

Team-Times

Newsletter

Bi-monthly Employee Newsletter of the Richland County Recreation Commission -- June 2014



RCRC University

Julian Shabazz, Recreation Program Manager

IN THIS ISSUE:

- RCRC UNIVERSITY 1-2
- GREEN OUT YOUR WORKOUT 3
- ARE YOU FINANCIALLY PREPARED? 3
- HURRICANE AWARENESS PART 1 4-5
- NATIONAL PARKS & RECREATION SENIOR FITNESS DAY 5
- EVALUATIONS-MISSION-VISION 5
- WOTSIT PHRASES 6
- SPRING FLING 7
- JULY CALENDAR 7

MISSION STATEMENT

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



The RCRC Staff Development and Evaluation program was developed to increase the knowledge of its employees and improve performance. This program is an effort by the agency to assist employees in developing an understanding of the standards and expectations RCRC has set forth for success. Upon completion of ten (10) hours of staff development workshops covering customer service and recreation programming, each group is charged with creating and implementing a capstone project demonstrating acquisition of learning outcomes as a result of the program.

Group Three consisted of Kami King and Kevin Hampton (St. Andrews Park), Matt Parker and Kar'Nesha Davis (Blythewood Park), Shaunta Cleveland and David Wine (Bluff Road Park), and Theron Chandler and Kenny White (Trenholm Park). The group chose to create *RCRC University – Diverse Change Through Community Outreach* as its project, which was the idea proposed by Kami King. The program took place on Friday, May 30, 2014 at St. Andrews Park. The event was a one-day mini conference designed to create an educational program specifically to help agency staffers in professional development around issues pertinent to parks and recreation. A community outreach component focused on supporting the local Women's Shelter (RCRC Customer Service Policy) and their component of the project was the utilization of technology to support agency programs. Current technology was used through the creation of a "crowdfunding" project facilitated through the Go Fund Me website.

Continued on page 2

Continued from page 1



The group organized, implemented and was involved in all aspects of the entire operation. Professionals from various sectors of the industry were invited to conduct workshops on four topics: leadership, technology, child abuse and crime prevention. The morning began with a warm-up Zumba session where the audience enthusiastically participated. Kar'Nesha Davis selected the subtitle of the event which guided the focus on adding the community outreach component. Kevin Hampton selected the local Women's Shelter as the beneficiary of our activities. The outreach portion was two-fold where first each RCRC Park was asked to collect items and supplies needed by the shelter to help their residents. Secondly, current technology was instituted by the crowdfunding project whereby online financial donations were accepted, and proceeds donated to the shelter. The crowdfunding project was supported by staff members throughout RCRC and had a goal to raise \$125.

Each group member was responsible for inviting speakers for the educational sessions. Child Abuse was organized by the staff at Blythewood Park, the Crime Prevention workshop by Bluff Road Park. The Leadership session was organized by St. Andrews Park and the Technology class was organized by Trenholm Park. The speakers for the technology workshop even designed and presented a mock mobile app using information specifically about RCRC. In addition to selecting relevant topics and inviting experts on each subject matter, the group presented a uniform appearance as event staff was visible throughout and easily identifiable by their attire, which was obtained by an in-kind donation facilitated by Shaunta Cleveland. Light snacks were available in the morning and lunch was served after the workshop sessions.



The finale of RCRC University was the presentation of several boxes of items and supplies donated to the Women's Shelter. In addition to the supplies, the crowdfunding goal was succeeded overwhelmingly as the agency presented a check for \$309.70 to the Women's Shelter. Angie Whitehead, program director at the Women's Shelter, accepted the gifts from RCRC and expressed her heartfelt gratitude to the agency for what was done on their behalf.

Numerous attendees expressed how pleased they were with the quality of the program and its execution by the staff. Attendees remarked that the workshop sessions were very educational, interactive and enjoyable.



Participants stated that each presenter was knowledgeable and staff learned from each session. Presenters included Scott McHam and Julius Tolbert from Social Market Exchange (technology), Wilhelmina Addison-Harrell from Three Rivers Treatment Center (leadership), Alexis Stratton from Sexual Trauma Services of the Midlands (child abuse), and Sgt. Amanda Jordan from the Richland County Sheriff's Department Community Action Team (crime prevention). Group Three of the Staff Development and Evaluation Program presented a well-rounded capstone project that fell right in line with RCRC's mission of being dedicated to enriching lives and connecting communities through diverse recreational opportunities.

Green Out Your Workout

Tavares Hanks, Graphic Designer/Webmaster

Have you heard about naked yoga? Apparently it's a thing, but if you want to be eco-friendly in your workout there are less extreme ways to help the environment without letting it all hang out. I mean, just imagine having to clean the yoga mats. And the view in downward facing dog (shudder). I'm all for loving your body, but there's a limit. If you agree, here are some other ideas for getting green while getting fit.

GET OUTSIDE

I get the appeal of a stationary bike or a treadmill, I really do. You can get a workout in throughout the year, rain or shine. You can answer work emails, update Facebook, or catch up on the latest celebrity gossip online while improving your health. It's multitasking to the max. But part of the benefit of working out is disconnecting from the rest of the world for a bit. Trade the stationary bike for the real thing or go for a jog through the park. Not only do you get to go outside and enjoy nature, you also help the environment because—and it may seem obvious, but I'm going to say it anyway—you're not using electricity to power your workout.

PURCHASE EARTH-FRIENDLY GEAR

There are a number of companies doing their part for the environment. If you're into yoga, naked or not (hey, do what you want in the privacy of your own home), Gaiam makes all of their mats without the use of phthalates. Phthalates pose a threat to the internal organs of humans—including our reproductive bits—and according to the National Toxicology Program (part of the US Department of Health and Human Services); diphthalate is "reasonably anticipated to be a human carcinogen." The FDA and National Institute of Environmental Health Sciences are also conducting research on the biological and ecological impact of phthalates. I think it's best to stay away from them.

You can also grab a balance ball, yoga bolster or some resistance bands from Natural Fitness. The company is doing their part to make the world cleaner by planting a tree for every purchase made in their shop. While this feels a bit like they're capitalizing on the green trends out there, if they're planting a tree for every purchase, we all win.

RECYCLE YOUR SHOES

When your athletic shoes are worn out, don't throw them away. Instead, donate them to a foundation that reuses the material. Nike's Reuse-A-Shoe takes discarded athletic shoes and grinds them up into a bunch of shreds they've creatively named "Nike Grind." Nike Grind is then used to build athletic courts, outdoor tracks and AstroTurf-like surfaces.

Whether you want to go all out on greening your workout or you're just looking for a small change here and there, even the smallest steps are steps in the right direction, much like beginning a workout itself.

Are you Financially Prepared?

Erica Smalls, Human Resources Manager

Disability Awareness Month Are you financially prepared?

If you got sick or hurt and couldn't work, how long could you go without a paycheck? In today's economy, it'd be difficult losing one paycheck. But a disability could have you out of work for weeks, months or even a year.

That's where disability insurance comes in. It provides income for you and your family if you are unable to work because of illness or injury.

May is Disability Insurance Awareness Month (DIAM), the perfect time for a disability insurance reality check. Take this opportunity to make sure you're financially prepared.

Learn more about the disability coverage we have available to help you and your employees. Talk with your benefits counselor today to explore options specific to your needs.

Short-term disability can help during maternity leave

According to the Council for Disability Awareness, pregnancy and childbirth disability claims rose 24 percent from 2011 to 2012.

Short-term disability insurance covering normal pregnancy and childbirth can provide maternity leave pay. Benefits may be paid when both mom and baby are healthy. Additional benefits may be paid during bed rest prior to delivery or if postpartum

complications delay an employee's return to work.

Contact your Colonial Life benefits counselor to learn more about how short-term disability can help employees during pregnancy and while on maternity leave.

Hurricane Awareness - Are You Weather Ready? (Part 1 of 2)

Chris Santino, Safety Manager

Did you know National Hurricane Preparedness Week is May 25-31. The Atlantic hurricane season begins June 1 and runs through October 30. Lessons are learned over time that a lack of hurricane awareness and preparation are similar threads among all major hurricane disasters. By understanding your vulnerability and what actions you should take, you can reduce the effects of a hurricane disaster.

Hurricane hazards come in many forms, including storm surge, heavy rainfall, inland flooding, high winds, tornadoes, and rip currents. The National Weather Service is responsible for protecting life and property through issuance of timely watches and warnings, but it is essential that our working and personnel families be ready before a storm approaches. Furthermore, mariners should be aware of special safety precautions when confronted with a hurricane.

The first and most important thing anyone should do when facing a hurricane threat is to utilize common sense.

A better understanding of tropical cyclones and hurricane hazards will help to make a more informed decision on your risk and what actions to take.

The major hazards associated with hurricanes are:

- storm surge and storm tide
- heavy rainfall and inland flooding
- high winds
- rip currents
- tornadoes

Storm Surge & Storm Tide

Storm surge and large waves produced by hurricanes pose the greatest threat to life and property along the coast. Storm Surge is an abnormal rise of water generated by a storm's winds. Storm surge can reach heights well over 20 feet and can span hundreds of miles of coastline.

Storm Tide is the water level rise during a storm due to the combination of storm surge and the tide. The destructive power of storm surge and large battering waves can result in loss of life, buildings destroyed, beach and dune erosion and road and bridge

damage along the coast. Storm surge can travel several miles inland. In estuaries and bayous, salt water intrusion endangers public health and the environment.

Heavy Rainfall & Inland Flooding

Tropical cyclones often produce widespread, torrential rains in excess of 6 inches, which may result in deadly and destructive floods. In fact, flooding is the major threat from tropical cyclones for people living inland. Flash flooding is defined as a rapid rise in water levels and can occur quickly due to intense rainfall. Longer term flooding on rivers and streams can persist for several days after the storm. When approaching water on a roadway, always remember Turn Around Don't Drown.

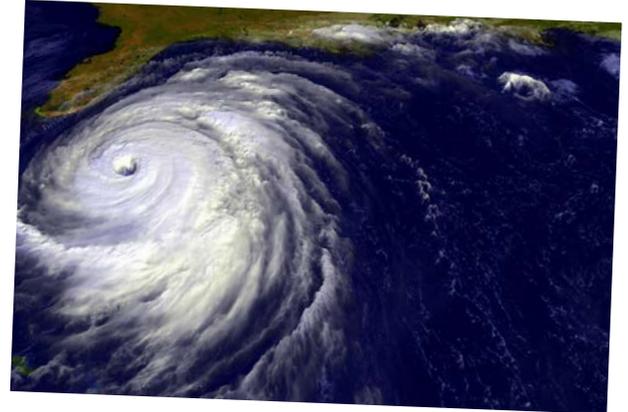
Rainfall amounts are not directly related to the strength of tropical cyclones but rather to the speed and size of the storm, as well as the geography of the area. Slower moving and larger storms produce more rainfall. In addition, mountainous terrain enhances rainfall from a tropical cyclone.

High Winds

Tropical storm-force winds are strong enough to be dangerous to those caught in them. For this reason, emergency managers plan on having their evacuations complete and their personnel sheltered before the onset of tropical storm-force winds, not hurricane-force winds.

Hurricane winds, 74 mph or higher, can destroy buildings and mobile homes. Debris, such as signs, roofing material, siding and small items left outside become flying missiles during hurricanes. Winds can stay above hurricane strength well inland.

Atlantic and Eastern Pacific hurricanes are classified into five categories (1 lowest – 5 highest) according to the Saffir-Simpson Hurricane Wind Scale, which estimates potential property damage according to the hurricane's sustained wind speed.



Rip Currents

The strong winds of a tropical cyclone can cause dangerous waves that pose a significant hazard to mariners and coastal residents and visitors. When the waves break along the coast, they can produce deadly rip currents - even at large distances from the storm.

Rip currents are channeled currents of water flowing away from shore, usually extending past the line of breaking waves, that can pull even the strongest swimmers away from shore.

In 2008, despite the fact that Hurricane Bertha was more than a 1,000 miles offshore, the storm resulted in rip currents that killed three people along the New Jersey coast and required 1,500 lifeguard rescues in Ocean City, Maryland, over a 1 week period.

In 2009, all six deaths in the United States directly attributable to tropical cyclones occurred as the result of drowning from large waves or strong rip currents.

Tornadoes

Hurricanes and tropical storms can also produce tornadoes. These tornadoes most often occur in thunderstorms embedded in rain bands well away from the center of the hurricane; however, they can also occur near the eye wall. Usually, tornadoes produced by tropical cyclones are relatively weak and short-lived, but they still pose a significant threat.

Continued on page 5

Hurricane Preparedness - Watches & Warnings

Understanding the difference between National Weather Service watches and warnings is critical to being prepared for any dangerous weather hazard, including hurricanes.

A watch lets you know that weather conditions are favorable for a hazard to occur. It literally means "be on guard!" During a weather watch, gather awareness of the specific threat and prepare for action - monitor the weather to find out if severe weather conditions have deteriorated and discuss your protective action plans with your family.

A warning requires immediate action. This means a weather hazard is imminent - it is either occurring (a tornado has been spotted, for example) - or it is about to occur at any moment. During a weather warning, it is important to take action: grab the emergency kit you have prepared in advance and head to safety immediately. Both watches and warnings are important, but warnings are more urgent.

National Parks & Recreation Senior Fitness Day

Lisa Smarr, Adult Services Coordinator

On Wednesday May 28, the Eastover Seniors and the Gadsden Community Center Seniors celebrated National Parks and Recreation Senior Fitness Day. We began the morning with special guest Michelle McDonald. Ms. McDonald teaches evening Line Dancing classes at Eastover Park and graciously agreed to teach our Eastover Seniors a few smooth moves. Our seniors learned three easy low impact line dances and everyone had a great time dancing, laughing and enjoying the music.

Following the Line dancing, the group completed a one hour Arthritis Exercise Foundation class led by Lisa Smarr.

After nearly two hours of fun and fitness, healthy refreshments were served. Our staff and seniors supplied the delicious and healthy snacks for everyone.

Hurricane / Tropical Storm Alerts

Tropical Storm Watch:
An announcement that tropical-storm conditions are possible within the specified area.

Hurricane Watch:

An announcement that hurricane conditions are possible within the specified area.

Because outside preparedness activities become difficult once winds reach tropical storm force, watches are issued 48 hours in advance of the anticipated onset of tropical-storm-force winds.

Action: During a watch, prepare your home and review your plan for evacuation in case a Hurricane or Tropical Storm Warning is issued. Listen closely to instructions from local officials.

Tropical Storm Warning:

An announcement that tropical-storm conditions are expected within the specified area.

During our refreshment time we enjoyed a casual discussion about fitness and health. Oral health as it relates to heart disease was mentioned, and each senior received a travel size toothpaste compliments of Dr. Michael Littlejohn.

Jawanna Jones, Assistant Manager at Eastover Park recently completed the Arthritis Exercise training and has been instrumental in building the seniors program at Eastover Park.

The Eastover Park and Gadsden Community Center Seniors were proud to participate in the NRPA Senior Fitness Day. RCRC recognizes the importance of providing safe, fun, and affordable programs for our senior population every day. Participating in a national day for seniors was a special opportunity to highlight what we do well!

Evaluations- Mission-Vision

Comilla Sampson, Compliance Manager

Evaluations allow us to test whether our reality reflects our intent. Through program evaluation, we are making the connection among the three most important aspects of our work by connecting our Mission to our Outcomes to ensure that our Vision is being carried out.

What do we say we are doing?

Mission "Dedicated to Enriching Lives and Connecting Communities Through Diverse Recreational Opportunities".

What we are actually doing?

We are developing planned programs to meet the needs of the communities we serve in order to successfully stay on track with our Vision.

What we want to do?

Vision "To be recognized as a leader in park management and the delivery of quality recreation programs in order to better promote health and improve the quality of life in Richland County".

In order to connect the three, we need to remain diligent to the formality of the evaluation process, by carefully determining the objectives of the evaluation, properly collecting information (data), and accurately reporting information in a way to strategically tie outcomes and recommendations to the original intent of the evaluation.

As we continue to evaluate our planned programs, we need to keep in mind why we are programming, which is to enrich the lives of our patrons and to deliver quality recreation programs to better promote health and improve the quality of life in Richland County.

WOTSIT PHRASES

<p style="font-size: 2em; font-weight: bold;">LOOK</p> <p style="font-size: 1.2em; font-weight: bold;">01</p>	<p>LOSS</p> <p>WORDS WORDS WORDS WORDS</p> <p style="font-size: 1.2em; font-weight: bold;">02</p>	<p style="font-weight: bold;">SMOKE SMOKE SMOKE SMOKE</p> <p style="font-size: 1.2em; font-weight: bold;">03</p>	<p style="font-size: 2em; font-weight: bold;">NO F_N</p> <p style="font-size: 1.2em; font-weight: bold;">04</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg); font-weight: bold;">ORDER</p> <p style="font-size: 1.2em; font-weight: bold;">05</p>	<p>PERSONALITY PERSONALITY PERSONALITY</p> <p style="font-size: 1.2em; font-weight: bold;">06</p>	<p style="font-size: 3em; font-weight: bold;">LAI</p> <p style="font-size: 1.2em; font-weight: bold;">07</p>	<p style="font-size: 3em; font-weight: bold;">AЬЬГЕ</p> <p style="font-size: 1.2em; font-weight: bold;">08</p>
<p>AGENT AGENT</p> <p style="font-size: 1.2em; font-weight: bold;">09</p>	<p>Theodore Roosevelt naked</p> <p style="font-size: 1.2em; font-weight: bold;">10</p>	<p style="font-size: 2em; font-weight: bold;">DOOUT</p> <p style="font-size: 1.2em; font-weight: bold;">11</p>	<p>STEP STEP</p> <p style="font-size: 1.2em; font-weight: bold;">12</p>
<p>LO HEAD HEELS VE</p> <p style="font-size: 1.2em; font-weight: bold;">13</p>	<p>SSSSSSSSSSHOE SSSSSSSSSSHOE</p> <p style="font-size: 1.2em; font-weight: bold;">14</p>	<p style="font-size: 3em; font-weight: bold;">NE??</p> <p style="font-size: 1.2em; font-weight: bold;">15</p>	<p style="background-color: black; color: white; padding: 10px; font-size: 2em; font-weight: bold;">SHOT</p> <p style="font-size: 1.2em; font-weight: bold;">16</p>
<p>BOPPER</p> <p style="font-size: 1.2em; font-weight: bold;">17</p>	<p>_PROGRAM</p> <p style="font-size: 1.2em; font-weight: bold;">18</p>	<p>SKATING</p> <p>•••••</p> <p>iiiiii</p> <p style="font-size: 1.2em; font-weight: bold;">19</p>	<p>GOODNESS GOODNESS NEST</p> <p style="font-size: 1.2em; font-weight: bold;">20</p>
<p style="font-size: 2em; font-weight: bold;">STICK</p> <p style="font-size: 1.2em; font-weight: bold;">21</p>	<p>AN JOB</p> <p style="font-size: 1.2em; font-weight: bold;">22</p>	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p style="font-weight: bold; margin: 0;">HE AD</p> </div> <p style="font-size: 1.2em; font-weight: bold;">23</p>	<p>BARS BARS BARS BARS BARS BARS BARS BARS BARS</p> <p style="font-size: 1.2em; font-weight: bold;">24</p>

WOTSITS PHRASES' ANSWERS

1) blank look 2) loss for words 3) smoke stack 4) no fun without you 5) side order 6) multiple personalities 7) laid back 8) apple turnover 9) double agent 10) teddy bear 11) do without 12) one step forward, two steps back 13) head over heels in love 14) tennis shoes 15) any questions? 16) shot in the dark 17) teeny bopper 18) space program 19) skating on thin ice 20) honest too goodness 21) short end of the stick 22) an inside job 23) blockhead 24) life behind bars

Spring Fling

Theron Candler, Park Manager, Trenholm Park

Richland County Recreation Commission has a mission statement that states: “dedicated to enriching lives and connecting communities through diverse recreational opportunities”. Judging by all the smiles on the children’s faces that attended Trenholm Park’s fifth annual Spring Fling, in which we partnered

with Forest Lake Park, I would say we accomplished that mission! The event took place on Saturday, May 10th, between 11:00 am and 2:00 pm. The purpose of the event was to bring the local community and businesses together to interact and have a fun entertaining day. Several of the businesses and vendors that attended were Momentum’s Body-N-Hair, The Richland County Sherriff’s Department, Andrew Beck Balloon Artistry, Jimmy John’s, AVSX Technology, Columbia Fire Department, Richland County Library-Cooper Branch, Super Starrs Pets, East West Team Martial Arts, and the Palmetto Youth Football. We had contributions from All State/Michael Farrell, Super Starrs Pets, the Forest Acres Neighborhood Association, McAlister’s Deli, BiLo, and The Fresh Market. The support and contributions of all of the organizations and businesses were extremely vital to the success of our event. There was plenty of entertainment, food, and games for the whole family. The kids seemed to especially enjoy the bounce houses and 16 ‘ft’ giant climbing wall.

We estimated that Trenholm and Forest Lake Park had around 100 people to attend its fifth annual Spring Fling and expect to have an even better turnout next year as the event grows. Richland County Recreation Commission would like to thank everyone that attended our event and everyone who helped make it a huge success! We look forward to seeing everyone at next year’s event!



July



Please Recycle



- 4 Independence Day (All RCRC facilities closed)
- 9 Showtime Carousel: The Columbia Marionette Theatre presents “Hansel & Gretel”, 10:00-11:00 am, Denny Terrace Community Center
- 11 Payday
- 12 Richland County Rising Stars Tennis Tournament, 8:30 am-4:00 pm, RCTC
- 18 Every Body Deserves A Massage, 6:30-8:30 pm, Killian Park
- 19 5th Annual Todd Williams Live Life to the Fullest Basketball Tournament, TBA, Caughman Road Park
- 20 5th Annual Todd Williams Live Life to the Fullest Basketball Tournament, TBA, Caughman Road Park
- 21 Commission Board Meeting, 6:00 pm, AAC
- 23 Showtime Carousel: Pork Chop Productions presents “Mother Goose Cuts Loose”, 10:00-11:00 am, Denny Terrace Community Center
- 25 Payday

Join us on Facebook:
<http://www.facebook.com/richlandcountyrecreationcommission>

Follow us on Twitter:
www.twitter.com/RichlandRec

Special Thanks to our Team Times Contributing Authors:

Editor/Layout: Zenethia Brown; Tavares Hanks

- Theron Chandler** / Park Manager, Trenholm Park
- Comilla Sampson** / Compliance Manager
- Chris Santino** / Safety Manager
- Julian Shabazz** / Recreation Program Manager
- Erica Smalls** / Human Resources Manager
- Lisa Smarr** / Adult Services Coordinator