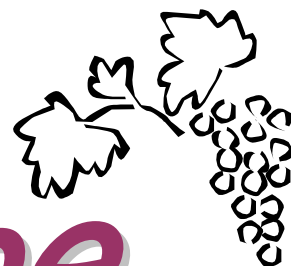




WESTCHESTER RECREATION
AND PARK SOCIETY, INC.
P.O. Box 152 • Valhalla, New York 10595

June
2015



the Grapevine

President's Message

By: Daryl Sudlow

Dear WRAPS Members,

Recently I discovered my daughter's debit card had been hacked. After working a marathon week (the week before pools open), coming home exhausted without much left to give, I'm on the phone with the bank trying to help my daughter resolve the situation. Apparently, the woman who was helping must have heard the defeat in my voice because as we ended the call she said to me, "I want you to do me a favor, I want you to try to smile and enjoy the rest of the evening" She said it with compassion and kindness. Needless to say, I hung up the phone with a big smile on my face when five minutes earlier I was ready to lash out at the world.

We all reach our breaking point, where we don't think we can give anymore, we get tired, we get disgusted and we are ready to throw in the towel. The stresses of our personal lives and work lives collide. At home we may lash out at a loved one, but at work we must maintain our professionalism. But sometimes it is not so easy to do. Whether it is that resident who just isn't happy – *about anything*, or the person who thinks the rules don't apply to them and are relentless in their efforts to get their way, there will come a point when we just don't want to be nice and accommodating and, depending on the circumstances, we may not have to "give in" but we do have to be polite and professional. After all, we are "the fun department" and our responsibility is to serve, while providing safe, healthy, and rewarding programs and facilities to our communities.

We know you can't please everyone, but you hope that your unhappy customers are the exception, not the norm because in our profession and in life, kindness matters. So as we venture into the season of crazy, of higher usage of our parks, programs and facilities which means greater potential for criticism, try and take a step back, and see the world from your critics eyes and understand it probably isn't you, your program or your facility they are angry with but rather their own life stresses and you unfortunately are taking the hit. While no one should be screamed at or spoken to rudely, try and turn it around, listen intently, recognize and understand their concerns, give them a reassuring smile and a little compassion & "be kinder than necessary because everyone you meet is fighting some kind of battle." And when it is your turn, when you are at your worst and you are that unhappy customer, I hope you too will encounter kindness and compassion and a smile to make your day.

"Pay it Forward" and have a safe, healthy, happy & relaxing summer!

Daryl



**WRAPS 58th ANNUAL AWARDS
and SCHOLARSHIP WINNERS**

AWARDS:

Public Service Award ~ Organization

St. Patrick's Day Committee, City of White Plains

Public Service Award ~ Individual

John Ritzcovan, Pound Ridge Recreation & Parks

Voluntary Service Award ~ Organization

Bedford Turkey Trot Road Race Committee

E. Mario Cribari Voluntary Service Award

Ron Tetelman, Town of Lewisboro
John Re, Town of New Castle

Staff Associate Award

Nancy Tucker, Briarcliff Manor Recreation

Youth Sports Coaches Award

Andrew Bilinski, White Plains Recreation & Parks

Peter J. Mayers Award for Merit

Nancy Bellini, North East Westchester Special
Services

Joe Curtis Award

Frank Bernabei, New Rochelle Recreation & Parks

Matt Dolan Innovative Program & Award Grant

Cortlandt Community Rowing Association
Be Fit, One Day at a Time ~ Westchester County
PRC

Austin Welch PIERRE Award

Winter Wonderland ~ Westchester County PRC

Irwin "Red" Klein Commercial Recreation Award

Capital One Bank of Larchmont

FELLOWSHIPS:

William & Ruth M. Lederer Fellowship & Grant

North East Westchester Special Services, Dinner
and a Movie
South East Consortium, Teen Chef

Dr. Sal J. Prezioso Professional Fellowship

Beth Bricker, Westchester County PRC
Dana Mayclim, Town of Lewisboro Recreation
Kellie Rizzi, Town of Mt. Pleasant Recreation
Kim O'Brien, Town of Bedford Recreation
Lesley Bornstein, Town of Cortlandt Recreation
Jennifer Fava

SCHOLARSHIPS:

E. Mario Cribari Scholarship

Meghan Gilbert ~ Buchanan / CUNY Lehman

As of press time, the following individuals are also
being recognized with Professional Service
Citations:

40 Years	Harry Canniff Donna Esposito
35 Years	Henry Atterbury Frank Bernabei Francis X. Brunelle
30 Years	Sally Rogol Daryl Sudlow
25 Years	Joseph Lemischak
20 Years	Maria Gallagher
15 Years	Ike Kuzio Jon Petruzelli Tom Vernile

Lifetime Awards:

Harry Canniff	Jimmy Caponera
Henry Atterbury	

**WRAPS wishes to thank the following members
for their service on the Awards and Scholarship
Committee:**

Kyle Peterson	Brian Gray
Angela Shaw	Keith Wright
Mark Duncan	Donna Esperito
Lesley Bornstein, Chair	Sally Veltidi



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How Connected Are You?

By: Roslyn Robinson

'How connected are you? How connected are we as a profession promoting healthy leisure time? With the technology boom, the "playing field" opens up new challenges to encourage Recreation and Parks without the interference of being technologically connected 24/7. For a large part, electronics have replaced face to face interactions and according to studies on "Smartphone addiction", it takes a huge personal and professional toll on relationships and overall well-being. Nomophobia is the fear of being without one's cell phone. It is a concept that can heighten one's anxiety and rule daily life. It is also used as a social shield to avoid direct social interactions which can result in a sense of isolation with the people and world around us. It is a habit like others and it becomes mindless. In an article by Dr Dale Archer in Psychology Today he states, "the cell phone can be a security blanket. If you find yourself constantly checking for messages and calls and the device takes precedence over the person who is present, it may be time for you to try and go one day without the phone". I would encourage unplugging for an hour. Having a phone ring in the middle of a meeting and picking it up can be misunderstood as being self-absorbed by others around. Be present. One must ask "can the call wait?" It is astounding the average user checks the phone 150 times a day!

I love my kindle for reading, smart phone and Apple Ipad as source of information, communication and pleasure. However, I choose appropriate times and places for instant connection and when I am hiking a trail, watching a friend's grandkids play soccer, or walk my dog, my cell phone is off. I leave it in the car while shopping or meeting someone. It was a gradual awareness that I was too connected. I was recently barely missed by a fast moving bike rider on a gorgeous trail texting! Observing others everywhere so tuned out to the present speaks volumes. It is a societal issue that could benefit from a raised awareness to change a detrimental habit.

Some may remember the popular song "Cats in the Cradle" by Harry Chapin about a father who was too busy with his own life to spend much time with

his son. The son grew to become the father he saw and as a result did not have time for his aging father. Youngsters are growing up so "connected" that their own sense of the world around them is compromised. The song "Cats in the Cradle" is timely today as we choose to disconnect our "present" moment and connect to our cell phones and iPad.

How can WRAPS initiate a campaign to those we serve to promote Recreation and Parks and take time to unplug? Go to the ballgame without the phone. Focus on the game and the players. Talk to a child while walking. It begins with taking inventory of our own habits. WRAPS and all local recreation departments are excellent in offering fitness, (in part a response to the obesity crisis) local parks, nature and creative dance and art programs, as well as athletics for all ages and senior services. The challenge going forward is how to be models as we market recreation and parks services for optimum well-being while raising an awareness of technology overuse. Dr. Andrew Mowan, Professor of Recreation and Parks management writes that a variety of organizations from the Centers for Disease Control, Public Health, numerous foundations as well as the Trust for Public Land recognize Recreation as a health service, resulting in partnerships addressing various aspects of health.

I am confident WRAPS are the trailblazers and partners who can initiate creative solutions to this issue. The homework and dialogue begins now.

The "present" is the gift to live in the moment.

Roslyn Robinson
Certified Geriatric Care Manager

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BITS & PIECES

Congratulations to **Katherine Sclafani** on her promotion to **Recreation Supervisor for Westchester County PRC.**

Congratulations to **Ike Kuzio** on his new position as **Assistant Superintendent of Recreation for the City of Rye.** Ike spent the last 9 years as Recreation Supervisor for Westchester County PRC.

Congratulations to **Doug Scott** on being promoted to **Recreation Leader for the City of Rye.**



Congratulations to **Jennifer Giusti** on her new position as **Senior Recreation Leader for the Town of North Castle.** Jen spent the last 3 years with the City of Rye.

Congratulations to **Mark Duncan,** **Recreation Supervisor for the Village of Croton on Hudson** (and renowned Ukulele player) on his marriage to Michelle Wrafter.



Pictured Above: Mark and Michelle were married on November 3, 2014.

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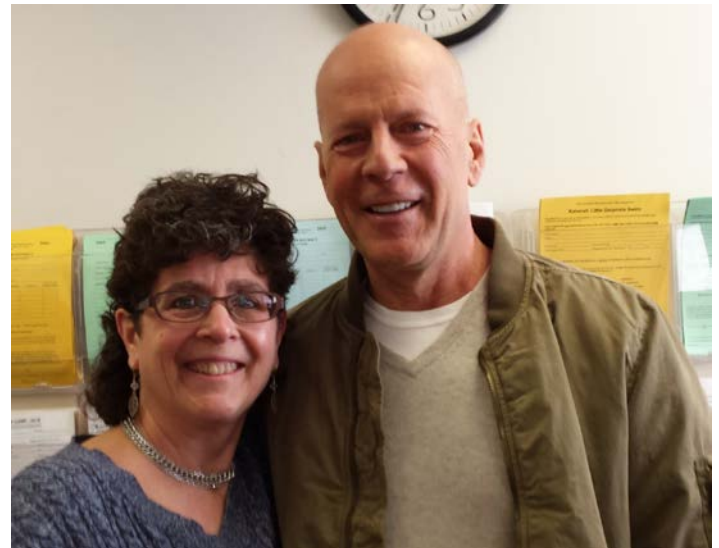
BITS & PIECES cont.

Happy trails and congratulations to the **Director of Parks, Jim Caponera** on his retirement! Jim is retiring after 38 years with the **Westchester County Parks Department.**



Pictured Above: Jim Caponera providing the perfect example of what happens to you after spending 38 years with Westchester County PRC.

"Come out to Bedford, we'll get together, have a few laughs..."



Pictured Above: Daryl Ann Sudlow, Assistant Superintendent of Recreation for the Town of Bedford gets a picture with Hollywood star Bruce Willis after he stops by the Bedford Recreation Department.

WRAPS at NYSRPS Conference



Pictured L to R: Erin Reidel, Yorktown Recreation; Kevin Cook, Westchester County PRC; Beth Bricker, Westchester County PRC; Matt Arone, Dobbs Ferry Recreation; Sally Velitidi, Eastchester Recreation; Todd Orlowski, Yorktown Recreation; Brian Gray, Yorktown Recreation & Mark Duncan Croton on Hudson Recreation.



Pictured Above: Todd Orlowski & Kevin Cook showing off their hula hooping skills. Below: Brian Gray performing his rendition of "Wagon Wheel".



WRAPS' Red Nose Spirit

On February 8, 1988, [Lenny Henry](#) went to Ethiopia and celebrated the very first [Red Nose Day](#) Telethon. Over 150 celebrities and comedians participated. The charity states that its aim is to "bring about positive and lasting change in the lives of poor and disadvantaged people, which we believe requires investing in work that addresses people's immediate needs as well as tackling the root causes of poverty and injustice."

Red Nose Day made its American debut this year on May 21st and raised over \$21 million.



Pictured Above: The Yorktown Recreation Department, consisting of Brian Gray, Erin Reidel and Todd Orlowski showing their support for Red Nose Day.

Pictured Below: Aiden & Ryan (sons of Ike Kuzio, City of Rye and Karen Kuzio, Village of Briarcliff Manor) getting in on the Red Nose Day spirit.



WORLD TRAVELER'S

A couple of our very own WRAPS members spread their wings and headed over the pond for a quick vacation before the start of the "busy season".



Pictured Above: Sally Rogol, Superintendent of Recreation for the City of Rye enjoys the view from the Arc de Triomphe located in Paris.

Pictured Below: Frank Bernabei, Recreation Supervisor for the City of New Rochelle Recreation Department, lends a hand at the annual Virgin Money London Marathon back in April.



TO REACH THE EXECUTIVE BOARD

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Matt Arone, Vice President	693-0024
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Brian Gray, Treasurer	245-4650
Kevin Cook, Past President	231-4564

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Chris Soi	238-3909
Erin Reidel	245-4650
Bob Kaczmarek	693-8985

CALL FOR GRAPEVINE ARTICLES!

The next issue of the Grapevine is scheduled to be printed in November 2015.

Anyone interested in submitting materials should do so by early October 2015.

Mail, Fax or E-mail Information to:

Ike Kuzio – Rye Recreation
281 Midland Avenue
Rye, NY 10580
Fax: 914-967-5521
E-mail: akuzio@ryeny.gov

A collage of five Polaroid-style photographs showing various social events: a band performing on stage, a group of people in costumes, a couple in formal wear, a person in a bright yellow outfit, and a man and woman smiling. Below the photos, the text "Larger than Life" is prominently displayed in a stylized font. To the left and right of the main text are lists of event types: "THEME PARKS", "RESORTS", "CRUISE LINES", "CASINOS", "CORPORATE", "WEDDINGS", "BAR-BATMITZVAHS", and "SWEET SIXTEENS". At the bottom, the website "www.wearlargerthanLife.com" and contact information are provided.