



Nevada Recreation & Park Society

Strengthening Professionals for Today & Tomorrow!

NRPS Newsletter
August 2016

Celebrate our National Parks' centennial!

Inside this issue:

<i>NRPS Mission</i>	2
<i>NRPS Membership</i>	3
<i>Staff Development</i>	4
<i>Leadership Development</i>	5
<i>Parks & Rec Highlights</i>	6
<i>Aquatics</i>	7
<i>Leadership Institute</i>	8
<i>Hiking</i>	9
<i>Executive Board</i>	10

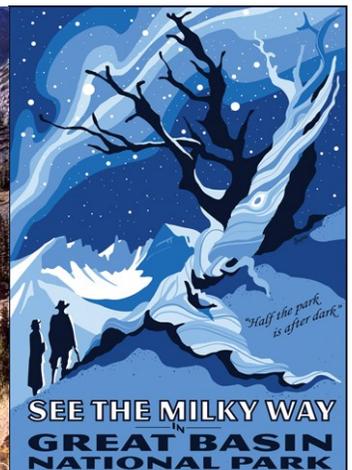
On August 25, 2016, the National Park Service turned 100! What an amazing opportunity the residents of Nevada have to explore the numerous National parks that are within an easy day's drive.

The centennial will celebrate the achievements of the past 100 years, but it is really about the future. It's about kicking off a second century of stewardship for America's national parks and for communities across the nation.

Most importantly, it's about inviting all of us to join the National Parks as active participants. We all have a role to play in ensuring that future generations of Americans will be able to enjoy the thrilling experiences of nature and wildlife, history and culture, and the spirit of adventure that is waiting at every national park.

Check out the year-long celebration at your favorite park at www.nationalparks.org as well as gain important information on how you can support the National Park Foundation or volunteer your time.

"Of all the questions which can come before this nation, short of the actual preservation of its existence in a great war, there is none which compares in importance with the great central task of leaving this land even a better place for our descendants than it is for us," - Theodore Roosevelt



Nevada Recreation & Park Society Mission



*Letting our old logo fade
off into the sunset!*

Our **mission** is to support and recognize members of the Society and to promote Recreation and Parks as an essential service in Nevada.

NRPS Vision Statement:

We support the National Recreation & Park Association and the benefits of Recreation and Parks for citizens of the State of Nevada. We serve with pride, leadership and professionalism.

We Believe in creativity and innovative problem solving.

We Believe in encouraging and promoting diversity in our membership.

We Believe in recognizing the accomplishments of members and agencies.

We Believe in members' input to shape our vision through strategic planning.

We Believe in cooperation, communications, teamwork and consensus building for the citizens, the Society and the agencies we serve.

Upcoming North/South Socials and Events

If you are interested in setting up a social event for the north or south, contact your executive board representatives.

For the North contact:

Andy Bass, North VP

For the South contact:

Sharon Cornell, South VP



NRPS Membership

The Nevada Recreation and Parks Society (NRPS) is a non-profit, professional organization, founded in 1958. Its main purpose is to promote the growth and development of Nevada recreation and parks. NRPS is affiliated with the National Recreation and Parks Association (NRPA).

NRPS has several levels of membership to meet the needs of all parks and recreation professionals, students, retirees, agencies, and affiliates.

PROFESSIONAL

This category includes persons who are or have been employed full time in an executive, leadership or supportive staff capacity within a public or private agency or department of recreation or parks or educational institution. (\$30)

RETIRED PROFESSIONAL

This category includes any persons over 45 years of age, who has been a Professional Member of NRPS, NRPA, or an NRPA Affiliate for a minimum of ten (10) years and has officially retired from a qualified professional position. (\$15)

ASSOCIATE

This category includes persons who are employed part time or volunteers within the recreation and parks field, and who subscribe and agree to the aims and objectives of this society. (\$15)

STUDENT

This category includes persons who are enrolled full time in high school, colleges or universities with an interest in parks and recreation or an allied field. (\$10)

AGENCY

This category includes the Agency Director and members of the policy or advisory board or commission. Dues are based on full time employee (FTE) equivalent. (\$250 – 20 FTE's or more; \$150 – under 20 FTE's)

ORGANIZATION/INSTITUTION AND AFFILIATE

This category includes national, state, and local organizations, hospitals, colleges, universities, clubs, and local, state or regional societies and organizations. (\$50)

COMMERCIAL

This category includes all vendors, commercial and for-profit organizations who subscribe and agree to the aims and objectives of this society. (\$50)

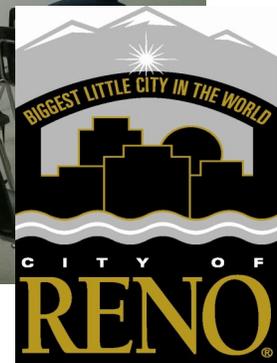
HONORARY

May be bestowed upon those persons approved by this society's Executive Board.

Training Partnerships & Staff Development

On July 29, Token Barnthouse representing NRPS and NAS Fallon recreation/hospitality, provided customer service training to employees of the city of Reno's Parks, Recreation, and Community Services Department. Employees at the City of Reno recently completed an internal survey that identified training as the number one priority for this year. Customer Service training was the most requested topic for training. Using his expertise, Mr. Barnthouse taught, encouraged, and inspired employees to identify the top challenges to providing good customer service and developing solutions to meet those challenges. Employees were challenged to find a customer that they may have struggled with in the past and improve that relationship. Over 200 employees participated in the training, and it was recorded for future training efforts.

This training provided a great opportunity to introduce NRPS to the employees at Reno. Employees were invited to join NRPS for their professional development and internal networking opportunities. It also highlights the great partnering opportunities we have within our very talented and experienced recreation & education professional membership pool in the State of Nevada! No facilitation, transportation, lodging, per diem fees required... what a great example of growing our future professionals and supporting one another in NRPS!



Leadership Development Minute

5 Ways to Be a More Resilient Leader: excerpt use with permission from Kouzes & Posner: Leadership Challenge Workshop series—Dr. Holly Seaton

1. Leadership resilience is often associated with managing through incidents or change, yet leaders are met with challenges every day that can tap into their emotions, drain their energy, and redirect their attention.

These common work stressors may include managing conflict, receiving unexpected news, or navigating ongoing technical change. Who hasn't been kept awake at night with hijacked thoughts over seemingly mundane issues?

There are a number of capabilities that leaders can cultivate that will serve as a foundation to manage and cope effectively with these everyday challenges. It turns out that building resilience is a combination of the brain and the heart.

Here are some findings that can help leaders develop resilience:

Don't ignore the negative: Resilient leaders see negatives and risks, but they don't dwell there. They are actively aware, but filter out negativity by reframing issues in a more proactive direction.

2. Face the fear: Most leaders have some degree of fear and resistance to conflict. They can also be guilty of not wanting to look further, avoiding what may be revealed. Leaders who understand their fear and manage through it are more likely not to get emotionally derailed making decisions.
3. Be a realistic optimist: Effective leaders don't always present the optimistic side. They adapt to bad things by understanding what they can control and what they can't, knowing they have a choice in how to respond.
4. Cope actively: Resilient leaders read and identify their emotions, consciously suspending them as they explore facts. They look at all sides, including their own biases. This "cognitive re-appraisal" allows them to manage distracting emotions while they communicate and influence others.
5. Seek support: One of the most important findings in the science of resilience is having social support. Effective leaders are good listeners and supporters. They cultivate a safe and supportive network around them. Persistent venting and blaming of others has been shown to decrease resilience and serves as an important caveat. The key is in the balance.

Leaders make space for important visioning and strategy. Understanding how resilience is built day-by-day may help you focus on what matters, and you just might feel better, too.

National Park & Recreation Month Highlights

This year Park and Recreation month was a #superjuly! *City of Henderson* kept the spirit the whole month with various activities for staff and guests which were planned by Recreation Services Manager, Angela Summers. A kickoff party was hosted to help everyone get in character, even Recreation Superintendent and NRPS President, Adam Blackmore (pictured below) participated in the fun. The month continued with super hero shirt Thursdays and Fit Twins Fridays where staff could work out for free in rec centers and pools. Some of the highlights of the month included SUPERINTENDENT Day, Kindness Superpower days #Superselfiedays and “How to be a Hero during an Emergency” with the Get READY! Stay READY crew. These activities and events allowed staff to interact with each other and our guests and was a super-awesome time for all who participated.

Awesome job to Henderson’s very own caped crusaders!!!



Spotlight on South Aquatics: Lifeguard Olympics

The Olympics may have had the attention of the world drawn to Rio, but on July 30th the NRPS Southern Nevada Lifeguard Games showcased the honed skills of the capable lifeguards in the region. Overall, six organizations competed in the spirit of camaraderie: Cowabunga Bay, YMCA, Clark County, City of North Las Vegas, City of Henderson, and the City of Las Vegas.

Taking place at the City of Henderson's beautiful Multigenerational Center, lifeguards put their skills and knowledge to the test in some high stress and physically demanding events. Under the watchful eyes of multiple judges, the lifeguards could not just be fast, they had to be precise in the performance of their skills and be able to recall any information from their lifeguarding manual.

The Cardiac Relay put a team of lifeguards' knowledge of responding to an emergency requiring CPR in combination with a fifty yard sprint across the pool. The Speed Spinal Rescue displayed how quickly and safely the lifeguard pairs could perform the delicate extraction of a victim suffering from a head, neck, or back injury. Lifeguard Jeopardy combined a strenuous object recovery with difficult lifeguarding trivia. Last but not least, lifeguards demonstrated their speed with a rescue tube in the Rescue Tube Relay.

Raring to show their skills, the lifeguards spent the evening in nail-biting competition and when all the splashes and waves stopped; three teams had tied for first place. The City of Las Vegas, Clark County, and the City of North Las Vegas competed in one more rescue tube relay race. The City of North Las Vegas edged out their competitors, becoming the Southern Nevada Lifeguard Games Champions of 2016. After the friendly competition was over, lifeguards from all six organizations came together and enjoyed burritos provided by CHIPOTLE. With the excitement over, murmurs could be heard from each team discussing how hard they will train for next year.



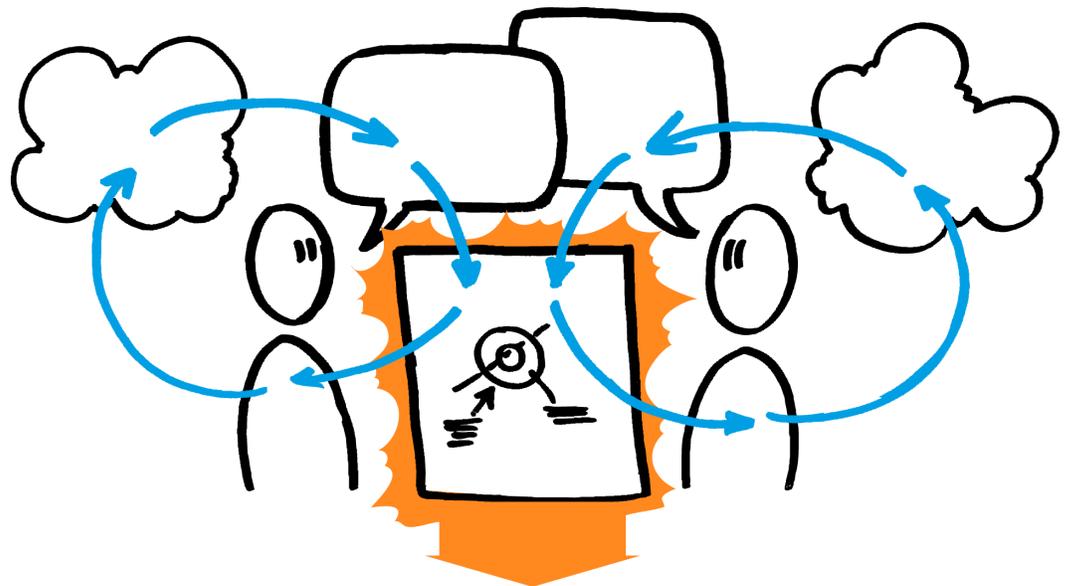


Join the NRPS Leadership Institute!!!

Leadership Institute is the Nevada Recreation & Park Society's new annual leadership development program for early to mid-career professionals. Leadership development is critical to public and park and recreation employees.

It provides participants and agencies with skill sets, competencies, and a growing expertise that enhances their success on the job and helps build individual and organizational futures! The 1-year program will enhance individual organizational leadership skills, specifically addressing leadership styles, philosophies, and competencies. In addition, the program explores and introduces participants to emerging approaches of integrating leadership development to personal growth concentrating on participatory and collaborative leadership.

The intent is to prepare leaders for today with essential skills and for a future that will increasingly see managers take on challenges that require strategic thinking, collaboration, systems thinking, leading change, and becoming comfortable with ambiguity.



You... Take a Hike: The Benefits are Endless!

As our hot summer months begin to transition into Fall get out of your routine and enjoy the stunning beauty of the diverse terrain in Nevada. Nevada's trails offer thousands of miles of the best hikes with amazing surroundings and scenery. Everything from desert to lush meadows, mountains to valleys, and rivers to lakes, Nevada has a trail for you.

Whether you are casually seeking a leisurely walk or a serious trekker looking for a challenge, there's a trail for you! Plan ahead, be prepared with essentials & a communication plan before you set out on your memorable and rewarding adventures.



Check out www.travelnevada.com for ideas & planning

Future Newsletter Announcements

Please send submissions for the NRPS monthly newsletter to Token Barnthouse at:

token.barnthouse@navy.mil

We want to hear from you with your updates in the form of Pictures, Articles, announcements and more!





Strengthening Professionals for Today & Tomorrow



Stay tuned for the next NRPS Newsletter as we will highlight more information on the 2017 NRPS Conference.

Your NRPS Executive Board

Past President - Dan McLean
President - Adam Blackmore
President Elect - Kristy Bekiares
Vice President (North) - Andy Bass
Vice President (South) - Sharon Cornell
Secretary - Kathy Burkhardt
Treasurer - Nick McLemore

Member at Large (North) - Shauna Nelson
Member at Large (North) - Darrin Price
Member at Large (North) - Patrick O'Mara
Member at Large (North) - Token Barnthouse
Member at Large (South) - Michelle Shaffer
Member at Large (South) - Katie Boehme
Member at Large (South) - Lisa Sickinger
Member at Large (South) - Paul Foltz

*Contact the President: by
E-mail: nrps@live.com*

WWW.NRPS.ORG