



**CITY OF KIRKLAND**  
**Department of Parks & Community Services**  
123 Fifth Ave, Kirkland, WA 98033 • 425.587.3300  
[www.kirklandwa.gov](http://www.kirklandwa.gov)

---

## **MEMORANDUM**

**To:** Kurt Triplett, City Manager

**From:** Lynn Zwaagstra, Director of Parks and Community Services  
Sara Shellenbarger, Recreation Manager

**Date:** July 6, 2021

**Subject:** Park and Recreation Month Proclamation

## **RECOMMENDATION**

That the Mayor proclaim the month of July "Park and Recreation Month" in Kirkland.

## **BACKGROUND DISCUSSION**

Since 1985, the National Recreation and Park Association has designated the month of July as "Park and Recreation Month" to promote building strong, vibrant and resilient communities through the power of park and recreation resources.

The services that park and recreation professionals provide are vital for our communities — from protecting open space and natural resources to helping fight obesity and providing activities and resources for all people. This has been especially true throughout the COVID-19 pandemic. Park and Recreation Month encourages everyone to reflect on the exponential value park and recreation professionals bring to communities.

The Centers for Disease Control found that increased access to places for physical activity led to a 25.6 percent increase in people exercising three or more times per week. Living close to parks and other recreation facilities is consistently related to higher physical activity levels for both adults and youth. Moreover, parks provide a connection to nature, which studies demonstrate relieves stress, strengthens interpersonal relationships and improves mental health. By connecting community members to comprehensive programs, services and spaces, park and recreation agencies are working to dismantle systemic barriers to health, especially for people of color and low-income families, while investing in efforts that support and advance health and well-being holistically.



As leaders in building community resilience, park and recreation professionals connect community members to environmental programming, ensure healthy ecosystems, advocate for the benefits of nature and implement sustainability practices. Local park and recreation agencies like Kirkland Parks and Community Services department play a vital role in the protection of our environment through green infrastructure, maintenance of public lands, preserving wildlife habitats and more. In addition to helping connect people to nature, local parks create essential environmental stewards that advocate for and protect our most precious public resources — our land, water, trees, open spaces and wildlife – for this and future generations.

In a typical year, Parks and Community Services provides over 2,000 recreation programs for nearly 20,000 people – from preschool classes to summer camps to swim lessons for all ages, adult sports and fitness as well as senior programs and services. Our staff manages 52 parks, three swimming beaches, 58 athletic fields, 14 reservable picnic areas, two dog parks (in addition to several pop-up dog parks this summer), the North Kirkland Community Center, and the Peter Kirk Community Center and Pool.

This year's theme for Park and Recreation Month is Our Park and Recreation Story, to highlight the stories of how our communities are stronger, more vibrant and more resilient because of park and recreation areas and programs.

As part of this month's celebration, Kirkland Parks and Community Services will use social media to collect and share stories about meaningful or inspiring experiences in parks and recreation. We'll also collect park and recreation stories at the Community Centers, pop-up interviews this summer as part of the Parks, Recreation and Open Space (PROS) Plan update, and at other summer events such as the Juanita Friday Market.

Amanda Judd, Chair of the Kirkland Park Board, and Mike Holland, Vice-Chair of the Kirkland Park Board will accept the proclamation.

**Attachment A:** Proclamation



# A PROCLAMATION OF THE CITY OF KIRKLAND

---

## Designation of July as Park and Recreation Month

**WHEREAS**, park and recreation programs are an integral part of communities throughout this country, including the City of Kirkland; and

**WHEREAS**, park and recreation programs are vital to establishing and maintaining the quality of life in our communities, ensuring the health of all residents, and contributing to the economic and environmental well-being of the community and region; and

**WHEREAS**, park and recreation programs build healthy, active communities, aid in the prevention of chronic disease, provide therapeutic recreation services for those who are mentally or physically disabled, and also improve the mental and emotional health of all residents; and

**WHEREAS**, park and recreation programs increase a community's economic prosperity through increased property values, expansion of the local tax base, increased tourism, the attraction and retention of businesses, and crime reduction; and

**WHEREAS**, our park and recreation areas ensure the ecological beauty of our community and provide a place for children and adults to connect with nature and recreate outdoors; and

**WHEREAS**, Kirkland Parks and Community Services provides over 2,000 recreation programs, serving nearly 20,000 youth, adults and seniors annually across our 52 parks, 58 athletic fields, three swimming beaches, two community centers and the community pool.

**WHEREAS**, park and recreation areas and programs are integral components of quality of life and this July, the City of Kirkland joins the nation in the celebration of the benefits derived from park and recreation resources.

**NOW THEREFORE, I**, Penny Sweet, Mayor of Kirkland, on behalf of the City Council, do hereby proclaim that July is "Park and Recreation Month" in the City of Kirkland.

Signed this 6<sup>th</sup> day of July, 2021

---

Penny Sweet, Mayor