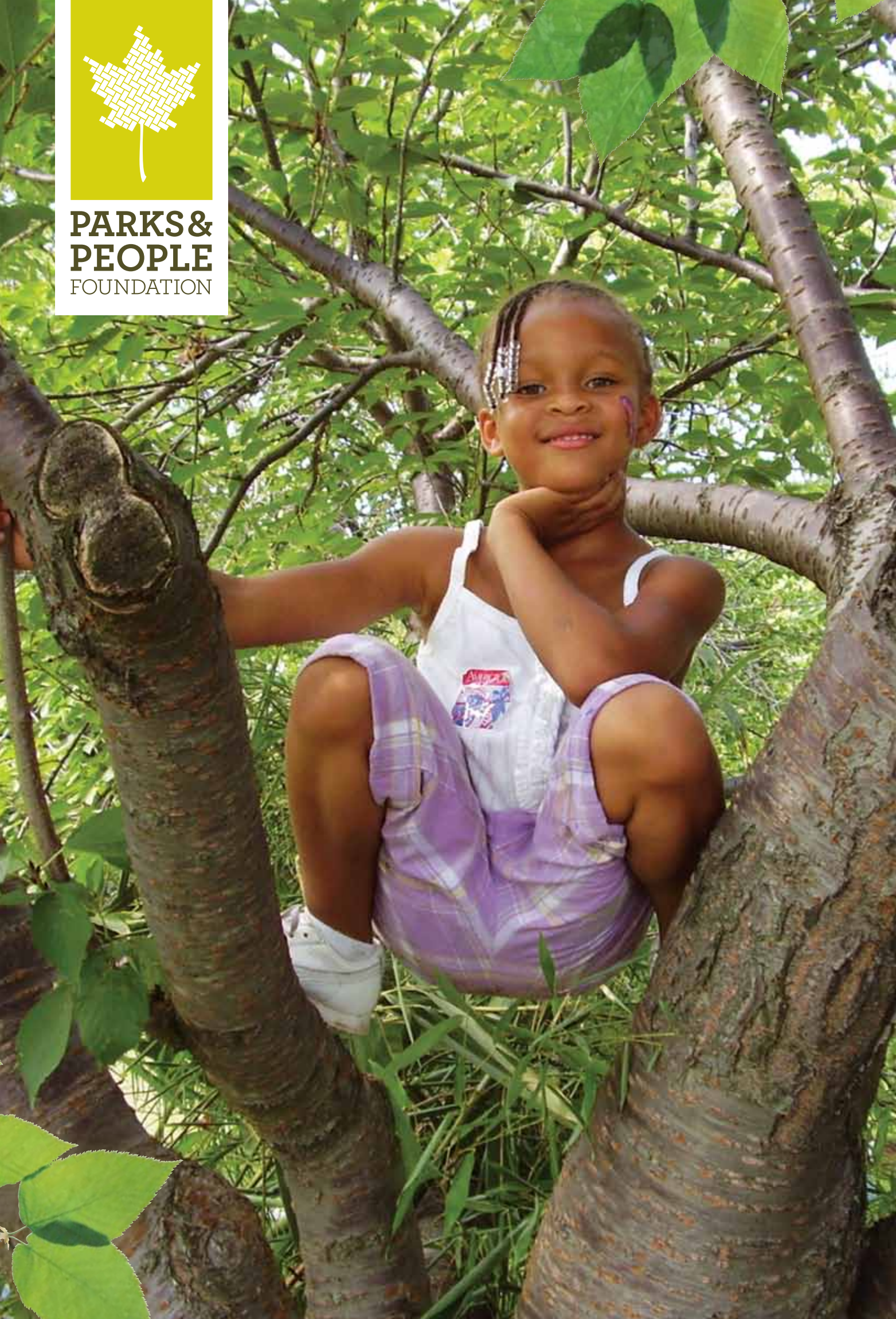


**PARKS &  
PEOPLE**  
FOUNDATION



**We are a non-profit organization that creates and supports educational, recreational, and environmental programs and partnerships that work to unite the citizens and open spaces of Baltimore.**

## PLAY

A growing body of research indicates that children need play to support physical, intellectual and emotional development.

## LEARN

Learning is at the center of everything we do here at the Parks & People Foundation.

## PARKS

Well-maintained parks and open spaces are essential to the quality of life in any city.

## GREENING

When outdoor spaces are healthy, utilized, vibrant and green, residents in the surrounding communities become engaged and invested in their neighborhoods.

## One Park is a vision that is becoming a reality.

Since 1984, the Parks & People Foundation has worked to improve the quality of life in Baltimore's neighborhoods.

Our staff, volunteers and partners in the community have developed innovative solutions to issues facing our city including the restoration of our neighborhoods and their natural resources as well as the academic enrichment and motivation of our children.

One Park is a **green master plan for Baltimore** that envisions a network of interlinked green refuges

throughout the city - from neighborhood gardens and schoolyards to tree-lined streets and parks. *A city within a park.*

It is also the way that we think about our work at the Parks & People Foundation. All of our work takes place in One Park, whether it is a child learning how to plant a tree or neighbors coming together to transform a vacant lot into a garden—we are working everyday to connect people to the green world we have all around us here in Baltimore. *A city within a park.*

One Park is about the health of our neighborhoods and citizens, opportunities for recreation and relaxation, sustainability in all its forms and making our city a place that everyone wants to call home. *A city within a park.*

With our partners and supporters we are creating One Park every day—more green, more trees, more gardens, more places for children to play and learn, more people caring for our environment and our parks, and more green connections. *A city within a park.*

**Join us.**





# One Park:

## Playing and Learning Programs

### MIDDLE SCHOOL BASEBALL, SOCCER AND LACROSSE LEAGUES

Our sports leagues provide instruction for first-time players and spirited competition for more experienced athletes as well as lessons in the importance of hard work, reliability, commitment and teamwork. Our leagues also stress the importance of academic achievement and character development.

### BALTIMORE STARLINGS VOLLEYBALL CLUB

A Junior Olympic volleyball program for girls ages 12-18, the club affords young people the opportunity to compete in state and national tournaments as well as developmental team inter-league competition. Along with developing athletic skills, the club offers comprehensive tutorial services to promote academic achievement.

### NATURE PLAY SPACES

Nature is an essential part of childhood and children who are allowed time to play outside have a much better chance of growing into adults who appreciate community, diversity and the environment. Our nature play installations encourage imagination and are great teaching tools for Baltimore families.

### KIDSGROW

An after-school education program that teaches elementary school children how to become environmental activists in their own neighborhoods. The program provides exposure to hands-on experiences such as stream cleanups, community gardening, cultural outings, water studies, tree plantings and overnight environmental camps.

### SUPERKIDS CAMP

A six-week summer reading enrichment program for 2<sup>nd</sup> and 3<sup>rd</sup> graders in Baltimore City public schools. Participants receive intensive reading instruction while being exposed to a variety of fun activities like sailing, music and theater at locations throughout Baltimore City.

### PROJECT BLUE

Baltimore Lessons in Urban Ecosystems is an educational outreach program for middle school students that focuses on improving science and math skills, increasing environmental awareness and engaging youth in solving community issues and exposing them to nature and the ecosystem.

### BRANCHES

Building Resources And Nurturing Community Health and Environmental Stewardship (BRANCHES) provides job training in park forestry management and maintenance. The program helps restore Baltimore City and Maryland State public parks including many areas which impact the health of the Chesapeake Bay.

### SCHOOLYARD HABITAT & EDUCATION PROGRAM

The Schoolyard Habitat & Education Program (SHEP) is a professional development program that educates teachers on how to use schoolyard habitats as outdoor classrooms that help them provide meaningful educational experiences for their students. Teachers apply concepts learned during the workshops to lead their students in designing and implementing schoolyard habitats on their school grounds. In addition, studying the immediate environment helps strengthen a sense of community and promotes stewardship.

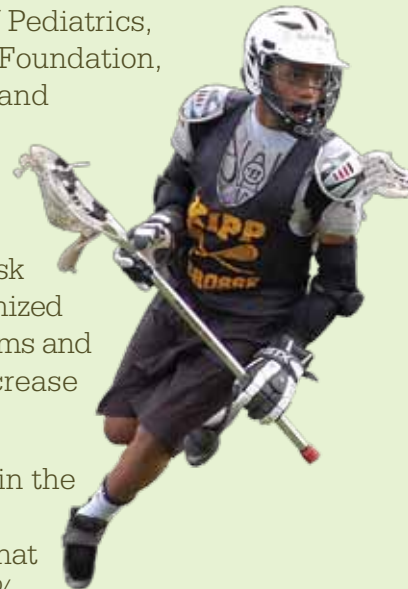
## PLAY IN ONE PARK

**The Parks & People Foundation believes that play is important for both children and adults.** We encourage Baltimore City residents of all ages to get outside and enjoy the natural resources we have right here in the city.

A growing body of research indicates that **play supports physical, intellectual and emotional development in young people.** Our Motivating Youth programs **provide opportunities for play and enrichment after school and during the summer months for thousands of children each year.**

So why is it so important to get outside, especially for children? According to research compiled by the American Academy of Pediatrics, the Robert Wood Johnson Foundation, the Carnegie Foundation and the American Journal of Adolescent Research:

- More than 30% of U.S. children are obese or at risk of becoming obese. Organized after-school sports programs and recreational activities decrease this risk by up to 10%.
- In 1969, 50% of children in the United States walked or biked to school. In 2004, that number decreased to 13%.
- **Sports programs build character, responsibility and leadership skills,** improve school performance and nurture relationships with adult mentors.
- In suburbs, rates of participation in sports programs fall between 80 and 90% while rates in urban centers like Baltimore reach only 10-20%.
- Older children who consistently participate in after-school activities including sports are more likely to attend college, vote, and volunteer later in life.



Parks & People's hope is that through play, we will all become stewards and advocates of the green spaces, parks, ball fields, trails and playgrounds that are important to our health and the livability of our city.

## LEARN IN ONE PARK

**Learning is at the center of everything we do here at the Parks & People Foundation.**

From environmental education programs and summer camps for young people to workshops on urban gardening and job training, the Parks & People Foundation



believes that the key to implementing our vision for One Park and improving all aspects of our urban environment is knowledge that can inform and direct our actions.

Our programs and projects are research-based and integrate best practices. To implement our One Park vision, we rely on our informed and engaged partners, volunteers and funders.

- Starting with elementary school students, **we create opportunities for children to connect with nature and improve academic performance.**
- Our programs provide enriching recreational opportunities that build character and teach the essential values of teamwork and fair play.
- Young adults in our programs engage in projects that benefit their communities and are exposed to opportunities in higher education and green careers.
- **Adults working in our green job training programs and participating in our workshops are learning skills to improve their lives and positively impact their neighborhoods.**



# transforming Baltimore from a city with parks into a city within a park.

## Parks and Greening Programs

### PARTNERSHIPS FOR PARKS

A joint initiative of Parks & People and the Baltimore City Department of Recreation and Parks, Partnerships for Parks encourages community groups interested in participating in park maintenance and enhancement projects to develop their capacity to become active partners in caring for their parks. Partnerships for Parks disburses grants twice-yearly, hosts volunteer projects in parks and supports community partners with technical assistance, tools, advice, workshops and community organizing assistance.

### GWYNNS FALLS TRAIL

The Gwynns Falls Trail is a 15-mile hiking and biking trail in Baltimore City. The greenway connects over 2,000 acres of publicly owned land within the Gwynns Falls stream valley and includes one of the largest wilderness woodland parks in the Eastern United States - Gwynns Falls and Leakin parks. These parks alone encompass 1,200 acres and house approximately 10 miles of additional paths that wander up and down the parks' slopes. The City of Baltimore owns and manages the Trail and the Parks & People Foundation coordinates community involvement, volunteer activities and events along the Trail.

### COMMUNITY GREENING STEWARDSHIP

The Community Greening Stewardship Program is designed to help Baltimore residents green their neighborhoods by offering educational opportunities and technical assistance to create gardens and parks on community open spaces, schoolyards and along neighborhood streets. Workshops include hands-on training in tree planting and pruning, soil testing, and streetscaping techniques.

### COMMUNITY GREENING RESOURCE NETWORK (CGRN)

CGRN is a joint program of Parks & People and the Maryland Cooperative Extension. It is a membership-based network that provides expert advice, the use of tools and equipment, plant materials and informative workshops to community gardens, school gardens and individuals throughout Baltimore City. For a nominal yearly fee, CGRN members make invaluable connections as part of an organized group of like-minded greeners.

### NEIGHBORHOOD GREENING GRANTS

The Neighborhood Greening Grants Program funds community groups interested in conducting neighborhood restoration projects such as tree plantings, community gardens, neighborhood clean-ups, or environmental education activities. Neighborhood Greening projects are generally funded up to \$1,000 and are awarded according to financial need and level of volunteer stewardship. The grants are offered twice a year to coincide with the spring and fall growing seasons.

### PUBLIC HOUSING GREENING INITIATIVE

Parks & People works with residents in public housing communities located throughout Baltimore City to plant trees and install gardens.

### SCHOOLYARD GREENING

Parks & People facilitates the removal of asphalt from Baltimore City schoolyards and assists schools in creating new green spaces that act as outdoor classrooms and recreational spaces.

### URBAN RESOURCES INITIATIVE

URI, a partnership between Parks & People, the Baltimore City Department of Recreation and Parks and many colleges and universities, coordinates and sponsors innovative natural resource projects initiated by college interns.

### GREENING FOR WATER QUALITY

Watershed 263 and 246 - These projects focus on revitalizing urban communities in East and West Baltimore using strategies that improve both water quality and quality of life through greening and urban forestry projects.

## PARKS IN ONE PARK

**Well-maintained parks and open spaces are essential to the quality of life in any city. Baltimore's parks provide more than just green space—they offer opportunities for communities to gather for recreation, celebration and reflection.**

The Parks & People Foundation works with residents to maintain, establish and beautify parks of all sizes and types throughout Baltimore. As part of our One Park vision we also work to **connect parks to the surrounding green assets** like community gardens and playgrounds, tree lined streets and transformed vacant lots. Through these connections, more people have access to parkland and our other green places.

**As of 2009, 84% of Americans live in or near a major metropolitan area making the value of parks in cities like Baltimore more important than ever before.**

Research from the *City Parks Alliance* demonstrates that parks in cities are vital to economic, physical and environmental health.

### Parks:

- **Connect Children to Nature** – by providing places for play and exploration.
- **Improve Public Health** – parks, and specifically trees, provide numerous public health benefits including reduced asthma rates, lower obesity and related diseases, mental health benefits and reduced violence and aggression.
- **Provide Environmental Value** – habitats for plants, animals and people. Parkland filters water and reduces storm runoff into the Chesapeake Bay. Parks are green oases in cities that help to cool the air and reduce our carbon footprint.
- **Create Community Connections** – parks provide places for social and cultural events that connect citizens and strengthen community.
- **Are Fun!** – parks are places for play and relaxation.
- **Increase Economic Value** – parks attract homebuyers and boost real estate values. They also attract tourists and events that boost the economy.

## GREENING IN ONE PARK

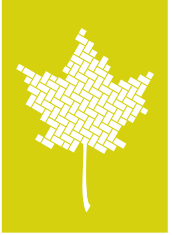
**When outdoor spaces are healthy, utilized, vibrant and green, community residents become engaged and invested in their neighborhoods.** Green cities are safer and healthier than their concrete counterparts. Parks & People works at the grassroots level, providing resources and education to community groups, neighborhood associations, residents, students, and others interested in creating a greener Baltimore.

Through our ever-expanding list of programs and projects, Parks & People provides grant funds, technical resources and educational opportunities to greeners who are transforming their communities from within.

Each year Parks & People supports hundreds of greening projects both directly and indirectly in an average of **25 parks, 70 community gardens, 5 public housing communities, 22 schools and numerous other locations set among 60 neighborhoods throughout Baltimore.** In addition, we **plant an average of 1,500 trees** per year along city streets and on public property.

Greening is an essential element to the idea of One Park. Improving green assets and increasing green connections throughout Baltimore is the basis of the One Park plan. From large greening projects like asphalt removal on schoolyards to small steps we can all take like planting a tree, **the Parks & People Foundation encourages all City residents to think and live green.**





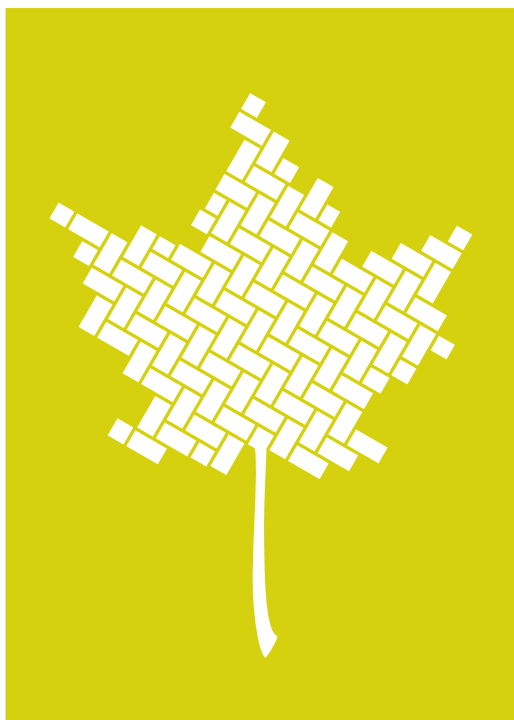
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**PARKS & PEOPLE**  
FOUNDATION

**The Parks & People Foundation is dedicated to supporting a wide range of recreational and educational opportunities; creating and sustaining beautiful and lively parks; and promoting a healthy natural environment for Baltimore.**

## Get Involved With Parks & People

Parks & People's programs and projects serve residents of all ages, backgrounds and interests with one common goal: to create a better Baltimore. As a non-profit organization, we rely greatly on help from volunteers, partners and donors to make our mission a reality.

When you get involved with Parks & People, you will be helping to improve the quality of life for all Baltimore residents. We hope that your support of Parks & People will inspire you to be more involved in your community and spread the word about One Park.

**Join us today!**



To sign up, visit our website at  
**[www.parksandpeople.org](http://www.parksandpeople.org)**