

## What's Inside

### Featuring:

#### \* May Wellness: Easy Fitness

This month, we're giving you tips for easy fitness to incorporate into your everyday life. More on page 2.

#### \* Upcoming Events In May 2014

We have some fun things in store for May! Check out the events we have coming up this May. Details on page 6.

### Social Media:

#### \* Facebook

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

#### \* Twitter

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



### Additionally:

#### \* General Information

#### \* Facility Rentals

#### \* ADA requirements

#### \* Staff Directory

# Busy in the Parks



Finally the weather is staying beautiful for more than a day at a time. Our summer programs are drawing near, and the sun is shining!

Our 2014 Summer Recreational Guide is out! Download it from our website to see all the fun we'll be having in the near future. It's the go-to guide for all the Park events.

We have out the information about all kinds of kids activities - camps, sports, and special events! See how to keep your child engaged and

**Volunteers planting in the Rose Garden:** Volunteers have been hard at work making the park beautiful! The Rose Garden will come alive with roses and flowers with a bit of sun and water. If you are interested in helping preserve the Rose Garden's beauty, as well as other planting locations around the parks, please visit [RichmondRoseGarden.com](http://RichmondRoseGarden.com) to find out how you can help!

having fun this summer!  
\*\*Keep an eye out for special changes that may be coming regarding JUKO sites this year.\*\*

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 so we can share the history. 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!

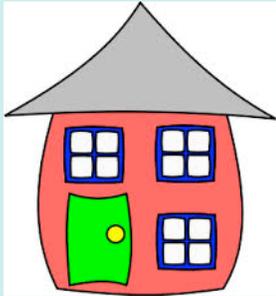
# May Wellness: Fitness Made Easy



## Physical Fitness Made Easy

The term physical fitness can be intimidating and misleading. Physical fitness doesn't have to mean going to the gym for hours or running miles upon miles. It simply means to get up and move as much as you can. Fitting physical activity into a daily routine can be made easy by choosing activities that you already enjoy and can do regularly. Things like gardening, washing the car, or taking a 10 min walk around the neighborhood can count toward your overall physical fitness. Keep it interesting by trying something different on alternate days. Every little bit adds up but make sure to do at least 10 minutes of activity at a time, shorter bursts of activity will not have the same health benefits.

Here are some easy tips and ideas to help increase your daily physical activity output at home or at work.



## At Home:

- Get the whole family involved — enjoy an afternoon bike ride with your kids.

- Walk up and down the soccer or softball field sidelines while watching the kids play.
- Walk the dog — don't just watch the dog walk.
- Clean the house or wash the car.
- Walk, skate, or cycle more, and drive less.
- Mow the lawn with a push mower.
- Plant and care for a vegetable or flower garden.
- Play with the kids — tumble in the leaves, build a snowman, splash in a puddle, or dance to favorite music.



## At Work:

- Replace a coffee break with a brisk 10-minute walk. Ask a friend to go with you.
- Take part in an exercise program at work or a nearby gym.
- Join the office softball team or walking group. We even offer adult softball leagues!
- Park further away from the office to make a longer walk for yourself.
- Do exercises from your chair - arm circles, leg lifts, and more!
- Plan meetings outside the office so you can move around more throughout the day.

For more tips on how to increase your daily physical fitness please visit the following sites.

- [www.HelpGuide.org/life/exercise.htm](http://www.HelpGuide.org/life/exercise.htm)
- [www.hsph.harvard.edu/nutritionsource/tips-for-getting-exercise-into-your-life/HealthFinder.gov/NHO/MayToolkit.aspx](http://www.hsph.harvard.edu/nutritionsource/tips-for-getting-exercise-into-your-life/HealthFinder.gov/NHO/MayToolkit.aspx)

# A Look at the Past



**"Central Park", Richmond, Indiana:** Central Park, referred to in this picture, is a photo of South 10th Street Park. This photo comes from Dan Tate's blog (at <http://dantate.featuredblog.com/?p=57>). The blog site has other past park photos that are fun to look at, so check it out!

## Central Park

Central Park refers to South 10th Street Park, located at 101 South 10th Street.

Historically, the park is the first parkland of the Richmond Park System. Today, South 10th Street Park serves as an open green space, great for a family picnic, a lunch break, or to just enjoy the outdoors. It is also an ideal space for festivals, and is the site for the annual Family Fun Fest.

Recently, a lot of work was done on the park, opening up the trees, redoing the sidewalks (including some beautiful brick work), and updating

the general appearance of the park. Go check it out today!

## Throwback Thursday

Our parks have been around for many years, and 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 - Springwood, Middlefork Reservoir, it doesn't matter.

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

Send an email to [aestabrook@richmondindiana.gov](mailto:aestabrook@richmondindiana.gov) (Alisha) with your photo and story behind it.

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

# Recent History: Egg Hunt

Recently we had the Egg Hunt at McBride Stadium on April 13, 2014. It was a lot of fun and filled with eggs and candy. We even had the Easter Bunny, Andy the Armadillo, and Kash the Kangaroo join us for the afternoon.

Through the event, we were able to raise over \$400 for the JUKO program! Thanks to everyone who donated! It will help pay for the field trips the children will go!

There are more Egg Hunt photos on our Facebook page (which you can find at [Facebook.com/RichmondParks](https://www.facebook.com/RichmondParks)), but we wanted to show off this one here:



# #Throwback Thursday

# 2014 Kids Camps



## JUKO

Just Us Kids Outdoors (JUKO) is a free six-week summer day camp that gives kids the chance to have a fantastic summer full of fun activities! JUKO is for children first through sixth grade.

Each day, the children receive lunch prepared by Richmond Community Schools through the USDA Summer Food Service Program.

No registration deadline summer or cap on enrollment. We want every child to have the opportunity to attend camp! At JUKO, we play games, make crafts, swim at the pool, and have lots of fun all summer!

You can find registration forms on our website or pick one up in the office. Please turn them in to the Park Administration office in Glen Miller Park.



## Little JUKO

Little JUKO is made for preschoolers! It's just as much fun as JUKO, but is designed for children aged 3-5. It is two weeks

long, and starts this year on July 21.

Each day, the children receive lunch prepared by Richmond Community Schools through the USDA Summer Food Service Program.

No registration deadline summer or cap on enrollment. We want every child to have the opportunity to attend camp! At Little JUKO, we play games, make crafts, and have lots of fun all summer! \*\*All children must be potty trained.

You can find registration forms on our website or pick one up in the office. Please turn them in to the Park Administration office in Glen Miller Park.

## JUKO Junior Counselors (Leaders in Training)

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



## Art in the Park

Art in the Park is a mini-camp that gives children the opportunity to create something meaningful that will benefit the entire community. Each

week, we will explore different elements of design, and create artwork influenced by them. New this year is a photography component! There will also be fun games, songs, and free lunches!

Each day, the children receive lunch prepared by Richmond Community Schools through the USDA Summer Food Service Program.

Only 20 children will be accepted for this program, and it has a fee of \$35.

You can find registration forms on our website or pick one up in the office. Please turn them in to the Park Administration office in Glen Miller Park.

## Talented Tykes

Join us at Mary Scott Park for a great preschool program, Talented Tykes. During each session, we will learn new games, songs, and make an awesome craft! Each week, we will explore a different medium of art such as clay, paint, chalk, etc. Don't miss out on this great summer program for preschoolers! \*\*All children must be potty trained.

Each day, the children receive lunch prepared by Richmond Community Schools through the USDA Summer Food Service Program.

Only 20 children will be accepted for this program, and it has a fee of \$35.

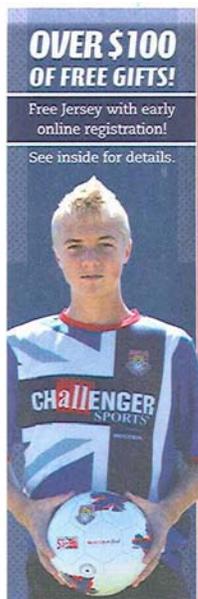
You can find registration forms on our website or pick one up in the office. Please turn them in to the Park Administration office in Glen Miller Park.

# British Soccer Camps 2014

Challenger Sports has developed one of the most innovative methods of coaching in the US and will bring this expertise to Richmond again this year!

While focusing on key techniques and components of soccer, their coaches teach the skills within the framework of character development based on respect, responsibility, leadership and sportsmanship. All this in addition to coaches with cool British accents!

More information about British Soccer Camp on our website. Hurry to register, soccer starts June 16!



## BRITISH SOCCER CAMPS 2014

more campers, more coaches, more great new games & practices  
...and more FREE STUFF!



### Richmond Parks and Rec

June 16<sup>th</sup> – 20<sup>th</sup> Freeman Park, 1150 N 12<sup>th</sup> Street, Richmond, IN 47374

Camp includes FREE ball & t shirt

Mini Soccer:	9 – 10.30am	ages 4-5yrs	\$102
Mini Soccer:	10:30-12pm	ages 4-5yrs	\$102
Half Day:	9 – 12pm	ages 6-9yrs	\$131
Half Day:	9 – 12pm	ages 10-14yrs	\$131
Half Day:	1 – 4pm	ages 6-9yrs	\$131
Half Day:	1 – 4pm	ages 10-14yrs	\$131
Full Day:	9 – 4pm	ages 8-14yrs	\$183

\*FREE online jersey offer deadline 5/2/14

#### SPACES LIMITED

Sign up at [challengersports.com](http://challengersports.com) recommended!

Mail applications & checks payable to Challenger Sports to: Marshall Ma, 50 North 5<sup>th</sup> Street, Richmond, IN 47374 Tel: 765-983-7423 or email: [marshall@richmondindiana.gov](mailto:marshall@richmondindiana.gov)

**SIGN UP NOW!**  
[www.challengersports.com](http://www.challengersports.com)  
800.878.2167



## Cordell Municipal Pool

Bring the family for an enjoyable day of fun in the sun at the Cordell Municipal Pool, 9 Southwest 13th Street. The pool offers a 1-meter diving board and a 151 foot water slide and a 2-foot depth section connected to the main pool. In addition a "Splash Pool" is available for the little members of the family. A concession stand is also available offering a variety of snacks and drink items.

### Dates and Hours of Operation

Open Memorial Day Weekend (May 24, 25, 26)

Regular Season: May 30 - August 6

Mon-Sat: 12 - 6pm, Sun: 1-6pm

\*\*Weather Permitting

## First Tee Program

The mission of the First Tee program is to impact the lives of young people by providing educational programs that build character, instill life-enhancing values and promote healthy choices through the game of golf.

Sign up for the First Tee Program on May 10 at the Glen Miller Golf facility from 10 a.m. - 1 p.m. or sign up online at: [thefirstteeindiana.org](http://thefirstteeindiana.org).

This program costs \$25 for the summer session. Equipment is available for use, and scholarships are available on an as needed basis.

### First Tee Program 2014 Information

Classes:

Monday/Wednesday or Tuesday/Thursday  
June 3 – July 25 (no classes July 1-4)

Time:

8:30 - 9:30 am for ages 7-8

9:45 - 10:45 am for ages 9-11

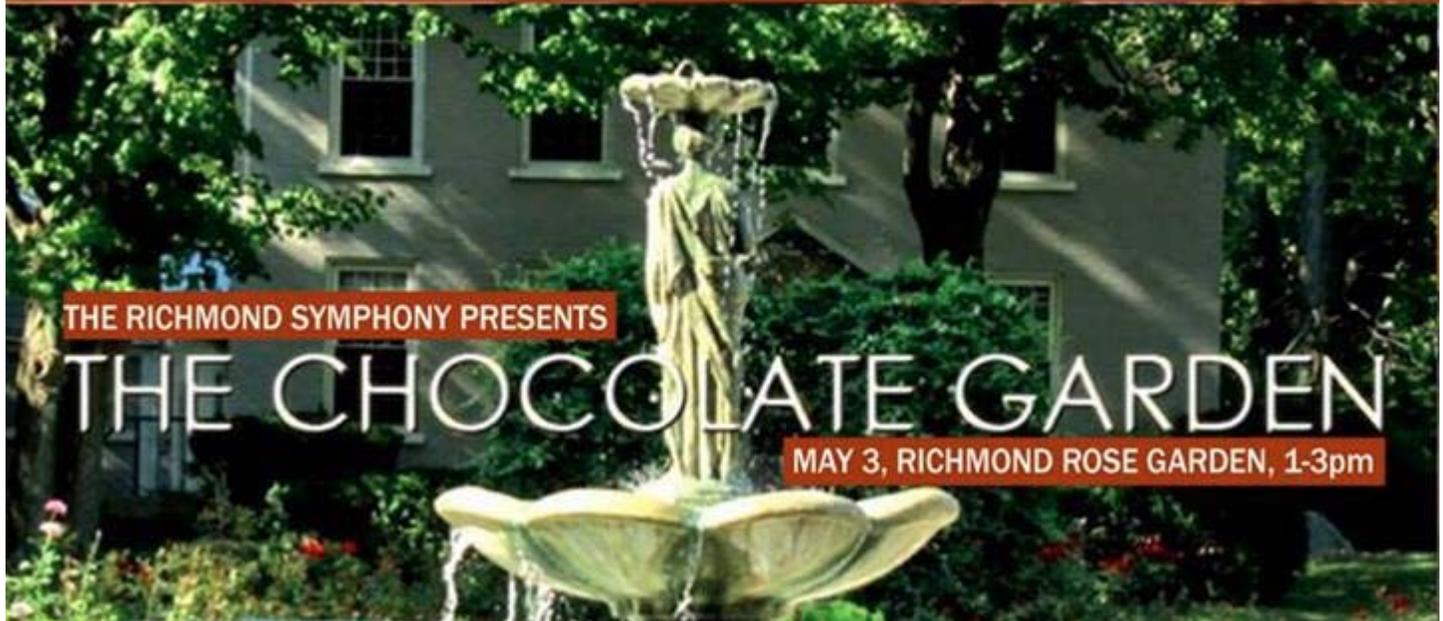
11 am - 12 pm for ages 12-13

12:30 - 2 pm for ages 13-14

2:15 - 3:45 pm for ages 15-17

# Upcoming Events

Join the Richmond Symphony Orchestra and Richmond Rose Garden for this free musical event. May 3, 1:00 - 3:00 pm. Chocolate included!



Plan to attend the Family Earth Day Celebration! It's going to be a lot of fun, and we are even going to featuring Mark's Ark, where the animals come to you!



**Saturday, May 10**  
**10 am - 2 pm**  
**Tom Raper Center, Fairgrounds**  
**\*\*For all ages\*\***

## 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 our for the Fossil Hunt website, coming soon!

# 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](mailto:wccChairman@wccchallenge.org) for more information about this exciting opportunity.

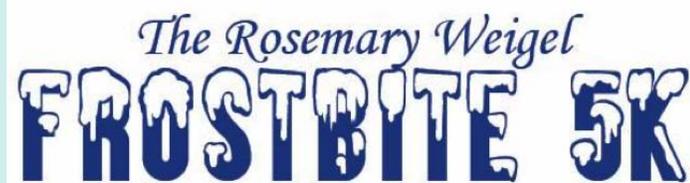
## More Information

Learn more about the Wayne County Challenge

at [WCChallenge.org](http://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](mailto:parcs@richmondindiana.gov)

#### Website:

[richmondindiana.gov](http://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	
Fay 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