

Outdoor Times

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VOLUNTEERS NEEDED

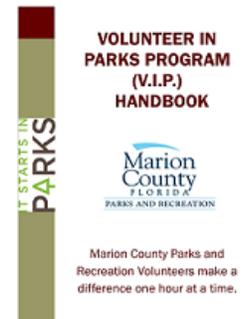
Leah Hoffman, CPRP

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Looking to get involved in something new? Marion County Parks and Recreation is looking for volunteers to assist in the Parks and Recreation Administration office. Some skills we are looking for include computer knowledge and data input and friendly attitudes. Hours of service would be flexible between the hours of 8am and 5pm. If you are interested in making a

difference we would love to have you. To complete a volunteer application please visit the parks and recreation website at the following link: <http://www.marioncountyfl.org/home/showdocument?id=322> Or you may come into the Parks and Recreation Office located at 111 SE 25th Avenue and pick one up. We look forward to having you make a difference in 2017.



YOGA - EXERCISE FOR ALL

Austin Striggow

With origins in ancient India as far back as 600BC and becoming notably popular in western culture around the 1980's, this begs the question "what is yoga?" Yoga is defined by Merriam-Webster as "a system of exercises for attaining bodily or mental control and well-being" which is fairly well known by most US citizens. What you may not know is that yoga originated from Hinduism. The actual origin of the word yoga is within Vedic Sanskrit which translates "to add", "to join, or "to unite". This figuratively was applied such as the yoke used on oxen and horses which would join the power of two animals into one, thus being balanced and strengthened.

However, when yoga was brought into western culture

such as the United States it became widely known as a physical practice to develop flexibility, muscular endurance, and balance. As stated by Dr. Natalie Nevins, a board-certified osteopathic family physician and certified Kundalini Yoga instructor "The relaxation techniques incorporated in yoga can lessen chronic pain, such as lower back pain, arthritis, headaches and carpal tunnel syndrome". This is achieved by stretching and toning muscle groups that can improve posture which realigns bones in a proper resting position and allows for muscles to support joints instead of ligaments. "Yoga can also lower blood pressure and reduce insomnia" Nevins says. These physical benefits are accompanied by a myriad of mental benefits as

well. "Regular yoga practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centers attention; and sharpens concentration". Nevins adds this is beneficial aiding in becoming more body self-aware "because [this] can help with early detection of physical problems and allow for early preventive action". Yoga is an activity for everyone. These benefits can affect any person at any place of their life in any physical shape. "Whether you're a couch potato or a professional athlete, size and fitness levels do not matter because there are modifications for every yoga pose and beginner classes in every style," says Dr. Nevins.

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IT STARTS IN
PARKS
Coaching. Connecting. Community.



Interact with us on social media!

Facebook.com/MarionCountyParksandRec
Twitter.com/MarionParksRec
Parks@MarionCountyFL.org



Contact us by phone:
352-671-8560



Scan the QR code with your
smartphone to visit us online!

EMPLOYEE SPOTLIGHT: RODNEY SIEG

Leah Hoffman and Rodney Sieg

Being a team player is one of the things Rodney enjoys about working for Parks and Recreation. Others include the variety of tasks he is assigned to, working outside and the good people he works with.

Rodney was born in Ocala and grew up in the Ocala National Forest with his parents, four brothers and one sister. He still resides in the Forest with his wife Julie, the public library director, son Zachary, a student at Santa Fe College and dogs Buster and Maggie.

Rodney attended East Marion Elementary through the sixth grade, Fort King Middle

through the eighth grade, and graduated high school from Vanguard High in 1977. Upon his graduation from Vanguard he attended and graduated from Central Florida Community College while working part time at a local saw mill. After the mill shut down operation, he started working in the construction industry doing carpentry work for a number of years. In 1989 Rodney started working for the Florida Division of Forestry as a wildland firefighter.

After 18 years as a firefighter Rodney learned that Marion County Parks and

Recreation was looking for a state certified burn specialist and decided it was time for a career change. On December 26, 2007 he started working with Greg Wiley in the Natural Resources division for Parks and Recreation. Some of his many duties include being in charge of the control burn operation, controlling exotics in our parks, regulating the many waterways we are in charge of, operating heavy equipment, and assisting in the building projects for our parks.

Some of his hobbies include spending time with family and

friends, hunting and fishing, and watching his son Zachary play volleyball. Other interests are watching high school and collegiate sports (Go Seminoles).

Marion County Parks and Recreation is very appreciative of Rodney's talents and skills and is very thankful to have him as a member of our staff.

FOREST COMMUNITY CENTER SEPTEMBER HAPPENINGS

Melissa Diiorio

NATIONAL POPCORN MONTH



It's "National Popcorn Month" and to celebrate we have popcorn "a poppin" in the forest on January 21st at 12 p.m. Come and join the fun with games such as guess the kernels in the container, popcorn word search, popcorn relays and more. Fee is \$3 per person. Call to sign up in advance. Program fun for both youth and adult.



**PIZZA,
POPCORN
MOVIE NIGHT**

Come out to the Forest Community Center for Pizza, Pop-corn and Movie Night on Saturday, January 28th Make it a family night or leave your children with our friendly staff to enjoy dinner and a movie with us. Pre-registration is required by January 23rd. Cost is \$5 per person. This program runs from 6-8 p.m.



SPAGETTI DINNER

Don't miss out! On January 20th from 4p.m. to 7 p.m., the Forest C.O.P.S. are hosting their monthly Spaghetti Dinner at the Forest Community Center. A donation of \$6 per person is accepted and appreciated.

LINE DANCING



Somedays ya just have to put on your boots and dance!!! Interested in learning how to line dance or freshen up? We offer lessons on Wednesday evenings from 6 p.m. to 8 p.m. Donations are taken at the door.

QUILTING



Have you had a desire to learn an art that has been

around for centuries? Come learn how to quilt at the Forest Community Center by joining the Pine Needles Quilt Club. They meet on Thursdays from 10:30 a.m. to 3 p.m. Make a quilt that has lasting memories for your family and future generations.

For more information on this class or any other class or activity held at the Forest Community Center contact staff at 352-438-2840 Tuesdays through Saturdays, 11 a.m. to 8 p.m. You may also contact them at Forestcommunitycenter@marioncountyfl.org.

PARK OPERATIONS SPOTLIGHT - COUGAR PARK

Clarke Allen

Cougar Park is located at 14660 N.E. Hwy 315 directly in the heart of Fort McCoy. This small community park has been a long standing place where people can come to sit and enjoy a quick lunch or just watch the world pass by.

Cougar Park has two main sports play areas. A basketball court for those wishing to play a game or just shoot hoops and a multi-purpose field for those wishing to hit a ball around, play catch or kick a ball.

In addition a playground area is ready for the kids to play and includes a swing set.

Restrooms are available for use during park open

hours which is from 7a.m. to sunset.

This year a new pavilion was constructed allowing for people to have picnics, birthday parties or any small event. The pavilion is available for rent to ensure you have a place for your function. The cost is \$40.02 for the day. To reserve the pavilion you may go on line at www.marionparksrec.org or come into the Parks and Recreation office located at 111 SE 25th Avenue - Ocala.



For more information on the park and what is available, please contact the Parks and Recreation Office at 352-671-8560.



WHY ARE PARKS IMPORTANT

Taken from the BREC website

BREC is the agency in East Baton Rouge Parish which is responsible for the maintenance and operation of 180 parks and facilities. They have been recognized by the National Recreation and Park Association as an accredited agency as well as receiving the National Gold Medal Award twice. Their web site provides a profound overview of Why Parks are Important. The information below is taken from their website at www.brec.org.

Community Revitalization - Parks are complex elements of a city. They can serve scores of different uses, may be specialized in their function, or can simply provide visual appeal for residents. However they work, they act to define the shape and feel of a city and its neighborhoods. They also

function as a conscious tool for revitalization.

Economic Development - Parks provide intrinsic environmental, aesthetic, and recreation benefits to our cities. They are also a source of positive economic benefits. They enhance property values, increase municipal revenue, bring in homebuyers and workers, and attract retirees.

Create Safer Neighborhoods - For those concerned that green spaces may foster crime and illegal activity, evidence now exists that the opposite may be true. When adjacent to residential areas, green spaces have been shown to create neighborhoods with fewer violent and property crimes and where neighbors tend to support and protect one another. The factors that explain these findings

emphasize the importance of greenery in community and personal wellness.

Community Engagement - Community engagement is the process of working collaboratively with individuals and groups to achieve specific goals. For parks and open spaces, community engagement allows mayors and public officials to directly involve their constituencies in ongoing design, planning and management of these resources. This process results in informed and engaged residents that feel better connected to their communities. While sometimes contentious, but more often productive and rewarding, community engagement is an essential ingredient of making successful urban open space.

Green Infrastructure - Just as growing communities need to upgrade and expand their built infrastructure of roads, sewers, and utilities, they also need to upgrade and expand their green infrastructure, the interconnected system of green spaces that conserves natural ecosystem values and functions, sustains clear air and water, and provides a wide array of benefits to people and wildlife. Green infrastructure is a community's natural life support system, an ecological framework needed for environmental and economic sustainability.

Help Children Learn - Childhood is a holistic process, different for each individual child. Many children do not learn effectively exclusively within a classroom. They need alternative, hands-on

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Please visit us online at www.marionparksrec.org
and click "View and Register for Park Programs" to pre-register.

WHY ARE PARKS IMPORTANT (continued from page 3)

Taken from the BREC website

learning environments to match their varied learning styles. Parks can help.

Promote Public Health

People value the time they spend in city parks, whether walking a dog, playing basketball, or having a picnic. Along with these expected leisure amenities, parks can also provide measurable health benefits, from providing direct contact with nature and a cleaner environment, to opportunities for physical activity and social interaction. A telephone survey conducted for the American Public Health Association found that 75

percent of adults believe parks and recreation must play an important role in addressing Americana obesity crisis.

Promote the Arts and Cultural Programs

Urban parks have always been an important setting for arts and cultural programs. During the late 19th century, parks commonly hosted musical events. By the beginning of the 20th century, dance, theatre, and even the new medium of film began to be represented in parks programming.

Tourism - Public parks are often the “engine” that drives tourism in many

communities. In a simplified tourism model, visitors use some mode of transportation to leave their homes and travel to attractions, which are supported by various kinds of services, such as hotels/motels, restaurants, and retailing. The attractions and support services provide information and promote their offerings to target groups they have identified as potential visitors.

Smart Growth - Parks are commonly thought of as the venue for “fun and games,” but that is only one role they play in a metropolitan environment. Urban parks, which broadly include

parkland, plazas, landscaped boulevards, waterfront promenades, and public gardens, significantly define the layout, real estate value, traffic flow, public events, and the civic culture of our communities. With open spaces, our cities and neighborhoods take on structure, beauty, breathing room and value.

YOGA - EXERCISE FOR ALL (continued from page 1)

Austin Striggow

Marion County Parks and Recreation offers yoga classes for those looking for a chance to participate within the community. Each class is an hour long and is taught by our Registered Yoga Teacher (RYT) Julie Jenkins. Each class taught is formatted to the participants' level which develops crucial physical and mental benefits addressed previously in the article.

Classes are offered at Brick City Adventure Park Activity Center on Tuesdays from 6 p.m. - 7 p.m. Class fees are \$15/session for those looking to try it out or \$50/month per person. Pre-registration is required and can be done on line at www.MarionParksRec.org or at the Administration Office located at 111 S.E. 25th Avenue.

For more information please contact Jason Maurer at 352-671-8560.

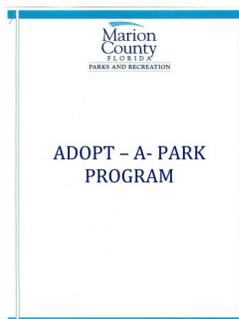


ADOPT-A-PARK

Leah Hoffman

Want to begin the new year with a resolution that will allow you to give back and in return receive recognition? All you have to do is get yourself, your family, or your business to adopt a Marion County Park. As an adoptee it requires six work days a year and in return a sign will

go up at the park referencing the Adoptee. Work days may be helping to collect debris, painting or staining a shelter, fence,



tables, etc., improve the playground service by adding mulch or raking/fluffing it up.

Help make a difference in your community and become an adoptee. To sign up go on line

at www.marionparksrec.org and click on publications and the brochure is available for your review with the application to complete. Allow us to put your name in print by adopting a park today.

Please visit us online at www.marionparksrec.org

and click “View and Register for Park Programs” to pre-register.

Calendar of Events

Date	Time	Event	Location
January 2	8:30 a.m.	Marion County Senior Softball League (Adults)	Ralph Russell Park
January 3	6 p.m. – 7 p.m. 10 a.m. – 11 a.m. 5:00 p.m. - 7:30 p.m.	Yoga Stretching Class Martial Arts Class (Youth / Adults)	Brick City Adventure Park Forest Community Center Forest Community Center
January 4	8:30 a.m. 9 a.m. 9 a.m. 10:15 a.m. 10:15 a.m. 4 p.m. 5:30 p.m. - 7:30 p.m. 6 p.m. 6 p.m. – 8 p.m. 6 p.m. 6 p.m. – 7:30 p.m.	Marion County Senior Softball League (Adults) Home School Art Program (Ages 5-9) Home School PE (Ages 10-15) Home School Art Program (Ages 10-15) Home School PE (Ages 5-9) Archery 101 (Ages 8-16) Martial Arts Class (Youth / Adults) Adult Archery 101 Line Dancing Exercise Fitness Class Teen Club (14-17)	Ralph Russell Park Brick City Adventure Park Forest Community Center Forest Community Center Forest Community Center
January 5	9:30 a.m. 10:30 a.m. – 3 p.m. 4 p.m. 6 p.m. 5:00 p.m. – 7:30 p.m. 6 p.m. – 8:30 p.m.	Kayak and Koffee® Pine Needles Quilt Club Intermediate Archery Youth (Ages 10-16) Intermediate Archery Adult Martial Arts Class (Youth / Adults) Forest Acoustic Jam	Rainbow River-KP Hole® Forest Community Center Brick City Adventure Park Brick City Adventure Park Forest Community Center Forest Community Center
January 6	8:30 a.m. 5 p.m. – 8 p.m. 6 p.m.	Marion County Senior Softball League (Adults) Fun Friday (Ages 6-13) Exercise Fitness Class	Ralph Russell Park Forest Community Center Forest Community Center
January 7	8:30 p.m. 9 a.m. 9 a.m. – 12 p.m. 8 a.m. – 12 p.m.	Kayak Outing Kings Bay Basic Caving Reddick Basketball FCC Yard Sale	Brick City Adventure Park Brick City Adventure Park Reddick Gym Forest Community Center
January 9	8:30 a.m. 5:30 p.m. - 7:30 p.m.	Marion County Senior Softball League (Adults) Martial Arts Class (Youth / Adults)	Ralph Russell Park Brick City Adventure Park
January 10	8:30 a.m. 6 p.m. – 7 p.m. 10 a.m. – 11 a.m. 5:00 p.m. - 7:30 p.m.	Nature walk Yearling Trail Yoga Stretching Class Martial Arts Class (Youth / Adults)	Brick City Adventure Park Brick City Adventure Park Forest Community Center Forest Community Center
January 11	8:30 a.m. 9 a.m. 9 a.m. 10:15 a.m. 10:15 a.m. 4 p.m. 5:30 p.m. - 7:30 p.m. 6 p.m. 6 p.m. – 8 p.m. 6 p.m.	Marion County Senior Softball League (Adults) Home School Art Program (Ages 5-9) Home School PE (Ages 10-15) Home School Art Program (Ages 10-15) Home School PE (Ages 5-9) Archery 101 (Ages 8-16) Martial Arts Class (Youth / Adults) Adult Archery 101 Line Dancing Exercise Fitness Class	Ralph Russell Park Brick City Adventure Park Forest Community Center Forest Community Center

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Calendar of Events

Date	Time	Event	Location
January 12	9 a.m. 10:30 a.m. – 3 p.m. 4 p.m. 6 p.m. 5:00 p.m. – 7:30 p.m. 6 p.m. – 8:30 p.m.	Eco Tram Tour Sunnyhill Pine Needles Quilt Club Intermediate Archery Youth (Ages 10-16) Intermediate Archery Adult Martial Arts Class (Youth / Adults) Forest Acoustic Jam	Sunnyhill Restoration Forest Community Center Brick City Adventure Park Brick City Adventure Park Forest Community Center Forest Community Center
January 13	8:30 a.m. 6 p.m. – 8 p.m. 6 p.m.	Marion County Senior Softball League (Adults) Fun Friday (Ages 6-13) Exercise Fitness Class	Ralph Russell Park Forest Community Center Forest Community Center
January 14	9 a.m. – 12 p.m.	Reddick Basketball	Reddick Gym
January 16	8:30 a.m. 5:30 p.m. - 7:30 p.m.	Marion County Senior Softball League (Adults) Martial Arts Class (Youth / Adults)	Ralph Russell Park Brick City Adventure Park
January 17	6 p.m. – 7 p.m. 10 a.m. – 11 a.m. 5:00 p.m. - 7:30 p.m.	Yoga Stretching Class Martial Arts Class (Youth / Adults)	Brick City Adventure Park Forest Community Center Forest Community Center
January 18	8:30 a.m. 9 a.m. 9 a.m. 10:15 a.m. 10:15 a.m. 4 p.m. 5:30 p.m. - 7:30 p.m. 6 p.m. 6 p.m. – 8 p.m. 6 p.m.	Marion County Senior Softball League (Adults) Home School Art Program (Ages 5-9) Home School PE (Ages 10-15) Home School Art Program (Ages 10-15) Home School PE (Ages 5-9) Archery 101 (Ages 8-16) Martial Arts Class (Youth / Adults) Adult Archery 101 Line Dancing Exercise Fitness Class	Ralph Russell Park Brick City Adventure Park Forest Community Center Forest Community Center
January 19	9:30 a.m. 10:30 a.m. – 3 p.m. 5:00 p.m. – 7:30 p.m. 4 p.m. 6 p.m. 6 p.m. – 8:30 p.m.	Kayak and Koffee® / Silver River Pine Needles Quilt Club Martial Arts Class (Youth / Adults) Intermediate Archery Youth (Ages 10-16) Intermediate Archery Adult Forest Acoustic Jam	Silver Springs State Park Forest Community Center Forest Community Center Brick City Adventure Park Brick City Adventure Park Forest Community Center
January 20	8:30 a.m. 9 a.m. 5 p.m. – 9 p.m. 6 p.m. – 8 p.m. 6 p.m.	Marion County Senior Softball League (Adults) Audubon Nature Walk Parents Night Out (Ages 6-13) Fun Friday (Ages 6-13) Exercise Fitness Class	Ralph Russell Park Coehadjoe Park Brick City Adventure Park Forest Community Center Forest Community Center
January 21	8:30 a.m. 9 a.m. 9 a.m. – 12 p.m. 12 p.m.	Off Road Biking 101 Eco Tram Tour Carney Island Reddick Basketball It's Poppin' Popcorn Day	Santos Trail Head Carney Island Reddick Gym Forest Community Center

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and click "View and Register for Park Programs" to pre-register.

Calendar of Events

Date	Time	Event	Location
January 23	8:30 a.m.	Marion County Senior Softball League (Adults)	Ralph Russell Park
January 23	5:30 p.m. - 7:30 p.m.	Martial Arts Class (Youth / Adults)	Brick City Adventure Park
January 24	8:30 a.m.	Nature Walk Lake Eaton	Brick City Adventure Park
	6 p.m. - 7 p.m.	Yoga	Brick City Adventure Park
	10 a.m. - 11 a.m.	Stretching Class	Forest Community Center
	5:00 p.m. - 7:30 p.m.	Martial Arts Class (Youth / Adults)	Forest Community Center
January 25	8:30 a.m.	Marion County Senior Softball League (Adults)	Ralph Russell Park
	9 a.m.	Home School Art Program (Ages 5-9)	Brick City Adventure Park
	9 a.m.	Home School PE (Ages 10-15)	Brick City Adventure Park
	10:15 a.m.	Home School Art Program (Ages 10-15)	Brick City Adventure Park
	10:15 a.m.	Home School PE (Ages 5-9)	Brick City Adventure Park
	4 p.m.	Archery 101 (Ages 8-16)	Brick City Adventure Park
	5:30 p.m. - 7:30 p.m.	Martial Arts Class (Youth / Adults)	Brick City Adventure Park
	6 p.m.	Adult Archery 101	Brick City Adventure Park
	6 p.m. - 8 p.m.	Line Dancing	Forest Community Center
	6 p.m.	Exercise Fitness Class	Forest Community Center
January 26	10:30 a.m. - 3 p.m.	Pine Needles Quilt Club	Forest Community Center
	4 p.m.	Intermediate Archery Youth (Ages 10-16)	Brick City Adventure Park
	6 p.m.	Intermediate Archery Adult	Brick City Adventure Park
	5:00 p.m. - 7:30 p.m.	Martial Arts Class (Youth / Adults)	Forest Community Center
	6 p.m. - 8:30 p.m.	Forest Acoustic Jam	Forest Community Center
January 27	8:30 a.m.	Marion County Senior Softball League (Adults)	Ralph Russell Park
	5 p.m. - 8 p.m.	Fun Friday (Ages 6-13)	Forest Community Center
	6 p.m.	Exercise Fitness Class	Forest Community Center
January 28	9 a.m. - 12 p.m.	Reddick Basketball	Reddick Gym
	2 p.m.	Family Campout Start (Overnight)	Carney Island
	6 p.m. - 8 p.m.	Pizza, Popcorn and Movie Night	Forest Community Center
January 30	8:30 a.m.	Marion County Senior Softball League (Adults)	Ralph Russell Park
	5:30 p.m. - 7:30 p.m.	Martial Arts Class (Youth / Adults)	Brick City Adventure Park
January 31	6 p.m. - 7 p.m.	Yoga	Brick City Adventure Park
	10 a.m. - 11 a.m.	Stretching Class	Forest Community Center
	5:00 p.m. - 7:30 p.m.	Martial Arts Class (Youth / Adults)	Forest Community Center

Please Note: Some programs may be cancelled due to not meeting the minimum number of participants. If a program is cancelled due to weather or unforeseen circumstances by the Department all those registered will be notified. The staff makes every effort to ensure programs provide a positive experience. Please feel free to contact the office with any questions at 352-671-8560.