

PARK PRESS EXPRESS



**MICHIGAN CITY
PARKS &
RECREATION**
6 ON THE LAKE
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Inside this issue:

Beach Management	1
Recreation announces May events	1
Washington Park Zoo Salutes Moms	2
Municipal Golf Course	2
Senior Center hosts Nat'l Fitness Day	2
Maintenance Dept is full speed ahead for Spring	2

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BEACH MANAGEMENT

This will be a six part series that will contain information concerning Lake Michigan.

The series will include documented facts on the status of Lake Michigan and the effects on the ecosystem. The series will also discuss the new beach marking system that will take affect this 2009 season, along with innovative beach maintenance procedures to reduce effects of E-coli. We will inform you of organized Beach Clean-up dates along with updates on the Alliance for the Great Lakes including Adopt-A-Beach, Water quality and conservation, restoration, status of the sand dunes,

urban habitat, invasive species and education.

Lake Michigan is the second largest freshwater lake. Lake Michigan is sensitive to the effects of a wide range of pollutants. Major stresses include toxic and nutrient pollution, invasive species and habitat degradation. Sources of pollution include the runoff of soils and farm chemicals from agricultural lands, waste from cities, discharges from industrial areas and leach ate from disposal sites.

The Great Lakes are also an important resource for recreation. Most shoreline areas

along Lake Michigan support all forms of water based recreation. It is our intent to inform, educate and make aware the stresses of our great lake and to become positive role models ensuring a clean and healthy Great Lake for generations of people and wildlife.



Recreation Department Announces May Events

Jerry Karstens BPA Umpire Appreciation Tournament

The weekend of May 15-17, the Michigan City Parks & Recreation Department will kick off its tournament season with the Jerry Karstens BPA Umpire Appreciation Tournament. We will be hosting 50 teams ranging in ages from 9-14. This tournament allows umpires from around the area work for uniforms, equipment and all other BPA gear.

City Kids Day Camp

The Michigan City Parks & Recreation Department will be accepting registrations for City Kids Day Camp from May 4 – 8. CKDC is open to kids ages 6 – 11. The camp runs Monday – Friday from 8 am – 3 pm. Camp will begin on June 15 and run for eight weeks. Please contact Jeremy Kienitz at (219)873-1524 for more information.



Beach, Water & Pier Safety Expo

The M.C. Parks & Recreation Department & Washington Park Lifeguard Team is hosting the Beach, Water & Pier Safety Expo on Fri, May 22. Several Emergency Response Agencies will be in attendance to assist in educating the youth participants. The Beach Expo will kick off the 2009 Lifeguarding Season which will begin on Saturday, May 23. For more info, contact Jeremy Kienitz at (219)873-1524.



Washington Park Zoo salutes Moms

**Mother's Day
at the Zoo**

Sun, May 10, 2009

All mothers and grandmothers get in free on Mother's Day, May 10th when accompanied

by a paying child. Children pay regular fee. Zoo hours are Mon-Fri 10am-5pm, gates close at 4pm. Call 873-1510 for more information or visit our website at:

www.washingtonparkzoo.com

**America In Bloom
takes root in
Washington Park!**



America In Bloom is the community beautification project sponsored by the City of Michigan City. The MC Parks Department is on board with America in Bloom and has extensive plans to beautify Washington Park in conjunction with this project. Anyone interested in participating in this project should contact John Pugh, City Planner at 219-873-1419, or attend the next meeting on May 14, 2009 at 1:00pm in the City Hall Conference Room.



What's at the Municipal Golf Course?

Have you signed up for your FREE ROUND of golf?

Stop by our web-site at www.michigancitygolfcourse.com and sign up today. Also, check out our online specials.

Restricted for time or looking for a quick round?

Try our North Course, it features executive-style golfing, including 3,531 total yards and a challenging par of 60. Featuring an

exciting mixture of both par 3 and par 4 holes, this course is also perfect for the beginner with fewer complex distractions. Yet, the North Course does offer several golfing challenges such as hills, dog-legs, short holes, sand traps and water hazards.

Looking to join a game? The Men's Club is currently seeking new members for their 2009 golf season. Contact Dave Lamb at (219) 879-6750.

National Senior Health & Fitness Day, Wed, May 13th

National Senior Health & Fitness Day will be held on Wed, May 13th from 7:30am-11:30am. Participation is FREE and open to the public! The national theme for 2009 is: "Fitness is a Good Move!" All across the United States, 100,000+ older adults will participate in health promotion events at more than 1,000 local organizations. Locally, the M.C. Senior Center in Washington Park will host their own National Senior Health & Fitness

Day from 7:30am-11:30am on Wed, May 13th.

Some of our most exciting features will include a kick off the event with a 1 mile walk through Washington Park to get our enthusiasm pumping; a Brain Fitness Session, Food for Fitness Session, Silver Sneakers Workout, Centering Workshop, and Health screenings that include cholesterol, PSA prostate cancer screening, eye exams, blood pressure, osteo-

porosis, blood sugar. In addition, check out the FREE chair massages from the Massage Therapy & Wellness Center, FREE giveaways and the many exhibits of local health care providers. Don't miss out on this exciting opportunity to learn about staying fit and healthy at any age! See you there! NO PARKING FEES! For more information, please contact the M.C. Senior Center at 219-873-1504.

