VRPA President's **Perspective**

Scott Hausler, CPRP, **VRPA** President

VRPA Members.

I use my iPhone for just about everything, from listening to Pandora while sitting on the



mower to providing updates on the Parks & Recreation Department Facebook Page. I believe I'm up on technology and always embracing the change that it brings to me personally and professionally. My new thing though, that I'm sure is not new to most of you, is downloading and listening to Podcasts.

Recently, my son turned me on to Podcasts. While making the trek from the University of Kansas, where my daughter Hanna attends school, back to Vermont, I spent a lot of the windshield time listening to Podcasts on National Public Radio. Inspirational stories on technology, science and medicine and comedy. Hours of entertainment and well worth it.

I recall a few months ago listening to "Future Self", a program that discussed how we all have a future self, a version of ourselves that is better than how we feel we are today, someone who is more successful or a version of everything that we have failed to become. A very interesting Podcast to listen to. As I write this, I feel I have become a Podcast Junkie, surfing the web to download and cue up for my listening pleasure. It became a real "Future Self" moment of reality when I actually downloaded a series of Podcasts entirely on my own. The techie my "Future Self" thought I was, actually happened.

Next week, I head off on my twice a year excursion from New England to the Midwest and again consulted my son on a possible Podcast to get me through a couple of 10-hour days of driving. He suggested "Radical Candor" so I (Continued on page 8)

74th Annual Vermont Conference on Recreation "Charting Our Course" October 11th & 12th at Lake Morey Resort

Keynote Speaker – Maureen McKinnon, Two-Time U. S. Paralympic Sailor & Gold Medalist

t was more than a year ago when Conference Committee member and Milton Recreation Coordinator, Kym Duchesneau, came to a meeting to tell us about her high-school friend, Maureen,



who was getting ready for the trial races for the U.S. team going to the Paralympic Games in Rio. She asked if we would be interested in learning more about her and maybe consider her to be our keynote speaker sometime. The rest is history... we had Maureen lined up even before last year's conference and as you can guess from this year's theme, knowing that Maureen was going to be our keynote speaker influenced our deliberations about a conference theme.

Maureen McKinnon is a Paralympic gold medalist, public speaker, floral entrepreneur, mother of two and inspiration to those with and without physical disabilities. As an advocate for the disabled, she delivers a powerful message of empowerment and awareness.

Since 2008, Maureen has been telling her motivational story of perseverance when both her teammate and her young son fought life-threatening medical battles, and she managed to finish that year with a Paralympic Gold Medal, despite all the odds. Over the past 12 years, Maureen's audiences have included universities, hospitals, rehabilitation centers, corporations, fundraisers, disabled sporting organizations and yacht clubs.

Maureen's sailing accomplishments include 2008 Gold Medalist in Beijing Games with Nick Scandone, 2016 Fifth Place Finish in Rio Games with Ryan Porteous, US Sailing Board of Directors since 2010, and Adaptive Director &

Community Relations at Piers Park Sailing Center in Boston, MA from 2007-2012.



Interested in reading about more of Maureen's accomplishments? Visit the US Sailing website.

In her keynote presentation "Empowerment through Sailing - a Gold Medalist's Story", Maureen will provide a new look at an old sport and inspire you to take a risk and step into the unknown, the next time the opportunity presents itself.

VRPA and the Conference Committee are grateful to Landscape Structures and their State Park and Recreation Association

Speaker Scholarship for helping us to bring Maureen McKinnon landscape to this year's Vermont **structures**° Conference on Recreation. Thank you LSI!

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VRPA Newsletter

The VRPA Advocate is published three times a year by the Vermont Recreation and Parks Association. Contributions to the newsletter are welcome, including commentary on subjects of interest to Vermont's recreation professionals and volunteers.

Editor – Betsy Terry Circulation – 450
Deadline for submissions for the next issue is Oct 15, 2017
Send information to info@vrpa.org or by snail mail to:
VRPA, 721 Main Street, Colchester, VT, 05446.

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VRPA Calendar of Events

Culcivatar of cocross	
VRPA Executive Committee Meeting	
NRPA Annual Conference,	
New Orleans, LA	
74th Annual Vermont Conference	
on Recreation, Lake Morey	
VRPA Executive Committee Meeting	
Performance Showcase,	
Lake Morey	
VRPA Quarterly Meeting	
Northern New England Recreation	
& Parks Conference	

VRPA Mission:

Provide training and resources to help Vermonters to "Create Community through People, Parks and Programs."

Message from the Executive Director

he Spring was so busy with us hosting both the CPO and CPSI courses, planning our annual meeting and getting the new website up and running, that I never got out a summer issue of the newsletter. So, we are having a late-summer issue. There is going to be a late-fall issue too so

that we can do a conference recap.

In late July, I had the good fortune to gather with nearly thirty of my fellow state association executive directors in the city of Detroit. We visited some fantastic parks and held our meetings in the Outdoor Adventure Center, a terrific hands-on adventure center managed by the Michigan Department of Natural Resources. Our colleague from Michigan did an amazing job hosting us and the park agencies we visited welcomed us with open arms. I felt totally spoiled the whole time we were there. As always, I came away from this meeting recharged.

One of my favorite takeaways was a Splash Pass that the Michigan Parks & Recreation Association offers...20+ different departments all offer two punches to visit their pool or beach during the summer and the passholder can travel around the region visiting a different aquatic facility every day. What a great idea!

I have been asked to be part of a presentation panel for the NRPA Conference in New Orleans with my counterparts from Florida, California, and Missouri. The session is about the benefits of being associated with your professional association. I am honored to have been asked to participate.

Because of this assignment, I have been pondering the value of association a little more than usual. As your Executive Director, I have always felt a little self-serving rambling on about the benefits of getting involved with VRPA, thinking that in fact this just might be helping me more than it was helping you. But with time I have realized that this isn't "my" association, it is "your" association. And when you invest in and take care of something that belongs to you, the results are usually rewarding.

In preparation, I have been doing some reading. One writer suggested that one of the main benefits associating with a group of professionals is simply a matter of statistics - by joining, you have the option of meeting or interacting with



more people than if you did not. Most professional organizations provide the opportunity to ask questions of each other and share policy documents, in one format or another. These interactions and belonging to a group increases the odds that you'll learn something you may need to know someday or meet a person you can help or that will help you.

I asked some of you what you value most about being a VRPA

member and I'd like to share three of your responses:

- 1. Being involved with my state association helped me to see the profession as a profession and not just a job. It made me realize that what I was doing was larger than me and larger than my community.
- 2. Choosing to be an active VRPA member allowed me to establish strong relationships with a group of professionals early in my time here in Vermont. Whether it was the car ride there and back with other nearby professionals who were heading to the same meeting or the time spent before and after the business meetings, it cemented a relationship. It is much easier to pick the phone up and ask a quick question having made those relationships.
- 3. Participating on the executive board has also given me the opportunity for involvement outside of my department while still being relevant to my work. It's sometimes hard to justify stepping away from my work to participate on another committee but doing so with VRPA only makes me a better, more informed professional. I truly believe that the work I perform as a board member enhances my role within my department and makes me an even more valuable asset.

You can pay your membership dues and be a sideline member (we value you too!) or you can choose to participate actively in your state professional association. A special thanks to all our active members... VRPA is what it is because of you and others like you who have gone before you. If you have been thinking about getting more involved, why wait any longer?

We look forward to seeing you all at our 74th Annual Vermont Conference on Recreation! Plan now to be there and to commit to yourself that you will make an effort to meet and "associate" with at least one new person while you are there.

Betsy Terry, CPRP VRPA Executive Director

Two of Vermont State Parks' Finest Ethan Phelps, SE Parks Regional Manager Rob Peterson, NW Parks Regional Manager

By Betsy Terry, CPRP

ermont is the state host for the 2018 Northern New England Recreation & Parks Conference and Rob Peterson and Ethan Phelps have signed on to be the conference Host Committee Co-Chairs. I thought you might enjoy getting to know a little more about them before you see them up front and center at the NNE Conference in January.

Interestingly, they both are products of the University of Vermont but they didn't know each other back then. Another thing they have in common...they both recently passed the CPRP exam and became Certified Park & Recreation Professionals. Congratulations to both of you!



Ethan Phelps

Ethan graduated from the UVM School of Natural Resources which is now called the Rubenstein School. He told me that he has always had a strong connection with the outdoors and was active in Scouting, earning his Eagle Scout rank in high school. One of the most influential people in his young adult life was a Scoutmaster who was a forester for the state. He often volunteered doing trail work at Willoughby State Forest and other places. When he was in college, he enrolled in a residential learning program that was taught by then Director of State Parks Ed Koenemann. From there, he started working in parks during the summers and figured out that's where he wanted to focus his career.

For Rob, his career in parks and recreation began the summer between his junior and senior years in college. He went

to a job fair at UVM and ended up taking a position as Dockmaster at the Burlington Community Boathouse. He says that summer changed the trajectory of his life. He learned to rig sailboats (Lasers and Rhodes 19s), tied up boats of all sizes on the dock systems and worked at various festivals on the Burlington Waterfront, including July 3rd and the Latino Festival, Chew Chew Fest and Discover Jazz...mostly emptying trash barrels he recalls. It was fun work with great people. Though he graduated with a degree in Secondary Education and obtained his teaching license, he never fully pursued teaching. Twenty years later, including 16 park seasons, he's still friends with the core group of people he worked with his first summer at the Burlington Community Boathouse.

When asked to talk about what they consider their greatest career accomplishments, without hesitation, Rob said he is very proud to have led the process of replacing the new 100-slip marina at Burton Island State Park. It was a challenging process, but the hard work, planning and execution resulted in an excellent project that Vermonters can be proud of. He wrote grants and secured significant grant funding for the project, which resulted in phasing the whole marina replacement in 2 years versus 5-7 years. "Without a doubt, part of my drive and motivation on this project was inspired by those summer days working at the Burlington Community Boathouse in the late-1990s."

Ethan shared that he is really proud of the seasonal staff that they hire and train every year in his region. There are 13 seasonal park managers and about 75 other staff and volunteers. "Every year at Labor Day, I consider it a success when I can look back on the summer and see how well we served 300,000 park visitors with relatively few incidents."

In his spare time, Ethan is active outdoors doing all kinds of different

activities. Winter is his favorite time of year in Vermont. He telemark and Nordic skis with lift service, mostly at Killington and Pico where he works part time in the winter as a winch-cat operator, and in the backcountry. He is an avid runner and tries to compete in several long-distance road and trail races every year up to marathon length. He told me "I recently bought myself a midlife crisis-mobile – a really fancy mountain bike! I love riding on newer flow trails, such as those at Pine Hill Park." He also gets out fishing and camping a few times in the summer, and enjoys grouse and deer hunting in the fall. "I have a 5-year-old daughter that loves to ski and bike with me. We go on lots of adventures together. Teaching her how to ski over the past two winters has been one of the most fun and rewarding achievements of my life."



Rob Peterson

Rob is an avid swimmer and averages 3-4 miles a week in the pool. He is also a homebrewer and enjoys grilling on the weekends, preferably while watching college football or the Patriots. "Though I enjoy skiing, hiking and camping, I'm in my happiest place when I'm with the family for a long weekend at a lake house we rent on Lake Sunapee in New Hampshire. I've been married for 13 years, since my North Beach days, and we have two children, Miles (10) and Megan (9). My kids are best friends and that makes me happy."

When asked what benefits they value most about being a VRPA member,

(Continued on page 8)

Program Spotlight 1................

LEDDY PARK BEACH BITES FOOD TRUCK

By Melissa Cate, CPRP, Recreation Facilities Manager, Burlington Parks, Recreation & Waterfront

n the summer of 2016, recognizing a need for family activities in the north end of Burlington, the Burlington Parks, Recreation & Waterfront Department produced a series of hugely popular food truck socials at Leddy Park. The Leddy Park Beach Bites events took place one Wednesday evening each month from June-October behind the arena at Leddy.

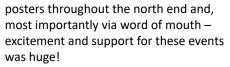


The Leddy location is ideal as it offers a large paved parking area for vendors as well as an adjacent grassy picnicking area with spectacular lake views and direct access to a long stretch of beach. In addition, the entire area can be snowfenced to provide a dedicated event space and the opportunity for beer and wine sales. In preparation, a committee of staff worked with the local food truck coalition to issue a request for proposals from vendors, ensuring a variety of delicious food offerings – from pierogis to pizza, Jamaican chicken to Greek souvlaki, tacos to crab cakes, gelato to dim sum, even vegan options...there was something for everyone offered by about a dozen vendors each night.



The department also contracted with Local Motion to provide valet bike parking as Leddy sits amid numerous residential neighborhoods right along the Burlington Bikeway. The result was 230 bikes and strollers parked at the first event – more than almost any other event last summer in Burlington! To ensure a family atmosphere each event included kid-friendly activities – a bounce house, spray-ground, corn hole, hula hoops and more, as well as music provided by local disc jockeys.

Our in-house
Marketing Manager,
Diana Wood, designed
a Beach Bites logo
and the events were
advertised in the local
newspaper, on Front
Porch Forums, on



This summer, we grew the program

and offered Beach Bites every other Wednesday (8 total) from 5-8pm beginning May 31st and ending September 6th. One lesson we learned from last year was that October is just too unpredictable weather-wise to plan an outdoor foodfocused event on the breezy Burlington waterfront! This year's events have been planned in coordination with the South Burlington Recreation Department which is offering similar events at Dorset Park on our "off" Wednesdays in order to minimize competition and maximize opportunities for the food truck owners.

In July, we celebrated the reopening of Leddy Arena which experienced an extended spring shutdown for approximately \$1m in capital improvement projects with a special free public skating during the July 12 Beach Bites!

BPRW Internal Event Planner Emma Allen says "Come join us for one of our last 2017 Beach Bites nights – the food and the fun and the atmosphere at Leddy create an unbeatable summer event...hope to see you there!"



Is ParkRx Right for You?

By Bethany Yon, Chronic Disease Prevention Specialist, VT Department of Health Jaya Davis, Health Coach, Rutland Recreation & Parks

here's a new prescription in town in Rutland. Instead of going to a pharmacy, your healthcare provider may write a prescription to help you get outside more. Welcome to Park Prescriptions or ParkRx.

While nature is in our backyard with lots of parks and trails to enjoy, 42% of Rutland County adults still do not participate in regular physical activity. One in five report no leisure time physical activity. Are you getting the recommended 150 minutes of activity each week? Your healthcare provider may ask the next time you visit. If you fall short, he or she may suggest the ParkRx program.

Working with a health coach, the ParkRx program will help you find parks and trails to support moving more outside. Weekly phone calls, emails and newsletters will assist you in meeting new goals for being outside. Being physically active is good for your health!

Being outside in nature can both lower stress and improve your sense of wellbeing. Research suggests that being outside with lots of trees can lower blood pressure, improve mood and sleep and even give your immune system a boost.

Now in its fifth month, 64 adults have been referred to the ParkRx program by their healthcare providers. Of those, we have 31 adults (ages 33-88) committed to this 12-week program from all corners of the county. People participating in the program have all different levels of physical activity. Some set a goal to walk 10 minutes every day, while others are trying to get 14,000 steps (over 5 miles) every day. Many are learning of new places to walk outside using the Rutland area map that shows parks and trails.

Preventing diabetes was the motivating factor for Ethelyn, a 33-year-old mother working multiple jobs. Striving to be a good role model for her young daughter, she needed someone to help motivate her to move more. While Ethelyn once owned a gym membership, costs got in the way. She has met her goal to walk 10 minutes every day for the last 11 weeks. As Ethelyn increases her walking time and pace, she looks forward to seeing positive health changes.

Betsy, who turns 88 years old in July, always liked walking, but wasn't walking regularly. "I was using my iPad too much, all the time, and not getting outside," she shared. With her doctor's referral,

the ParkRx program has her moving again. Starting with a reasonable goal of 2 walks per week, after 11 weeks Betsy is now walking 3 times each week for close to 2 miles. "I feel 10 years younger," Betsy exclaimed. Her positive attitude is contagious and motivates other ParkRx participants with their walking goals during group walks.

The accountability of working with a health coach, and weekly newsletters to learn about different parks and trails in the Rutland area, keep Betsy, Ethelyn and others on track. The ParkRx program is helping people create walking habits that will be tough to break. This program is a partnership between Rutland City



Recreation & Parks and participating Healthcare Providers with funding from Bowse Health Trust. You can learn more at www.rutlandrec.com/parkrx.

Want to learn more about Rutland's ParkRx program. Contact Bethany Yon, Chronic Disease Prevention Specialist at the Vermont Department of Health, 802-786-5115, Bethany.yon@vermont.gov or Jaya Davis, Health Coach at Rutland Recreation & Parks, 802-773-7822, jayad@ rutlandrec.com.



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2017 VRPA – St. Johnsbury Academy State Track Meet Held on a Perfect Blue-Sky Day in July

ith 291 registered athletes, lots of volunteers, and the St. Johnsbury community welcoming us for the tenth consecutive year, the 2017 VRPA – St. Johnsbury Academy Track & Field Meet was held on Saturday, July 29th. The weather couldn't

t d

have been nicer.
Special
thanks to Joe
Fox - the St.
Johnsbury
Recreation
Director, the
St. Johnsbury
Kiwanis, and
St. Johnsbury
Academy for
being our host

sponsor for the 10th year. We couldn't have done this without our VRPA Track Coordinator, Gary Rogers from Burlington, Parks, Recreation & Waterfront and Pavel Dvorak and his 802Timing Team.

Thanks to Blue Cross Blue Shield of Vermont, the athletes all received performance tees for the second year and for the first time, the volunteers were all wearing meet shirts too. Each time everyone slips them over their heads in the months ahead, hopefully they will be reminded of (1) all the fun they had at this year's meet and (2) to eat healthy and stay in shape so they will be ready for next year. Thank you BCBSVT!

To all the parents, coaches, and community volunteers who came to help at the meet, thank you all very much for making it possible to provide this exciting statewide competition available to our aspiring young athletes.



2017 VRPA – St. Johnsbury Academy State Track Meet Results

(Complete results are available at www.802timing.com)

Athletes finishing in the top six places in each gender and each age group received ribbons. At the end of the day, the team scores stood like this:

Place	Team	Score
1	St. Johnsbury Recreation	624
2	Mt. Mansfield Summer Track	300
3	Champlain Valley Parks and Rec	220
4	South Burlington Rec & Parks	181
5	Burlington Parks & Recreation	138.5
6	Essex Parks and Rec	128
7	Brattleboro	104
8	Saint Albans Recreation	94.5
9	Hartford Rec	73
10	Orleans Central Club	68
11	Colchester Parks & Recreation	59
12	Barre City Recreation	41
13	Rutland Recreation Department	38
14	Montpelier	20





The names of the winning teams will be engraved on the perpetual plaques and reside in the first-place communities until next year's meet.

Large Team (20+ athletes) St. Johnsbury Mount Mansfield

Small Team (Fewer than 20 athletes) Brattleboro Hartford

New This Year - Register for the Conference Online at www.vrpa.org

Ten things you need to know about this year's conference...

- 1. Go to the VRPA website at www.vrp.org to get your conference brochure and see all that it planned...you'll find the link right on the homepage.
- 2. The schedule has been mixed up a bit...the keynote has been moved to Wednesday (Day 1) this year.
- 3. There are 30 different education sessions planned over the two days...we are confident that you will find sessions relevant to your work.
- 4. You can register for just one day or both days...of course we hope you will come for both days!
- 5. Conference registration will be online this year, look at the back of the conference brochure for online registration tips.
- 6. When you register online, you will have the option to pay with a credit card or print off an invoice and mail in a check.
- 7. You won't be able to access the member registration rates unless your 2017-18 VRPA membership dues have been paid. If your dues are not current, you will be receiving email reminders and instructions on how to renew your membership online. If you need help, contact the VRPA office.
- 8. The early bird registration deadline is Friday, September 8th.
- 9. Make your overnight reservations by Wednesday, September 13th to be sure to get the special conference room rate.
- 10. In won't be the same without YOU...plan now to attend! As always, satisfaction is guaranteed.

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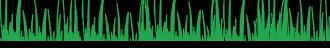
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President's Perspective (cont'd)

downloaded the 24 Podcasts and decided to listen to a couple to be sure it will have my ear during my travels.

Radical Candor is just what I need at this stage of my parks and recreation professional career, as well as for my traveling entertainment. Radical Candor co-hosts Kim and Russ talk a lot about how not to hate the boss you have, or be the boss you hate! One of the first Podcasts talks about giving praise that isn't patronizing and how important praise is in the workplace. One point hit home when they discussed the amount of time we can spend on criticizing something that went wrong. The show talked about taking the same amount of time that you might have spent criticizing work and using it to praise your employees on the good work that they do. That's what really matters. It's so important to convey to your employees and volunteers they are doing their job well and never take for granted that it will continue forever. You need to focus on the good stuff, including all the little things your employees do every day. When you reinforce all those little things, you recognize right away how quickly praise changes the workplace environment.

Being a leader and changing behaviors isn't easy, as the first Podcast of Radical Candor reminded me. "The entire philosophy is really centered around being a leader and saying what you think while also caring about the person you're saying it to". I look forward to sharing my Radical Candor Podcast experience with my staff. I'll be curious to see if any of you will take advantage of this great resource and do the same.

Enjoy the rest of your summer. I look forward to seeing you at our state recreation conference in October.

Respectfully,

Scott Hausler, CPRP

Personal Profile (cont'd)

they both replied the same... the networking and professional development opportunities offered by VRPA.

Rob shared, "Vermont is a small place, but getting to know people in our profession doesn't come naturally because we're all so busy doing our work, day to day, week to week, year to year. I appreciate the educational opportunities VRPA provides and I believe that continuing education is the best way



to stay connected and relevant in our profession and to the communities we serve."

Ethan elaborated, "Working at the state level, I don't have that many opportunities to see people that work at the local level. The conferences and meetings provide a way to do that. I really enjoy attending the Vermont Conference on Recreation and the Northern New England Recreation and Parks Conference. The sessions are

always informative and relevant, and I can easily bring information back and apply it at work."

Ethan and Rob, we so appreciate that you have made the commitment to be active VRPA members. Thanks very much for serving as the NNE Host Committee Co-Chairs! We look forward to seeing you there and Rob...how about putting some of your home brew in the silent auction.



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"Vermont's Finest" Silent Auction Bid List Will be Emailed before the Conference

f you have been at our conference before, you know that we have an amazing "Vermont's Finest" Silent Auction. With 150+ items and all sorts of great things, there is sure to be something for everyone. The Silent Auction bid list will be emailed out before the conference so that you can plan your bidding strategy...as the time gets closer, be on the lookout for it.

There is still lots of work to be done preparing for the auction. If you would be willing to make a few phone calls or pick up a few items from businesses close to where you live or work, please contact our 2017 auction coordinator, Emily Boek at eboek@townofstowevermont.org or 802-253-6138.

We'd like to include a special "members" section in this year's auction. Do you make jam, pickles or preserves, brew beer, make wine or root beer, raise chickens, bake bread, do woodworking, paint, or have some other "specialty of the house?" How fun would it be to have a selection of all our collective creations.



Hmmm...it could become a little like the local fairs, maybe down the road we'll actually judge things and present blue ribbons. If you have something you'd like to donate, please contact Emily Boek at

the email address above or the VRPA office at info@vrpa.org or...just bring it with you to the conference.

A NEW ADDITION TO THE AUCTION-

A "Members" Section

Do you make jam, pickles or preserves, brew beer, make wine or root beer, raise chickens, bake bread, or have some other "specialty of the house?" Plan now to donate one of your creation's to this year's Silent Auction.



VRPA Performance Showcase

Thursday, November 16, 2017

Lake Morey Resort

We are always looking for new artists. Send your suggestions to betsy@vrpa.org. Thanks in advance.









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To all our commercial partners, the Exhibit Hall at our state recreation conference is your best opportunity of the year to meet face-to-face with recreation professionals and volunteers from throughout the state...these are the people who make the buying decisions!

To all our members and conference attendees, there will be Exclusive Exhibit

Hall Time on both Wednesday evening and Thursday morning during the conference. Plan to be there when the doors open so that you will have time to visit with all our exhibitors. You will want to be there the entire time to increase your chances of winning the Exhibit Hall Raffle and an Amazon gift card or a certificate for our Silent Auction. This year, we aren't telling

you when the raffles will be pulled so you will want to be there the whole time.

Please remember to thank our exhibitors for choosing to come to our conference; they have lots of invitations and we so appreciate them all choosing to be with us at Lake Morey on October 11th and 12th.

Here is a list of our exhibitors registered to date.

Atlantic Golf & Turf **Burke Playgrounds Challenger Sports** Clivus New England **Court Jesters EcoPlay Playgrounds Explore Disc Golf** Franklin Paint Gametime Park & Playground/ Marturano **Grassland Equipment & Irrigation Landscape Structures** Local Motion MTE **MUSCO Sports Lighting** MyRec.com **New England Recreation Group** Northern Lights Rock & Ice **Northern Nurseries Northstar Fireworks** O'Brien & Sons Pettinelli & Associates **Pioneer Athletics** RecDesk Software SE Group Special Olympics Vermont Stageline **TimberHomes Vermont** UltiPlay Parks & Playgrounds **USTA New England UVM Adventure Ropes Course** Vermont Display Vermont League of Cities & Towns **Vermont Systems** Weston & Sampson Wicked Cool for Kids





Vermont Senior Athletes Compete & Win in Many Sports

By Andrea Stander, VSGA Managing Director

The 2017 Vermont Senior Games Association season has been gaining momentum since it began on a snowy April Fools' Day with the Swimming Championships held at The Edge in Williston. Since then, over 200 athletes from all around Vermont, several other states, and Quebec bowled, played racquetball and pickleball, competed in over a dozen track & field events, pitched horseshoes and tackled a swim, bike, run triathlon. The competitors, who must be 50 years old by Dec. 31, 2017 to be eligible, ranged in age all the way to 90.

Still to come in the VSGA season are the Tennis Championship on Aug. 27 at the Quechee Club; the 5K Road Race on Sept. 2 in Northfield – a collaboration with the Northfield Savings Bank and the Central Vermont Runners; the Golf Championship on Sept. 5 at the Vermont National Country Club; the Basketball Championship on Sept. 29 at Castleton University; the 10K Road Race on Oct. 7 at the Shelburne Town Beach in partnership with the Green Mountain Athletic Association and winding up indoors on Oct. 14 with the Table Tennis Championships at the Shelburne Town

Offices. Complete information about all the events past and still to come is available on the VSGA website - http://vermontseniorgames.org/.

The VSGA motto is "Fun, Fitness & Fellowship" and all have been in good supply at every event. Some of the memorable highlights so far this season, have been 88 year-old swimmer Jean Archibald being cheered on in her final lap by all the assembled competitors. This was the first year that VSGA has collaborated with the Vermont Masters Swim Meet so there were swimmers as young as 20 who were clearly inspired by Jean's determination and skill. Another example of inspiration was Roy Safran, who walked over to the South Burlington High School Track (about a mile from his home) and registered on the spot to compete in several running events at the Track & Field Championships – to celebrate his 90th birthday which was the day before!

Meanwhile, the Pickleball players had to adjust to a last-minute change of playing location to the Miller Center for one day due to one of this summer's frequent deluges. The Track & Field Championships were saved from being

soggy when the sun broke through just before the bugler announced the start of the competition. It was hot for the horseshoe pitchers – keeping the volunteer crew busy wetting down the clay courts at the



VSGA Pickleball players come in all sizes

Sodbusters Club in Bristol. And the 33rd Annual Colchester Triathlon was graced with one of the most picture-perfect days of the summer inspiring many outstanding performances by the 51 VSGA competitors — a new record for participation in this challenging event.

Earlier in the summer many of the same athletes who have joined us for the Vermont Senior Games events this season 30 in all – traveled to Birmingham, Alabama for the 2017 National Senior Games, Sixteen members of the Vermont delegation brought home a total of 22 medals and 27 podium finishes. These are exceptional accomplishments because the National Senior Games regularly draws thousands of athletes from almost every state in the country competing in 17 different events. You can see the VT results for the 2017 National Senior Games on the VSGA website and lots of photos of all the 2017 Vermont Senior Games events on our Facebook page.

The Vermont Senior Games
Association encourages everyone to
consider registering for one of our future
events. If you have questions, would like
more information, or are interested in
volunteering please contact VSGA Games
Co-Chair and VRPA Executive Director,
Betsy Terry at betsy@vrpa.org.



VSGA triathletes exiting the lake at the 2017 Colchester Triathlon and heading up the hill to the swim/bike transition



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Vermont Youth Conservation Corps: A first-job trailblazer

By Kevin O'Connor

Most teenagers looking for first jobs are limited to baby-sitting or stocking shelves.

"There are a couple of stores that maybe will take you," 16-year-old Gavin Waite said, "but you can't work at a gas station because you can't sell cigarettes or alcohol." That's why the young Vermonter took another path. Waite is one of nearly 300 students who are blazing forest trails and tending farmland this summer as part of the Vermont Youth Conservation Corps.

The soon-to-be Brattleboro Union High School junior has woken early weekdays to put on a hardhat and heavy shirt, pants and boots, pick up a shovel, hoe and shears, and pursue such tasks as building a 20-foot bridge and pulling invasive plants. "The mosquitoes are really annoying," Waite said. "Then there's working in all that mud. And moving all those big rocks."

Then again, the student, working at the local Retreat Farm, can hear birdsong, feel a breeze and see a paycheck in an otherwise barren youth employment field. The national teen labor force participation rate, which peaked at almost 60 percent in 1979, has dropped to about 35 percent as recession-ravaged adults have taken many of the lower-skill-and-wage jobs that used to be the province of entry-level workers.

Digging alongside Waite, fellow honor-roll student Ashley Dierkes said the corps' weekday schedule of 7:45 a.m. to 4:30 p.m. is more reliable that trying to schedule baby-sitting gigs. "If you have connections you can work at certain places," the 16-year-old East Dummerston girl said, "but when you're younger, a job



Vermont Youth Conservation Corps members, from left, Damian Dierkes, Gavin Waite and Ashley Dierkes build a trail at Brattleboro's Retreat Farm. Photo by Kevin O'Connor/VTDigger.



Students working for the Vermont Youth Conservation Corps include, seated from left, Gavin Waite, crew leaders Samantha Travis and Jerad Fisher, and, standing from left, Damian and Ashley Dierkes. Photo by Kevin O'Connor/VTDigger.

is hard to find."

The VYCC began in 1985 and is based on the 1930s Civilian Conservation Corps that paid Depression-era members to build hiking trails, ski hills and state parks. Dierkes' brother, Damian, is finding present conditions similar to the past in one respect — crew members are unplugged from digital devices. "I like being on my cellphone a lot," the 15-year-old said, "so it's weird not being on it." "Usually I would be checking social media all day long," Waite added, "but here you're not allowed to."

"A lot of people don't know the Vermont Youth Conservation Corps is doing really great work," program services manager John Woodward said. "We're going to continue to hire, train and send out more youth all around the state to complete important, impactful projects." And to learn a few real-world lessons.

"I thought this would be a good first job," Waite said.

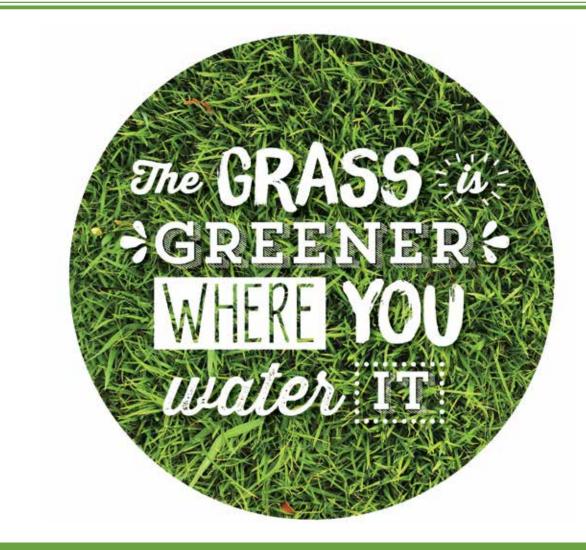
Then the teenager received his first check.

"I found out I'm not a fan of taxes," he said. "But the best payoff is just the whole experience."

Reprinted with permission from an August 6, 2017 Vermont Digger article.



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Vermont Trail Projects Receive Over \$540,000 in Grants

By Sherry Winnie, Recreational Trails Program Administrator, VT Dept. of Forests, Parks & Recreation

arlier this summer, the Vermont Department of Forests, Parks and Recreation (VTFPR) awarded \$547,571 in Recreational Trails Program grants for fourteen significant trail projects around Vermont. Funds are made available to municipalities and non-profit organizations for these projects through the Federal Recreational Trails Program (RTP) to help build and maintain public recreational trails all over Vermont.

"This was another banner year for this program," said VTFPR Commissioner Mike Snyder. "We were able to fund some excellent and diverse trail projects all over the state. The health, economic and social benefits of trails are well-documented, and our department is proud to support these community-based efforts."

The goal of the Recreation Trails Program is to provide aid for development and maintenance of a wide variety of recreational trails and trail systems for public use throughout Vermont.



State Parks Trail Crew working on a new bridge at Niquette Bay State Park in Colchester

Next year's grant round will begin with pre-applications due this Fall and full applications due in February of 2018. Go to http://fpr.vermont.gov/recreation/grants/rtp for deadlines and details for the 2018 round of grant funding or contact VT RTP Administrator Sherry Winnie at sherry. winnie@vermont.gov or 802-760-8450.

This year's grants went to:

- » Northern Forest Canoe Trail: Construction of a new portage & river access in Richford.
- » Westmore Trail Association: 1 mile of trail maintenance with extensive reconstruction on Bald Mountain Trail and 1 mile of trail maintenance and drainage improvements on Haystack Mountain Trails.
- » Catamount Trail Association: Creation of a 5-mile cross country ski connector trail to Camels Hump Challenge Trail in Huntington, with one new bridge.
- » Episcopal Diocese of Vermont: Restoration of Holy Trinity Trail around Eagle Bay with two new footbridges.
- » Town of Williston: Allen Brook Nature Trail expansion .55 miles of new trail and three new footbridges.
- $\,$ » $\,$ Town of Killington: 5.3 miles of new mountain bike trails in the Green Mountain National Forest.
- » VT River Conservancy: Construct 1 mile of the North Branch Cascades Trail along the North Branch of the Winooski River, adjacent to Rte. 12 in Worcester and Elmore, with a trailhead parking area.
- » Green Mountain Club: Butler Lodge historic renovations & puncheon replacement along ridgetop of Mt. Mansfield at Profanity Trail junction & at Eagle Pass.
- » Town of Chittenden: .5 miles of new trail construction and .6 miles of trail improvements with an 80-foot universally accessible section near the pavilion, linking downtown to the school.
- » Winooski Valley Park District: Phase 1 Archaeological Survey work at planned trail construction sites within the Wolcott Family Natural Area.
- » VT Mountain Bike Association/Mad River Riders: 1.4 miles of new mountain bike trails on the Lookout Loop Trail and .5 miles of trail improvements to the existing trail system at Blueberry Lake in Warren, VT.
- > VAST: Winter grooming of the statewide VAST trail system.
- » Town of Newport Center: New ATV/multi-use trail, approximately 4500 feet long in the town forest.
- » Skitchewaug Trail Riders in Springfield, VT: New grooming equipment to maintain Skitchewaug's trail system of snowmobile trails.







Vermont Outdoor Recreation Economic Collaborative (VOREC) is Off & Running

n June, Governor Phil Scott established the Vermont Outdoor Recreation Economic Collaborative (VOREC) with the issuance of Executive Order 11-17. VOREC's purpose is to engage with businesses, government, the nonprofit sector and the public to identify specific outcomes that promote business opportunities, increase participation opportunities, and strengthen the quality and stewardship of our recreational resources. VOREC is made up of Vermont businesses and non-profits, including outdoor manufacturers, retailers, brand representatives, trail and user groups and conservation organizations, as well as state government.

On August 2nd and 3rd, VOREC gathered 60 stakeholders for a two-day policy conference at the historic Grafton Inn. "The focus of the initiative is to

leverage our outdoor and recreational resources and networks to expand the (outdoor recreation economic) sector. And I truly believe that this will be beneficial to support our economic growth access across Vermont," said Governor Scott, who opened the conference with his remarks.

Throughout the event, attendees worked together to create recommendations and measurable outcomes for leveraging Vermont's outdoor recreation assets, brand, and culture to sustain, grow, and drive economic development in the outdoor recreation sector and the Vermont economy as a whole. Results from the conference will be compiled and available to the public through the VOREC website. Key learnings will also be used to guide upcoming public meetings around the state in August and September, after

which VOREC will deliver their first recommendations to the Governor.

Hosted by the Windham Foundation, the Vermont Community Foundation and the High Meadows Fund, the Grafton conference was organized and produced by the Vermont Department of Forests, Parks and Recreation in collaboration with the Agency of Commerce and Community Development. The gathering included numerous outdoor businesses, outdoor retailers, outdoor outfitters and volunteerbased trail organizations, as well as policy makers and representatives from a broad swath of the Vermont state government.

For more information on VOREC, to learn about upcoming public meetings, or to submit ideas, case studies, or areas of concern, visit http://fpr.vermont.gov/VOREC.



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A Community Affair Recycle Bin

Copied from the May 4, 2017 NRPA SmartBrief

he Port Washington, Wisconsin, Environmental Planning Committee agreed that its park system needed more recycling bins, but because of the prohibitive costs of the bins and lack of budget allocations, acknowledging the problem was about all the committee could do. "Due to the cost of the bins, I was struggling with a way to make it happen," said Charlie Imig, Director of Parks and Recreation.

As luck would have it, two other unrelated events were unfolding that would result in an innovative approach to meeting the city's recycling bin needs: Nick Havlik, a technology education teacher at Port Washington High School, was reaching out to local city departments to connect his building construction and woodworking classes with service learning projects in the community. And, Jon Crain,



the local city forester and member of the planning committee, was, in his words, "looking for different ways to utilize urban wood, especially the amount of ash trees decimated by the EAB [emerald ash borer]." Crain had recently informed

the planning committee that emerald ash borer beetles were killing ash trees throughout the city, and he and Imig saw the synergy that could result from engaging Havlik's students to use the wood from the decimated local trees to make the needed recycling bins.

The students eagerly embarked on their initial creation of the recycling bins. In mid-March of this year, one of the students created the specs and a model for the project. The students are looking to have 12 recycling bins built by next year. "This is a great benefit to our department," Crain explains. "We did not have the budget to purchase recycling bins, but now, with the completion of this project, we will be able to further offer recycling receptacles in our park."

— Daniel Sanford, NRPA's

Administrative Assistant to the CFO



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