

# CPRS District 2

Spring Newsletter 2023

## *A Message from your President - Ashika Lal*

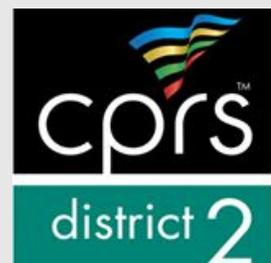
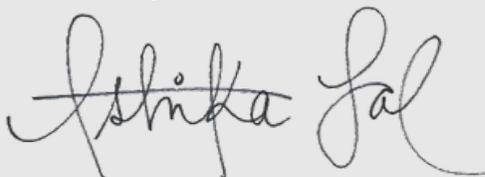
Hey there, District 2 Members! I am excited to serve as your District 2 President for the 2023-24 year. First and foremost, I would like to share a few words with you about the upcoming year and what you can expect from your District 2 Board: Connection, Communication, Engagement and Accountability. These four words serve as the overall theme for your District 2 board and everything we will do to serve you this year and... what a year it will be!

In March, your District 2 Board kicked things off at the annual board retreat in Carmichael. The day started with a special presentation from Past District 2 President, the Director of Parks, Recreation and Maintenance for the City of Lathrop, Todd Sebastian. We spent time reviewing the new CPRS by-laws, setting both board and individual goals for the year and solidifying the calendar of events and trainings. You can look forward to the annual Equipment Expo in September, this year we will be debuting a re-imagined Rodeo competition that will be less physically demanding on attendees but just as fun and competitive. I can't wait to see who will take home the belt buckles this year! District 2 will be teaming up with Districts 1 & 3 (Region 1) to bring you the Fall Forum again this year. This one day mini-conference will be held on November 2 at the Woodland Community Center in Woodland, CA - Save the Date! You can also plan on D2 event staples like the annual General Membership meeting in December, Lunch 'n Learns spread throughout the year, plus the 2nd annual Park Forum and Awards & Installation Banquet events in 2024. Speaking of what we do in District 2, have you seen the official D2 hashtag yet? #D2Doing2Much Feel free to use this hashtag anytime you attend a D2 meeting, training or event!

We have a couple new projects on the horizon, District 2 will be joining the GRAM! Stay tuned for more information on how and when you can follow and connect with District 2 on Instagram. We are also currently planning a D2 Doing Good 2gether day of service where we hope to invite members to help with a community improvement project within District 2. More details will be shared soon on how you can get involved and submit your project for consideration!

Following the footsteps of CPRS State Board Past President, Henry Perezalonso, D2 is participating in a "second take" of the #Take5 Challenge. I challenged our board this year to #Take5 with member agencies, and I would like to extend that challenge to YOU! We realize it is not always practical to attend D2 events, trainings and meetings, however, connecting with each other is vital. We are inviting you & your agency to join us at an event or board meeting to connect with your D2 board. Let us know what you are doing, what challenges you have and how we can better serve you. Almost all D2 board meetings are conducted via a hybrid model, so agencies and members can join us via ZOOM or in person. The District 2 board has coined this challenge "Take 2 with D2". If you would like to connect with your District 2 Board at a future meeting, please feel free to reach out to me directly at [alal@southgaterecandpark.net](mailto:alal@southgaterecandpark.net) or (916) 428-1171 ext. 27.

Several of your District 2 Board members recently attended CPRS Conference in San Diego. The week was spent learning, connecting with professionals state-wide and bringing back tangible take aways to our agencies. Check out the D2 conference highlights on page 4. Several D2 members attended conference and I was quite excited to see such a great showing of support from the geographically largest District in CPRS. During the week your D2 Vice President, Nina Sinor, ended up coining the D2 conference catch phrase, "Get in the Van!". We used this phrase all week to identify ourselves, gather together and get from point A to point B with all members in tow. Why stop a good thing? I invite all of you to join D2 this year, connect with a board member, attend a training or event, ZOOM into a meeting, basically... "Get in the Van!" with District 2, because we are going places!



# Education

## Lunch n' Learns

CPRS D2 Board is excited to host a variety of new educational opportunities through Lunch n' Learns this year! The upcoming Lunch n' Learn is focused on Social Media and Marketing and will be held in Folsom on May 17th. RSVP for this Lunch n' Learn and learn about future events at [cprsd2.org/district-2-events](http://cprsd2.org/district-2-events)

*\*Please note, lunch is not provided at Lunch n' Learns. Be sure to bring your lunch when attending.*

### Upcoming Lunch n' Learns in 2023:

August 16: Recreation Coordinator Career Development

October 19: Parks Worker Training



## YTRS

Youth & Teen Recreation Services (YTRS) meets monthly to discuss youth, teen, preschool, and sports programming. YTRS also holds events, workshops, and trainings that give recreation professionals the opportunity to network with other recreation agencies to gain knowledge of what is currently trending in the recreation industry by discussing a variety of topics. Come join us on the 1st Wednesday of the month 11am-1pm starting in September!

### Upcoming YTRS Events:

July 20: Preschool Rec Connect

## Meet the YTRS Board

**President:** Riva Ballis, Mission Oaks RPD

**VP of Communications:** Nadia Roberts, City of Folsom

**Secretary:** Kourtney Hobart, Sunrise RPD

**Events Coordinator:** Kayla Thayer, North Highlands RPD

**Youth Services Rep:** Celeste Torres, City of Sacramento

**Teen Services Rep:** Robert Larson, City of Davis

**Preschool Rep:** Patrick Bitcon, Cosumnes CSD

For more information or to learn how to get involved in leadership opportunities, contact Riva Ballis at [rballis@morpd.com](mailto:rballis@morpd.com)

# Northern California Aquatic Management Association Updates

NCAMA hosted their annual Workshop on January 20 at the Mike Shellito Indoor Pool in the City of Roseville. This event returned to in-person for the first time since 2020 with 55 participants. We had four excellent Aquatics professionals present on topics like work culture, myths in Aquatics and professional development. We are slowly rebuilding our summer events that include \*NEW\* Drennan's Dream on Thursday, June 8th at the Maidu Community Center, TOTAL Guard on Friday, June 16th at the West Sacramento Rec Center, the 6th annual Water Polo Tournament on Sunday, June 25 at the Wackford Aquatics Complex and the 20th annual Lifeguard Palooza on Sunday, July 30 at the Natomas Community Center and Aquatic Complex. NCAMA Committee Meetings take place every other month (starting in January) on the second Thursday of the month from 10 a.m.-noon with a "no-host" lunch to follow. If you're interested in joining or attending these meetings, please reach out to the current NCAMA Chair Susie Patterson at [spatterson@crpd.com](mailto:spatterson@crpd.com) to be added to the mailing list. During meetings, Steering Committee Members provide updates on their areas of oversight, host roundtable discussions on any topic requested & provide American Red Cross and CPRS Aquatic Section updates from our Professional Representatives. These meetings are a great opportunity to expand your professional resources and create contacts for problem solving and benchmarking.

## Meet the NCAMA Steering Committee



**Chair:** Susie Patterson, Cordova Recreation and District  
**Co-Chair:** Will Neville, City of Roseville  
**District 2 Rep/Treasurer:** Susie Patterson, Cordova Recreation & Park District  
**Events & Trainings Chair:** Kevin DeFranco, City of Patterson  
**Surveys Chair:** Hollay Shayegi, City of Davis  
**Facilities Chair:** Patrick Maridon, City of Sacramento  
**Social Media Chair:** Cody Helmer, City of Sacramento  
**Social Media Co-Chair:** Brittney Teems, El Dorado Hills Community Service District  
**Members at Large:** Chanise Harrison, City of Fairfield

# CPRS Conference Highlights

## CPRS Connections in The Books

District 2 was excited to connect with so many members, friends and colleagues from across the state at the CPRS CONNECTIONS Conference in San Diego this year. D2 lived up to their hashtag (#D2DOING2MUCH) as they were very active in this year's conference with eleven D2 members presenting, four of whom are D2 Board Members, eleven D2 Board Members attended the Leadership Meeting on April 6th, and the Region 1 Social at Top Gun saw record attendance numbers with participation from members across the state! We hope you stay connected throughout the year with new and old colleagues and friends you made in San Diego. We can't wait to see you all in Palm Springs in 2024!



# Equipment Expo, Sponsorship Opportunities, and the Jerry Fox Scholarship



## 2023 Equipment Expo

The 2023 annual CPRS District 2 Equipment Expo is returning this Fall on September 22nd. The Expo will be held at a new location this year - William Land Park from 10 AM - 2 PM. This annual event will feature vendors and sponsors for all things Parks & Recreation with lunch and the ever-popular Rodeo featuring staff from many districts in our area. More details and a registration link coming soon at [cprsd2.org](http://cprsd2.org).

For more information contact Jeff Houser at [jhouser2@roseville.ca.us](mailto:jhouser2@roseville.ca.us)

## Support District 2!

Do you want to be a part of District 2 as a sponsor for an event, a meeting or more? We have great opportunities that range from as little as \$500 to \$2500 depending on what your company would like to be a part of. District 2 is one of fifteen districts within the California Park & Recreation Society (CPRS). District 2 is part of Region 1, which is comprised of Districts 1, 2, & 3 and is the largest geographical District, representing 37 agencies in Northern California.

For investment opportunities and additional information please contact Eric Dexter at [edexter@roseville.ca.us](mailto:edexter@roseville.ca.us) or call (916) 746-1769.

## Jerry Fox Maintenance Management School Scholarship

The CPRS District 2 Development & Operations Section promotes educational opportunities to its members, helps raise the bar on park maintenance standards and promotes the image of park professionals in our communities. This scholarship is open to members of the Development & Operations Section, or employees of member agencies, that live and work within the boundaries of District 2. Recipients will be responsible for their roundtrip transportation to and from MMS. The application deadline is September 22, 2023. The application will be available to complete soon, please visit [cprsd2.org/scholarships-grants](http://cprsd2.org/scholarships-grants) to keep an eye out for the application.



# *Assembly Bills Affecting our District*



## **What's Hot from the A-Team**

Below are a few important bills that have been proposed for the 2023 year. Be sure to use the bill analysis for a quick synopsis. You can always read through the text for a more in depth look at the bill. Click the links for websites with up-to-date information regarding bill status and advocacy efforts within California.

<https://www.calcities.org/advocacy>  
[California Legislative Information](#)

### **Legislation to keep a lookout for:**

**AB-70** Emergency response: trauma kits

**AB-262** Children's camps: safety and regulation

**AB-557** Open meetings: local agencies: teleconferences

**AB-817** Open meetings: teleconferencing: subsidiary body

**AB-1056** Department of Parks and Recreation: California Youth Water Safety State Grant

**AB-1299** School safety: school resource officers: school police officers: school safety plans

**AB-1467** Nevaeh Youth Sports Safety Act

**AB-1445** The Neng Thao Drowning Prevention Safety Act

**AB-1567** Safe Drinking Water, Wildfire Prevention, Drought Preparation, Flood Protection, Extreme Heat Mitigation, and Workforce Development Bond Act of 2024

For more information or to get involved contact Penelope Crouse-Feehan at [pcrouse-feehan@folsom.ca.us](mailto:pcrouse-feehan@folsom.ca.us)

## District 2 - Member Highlight



***Traci Farris, CPRP***

***Park and Golf Operations Manager***

***Cosumnes Community Services District***

**Q. What made you choose to enter the field of Parks & Recreation?**

Funny enough, I accidentally stumbled into the field of Parks and Recreation. I didn't even really know what it was about, but after spending 5+ yrs in junior college, I was intent on finding something to fit my passion of the outdoors and working with people. From the moment I sat down in my very first recreation class at CSU Chico, I just knew it was where I was supposed to be. My dad took a little more convincing since he was pretty sure I was getting a degree in fun and games.

**Q. What was the biggest challenge you faced and overcame during your Parks & Recreation career?**

There have been many challenges over the years. Ceres was pretty cash-strapped and I was certain I wasn't going to make it through the economic downturn of 2008 with a job. Somehow I did. And still found ways to offer programming to the community. My Director wasn't able to keep his job, unfortunately, leaving us to report to the police department for a short time. Try having a Police Lieutenant as a PT Recreation Manager - challenge accepted. Leaving an agency where I kind of "grew up" was a very big deal for me. I was nervous I wouldn't be a seasoned enough professional for such a large organization. If anything, the District provided just the right amount of seasoning I needed. Perhaps the most challenging thing I have encountered so far was transitioning from Recreation to Park Operations. I didn't think it would be easy, however, I had no idea just how complex it would be. I have been super fortunate to have a great team who have made it their mission to teach me about agronomy, trees, playgrounds, spray parks, and more. They have finally gotten used to my little recreation heart showing up in some of the teambuilding activities, or how I insist upon us all dressing up for the annual Halloween party.

**Q. What do you consider your biggest accomplishment in the field?**

I have been so fortunate to have a career which has spanned over 2 decades. Not sure how this is possible since I still identify as 29 ha! In all seriousness, my biggest accomplishment by far is the network of parks and recreation professionals I have cultivated. It has taken a village to raise me and I wouldn't be who I am today if it weren't for the people I've met along the way. I moved around a lot as a little girl, never staying in one school or at the same house for very long. As a result, I don't know anyone from before high school and can only vaguely recall the names of some of my teachers. Because of this, I place a great importance and value on relationships. Whether it's been someone I've met through district, section, or state leadership, in a lifeguard class, at a parks forum, or even on a zoom call - there has been a positive impact on my life.

There was also that one time I scored a hat trick when I was elected to the Admin Section BOD, having already served at the district and state level.

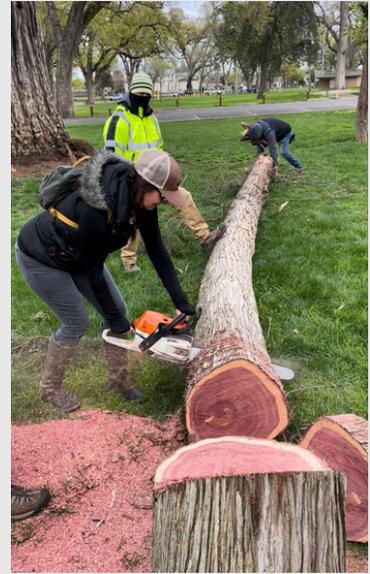
**Q. How many years did you work in Recreation? And what made you choose to switch to the Parks side of things?**

I began my professional career in Recreation with the City of Ceres during the Fall of 2002. I was a recent college grad and a new momma, so a part-time Recreation Coordinator position seemed like the *(continued)*.

## District 2 - Member Highlight

perfect fit. Over the course of 15 yrs, I slowly but surely worked my way up to the Manager position, before I made the lateral move to Cosumnes CSD. My eyes were opened BIG time by moving to such a dynamic and progressive organization. I was afforded so many opportunities for professional and personal growth during the 2.5 yrs I worked for the Recreation Division. It was that growth which ultimately prepared me for my next adventure.

During the Fall of 2020, I caught wind of an opening on the Park Operations side of the house, and after very serious consideration, I applied, and found myself starting my first day of work in January, 2021. Here we are, almost 2.5 yrs later – I think I have finally found my groove. The way I just typed this makes it sound like such an easy decision, but I'd like to dive a little further into the weeds if I may (park pun J). I mentioned I have a passion for outdoor recreation, in fact, I am most comfortable outside and surrounded by nature. I grew up camping and hiking with my dad, so it's always been my happy place. I have never met a trail I didn't like or been in a green space that didn't offer me some sort of peace and relaxation. After serving the community for 18 yrs on the recreation side of the house, I felt like it was time to challenge myself, and take a walk into the (mostly) unknown side of Park Operations. Since I have my little heart set upon being a Director of Parks & Recreation someday, I felt like it was important and would be time well-spent to learn the other side. And I was absolutely right. It has been challenging, scary, fun, exhilarating, exhausting, rewarding, did I already say challenging (?) – it has been ALL the things. And then some. But it was the best decision I could have made, both personally and professionally.



### **Q. What do you think was the biggest lesson you learned after making the switch?**

The biggest lesson I have learned is how the community expectations differ pretty dramatically with regard to Parks and Recreation. Very often, Park Ops folks work behind the scenes to ensure parks, fields, trails, open spaces are all safe and clean for residents to enjoy. They work long hours in all kinds of inclement weather, sometimes starting before daylight, and very rarely receive accolades from the community. Instead, they are often subject to multiple complaints from user groups, or park attendees. Their hard work to prep a sports field will need to be done week after week. The litter they just picked up yesterday will multiply overnight, and the turf they recently renovated will bear the footprints of hundreds of folks.

This is not to say that everything is rosy in Recreation world, it's just a little different I think. I have been thanked countless times over the years for helping a child learn to swim or for providing a fun and interactive program. People have a choice with how to spend their discretionary income, and when they choose us, they are effectively saying they believe in (and support) our programming.

Another take-away is how differently Recreation and Park Ops function, especially in terms of how meetings are held or trainings are offered. Most, if not all, Park Ops folks are on the go. Very few have assigned desk spaces, instead relying on a phone to stay connected. Their offices are mobile, and they move around town all day long. Holding a training session or having a meeting with multiple people takes far more consideration when planning than if everyone's office or cubicle is in the same building.

### **Q. What advice do you have for young professionals who are maybe just getting started or not sure of their professional goals just yet?**

I would encourage them to make friends in their neighboring agencies. Don't be afraid to go outside of your organization to get new ideas or form relationships. We all beg, borrow, and steal from each other anyway. Find every opportunity to attend a conference, summit, or forum, and actively listen to the speakers. Try new things. Try old things. I recertified as a lifeguard and then went on to get my instructor certification because I was struggling to find qualified applicants. Instead of giving up, I found a way to train people myself. Most of all, I would remind them to have fun – after all, we are in the business of fun and games, at least according to my dad.

# *Elections - 2024/2025*

## **District 2 Wants You - Join the D2 Board of Directors!**

Get involved with CPRS District 2 by becoming a Board Member! The CPRS District 2 Board of Directors is a group of dedicated professionals who are committed to uniting members and creating a network across disciplines and agency boundaries. The D2 Board helps promote the resources, tools, advocacy, education opportunities, and events of the California Park & Recreation Society. The Directors meet monthly, on the second Wednesday of each month.

The below positions will be open for the 2024/2025 D2 Board and the deadline to apply is November 1, 2023.

### **Positions Available for Election:**

- Vice President – 3 year term – Presidential Series
- Director of Programming - 2 Year Term
- Director of Education – 2 Year Term

### **Positions Available for Appointment:**

- Technology Representative - 1 year appointment
- Student Section Representative – 1 year appointment
- Partnerships & Sponsorship Representative – 1 year appointment
- Recreation Section Representative – 2 year appointment (must be a section member)
- Recreation Therapy Section Representative - 2 year appointment (must be a section member)
- Advocacy Representative – 1 year appointment
- Aquatics Section Representative - 2 year appointment (must be a section member)
- Aging & Activities Section Representative - 2 year appointment (must be a section member)
- Educators Sections Representative - 2 year appointment

Got questions about elections? Reach out to President-Elect, Kate Miller, at [millekat7@gmail.com](mailto:millekat7@gmail.com)

SPRING NEWSLETTER 2023  
*Connect With Your  
District 2 Board*

**PRESIDENT: ASHIKA LAL**

Southgate Recreation & Park District  
[alal@southgaterecandpark.net](mailto:alal@southgaterecandpark.net)

**PRESIDENT-ELECT: KATE MILLER**

El Dorado Hills CSD  
[millekat7@gmail.com](mailto:millekat7@gmail.com)

**VICE PRESIDENT: NINA SINOR**

Cordova RPD  
[nsinor@crpd.com](mailto:nsinor@crpd.com)

**TREASURER: NICOLE LOWERY**

Cordova RPD  
[nlowrey@crpd.com](mailto:nlowrey@crpd.com)

**SECRETARY: CHELSEY ADAMS**

Fair Oaks RPD  
[cadams@forpd.org](mailto:cadams@forpd.org)

**DIRECTOR OF PUBLIC RELATIONS:  
FRANKIE NELSON**

City of Folsom  
[fnelson@folsom.ca.us](mailto:fnelson@folsom.ca.us)

**DIRECTOR OF PROGRAMMING: DAN FRIESE**

City of Lincoln  
[Dan.Friese@lincolnca.gov](mailto:Dan.Friese@lincolnca.gov)

**DIRECTOR OF EDUCATION: MIRANDA ELLIS**

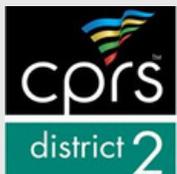
Carmichael RPD  
[mellis@carmichaelpark.com](mailto:mellis@carmichaelpark.com)

**AGING & ACTIVITIES SECTION REP.  
YOUTH & TEEN REC SERVICES:  
RIVA BALLIS**

Mission Oaks RPD  
[rballis@morpd.com](mailto:rballis@morpd.com)

**AQUATIC SECTION REPRESENTATIVE &  
NORTHERN CA AQUATIC MANAGEMENT (NCAMA) CHAIR:  
SUSIE PATTERSON**

Cordova RPD  
[spatterson@crpd.com](mailto:spatterson@crpd.com)



**EDUCATORS SECTION REPRESENTATIVE:**

**DR. ABHIJEET SHIRSAT**

California State University, Sacramento  
[shirsat@csus.edu](mailto:shirsat@csus.edu)

**RECREATION SECTION REPRESENTATIVE: J LONG**

Cosumnes CSD  
[jlong@csdparks.com](mailto:jlong@csdparks.com)

**RECREATION THERAPY SECTION REPRESENTATIVE:  
KIMBERLY VICKERS**

Cameron Park CSD  
[kvickers@cameronpark.org](mailto:kvickers@cameronpark.org)

**STUDENT SECTION REPRESENTATIVE: EVAN STORK**

Cordova RPD  
[estork@crpd.com](mailto:estork@crpd.com)

**ADVOCACY REPRESENTATIVE: PENELOPE CROUSE-FEEHAN**

City of Folsom  
[pcrouse-feehan@folsom.ca.us](mailto:pcrouse-feehan@folsom.ca.us)

**TECHNOLOGY REPRESENTATIVE: IAN ROBERTS**

Fair Oaks RPD  
[iroberts@forpd.org](mailto:iroberts@forpd.org)

**DEVELOPMENT & OPS. SECTION REP.: JEFF HOUSER**

City of Roseville  
[jhouser2@roseville.ca.us](mailto:jhouser2@roseville.ca.us)

**SPONSORSHIPS & PARTNERSHIPS REP.: ERIC DEXTER**

City of Roseville  
[edexter@roseville.ca.us](mailto:edexter@roseville.ca.us)

**CPRS REGION 1 REPRESENTATIVE: ADAM CHOW**

City of San Ramon  
[achow@sanramon.ca.gov](mailto:achow@sanramon.ca.gov)

**STAY CONNECTED!**

VISIT D2 AT:  
CPRSD2.ORG  
AND  
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D2.CPRS

