History and tradition are sometimes wonderful and important frameworks for us as professionals who work in parks, recreation, public lands, and outdoor agencies. We can celebrate the contributions, the small and important traditions, and the culture that a long standing historical program like the Great Lakes Park Training Institute represents. There is much to celebrate:

* A remarkable institution with 65 years of education, investment, and commitment to the quality of life of Midwestern communities through development of the park, recreation, and public land management profession in early years of the profession to the challenging and seemingly constantly changes of today.

* 65 years of facilitating different experts who train and help develop the professional and staff necessary to provide parks, recreation and public lands opportunities to communities, state residents and visitors.

* 35 years of recognizing the cutting edge of the leisure movement throughout the United States through the Daniel J. Flaherty Park Excellence Award. These projects represent innovative, cost effective design; demonstrate the utilization of community input and resources as they positively impact our public in the Midwest.

* A long history of Midwestern park organizations sponsoring and working together annually to provide continuing professional development for the field. All of the original sponsoring agencies are still committed to the Great Lakes Park Training Institute.

Of course, sometimes tradition and history can create resistance or barriers to change. This is not true with the Great Lakes Park Training Institute now. The Board of Regents, who are volunteers in the truest sense of the word, are remarkable people who give their time annually to help govern and sponsor the Institute and they honor our traditions and history; but they are not bound by them. We have made so many positive changes to the Great Lakes Park Training Institute since 2004 that we can say that the Institute has never been better in addressing the needs of the profession, attendees, and sponsors.

As a result we are, in uncertain and challenging economic times, very successful with slightly increasing attendance over prior years, and a stable budget. We are offering more and varied education programs (about 33% more) than we traditionally did 5 years ago, and the quality of our offerings has increased considerably. In short, the Great Lakes Park Training Institute is building on its already long and important history in the park, recreation, and public lands profession. We are poised for the next generation of leaders and the next cycle of change to our profession so we can continue to provide leading, important, and innovative continuing education for you.

Please take a few minutes to look over this, and the other Institute proceedings on line or at the Institute itself February 27-March 2, 2012. The history, tradition, and power of this outstanding leader in continuing education for the park, recreation, and profession can be appreciated in the pages that summarize these annual gatherings.

Sincerely,

Stephen A. Wolter
Director
Great Lakes Park Training Institute
### Great Lakes Park Training Institute Schedule of Events / 28 February-3 March 2011

<table>
<thead>
<tr>
<th>Date</th>
<th>Monday 28 February</th>
<th>Tuesday 1 March</th>
<th>Wednesday 2 March</th>
<th>Thursday 3 March</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>7AM</strong></td>
<td>Breakfast in the Dining Room.</td>
<td>Breakfast in the Dining Room. Bird Hike meets at the Sun Deck at 7AM.</td>
<td>Breakfast in the Dining Room.</td>
<td>Breakfast in the Dining Room.</td>
</tr>
<tr>
<td><strong>815AM-945AM</strong></td>
<td>Welcome to the 2011 Great Lakes Park Training Institute!</td>
<td>Wildlife Refuges—John H. Hartig (JA)</td>
<td>No Child Left Inside—Kirk Anne Taylor, Kris Krouse, Mark Bouman (JA)</td>
<td>With Dignity and Respect for All… Welcoming and Including Visitors of All Abilities—Cindy Burkhour (JA)</td>
</tr>
<tr>
<td><strong>1145AM</strong></td>
<td>Welcome &amp; Opening of the Institute in the Lake James Room at 1PM.</td>
<td>Gadgets (JA) Attitude with a View—Scott Watson (JM) Get Rid of Your Gas Guzzler: Electrify Your Fleet—Tim Pulliam (CR) Healthy Parks Partnerships—Michael Hecker, CPRP (SN)</td>
<td>Lunch in the Dining Room.</td>
<td>Lunch Buffet with General Session in Lake James at 1145AM</td>
</tr>
<tr>
<td><strong>330PM-5PM</strong></td>
<td>What’s Your Park Worth (2 hrs)—Ann Conklin (JM) Underwater Resource Management: Captain Kidd Special Protected Area—Charles Beeker, Nicole Wiegand (JA)</td>
<td>Underwater Resource Management: Captain Kidd Special Protected Area—Charles Beeker, Nicole Wiegand (JA)</td>
<td>Ecosystem and Watershed Restoration Project and Partnerships for Park Development—Tim Morgan, Ken Willis, Matthew Shanks (JA)</td>
<td>Session Location Key</td>
</tr>
<tr>
<td><strong>NIGHT</strong></td>
<td>Registration Closes at 530PM Awards Dinner at 630PM (JA)</td>
<td>Dinner in Dining Room at 530PM Ice Cream Social 7PM Toboggan Run starting at 730PM</td>
<td>Dinner Buffet in Lake James at 630PM Vendor Social at 7PM</td>
<td>JA / Lake James Room JM / Jimmerson Room SN / Snow Lake Room CR / Crooked Lake Room</td>
</tr>
</tbody>
</table>
Social Networking: Get Ahead of the Game

DATE AND TIME
Monday 28 February 2011 / 130PM-430PM

SPEAKER(S)
Matt Monta
Social Media Coordinator
ODNR-Ohio State Parks
2045 Morse Road
Columbus, OH 43229
Email: matt.monta@dnr.state.oh.us

SESSION DESCRIPTION
This session will involve the definition of social networking and the different forms of social networking. Participants will gain a basic understanding of how to apply social networking to their organization or park.

This session was strictly about technology today and different sites on the internet, and how to navigate them. Matt Monta was the guest speaker (who is the tech wizard at Ohio State Parks) and Jim O’Brien was the sit-in board member (he is also from Ohio State Parks).

Matt started out the presentation describing Social media. He defined it as a series of systems the relies on user content. It is also about individuality. Some of the main points for growing your online presence and getting ‘friends’ or ‘fans’ included listening and responding (instead of always taking center stage), making sure people know
that your site is there (and direct them to it if you have to), constant supervision and revitalizing your profile/page, and also to **not be scared**!

He showed the class step-by-step processes on how to navigate facebook, twitter, and youtube. He also gave the class background information about each one. After explaining those in depth, he wrapped up the last hour or so discussing technology today, and what forms we use, as well as what forms we evolved from (from vinyl, to eight-track, to cassette, to cd, etc…) I thought I was pretty knowledgeable online, at least on Facebook, but I am happy to say that I learned some new things that I never considered before.

**SESSION LEARNING OBJECTIVES**

- The student will be able to define social networking.
- The student will be able to list three social networking avenues that can help their park.
- The student will be able to identify two uses for social networking in their park.
- The student will be able to explain Twitter, Youtube, Facebook, and more social tools.
Social Media: Getting Ahead of the Game
Workshop Scenario

Premise
In January 2011, your department was bequeathed a 600 acre tract of land by a recently deceased, long-time resident of the area, Harry Henderson. The land was passed down from his family from the time of the Northwest Territory.

Mr. Henderson was a private man, but led a rich life which included fighting on D-Day in World War II and the composition of three novels about his travels around the world, two of which are unpublished.

The property has a large historic home, but is in poor condition and will require rehabilitation. There is also a large pond on the property that Mr. Henderson used to take his rowboat onto every Saturday morning to watch the sun rise. There is also a large forest area that has a great deal of wildlife and a few rugged paths that Mr. Henderson carved out long ago.

Your department is planning to open this property as a new public park! It is intended to be a day-use park and will also offer guided tours of the home at a price of $3 per person. New amenities will include a visitor’s center, picnic shelter, a 9-hole disc golf course, and three hiking trails in the forest area.

The opening of the park will take place on July 1st, 2011.

Your Task
You will break into three groups to cover the three phases of this project: the preparation, the opening, and the operation thereafter.

Based on what you learned in the presentation, spend 20 minutes or so brainstorming within your group how to utilize various social media outlets to maximize the public’s interest with the new facility.

There are some things to consider when coming up with your plans, but do not limit yourself to those goals.

Be as creative as you want with the premise. There could be many more details about the property that could make it interesting. For example, maybe all of Mr. Henderson’s manuscripts were found in a special vault in the house.

Have fun!!
Preparing the Property – Group 1
From January to June, park staff will be busy repaving driveways and expanding parking, clearing trails, rehabilitating the historic home, and installing the other new day-use facilities.

Using your social media tools and traditional tools, how will you:
- Educate visitors about the history of the new park?
- Show the work being done to prepare the park for opening?
- Encourage discussion, input, and feedback about the facility?
- Get people excited about the new park?

Types of Content to Create

Updates

Blogs

Photos

Video

Other

Methods of Content Distribution
**Opening Day – Group 2**
On July 1\textsuperscript{st}, your department will be opening the new park to the public with a large dedication ceremony. Your timeframe for promoting this event runs from the beginning of June to one week after opening day.

Using your social media tools with your traditional tools, how will you:
- Maximize your attendance?
- Encourage people to share their experiences online?
- Engage the people who were unable to attend the ceremonies?
- Provide incentive to return to the park.

**Types of Content to Create**

*Updates*

*Blogs*

*Photos*

*Video*

*Other*

**Methods of Content Distribution**
After the Opening – Group 3
From August to December, you’ll be running the park as usual: maintaining the grounds, providing house tours, and hosting special events.

Using your social media tools with your traditional tools, how will you:
- Incorporate social media engagement on-site?
- Develop repeat visitors?
- Reward your social media followers?
- Encourage discussion, input, and feedback about the facility?

Types of Content to Create

Updates

Blogs

Photos

Video

Other

Methods of Content Distribution
What’s Your Park Worth?

DATE AND TIME
Monday 28 February 2011 / 130PM-330PM

SPEAKER(S)
Ann Conklin
Retired
43856 Cherry Grove Ct. E.
Canton, MI 48188
Email: ann.conklin@comcast.net

SESSION DESCRIPTION
Parks are valuable community assets. This session will help you quantify the economic and non-monetary value of your parks to help develop and defend budgets and gain public and political support.

SESSION LEARNING OBJECTIVES
- Participants will be able to identify three non-monetary values of parks.
- Participants will be able to compute the economic impact of a three-day tournament for a community.
- Participants will learn how to calculate the value of specific park land.
What's Your Park Worth?

Great Lakes
Park Training Institute
February 28, 2011
What is the value of Parks and Recreation

*Old School Thinking*

- Smiles on the faces of participants
- We’re making a difference
- Something for everyone
- We’re preserving open space
- The Benefits are endless
Michigan Municipal League Focus  
Prosperity Policy:  
Protect public safety and other essential local services

No community can prosper without adequate police and fire protection, without clean drinking water, without sound infrastructure like roads and bridges, or without recreational opportunities and culture. These are among the services essential to quality of life and critical to creating places of prosperity.
Welcome to the Center for 21st Century Communities (21c3)! The Center will assist local officials in identifying, developing and implementing programs and strategies to create vibrant communities for the next century.

Investing in communities is an important element of any long term economic development strategy. Research continues to show that "place" matters more than ever as an increasingly mobile workforce seeks a place to live first and a job second.

Over the course of the past year, through our Public Policy forums, research and education, the League identified 8 essential assets necessary for communities to be vibrant places for the next 50 years. They include Physical Design & Walkability, Green Initiatives, Cultural Economic Development, Entrepreneurship, Diversity/Multiculturalism, Messaging & Technology, Transit, and Education (K-16). These 8 assets will serve as the focus for the Center.

The 21c3 will provide educational opportunities, technical assistance and comprehensive resources to assist our member communities, but as local officials, we need your passion and commitment to help create communities that are dynamic, thriving and sustainable places to live!
What our residents are saying
according to Leisure Visions

• 71% of citizens use local parks

• When asked how important it is to make improvements to parks and recreation services compared to other city priorities, 40% of respondents indicate very important, 42% somewhat important, 9% not sure and 9% not important.

• The most important benefits households receive from parks and recreation services are improving physical health and make the city a more desirable place to live.

• Walking trails are by a wide margin the most important facility to develop and improve. Neighborhood parks are second.

• Parks and Recreation programs are highly sought and supported by citizens. In Michigan, during 2008, over 70% of the millages have passed.
Repositioning Parks and Recreation

Address Community Issues

• Environmental Stewardship
• Economic Impact
• Safe Community
• Sense of Community
• Health and Wellness

According to Dr. John Crompton, an agency should focus on two or three community issues.
Planning Documents

*We can’t create it if we can’t dream it.*

*Dreams become agendas; agendas become plans.*

*Plans that become actions can change the world.*

- **Strategic Plans**
  - Vision, Mission, Core Values
  - Core Services
  - Strategic Priorities
  - Goals and Objectives
- **Business Plans**
- **Marketing Plans**
- **Risk Management**
Business Practices

giving elected leaders the tools they need to make decisions

• Trends

• Fiscal Responsibility
  – Cost Recovery
  – Strategic Assessment
  – Cost per house/per person

• Asset Management

• Partnerships/Collaborations

• Accreditation
Determining the Economic Impact

- Property Values
- Direct Use
- Indirect Benefits
Economic Impact
Property Values
According to Dr. John Crompton, Texas A & M, research indicates,

For every $1 collected in taxes, property that is:

- Commercial and Industrial uses 0.27 cents in services
- Farm/Forest Open Space uses 0.35 cents in services
- Residential uses 1.16 in services
Economic Impact
Property Values

Basic Approach
The following steps must be taken to calculate the additional value that accrues to single-family homes that are located near parks and open spaces.

Step 1 -
The area to be looked at is 500 feet or a three-block radius around any park (or parks) you are assessing. Therefore, the first step is to draw a 500 foot or three-block radius around the park.

This will capture almost all premium from small parks and 75% from relatively large parks. The remaining 25% will be dissipated over 500-2000 feet.
Economic Impact

Step 2

Property Values

The park needs to be graded on a scale that takes into account the public perception of the park. This “qualitative” assessment is necessary in order to be able to assign an added value to the properties within the radius from step 1. The grades, as defined by Crompton, are:

- **Unusual Excellence**: A signature park; exceptionally attractive; natural resource based; distinctive landscaping and/or topography; often mentioned in sales advertisements for nearby properties; well-maintained; engenders a high level of community pride and “passionate attachment.”

- **Above average**: Natural resource based; has charm and dignity; regarded with affection by the local community; pleasant, well-maintained.

- **Average**: Rather non-descript; not really “noticed” by the local community; adequately maintained; no distinguishing features.
Below Average:
Sterile; absence of landscaping or trees; athletic fields with noise, lights, congestion; intensive use.

Dispirited, Blighted:
Dilapidated, decrepit facilities; broken equipment; unkempt, dirty; unofficial depository for trash; noisy; undesirable groups congregate there; rejected and avoided by the community.

Below Average and Dispirited, Blighted:
There are no premiums to be calculated for these two grades.
Economic Impact
Property Values

**Step 3**
The premiums that will be applied based on the grade assessed in Step 2 are as follows:

- *Unusual Excellence*: 15%
- *Above Average*: 10%
- *Average*: 5%

**Step 4**
The next step is to get a list of all of the assessed values of all of the single family homes that are within the 500 foot or three-block radius. These values can normally be obtained from the local assessor’s office.

**Step 5**
Once you obtain this list:

Total all of the assessed values of all these single-family homes.
### Economic Impact

#### Real Estate

**Table 1:** Calculation to Estimate Proximity Premium for Homes Near Parks or Open Spaces, City of Farmington Hills, MI

<table>
<thead>
<tr>
<th>Park Name</th>
<th>Aggregate (Total) Assessed Value for All Homes Within 3 Blocks (500 feet) of Park</th>
<th>Percentage Premiums (15, 10 or 5%)</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heritage Park</td>
<td>$51,367,730.00</td>
<td>10% (estimate)</td>
<td>$5,136,773.00</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Aggregate (Total) of Proximity Premiums of Heritage Park</th>
<th>Local Property Tax Rate (2005)</th>
<th>Proximate Additional Tax Revenue for All Parks</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$5,136,773.00</td>
<td>38.4478</td>
<td>$197,497.62</td>
</tr>
</tbody>
</table>
# Economic Impact

## Real Estate

### Table 1: Calculation to Estimate Proximity Premium for Homes Near Parks or Open Spaces, City of Adrian, MI

<table>
<thead>
<tr>
<th>Park Name</th>
<th>Aggregate (Total) Assessed Value for All Homes Within 3 Blocks (500 feet) of Park</th>
<th>Percentage Premiums (15, 10 or 5%)</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Burr Pond</td>
<td>$5,525,800</td>
<td>10% (estimate)</td>
<td>$552,580</td>
</tr>
<tr>
<td>Erie</td>
<td>$5,767,800</td>
<td>10% (estimate)</td>
<td>$576,780</td>
</tr>
<tr>
<td>Fee</td>
<td>$6,000,900</td>
<td>10% (estimate)</td>
<td>$600,900</td>
</tr>
<tr>
<td><strong>Aggregate (Total) of All Proximity Premiums of Parks</strong></td>
<td></td>
<td></td>
<td><strong>$1,730,260</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Aggregate (Total) of All Proximity Premiums of Parks</th>
<th>Local Property Tax Rate (2005)</th>
<th>Proximate Additional Tax Revenue for All Parks</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>$1,730,260</strong></td>
<td>38.87</td>
<td><strong>$67,255.21</strong></td>
</tr>
</tbody>
</table>
## Economic Impact
### Real Estate

#### SEV of homes near parks and a short distance away

<table>
<thead>
<tr>
<th>City</th>
<th>Park</th>
<th>Sq. Footage</th>
<th>Park SEV</th>
<th>Blocks Away</th>
<th>Sq. Footage</th>
<th>Away SEV</th>
<th>Difference</th>
<th>Value %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Burton</td>
<td>For-Mar Reserve</td>
<td>1200</td>
<td>$62,000</td>
<td>5</td>
<td>1400</td>
<td>$46,200</td>
<td>$15,800</td>
<td>74.52%</td>
</tr>
<tr>
<td>Charlotte</td>
<td>Dean Park</td>
<td>1500</td>
<td>$70,000</td>
<td>6</td>
<td>1600</td>
<td>$50,000</td>
<td>$20,000</td>
<td>71.43%</td>
</tr>
<tr>
<td>East Lansing</td>
<td>Glencairn Park</td>
<td>1300</td>
<td>$90,000</td>
<td>4</td>
<td>1300</td>
<td>$69,000</td>
<td>$21,000</td>
<td>76.67%</td>
</tr>
<tr>
<td>Farmington Hills</td>
<td>Olde Town Park</td>
<td>1100</td>
<td>$74,000</td>
<td>6</td>
<td>1100</td>
<td>$57,000</td>
<td>$17,000</td>
<td>77.03%</td>
</tr>
<tr>
<td>Rochester Hills</td>
<td>Helen V Allen Park</td>
<td>1200</td>
<td>$82,140</td>
<td>2</td>
<td>1200</td>
<td>$77,010</td>
<td>$5,130</td>
<td>93.75%</td>
</tr>
<tr>
<td>Southfield</td>
<td>Bedford Park</td>
<td>1700</td>
<td>$87,610</td>
<td>10</td>
<td>1700</td>
<td>$81,070</td>
<td>$6,540</td>
<td>92.54%</td>
</tr>
<tr>
<td>Wayne</td>
<td>Jaycee Park</td>
<td>1100</td>
<td>$56,000</td>
<td>5</td>
<td>1200</td>
<td>$45,000</td>
<td>$11,000</td>
<td>80.36%</td>
</tr>
<tr>
<td>Wyoming</td>
<td>Kellogsville Park</td>
<td>950</td>
<td>$47,000</td>
<td>8</td>
<td>950</td>
<td>$40,000</td>
<td>$7,000</td>
<td>85.11%</td>
</tr>
<tr>
<td><strong>Totals</strong></td>
<td></td>
<td>10050</td>
<td>$568,750</td>
<td>46</td>
<td>10450</td>
<td>$465,280</td>
<td>$103,470</td>
<td></td>
</tr>
<tr>
<td><strong>Averages</strong></td>
<td></td>
<td>1256.25</td>
<td>$71,093.75</td>
<td>5.75</td>
<td>1306.25</td>
<td>$58,160</td>
<td>$12,933.75</td>
<td>81.42%</td>
</tr>
</tbody>
</table>
Oakland County Case Study

Published in: MRPA PROfessional Fall 2009, Volume 2, Issue 1

<table>
<thead>
<tr>
<th>Distance From Recreation Area</th>
<th>Percent Gain in Property Value</th>
<th>Amount Gained in Property Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Within 15 meters</td>
<td>3.10%</td>
<td>(+) 7942.01</td>
</tr>
<tr>
<td>15-75 Meters</td>
<td>3.20%</td>
<td>(+) $8,198.21</td>
</tr>
<tr>
<td>75-150 Meters</td>
<td>2.20%</td>
<td>(+) $5,636.27</td>
</tr>
<tr>
<td>150-300 Meters</td>
<td>2.60%</td>
<td>(+) $6,6611.04</td>
</tr>
</tbody>
</table>

- MSU Land Policy Institute www.landpolicy.msu.edu
Economic Impact

- Convention Bureau Formula
- Survey’s
- Flash Marketing Reports
Indirect Value

- Environmental Benefits
- Health and Wellness
- Safe Communities
Benefits of Trails

- In a 2008 Department of Transportation interim report on the Non-motorized Transportation Pilot program’s survey of four communities, levels of non-motorized transportation in the four communities reduce total vehicle-miles traveled by an estimated 156.1 million miles over the course of a year, which is a projected saving of more than $23 million in fuel costs alone, and a reduction of 67,000 metric tons of CO2 emissions.

- A report released by the Federal Highway Administration entitled, *Benefits of Bicycling and Walking to Health*, reports that families who walk two miles a day instead of driving will, in one year, prevent 730 pounds of carbon dioxide from entering the atmosphere.
Environmental Benefits

• Day to day Environmental Practices
• Homeowner educational meetings
• Expanded no mow areas in the parks and golf course
• Prescribed burns in parks enhance native species
• Community Garden Program
Public parks and recreation is a $3 billion industry in Illinois.

There are more than 350 park districts, forest preserve and conservation districts and municipal park and recreation agencies in Illinois. These organizations provide the people of Illinois with publicly funded parks, nature preserves, bike trails, recreational complexes and a host of other places to relax, compete, learn new skills, and share time as a family.

In addition to undeniably improving our quality of life, park and recreation agencies also wield tremendous economic impact as an industry. These agencies directly employ tens of thousands of Illinois residents each year. Thousands more are supported through an economic ripple effect.

Operational and capital spending on the part of park and recreation agencies provides more than $680 million each year in income to Illinois businesses, making parks and recreation an important gear in our state’s economic engine.
62,900 Illinois jobs are within local park and recreation agencies

PARK DISTRICTS, FOREST PRESERVE AND CONSERVATION DISTRICTS AND MUNICIPAL PARK AND RECREATION AGENCIES IN ILLINOIS EMPLOY A TOTAL OF 62,900 PEOPLE EACH YEAR. 80% OF JOBS ARE IN THE COLLAR COUNTIES AND THE METRO CHICAGO AREA, 20% OF JOBS ARE DOWNSTATE.

THESE LOCAL PARK AND RECREATION JOBS ENCOMPASS A WIDE RANGE OF PROFESSIONAL AND SUPPORT STAFF, INCLUDING PARK ADMINISTRATORS, HORTICULTURISTS, GOLF PROS, FIELD BIOLOGISTS AND CULTURAL ARTS PROGRAMMERS. A MAJORITY OF PARKS AND RECREATION ADMINISTRATION AND STAFF ARE CERTIFIED PARKS AND RECREATION PROFESSIONALS AND INCREASE THEIR KNOWLEDGE OF THE FIELD EACH YEAR THROUGH SPECIALIZED TRAINING.
Health and Wellness

• In a study published by the CDC, creation of or enhanced access to places for physical activity led to a 25.6 percent increase in the number of people exercising three or more days per week.

• A group of studies reviewed in the *American Journal of Preventive Medicine* show that creation of or enhanced access to places for physical activity combined with informational outreach produces a 48.4 percent increase in frequency for every mile a person walks of physical activity as published by the Rand Corporation.

• According to a report published by the Rand Corporation, for every mile a person walks or runs, they will save society at least 24 cents per mile in medical and other costs.
  • Creating neighborhood *walking routes* for residents
<table>
<thead>
<tr>
<th>Subject</th>
<th>Annual Cost</th>
<th>Average Cost per person</th>
<th>Population in Your Community</th>
<th>Calculation</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coronary heart disease</td>
<td>$112 billion (American Heart Association, 1999)</td>
<td>$397.98\textsuperscript{12}</td>
<td>16,025</td>
<td>Multiply by 397.98</td>
<td>$6,377,629.50</td>
</tr>
<tr>
<td>Obesity</td>
<td>$117 billion (CDC, 2001)</td>
<td>$415.75</td>
<td>16,025</td>
<td>Multiply by 415.75</td>
<td>$6,662,393.75</td>
</tr>
<tr>
<td>Diabetes</td>
<td>$98 billion (American Diabetes Association, 1998)</td>
<td>$348.23</td>
<td>16,025</td>
<td>Multiply by 348.23</td>
<td>$5,580,385.75</td>
</tr>
<tr>
<td>High blood pressure</td>
<td>$47 billion (American Heart Association, 2001)</td>
<td>$167.01</td>
<td>16,025</td>
<td>Multiply by 167.01</td>
<td>$2,676,335.25</td>
</tr>
<tr>
<td>Cancer (including colon cancer)</td>
<td>$180 billion (American Cancer Society, 2001)</td>
<td>$639.61</td>
<td>16,025</td>
<td>Multiply by 639.61</td>
<td>$10,249,750.25</td>
</tr>
<tr>
<td>Strokes</td>
<td>$49 billion (American Heart Association, 2002)</td>
<td>$174.12</td>
<td>16,025</td>
<td>Multiply by 174.12</td>
<td>$2,790,273.00</td>
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<tr>
<td>Osteoporosis</td>
<td>$14 billion (National Osteoporosis Foundation, 2002)</td>
<td>$49.74</td>
<td>16,025</td>
<td>Multiply by 49.74</td>
<td>$797,083.50</td>
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<tr>
<td>Depression</td>
<td>$83 billion (Greenberg et al, 2003)</td>
<td>$294.93</td>
<td>16,025</td>
<td>Multiply by 294.93</td>
<td>$4,726,253.25</td>
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<td>Subject</td>
<td>Annual Cost</td>
<td>Average Cost per person</td>
<td>Population in Your Community</td>
<td>Calculation</td>
<td>Total</td>
</tr>
<tr>
<td>-------------------------------</td>
<td>----------------------------------</td>
<td>-------------------------</td>
<td>------------------------------</td>
<td>----------------</td>
<td>------------------</td>
</tr>
<tr>
<td>Coronary heart disease</td>
<td>$112 billion (American Heart Association, 1999)</td>
<td>$397.98\textsuperscript{13}</td>
<td>114,024</td>
<td>Multiply by 397.98</td>
<td>$45,379,271.52</td>
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<td>Obesity</td>
<td>$117 billion (CDC, 2001)</td>
<td>$415.75</td>
<td>114,024</td>
<td>Multiply by 415.75</td>
<td>$47,405,478.00</td>
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<td>Diabetes</td>
<td>$98 billion (American Diabetes Association, 1999)</td>
<td>$348.23</td>
<td>114,024</td>
<td>Multiply by 348.23</td>
<td>$39,706,577.52</td>
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<tr>
<td>High blood pressure</td>
<td>$47 billion (American Heart Association, 2001)</td>
<td>$167.01</td>
<td>114,024</td>
<td>Multiply by 167.01</td>
<td>$19,043,148.24</td>
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<td>Cancer (including colon cancer)</td>
<td>$180 billion (American Cancer Society, 2001)</td>
<td>$639.61</td>
<td>114,024</td>
<td>Multiply by 639.61</td>
<td>$72,930,890.64</td>
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<tr>
<td>Strokes</td>
<td>$49 billion (American Heart Association, 2002)</td>
<td>$174.12</td>
<td>114,024</td>
<td>Multiply by 174.12</td>
<td>$19,853,858.88</td>
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<tr>
<td>Osteoporosis</td>
<td>$14 billion (National Osteoporosis Foundation, 2002)</td>
<td>$49.74</td>
<td>114,024</td>
<td>Multiply by 49.74</td>
<td>$5,671,553.76</td>
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<tr>
<td>Depression</td>
<td>$83 billion (Greenberg et al, 2003)</td>
<td>$294.93</td>
<td>114,024</td>
<td>Multiply by 294.93</td>
<td>$33,629,098.32</td>
</tr>
</tbody>
</table>
The Investment

• **Did You Know**.....it costs approximately **$40,000** to incarcerate a juvenile offender for one year. With that investment, Canton Leisure will give a student;
  - 39 weeks of after school programming,
  - 8 weeks of summer camp,
  - 2 full weeks of school break camps,
  - participation in 12 supervised trips and dances on Friday nights,
  - 4 lock-ins, 5 Battle of the Bands,
  - an entire weekend camping,
  - an 8 week Tae Kwon Do class,
  - a year of swim lessons,
  - a full season of Baseball, Basketball, Soccer, Football, and Ice Hockey in the winter and Roller Hockey in the Spring and Summer…

After which, we would return to you **$36,935** and one much happier and healthier kid.

• For each high-risk youth prevented from adopting a life of crime, experts estimate the country saves between **$1.7** and **$2.3 million**. *(Newman, Fox, Flynn & Christenson, 2000)*
Safe Communities
Sense of Community
Reaching out to the Neighborhood

• Community Outreach
  - Backyard beats
  - Random Acts of Fitness
  - Playground
  - Friday Night Jazz Series

• Community Events
Woody Plants and Removal

DATE AND TIME
Monday 28 February 2011 / 130PM-530PM

SPEAKER(S)

Gene Huss
Maintenance Repair II
Pokagon State Park
450 Lane 100 Lake James
Angola, IN 46703

Brady Givens
Assistant Property Manager
Tippecanoe River State Park
4200 N US 35
Winamac, IN 46996
Email: bgivens@dnr.in.gov

Tim Glasper
Maintenance Foreman I
Pokagon State Park
450 Lane 100 Lake James
Angola, IN 46703
Email: tglasper@dnr.in.gov

Nate Simons
Executive Director
Blue Heron Ministries
2955 W. Orland Road
Angola, IN 46703
Email: stuartbheron1@hotmail.com

SESSION DESCRIPTION
Ever wondered how to identify that tree or shrub in the winter months without those leaves? In this workshop, you will learn not only how to identify and later recall the steps to identify native and exotic trees, shrubs, and plants, but also participate in hands-on removal and repair procedures on the grounds of Pokagon State Park.

The first hour of this workshop will be utilized to educate participants on identification techniques, control chemicals, and other woody plant management activities. Then, participants will head outside for three hours of rotating station programming in the field. Stations will focus on field identification, field repair, and actual plant removal.

In case of inclement weather, time will be found later in the Institute schedule to accommodate this workshop. Don’t miss this chance to get some real experience in the field and share your knowledge and ideas, as well!

This session combined both lecture with hands-on practical experience in the removal of invasive woody plants. The lecture portion of the class focused on the identification of the plants autumn olive, bush honeysuckle, multiflora rose, Japanese barberry, common buckthorn and border privet. In congruence with the time of year, the identification methods focused on the appearance of the plants during the winter months, using stem size, proliferation, texture, and leaf/bud arrangements as some of the techniques in distinguishing plant species. The session also covered chain saw safety, and the proper gear to wear, and way to handle a chain saw. Those presenting gave various examples of how to make a proper and safe cut, using the sides of tension and compression to dictate where to make each careful cut. The second part of the session applied what was learned in an outdoor setting. Invasive plants on the property were identified and removal methods demonstrated. Attendees had the chance to utilize tools such as chainsaws and herbicide applicant devices, and removed some of species on their own as well, utilizing the methods previously demonstrated by the instructors.

SESSION LEARNING OBJECTIVES

- Student will be able to identify trees, shrubs, and plants in the winter.
- Student will be able to distinguish between trees of the same genus, such as red oak and black.
- The participant will learn steps to identifying a tree by its shape, buds, and bark.
Leadership—Are You Up for the Ultimate Challenge?

DATE AND TIME
Monday, 28 February 2011 / 130PM-5:30PM

SPEAKER(S)
Steve Wolter
Executive Director
Eppley Institute for Parks and Public Lands
501 N. Morton Street, Suite 101
Bloomington, IN 47404
sawolter@indiana.edu

SESSION DESCRIPTION
Leadership is at the cornerstone of organizational effectiveness. Leaders guide an organization to the fulfillment of its mission and prevent an organization from becoming stagnant and losing its way. Now, more than ever, leaders not only need to inspire and guide, but also need to possess a wide range of capabilities in order to be successful. Understanding all the facets of leadership allows a true leader the ability to assess their own strengths and weaknesses, mastering these so others will follow. In the end, effective leadership is about influencing followers to achieve significant change and continuous improvement.
This session helped you to evaluate your own leadership style as well as learn new methods and ideas to help make you a stronger leader. One example included how you first have to master yourself and your own emotions before you can lead others. Then you can master groups and finally master organizational systems. Also discussed was leadership versus management where management involves keeping things consistent where leadership is adaptable and changing, the four components of leadership which are the environment, the leader, the follower, and the situation, building a leadership framework, group versus teams, and team leadership roles.

SESSION LEARNING OBJECTIVES

- Identify the characteristics of leadership, how it differs from managerial competencies and how rare leadership opportunities are in the work day.
- Implement personal leadership techniques and frameworks in order to begin to improve your personal leadership skills.
Wildlife Refuges

DATE AND TIME
Tuesday 1 March 2011 / 8:15AM-9:45AM

SPEAKER(S)
John H. Hartig
Refuge Manager
Detroit River International Wildlife Refuge
9311 Groh Road
Grosse Ile, MI 48138
Email: john_hartig@fws.gov

SESSION DESCRIPTION
We all hear the words “wildlife refuge” and imagine a great tract of land crowded with fabulous wildlife. What, really, qualifies as a wildlife refuge though? How can municipalities partner to achieve broader conservation goals? What are the key lessons learned from establishing and managing a wildlife refuge in a major urban area? This session will give an insider’s look at the challenges, development, funding, maintenance, and more of a successful wildlife refuge.

The first session this morning was about areas in need of renovation and the ‘before’ and ‘after’ pictures of those areas that ended up being converted to wildlife refuges. Honestly, when the presentation first began, I was a little confused because I wasn’t sure how the beginning of the presentation tied into wildlife areas. He eventually tied it together, but I realized about ten minutes into it that this was the actual seminar (I thought maybe it was a speaker
during the previous meeting). He discussed paradigms and how they it represents model(s). He talked about different problems with establishing wildlife areas in the past, as well as the United States and the ‘Canadian Cooperation’ collaborating together on this effort. He also mentioned a Great Lakes School Ship that takes children out on the water for learning daily- and apparently this isn’t established yet, but this is one of many goals for the future.

SESSION LEARNING OBJECTIVES
- Identify potential conservation sites in participant’s area.
- Learn steps to raise public awareness and support wildlife conservation.
Paradigm Shift = a significant change in thinking that results in a completely changed view or outlook.

Detroit’s Leadership in Addressing Paradigm Shifts

The Business of Paradigms
Joel Barker

• Paradigms = a set of assumptions or model
• New ideas are often met with resistance
• Paradigms filter out data – they blind us from seeing new ideas, new opportunities, and new ways of doing business
• When a paradigm shift occurs, everyone goes back to zero
• The past does not guarantee success in the future

Paradigm Shift = a significant change in thinking that results in a completely changed view or outlook

FUR TRADE – DETROIT’S FIRST PARADIGM SHIFT

• Started in the late 1600s and early 1700s
• The height of the Fur Trade in the 18th and 19th Centuries
• Hundreds of thousands of beaver skins were exported annually

SHIP BUILDING PARADIGM SHIFT

• During the late 1700s and 1800s Detroit became a major center of trade and commerce
• During the 1890s more ships were built along the Detroit River than any other city in America
• On December 3, 1819 the Detroit River was declared a public highway by Act of Congress

AUTOMOBILE MANUFACTURING PARADIGM SHIFT
**ARSENAL OF DEMOCRACY PARADIGM SHIFT**

- During WWII President Franklin D. Roosevelt recognized the need to supply implements of war and called for the United States to become the great “Arsenal of Democracy”

**CONSEQUENCES**

- Frequently, there are unintended consequences of paradigm shifts
- The fur trade paradigm shift led to the virtual extinction of the beaver in our region
- The “Arsenal of Democracy” paradigm shift resulted in substantial oil pollution

**SUSTAINABILITY PARADIGM SHIFT**

- Environmental impacts led to greater awareness of the need to protect the environment and ensure sustainability
- Sustainable Development = development that meets the needs of the present generation without compromising the ability of future generations to meet their own needs
- In practical terms, it is balanced and continuous social, economic, and environmental progress

**FORD’S ROUGE PLANT**

- In Dearborn, Ford Motor Company rebuilt its Rouge Plant using principles of sustainable design

**SUSTAINABILITY PARADIGM SHIFT**

- Much of the argument centered on either protecting the environment or furthering development
- The concept of SD brought the free enterprise system together with the environmental movement to see that a healthy economy and a healthy community require a healthy environment
**FORD’S ROUGE PLANT**

- The world’s largest living roof that saves millions of dollars in maintenance, replacement, and water quality compliance costs.
- Other sustainable practices and features include phytoremediation of contaminated soils, innovative treatment of storm water through use of swales and previous parking lots, trellises of vines and other plants to shade and cool the plant, and renewable energy sources like such as solar cells and fuel cells.
- Ford Motor Company has spent $2 billion on transforming the historic Rouge Plant from a 20th Century icon of automobile manufacturing to a 21st Century model of sustainable manufacturing.

**FUEL CELL CARS?**

- Detroit automakers are all working on a breakthrough to replace the internal combustion engine.
- Fuel cells hold much promise.
- A fuel cell is an electrochemical device that produces electricity by separating the fuel via a catalyst.
- Fuel cells can operate at efficiencies 2-3 times that of the internal combustion engine; they require no moving parts and the only by-products are heat and water.
- Without combustion, fuel cells are virtually pollution free.

**Chevy Volt**

*plug in hybrid with a 40 mile range*

**The Kresge Foundation**

- Green architecture.
- 17,000 square foot addition to headquarters in Troy.
- Green roof, storm water management, geothermal energy system (no gas or hydrocarbon emission), prairie landscaping, and more.
- Lead by example for sustainability.

**DETROIT SCHOOL OF ARTS**

- First LEED certified building in Detroit.
- Energy efficiency.
- Natural lighting.
- Green roof.

**Everett Marshall Building**

- Everything is made of recycled and renewable materials.
NEXTENERGY
Located in Detroit’s TechTown

- specialized facilities to accelerate the research and development of alternative and renewable energy technologies

HYDROGEN TECHNOLOGY PARK

- DTE Energy has opened HTP in Southfield to determine the commercial viability of hydrogen as a replacement fuel for homes, businesses, and autos
- Partners: U.S. Department of Energy, the State of Michigan, and the City of Southfield
- The hydrogen will be produced using electricity from a combination of grid power and on-site solar photovoltaic cells
- Capable of delivering 100,000 kilowatt-hours of electricity per year (enough to power a small office complex and several fuel cell vehicles per day)

RENEWABLE ENERGY PARK IN WIXOM

- Idle 320-acre Ford plant in Wixom is getting reincarnated as a renewable energy equipment manufacturing park
- It will manufacture equipment for wind and solar projects, and will have a renewable energy training center
- Operational in 2012

Detroit

Clean Edge identifies the green transportation sector as one of four growth areas, and that benefits the cluster of companies making hybrid and electric vehicles in the greater Detroit area. Even companies not based in Michigan -- such as California’s Fisker Automotive and Ford battery car supplier Magna International -- have opened hubs near Detroit. A mechanical engineer working on plug-in hybrids and EVs can expect to make $63,600 median pay with a bachelor’s degree, reports Clean Edge. A great example of what’s happening in the Rust Belt is the transformation of the Ford Motor Company plant in Wixom, Michigan from a shuttered eyesore that had lost 1,500 jobs to an incubator for Xtreme Power (which makes power systems for wind and solar) and Clairvoyant Energy (solar).

BASF - WYANDOTTE

- In Wyandotte, BASF Corporation is an international leader in pollution prevention, environmental protection and management, and sustainable development
- Its Elastocell Plant was the first facility in the world to get joint ISO 14001/Responsible Care certification (i.e., international recognition for pollution prevention and environmental management)

BASF - WYANDOTTE

- BASF also helped convert an 84-acre brownfield into a nine-hole golf course, 25-acre waterfront park, boardwalk, and world-class rowing facility
BASF - WYANDOTTE

- BASF has rehabilitated the 1,200-acre Fighting Island from brine disposal area into wildlife sanctuary that has received Wildlife Habitat Council certification

Detroit RiverWalk

- In downtown Detroit, GM, the City of Detroit, and the Detroit Riverfront Conservancy are working with many partners to transform the entire downtown Detroit River waterfront

3.5 Mile Detroit RiverWalk

- DRC responsible for building, operating, maintaining, and programming the RiverWalk
- Over $110 million raised
- 3.5 miles from Joe Louis Arena to the Belle Isle Bridge
- This is one of the largest, urban, waterfront, sustainable redevelopment projects in North America

REGIONAL GREENWAYS

- Image of map showing greenways in the region.
U.S. - Canadian Cooperation

Grassy Island

Mud Island
- Donated to the Refuge by National Steel Corp. in 2001
- 18 acres of uplands and 72 acres of submerged shoals
- Lies within a significant staging area for migratory birds and fish

Mud Island Dedication Ceremony

Strong Unit
- The Detroit District of the U.S. Army Corps of Engineers transferred 168 acres of wetlands and uplands, complete with an bald eagle nest, into the refuge in 2004

DTE Fermi II Cooperative Management Agreement
- 656 acres managed for habitat in cooperation with DTE Energy
- Projects planned include marsh restoration, prescribed burn, and upland habitat enhancement

Fermi Sign Dedication
Oct. 29, 2004

Lagoona Beach Unit
Calf Island

- Solutia rehabilitated 25 acres of its river front property as in-kind match for a North American Wetlands Conservation Act grant that purchased Calf Island.

Gard Island Unit

ERIE MARSH PRESERVE

Lady of the Lake Unit – 2008

Plum Creek Bay Unit (2008)

FORD MARSH UNIT

- Automotive Components Holdings, LLC, Monroe, Michigan
GIBRALTAR BAY UNIT

One night of electrofishing and fyke netting
- 34 species of fish captured
- Most less than one year old (nursery area)
- Large and smallmouth bass; walleye; yellow perch; six species of sunfish, including longear sunfish (pollution intolerant); six species of suckers, including spotted sucker (MI Species of Concern); ten species of minnows

Refuge has grown from 300 acres to over 5,700 acres in nine years

THE LAST MILE OF NATURAL SHORELINE ON THE U.S. MAINLAND OF THE DETROIT RIVER

Humbug Marsh Unit
- 19,000 site worldwide
- 29 in the U.S.
- One in Michigan
Educational Shelter

~ .5 mile of barrier-free trails made of recycled crushed concrete

wetland boardwalk constructed out of composite decking made of recycled wood and plastics

removal of Old North Gibraltar Road
REFUGE GATEWAY

From Brownfield To Refuge Gateway

REFUGE GATEWAY

• Green Design
• Hamilton Anderson Associates under contract to do landscape architectural design
• $750,000 of earth moving in 2009, including daylighting Monguagon Creek and building a prairie wetland

LEED Certified Visitors Center

Monguagon Wetland System
**2011 SHORELINE RESTORATION**

**HARD SHORELINE ENGINEERING**

**SOFT ENGINEERING OF SHORELINES**
- Use of ecological principles and practices to reduce erosion and achieve stability of shorelines and safety, while enhancing habitat, improving aesthetics, and even saving money
- Using rocks, vegetation, and other materials to soften the land-water interface, thereby improving the ecological value without compromising engineering integrity of the shoreline

**Gibraltar Bay Unit**
- Before - 2003
- After - 2004
Windsor’s East Waterfront
Langlois to Moy Ave.

Before

After

Windsor’s Goose Bay

Before

After

Milliken State Park - Detroit

Before

After

DTE’s Rouge Power Plant

Before

After

US STEEL – River Rouge, Michigan

Before

After

Wayne County’s Elizabeth Park

Before

After
From Black Lagoon to Recreational and Natural Resource Asset

Oil being discharged from McClouth Steel Plant in 1961

- 115,000 cubic yards of contaminated sediment removed
- $9.3 million

$152,000 for soft shoreline engineering

FROM BLACK LAGOON TO ELLIAS COVE
REGIONAL GREENWAYS

Detroit Heritage River Water Trail

Paddle By Your Refuge

- Second Annual
- Sept. 17, 2006
- Over 300 paddlers
- Over 100 made the trip to Humbug and back

FLW Walleye Tour
April 5-7, 2006

Chevy Open
July 12-15, 2007

LESSONS LEARNED FROM THE DETROIT RIVER

- Cooperative conservation initiatives are helping recreate gathering places for wildlife and people along the Detroit River
- These unique conservation places are now a key factor in providing the quality of life that is so important in achieving competitive advantage for communities and businesses in the 21st Century
- Cooperative conservation is helping provide an exceptional conservation experience to nearly 7 million people in the watershed to help develop the next generation of conservationists
Lessons Learned

Initiation – Rally Around Our Resources
- High profile champion
- Build Partnerships
- Core project delivery team

Lessons Learned

Formulation – Planning for Conservation
- Cooperative learning
- Local ownership
- Step-wise approach
- Ecosystem/watershed focus
- Cooperative solutions
- Government responsiveness

Lessons Learned

Implementation – Sustainability and Success
- Leverage resources
- Cost/Ecosystem Effectiveness
- Public Celebration

To deny the river is to deny the origin of the city. To rethink the river is to discover a unique opportunity to define urban places, join neighborhoods and communities together, and reconnect us to our landscape and our history.
Dredging Using Polymers/Geobags & Porous Asphalt for Park Trails

DATE AND TIME
Tuesday 1 and Wednesday 2 March 2011 / 10AM-11:30AM

SPEAKER(S)
Charles (Chuck) E. Nahn III, P.E.
Owner
Nahn and Associates, LLC
5623 Sandhill Drive
Middleton, WI 53562
Email: cnahn@tds.net

SESSION DESCRIPTION
Two case studies will be presented for recently completed projects in Middleton, WI using innovative practices to solve old problems, including dredging using polymers/geobags and park trail construction using porous asphalt. These projects received much public attention and controversy due to the innovative practices and highly visible area. “Lessons learned,” project challenges, and advantages and disadvantages of these practices will be covered.
Session focused on presenting two topics related to porous asphalt projects in Middleton, WI including renovations of the existing trails system and the Pheasant Branch conservancy. Presentations of the different case studies included technical knowledge as well as tips from an end user of the trail system.

Middleton, WI was voted the number one place to live by Money magazine in 2007. The Middleton trail system was rated B+ overall by a national trails expert including on and off ramps, updated maps and signage, kiosks and benches, connections with regional and statewide trails. Weather problems have also caused problems related to accessibility and safety due to puddles. Replacing sections with porous asphalt resulted in much less standing water and quicker water absorption compared with regular pavement. The Pheasant Branch Creek Corridor Trail is a proposed project with ADA standards considered as well as wetland management and conservancy.

Case studies were conducted at Parisi Park, Conservancy Condos, Gaylord Nelson Trail Junction, Firemen’s Park, Middleton Highway Q Dog Park, University of Wisconsin campus, and the Larry Scott Trail in Jefferson County, Washington. Myths addressed include that porous asphalt clogs over time, ruts under heavy traffic loads, pollutes ground water, cracks from frost during freeze/thaw periods, and a 12-18” base is required. When comparing materials for renovating trails, there are many differences to consider. Deciding between gravel versus asphalt includes issues related to erosion, washout, weather conditions, and compliance with ADA. Compared with regular asphalt, porous asphalt allows vehicular access without rutting, a softer surface, year-round access, less washout on shoulders, better path drainage, more environmentally friendly, and is similar in cost. The porous asphalt is ADA compliant accommodating multiple users in various weather conditions, has minimal cost difference, various environmental benefits, and a life consistency of between 10-12 years.

The Pheasant Branch Creek and Baskerville Harbor Restoration dredging project removed sediment from the bottom of the lake, ultimately extending the boat ramp, creating a dewatering basin, and restoring areas of the park. The dredging project ultimately provided necessary improvements related to recreation and boating use, fish and wildlife habitats, and water quality. The use of the polymers resulted in multiple lessons regarding space, ground materials, dosage issues, sediment quality, emergency plan creation, timing, elevation concerns, and value of the dewatered sediment.

SESSION LEARNING OBJECTIVES

- Participants will be able to identify three advantages in using porous asphalt for park trails.
- Participants will be able to describe the process of using polymers/geobags in dredging projects.
Topics to be Covered

- Who
- What
- Where
- When
- Why
- How

WHO

- City of Middleton (Lead-$75,000)
- Wisconsin DNR (Fisheries-$10,000, Lakes-$79,800)
- Madison Fishing Exposition($10,665)
- Dane County Conservation League ($3,000)
- Yahara Fishing Club ($2,000)
- Dane County Land & Water Resources ($15,000)
- TOTAL PROJECT COST=$195,465

What

- Remove Sediment from Lake bottom
  - 5-6 feet depth for 50 foot width (6000 c.y.)
- Extend boat ramp 40 feet into lake
- Dewater sediment and return water to Lake

Where

- Sediment removal- Lower Century to Middleton Boat Landing
- Underwater Concrete Ramp- at end of Lake Street
- Dewatering Basin- Lakeview Park East Extended

Contact Information

- Charles (Chuck) E. Nahn P.E.
  Nahn and Associates, L.L.C
  5623 Sandhill Drive
  Middleton, WI 53562
  Phone-(608) 712-9199
  E-mail- Cnahn@tds.net
Where (continued)

When

• Bid Opening - October 27, 2006
• Work Start - early April 2007
• Work Complete - Dredge (June 21, 2007), Ramp (July 2, 2007)
• Park Restoration - Spring, 2008

Why

• Recreational and Boating Use
• Fish/ Wildlife Habitat
• Water quality
Why (Continued)

How

• Hydraulic Dredging Operation
• Boat Ramp Extension
• Lakeview Park East Dewatering Basin

How (Hydraulic Dredge)

How (Boat Ramp Extension)
Pheasant Branch Creek Corridor Trail
TE Grant Improvements 2009
Established as a Sanitary Sewer Corridor in 2000


Incorporated into the Middleton Trail system in 2000

Existing access road was developed into the existing gravel trail in 2000

First round of bridge improvements installed in 2007

DOT TE Grant awarded in 2007 for pavement and three additional bridge installations
Pheasant Branch Creek Corridor Trail

Proposed Project

- 1.25 miles of asphalt pavement along the existing gravel trail, gravel shoulder replacement
- 3 clear span bridges across Pheasant Branch Creek
- Minor grading to accommodate ADA accessibility
- Existing wetland area preservation
- Site restoration
Pheasant Branch Creek Corridor Trail

Current Construction Timeline

- DOT TE Grant awarded 2007
- Planning and Engineering completed 2008
- Permitting completed 2008-09
- Bidding – May 2009
- Construction – June/July 2009
Pheasant Branch Creek Corridor Trail

Gravel vs. Porous Asphalt

- Weather conditions
- Safety
- Year round accessibility
- Bicycle commuting
- Erosion control
- New bridges improve creek crossings

Transition from porous pavement to gravel at Gaylord Nelson

Parisi Park-During Storm  PBC prairie trail-After storm  Parisi Park-After Storm
Pheasant Branch Creek Corridor Trail
Porous Pavement

- Existing WDOT Specification 460 - Stone Matrix Asphalt Mix- modified with WAPA and Washington State specs

Typical Porous Pavement Installation
Pheasant Branch Creek Corridor Trail
Porous Asphalt
Pheasant Branch Creek Corridor Trail

Typical Cross section

- Base course of gravel (6”) with surface course of limestone screenings for existing path
Pheasant Branch Creek Corridor Trail

Cost of Porous versus Regular Asphalt

- Production cost for Porous Asphalt is $10-$15 more per ton than regular asphalt (Due to AC, Fiber, Rubber, and Polymer additive)- $2.28/sq ft
- Porous Asphalt spreads 10%-12% farther than regular asphalt because of large air voids
- Cost difference for PBC trails is minimal
Pheasant Branch Creek Corridor Trail
Americans With Disability Act Trail Requirements

- US Access Board Guidelines (Jan 2007)- Trial surface should be “very firm and stable”
- Surface should not give way under foot (<.3 inch compression) nor should it shift from side to side when turning (< .5 inch lateral movement)
- In Northern Climate, only paved or constructed board walk surfaces consistently satisfy these requirements on a year-round basis
Pheasant Branch Creek Corridor Trail

Environmental Benefits

- Minimal disturbance within the corridor by utilizing existing trail
- Removal of invasive plant species during project preparation
- Stormwater management
- Water quality (using porous)
- Erosion control
- Less salt usage

Cross slope erosion  Salt and sand usage  Ruts and washouts
Pheasant Branch Creek Corridor Trail

Environmental Benefits

- Porous Asphalt is considered a “Green” product
  - Porous so it isn’t considered paved surface
  - Uses recycled asphalt, rubber, carpet fiber and plastic polymer in asphalt mix
  - Seeking LEED certification
Pheasant Branch Creek Corridor Trail

Infiltration

- Based on numerous borings, underlying soils are loamy to fine sands which accommodate rapid drainage.
- Using WDNR Tech Standard #1002- Infiltration rate is 1.63 to 3.6 inches/hour for loamy to fine sands, porous asphalt= 20-40 /inches/hour= 1.6 million gallons of water infiltrated every year.
Pheasant Branch Creek Corridor Trail

Strength and Stability

- Usually 12” to 18” open graded crushed clean stone for base (#2 or #57 stone) for porous asphalt
- To minimize site disturbance, use existing path as base and place porous asphalt over the top
- Compressive strength for existing crushed gravel base is similar to #2 and #57 stone
- Parisi Park- Vehicle access over porous asphalt trails, no disruption/cracking
- No need for reservoir, pavement to be built on solid platform
- Less turning movements on trail, no loose stones/rubble
Pheasant Branch Creek Corridor Trail

Density and Impact

- **Golf Ball Bounce Test** - Measure of hardness - drop 4 feet
  - Concrete = 3.2’
  - Standard Asphalt = 2.5’
  - Porous Asphalt = 1.9’
  - Crushed stone base = 1.0’
  - Turf = 0.1’

- **Dual shoulders for running groups** (turf, limestone screenings)
Pheasant Branch Creek Corridor Trail
Shared Use Trails-
Sheehan Park (City of Sun Prairie)

- Dual shoulders for running groups (turf, limestone screenings)
Pheasant Branch Creek Corridor Trail
Shared Use Trails
Pheasant Branch Creek Corridor Trail

Maintenance

- Less winter snow and ice buildup, freeze thaw impacts
- Reduced plowing need (Labor/material cost savings=$3500/year)
- Year round ADA accessibility
- Improved safety for bicyclists
- Currently maintained with sweepers, blowers, and plows
  - Maintenance costs for gravel trail +/- $5000/year
  - Maintenance costs for porous pavement trail +/- $300/year
Pheasant Branch Creek Corridor Trail

Testimonials

- Jeff Uhlmeyer (Washington DOT State Pavement Engineer)
  - Several bike trail applications installed on 4-6 inches of crushed aggregate
  - FHWA approved construction methods

- Steve Krebs (Material Performance Section of WisDOT)
  - Supported application of porous pavement placed on crushed base

- Scott Schwardt (Wisconsin Asphalt Pavement Association)
  - No reservoir needed to store large stormwater quantities, only need stable construction platform (crushed base is suitable)
Pheasant Branch Creek Corridor Trail
Case Studies

- Parisi Park (2006)
Pheasant Branch Creek Corridor Trail

Case Studies

- Conservancy Condos (2008)
Pheasant Branch Creek Corridor Trail Case Studies

Pheasant Branch Creek Corridor Trail
Case Studies

- Firemens’ Park (2008)
Pheasant Branch Creek Corridor Trail Case Studies

- Middleton Highway Q Dog Park (2008)
Pheasant Branch Creek Corridor Trail

Case Studies

- University of Wisconsin Campus (2006)
Pheasant Branch Creek Corridor Trail

Case Studies

- Larry Scott Trail - Jefferson County WA (2001)
Myth #1 - Porous asphalt (and other types of porous pavements) will clog over time and is not durable.

Truth

- While some cautions are needed to prevent careless transport of sediments and fines on to pavements, many pavements have been operating for decades with little maintenance and others that have become clogged have been successfully rehabilitated.
Myth #2 - Myth #2 - Porous asphalt will rut under traffic loads.

Truth –
- The structural strength of flexible pavements comes primarily from the supporting roadway section, not the asphalt.
- A Caltrans study (1989) on the structural value of open graded asphalt-treated base and open graded asphalt concrete pavement concluded that these materials would be assigned the same structural strength value as their dense graded counter parts.
- Oregon DOT design guidelines state that open graded asphalt will be given the same structural value as dense graded asphalt.
Myth #3 - Porous asphalt will lead to pollution of the ground water.

Truth

➢ Intuitively, porous asphalt decreases pollution risk by keeping stormwater dispersed.
➢ Several studies have looked at the water quality treatment that occurs at the geotextile soil interface and concluded that removal of most pollutants is very good.
➢ Other studies have shown that the porous pavement itself traps many of the heavy metals with fine sediments, and absorption occurs to neutralize them. More study is needed in this area, but so far the results are positive.
FOR MORE INFORMATION
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Finding an Artifact Doesn’t Ruin Your Park

DATE AND TIME
Tuesday 1 and Wednesday 2 March 2011 / 10AM-1130AM

SPEAKER(S)
Allen W. Patterson
Director
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Bruce Oldham
Regional Parks Operations Manager
White River Campground
11299 E. 234th Street
Cicero, IN 46034
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SESSION DESCRIPTION
Our parks provide recreation to the people and conservation and protection to our unique lands. What do you do when protecting your natural resources becomes an urgent issue? How will it affect your visitors and staff? This session invites you to hear from a park system that has developed a successful plan for juggling historic conservation and recreation pursuits.

I really enjoyed this presentation, and the Park & Rec guys from Hamilton County were great. It was awesome to hear about their story, and how they purchased some land that ended up being a ‘gold mine’ of ancient artifacts, and how it changed their park and county forever.

A handful of Park & Rec guys taking the seminar were there because their parks had stumbled upon historic sites too, and they wanted a first-hand account on the subject and how to handle it. They covered many different
subjects; one major topic being how to figure out if you have a historic site or not. They listed things such as contact from state historical research professionals or universities in the area. Other clues to having a historical site include hobbyists, local ‘wandering’ historians, or even the oldest realtor in town. After you find out that your site is indeed a historical one (with artifacts), it is important to see what you can do according to state laws. Federal funding is also important. Getting people—the community, volunteers-involved is also a must in order to make the project successful.

Overall, this seminar was very informative and I enjoyed it immensely.

SESSION LEARNING OBJECTIVES

- The attendees will be able to identify the steps that should be taken when historic and/or pre-historic artifacts are found on your park site.
- The attendees will be able to compare and contrast their own situation to a real case study provided to them of an actual successful park design and programming plan.
Developing a Comprehensive Emergency Management Plan

DATE AND TIME
Tuesday 1 March 2011 / 10AM-1130AM

SPEAKER(S)
Rodger Norcross
Deputy Chief
ODNR/Division of Watercraft
2045 Morse Road BLDG A-3
Columbus, OH 43229
Email: rodger.norcross@dnr.state.oh.us

SESSION DESCRIPTION
What do you do in a worst case scenario? How will your staff react to emergencies at your property? This session will help you to develop an emergency plan designed to keep staff, patrons, and operations responding to an incident in a safe, legal, and practical way.

This session involved discussion of the three main phases of an emergency management plan: the response phase, the recovery phase, and the mitigation phase. The response phase involves knowing what agencies and resources you
need and how to get them to the emergency site. Different resources will be needed for different emergencies. The recovery phase involves damage assessment and then rebuilding which can take a very long time. After that comes the mitigation phase which involves improving the area affected by the emergency and alleviating peoples issues and concerns.

When building your plan you should know who the people you serve are and then get all local, state, federal agencies and private organizations together to make sure everyone is on the same page. Emergency action plans should also be distributed to all the necessary people when an emergency happens and be updated regularly.

SESSION LEARNING OBJECTIVES

- The student will be able to define the essential elements of an emergency management plan.
- The student will be able to identify what agencies should be included in their emergency management plan.
- The student should be able to identify the elements of continuity of operations and continuity of government plans.
Developing a Comprehensive Emergency Management Plan

Rodger M. Norcross, Deputy Chief
ODNR Division of Watercraft

SESSION LEARNING OBJECTIVES

► The student will be able to define the essential elements of an emergency management plan.
► The student will be able to identify what agencies should be included in their emergency management plan.
► The student should be able to identify the elements of continuity of operations and continuity of government plans.

Defining Emergency Phases

► Response Phase
► Recovery Phase
► Mitigation Phase

Response Phase

Local EOCs
State EOC
Joint Field Office
Federal Agencies and Departments

Resource Request and Delivery Flow

Coordination Command
Local EOCs
Local for Local Mutual Aid Private Sector/NGOs
Joint Field Office
National Response Framework
Coordination Command
Incident Command/Unified Command

Homeland Security Presidential Directives (HSPDs)

HSPD-5 Management of Domestic Incidents
HSPD-8 National Preparedness

National Incident Management System (NIMS)
Resource Typing

- **FEMA Type I Rescue Team**
  - 14-member team
  - Composition: 2 managers, 2 squad leaders, 10 personnel
  - Capabilities: all of Type II plus
    - Technical animal rescue, min. 2 persons
    - ALS certified, min. 2 persons
    - Helicopter operation awareness, min. 4 persons
    - Power boat operators, min. 4 persons
    - SCUBA trained personnel (60 hours of formal public safety diver training), min. 4 persons
    - Manage search, power vessel, helicopter rescue, HazMat, animal rescue, ALS, communications, & logistics operations

- **FEMA Type II Rescue Team**
  - 6-member team
  - Composition: 1 squad leader, 5 personnel
  - Capabilities:
    - Technical Animal Rescue, 1 person
    - Helicopter operations awareness, 2 persons
    - Operating Power Boats, 2 persons
    - Trained SCUBA (60 hours of public safety diver training) support personnel with equipment, 2 persons
    - EMT certified, 1 person
    - 24-hour operations
    - Manage search, power vessel, helicopter rescue, HazMat, animal rescue, BLS operations
    - In-water contact rescues, dive rescue, technical rope systems (Team)
    - Class 3 paddle skills, contact and self rescue skills, ICS, Swiftwater rescue technician, technical rope rescue training (Team)

Recovery Phase

- Damage Assessment
Recovery Phase

Personal Losses (employees)

Mitigation Phase

Rebuilding

Building the Plan

All Hazards Approach

► Wind Events
► Snow/Ice Events
► Floods/Dam Failures
► Fires
► Lost/Missing people
► Significant Health Event
► Protest

Building The Plan

► Local EMA
► State EMA
► Other “Like” State Agencies
► FEMA

Recovery Phase

8073 Automobile, Police to 250 Stationary with engine running. hour $16.25

8131 Boat, Runabout Size 13x5 to 50 Outboard. hour $14.00
Building The Plan

- Work Backwards
- End Results
  - Internal Customers
  - External Customers

Getting all the players at the table!

Local Agencies
State Agencies
Federal Agencies
Private Organizations

Building The Plan

- Written
- Electronic
- Security of Plan

Building The Plan

- Updates (Admin changes, name changes)
- Resources
- Revision Numbers
- Distribution plan

Putting the pieces together

Identifying Personnel
Communications
Command Structure
Pre-Plans
Documentation

Organization

Incident Commander
Public Information Officer
Safety Officer
Liaison Officer

Operations Section
Planning Section
Logistics Section
Finance/Admin. Section

Resources
Demolition Unit
Supply Unit
Ground Support Unit

Incident Commander
Public Information Officer
Safety Officer
Liaison Officer

Operations Section
Planning Section
Logistics Section
Finance/Admin. Section

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Demolition Unit
Supply Unit
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Incident Commander
Public Information Officer
Safety Officer
Liaison Officer

Operations Section
Planning Section
Logistics Section
Finance/Admin. Section

Resources
Demolition Unit
Supply Unit
Ground Support Unit
Emergency – vs. Event

- Use of the ICS system
  - Emergency
  - Events

- Create an IAP (Incident Action Plan) for events

Integration of Resources

- ID local resources
- Specialized equipment
  - Hazmat teams
  - Helos with hoisting capabilities
- LEPC
- MOU’s and MAA’s
- EMAC requests
**Integration of Resources**

- Staging areas for resources
  - Restrooms
  - Food
  - Water
- Base camp
  - Housing
  - Fuel
  - Showers
  - Food

**Communications**

- Needs to part of your plan
- Needs within your facility
- Comms with your staff
  - Radio
  - Cell phone
  - Landline
  - Text messaging
  - Nextel
- Comms with the public
  - How to communicate in your facility
  - How do you notify the public of a problem
  - Use of PA’s or warning devices
  - Dealing with large amounts of transient visitors
  - Waterways, forests and etc.
- Comm preplans
- Fliers, posters and inserts
- Comms with incoming resources
  - KISS for interoperability
  - Comms with aircraft
  - Comms with public CERT
  - Amateur radio clubs and groups
Identifying Personnel

► Essential Personnel
  • Identified in the plan
  • Credentialing for the employee deemed as "essential"
  • Identifying the essential business needs
    ➤ Water treatment plant operators
    ➤ Waste water treatment plant operators
    ➤ Law enforcement personnel
    ➤ Lodge managers and maintenance personnel

► Non-Essential Personnel
  • Communications with personnel
    ➤ Call in
    ➤ Call down tree
    ➤ Reverse calling/paging system
  • HR needs for Non-Essential
    ➤ Alternative work location
  • IT needs
  • Essential work functions
    ➤ Use of administrative leave

Pre-Planning

► Closing Facilities
  • Closing the gates
  • Barricading
  • Utilities
  • Security
  • Communications
    ➤ Media
    ➤ Public

Pre-Planning
Evacuate – vs. Sheltering in Place

► Evacuation
  • Transportation
    ➤ Specialized needs
  • Shelter Areas
    ➤ Local EMA
    ➤ Red Cross
  • Communications
    ➤ Media
    ➤ Family Members

► Sheltering in place
  • Heat
  • Food
  • Water
  • Comfort facilities
  • Communications
  • Back up power
  • Medical needs
  • Special needs
Pre-Planning
Staging area for resources

Pre-Planning
Debris plans

► Staging of Debris
  - Wood debris
  - Construction type debris
  - Mixed debris “hazardous household”
  - Trailers
  - Mobile homes

Pre-Planning
Debris plans

► Curb side pick up

► Equipment needed

► Public property – vs. – Private property

Pre-Planning
Maps

5/14/2012
Landing Zone Setup

LZ area should be 100’ X 100’ if possible.
LZ should have as little of a slope as possible (less than 5 degrees).
LZ area should be a hard surface (concrete, asphalt, gravel, lawns, etc.).
LZ corners should be marked with highly visible devices (cones, flairs, strobes).
No debris on landing surface and within 100’ of landing area.
Land the helicopter(s) a safe distance from the scene/patient.
Never point bright lights directly at the aircraft!
Maintain security of LZ while helicopter is present.
Pre-Planning
Specialized Resources
► Hazmat Teams
► Bomb response teams
► Cranes
► Ice rescue resources
► Swift water rescue
► IMT teams
► NVG/FLIR

Pre-Planning
Basic needs
► Food
► Water
► Fuel
► Shelter
► Back up power

Documentation
► Reimbursement
  ▪ Local state
  ▪ FEMA
► Injuries
  ▪ Personnel
  ▪ Visitors
► Litigation
► Damage

Documentation
► ICS Forms
► FEMA Force forms
► Ohio Specific forms

Debriefing
► Objective
  ▪ Lay solid ground rules
► Organizational changes
  ▪ If you don’t want to know don’t ask
  ▪ Make the changes if possible
► Changes need to happen
► Mental health issues
**COOP**
- Holding it all together
- Public expectations
  - Refunds
  - Vouchers
  - "Normal operations"
- Contracts with concessioners

**COOG**
- Rolls DNR’s play
- Large staging locations
  - One stop shopping
- SNS roles
- Sheltering Locations
  - Campgrounds
  - Lodges
  - Cabins
- Relocation of State COOP & COOG

**Exercising Your plans**
- Workshop
  - Intro to the plan
  - Key players
  - Your own staff
  - A chance to have “others” eyes looking at your plan

**Exercising Your plans**
- Table top
  - Putting the plan to reality check
  - Bring in resource partners
  - Walking through the plan step by step

**Exercising Your plans**
- Functional
  - Testing elements of your plan
  - Utilize some resources

**Exercising Your plans**
- Full Scale
  - Deploy resources
  - Test the response of resources
  - Moving personnel and equipment
Lessons Learned

► 1990 Floods
► Zaleski Forest Protest
► Lucasville Riots
► Operation Liberty Shield
► Shawnee fire
► Mohican Floods
► Hurricane Katrina & IKE
► Rhodes Tower

Thanks for your time & Stay safe!

Questions

Rodger Norcross, Deputy Chief
Division of Watercraft
Ohio Department of Natural Resources
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Columbus, OH 43229
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Ecosystems Under Attack: Exotic Invasives

DATE AND TIME  
Tuesday 1 March 2011 / 10AM-1130AM

SPEAKER(S)  
Dan Olson  
Director of Natural Resources  
Champaign County Forest Preserve District  
PO Box 1040  
Mahomet, IL 61853  
Email: dolson@ccfpd.org

Anthony St. Aubin  
Unit Manager  
JF New  
6605 Steger Road, Unit A  
Monee, IL 60449  
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SESSION DESCRIPTION
The what, when, why, and where of invading plants and animals that are causing problems for our native ecosystems.

One of this year’s highest attended sessions, this seminar was an extensive examination at invasive species and the economic and ecological impact they make in our local environment. Differences between exotic and invasive species were established, as well as some common types prolific throughout the Midwest. Some of these invasive species include purple loosestrife, the emerald ash borer, and Japanese stilt grass. One of the first main
points that the educators reinforced was that not all exotic species are invasive, and not all invasive species are exotic.

Implications of ecological consequences were discussed, including erosion and the reduction of wildlife and biodiversity within an ecosystem. Reasons to be concerned about this issue were presented, including the limitation of land and water use, and the reduced capacity to provide goods and services. After focusing on avenues of invasion, such as agriculture and the trade of ornamental plants, the remainder of the presentation was focused on operations in controlling invasive species. Some things to consider before creating a management plan include an organization’s goals, budget, the growth form of the plant, the plant biology, the project timeframe, adjacent vegetation, as well as other environmental and logistical factors. Methods including chemical applications, mechanized and biological management practices were discussed, as well several educational resources in tackling this issue. Presenters left the group with the idea, “just because it’s natural, doesn’t mean it should be planted.”

SESSION LEARNING OBJECTIVES

- The student will be able to identify invasive plants and animals in the Great Lakes Region.
- The student will be able to apply what they have learned to their job.
- The student will discuss control successes and failures.
DATE AND TIME  
Tuesday 1 March 2011  /  1PM-2PM and 215PM-315PM

SESSION DESCRIPTION
The discussion and demonstration of innovative gadgets created and used by park and recreation professionals to make work a little easier for everybody. Examples included an anti-ramming gate, campfire safety signs, an “Easy Snow Shovel” removal device, reusing old five-gallon buckets to make a self watering plant growing system, and an “add a valve” for hydraulic pumps.

SESSION LEARNING OBJECTIVES
- Identify the strategies and steps to make a recreation facility partnership happen.
- Discuss the unique design characteristics of a shared recreation community center with both a school district and a hospital/health care provider.
- Explain the operations and management of a shared community recreation center to include revenue expectations, personnel needs, safety, and programming.
DATE AND TIME
Tuesday 1 March 2011 / 1PM-2PM and 215PM-315PM

SPEAKER(S)
Scott Watson
Supportive Systems, LLC
25 Beachway Drive, Suite C
Indianapolis, IN 46224
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SESSION DESCRIPTION
Join this energetic speaker for creative real-life suggestions to improving your world by improving your attitude. Take time to learn and laugh while learning how attitude impacts your life. Participants will be better able to leverage Joy, Optimism, and Perspective; and find serenity.

Session focused on the ability of individuals to change their mindset to become more optimistic and have a more positive attitude overall to be not only happy but joyful and also become better leaders. Real optimism is being aware of problems but recognizing solutions.
This session included many different ideas, mottos, and idioms. The basic premise is that positive attitudes are correlated with health, persistence, resilience, enhanced emotional health, positive personal relationships, and less stress.
Some people always leave others feeling better. Ideas regarding both positive and negative people typically have names associated. Even conference presentation attendance is often about interactions with other people rather than necessarily the topic being covered. Happiness may be simple (based on happiness) but people are unhappy for a variety of reasons included not getting their own way, being overlooked or “discounted”, feeling unappreciated, or being taken for granted. Lateral leadership may be utilized in addition to the traditional hierarchy of an organizational chart. Ideas presented included information on bumper stickers such as: joy is a choice; loneliness vs. solitude; challenge vs. opportunity; resentment vs. gratitude; control vs. acceptance; tears vs. laughter.

Optimism is not about denying negative emotions, “whitewashing” negative situations or events, or looking at the world through rose-colored glasses. Developing a positive attitude requires cognitive reframing. Try to avoid approaching situations as “all or nothing”. Perfection is impossible so don’t focus on what you should have done. Don’t try to live other people’s lives and stay in the moment as often as possible. Joy-filled calisthenics for the mind include acceptance as an answer and a gratitude list for those who deserve thanks.

SESSION LEARNING OBJECTIVES

- Discuss the importance of optimism and a positive attitude
- Identify different aspects of a positive outlook
- Examine the role of self-talk and negativity
- Present techniques for increasing your optimism and success!
Learning Objectives

- Discuss the importance of optimism and a positive attitude
- Identify different aspects of a positive outlook
- Examine the role of self-talk and negativity
- Present techniques for increasing your optimism and success!

Attitude with a View

SCOTT J. WATSON, LCAC, SAP
SUPPORTIVE SYSTEMS, LLC
EAP & CORPORATE DEVELOPMENT

"I'm POSITIVE"!!

- What are some words that you use to describe yourself or someone else who holds a “positive attitude”?

Why is a Positive Attitude Important?

A Positive Attitude correlates with:
- Health
- Persistence
- Resilience
- Enhanced Emotional Health
- Positive Personal Relationships
- Less Stress

Happiness is based on “happenings” BUT....

Most are unhappy when:
- We don’t get our way
- We feel overlooked
- We feel unappreciated
- We feel taken for granted

Most are unhappy when:
- We don’t get our way
- We feel overlooked
- We feel unappreciated
- We feel taken for granted

JOY IS A CHOICE

- Loneliness vs Solitude
- Challenge vs Opportunity
- Resentment vs Gratitude
- Control vs Acceptance
- Tears vs Laughter
Developing a Positive Attitude

Cognitive Reframing
- Avoid “all or nothing” thinking
- Don’t “should” all over yourself
- Keep on “your side of the street”
- Stay in the moment
  - Crystal balls and rear view mirrors

Learning How to be an “Optimist”

Three dimensions of habits and thinking:
- **Permanence** (about time)
  - Permanent versus Temporary
- **Pervasiveness** (about space)
  - Universal versus Specific
- **Personalization** (about the self)
  - Internal versus External


What Optimism is NOT:
- Denial of Negative Emotions
- “Whitewashing” negative situations or events
- “Fake it ‘til you make it”
- Rose colored glasses

Joy-filled Calisthenics

- Write a Gratitude List
- Tell Somebody...no really
- The Gratitude Visit
  - Write and deliver a letter in person to someone who deserves thanks

Keeping Perspective

“And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing or situation -- some fact of my life -- unacceptable to me, and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing happens in God’s world by mistake. Unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes.”

BB pg 449

Real Optimism

is being aware of problems but recognizes the solutions
...knows about difficulties but believes they can be overcome
...sees the negatives but accentuates the positives
...is exposed to the worst but expects the best
...has reason to complain but chooses to smile.

by William Arthur Ward
American Writer (1921-1994)
Resources

- Internet
  - University of Pennsylvania, Positive Psychology Center
    www.authentichappiness.org

- Books/Articles
Get Rid of Your Gas Guzzler:
Electrify Your Fleet

DATE AND TIME
Tuesday 1 March 2011 / 1PM-2PM and 215PM-315PM

SPEAKER(S)
Tim Pulliam
Project Manager
Energy Systems Network
111 Monument Circle
Indianapolis, IN 46204
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SESSION DESCRIPTION
New specialized electrical fleet vehicles are hitting the market every day. How handy would it be to be able to plug in any electrical tool to your fleet vehicle? What options might be available for you?

Tim’s seminar on electric cars and the future of transportation was interesting. He wanted to convince fellow professionals in the field about ‘going electric’. There are so many benefits to getting an electric car. Reducing
dependence on oil, lower greenhouse gas emissions, and lower transportation costs are just a few perks to switching up your vehicle to an electric.

These vehicles, surprisingly, were invented in the 1830’s. They apparently disappeared around 1935 and reappeared as of late. They are super expensive, but relatively safe even though they are small in size. Also, they get great gas mileage and not to mention awesome for the environment.

SESSION LEARNING OBJECTIVES

- Develop awareness and sources for new, specialized electrical fleet vehicles.
- Develop interest in researching options for students’ application.
Healthy Parks Partnerships

DATE AND TIME
Tuesday 1 March 2011 / 1PM-2PM and 215PM-315PM

SPEAKER(S)
Michael Hecker, CPRP
Parks and Recreation Director
City of Mason
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SESSION DESCRIPTION
Multi-party partnerships for a parks and recreation agency can involve several financial partners from the public, private and non-profit sectors. The economic case for a city, school district and hospital cooperating to design, construct and manage a community recreation center is compelling. This session will provide perspectives on partnering with schools and hospitals. Listen as the latest partnership between the City of Mason and Tri-Health has developed the expansion of the Mason Community Center to become a 235,000 square feet facility with an emphasis on health and wellness. The new expanded facility includes a warm water pool, pharmacy, rehabilitation, over 40-doctor offices, gymnastics gym, full service café, rock climbing wall, teen active zone and an expanded fitness area.

NEEDS IDENTIFICATION: The cost savings for a City parks and recreation department to partner with the public and private sectors to build and operate joint-use community recreation centers that will meet the recreational and wellness/health needs of a community.

The focus of this session was to demonstrate how partnerships can benefit organizations, and in particular how partnerships can be used to promote health. The city of Mason Ohio has created a unique example of how partnerships benefited all parties in a venture joining a local city school with the local parks department to build a new community center and later expanded to add on a health and wellness wing with a partnership involving the local Tri-Health hospital. The session included photos and blueprints of the facility as well as the pros and cons to partnerships with other organizations.

SESSION LEARNING OBJECTIVES
- Identify the strategies and steps to make a recreation facility partnership happen.
- Discuss the unique design characteristics of a shared recreation community center with both a school district and a hospital/health care provider.
- Explain the operations and management of a shared community recreation center to include revenue expectations, personnel needs, safety, and programming.
What is partnering?
• Partnership - A contractual relationship between two or more persons carrying on a joint business venture with a view to profit or reducing each others costs, each incurring liability for losses and the right to share in the profits.
• Three types of facility partnerships -
  – Public/Public
  – Public/Not for Profit
  – Public/Private

Why Establish A Partnership?
• The actual cost of providing services is too high
• Merging resources helps to create a higher delivery of services between partners
• Creates entrepreneurial opportunities not always affordable to public agencies
• Advocacy
• Creates a market driven approach vs. product approach

Partnerships to Promote Health
• Schools (68%)
• Sports Organizations (57%)
• Public Health Agencies (68%) – (county, state health departments)
• Non-Profit Health Promotion Agencies (57%)
• Health Care Provider (38%) – (Doctors, Hospitals, Clinics)

Unique Design Characteristics
• Shared Space (Field House, Competition Pool, Auditorium, Gymnasium, ) – 77,451 s. f.
  • Competition Pool
    – Moveable Floor, Bleachers for 800 spectators
  • Auditorium with 1,200 seats
  • Leisure Pool
    – 3-Story Tower Water Slide, ‘Lazy River’
  • Family Locker Rooms
School Partnership Pros & Cons

- Good Stewards of the Community's Tax Dollars
- Prevents Duplication
- Derail Anti-Public Recreation Campaigns
- Greater Resource Pool
- Streamlines Bid Process

- Less Control
- Will challenge trust levels
- Takes time and patience to develop
Evolution of Health Partnership

• Fast forward – 2006

  – New City Council, new expectations
  – Profit center vs. service
  – Financial Stability
2006 Initiatives

- Examine and lower expenses
- Increase revenues
- Examine operations to determine most efficient practices
- Operating subsidy reduced from $550,000 to $98,000

2007 Challenges

- New Fitness Centers
  - 30% hit to membership
- What's the fix?
- Really a question of what is city/government philosophy

Service vs. Profit

- Continue to balance self-sufficiency with recreation service
- Concept of expanded center/amenities
- Marketplace with private gyms
  - Lifetime Fitness, LA Fitness, etc.
  - Other amenities
  - Purely profit driven
- What is our niche?

Opportunities for City

- Medical Component
  - Focus on individual/community health
  - TriHealth has a 63% market share of outpatient services and 57% market share of inpatient services for City of Mason residents

Opportunities for City

- Economic Development
- Income tax revenue
- Memberships and building traffic
- Park improvements

Opportunities for City

- Premier memberships
- Corporate wellness
- Expanded fitness areas
- Tenant revenue
City Timeline

- **Fall 2007**
  - Seek proposals/ select TriHealth

- **2008**
  - Lease negotiations
  - Start program partnership
  - Concept design
  - Program review

- **2009**
  - Finalize lease
  - Finalize design
  - Bid packages

- **2010**
  - Construction
  - GHA opens in August
  - Expansion opens in Nov.

City Responsibilities

- Building design
- Building and construction management
- Construction funding
- Maintenance of building and grounds
- HVAC systems, operations and maintenance

Unique Design Characteristics

- New Fitness Floor
- Warm Water Therapy Pool
- Gymnastics
- Expanded group exercise
- Rock climbing wall

- New Lobby and “Main Street”
- Symbiosis – Retail Space
- Post Office
- Senior Center
- Exergaming
- Expanded Kids Korner
- Tenant Space

Construction Begins July 2009

Construction Ends Sept. 2010

Presented by Michael Hecker
City of Mason Parks & Recreation Director
Ambulatory Locations are an extension of our hospitals...

Develop Broader, More Coordinated Network of Access Points

Opportunities for TriHealth
- Market penetration
- Access to seniors
- Expanded facility
- Reuse of old property

Opportunities for TriHealth
- Increased visibility for all partners
- Increased service utilization
- Increased program offerings

TriHealth Timeline
- 2007
  - Board presentation on concept and commitment
  - RFP submission to City of Mason
  - Presentation to City Committee
  - Proposal acceptance

TriHealth Timeline
- 2008
  - GHA develop space needs
  - Multiple meetings to work through specifications
  - Lease negotiations
  - GHA/Bethesda Therapy internal meetings
Healthy Parks Partnerships
GLPTI
March 1, 2011

Structure of the Deal

- City funds construction of both MOB and community center
- 20-year lease signed
  - Nearly $1 million annually
  - Pay back construction cost MOB
- Additional funds for therapy pool
- Separate operating agreement structured

Group Health and Bethesda Responsibilities

- Designed space to meet their needs
- Reviewed operational goals with the City of Mason
- Provide a community wellness coordinator
- Utilize community center space on an as needed basis

Medical Office Building

- Group Health Associates
  - 28,000 s.f., two stories
  - 34 providers in 12 specialties, internal medicine and pediatrics
- Pharmacy
- Radiology, Infusion Therapy

Medical Office Building

- Bethesda Therapy
  - 4,000 s.f. offering state of the art outpatient services
  - Designed to access fitness floor equipment
  - Post rehab program developed with City

Presented by Michael Hecker
City of Mason Parks & Recreation Director
Healthy Parks Partnerships
GLPTI

March 1, 2011

Presented by Michael Hecker
City of Mason Parks & Recreation Director

Community Center Expansion

- GHA: 28,000 s.f.
- Bethesda: 4,000 s.f.
- Tenant Space: 10,000 s.f.
- Expansion: 35,000 s.f.
- Existing 2003: 158,000 s.f.
- Total Square Feet: 235,000 s.f.

Partnership Components

- Develop your partnership purpose so everyone knows now and in the future why you set this partnership up
  - You have to try to get 50/50
  - Report to the other elected body
- Common goals and missions
Healthy Parks Partnerships
GLPTI

March 1, 2011

Presented by Michael Hecker
City of Mason Parks & Recreation Director

Partnership Components

• Each partner emphasizes and has a history of sound management practices
• No personal agendas
• The timing is right
• Similar interests and separate expertise
• Shared interest in serving people better

City and TriHealth Success Stories

Architect of Record:
MSA Michael Schuster Associates

Construction Manager:
Turner Construction

Programming Consultant:
Ballard King & Associates

Design Consultant:
Champlin Haupt Architects

Architect of Record (2003 School):
Voorhs, Slone, Welsh, Crossland

Questions
SESSION DESCRIPTION
Sail seas of discovery with the insider story of Captain Kidd’s final ship, the 1699 Quedagh Merchant. Find out more about submerged cultural and biological resources and the influence of the Great Lakes application of site protection for the current and future generations.
Indiana University’s Dr. Charles Beeker, Phd. presented on the importance of shipwrecks as an underwater resource, both in the preservation of cultural and historical heritage, as well a valuable resource for tourism. The majority of Dr. Beeker’s presentation centered a shipwreck discovered off the coast of Dominican Republic that is believed to be the Quedaugh Merchant, the last ship belong to the infamous pirate, Captain Kidd. Dr. Beeker revealed what has been found, including a series of canons encased in hundreds of years of calcified material. One of these canons is being preserved in the underwater laboratory in the HPER building at Indiana University. By linking the teak wood of the canons, and the type of ballast stones discovered, the ship was linked to West India, one of the last places Kidd had traveled from before his trial and execution in the Dominican Republic.

The transformation of the shipwreck into an underwater park and preserve was discussed, as well as the and the process and issues of managing the site as a public cultural resource. Issues arisen were the conflict between the government and private land owners, as well as with people illegally harvesting artifacts from the site. In addition to the Dominican Republic site, Dr. Beeker addressed the potential shipwreck sites in the Great Lakes region have as a cultural and historical resource. The creation of an underwater shipwreck park in one of the great lakes could generate economic benefits, as well and offer a story of valuable maritime heritage.

SESSION LEARNING OBJECTIVES

- Participants will be able to describe the benefits of submerged cultural and biological resources.
- Participants will gain a better understanding of how underwater parks can benefit both cultural and economic features.
- Participants will gain a better understanding of underwater interpretation methods for park visitation.
- Participants will learn how to develop a land based interpretation unit for non-divers.
More and more shipwrecks are being protected by Marine Protected Areas (MPAs).

A map highlighting the MPAs in North and Central America.

LIVING MUSEUMS IN THE SEA
— SHIPWRECKS AS MARINE PROTECTED AREAS

A Personal Odyssey in Pursuit of Shipwreck Preservation

BY CHARLES D. BEEKER, DIRECTOR, INDIANA UNIVERSITY OFFICE OF UNDERWATER SCIENCE, PADI MASTER INSTRUCTOR 4382
MORE AND MORE SHIPWRECKS ARE BEING PROTECTED BY MARINE PROTECTED AREAS (MPA’s)

LIVING MUSEUMS IN THE SEA
— SHIPWRECKS AS MARINE PROTECTED AREAS

A PERSONAL ODYSSEY IN PURSUIT OF SHIPWRECK PRESERVATION

BY CHARLES D. BEEKER, DIRECTOR, INDIANA UNIVERSITY OFFICE OF UNDERWATER SCIENCE, PADI MASTER INSTRUCTOR 4312

A MAP HIGHLIGHTING THE MPAs IN NORTH AND CENTRAL AMERICA.
Like this moon wrasse, shelter for marine life is essential. Vital environmental resources: Shipwrecks offer shelter for marine life like this moon wrasse.

There was little a new PADI instructor could do but highway one as it threaded through the keys to see wreckage “with no other value. A diver’s logic often nurtured shipwreck interest with arti-facts to bring home as souvenirs. They were “just wrecks” with no other value. A dive’s logic often was, “If I don’t take it, someone else will.” Early dive magazines nurtured shipwreck interest with articles about how to restore brass portholes or treasure hunting adventures. In 1974, when I took the PADI Instructor Training Course in Key Largo, Florida, USA, commercial or amateur divers had heavily dam-aged most of the historic wrecks of the Florida Keys. There was little a new PADI Instructor could do but to teach and dive on what was left, or travel along U.S. Highway One as it threaded through the Keys to see historic cannons and anchors removed from wrecks displayed in front of hotels, restaurants and marinas.

At the time, I didn’t expect the efforts emerging to protect U.S. shipwrecks as historically significant cultural resources. Between the 1988 Abandoned Shipwreck Act (ASA) and subsequent 1989 National Park Service ASA Guidelines (http://www.nps.gov/archeology/submerged/intro.htm), ownership and management of historic shipwrecks were clarified on State, Federal and tribal submerged lands. Shipwrecks were to be inventoried and developed into underwa-ter parks or preserves. The ASA was an acknowledgement of the biological and environmental value of historic shipwrecks. Whether accidentally wrecked or intentionally placed, shipwrecks were finally legislatively recognized substrates for marine life. Not all shipwrecks are historic, and not all historic shipwrecks are significant, but without question some historically significant shipwrecks should be protected in situ, important for both their cultural and their associated biological significant resources.

I assisted the State of Florida in the 1 April 1989 establishment of the San Pedro Underwater Archae-ological Preserve in the Florida Keys (http://www.floridastateparks.org/sanpedro/default.cfm). This 1733 Spanish galleon was not only historically significant as representative of the Rodrigo de Torres shipwrecked treasure fleet, it was the first designated shipwreck preserve as a “Living Museum in the Sea” — a true underwater biological oasis afforded both cultural and biological protection.

In 1994, I further proposed the development of a Shipwreck Trail in the Florida Keys. This was implemented by the Florida Keys National Marine Sanctuary (FKNMS) in 1999 to encompass nine ship-wrecks from Key Largo to Key West. The FKNMS Shipwreck Trail (http://floridakeys.nooa.gov/sanc-tuary_resources/shipwreck_trail/welcome.html) is diverse and includes the 1733 San Pedro Spanish Treasure Galleon, the transatlantic passenger ferry, City of Washington (associated with the 1898 sinking of the Maine during the Spanish American War) and the World War II military vessels Duane and Thunder-bolt. These historic shipwrecks represent international maritime heritage and have established management strategies including archaeological and biological monitoring.

Today, shipwrecks are increasingly recognized as an important part of our maritime heritage with cultural and biological resources. This was affirmed in the United States when a national system of Marine Protected Areas (MPAs) was established under the 26 May 2000 Executive Order 13158. The goals of this national system is to conserve and manage:

- Natural heritage — biological communities, habitats, ecosystems, and processes and the ecological services, values and uses they provide.
- Cultural heritage — cultural resources that reflect maritime history and traditional cultural connections to the sea, as well as the uses and values they provide.
- Sustainable production — renewable living resources and their habitats (including, but not lim-

FKNMS CHIPWRECK TRAIL
- City of Washington - 19th Century Passenger Ferry
- Benwood - World War II Freighter
- Adelaide Baker - 19th Century Iron Mast Steam Sailer
- Thunderbolt - World War II Minelayer
- North America - 19th Century Three Mast Sailship
- Amesbury - World War II Naval Destroyer Escort
SHIPWRECKS SHELTER BYGONE HOPES, dreams and fears, frozen in time, today providing a portal view of the past. If they’re protected and interpreted, shipwrecks provide a link and an important contribution to future generations. Unfortunately we often have to ask, “Where have all the shipwrecks gone?”

When I first began diving in 1963, shipwrecks were for exploration and salvage. They were repositories of artifacts to bring home as souvenirs. They were “just wrecks” with no other value. A diver’s logic often was, “If I don’t take it, someone else will.” Early dive magazines nurtured shipwreck interest with articles about how to restore brass portholes or treasure displayed in front of hotels, restaurants and marinas.

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- Sustainable production — renewable living resources and their habitats (including, but not limited to, spawning, mating, and nursery grounds and areas established to minimize bycatch of species) and the social, cultural and economic values and services they provide.

(From the Framework for a National System of Marine Protected Areas for the United States)

THE GOALS OF WRECK MPAS

The United States National Oceanic and Atmospheric Administration (NOAA) — the scientific organization focused on weather and ocean conditions — defines a Marine Protected Area as, “Any area of the marine environment that has been reserved by Federal, State, territorial, tribal or local laws or regulations to provide lasting protection for part or all of the natural and cultural resources therein.”

As a four-year member of the Federal Advisory Committee for Marine Protected Areas, I have applied my underwater archaeological expertise to assist the effort to recognize shipwrecks as special Marine Protected Areas.

On 22 April 2009, the national system of MPAs

FKNMS SHIPWRECK TRAIL

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A CASE STUDY: THE REAL PIRATES OF THE CARIBBEAN: HOW CAPTAIN KIDD CONTRIBUTES TO THE DOMINICAN REPUBLIC

Shipwrecks are finite—they deserve all the protection we can give them.

BY JULIE TAYLOR SANDERS, INTERNATIONAL TRAINING EXECUTIVE, PADI WORLDWIDE

In a recent study of wreck diving procedures, “A review of recreational wreck diving training programs in Australia: How do recreational wreck diver training programs incorporate the protection of cultural heritage and recreation values of shipwrecks?” Joanne Edney compared the PADI Wreck Diving course with other wreck diving courses. Study findings indicated:

- Establish manageable MPA boundaries
- Install appropriate historic marker and mooring system
- Place an underwater interpretative plaque
- Create an underwater interpretative divers’ guide
- Create a land-based component for nondiver visitation
- Publish a brochure or other detailed interpretative materials
- Organize a dedication ceremony
- Establish archaeological and biological monitoring stations
- Encourage continuous public involvement

Tourists interested in the cultural and natural heritage of the places they visit are a rapidly growing and vital part of global tourism. Shipwreck Marine Protected Areas have an exciting niche within this industry. This is very important to regional economic development and has direct social and economic benefits for the recreational dive industry. Most importantly, shipwreck MPAs—such as “Living Museums in the Sea”—highlight the critical importance of protecting both archaeological and biological underwater resources for the current and future generations.

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Shipwrecks MPAs have captured interest around the world and can also be used to protect habitats around the wrecks. This is done by establishing boundaries that are within a manageable distance of significant wrecks. In one case, proving that the pristine shipwreck offshore of Catalina Island in the Dominican Republic was the 1099 remains of the Cara Merchant (the ship captured by Captain William Kidd off the west coast of India). As with many ships before her, Captain Kidd’s shipwreck was subject to a treasure-hunting venture, with a contract for 50/50 split between the American investors and the Dominican Republic government. These permits, however, expired due to lack of time and funding. This allowed the Dominican Republic’s Oficina Nacional de Patrimonio Cultural Subacuático to issue Indiana University (in Bloomington, Indiana, USA) a research permit for investigation of the site as an Indiana University (IU) MPA. The United States Agency for International Development, in partnership with the Secretaría de Estado de Cultura y la Secretaría de Estado de Medio Ambiente y Recursos Naturales del Dominican Republic, funded the project. Additional funds were provided through a documentary film agreement with National Geographic Television.

Significant archaeological features of the wreck include 26 cannons, numerous large anchors, and several tons of scrap iron. Because the items were positioned in two distinct stacking positions, these features were likely in the ship’s cargo hold when she sank. The archaeological investigation matched the 1700s vessel description in which William Kidd recanted in his trial two days before being hanged as a pirate: “there were nearly thirty guns in the hold, with 14 or 15 anchors, and 10 tons of scrap iron.”

Although located in just 2.5 metres/8.2 feet of clear Caribbean water, the most diagnostic feature of the site came from the hull structure that was discovered during preliminary excavations in 2008. Following the recovery of one cannon, wooden remains of the ship were discovered beneath layers of coralline encrustation. A wood sample was removed and sent to three laboratories for analysis. Each of the labs independently identified the wood as teak (Tectona grandis), indigenous to Thailand, Myanmar, Laos, and West India. In the 17th century, teak was an extremely rare wood that wasn’t commonly used in European ship construction. Underwater archaeological excavations also encountered preserved ship hull planks rabbeted scarph joints, a shipwright building technique unique to West India. Kidd testified ‘the Ship is about four hundred tons in burthen built at Scarb by the Moors, with all seams rabbeted.” The discovery of teak hull remains and unique construction was therefore crucial to the absolute identification of the shipwreck as the Cara Merchant. Although it isn’t always possible, the archaeo-

GUIDELINES FOR CREATING WRECK MPAS

Clearly, we need more shipwreck MPAs. To establish one successfully, it has to protect both archaeological and biological resources while allowing the public to enjoy the site. It must also allow the scientific community to conduct research. Over the years, I have developed Indiana University’s Guidelines for Successful Shipwreck MPA Establishment (http://www. iub.edu/~scuba/UPD%20Commands.mxml):

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PADI WRECK COURSE GETS GREEN MARKS

Sends a strong conservation message to students.

BY JULIE TAYLOR SANDERS, INTERNATIONAL TRAINING EXECUTIVE, PADI WORLDWIDE

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Although it isn’t always possible, the archaeolog- ical and archival investigations in this study confirmed that the ship is Captain Kidd’s ship- wreck and is the only “Pirates of the Caribbean” ship ever discovered. Immediately adjacent to the shipwreck site is a diverse coral reef with a dominant assemblage of elkhorn coral (Acropora palmata) and smaller groups of staghorn coral (Acropora cervicornis). Elkhorn and staghorn were the first corals afforded protection in 2006 under the United States Endangered Species Act because of their climate change vulnerabil- ity. These stands, along with pillar corals (Dendrophyllia gyraea), dominate the Captain Kidd shipwreck site. They are incorporated into...
OUTRAGEOUS FAILURES TO PROTECT SHARKS
What You Can Do To Help
BY TIFFANY LEITE, MANAGER, COMMUNICATIONS AND OUTREACH, PROJECT AWARE FOUNDATION

Project AWARE Foundation and AWARE divers around the world have strong concerns to voice about the failure of world leaders to protect threatened shark species at the Convention on International Trade in Endangered Species (CITES) held from 13 – 25 March 2010 in Doha, Qatar.

“Short-term economic interests won out over science at this year’s CITES meetings,” says Jenny Miller Garmondia, Director, Project AWARE Foundation. “These are vulnerable species — some of which have declined up to 98 percent in recent decades.”

Proposals to restrict trade on eight shark species — scalloped hammerhead, great hammerhead, smooth hammerhead, porbeagle, dogfish, oceanic white-tip, dusky and sandbar sharks — were all rejected. This suggests that short-term economic interests were seen as more important than conservation science and the long-term health of the ecosystem.

A CITES Appendix II listing would have meant closer monitoring and trade controls within sustainable limits for these overfished shark species — and a chance at recovery from increasing human pressures. “We’re appalled at these decisions and we aim to let world leaders know,” says Garmondia. “Together, divers are a powerful voice supporting sharks and we plan to continue fighting for shark species at risk.”

Sign the petition at www.projectaware.org/
givesharksachance. Join global divers and activists calling on government officials around the world to take immediate action and ensure a future for decimated shark populations.

The shipwreck MPA boundaries, which extend 1.5 kilometres/0.9 miles along the Catalina Island shoreline to depths of 175 metres/574 feet offshore.

The Cara Merchant will function as a “Living Museum of the Sea” to protect both its cultural resources and the biodiversity of the surrounding site. The shipwreck MPA designation will make the area a “no take and no anchor zone,” providing for sustainable tourism visitation.

Local involvement is key to the success of any MPA and the Cara Merchant is no exception. Underwater guides are being trained and workshops are planned to train local stakeholders in site monitoring procedures and the interpretation of the site for tourism purposes. The preserve will help promote sustainable cultural heritage tourism in the Dominican Republic because it will allow the general public to experience what many archaeologists find so fascinating: the ability to touch history. The shipwreck MPA will include a mooring buoy system, an interpretive shelter with a museum-quality reproduction of the recovered gun and walking paths connecting to a beach entry point.

Stakeholders are involved on both national and local levels. Government agencies with responsibilities for culture, archaeology and tourism all play key roles in furthering the system. The local tourism and dive industry, including the hotel association and a number of dive businesses, have been crucial to maintaining and preserving the site. The community in general is also very supportive now after overcoming an initial skepticism.

Archaeologists have found that there is more to be made in residual income from using sites as shipwreck MPAs than in the one-time profit from selling artifacts taken from the site. The community is now finding this to be the case as local boat operators communicate site enhancement and protection suggestions (such as additional mooring buoys) with researchers. As the system progresses, so does its sustainability.

Rather then being salvaged for private profit, the wreck of the Cara Merchant will now remain in situ as the main feature of the Captain Kidd Shipwreck Preserve. It will also be the premier Shipwreck MPA of the La Romana-Bayahibe regional system of six “Living Museums in the Sea” which include:

- 1699 Captain Kidd Shipwreck Preserve
- 1724 Guadalope Underwater Archaeological Preserve
- 20th century Artificial Reef St. George
- 18th century Morales Shipwreck Preserve
- 15th century Columbus Bombard Reef
- Taino Padre Nuestro Caverro

RESPECT OUR WRECKS
BY SUZANNE PLEYDELL, GROUP MANAGER, EDUCATION AND INSTRUCTOR DEVELOPMENT, PADI INTERNATIONAL DIRECTOR, PROJECT AWARE FOUNDATION, UNITED KINGDOM OFFICE, MEMBER UNITED KINGDOM ADVISORY COMMITTEE ON HISTORIC WRECK SITES BY APPOINTMENT OF THE SECRETARY OF STATE FOR THE UNIVERSITY AND RACING

Shipwrecks offer adventure and are often among the world’s best dive sites. Divers are privileged to have access to these sites, so it’s important to be informed, dive responsibly and treat wrecks with respect:

- Respect the Heritage and Loss: Protect underwater graves as you would any burial ground or memorial.
- Respect the Environment: Wreck sites are usually fragile, so ensure divers dive-fine-tune their buoyancy and don’t damage or disturb the site.
- Respect Others: Take only photos and leave the site intact for others to enjoy.
- Respect Your Limitations: If necessary, seek or provide additional training prior to wreck diving activities.
- Respect the Law: Find out and obey local regulations and restrictions.
- Respect Safety: Some wrecks, especially military vessels, may still contain hazardous materials.
- Respect the History and Archaeology: Shipwrecks hold clues to our maritime past. If you discover a site or an object that you suspect is of historical importance, leave it, mark it’s position and inform local authorities.

The Project AWARE Respect Our Wrecks campaign, initiated in 2005, brings international attention to the protection of underwater wreck sites and the important role of divers in both protecting and managing underwater cultural heritage.

The PADI organization has also been involved in both national and international heritage issues. These include involvement in the draft of the UNESCO Convention on Underwater Cultural Heritage, a seat on the UK Advisory Committee on Historic Wreck Sites (which advises the Secretary of State on wreck issues) as well as other various committees, working groups and heritage reform consultations around the world. Overall, the objective is to ensure responsible diver access. To that end, the Respect Our Wrecks campaign is now administered by the PADI organization, as this is a better fit for future development.

The message remains the same: Look, Don’t Touch unless you’re involved in an authorized archaeological investigation.

To read more about protecting wrecks from the United Kingdom perspective, go to the PADI Pros’ Site.
ORRAGEOUS FAILURES TO PROTECT SHARKS
What You Can Do To Help
BY TIFFANY LEITE, MANAGER, COMMUNICATIONS AND OUTREACH, PROJECT AWARE FOUNDATION

Project AWARE Foundation and AWARE divers around the world have strong concerns to voice about the failure of world leaders to protect threatened shark species at the Convention on International Trade in Endangered Species (CITES) held from 13 – 25 March 2010 in Doha, Qatar.

“Short-term economic interests won out over science at this year’s CITES meetings,” says Jenny Miller Garmondia, Director, Project AWARE Foundation.

“These are vulnerable species — some of which have declined up to 98 percent in recent decades.”

Proposals to restrict trade on eight shark species — scalloped hammerhead, great hammerhead, smooth hammerhead, porbeagle, dogfish, oceanic whitetip, dusky and sandbar sharks — were rejected. This suggests that short-term economic interests were seen as more important than conservation science and the long-term health of the ecosystem.

A CITES Appendix II listing would have meant closer monitoring and trade controls within sustainable limits for these threatened shark species — and a chance at recovery from increasing human pressures. “We’re appalled at these decisions and we aim to let the general public experience what many archaeologists find so fascinating: the ability to touch history. The shipwreck MPAs will include a mooring buoy system, an interpretive shelter with a museum-quality reproduction of the recovered gun and walking paths connecting to a beach entry point.

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Top, left: A hammerhead shark — one of the world’s threatened shark species. Below: Cannon on the historic Care Merchant.

RESPECT OUR WRECKS
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To read more about protecting wrecks from the United Kingdom perspective, go to the PADI Pros’ Site. 19
No Child Left Inside

DATE AND TIME       Wednesday 2 March 2011 / 815AM-945AM

SPEAKER(S)          Kirk Anne Taylor     Kris topher Krouse
                   Urban Conservation Manager   Executive Director
                   The Field Museum               Shirley Heinze Land Trust
                   1400 S. Lake Shore Drive    444 Barker Road
                   Chicago, IL 60605           Michigan City, IN 46360
                   Email: kataylor@fieldmuseum.org Email: land@heinzetrust.org

Dr. Mark Bouman
Professor of Geography
Department of Geography, Sociology, Economics, and Anthropology
Chicago State University
Chicago, IL 60628-1598
Email: mbouman@csu.edu

SESSION DESCRIPTION
Research identifies numerous benefits when children have positive outdoor experiences. Find out what state and national initiatives target this concern, and hear a sampling of ideas parks can implement to highlight outdoor activities for children and families.

SESSION LEARNING OBJECTIVES
- Participants will be able to list three benefits garnered from outdoor experiences for children.
- Participants will be able to list elements in an Outdoor Bill of Rights for Children.
Sustainable Park Management

DATE AND TIME
Wednesday 2 March 2011 / 10AM-1130AM

SPEAKER(S)
Brendan Daley, LEED AP
Director of Green Initiatives
Chicago Park District
541 North Fairbanks
Chicago, IL 60611
Email: brendan.daley@chicagoparkdistrict.com

SESSION DESCRIPTION
This session will focus on developing a green and sustainable management strategy for a park district. Topics covered include green purchasing, coordination with other departments, 3-5 year goals, and how to measure success. Overall discussion will focus on incorporating sustainability into operations and maintenance, as well as making your organization greener.

Methods and ideas for park sustainability were discussed in this session. Ideas such as turning an old fuel station into a biodiesel fuel factory using donated grease from restaurants, using solar powered trash compactors and recycling containers, or solar panels on buildings all were discussed and shown how they could save an organization money. Examples of “low cost” or “no cost” methods of sustainability were also shown such as reducing maintenance costs by removing turf grass and allowing native species to come back or not mowing certain areas as often. It was also emphasized that when implementing these methods, the public and public officials should be made aware of these changes so they can accept them more easily.

SESSION LEARNING OBJECTIVES
• Participants will learn how to identify green practices.
• Participants will be able to identify what sustainable measurement tools exist.
• Participants will be able to understand why being sustainable is important for a park district.
• Participants will be able to communicate sustainability efforts to park patrons.
Accessiblity: Exceed Your Guests’ Expectations

DATE AND TIME
Wednesday 2 March 2011 / 10AM-1130AM

SPEAKER(S)
Ric Edwards
Director, ADA & Safety
Indiana Department of Natural Resources
402 W. Washington Street
Indianapolis, IN 46204
Email: redwards@dnr.in.gov

SESSION DESCRIPTION
Accessibility for all is the law. More importantly, offering and maintaining accessibility is a great way to exceed the expectations of your visitor by opening your properties and facilities to every guest.

SESSION LEARNING OBJECTIVES
- Students shall develop awareness of the importance of accessibility for all guests.
- Students should be able to demonstrate the ability to analyze and make recommendations for accessible improvements.
Using Art & Sculpture as Inspiration for Playground Design

DATE AND TIME
Wednesday 2 March 2011 / 1PM-2PM and 215PM-315PM

SPEAKER(S)
Jerry Pagac
Executive Director
Champaign County Forest Preserve District
PO Box 1040
Mahomet, IL 64853
Email: jpagac@ccfpd.org

SESSION DESCRIPTION
A review of unique approaches to playground design from around the world. Participants will learn about real world examples of the use of art and sculpture in park and playground design. Discussion will focus on factors at work which tend to inhibit such design in this country, including the marketing of traditional manufactured equipment, playground standards, and a litigious society.
This seminar was my absolute favorite. Jerry showed a slideshow presentation on the different designs (modern) that are being used around the world. I have been interested in this for awhile- especially in Organic Architecture and Natural Playscapes. Some of the pictures that were breath-taking included willow tree play houses, very elaborate tree houses, and playscapes that were completely made out of large rocks, logs, dirt mounds, and so many more things. This was so inspiring and integrating art and nature is an amazing thing. I’m looking forward to building a playscape of my own one day.

SESSION LEARNING OBJECTIVES

- Describe three ways that art and play can intersect in a public park setting.
- Explain three reasons why art and sculpture are not often used as a foundation for playground design in the United States of America.
### STIHL Safety and Maintenance Workshop

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<td>Loveland, OH 45140</td>
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<td>Email: <a href="mailto:beaus@bryanequipment.com">beaus@bryanequipment.com</a></td>
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SESSION DESCRIPTION

Knowing how to operate machinery is different from knowing how to SAFELY operate machinery! Don’t miss the premier of our STIHL-sponsored safety and maintenance workshop. We’ll cover the basics of safety and maintenance for chainsaws, blowers, trimmers, and more. We’ll be stepping outside for demonstrations for part of this workshop, so keep your jacket handy and come prepared to learn!

This session included demonstrations and explanations of the safety features of STIHL chainsaws. Demonstrations included how to sharpen chain blades and how to set chain tensions. Explanations of the correct fuels to use, the tools needed to get the job done, and how to maintain your chainsaw were also incorporated into the demonstrations. The session ended with an outdoor demonstration using a STIHL chainsaw to show the features of special protective safety pants.

SESSION LEARNING OBJECTIVES

- Identify safety protocol for operating a chainsaw.
- Describe scenarios where safety protocol should be implemented in your parks.
Have Those New Swimming Main Drain Covers Reduced Your Potential Liability?

DATE AND TIME
Wednesday 2 March 2011 / 1PM-2PM and 215PM-315PM

SPEAKER(S)
Greg Crowley, P.E.
President
Crowley Engineering Group, LLC
2224 U.S. HWY 41
Schererville, IN 46375
Email: greg@crowleyengineering.com

SESSION DESCRIPTION
During the recent months and years that followed the passage of the Virginia Graeme Baker Act in December 2007, many commercial and municipal swimming pool and spa operators have made a good-faith effort to obey the new federal law by installing American Society of Mechanical Engineers (ASME)-compliant main drain covers. The new grates are designed by several manufacturers and independently tested by third-party labs to improve the safety of pool circulation systems by addressing suction entrapment hazards. However, as enforcement of the new law has been increasingly transferred to various state and county health departments, many "compliant" main drain retrofits...
and installations are starting to come under closer scrutiny. This presentation will take a deeper look at the detailed nuances of the VGB Act from the perspective of a licensed mechanical engineer that has performed engineering certifications and inspections of over 100 pools and spas across 5 states throughout the Midwest.

Greg talked about how his firm's 'niche' was strictly in facility investigations (energy audits, solid waste, recycling studies, etc...). The 'VGB & Spa Safety Act' took effect in 2007 when a young girl (Virginia Graham Baker) was killed in 2002 from a spa pool suction entrapment. The act is supposed to reduce child drowning, suction entrapment, injuries, deaths, etc.

The rest of the presentation explained a lot of the mechanics of a pool system and what types of things (such as fasteners and grates) were acceptable.

SESSION LEARNING OBJECTIVES

- Participants will gain a better understanding of the technical elements required for a comprehensive evaluation of the pool circulation system.
- Participants will develop some insight into the impact of the VGB on facility operations into the future.
Introduction to Risk Management

DATE AND TIME  Wednesday 2 March 2011 / 1PM-2PM

SPEAKER(S)  Alan Buckenmeyer
Park Operations Manager
City of Rochester Hills
1000 Rochester Hills Drive
Rochester Hills, MI 48309
Email: bloomerpark@rochesterhills.org

SESSION DESCRIPTION

Parks and recreation can be a risky business. Risk management is a valuable tool to reduce loss and protect your community. This session will explain the difference between risk and hazard and discuss concepts such as risk avoidance and risk transfer.

SESSION LEARNING OBJECTIVES

- Participants will be able to recognize the difference between risk and hazard.
- Participants will be able to apply the risk grid to several situations common in parks.
RISK MANAGEMENT IS GOOD MANAGEMENT

What is Risk Management?

- Risk Management is a systematic approach to minimize an organization's exposure to risk.
- Risk Management is Pro-Active
- Risk Management is a Process

Why practice Risk Management?

- Litigation is on the rise.
- Insurance rates are on the rise.
- The client is changing.
- It enhances your image, public relations and customer service.
- Obligation as a public entity – Health, safety and welfare.
- Professional challenge.

Identify the Hazards

Hazard vs. Risk

- Hazard is any source of potential damage, harm or adverse health effects on something or someone under certain conditions.
- Risk is to expose oneself to the chance of injury or loss; put oneself in danger.

Hazard Categories

- Low Hazard
- Medium Hazard
- High Hazard
- Special Hazard
- **Hazard Probability**
  - Frequent
  - Likely
  - Occasional
  - Unlikely

**Identify the Hazards**

- **Risk** = The probability of a particular hazard occurring \(\times\) the severity of the outcome when the hazard or associated event occurs.

**Time, Risk, Hazard, Severity**

Assign a numerical value 1-5 to the likely-hood and the severity of a particular incident occurring.

- **1** = Unlikely, low severity
- **5** = Very likely, high severity

**Time, Risk, Hazard, Severity**

High likely-hood \(\times\) low hazard (5\(\times\)1=5)
Low likely-hood \(\times\) low hazard (1\(\times\)1=1)
High likely-hood \(\times\) high hazard (5\(\times\)5=25)

Number indicates Risk Appetite

Higher numbers require more management and more controls.

**Time, Risk, Hazard, Severity**
Outrage

- Hazards that affect children.
- Hazards that are seen to be more "industrially" based and man-made as opposed to naturally occurring.
- Politically motivated.

Risk Management Strategies

- Avoidance – Eliminate/Withdraw/Don’t get involved
- Reduction – Mitigate
- Sharing – Transfer/Insure
- Retention – Accept/Budget
- Gambling – Proceeding without a plan

Avoidance

- Why can’t we avoid all risk?
  - Don’t want to
  - Don’t know all the risks
Avoidance

- Why can’t we avoid all risk?
  - Don’t want to
  - Don’t know all the risks
  - Things change
  - Politics

Reduction

- Remove hazards
- Barricade hazards
- Signage
- Inspections

Reduction

- Signage
  - Color
  - Wording
  - Placement
- Share the liability
  - Additional Insured
  - By contract
  - Waivers

- Insurance for contractors and vendors
  - Worker’s Compensation
  - General Liability
  - Motor Vehicle Liability
  - Named as “Additional Insured”

- Insurance for activities, sports field rental
  - General Liability
  - Covers sports injuries
  - Named as “additional insured”

- Indemnification/Hold Harmless
  - Waiver of Subrogation

- Waivers
  - Easily identifiable
  - Easily understood
  - Consistently used
Retention

- Taking on the liability
- Low risk/low frequency
- Risk financing is available
- “Worth the risk”
Risk Management is Good Management

- Documentation
- Incident reports
- Policy and procedures
- Records of decisions for future use

Risk Management is Good Management

Review

- What is Risk Management?
- What are some Risk Management strategies?
  - What is your “risk appetite”?
  - What makes a good waiver?

QUESTIONS?
Risk Management for Special Events

DATE AND TIME
Wednesday 2 March 2011 / 215 PM-315PM

SPEAKER(S)
Alan Buckenmeyer
Park Operations Manager
City of Rochester Hills
1000 Rochester Hills Drive
Rochester Hills, MI 48309
Email: bloomerpark@rochesterhills.org

SESSION DESCRIPTION
Special events can create unique risks. This session will discuss the need for special event committees, risk assessment, risk transfer, and risk avoidance strategies.

SESSION LEARNING OBJECTIVES
- Participants will be able to identify unique risk concerns for special events.
- Participants will be able to define a special event.
- Participants will be able to identify the necessary members for a special events committee.
Risk Management for Special Events
What makes an event Special?
Unique Circumstances of Special Events

- Large Crowds
- Complex Activities
- First or one-time events
- New and inexperienced organizations
- Hazardous activities
- Inexperienced volunteers
- Inexperienced security
Unique Circumstances of Special Events

- Temporary sites
- Lack of established community relations
- Foreign attendance
- Poor communication
- Inadequate training and briefing
- Improvising and last minute decisions
- Politics
Goals of Event Risk Management

- Safeguard people, property, assets and public image
- Community involvement and pride
Why do Losses Occur?

- Poor planning
- Inadequate management
- Individual errors and unsafe acts
- Unsafe physical conditions
- Out of control energy
- The domino effect
Risk Management Process

5 Steps in the Risk Management Process

1. Identify loss exposure
   What is exposed to loss?
   What could cause the loss?
   Who could suffer from the loss?
   What are the financial exposures?
Risk Management Process

What If?
What If?
What If?
What If?
What If?
What If?
What If?

Boy, 6, Killed at Monster Truck Show

Jan 18, 2009 0:38 AM CST

www.shutterstock.com · 9125698
What If?
What If?
What If?
Risk Management Process

2. Analyze risk management techniques

Risk Transfer
Risk Control
Risk Financing
Risk Transfer

- Insurance
- Waivers
- Vendors
- Entertainers
- Participants
Risk Control

- Written policies
- Days/times of events
- Fencing and barriers
- Signage
- Temporary police orders
Risk Financing

• Additional insured

• Special Event Insurance
3. Deciding on the best risk technique

Goal of risk management

Risk appetite
Risk Management Process

4. Implementing risk techniques

5. Monitoring and improving risk management
   Pre-event planning
   Post-event review
   Documentation
Special Events Committees

Special Events Coordinator

Special Events Committee Members
  Law Enforcement
  Fire/E.M.S./Emergency Services
  Public Services
Special Events Committee

Special Events Committee Members

- Parks and Recreation
- Purchasing/Financing
- Administration
- State/County/Local
- Volunteers
This matrix is designed for you to chart the responsibilities of various agencies/departments. If more than one agency is responsible some overlap of responsibility may occur. One way to handle this is to place a number 1 in the primary agency position and a number 2 in the agency that provides support's position. The responsibilities of each agency must be discussed and decided in the planning stages.

Additional room is provided in the matrix to add agencies or risks as they may apply.

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<thead>
<tr>
<th>EVENT</th>
<th>LOCATION</th>
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COMMITTEE MEMBERS

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H:\Dest\Karen's Folder\PreEvent Planning Matrix.doc 9/23/03
### SITE PLAN

<table>
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<tr>
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<th>Lighting</th>
<th>Inspection</th>
<th>Water</th>
<th>Restrooms</th>
<th>Transportation</th>
<th>Public Address System</th>
<th>Parking</th>
<th>Trash</th>
<th>Signage</th>
</tr>
</thead>
</table>

### RISK CONTROL

<table>
<thead>
<tr>
<th>Emergency Contacts</th>
<th>Crowd Control</th>
<th>Severe/Extreme Weather</th>
<th>Equipment</th>
<th>Medical</th>
<th>Missing Person</th>
<th>Incident Reporting</th>
<th>Armed Subject</th>
<th>Supervision of Minors</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>In House</th>
<th>DPS</th>
<th>Planning</th>
<th>Police</th>
<th>Engineering</th>
<th>Fire</th>
<th>Law</th>
<th>Public Health</th>
<th>Council/Mayor</th>
<th>State Agency</th>
<th>Finance</th>
<th>Utilities</th>
<th>Marketing</th>
</tr>
</thead>
</table>
Risk Management Areas of Concern

- General event information
- Emergency plans
- Emergency services
- Site security
- Communications
- Pre-event inspections
- Public relations
Risk Management Areas of Concern

- Money security
- Traffic flow
- Parking
- Equipment storage and use
- Staffing
- Documentation
- Post-event
Risk Management Areas of Concern

- Alcohol
  - Who is providing alcohol?
  - Licenses and permits
  - Separate from generals use areas
  - Security and control
Risk management Areas of Concern

- Accessibility
- Parking and travel routes
- Event seating
- Special accommodations
- Concessions
- Restroom facilities
Pre-planning

- Date/time
- Location
- Participating agencies
- Types of activities
- Permits and licensing
- Community impact
Economic Impact
(International Convention and Visitor’s Bureau)

- Sports Tournament
- # of teams $\times$ 25 (average number of players and spectators per team)
- $\times$ # of days in tournament
- $\times$ $75$ (average daily cost meals/lodging per person per day)
- $\times$ 3.5 multiplier which reflects the impact of outside dollars in local economy
Economic Impact

Example:

- 25 teams X 25 = 625
- x 3 days of tournament = 1,875
- x $75 average daily cost = $140,625
- x 3.5 multiplier = $492,187
Event Related Activities

- Pre-event social activities
- Promotion and publicity
- Simultaneous activities
- Children shows and play areas
- Spectator activities
- Post-event activities
- Overnighters
Site Concerns

- Adequate location
- Weather plans
- Event perimeter
- Nearby businesses/housing/hazards
- Off-site pedestrian safety and security
- Event generated off-site safety and security concerns
- Temporary construction
Site Risk Reducers

- Notify adjacent property owners
- Fencing and barricades
- Warning signs
- Police/fire/E.M.S. patrols off-site
- Strategic placement of security
Event Planning

- Lighting
- Inspections
- Utilities
- Restroom facilities
- Transportation
- Pedestrian traffic
- Parking
- Clean up/trash removal
Event Planning

- Concessions
- Damages
- Noise
- Tents and structures
Hazard Levels

- Low Hazard Events
  - No physical activity – meetings, social gatherings, theatrical performances
  - Limited exposure to spectators
  - Crowd size under 10,000
  - No alcohol, no fireworks
Hazard Levels

- Medium Hazard Events
  - Limited physical activity – dances, flea markets, political rallies, parades with no floats
  - Limited exposure for spectators
  - Crowd size under 10,000
  - No alcohol, no fireworks
Hazard Levels

High Hazard Events

- Major participation by participants – sporting events, circuses and carnivals, parades with floats, foot or bicycle races
- Moderate to severe exposure to spectators
- Crowd size over 10,000 but under 25,000
- No alcohol, no fireworks, no professional sporting events
Hazard Levels

- Special Hazard Events
  - Rock concerts
  - Professional or collegiate sporting events
  - Rodeos
  - All vehicle races
  - Firework displays
  - Crowd size over 25,000
  - Alcohol
Risk Management Process

- Finish the job
- Post event meeting
- Documentation
- Evaluation
- Make recommendations for future
Review

- What makes an event special?
- What are some of the unique circumstance of special events?
- What is the goal of event risk management?
- Why do losses occur at these events?
- Who should be on your event risk management committee?
Questions?
Ecosystem and Watershed Restoration Project and Partnerships for Park Development

DATE AND TIME
Wednesday 2 March 2011 / 3:30PM-5PM

SPEAKER(S)
Tim Morgan
Superintendent
LaPorte County Parks
0185 S. Holmesville Road
LaPorte, IN 46350
Email: rangertim@csinet.net

Ken Willis
Principal Owner
Conservation Land Stewardship
375 West First Street
Elmhurst, IL 60126
Email: kwillis@cdfinc.com

Matthew Shanks
Fisheries Biologist
USACE, Planning
111 N. Canal St. Suite 600
Chicago, IL 60606

SESSION DESCRIPTION
What to do when the dam is ready to retire from service! Keep your parks afloat in the midst of a deluge of options, opportunities, funding arrangements, and just plain hard work when you have a water ecosystem that needs restoration. Hear from LaPorte County Parks Superintendent Tim Morgan, the Conservation Land Stewardship, and a representative from the United States Army Corps about the Red Mill Dam project and its struggles and successes.

This session provided details on the ecosystem and fishery restoration plans and procedures for Red Mill Pond. This project was a joint effort between the Conservation Land Stewardship out of Chicago and the Army Corps of Engineers. Details were provided on the three phases of the project: the preliminary phase, the funding phase, and the construction phase as well as the responsibilities each phase required. Included were pictures of the project showing the work, the issues, and problems affecting the work and then the results of the final project.

SESSION LEARNING OBJECTIVES
- Identify partnership opportunities for water ecosystem restoration.
- Describe some of the challenges involved with a large-scale restoration project.
- Describe how in terms of water restoration, an entire area, not just one park property, is affected.
- Partnerships in Parkland acquisition, development and restoration!
Red Mill Pond
Ecosystem Restoration
LaPorte County, Indiana
Project Update – March 2011

The Site

Crane Work Bench / Additional Material Needed

Steel Sheet Pile Installation

Dewatering / Consolidation Activities

Dewatering / Consolidation Activities

Conservation Land Stewardship
375 West First Street
Elmhurst, Illinois 60126
T: (630) 559-2035
info@cdfinc.com
County Highway Department
Emergency Spillway Demolition

Dewatering In Process Following Initial Draw-down

Centerline of Constructed Stream Channel Is Identified

Start of Excavation Activities

Management of Consolidated Material

Management of Consolidated Material
Pre-Construction Conditions

Lunker Box Construction

Before & Afters

Before

After

Before

After

Before

After

Before

After

Completed Stream Channel

Completed Stream Channel
Great Lakes Fisheries and Ecosystem Restoration

Section 506 of the Water Resources Development Act of 2000

OBJECTIVES

- Preserve and restore aquatic and associated riparian habitat as part of an ecosystem approach to fishery management.
- Promote the restoration of ecosystems to promote naturally reproducing fish communities based on native or high value naturalized fish populations.
- Control the introduction and/or spread of invasive aquatic species.

Objectives (cont.)

- Demonstrate promising innovative approaches to fishery and aquatic ecosystem problems that have not been solved by more traditional methods.
- Restore beneficial uses to Areas of Concern in the Great Lakes.
- Evaluate the success of projects in order to make future projects better.
- Assure coordination between locally implemented restoration actions and basin wide restoration plans.

GLFER: Objectives

Authority Provisions

- Planning, design, construction and evaluation of projects to restore the fishery, ecosystem, and beneficial uses of the Great Lakes in cooperation with other Federal, State and local agencies, and the Great Lakes Fishery Commission (GLFC).
- The term “Great Lakes” includes all its connecting channels, and historically connected tributaries.
- Total authorization limit: $100,000,000.
- Required preparation of a “Support Plan” to explain how the Corps can support these efforts.

Authority Provisions (cont.)

- Individual projects are cost-shared with a non-Federal Sponsor on a 65% Fed / 35% non-Fed basis.
- Local governments, nonprofit entities, and private interests are eligible to provide non-Federal share.
- O&M of completed projects is a non-Fed responsibility.
- Non-Federal interests can receive credit for the value of real estate needed for the project.

GLFER: Support Plan

- Developed to outline the process and procedures the Detroit, Chicago and Buffalo Districts will follow in implementing the authority provided to the Corps in Section 506 of WRDA 2000.
- Support Plan was approved by the Assistant Secretary of the Army for Civil Works (ASA-CW) on April 7, 2006.
Support Plan (cont.)

- Primary focus of the Section 506 program is ecosystem and fishery restoration.
- The Great Lakes Fishery Commission (GLFC) served as the NFS for development of the Support Plan.
- Approach to projects is similar to that followed by our CAP Section 206 and Section 1135 authorities.

GLFER: Project Initiation/Development

- Project Request
  - Requests reviewed by Corps for potential eligibility
  - PRP funding request prepared

- Coordination with GLFC
  - Semi-annual meetings to review proposals and solicit input

GLFER: Project Initiation/Development

Reconnaissance Phase

- Preliminary Restoration Plan (PRP) prepared to document Federal interest (or lack thereof)
- 250K limit for PRP
- Outlines nature and scope of restoration features
- Compares future with and without project conditions
- Identifies/confirms non-Federal project sponsor
- PRP coordinated with the NFS, reviewed and approved by USACE Division office

Red Mill Pond: Objectives

- To preserve the ecological integrity and functionality of the Red Mill Pond nature preserve and to restore areas directly affected by the dam removal / notching project
  - To preserve 183.1-acres of ecosystem associated with the knob and kettle topography
  - To restore 4-acres of nature preserve that will be affected by dam removal / notching
  - To defragment the riparian corridor of the Little Calumet River
  - To preserve species richness and abundance of associate riverine and wetland species

Red Mill Pond: Constraints

- Avoid adverse ecological and hydrological impacts from dam removal / notching
- Avoid changes in ground, surface and seep hydrology of the nature preserve
- Minimize disturbance via earth moving to the site to avoid invasive species colonization
- Minimize disturbance to surrounding native plant and animal communities
Proposed Measures

1. No action plan
2. Dam removal
3. Dam notching
4. Stream channel formation
5. New control structure
6. Seep culvert removal
7. Riparian zone restoration

Feasibility Phase
- Planning & Design Analysis (PDA) Report prepared for projects with Fed costs < $1.0M
- Plan formulation, alternative plan evaluation, identifies recommended plan, cost and schedule
- NEPA/WQC documentation completed
- Incl. Monitoring & Evaluation Plan
- Plans and specifications included

Red Mill Pond Preferred Plan

Project Initiation/Development (cont.)

Feasibility Phase
- Detailed Project Report (DPR) prepared for projects with Fed costs > $1.0M
- Plan formulation, alternative plan evaluation, identifies recommended plan, cost and schedule
- NEPA/WQC documentation completed
- Incl. Monitoring & Evaluation Plan
- Review and approval of DPR required prior to initiating Plans and Specifications

Plans and Specifications Phase
- Consists of all technical and procurement activities after DPR approval and prior to construction
- Funds included in total project implementation cost

Construction Phase
- Non-Federal sponsor provides all required Real Estate
- Non-Federal sponsor assumes O&M upon completion

Project Partnership Agreement (PPA)
- Legal document executed prior to construction with NFS
- Signed upon receiving commitment of construction funds
- Point at which cost-share is required for all study, design and construction related costs
- ID’s creditable in-kind services to NFS
- Bottom line: Projects are initially Federally funded but subject to 35% cost recovery from NFS when PPA signed
**GLFER (Section 506) Summarized Project Development Process**

**Step 1** Initial Request for Assistance

**Step 2** Initial Project Funding

**Step 3** Conduct Preliminary Restoration Plan (PRP)

**Step 4** Division Review/Approval of PRP (Decision Document)

**Step 5** Request Feasibility Funds

**Step 6A** Conduct Detailed Project Report (DPR)

**Step 6B** Conduct Planning Design Analysis (PDA) (Decision Document)

**Step 7A** Division Review/Approval of DPR (Decision Document)

**Step 7B** Division Review & Approval of PDA

**Step 8A** Request Design Funds

**Step 9A** Prepare Plans & Specifications (P&S)

**Step 10** Request Approval to Sign PCA & Request for Commitment of Construction Funds

**Step 11** Commitment of Construction Funds Approved

**Step 12** Execute PCA

**Step 13** Real Estate Acquisition By Sponsor (Sponsor Funds in Place)

**Step 14** Pre-Award Activities - Bid Advertisement

**Step 15** Project Construction

**Step 16** Completion Report

**Step 17** OMRR&R Monitor/Evaluate

**Step 18** $1 Million Federal

**Step 19** > $1 Million Federal

**GLFER Management**

- A Program Management team is responsible for overseeing the GLFER activities of the 3 Great Lakes Districts (Buffalo, Chicago, Detroit) and consists of:
  - One member from each of these 3 Districts;
  - One member from the Regional Division office; and
  - One Program Coordinator (from Detroit District)

- Team members participate on various GLFC Committees, meet with designated representatives to reassess projects and priorities, funding levels, etc.

**Non-Federal Sponsor**

- Municipality or legally constituted public body
- Empowered under State laws to give assurances
- Financially capable
- GLFER: May include private interests, non-profit entities and Indian Tribes

**Federal Interest**

- The term "Federal Interest" in the Section 506 Program refers to the evaluation of a project regarding whether it is expected to:
  - Address one or more of the GLFER Program Objectives;
  - Involve activities where Corps expertise would significantly aid in project completion;
  - Be consistent with Corps policy; and
  - Have a problem and potential solution that are well documented to allow rapid movement towards implementation, or be an innovative solution to a persistent Great Lakes problem.

**Non-Federal Responsibilities**

- **RECONNAISSANCE / FEASIBILITY PHASE:**
  - Assist in information collection
  - Provide views/preferences
  - Raise issues/concerns
  - Coordinate/negotiate the Project Cooperation Agreement (PCA)
  - Provide Letter of Intent

- **CONSTRUCTION PHASE:**
  - Cost share studies/design/construction as appropriate
  - Provide real estate
  - Cleanup of hazardous and toxic waste
  - Operation and Maintenance
RMP: O&M Non Fed Responsibility

- Dam notching – addition of stone to maintain stable flow through and clearing obstructions
- Stream channel – addition of sand and stone to areas of erosion
- Control structures – clear debris
- Riparian restoration – invasive species clearing and native plantings
LaPorte County Parks

Natural Resources are one the Counties most valuable resources!

Tim Morgan, Superintendent
LaPorte County Parks
www.laportecountyparks.org

Little Calumet Headwaters State Nature Preserve Red Mill Park

Partnering for Parks, Preservation, Restoration and Development.

Aerial of Red Mill looking toward Lake Michigan

History
Original Grist/Saw Mill & Dam: CIRCA 1830's

History
Drifting Dunes
Girl Scout Council 1950's-1999

Red Mill County Park/Partnerships & Funding Breakdown as of 2010

Acquisition by Park Foundation (1999)
Entire Property (160 Acres)
Indiana Heritage Trust, NIPSCO, Shirley Heinz Environmental Fund,
Unity Foundation, LaPorte Co. Park Foundation (stewardship)
$395,000.00

Lodge Renovation, Playground, Picnic Areas & Trail Developments to open the Park
Recreational Trails Grant, Riverboat Funds, Park Foundation Donations, Non-reverting Fund,
$553,153.31

Canada Lodge Recycled Deck
Indiana Dept. Of Commerce Recycled Materials Grant, Solid Waste District,
Unity Foundation of LaPorte County, LaPorte County Park Foundation
$17,091.50

South Side Renovation & Development (Land & Water Conservation Fund)
Federal Grant administered by IDNR
IEEM Recycled Products Grant Deck EEC
$200,000.00
$5,000.00
Total $205,000.00

Watershed / Dam Project / Restoration
Lake Michigan Coastal Grant
Dam Repairs (Hurricane IKE)
US Army Corps of Engineers ELEER
$100,000.00
$4,785.62
$1,877,000.00
Total $2,004,785.62

Total of Partnership & Funding: Grand Total $3,052,030.43

Acquisition Partnerships (1999), Park Foundation, Indiana Heritage Trust/IDNR,
Northern Indiana Public Service Company, Shirley Heinz Environmental Fund, Unity
Foundation LaPorte County, and many Private Donations
A Red Backed Salamander found in the Nature Preserve

A poisonous Fly Agaric mushroom found in the Nature Preserve

View of the 20+ acres of wetlands

Salmon caught at the base of the dam!

The Girl Scout’s Friendship Oak Tree

Red Osier Dogwood by the Nature Preserve

Little Calumet River downstream of the Dam

Beaver Dam on the Little Calumet River Headwaters

Red Mill Aerial

Red Mill County Park

Existing Deficient Dam Outfall

Red Mill Park

Red Mill County Park
Proposed Riffle Pool Structures
United States Army Corps Partnership and Great Lakes Fisheries Ecosystem Restoration
Project Construction Begins 2010
Matthew Shanks, Fisheries Biologist
USACE, Planning
111 N. Canal St Suite 600
Chicago, IL 60606
312-846-5581
Ken Willis, Principle Owner/Director Contract Operations
Conservation Land Stewardship, Inc.
375 W. First Street, Elmhurst, Illinois 60126
630.559.2039 Direct | 630.559.2035 Main |
kwillis@cdfinc.com
Great Lakes Fishery and Ecosystem Restoration (GLFER)

Congress has found that the Great Lakes comprise a nationally and internationally significant fishery and ecosystem that should be developed and enhanced in a coordinated manner. The Water Resources Development Act (WRDA) of 2000 authorized $100 million for the U.S. Army Corps of Engineers (USACE) to cooperate with other federal, state, and local agencies and the Great Lakes Fishery Commission to plan, implement, and evaluate projects supporting the restoration of the fishery, ecosystem, and beneficial uses of the Great Lakes, with 35 percent matching funds from nonfederal project sponsors.

The physical, biological, and chemical changes over the last 150 years related to settlement of the basin have all contributed to the deterioration of water quality, reduction of available physical habitat, and irreversible alterations of the biological components of the Great Lakes ecosystem.

Restoration of the fisheries and other critical elements of the Great Lakes ecosystem will require both structural and nonstructural solutions (e.g., research, application of best management land use practices, pollution control, public education, monitoring, etc.). The primary focus of Section 506 is restoration of fisheries habitat and ecosystems.

U.S. Army Corps of Engineers
111 N. Canal St.
Chicago, IL 60606

In partnership with:
LaPorte County Parks Department
0185 South Holmesville Road
LaPorte, Indiana 46350

Indiana Department of Natural Resources

Construction Phase
April 2010
Project Background

The pre-settlement hydrology of Red Mill County Park was most likely a small rivulet or small stream that flowed within a ravine-like topography created by the Wisconsinan glaciations. Over the past 171 years, a stable and native pond/wetland community has developed, thus replacing the pre-settlement stream corridor that once existed. The existing ecosystem has become dependent on the earthen dam that was originally constructed in 1833. The imminent dam removal affords the opportunity for an array of ecological restoration and preservation measures to assure that ecological quality is maintained within the park.

This project will preserve and restore high-quality wetland habitat over approximately 120 acres in the headwaters of the Little Calumet River.

The project will preserve the current ecosystem by maintaining existing water levels, restoring native plant species, and improving fish habitat. The project site is a significant ecosystem and is inclusive of a State of Indiana Nature Preserve.

Construction Activities

The following construction activities are listed in sequence:

- A sheet pile control structure will be installed with a notched weir to maintain current water levels.
- The pond downstream of the new control structure will be dewatered through small ditches around the dam, and the exposed sediment will be allowed to consolidate.
- A new 450’ stream channel consisting of cascading riffles and stone substrate will be excavated to pass pond water to the Little Calumet River.
- The dam’s emergency spillway will be removed to provide seep connectivity
- Native vegetation will be replanted and allowed to establish for 1-year in all of the disturbed areas (~4 acres).
- Once the native plants have established, the flow will be diverted to the new channel and the bypass ditches filled in and re-planted.
- Five years of monitoring will commence when construction is completed to ensure ecological integrity.

Frequently Asked Questions

Q: What will the water elevation be after the project is completed?
A: The water surface elevation will be between 742.2' and 743.0' (NAVD88) just upstream of the new grade control structure. The project was designed to maintain the existing water condition in the pond upstream of the grade control structure.

Q: Will this project cause flooding downstream after the dam is removed?
A: The project will not increase flood risk. Computer models were developed of the project area based on IDNR rules, and IDNR issued the Permit for Construction in a Floodway after reviewing project plans and documentation.

Q: What will the area downstream of the water control structure look like?
A: It will look like a mountain stream, with cascading water and boulders.

Q: What is the total project cost?
A: The total project cost is $1,877,000.

Construction Schedule

<table>
<thead>
<tr>
<th>Start Month</th>
<th>Year</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>April/May</td>
<td>2010</td>
<td>Mobilization, place crane, construction pad and clearing</td>
</tr>
<tr>
<td>April/May</td>
<td>2010</td>
<td>Dewater pond downstream of control - accomplished by gravity, no pumping</td>
</tr>
<tr>
<td>May/June</td>
<td>2010</td>
<td>Sheet pile installation</td>
</tr>
<tr>
<td>June</td>
<td>2010</td>
<td>Consolidation period of sediment downstream of sheet pile</td>
</tr>
<tr>
<td>July</td>
<td>2010</td>
<td>Emergency spillway demolition by LaPorte County - demolish and dispose of all material</td>
</tr>
<tr>
<td>June/July</td>
<td>2010</td>
<td>Construct stream channel</td>
</tr>
<tr>
<td>August</td>
<td>2010</td>
<td>Temporary seeding</td>
</tr>
<tr>
<td>September</td>
<td>2010</td>
<td>Native seeding</td>
</tr>
<tr>
<td>Until Spring</td>
<td>2011</td>
<td>Dewatering - allow seeded vegetation to establish</td>
</tr>
<tr>
<td>Spring</td>
<td>2011</td>
<td>Install native plants (plugs)</td>
</tr>
<tr>
<td>Spring</td>
<td>2011</td>
<td>Redirect flow through new stream channel</td>
</tr>
<tr>
<td>Spring</td>
<td>2011</td>
<td>Regrade to disable diversion channels</td>
</tr>
<tr>
<td>Spring</td>
<td>2011</td>
<td>6-month establishment plugs - ends Fall 2011</td>
</tr>
</tbody>
</table>
Partnering for Parks, Preservation, Restoration and Development
(Red Mill County Park, LaPorte County, Indiana 160 acres)

BAM (A.K.A. Emeril), is one way to describe the events that lead to the acquisition, development and preservation of this parkland located in Northwest Indiana. Just like a shooting star it just suddenly appeared on the scene (1999), available to become a jewel of a park. One catch was that it was for sale (bargain sale price $325,000). With the County Parks history of never using tax dollars to acquire one acre of parkland since its inception in 1977 this seemed even an insurmountable task. This is where the first partnership was forged and “BAM” we were off to the races to preserve what is now one of the crown jewels in the LaPorte County Parks system. It was through our own State Park Association members and my former boss, Bob Nickovich, Lake County Parks CEO, that much knowledge was shared on how to get “r” done. Many of the partnerships were the direct result of networking with our State Association’s colleagues on in an effort to accomplish a common goal of helping another Department succeed in a noble cause to preserve, protect, and manage, natural and cultural resources within our local communities and state.

This project allowed the LaPorte County Park Foundation and LaPorte County Park Department to preserve, by acquiring (1999) 160 acres of which 108 were pristine, a unique natural resource in perpetuity. This was only possible through multiple partnering throughout the acquisition phase and on into the redevelopment phases, of which phase one was completed the summer of 2002. The success of the partnership can best be shown by the detailed budget identifying a multitude of funding sources used to accomplish the final goals. In addition to the those entities listed on the budget sheet, we saw assistance from the LaPorte County Conservation Trust, a local land trust, the Northwest Indiana Steelheaders, a local fishing club, and several Eagle Scouts contributed to the renovations and developments as well. Not to mention over 200-plus individual and corporate donors with direct cash donations to our own LaPorte County Park Foundation. These individual donations ranging from $1 to $30,000 paved the way for a grass roots ownership group that lobbied locally and drove the entire project. This allowed us to receive unanimous support from our County Commissioners, County Council, and State Legislators during the entire project. What we learned from this venture is the age old saying, “nothing ventured, nothing gained”. We will tell anyone not to ever let funding, or lack of it, limit your dream or vision of what may be possible. We were told on more than one occasion along the way that we were crazy and that this project could never be accomplished. The fruit of this dream is shown in the pictures that unfold before you as you review the vision that is now the largest County Park in LaPorte County. The true crown jewel of the system! The LaPorte County Park Department and Board initiated a request for funding for the renovation of an existing building, Canada Lodge, and addition of new office space at Red Mill Park, a former Girl Scout Camp, starting in January 2001. This allowed the Parks Department to provide an indoor rental facility and create another revenue stream to help fund future park projects, as well as provide administrative office space at Red Mill. The Department, through public surveys, input, and requests, identified the need to have an indoor rental facility similar to others in the County; specifically Cummings Lodge (LaPorte City Parks) and the Senior Center (Michigan City Parks). This project accomplished that goal. It also provided immediate access to this
wonderful new 160-acre parkland, of which 108 acres was dedicated as the Little Calumet Headwaters State Dedicated Nature Preserve. The new facility overlooks the wetlands and the Headwaters Nature Preserve; please see the attached color aerial view of the Nature Preserve. Construction on this project began in June of 2001 and was completed with a grand opening of the park and facilities on June 29, 2002.

Original saw/grist mill

Canada Lodge – before

Canada Lodge (Rental Hall & Park Offices) – after

Recycled deck at Canada Lodge
LaPorte County Parks Department  
Red Mill County Park/Partnerships &  
Funding Breakdown as of 2010

### Acquisition by Park Foundation

**Entire Property (160 Acres)**

<table>
<thead>
<tr>
<th>Organization</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Indiana Heritage Trust</td>
<td>$160,000.00</td>
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<td>NIPSCO</td>
<td>$50,000.00</td>
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<tr>
<td>Shirley Heinz Environmental Fund</td>
<td>$65,000.00</td>
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<tr>
<td>Unity Foundation</td>
<td>$50,000.00</td>
</tr>
<tr>
<td>LaPorte Co. Park Foundation (stewardship)</td>
<td>$70,000.00</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>$395,000.00</strong></td>
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### Developments by Parks Department

#### Septic, Water Well, Engineering and Design Project

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<tr>
<td>Build Indiana Funds-Anita Bowser</td>
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<tr>
<td>Build Indiana Funds-Scott Pelath</td>
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<tr>
<td>WIN TAX (Riverboat)</td>
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<tr>
<td>Recreational Trails Grant</td>
<td>$11,187.50</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>$88,187.50</strong></td>
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#### Lodge Renovation and New Park Offices Project

<table>
<thead>
<tr>
<th>Organization</th>
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<tbody>
<tr>
<td>Architectural Design and engineering - WinTax</td>
<td>$15,200.00</td>
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<tr>
<td>Riverboat Fund</td>
<td>$244,375.00</td>
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<tr>
<td>Riverboat Penalty Fund</td>
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<tr>
<td>Park Dept. Non-Reverting Capital Fund</td>
<td>$20,000.00</td>
</tr>
<tr>
<td>Recreation Trails Federal/State grant</td>
<td>$28,537.83</td>
</tr>
<tr>
<td>Open the Park thru LaPorte County Park Foundation</td>
<td>$52,478.31</td>
</tr>
<tr>
<td>Park Department General Budget Funds</td>
<td>$12,000.00 (+)</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$417,591.14</strong></td>
</tr>
</tbody>
</table>

#### Canada Lodge Recycled Deck

<table>
<thead>
<tr>
<th>Organization</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indiana Dept. Of Commerce Recycled Materials Grant</td>
<td>$5,000.00</td>
</tr>
<tr>
<td>Solid Waste District of LaPorte County</td>
<td>$5,744.50</td>
</tr>
<tr>
<td>Unity Foundation of LaPorte County – deck materials</td>
<td>$2,200.00</td>
</tr>
<tr>
<td>Unity Foundation of LaPorte County – deck furnishings</td>
<td>$2,000.00</td>
</tr>
<tr>
<td>LaPorte County Park Foundation</td>
<td>$2,147.00</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$17,091.50</strong></td>
</tr>
</tbody>
</table>

#### Remainder of North Side Development (Trails & Support Facilities)

<table>
<thead>
<tr>
<th>Organization</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recreational Trails Federal/State Grant</td>
<td>$47,374.67</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$47,374.67</strong></td>
</tr>
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</table>

#### Watershed / Dam Project / Restoration

<table>
<thead>
<tr>
<th>Organization</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lake Michigan Coastal Grant</td>
<td>$100,000.00</td>
</tr>
<tr>
<td>Dam Repairs (Hurricane IKE)</td>
<td>$4,785.62</td>
</tr>
<tr>
<td>US Army Corps of Engineers GLFER</td>
<td>$1,877,000.00</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$2,004,785.62</strong></td>
</tr>
</tbody>
</table>

### South Side Renovation & Development (Land & Water Conservation Fund)

<table>
<thead>
<tr>
<th>Organization</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Federal Grant administered by IDNR</td>
<td>$200,000.00</td>
</tr>
<tr>
<td>IDEM Recycled Products Grant Deck EEC</td>
<td>$5,000.00</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$205,000.00</strong></td>
</tr>
</tbody>
</table>

**Current Total of all Red Mill County Park Funding:** $3,052,030.43
Playground donation of $30,000 received from Daisy Musgrave

Dedication of Little Calumet Headwaters State Dedicated Nature Preserve – June 29, 2002

Jim Jessup, President, LaPorte County Park Foundation

Tom Post, IDNR Division of Nature Preserves

The second major phase of development of the property came in the way of a ($200,000) Land & Water Conservation Fund project completed in 2009. It included renovation of an existing two-story facility into an environmental education center (EEC), renovation of a unisex shower facility for group camping, renovation of a pole barn for use in maintenance of the facilities, trails into the State Dedicated Nature Preserve, including an accessible loop trail from the EEC. Facilities to be added as part of this grant included accessible park benches, picnic tables, grills, drinking fountains, restrooms, signage, landscape plantings, trails, trail gates, gazebo shelter, bike rack, playground equipment and surfacing, and an accessible fishing node. The need is rather obvious by the continued requests we receive for group camping opportunities as well as requests for additional environmental education programming. The benefits this project will provide are multiple, and will include a wide cross section of users. The opportunities that these new and renovated facilities will provide to park patrons through access to trails, wetlands, mature forests, and a State Dedicated Nature Preserve are first hand, close up experiences viewing a variety of flora and fauna.
Accessible Fire Ring and Unisex shower facility Land & Water

Accessible Gazebo

Accessible Ramp to Environmental Education Center/Facilities
The third major phase at Red Mill was a partnership with the United States Army Corps of Engineers with the replacement of a circa 1830’s twenty foot high earthen dam that the Parks inherited that had served its useful life and was in the process of failing. This was initiated after a Lake Michigan Coastal Grant provided funding for a “feasibility study and design”. This identified the Great Lakes Ecosystem & Fisheries Restoration program. Which could not have came at a more opportune time as the County Parks had run out of options on how to maintain the current pristine watershed most of which was part of the “Little Calumet Headwaters State Dedicated Nature Preserve”. The aging earthen dam had almost breached in two separate rain events since being acquired from the Drifting Dune Girl Scout Council in 1999. During the spring of 2010 construction finally began and a new sheet pile water control structure was constructed just upstream of the failing earthen dam. The area below this was dewatered and a new 450” stream channel was created using native cobble, riffles and waterfalls. The original earthen dam was demolished and the entire disturbed area was replanted with native vegetation including a sedge meadow, and stream valley wetland species. As well access to the south portion of the property was maintained as a new span bridge was installed allowing for maintenance of the park and access for the public. The total project cost was $1,877,000 million dollars with the local cash share of $274,000 coming from the Riverboat fund. The project has preserved and restored over 120 acres in the headwaters of the Little Calumet River a tributary to Lake Michigan. The project will preserve the current ecosystems by maintain existing water levels, restoring native plant species, and improving fish habitat. The primary focus of the GLEFER program, funded by Congress, is that of restoration of fisheries habitat and their ecosystems. This spring and summer will see the final phase of the project completed with the native seeds and plugs taking root and by fall of this year we will dedicate the newly restored watershed.

Timothy Morgan, Superintendent
LaPorte County Parks (since October 1992)
Photo above is right before the start of the GLEFER/USACE Project, Photo below fall 2010
Pedestrian Bridge looking at the stream channel

Sheet pile water control structure
With Dignity and Respect for All...Welcoming and Including Visitors of All Abilities

DATE AND TIME
Thursday 3 March 2011 / 815AM-930AM

SPEAKER(S)
Cindy Burkhour
Accessibility and Inclusion Consultant
Access Recreation Group
2454 Lamplighter Drive
Jenison, MI 49428
Email: AccessRecreationGroup@juno.com

SESSION DESCRIPTION
Learning to recognize and understand the accessibility needs of visitors with a variety of disabilities will help park managers to better serve everyone. This interactive session will allow participants to share experiences, insights and creative solutions to make parks more accessible and experiences more inclusive. We will learn strategies to ensure that everyone is treated with dignity and respect, so all visitors feel welcome, valued, and are included together. Each participant will leave with a better understanding of various disabilities and tools to better accommodate individual accessibility needs.
Session included PowerPoint presentation entitled “Think inclusion! Serving ALL people of ALL abilities in ALL recreation spaces, places, and opportunities”. Presenter has a personal connection to this issue. No one is exempt from the issue as disability knows no boundaries. Disabilities, however, are just characteristics. Session included a review of common myths and misperceptions as well as introduction to people first considerations. Conditions may limit some individual abilities for some things some of the time.

Inviting people with disabilities to use facilities and participate in programs requires simple considerations. Use respectful language and include pictures and graphics of people with disabilities in all marketing materials. Also make sure that people can find information in all kinds of places, including how to request accommodations, adaptations, and support. Responding to inquiries, preparing staff, and providing assistance is needed to welcome individuals. These systems should also be reviewed for effectiveness. Supporting individuals with disabilities requires not only provisions of adaptive equipment but also adjusting attitudes, training staff, and providing activities in accessible locations.

Meeting ADA accessibility requirements is just the minimum concern. There is a difference between ADA standards and universal design standards. If needed, adjust staffing and provide better customer service. Changes may be necessary in policies, services, procedures, and practices.

SESSION LEARNING OBJECTIVES

- Participants, during group discussion, will identify at least 3 common facility and 3 program accessibility barriers.
- Participants will demonstrate understanding of “people first” language by utilizing respectful language throughout the workshop discussions.
- Participants, during group discussion, will identify at least 2 strategies to eliminate accessibility barriers and improve inclusive participation.
Electrical Safety: Are You Truly Prepared?

DATE AND TIME  Thursday 3 March 2011 / 10AM-1130AM

SPEAKER(S)  Craig Burgi  
Marketing Director  
Steuben County REMC  
PO Box 359  
Angola, IN 46703  
Email: CBurgi@REMCSteuben.com

SESSION DESCRIPTION

Electrical experts will provide best practices for personal protection in both low and high voltage electrical systems. Instruction will target information critical for parks and recreation sites and facilities and will include specialized training for both routine and emergency site management.

This session encompassed a topic that is very serious, and one that is often overlooked in the field, even though the lives of employees are easily at stake. The main objective was the prevention of injuries due to electrical shock, and dangerous breakdowns in communication can be. The speaker, Craig Burgi, was a victim of an accident, losing an arm and a leg. He now devotes his life to educating the public on electrical safety. Some common public
misconceptions were discussed, including the belief that all electrical lines are insulated, if a line is on the ground there is no current running through it, and that the primary distribution is 120-240 volts. The dangers of having trees next to power lines were also discussed, because children often climb them, increasing the chance of a fatal accident. Craig Burgi spent a good portion of his talk telling the tale of his injury, and how it has impacted his life. A very moving presentation, Craig Burgi opened the attendees eyes up about the real dangers in electrical safety that need to be addressed.

SESSION LEARNING OBJECTIVES

- Student will develop awareness and importance associated with prescribed safety procedures when working in and around electrical systems.
- Student will be able to accurately assess site locations in both routine and emergency situations.
Healthy Employees = Less Sitting

DATE AND TIME
Thursday 3 March 2011 / 10AM-1130AM

SPEAKER(S)
Carol Kennedy-Armbruster
Senior Lecturer, Department of Kinesiology
Indiana University, School of HPER
1025 E. 7th Street, HPER 296
Bloomington, IN 47405
Email: cakenned@indiana.edu

SESSION DESCRIPTION
Private and public employers are adopting programs to promote healthy lifestyles for their employees. Get tips on low-cost programs you can develop to make a positive impact on a health-promoting work environment, as well as ways you can set a good example by taking the initiative to be more active and sit less.

SESSION LEARNING OBJECTIVES
- Participants will be able to list two economical programs that could be introduced in order to enhance employee movement experiences in the workplace.
- Participants will create an action item to improve their physical activity.
- Participants will practice three to four movement activities to incorporate into their work day.
Healthy Employees = Less Sitting/More Movement

Carol Kennedy-Armbruster, MS, PhD © Indiana University Department of Kinesiology

March 3, 2011
Great Lakes Park Training Institute

“Healthy Employees” Objectives
- Leave with two program ideas to enhance movement in the workplace
- Create an action item list of ways to improve personal movement experiences
- Practice 3-4 movements today!

Tips for Playing the Whole Movement Game
And if you play the game for a long time, you learn to play like this…
Sit back in your chair
- Feet flat on the floor
- Put your hands on your thighs
- Stand
- Perform this exercise 5 times.

**Lifestyle-related Risk Factors and Risk of Future Nursing Home Admissions: 6462 Adults**

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>45-64 years Hazard Ratio (95% CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoking</td>
<td>1.56 (1.23-1.99)</td>
</tr>
<tr>
<td>Physical Inactivity</td>
<td>1.40 (1.05-1.87)</td>
</tr>
<tr>
<td>BMI ≥30.0</td>
<td>1.35 (0.96-1.89)</td>
</tr>
<tr>
<td>High BP</td>
<td>1.35 (1.06-1.73)</td>
</tr>
<tr>
<td>High Cholesterol</td>
<td>1.14 (0.89-1.44)</td>
</tr>
<tr>
<td>Diabetes</td>
<td>3.25 (2.04-5.19)</td>
</tr>
</tbody>
</table>

**Movement can be complex...**

- Sitting Time and Risk of Mortality: Researchers found a strong association with daily sitting time and risk of mortality.

As sitting time increases to 50% or more of each day, the risk of death from any cause increases by 11-54%.


- And even worse: The more you sit, the higher your risk of death – even if you work out!

Researchers say time spent sitting was independently associated with mortality from all causes, regardless of physical activity level. That may come as stunning news to people stuck behind desks who try to catch a fitness break at lunch or after work.

"Leisure Time Sitting in Relation to Total Mortality in a Prospective Cohort of US Adults." Alpa V. Patel, et al. American Journal of Epidemiology. Published online July 22, 2010

**Navy sitting time study...**

- **Question:** Circle the amount of time you spend sitting during the course of most days of the week. Hours: never 0 1 2 3 4 5 6 7 8 all day
Navy sitting time study...

**Question:** Circle the amount of time you spend sitting during the course of most days of the week.
*Hours: never 0 1 2 3 4 5 6 7 8 all day*

**Answer:**
- 58.3% spend more than half their day sitting
- 20.0% spend all day sitting

Life Expectancy 2010 - USA

- Males = 75.6 years
- Females = 80.8 years
- Overall: 78.3 years

Out of these years, depending on your health, you will lose approximately 13-15 years to dysfunction.

Movement in a Fitness Center vs. Daily Activity

Health & Fitness Facility Usage

Average Visits Per Year (1980 - 2004)

Research on the Cost of Intentional vs. Lifestyle Exercise

- Subjects: 213 sedentary adults
- Intervention: A center-based lifestyle intervention consisted of behavioral skills training compared to a structured exercise intervention that included supervision, center-based exercise.
- Both interventions were effective in increasing physical activity and fitness. At 6 months the costs of the lifestyle intervention were $157.67 per person participating, while 6 months of costs were $190.24 per participant for structured exercise.
- Conclusion: A behaviorally-based lifestyle intervention approach in which participants are taught behavioral skills to increase their physical activity by integrating moderate-intensity physical activity into their daily lives is more cost-effective than a structured exercise program in improving physical activity and Cardiorespiratory health.

A new way of thinking...

- 2000 steps = 1 mile of movement
- Need 3 miles of movement/day for health

Steps by profession

<table>
<thead>
<tr>
<th>Occupation</th>
<th>Hours Noted</th>
<th>Steps/hour</th>
<th>Steps/24 hours</th>
<th>Distance/24 hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Secretaries</td>
<td>0.8 ± 0.2</td>
<td>2,086</td>
<td>4,172</td>
<td>1.7 ± 0.6</td>
</tr>
<tr>
<td>Teachers</td>
<td>0.7 ± 0.2</td>
<td>1,944</td>
<td>4,658</td>
<td>1.9 ± 0.7</td>
</tr>
<tr>
<td>Lawyers</td>
<td>0.5 ± 0.2</td>
<td>1,708</td>
<td>8,544</td>
<td>3.6 ± 0.7</td>
</tr>
<tr>
<td>Police officers</td>
<td>0.7 ± 0.2</td>
<td>1,820</td>
<td>8,732</td>
<td>3.7 ± 0.7</td>
</tr>
<tr>
<td>Nurses</td>
<td>0.8 ± 0.2</td>
<td>1,988</td>
<td>9,944</td>
<td>4.1 ± 0.7</td>
</tr>
<tr>
<td>Factory workers</td>
<td>1.0 ± 0.3</td>
<td>1,996</td>
<td>9,980</td>
<td>4.1 ± 0.7</td>
</tr>
<tr>
<td>Construction workers</td>
<td>0.8 ± 0.2</td>
<td>1,288</td>
<td>6,440</td>
<td>2.8 ± 0.8</td>
</tr>
<tr>
<td>Custodians</td>
<td>0.6 ± 0.3</td>
<td>1,004</td>
<td>5,022</td>
<td>2.2 ± 0.6</td>
</tr>
<tr>
<td>Restaurant servers</td>
<td>0.8 ± 0.2</td>
<td>1,277</td>
<td>6,050</td>
<td>2.5 ± 0.6</td>
</tr>
<tr>
<td>Mail carriers</td>
<td>0.8 ± 0.2</td>
<td>1,360</td>
<td>6,705</td>
<td>2.7 ± 0.6</td>
</tr>
</tbody>
</table>

The power of recording!

- Have a movement incentive and record progress by teams.
- [http://www.presidentschallenge.org](http://www.presidentschallenge.org)

Walking meetings! Gym Dates!
**Workplace - Movement #2**

- **Flexibility: Hamstring Stretch**
  - Sit up tall – shoulders over hips
  - Extend one leg out straight with heel on the floor
  - Flex at the waist/head up
  - Tilt hips back slightly to lengthen the hamstring
  - Hold 30 seconds - switch legs

---

**Goal**

- **Confidence**
  - Low
  - High

---

**Some things to consider...**

- Align your micro-goals with high confidence levels.
- Collect data so you can prove to yourself and to your stakeholders that you’ve created change, albeit small change.

---

**Some things to consider...**

- Collect data so you can prove to yourself and to your stakeholders that you’ve created change, albeit small change.
- And finally, in order to achieve healthy movement we need to stop addressing one factor at a time. Instead, we must weave multiple factors into a “whole game” of movement. We need to start playing the whole game.

---

**Old Wellness/Lifestyle Model**
Balance activity:
- Stand on both feet and focus on a spot.
- Straighten up your core, tighten abdominal muscles, and lift foot off the ground
- Add variations with arms, hip rotation, etc.

Practical Ideas for workplace balance, strength, and flexibility
- Balance: Stand on one foot whenever you can or put one toe behind to add some balance
- Flexibility: the garbage can or file drawer stretch
- Strength: sit and stand up as much as you can throughout the day.
What does this mean for you?

What are your organizational goals for change?

What level of confidence do you have for these goals?

Write an ORGANIZATIONAL goal or two for which your confidence level is 85% or higher.

What does this mean for you?

Write a PERSONAL goal or two for which your confidence level is 85% or higher.

If you learn to play the movement game well...you will help others live well and have fun!

“Illness begins with “I” & Wellness begins with “we”

Consider yourself a “movement ambassador” for your organization. Change that lasts often starts at the grass roots level and not with a single program idea!

Q and A

Carol Kennedy-Armbruster
cakenned@indiana.edu
Fad or Fabulous: Real Maintenance Problems from Specialized Parks

DATE AND TIME  Thursday 3 March 2011 / 10AM-1130AM

SPEAKER(S)  Susan M. Wells  Mark Brochu
Manager P&R Operations  Director
Oakland County Parks and Recreation  St. Clair County Parks and Recreation
2800 Watkins Lake Road  200 Grand River, Suite 205
Waterford, MI 48328  Port Huron, MI 48060
Email: wellss@oakgov.com  Email: mbrochu@stclaircounty.org

SESSION DESCRIPTION
Dog Parks, Splash Parks, Skate Parks, and more. Participants will learn and share frustrations and successes of maintaining specialized park amenities. The presenters will describe solutions and recommendations for avoiding common mistakes in management and maintenance of specialized park facilities.

This session focused on two types of special parks, dog parks and splash parks. Two dog parks, Orion Oaks and Red Oaks urban dog parks were examined and how they are not just for dogs but for people too. These
Dog parks are actually more popular in the winter than summer and are so popular that they are opened on holidays and are the first parks in the area to be plowed when bad weather comes. To keep things lively, dog park special events and activities are held such as dog pool swims, Halloween doggie dress-up, and doggie birthday parties. Suggestions to help maintain these special parks include using volunteers, getting sponsors for the park, and advertising these parks on YouTube and Facebook. It was noted that maintenance workers will have to periodically move the play areas so wear and tear is minimized on the park.

St. Clair County Parks has a very popular and successful splash park that is free to the public. When planning a splash park, it is important to work with landscape architects, city planners, and the health department to make sure the park meets all codes and regulations. Determining the water source that will be used, where water will drain, and how to maintain water quality are some major considerations when planning a splash park. Other important factors include having parental supervision and making sure daily water testing is done.

SESSION LEARNING OBJECTIVES

- Participants will identify the pros and cons of developing and maintaining special park facilities.
- Describe how short and long-term maintenance planning can be incorporated into specialized park design and management.
How to Hire a Consultant

DATE AND TIME
Thursday 3 March 2011 / 10AM-1130AM

SPEAKER(S)
Chuck Lehman
CEO, Lehman and Lehman
510 Lincolnway East, Suite C
Mishawaka, IN 46544
Email: chuck@lehmanandlehman.com

SESSION DESCRIPTION
From facilitating your master plan, to conducting assessments, parks rely on skilled consultants to perform a variety of functions. Crafting a good working relationship with a consultant begins with a clear request for a proposal. This session will provide guidelines on writing RFPs and other tips for maximizing your relationship with a consultant.

A consultant was explained to be a short-term partner and it is important to find one that you naturally get along with well. Lehman said that if you don't want to upset the flow of work and/or the duties of your current workers, then it is a good idea to hire a consultant. You usually find these people through referrals in the field, professional directories, recognized award winners, and other ways (like the Internet if anything else). You also need to make sure to define the project with your consultant (once you have hired one) and establish expectations. The presentation was very in-
depth and took you step-by-step on how to hire the perfect consultant for your business. I thought it was very informative but also very lengthy.

SESSION LEARNING OBJECTIVES

- Participants will be able to list 3 components of an effective RFP.
- Participants will identify 3 pitfalls to avoid when hiring a consultant.
Underground Railroad

DATE AND TIME
Thursday 3 March 2011 / 10AM-1130AM

SPEAKER(S)
Foster Brown
CanalWay Visitor Center Manager
Cleveland Metroparks
E. 49th Street Entrance Ohio and Erie
Canal Reservation
Cuyahoga Heights, OH 44125
Email: fcb@clevelandmetroparks.com

Demetrius Falconer
NatureTracks Manager Trainee
Cleveland Metroparks
11350 Broadway Avenue
Garfield Heights, OH 44125
Email: dll@clevelandmetroparks.com
SESSION DESCRIPTION
This interactive dramatic presentation will entertain, enlighten, and educate your audience about the 19th century and the peculiar institution of slavery that divided a nation.

Presentation by interpreters from the Cleveland Metroparks department.

William Burns was an immigrant from Scotland, arriving in Virginia at 8 years old with his mother after his father died aboard ship, requiring employment as indentured servants on a plantation. After his mother died from smallpox, he was required to work for 14 years (7 years/parent). He met Amari on the plantation. Amari was a taken as a slave from Senegal and forcibly separated from her mother, and called Ellie by the whites. Amari had learned many things on the plantation including punishments for disobedience and also about abolitionists.

After visiting a slave auction, William vowed to help the slaves. At 50 years old, he made it to free land after traveling for close to 30 years. Rather than choosing violence, he became involved with the underground railroad. Amari had also gotten involved with the underground railroad. She had gathered everything together to escape and knew that she had to leave in the fall which would provide food along the journey due to harvest times and that she would need extra clothes to be used as disguises along the journey. They had both learned signals and songs which ultimately served as discrete communication devices.

SESSION LEARNING OBJECTIVES
- Learn how music was used to aid and inspire those seeking freedom of the North.
- Become informed about the varied backgrounds of Ohioans who sacrificed their own freedom to condemn slavery and assist freedom seekers.
- Be able to compare the different perspectives of those affected by the Underground Railroad movement.
Awards Night

Congratulations to our Flaherty Award Winners for 2011:

Cobus Creek County Park
Elkhart County Parks
Goshen, Indiana
and
Francis Motz County Park
Clinton County Parks and Green Space Commission
St. Johns, Michigan

Congratulations to our Lawson Award Winner for 2011:

Steve Wolter, Executive Director of Great Lakes Park Training Institute

Congratulations to our Outgoing Chair:

Ted Bohman

Congratulations to our Eppley Scholarship Winners:

Steve Stockton, Assistant Property Manager for Turkey Run State Park and Shades State Park, Indiana DNR
Christopher Pollack, Landscape Specialist for Woodridge Park District, IL
Dave Lemar, Superintendent of Parks for the Village of Schiller Park Recreation Department, IL
John Karesh, Superintendent of Parks for Woodridge Park District, IL
Martin Jandura, Senior Ranger with the Forest Preserve District of DuPage County, IL

Congratulations to our Outgoing Chair:

Sam Boggs, Property Manager for Chain O’ Lakes State Park, Indiana DNR
Robert Walter, Superintendent of Parks and Recreation for Angola, IN
Pictures from 2011
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