

Team-Times

Newsletter

Bi-monthly Employee Newsletter of the Richland County Recreation Commission -- April 2012



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MISSION STATEMENT

Dedicated to enriching lives and connecting communities through diverse recreational opportunities.



South Carolina's First and Only Nationally Accredited Parks & Recreation Agency

RCRC Kids Saves Lives

Leigh Cheatham, Director of Communications

We all know that learning CPR and First Aid can potentially save someone's life. Having these skills are crucial to all of our employees and most all of our staff is certified in both. However, we often don't think about kids and how they could also be effected if someone they know, a brother, sister, aunt, uncle or older grandparent, were in distress.

As part of American Red Cross month, RCRC partnered with the Red Cross for the Central Midlands and our Afterschool programs. The American Red Cross launched its SC Saves Lives initiative at the beginning of March. The development of "Citizen CPR" is a hands-only technique that is an abbreviated version of the full CPR method. Using the hands-only technique is easier and can easily help someone in distress until emergency crews get to the scene. Hands-only CPR was perfect for kids ages 10+ to learn, so each day during the week of March 12, we had Red Cross volunteers visit designated afterschool sites. We taught almost 100 kids the hands-only CPR method.



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The kids really enjoyed learning about how they can help. Often children don't think they can help but if they have an older parent or adult living in their home or a younger brother or sister, that may have some sort of heart attack, they too can help until emergency crews arrive. They were taught to ask if the person was ok, then yell for someone to call 9-1-1. Hopefully these children will carry these life saving skills with them.



RCRC United Way Employee Campaign Exceeds Goals

David Stringer, Human Resources Director

Thanks to the generous contributions of the employees of the Richland County Recreation Commission, this year's United Way Campaign far exceeded the \$3,600 goal. Employees pledged a record \$5,127.60! Employee participation increased 41% and total contributions increased 40% over last year!

“DEDICATED TO ENRICHING LIVES AND CONNECTING COMMUNITIES” for the citizens of Richland County is part of our mission and through that mission our agency's support of the United Way of the Midlands is a great testimony to how we are accomplishing our mission. The health of Richland County's residents is challenged by a variety of serious issues that include: lack of student success in schools, hunger, homelessness, and domestic violence.

Support for the United Way of the Midlands is one way we can help find solutions to these problems.

Why should you donate? The United Way represents over 80 charitable organizations, including many smaller agencies that cannot afford their own marketing and fundraising. You can contribute to the United Way, and they will direct your gift to where it is needed or you can designate your gift to one of the individual partner agencies.

A payroll deduction gift of even a dollar per pay period to the United Way's Impact Fund can help prepare a young child for First grade, keep a child in school or help to insure that over 52,000 persons who live below the poverty level have access to food and emergency shelter.

RCRC believes we have a responsibility to the citizens of the communities where we work and live, and one way we fulfill this responsibility is investing in the United Way of the Midlands.

Again thanks to everyone who has generously given! And thanks to those employees who are considering a pledge for 2012. Your gift will be used to invest in what really matters in our community.



Injury Prevention

Chris Santino, Safety Manager

April is National Injury Prevention month, however, injury prevention should be important each and every day.

According to a 2010 survey, 55 million Americans are hurt severely enough to require medical attention, each year. Sadly, most severe injuries can be prevented. An estimated 250,000 people die annually from injuries they receive.

Injuries and illness cost billions of dollars each year in lost wages, medical expenses, insurance, property damage and other indirect costs. The costs from injuries in 2010 were \$406 billion, \$80 million in medical costs and \$326 million in lost productivity. Illness and injury are not just unpleasant facts of life to be shrugged off as inevitable, YOU can prevent them by taking safety precautions at work and at home.

Injury Risk Factors

A number of factors affect a person's risk of being injured – age, gender, geographic location, economic status and alcohol or drug use and abuse. Technology also affects the type and frequency of injury. As certain recreational activities, such as skateboarding and rollerblading, gain and lose popularity, injury statistics reflect the changes.

- Injury rates are highest among people younger than age 39. People ages 15–24 and people ages 65 and over have the highest rate of deaths from injury.
- Gender is also a significant factor in risk of injury. Males are at greater risk than females for any type of injury. In general, men are about twice as likely to suffer a fatal injury as women.
- Many environmental factors influence injury rates. Whether you live on a farm or in the city, whether your home is built out of wood or brick, the type of heat used in your home and your local climate all affect your degree of risk. For instance, death rates from injuries are higher in rural areas. The death rate from injuries is twice as high in low income areas as it is in high income areas.

- Alcohol use and abuse is a significant factor in many injuries and fatalities, even in teenagers. In 2010, approximately, 18,500 people in the United States died in alcohol related motor vehicle crashes. This figure accounts for 41% of all traffic related deaths. It is also estimated that a significant number of victims who die as a result of falls, drownings, fires, assaults and suicides have blood alcohol concentrations over the legal limit.
- Studies show that in the United States, approximately 11 teenagers die in a vehicle crash every day; that equates to over 4,000 young adults each year.
- Brain concussions in youth sports are a high priority concern at this time. With an increase in the number of injuries on the field of play, this topic will be tabled within the safety committee.
- Violence prevention and injuries such as homicides, domestic violence, neglect of children and drug overdoses are part of the tragedies that we hear about every day. Research shows that three-fourths of all deaths in young people are the result of injuries and violence.
- Take measures that make a difference. Change behaviors that increase your risk of injury and risk injuring others.
- Think Safety. Be alert for and avoid potentially harmful conditions or activities that increase your injury risk. Take precautions, such as wearing appropriate protective devices – helmets, ear wear and eyewear – and buckle up when driving or riding in motor vehicles. Moreover, when driving a motor vehicle utilize hands free technology when it comes to communication devices.
- Learn and use first aid skills. Despite dramatic improvements in emergency medical systems nationwide over the past decade, the person who can often make the difference between life and death is you.
- Athletes must wear all equipment that keeps their bodies safe.

Injuries affect all of us. Many of these events that lead to injury are predictable – therefore, they are preventable. Whatever the reason, we should all take strides to improve our safety record by paying attention to what we are doing. In our personal life or the workplace, accidents happen and some may be unavoidable, but most are caused by inattention, carelessness or faulty equipment. In the workplace, workers have the benefit of protecting their bodies with personal protective equipment; PPE is the last line of defense that protects workers. We can also choose protective products for our personal use at home or in the garden.

Whether driving a vehicle, playing a game, mowing the lawn, or doing our regular daily work routines, we must stay safe and avoid injury. Being hurt is no fun and we miss out on things we take for granted, like going to school or work. Stay safe and well. It should be abundantly clear; we can prevent injuries from happening in the first place by utilizing a little common sense and caution.

Reducing Your Risk

Despite the statistics, your chances of injury have more to do with what you do than who you are. Injuries do not just happen. It cannot be stressed enough, many injuries are preventable, predictable events resulting from the way people interact with potential dangers in the environment. The following are general strategies for minimizing risk and preventing injuries:

- Understand risk is always present.
- Know your risk.
- Perceived risk differs from actual risk.
- Encourage or persuade people to reduce their risk and change their behavior.
- Require people at risk to change their behavior, such as mandatory safety belt laws.

RCRC Hosts the 2012 SCAP

Aaron Shaw, Athletics Coordinator

The 2011-2012 Winter Basketball League was a huge success! To cap off a great season RCRC hosted the 2012 SCAP Boys' and Girls' 12 and under State Basketball Tournament. The tournament was held at Caughman Road Park on March 2-3. The East Columbia Basketball Organization's 12 and Under boys' and girls' teams represented Richland County in the tournament. Friday evening kicked off the weekend on the right foot. Exciting games went on all weekend long.



Columbia girls took the title with a 43-30 victory.

In the boys' division, the Championship game came down to Hartsville and Anderson. Hartsville

brought their "A" game, but Anderson over matched them with their speed and height. Anderson took home the title with a 57-46 win.



The tournament was a great experience for the kids participating and all the fans who came to watch. It was a pleasure for RCRC to host the 2012 SCAP Tournament and we look forward to the opportunity in the future!



The Central Clemson and East Columbia girls' teams battled for the championship. The Central Clemson girls fought hard, but in the end the East



Health Awareness Program

Chris Strothers, Manager, Denny Terrace Gymnasium

On February 10, the Denny Terrace Gymnasium hosted a Health Awareness Program for teens.

There are so many issues that teens face and through outreach from Planned Parenthood they were able to find out facts vs. fiction when it comes to awareness and prevention of sexual

diseases. Lanita Patterson, program director for Planned Parenthood was the featured speaker for the event and was able to provide important information for the kids that attended. The ten participating teenagers reported that they enjoyed the program and what they learned. Ms. Sunshine, as the kids call her, made the material relatable and approachable. The staff and kids said they would love to have her come back again.

Due to the success of the program, Ms. Sunshine will return to Denny Terrace Gymnasium, June 18-29 for a course entitled Making Proud Choices.

This course will expand on sexual prevention and help give youth the skills, knowledge, and confidence to make healthy choices they can be proud of!



Custodians of the Quarter

Connie Reaves, Director of Park Operations

The parks department came up with a way to give back and show the custodians how much we appreciate the hard work that they do.

When patrons walk through our doors, first impressions mean everything.



The custodians are responsible for keeping the buildings and the grounds

clean at their facility and for all of their outstanding work, each district honored a custodian for the quarter.

District 1 recognized Bobby Benson at Friarsgate Park; District 2, Willie Cornelius at Trenholm Park; District 3, Alvin



Colter at Killian Park and District 4, Stephon Mitchell at Eastover Park.

Please help me congratulate for the first time the custodians of the quarter.

Civility in the Workplace

Comilla Sampson, Compliance Manager

Civility is defined as courteous behavior; politeness, or the act of showing regard for others.

Civility in the workplace has shown to improve the morale, success and working relationships. We all have our bad days, but we all can strive to be more civil to make RCRC an even better place to work by following the suggestions below:

Regard for others:

- Learn to respect opinions and ideas of others;
- Be on time to meetings, respond promptly to e-mails and phone calls;
- Knock and wait to be invited in;
- Respect the person not the title;
- Say “thank you” and “please”.

Mistakes:

- Acknowledge mistakes;
- Own the mistake;
- Apologize for making the mistake;
- Accept the mistakes of others because you will make a few yourself.

Watch your mouth:

- Think before you speak;
- Don’t gossip or speak ill about someone;
- Try to avoid profanity;
- Avoid discriminatory or harassing jokes and comments about race, sex, religion, politics, etc.

Acknowledge others:

- Acknowledge someone that is 20 feet from you with a smile or head gesture;
- Speak to someone that is 10 feet or less from you;
- Greet in e-mails (Ex. Dear, Good morning, Hello, etc.);
- Closing in e-mails (Ex. Thank you, Have a nice day, Sincerely, etc.);
- Celebrate the accomplishments of others;
- Acknowledge when someone does something good.

Civility in the workplace makes coming to work more enjoyable and less stressful. When dealing with each other remember the Golden Rule “treat others the way you want to be treated” and smile, it’s contagious.

Employee of the Quarter

Congratulations to BJ Belville for being honored as Employee of the Quarter, the first of 2012!



BJ was nominated by his fellow Athletic Department co-workers. BJ began working at North Springs Park as Assistant Park Director. As one of our busiest parks, BJ worked long hours and weekends for special events, classes, programs and sports tournaments.

He was also very involved in the success of Terror in the Park, the yearly haunted house.

He eventually made his way to the Athletic Department and has really thrived. He excels in coming up with new ways to run the department more efficiently. He developed a database that logs all volunteer coaches and background checks, which has streamlined the process and saved countless hours. He was instrumental in revising and implementing our new tournament rental policy which has increased income to offset the agency's costs.

BJ works countless evenings and weekends supervising and administering athletic programs in his district. He never complains and always goes above and beyond the job requirements.

Congratulations, BJ!

Go Girls!

Jeff Brown, Park Manager, Blythewood Park

It's time to hit the diamond....for softball! This month, Blythewood Park kicked off it's first girls softball team. The Blythewood Diamonds are sponsored by Moe's Southwest Grill and will play as part of the Dentsville Youth Baseball/Softball League at North Springs Park. These ladies are geared up and ready to go with the help of their coaches and a team mom.

Also coming in the fall, Blythewood Park is planning a fall league for girls ages 7-12. Make sure to cheer the team on...they will be the ones in the PINK! Go Diamonds!

Veterans Appreciation

Charlene Lyles, Adult Services Supervisor

What a success! On February 23, the RCRC Adult Services and Adaptive Recreation Department teamed up with Agape' Hospice to host a Veterans Appreciation Luncheon. The event was held to honor and celebrate those who served and their families and to inform veterans of benefits available to them for their valued service.

Speakers for the event were John Griggs and Scott Middleton. Mr. Griggs gave a presentation on benefits available to veterans and their families.



The veterans were further honored by a pop-in visit from Joe Pinner, known to many as Mr. Knozit and as a weather personality from WIS News. Mr. Pinner says he always welcomes the opportunity to thank those who have served our country.

The luncheon attended by more than 175 people included veterans from all military branches. By the end of the event some new friendships were made when stories told revealed many had common ground and military ties.

Scott Middleton, CEO of Agape' Hospice and author of *Parent Talk*, gave a very enlightening and humorous talk on the nine conversations children should have with their aging parents. All proceeds from the book benefit the Agape Foundation that offers free residential care for those that qualify.



Youth Violence Prevention

Julian Shabazz, Recreation Programmer

Eastover Park hosted a Youth Violence Prevention Conference as part of National Youth Violence Prevention Week. National Youth Violence Prevention Week is a national education initiative that involves activities that demonstrate the positive role young people can have in making their schools and communities safer. Each year there are more than 40 national organizations and community groups that sponsor events centering around the following five components:

- 1) Promoting Respect and Tolerance,
- 2) Managing Your Anger
- 3) Resolving Conflicts Peacefully
- 4) Promoting Safety
- 5) Uniting in Action.

This year's events took place the week of March 19-23.



Eastover Park held their program on Monday, March 19. The planning committee included Park manager, Robert Davis; Recreation programmers, Julian Shabazz and Michael Marshall, and RCRC compliance manager Comilla Sampson.

A panel discussion was planned with guest speakers invited from various state agencies. The theme of the evening was to Promote Respect and Tolerance in accord with the national campaign.

Eastover Police Chief, Deron Tentyon showed his commitment to the community and along with Mr. Lee Faber, the Mayor of Eastover. Mayor Faber opened the session and offered the audience numerous tips on the theme of the evening. Also, due to the assistance of District 4 Park Supervisor Kendrick Roach, State Senator Darrell Jackson made an appearance and gave an inspiring and encouraging presentation to the assembly. Chief Tentyon followed and conducted an interactive presentation that included a very frank and detailed question and answer period. Mr. Davis also gave out several prizes to attendees and a



grand prize winner won a special dinner with Richland County Sheriff, Leon Lott. Following the Q&A session, refreshments were served to all and period of reflection and fellowship punctuated the evening.

The staff of Eastover Park organized and conducted a very smooth and professional program. The timing stayed on pace and each of the speakers gave a well prepared and

timely presentation. Park staff members Jerry and Jermaine assisted with the audience management and were in attendance the entire program and made sure that it ran smoothly. There were also several community members who assisted in setting up tables and serving refreshments. A total headcount revealed the attendance of 45 youth and adults who came and participated in the program. The event illustrated the level of collaboration from departments across RCRC as well as with outside agencies and government officials. Eastover Park ensured that RCRC was well represented and made a strong presence in the 2012 National Youth Violence Prevention campaign.



A Time To Remember

Linda Reese, Site Manager, Gadsden Community Center

The Gadsden Community Center senior group “Golden And Proud” Black History Program was a big success. The theme was “A Time to Remember”. Almost 300 community members attended, including teachers and students from Gadsden Elementary School.



The children and adults were excited to have hands on exhibits and hear stories from the seniors, dressed in their attire from the 1900's. Exhibits included a working corn grinder, a wash board/wash tub, butter churn, outhouse, smoke house,



well pump with running water, cotton scale, old wood heater, animal trap, sweet potato bed, and all types tools that were used in the fields as well as household items. Kids got to see how food was prepared back then. Demonstrations of cooking a hog over a fire pit, hash in a cast iron pot and other meals were displayed. Many stories of past events were told; the Mid-Wife, the African life style, and those of many other blacks who contributed to our society such as Dr. Martin Luther King, Jr., Malcolm X, Jessie Jackson, and many others. Our stories to the group ended with past and present accounts of how times have changed, from using outhouses to indoor bathrooms, wood burning stoves for heat to electric/gas and wells and pumps for water to running water. Linda Reese, site manager, and the “Golden And Proud” members have enjoyed the time and effort spent in making this program a memorable occasion for our community.



April

- 1 April Fool's Day
- 6 Pay Day
- 8 Easter Sunday (All facilities are closed)
- 10 Garners Ferry Adult Activity Center Groundbreaking, 9:00 am, Garners Ferry Sports Complex
- 14 Free Home Gardening Basics, 10:00 am-12:00 pm, Ballentine Community Center
- 14 Champions Challenge Football Clinic, 10:00 am-2:00 pm, Killian Park
- 14 Spring Fling, 11:00 am-2:00 pm, Trenholm Park
- 16 Commission Board Meeting, 6:00 pm, AAC
- 18 Lunch & Learn: Online Security, 12:00-1:00 pm, AAC
- 20 Pay Day
- 21 USMC Devil Pup Challenge Mud Run, 9:00 am-4:00 pm, Sandy Run
- 21 Diamond Festival, 9:00 am-5:00 pm, Lower Richland High School
- 21 Kite Flying Contest, register: 10:00 am; contest: 12:00 pm, Blythewood Park
- 21 Lower Richland Sweet Potato Festival Beauty Pageant, 5:00 pm, Hopkins Middle School
- 27 Spring Fashion Show, 7:00-8:30 pm, Caughman Road Park
- 28 Special Needs Fun Day at the Park, 9:00 am-1:00 pm, Caughman Road Park
- 28 Lower Richland Sweet Potato Festival, 11:00 am-6:00 pm, Hopkins AAC

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