



## From the desk of the Executive Director

**By: Megan McClellan**

I don't know about you but I have spring fever. It is a physical and mental necessity by this time of year for us to get outside! This is important for people of all ages. LuAnn writes a compelling article about how many of us (especially the younger generation) are spending so much time on devices and we need to unplug.

Also, included in this newsletter is an article on volunteering. At the end of April, we celebrate National Volunteers Week. It is a time to thank the many volunteers that make our communities better. The trails, for one, could not exist without their time and talent. Volunteering is not just a ben-

efit for the community, however, it is also a benefit for the volunteer. Intrigued? Read on...

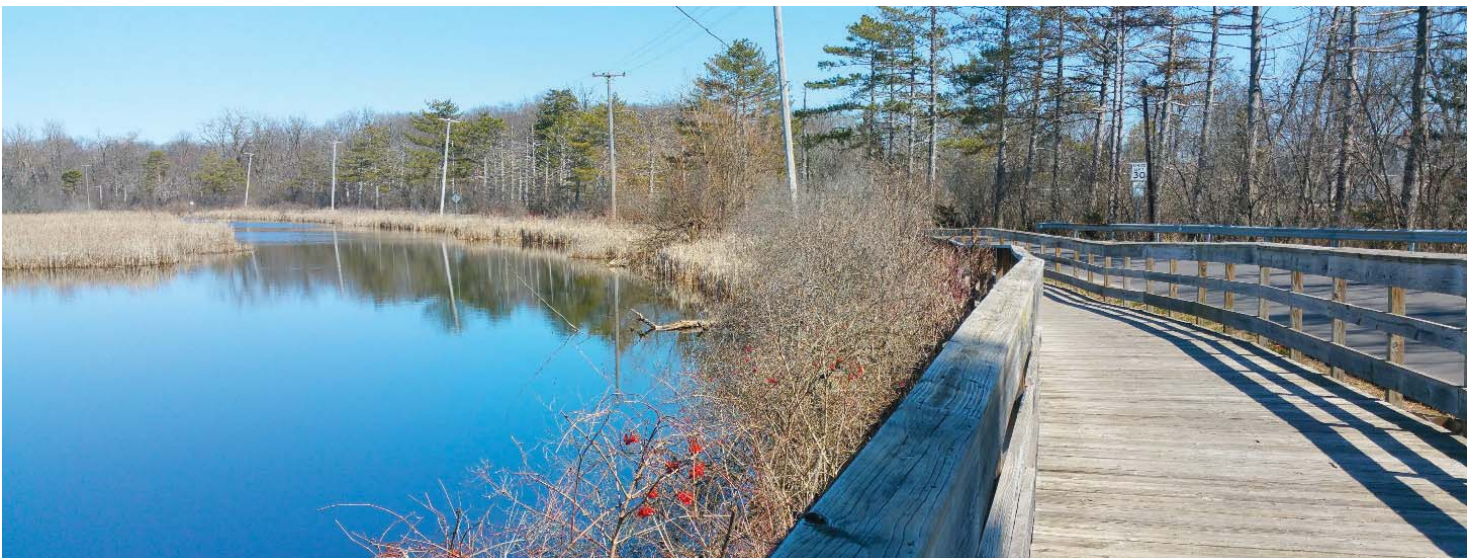
You can enjoy some screen free time at any of our many events this Spring and if you are interested in the benefits from volunteering, just let me know, we can always use another hand.

As the weather warms, I look forward to seeing you on the trail. Register for events and keep up to date on all our projects by visiting the website (where you can also make a secure donation) and liking us on facebook. The trails committee meetings are open to the public and occur on the third Monday of every month

at 6:00pm at the trail office (801 N. Huntington Street). You can also give me a call on my cell phone at (513)835-5631 or send me an e-mail ([ed@syracusewawaseetrails.com](mailto:ed@syracusewawaseetrails.com)).

As we are going to print with this newsletter, I received some wonderful news. The Dekko Foundation is granting us up to \$200,000 towards the construction of the Conklin Bay boardwalk and trail. The first \$100,000 is a straight grant but the remaining \$100,000 we can only receive if it is MATCHED by individuals and businesses in the community. We need your donations now to not lose any of this amazing opportunity.

See you on the trails!





# At the Trail Head . . .

By: Kay Young

As this year's Chairperson of the Syracuse/Wawasee Trails I wanted to bring you up to date on the winter activities as well as some of the projects we have coming up.

While we did not build trails this winter we were busy planning for the future of the Trails.

Many hours were spent in the planning of the "Conklin Bay" project that will connect the current trail on Harkless Drive to Waco Dr. Most of this section will be going through the area owned by the WACF that is on State Road 13. Some of it will also be across the wetlands and will consist of a boardwalk over the wetlands and areas that walkers and bikers can stop in to view the wetlands and all the habitat there. It will be a very unique and beautiful area of our trail system. If you are interested in hearing more about this area please contact Megan at the trails office. She is available to meet one on one or if you have a group that is interested she would be happy to meet with your group.

This area will come with a big price tag and we are currently looking for donations for this section of the trail. We are planning on a fund drive soon but if you want to be ahead of the game Megan can tell you how you can even have this section named for you, your group, or family!!

You will soon notice work crews out doing repairs on several sections of the trails now that spring is here. Most of this work will be on the Syracuse Lake trail.

During the winter carnival the Trails Committee sponsored the Winter Road Race and were happy to have over 20 energetic runners that day. We plan to sponsor this again next year so get those running shoes ready and plan to join us.

Not ready for a 5K.....join us for Couch to 5K starting April 18th. 9 weeks of training and tips to help you get up and running (or walking) this year! Call Megan for details!

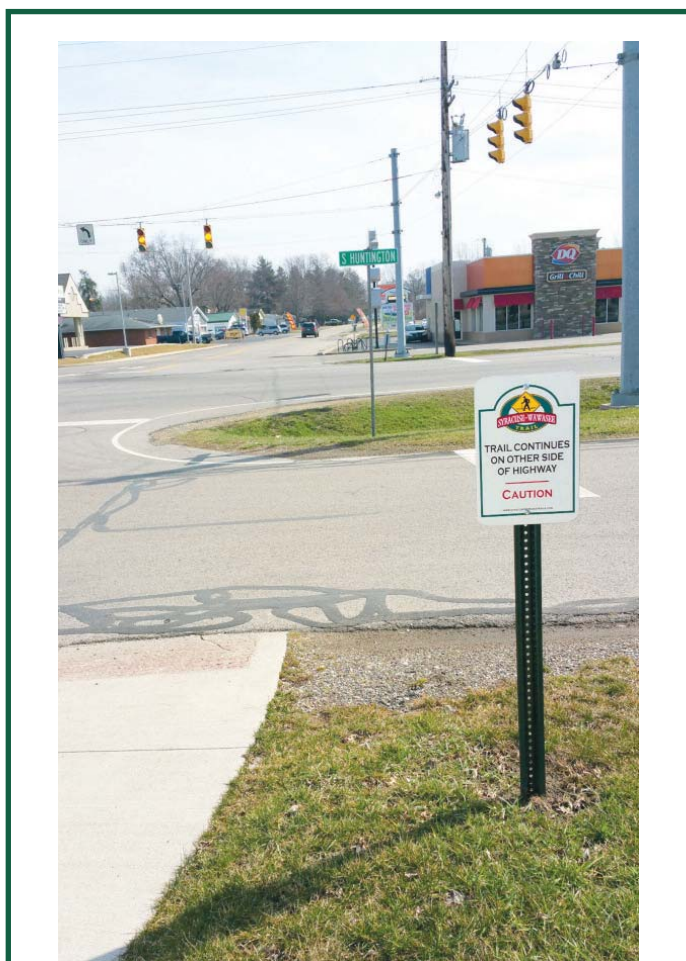
April 21st we will be out cleaning the Trails for the beginning of the Spring/Summer season, if you live on Syracuse Lake and have a broom, join us, no broom come out and encourage us!

The Trails will be clean for our first event on the 22nd. Our annual Trails to Trails event will be 3 to 5 on Saturday afternoon.....so bring the dogs and come walk the trails. (We will have a "taxi" service if you or your pooch wear out!)

So with clean trails and better weather we hope that you will find time to get out and enjoy the trails. It is a beautiful time of the year to be outside and taking a walk will make you feel invigorated and healthy.

If you enjoy the trails we hope that you will help us to support them and to expand them. There are many ways for you to support the trails, your time, your talents and of course your donations. If you are interested in exploring any of these ways please feel free to call on Megan or me and we will be happy to talk with you.

See you on the trail.....



After we construct some trail to the East side of SR 13, INDOT will be installing a pedestrian light at this intersection this spring.



## Committee Members

Kay Young, *Chairman*

Dr. Tom Edington, *Treasurer*

Sam Leman, LuAnn Leatherman, Chad Jonsson, Jodi Buhrt, Jerry Wright, Heather Pressler, Bob Smith, Dr. Erick Leffler, and Kristi Martin



## Unplugged and Reconnecting

**By: LuAnn Leatherman**

An "Information Technology" driven age arrived with many benefits without many of us realizing it ever happened. We have witnessed plentiful food, housing and many other forms of material abundance. This age is very different from previous ages of the agriculture settlement and industrialization. It was brought with a certain amount of nothingness created by information and sensory overload. We are overwhelmed by a constant flow and becoming a torrent of information, invariably needing to process and make decisions.

For some of us, something about this is not quite

right. Something precious is being lost. For others, there is something more at stake. We need to find ways to unplug and reconnect. Aren't trails all about being in the moment and finding that respite?

We need access to these places. If people are going to use the trails, they need to be attractive, safe, accessible and convenient to use. Whether it's a sidewalk through the village of Syracuse or on the boardwalk along the shores of Syracuse Lake or Lake Wawasee, trails need to be a part of everyone's daily lives.

No one should be more than a 5-minute walk from a trail!!!





*Girl Scouts helping at the trail cleanup*

# Benefits of Volunteering

## *From the Corporation for National and Community Service*

Perhaps the first and biggest benefit people get from volunteering is the satisfaction of incorporating service into their lives and making a difference in their community.

The intangible benefits alone—such as pride, satisfaction, and accomplishment—are worthwhile reasons to serve. In addition, when we share our time and talents we:

- Solve Problems
- Strengthen Communities
- Improve Lives

- Connect to Others
- Transform Our Own Lives

Over the past two decades we have also seen a growing body of research that indicates volunteering provides individual health benefits in addition to social ones. This research has established a strong relationship between volunteering and health: those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer. Some of these findings also indicate that volunteers who devote a “considerable” amount of time to volunteer activities (about 100 hours per year) are most likely to exhibit positive health outcomes.

For more information see:

[https://www.nationalservice.gov/pdf/07\\_0506\\_hbr.pdf](https://www.nationalservice.gov/pdf/07_0506_hbr.pdf)

# Donations will be Matched!

Though the trail is free for anyone to use, it does take time and money to build and maintain. Please, donate now to help make the vision of a community connected by safe, multi-use trails, a reality.

This just in... The Dekko Foundation has agreed to match individual's contributions to the Conklin Bay Trail, dollar-for-dollar up to \$100,000. That means that your \$100 donation will be worth \$200 of beautiful boardwalk, connecting people to nature, WACF and points south on Lake Wawasee. Please make a contribution today.

Thank you!



## Future Newsletters

This is a quarterly newsletter. If you do not receive this newsletter at your home each quarter and would like to receive future copies, please do one of the following:

1. Go to the trail's website: [syracusewawaseetrails.com](http://syracusewawaseetrails.com) and click on the "Newsletter Sign up" button in the red banner. This will bring

you to a secure page, where you can enter your contact information.

2. Return the donation slip below (with or without a donation). Be sure to include the address to which you would like the newsletter sent.

Thank you for your interest and support.



## In order to make a donation

Please send checks with the donation slip provided below.

If you would prefer to use your credit card, you can go to the trail's website: [syracusewawaseetrails.com](http://syracusewawaseetrails.com) and click on the "Donations" button.

## Trail Contribution Form

*Please show your support with your tax-deductible contribution.*

***We need your help to continue to develop and maintain the Syracuse-Wawasee Trail. Contributions are appreciated.***

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_ ☐ check here to have future newsletters e-mailed to you

Make checks payable to "Syracuse-Wawasee Park Foundation, Trail Committee". Your gifts are tax deductible and we will furnish a receipt.

Send checks with this form to: Syracuse-Wawasee Trail,  
Syracuse Community Center  
1013 N. Long Drive  
Syracuse, IN 46567



# Calendar of Events

**Apr. 18-June 13** – Couch to 5K learn to run series, Every Tuesday at 6pm, contact Megan to register.

**Apr. 22** – 3rd Annual Tails and Trails community dog walk, at the Syracuse Community Center, 3-5pm.

**May 6** – Bike Rodeo in conjunction with Touch a Truck, at the Syracuse Community Center, 10am-2pm.

**May 15** – Trails Committee meeting at the Trail's Office (801 N. Huntington Street, Suite 4) at 6:00pm. Public Welcome

**May 19** – Downtown Cruise-In, Downtown Syracuse 5-8pm

**June 19** – Trails Committee meeting at the Trail's Office at 6:00pm. Public Welcome

**June 24** – Mudtastic Classic, WACF Levinson-LaBrosse Education Center, Pre-Registration required

**July 8** – 8th annual Tour des Lakes bike ride, leave from the Community Center 7:00-9:30am.

**July 8** – BMX Stunt Show, Community Center at 11am, 12am and 1pm



For more details on these and many other events happening along the trail see our community events calendar at <http://www.syracusewawaseetrails.com/events/>.

For the most up to date information on events and much more, "like" us on Facebook.



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