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164 West Main Street  
Bridgeport WV 26330

**West Virginia Recreation and Parks Association  
Professional Publication**



Issue 4, 2005  
December 2005



All meetings begin at 1:00 PM

January 25 Cato Park, Charleston

April 21 New Martinsville City Hall, New Martinsville

July 21 Benedum Civic Center, Bridgeport

September 15 Radisson Hotel, Morgantown

**November 7-9 WVRPA Conference, Radisson Hotel, Morgantown**

**Officers:**

President: John Cooper  
President Elect: Beverly Gibb  
Past President: Joe Shuttleworth  
Secretary: Mark Wise  
Treasurer: Don Burton

**Board of Directors**

First Year: Steve Catlett  
Second Year: Tom Raker  
Third Year: Rick Abel  
NRPA/Citizen Representative:  
NRPA Southern Regional Rep.: Jim McClelland  
Student Liaisons: Marshall Casey Steele  
WVU Jennifer Chamberlain

**Committee Chairpersons**

Annual Conference: Bruce Miller  
Programming Exchange: Don Burton  
Site Selection: Joe Shuttleworth  
Workshops: Paula Martin  
Legislative: Jim McClelland  
Finance: Don Burton  
Fund Raising: John Cooper  
Newsletter: Joe Shuttleworth  
Archives: John Cooper  
Hershey Track&Field: Ethel Lou St. Clair  
Membership: Rick Abel  
Nominating: Beverly Gibb  
Outreach: Rick Abel  
Professional Awards: Craig Pyles  
Professional: Owen Walker  
Certification: Owen Walker  
Board Members & Commissioners:  
Audit: Ralph LaRue  
Constitutional Review: Beverly Gibb

**President's Message**

My sincerest thanks go out to those in attendance at our 33<sup>rd</sup> Annual Conference at Canaan Valley Resort, Bruce Miller, Conference Chair, for his hard work in planning and conducting the conference and to the exhibitors for taking the time to share their products and knowledge.

Also, I would like to thank the members of the West Virginia Chapter of the American Society of Landscape Architects and the West Virginia Planners Association for joining us at Canaan and sincerely hope that our relationship may continue to grow and prosper.

For those that were unable to attend, I encourage you to plan to be in Morgantown next year as a great program will be available to educate and inspire.

The WVRPA continues to work towards the creation of a State Trail Coordinator and I encourage you to become active in this endeavor as well as support the LWCF during these trying times. Please do not hesitate to contact our members of congress to support the continuation of the Land and Water Conservation Fund.

We have begun a new membership drive and I ask that you become more involved in the WVRPA by researching your areas and send me a list of potential new members.

Mark your calendars for January 25, our Board Meeting will be held in Charleston and then we will attend the WVU – Marshall Basketball Game. Should you need tickets, please contact me as soon as possible.

Paula Martin, Workshop Chair, has scheduled an Aquatic Facility Operator Class in Charleston on March 23-24, 2006 at the Kanawha City Community Center. More information is contained in this issue of the "Review".

I would like to welcome Steve Catlett as our new member of the Board of Directors, as I'm sure you all know, Steve has previously served as President and on the Board of Directors in the past and brings a great deal of knowledge and energy to the Board. Also, my thanks to Tony Michalski for his service to the WVRPA for the past three years, Tony was a great addition to the Board and his input was very much appreciated. We also have two new Student Liaisons; Jennifer Chamberlain from WVU and Casey Steele from Marshall. We are in need of a Citizen Board Member, so if there is someone interested in assuming this position, I encourage you to contact me as soon as possible.

I would like to wish you all a safe and happy holiday season and look forward to seeing you in Charleston.

Yours for better parks & recreation,

*John Cooper*

President



**EDITORS NOTE:** WVRPA "In the Spotlight" will be a new feature in the Review. It will feature bio's on different members in each edition. You will be asked to include personal and professional information such as family information, hobbies, interests and other interesting items that will allow others to get to know you better. Pictures will also be needed. Either a digital headshot or a picture that I can scan. Smaller departments can include multiple staff members if they choose. Anyone wishing to submit their information, please email Joe Shuttleworth at joe.shuttleworth@bridgeportwv.com. AFFILIATE BUSINESS MEMBERS AND STUDENTS ARE ENCOURAGED TO PARTICIPATE.

### Tom Nelson Affiliate/Business Member



Tom covers most of the State as a sales rep for Chuck Taylor at Taylor Sports and Rec and Miracle Recreation. Tom resides in South Charleston WV. Tom and Kathy have two sons, Christopher, a junior at WVU, and Jay, a junior at South Charleston High School. In his spare time he still coaches baseball, and follows his son in his pursuits of baseball and golf. He enjoys fishing and golfing (this is obvious from 3 consecutive WVRPA golf titles), and occasional yard work. Tom invites any WVRPA members needing assistance in parks and recreation or playground equipment to contact him at (304) 744-6548.

## Aquatic Facility Operators Course

WV Recreation and Parks Association in conjunction with the National Recreation and Parks Association will offer the 2006 Aquatic Facility Operators Course on Thursday and Friday March 23 & 24, 2006 at the Kanawha City Community Center in Charleston. This course satisfies qualifications set by the WV Department of Health and Human Resources, Bureau for Public Health's Recreational Water Facilities Rule #2.10 "Qualified Water Facility Operator"

Cost for the course is \$265. This fee includes 18-hour course, coffee breaks, lunch, text book, certification and 1.5 C.E.U's For more information and/or to request a registration form call Paula Martin at 304-348-6484

### WVRPA Review Deadlines

Mark your calendars!

#### Deadline

February 24, 2006  
May 19, 2006  
August 11, 2006  
December 1, 2006

#### Publication

Mid March 2006  
Mid June 2006  
Early September 2006  
Early January 2007

Please submit your articles to joe.shuttleworth@bridgeportwv.com. Please include digital pictures if possible. Articles are open to any WVRPA Members for announcements, news or anything else you wish to share with the organization. Regular pictures can be scanned - mail them to 164 West Main Street, Bridgeport WV 26330. Should you have any questions, call Joe Shuttleworth at 304-842-8240.

### New Assistant Director hired for New Martinsville

Jodie Lamm has been recently hired as the new Assistant Parks and Recreation Director for the City of New Martinsville. Jodie received, with honors, a Bachelor of Science in Parks and Recreation Management from West Virginia University. She worked as the summer intern for NM for two seasons and was the summer naturalist for North Bend State Park in 2003. Jodie is a native of New Martinsville and a graduate of Magnolia High School.

Jodie is replacing Nikki Cain. Nikki has held the title for 9 years. She recently accepted a position at New Martinsville School as a Social Studies teacher for 7th and 8th grades. Nikki has been very active with WVRPA over the past several years. I know all WVRPA members wish Nikki the best and welcome Jodie aboard.

**Welcome Jodie!**

### THREE-PEAT!!!!!!!!!!

The "Dream Team" has done it again! The team of Rick DeGraf, Joe Shuttleworth, Tom Nelson and John Cooper have again defended their WVRPA Golf Classic Championship for the third time with an 11 under par 61 at the Canaan Valley Resort.

Tom Nelson, member of the "Dream Team" was quoted after the tournament; "This championship is more satisfying than the past two as it was a total team effort and proved that teamwork, practice and plenty of refreshments can prevail in any situation."

The WVRPA Golf Classic Rules Committee is considering a three year limit on championships, mainly due to the petition started by three time runner-up Jeff Berryman so the "Dream Team" may have played together for the last time.

The team of Steve Englehardt, Steve Catlett, Jeff Roth and Jeff Berryman placed second. Third place went to Greg Fox, Bruce Miller and Mark Wise. The fourth place team was composed by Greg Zentarsky, Pete Williams, Craig Pyles and Mark Shoal.

Rick DeGraf of United Laboratories, Inc. won the "Closest to the Pin", at 27' 1-1/2", and "Longest Drive" contests and Steve Catlett earned the "Longest Putt" prize with a putt of 12'1".

Special thanks go Terradon and Steve Englehardt for the great barbeque after the tournament and thanks to all of those who participated.

# Jefferson County Parks Breaks Ground

The Jefferson County Parks and Recreation Commission held a groundbreaking ceremony on November 14, 2005 for the community center to be located at Sam Michael's Park. The facility will have a 90ft x 140 ft gym with a three lane running track, full length NCAA basketball court, 2 cross-court basketball court, and volleyball courts. In addition, we will have 6300 square feet that will contain activity/meeting rooms, office space, storage, fitness room, and concession area. We are being told we will be occupying the center by the end of May so we are very excited and can't wait to start programming. Director Tim Barr has worked very hard to get the center built and I'm sure will be glad when it's all over. We have hired a third full-time person to take over some office duties as well as program the new facility. Finally, our department has spent a lot of time this year trying to renovate old facilities and improve the condition of our parks in general. We are looking to enjoy our last "quiet" winter here before we are busy year-round in the center.



## 2006 National Legislative Forum on Parks and Recreation - February 15-17

A dynamic line up of educational sessions, grant workshops, and legislative events is taking shape for the 2006 National Legislative Forum on Parks and Recreation to be held February 15-17, 2006 at the Grand Hyatt Hotel in Washington, D.C. On the agenda is the first-ever Physical Activity Roundtable on national health and wellness issues. There will be grant workshops on the outstanding opportunities available to park and recreation agencies in the new transportation bill, SAFETEA-LU, and conservation funding. There will be a variety of stimulating speakers; opportunities to meet with key Congressional and Executive branch staffers; and most importantly, a Day on the Hill for the 400-strong advocates for parks and recreation to take our message directly to the U.S. Congress. For more information, session descriptions, and online registration, go to the NRPA website at [www.nrpa.org/forum](http://www.nrpa.org/forum) to register. As in the past, Midyear governance meetings will follow the NRPA Legislative Forum beginning on February 17 through the morning of February 19, 2006

# International Geri Olympics

The first International Geri Olympics was held in Prague Czech Republic on September 0 2005. The event was planned cooperatively by Charles University, Department of Physical Education and Sport and West Virginia State University, Department of Health and Performance. Over 50 resident athletes and volunteers were involved in the first event and participated in a variety of competitive events which also promoted socialization and being active.

Charles University is one of the oldest and most respected universities in Middle Europe founded in the 13<sup>th</sup> century. Many international athletes and sports men from the Europe have studied and trained here. West Virginia State University located in Institute, West Virginia is involved in a variety of cooperative activities as a result of a memo of understanding developed 4 years ago by Dr. Ted Muilenburg. He spent 8 weeks there on sabbatical and promoted sports and recreation throughout the European region. There have been numerous exchanges of faculty, students and post graduate students involved in a variety of research and community service projects. A grant has been written which will involve three universities one in Mexico, Charles University and WVSU looking at economic aspects of tourism and expanding or developing the tourist industry. WVSU and Charles University will also host an International conference on aging in June which will be attended by representatives from other countries such as Austria, Germany, England, Bulgaria, France, Switzerland, Belgium to name a few. Several representatives from West Virginia will travel to present papers and attend the conference.

The WVa Geri Olympics was founded 18 years ago and is cosponsored by The WVa Bureau of Senior Services and the WVa Rehabilitation Center. The West Virginia Recreation and Parks Association and The West Virginia Therapeutic Recreation Association have also be cooperative sponsors of the event. The first event was attended by 8 nursing homes and 45 resident athletes, last year 20 facilities participated and were represented by 170 residents. 50 community volunteers and students from WVSU planned and coordinated the activities.

Two years ago Dr Muilenburg and two graduates of WVSU ( Shelly Braden and Andrew Click) traveled to Prague presenting lectures and participating in negotiations. This resulted in the formation of the International Geri Olympics Committee. Representatives from Charles University were included on the committee (Vita Kolar, Dana Basarova, Vlademir Janak, Dana Lorensova etc.). Last April 2005 Kolar and Basarova traveled to West Virginia to assist and participate in the West Virginia Geri Olympics. They planned and conducted the first International event in September along with an exchange student Martina Klimova who spent a semester at WVSU.

The International Geri Olympics was held at Domov Sue Ryder Nursing Care facility in Prague. This facility was built in the 6<sup>th</sup> century and has been renovated so that it meets rigorous health codes and government regulations. The facility boasts private and semi private rooms, an aggressive activity program oriented to the therapeutic needs of residents as well as its own used clothing store and restaurant which includes an opportunity to purchase your favorite beverage which can include wine or beer. The facility is constructing an alzheimers unit and has beautiful gardens. Events were planned around interests of older Czech citizens and included candle blowing, bean bag toss, fishing and others. They also had a variety of food and similar to the WVA event all representatives received medals and certificates.

No matter where the event is held it provides an opportunity for nursing home resident athletes to demonstrate that they are active, competitive, capable of having fun and enjoying life. Some of the athletes go into training in January in preparation for the competition. Others come and enjoy the day as casual competitors. This provides an opportunity for the Universities and community agencies to network and cooperate providing a great event as well as advocacy for the resident athletes and the facilities they represent.

From: Dr. Ted Muilenburg, CTRS



## Elimination FY 2006 LWCF State Assistance Funding Less Likely

The surprisingly early passage of the Interior Appropriations bill in August 2005 seemed to be relatively good news for supporters of parks and recreation. True, there were agonizingly deep cuts to the Land and Water Conservation Fund (LWCF) state assistance program but in balance, the Interior Appropriations bill was widely perceived to be about as good as we could hope for under the circumstances. Then came Katrina, Rita, high gas-prices, and a blistering conservative attack led by the Republican Study Committee (RSC) on the House leadership for out of control "big-spending." The result was that the Republican leadership reversed its earlier budget positions, and called for a \$2.3 billion rescission of funds already passed by Congress. Thirty percent of the targeted rescission, proposed by the President, would have come from Interior Appropriations. The President's proposal specifically targeted LWCF state assistance funding to be eliminated. NRPA advocates were called to action once again, and within two weeks the proposal to target specific programs to fund the rescission had less than universal support. Knowledgeable Capitol Hill observers agree, a targeted rescission most likely will not take place, however, an across the board cut of 1% from the entire FY 2006 budget, except for defense spending, has taken shape as the final appropriations bills are cleared, and a budget reconciliation is finally agreed upon. As the first session of the 109th Congress comes to a close, the outlook appears better that parks and recreation advocates will prevail in protecting the \$30 million for Land and Water Conservation Fund (LWCF) State Assistance that was originally approved for the 2006 budget. However, the LWCF state assistance program is still under a severe threat, and will likely remain threatened throughout the FY 2007 appropriations process. Parks and recreation advocates should not cease efforts on behalf of LWCF. Advocates should also be gearing up for to show support for FY 2007. Please contact Mike Phillips for more information at [mphillips@nrpa.org](mailto:mphillips@nrpa.org) or call 202-887-0290.

### Step Up to Health Summits Create Grassroots Energy and National Visibility

The NRPA "Step Up to Health- Starts In Parks" summits serve as a call to action for all park and recreation professionals and citizen advocates interested in contributing to advance parks and recreation as a leader for health and livability at a local, state, and national level. The summits provide the opportunity to gain information you need to assist in making health a priority for parks & recreation. It is also the most comprehensive health resource developed specifically for park & recreation agencies. Participants will learn to leverage the momentum -- The NRPA Step Up to Health initiative is building the national agenda for improving the health of all Americans, and gives access to over \$2 million in professionally produced media tools. Below are upcoming Summit locations, for more information go to [www.nrpa.org/health](http://www.nrpa.org/health).

[Milwaukee, WI](#) -- Jan. 18, 2006

[Saint Paul, MN](#) -- Jan. 27, 2006

[Coral Gables, FL](#) -- Feb. 1, 2006

[Farmers Branch, TX](#) -- Feb. 23, 2006

[Mechanicsburg, PA](#) -- Feb. 28, 2006

[Birmingham, AL](#) -- March 14, 2006

[Louisville, KY](#) -- April 10, 2006

[Salt Lake City, UT](#) -- April 27, 2006

### Director of Parks & Recreation Alleghany County, Virginia

Plans, organizes, directs, and leads all County Parks & Recreation programs, services, and staff; handles public information matters; develop, implement and administer new programs which meet the changing needs of Highlands residents; promotes programs; prepares and presents operating budgets, Capital Improvement Projects, and other reports as needed.

**Requirements:** Parks & Recreation Administration and Leisure Services degree preferred in addition to three years experience at an Assistant Director level. However, any combination of education and related work experience equivalent to the graduation of an accredited college in the field of Recreation and Parks Administration may be considered. Substantial experience in managing recreational and parks programs; developing and planning recreational and parks facilities; thorough knowledge of all phases of community recreational and parks programs and activities; ability to develop and execute such parks and recreation activities; ability to collaborate with and accurately interpret recreational philosophies to County officials, recreation stakeholders, and the general public; ability to establish and maintain cooperative working relationships with public schools, other local governments, and recreation advisory groups; refined written and oral communication skills; proven, effective supervisory and management skills are essential.

**Salary:** DOQ. Excellent employee benefits. Applications are available on the Alleghany County website at [www.co.alleghany.va.us](http://www.co.alleghany.va.us) or you may pick up an application at the Administration Office, located at 9212 Winterberry Avenue, Covington, VA 24426.

## Are you the employee that you would like working for you?

That is the question Karen Myers, Youth Program Supervisor for South Bend Parks & Recreation, told me she frequently asks her staff.

Karen attended one of my sessions on 'Facing the Challenge of Challenging Employees' and shared her wisdom after the program. She says that question helps her employees look inward and do a self evaluation so she doesn't have to be the bad guy.

That got me thinking about how important that perspective is going into a performance review. Usually about now employees are preparing for their annual evaluation. So I decided to offer some thoughts on how you can arrive for your next performance appraisal meeting fully prepared.

1. Well in advance of the meeting take a good look at your strengths and make a list of your accomplishments since your last evaluation. By quantifying your achievements with numbers and facts, your contribution becomes more measurable and will have a favorable effect on your review. Think about what your boss' pet projects are and review the overall mission of your organization. What contribution have you made to support those endeavors?
2. Reflect on your past reviews and areas that were outlined for improvement. Provide specific details on how you have worked on those areas and evaluate the progress you have made. Listening to feedback and taking steps to work on those skills shows that you are eager to improve.
3. Take an honest look at your areas that need to improve. Are you late to meetings? Do you have sloppy work habits that impact your professional image? Do your teammates think you are hard to work with? Are you solution oriented or do you complain about the problems? Whatever the issues are, I encourage you to reflect on the big picture and how your work life would change if you improved in those particular areas.
4. Prepare a list of skills that you would like to improve about yourself. I know you may be thinking that just gives fuel to your boss, but in reality a person who acknowledges their own weaknesses has a good sense of self. After all, we all have them right? By sharing those limitations you will take the first step towards improvement. And by the way, there is nothing more difficult than a boss having to share shortcomings with an employee who thinks they don't have any.
5. When you get done with your list, decide how you plan to improve those skills. How are you going to work on that area of development? Are you going to take a class? Will you need support along the way? The more details that you think through before going into this meeting, the better. If you want training, find out the details about a specific class or program and take that information with you to the meeting. A supportive boss will welcome and celebrate your initiative.
6. Go to the meeting with a detailed outline of all the above. Include your goals for the coming year that reflect your current accomplishments and things you want to work on. Be honest and tactful in your delivery.
7. When the discussion begins, be a good listener and accept criticism gracefully. Being defensive will only reflect poorly on your professional image.

In John C. Maxwell's new book 'Wining with People,' John says that people who are unaware of who they are and what they do often damages relationships with others. He explains that the way to improve that is to look in the mirror. John uses Critic Samuel Johnson's words to bring home a point about self analysis... 'He who has so little knowledge of human nature as to seek happiness by changing anything but his own disposition will waste his life in fruitless efforts and multiply the grief which he proposes to remove.'

The successful leaders I work with truly have a healthy sense of themselves and know that there is plenty of room for self-growth.

My hopes for you are a positive review that takes you a step closer to your next promotion. In the meantime ... Are you the employee that you would like working for you?

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