



Fall 2021

REC CONNECT NEWSLETTER



Keene Parks & Recreation
“Let the Olympic games begin!”

Message from Executive Director

Hello NHRPA!

As I write this message, it is a cool sunny September day! It is a day similar to one 20 years ago—similar to the morning of September 11, 2001. As we reflect on 20 years since 911 that day meant something different to me and my family as my daughter Jules was born just before the first plane hit the world trade center. She is one of the “blessings” of 911—children who were born on this day. I saw something that I wanted to share with all of you—Payitforward911 is an organization with a goal to do good in the world. This year the goal is to do 20,000 good deeds in memory of 20 years. I think we can always use more good in the world so why not consider joining this movement personally and/or professionally with your departments. For more information visit <https://www.payitforward911.org/>

As we move into fall I am looking forward to connecting with all of you in person at the NHRPA State Conference on Thursday, October 21st at the Concord Parks & Recreation Community Center. This will be our first in person in 18 months so let’s make it a good one! Have a great September!

Kerry Horne M.Ed., Executive Director, NHRPA

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Happy Reading!

NHRPA PRESIDENTS MESSAGE

Greetings NHRPA,

It is crazy that summer is already winding down. It feels like kids were just getting out of school and we were all excited to have a “normal” summer again. I don’t know about you, but our department had a great summer filled with seeing kids smiles again and activities that could be played without a noodle to keep distance. I saw many departments welcome concerts back into their bandstands and pools open for business.

This morning I was welcomed with putting my kids on the school bus and sending them back to school along with all of our summer participants. I was left thinking about summer family adventures and taking time for ourselves. I typically tell people that September is the best month for Recreation Professionals as it is when our summer starts. It seems like we get our fall soccer or football programs going and then things seem to quiet down just a bit. September is a great time to do our own recreational activities.

September is also a great time to look at what NHRPA has to offer this year. If you have not registered yet, the NHRPA State Conference is coming up soon. The sessions with Chris Thurber are guaranteed to be a great addition to our education.

I really look forward to seeing many of you in person at the NHRPA State Conference next month. Have a great September and please keep an eye out for upcoming training opportunities and other news from NHRPA.

Craig Fraley NHRPA President

NHRPA Calendar of Events—to see the full calendar or events [CLICK HERE](#)

- October 21, 2021 NHRPA State Conference**
- November 18, 2021 NHRPA Business Meeting & Coffee Talk**
- December 9, 2021 NHRPA Awards & Guest Speaker**
- January 12, 2022 NHRPA Annual Meeting @ NNERPC**
- February 10, 2022 NHRPA Coffee Talk**

NHRPA Executive Board

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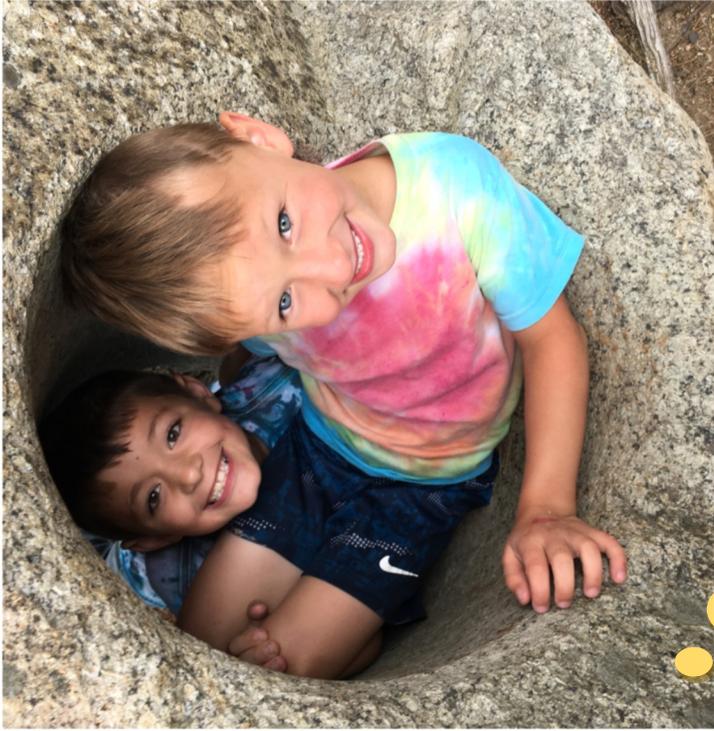
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Division of Parks & Recreation

John Kohlmorgen
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***In the end, it's not
the years in your life
that count. It's the
life in your years.***

-Abraham Lincoln



**Lincoln-Woodstock
Recreation
We might be
stuck....**

An advertisement for JPi Pyrotechnics. The background is black with a pattern of gold and black squares on the left side, each containing a small, repeating circular pattern. The right side features several large, stylized fireworks in gold and blue. The text "JPi" is written in large, gold, serif letters, with "PYROTECHNICS" in smaller, gold, serif letters below it. At the bottom, the text "Book your next Fireworks display with The Artists of Awe !" is written in a white, serif font. Below that, the website "www.jpipyro.com" and the phone number "603.759.9228" are listed in a white, sans-serif font.

**JPi
PYROTECHNICS**

Book your next Fireworks display with The Artists of Awe !

www.jpipyro.com 603.759.9228

NHRPA State Conference

Resilience, Reflection and REConnection!

NHRPA would like to invite you to attend our annual State Conference. We are very excited to be back in person this year and we hope everyone registers to attend and together we make this our biggest and best year yet!

Keynote Dr. Christopher Thurber : Kids Do Dumb Stuff: How We Learn from Mistakes

When I was 4, I stuck a toy car in an electrical socket. That was just the beginning of a developmentally normal trajectory of doing dumb stuff that peaked (I hope) in adolescence. Of course, we must distinguish between normal childhood shenanigans, behaviors that indicate trouble, and the mistakes that make us better people. The goal of this keynote is help youth leaders make this distinction, embrace mistakes, and respond in a way that guides healthy development. Jaw-dropping stories are the prelude to new insights for and best practices for Recreation and Parks professionals at every level of experience.

Session #2 – The Unlikely Art of Positive Pressure

Young people throughout the world experience tremendous pressure to perform—from caregivers, coaches, camp counselors, classroom teachers...and themselves. Yet for centuries, well-intentioned adults have been asking the wrong question: *How much pressure is too much?* Because levels of anxiety and depression have increased in young people, it's high time to start asking the right question: *What kind of pressure is healthy?* Participants in this vanguard session will level up their leadership skills by learning the distinction between helpful and harmful pressure, then by discussing practical ways to apply positive pressure to help kids become their best selves.

Endnote Speaker: Rick Alpers, Primex

Rick Alpers, Risk Services Consultant, is a graduate of Plymouth State University with a Bachelor's Degree in Public Management and a minor in history. Prior to joining the Primex³ team, he was a former Town Administrator and is a former member of the Board of Selectmen in Bristol, NH. In his current role as Risk Services Consultant, Rick is responsible for providing exceptional customer service to Primex³ members. In that capacity, he conducts regular on-site trainings and assists in various risk management inspections for members. He also assists members in team building, goal setting, mission and vision crafting and behavioral assessments. Lastly, Rick is the facility coordinator for the Primex building in Concord.

Building Team Trust & Clear Communication

When we work in a frenetic environment, teams often become dysfunctional due to lack of clear direction. As leaders, we often assume that everyone is on the same page, yet sometimes the results are not aligned with the vision. Through team exercises, we will discover and identify critical elements of building team trust and practice strategies that encourage clear communication for a shared vision and organization success. You may even want to try these exercises with your own teams!

[CLICK HERE FOR THE FULL SCHEDULE](#)

[CLICK HERE TO REGISTER AS PARTICIPANT](#)

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BREAKING

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Thank you to our Conference Sponsors:



Register Now for NNERPC

January 11-13, 2022 will be the 72nd annual Northern New England Recreation & Parks Conference, and we are excited to be back in person! We are finalizing speaker details, with updates and registration available at: www.Northernnewenglands.com

If you have any questions, you can email Tara Tower directly at: recreation@lincolnnh.org



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NHRPA Member Success Story—Krissy Flythe



I hope that you all are enjoyed your summer and are able to travel to a happy places this summer. I know for myself I had an amazing opportunity to spend some time with my mom in RI which is where I'm originally from. However anytime I go back to visit it amazes me how much has changed and how much does stay the same. It's a fine balance between keeping things as they are and changing them as you go. It does make me think of my own big changes over the last 8 months.

In January of 2021 I surprised myself. I stepped on to the dreaded square electric box on the floor that tells me a number. I exhaled and couldn't believe that I was at my heaviest weight ever! Thank you COVID19lbs for allowing me to grow in a way I didn't expect. Similar to those freshman 15 in college COVID had done a bit more. Something clicked I knew I needed to make a change. So I decided to walk and that was the beginning of making time to intentionally do purposeful movement. I agreed with myself to walk 20 minutes a day. I could take my kids with me, or one of my dogs, or we walk as a family. Some days it was cold, and some days it even snowed. However I told myself I needed to start moving regardless of the weather. It wasn't long before I recognized I needed more. With the wonders of technology it's amazing how much advertising can pop up when you least expect it. I discovered Noom.com. I will not sell or bore you on it but it has aided me in my journey to losing weight. If you are interested you can learn more by finding it online. However for me it was what I needed to keep me on track. I learned to better my balance with food, and understand when I wanted to eat versus when I need it. I know for myself that I do not do well when someone tells me I can't have something. It truly makes me want it more. I have learned that I can eat whatever I would like and have the self-control to have just enough or satisfy the craving that I had.

Weight loss is a journey and often you can compare to others. We do that naturally. It has been a shift in mindset to recognize that everyone is on their own journey and there is no one way to get there, and you don't know when someone is starting their journey, mid-journey, or have found their happy place. I am still on my journey and there are multiple factors that have allowed me to succeed and support me. This often comes without judgment and recognizing that it is a lifestyle change and not just another diet. Weight loss is hard and it's personal but it's easier with support. No matter where you are in your journey remember that you can do it. YOU can do it! Since January I've lost 40 pounds and I am very proud of myself for having seen that I can do it. Often I would just shy away or not acknowledge it when someone gives me a compliment on this journey. Now I embrace the kudos because you need to accept that you are changing and it feels good to give yourself the Pat on the back. I was able to complete my virtual 5K with the Shamrock shuffle and although not super-fast, I was able to do it. Running is something that I've missed and I am excited to get back to it, and my kids love to run! So it will not only be about my journey, but it will be a journey together as a family."

PREPP Program supported by CPRA, GP RED, and CU Denver Now Starting Cohort #1 in January 2022



As more people recognize the value of parks and recreation (P&R), and related public spaces for the health and vibrancy of community, there is a need for more P&R professionals trained in both public management and parks and recreation planning. Colorado Parks and Recreation Association (CPRA), GP RED, and the University of Colorado (CU) Denver School of Public Affairs Institute are happy to announce the launch this fall of the **Parks and Recreation Emerging Professionals Program (PREPP)**, a leadership program designed for those who want to move into upper levels of administration, need a strong basis and competencies in management and planning, and are interested in a flexible program for working professionals.

PREPP is an accelerated 15-month online learning program. Course topics include foundational skills and competencies needed in public agency management in parks and recreation, including parks and recreation philosophy, value and impact; organizational structure and governance; diversity, equity and inclusion; finance and cost recovery; program planning and evaluation; collaboration and community engagement; facilities/parks planning and management; human resources, and communication.

Participants: The PREPP is ideal for anyone in Colorado or around the U.S. including:

- Current P&R staff with at least 3 years of full-time experience working for a public P&R agency, and at least a high school diploma.
- People with a bachelor's degree or higher in another field who want background and training in P&R planning and management.
- People who enjoy offering programs or facilities for the public, but want more of a business, governmental, and introduction to executive-level competencies.

Program Design

- Participants complete 3 sequential series of 4 courses each, for a total of approximately 180 hours. Program can be completed in approximately 15 months.
- The program is online with synchronous class time one night per week, as well as online study for asynchronous learning.
- Each series culminates in a student portfolio and a self-directed project.

Fees - The full PREPP program costs \$3,500. CPRA Members receive a \$75 discount. Payment plans and some limited scholarships are available. Fee includes textbooks and required materials.

For more information check out the webpage: <https://bit.ly/PREPP-CU>

Still have questions? Submit your contact information and someone will be in touch.

Ready to apply? Submit your application: <https://bit.ly/PREPPApp>



Newport Rec Day
Camp making a
splash at Whale's
Tale.

NHRPA Awards Deadline EXTENDED

The deadline to complete an award application has been extended to November 1st. NHRPA members... It's time to get involved and nominate a program or one of your peers for one of our many awards.

The Awards Committee together with Executive Board is working on finalizing the details for a December Awards Celebration combined with an education session. More details coming soon.

[CLICK HERE TO GO TO AWARDS PAGE](#)

Professional Spotlight



**Julia Chidester, Program Coordinator
Peterborough Recreation**

I love spending time with my pets, especially my two bunnies! This is my new baby bunny Winter.

Number of years you have been with the department? Two summer seasons so far!

If you are new to your department, where did you work previously? ConVal Regional School District

Why do you work in Recreation? I love bringing new recreational opportunities to all ages so they can live a full, healthy life.

What is one challenge you face as a professional? Navigating the challenges that come with using social media for our department.

What is one program or event that you run that you would like to share with the membership? I am running workshops in partnership with the UNH Cooperative Extension and its wealth of wonderful staff and resources!

Favorite place to take groups on a trip? York's Wild Kingdom!

Where did you go to school? I went to high school at Exeter High School in Exeter, New Hampshire and went to college at Keene State College in Keene, New Hampshire.

What is your degree? I have a Bachelor of Arts in Political Science, a Bachelor of Science in Elementary Education, and a Master of Education in Educational Leadership.

Where were you born? Beverly, Massachusetts.

Professional Spotlight

Where have you lived? I have lived in the North Shore of Massachusetts, the Seacoast area of New Hampshire, Manchester, New Hampshire, and I currently live just outside Keene, New Hampshire.

Favorite Recreational Activity? Exercising – specifically weight-lifting and cardio workouts. I also like to snowmobile and ride my dual-sport motorcycle.

What is your favorite food? Any sort of scone, cookie, bun, or cake.

What is your favorite movie? The Notebook even though I cry every single time.

What is your favorite type of music? Hip-Hop/Pop

What is your pet peeve? When my husband slurps his coffee loudly or when kids chant at me!

What is your favorite vacation spot? Stowe, Vermont

What is your proudest accomplishment? Graduating with each of my degrees.

Finish this sentence. My dream... is to own a horse!



I love riding my snowmobile in The Forks, Maine, Pittsburg, New Hampshire, and in Pillsbury State Park here in New Hampshire.



My husband and I at the summit of Mt. Mansfield in Stowe, Vermont. We love to adventure and eat our way through Stowe at least once a year. Highly recommend if you've never been!

Tennis in the Parks Program

Submitted by: Eric Driscoll, USTA New England

We have 13 departments that we partnered with in NH to run youth and adult programs this spring, summer, and fall and now have 50 recreation partners across New England. When our fall programs start next month, we will have run about 90 programs with multiple age groups this year and hired nearly 50 coaches in communities all over New England to coach our programs.

See our full list on our Tennis in the Parks webpage [here](#). This program which I lead and conceived of in 2017 and which we piloted in 2018 more than doubled the first two years and this year grew nearly fivefold! This year we will have introduced tennis to over 2,000 kids and adults in their local communities.

I'm happy that we are filling a need and a want for tennis in all of these communities. Programs have been at 90 plus percent capacity and we're averaging 25 participants per program.

Loudon Recreation



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**Merrimack Recreation
Staff having a blast at
Naticook Day Camp!**

GoGreen With AutoBeGreen

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Granite State Track and Field – Tri-State Finals Update

Submitted by: Donna Kuethe, GSTF co-chair



Two hundred and forty young track and field athletes representing thirteen NH communities participated in the 2021 Granite State Track and Field program. The GSTF committee had made the difficult decision in the early spring that, due to the continuing uncertainty with COVID, we would not offer the district and state meets in-person. However, the committee felt that it was important to ensure continuity and engagement with communities, athletes, coaches and parents by offering a track and field experience for the athletes for 2021. As such, the program was offered as follows: results from local meets were submitted to the GSTF Committee and state finalists and champions were determined based on the times and distances submitted per age group and gender. Results had to come from in-person events whether within the community or as dual or tri-meets with other communities, and had to follow GSTF events and rules. State Finalists and Champions will receive their shirts and ribbons as the committee is working on getting those out to the participating communities. Additionally, we were able to move forward on the creation of a “next step” – a Northern New England Final for those winners from Maine, NH and VT.

Since the beginning of the Granite State Track and Field program in 2015, the goal has been to work with our neighbors in Vermont and Maine to be able to provide a chance for athletes to advance to a Northern New England Final. As a reminder, GSTF started when Hershey Foods discontinued its Track and Field program. At that time representatives from Maine, NH and VT met, each having determined that they would continue some form of a statewide track and field program. It was recognized that a missing piece of our individual programs was that state winners did not have the possibility of advancing to the National Final as had been offered by Hershey. It was determined that we would work towards offering a next level of competition with a Northern New England Final. Beginning in the spring of this year representatives from Maine, NH and VT state track and field programs and their state park and recreation associations met to advance that goal. The virtual component offered a perfect opportunity to start that process.

Each state submitted their results to a data base and the Tri-State Champions for each event by age and gender were identified. There were some differences in events and age groups offered by the individual states. However, since it was a virtual event, it was decided that even if only one state offered an event or an age group those winners and runners-up would be recognized. As we move towards an in-person Tri-State/Northern New England Final, we will determine consistency in events, age-groups etc.

On August 26th, the first Tri-State Track and Field Awards ceremony was offered to the qualifying athletes and their parents. During the ceremony the Tri-State winners and runners-up were recognized. Over 85 athletes and many parents participated. A guest speaker, Lani Silversides, a former Division I athlete, current high school teacher, high school varsity and youth coach, sport psychology enthusiast, and member of the New England Basketball Hall of Fame, provided wonderful inspirational words to all. The committee working on the Tri-State Track and Field Final is determined to continue to move forward, hoping to have the event as an in-person meet come to fruition in 2022 or 2023. Committee members noted they were motivated by the great turnout at the Tri-State Awards Event and will meet in early fall to begin the plans for the 2022 event.

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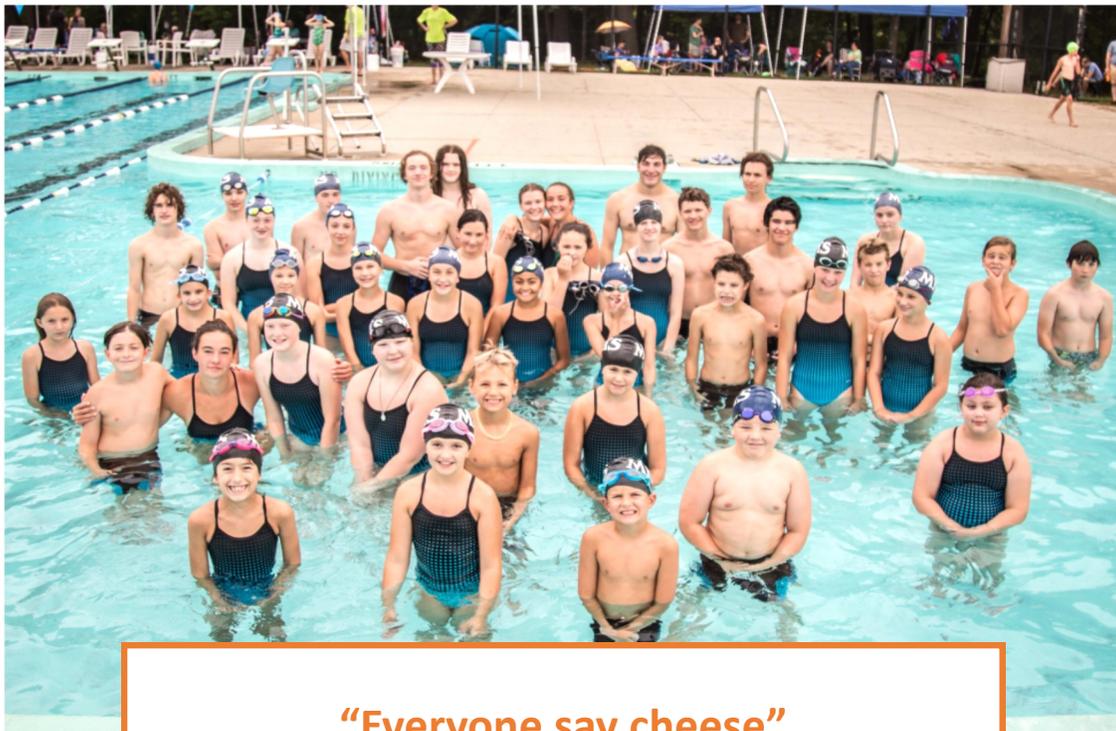
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Milford Recreation—“Try-it Classes”

Milford Recreation Department had just started offering “Try-it Classes” for selected programs before the pandemic began. This would be a one class opportunity before a session starts for people to try a class for free before enrolling in a session. With swim lessons we did need to limited the number using a first come first serve for safety and space reasons. While we did offer this in 2019 (no lessons in 2020) we found it extremely beneficial this summer so we wanted to share with other departments. With staffing shortages we found ourselves with a number of “newbie” staff for the pool in all positions... front desk, guarding and instructors. These free try-it lessons ended up being the perfect opportunity to train new staff in instructing. It gave first time instructors the chance to teach a smaller class with parents understanding the training was happening so there was more patience if the class stopped so the instructor could receive direction. It also increased the number of swim lesson registrations. This was a very successful endeavor that we will be utilizing again next year. If you would like more info for your department please reach out to Arene Berry at 603-249-0625.



“Everyone say cheese”

Milford Keyes 2021 Swim Team.



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Are Your Playgrounds Safe?

Submitted by: Deb Smith, MRPA Executive Director

We know that more than 200,000 children are treated annually for accidents on public playgrounds across the country. How does your equipment measure up? How many injuries occurred on your playgrounds?

Sponsored by the **Maine Recreation & Parks Association**, the Certified Playground Safety Inspector Course is the most comprehensive training program on playground hazard identification and risk management methods offered anywhere.

Advanced reading and twelve hours of training will prepare you to sit for the Certified Playground Safety Inspector exam scheduled at the culmination the certification course

Resource materials developed especially for this course are included in the course registration fee and will be mailed to participants.

Who should attend?

- Administrators, Supervisory Personnel, Public Works, Planning, Building and Grounds Personnel
- Playground Equipment Representatives, Operators, & Caretakers of Playgrounds in:
- Parks Schools
- Summer Camps Day Camps
- Homeowners Associations Hotels/Resorts
- Child Care Centers
- Agencies such as: YMCA's and YWCA's

How will this seminar benefit you and your organization?

Maintenance – Learn how to identify safety hazards on the playground, and steps needed for correction.

Administration – Review of risk management techniques and liability problems, implementation of risk management programs. Learn how to conduct an audit of your playgrounds.

Resources – Become familiar with the US Consumer Products Safety Commission Guidelines and the ASTM Standard for Public Use of Playground Equipment Safety; identify the differences between them and their impact on playground safety.

Accessibility – Learn about safety in accessibility and the recommendations of the ASTM standard.

Surfacing – Become aware of the characteristics of the various surfaces used on playgrounds.



November 17-19, 2021

at the South Portland Community Center
21 Nelson Road, South Portland, Maine



To register and for the
daily schedule:
<https://www.merpa.org/cpsi/>

The Certified Playground Safety Inspector (CPSI) certification program is the most comprehensive training program on playground hazard identification and risk management methods offered nationwide. By becoming a CPSI, you will learn how to identify hazards on public playgrounds and playground equipment, rank those hazards according to injury potential and apply that knowledge, as well as how to establish a playground safety program.



Register by 9/15/21 for the early bird discount!



Conway Recreation
“We just flip over
summer camp in
Conway”
#RecAndRoll

NEWMARKET RECREATION'S NEW AQUA LAND IS ALREADY MAKING A HUGE SPLASH IN THE COMMUNITY!

(Newmarket, NH) The Town of Newmarket's Recreation Department is very excited to announce the completion of the long awaited splash pad/water park and new restroom facility at the town's largest community park, Leo Landroche Field, located at 1 Terrace Drive, Newmarket, NH. Although the splash pad, branded Aqua Land, has only been open for a little more than a week, it has already gained quite a bit of momentum on social media resulting in many community members and surrounding towns' visitors to flock to the park on bright sunny days. It also helps that this new water park attraction also fits in nicely with all the other park amenities including a fenced in preschool playground, a larger playground for school aged kids, plus, it's adjacent to a covered gazebo picnic area, making this entire park area an excellent choice for a one-stop shopping for multi-age play dates. Aqua Land has a footprint area of approximately 2000 S.F. and is packed with a variety of colorful water play features including 8 interactive above ground features and 9 varying height ground sprays all of which cater to a wide range of ages and developmental stages. The new restroom facility includes 4 single use bathrooms, 2 water filling stations, and a set of showers. Aqua Land's unique design is not only geared for fun, it's also much safer than a pool, since without standing water, the need for lifeguards is eliminated. Due to the Town's repeated draught concerns year after year, conservation and ecological considerations were also a major consideration in this project. Unlike most standalone splash pads, Aqua Land was built with a filtration system and includes a 3,000 gallon storage system buried underground where water is treated and recirculated. As with most large municipal projects, the Recreation Department had to jump over a few hurdles in order to get the project off the ground. "It truly took a village and a total of 5 years from start to finish" stated Aimee Gigandet, Recreation Director for the Town. According to Ms. Gigandet, they had to rely on the support of many local boards and organizations to assist them, not to mention the additional financial support they received from community members and especially, their Blue Premier sponsors Kennebunk Savings Bank and Cheney Companies. "Now more than ever, it is our hope that their community can enjoy the new splash pad, especially the children, who have been through a lot over the past year. 659-8581

The children of Newmarket have needed this water play area for years and it we couldn't be happier than to be able to make it finally happen for them," stated Ms. Gigandet. The Aqua Land theme and colorful water features were chosen to attract their biggest customers she stated – the children - and of course, it also happens to blend well with the existing playground which has been a huge attraction to kids for years. In terms of funding, the Town of Newmarket received a 50% matching grant back in 2018 from the Land and Water Conservation Fund which is administered by the NH Department of Natural and Cultural Resources – Division of Parks and Recreation. The grant submission was to build an all-inclusive community splash pad and new restroom facility with a goal to create an equitable and accessible water-based play space that would help children's connect with water and the outdoors in a safe and fun way. The Town of Newmarket was able to match the L.W.C.F. grant utilizing the Newmarket Recreation's Enterprise Fund generated through programs fees, Capital Reserve, Impact Fees, as well as, in-kind assistance from the Public Works Department which aided in constructing the concession and restroom facilities at the splash pad park location. The official Ribbon Cutting Ceremony is on Wednesday, August 11th at 4:30pm, during which the Recreation Department will host a number of key representatives, from the town and state who helped contribute in one way or another in making this new water feature and public restroom in Newmarket's largest community park complex a reality! Aqua Land welcomes the general public weekdays, 4:30-8 PM, and weekends 10 AM – 8 PM. After August 13, the hours will be 10 AM – 7PM until Labor Day. Log onto www.newmarketrec.org for more information on the new water park or follow them on Facebook @ NewmarketRec or call the Newmarket Recreation Department at 659-8581





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SUPPORTED BY GPRED

Virtual Emerging Leaders Program – Applications Open!

Do you know rising stars in your organization who will likely contribute to excellence in the field? Encourage them to apply for the Emerging Leaders Program.

Led by Dr. Morgan Green, the virtual Emerging Leaders Program (ELP) will be held October 15-17 prior to the Summit. The Emerging Leaders Program (ELP) trains early career leaders to help develop our work at SHIFT and throughout the world.

We invite early career leaders between the ages of 21-33 who have distinguished themselves in outdoor recreation, conservation, land management, cultural relevancy and public health to apply. The skill sets of selected ELP participants and how best to present them at SHIFT are ascertained via a survey. This ensures participants help determine how they want to be seen professionally, even before programming is solidified for SHIFT.

The new deadline to apply for the 2021 ELP program is Thursday, September 23, 11:59 PM Pacific Time.

GOLD STAR



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GP RED is a 501(c)3 organization founded in 2008.

ADVOCATE



GP RED's mission is to fill the gaps in Research, Education, and Development for health, recreation, land management, and allied educators and professionals. We help the professionals who help communities thrive by providing innovative management strategies and knowledge.

GP RED | (303) 439-8369 | info@gpred.org | www.gpred.org

EXHIBITOR





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We offer site evaluations and assistance to help your group with every step towards building and enjoying a quality play environment.



For information contact Bob Pettinelli

1-800-775-8153 or email: playgrdbob@aol.com

<http://pettinelliandassociates.com/>

Atkinson Recreation

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Program**

Houston....

We have a problem!



PICCOLLAGE

Recreation Resilience

Mental Health Myths and Facts

Can you tell the difference between a mental health myth and fact? Learn the truth about the most common mental health myths.

Myth: Mental health problems don't affect me.

Fact: Mental health problems are actually very common:

- One in five American adults experienced a mental health issue
- One in 10 young people experienced a period of major depression
- One in 25 Americans lived with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression
- Suicide is the 10th leading cause of death in the United States. It accounts for the loss of more than 41,000 American lives each year, more than double the number of lives lost to homicide. Learn more about mental health problems

Myth: Children don't experience mental health problems.

Fact: Even very young children may show early warning signs of mental health concerns. These mental health problems are often clinically diagnosable, and can be a product of the interaction of biological, psychological, and social factors.

- Half of all mental health disorders show first signs before a person turns 14 years old, and three quarters of mental health disorders begin before age 24.
- Unfortunately, less than 20% of children and adolescents with diagnosable mental health problems receive the treatment they need. Early mental health support can help a child before problems interfere with other developmental needs.

Myth: People with mental health problems are violent and unpredictable.

Fact: The vast majority of people with mental health problems are no more likely to be violent than anyone else. Most people with mental illness are not violent and only 3%–5% of violent acts can be attributed to individuals living with a serious mental illness. In fact, people with severe mental illnesses are over 10 times more likely to be victims of violent crime than the general population. You probably know someone with a mental health problem and don't even realize it, because many people with mental health problems are highly active and productive members of our communities.

Myth: I can't do anything for a person with a mental health problem.

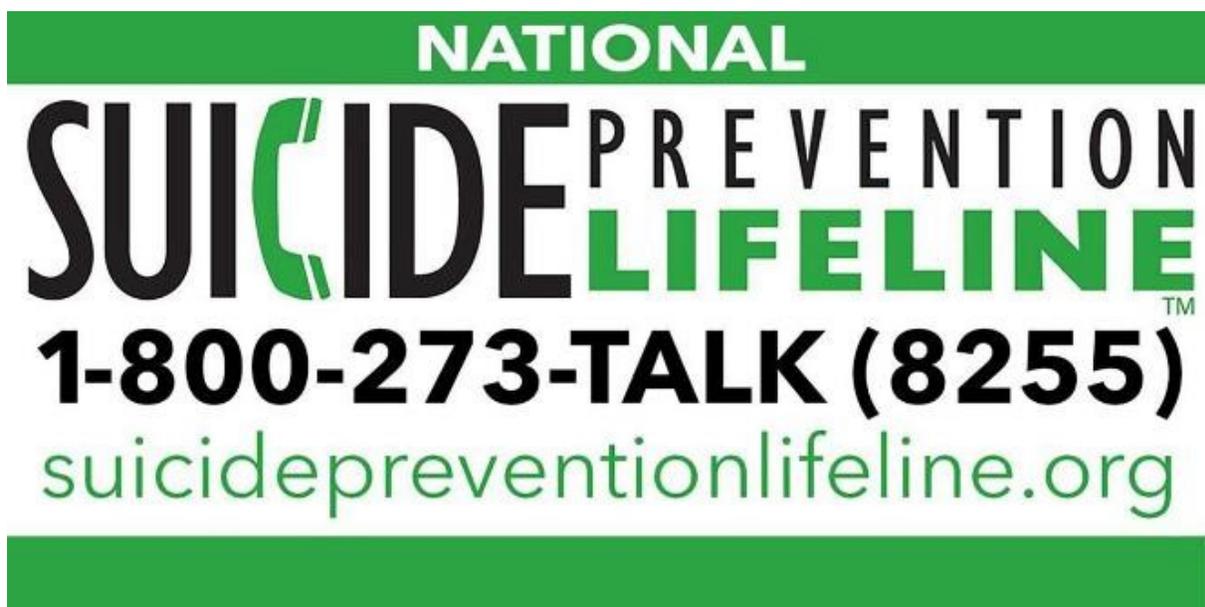
Fact: Friends and loved ones can make a big difference. Only 44% of adults with diagnosable mental health problems and less than 20% of children and adolescents receive needed treatment. Friends and family can be important influences to help someone get the treatment and services they need by:

- Reaching out and letting them know you are available to help
- Helping them access mental health services
- Learning and sharing the facts about mental health, especially if you hear something that isn't true
- Treating them with respect, just as you would anyone else
- Refusing to define them by their diagnosis or using labels such as "crazy"

Myth: There is no hope for people with mental health problems. Once a friend or family member develops mental health problems, he or she will never recover.

Fact: Studies show that people with mental health problems get better and many recover completely. Recovery refers to the process in which people are able to live, work, learn, and participate fully in their communities. There are more treatments, services, and community support systems than ever before, and they work.

Source: <https://www.mentalhealth.gov/basics/mental-health-myths-facts>



SKYLINE LOOP TRAILS

Up for a challenge? Complete the loop over a 2-day period. Stay safe, and good luck hikers!

- Connector XC
- Greeley Ledges Trail
- Greeley Ponds Trail
- Irene's Path
- Kettles Path
- Livermore Road & Trail
- Old Skidder Trail
- Mt. Osceola Trail
- Pine Bend Brook Trail
- Pipeline XC
- Scour Ridge Trail
- Snows Mtn Trail with Outlook Spur
- Mt. Tecumseh Trail
- Mt. Trip pyramid Trail
- Upper Snows XC

For more information including hiking logs, patches and adventures, visit hikewatervillevalley.com.



SHARE YOUR TRAIL PICS!
#SkylineLoop #hikenh

MAP INDEX

Big Pines Path	C3	Mt. Trip pyramid Trail	C4,C5
Boulder Path	C3	NH Route 49	D5
Boulder Path Road	D5	North Trip pyramid	C5
Cascade Path	C3,C4	Norway Rapids Trail	C4
Connector XC Trail	C3	Old Skidder Trail	B4
East Osceola	A3	Pine Bend Brook Trail	B5,C5
East Pond Loop	A1, A2	Pipeline XC	C3
East Pond Trail	A1,B1	Public Safety Building	D5
Elephant Rock Trail	C3	Rec Dept. & School	D5
Flume Spur	B4	Sabbaday Brook Trail	C5
Goodrich Rock Trail	B3	Scour Ridge Trail	B5,C5
Greeley Ledges Trail	C3	Snows Mountain Road	D5
Greeley Ponds Trail	A3,B3,C3	Snows Mtn Outlook	D4
Irene's Path	B4,C4	Snows Mtn Trail	C3, C4, D5,D4
Kate Sleeper Trail	D5	Sosman Trail	C2
Kettles Path	C3	Stone Tower Lane	D5
Little East Pond Trail	A1,B1	The Scour	C4
Livermore Road/Trail	B4,C3,C4	Timber Camp Trail	B5
Middle Trip pyramid	C5	Town Square	D5
Mt. Osceola	B2	Tripoli Road	B1,B2,C2, C3,D5
Mt. Osceola Trail	A2,A3,B2	Upper Snows XC Trail	C3,C4
Mt. Tecumseh	C2	Welcome Center	D5
Mt. Tecumseh Trail	B1,C1,C2	West Tecumseh	C1

WATerville VALLEY

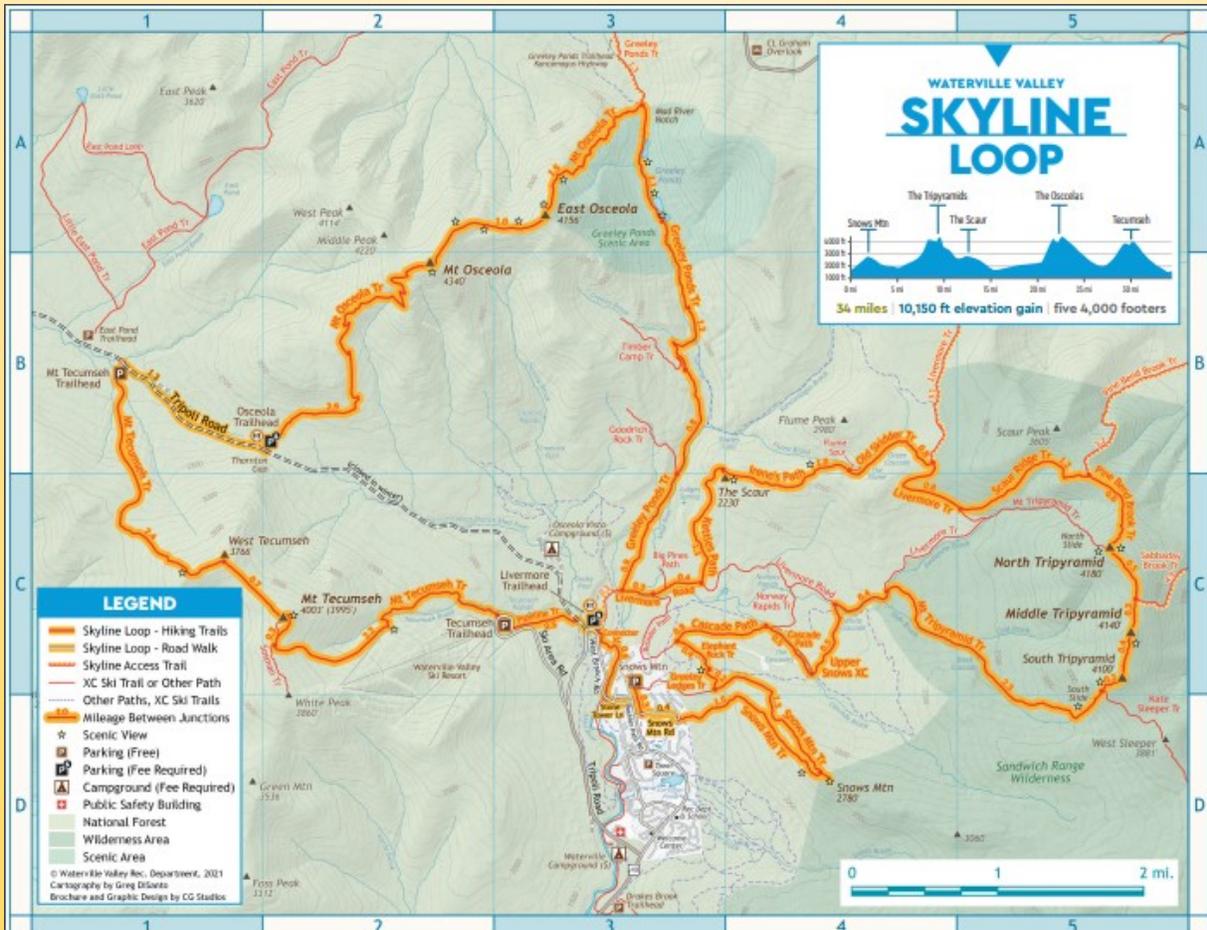
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Lincoln/Woodstock
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2021 CONFERENCE PREREGISTRATION AND MEMBERSHIP FORM

Name _____ *Please circle preferred address (Home/Work)
 Home: _____ School/Business Name: _____
 Address _____ Address _____

 Phone _____ Phone _____
 Email _____ Email _____

*Please check one interest area in each column

<u>INTEREST AREA</u>	<u>RESPONSIBILITY</u>	<u>EMPLOYMENT LEVEL</u>
<input type="checkbox"/> Health	<input type="checkbox"/> Teacher	<input type="checkbox"/> Pre to Elementary
<input type="checkbox"/> PE	<input type="checkbox"/> Student	<input type="checkbox"/> Middle
<input type="checkbox"/> Recreation	<input type="checkbox"/> Retiree	<input type="checkbox"/> Secondary
<input type="checkbox"/> Dance	<input type="checkbox"/> Administrator	<input type="checkbox"/> College/University
<input type="checkbox"/> Other _____	<input type="checkbox"/> Other _____	<input type="checkbox"/> Agency

Membership is required for conference attendance & is included in rates below: \$30 Professional; \$15 Student

PREREGISTRATION FEES WITH MEMBERSHIP & HANDOUT BOOK INCLUDED: (check one)

Professional Two Days - \$130 Professional One Day - \$100/ Th. Fri.
 Student Two Days - \$65 Student One Day - \$50/ Th. Fri.
 Retiree Two Days - \$85 Retiree One Day - \$65/ Th. Fri.
 \$35 for Thursday night Awards/Banquet Dinner Ticket – Chicken Fish Veg

**Any Dietary Restrictions? _____ TOTAL ENCLOSED: \$ _____

(\$10 increased registration for professionals/students if postmarked after 11/6)

PAYABLE TO: NHAHPERD, P.O. Box 123, Bath, NH 03740—?'s: www.nhahperd.org

*Registration Fee includes: digital handout book, morning refreshments, buffet lunches, exhibits, door prizes, +

*Would you be interested in a 2GB thumb drive w/handouts available for \$5 at conference? YES NO



**New Hampshire Association for
Health, Physical Education,
Recreation and Dance**

Town of Moultonborough Welcomes New Recreation & Leisure Coordinator – Dan Lamoureux



Dan's 3rd day on the job...FOAM DAY!

Moultonborough Recreation welcomes Dan Lamoureux as the new Recreation and Leisure Coordinator as of July 26!

Lamoureux, a Keene native and graduate of Keene State, Dan has worked in all facets of recreation for over a decade. He began his career at Keene Parks & Recreation, most recently serving at Lincoln Woodstock Recreation Department. Dan has also assisted the Waterville Valley Recreation Department with programs and activities. With experience in all aspects indoor and outdoor recreation and leisure, Dan has provided quality programming, events, trips, and activities for community members of all ages.

We are excited to have Dan join our team and look forward to a bright future for our department.

NHRPA Business Meeting & Professional Development

Thursday, October 21st	NHRPA State Conference
Thursday, November 18th	NHRPA Business Meeting & Coffee Talk
December (date TBA)	NHRPA Awards & Education Session
Wed., January 12, 2022	NHRPA Annual Meeting @ NNERPC
Thursday, February 10th	NHRPA Coffee Talk
Thursday, March 10th	NHRPA Business Meeting & Coffee Talk
Thursday, April 14th	NHRPA Coffee Talk
Thursday, May 12th	NHRPA Business Meeting (budget vote)

9/15/21	<u>Municipal IT Event</u>	Concord Rec Center & Virtual Live-Stream
9/29/21	<u>Calming the Storm: How to De-Escalate Emotionally Charged Encounters</u>	Virtual
9/30/21	<u>So you want to be a Supervisor</u>	Genovese Room @ Primex
10/13/21	<u>Creating & Maintaining a Positive Workplace Culture: Session 1</u>	Genovese Room @ Primex
10/26/21	<u>Creating & Maintaining a Positive Work-</u>	Genovese Room @ Primex
11/2 - 11/4	<u>Supervisors' Academy</u>	Genovese Room @ Primex

NHRPA Summer Camp Staff Training Wrap-up

On **Thursday, June 3rd** NHRPA offered a fun and virtual way to kick-off summer staff training. We had some dynamic speakers who provided departments with some valuable information to use for their summer seasons. The night kicked off with a virtual presentation by Lisa Drennan, an innovative leader with a demonstrated commitment to building inclusive communities. Then to finish off the night we had some fan favorites in Roz and Jed Buck. Roz and Jed shared their messages that they have shared with thousands of individuals while presenting in 26 different states and Canada. We had a great response with over 150 registrants!



We would like to thank Lisa, Roz, and Jed for taking the time to deliver their important messages to our participants. Thank you to all the participants who made this a part of their summer staff training. We hope to bring back an in-person workshop next June!

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**Newmarket
Recreation
making a splash!!!**

Photo credit: Olivia Fai-
cigno from Seacoast
Online



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**Special
Olympics**
New Hampshire

Press Release

Contact: Mark Ericson
603-498-5186
MarkE@sonh.org

For Immediate Release:
September 7, 2021

Pick-Your-Prize Raffle to Benefit Special Olympics New Hampshire Tickets on Sale Now Online or Via Telephone

Concord, NH (September 7, 2021) – The “Pick-Your-Prize” Raffle is back. The fundraising raffle was started in 2020 with a simple premise; sell a limited number of tickets and the winner gets their choice of three prizes. The second-place winner has their choice of the two remaining prizes and the third-place winner gets the last remaining prize. Winners also have the option of passing on any of the prizes and taking a \$2500 cash option instead.

The raffle is on right now and tickets are available from the SONH website [here](#). Each ticket costs \$20 and a maximum of 3000 tickets will be sold*.

Three winning tickets will be drawn on Thursday, October 7th, 2021. Tickets will be drawn during a Fundraising “Tip-A-Cop” event at the Applebee’s Bar and Grill at 379 Amherst Street in Nashua. Tip-A-Cop is a fundraising event featuring law enforcement officers and department personnel acting as “Celebrity Waiters” to collect tips in support of the programs of SONH. Tip-A-Cop is organized in conjunction with the Law Enforcement Torch Run® to benefit Special Olympics New Hampshire.

For the 2021 Pick-Your-Prize raffle the winner will be able to choose from a 10-foot by 12-foot shed from Reeds Ferry Sheds of Hudson, NH, a Beef and Grill package that includes beef from one half cow processed and packaged by Sunset Hill Angus in Belmont, NH plus a Green Mountain Grills Peak pellet grill from The Stove Shoppe of Manchester, Windham and Epping, NH or a vacation getaway to Cape Cod that includes spending money.

For any ticket winner unable to utilize any of the prizes listed above, there’s the cash option. Any of the prizes may be switched to \$2500.00 in cash.

Tickets are on sale now at www.SONH.org or by calling 603-624-1250. Winners do not have to be present to win, but everyone is invited to the 7pm drawing at the Tip-A-Cop fundraiser on October 7th at Applebee’s in Nashua.

All proceeds benefit Special Olympics New Hampshire. Taxes and fees are the responsibility of the winning ticket holders.

*Minimum 750 tickets will be sold, or proceeds refunded to ticket purchasers.



Scan for ticket purchase:



NRPA News.....



The [*Parks and Recreation: Advancing Community Health and Well-Being*](#) report focuses on how park and recreation professionals are tackling the ever-expanding health and wellness needs of their communities, including programming, education, innovations and health equity. Key findings include:

- Nine in 10 park and recreation agencies take specific actions to ensure their health and wellness programs and services promote health equity.
 - Eighty-four percent of park and recreation agencies offer in-person fitness and exercise programs.
- Park and recreation agencies are leaders in addressing public health threats, such as physical inactivity, chronic diseases, social isolation and loneliness, and food access.

[Read the Report](#)



**Newmarket
Recreation
making a splash!!!**

Photo credit: Olivia Faicigno from Seacoast Online



Why Equity and Inclusion Matter

As you dive into the September issue and explore the history of parks and recreation, I challenge you to reflect on why equity and inclusion matter.

[Read more...](#)



Member Benefit: Fun Express Is Your Solution for Halloween (and More!)

Fun Express wants to help with your Halloween planning.

[Read more...](#)



How to Build a Cost—Effective Gaming Center

As esports continue to grow and evolve, local park districts and communities are learning more and more about ways to engage youth and adult gamers alike.

[Read more...](#)



How Does Your City Interpret Equity? (part one)

Equity (i.e., fairness) in allocation of resources and services can be operationalized in four different ways: compensatory equity, equality, market/benefit equity and demand.

[Read more...](#)

NRPA News.....

Volunteer at Conference and Save!

NRPA still has a limited number of volunteer positions available at the 2021 NRPA Annual Conference in Nashville, Tennessee! Join us to assist with in-person education sessions and associated conference events. Volunteer hours will count toward a discount on your NRPA Annual Conference registration. Click [HERE](#) to learn about these discount opportunities. Already registered? Don't worry! You still have time to be part of this unique networking opportunity. To add volunteer positions, please contact MCI at 888-385-8010, and enjoy your discounted registration!

Premier Webinar: Advancing Community Wellness Hubs Through Partnerships

To address today's evolving public health challenges, park and recreation professionals are becoming stewards of community wellness hubs - trusted gathering places that connect every member of the community to essential programs, services, and spaces that advance health equity, improve health outcomes and enhance quality of life. These wellness hubs look different in every community and are most successful when they build authentic and meaningful partnerships that work towards shared goals. Join us for this webinar on **September 9 at 2:00 pm EDT** to learn more about the crucial role of community wellness hubs, the diversity of programs and services being offered, and the types of partnerships that can propel these models forward to create even greater impacts.

30 Under 30 Now Accepting Nominations

Parks & Recreation magazine's 30 Under 30 honors the top young park and recreation professionals who serve as everyday superheroes in their respective communities.

Who should be nominated: A park and recreation professional who is making profound impacts in their communities and the field of parks and recreation. All 2022 nominees must be 30 years old or younger on October 1, 2021.

Award winners are selected based on the following criteria:

- Impact on the agency's community and service population
- Contributions to the professional development of the field of parks and recreation
- Innovative ideas, programs, or research in the field of parks and recreation

To nominate, please fill out the application and submit the following documents: resume, high-resolution photo, and statement detailing why the nominee is deserving of recognition as 30 Under 30. The statement must be approximately 400 words, and the photo must be a minimum 300 dpi in resolution (or 1175 pixels (w) x 1500 pixels (h)). **Nominees can self-nominate. Deadline to apply is October 1, 2021.**

Planning your next state conference?

Interested in having an NRPA staff member or President and CEO Kristine Stratton participate at your event? As the world returns to in-person events and conferences, please note that NRPA requires sufficient lead time to plan and prepare. Requests can be submitted at any time and a six-month notice is preferred. If you have questions, don't hesitate to reach out to our State Affiliate liaison, Julie Boland (jboland@nrpa.org)



NH Recreation & Park Association
Get out and enjoy life!

THANKS FOR READING

I hope you enjoyed the fall version of the NHRPA Rec Connect Newsletter. If you would like to submit an article, picture, advertisement or story for the winter newsletter please submit information to executivedirector@nhrpa.com

Contact NHRPA:

Mail: NHRPA, 172 Pembroke Road, Concord, NH 03301

Executive Director: Kerry Horne, M.Ed.—executivedirector@nhrpa.com

