



NACPRO News

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The bi-weekly e-newsletter of the National Association of County Park and Recreation Officials

Serving the needs of County, Regional and Special Park and Recreation District Professionals

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Go to <http://www.nacpro.org/membership/membership.shtml> for more information or call Brenda at (814) 927-8212.

Best Practices Forum

Got an issue you would like help with? Send your question to Brenda@nacpro.org with any background that will help our readers understand. We will publish it in the next NACPRO News.

County News

Boulder County Parks and Open Space seeks \$7 million for flood repair projects in 2015

Courtesy of the TimesCall.com

By John Fryar

Boulder County's Parks and Open Space Department wants \$7 million included in next year's county budget for capital projects to continue making repairs after September's 2013 flood damages to county-owned land.

Much of that \$7 million in proposed county spending would eventually be reimbursed from sources such as the Federal Emergency Management Agency, Parks and Open Space director Ron Stewart told the Board of County Commissioners on Thursday.

Repairs and flood-recovery projects already have been going on in the year since the flood, and work on Boulder County's open space land holdings could continue for the next several years, Stewart said.

Read more: http://www.timescall.com/longmont-local-news/ci_26740799/boulder-county-parks-and-open-space-seeks-7

News from the National Association of Counties

NACo podcast: Great Lakes Planning Guide — A new resource

The Great Lakes Planning Guide provides Great Lakes region stories, data, tools and other resources related to flooding, bluff erosion, invasive species and other coastal concerns. Jeff Stone of the Association of State Floodplain Managers shares the impetus for creating the guide, a bit about the process, as well as how users can best benefit from the resource.

For more information: <http://nacopodcasts.org/2014/10/great-lakes-planning-guide-new-resource/>

Mark your calendars for the 2015 NACo Legislative Conference

Feb. 21–25, 2015 (Registration opens Nov. 10)

The NACo Legislative Conference will take place February 21-25, 2015 at the Marriott Wardman Park Hotel in Washington, D.C. We are excited to announce confirmed speakers Jason Grumet, founder and president of the Bipartisan Policy Center, and David Gregory, journalist and former moderator of Meet the Press. Grumet is respected on both sides of the aisle for his innovative approach to improving government effectiveness. His first book *City of Rivals: Restoring the Glorious Mess of American Democracy* — just released in September 2014 — will be his focus. Gregory will reflect and share a look at the Obama Administration, Congress and politics in America.

New Research and Resources

Study: time outdoors improves kids' emotional IQ

Courtesy of wilderness.org

Ever wonder what would happen if kids didn't use electronics for a few days? After all, children have reported spending seven hours a day staring at screens.

That's what researchers at the University of California's Children's Digital Media Center recently studied. Their study, published this month in *Computers in Human Behavior*, reveals that kids who spend more time outdoors away from screens may be more emotionally intelligent.

Fifty sixth graders, who reported spending four hours a day with electronic media, were tested on how skilled they were at reading emotions. Then, one group spent five days at an outdoor camp with no screens. When they returned, the kids who'd been immersed in nature showed more improvement in emotional intelligence.

Read more: <http://wilderness.org/blog/study-time-outdoors-improves-kids%E2%80%99-emotional-iq>

Positive Outlook For Outdoor Recreation In 2015

Courtesy of the American Recreation Coalition

Washington, D.C. (October 24, 2014) – Outdoor recreation leaders report good sales and

activities for 2014 and expectations of still stronger activity in 2015, according to a new report from the American Recreation Coalition, Outdoor Recreation Outlook 2015. Americans spend more than \$650 billion annually on equipment ranging from skis and tents to RVs and boats and on services ranging from fishing licenses to whitewater outings, supporting millions of jobs in manufacturing, sales and service. Though the 2008 recession hurt, especially in sales of new equipment, 2014 brought strong recovery. And technology in the outdoors is blossoming, bringing lighter and stronger skis and bikes and new electronic devices, like hand-held GPS units and digital cameras, adding to outdoor fun.

Read more: <http://www.funoutdoors.com/node/view/3209>

Massachusetts promotes "Healthy Heart Trails"

Courtesy of American Trails

The MA Department of Conservation and Recreation says, "trails are the heart of our parks and DCR wants them to be the heart of a healthy lifestyle." Statewide, over 70 trails will be designated in the hope that residents will make them part of their regular exercise routine. Healthy Heart Trails will be identified by a green heart symbol, will measure approximately 1.5 miles or less in length, and are easy to moderate in activity level. The program offers a great way to have fun and get exercise in a low cost way.

Read more: <http://www.mass.gov/eea/agencies/dcr/massparks/recreational-activities/healthy-heart-trails.html>

A Volunteer's Guide to Trail Maintenance available

Courtesy of American Trails

The guide was created to provide volunteers with the basics of trail maintenance techniques using illustrations and a minimal amount of reading. It can be used by anyone or any organization free of charge. The guide includes many examples of Erosion Control Methods. It was compiled by Ken Wiklund of Kelowna, British Columbia.

Download: http://atfiles.org/files/pdf/Volunteers_Guide_to_Trail_Maintenance.pdf

US Forest Service updates online trail management resources

Courtesy of American Trails

The Forest Service incorporates several standardized trail management concepts and tools in the administration and management of the agency's 150,000 miles of trails. The trail management website includes reference information on Trail Fundamentals/Trail Management Objectives (TMOs) and Trail Assessment & Condition Surveys (TRACS).

For more information: <http://www.fs.fed.us/recreation/programs/trail-management/index.shtml>

Fitness on the trail for OHV riders

Courtesy of American Trails

By Karen Umphress

While many people believe that OHM riding just involves sitting on a motorcycle and letting it carry you and do all of the work, nothing can be farther from the truth. It took me a full riding season to build up enough endurance to last an entire day of riding and I was still completely exhausted by the end of the day; much more exhausted than my 14-mile Tolmie Peak hike. I even started working out in a gym during the winter so that I could ride well the next season.

This physical exertion is nothing new to Off-Highway Vehicle (OHV) riders, but convincing the non-riding public or government officials of the fact was always dubious at best; until 2010 at least. The story actually begins in 2006 with the Ontario Federation of Trail Riders (OFTR) out of Ontario, Canada. In Ontario Canada, trails fall under the jurisdiction of the Ministry of Health Promotion and Sport where riding an off road motorcycle wasn't necessarily considered a physical activity since a motor is used. The OFTR needed to provide real proof that riding an OHM can raise your heart rate.

Read more: <http://www.americantrails.org/resources/motors/OHV-Fitness-trail-Umphress.html>

News Clippings

What Happens When You Tear 6th Graders Away From Their Gadgets for 5 Days

Courtesy of nyMag.com

By Melissa Dahl

To be a modern American, child or adult, is to spend a third of your day staring at a screen. Children ages 8 to 18 spend an incredible seven and a half hours a day — outside of school — using some sort of electronic media, and adults are slightly worse, racking up an additional half-hour of screen time. It's not yet clear what impact this is having on face-to-face communication, and that's especially true for the kids who are growing up glued to an iPad. So one team of researchers decided to try to find out, and they took a creative approach. Instead of measuring what happened to kids who used these devices, they measured what happened to kids whose gadgets were taken away.

A group of sixth graders at a public elementary school in Southern California spent five days on a school trip at a nature camp while a bunch of their classmates, the control group, stayed at school (don't worry — they'd get their turn at camp later). Before camp started, researchers surveyed both groups of kids on their media habits, and both sets reported an average of four and a half hours a day of screen time outside of school. Both groups also took two tests designed to indicate how skilled they were at reading emotions: One test showed four dozen sets of child and adult faces, and the kids were asked to name the emotions they saw in those faces. The other was a silent video showing ten short, typical scenes from school and home life, and the kids were asked to interpret the actors' nonverbal social cues.

Read more: <http://nymag.com/scienceofus/2014/08/what-happens-when-you-take-kids-gadgets-away.html>

Delaware parkland projects could see new life

Courtesy of the News Journal

By Jonathan Starkey

The idea is to invest more than \$70 million in taxpayer parks and open space dollars more aggressively, using the earnings to fund local parks projects, environmental stewardship and help chip away at a \$100 million capital projects backlog in the state's parks system.

The law also reduces the local match on state greenway grants to 25 percent, from 50 percent. It allows the state to spend up to 5 percent of the endowment each year on outdoor development and environmental stewardship. And it directs \$1 million to a fund dedicated to improving visitor infrastructure in fish and wildlife areas and on Delaware's 20,400 acres of state parkland.

"The concept is to get better use of the funds that are already out there. We can do better," said Ray Bivens, director of state parks for the Delaware Department of Natural Resources and Environmental Control.

Read more: <http://www.delawareonline.com/story/news/local/2014/10/19/delaware-parkland-projects-see-new-life/17584525/>

Water Trails Summit focuses on economic impact of paddling sports in Minnesota

Courtesy of TwinCities.com

By Tom Cherveney

The event on Monday and Tuesday brought together not only those passionate about the paddling sports, but representatives from the state's tourism industry and convention and visitor bureaus from all over Minnesota.

They, too, appreciate the importance of water trails that run through their communities.

Tourism is a \$12.5 billion industry in Minnesota, responsible for 245,000 jobs and 17 percent of all sales tax collected each year, according to John Edman, director of Explore Minnesota.

Without a doubt, outdoor activities attract most of the visitors to Minnesota, Edman said.

Talk about the decline in outdoor activities or its economic impact is overstated, he said, especially when it comes to the paddle sports.

The numbers of people engaged in paddling continues to remain stable or grow every year.

In the last 10 years, the number of kayaks registered in the state has risen by 149 percent. Stand-up paddleboarding has the highest number of participants for any new sport, Edman said.

Read more: http://www.twincities.com/localnews/ci_26664817/water-trails-summit-focuses-economic-impact-paddling-sports

Google Trekker provides online trail views in California parks

Courtesy of American Trails

Thanks to a partnership between California State Parks and Google Maps, you can now visit many of California's beautiful parks right from your computer, tablet, or smart phone. Over 20 trails in 14 state parks have been filmed using Google Trekker, a backpack-mounted camera that provides 360 degree footage.

For more information: <http://www.parks.ca.gov/whatsnew>

River Management Society – Call for Award Nominations

Do you know of someone that should be recognized for their hard work, dedication, and efforts toward rivers and river management? Are you aware of any model river rangers, river managers, or someone who created partnerships to bring partners together to achieve improved river standards and conditions? Someone others would be able to learn from?

If so, it's a great time for you to nominate them, or encourage someone else to nominate them, for one of the four annual River Management Society award recognition categories! The awards recognize outstanding accomplishments in the field of river management.

Anyone can submit nominations. You need not be a RMS member.

The deadline for nominations is December 31, 2014.

The four categories are:

- Outstanding Contribution to River Management (open to all)
- Frank Church Wild and Scenic Rivers Award (open to all)
- River Manager of the Year (RMS Members only)
- Outstanding Contribution to the River Management Society Award (RMS Members only)

For more information: <http://www.river-management.org/awards>

Training Opportunities

Request for Presentations - 2015 National Outdoor Recreation Conference

April 12-16, 2015 – Annapolis, Maryland

The Society of Outdoor Recreation Professionals (SORP) and the Northeast Recreation Research Symposium (NERR) are proud to join forces and present the 2015 National Outdoor Recreation Conference. This year we are seeking presentations from outdoor recreation professionals (e.g., planners, managers, academics, etc.) and students that demonstrate how you or your organization are celebrating the past, while addressing and crafting the future of outdoor recreation. Tell us about your research projects, creative approaches to current and future challenges, modern vision for outdoor recreation, innovative partnerships, new and exciting collaborations, use of technology, entrepreneurial solutions, cultivating political and community support, and other case studies that present new ideas and tools that contribute and create a lasting and sustainable future for outdoor recreation.

Please submit your proposals online by November 26, 2014.

For more information: www.recpro.org/2015-conference

2015 International Trails Symposium – Call for Presentations

Courtesy of American Trails

The Call for Presentations for the 22nd International Trails Symposium in Portland, Oregon, USA, May 17-20, 2015, is now available. Through The Call you can submit proposals for a variety of presentation opportunities. Proposals can be for both national and international presentations. See below for a list and descriptions.

The Symposium includes numerous educational sessions covering a broad range of trail issues and solutions. With your help, American Trails will again host an inspirational, educational, technical, and fun-filled conference, with a lot of networking and sharing opportunities for the national and international trails community!

The deadline for submitting proposals is January 9, 2015.

For more information: <http://americantrails.org/ee/index.php/symposium/2015-call>

About NACPRO

The National Association of County Park and Recreation Officials is a non-profit professional organization that advances official policies that promote county and regional park and recreation issues while providing members with opportunities to network, exchange ideas and best

practices, and enhance professional development.

Learn more about us at: <http://www.nacpro.org>

Deadline for the Next Issue

The next issue of NACPRO News will be delivered on November 11.

If you have news or an article to share, please send it to Brenda@nacpro.org by November 10.

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