Hello ORS Volunteers!

Spring is “officially” here, although still waiting for long stretches of really nice spring days! Hopefully soon! The sap is running fast at French and we are going to have a good quantity of syrup by the time we are all done, even though it started a little late! We are looking forward to starting to get on the water in April and all of the other fun that ORS brings when the snow is melted. We have a lot of great school groups booked for spring and then before you know it summer will be here with paddling club, summer camps, mountain bike races, log rolling and so much more! There will be lots of opportunities to get out and about this spring and summer with ORS. Looking to try something new, we would love to train you in on helping with an activity that is new to you!

Sincerely,
Heather Gordon
ORS Volunteer Coordinator

Volunteer Celebration and Pancake Dinner

Please join us for a pancake dinner on Tuesday, April 10. We will be celebrating our volunteers and enjoying the sweet rewards of maple syrup season. Sample our homemade maple syrup with pancakes and all volunteers in attendance will take home a sweet treat from this year’s maple syrup operation. We hope you will be able to join us.

Tuesday, April 10
5:00-7:00 p.m.
French Regional Park Field Ops Center Training Room
The event will include a potluck and volunteer recognition. Hope to see you there!
Please RSVP to Heather.gordon@threeriversparks.org if you are able to attend. More details will be sent later.

Paddle Volunteer Training

Saturday, May 12
9:00 a.m.—1:30 p.m.
Hyland Lake Park Reserve
Note—this is a new date and time. You may have seen a different date in previous volunteer publications.

This training is required for any new paddle volunteers and is highly recommended for returning volunteers. Training will cover boat loading and unloading procedures, group management on the water and other program logistics. We will be kayaking and canoeing during the training. After the training is complete we will enjoy a potluck BBQ together. Please RSVP to Heather Gordon at Heather.Gordon@threeriversparks.org. More details will be sent to those who are able to attend.

Outdoor Rec Youth Crew

Please help spread the word about this volunteer opportunity for youth ages 12-18. The Outdoor Rec Youth Crew is a fun, hands-on way to gain leadership skills, experience personal growth and develop outdoor recreation skills. Volunteers serve as assistants at our summer camps, guiding young campers in a wide variety of activities. Summer camps may include fishing, archery, paddle sports, group games, crafts and much more. Camps are held at a variety of locations throughout the park district. Application deadline is April 23. For more information about the Outdoor Rec Youth Crew or to get an application, interested youth may contact Heather Gordon at 763-694-2052 or Heather.Gordon@ThreeRiversParks.org
Allina Health Trail Mix
Race Minnesota

Saturday, April 21
5:00 AM – 4:30 PM in shifts
Lake Rebecca Park Reserve

Allina Health Trail Mix Race Minnesota is a favorite first run of the season for many trail runners. Race proceeds are donated to Three Rivers Park District’s Adaptive Equipment Fund. A few volunteer opportunities remain for this day, please contact Rebecca Conser at Rebecca.Conser@threeriversparks.org for more information or to sign up.

ORS Kayak Fleet
Spring Cleaning

We are looking for experienced paddle volunteers to help clean and prep our kayaks for the 2018 season. Please join us at the Field Operations Center at French Regional Park on Thursday, May 4 from 10am-3pm (come all day, or for just a few hours). Volunteers will help clean, vacuum, condition and strap down kayaks. Bring lunch, we will wrap up the day with a bonfire and marshmallows. Please RSVP to Heather Gordon at Heather.Gordon@threeriversparks.org if you are able to help out.

Big Woods Classic

Saturday, July 14
7AM– 4PM in shifts
Lake Rebecca Park Reserve

Racers will climb and descend through dense oak and maple forests, open prairies and scenic wetlands that are home to a thriving trumpeter swan population – all while catching beautiful views of Lake Rebecca. This race is operated in partnership with the Minnesota Mountain Bike Series.

Volunteer opportunities for this event include registration, water stops, runner food, finish line and more. Please contact Rebecca Conser at Rebecca.Conser@threeriversparks.org for more information or to sign up.

Scheduling for Spring and Summer Programs

The April and May schedule is now available and ready for volunteers to submit their availability. A link to the schedule in Google Drive was included in the email with this newsletter. Keep in mind—times on the schedule are program times only. Setup and cleanup will add about 30-45 minutes on either end of the program time. Volunteers should submit availability for these programs by April 4. The summer program schedule will be available sometime in early May. Heather Gordon will send an email when the schedule is available. Any questions regarding scheduling and/or using Google Drive, please contact Heather Gordon at

Marshmallow Roasting!

Join us around the fire on Friday, May 4th from 4-6pm for some socializing and marshmallow roasting at French Park! Meet at the FOC and walk over to the ORS Outdoor Classroom.
Volunteer Referrals Needed!!!

The Outdoor Recreation School is always looking for new folks interested in helping with our programs. There are two ways you can help us with our volunteer recruiting efforts.

#1 - Please help us spread the word to your friends, family, work colleagues or others in your circles that may be interested in doing the fun things that you have done as a volunteer! Feel free to invite along a friend who may be interested to one of the programs you are helping with. Just give the staff a heads up if you would like to have a guest join you.

#2 - share ideas with us of places where we can advertise to recruit volunteers - local newspapers, Facebook groups, outdoor enthusiast organizations, etc.

We are most in need of folks who live in the south metro and can help with programs at Cleary Lake and Cedar Lake Farm. Also, we are always looking for additional volunteers who have weekday availability to help with school groups, summer public programs and summer camps. If you have referrals to share or would like to request a volunteer application, please contact Heather Gordon at Heather.Gordon@threeriversparks.org. Thank you in advance for helping spread the word!

ORS Staff Directory

Alex McKinney, Recreation Supervisor 763-694-7720 Alex.McKinney@threeriversparks.org

Marlys Walters and Barb Retic-White, Secretaries 763-694-7717 Marlys.Walters@threeriversparks.org Barb.Retic-White@threeriversparks.org

Heather Gordon, Recreation Program Specialist and ORS Volunteer Coordinator 763-694-2052 Heather.Gordon@threeriversparks.org

Ann Schinas, Recreation Program Coordinator 763-694-7726 Ann.Schinas@threeriversparks.org

Nick Sacco, Recreation Program Specialist 763-694-7725 Nick.Sacco@threeriversparks.org

Brent Hennen, Recreation Program Specialist 763-694-7719 Brent.Hennen@threeriversparks.org

Jessica Fenn Allen, Recreation Program Specialist 763-694-7722 Jessica.Allen@threeriversparks.org

Grant Armour, Recreation Program Specialist 763-694-1147 Grant.Armour@threeriversparks.org

Sam Tabaka, ORS Instructor Sam.Tabaka@threeriversparks.org

Ongoing Volunteer Opportunities

For most of these volunteer opportunities no advanced training is necessary. Training will be provided onsite before programs.

Adapted Program Volunteers
Volunteers will assist program staff with adapted equipment and variety of outdoor activities at these fun and rewarding programs.

Archery Volunteers
Help us introduce the sport of archery to kids, adults and families. Assist with range set up, range monitoring, and coaching individuals on shooting techniques.

Climbing Wall Assistants
Assist with registration, waivers, and harnessing climbers up to our 35ft portable climbing wall at public and private events.

Data Entry and Office Tasks
Assist ORS staff with office projects related to our programs and events.

Equipment Repair
Assist ORS staff with repairing arrows, fishing poles and other equipment. Scheduling is flexible based on your availability.

Fishing Volunteers
Get involved with teaching youth and adults how to fish. We are looking for volunteers who have basic knowledge of fishing equipment, fishing knots and native fish species.

Geocaching Volunteers
Assist participants with our GPS units and join us on a treasure hunt in the woods.

Log Rolling Assistants
Nothing beats watching the faces of folks learning to log roll for the first time. Your job is simple: help hold the log and enjoy the fun. Assistance with loading equipment may be needed also.

Mountain Bike Race Volunteers
Looking for Park Patrol and Registration volunteers for weekday evening and weekend races at Elm Creek, Lake Rebecca and Murphy-Hanrehan.

Orienteering Volunteers
Assist participants with using a map and compass and finding their way in the woods.

Paddling (Kayak, Canoe, Stand-Up Paddleboard) Volunteers
Assist with the Park District lessons and group outings. Paddle volunteer training is required on Saturday, May 12. Volunteers must commit to help with at least three lessons or group programs during the season. Ages 18+.

Thank you ORS Volunteer for all you do for us! You are THE BEST!!!!!