunny and other mascots!

 Return your empty eggs after each egg hunt to claim a goodie bag!

 \$2.00 donation per child benefits the JUKO program

More information at RichmondIndiana.gov, [Facebook.com/RichmondParks](https://www.facebook.com/RichmondParks), and on Twitter @RichmondInParks

Questions? Call (765) 983-7275
Monday-Friday 8 a.m. - 5 p.m.

Walmart  **FIRST BANK**

RICHMOND

 **Birth to Five**
Strong Foundations for Strong Families



Wayne County Challenge

The Challenge

Carpe Viam is now open. Register for all eight races in the Wayne County Challenge and save money when you sign up before May 12th.

The challenge starts with the Fireworks 5K in June, and rounds out the year with the Park's own Rosemary Weigel Frostbite 5K in December!

*Noted Rule change: Participant age for all races and the series will be based on the athlete's age on 12/31/14.

Big Promotion

The Challenge is also taking sponsors this year! Only a few sponsorship spots are available, so if you are interested, be sure to ask about it right away!



Contact new co-chairs Rod Waltz and Ashley Stephen at wccChairman@wccchallenge.org for more information about this exciting opportunity.

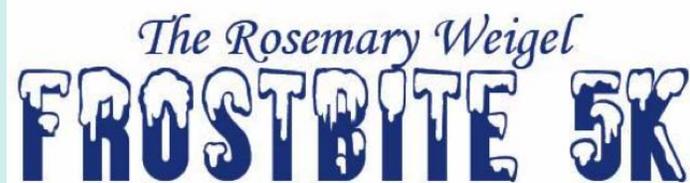
More Information

Learn more about the Wayne County Challenge

at WCChallenge.org. The website is packed fully of information regarding scoring system, photos, links, featured runners, race results and more!

On the Wayne County Challenge website, you can also learn how to get a FREE student race entry.

You can also check out the Facebook page where you can interact with other runners, stay on top of the latest runner information, find other 5Ks in the area, and ask for running tips. Just go to Facebook and search for the group called "Wayne County Challenge."



General Information

Our Mission...

The Richmond Parks and Recreation department provides for the positive development and well being of the Richmond community through the provision of parks, greenways, trails and recreational programming and facilities while working in cooperation with other service providers and partners in the community to maximize all available resources.

Volunteer!

We need volunteers to assist us at many of our events. Volunteer tasks may include: setting up

and running children's games, leading arts and crafts, monitoring lines, tearing down, etc.



To show our appreciation for the hours of service donated by our volunteers, we have created an incentive program. Organizations can sign up for the program and then we will keep a log of hours donated. These hours can then be traded for facility rentals. If you would like

more information, please contact our office today!

Get in Touch!

Let us know your comments or concerns! You can contact us through postal mail, phone, email, or you can come visit us in person!



Address:

2200 East Main Street
Glen Miller Park (next to playground)
Richmond, IN 47374

Telephone:

(765) 983-PARK (7275)

Hours:

Monday - Friday;
8 a.m. - 5 p.m.
(expect holidays)

Email:

parcs@richmondindiana.gov

Website:

richmondindiana.gov,
navigate to the Parks
Department page

Other Numbers:

- * Cordell Municipal Pool:
983-7292
- * Middlefork Reservoir:
983-7293
- * Richmond Community
Senior Center:
983-7300

Facility Rentals

Your Event in the Park

We have enclosed and open-air shelters throughout Richmond. Let one of our cabins, outdoor shelters or pavilions be the host of your special event! From birthday parties to bridal showers to church gatherings, our facilities are perfect places for your groups to meet. Rent by calling (765) 983-7275 or stopping by the Parks Office in Glen Miller Park.

** Most enclosed rentals include indoor restrooms and kitchen facilities.

** A \$50.00 key/damage deposit is required for enclosed facilities when you pick up your key.

** All Open Air Shelters have a 50 percent discount on weekdays (except holidays).

Glen Miller Park

Enclosed Facilities:

Mac's Shack: Capacity: 36
Rate: \$60.00 Holiday Rate: \$85.00

Charles House: Capacity: 40
Rate: \$70.00 Holiday Rate: \$95.00

*Handicap Ramp; A/C

Don's Cabin: Capacity: 66
Rate: \$70.00 Holiday Rate: \$95.00

Glen Miller Band Shell: Certificate of Liability Required
\$275.00/day; \$200 deposit

Open Air Shelters:

Medium Shelters (#3,7-11): Capacity 36 - 54
\$45.00

Large Shelter (#4): Capacity 96
\$45.00

X-Large Shelter (#2): Capacity 120
\$55.00

Rose Garden Gazebo:
\$100.00

Starr Gennett Building

Enclosed Facility: Capacity 600
Certificate of Liability Required
\$275.00/day; \$200 deposit

Mary Scott Park

Enclosed Facility: Capacity: 42
Rate: \$70.00 Holiday Rate: \$95.00

Open Air Shelter: Capacity 36
\$45.00

Springwood Lake Park

Enclosed Facility: Capacity 150
Rate: \$150.00 Holiday Rate: \$175.00

Open Air Shelter: Capacity: 36
\$45.00

Middlefork Reservoir

Enclosed Facility: Capacity 54
Available April 1– October 31
Rate: \$65.00 Holiday Rate: \$95.00

Open Air Shelters:
Medium Shelter (#1): Capacity 40
\$45.00

Large Shelters (#3, 4): Capacity 54
\$45.00

Other:

Richmond Senior Community Center - Call 983-7300
Cordell Municipal Pool - Call 983-7292

Notice Under the Americans With Disabilities Act

In accordance with the requirements of Title II of the Americans with Disabilities Act of 1990 (ADA), the City of Richmond, Indiana, will not discriminate against qualified individuals with disabilities on the basis of disability in its services, programs, or activities.

Employment: The City of Richmond, Indiana does not discriminate on the basis of disability in its hiring or employment practices and complies with all regulations promulgated by the U.S. Equal Employment Opportunity Commission under Title I of the ADA.

Effective Communication: The City of Richmond will generally, upon request, provide appropriate aids and services leading to effective communication for qualified persons with disabilities so they can participate equally in the City of Richmond programs, services, and activities, including qualified sign language interpreters, documents in Braille, and other ways of making information and communication accessible to people who have speech, hearing or vision impairments.

Modifications to Policies and Procedures: The City of Richmond will make all reasonable modifications to policies and programs to ensure that people with disabilities have an equal opportunity to enjoy all of its programs, services, and activities. For example, individuals with service animals are welcome in the City of Richmond offices, even where pets are generally prohibited.

Anyone who requires an auxiliary aid or service for effective communication, or a modification of policies or procedures to participate in a program, service, or activity of the City of Richmond, should contact the office of D. Sue Roberson, ADA Coordinator, by telephone (765-983-7244) or email (sroberson@richmondindiana.gov) as soon as possible but no later than 48 hours before the scheduled event.

The ADA does not require the City of Richmond, Indiana, to take any action that would fundamentally alter the nature of its programs or services, or impose an undue financial or administrative burden. Complaints that a program, service or activity of the City of Richmond, Indiana, is not accessible to persons with disabilities should be directed to D. Sue Roberson, ADA Coordinator, 50 North 5th Street, Richmond, IN 47374, telephone 765-983-7244, or email sroberson@richmondindiana.gov.

The City of Richmond, Indiana, will not place a

surcharge on a particular individual with a disability or any group of individuals with disabilities to cover the cost of providing auxiliary aids/services or reasonable modifications of policy, such as retrieving items from locations that are open to the public but are accessible to persons who use wheelchairs.

City of Richmond, Indiana
Grievance Procedure Under
The American with Disabilities Act

This Grievance Procedure is established for the City of Richmond, Indiana, to meet the requirements of the Americans with Disabilities Act of 1990 ("ADA"). It may be used by anyone who wishes to file a complaint alleging discrimination on the basis of disability in the provision of services, activities, programs, or benefits by the City of Richmond, Indiana. The City's Personnel Policy governs employment-related complaints of disability discrimination.

The complaint should be in writing and contain information about the alleged discrimination such as name, address, phone number of complainant and location, date and description of the problem. Alternative means of filing complaints, such as personal interviews or a tape recording of the complaint will be made available for persons with disabilities upon request. The complaint should be submitted by the grievant and/or his/her designee as soon as possible but no later than 60 calendar days after the alleged violation to:

D. Sue Roberson
ADA Coordination/Director of Human Resources
City of Richmond, Indiana
50 North Fifth Street
Richmond, IN 47374

Within 15 calendar days after receipt of the complaint, D. Sue Roberson as ADA Coordinator, or her designee, will meet with complainant to discuss the complaint and the possible resolutions. Within 15 calendar days of the meeting, D. Sue Roberson as ADA Coordinator, or her designee, will respond in writing, and where appropriate, in a format accessible to the complainant, such as large print, Braille, or audio tape. The response will explain the position of the City of Richmond, Indiana, and offer options for substantive resolution of the complaint.

Staff Directory

Administration Staff

Bill Thistlethwaite	Superintendent	983-7276	billt@richmondindiana.gov
Jim Dykes	Assistant, Superintendent	983-7423	jdykes@richmondindiana.gov
Christy Mosey	Business Manager	983-7271	
Sheila Mills	Administrative Assistant	983-7270	
Faye Paul	Receptionist	983-7275	

Recreation Staff

Alisha Estabrook	Special Projects Coordinator	983-7426	aestabrook@richmondindiana.gov
Leslie Hall	Senior Services Coordinator	983-7300	lhall@richmondindiana.gov
Marshall Ma	Wellness Coordinator	983-7425	marshall@richmondindiana.gov
Larry Swihart	Golf Division Director	983-7287	lswihart@richmondindiana.gov

Parks and Recreation Board

Dr. Karen Montgomery, President
Mike Foley, Vice President
Deanna Beaman, Member
Gary Turner, Member
Clay Miller, City Council Liaison

Important Phone Numbers

Maintenance Building 983-7319
Municipal Pool 983-7292
Senior Center 983-7300
Middlefork Reservoir 983-7293
Highland Lake Golf Course 983-7287