



METROSCOPE

WINTER 2010

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NUMBER 1

WELCOME SWEET SPRINGTIME!

PRESIDENT'S MESSAGE

The thawing has begun. After what seemed like an interminable amount of snow and rain, we are finally beginning to see a few warm and sunny days. Over the past few weeks I've had my doubts that the ground would ever start to dry. Between snow piled up past my waist and rains that washed away the snow and everything else along with it, things were looking pretty gloomy.

Then into the midst of that gloomy shone a warm and sunny day, full of light and soft breezes. That one little glimpse of Spring gave me hope and keeps me going when the days are cold, gray and cause me to shiver.

This is also a wonderful metaphor for other things in life right now. The economic climate is still fairly grim. The job market has not shown a lot of improvement and a lot of people are struggling to get through the days. This is enough to make anyone give up hope. But those signs of Spring are starting to appear all around us. Maybe people aren't finding jobs as quickly as they'd hoped or even in the fields they desired, but jobs are out there. This might be an opportunity to explore a field you'd never considered before. Or taking the time to appreciate the support you've received from friends and family. Sometimes it's as simple as just

holding on to hope and believing things will improve even if you aren't 100% certain of that fact.

Sometimes I think our worst enemy, during a time like this are our own feelings of helplessness and powerlessness. I know I become very frustrated when I feel there is nothing I can do to change a situation. Then I remember the words a friend said several years ago as she was dealing with a child. The child was angry at being forced to make a choice he didn't like and my friend said "You always have a choice. You may not always like the choices you have but you always have a choice." And that is so true. How often have we see people forced to take on tasks that are not part of their job description because they're afraid they'll be fired? Or known someone who takes on additional family obligations because they feel they can't say no? I completely understand the feeling of being trapped into a situation but if it's going to make us bitter and unhappy then maybe we need to practice setting boundaries and say "no". It may mean that we won't be as popular, but if we're being realistic about our needs and abilities then we may find ourselves less stressed and frazzled.

Continued inside

UPCOMING EVENTS

**METRO ANNUAL
AWARDS DINNER**
WEDNESDAY, MAY 19, 2010
6:30 pm - 9:30 pm
at the
MANHATTAN PENTHOUSE

The Metropolitan NY Recreation & Park Society, Inc.

Post Office Box 632

Madison Square Station

New York, NY 10159-0632

<http://www.metro-recreation.com>

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President's Message Continued

I think we are all afraid of change on some level, especially when things are as uncertain as they are right now. But I am starting to learn that sometimes we can learn so much more by working with the change rather than resisting it. It can open up new horizons that we would have been afraid to explore before. Or maybe I'm just trying to put a positive spin on a painful and often demoralizing situation.

All I can really offer to anyone right now is an idea I found in one of those daily inspiration books - "Every day I can choose to rise and shine or rise and whine." For better or for worse, I am making the effort to rise and shine every day, because the whining just becomes boring and repetitious after a while.

Debbie Lake

METRO CONGRATULATES



Linda Dianto, METRO Executive Board member, for winning NYSTRA's Kim Kiernan Outstanding Professional of the Year Award. The Award ceremony was held on March 21, 2010 at the annual NYSTRA conference in Saratoga Springs, NY.

METRO ANNUAL AWARDS DINNER



WEDNESDAY, MAY 19, 2010

6:30 pm - 9:30 pm

at the

MANHATTAN PENTHOUSE

80 Fifth Avenue at 14th Street, 17th Floor, New York, New York

212-627-8838

Tickets: \$65.00 per person

Reservations: Send check or money order (payable to METRO) to:

Debbie Lake 370 West 51st Street, Apt. 1A, New York, NY 10019

For more information call: 212-246-5657

RSVP by May 14th, 2010

METRO ANNUAL AWARDS DINNER

Join Us in Honoring the 2010 Winners

Award of the Year

Fran Gilstein

Professional of the Year Award

Cathy Dactrera

Special Recognition Award

**Dr. Linda Levine-Madori, and Inclusion U Program
with Dr. Lynn Anderson, Dr. Vicki Wilkins, and
Laurie Penney McGee**

Corporate Award

Bike New York, Bike Education Program

Student of the Year Award

Doreen Warner

Volunteer Award

Juanita Cox

Presidential Citations

DC 37

Senator Andrew Lanza

Assemblyman Mathew Titone

Assemblywoman Janel Hyer-Spencer

SCHOLARSHIP WINNERS

Lester Rhoads Scholarship

to

Ashleigh Magorrian

Kingsborough Community College student

Douglas Mac Arthur Mehserle Scholarship

to

Saran Christopher

St. Joseph's College student

(a KCC graduate, who attended last year's Awards Dinner
as part of the KCC Recreation Club membership)

Thomas J. Carroll Scholarship

to

Carol Alvarez

Lehman College



METROPOLITAN NEW YORK RECREATION and PARK SOCIETY, INC

Post Office Box 632 **Madison Square Station New York, New York 10159** www.metro-recreation.com

Dear Friends of METRO.

March 11, 2010

The Metropolitan New York Recreation and Park Society will be publishing its annual journal and distributing it at the Society's Annual Award Banquet on Wednesday May 19, 2010 at the Manhattan Penthouse in NYC, and to its members throughout the year. This is an outstanding opportunity for you to demonstrate your support of METRO and to present your image to hundreds of recreation professionals who are providing leisure services to the people of New York City and surrounding areas.

An ad in the journal will reinforce your link with the professional recreation providers in the NYC area and serve as a reminder of your products, talents and services.

Rates for this year:	\$100.00	Full Page
	\$ 60.00	Half Page
	\$ 40.00	Quarter Page
	\$ 30.00	Eighth of a Page (Business Card)

You may provide camera-ready art, or an ad can be prepared for you at an extra charge of \$25.00. Please submit Artwork and payment by May 3, 2010. E-mailed ads are welcomed.

Checks should be made payable to METRO and returned to

Paul Bufano, 1528 Rhineland Avenue, Bronx, NY, 10461 or

pbufano@aiamsh.org Please indicate METRO Journal in the subject.

If you have any questions please call (347) 331-8004

Thank you for your support, Paul Bufano, METRO Vice President.

CONTRACT FOR JOURNAL ADVERTISEMENT

This will authorize the Metropolitan New York Recreation and Park Society (METRO) to insert an advertisement of _____ page(s) in the annual journal for 2010.

Please circle one

Full Page - \$100.00 Half Page - \$60.00 Quarter Page - \$40.00 Eighth Page - \$30.00

Name: _____ Address: _____

Phone Number: _____

E-mail: _____

Metropolitan New York Recreation and Park Society, Inc. &
Kingsborough Community College PERRT Program All Day Seminar
"Inclusion U - Inclusion and Accessibility Training"

May 14th, 2010

9AM to 4:30PM at Kingsborough Community College, Brooklyn, NY

.65 CEUs available (bring a check for \$8.00, payable to NYSRPS, to the training)

Pre Registration only (fill in registration form)

Registration Fee \$95.00 (fee includes manual and kit of materials)

Payment can be made by checks payable to:

"The Research Foundation SUNY Cortland RF Account#1060515-1-42082"

(Please write "NYSIRRC" in the memo line of your check.)

Send registration form and check to:

New York State Inclusive Recreation Resource Center

SUNY Cortland

Studio West, Room B-4

PO Box 2000

Cortland, NY 13045-0900

Attention: Laurie Penney McGee, Project Coordinator

If you have questions about the training please make contact at (607)753-4833 or

laurie.penneymcgee@cortland.edu

Registration is on a first come/first serve basis.

Dr. Gail Levine, CTRS, Professor in the PERRT Program at Kingsborough Community College has arranged for Faculty from The New York State Inclusive Recreation Resource Center based at SUNY Cortland to conduct a full-day of training at Kingsborough on Friday, May 14th, 2010.

METRO is co-sponsoring the Training along with the college's PERRT Program. Ten professionals from METRO will be able to participate in the training which will count for **.65 CEUs** along with 30 students from the PERRT Program at Kingsborough and TR/Recreation majors from St. Joseph's College's Brooklyn program. "Inclusion U" will teach you the skills to be an "Inclusivity Assessor". You will learn how to evaluate sites, facilities and programs for accessibility for individuals with a wide-range of special needs as well as how to adapt many kinds of recreational equipment. Once you complete "Inclusion U", you are able to complete accessibility surveys and submit the results to the NYS IRRC to be included in an online recreation access database.

As part of the Training, each participant will be expected to carry out an "Inclusivity Survey" of a recreation facility/program to be assigned at the training. Once the survey findings are

submitted to NYSIRRC, you will receive a card identifying you as a "Certified Inclusivity Assessor".

The Training will run from 9 A.M.-4:30 P.M. on Friday, May 14th, 2010. No Registrations will be taken at the site. You must register in advance through the N.Y. State Inclusive Recreation Resource Center. A Registration Form is attached. You are advised to register promptly to be assured a space. NO REGISTRATIONS WILL BE DONE ON SITE.

The Training will count for .65 CEUs (6.5 hours). The IRRC Staff will provide the forms at the training. If you want CEUs, bring a separate check for \$8.00, payable to "NYSRPS" on the day of the training. If you bring cash, you must have the exact amount.

Once you have registered for "Inclusion U" Training, you will be notified about the exact location of the training at Kingsborough. The College is accessible by public transportation. Parking on campus can be arranged for those who are registered in advance by calling Dr. Gail Levine at (718)368-5291. You must call at least one week before the training. Lunch is on your own in the college's cafeteria which provides hot and cold food; salad bar; Kosher and Halal selections.

<p style="text-align: center;">NEW YORK STATE <i>Inclusive Recreation Resource Center</i> Headquartered at SUNY CORTLAND</p>

Inclusion U Inclusion and Accessibility Training
Participant Registration Form

Name

Complete Address (where you would like certification sent)

Phone Number

E-mail Address

Organization (if applicable)

Job Title

Date you would like to attend training

Please list two possible recreation sites that you would consider assessing with the new skills learned at Inclusion U
