

IPRA Today

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Knoxville Recreation Department Second Annual Health and Wellness Fair



In the past few years the Knoxville Recreation Department has promoted the Recreation Center as more of a “fitness center” than a “recreation center.” We now offer personal training, fitness assessments, and a full array of group exercise classes, nutrition seminars, and fitness and weight loss challenges in addition to all the recreation programs. By concentrating on providing all the necessary tools for our members and community to live healthy lifestyles, a Health and Wellness Fair seemed to compliment all of that and more. It was also a great way to promote our Center and all we have to offer.

To stay well rounded in our thoughts to make the fair a success, a committee was formed consisting of people from different health agencies to help in the planning. The second year, planning was a little easier and did not require as many committee meetings. To help offset the cost, sponsors were secured and their names were mentioned in all the marketing and media releases. Those sponsors were KNIA/KNIA Radio, Knoxville Hospitals and Clinics, Iowa State Savings Bank, and McKay Insurance. Expenses were \$900 and included marketing, printing, vendor’s lunch, promotional bags and a bounce house rental. Sponsorship revenue was \$800 and there was no charge for booth space, tables or chairs.

The Fair was held on Tuesday, October 22, from 12:00 p.m. to 6:00 p.m., with approximately 300 people attending. Several of the vendors offered complimentary examples of the services they provide such as bone density screening, digital spinal scans and massage. Other services included blood pressure and glucose testing, vision tests and body fat assessment. There were free samples of supplement drinks, energy drinks, vitamins, hard boiled eggs and popcorn!

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Our Mission ...
“To support the advancement of park, recreation and environmental conservation opportunities through education, resource tools and advocacy.”

www.iapra.org

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Additional Placekick, Punt and Pass State Competition Photos



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We are happy to introduce....

- Kyle Huisman**, Site Supervisor, North Liberty Recreation Department. Kyle is from Jewel, Iowa where he graduated from South Hamilton High School in 2004 and obtained a BS degree in Leisure Studies from the University of Iowa in 2008. Since he has always been involved with, and held a passion for, sports, health and fitness, he was naturally attracted to a career in parks and recreation. Kyle worked part-time for the North Liberty Recreation Department for two years before becoming the full-time Site Supervisor in July of this year. Kyle's mother operates a day care, and his father works as a Service Technician for John Deere. He has two younger brothers, both presently attending college. In his free time, Kyle enjoys hanging out with his girl friend, family and friends and watching Hawkeye football. Kyle confesses that he LOVES to play golf. Welcome to IPRA, Kyle!!
- Katie McKinnon**, Aquatic Supervisor for the City of North Liberty. Katie was born and raised in the Cedar Rapids area and is the middle child of five children. She received her undergraduate degree in Business Administration from Coe College. Katie admits that she first developed her love for water when she was nine years old and began swimming competitively for the Cedar Rapids Aquatic Association. When she was 15, she became a lifeguard and worked summers at Cedar Rapids area pools. Working her way up as lifeguard, cashier, swim instructor and swim coach, she eventually became a pool manager for the outdoor and indoor pools for Cedar Rapids, working under the direction of Carolyn Hamilton, Aquatics Supervisor for the Cedar Rapids Parks and Recreation Department. This past April, she became an Assistant Aquatic Coordinator for the City of Cedar Rapids which Katie says, "fed my desire to stay in recreation!" In her free time, Katie is an assistant coach for Kennedy Women's Swimming and Diving Team in Cedar Rapids. Welcome to IPRA, Katie!
- Saralyn Krug**, Aquatics Coordinator, City of Cedar Rapids. Saralyn hails from Homer Glen, Illinois. She is a graduate of the University of Iowa, with a BA degree in Health and Sport Studies including a concentration in Sociology. Saralyn enjoys waterskiing, biking, swimming, running and soccer. She also enjoys watching her younger sister's college soccer games and spending time with family and friends. In addition, she enjoys participating in RAGBRAI. Saralyn admits that she pursued this position with the Cedar Rapids Parks and Recreation because she has a passion for swimming and water recreation and wants to be able to give other a chance to have a wonderful aquatic experience. Saralyn's goal is to continue to make the City of Cedar Rapids Aquatics program a vibrant experience for the community and the next generation. She wishes to continue to offer a wide range of aquatic programs from Red Cross swim lessons to Triathlon Ready Programs to engage everyone's interest in the community. Welcome to IPRA, Saralyn!

Knoxville Recreation Department Second Annual Health and Wellness Fair (Continued from Page 1)

Several activities were planned throughout the fair to offer interesting and beneficial information. These included topics such as "Women's Health" presented by Knoxville Hospitals & Clinic and "Super Foods" presented by Hy-Vee Dietician Services. Marion County Public Health offered a free Family and Friends CPR class.

During the event the Bounce House offered several kids entertainment allowing parents to visit the vendor booths. Later in the afternoon, we offered kid's challenges including Jump Rope and Hula Hoop Contests and an obstacle course. Mercy One Air Life landed on site and many enjoyed having the opportunity to tour the helicopter inside and out.

Since this is the second year for the Fair, we recognized some changes that would be beneficial from the first year and will continue to make any necessary changes for continued success in the upcoming years. Offering a shorter time frame would please the vendors, and the breakout sessions will probably be offered at other times outside of the fair. Offering a shortened time would likely eliminate the kid's challenges.

Those who attended the Fair had many positive remarks. All left the Fair with their bags full of free samples and goodies. We also received outstanding comments from vendors, and many are requesting to be on a contact list for future events. This was a great opportunity for the entire community.

The following vendors participated in the Knoxville Health and Wellness Fair: Addictions Recovery Center, Allergy Lung and Sleep Center, American Heart Association, Capstone Behavioral Health, Crisis Intervention Services, Crossroads of Pella, Dental Designs, Diehl Chiropractic, Eye Health Solutions, Flourish Massage/Movement Therapy, Grace Home Health Care, Hammer Medical, Hospice of Central Iowa, Hy-Vee Dietician Services, Integrative Counseling Solutions, Iowa Egg Council, Iowa Ortho, Juice Plus, Knoxville Fire and Rescue, Knoxville Hospitals and Clinics, Knoxville Recreation Center, Knoxville Senior Center, Live Healthy Iowa, Marion County Public Health, Mary Kay Cosmetics, Massage Works, McKay Insurance, Medicap Pharmacy, Norwex Enviro Products, Pella Regional Health Center, Quality Home Care Professionals, Red Rock Chiropractic, Reliv International, Southeast Iowa Blood Center, Sterling Physical Therapy, Van Wyk Chiropractic, West Ridge Nursing Home and Wilson Marketing.

(Article contributed by Trish Wadle, Fitness Coordinator, Knoxville Recreation Center.)



Recreation Coordinator. The City of Sergeant Bluff, IA (population 3,321) a progressive small city in northwest Iowa, has an opening for the newly created position of Recreation Coordinator. This full-time position, reporting to the Parks & Recreation Director, is primarily responsible for recreation programming and operations of the city-owned Bluffs Recreation Center,

transitioning to municipal ownership December 2009. Candidates must have strong organizational, time management and interpersonal skills. Bachelor's degree and one year in parks and recreation preferred; relevant experience may substitute for education. Starting salary range is \$26,500 to \$32,000 with excellent benefits. Position profile available at www.cityofsergeantbluff.com. Please submit cover letter and résumé by Friday, November 20 to: Jim Ferneau, City Administrator, 401 Fourth St., P.O. Box 703, Sergeant Bluff, IA 51054 or jim@cityofsergeantbluff.com. EOE.

CREATE HEALTHIER COMMUNITIES

Obtain Funding through NRPA- CDC ACHIEVE Grants

The National Recreation and Park Association (NRPA) and the Centers for Disease Control and Prevention (CDC) support local communities to implement Action Communities for Health, Innovation and Environmental Change (ACHIEVE). In 2010, NRPA will fund ten park and recreation agencies at \$35,000 each to develop coalitions of local stakeholders and community leaders to address chronic disease risk factors of physical inactivity, poor nutrition and tobacco use.

Congratulations to Davenport as a 2009 recipient!!

With an ACHIEVE grant, the recipient will:

- Reduce the incidence of chronic disease through policy, systems and environmental change strategies at the local level.
- Create partnerships with community stakeholders.
- Attend meetings with national leaders to learn about tools, resources and strategies to build healthier communities.
- Create awareness of the vital services that parks and recreation offer.
- Enhance the overall health and livability of your community.

Park and recreation members are invited to apply for an ACHIEVE grant. Grant applications will be accepted until December 11, 2009. Improve the quality of life in your community; apply for an ACHIEVE grant today. For more information on the grant program or application process, contact Heidi Melancon at 800.626.6772 or access the web site: www.nrpa.org/achieve/. Visit ACHIEVE to learn more.

Cooking Outdoors

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2009 Placekick, Punt and Pass State Competition

BOYS



8-year-olds (above) and 9-year-olds (below)



10-year-olds (above) and 11-year-olds (below)



GIRLS



8-year-olds (above) and 9-year-olds (below)



10-year-olds (above) and 11-year-olds (below)



The Bergstrom Indoor Practice Football Facility located on the Iowa State University campus provided the setting for the 2009 IPRA Placekick, Punt and Pass State Competition held Saturday, October 24.

97 youth participated in the one-day event. Boys and girls compete separately, and categories are divided into six age groups: 8, 9, 10, 11, 12 and 13-year-olds. Children are given two opportunities in each event to placekick, punt and pass the football. Each child's attempt is given a score based upon distance and accuracy to a tape measure. The best attempt in terms of feet for each event is then combined for a total aggregate score. The top six place finishers in each age division were given a finisher-specific plaque and their photographs appear on this page. Those who did not place in the top six were given a participation plaque.

Youth advance to the state finals via a local competition and then on to a district final. At each step, local and district, the competitor must be in the top three to advance to the next round. State finals is the highest level participants can reach within the IPRA program. Approximately 600 youth participated at the local level. Communities that hosted a local event were Adel, Ankeny, Belle Plaine, Clarion, Coon Rapids, Coralville, Des Moines, Emmetsburg, Estherville, Fairfield, Forest City, Ft. Dodge, Grinnell, Hull, Huxley, Ida Grove, Iowa City, Iowa Falls, Jefferson, Lake Mills, Marshalltown, New Hampton, North Liberty, Norwalk, Orange City, Pella, Pleasant Hill, Sheldon, Shenandoah, Sibley, Sioux City, Vinton and West Des Moines. District competitions were hosted in Sioux City, New Hampton, Coralville and Ankeny.

A big thanks to volunteers from the Community of Christ Church (Ames Congregation), the IPRA Sports Committee members, Matt Fielder, Chairperson, and Rick Courcier.



Photos of the 12 and 13-year-old winners can be found on Page 2.

Results of each age division can be viewed at www.iapra.org.

The following day-by-day account of the NRPA Congress and Exposition was contributed by Joshua Larsen, Director of Parks & Recreation, City of Huxley:

Day 1 - Monday, October 12, 2009 (Travel Day)

Greetings from Salt Lake City, Utah where it is 7:05 p.m. Quite the contrast of weather today after leaving Iowa around 5:00 a.m. and arriving in Minneapolis to heavy snow and de-icing of our plane; but arriving in Salt Lake City around 1:00 p.m. to the gift of sun and mid 60's was a welcome surprise. After a quick check-in at our Iowa delegate hotel, we did venture out and see some city landmarks, of which Salt Lake City has many! Registration for the conference is underway and now we prepare for an early start tomorrow as a NRPA volunteer for the morning.



Day 2 - Tuesday, October 13, 2009

A great full day at the conference began with a 6:00 a.m. orientation for volunteers and then assisting national staff with various areas of the event from greeting attendees to filling packets and bags, to giving directions in the Salt Palace where the conference is taking place. A great opportunity to see many faces and meet many people from all over the country and world as the NRPA Congress will bring over 6,000 delegates from every state and 14 countries to Salt Lake City. After a quick lunch, I had the opportunity to sit in on the Council of State Associate President's meeting and discuss national trends related to the field of parks and recreation during the down economy. Iowa is not alone in its struggles financially and many states shared creative programs being used to maintain funding for parks and recreation in their state. Following this meeting, I attended a session featuring Dr. Joel Fish from The Sport Psychology Center in Philadelphia regarding facts and myths in youth sports; a very interesting session to say the least that challenged each of us to evaluate our youth sport programs and how and why we do things. The final afternoon session involved "making me an offer I can't refuse." This lively marketing workshop helped everyone to understand better how we market to our customers from their perspective. Sometimes we have good ideas but say the same thing over and over. If we say it a different way to appeal to our customers need the result can be quite different.

The afternoon was rounded off with a first time Congress attendee meet and greet with NRPA staff, including some members of their board of trustees and executive director. They presented a great overview of Congress and some highlights to not be sure to miss. They also stressed the importance of being involved and meeting colleagues in our field. I then ventured over to the Welcome Party in which a live band and the US Olympic Ski Team treated the crowds to a spectacular performance on skis on a trampoline. Pretty amazing stuff as they prepare for the upcoming winter games in Vancouver. Arriving back at my hotel a little after 8pm and ready to settle in for the night. Rain tomorrow, which sure beats any snow!

Wednesday, October 14, 2009

Good morning from Salt Lake City! Wednesday was surely a busy day as we kicked things off with the official opening welcome session featuring a Polynesian dance team from a local high school. Various presentations of national recognition awards (Illinois won all but one category), the address by our CEO Barbara Tulipane and keynote by futurist Jim Carroll all provided a great spark to the morning and had all the delegates, including myself thinking towards the future of parks and recreation in our country and each of our towns. Following the opening ceremony, we were treated to the grand opening of the exhibit hall, the equivalent of ten regulation sized basketball courts filled with play structures, park equipment and the newest recreation information for our departments. Needless to say, divide and conquer is the plan for the next three days as I will be keeping the amount of handouts to a minimum to avoid the luggage being over 50 lbs going back! After a

Josh Larsen (left) with Ben Page, Assistant Director, Des Moines Park and Recreation, and IPRA President.



brief lunch with Steve and Ben, I participated in the Council of State Executive Director's meeting with NRPA staff. Following this, an overview of the NRPA structure and opportunities for young professional development were discussed. Rain made its way to the area so many grabbed umbrellas on the walk back to the hotel. I was not used to seeing the Wasatch Mountains lining the landscape behind the city buildings each and every day – a very picturesque site. Tomorrow I'll be participating in the 5K run/walk through Copper Canyon and look forward to breathing in some fresh mountain air!

Thursday, October 15, 2009

Good morning from Salt Lake City on a crisp and breezy morning! At 6:30 a.m., I ventured about a mile and a half on a short jog up to the northern part of Salt Lake City past the State Capitol of Utah to the starting point for the NRPA 5K run/walk. Over 200 participants met and were treated to a spectacular course through a scenic canyon with many colored leaves and a small creek running through the area down to the memorial park at the finish line. I ran alongside Rick Ertz of Landscape Structures, until he pulled away, but managed to finish in under 29 minute, good enough for 87th out of 209 runners. After a quick breakfast and shower, sessions and more time on the vendor floor visiting with industry equipment reps and service providers made the morning move along

very quickly. Sessions included a Web 2.0 Wikis to Work session regarding technologies place in the workplace and using it to your benefit for your staff and the final session of the day from an assistant city manager in California called Cutting to the Core regarding identifying core services during budget cuts. This was a very powerful presentation and the presenter had great insight into ways departments can initiate this process. After a short walk back to the hotel, the IPRA President's Social was held at a local restaurant where all 25 or so of the Iowa delegates and many of our Iowa IPRA partners were in attendance. The event gave us all a chance to catch up on sessions the others had been to the last three days and discuss our work back home as well. Hard to believe tomorrow is already Friday! Special thanks for Fry & Associates and Eric Losen for sponsoring our social.

Friday, October 16, 2009

Good afternoon on this final day in Salt Lake City! As I await my travels back to Iowa later tonight, I thought I'd give you a quick update on the happenings today. This morning I had volunteered as a note taker for one of the national open forums to discuss trends in parks and recreation throughout the country. What ended up being a small group of 15 participants from all across the country proved to be a very powerful dialogue. Participants included the state directors of parks for California and Arizona, directors of parks and recreation from Lees Summit, MO, Cincinnati, OH, Dayton, OH, Fort Lauderdale, FL and many others. If you are wondering, I did represent the smallest town in the room! One of the attendees was from Perry, Iowa but now lives in New Hampshire. A white paper will be created by NRPA regarding the dialogue by the end of the calendar year for all departments to use. This was truly a great opportunity to see some of the national trends that are out there and how some of our country's best in the field see things shaking out for parks and recreation in the next few years to come.

After exchanging information with the attendees, I did meet with Steve and Seve Ghose from Davenport for a quick lunch before retreating to the hotel to finish packing, check out and venture to the airport. All in all, a very powerful first NRPA Congress with a renewed interest in the profession and understanding of where we sit in Iowa compared to happenings across the country.

A very special thanks to the IPRA board of directors and the Iowa Foundation for Parks and Recreation for offering this amazing fellowship opportunity and selecting me as the first recipient. I only hope NRPA Congress will continue to benefit me and many others for years to come. After a week away from the regular routine, I feel closer to the field of parks and recreation and closer to many of my colleagues.

I would also like to thank all of our Iowa vendors in parks and recreation as you all are tremendous advocates in our field and provide great support here in our state. It was great to see many of you in Salt Lake City and we look forward to continuing to support local businesses. Landscape Structures, Boland Recreation, Fry & Associates, Gametime, Pilot Rock, Waterloo Tent & Tarp Company, Iowa Plastics Recycling and many more, a BIG thank you!

Thanks to Steve Jordison and Ben Page for their tremendous support and guidance throughout the process and serving as great mentors for myself as a young professional. We are in good hands, folks!

Look for upcoming information regarding the application process for NRPA Congress for 2010! See you all soon and in Minneapolis for NRPA Congress 2010, October 26-30.

Character Builder's Toolbox

Presented by CHARACTER COUNTS! IN IOWA



The Character Builder's Toolbox workshop provides hands-on training plus a program guide with more than 100 K-6 activities designed to bring learning and growth through play. Participants will learn fun and creative activities in Action Learning, Artistic Expressions and Children's Literature. This workshop is designed to enrich a comprehensive character education initiative in your school or youth program. To be most effective, it is recommended that participants have attended our Making an Impact class prior to taking this workshop.

Date: Tuesday, November 17, 2009

Time: 9:00 a.m. to 3:00 p.m.

Place: CIPCO 2600 Grand Ave Suite #410, Des Moines, Iowa

Fee: \$75 includes a program guide

Limited scholarships are available from Variety –The Children's Charity for agencies serving at-risk youth

To register: www.charactercountsiniowa.org (click on Resources/Training and Workshops/Workshop Schedule)

Since the November 2008 launch of this initiative, more than 300 before and after school program staff from a variety of agencies have attended the Toolbox training including: Des Moines Metro Kids, Boys and Girls Clubs, Marshalltown Salvation Army, YMCA's, Pella Community Schools, Orchard Place, Creative Center for Young Children, Wildwood Hills Ranch, Council Bluffs Kids and Company, Missouri Valley USTA, Oakridge Neighborhood Services in Des Moines, Parks and Recreation staff and the delegates of the 2009 Iowa School Age Care Alliance Winter Mini-Conference.



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IPRA Calendar of Events

November

- 4 Playground Maintenance Workshop—Waukee
- 11 State Office Closed—Veteran's Day
- 12 Young Professionals Forum—Ankeny
- 14 Adult Coed Volleyball Tournament—Grinnell
- 16 CEU/Aquatic Workshop—Burlington
- 17-18 Certified Pool Operator's Course—Burlington
- 20 Aquatics Committee meeting—Grinnell
- 26-27 State Office Closed—Thanksgiving Holiday

December

- 10 Directors Trends Forum—Grinnell
- 24-25 State Office Closed—Christmas Holiday

Director's Trends Forum

Thursday, December 10, Grinnell

The Director's Trends Forum will provide an opportunity for agency directors to discuss various trends related to parks and recreation in the state of Iowa, including REAP progress, programming models, threats to local parks and recreation and opportunities to promote our field throughout the state. Forum will begin at 9:00 a.m. and run until 11:30, with lunch being on your own. Snacks and drinks will be provided.

Please register by contacting Cathy Shutts, IPRA Administrative Assistant.
Phone: 641.236.3917; e-mail: cshutts@pcpartner.net

IPRA Executive Director, Steve Jordison, and Administrative Assistant, Cathy Shutts, want to wish all members and their families a very blessed and enjoyable Thanksgiving holiday!