

Virginia Recreation and Park Society NSA Northern Service Area Summer 2010 Newsletter

Fall 2010

Meeting Dates:

Second Tuesday of each month

10:00 a.m.

Location: Northern Virginia Regional Park

Authority Headquarters

5400 Ox Road

Fairfax Station, VA

Upcoming Meetings:

October 12

November 9

2010 NSA Officers and Subcommittees:

CHAIR

Cheri Danaher, CPRP Reston Community Center Cheri.Danaher@fairfaxcounty.gov

CHAIR ELECT

Laura Marquardt, CPRP Fairfax County Park Authority Laura.marquardt@fairfaxcounty.gov

SECRETARY

Laura Kowalski Reston Association pools@reston.org

TREASURER:

Todd Johnson Fairfax County Park Authority Todd.Johnson@fairfaxcounty.gov

AT-LARGE MEMBER:

Jesse Ellis Fairfax County Community and Recreation Services Jesse.Ellis@fairfaxcounty.gov

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

fantastic summer and had some you for all the time and energy time to relax before we get that you have given to make the geared up for the fall! I would Northern Service Area and its like to take a moment to programs, like welcome the newly elected NSA Survival, a success. Board members, Blythe Russian, Looking forward to seeing you Lussier. They will join Laura Cheers, Marquardt, Chair Elect and Cheri Laura Kowalski on the 2011 Board in January. Board and Committee members,



I hope everyone has had a I would like to send a BIG thank

Elmore, and Karen in Hampton in a few weeks!

The NSA is interested in hosting a fall workshop in October and November. It has been a while since we have surveyed members, so if you have an idea for a workshop topic that you would like to see facilitated, please email Cheri Danaher at cheri.danaher@fairfaxcounty.gov

NSA Social Events

The NSA is planning to host its annual conference social on Monday night, September 13 at 10:00 p.m. in the President's Suite during the VRPS Annual Conference. This will be a great opportunity to meet and mingle with friends and colleagues after attending the Sandy Bottom Park Picnic on Monday evening. We look forward to seeing you there!

Planning is underway for the NSA annual Holiday Social. We anticipate the event date to be Tuesday, December 7, 2010. Feel free to send any ideas and suggestions to Melissa Riddy at melissa.riddy@alexandriava.gov or Kimberly Baldini at kbaldini@arlingtonva.us

Nova Health System and Hall of Fame Redskin Darrell Green are partnering for the Fit for 50 Campaign.

INOVA Health System and Hall of Fame Redskin Darrell Green are partnering for the Fit for 50 Campaign. Everyday, for 50 days, you can log into the website and receive a daily fitness tip from Darrell Green and a health tip from an INOVA doctor. You can preview the website at www.fitfor50.org. The start date for the program is September 10th!

The National Physical Activity Plan launched in May 2010 in an effort to encourage everyone to be more physically active, reduce barriers to activity, and make sure our communities and institutions provide opportunities to move. At the same time, the Centers for Disease Control and Prevention (CDC) released a new addition of *Promoting Physical Activity: a Guide for Community Action* (Human Kinetics, May 2010). This book offers the tools and information needed to get people off their couch and into a active lifestyle. You can get information about both of these wonderful resources at www.physicalactivityplan.org and www.HumanKinetics.org or call 1-800-747-4457.

Training Opportunities

"Senior Centers, Let's Make a Connection"

2010 SRG Fall Conference

On Senior Programming, Therapeutic Recreation & Aging

Friday, November 5, 2010

Deep Run Recreation Center

Henrico County - Division of Recreation and Parks

- Registration: 8:15 a.m. 9:10 a.m.
- Conference Introductions & Announcements: 9:10 a.m. - 9:25 a.m.
- Conference Sessions: 9:30 a.m. 4:00 p.m.

During the 5th annual SRG Conference, educational sessions will target Recreation and other professionals throughout Virginia, who provide services for the senior population. There will be 6 sessions and plans to provide CEU credits through the VRPS Professional Certification Board. See the VRPS website for more details and registration information.



Calling all Volunteers! Volunteers are needed in several different areas for the Annual Conference. If you are interested, please see the VRPS website for a detailed Volunteer Opportunities Chart or contact Nicole Dennis at ndennis@hampton.gov



UPDATE: NEW LOCATION

Course and Exam will be held at:

CROWNE PLAZA HAMPTION-MARINA

700 SETTLERS LANDING ROAD

HAMPTON, VA 23669

Reservations: 1-800-381-9553

News from NSA Agencies

Herndon Parks and Recreation Department will have some new faces in the coming weeks. Abby Kimble, Marketing Specialist resigned earlier this summer for a position with Reston Interfaith. We hope to have this position filled in the next few weeks. Our community center manager, Tom Wissinger, will be leaving in early September for a job in Qatar with the Asian Cup. This is Tom's second stint in the Middle East-he previously worked the Asian Games when it was hosted in Qatar. The Department is recruiting qualified applicants for this position.

The community center has added a fitness studio to our personal and small group training options. As part of our efforts to meet revenue requirements, staff converted the game room to a more active and dedicated training space. A full slate of classes will be offered this fall, and early response indicates this will be a success. Labor Day means wine tasting in Herndon. The annual festival held on Labor Day Monday includes a microbrew tasting component this year. With a crafters, food and culinary demos and a Springsteen tribute act – "Bruce in the USA" culminating the afternoon, it should be a great event.

Our traditional fall events include Naturefest, the Turkey Trot 5K and the Holiday Arts and Crafts show. If you have old sneakers to get rid of, drop them by anytime before November 21 and help us support the Nike Reuse a Shoe program where old sneakers are ground into playground surface material.

More NSA Agency news.....

the VRPS magazine detailing how Reston Community Center revised their summer camp schedule to accommodate more youth participants while remaining budget neutral. RCC transitioned its traditional 7-week day camp program, which was held in a local elementary school site, to a 5week field trip camp. The new camp format required less counselors, which allowed a significant savings in personnel costs. This savings was applied to implementing 22 new specialty camp programs. RCC specialty camps are one-week, 3-hour camps that focus on a specific topic such as baking, sewing, and stained glass. Upon review of the summer 2010 season, the staff are thrilled to report that over 350 additional seats were made available and nearly 250 more youth participated in this summer's programming. Particularly popular camp themes included adventure/field trip camps (for youth and teens), culinary and baking camps, and science-themed camps (e.g. Robotics, Dinosaurs and More, Journey to Space, and The JASON Project).

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S.E.E.D Summer Camp A unique partnership between PWC Park Authority, Northern Virginia Community College and the Shenandoah National Park.

The S.E.E.D Summer Camp (Students Encouraging Environmental Discovery) was an innovated partnership between Northern Virginia Community College (NoVa – Woodbridge Campus), Shenandoah National Park and the Prince William County Park Authority. The program, structured as a one-week specialty camp, was funded as a grant to Northern Virginia Community College through the National Park Service. The goal of the program was to take children out of their traditional environment and expose them to nature, history and the outdoors through the eyes of the National Park Service. The program is designed to take children of all economical levels and expose them to the same concepts. The campers kept written and video journals provided by the National Park Service. The journals were to track the experiences of the individual camper during their week long journey through the National Parks.

Some of you may have read the recent article in S.E.E.D. campers, rising 6th graders through rising 8th graders, learned rock climbing at Great Falls National Park, spend a day exploring Prince William Forest Park and camp overnight in Shenandoah National Park. At the close of their week, all campers were certified as Jr Park Rangers. They will earn their Junior Ranger Certification by participating in environmental activities & workshops, and learn the history of the National Park Service. All materials were provided for the camper. The camp was based out of Locust Shade Park, located at 4701 Locust Shade Drive in Triangle, Virginia. www.pwcparks.org



S.E.E.D Summer Camp



S.E.E.D Summer Camp