



Virginia Recreation and Park Society NSA Northern Service Area Winter 2010-2011 Newsletter

Winter 2010-2011

2010 NSA Officers and Subcommittees:

CHAIR

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CHAIR ELECT

Laura Marquardt, CPRP
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Newsletter – Brandy Wyatt
Elections – Mike McCarty
Annual Conference Rep – Jesse Ellis
Awards & Citations – Ann Hoy
Membership – TBA
Scholarships – Melissa Riddy

Notes from the desk of our Chair

Dear NSA members:

This year has flown by quickly. As I look back, I wanted to take this opportunity to say thank you to all the members who contributed their time to the Northern Service Area. First, thanks to our 2010 board members: Laura Marquardt, Chair Elect; Todd Johnson, Treasurer; Laura Kowalski, Secretary; and Jesse Ellis, Member at Large. A big thank you to Laura Marquardt and Kim Baldini for coordinating the Winter Workshop and all the rescheduling that went along with that. And many thank yous to Ann Hoy for her continued work on the Awards and Citations Committee, Melissa Riddy for continuing the chair positions for the scholarship committee and Karen Lussier for organizing Summer Survival. Thanks goes to Brandy Wyatt for working on our newsletter and sending me gentle

reminders for missed submission deadlines. Thank you to Melissa and Kim for coordinating our holiday social. I would also like to say thanks to Cindy Roeder who kept me on track in meetings and for always being available when we had questions. I am sure that I have missed someone, and if so, please accept this as my *thank you* to you. I hope you will be able to join us on December 7 at Logan's Roadhouse for the last gathering of the year and the introduction of the 2011 Board.

Warmest Regards,

Cheri Danaher, CPRP
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2011 NSA Officers and Subcommittees:

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2011 Meeting Dates and Locations

- January 11 - NVRPA Headquarters - 10:00 a.m.
- February - No Meeting
- March 8 - South Run RECenter, Springfield - 10:00 a.m.
- April - No Meeting - Spring Workshop - Time TBA
- May 10 - Meeting and Summer Social at Great Waves Water Park, Alexandria, 10:00 a.m.
- June - No Meeting - Summer Workshop, Vienna - Time TBA
- July - No Meeting
- August 9 - NVRPA Headquarters - 10:00 a.m.
- September - No Meeting - Annual State Conference, and NVRPA Special Park District Conference
- October 11 - Nature House, Reston Association - 10:00 a.m.
- November 8 - Meadowlark Botanical Gardens, Vienna - 10:00 a.m.
- December - No Meeting - Holiday Social - Date and Time TBA

News From Local Agencies

Herndon Parks and Recreation is pleased to welcome Ron Tillman back to Herndon as the Community Center Manager. From 1997-2001, Ron was a Recreation Coordinator with the Department, responsible for classes and events such as the July 4th celebration and holiday craft show. Following his years at Herndon, Ron worked three years for the National Recreation and Park Association in Ashburn as the manager for Inclusion and Therapeutic Recreation, as well as On Line Services Manager. In 2004, he relocated to Tampa, Florida where he owned and operated his own gymnastics facility serving over 500 members. With a BS from the University of Florida and a masters from VCU, Ron will bring a strong background in customer service, financial management, software competency, organization and attention to detail. His problem solving skills should serve him well. He is every excited to return to Herndon and we look forward to his leadership of the Operations Division. We hope you will welcome Ron and help him transition back to Northern Virginia and into this position.

Want to warm up your winter? Consider taking one of the many daytime fun-filled fifty plus fitness programs at the Vienna Community Center, Town of Vienna Parks and Recreation. Since Fall 2000, when Program Coordinator Cheryl Harlan began working at the Center, her goal was to expand more fitness and mind-body programming for mature adults. By offering aerobics, yoga, mind-body sampling, walking, dancing, chair fitness and nutrition classes, for the last 10 years, she has succeeded in expanding wellness programs by leaps and bounds. There are also recreation programs for fitness including Pickleball and table tennis. In other words, there is pretty much something to keep everyone moving! Harlan says, "*I want to combine fun and fitness into enjoyable and effective programs to help people live happier and healthier lives. If fitness programs are enjoyable, folks will show up week to week.*" Now hundreds of fifty-plus people participate in classes with motivational instructors all year long. Some of the mature adults programs available this winter are: Monday and Friday Walkers group, Mini sampler for Gentle Yoga and Mindfulness meditation program, and Break it Down Zumba, among others. For further details, please Contact Cheryl Harlan, 703-255-7801 harlanc@viennava.gov.

Winter Holiday Social

Winter Social for the NSA will be held at Logan's Roadhouse, 12821 Fair Lakes Parkway in Fairfax, on December 7th at 12:30 p.m. It is \$20 per person, and part of the fees collected will be put towards the NSA Scholarship Fund.

Lunch includes an entrée of your choice, rolls, peanuts, a non alcoholic beverage and dessert. It is an excellent way to check in with old friends, meet new people, network and have a great time! You must register before **December 1, 2010**. You can register online at www.vrps.com.

Call for Education Session Proposals

National Recreation and Parks Association (NRPA) and the 2011 NRPA Congress Program Committee would like to invite all interested speakers to submit session proposals for the 2011 Congress and Exposition to be held November 1 - 4, 2011 in Atlanta Georgia.

They are seeking energetic and engaging speakers and leaders who can share knowledge, experience and best practice techniques related to the work of parks and recreation.

For the 2011 Congress, they are seeking sessions on inspiring healthy communities. Interested speakers should review all the text on the www.nrpa.org website. *The deadline is November 19, 2010.*



**National Recreation
and Park Association**

The Virginia Recreation and Park Society Northern Virginia Directors' Group presents:

The NEW ADA... Things Your Agency Should Know

The US Department of Justice, in a long-awaited move, published the new Title II regulation on September 14, 2010 in the Federal Register. Virginia agencies have only a handful of months to learn the new aspects of this sweeping regulation. What will our session cover on December 9? John McGovern of Recreation Accessibility Consultants LLC will discuss the top ten policy issues in the new regulation, and highlight the key recreation additions to the 2010 Standards, the design requirements that complement already-existing requirements. Pools, playgrounds, golf courses, fitness centers, sports fields, boating, and skiing are addressed. Finally, more is on the way from DOJ and we will talk about accessible exercise machines and accessible golf carts. Come with questions, come with examples, but most of all, come and get a grasp on these new requirements.

Place: Herndon Community Center, 814 Ferndale Ave, Herndon, VA 20170

Time: 1-4 p.m.

Date: Thursday, December 9, 2010

Register today on line at www.vrps.com or send registration form and payment to Cindy S. Roeder, Herndon Parks and Recreation Department, PO Box 427, Herndon, VA 20172.

\$20/person.

Please thank and support our generous sponsors for making this presentation possible:



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News You Can Use

The Virginia Department of Social Services, Division of Licensing Programs has provided clarification of the requirements of Immunization documentation. Due to a change in State Board of Health immunization regulations for family day homes and child day centers, there are clarifications that need to be made for newly enrolled children as well as immunization updates for currently enrolled children.

The Form MCH213F is required for children enrollees after April 2010. If those immunization records were received prior to April 2010, it is not necessary to send the immunization record back to the child's health care provider.

There are specifics about what is required as well as what is acceptable. Please see the website www.vahealth.org for further details.



More News You Can Use

Are you ready to *Make the Move*?

The nation's first U.S. Physical Activity Plan (the Plan) is not one that will sit on the shelf! The National Coalition for Promoting Physical Activity (NCPA) has convened leading national organizations to focus collective action around implementing strategies within the Plan.

Make the Move 2010-11- *Implementation of the U.S. Physical Activity Plan* provides measurable outcomes and objectives for change, valuable resources, and stories of success to advance physical activity related to the Plan.

http://www.nxtbook.com/nxtbooks/ncppa/make_the_move/index.php

Powered by Nxtbook Media LLC™, *Make the Move* is a digital publication that provides added value through the use of the following navigational and research efficiencies:

- Turn pages with the click of a mouse.
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How can you *Make the FIRST Move*?

- Share the publication within your organization by forwarding this information
- Spread the word through your networks by linking the Make the Move icon on your organization's website, blog, and face book pages (instructions attached)*
- Align your organization's efforts to improve physical activity with national strategies

*Share Make the Move by linking the web icon on your websites, blog, face book pages, and email.

Follow our progress throughout the year and learn more about other implementation priorities led by NCPA including a cause marketing campaign and federal policy priorities at <http://www.ncppa.org/resources/plans/>. Click on the Get Involved button if you would like to sign up to receive regular updates.

Questions?? Contact:

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