



Spring 2021

# REC CONNECT NEWSLETTER



## Message from Executive Director

Hello NHRPA!

Welcome to the spring/summer edition of the NHRPA Rec Connect newsletter. As I write this message the Governor just announced that the mandatory mask mandate will expire for the State of NH. It finally seems like we are close to the light at the end of this COVID tunnel. It also sounds like things are going to open up significantly after May 7th so it will be interesting to see how towns and cities allow all of you to move forward with summer programming!

As I searched for a picture for the cover I decided we have seen enough zoom meeting photos so I decided to look back and pick one from a past NHRPA program when we were all together. As you read through this newsletter you will see some of our members favorite quotes and why it is important to them. I hope you enjoy this throughout the newsletter.

I personally am excited to look forward to later this year when we will all be able to gather in person (fingers crossed) for programs like the maintenance workshop and the NHRPA State Conference. Information on both programs are included as well as so much more. Have a great spring and summer and happy reading! Stay safe and be well!

Kerry Horne M.Ed., Executive Director, NHRPA

### Look Inside For....

- Presidents Message.....2
- Summer Staff Training.....3
- NHRPA May Coffee Talk.....4
- GSTF Program Update.....10
- Our Towns Take a Hike.....12
- GP Red Rapid Response.....14
- Maintenance Workshop.....17
- Portsmouth Announces New Recreation Director.....20
- COVID Fatigue Webinar.....25

**Happy Reading!**

# NHRPA PRESIDENTS MESSAGE

Greetings NHRPA,

I don't know about you, but I am ready for some warm weather, outdoor recreation and a summer full of "almost normal" life. It has been really exciting to see program registrations coming in like they did pre-COVID times.

It has been a busy couple of months for the board and legislative committees at NHRPA. We have been working hard to make sure our voices are heard and we are taken care of on many different topics. I want to thank Andy Bohannon and Donna Kuethe for their help steering us in the right direction. This included advocating for us to get vaccinated at the same time as teachers in NH. We also wrote letters to advocate for New Hampshire HB111 to be voted down in the house. For those of you who are not aware of this bill, it is written to eliminate any municipal immunity and implicitly repeal of the limits on state and municipal liability. It would subject countless municipal officials and employees to lawsuits for good-faith decisions made in the reasonable exercise of their discretions. If you have not reached out to your state Representative regarding this bill, please do so. This bill could have a significant impact on Recreation Department offerings and staffing. The good news is this doesn't only effect Municipal Recreation. It also effects other municipal departments. When I say "good news" I mean we are not the only ones speaking in opposition of this bill. We hope this bill will be voted down very soon.

In January we wrote letters advocating for LWCF funding to stay in place. This got a little turbulent when the 45<sup>th</sup> President of the United States left office and #46 came in. It appears all is good with LWCF at the moment but again, NHRPA sprang into action and we made our voices heard.

It is the hope of the NHRPA board and leadership that we get things back to normal by the fall of 2021. We are hoping to have the NHRPA State Conference, The Maintenance and Playground workshops as well as our awards banquet. Please keep an eye out for those programs.

I want to thank everyone who works so hard to keep NHRPA up and running. Kerry has done an amazing job over the course of the pandemic to keep NHRPA members informed and active. It has been really exciting to see the Recreation Resilience programming come together. If you haven't registered for Anxiety 101, happening on 4/22, check it out at [nhrpa.com](http://nhrpa.com) and get registered. Stay safe, and hopefully we will be meeting face to face very soon.

**Craig Fraley** *NHRPA President*

## NHRPA Executive Board

**President:** Craig Fraley  
Amherst Recreation

**President Elect:** Matt Casparius  
Merrimack Parks & Recreation

**Secretary** | Tara Tower  
Lincoln Woodstock Recreation

**Treasurer** | Arene Berry  
Milford Recreation

**Past President** | Greg Bisson  
Exeter Parks & Recreation

## NHRPA Board Members

Tara Barker  
Newmarket Recreation

Eric Feldbaum  
Division of Parks & Recreation

John Kohlmorgen  
Peterborough Recreation

Dan Sturgeon  
Moultonborough Recreation

Craig's Favorite Quote...

**"Just because you can  
doesn't mean you should."**

- Sherrilyn Kenyon

Why is this his favorite...  
He finds himself saying it  
to his kids!

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

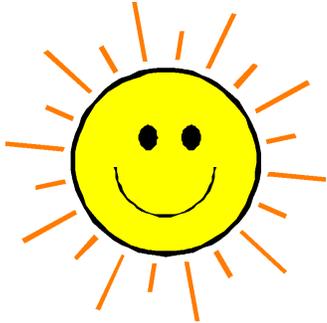
**4.22.2021** *Recreation Resilience—Anxiety 101 presented by NAMI NH*

**5.13.2021** *NHRPA Business Meeting*

**5.20.2021** *NHRPA Coffee Talk—Are You Ready for Summer? With special guests Rick Alpers & Dave Withem from Primex*

**6.3.2021** *Summer Camp Staff Training Kickoff*

# Summer Camp Staff Training Kickoff!



NHRPA is offering a fun and virtual way to kick-off your summer staff training this summer on **Thursday, June 3rd from 5:30pm – 8:45pm**. We have some dynamic speakers who will provide your departments with some valuable information to use for this upcoming summer season. The night will kick off with a virtual presentation by Lisa Drennan who is an innovative leader with a demonstrated commitment to building inclusive communities. Lisa possesses a specialty with over 36 years' experience in supporting individuals with diverse abilities.

From **5:30pm-7:00pm** Lisa will be talking about “Strategies to Include Participants with Disabilities”. In the presentation you will review the principles of inclusion, understand and practice inclusion strategies, giving you the tools and confidence to welcome, engage and support participants with disabilities (with focus on COVID considerations). Explore best practices around working with families, dealing with behaviors. Apply strategies by solving inclusion scenarios that occur in recreation settings.

Then we will switch gears and meet Roz and Jed Buck who have done what many married couples consider to be “the impossible”...They have worked together, side by side, for almost 20 years. From 2004 – 2016, they owned and directed Meadowbrook Day Camp, a large private day camp in New Jersey, where they loved making a difference in the lives of their campers and enjoyed training a staff of over 400 each summer. Since launching Roz and Jed Training & Consulting in 2016, their innovative training techniques and energetic presentations have consistently generated outstanding reviews from session participants and organizers across the country. Roz and Jed have shared their messages with thousands of individuals while presenting in 26 different states and Canada.

From **7:15pm – 8:45pm** you will learn how to be ready to give the children we serve a safe and fun summer at our programs, and having our staff excited, motivated, and well-prepared! Roz and Jed are excited to join us for this highly interactive online workshop where they will kick-off 2021 staff training for our seasonal summer staff with a collection of activities designed to prepare them for an amazing summer with our campers! The sun is shining . . . The grass is turning green . . . The days are warming, and we all know what that means . . . Summer is coming soon!

Participants should plan to join from their own computer, preferably not a mobile device, with their audio and video on and ready to participate in all the activities to maximize their learning. The cost for this training is **\$10 per person**.

**[CLICK HERE TO REGISTER](#)**

# May NHRPA Coffee Talk



## Are you Ready for Summer?

Thursday, May 20th @ 10:00am

Special guests Rick Alpers and Dave Witham from Primex will review best practices on reducing your risks during the summer season. A reflection on what COVID-19 taught us and is still teaching us, how we adapted and changed as a result.

This interactive session will help you navigate through your summer challenges that begin in just a few short weeks.

This will be the final coffee talk session until fall. The confirmation email you receive after registering will include the link to the zoom meeting.

[CLICK HERE TO REGISTER](#)

**GET BACK OUTDOORS AND INTO EXERCISE**  
with this limited-time offer on Greenfields Outdoor Fitness equipment!

**INCLUSIVE, MULTIGENERATIONAL, AND INTUITIVE TO USE**

Greenfields' gyms are the number-one way for communities to get healthy outdoors! Now through June 30, take step toward healthier lifestyles with **20% off** a gym designed just for YOUR community.

**GET STARTED! CONTACT:**

**NEW ENGLAND RECREATION GROUP**  
800-861-1209 508-393-1963  
nerecgroup.com nerg@nerecgroup.com

**Sourcewell**  
Awarded Contract  
Contract #010721-GRN

**Greenfields Outdoor Fitness.**  
Promoting Wellness & Fighting Obesity One Community at a Time.

# NHRPA Legislative Update

Many NHRPA members answered the call to contact their state representatives to oppose House Bill 111 which would have eliminated the immunity for all good faith decisions made by municipal employees and volunteers. As we pointed out in our letters that it has the potential to negatively impact all aspects of park and recreation programs and services. While some members received responses pointing out that employees and volunteers would not be held financially responsible for such suits that may come against them, it does not protect them from being sued – which certainly could lead to many negative actions including employment termination, and suspension of programs that would have a higher probability of a resulting suit.

The status as of this writing is that HB 111 has been removed from the consent calendar, so it will be debated and voted on separately. According to Cordell Johnston, Government Affairs Counsel for NHMA, it is anticipated that there will a motion to table it, and if that passes, that would effectively kill it. However, with over 400 representative, it's not possible to know what will happen.

The other piece of legislation that the Legislative Committee is keeping an eye on is CACR 9. This is proposed as a Constitutional Amendment that would impose a 2% tax cap on property taxes (1% for disabled and senior citizens). Historically tax caps passed in other states have been particularly devastating to parks and recreation. According to Cordell, that had a 10-9 Ought to Pass recommendation from the committee, straight along party lines. However, a constitutional amendment requires a 60 percent majority of the entire House to pass, which means 239 votes so even if all the Republicans vote for it—and there is not consensus among the Republicans, it would only pass if quite a few Democrats break ranks, which is unlikely.

The legislative committee will continue to monitor legislation that can impact NHRPA members and the response to our call to action to contact representatives on HB 111 is appreciated.

Submitted by:

Donna Kuethe, Co-Chair Legislative Committee on behalf of the Legislative Committee: Andy Bohannon, Co-Chair, Matt Casparius, Eric Feldbaum, David Gill, Herb Greene, Janet Horvath



*“None of us are as smart  
as all of us.”  
- Ken Blanchard*

# My Favorite Quote is...

## **NorikoYoshida-Travers - Atkinson Recreation**

"Fall seven times, stand up eight." Japanese Proverb

"The greatest glory in living lies not in never falling but in rising every time we fall." - Nelson Mandela

### **Why this is my favorite...**

These quotes gave me courage to do something new, if it doesn't work, learn from it and try again.

## **Matt Casparius—Merrimack Parks & Recreation**

One morning I shot an elephant in my pajamas. How he got in my pajamas, I don't know. - Groucho Marx

### **Why this is my favorite...**

It always makes me smile!



**JPi**  
**PYROTECHNICS**

Book your next Fireworks display with The Artists of Awe !

[www.jpipyro.com](http://www.jpipyro.com) 603.759.9228



# FUNBELIEVABLE GROUP OUTINGS!



Chichester & Hooksett, NH

**chucksters.com**

(603) 798-3555 info@chucksters.com

*"the kids and staff enjoyed your place and i appreciate the ease of reserving and paying" -camp director*



# 16 Games & Attractions for 2021!

# NOW ACCEPTING 2021 NHRPA AWARD NOMINATIONS

---

Do you know a professional that has gone above and beyond in their community, profession and our Association that may be deserving of the Don Heyliger Young Professional or "Wink" Tapply Award? How about an amazing program (your own or another departments) that has been successful? What about all the great pictures you have? You must have a great Fab 4 in your camera roll! We all do so many great things and this is the opportunity to be recognized by your Association & Community!!



**Please visit [www.nhrpa.com](http://www.nhrpa.com) to find the award categories, descriptions and application.**

2021 award nomination forms are due by  
Friday, September 3rd, 2021.

If you have any questions please email Krystal Alpers  
[kalpers@franklinnh.org](mailto:kalpers@franklinnh.org).

# NHRPA STATE CONFERENCE OCT. 21, 2021



## Save the Date!

Vendor registration will open June 1st and participant registration to follow on July 1st.

Can't wait to see everyone in person in October at the Concord Parks & Recreation Community Center



## **Granite State Track and Field Returns (Almost) and Expands for 2021**

When the decision was made to cancel the 2020 Granite State Track and Field Program, the GSTF Committee never anticipated that we would be faced with making similar decisions again for 2021. Sadly, resuming the in-person District and State track and field events as were held prior to 2020 will need to wait one more year. However, the Committee has been meeting and is committed to the goals of staying connected to our youth athletes, coaches and parents; ensuring continuity and engagement in the GSTF program and offering a special experience for our youth athletes. As such, this is what we are offering for 2021: Results from local meets will be submitted to the GSTF Committee and state finalists and champions will be determined based on the times and distances submitted per age group and gender. We will award ribbons and t-shirts for state finalists and champions. The local meets must be an actual meet whether it is within your community or with dual or tri-meet with other communities, and must follow GSTF events and rules. The times and distances submitted must not be from a practice. We do realize that determining times and distances in this manner may be less accurate than providing timing and measurements at the District Meets to determine the State Finalists, but we ask for local meet officials to do the best they can, follow the GSTF rules and guidelines and be as accurate as possible. We ask for patience and understanding that this is not ideal, but it will keep the interest in GSTF. We will continue to ask for \$5.00/athlete fee to offset the cost of the shirts, ribbons, insurance, compiling results etc. Following COVID protocols will not be dictated by GSTF but by each local entity. For 2021 we will also allow those athletes who are 15 and will not turn 16 before December 31, 2021 to compete in the same events as the 13-14 year old age group. Their times and distances will be matched only against other 15 year olds. We are doing this because they did not get to compete in what would have been their last GSTF meet in 2020.

**Now the exciting news!!!** When the Granite State Track and Field program evolved after the end of the Hershey Program our ultimate goal was to work with Maine and Vermont to offer a Northern New England Final. That has remained our goal, but the logistics of this next step have been daunting. However, we will be able to make that first step a reality in 2021. Working with our colleagues in Maine and Vermont, top results of State Finalists (by event, gender and age group) will be submitted with those from Maine and Vermont to determine Northern New England Regional winners. We anticipate recognition for the Regional Winners and a Virtual Awards Ceremony. Again, we understand that submitting results this way – rather than via an in-person event is less than ideal but patience will be required as we make this happen. Again, we all see this as our first step to expanding the opportunities for our GSTF athletes. We hope that you will continue to participate in and support Granite State Track and Field and we look forward to when we can again offer the quality “in-person” events that we have in the past.

In addition, we are continuing to look forward and while GSTF is a program of NHRPA, it is self-sustaining. Therefore, we will continue to solicit sponsors for the program. If any NHRPA members have ideas for sponsors please contact members of the GSTF Committee. We’re hoping for a solid participation from our NHRPA communities. We’re excited to reconnect with our GSTF athletes and very enthusiastic about this first step in moving towards a Northern New England Final.

Submitted by: Donna Kuethe, Co-Chair GSTF on behalf of the GSTF committee.

# My Favorite Quote is...

## Greg Bisson—Exeter Parks & Recreation

Always remember you are braver than you believe, stronger than you seem, and smarter than you think.  
Christopher Robin

### Why this is my favorite...

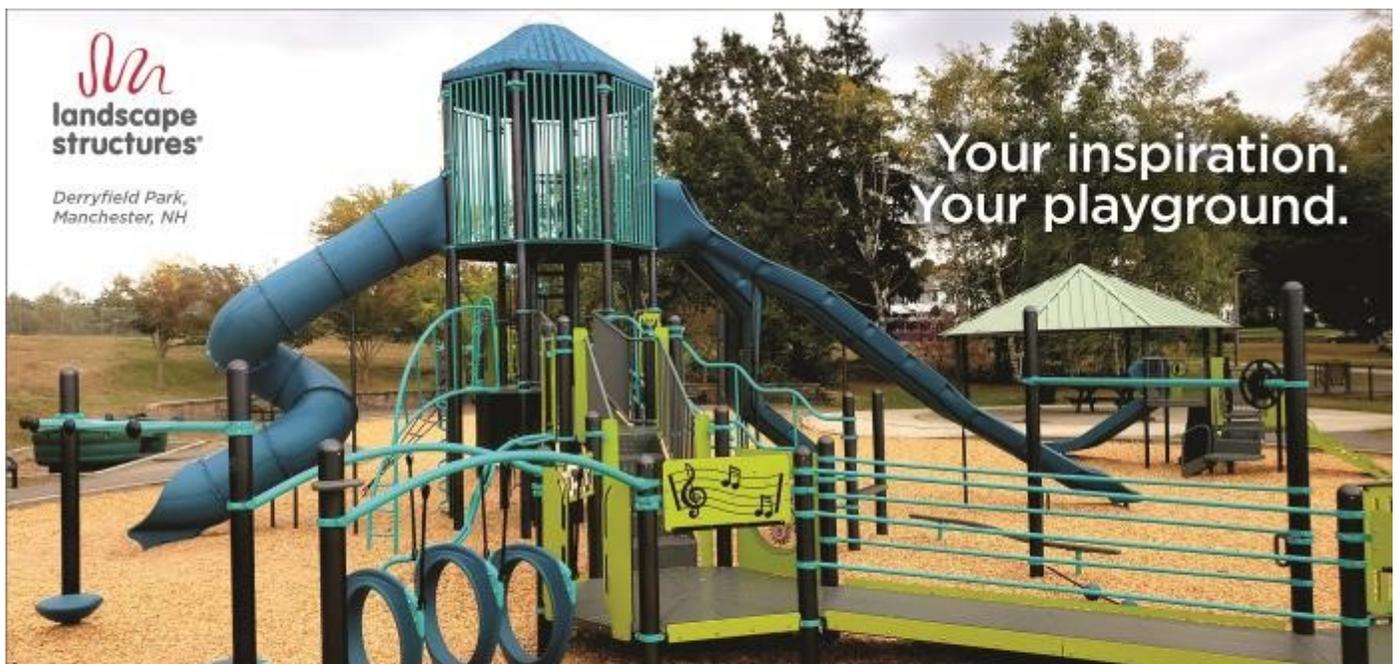
I love reading this to my girls! I have to remind myself that we are never too old to hear this for ourselves.

## Dan Sturgeon—Moultonborough Recreation

“Never blame anyone in your life. Good people give you happiness. Bad people give you experience. Worst people give you a lesson. And best people give you memories.” -Zig Ziglar

### Why this is my favorite...

In the field of recreation, we encounter many different people and personalities. Some encounters are good/great and some of bad/awful. You don't need to blame anyone, either be happy or learn and grow!



*Sm*  
landscape  
structures

Derryfield Park,  
Manchester, NH

Your inspiration.  
Your playground.

Play shapes us. That's why we want to help you create the playground of your dreams. Wherever your ideas come from, whatever your vision, we can bring it to life with our unparalleled design capabilities. **Learn more by contacting your local playground consultant, O'Brien & Sons, Inc. at 508.359.4200.**

**O'BRIEN  
& SONS**  
ELEMENTS FOR A GREAT OUTDOORS  
[www.obrienandsons.com](http://www.obrienandsons.com)

# TAKE A HIKE

## Wakefield Parks & Recreation & “Our Towns Recreation”

I thought this was a really cool idea so I reached out to Wakefield Parks & Recreation and asked permission to share as part of the NHRPA newsletter.



Our Towns Recreation is a group of six local Recreation Departments that are working together to bring more fun and exciting things to do in our surrounding towns. Together we have made a list of 18 fun and exciting walks/hikes to do in each of our communities. The six departments include: Wakefield, Wolfeboro, Alton, Rochester, Ossipee and New Durham.

Together we have made a list of 18 fun and exciting walks/hikes to do in each of our communities. Complete at least one location from each town, April 1st -June 30th . you will receive an award. Take a picture of the start and finish of the hike! [CLICK HERE](#) for more information. Great job to all towns involved this is great collaboration!

Here are a few pictures submitted by Wayne Robinson - Director Wakefield Parks & Rec:



## Your **One Stop** Recreation Solution!

- Play Structures
- Climbing Systems
- Sports Equipment
- Outdoor Fitness
- Dog Park Equipment
- Shade and Shelters
- Site Furnishings
- Bleachers
- Safety Surfacing
- Installation Services



Mark Gallagher | **800.861.1209** | [mark@nerecgroup.com](mailto:mark@nerecgroup.com)  
P.O. Box 1503 Westboro, MA

# Salem Community Services Department – Recreation Division

## Pilot Site for Rapid Response Program

Submitted by: Donna Kuethe, Executive Director GP RED

Doug Cole, Community Services Coordinator – Town of Salem

The Town of Salem’s Community Services Department has been chosen as a pilot site for a Rapid Response Program designed to assist Parks and Recreation to “Bounce Back and Move Forward” from the Pandemic. The program was developed by GreenPlay LLC, in partnership with GP RED and RRC and Associates\*.

Rapid Response recognizes the unknowns and uncertainty that Park and Recreation Departments are facing due to the pandemic; the challenges they may meet as they work towards returning to pre-pandemic services and facility usage. Rapid Response is designed to quickly identify ideas for appropriate and creative programming and facility usage for the next 3-6 months.

More specifically, the goal of the Rapid Response Program is to assist Parks and Recreation agencies in determining what can be done to recover and move forward from the effects of the pandemic – quickly and effectively, including but not limited to: addressing innovative programming - exploring virtual, relocated program ideas; identify what the community sees as program priorities; creative use (when appropriate) of partnered facilities and how to address safety and distancing measures; exploring the revenue and expense implications as well as the direct and indirect economic impact options for agencies and how the pandemic may be a catalyst to explore changing funding and partnered sources.

The initial work with Salem began several months ago but changes in the direction of the pandemic, which created an uncertainty and more limitations in the progress of a return to pre-pandemic services and facility openings, as well as staff changes in Salem, caused the process to take a step back, but is now progressing forward. Implementing the program includes virtual meetings with GreenPlay, GP RED, and RRC and Associates staff, developing agency questionnaires, completing a facilities and program inventory, and the creation and distribution of a public current assessment questionnaire, which is designed for a 14-day quick turnaround. A customized summary written report will be provided to Salem based on the findings of the community research. As the pilot site, Salem’s role is to review all materials, provide input on surveys, and commit to strong agency leadership. GreenPlay, GP RED, and RRC have worked closely with Community Services Coordinator Doug Cole, as well as Assistant Town Manager Bill Scott.



Our (Salem) hope is that the survey will assist the Town of Salem in providing quality parks and recreational programs and offerings using our facilities, open spaces, trails, and natural areas, as the State of New Hampshire begins looking at the best operational practices when it comes to reopening and reengaging with residents following the pandemic shutdowns that have occurred in the past year. The survey will help us to gauge Salem residents comfort level with the reopening of town facilities, parks, and programs, while incorporating data from the resident's desired usage and need for amenities following a time where recreational patterns have needed to change or shift during the pandemic. The data and information collected will assist Salem's Community Services Department in our future planning efforts as we continue to navigate the many unknowns that COVID-19 has continued to challenge the field of parks and recreation with on a daily basis.

As of this writing the community questionnaire has been distributed to Salem residents and responses began to be completed almost immediately.

For more information on the Rapid Response Program please visit the GreenPlay website at [www.greenplayllc.com](http://www.greenplayllc.com) – The Rapid Response program can be found under the Innovation button.

\***GreenPlay LLC**, provides quality consulting services for Parks, Recreation and Open Space Agencies; **GP RED** is a National non-profit that provides research, education and development for Parks, Recreation, Health, Land Management and related disciplines; **RRC and Associates** provides research and analysis for Parks and Recreation, the Ski Industry, Travel and Tourism and Cities and Urban Districts.



## PARKS AND RECREATION PANDEMIC RAPID RESPONSE ASSESSMENT

URGENT SERVICES FOR THESE CHALLENGING TIMES WITH PRO BONO  
MATCHING FUNDS FROM OUR ECONOMIC IMPACT BENEFITS TEAM

A COOPERATIVE OFFERING FROM:



## 7 Tips to Help Your Employees Build Resilience

Written by: Anne Patterson, for the [International Foundation of Employee Benefits](#)

### 1. ***Take Time for Self-Care***

Whether it's physical activity, eating healthy or getting enough sleep, healthy behaviors can help you manage stress. Find an activity that you enjoy, and take time each day to fill your tank. If you're not sure where to start, try mindful breathing, where you sit quietly and bring attention to the physical sensation of your breath. Doing mindful breathing for even a few minutes can make a big difference!

### 2. ***Reframe Challenges as Opportunities to Grow***

There will always be unexpected bumps (or sometimes potholes!) in the road, but reframing challenges can make a big difference in how you face a situation. Try to stay flexible to life's inevitable surprises. Resilient people are not paralyzed by challenges but instead see them as a chance to grow.

### 3. ***Improve Your Self-Talk***

That little voice in your head? Make sure it's practicing self-compassion. A good way to tell if your self-talk needs a makeover is to consider whether you would say those same words to a friend in your situation. Try to stop negative self-talk when you hear it. Remember that everyone experiences struggles, and be optimistic about the future.

### 4. ***Establish Realistic Goals***

In a crisis, it may be daunting to see how you will handle a problem. Try to view the situation in a matter-of-fact way and set reasonable goals. If you're getting overwhelmed, break the challenges down to small, manageable steps. You can do it!

### 5. ***Accept That Some Circumstances Are Outside of Your Control***

Flexibility is an essential part of resilience, and it is sometimes necessary to adapt to a situation that you cannot control. Accept that reality, remain positive and focus your energy on situations that you can control. Journaling or jotting down thoughts helps me with this one!

### 6. ***Connect With Family, Friends, Co-Workers and Neighbors***

Though it might not be through in-person contact right now, having a strong support network is a great way to get through life's challenges. Sharing your feelings with others allows you to release stress and brainstorm solutions, and a strong network can provide both emotional and logistical support in a crisis. If your network isn't as large as you'd like, look for opportunities to help others. By extending support to others, you're more likely to receive support in return.

### 7. ***Know That Your Actions Are in Your Control***

Don't forget that, ultimately, you are the one in the driver's seat of your life and the one in control of your future. Remember: You can't always choose what happens to you, but you can always choose how you respond.

# **NHRPA Maintenance Workshop**

## **Thursday, September 9, 2021**

**@ Concord Parks & Recreation Community Center**



There will be a zoom meeting on Thursday, April 22nd at 9:15am for anyone interested in joining the Maintenance workshop committee.

**[CLICK HERE TO REGISTER](#)**

**SGS TURF CARE**

**Lawn Care**



**Irrigation**



**Athletic Fields**

**603-660-6061**



**www.sgsnh.net**

# Conway Rec goes Mobile with the Easter Bunny & Ernest again!

Conway: The Conway Parks and Recreation Department with the help of the Easter Bunny and his cousin Ernest delivered 4,000 eggs and over 3,000 pieces of Candy to the children of Conway and Albany on Saturday, April 3<sup>rd</sup>.

Building off the success of the first mobile Easter Egg hunt in April of 2020, the staff at the Conway Rec chose to go mobile again this year. With lessons learned from a year ago the staff carefully mapped out two routes around Conway and Albany to deliver eggs and candy house to house to children. In order to help families who were not on the immediate route, staff designated 11 community stops where families could gather (socially distanced).

Children both at their houses and community stops were able to gather eggs and candy tossed from the Easter Bunny, Ernest and the staff of the Conway Rec. Participants were also able to approach the vehicles carrying the special guests and take socially distanced photos.

Families got into the spirit and decorated their houses, yards, cars and event the road so that the Easter Bunny and Ernest knew to stop and visit them.

Due to the success of the event which was born out of the challenges of Covid-19, staff at the Conway Rec is considering staying with this mobile Easter Egg Hunt theme in the future. In fact, the Conway Parks and Recreation Department is already receiving calls requesting the 3<sup>rd</sup> annual Mobile Easter Egg Hunt in 2022.





Pettinelli & Associates is a recreational design firm that has been supplying quality products and service in Vermont, New Hampshire and Northern New York for more than 15 years.

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](mailto:playgrdbob@aol.com)

<http://pettinelliandassociates.com/>

## A space of their own: North Hampton flips vacant store into Rec center



By Bob Albright [news@seacoastonline.com](mailto:news@seacoastonline.com)

Pictured here is North Hampton Parks & Recreation Director Joe Manzi outside the new North Hampton Rec Center. Great job Joe! Out of the box thinking to solve a space problem for programs.

[CLICK HERE to read full article:](#)

## City of Portsmouth Welcomes New Recreation Director—Todd Henley



The City of Portsmouth welcomes Todd Henley as the new Recreation Department director as of March 15. While over 60 candidates applied, Karen Conard, Portsmouth City Manager stated that his “institutional knowledge and understanding of both the Portsmouth Recreation Department and this community” separated Todd from the pack.

Henley, who has been a resident of Portsmouth for the last 20 years, worked for Portsmouth Recreation for a decade before hopping over the Maine border to Kittery Recreation. He spent the last 13 years there, most recently as the Assistant Director. He also sat on Portsmouth’s Recreation Board for the past 11 years. Additionally, Henley ran the successful Seacoast Division of My Social Sports for 11 years.

Conard continued to say that Henley’s connection to the city and region will serve him well as he takes the reins of the Recreation Department and “He knows the staff, he knows the community and he knows the direction that we want to go in for the Recreation Department.

Please join us in welcoming Todd to the New Hampshire recreation community.

Contact info: Todd Henley, Recreation Director, City of Portsmouth

Cell: 603.953.3145 Office: 603.610.8897 Email: [tahenley@cityofportsmouth.com](mailto:tahenley@cityofportsmouth.com)



*Enjoy the Outdoors  
...with Pilot Rock Site Products*

Across our different product lines we offer hundreds of choices in style, size, features, materials and colors.

Commercial quality products able to withstand years of use and exposure.

Made in the USA since 1959.

**Pilot Rock**

**PARK • STREET • CAMP  
SITE PRODUCTS**

RJ Thomas Mfg. Co., Inc. • Cherokee, Iowa • 800-762-5002 • [customerservice@rjthomas.com](mailto:customerservice@rjthomas.com) • [pilotrock.com](http://pilotrock.com)

Benches • Picnic Tables • Trash Receptacles • Bear Resistant • Bike Racks • Custom Signs • Site Amenities • Charcoal Grills • Campfire Rings

# Tapply-Thompson Community Center Annual Easter Egg Hunt

The Tapply-Thompson Community Center ran their Annual Easter Egg Hunt in 2021 a bit differently. This was a drive through event on Saturday April 3rd where families were invited to pull up & wave to the Easter Bunny!

The bunny's helpers gave each child in the vehicle a bag of Easter goodies with several eggs & candy to enjoy! Vehicles would then pull into the school parking lot to go through their eggs to see if they were a prize winner. If a small yellow chick was found in the egg – they were a GRAND PRIZE WINNER! And if they found a pink slip of paper saying “prize winner” they were able to choose from wide selection of special Easter-themed prizes at our prize table. The TTCC's Teen Council helped with the event handing out prizes to over 50 smiling local children!

We also had a very special visitor when Arro from the Bristol Police Department's K-9 unit stopped by to check things out. Leading up to the event we held a coloring contest & a jelly bean jar guessing contest on our Facebook page! This was a great event with over 100 participants this year and our local families were so appreciative of the TTCC carrying on this fun annual tradition.



# My Favorite Quote is...

## **Andy Bohannon, Keene Parks & Recreation**

"We keep moving forward, opening new doors, and doing new things, because we're curious and curiosity keeps leading us down new paths." - Walt Disney

**Why is this my favorite ...** There are two parts to this quote; one that motivates me, and the other that creates my vision. "Keep moving forward" shares with me that you have to not look back, you have to get up everyday and push yourself to be a better person. "Curiosity keeps leading us down new paths" and for me when we are looking what we do, especially in Parks and Recreation, we have to continue to reinvent ourselves and how do we do this, by nature we have to be curious to see how things work and what others are doing to improve what we do. So the quote all together creates a mission and vision to motivate me in every aspect of life.

## **Arene Berry, Milford Recreation**

"Choose a job you love and you will never have to work a day in your life." - Confucius

**Why is this my favorite ...** I think it really speaks to someone with a career in recreation. Life is short... don't spend it doing something that makes you miserable.



**Celebrate Safe this Summer at Whale's Tale Waterpark! Book your Group Outing Today!**

**BOOK NOW**

# NEWMARKET RECREATION BREAKS GROUND TO ANNOUNCE SPLASH PAD OPENING SUMMER 2021

Newmarket, NH (March 2021) – The Newmarket Recreation Department’s newest community contribution, the “Aqua Land” Splash Pad recently broke ground to begin construction. Located at the Leo Landroche field, “Aqua Land” will be Newmarket’s first Splash Pad, with a footprint of approximately 2000 SF. The spray area of the splash pad area includes 8 different above ground water features and 9 ground sprays with a variety of PSI levels to easily accommodate zones for toddlers to teens. Restroom facilities, concession stand, benches and seating will be incorporated into the dry zone, with fencing surrounding the Pad’s perimeter. No standing water provides additional safety for children, while eliminating the need for lifeguards.

A BIG Thank You to those who have supported this project over the last 5 years, especially those community members who continue to register for Rec programs. Those program funds have been and will continue to be allocated towards capital projects like this new Splash Pad. Have you heard the Rec’s tag line, Support the Rec, Create Community? This project is a perfect example of this tagline in action. Another major contributor to this entire project will come from a 50% matching grant that the Recreation Department applied for and received from the Land & Water Conservation Fund back in 2018.

However, in an effort to make sure the Recreation Department is able to complete everything they need to finish the project (as mentioned above), the Recreation Department has started a small splash pad fundraising campaign. If you would like to make a donation and register to become a Splash Pad Star Supporter for your community, you may do so by logging onto our website @ [www.newmarketrec.org](http://www.newmarketrec.org) type in Splash Pad “Fun”drasier” under the Green Registration button! Each donation will get a personalized star to be hung in the community center, along with other sponsorship acknowledgements, depending on the amount donated!

The Recreation Department is very excited that this Splash Pad will create another destination and gathering spot for the community, attracting both visitors and residents of all ages, and cultivates an environment that promotes inclu-



sive play, motor skill improvement, cognitive development and socialization. A Grand Opening event is anticipated in early July of 2021. More information on this exciting event, along with hours of operation and dates it will be open will be provided once all the details have been confirmed.

Questions? Contact the Newmarket Recreation Department, at 603-659-8581, [recdesk@newmarketnh.gov](mailto:recdesk@newmarketnh.gov) or visit [www.newmarketrec.org](http://www.newmarketrec.org) for more pictures on the Splash Pad and restroom facility design.

(Pictured from left to right: Tara Barker, Asst. Recreation Director, Jon Kiper Town Councilor, Alyssa Porto, Recreation Manager, Aimee Gigandet Recreation Director, Steve Fournier, Town Manager, Scott Blackstone, Town Councilor, Chris Blackstone, Trustee of the Trust Funds, Rick Malasky, Public Works Director.)

# NHRPA Recreation Resilience —Anxiety 101

April 22, 2021 from 10:00—11:30am

*Thank you NAMI NH for sponsoring the April Anxiety 101 program!*

Presenter Heidi Matthews-Cantin from NAMI NH will present Anxiety 101 as part of our Recreation Resilience series. Everyone experiences some form of anxiety (fears and worries) when faced with unfamiliar and/or stressful situations. While this may be normal, issues arise when these fears and worries interfere with daily functioning. This workshop will outline signs and symptoms of anxiety disorders. Participants will receive tips on how to manage anxiety in the home, work and community.

This presentation is part of a grant received by NAMI NH. NHRPA would like to thank NAMI NH for their collaboration on this important topic. Zoom link will be included in the email confirmation you receive after registering for the program.

[CLICK HERE TO REGISTER](#)



# NHRPA Recreation Resilience

NHRPA members are welcome to register to attend this webinar. Click on the flyer below to register and **select HealthTrust** as the registration option.



This program is offered in partnership with



BUILDING PERSONAL & COMMUNITY RESILIENCE

## WEBINAR: Navigating COVID Fatigue

**DATE:** Wednesday, May 26, 2021

**TIME:** 3:00 - 4:30 pm

2020 turned our lives upside down! The Covid-19 pandemic and its consequences have left many of us feeling stressed out, burned out, overwhelmed, anxious and depressed. Additionally, none of us knows when this will all end. This creates trepidation about the future and fear we will never get back to the old "normal". This new reality has led us to COVID fatigue, Zoom fatigue, increased stress, isolation, and limited our ability to travel and connect with others.



In this webinar we will:

- Describe "COVID Fatigue" and explore its origins
- Discuss our basic human need to connect with others and how the COVID-19 pandemic has led to widespread increased stress and feelings of isolation
- Provide tools, strategies, and tips you can use to cope better, manage stress and prevent burnout, and reduce anxiety and depression

**CLICK HERE  
to register.**



**Instructor:**

**Kimberly Miller, Ph.D.** is Cherokee, a licensed police and public safety psychologist. She has worked with over 150 public safety organizations and provided training for tens of thousands of individuals around the country at local, regional, national training events and through her intensive online training programs. Dr. Miller currently serves as the President of the National Sheriffs' Association Psychological Services Board. Clinically, Dr. Miller has worked with diverse clients in both inpatient and outpatient settings. Her areas of expertise include assessment, substance abuse, eating disorders, meaning in life, stress management, resilience, anxiety, depression, and personality disorders.



**Technical Requirements:** Each participant needs to be able to access Zoom and navigate in an online environment requiring internet access, an email address, and the ability to function in a secure virtual meeting platform.

# My Favorite Quote is...

## Deb Brown, Sandown Parks & Recreation

"We don't stop playing because we grow old...we grow old because we stop playing." George Bernard Shaw

**Why is this my favorite ...** This is my favorite quote because it makes you stop, read it again, and think, 'oh, oh yeah that makes total sense!'

## Doug Cole, Salem Community Services

"You can do anything you set your mind to." -Ben Franklin

**Why is this my favorite ...** My mom would say this quote to my siblings and I all the time while we were growing up (still does!). For me, I believe it was her way of teaching us to be a determined and strong-willed individual that could find our true value in whatever tasks we were taking on. It helped push me through the many ups and downs that come with life. I have since adopted it for my son as well.

*"Life is not measured by the number of breaths we take, but by the moments that take our breath away."*  
- Maya Angelou



## Krissy Flythe, Lebanon Recreation & Parks

The meeting of two personalities is like the contact of two chemical substances; if there is any reaction, both are transformed. - Carl Jung

## Amy Lovisek, Laconia Parks & Recreation

What lies behind us and what lies ahead of us are tiny matters compared to what lives within us.  
Henry David Thoreau

**Why is this my favorite ...** It doesn't matter what is happening in life. What matters is how you personally handle it. Be brave and strong and resilient!!!

# *Save the Date* for the Annual Northern New England Recreation & Parks Conference

By: Tara Tower

2022 will be the 72<sup>nd</sup> annual Northern New England Recreation & Parks Conference, and the planning committee is really looking forward to seeing everyone again! We will once again be back at the Red Jacket Inn, North Conway. The conference will be held **January 11<sup>th</sup>-13<sup>th</sup>**, and the conference committee will be meeting in early June to select the speakers and finalize details for this year's conference.



If you have speakers that you think would be a good fit, or if you want to offer to present a session, please submit the speaker proposal forms before May 15<sup>th</sup>. The speaker proposal form can be found at: <https://nnerpc.myrec.com/info/default.aspx>

If you have any questions, or suggestions for the 2022 conference, you can email me at: [recreation@lincolnnh.org](mailto:recreation@lincolnnh.org).

---

## Atkinson Recreation Spring Goodie Bags to Go

Submitted by: Noriko Yoshida-Travers



Atkinson Recreation had a drive-by pick up for the "Spring Goodie Bags to Go!" program for children age 4 to 10 years old on Saturday, April 3rd at one of our park's parking area instead of traditional Egg Hunt.

Girl Scout troop helped me to prepare 200 goodie bags filled with 10 plastic eggs stuffed with candies, a small toy, a small jar of bubble, 3 sheets of Easter Coloring pictures prior to the event and they helped me handing out the bags on Saturday. One of the Troop

leader was dressed up as an Easter Bunny.

We had about 40 vehicles with 1 ~ 4 kids and several walk-by families with 1 ~ 2 kids, we gave out about 100 bags to mostly younger kids. Well, not as many as we hoped for, but those kids who came liked the goodie bags and were able to see the Easter Bunny.

# My Favorite Quote is...

## NorikoYoshida-Travers - Atkinson Recreation

"Do It Anyway" - Mother Teresa

People are often unreasonable, irrational, and self-centered. Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives. Be kind anyway.

If you are successful, you will win some unfaithful friends and some genuine enemies. Succeed anyway.

If you are honest and sincere people may deceive you. Be honest and sincere anyway.

What you spend years creating, others could destroy overnight. Create anyway.

If you find serenity and happiness, some may be jealous. Be happy anyway.

The good you do today, will often be forgotten. Do good anyway.

Give the best you have, and it will never be enough. Give your best anyway.

In the final analysis, it is between you and God. It was never between you and them anyway.

**Why is this my favorite ...** I love all the Mother Teresa's quotes but especially compassion and strength on every day life lessons make this quote very special to me - no matter what, keep moving forward.

## Donna Kuethe, Executive Director GP Red

"Everyone else my age is an adult, whereas I am merely in disguise" - Margaret Atwood

**Why this is my favorite...** It's one of my favorite quotes - I have several - but this one reminds me that, no matter how old we are, or how many responsibilities we have - we are (and should) remain and embrace being children at heart.



## Mike Lane, North Conway Parks & Recreation

From the Movie National Treasure: Ben Gates (Nicholas Cage)- "You know, Thomas Edison tried and failed nearly 2,000 times to develop the carbonized cotton-thread filament for the incandescent light bulb and when asked about it he said, "I didn't fail; I found out 2,000 ways not to make a light work", but he only needed one way to make it work".

**Why is this my favorite ...** This quote fits perfectly for our office during these uncertain times of Covid-19. I think like many of us in this field, last March brought great uncertainty. In our office in Conway there were plenty of reasons we found not to offer in person programs, however each time we found one reason and one way to offer in person programs. This quote I believe symbolizes our entire office and I continuously look at it as we continue to successfully offer in person programs at the Conway Rec.



# Become a CPRP

Park and recreation professionals perform essential work and are community heroes. Take your career in this vital field to the next level by becoming a Certified Park and Recreation Professional (CPRP). Whether you want to make a bigger impact on your community, keep your expertise fresh or improve your professional status, becoming a CPRP will open the door to bigger and better opportunities.

## **\*Special Offer\***

Complete an application to become a CPRP between March 1, 2021 and April 30, 2021\* to receive a free Basic CPRP Learning Pack (up to \$250 value) to help prepare you for the exam.

\*Any applications received before March 1, 2020 or after April 30, 2021 are not eligible for the promotion. All applicable CPRP application and exam fees must be paid in full between March 1 and April 30 to qualify for the free CPRP Prep Course promotion. Learn more in the CPRP Special Offer FAQ.

Why Become CPRP? [CLICK HERE FOR MORE INFORMATION](#)

---

## Federal Grant Money Available for Recreational Projects



The New Hampshire Division of Parks and Recreation announces Grant Round 32 of the Land and Water Conservation Fund (LWCF) is now open.

We are pleased to announce that the State of New Hampshire's Land and Water Conservation Fund Local Assistance Program is now open. This office will be accepting "intent to apply" forms from qualifying municipal and county government offices and sub-units through May 28, 2021.

Please see the recent press release here: <https://www.nhstateparks.org/news-events/press-releases/federal-grant-money-available-for-recreational-pro>;

Program information, including "intent to apply" form, can be found here: <https://www.nhstateparks.org/about-us/community-recreation/land-water-conservation-fund-grant>;

Feel free to share this information as applicable. Questions can be directed to Eric Feldbaum or Bill Gegas at 603-271-3556, or [lwcf@dncr.nh.gov](mailto:lwcf@dncr.nh.gov).

# Active Schools: 10 Tips for Thrilling Outdoor Playgrounds

April 28, 12:00 CST Presented by Jeanette Fich Jespersen

We have a physical activity crisis: Few pupils meet the minimum recommendation of 60 minutes a day moderate to vigorous physical activity (PA). Not only does this harm their physical health, it poses a threat to their social-emotional well-being and their learning, too. So how can schools motivate children to more self-motivated physical activity? A solutions is more thrilling play equipment.

Join this webinar to learn about the newest research on outdoor play that stimulates pupils' PA and their social-emotional development, and get 10 tips for active, fun outdoor playgrounds with lasting attraction and play benefits. Duration: 60 min; One (1) CEU unit

**[CLICK HERE TO REGISTER](#)**



## How to Create Great Outdoor Fitness Spaces

May 12, 12:00 CST - Presented by Rob Boogmans

Outdoor Fitness has gone through a tremendous development since it was introduced in the 2000s. Thousands of outdoor fitness sites have been created. Some locations are being used very well, yet most locations are used too little. In this webinar you will learn what needs to be considered when planning a fitness site in the public space and how you can create a fitness site, which will be used by people of all ages and abilities.

Duration: 60 min. (1) CEU

**[CLICK HERE TO REGISTER](#)**

**Safety Fiber**  
All-natural Engineered Wood Fiber

**DURGIN CROWELL**

**Durgin and Crowell Lumber**  
603-763-2860  
www.durginandcrowell.com  
jonbaker@durginandcrowell.com  
**Certified Playground chips**  
ASTM F1292, ASTM F2075 & ASTM F1951-14  
Delivered anywhere in New England

# Hope Challenge One

Special Olympics  
New Hampshire

February 15, 2021 – May 16, 2021

2021 is the Year of HOPE for Special Olympics New Hampshire. We are kicking off the year with the HOPE Challenge One. Please join us as we walk around the Granite State’s three largest lakes. This new, FUN experience combines fitness and sport-related activities along with nutritional, personal, and social activities – all with the purpose of “walking around” the key New Hampshire lakes of approximate miles. Sign up, get more active, “walk around” one or more lakes, and earn prizes for your efforts!

[CLICK HERE FOR MORE INFORMATION](#)

The Amtrak Downeaster will increase service and implement a new schedule on Monday, May 3, 2021. The expanded schedule includes a new southbound train which will depart Brunswick mid-morning (10:20am), as well a new northbound train which will depart Boston mid-afternoon (3pm). In addition, seasonal service will resume to Old Orchard Beach, and the last northbound train out of Boston each night will operate on a flexible schedule to better serve evening sports and events. The new travel times combined with added frequency will provide more options for the traveling public.

[Click here](#) to view the new schedule. *Connect to the People and Places You’ve Missed!*



## 2021 NHRPA Sponsorship

NHRPA values the relationship we have with our commercial members. We are proud to offer the following three unique advertisement / sponsorship opportunities for 2021: NHRPA VIP, Rec Connect Newsletter Ad and NHRPA Monthly Sponsor.

[CLICK HERE TO FIND OUT MORE](#)



1 Alice Ave. Hooksett, NH 03106  
p: 603.645.1022 f: 603.645.1410  
awards@crowntrophy18.com  
www.crowntrophy.com

*America's Largest Awards Supplier*

Trophies	Banners
Medals	Signs
Plaques	Name Badges
Ribbons	Cups
Pins	Crystal
Promotional Products	



**Cousineau Forest Products**  
www.Cousineaus.com

**Jim Donnelly**  
603-748-5176  
Jim@Cousineaus.com

1310 Old Concord Road • P.O. Box 2130 • Henniker, NH 03242  
Office: 603-428-7155 • Fax: 603-428-7889



turf products, llc



Toll Free Direct: 800-243-4355  
TPC Service: 888-442-9910 • TPC Parts: 800-296-7442  
157 Moody Road • P.O. Box 1200 • Enfield, CT 06083



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

## 2021 NHAHPERD Conference

November 11/17 - 11/19 2021

IGNITE YOUR PASSION & PURPOSE!



### CONFERENCE INFORMATION

Presenter Form - [2021 Presenter Form \(DOC\)](#)

Exhibit Form - [2021 Exhibitor Form \(DOC\)](#)

# My Favorite Quote is...

## Eric Feldbaum, NH State Parks

Do what you love and you'll never work another day in your life! - Confucius

**Why is this my favorite ...** I love what I do! I knew when I left college that I never wanted a desk job. Sadly I have a desk (only spend about 2/3 my time there) but I also have 93 state parks and every single community recreational offering to explore in NH!

## Tara Tower, Lincoln Woodstock Recreation

"Some people want it to happen, some wish it would happen, others make it happen." Michael Jordan

**Why is this my favorite ...** It's so motivating and inspiring, and was said by such an inspiring athlete.

## John Kohlmorgen, Peterborough Parks & Recreation

"You miss 100% of the shots you don't take." (Michael Jordan, Wayne Gretzky, Michael Scott)

**Why is this my favorite ...** Always keep driving for more! Feel free to try new things, new programs, new ideas, not all will be a success or how you envision however you will never know if you don't try and some will be successful. It's okay to take risks and try new things. Never Give up mentality!

**Dan Maclean, TTCC** - "Deeds not words" – Freddy MacLean (from my dad's senior yearbook)



Boost your Rec Center's revenue with a fun and educational activity for members. Partner with an award-winning coding school for kids. Code Wiz is a coding school for kids ages 7-17. We make coding fun so that your members always want to learn more! We teach game-based Python, Java, HTML/CSS and also things like Minecraft Modding, Roblox, Unity, Robotics and much more! We also have one non-programming course called World Builder which is more of a civics lesson. Flexible program structure options.

For more information  
email: [arlington@thecodewiz.com](mailto:arlington@thecodewiz.com)

Here is our website so that you can learn more: <https://thecodewiz.com/arlington-ma/>.

# NRPA News.....



Win Registration to the 2021 NRPA Annual Conference. The deadline to enter is Sunday, May 9 at 11:59 p.m. EDT. The winners will be announced on May 10 before registration opens at noon EDT.

Conference registration opens May 10th

[CLICK HERE TO ENTER](#)



## Public Support for Environmental Initiatives

Six in seven adults in the United States support their local park and recreation agency's environmental initiatives.

[CLICK HERE TO READ MORE](#)



## Parks & Recreation: Addressing Substance Use and Mental Health Disorders

[CLICK HERE FOR RESOURCES AND REPORTS](#)



## Equity in Parks & Recreation

Equity is central to all of NRPA's work as an organization. Below are few examples of where we have centered equity to support park and recreation professionals in their work to create fair and just park and recreation systems.

[CLICK HERE TO READ ARTICLE](#)

# NRPA News.....

**American Rescue Plan Act of 2021 (ARPA):** President Joe Biden signed the ARPA into law after both the House and Senate passed the landmark legislation. This \$1.9 trillion package will provide relief for communities struggling with the impacts of the COVID-19 pandemic, including speeding up the administration of vaccinations, direct aid to states, counties and cities, funding for afterschool and summer education, and much, much more. To find our more information and identify how your agency can take advantage of ARPA federal relief funding opportunities, please see our recently published [blog](#).

**The Parks, Jobs, and Equity Act (PJEA):** Representatives Nanette Diaz Barragán (D-CA), Michael Turner (R-OH) and Joe Neguse (D-CO) recently introduced the PJEA in the U.S. House of Representatives. If signed into law, this bipartisan legislation would dramatically improve equitable access to quality parks and green spaces for all by investing \$500 million into local parks. NRPA is calling on our members to urge their representatives to cosponsor this legislation. Please see our [advocacy alert](#) to add your voice to this important request.

**Congressional earmarks make a return:** House Appropriations Committee Chairwoman Rosa DeLauro recently announced that earmark spending is back for the FY22 appropriations cycle under the new name 'Community Project Funding.' This process allows for Members of Congress to apply for funding for capital projects in their districts, including parks and recreation projects! This process allows each member of Congress to submit funding requests for up to 10 "shovel-ready" projects in their district. However, not all requests are guaranteed to be approved for funding as there is a spending cap for this process. Members of Congress will begin submitting requests to the committee as early as March 29, and the deadline for these requests is April 16, 2021. More information and resources on how to apply for this funding can be found in this [blog](#).

**NRPA Advocacy Resources** As transgender legislation surrounding youth sports is coming to the forefront in several states, NRPA is leading a discussion and resource-sharing group for those who are interested. Please let (Miranda Ducey, [mducey@nrpa.org](mailto:mducey@nrpa.org)) know if you would like to be added to our contact list, to be notified of the next meeting date.

## **Park and Recreation Mentorship for Rural Youth Impacted by Opioids**

This funding will support youth mentoring programs that prevent, reduce, and address opioid misuse among rural youth in Appalachia and New England through evidence-based mentoring practices in local parks and recreation (P&R) agencies. This grant program will support park and recreation professionals to implement evidence-based mentoring practices for rural youth who are currently misusing, have misused, or at risk for opioid misuse or other substance use disorders. Programs should address youth aged 17 and younger considered high risk including those exposed to multiple individual, family, and/or community risk factors for substance abuse (i.e., Adverse Childhood Experiences (ACEs), failing school, friends/peers who misuse alcohol, parent who is violent or abusive). 10 grants of \$62,500 will be awarded. All questions should be directed to: [mentoring@nrpa.org](mailto:mentoring@nrpa.org). More information on this grant opportunity and the application process can be [found here](#).

## **Get a FREE Prep Course When You Apply to Become a CPRP**

Whether you want to make a bigger impact on your community, keep your expertise fresh, or improve your professional status, becoming a [Certified Park and Recreation Professional \(CPRP\)](#) will open the door to bigger and better opportunities. If you are interested in becoming a CPRP, now is the perfect time. **NRPA is giving away a free CPRP Online Prep Course (\$250 value) to anyone who applies by April 30.** [Learn More & Become a CPRP](#)

## **Get 25% Off the CPRE Study Text When You Apply to Become a CPRE**

Becoming a [Certified Park and Recreation Executive \(CPRE\)](#) will not only keep your skills sharp, but also give you prominence in the field. Earning your CPRE will demonstrate you as the true leader you are and further prove your passion and commitment to achieving greater health, resilience, and equity outcomes in your community. Now is the perfect time to join this elite group of more than 300 CPREs. **If you apply to become a CPRE by April 30, you will receive a discount code to take 25% off the Management of Park and Recreation Agencies, 4th Ed. eBook or eBook bundle.** This book is the go-to study guide for the CPRE exam and will provide you with an in-depth review of every area of parks and recreation. [Learn More & Become a CPRE](#)



NH Recreation & Park Association  
*Get out and enjoy life!*

## THANKS FOR READING

*I hope you enjoyed the spring/summer version of the NHRPA Rec Connect Newsletter. If you would like to submit an article, picture, advertisement or story for the fall newsletter please submit information to [executivedirector@nhrpa.com](mailto:executivedirector@nhrpa.com)*

### Contact NHRPA:

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

Executive Director: Kerry Horne, M.Ed.—[executivedirector@nhrpa.com](mailto:executivedirector@nhrpa.com)

