

What's Inside

Featuring:

* March Wellness: Tips on Nutrition

This month, we're letting you know how to incorporate nutrition into your everyday life. More on page 2.

* Wayne County Challenge

Carpe Viam registration open. Register by May 12 to save some money on 5K races across the county. Details on page 5.

Social Media:

* Facebook

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

* Twitter

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



Additionally:

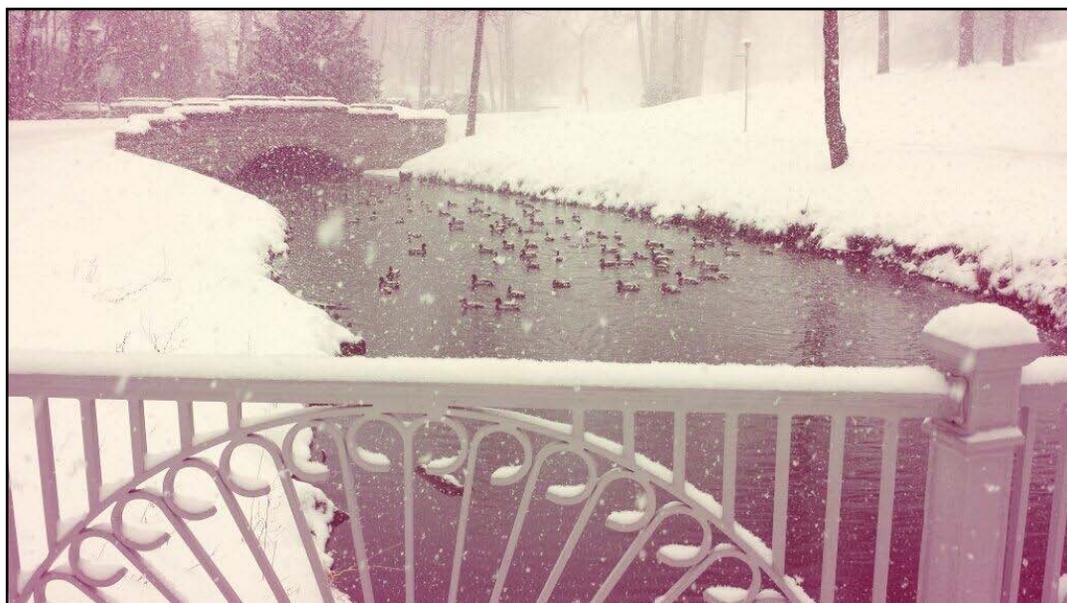
* General Information

* Facility Rentals

* ADA requirements

* Staff Directory

Cold Finally Ending?



It looks like the cold is trying to leave but just has not gotten there yet. We had snow and freezing temperatures over the course of winter, but lately the sun has been peaking through the gray days helping to rid us of the remaining bits of winter.

Here's another sign that summer is just around the corner: Softball packets available for pick up! Play softball this summer in the league. You can get them at the Park Office in Glen Miller Park.

Popular Spot: Ducks in Glen Miller Park swimming in the water that flows into the pond on Feb. 14, 2014. The pond was frozen for most of the winter, causing the ducks to hang where the water has a steady flow and does not freeze over. The snow that fell on Feb. 14 was slick and caused many accidents for those out and about on Valentine's Day. Photo by Alisha Estabrook.

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.

As the weather becomes nicer, our park

becomes busier. When driving through the park, please be careful of those enjoying the outdoors. We have many walkers and runners 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 and stay warm!

March Wellness: Nutrition



Introduction to New Wellness Section:

Hi, I'm Marshall, the Wellness Coordinator at the Parks Department.

Starting this month I will be submitting a monthly wellness section for the newsletters. This section will

focus on all aspects of wellness that include physical, mental, occupational, environmental, and spiritual wellness. Each month will have a different topic with materials and links on how to learn more about each subject. I encourage you to look over the material and hopefully use it to your benefit. If you have any ideas or suggestions on future topics please contact me at 765-983-7425 or Marshall@richmondindiana.gov. Have a great month!

National Nutrition Month

March is National Nutrition Month. National Nutrition Month is an education and information campaign created by The Academy of Nutrition and Dietetics that focuses attention on the importance of making informed food choices and developing sound eating and physical habits. Check out this website (www.eatright.org/NNM/) to learn more about healthy eating, activities, handouts, and tips to increase the nutritional value of your diet.

Healthy Eating Tips

Here are some healthy tips from Eat-Right:



Eat Breakfast

There's no better way to start your morning than with a healthy breakfast.

Make Half Your Plate Fruits and Vegetables

Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal.



Watch Portion Sizes

Get out the measuring cups and see how close your portions are to the recommended serving size. Using smaller plates, bowls and glasses can help you keep portions under control.



Fix Healthy Snacks

Healthy snacks can sustain your energy levels between meals. Whenever possible, make your snacks combination snacks. Try low-fat yogurt with fruit, whole-grain crackers with low-fat cheese, or a small portion of nuts with an apple or banana.

Drink More Water

Our bodies depend on water to regulate temperature, transport nutrients and oxygen to cells, carry away waste products and more.



Dine Out without Ditching Your Goals

You can dine at a restaurant and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Think about nutritious items you can add to your plate—fruits, veggies, lean meat, poultry or fish—and look for grilled, baked, broiled or steamed items.

Enact Family Meal Time

Research shows that family meals promote healthier eating. Plan to eat as a family at least a few times each week in 2014. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

Enjoy
the Taste of
**EATING
RIGHT**

National Nutrition
Month® 2014

**eat
right.** Academy of Nutrition
and Dietetics

A Look at the Past



The Zoo at Glen Miller Park: This photo was posted on the Visit Richmond Facebook and Twitter pages recently, and inspired us to include a bit of history in our newsletter. It's a photo of the bear cage, back when Glen Miller Park had a Zoo. The Zoo had a variety of animals including an alligator, a bear, buffalo, a cougar, deer, elk, kangaroos, lions, monkeys, peacocks, and more. It was closed in 1986.

Glen Miller Park Zoo

Glen Miller Park has a fascinating history. Years ago, the park hosted a zoo. It had a variety of animals within its boundaries. Throughout its history, the zoo expanded to hold more animals. There was a variety of animals throughout the history of the park, including an alligator, a bear, buffalo, a cougar, deer, elk, kangaroos, lions, monkeys, peacocks, and more.

After not being able to meet zoo standard, rising costs of caring for animals, and safety concerns, the zoo was closed in 1986.

People still have many vivid memories about the zoo. One person can tell a story about how the monkeys were fond of throwing things at people. Someone else remembers when an animal escaped its enclosure, which happened on a couple of different occasions throughout the zoo's history. And still another community member can tell a story about how this was the only way they would be able to see exotic animals.

While Glen Miller Park will not host a zoo again -

for multiple reasons including but not limited to the safety of people and animals - it is interesting to take a look back to see how things once were and where we are today.

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.

#ThrowbackThursday

Summer's Around the Corner



JUKO Hiring

Very soon, we'll have our application packets available for those who would like to apply 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.

We will also be looking for Junior Counselors. Keep your eyes open for more information to appear on our Facebook, Twitter, and website!

If interested in applying to be a 2014 JUKO Counselor, email Alisha at aestabrook@richmondindiana.gov, or stop by the Parks Office in the middle of March to pick up an application packet.



Softball 2014

Softball packets are available for pick up at the Park Office in Glen Miller Park. Register your team for the Industrial, commercial or Thursday Mixed League. Our office hours are 8 a.m. - 5 p.m. and we are open Monday - Friday, except on holidays.

Upcoming Events

Mark your calendars for:

Gorge Clean Up
April 5

Easter Egg Hunt
TBA

Family Earth Day
Celebration
May 10

Gorge Clean Up 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.

Bring your own gloves, and we'll provide the trash bags and lunch!

For large groups, please call the Park Office to pre-register. This ensures your lunch for the day.

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

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
\$39.75

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

X-Large Shelter (#2): Capacity 120
\$50.50

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
\$39.75

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	
Penny Klusman	Part-time Bookkeeper	983-7277	

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