



## HCP&R Newsletter October 2021

### Rentals at Old Capon Bridge Middle School

The gymnasium, cafeteria, and kitchen at Old Capon Bridge Middle School are now available for rentals. Guidelines for their use will be as follows:

1. Frequently clean hands and utensils with sanitary wipes, hand sanitizer, or soap and water
2. Nothing attached to walls (tape or nails)
3. Sweep all floors and place all trash in trash cans
4. Smoking is prohibited on school grounds

#### NEW RATES FOR RENTALS WILL BE AS FOLLOWS:

**Two-hour block (Anytime between 8:00 am and 10:00 pm): \$75 for Gym or Cafeteria (Kitchen included)**

**Four-Hour Block (8:00 am-noon; 1:00-5:00; 6:00-10:00): \$150 for Gym or Cafeteria (Kitchen included)**

**Full Day (8:00 am-10:00 pm): \$300 for Gym or Cafeteria (Kitchen included)**

To rent these facilities, call us at (304) 822-7300, or you may contact us via email at [hampshirecountyparks@gmail.com](mailto:hampshirecountyparks@gmail.com). Get your reservation in now so you don't miss this chance to hold your event in our newly renovated facilities.





week. The hood over the stove in the kitchen has been installed, and work on the suppression system will begin this week. Southern States of Moorefield is coming October 18 to set the propane tanks and hook up the appliances. After that, the Fire Marshall will inspect the entire building, and after a general cleaning, we should be ready for the Grand Opening.

When completed, the 6,600-square-foot Conference Center will be heated and air conditioned for year-round use and will be available for a variety of functions, including:



1. Family Reunions
2. Birthday Parties
3. Retreats
4. Camps for Organizations
5. Anniversary Celebrations
6. Craft Shows
7. Class Reunions
8. Picnics

If you have questions about the project, or if you are interested in contributing to it, call HCP&R at (304) 822-7300, or email us at [hampshirecountyparks@gmail.com](mailto:hampshirecountyparks@gmail.com).

## **New Email Address**

We are still experiencing trouble with our email service. In an effort to solve those problems, we have a new email address. The new address is [hampshirecountyparks@gmail.com](mailto:hampshirecountyparks@gmail.com). The change in address is temporary, and as soon as we have established a new permanent email address, we will let you know.

## **New Conference Center at Hampshire Park**

We inched closer to completion of the Conference Center at Hampshire Park this





Our eighth annual Bicycle Fun Ride was held on Saturday, September 25. The ride covered the ten-mile stretch from Capon Bridge to Yellow Spring along Cacapon River Road. The weather was perfect, and the scenery was absolutely beautiful.

Special thanks go out to Ken Caldwell, who did most of the preparatory work for the ride. If you've never participated in one of our rides, you really should take the time to join us next fall. The friendship and the scenery combine to make this one of the best events we sponsor every year.

## **Disc Golf Course at Camp Walker**



When planning outdoor activities, don't forget about the Camp Walker Disc Golf Course. We have made several improvements to the course over the past year. We installed tee-marker posts for all the holes to make each teeing area more visible. We are also providing scorecards and course maps, both of which can be found in the mailbox beside the first tee.

The first tee is located on the flat ground out past the pavilion, where the road turns to the left and starts down over the hill toward the exit to the park. We have also installed new tee markers with the Camp Walker logo on them for each hole.

If you're looking for a disc to play at Camp Walker, then we have several options for you. We have Skeeters, which are all-purpose discs that are suitable for every shot, for sale in the HCP&R office for just \$7.00 each. We also have commemorative glow-in-the-dark drivers and putters that have the official Camp Walker logo on them for \$15.00 each. All proceeds from the sale of these discs go for improvements to the course.



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10. Birthday Parties
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## **Bicycle Fun Ride**



If you haven't been out to Camp Walker to play the course, you really need to take an hour or so and try it. I feel certain that you will find disc golf both physically and mentally challenging. Plus, it's a great opportunity to spend some time in one of the prettiest spots in Hampshire County.

**And it's free to play.** Now that's a deal I **know you don't want to miss!**



## Walk To Be Fit Program



The Walk To Be Fit Program is heading down the home stretch, and walkers are busy piling up the miles. If you haven't registered yet, don't worry. You still have time to get with the program because it runs through October 31.

Just stop by any FNB Bank location (Fort Ashby, Romney, Hampshire Square, or Capon Bridge), the Hampshire Wellness and Fitness Center at Hampshire Square, the Hampshire County Health in Augusta, or the HCP&R Office at 90 North High Street in Romney to register for the program. When you register, don't forget to pick up your free pedometer and your tally sheet to log the miles that you walk.

We will recognize four milestones this year: 100, 250, 500, and 1,000 miles. When you reach one of those milestones, or when your tally sheet is filled, just return it to the location where you

picked it up, and we will contact you when you are eligible for a prize. Prizes for 2021 will include sling backpacks, coffee mugs, stadium blankets, and portable chargers for your nelectronic devices.

Walking is great exercise on the path to a healthier lifestyle, and what could be better than receiving some nice prizes for your efforts? That's what Walk To Be Fit is all about.



HCP&R is offering Kettlebell classes four days a week, on Sunday afternoon from 3:00 until 4:00, and on Tuesday, Wednesday, and Thursday nights from 6:00 until 7:00. All classes are now being held at Warrior Fitness, which is located at 60 West Sioux Lane in Romney.

Kettlebells are cast iron weights shaped like a ball with a handle for easy gripping. Kettlebells offer a different kind of training using dynamic moves targeting almost every aspect of fitness – endurance, strength, balance, agility and cardio endurance. People love it because it's challenging, efficient, and you only need one piece of equipment. Kettlebell classes are taught by certified instructors Kaleena Wilfong and Camilla Fout.

The cost for Kettlebell classes is \$5 per session, or for \$20 you may purchase a punch card that is good for five sessions. Also, we are now selling a monthly card for \$50.

ven if you've never tried Kettlebell before, come on out and see what it's all about. Mark your calendars today so you don't miss a chance to get some exercise while having a great time with your friends.

**Parks** and **Recreation**

## **Pavilion and Park Reservations**

The pavilion and park reservations season is in full swing for 2021. The rental season extends from April 15 through October 15. Before and after those dates, running water will not be available in any of our parks.

Pavilions for picnics, family reunions, or any other outdoor gathering may be rented at either Hampshire Park or Afton and Pauline Malick Central Hampshire Park. Prices for the entire day run from \$35 to \$45, depending on the size of the pavilion rented. You may also rent the amphitheater at Afton and Pauline Malick Central Hampshire Park for only \$55 per day.

If you have a larger gathering, you may want to rent an entire park, either at Green Spring Park (\$40 to \$95, depending on the facilities desired) or Camp Walker (\$75 for the whole park the entire day). All our parks now have electric outlets, running water, and restroom facilities.

To rent a pavilion or park, or just to get more information, call the HCP&R office any weekday between 9:00 a.m. and 1:00 p.m. at (304) 822-7300, or you may stop by the office at 90 North High Street in Romney during those hours. We will also accept reservations via our email at [hampshirecoparks@hotmail.com](mailto:hampshirecoparks@hotmail.com).

Get your reservations in early so you don't miss out on that special place for your picnic or outing.



**“Recreation brings quality to life.”**

**Hampshire County Parks and Recreation**  
**90 North High Street**  
**Old Jailhouse Building**  
**Romney, WV 26757**  
**PHONE: (304) 822-7300 FAX: (304) 822-4460**  
**EMAIL: [hampshirecountyparks@gmail.com](mailto:hampshirecountyparks@gmail.com)**  
**WEBSITE: [hampshirecountyparks.com](http://hampshirecountyparks.com)**  
**OFFICE HOURS: Monday-Friday--9:00 a.m. to 1:00 p.m.**

